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If it feels like the pursuit of self-improvement is taking over your life to the point that it is draining your happiness or causing distress, it may be time to seek professional help. A therapist can help you find ways to pursue self-improvement goals in ways that are healthy, realistic, and

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Can You Be Addicted to Self-Improvement?

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Individuals, families and communities affected by addiction and related problems to recover and achieve meaningful, satisfying and contributing lives. SHARC works with families, individuals and young people to provide housing, education, advocacy and family support.

Self Help Addiction Resource Centre Inc - SHARC

The center offers 90 self-help meetings a week, including anonymous groups for drug addicts, overeaters, debtors and people with sexual problems. The center plans to start Positives Anonymous, for ...

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