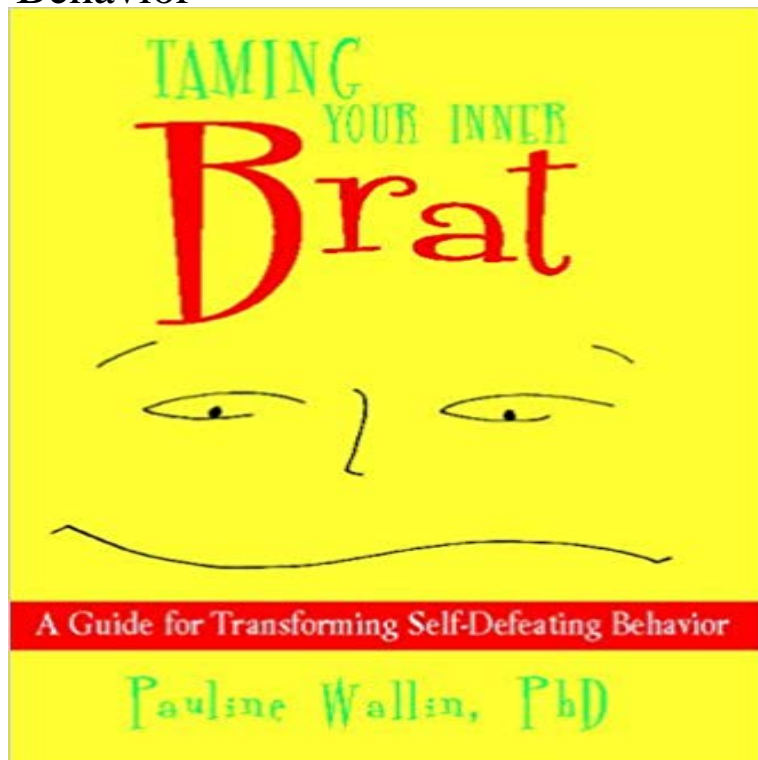


# Taming Your Inner Brat: A Guide for Transforming Self-Defeating Behavior



Taming Your Inner Brat explores the inner brat in all of us, explaining its psychological roots in early childhood and why bratty thoughts, feelings, and behaviors persist. It also addresses social and cultural conditions that encourage the self-centeredness and sense of entitlement upon which the inner brat thrives.

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