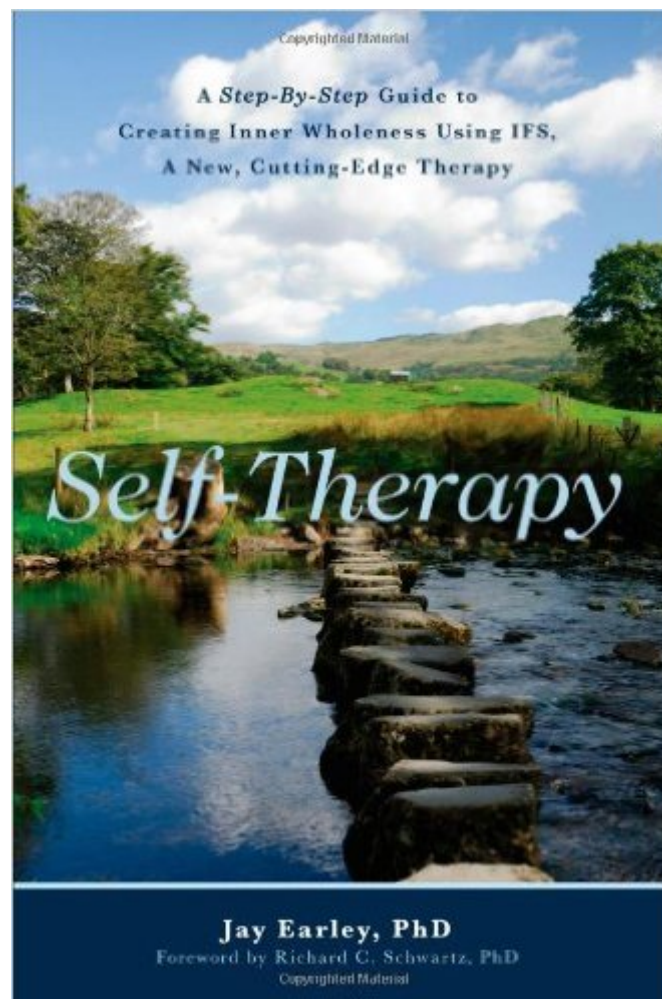


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# Self-Therapy: A Step-By-Step Guide To Creating Wholeness And Healing Your Inner Child Using IFS, A New, Cutting-Edge Psychotherapy



## Synopsis

Understand your psyche in a clear and comprehensive way, and resolve deep-seated emotional issues. Self-Therapy makes the power of a cutting-edge psychotherapy approach accessible to everyone. Internal Family Systems Therapy (IFS) has been spreading rapidly across the country in the past decade. It is incredibly effective on a wide variety of life issues, such as self-esteem, procrastination, depression, and relationship issues. IFS is also user-friendly; it helps you to comprehend the complexity of your psyche. Dr. Earley shows how IFS is a complete method for psychological healing that you can use on your own. Self-Therapy is also helpful for therapists because it presents the IFS model in such detail that it is a manual for the method. Many times in the past I used to say to friends, "I am at least two people." I often found myself doing something I really did not want to do, thinking things that I did not want to think, and feeling emotions I did not want to feel and over which I felt I did not have control. It seemed like there was another person inside me. On reading Self Therapy, I was so excited to find out what was going on. Many things I could not previously figure out quickly fell into place. For me it was a very exciting experience--finding out so much about myself. Not only that but this book also taught me how to 'rehabilitate' the 'other me'--or many other 'me's! Reading this book was one of the most enlightening experiences I have had. It is very well written and the author's attitude comes across very clearly and powerfully. There is no doubt but it written with a kind and altruistic heart and with the purpose of really helping individuals to understand and help themselves and integrate all their part. Self Therapy takes its place among the most treasured books on my bookshelves.-- Paddy Linehan, Thailand Self-Therapy was a big help to me in the beginning when I didn't have much knowledge of IFS or myself. The transcripts were intriguing because I looked at other people's experience in the book and recognized my parts. This helped me to realize that I'm not the only one with these difficult feelings. In my journal I wrote out the answers to each of the questions for my parts, and this brought it all together for me.-- Mindy Lamberson, Des Moines, Iowa

## Book Information

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## Customer Reviews

I think the book is excellent - I've already recommended it to numerous people. Internal Family Systems is the best thing I've come across in the psych world in the course of reading a fair number of psych books in my 44 years, and this book by Earley does a great job of explaining it. IFS is not the simplest thing in the world to explain in writing, yet the book nails it by combining clear illustrations, good organization and thoughtful writing. It also has numerous exercises you can do yourself. And a section of tips on doing IFS with a partner, and on working with a therapist. The book is written to be accessible to the general public, which is the only broad-based introductory IFS book I know of yet that is in good measure written for the public (i.e. not written for therapists). It's largely written for the person who will be going through therapy or wants to practice IFS on their own or with a partner. I think even having the awareness of the concepts and info will help most people, even if they don't do the exercises. The great thing about the above is it gives IFS a better chance of making a bigger impact on the world than is possible simply through therapists. There are only so many therapists, and only some know much IFS and relatively few have been trained in it, or are now slated to be trained. Besides letting more people do it on their own, I think IFS therapists in general will benefit from it because I think a good number of people who read it and find IFS appealing will at some point in the upcoming years of their life will go to an IFS therapist to experience the added benefits of therapy or tackle harder things that need a therapist. Kind of like how the Grateful Dead became the highest grossing tour band in the U.S.

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