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Freeing Yourself from the Most Toxic Form of Emotional Bullsh*t

Carl Alasko, Ph.D. author of *Emotional Bullshit*

Rachel Sandford

Beyond Blame Carl Alasko Ph. D., 2011-08-18 The inspiring new book from the author of Emotional Bullshit reveals why no one is to blame but everyone s accountable For many a rare day goes by in which the need to blame does not arise be it to cover one s own errors or just to assign an unfortunate event some kind of name i e If only X hadn t said X we wouldn t be in this mess And even for those who are somewhat better at keeping the impulse in check it is still there According to psychologist Carl Alasko blame is such an intrinsic part of how we humans communicate that we rarely take a look at what we re actually doing and how it can affect our relationships In this book Alasko reveals that the need to assign blame when something bad happens stems from a very deep desire we all share to see justice done Understandable when a grave crime has been committed but it can become a dangerous habit if we begin to operate as though placing blame were somehow necessary if we want to change something or someone in our world Yet this feeling that someone has to pay is seldom productive in initiating positive change In Beyond Blame Alasko teaches readers to recognize destruction that blame causes in their lives oftentimes without their even being aware and to put an end to it once and for all The path to eliminating blame is not a quick or easy one but as Carl Alasko demonstrates it is a road that must be traveled if we hope to achieve true peace in our lives Beyond Blame Carl Alasko Ph. D., 2011-08-18 The inspiring new book from the author of Emotional Bullshit reveals why no one is to blame but everyone s accountable For many a rare day goes by in which the need to blame does not arise be it to cover one s own errors or just to assign an unfortunate event some kind of name i e If only X hadn t said X we wouldn't be in this mess. And even for those who are somewhat better at keeping the impulse in check it is still there According to psychologist Carl Alasko blame is such an intrinsic part of how we humans communicate that we rarely take a look at what we re actually doing and how it can affect our relationships In this book Alasko reveals that the need to assign blame when something bad happens stems from a very deep desire we all share to see justice done Understandable when a grave crime has been committed but it can become a dangerous habit if we begin to operate as though placing blame were somehow necessary if we want to change something or someone in our world Yet this feeling that someone has to pay is seldom productive in initiating positive change In Beyond Blame Alasko teaches readers to recognize destruction that blame causes in their lives oftentimes without their even being aware and to put an end to it once and for all The path to eliminating blame is not a quick or easy one but as Carl Alasko demonstrates it is a road that must be traveled if we hope to achieve true peace in our lives Los Angeles Magazine, 2003-03 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern

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