

Entitlement Stinks: Breaking Free from the Trap of Deservingness

Entitlement Can Lead to a Number of Problems



entitle-mint: cuz entitlement stinks by Slaeff

★★★★★ 5 out of 5

Language : English

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Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 9 pages

Lending : Enabled



Dr. Slaeff also provides a number of practical tips for breaking free from the trap of entitlement. She emphasizes the importance of:

- Developing a healthy sense of self-worth
- Setting realistic expectations
- Learning to deal with挫折
- Building strong relationships
- Finding a sense of purpose

Entitlement Stinks is an important book for anyone who wants to live a more fulfilling and successful life. Dr. Slaeff's insights and advice will help you break free from the trap of entitlement and create a life that you truly deserve.

In a world where everyone seems to be entitled to everything, it's easy to get caught up in the trap of deservingness. We think that we deserve to be happy, successful, and loved, and that if we don't get what we want, it's someone else's fault. But this mindset is not only harmful to ourselves, it's also damaging to our relationships and to society as a whole.

Buy the Book



About the Author

Dr. Sarah Slaeff is a psychologist and the author of *Entitlement Stinks*. She has been working with individuals and families for over 20 years, and she has a special interest in helping people overcome the challenges of entitlement. Dr. Slaeff's work has been featured in a variety of media outlets, including *The New York Times*, *The Washington Post*, and NPR.

What is Entitlement?

Entitlement is a belief that we deserve to have certain things, regardless of our efforts or actions. We may feel entitled to happiness, success, love, or material possessions. Entitlement can lead to a variety of problems, including:

- Unrealistic expectations
- Difficulty dealing with挫折
- Damaged relationships
- A lack of motivation
- A sense of entitlement">Entitlement Can Lead to a Number of Problems

If you find yourself struggling with any of these problems, it's important to take a step back and examine your beliefs about entitlement. Are you holding yourself to unrealistic expectations? Are you blaming others for your problems? Are you feeling like you deserve more than you're getting? If so, it's time to break free from the trap of entitlement.

How to Break Free from the Trap of Entitlement

Breaking free from the trap of entitlement is not easy, but it is possible. Here are a few tips to help you get started:

- Develop a healthy sense of self-worth
- Set realistic expectations
- Learn to deal with挫折
- Build strong relationships
- Find a sense of purpose

By following these tips, you can break free from the trap of entitlement and create a life that you truly deserve.

Entitlement is a major obstacle to personal growth and happiness. It can lead to a variety of problems, including unrealistic expectations, difficulty dealing with挫折, damaged relationships, and a lack of motivation. If you find yourself struggling with entitlement, it's important to take a step back and examine your beliefs. By developing a healthy sense of self-worth, setting realistic expectations, learning to deal with挫折, building strong relationships, and finding a sense of purpose, you can break free from the trap of entitlement and create a life that you truly deserve.

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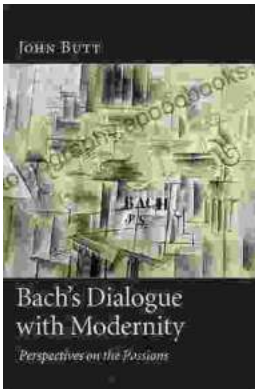
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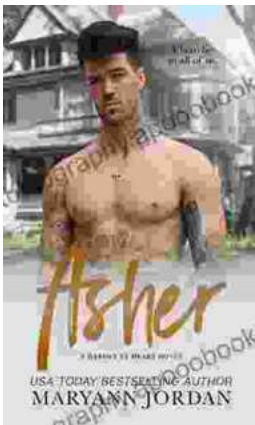
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