

New Harbinger Publications
5674 Shattuck Avenue, Oakland, CA 94609

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
Lorna Garano 510-652-0215 X107/lorna@newharbinger.com

We are pleased to announce the publication of . . .



conquer your

critical

inner

voice

Robert W. Firestone, Ph.D., Lisa Firestone, Ph.D.,
& Joyce Catlett, M.A.

A REVOLUTIONARY PROGRAM TO COUNTER NEGATIVE
THOUGHTS AND LIVE FREE FROM IMAGINED LIMITATIONS

"Conquer Your Critical Inner Voice presents a wise, bold, and provocative alternative to the limits of other self-help books ... Complex psychological phenomena are described in concrete and clear language. The authors offer numerous exercises to help the reader put the book's ideas to immediate use ..."

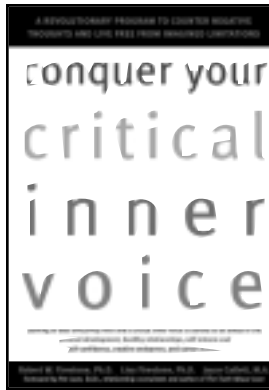
—Charles Bonner, Ph.D., Clinical Psychologist,
private practice, Pittsburgh, PA

*Please consider this helpful new book for review,
for excerption, and for your booklist.*

CONQUER YOUR CRITICAL INNER VOICE
ITEM CYIC ISBN 1-57224-287-6, (PAPER), \$15.95, 214 PAGES
AVAILABLE AT BOOKSTORES OR FROM THE PUBLISHER,
1-800-748-6273 WITH VISA OR MASTERCARD
WWW.NEWHARBINGER.COM

New Harbinger Publications
5674 Shattuck Avenue, Oakland, CA 94609

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
Lorna Garano 510-652-0215 X107/lorna@newharbinger.com



Learning to deal effectively with one's critical inner voice is central to all areas of life: personal development, healthy relationships, self-esteem and self-confidence, creative endeavors, and career success

You're too stupid to succeed at that job, so don't even apply for it. Why would someone as good-looking and accomplished as her want anything to do with you? You'll never be a good painter so don't waste your time with that art class. You're listening to the toxic litany of the critical inner voice. This is the voice that intimidates, belittles, and ultimately harangues us into a life that may be risk-free but is freighted with guilt, self-hatred, and depression. It is a defense mechanism against rejection, disappointment, and abandonment but also a principle source of discontent.

Conquer Your Critical Inner Voice presents a revolutionary strategy for dealing with the inner critic: externalizing it. This subtle yet powerful reframing technique turns internal self-criticisms into external statements, that when written or said aloud are subject to a reality-test and are found out to be the gross exaggerations, unfair comparisons, or flat-out lies that they really are.

This technique, along with the dozens of other step-by-step exercises, questionnaires, self-assessment tests, and journaling activities contained in this workbook, were developed and fine-tuned over 25 years of the authors' research and clinical practice helping clients overcome self-destructive thinking and behavior. Step-by-step, readers learn to identify their inner critic, keep track of their negative thoughts, analyze their reality (or, more often, their unreality), and recognize how negative thinking impacts their lives. They then learn to use a variety of techniques to help them silence the inner critic who won't give them a thumbs-up no matter what they do.

CONQUER YOUR CRITICAL INNER VOICE
ITEM CYIC ISBN 1-57224-287-6, (PAPER), \$15.95, 214 PAGES
AVAILABLE AT BOOKSTORES OR FROM THE PUBLISHER,
1-800-748-6273 WITH VISA OR MASTERCARD
WWW.NEWHARBINGER.COM

New Harbinger Publications
5674 Shattuck Avenue, Oakland, CA 94609

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
Lorna Garano 510-652-0215 X107/lorna@newharbinger.com

Suggested Interview Questions for **Conquer Your Critical Inner Voice**

1. To varying degrees, most people have a critical inner voice. How do you know when it has become a real stumbling block to getting what you want?
2. Early in the book you introduce the concept of the "fantasy bond." What is this and what role does it play in developing the critical inner voice?
3. How can the critical inner voice make you feel guilty about pursuing goals, standing out from your family, or even being alive?
4. How does the critical inner voice undermine relationships?
5. How can the critical inner voice block progress on a career path?
6. What effect does the critical inner voice have on sexuality?
7. You say that the critical inner voice plays a major role in eating disorders, drug abuse, and alcoholism. How so?
8. How can negative events be magnified by negative thoughts and what overall effect can this have on someone's outlook?
9. In Chapter 9 you direct your attention to parents and suggest ways they can avoid fostering a critical inner voice in their children. What are some of them?
10. You say that "The good life involves discovering what lies beyond your defenses and the life prescribed by your critical inner voice." What are some ways of doing this?

CONQUER YOUR CRITICAL INNER VOICE
ITEM CYIC ISBN 1-57224-287-6, (PAPER), \$15.95, 214 PAGES
AVAILABLE AT BOOKSTORES OR FROM THE PUBLISHER,
1-800-748-6273 WITH VISA OR MASTERCARD
WWW.NEWHARBINGER.COM

New Harbinger Publications
5674 Shattuck Avenue, Oakland, CA 94609

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
Lorna Garano 510-652-0215 X107/lorna@newharbinger.com

About the Authors of

Conquer Your Critical Inner Voice

LISA FIRESTONE, PH.D., is Program and Education Director of the Glendon Association, and adjunct faculty at the University of California, Santa Barbara. Since 1987, she has been involved in clinical training and applied research in the areas of suicide and violence. These studies resulted in the development of the Firestone Assessment of Self-destructive Thoughts (FAST) and Firestone Assessment of Violent Thoughts (FAVT). Dr. Firestone's other publications include: *Voices in Suicide*, *Assessing Violent Thoughts: The Relationship Between Thought Processes and Violent Behavior*, *The Treatment of Sylvia Plath*, and *The Good Life: Sustaining Feeling, Passion, and Meaning in a High-Tech Age*. She is an active presenter at national and international conferences in the areas of couple relations, voice therapy, and child abuse.



JOYCE CATLETT, M.A., is an author and lecturer who has collaborated with Dr. Robert Firestone in writing ten books, most recently coauthoring *Fear of Intimacy*. Since 1982, Ms. Catlett has been a lecturer and workshop facilitator and has coproduced thirty-seven video productions for the Glendon Association in the areas of parent-child relations, suicide, couple relations, and voice therapy. Ms. Catlett developed and trained instructors in the Compassionate Child-Rearing Parent Education Program.

CONQUER YOUR CRITICAL INNER VOICE
ITEM CYIC ISBN 1-57224-287-6, (PAPER), \$15.95, 214 PAGES
AVAILABLE AT BOOKSTORES OR FROM THE PUBLISHER,
1-800-748-6273 WITH VISA OR MASTERCARD
WWW.NEWHARBINGER.COM

New Harbinger Publications
5674 Shattuck Avenue, Oakland, CA 94609

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
Lorna Garano 510-652-0215 X107/lorna@newharbinger.com

ROBERT W. FIRESTONE, PH.D., is a psychologist, author, and artist who was engaged in the private practice of psychotherapy from 1957 to 1979 working with a wide range of patients, expanding his original ideas on schizophrenia and applying these concepts to a comprehensive theory of neurosis. In 1979, he joined the Glendon Association as its consulting theorist. Dr. Firestone's publications include *The Fantasy Bond*, *Compassionate Child-Rearing* and *Fear of Intimacy*. His studies of negative thought processes led to the development of an innovative therapeutic methodology described in *Voice Therapy*, *Suicide and the Inner Voice*, *Combating Destructive Thought Processes*, and this book.

What's Been Said About

Conquer Your Critical Inner Voice

"This landmark book reveals an age-old truth, namely: that the sworn enemy of mental health is our own silent voice! The authors depict the problem and then introduce the reader to a proven, innovative strategy known as 'voice therapy' that has helped countless people take charge of their lives."

—Howard Rosenthal, Ed.D., author of *The Encyclopedia of Counseling* and editor,
Favorite Counseling and Therapy Techniques

"As a psychologist, spouse, and parent I have been influenced by the wisdom inherent in the work of *Conquer Your Critical Inner Voice*. The authors convey to the reader in simple terms the relevancy of their profound psychology. I am inspired by their commitment to help readers liberate themselves from a legacy that undermines their essential well-being and right to a life."

—Richard Vogel, Ph.D., coauthor of *Brief Psychotherapy Methods*,
associate of Weiss-Sampson Control Mastery Theory Group,
San Francisco

CONQUER YOUR CRITICAL INNER VOICE
ITEM CYIC ISBN 1-57224-287-6, (PAPER), \$15.95, 214 PAGES
AVAILABLE AT BOOKSTORES OR FROM THE PUBLISHER,
1-800-748-6273 WITH VISA OR MASTERCARD
WWW.NEWHARBINGER.COM