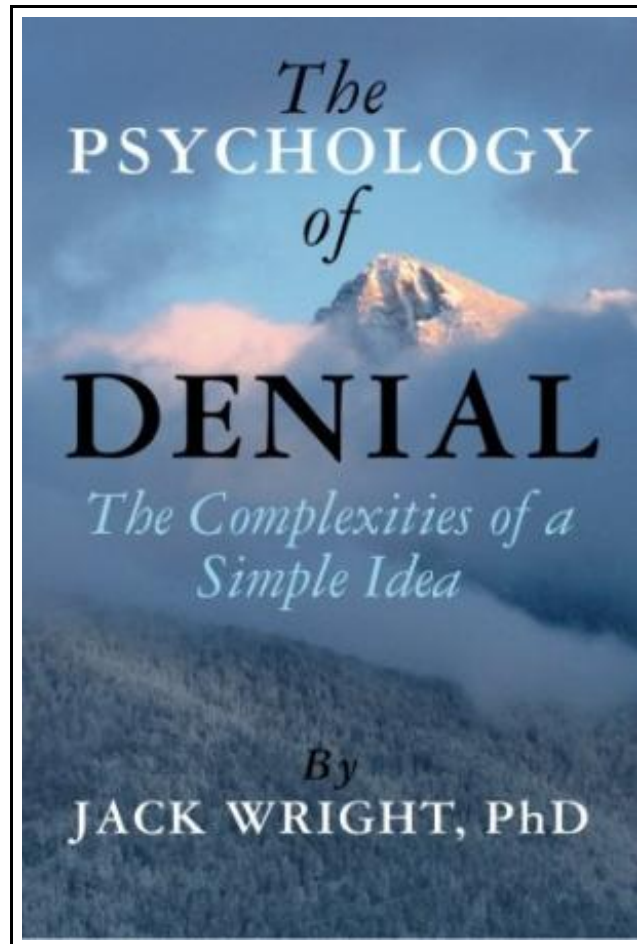


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(Ariane Rau)

THE PSYCHOLOGY OF DENIAL: THE COMPLEXITIES OF A SIMPLE IDEA



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 270 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. You may not agree with all of the thoughts in The Psychology of Denial, but it will cause you to think about issues that have the potential to change your life in a positive direction. The ideas are developed from the authors experiences with himself, his family, over three decades of experience as a psychotherapist, and the study of Psychological Science since 1953. The overall theme of The Psychology of Denial is that we deny that personal change is possible either from not expecting any change to be available, or by denying that our failed attempts at change needed more understanding. Serious change requires years of effort, and we often dont see that shortcuts to happiness usually just make matters worse. The Psychology of Denial makes it clear that durable happiness comes from making progress with our personal lives, not by meeting certain goals, or finding anything close to perfection. Most of us start our adult lives with serious limitations from our childhoods and need to develop patience and perseverance if were to overcome them. Psychology has found that it takes a sense of belonging, adequate control over our lives, meaning, and self-esteem if were to experience general happiness. The Psychology of Denial: The Complexities of a Simple Idea attempts to assists us in understanding how we let denial get in our way of developing these aspects of our happiness. Hopefully the reader of this book will be better able to understand at least the following issues: 1. Why willpower often fails. 2. That many of us just havent been told how to change. 3. How trying can make a habit worse. 4. That developing self-esteem is critical...



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