

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

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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.

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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: the bestselling breakthrough program to end negative behaviour and feel great Jeffrey E. Young , Janet S. Klosko Scribe Publications Pty Limited , Jun 4, 2019 - Psychology - 384 pages

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### Reinventing Your Life - Schema therapy

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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.

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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 in relationships, work, and family life.

### Reinventing Your Life: How to Break Free from Negative ...

Reinventing Your Life: The Breakthrough Program to End Negative Behavior ..., and Feel Great Again Jeffrey E. Young , Janet S. Klosko Plume , 1994 - Psychology - 365 pages

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