



## They F\*\*\* You Up: How to Survive Family Life - Revised and Updated Edition

By Oliver James

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Do your relationships tend to follow the same destructive pattern? Do you feel trapped by your family's expectations of you? Does your life seem overwhelmingly governed by jealousy or competitiveness or lack of confidence? In this ground-breaking book, clinical psychologist Oliver James shows that it is the way we were cared for in the first six years of life that has a crucial effect on who we are and how we behave. Nurture, in effect, shapes our very nature. James combines the latest scientific research with fascinating interviews to show that understanding your past is the first step to controlling your present.

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**Bibliography**

- Sales Rank: #517488 in eBooks
- Published on: 2010-12-20
- Released on: 2010-12-20
- Format: Kindle eBook

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### Editorial Review

#### Review

Clinical psychologist Oliver James argues that we are shaped far more by nurture than nature and that everything about our adult lives largely depends on our childhood experiences. This explains why siblings can be so unlike each other, and James gives an example of this through interviews with the identical twins Gail and Gillian Blakeney from the TV soap Neighbours who have identical genes but very different psychological profiles. Other more famous celebrity interviewees include Jeffrey Archer and Stephen Fry, and there are fascinating psychobiographies of Woody Allen, Mia Farrow and Prince Charles. However, the main thrust of this highly accessible book is to help us to move forward from being actors in a play scripted by our early childhood history to becoming the author of our own authentic experiences.

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#### From the Publisher

"If every parent were forced to read it before raising a child, it would do greater good for the happiness and prosperity of this country than any number of government initiatives." —Alain de Botton, author of *How Proust Can Change Your Life* (on the UK edition)

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