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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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He has published extensively, including two major books, Schema Therapy: A Practitioner's Guide, for mental health professionals, and Reinventing Your Life, a best-selling self-help book. Dr. Young is coauthor of a psychotherapy outcome study evaluating the effectiveness of cognitive therapy in comparison to antidepressant medication.

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Reinventing your life : the breakthrough program to end

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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

Schema therapy was developed by Jeffrey E. Young for use in treatment of personality disorders and chronic DSM Axis I disorders, such as when patients fail to respond or relapse after having been through other therapies (for example, traditional cognitive behavioral therapy). Schema therapy is an integrative psychotherapy combining theory and techniques from previously existing therapies ...

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Jeffrey E. Young is an American psychologist best known for having developed schema therapy. He is the founder of the Schema Therapy Institute. After earning an undergraduate degree at Yale University, he obtained a higher education degree at the University of Pennsylvania, where he then pursued postdoctoral studies with Aaron Beck.

Reinventing Your Life by Jeffrey E. Young, Janet S. Klosko

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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 ...

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patterns that underlie a variety of emotional problems. ... Jeffrey E. Young, PhD, serves on the faculty of the ...

Reinventing Your Life: The Breakthrough Program to End

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Reinventing Your Life Summary. Last week I read the book Reinventing Your Life: The Breakthrough Program to End Negative Behavior...and Feel Great Again by Jeffrey E. Young and Janet S. Klosko. I honestly only picked it up because it's been staring me in the face for several months. It's a book therapists recommend and was on my bookshelf.

Reinventing Your Life: The Breakthrough Program to End

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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 is coauthor of a psychotherapy outcome study evaluating the effectiveness of cognitive therapy in comparison to antidepressant medication.

Schema therapy - Wikipedia

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 ...

Jeffrey E. Young | Penguin Random House

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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 100,000 copies are now in print. The approach has recently been integrated with mindfulness meditation by

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Tara Bennett-Goleman in her new book, Emotional Alchemy.

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