



Who's Really Running Your Life?: Free Your Self from Custody, and Guard Your Kids

By Peter K. Gerlach

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Does a furtive "false self" control you? This book shows you how to find out, and - if so - how to free your true Self to harmonize your inner family. You'll also see how to guard kids in your life from toxic false-self domination.

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Editorial Review

About the Author

Peter Gerlach uses 40 years' learnings from careers in engineering, education, and psychotherapy to form the unique ideas in this book. A Stanford graduate, Peter spent 17 years working in various design, marketing, training, and management positions for GT&E and IBM. In 1979, he began studies that led to a master's degree in social work. In 1981, Peter began a private practice specializing in solving individual and stepfamily relationship problems. In 1985, he "accidentally" discovered that his parents had been functional alcoholics. That triggered a life-changing personal healing journey, including an intense study of family dysfunction, recovery, and inner family therapy. These learnings, over 400 hours of post-graduate education, and over 15,000 hours of clinical experience, underlie the premises in this book. The key premise is that you, your mate, and any kids, may be unaware of living under the control of a protective, limiting false self - and you can change that, if you wish.

Users Review

From reader reviews:

Joyce Jacobs:

People live in this new moment of lifestyle always attempt to and must have the spare time or they will get great deal of stress from both lifestyle and work. So , whenever we ask do people have spare time, we will say absolutely indeed. People is human not just a robot. Then we consult again, what kind of activity do you possess when the spare time coming to a person of course your answer will probably unlimited right. Then ever try this one, reading publications. It can be your alternative inside spending your spare time, often the book you have read will be Who's Really Running Your Life?: Free Your Self from Custody, and Guard Your Kids.

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Jennifer Day:

This Who's Really Running Your Life?: Free Your Self from Custody, and Guard Your Kids is fresh way for you who has intense curiosity to look for some information given it relief your hunger associated with.

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