



THE Power of Labels: How do we get labeled? How do labels predetermine our lives? How to get rid of them and live a happier life. (Paperback)

By Marsy Beron

AUTHORHOUSE, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Gestalt psychotherapist Beron, in her debut self-help book, examines the positive and negative impacts of being socially labeled and how such labels shape one's feelings, thoughts and behavior. The power of labels is like an invisible pressure which intercepts our thoughts and actions, distorts beyond recognition the mirror and makes us vulnerable to the pain of the past and the fear of the future, asserts the author in the book's foreword. Although people may acquire labels at any age, Beron contends that most first appear in childhood and come from such sources as classmates, teachers, parents and friends. She briefly describes the Gestalt theory of psychotherapy, which emphasizes personal responsibility, and uses it as a basis for exploring ways that people may assume positive control over their lives. Beron reminds readers that people may be labeled in direct and indirect ways, with or without cruel intent, due to name-calling, nicknames or comparison to others. What's important, then, is how people believe such characterizations and how they become a part of their identities. In turn, those conceptions of identity influence people's...



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This book is wonderful. It really is written in easy words and never difficult to understand. I am quickly can get a satisfaction of reading a created ebook.
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An exceptional publication and also the typeface applied was fascinating to learn. It normally will not expense excessive. Your life period will be transform once you comprehensive looking over this pdf.
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