

# Reinventing Your Life

**The Breakthrough  
Program  
to End Negative  
Behavior . . . .  
and Feel  
Great Again**

**DISCOVER THE TOOLS AND  
TECHNIQUES TO:**

- Create a More Positive and Productive Environment
- Develop Fulfilling Relationships
- Exercise and Transform Your Everyday Life
- Free Yourself from Anxiety, Fear, and Panic
- Break the Cycle of Self-Defeating Behavior
- Overcome Feelings of Insecurity and Rejection

**Jeffrey E. Young, Ph.D., and Janet S. Klosko, Ph.D.**  
Foreword by Aaron Beck, M.D.

# Reinventing Your Life

**Jicheng Xie**



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