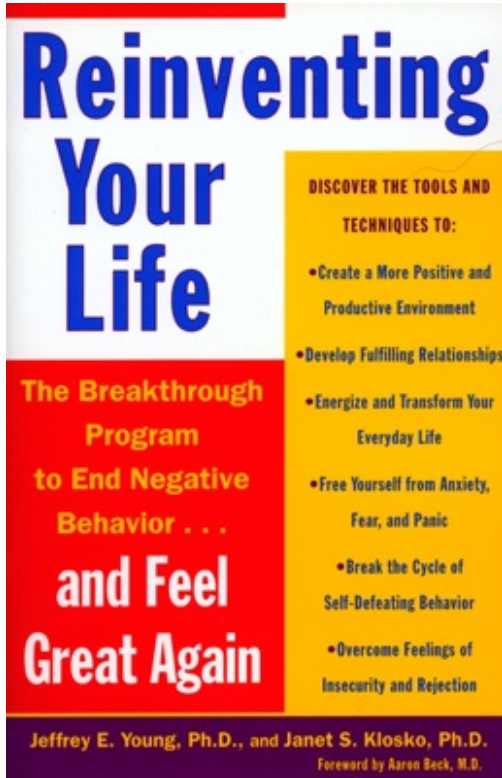


Télécharger Livres Gratuit Reinventing Your Life (PDF | ePub | Mobi) Jeffrey E. Young & Janet S. Klosko download-free



Learn how to end the self-destructive behaviors that stop you from living your best life with this breakthrough program.

Do you...

- Put the needs of others above your own?
- Start to panic when someone you love leaves—or threatens to?
- Often feel anxious about natural disasters, losing all your money, or getting seriously ill?
- Find that no matter how successful you are, you still feel unhappy, unfulfilled, or undeserving?

Unsatisfactory relationships, irrational lack of self-esteem, feelings of being unfulfilled—these are all problems that can be solved by changing the types of messages that people internalize. 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.

Two of America's leading psychologists, Jeffrey E. Young, Ph.D., and Janet S. Klosko, Ph.D., draw on the breakthrough principles of cognitive therapy to help you recognize and change negative thought patterns, without the aid of drugs or long-term traditional therapy. They describe eleven of the most common lifetraps, provide a diagnostic test for each, and offer step-by-step suggestions to help you break free of the traps. Thousands of men and women have seen the immediate and long-term results of the extraordinary program outlines in this clear, compassionate, liberating book. Its innovative approach to solving ongoing emotional problems will help you create a more fulfilling, productive life.

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Author	:	Jeffrey E. Young & Janet S. Klosko
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