

# Taming Your Inner Brat: A Guide For Transforming Self-Defeating Behavior By Pauline Wallin

**By Pauline Wallin**

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Taming Your Inner Brat takes you on an exploration of the "inner brat" in all of us. It explains the psychological sources of the inner brat, rooted in early childhood

Taming Your Inner Brat explores the inner brat in all of us, explaining its psychological roots in early childhood and why bratty thoughts, feelings, and behaviors

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