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Jeffrey E Young

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Reinventing Your Life: the bestselling

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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.

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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

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in relationships, work, and family life.

Jeffrey E Young

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This book shows readers how to break 11

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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?

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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

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to help you recognise and change negative thought patterns, without the aid of drugs or long-term traditional therapy.

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