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describe as “patterns that start in childhood and reverberate throughout life”.

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Reinventing Your Life is the popular self-help book based on the Schema Therapy approach. 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 - Schema therapy

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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.

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