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If it feels like the pursuit of self-improvement is taking over your life to the point that it is draining your happiness or causing distress, it may be time to seek professional help. A therapist can help you find ways to pursue self-improvement goals in ways that are healthy, realistic, and productive.

Can You Be Addicted to Self-Improvement?

Sex Overcoming Sex Addiction: A Self-help Guide The Book Brigade talks to cognitive psychologist Thaddeus Birchard. Posted Jun 08, 2017

Overcoming Sex Addiction: A Self-help Guide | Psychology Today

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Most recently he is the author of the transformational book called " The Self Help Addict – Turn an Overdose of Information Into a Life of Transformation. " Contact Info. Website: www.DanielGefen.com; Book: The Self Help Addict by Daniel Gefen; Podcast: Can I Pick Your Brain? What is Spirituality to You?

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"Addiction is most likely to take hold when working out is your primary means of coping with internal distress or making yourself feel good." That rings true for Janae Jacobs, 28, a blogger in ...

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Self Help Addiction Resource Centre Inc - SHARC

The center offers 90 self-help meetings a week, including anonymous groups for drug addicts, overeaters, debtors and people with sexual problems. The center plans to start Positives Anonymous, for ...

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