

I'm Ok, You'RE Ok: A Practical Guide to Transactional Analysis

Harris, Thomas Anthony

Note: This is not the actual book cover

Im Ok Youre Ok A Practical Guide To Transactional Analysis

Thomas Anthony Harris



Im Ok Youre Ok A Practical Guide To Transactional Analysis:

I'm OK - You're OK Thomas Anthony Harris,1967 **I'm OK--You're OK** Thomas Harris,2004-07-06 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 find the freedom to change our lives *I'm OK, You're OK* Thomas Anthony Harris,1974 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 find the freedom to change our lives *I'm Ok--You're Ok* Thomas Harris,1971 **I'm Ok, You're Ok** Thomas A. Harris,2013-03-31 OVER 15 MILLION COPIES SOLD Illuminating An accessible and powerful book to help you find the freedom to change PHILIPPA PERRY We all have an internal voice that determines how we make decisions and view the world We are either guided by our inner Child Parent or Adult and this has a huge impact on our relationships family work and life In this classic book one of the world s best psychiatrists Thomas A Harris reveals how our interactions with others hold the key to understanding ourselves It will teach you how the human mind operates why we do what we do and how to break old patterns in order to gain control of yourself and your future **IM OK-YOU'RE OK** THOMAS A. HARRIS, M.D.,1969 *U.S. Environmental Protection Agency Library System Book Catalog Holdings as of July 1973* United States. Environmental Protection Agency. Library Systems Branch,1974 The New York Times Book Review ,1973

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