



## They F\*\*\* You Up: How to Survive Family Life (2nd Revised edition)

By Oliver James

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, They F\*\*\* You Up: How to Survive Family Life (2nd Revised edition), Oliver James, Do your relationships tend to follow the same destructive pattern? Do you feel trapped by your family's expectations of you? Does your life seem overwhelmingly governed by jealousy or competitiveness or lack of confidence? In this ground-breaking book, clinical psychologist Oliver James shows that it is the way we were cared for in the first six years of life that has a crucial effect on who we are and how we behave. Nurture, in effect, shapes our very nature. James combines the latest scientific research with fascinating interviews to show that understanding your past is the first step to controlling your present.



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