

Reinventing Your Life

**The Breakthrough
Program
to End Negative
Behavior . . .
and Feel
Great Again**

**DISCOVER THE TOOLS AND
TECHNIQUES TO:**

- **Create a More Positive and
Productive Environment**
- **Develop Fulfilling Relationships**
- **Energize and Transform Your
Everyday Life**
- **Free Yourself from Anxiety,
Fear, and Panic**
- **Break the Cycle of
Self-Defeating Behavior**
- **Overcome Feelings of
Insecurity and Rejection**

Jeffrey E. Young, Ph.D., and Janet S. Klosko, Ph.D.
Foreword by Aaron Beck, M.D.

Resumo de Reinventing Your Life: How to Break Free from Negative Life Patterns and Feel Good Again

Two of America's leading psychologists, Jeffrey E. Young, Ph.D., and Janet S. Klosko, Ph.D., show readers how to free themselves from negative life patterns. Written with compassion as well as clinical insight, this thought-provoking book guides readers through the process of identifying "life traps." For example, "Do you put the needs of others before your own?"

Are you drawn into relationships with people who are self-centered, cold to you, misunderstand you, or use you? Do you feel inadequate compared to people around you?" Followed by an engaging discussion that makes use of case studies, this book can help people change their lives by stopping the cycle of self-destruction.

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