

Unhealthy Helping A Psychological Guide To Overcoming Codependence Enabling And Other Dysfunctional Giving

There are many books that promise to help you fix a bad relationship. This groundbreaking bestseller is the first one to help you choose whether you should even try—or if you need to go. Psychotherapist Mira Kirshenbaum draws on years of research and her work with real-life couples to help you make the right decision. She shows you how to diagnose your unique situation with self-analysis and questions like these, which get to the very heart of your problems:
• What sins are forgivable and which ones are unpardonable? • Is your partner questioning your opinions to the point where you doubt yourself? • What is your sex life really like, and how important is it? • Is there real love left between you, and how does it stack up against all that you find unlovable? Mira Kirshenbaum provides expert guidelines that are the key to making all your choices, concrete steps that you can implement right now, and the ultimate way to determine your personal bottom line—what you need to be happy. This remarkably insightful and probing guide offers advice that lets you see the truth about your relationship—and with wisdom and compassion, it helps you act with the confidence of knowing that whether you decide to go or stay, you are doing the very best thing.

We all carry sexual shame. Whether we grew up in the repressive purity culture of American Evangelical Christianity or not, we've all been taught in subtle and not-so-subtle ways that sex (outside of very specific contexts) is immoral and taboo. Psychotherapist Matthias Roberts helps readers overcome their shame around sex by overcoming three unhealthy coping mechanisms we use to manage that shame. Beyond Shame encourages each of us to determine our own definition of healthy sex, while avoiding the ditches of boundaryless sex positivity on the one hand and strict moralistic boundaries on the other. Define your sexual values on your own terms, overcome your shame, and start having great, healthy sex.

Unhealthy HelpingA Psychological Guide To Overcoming Codependence, Enabling, and Other Dysfunctional Giving
Harness the Psychology of Food for a Healthy Lifestyle “...essential read for those of us trying to understand the mysteries behind the food choices and eating habits of today’s consumer.” —Stephen M Ostroff, MD, former deputy commissioner, Foods and Veterinary Medicine, FDA Author and CEO Jack Bobo is a food psychology expert with over 20 years advising four U. S. Secretaries of State on food and agriculture. He’s here to personally guide you on smarter food choices and improving your quality of life. Elusive healthy lifestyle. We have access to more nutrition facts and diet plans now than ever before. Consumers have never known more about nutrition and yet, have never been more overweight. For most Americans, maintaining a balanced diet is more difficult than doing their taxes. What are we doing wrong? Learn to eat better. Jack Bobo reveals how the psychology of food has been invisibly controlling us all along, in the grocery aisles, at restaurants, in front of the refrigerator, and in every other place we make crucial food choices. Behavioral science is changing the way we think about food and showing us how to develop healthy meal plans and deliver more balanced diets. Apply behavioral science to your diet plan. A balanced diet creates a healthy lifestyle routine and better quality of life. You can move beyond fad diets, pop science, and calls for ever greater willpower. Explore the deeper causes of hidden influences and mental shortcuts our minds use to process information and how they often prevent us from healthy eating habits. Why Smart People Make Bad Food Choices helps you:
• Understand the psychology behind hidden influences
• Make better decisions that lead toward a healthy diet
• Fear less and enjoy more the food you eat
• Become a positive force for the diets of those around you if you enjoyed books like Eat, Drink, and Be Healthy; SuperLife; How to Be a Conscious Eater; or How Not to Die; you’ll love Why Smart People Make Bad Food Choices.

Darwinian Hedonism and the Epidemic of Unhealthy Behavior
Practical Steps to Use Boundaries and Get Your Power Back As You Stop Enabling

The Healthy Deviant

How to Keep Your Cool in the Collective Madness

A Schema Therapy Self-Help and Support Book

Six Steps to Hope and Healing for Struggling Parents

A Step-by-Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship

An Easy & Proven Way to Build Good Habits & Break Bad Ones

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual’s health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

New edition of the Hockenburys’ text, which draws on their extensive teaching and writing experiences to speak directly to students who are new to psychology.

A playful metaphor for a serious topic. Don’t Feed the Ducks offers a refreshing new insight for anyone who knows the frustration of poor boundaries, power struggles and codependency. It’s the novel idea that with some slight mental adjustments, anyone can become a more effective partner, helper and human being. With just enough humor to ease this emotionally delicate topic, John Raven guides the reader through the sometimes painful but very much necessary journey of inward self-reflection. It’s the affectionate idea that with “a lot of self-help and a little bit of self-hurt”, everyone can change.

“What does everyone in the modern world need to know? [The author’s] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world’s wisdom into 12 practical and profound rules for life”--

How to Become Resilient and Reclaim Your Life

A Psychological Guide to Overcoming Codependence, Enabling, and Other Dysfunctional Giving

Recognize Your Patterns, Heal from Your Past, and Create Your Self

12 Rules for Life

Study Guide for Psychology, Third Edition

Women Across Cultures

Healthy Religion

Bad Boyfriends

THE PSYCHOLOGY OF WEIGHT-LOSS AND GET-LASTING CONTROL OVER YOUR WEIGHT TODAY? Are you unhappy with your current weight? Have you tried to lose weight but failed? Do you keep jumping from one fad diet to another? Do you try to eat healthy but for some reason you still aren't the weight you want to be? Does it all seem too hard, and you give up on your weight-loss goals altogether?Let experienced life coach Andrew Vashernik reveal the truth behind weight-loss. Having studied and practiced NLP, Hypnotherapy and Philosophy, Andrew will help you uncover the inner workings of your mind, making weight-loss effortless. Through his proprietary concept "The Equation of Change", he's helped countless people achieve their weight-loss goals. Inside The Psychology of Weight-Loss, you'll discover: - The Weight-Loss Law - The only proven way to lose weight - and the only thing that matters!: Why the whole weight-loss industry is set up to make you fail - How natural habit changes occur, and how to make them easily EVERY time- How to lose weight in your own way, so that you feel happy throughout the process- And much, much more Andrew's book The Psychology of Weight-Loss will transform how you relate to dieting forever. It provides a step-by-step guide to make weight-loss easy, lasting and fully under your control. If you want permanent control over your weight, without any fad diets, this is the book for you.Pick up The Psychology of Weight-Loss and get lasting control of your weight today!

*"10 clinically proven strategies from the leading experts on pain management--Cover"
When does love become an obsession? What are the warning signs? What does it take to guard against it and prevent it from entering one's life? A psychotherapist who specializes in this condition and a survivor of obsessive love team up to answer these questions and many others in the most current and important book on this phenomenon. With fascinating and helpful advice drawn from real-life case studies and personal experience, this expert team discusses:
? The difference between healthy love and obsessive love.
? The psychological and societal causes of obsessive love.
? Obsessive love from both the obsessor's and the obsessee's points of view.
? Proven techniques to avoid falling into the obsessive love cycle.
? Concrete steps to break the cycle.*

Recent research has demonstrated that the environment of the family©"which includes all primary caregivers©"are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Willpower

Why Stress Is Good for You, and How to Get Good at It

The Giving Tree

The Secret

Why Smart People Make Bad Food Choices

A Rule Breaker’s Guide to Being Healthy in an Unhealthy World

Pathways to Health Equity

Setting Boundaries© with Your Adult Children

The tenth-anniversary edition of the book that changed lives in profound ways, now with a new foreword and afterword. In 2006, a groundbreaking feature-length film revealed the great mystery of the universe—The Secret—and, later that year, Rhonda Byrne followed with a book that became a worldwide bestseller. Fragments of a Great Secret have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of The Secret come together in an incredible revelation that will be life-transforming for all who experience it. In this book, you'll learn how to use The Secret in every aspect of your life—money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect of your life. The Secret contains wisdom from modern-day teachers—men and women who have used it to achieve health, wealth, and happiness. By applying the knowledge of The Secret, they bring to light compelling stories of eradicating disease, acquiring massive wealth, overcoming obstacles, and achieving what many would regard as impossible.

What is the difference between having empathy and being an empath? "Having empathy means our heart goes out to another person in joy or pain," says Dr. Judith Orloff "But for empaths it goes much farther. We actually feel others' emotions, energy, and physical symptoms in our own bodies, without the usual defenses that most people have." With The Empath's Survival Guide, Dr. Orloff offers an invaluable resource to help sensitive people develop healthy coping mechanisms in our high-stimulus world—while fully embracing the empath's gifts of intuition, creativity, and spiritual connection. In this practical and empowering book for empaths and their loved ones, Dr. Orloff begins with self-assessment exercises to help you understand your empathic nature, then offers potent strategies for protecting yourself from overwhelm and replenishing your vital energy. For any sensitive person who's been told to "grow a thick skin," here is your lifelong guide for staying fully open while building resilience, exploring your gifts of deep perception, raising empathic children, and feeling welcomed and valued by a world that desperately needs what you have to offer.

*You might picture someone who never lets his temper get out of control, no matter what problems he's facing. Or you might think of someone who has the complete trust of her staff, listens to her team, is easy to talk to, and always makes careful, informed decisions. These are qualities of someone with a high degree of emotional intelligence. You discover the happiness you seek, with chapters covering:
• How to start thinking positively
• Managing emotions and anxiety
• Improving confidence to help you deal with everyday challenges
• Developing positive relationships
• How to influence people around you
• Verbal and non-verbal ways of communicating
• Being kind to yourself first
• Celebrating small victories in life
The modern world is becoming more and more fast-paced, thereby sapping and draining. And the resultant demand to keep up makes it difficult to avoid automatic body and brain responses like overthinking and stress. It's also more difficult to keep our brains on top gear to handle problems efficiently and as a result, we often find ourselves performing less and less than our ability, and have a hard time maintaining healthy relationships.*

In Can We Not Be Mad?, Beattie introduces the world to the term codependency. Now a modern classic, this book established Beattie as a pioneer in self-help literature and endeared her to millions of readers who longed for healthier relationships. Twenty-five years later concepts such as self-care and setting boundaries have become entrenched in mainstream culture. Now Beattie has written a followup volume, The New Codependency, which clears up misconceptions about codependency, identifies how codependent behavior has changed, and provides a new generation with a road map to wellness. The question remains: What is and what is not codependency? Beattie here reminds us that much of codependency is normal behavior. It's about crossing lines. There are times we do too much, care too much, feel too little, or overly engage. Feeling resentment after giving is not the same as heartfelt generosity. Narcissism and self-love, enabling and nurturing, and controlling and setting boundaries are not interchangeable terms. In The New Codependency, Beattie explores these differences, effectively invoking her own inspiring story and those of others, to empower us to step out of the victim role forever. Codependency, she shows, is not an illness but rather a series of behaviors that once broken down and analyzed can be successfully combated. Each section offers an overview of and a series of activities pertaining to a particular behavior -- caretaking, controlling, manipulation, denial, repression, etc. -- enabling us to personalize our own step-bystep guide to wellness. These sections, in conjunction with a series of tests allowing us to assess the level of our codependent behavior, demonstrate that while it may not seem possible now, we have the power to take care of ourselves, no matter what we are experiencing. Punctuated with Beattie's renowned candor and intuitive wisdom, The New Codependency is an owner's manual to learning to be who we are and gives us the tools necessary to reclaim our lives by renouncing unhealthy practices.

An Antidote to Chaos

The Enabler: When Helping Hurts the Ones You Love

Communities in Action

Whole Again

Don't Feed the Ducks!

The Parents' Guide to Psychological First Aid

How to Do the Work

This international collection discusses how the individualised, reflexive, late modern era has changed the way we experience and act on our emotions. Divided into four sections that include studies ranging across multiple continents and centuries, Emotions in Late Modernity does the following: Demonstrates an increased awareness and experience of emotional complexity in late modernity by challenging the legal emotional/rational divide; positive/negative concepts of emotional valence; sociological/ philosophical/psychological divisions around emotion, morality and gender; and traditional understandings of love and loneliness. Reveals tension between collectivised and individualised-privatised emotions in investigating 'emotional sharing' and individualised responsibility for anger crimes in courtrooms; and the generation of emotional energy and achievement emotions in classrooms. Debates the increasing mediation of emotions by contrasting their historical mediation (through texts and bodies) with contemporary digital mediation of emotions in classroom teaching, collective mobilisations (e.g. riots) and film and documentary representations. Demonstrates reflexive micro and macro management of emotions, with examinations of the 'politics of fear' around asylum seeking and religious subjects, and collective commitment to climate change mitigation. The first collection to investigate the changing nature of emotional experience in contemporary times, Emotions in Late Modernity will appeal to students and researchers interested in fields such as sociology of emotions, cultural studies, political science and psychology.

Provides a new approach to psychological hedonism and applies it to the growing global epidemic of unhealthy behavior. After 30 years of clinical research and treatment of patients with unhealthy love lives, Dr. Thomas Jordan has recognized that most people aren't actually in control of their own love lives. Why? Because most people don't know how to identify and change what they've learned from the love relationships in their lives. In Learn to Love: Guide to Healing Your Disappointing Love Life, you will learn how to make real—and lasting—improvements in your love life.Starting with the family into which we're born, we learn from all the love relationships in our lives, especially the unhealthy ones. Learn to Love will show you how these experiences help to form a psychological blueprint that controls the love life experiences we have as adults. If what you learned about love relationships was healthy, you'll replicate this and have a meaningful and satisfying love life. But if what you learned was unhealthy, chances are you'll continue to make the same love life mistakes over and over again. Learn to Love will show you how to unlearn this unhealthy learning and form the love relationships you've always wanted to have. The simple formula presented within the pages of this book has helped many of my patients begin taking control of their own love lives, as well as helping me improve my own love life. Learn to Love will help you learn how to take control of your love life.

As The Giving Tree turns fifty, this timeless classic is available for the first time ever in e-book format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a classic that will now reach an even wider audience. "Once there was a tree... and she loved a little boy." So begins a story of unforgettable perception, beautifully written and illustrated by the gifted and versatile Shel Silverstein. This moving parable for all ages offers a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Every day the boy would come to the tree to eat her apples, swing from her branches, or slide down her trunk...and the tree was happy. But as the boy grew older he began to want more from the tree, and the tree gave and gave and gave. This is a tender story, touched with sadness, aglow with consolation. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with Lafcadio, the Lion Who Shot Back. He is also the creator of picture books including A Giraffe and a Half, Who Wants a Cheap Rhinoceros?, The Missing Piece, The Missing Piece Meets the Big O, and the perennial favorite The Giving Tree, and of classic poetry collections such as Where the Sidewalk Ends, A Light in the Attic, Falling Up, Every Thing On It, Don't Bump the Glump!, and Runny Rabbit. And don't miss the other Shel Silverstein ebooks, Where the Sidewalk Ends and A Light in the Attic!

The Invisible Influences that Guide Our Thinking

A Global Perspective

Gain Control of Your Weight for Good

Rewire

The Upside of Stress

Helping Children and Adolescents Cope with Predictable Life Crises

Intuitive Eating, 2nd Edition

Stop Enabling Drug Addicts and Alcoholics

"What the heck is my partner thinking?" is a common refrain in romantic relationships, and with good reason. Every person is wired for love differently, with different habits, needs, and reactions to conflict. The good news is that most people's minds work in predictable ways and respond well to security, attachment, and rituals, making it possible to actually neurologically prime the brain for greater love and fewer conflicts. Wired for Love is a complete insider's guide to understanding a partner's brain and promoting love and trust within a romantic relationship. Readers learn ten scientific principles they can use to avoid triggering fear and panic in their partners, manage their partners' emotional reactions when they do become upset, and recognize when the brain's threat response is hindering their ability to act in a loving way. By learning to use simple gestures and words, readers can learn to put out emotional fires and help their partners feel more safe and secure. The no-fault view of conflict in this book encourages readers to move past a "'warring brain'" mentality and toward a more cooperative "'loving brain'" understanding of the relationship. Based in the sound science of neurobiology, attachment theory, and emotion regulation research, this book is essential reading for couples and others interested in understanding the complex dynamics at work behind love and trust in intimate relationships.

"Feel better, get done more and become a nicer person!" In this age of social media, fake news, individualism and information overload, the certainties we relied on in the past are gone. In our quest for assurance and support, the only seemingly dependable pillar left is other people. So we look to them. But they are unsettled too. And by looking to them, we create and perpetuate our own vicious stress-cycle. As a result, we lose our sensible selves. And we go bananas. But there is good news. If we look around us, there are people who withstand the collective lunacy and stay grounded. They do something that most of us have a hard time doing: they stay themselves. And the best news is that what they can do, you can do too. It doesn't require any special talents or supernatural powers. It only requires doing. In this amiable, open and accessible book, Jeroen Kraaijenbrink takes you on his personal journey out of Bananaland. Drawing from cognitive psychology, martial arts, Saint Benedict, personal experience, and a wide range of other sources, the book offers a nine-step approach with some remarkably practical advice for keeping a cool head in the collective lunacy. "Free yourself from the collective lunacy and reclaim your calm and sensible self."

"The cross-cultural study of women's issues and women's movements, the focus of this book, is fascinating and educational. It tells of women and girls' disadvantage relative to boys and men and how that disadvantage arises from the greater male rights and privilege embedded in cultures, institutions, groups, and minds. Unfortunately, this truth can be disturbing at times. But this book is also uplifting because it is equally about hope, resilience, and the power of people to fight and right social injustices. Throughout the book are many examples of actions to address women's issues and promote gender equality-ranging from the small grassroots effort addressing local women's issues to the use of international law for improving women's status. The global study of women is also about diversity and intersectionality and their importance for understanding the gendered human experience. Gendered discriminations are often heightened by their interaction with other discriminations such as those based on race, class, sexual orientation, age, and gender identity. The experiences and issues of women vary widely based on these and other intersections. Women's experiences as women are also strongly shaped by the particular political, social, and cultural contexts where they live, leading to diversity in women's lives and issues, and in their advocacy and activism. This diversity is not only in our own country, but also globally. Documenting, studying, and appreciating this variety are hallmarks of global women's and gender studies and one of the major aims of this book. Hope the readers find the global study of women captivating and inspiring. Hope that after reading the book they not only better understand how the world works but that they also feel compelled to do their part for gender equality. Hope that readers will be struck by the scope of gender injustice but equally struck by the scope of women's resistance and the possibilities for change. Hope that the book helps readers better understand and appreciate feminism, diversity, and intersectionality, as they are so often caricatured, ridiculed, and negatively stereotyped. Hope that the book reflects and honors internationally oriented women's and gender studies scholarship and the many women's movements actors and organizations that advocate and serve women"--

*The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving—every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to:
• make time for new habits (even when life gets crazy);
• overcome a lack of motivation and willpower;
• design your environment to make success easier;
• get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits—whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.*

The Psychology Of Weight-Loss

Child Neglect

Too Good to Leave, Too Bad to Stay

Parenting Matters

Supporting Parents of Children Ages 0-8

How Understanding Your Partner’s Brain and Attachment Style Can Help You Defuse Conflict and Build a

Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior

How to Stop Enabling Your Adult Children

Finally...Hope for Parents in Pain What parent doesn’t want their children to grow up to be happy, responsible adults? Yet despite parents’ best efforts, most heartfelt prayers, and most loving environments, some kids never successfully make the transition to independently functioning adulthood. Following her own journey, Allison Bottko developed a tough-love approach to parenting adult children that helps both you and your child by focusing on setting you free from the repeated pain of your adult child’s broken promises, lies, and deception. Setting Boundaries© with Your Adult Children offers practical hope and healing through S.A.N.I.T.Y.—a six-step program to help parents regain control in their homes and their lives. S = STOP Enabling, STOP Blaming Yourself, and STOP the Flow of Money A = Assemble a Support Group N = Nip Excuses in the Bud I = Implement Rules/Boundaries T = Trust Your Instincts Y = Yield Everything to God As you love your child with arms and heart wide open, know that no matter what happens you are never alone. God is in control and will be with you.

#1 NEW YORK TIMES BESTSELLER • INSTANT INTERNATIONAL BESTSELLER From Dr. Nicole LePera, creator of “the holistic psychologists”—the online phenomenon with more than two million Instagram followers—comes a revolutionary approach to healing that harnesses the power of the self to produce lasting change. As a clinical psychologist, Dr. Nicole LePera often found herself frustrated by the limitations of traditional psychotherapy. Wanting more for her patients—and for herself—she began a journey to develop a united philosophy of mental, physical and spiritual wellness that equips people with the interdisciplinary tools necessary to heal themselves. After experiencing the life-changing results herself, she began to share what she’d learned with others—and soon “The Holistic Psychologist” was born. Now, Dr. LePera is ready to share her much-requested protocol with the world. In How to Do the Work, she offers both a manifesto for SelfHealing as well as an essential guide to creating a more vibrant, authentic, and joyful life. Drawing on the latest research from a diversity of scientific fields and healing modalities, Dr. LePera helps us recognize how adverse experiences and trauma in childhood live with us, resulting in whole body dysfunction—activating harmful stress responses that keep us stuck engaging in patterns of codependency, emotional immaturity, and trauma bonds. Unless addressed, these self-sabotaging behaviors can quickly become cyclical, leaving people feeling unhappy, unfulfilled, and unwell. In How to Do the Work, Dr. LePera offers readers the support and tools that will allow them to break free from destructive behaviors to reclaim and recreate their lives. Nothing short of a paradigm shift, this is a celebration of empowerment that will forever change the way we approach mental wellness and self-care.

The bestselling author of Undoing Depression offers a brain-based guide to permanently ending bad habits Richard O'Connor's bestselling book Undoing Depression has become a touchstone in the field, helping thousands of therapists and patients overcome depressive patterns. In Rewire, O'Connor expands those ideas, showing how we actually have two brains—a conscious deliberate self and an automatic self that makes most of our decisions—and how we can train the latter to ignore distractions, withstand temptations, and interrupt reflexive, self-sabotaging responses. Rewire gives readers a road-map to overcoming the most common self-destructive habits, including procrastination, excessive worrying, internet addiction, overeating, risk-taking, and self-medication, among others. By learning valuable skills and habits—including mindfulness, self-control, confronting fear, and freeing yourself from mindless guilt—we can open ourselves to vastly more successful, productive, and happy lives.

One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. "Deep and provocative analysis of people's battle with temptation and masterful insights into understanding willpower: why we have it, why we don't, and how to build it. A terrific read." —Ravi Dhar, Yale School of Management, Director of Center for Customer Insights Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life experts, Willpower shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter. By blending practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seek—from happiness to good health to financial security—we won’t reach our goals without first learning to harness self-control.

Break Free of Unhealthy Bonds and Open the Way to True Love

Help Break the Chain of Addiction

A Revolutionary Program That Works

No More Bananas

Guide to Healing Your Disappointing Love Life

A Guide for Prevention, Assessment, and Intervention

The Pain Survival Guide

Unhealthy Helping

Breaking Negative Thinking Patterns is the first schema-mode focused resource guide aimed at schema therapy patients and self-help readers seeking to understand and overcome negative patterns of thinking and behaviour. Represents the first resource for general readers on the mode approach to schema therapy Features a wealth of case studies that serve to clarify schemas and modes and illustrate techniques for overcoming dysfunctional modes and behavior patterns Offers a series of exercises that readers can immediately apply to real-world challenges and emotional problems as well as the complex difficulties typically tackled with schema therapy Includes original illustrations that demonstrate the modes and approaches in action, along with 20 self-help mode materials which are also available online Written by authors closely associated with the development of schema therapy and the schema mode approach

Helping and giving are good. It's just that some types of helping and giving are unintentionally unhelpful and unhealthy. Unhealthy Helping: A Psychological Guide to Overcoming Codependence, Enabling, and Other Dysfunctional Giving demystifies codependence and dysfunctional helping and giving by examining it through multiple psychological lenses. The book contains theory-and-research based answers for people who help and give in ways that are ultimately harmful to themselves or others. Loaded with research and real-life stories, including the author's journey from unhealthy to healthy give, Unhealthy Helping empowers people with psychological knowledge, self-assessments, and practical psychology-based strategies for personal and relationship change. Psychology

professor and Psychology Today blogger Shawn Meghan Burn explores the dynamics of codependent and dysfunctional helping relationships, the difference between healthy and unhealthy helping, why some people are prone to unhealthy helping and giving, what codependence is and where it comes from, and how even the best of helping intentions can go wrong. Everyone faces helping and giving challenges. Unhealthy Helping will help you find that giving and helping sweet spot where your help is truly helpful and your giving is healthy for others, your relationships, and for you.

An "enabler" is usually a kind-hearted person who sympathizes with someone in trouble. For whatever reason, they need to be needed, and an addict needs an enabler to take care of them; therefore, they establish a co-dependency bond. It is hard for a enabler to understand that helping an addict "too much" can be a harmful form of behavior.

This book is a practical guide to using the science of attachment and relationships to find the right life partner. If you were brought up in the Western world, you've been trained on fairy tales of love and relationships that are misleading at best, and at worst have you making mistake after mistake in starting relationships with the wrong kinds of people who will waste your time and keep you from finding a loyal partner. Science has the answer! Or at least a guide to save you the time and effort of discovering for yourself how many wrong types of romantic partners there are. Reading this book will help you recognize the signs of some of the syndromes that prevent people from being good partners. We'll go through those syndromes and point out some of the signs. Those little red flags you sometimes notice when you are getting to know someone? Often they speak loud and clear once you understand the types, and you can decide immediately to run away or approach with caution those who show them. If you're young and just starting to look for a partner, good news-the world is swarming with well-adjusted, charming matches for you, if you know how to recognize them. The bad news: you are inexperienced and you may not recognize the right type of person when you date them. Many people expect to experience an immediate sense of excitement, an overwhelming rush of attraction, and to fall in love rapidly and equally with someone who feels the same. This rarely happens, and when it does it usually ends badly! And expecting it will cause you to let go of people who are steady, loving, and attentive, if you had given them a chance. So once you've identified someone who makes you laugh, answers your messages, and is there for you when you want them, don't make the mistake of tossing them aside for the merely good-looking, sexy, or intriguing stranger. If you're older, bad news: while you were spending time and effort on relationships you were hoping would turn out better, or even happily nestled in a good relationship or two, most of the secure, reliable, sane people in your age group got paired off. They're married or happily enfamilied, and most of the people your age in the dating pool are tragically unable to form a good long-term relationship. You should always ask yourself, "why is this one still available?"-there may be a good answer (recently widowed or left a long-term relationship), or it may be that this person has just been extraordinarily unlucky in having over twenty short relationships in twenty years (to cite one case!) But it's far more likely you have met someone with a problematic attachment style. As you age past 40, the percentage of the dating pool that is able to form a secure, stable relationship drops to less than 30%!], and since it can take months of dating to understand why Mr. or Ms. SeemsNice is really the future ex-partner from Hell, being able to recognize the difficult types will help you recognize them faster and move on to the next. This book outlines the basics (which might be all you need), and points you toward more resources if you want to understand more about your problem partner. If you're wondering if the guy or girl you've been hanging out with might not be quite right, this is the place to match those little red flags you've noticed with known bad types. And by getting out fast, you can avoid emotional damage and wasted time, and get going on finding someone who's really right for you. Study all of the bad types and you'll detect them before even getting involved. Or you could be one of the few people who recognizes their own problems in one of these types. There are study materials and plans of action for you, too. If you've had lots of relationships and they all seem to go wrong, the common factor is you! Your task is to make yourself into a better partner - a goal that even the most

evolved of us can always work toward.

Rediscovering the Greatest Human Strength

Life Strategies for Sensitiv People

Breaking Negative Thinking Patterns

The Essential Guide to Overcoming Obsessive Love

Emotions in Late Modernity

Using Attachment Theory to Avoid Mr. (or Ms.) Wrong and Make You a Better Partner

Emotional Intelligence: The Complete Psychologist's Guide to Mastering Social Skills (A Step-by-step Guide for Beginners to Increase Eq Skills)

Healing Your Heart and Rediscovering Your True Self After Toxic Relationships and Emotional Abuse

What kind of society makes being healthy and happy so difficult that only a single-digit percentage of the population can hope to pull it off? The answer: A sick society. And within a sick society—one where illness, anxiety, and depression are the prevailing norms—what does it mean to be one of the few people to beat those unhealthy odds? It means bucking a lot of your society's norms and rejecting a lot of its conventional health prescriptions. It also means acknowledging a disturbing truth: If you aren't breaking the rules, you're probably breaking yourself. That's the simple, provocative philosophy behind The Healthy Deviant, one seasoned health journalist's quest to reframe healthy choices as a positive form of social rebellion. Combining hand-drawn infographics and statistics with insights from sociology, psychology, evolutionary biology, functional medicine, and the school of hard knocks, this category-defying book rejects the idea that diet and exercise alone can save us—or are even the best places to start. Part manifesto, part whispered wake-up call, The Healthy Deviant is a modern-day survival guide for being a healthy person in an unhealthy world. Starting now.

DISCOVER HOW TO EMPOWER YOURSELF TO STOP ENABLING YOUR ADULT CHILDREN AND TAKE CONTROL OF YOUR RELATIONSHIPS AS YOU LEARN PRACTICAL STEPS TO STOP RESCUING This book will start you on your journey to stop enabling. If you just can't maintain boundaries with your adult child/children, and you find yourself constantly taken advantage of, then this book is for you. Discover the wealth of shared experience that can exist in a parent/adult child relationship that is not dominated by unrealistic expectations, manipulations and resentment. The goal is to empower you, as you understand the enabling cycle and then learn some very practical tools to help you stop. The enabling cycle can be challenged, and change will happen. Getting your power back in your life, and feeling the freedom of being in control of your decisions is an amazingly freeing process. It does however take work, and that is where this very practical book can get you started. You may find that your needs are constantly disregarded, while your adult child expects you to continually be there to pick up the pieces and rescue them again and again. It is time to learn HOW TO put firm boundaries in place in a calm and dignified manner.This book will help you see what lies are keeping you in your current stressful and unfulfilling situation. You will learn how to start the journey towards sharing a mutually fulfilling mature relationship with your adult child. Here Is A Preview Of What You'll Learn Understanding The Enabler or Rescuer How the Enabling Cycle Continues and Grows Boundaries Are Your Friend! Dignified Assertiveness The Importance of Individuation It's Not Cruel To Say 'No!' Changing Your Thinking (Cognitive Behavioral Therapy) Practical Steps For Putting Your New Thinking and Boundaries Into Action Take action right away to start your empowering journey today by buying this book, "How To Stop Enabling Your Adult Children"

We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

Drawing from groundbreaking research, psychologist and award-winning teacher Kelly McGonigal, PhD, offers a surprising new view of stress—one that reveals the upside of stress, and shows us exactly how to capitalize on its benefits. You hear it all the time: stress causes heart disease; stress causes insomnia; stress is bad for you! But what if changing how you think about stress could make you happier, healthier, and better able to reach your goals? Combining exciting new research on resilience and mindset, Kelly McGonigal, PhD, proves that undergoing stress is not bad for you; it is undergoing stress while believing that stress is bad for you that makes it harmful. In fact, stress has many benefits, from giving us greater focus and energy, to strengthening our personal relationships. McGonigal shows readers how to cultivate a mindset that embraces stress, and activate the brain's natural ability to learn from challenging experiences. Both practical and life-changing, The Upside of Stress is not a guide to getting rid of stress, but a toolkit for getting better at it—by understanding, accepting, and leveraging it to your advantage.

The Empath's Survival Guide

Overcoming Unhealthy Helping in Your Life & Relationships

Creating a Healthy Sex Life on Your Own Terms

Help and Guidance for Today's Generation

Wired for Love

The New Codependency

A Psychological Guide to a Mature Faith

Learn to Love

From a leading voice on recovering from toxic relationships, a deeply insightful guide to getting back to your "old self" again--in order to truly heal and move on. Jackson Mackenzie has helped millions of people in their struggle to understand the experience of toxic relationships. His first book, Psychopath Free, explained how to identify and survive the immediate situation. In this highly anticipated new book, he guides readers on what to do next--how to fully heal from abuse in order to find love and acceptance for the self and others. Through his close work with--and deep connection to--thousands of survivors of abusive relationships Jackson discovered that most survivors have symptoms of trauma long after the relationship is over. These range from feelings of numbness and emptiness to depression, perfectionism, substance abuse, and many more. But he's also found that it is possible to work through these symptoms and find love on the other side, and this book shows how. Through a practice of mindfulness, introspection, and exercises using specific tools, readers learn to identify the protective self they've developed - and uncover the core self, so that they can finally move on to live a full and authentic life--to once again feel light, free, and whole, and ready to love again. This book addresses and provides crucial guidance on topics and conditions like: complex PTSD, Narcissistic abuse, Avoidant Personality Disorder, Codependency, Core wounding, toxic shame, Borderline Personality Disorder, and so many more. Whole Again offers hope and multiple strategies to anyone who has survived a toxic relationship, as well as anyone suffering the effects of a breakup involving lying, cheating and other forms of abuse--to release old wounds and safely let the love back inside where it belongs.

Dr. Jacob Bronowski, in his book and PBS documentary series entitled "The Ascent of Man" spoke of unhealthy religion when he stood before the ashes of his relatives at the Auschwitz crematorium. He said, "This is how men behave when they believe they have absolute knowledge." People seek simple answers and absolute knowledge, but anyone or any religion that claims absolute knowledge or absolute and infallible religious sources and tells people what to think, is a clear carrier and manifestation of unhealthy religion. Is "Healthy Religion" an oxymoron or is it achievable in one's life? This research-based document provides you with the means for identifying what is healthy and what is unhealthy in religion. You may be surprised to discover that what you believe and the manner in which you practice your religion may be more a function of your personality than of your religion in the way in which your personality attaches itself and expresses itself in your religion. Literal, dogmatic religious postures of fundamental and evangelical groups are manifestations of close-minded authoritarianism. They also reflect militant, and extremist dictates for one to follow. The manipulation and mind-control methods of fear, guilt, and shame, used with people to secure membership and provide group consensus in belief, violate the very essence of religion and the basic foundations of what is "Healthy Religion". Certain attributes of healthy personality produce healthy religion, and healthy religion promotes healthy personality. You will uncover the ingredients and characteristics of both in this book! Visit his website: walterkanjaphd.com

Does your young daughter talk endlessly about invisible friends, dragons in the basement, and monsters in the closet? Is your teenager about to start high school or being victimized by bullies? Is your son mortally afraid of certain insects or of injections at the doctor's office? Compiled by two seasoned clinical psychologists, The Parents' Guide to Psychological First Aid brings together articles by recognized experts who provide you with the information you need to help your child navigate the many trying problems that typically afflict young people. Written in an engaging style, this book offers sage advice on a raft of everyday problems that have psychological solutions. The contributors cover such topics as body image and physical appearance; cigarettes, drugs, and alcohol; overeating and obesity; dental visits; the birth of a sibling and sibling rivalries; temper tantrums; fostering self-esteem; shyness and social anxiety; and much more. Each expert article provides an overview of the issues, offers reassurance for minor problems and strategies for crisis management, and discusses the red flags that indicate that professional help is needed. In addition, the book is organized into various categories to make it easier to find information. For instance, the "Family Issues" section includes articles on Blended Families, Divorce, and Traveling; the "Adolescent Issues" section covers such topics as Dating and Driving; and the "Social/Peer Issues" section explores such subjects as "Sportsmanship," "Homesickness," and "Making Friends." An encyclopedic reference for parents concerned with maintaining the mental health of their children, this indispensable volume will help you help your child to deal effectively with stress and pressure, to cope with everyday challenges, and to rebound from disappointments, mistakes, trauma, and adversity.

Co-dependency-of which enabling is a major element--can and does exist in families where there is no chemical dependency. Angelyn Miller's own experience is a dramatic example: neither she nor her husband drank, yet her family was floundering in that same dynamic. In spite of her best efforts to fix everything (and everyone), the turmoil continued until she discovered that helping wasn't helping. Miller recounts how she learned to alter the way she responded to family crises and general neediness, forever breaking the cycle of co-dependency. Offering insights, practical techniques, and hope, she shows us how we can transform enabling relationships into healthy ones.

Atomic Habits

Beyond Shame