

What Do You Say After You Say Hello?



What Do You Say After You Say Hello?

ERIC BERNE, M.D.
AUTHOR OF
GAMES PEOPLE PLAY



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What Do You Say After You Say Hello? explains what makes the winners win, the losers lose, and the in-betweens so boring...In it, Dr Eric Berne reveals how everyone's life follows a predetermined script - a script they compose for themselves during early childhood. The script may be a sad one, it may be a successful one; it decides how a person will relate to his colleagues, what sort of person he will marry, how many children he will have, and even what sort of bed he will die in...What Do You Say After You Say Hello? demonstrates how each life script gets written, how it works and, more important, how anyone can improvise or change his script to make a happy ending...

作者介绍:

Dr Eric Berne, as the originator of transactional analysis, was always recognised as an important innovator in the field, but it was not until his Games People Play became an international bestseller that his methods achieved wide popularity. In his writings, until his death in 1970, Dr Berne outlined the principles of his system in works such as Games People Play, A Layman's Guide to Psychiatry, Sex in Human Loving, and Principles of Group Treatment. Dr Berne was a practising psychiatrist in Carmel, California, and held many important posts in professional psychiatric organisations and clinics.

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标签

心理

Berne

沟通

精神分析

待找

analysis

TA

Eric

评论

我在读了第一章intro后其实有点排斥，但越往后看这套Script理论规则就越令人信服并且似乎可以用在自己的人生上。

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书评

引导语：如果你不想再受到原生家庭的伤害，那么，你愿不愿意逆天改命？
（一）给自己一次机会 电视剧《都挺好》中，母亲赵美兰为自己孩子安排好了未来：老大苏明哲上重点大学，出国留学，为家里光耀门楣。亲戚邻居一提起苏明哲，就指着自家孩子：你看人家苏明哲多出息，再看...

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