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Psychologists Jeffrey Young and Janet Klosko call these beliefs "lifetraps" and created the workbook Reinventing Your Life to help people identify and change these destructive patterns. Also known as schemas (pronounced "skay-mas"), lifetraps are deep-rooted beliefs about ourselves and the world that we learn in childhood and gradually come to view as "Me."

Reinventing Your Life Book Review | Shift Cognitive

He has published extensively, including two major books, Schema Therapy: A Practitioner's Guide, for mental health professionals, and Reinventing Your Life, a bestselling self-help book. Dr. Young is coauthor of a psychotherapy outcome study evaluating the effectiveness of cognitive therapy in comparison to antidepressant medication.

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