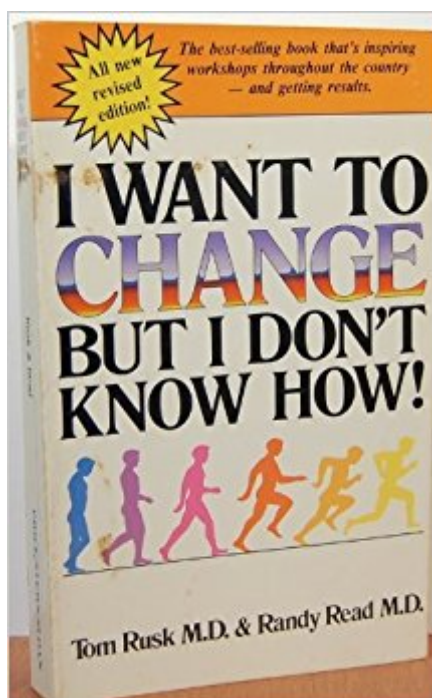


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# I Want To Change But I Don't Know How!



## Synopsis

Flawless new paperback book.

## Book Information

Paperback: 330 pages

Publisher: Price Stern Sloan; Revised edition (February 1986)

Language: English

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Average Customer Review: 4.2 out of 5 stars 15 customer reviews

Best Sellers Rank: #295,250 in Books (See Top 100 in Books) #75 in [Books > Teens > Social Issues > Dating & Intimacy](#) #312 in [Books > Teens > Education & Reference > Social Science](#) #3496 in [Books > Religion & Spirituality > Occult & Paranormal](#)

## Customer Reviews

Flawless new paperback book.

My second "read" by these authors -- and it's just amazing! By NOT beating around the bush, by NOT accepting "poor me" excuses...the advice here about loving oneself and making whatever changes are needed....by TRYING different behaviors....is spot on! I wish every psychiatrist in the country would read it -- especially the chapter about over-drugging Americans, in general! A valuable book!!

This book is, SO IN YOUR FACE, that if you don't do anything differently after reading it, maybe you should consider that you don't really want to change and that you are content with where you are. I realized that I was overwhelming myself taking leaps instead of hops. A little at a time is all it takes to make progress. I really enjoyed it.

IF YOU EVER WANT TO CHANGE YOUR LIFE READ THIS...AND REREAD IT. FOLLOW IT ALONG. I USED IT IN MY PRACTICE. WANT TO CHANGE IS THE KEY.

EXCELLENT book. A great insight into the human mind, left and right side brain and how it effects a

person. I give this a high rating because it really does leave you with insight.

I read this book back in the 80's and still remember its concepts. One of the ideas that stood out to me is that you don't have to be what you have been told you are or even what you think you are. We have many choices but they have been limited by focusing on one way of being. This usually starts in childhood when parents see us one way and the image grows until we believe that's what we are. The book has some great techniques to get you moving if you feel you're stuck in the same old pattern. The authors speak in a very honest, forthright manner and their words seem to jump from the page. This book gets you in touch with feelings and gets you moving. Highly recommend.

good

Tom Rusk gives great easy to read practical insight into the behaviors of humans and interprets those behaviors in ways that help you understand how best to interact with them. my favorite by this author is The art of Ethical Persuasion! Awesome book!!!

I read the first three chapters of this book before having enough of this egomaniac's self-adulation. No reputable psychiatrist would be so abusive of weak, distressed vulnerable souls. When I got to the part where he sent the family of the fragile mother out of the room so he could "work" on her in private, it simply horrified me. He would like you to think he was practicing some kind of tough love on her, but in fact, his behavior was more akin to Werner Erhardt's EST brainwashing of the 1970s. He describes "yanking" & "dragging" this poor woman's arm to force her to look at herself in a mirror, where he trapped her until she could tell her reflection that she loved it. This was the first "session" he'd had with her & he actually started yelling at her, telling her that what she was saying was "bullsh\*t," & that is a quote. After he had succeeded in driving her to tears, he then wrote about how "spent" he was by the effort, as if we should care, as if this whole thing was about his feelings. Meanwhile, he's demoralized this poor woman, who really needed support, who was at the end of her rope & needed to find the tools to help her change. This hack should have his license yanked--if he actually has one. I loved the title of this book, which is why I wasted my money on it. But after reading his account of how he treated that woman I dropped it right into the recycling bin. God forbid I should donate it to some organization that would put it in a rummage sale where another abused child in pain might not realize she's just reading the ravings of another madman--just like so many of the others who've used power to control her life. My comments may

seem hyperbolic, but I have spent many years recovering from the horrors of my own traumas & if I'd encountered this jerk, someone would be talking me down from the proverbial window ledge right now. If you want to learn to love yourself, read BORN TO WIN or I'M OK, YOU'RE OK. Perls & Berne, along with dozens of reputable psychiatrists, will gently--but firmly--help you find your way. A shattered childhood or abusive adulthood is nothing to take lightly. Don't perpetuate the pain by giving audience to self-aggrandizing phonies who want to cash in on the legitimate field of healing through self-help & the pain you'll have to confront on your road to victory. Healing from any injury takes time, work & love. You won't get there because some self-serving Svengali shoves a mirror in front of your face. Recognizing abuse is the most important step you can take to fight it. Love yourself but 86 this piece of garbage.

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