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these beliefs are "lifetraps"™ and created the workbook Reinventing Your Life to help people identify and change these destructive patterns. Also known as schemas (pronounced "skee-

Reinventing Your Life: The Breakthrough Program to End

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Reinventing Your Life came highly recommended by a therapist who is helping me work through a series of traumatic events that took place in my early adulthood. It is an introduction to schema therapy, or what the authors refer to as "lifetraps" - self defeating, self destructive patterns of behavior that are essentially comfortable (but ...

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changing 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?

WORKSHEET - SWIFTKICK Life

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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We believe that Reinventing Your Life fills an important gap in the books currently available for self-improvement. There are many excellent self-help books, just as there are many fine therapy approaches. However, most of these are limited.

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