

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

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Reinventing Your Life The Breakthrough

Reinventing Your Life is an insightful book that can help one to determine self destructive patterns that may have emerged in early childhood and continue to cause havoc in your adult life. The different "lifetraps" as the author calls them are poor behavioral patterns that an adult can get stuck repeating, which can lead to absolute misery in relationships, work, and family life.

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These self-defeating behavior patterns are called "lifetraps," and Reinventing Your Life shows you how to stop the cycle that keeps you from attaining happiness.

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Reinventing Your Life is a self-help book based on schema therapy, a fairly new type of psychotherapy which is mainly (though not exclusively) used to treat personality disorders. A schema is basically a set of related thoughts, beliefs and behaviours which can either be healthy or maladaptive.

Reinventing Your Life: The Breakthrough Program to End ...

Reinventing Your Life: The Breakthrough Program to End Negative Behavior...and FeelGreat Again Paperback – Illustrated, May 1 1994 by Jeffrey E. Young (Author), Janet S. Klosko (Author), Aaron T. Beck (Foreword) 4.5 out of 5 stars 747 ratings See all formats and editions

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Reinventing Your Life: The bestselling breakthrough ...

This book shows readers how to break 11 common, self-defeating emotional patterns, called schemas or lifetraps. For each schema, Reinventing Your Life provides: specific change techniques the reader can follow, the most common childhood origins, partner choices, self-defeating behavior patterns, self-help exercises, and many actual case examples. Are you drawn into relationships with people who are self-centered, cold to you, misunderstand you, or use you?

Reinventing Your Life - Schema therapy

Buy Reinventing Your Life: the bestselling breakthrough programme to end negative behaviour and feel great by Young, Jeffrey E., Klosko, Janet S., Beck, Aaron (ISBN: 9781912854356) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Praise for Reinventing Your Life "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 and Klosko ably demonstrate how to deal with issues of abandonment, dependence, trust, social rejection, emotional deprivation, failure and vulnerability.

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Reinventing Your Life shows you how to stop the cycle that keeps you from attaining happiness. Two of America's leading psychologists, Jeffrey E. Young, PhD, and Janet S. Klosko, PhD, draw on the breakthrough principles of cognitive therapy to help you recognise and change negative thought patterns, without the aid of drugs or long-term traditional therapy.

Reinventing Your Life, Breakthrough program to end ...

Reinventing Your Life: the breakthrough program to end negative behaviour and feel great again (Kindle Edition) Published June 4th 2019 by Scribe Kindle Edition, 388 pages Author(s): Jeffrey E. Young, Janet S. Klosko, Aaron Beck (Foreword) ASIN: B07Q2VRPT ...

Editions of Reinventing Your Life: The Breakthrough ...

Reinventing Your Life presents practical techniques for overcoming our most painful, lifelong problems. The book reflects the tremendous sensitivity, compassion, and clinical insight of its authors. We believe that Reinventing Your Life fills an important gap in the books currently available for self-improvement.

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These self-defeating behavior patterns are called "lifetraps," and Reinventing Your Life shows you how to stop the cycle that keeps you from attaining happiness.

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