Google Drive



ERIC BERNE: the best of Games People Play

Ernest Kinnie

Download now

Click here if your download doesn"t start automatically

ERIC BERNE: the best of Games People Play

Ernest Kinnie

ERIC BERNE: the best of Games People Play Ernest Kinnie
When your Adult, Parent, and Children work well together, changing the balance among them to meet the needs of the moment, you have a good life. If one becomes too dominant too much of the time, you close off possibilities for love, joy and adventure.

You'll also explore the games you play, your stamp collection, and the fairy tales that shape your life.

1. Your Adult, Parent, and Children
2. The games you play
3. The joys of stamp collecting
4. Fairy tales shape your life
5. At the end of the day
Frivolous Fun

1. YOUR ADULT, PARENT, AND CHILDREN

Start with your Natural Child, the part that is adventurous, happy and free.

Sudden in a shaft of sunlight,
Even while the dust moves,
There rises the hidden laughter
Of children in the foliage.
Quick now, here, now, always.
Ridiculous the waste sad time,
Stretching before and after.
T. S. Eliot

It will be hard for your Natural Child to come out and play if your Adult, Parent or Unnatural Children get in the way.

Adult is your words-data-logic, computer brain. It has an enormous amount of information about the world, knowledge essential for your survival. But your Adult is usually aware of only superficial aspects of the natural world. For instance your Adult glances at a tree, quickly classifies it "tree" using 2 or 3 defining characteristics and pays no further attention to it. The tree has become a word.
Our schools and much of our culture reward that kind of experiencing and you become a proficient word pusher, who hasn't felt the bark of a real tree in years. Your Adult will want good, logical reasons why you should spend time walking down the street acting like a kid.

Your Parent may also give you plenty of trouble. It's your authoritarian, judgmental part that expects you to measure up. Taking a silly walk in the sunshine when there's work to be done is not measuring up. You should be finishing that report, cleaning your bedroom, reading a good book, instead acting weird and attracting the attention of strangers. What good is that going to do anybody?

Your Parent is also only aware of the more surface aspects of Reality. "That grass needs cutting!" "That

sidewalk is filthy!" "She shouldn't be wearing those colors!" "Why are you wasting your time on a stupid walk?"

To help reassure your Adult and Parent, tell them the book you are reading told you to, and it's written by a PhD psychologist who knows what he's talking about.

Then there's your Unnatural Children, shaped and scrambled when you were a little tyke playing in the sandbox. We all grew up in environments that were both toxic and nurturant. Unnatural Children are created by under- or over-controlling parents, dangerous neighborhood, serious illness, lousy schools, etc.

It never occurs to a beaten down Unnatural Child that puddles are to jump into, strange doors are to open, weird clothes are for trying on, and frogs are to sleep with. A rebellious Unnatural Child does them all.

Everybody has both beaten down and rebellious Unnatural Children because nobody grows up in a perfect environment, or has perfect genes. Your beaten down Unnatural Child will be too scared to go on that walk. Your rebellious Unnatural Child will tell me to go jump in a cold lake.

Download ERIC BERNE: the best of Games People Play ...pdf

Read Online ERIC BERNE: the best of Games People Play ...pdf

Download and Read Free Online ERIC BERNE: the best of Games People Play Ernest Kinnie

---

From reader reviews:

Harold Froelich:

As people who live in the modest era should be update about what going on or info even knowledge to make these keep up with the era which is always change and advance. Some of you maybe will update themselves by reading through books. It is a good choice to suit your needs but the problems coming to a person is you don't know what one you should start with. This ERIC BERNE: the best of Games People Play is our recommendation to help you keep up with the world. Why, as this book serves what you want and wish in this era.

Leticia Simmons:

This book untitled ERIC BERNE: the best of Games People Play to be one of several books this best seller in this year, this is because when you read this book you can get a lot of benefit upon it. You will easily to buy this book in the book retail store or you can order it via online. The publisher in this book sells the e-book too. It makes you more easily to read this book, because you can read this book in your Cell phone. So there is no reason for your requirements to past this guide from your list.

Gilbert Albright:

Can you one of the book lovers? If yes, do you ever feeling doubt while you are in the book store? Make an effort to pick one book that you just dont know the inside because don't ascertain book by its include may doesn't work the following is difficult job because you are scared that the inside maybe not while fantastic as in the outside appear likes. Maybe you answer is usually ERIC BERNE: the best of Games People Play why because the great cover that make you consider concerning the content will not disappoint an individual. The inside or content is definitely fantastic as the outside or perhaps cover. Your reading 6th sense will directly assist you to pick up this book.

Patrick Reyes:

Are you kind of stressful person, only have 10 as well as 15 minute in your time to upgrading your mind expertise or thinking skill perhaps analytical thinking? Then you are receiving problem with the book when compared with can satisfy your short space of time to read it because all this time you only find e-book that need more time to be learn. ERIC BERNE: the best of Games People Play can be your answer because it can be read by you who have those short spare time problems.

Download and Read Online ERIC BERNE: the best of Games

People Play Ernest Kinnie #YJHE10U4W7M

Read ERIC BERNE: the best of Games People Play by Ernest Kinnie for online ebook

ERIC BERNE: the best of Games People Play by Ernest Kinnie Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read ERIC BERNE: the best of Games People Play by Ernest Kinnie books to read online.

Online ERIC BERNE: the best of Games People Play by Ernest Kinnie ebook PDF download

ERIC BERNE: the best of Games People Play by Ernest Kinnie Doc

ERIC BERNE: the best of Games People Play by Ernest Kinnie Mobipocket

ERIC BERNE: the best of Games People Play by Ernest Kinnie EPub