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

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Two of America's leading psychologists, Jeffrey E. Young, Ph.D., and Janet S. Klosko, Ph.D., show readers how to free themselves

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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?"

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Reinventing Your Life: The bestselling breakthrough program to end negative behaviour and feel great - Young, Jeffrey E., Klosko, Janet S. | 9781925849387 | Amazon.com.au | Books. \$23.69.

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Buy Reinventing Your Life: How to Break Free from Negative Life Patterns by Young, Jeffrey E., Klosko, Janet S. online on Amazon.ae at best prices. Fast and free shipping free returns cash on delivery available on eligible purchase.

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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

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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.

### **Reinventing Your Life, Breakthrough program to end ...**

Young, J. E., & Klosko, J. S. (1993). Reinventing your life: how to break free from negative life patterns. New York, N.Y., U.S.A.: Dutton. Chicago / Turabian - Author Date Citation (style guide)  
Young, Jeffrey E., 1950- and Janet S. Klosko. 1993. Reinventing

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Your Life: How to Break Free From Negative Life Patterns. New York, N.Y., U.S.A.: Dutton.

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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

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schema is basically a set of related thoughts, beliefs and behaviours which can either be healthy or maladaptive.

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