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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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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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These self-defeating behavior 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, Ph.D., and Janet S. Klosko, Ph.D., draw on the breakthrough principles of cognitive therapy to help you recognize and ...

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

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“And usually you do not dare express your anger openly. That might drive people away, and you need them too much. The dark side of this lifetrapp is that you feel trapped in your dependent role.” — Jeffrey E. Young, Reinventing Your Life: The Breakthrough Program to End Negative Behavior...and Feel Great Again

Jeffrey E. Young (Author of Reinventing Your Life)

by Jeffrey Young, Ph.D. and Janet Klosko, Ph.D. Reinventing Your Life is the popular self-help book based on the

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Schema Therapy approach. Over 100,000 copies are now in print. The approach has recently been integrated with mindfulness meditation by Tara Bennett-Goleman in her new book, Emotional Alchemy.

Reinventing Your Life - Schema therapy

These self-defeating behavior 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, Ph.D., and Janet S. Klosko, Ph.D., draw on the breakthrough principles of cognitive therapy to help you recognize and change negative thought patterns, without the aid of drugs or long-term traditional therapy.

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Jeffrey E. Young Quotes (Author of Reinventing Your Life)

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