



Ten Stupid Things Women Do to Mess Up Their Lives

Laura C. Schlessinger

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Dr. Laura Schlessinger is the incredibly popular and controversial psychotherapist who hosts a nationally syndicated, top-rated midday radio talk show. She has strong convictions and doesn't hesitate to voice them to callers. She urges women emphatically to lose a domineering jerk of a lover and pick one of the "good guys," to stay home and parent the babies they've made, and to follow the dream rather than some dreamboat. Above all, she exhorts women not to blame anybody or anything but themselves if they're unhappy and their lives seem a mess.

10 Stupid Things Women Do to Mess Up Their Lives uses real-world examples from Schlessinger's radio show and private practice to drive the message home. And the message is that our reticence to be bold and brave often makes us act like stupid, submissive victims. Once we muster the courage to take responsibility for our own problems and to tolerate the discomforts of risk, the possibilities for personal growth and joy are limitless.

If you're looking for an all-approving hand to hold, you won't find it here. If you're prepared to take a clear-eyed look at your self-diminishing behavior and to make the move to a quality existence, there's no one better than Schlessinger to keep you honest and to cheer you on. One thing's for sure: You'll never look at your relationships, behaviors and decisions the same way after you've finished reading this book.

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