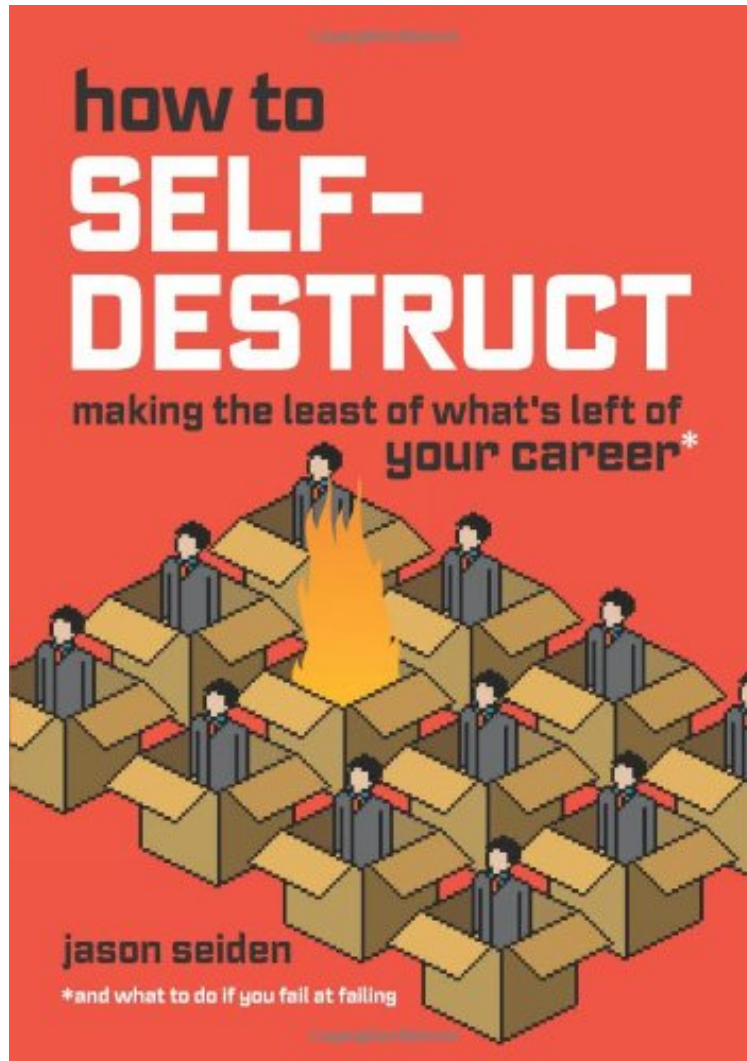


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When reading the book *How to Self-Destruct* there is that moment, after pages and pages of laughing at the stupid things other people do in their careers, when the reader hits the prescient passage. It is that moment when you look up from the pages and say, "Hey, how does this guy know me?" --Ann Belser, *Pittsburgh Post-Gazette* About the Author Jason Seiden delivers a powerful message of professional and leadership development, tailored specifically to the needs and ambitions of Generations X Y. He shows adults who are ready to take the next step in their careers how the business world works and helps them succeed without sacrificing their souls. Ivy League educated, Jason is an experienced consultant to Fortune 500 executives and a graduate level instructor of leadership and negotiations.