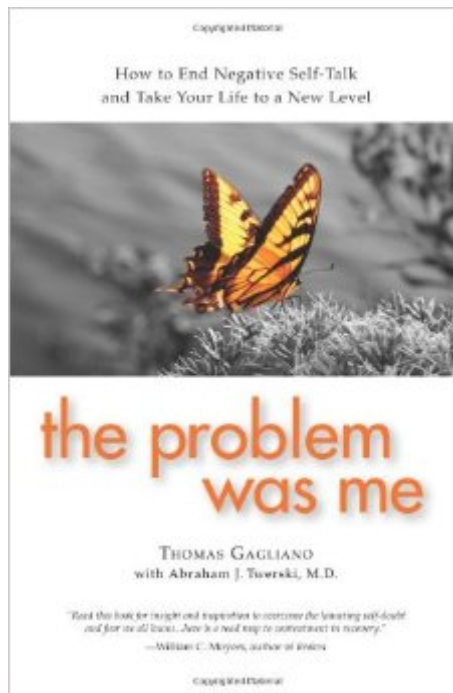


The book was found

# The Problem Was Me: How To End Negative Self-Talk And Take Your Life To A New Level



## Synopsis

The Father's Day message in this book is loud and clear: As parents we are our children's first heroes, whether we want the responsibility or not. One of the most powerful messages I ever received came from my nine year old son. While watching a baseball game on television, my son asked me why the kids in the stands were so excited. I said some baseball players are heroes to the children. I suggested that someday one of those players might be his hero. My son paused and said to me, "They may be my hero someday, but you will always be my first hero." I was so touched, I could not reply. As parents we are our children's first heroes, whether we want the responsibility or not.

-excerpt from page 42 from *The Problem Was Me* Author Tom Gagliano shares his insights on healing from destructive behaviors and finding peace and spirituality. The book includes tools that he gained while recovering from his own personal struggle with negative and compulsive behavior. According to Gagliano and his co-author, Abraham Twerski, many of the common problems people face are brought on by unhealed childhood wounds. Throughout the book, Gagliano provides some very candid examples of how some of his childhood experiences resulted in unresolved feelings:

- I never accepted criticism well. Whenever someone disagreed with me, I'd get defensive. It felt like I was being ridiculed. I am still dealing with childhood wounds and insecurity. Although my wife loved me very much, I did not love myself. By failing to accept my own weaknesses, I could not allow myself to be loved by anyone. I felt undeserving of that love.
- This is an example of a psychological maneuver called transference, according to Dr. Twerski, who states, "A person may transfer feelings that were appropriate toward person A to person B."
- Gagliano further explains how he sought treatment to gain control over the little voice inside his head that was always telling him that he did not deserve to be happy; which he refers to as "the warden."
- According to Gagliano, the warden is a powerful force that sabotages lives by encouraging destructive behaviors, such as addictive behaviors, and discouraging happiness and healing. This book is certainly very suitable for those who are battling addictions, since as the author points out: "Some addicts who have been sober for a long time may continue to lead tormented, angry lives."
- The author shares applicable case studies and helpful tips and suggestions throughout the book, including: how to get the most out of a support group; help for struggling couples; how to conduct a personal self-examination by taking personal inventories; and how to reconnect with one's parents. However, it should not be written off as a book simply for those who are suffering from addiction, as it has a much broader application. In the introduction, the author includes a list of questions the reader should ask him or herself to determine whether or not this book could be of help. Basically, this book could be helpful to anyone who wants to break the

cycle of self-defeating thoughts and self-destructive behaviors.

## Book Information

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## Customer Reviews

"The Problem Was Me" is a handbook for overcoming destructive thinking and behaviors and leading a healthy, functional life. The author's descriptions of the problem - negative self-talk and self-image, personified as The Warden - are unique and totally accessible, as are his simple, practical solutions. The book is a terrific primer on spirituality, emotional healing, and addiction recovery, and would make a great gift for someone who is troubled by the demons of a difficult childhood (and who isn't?). An amazing work by a first-time author. I can't recommend it highly enough.

Tom Gagliano has delivered a book that is at once readable, inspirational, courageously honest, and for me, enlightening beyond my wildest expectations. The stories and analogies were simple and eloquent, even charming and heartfelt. I would recommend this book to anyone who is struggling with relationship issues or having a difficult time understanding why they may be stuck in second gear and unable to feel good about themselves. Without a doubt, most everyone will be able to identify with many of the characteristics and childhood wounds that Tom Gagliano talks about in his treatise. I was continually astonished that Mr. Gagliano could describe what I had been feeling - sometimes unconsciously - with such articulate vivid expression. For sure, I will be giving this book to many of my friends, so that that might just be able to take their life to a new (higher/comfortable) level. Bravo to Tom Gagliano for sharing his journey and leaving the reader with unbridled

hope!Anthony B. AKA "Fabrizio"

Just finished reading your book. After years of reading self help books, this was the only one that really hit home for me. Getting to the core of why we are the way we are is painful because it brings up a lot of memories I, like most people, try to forget. It also helps me understand why love ones in my life are struggling with their own self-defeating thoughts. Thank you for your courage for " putting it all out there" so that others can benefit from your experiences

The problem is me. Who wants to admit that? Who has the awareness to even question oneself? To say this was just a self-help book would be in justice to the author Mr. Gagliano and the potential readers. The book quickly gets to the core of why "The Problem Was Me" without ever making the reader feel less than or not good enough. (a common trait for many people) Mr. Gagliano uses his life experience dealing with his own addictions to create a deep yet easy understanding of how our past teachers(parents)help determined our present moments and can create addictive and/or negative self image while passing this on to our children and affecting all our relationships. Mr. Gagliano intertwines his own personal tales with brutal honesty while giving enough pondering thoughts("something had to be wrong with me or my parents wouldn't act they way they did") to help the reader become aware of their own patterns into compulsive addictive and/or negative self-talk and continues to pull the reader all the way to the end with a sense of relief, comfort and finally hope.

As a child have you ever been told that you were useless, unwanted or stupid? Then read this book written by Thomas Gagliano. His book is a very moving piece of literacy. He is able to take what has happened in his childhood and applied it to others who have gone through abuse and addiction. As I read it there were tears in my eyes as he talks about "the Warden" the voice in your mind that demans you, much like Zigmund Freud's "Harsh Ego" The most important aspect of his book is that as children we are exposed to emotional abuse by our parents, teachers and the like and the pain becomes a remant that stays with us throughtout our lives. I have been a preschool educator for over 35 years and this is a must read for every parent who wants to invest in the emotional well being of their young children. One cannot phanthom in their mind the lasting effects of emotional abuse that young children bear as they grow up and how that pain stays with them throughout their lives. Yet there is hope out there; as he describes his journey to wellness; coming to a realization about his life and is able to work through his pain and addiction so he could move forward in his life and now

wants to share with others what one can do to better their life after exposure to abuse.

In this powerful book the author, Thomas Gagliano, takes us down the path of his own brokenness and healing. He uses his own life story as a way of breaking down natural barriers we all through up when someone asks us to be "real". He is "real" and his openness helps us to look at our own lives through new lenses. We are all broken in some way. We all need to learn to trust and to grow.

Gagliano, in *The Problem Was Me*, helps us work through that brokenness and find wholeness.

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If you're struggling with negative self-talk, feel like you're entitled to engage in behaviors that hurt your loved ones or yourself just because you're feeling put upon, I highly recommend this book. The author lays his finger on how to identify the core reasons where these behaviors are coming from. He also provides sound advice on how to deal with it.

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