Games People Play: The Basic Handbook Of Transactional Analysis.
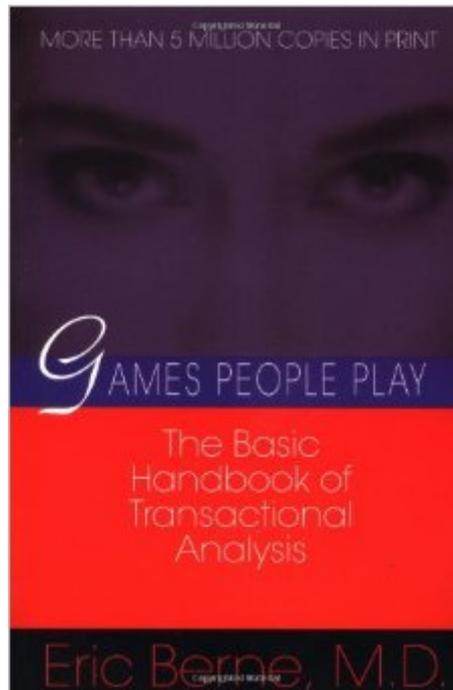
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GAMES PEOPLE PLAY

The Basic Handbook of Transactional Analysis

Eric Berne, M.D.

Synopsis

We think weâ ™re relating to other peopleâ "but actually weâ ™re all playing games.Forty years ago, Games People Play revolutionized our understanding of what really goes on during our most basic social interactions. More than five million copies later, Dr. Eric Berneâ ™s classic is as astonishingâ "and revealingâ "as it was on the day it was first published. This anniversary edition features a new introduction by Dr. James R. Allen, president of the International Transactional Analysis Association, and Kurt Vonnegutâ ™s brilliant Life magazine review from 1965.We play games all the timeâ "sexual games, marital games, power games with our bosses, and competitive games with our friends. Detailing status contests like â œMartiniâ • (I know a better way), to lethal couples combat like â œIf It Werenâ ™t For Youâ • and â œUproar,â • to flirtation favorites like â œThe Stocking Gameâ • and â œLetâ ™s You and Him Fight,â • Dr. Berne exposes the secret ploys and unconscious maneuvers that rule our intimate lives.Explosive when it first appeared, Games People Play is now widely recognized as the most original and influential popular psychology book of our time. Itâ ™s as powerful and eye-opening as ever.

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Customer Reviews

"Thank Psyche," that this 1963 classic is still in print. (600,000 copies; N.Y.Times best-seller list for two years.) It's not trendy and forgettable, it's timeless and fascinating. (Here are our human "GAMES" such as "Kick Me," "Ain't It Awful," and "Happy to Help")But two more subtle pleasures (which the other reviewers here have not yet mentioned) are the doctor's wry WIT-plus real

WISDOM.His thesis is uncompromising. Dr. Berne shows we play "games" taught us by our warped childhood, or the world and culture. Rock-bottom: "Because there is so little opportunity for intimacy in daily life, and because some forms of intimacy (especially if intense) are psychologically impossible for most people, the bulk of the time in serious social life is taken up with playing games. Hence games are both necessary and desirable, and the only problem at issue is whether the games played by an individual offer the best yield for him." Specifically, Berne says we should discard bad psychological games (based on invalid old life-scripts from the past), in favor of the better social games. (And indeed, the games seem giddily-toxic, especially "Look How Hard I've Tried," "See What You Made Me Do," and "I'm Only Trying To Help You")So alas, for the intimacy-fearful MANY people, the goal-in-life is to cure the "sick" games, and then just play the non-pathological ones. But, for a FEW fortunates, the open-calm-easy-natural responsiveness of truer psychological maturity IS possible. Berne names it "autonomy." It comprises awareness, spontaneity, and intimacy.Okay. Skim or skip the theoretical Part ONE. But savor the 106 games in the story-time Part TWO.

Games People Play: The Basic Handbook of Transactional Analysis. Warriors Word Scramble: Word Scramble Games - Word Search, Word Puzzles And Word Scrambles (Word Games, Brain Games, Word Search, Word Search Games, Word ... Scramble, Word Scrabble, Unscramble Word) Hoyle's Rules of Games: The Essential Family Guide to Card Games, Board Games, Parlor Games, New Poker Variations, and More How To Analyze People: Mastering Analyzing and Reading People: (How To Read People, Analyze People, Psychology, People Skills, Body Language, Social Skills) People's History of Sports in the United States: 250 Years of Politics, Protest, People, and Play (New Press People's History) The Game Inventor's Guidebook: How to Invent and Sell Board Games, Card Games, Role-Playing Games, & Everything in Between! UNEXPLAINED DISAPPEARANCES & MISSING PEOPLE.: MISSING PEOPLE CASE FILES; UNEXPLAINED DISAPPEARANCES; MISSING PEOPLE. (UNEXPLAINED DISAPPEARANCES : MISSING PEOPLE Book 2) Transactional Information Systems: Theory, Algorithms, and the Practice of Concurrency Control and Recovery (The Morgan Kaufmann Series in Data Management Systems) Introduction to Transactional Lawyering Practice (American Casebook Series) Contract Drafting: Powerful Prose in Transactional Practice Contract Drafting: Powerful Prose in Transactional Practice (ABA Fundamentals) Toy Making and Toy Games: How To Make Your Own Simple Wooden & Paper Toys and Easy to Play Games - Suitable for Toddlers, Kids and Adults! Dice Games New and Old: How to Play Dice Games - Over 50 Including Craps Hoyle's Modern

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