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Sommario/riassunto	Do you ever find yourself thinking, how could you be so stupid, you

look fat, or you're a horrible mother? Are you afraid people will find out you've fooled them into thinking you're competent? If you're guilty of expressing these types of discouraging messages, then you have a bitch in your head. This self-critical behavior can wreak havoc with your life-it can keep you from getting the love you want, the raise you deserve, or even a good night's sleep. Dr. Plumez began to notice a pattern with her patients being too hard on themselves. She found that gentler approaches didn't work, but when s
