

Title:

Why You Behave in Ways You Hate

Word Count:

852

Summary:

And What You Can Do About It

Keywords:

Gootnick, behave

Article Body:

People tell me over and over how ^impossible~ it seems to change their unwanted attitudes and

Ever heard the joke about the young man who calls his mother and asks her how she's fe

Why do we laugh at that joke? Because it makes it easier for us to think about unpleas

People often don't give much weight to the impact their parents' and siblings' guilt-p

Then there's the ^You're giving me a heart attack~ when you miss the bus from the mall and get

Fact or Fiction? Where There's a Will There's a Way

^Where there's a will there's a way.~ Sound familiar? Every day I hear people dismayed at th

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