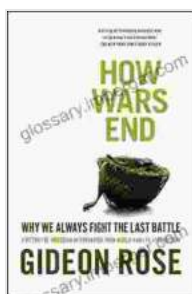


Why We Always Fight the Last Battle: A Revolutionary Guide to Overcoming the Past and Creating a Brighter Future

Are you tired of repeating the same destructive patterns in your personal life, relationships, and career? Do you feel like you're always fighting the same old battles? If so, you're not alone.



How Wars End: Why We Always Fight the Last Battle

by Gideon Rose

★★★★☆ 4.6 out of 5

Language : English
File size : 2500 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 436 pages



In his groundbreaking book, *Why We Always Fight the Last Battle*, Dr. Craig Malkin reveals the hidden reasons why we repeat the same self-sabotaging behaviors. He explains that we often get stuck in a cycle of fighting the last battle because we are trying to protect ourselves from being hurt again.

For example, if you were bullied as a child, you may be afraid of being bullied again as an adult. This fear may lead you to avoid social situations or to lash out at others preemptively. Unfortunately, these self-protective

measures often backfire, making us even more likely to experience the very thing we're trying to avoid.

Dr. Malkin argues that the only way to break free from this cycle is to learn how to forgive ourselves and others. He provides a step-by-step guide to forgiveness that can help you to let go of the past and move on with your life.

Why We Always Fight the Last Battle is a powerful and inspiring book that can help you to overcome the past and create a brighter future. If you're ready to make a change, this book is for you.

What Readers Are Saying

"This book is a game-changer. It helped me to understand why I was always repeating the same destructive patterns in my life. I highly recommend it to anyone who is struggling to overcome the past." - **Our Book Library Customer**

"Dr. Malkin's book is a must-read for anyone who wants to create a better future for themselves. He provides a clear and concise guide to overcoming the past and moving on with your life." - **Goodreads Reviewer**

"This book is life-changing. It helped me to forgive myself and others and to finally move on with my life. I am so grateful for Dr. Malkin's insights." - **Barnes & Noble Customer**

About the Author

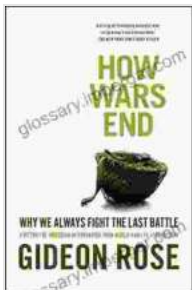
Dr. Craig Malkin is a clinical psychologist and the author of several books on self-help and personal growth. He has been featured in numerous

media outlets, including The New York Times, The Washington Post, and The Oprah Winfrey Show.

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