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deal with issues of

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dependence, trust,

social rejection,

emotional deprivation,

failure and

vulnerability.

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He has published extensively, including two major books, Schema Therapy: A Practitioner's Guide, for mental health professionals, and Reinventing Your Life, a bestselling self-help book. Dr. Young was awarded the prestigious NEEI Mental Health Educator of the Year award in 2003. -- This text refers to an alternate kindle_edition edition.

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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 ...

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Reinventing Your Life, Breakthrough program to end ...

by Jeffrey Young, Ph.D. and Janet Klosko, Ph.D. Reinventing Your Life is the popular self-help book based on the Schema Therapy approach. Over 100,00 copies are now in print. The approach has recently been integrated with mindfulness meditation by Tara Bennett-

Goleman in her new book, Emotional Alchemy.

Reinventing Your Life - Schema therapy

These self-defeating behaviour patterns are called 'lifetraps', and 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.

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“Having a secret is isolating.” Try, as much as possible, not to hide your flaws or perceived differences.” — Jeffrey E. Young, Reinventing Your Life: The Breakthrough Program to End Negative Behavior...and Feel Great Again

Jeffrey E. Young (Author of Reinventing Your Life)

hanging your life requires a good plan and some effort. Consider the following questions before beginning your quest to reinvent your life. 1. Have I been living passively or do I work towards an intentional outcome? _____
_____ 2. What area of my life will have the greatest

impact if I change it?

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