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## Reader's Report

*Belief Therapy: A Guide To Enhancing  
Everyday Life*

by Dr. Daniel L. DeGoede

## READER'S REPORT

**Title:** *Belief Therapy: A Guide To Enhancing Everyday Life*

**Author:** Daniel DeGoede

### SYNOPSIS

*Belief Therapy* is a nonfiction self-help book written by a licensed clinical psychologist, Dr. Daniel DeGoede. Dr. DeGoede refers to his daughter, Danaë Drews, as his co-author. Poetry which precedes each chapter of the book is written by Dr. DeGoede's son, Damian DeGoede.

In his introduction, the author defines belief therapy as a means of controlling our lives by controlling what we believe, re-creating our reality by changing what we believe.

In the first chapter, he launches the reader into a plan of self analysis, encouraging the reader to identify subconscious beliefs stemming from childhood which limit the reader in various ways, from enjoying intimate relationships to achieving financial success.

Dr. DeGoede instructs his reader on self-hypnosis as well as positive thinking techniques. He suggests hanging with the right crowd, paying attention to dreams,

keeping a journal, expressing one's emotions and attitude adjustments as other methods of changing limiting "core beliefs."

The author analyzes inhibiting beliefs which rob people of their free will to choose to have loving relationships. He instructs the reader on good parenting, which is multifaceted but must be consistent and loving. He carries the abused and traumatized to new insights concerning core beliefs and overcoming "paper dragons," identifies dependent/codependent personalities and ways to break free from such spiraling relationships. Quite a lot of important messages even at this point.

The doctor's discourse on addictions and violence carries the reader back to his childhood where he was told not to trust his feelings, indeed not to feel at all, but to suppress his feelings by whatever means available. The solution to addiction and violence is to accept one's feelings and feel good about one's self. Similarly, attitude plays a major role in one's health and wealth. Believe in yourself and you'll succeed is the powerful message offered to readers.

Belief in one's personal goodness and self-worth is vital to a relationship with others and God. The author sees religion highly confusing and damaging to children as well as to adults. Every person should take responsibility for himself, taking credit and blame where due. This theme of responsibility continues into the last chapter concerning the environment. People must become in tune with nature and start taking care of the earth because we are part of the earth, a very small part.

The book concludes with the author emphasizing each person's free will to change his life by ridding himself of inhibiting core beliefs. He lists eight axioms of belief therapy which summarize the book.

## CRITICAL APPRAISAL

*Belief Therapy: A Guide To Enhancing Everyday Life*, is exactly that. It is a powerfully written treatise based on years of study and clinical experience, written as carefully and intentionally as any graduate professor would plan out a course of instruction for his students. It is a doctor's step-by-step prescription for a world of patients who require a need to improve their lives.

This is a well-thought-out, expertly written book, which edifies the reader with definitions, identifies the reader with universal symptoms, clarifies the reader with pertinent examples and encourages the reader with unsinkable solutions.

The author is very personable, highly likable, trustworthy and very endearing with his love for children, his concern for the scorned, and his practical outlook. He is kind, very dynamic and forthright, sure and confident, yet never condescending to his reader.

The poetry which precedes each chapter could be interpreted as dark. Yet, somehow each verse seems appropriate to the chapter. The book itself is easy to follow, light though extremely serious, extraordinarily explicit without being cumbersome, focused and directed, complete and encompassing. It flows from one chapter to the next, and yet each chapter is a unit in and of itself.

This is a great book for adults and youths alike. Teenagers could benefit from this work. Parents definitely should read the interesting chapter on parenting. Overall, this work is highly recommendable for publication. I believe that Pentland Press will do it superb justice. The book offers a variety of profound messages that should not go unpublished. I look forward to seeing it on bookstore shelves in the near future.