

## REINVENTING YOUR LIFE%0A

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[Reinventing Your Life: The Breakthrough Program to End ...](#)

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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[20 Steps to Reinvent Your Life - #15 and 16 are my ...](#)

About the Author: Talia Marcheggiani, ND is a naturopathic doctor practicing in Toronto. She is passionate about accompanying patients on their healing journeys and has a special interest in mental health, women's health and community medicine.

[Reinventing Your Life - Schema Therapy](#)

Reinventing Your Life is the popular self-help book based on the Schema Therapy approach. Over 100,00 copies are now in print. Over 100,00 copies are now in print. The approach has recently been integrated with mindfulness meditation by Tara Bennett-Goleman in her new book, Emotional Alchemy .

[Reinventing Your Life: The Breakthrough Program to End ...](#)

Reinventing Your Life is a self-help book based on schema therapy, a fairly new type of psychotherapy which is mainly (though not exclusively) used to treat personality disorders. A schema is basically a set of related thoughts, beliefs and behaviours which can either be healthy or maladaptive.

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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.