

CONTENTS

PREFACE.....	1
INTRODUCTION	3
What is Belief Therapy?.....	5
Where Do These Beliefs Come From?	5
I THE SELF	7
The Beginning	13
Self-Hypnosis	14
Awareness and Self-Talk.....	17
Birds of a Feather.....	18
Dreaming	19
Journaling	20
Catharsis.....	20
Reframing.....	22
Beginning the Journey.....	23
2 RELATIONSHIPS.....	25
Love.....	30
Friendships.....	31
3 PARENTING.....	35
What is Good Parenting.....	39
Beliefs and Parenting	44
4 ABUSE AND TRAUMA.....	49
5 CODEPENDENCY AND DEPENDENCY	55
Change.....	63
6 ADDICTIONS	67
Losing Addictions	74
Alternatives.....	76
7 HEALTH.....	79
Health Hints.....	85
Aging.....	86
Personal Responsibility	88

CONTENTS

8 PERSONAL FINANCE AND BUSINESS	91
9 VIOLENCE IN AMERICA	101
10 RELIGION AND SPIRITUALITY	109
11 DEATH AND DYING	121
Rituals.....	124
12 THE ENVIRONMENT	127
The Importance of Talking to Ducks	131
13 FREEDOM	135
AXIOMS	141
BELIEF THERAPY VOLUME II	
CHAPTER 4 CHOICES	143
REFERENCES.....	150
ABOUT THE AUTHORS	151