



You Are What You Remember: A Pathbreaking Guide to Understanding and Interpreting Your Childhood Memories

By Patrick Estrade

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Tell me what you remember and I'll tell tell you who you are." With this challenge, psychologist/psychotherapist Patrick Estrade introduces his groundbreaking method to analyze and interpret childhood memories. Such memories are widely recognized as keys that unlock our internal world, direct our actions, and determine the choices we make. But unlike dreams, memories are often neglected because we have no clearly established system for interpreting them. *You Are What You Remember* delineates Estrade's techniques for bringing our memories to consciousness and understanding how they inform our existence-all to the end of developing a fuller, more satisfying life and relationships.

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You Are What You Remember: A Pathbreaking Guide to Understanding and Interpreting Your Childhood Memories By Patrick Estrade Bibliography

- Sales Rank: #2536641 in eBooks
- Published on: 2008-07-22
- Released on: 2008-07-22
- Format: Kindle eBook



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Editorial Review

From Publishers Weekly

In his first title available in English, French author and veteran psychotherapist Estrade approaches memories in a way he considers unique, except for "certain aspects" of Alfred Adler's 1928 book *The Practice and Theory of Individual Psychology*. Estrade begins by asking readers to jot down three childhood memories, a task he regularly assigns patients on their first visit; from there, he treats memories similarly to Freud's treatment of dreams. The bulk of the book is a collection of anecdotes that illustrate Estrade's method of parsing "latent" from "manifest" content in patient's memories, helping them to reinterpret their memories and gain new insight into their lives: as with dreams, "what may be insignificant for the conscious may have great significance for the unconscious." He makes several interesting contentions, among them that memories need not be true to be psychologically important; what matters is "the feeling" that a memory creates, for example when a child feels guilty over events outside of his or her control. Estrade discourages lay readers from attempting self-analysis, so this title should appeal primarily to mental health practitioners, though it could make an effective reference for therapy-goers.

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Review

PublishersWeekly.com

"In his first title available in English, French author and veteran psychotherapist Estrade...make[s] several interesting contentions...Could make an effective reference for therapy-goers."

Metapsychology Online Reviews, 12/2/08

"Easy to read....Both general and sophisticated readers will find in Estrade systematic ways to recover sometimes surprisingly growth-producing experiences."

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Tracy Caudle:

As people who live in often the modest era should be revise about what going on or info even knowledge to make these people keep up with the era and that is always change and make progress. Some of you maybe

will certainly 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 type you should start with. This *You Are What You Remember: A Pathbreaking Guide to Understanding and Interpreting Your Childhood Memories* is our recommendation to cause you to keep up with the world. Why, because book serves what you want and need in this era.

Arnulfo Walls:

Nowadays reading books become more than want or need but also work as a life style. This reading habit give you lot of advantages. The huge benefits you got of course the knowledge your information inside the book that will improve your knowledge and information. The knowledge you get based on what kind of book you read, if you want have more knowledge just go with education books but if you want feel happy read one together with theme for entertaining including comic or novel. Often the *You Are What You Remember: A Pathbreaking Guide to Understanding and Interpreting Your Childhood Memories* is kind of guide which is giving the reader capricious experience.

Oliver Gerling:

The book untitled *You Are What You Remember: A Pathbreaking Guide to Understanding and Interpreting Your Childhood Memories* contain a lot of information on the item. The writer explains your ex idea with easy way. The language is very easy to understand all the people, so do certainly not worry, you can easy to read it. The book was compiled by famous author. The author gives you in the new age of literary works. You can easily read this book because you can keep reading your smart phone, or device, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can available their official website and also order it. Have a nice examine.

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