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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 was awarded the prestigious NEEI Mental Health Educator of the Year award in 2003. --This text refers to an alternate kindle_edition edition.~~

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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 100,00 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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~~" Having a secret is isolating. " Try, as much as possible, not to hide your flaws or perceived differences. " 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)~~

~~hanging 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? ____ ____ ____ ____ 2. What area of my life will have the greatest impact if I change it?~~

~~WORKSHEET \u2013 Jennifer Sparks~~

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