

I'M OK - YOU'RE OK BY THOMAS ANTHONY HARRIS



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About the Author

Born in Texas, Harris took his science degree in 1938 from the University of Arkansas Medical School. In 1942 he began his psychiatry training in Washington DC at St. Elizabeth Hospital. He was a Navy psychiatrist for several years, becoming chief of the Psychiatry Branch and leaving the service as a commander. This was followed by a teaching post back at the University of Arkansas, and then a period as a senior mental health bureaucrat. He continues to practice psychiatry in Sacramento, California, and is a director of the Transational Analysis Association.

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This practical guide to Transactional Analysis is a unique approach to solving your problems. Hundreds of thousands of people have found this phenomenal breakthrough in psychotherapy a turning point in their lives. In sensible non-technical language, one of the world's best psychiatrists, Thomas A Harris, explains how to gain control of yourself, your relationships and your future - no matter what happened in the past. This is the self-help book that will really change your life - for good.

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Lifesaver

By Kindle Customer

Very good if you want to understand why you are the way you are and what to do about it. It helped me at a time in my life when I needed to know so much and felt lost and uncertain about what to do with my life. I learned to put my "parents" experience in it's proper place, how to enjoy my "child" and how to be an "adult". If everyone got what I got out of it, the world would be a better place. When you become a victim, or a persecuter or an enabler you are a slave. When you become a non-judgemental "adult" life is a lot more pleasant both for you and those you deal with. But it takes time to absorb and to change and you have to do a lot of thinking, feeling and understanding along the way.

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Just as relevant now as it was when it was written.

By V Esler

I first read this book in the early 1970s while I was a psychology major in college. I decided to pick it up again. Although the setting has changed - different wars and an altered political map - it is clear that people have not.

It may seem a little confusing at first, but if you stick with it, a new way of thinking about conversations emerges. The Parent - Adult -Child axis is still incredibly helpful in understanding our own behavior and that of others, and in providing a language with which to find a way of understanding.

2 of 2 people found the following review helpful.

Item exactly as described; came quickly. May the ...

By Dachsielover

Item exactly as described; came quickly. May the Lord bless you! The book shares a perspective on how it can be so hard (though not impossible). Untrue stuff we heard or saw from our parents and emotional reactions we had as children to scary or unhappy situations must both be carefully screened to achieve more true perceptions of today's reality. We don't need to keep dragging the past into our future. We can be free. Jesus said when we know the truth it will set us free. Ultimately, Jesus Himself is the source of truth--the only One who can give us the cosmic perception of truth.

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