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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

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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 ...