



I'm OK - You're OK

By Harris, Thomas

Condition: New. Publisher/Verlag: HarperCollins US | An enormously popular (7-million copies sold) and insightful classic of popular psychology based on Eric Bernes theory of Transactional Analysis that has helped millions of people who never before felt OK about themselves find the freedom to change, to liberate their ADULT effectiveness, and to achieve joyful intimacy with the people in their lives. | Transactional Analysis delineates three observable ego-states (Parent, Adult, and Child) as the basis for the content and quality of interpersonal communication.

"Happy childhood" notwithstanding, says Harris, most of us are living out the Not ok feelings of a defenseless child, dependent on ok others (parents) for stroking and caring. At some stage early in our lives we adopt a "position" about ourselves and others that determines how we feel about everything we do. And for a huge portion of the population, that position is "I'm Not OK -- You're OK." This negative "life position," shared by successful and unsuccessful people alike, contaminates our rational Adult capabilities, leaving us vulnerable to inappropriate emotional reactions of our Child and uncritically learned behavior programmed into our Parent. By exploring the structure of our personalities and understanding old decisions, Harris believes we can...



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