



The Lies We Tell Ourselves: How to Face the Truth, Accept Yourself, and Create a Better Life

By Jon Frederickson

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Do you feel stuck in your life? Do you wonder why? Does something seem wrong, but you can't put your finger on it? In *The Lies We Tell Ourselves*, psychotherapist Jon Frederickson reveals the ways we fool ourselves and how to get unstuck.

Through dozens of stories and examples, he demonstrates that the apparent cause of our problems is almost never the real cause. In addition, he reveals what we really fear and how to face it. In the spirit of Stephen Grosz and Irving Yalom, Frederickson shows how to recognize the lies we tell ourselves and face the truths we have avoided--and stop saying yes when we really mean no.

Although we may use falsehoods to escape pain, clinging to our fantasies actually becomes the source of greater suffering. This book shows how to create a better life by letting go of our lies and facing reality. It also demonstrates that therapy is not merely a chat; it is a relationship between two people devoted to facing the deepest truths of our lives so we can be healed.

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The Lies We Tell Ourselves: How to Face the Truth, Accept Yourself, and Create a Better Life By Jon Frederickson **Bibliography**

- Rank: #198332 in Books
- Brand: Jon Frederickson
- Published on: 2017-01-01
- Original language: English
- Dimensions: 8.90" h x .80" w x 5.90" l, .0 pounds
- Binding: Paperback
- 174 pages

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Editorial Review

Review

"The Lies We Tell Ourselves explodes our illusions so we might come into a true, authentic relationship with ourselves and others. The world is full of distortion and avoidance, but Jon creates a startling space where emotional truth can be fearlessly spoken. His writing has the feel of both psychological and spiritual mastery. His brilliant, richly informed, hard fought, and gritty wisdom is a gift to us all."

--Susan Warshow, MSW, Founder, DEFT Institute

"With a blast of truth, Frederickson--a world-class psychotherapy teacher--lays out the essentials of effective therapy. With clarity, a brilliant writing style, and many real-life examples, Frederickson shows us how a connection to the truth breaks down the walls and barriers that keep us from having a loving connection with others. The Lies We Tell Ourselves is destined to be a classic enjoyed by sensitive people (and their therapists) for generations to come."

--Thomas M. Brod, MD, Distinguished Fellow of the American Psychiatric Association, and Associate Clinical Professor, Psychiatry, David Geffen School of Medicine, University of California, Los Angeles

"This book is a revelation--a gift to all who come across it. I laughed and cried and, in the end, was filled with deep gratitude for life, just as it is--and for Jon Frederickson. His wisdom, as well as his willingness to be a witness and companion on the journey, is a blessing. Words pale in comparison with the profound and expansive experience offered here. I can't recommend this book highly enough!"

--Patricia Coughlin, PhD, author of *Intensive Short-Term Dynamic Psychotherapy*

"I wholeheartedly recommend this book to everyone who wants to see what therapy is really about or who wants to increase the value of the psychotherapy they engage in or offer to others."

--Peter Fenner, PhD, author of *Radiant Mind* and *Natural Awakening*

About the Author

Jon is on the faculty of the Washington School of Psychiatry where he is co-chair of the Intensive Short Term Dynamic Psychotherapy Training Program. He is also chair of the Intensive Short Term Dynamic Psychotherapy Training program of the Norwegian ISTDP Society and faculty on the ISTDP Training Program of the Italian EDT Society and the Laboratorium Psychoedukacji in Warsaw.

He conducts trainings in Norway, Sweden, Denmark, Poland, Italy, Lebanon, and the United States. He has a website istdpinstitute.com where you can download videos, webinars, and articles, and access ISTDP training online. You can also visit the ISTDP Institute Facebook page at facebook.com/DynamicPsychotherapy

His book, *Co-Creating Change: Effective Dynamic Therapy Techniques* (May 2013), won the first prize in psychiatry at the British Medical Association Book Awards. His new book, *The Lies We Tell Ourselves: How to Face the Truth, Accept Yourself and Create a Better Life* was published on January 1, 2017.

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