



## Staying Ok

*Amy B. Harris , Thomas A. Harris*

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**Staying Ok** Amy B. Harris , Thomas A. Harris

Written with the same sensitivity, insight, humour and compassion that marked the record-breaking self-help guide *I'm OK, You're OK*, leading psychiatrists and pioneers of the revolutionary psychological Transactional Analysis approach, Amy and Tom Harris, reveal how you can stay that way and get the most out of every day of your life.

## Staying Ok Details

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Author : Amy B. Harris , Thomas A. Harris

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### **?iavas? says**

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### **Anindya says**

Not as good as I'm OK You're OK

This had less of theory and more of anecdotes. Also a long read like its predecessor but demands less attention.

I wanted to read this as a follow up on I'm OK You're Ok.

Not as good as the previous book but not a wastage of time either.

Quotes from the book -

Hell is a place where no one believes in solution anymore  
When you know what others do not, you must carry the burden of insight alone

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### **Fateme says**

Good book for knowing our reaction .

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### **Najme Khedmatgozar says**

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### **Zahra Zarrinfar says**

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## Luther Gwaza says

This is a follow up to my favourite book "I am Ok - You're Ok" by the same authors. The first book introduces the transactional analysis - PAC: parent, adult and child. In this book, the authors provide practical guide with less complex stuff as in the original book. It is easier to read if one struggled with the first book. In brief, in the Parent is recorded a taught and demonstrated concept of life. Traditions and values reside in the Parent, it is dated and unerasable. The Child is recorded at the same time as the Parent -- it is the feelings in response to the Parent actions. Contains our instincts, biological urges, genetic recordings, physical selves, curiosity, and intuition, joy and sadness, desire. The child is the most delightful part of our personality - creative, spontaneous, inventive, but also selfish, fearful and intimidated at the same time. The Adult is the thought concept of life, reasons, thinks, predicts, figures, consider. Every person is unique, thus handles things and life differently, based on our unique recordings in the brain, among other factors.

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## forough says

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