



People Play Games (Transactional Analysis in Bite Sized Chunks Book 3)

Catherine Holden

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Many of us are playing psychological Games without even realising. We struggle to understand why we repeatedly end up in the same situation, without any apparent effort or will on our behalf.

If you want to improve your understanding of the Human race, People Play Games will help.

Once you understand Games, their rules and their requirements, you can identify when you have been in them in the past, if you are playing any now and who is inviting you to take part in one again.

Essential reading for everyone, this book is easy to read and even easier to understand, providing a gentle introduction to this dynamic area of Transactional Analysis.

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