

**WHY DO I DO THAT?: PSYCHOLOGICAL DEFENSE
MECHANISMS AND THE HIDDEN WAYS THEY SHAPE
OUR LIVES**

Carole Boos

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Feb 13, Jodi Hughes rated it it was amazing. Joseph Burgo, Ph. I-DMagazinesforWomen. Do you find your blood pressure rising during your conversations with them? But reading about the defense mechanisms can be inspiring in looking for thought patterns and feelings that trouble us, and might help disarm our, well, defensiveness.

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