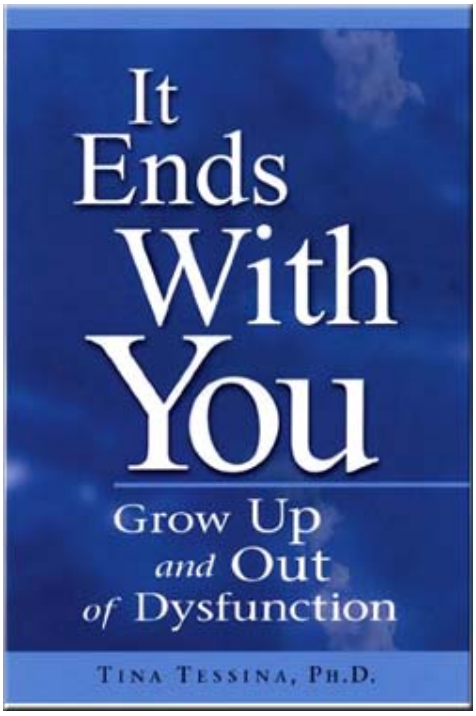
ISBN 1-56414-548-4 Pub Date: February, 2003

U.S. $21.99 Hardcover 6x9 224 pages
New Page Books Career Press
Self-Help Rights: World
by Tina B. Tessina

Dr. Tina's New Book!

Price: **$21.99** ISBN: 1-56414-649-9 Hardcover 224 pages Pub Date: 02/03



It Ends With You

Grow Up and Out of Dysfunction

"This book examines not just the statistics that show that children of divorce can't keep their own marriages together, or that children of alcoholics gravitate to dysfunctional partners, but why people have these problems, how they come to be, and, most importantly, what they can do to fix them." -Dr. Tessina

"I was raised to sense what someone wanted me to be and be that kind of person. It took me a long time not to judge myself through someone else's eyes." -Sally Field, *Actress & Activist*

Many parents have few tools to teach their children and little knowledge of how to provide a good example. As a result, family dysfunction often runs through succeeding generations like a snowball rolling down a hill, gathering speed and power as it goes. Growing up, and learning to be responsible for yourself, is like standing at the bottom of that hill and not letting the dysfunction be passed on any further. **It Ends With You**.

In 25 years of counseling people in recovery, licensed psychotherapist Tina Tessina has worked with many clients struggling with similar problems-anxiety, depression, feeling out of control, relationship disasters, and a pervasive feeling that they don't know what "normal" is. No matter how old they are, they don't feel like they've really grown up. They never learned the confidence, self-motivation, and emotional management tools they need to live healthy, happy lives, because their families didn't provide good role models, structure, and information.

The exercises and guidelines in **It Ends With You** will help you finally understand what a functional family is, how its members are still affected by early experience, and how to develop the skills necessary for successful living and loving.

Tina B. Tessina, Ph.D., has 25 years experience as a Licensed Marriage and Family Therapist. She has authored ten books, including *The Real Thirteenth Step: Discovering Confidence, Self-Reliance, and Independence Beyond the Twelve-Step Programs*, and *How to Be a Couple and Still Be Free* (both published by New Page Books). She has appeared extensively on radio and TV, including *To Tell the Truth, Larry King Live, Oprah* and *ABC-TV News*, and has written for or been interviewed by numerous national publications, including *Glamour, Cosmopolitan*, and *Ladies Home Journal*.

Available February 2003