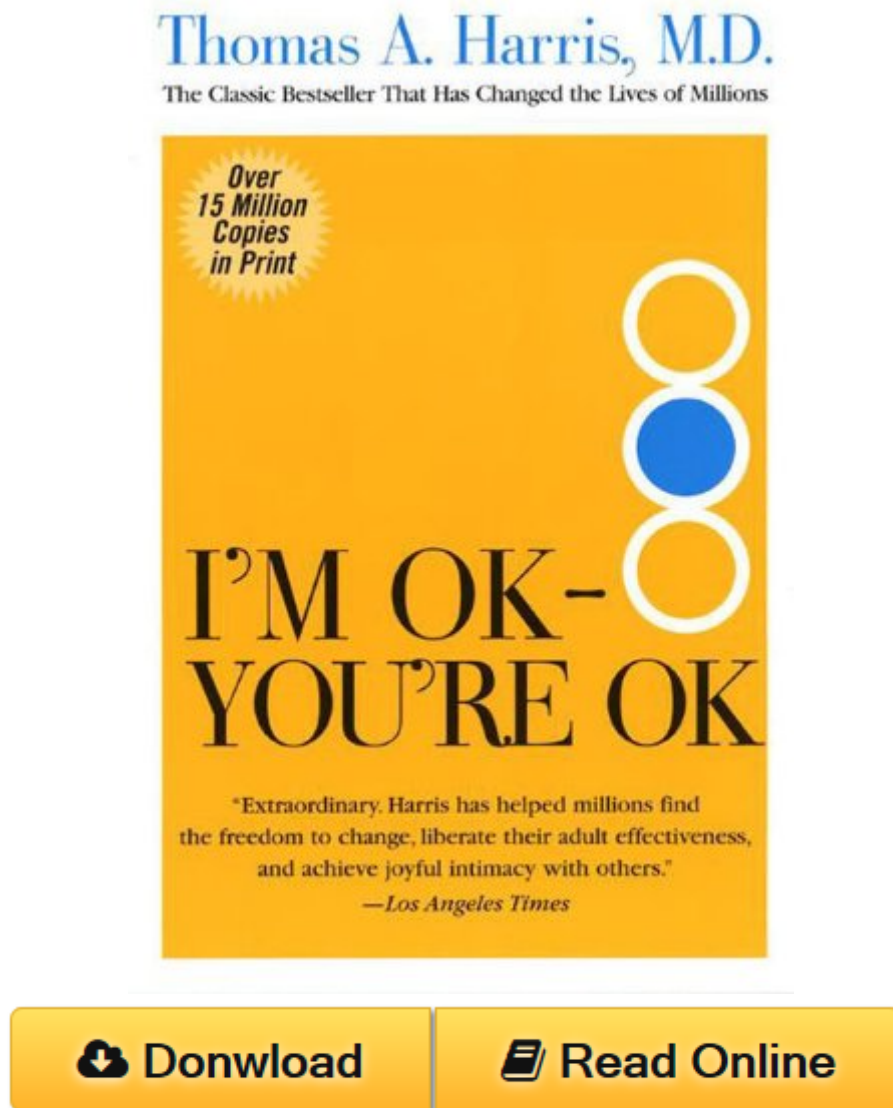


## I'm Ok, You're Ok PDF



I'm Ok, You're Ok by Thomas Harris ISBN B0054KY9QW

Transactional Analysis delineates three observable ego-states (Parent, Adult, and Child) as the basis for the content and quality of interpersonal communication. "Happy childhood" notwithstanding, says Harris, most of us are living out the Not ok feelings of a defenseless child, dependent on ok others (parents) for stroking and caring. At some stage early in our lives we adopt a "position" about ourselves and others that determines how we feel about everything we do. And for a huge portion of the population, that position is "I'm Not OK -- You're OK." This negative "life position," shared by successful and unsuccessful people alike, contaminates our rational Adult capabilities, leaving us vulnerable to inappropriate emotional reactions of our Child and uncritically learned behavior programmed into our Parent. By exploring the structure of our personalities and understanding old decisions, Harris believes we can find the freedom to change our lives.



## **I'm Ok, You're Ok Review**

This I'm Ok, You're Ok book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of I'm Ok, You're Ok without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry I'm Ok, You're Ok can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This I'm Ok, You're Ok having great arrangement in word and layout, so you will not really feel uninterested in reading.