



Why Can't I Change?: How to Conquer Your Self-Desctructive Patterns

Shirley Impellizzeri

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Why Can't I Change?: How to Conquer Your Self-Desctructive Patterns Shirley Impellizzeri Dr. Shirley explains how you get stuck in ruts, gives you scientific proof that you can change, and then shows you how. She applies the latest research on brain science to explain how your earliest attachments help shape your brain and greatly influences the beliefs, patterns, and behaviors you have as an adult.



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