

Reinventing Your Life

The Breakthrough
Program
to End Negative
Behavior . . .

and Feel
Great Again

DISCOVER THE TOOLS AND
TECHNIQUES TO:

- Create a More Positive and Productive Environment
- Develop Fulfilling Relationships
- Energize and Transform Your Everyday Life
- Free Yourself from Anxiety, Fear, and Panic
- Break the Cycle of Self-Defeating Behavior
- Overcome Feelings of Insecurity and Rejection

Are You Caught in a “Lifetraps”?

**Are you drawn into relationships with people
who are selfish or cold?**

**Are you afraid of showing other people who you really are,
because you think they might reject you?**

Do you feel inadequate compared to people around you?

**Do you sacrifice relaxation and fun because you're
always trying to do your best?**

**Let two of America's leading psychologists show you
how to free yourself from these destructive
“lifetraps” with exciting, breakthrough techniques
that can transform your life.**

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**JEFFREY E. YOUNG, PH.D., AND
JANET S. KLOSKO, PH.D.**

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**THE BREAKTHROUGH PROGRAM
TO END NEGATIVE BEHAVIOR . . .
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*For Manny, Ethel, and Hannes, who have loved
and supported me unconditionally.*

—JEFFREY YOUNG

*For my mother, father, Michael, and Molly, who
all gave me the space to write this book.*

—JANET KLOSKO

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