



## A Journey from T1 Relationships to Personal Freedom

By Dr Winston Collins

Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.T1 thinking is a self-destructive view of one s self and others. Numerous books discuss toxic relationships between two or more people; but T1 relationships, which are produced by T1 thinking, are unique because they involve injury to the self of all individuals involved. People with injured selves will maintain close relationships only with others who have an injured self. These relationships are fatally flawed and irreparable. The only relationship that can be repaired is the individual s relationship with her or himself, and only then can she or he recover the ability to develop healthy relationships with others. T1 thinking is a self-destructive perspective that children learn in the first few years of their lives from T1 thinking adults. It is a cycle that perpetuates itself and is a causal factor for many of modern society s ills including family dysfunction, substance abuse and depression. Dr. Winston Collins book combines self-theory, psychodynamics, and spirituality to explain the psychological forces underlying troubled relationships between T1 partners, T1 family members, and other T1 associates. It goes on to teach...



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