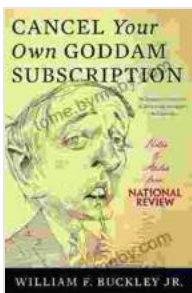


# Cancel Your Own Goddam Subscription: A Guide to Escaping the Cult of Self

By Dr. Derek Beres

Are you tired of feeling like you're not good enough? Do you constantly compare yourself to others and come up short? Do you feel like you're always chasing after something that you can never quite reach?

If so, you may be trapped in the cult of self.



## Cancel Your Own Goddam Subscription: Notes and Asides from National Review

by William F. Buckley Jr.

★★★★☆ 4.7 out of 5

Language : English  
File size : 771 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 306 pages



The cult of self is a belief system that tells us that we are the most important thing in the world. It tells us that we need to be perfect, that we need to be successful, and that we need to be loved by everyone.

This belief system is toxic. It can lead to anxiety, depression, and even addiction. It can also keep us from living our true potential.

But there is hope. You can break free from the cult of self. You can cancel your own goddam subscription.

In this book, Dr. Derek Beres, a clinical psychologist who has dedicated his life to helping people break free from the cult of self, will show you how to:

- Identify the signs that you're trapped in the cult of self
- Understand the psychology behind the cult of self
- Develop a plan to break free from the cult of self
- Live a life that is free from the cult of self

If you're ready to cancel your own goddam subscription, this book is for you.

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"Dr. Beres has written a powerful and important book that can help you break free from the cult of self. This book is a must-read for anyone who is struggling with anxiety, depression, or addiction." - **Tara Brach, PhD, author of Radical Acceptance**

"Cancel Your Own Goddam Subscription is a groundbreaking work that will change the way you think about yourself and the world. Dr. Beres offers a clear and compassionate guide to help you break free from the cult of self and live a more fulfilling life." - **Jack Kornfield, PhD, author of A Path with Heart**

"This book is a gift. Dr. Beres has written a wise and compassionate guide to help you break free from the cult of self and live a life of greater freedom

and joy." - **Pema Chödrön, author of When Things Fall Apart**

## About the Author

Dr. Derek Beres is a clinical psychologist who has dedicated his life to helping people break free from the cult of self. He has written extensively on the topic of self-compassion and self-acceptance, and he has led workshops and retreats on the same topic.

Dr. Beres is a graduate of Harvard University and the University of California, Berkeley. He is a licensed clinical psychologist in the state of California, and he has a private practice in San Francisco.

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