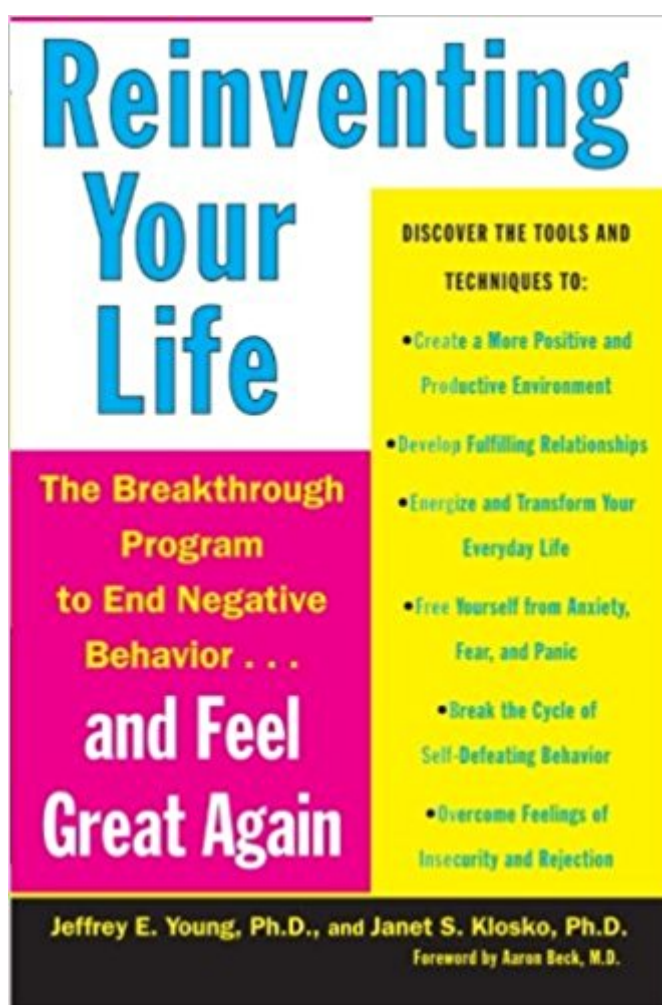


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# Reinventing Your Life: The Breakthrough Program To End Negative Behavior And Feel Great Again



## Synopsis

Two of America's leading psychologists, Jeffrey E. Young, Ph.D., and Janet S. Klosko, Ph.D., show readers how to free themselves from negative life patterns. Written with compassion as well as clinical insight, this thought-provoking book guides readers through the process of identifying "life traps." For example, "Do you put the needs of others before your own? Are you drawn into relationships with people who are self-centered, cold to you, misunderstand you, or use you? Do you feel inadequate compared to people around you?" Followed by an engaging discussion that makes use of case studies, this book can help people change their lives by stopping the cycle of self-destruction.

## Book Information

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## Customer Reviews

Several of the most painful petards upon which people become hoisted during an unhappy childhood are neatly dispatched here by two cognitive therapists, who attack 11 common "lifetraps"--destructive patterns that underlie a variety of emotional problems. Young, director of New York City's Cognitive Therapy Center and a faculty member of the Columbia University Department of Psychiatry, and Klosko, co-director of the Cognitive Therapy Center of Long Island, ably demonstrate how to deal with issues of abandonment, dependence, trust, social rejection, emotional deprivation, failure and vulnerability. They provide meaningful case histories, perceptive descriptions, diagnostic tests and a variety of nugget-sized, easily understood lists detailing the causes, danger signs and effects of negative impulses and actions, as well as ways to short-circuit them. Copyright 1993 Reed Business Information, Inc. --This text refers to an out of print or

unavailable edition of this title.

The authors, both cognitive psychotherapists, identify 11 common "lifetraps," which they define as repetitive, destructive behavior patterns associated with a negative self-image. Using illustrations from case studies, the authors describe each lifetrap, discuss its origins in childhood experience, and provide a questionnaire for self-assessment. They then offer a program for change using techniques ranging from experiential (getting in touch with your inner child) to cognitive (writing a "case" against your lifetrap) and behavioral (identifying specific behaviors to be changed).

Recommended for popular psychology collections.- Lucille Boone, San Jose P.L., Cal. Copyright 1993 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Everyone should read this book once, even if you do not want or need to 'reinvent' your life. It explains why we do what we do; how we have come to be the way we are; the influence of our parents.

I started reading this book because a friend suggested it. I feel like a lot of the examples you can related to in one way or another (maybe be not to the extreme) but the example also help you realize some things that you maybe doing as a parent that may not be the best approach for a child like being overprotective or even praising them too much. What we may think as a parent that we're doing right may not be the best approach in helping our children in their future.

This is brilliant work. It is easy to read, there are interesting examples of all nine schema (the filters you see your life through) and the "how to" chapter offers the diligent a way to work through behaviors that no longer serve you. The reader must make the commitment to complete the exercises and be willing to get assistance when the going gets tough, but the tools are here to help you understand and accept yourself and make healthy choices. I have shared the book with numerous friends and family members. The feedback has been positive and what people tell me again and again is that the book gave them hope...hope of conquering behaviors that interfered with relationships, career advancement, handling money prudently. It is very powerful, so if you want to feel better about yourself and you've been wondering how to make that happen, give this book a try. I am confident you will feel you got your money's worth.

Best book available for helping you to stop repeating the same behaviors over and over. Helps you identify why you act and react the way you do.

This book blew my mind. I learned so much about myself and my hang-ups and bad habits from this book. It's as if they wrote it just for me. Then I loaned it to a friend, and she felt they wrote it just for her! Gave me great insight and helpful information that has helped me take my life to another level.

I greatly value the content this book presents. The book is very informative. This self-help book has multiple attributes. The following are two of my favorites (these attributes are presented in no particular order). First, I appreciate the activities which help a reader name, understand, and pinpoint the basis for the areas which could be negatively impacting her, his... experiences. Additionally, it provides information which could aid a reader in avoiding others who would be unhealthy for a person who needs improvement in the focus areas which he, she... learns about in the previously mentioned activities.

I was just introduced to schemas (I have called them personal lies) by a colleague. I know am utilizing it among other tools to assist my clients in their healing. This book does a good job in helping individuals with some tools to help them heal their own stories they believe about themselves. Some homework you may want to enlist the help of a friend or therapist. Overall it was helpful and I am integrating it into my practice with my other tools. Mary L Bondi LMHC

We often respond to comments and actions from a gut level response that was instilled in us at a young age. Now as adults we still respond to threatening situations using the same defenses but do not understand why. This book will help one to understand the development of their personal reactions in various situations but most importantly, it will allow them the ability to look critically at their behaviors through a different lenses. The new insight will finally allow them to break the habit of reacting without thinking. Through determination and self-patience, we can teach ourselves new behavioral patterns allowing ourselves to finally feel confident and in charge of our lives. Thanks to this book, I am finally able to identify the social triggers that used to set off behaviors that lowered my self-esteem and self confidence. I have learned how to change my thinking and "self-speak" which has helped me grow into the person I always wanted to be.

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