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| 1. Record Nr.           | UNINA9910797253203321                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Autore                  | Plumez Jacqueline Hornor                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Titolo                  | The bitch in your head : how to finally squash your inner critic / / Dr. Jacqueline Hornor Plumez                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| Descrizione fisica      | 1 online resource (200 p.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Disciplina              | 158.1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Soggetti                | Criticism, Personal<br>Self-talk<br>Negativism<br>Women - Psychology<br>Self-esteem in women                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| Livello bibliografico   | Monografia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| Nota di bibliografia    | Includes bibliographical references.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Nota di contenuto       | ""CONTENTS""; ""Chapter 1. INTRODUCING THE BITCH""; ""Chapter 2. LITTLE BITCH: It Can Start in Childhood""; ""Chapter 3. BEAUTY AND THE BITCH: Inner Ugliness""; ""Chapter 4. BITCH OF A DATE: The Bitch Makes Three a Crowd""; ""Chapter 5. BITCH AND CHAIN: Divorce The Bitch Instead of Your Mate""; ""Chapter 6. THE PARENTING BITCH: Give Her a Time-Out""; ""Chapter 7. THE BITCH AT WORK: How Not to Get Promoted""; ""Chapter 8. SPORTY BITCH: What Makes Athletes Lose""; ""Chapter 9. THE BLAME BITCH: Mistakes, Failure, and Inequity""<br>""Chapter 10. THE BITCH AT NIGHT: Sleep Tight, Don't Let The Bitch Bite""<br>""Chapter 11. THE PARTY BITCH: Never Invite Her""; ""Chapter 12. BITCH-A-PHOBIA: She's Really Scary""; ""Chapter 13. SICK BITCH: Some of It's in Your Head""; ""Chapter 14. THE BITCH IN SOMEONE ELSE'S HEAD: Self-Protection""; ""Chapter 15. OLD BITCH: Spoiling the Golden Years""; ""Chapter 16. DING DONG, THE BITCH IS DEAD: (And How to Keep Her That Way)""; ""LET'S HELP EACH OTHER""; ""BOOK GROUP QUESTIONS""; ""ACKNOWLEDGMENTS""; ""BIBLIOGRAPHY""; ""ABOUT THE AUTHOR"" |
| 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

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| 2. Record Nr.           | UNINA9910830640803321                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Autore                  | Fickelscherer Richard J                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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