



# I'm Ok, You're Ok

*By Thomas A. Harris*

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## **I'm Ok, You're Ok** By Thomas A. Harris

This practical guide to Transactional Analysis is a unique approach to your problems. Hundreds of thousands of people have found this phenomenal breakthrough in psychotherapy a turning point in their lives. In sensible, non-technical language Thomas A Harris explains how to gain control of yourself, your relationships and your future - no matter what happened in the past.

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## **Editorial Review**

### **About the Author**

Born in Texas, Thomas A Harris took his science degree in 1938 from the University of Arkansas Medical School. In 1942 he began his psychiatry training in Washington DC at St. Elizabeth Hospital. He was a Navy psychiatrist for several years, becoming chief of the Psychiatry Branch and leaving the service as a commander. This was followed by a teaching post back at the University of Arkansas, and then a period as a senior mental health bureaucrat. He died in Sacramento, California, in 1995.

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