



Discover Your Subpersonalities: Our Inner World and the People in It

John Rowan

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Have you ever felt there is more than one you? That sometimes you are one type of person, sometimes another? Do you ever find yourself saying 'yes' when you meant to say 'no'? Or deciding to do one thing, then actually doing another?

Most of us have had this experience of another personality taking us over, causing us to behave in an unintended way. Why do we do it? What's going on? Well known psychologist and writer John Rowan shows how each of us is made up of a number of 'subpersonalities'. Some may help us, some may hinder us. If we want to be in charge of our inner world we had better find out who they are and what they do. John Rowan has written this book specifically to enable you to do this. Lively and entertaining, with questionnaires and simple exercises, *Discover Your Subpersonalities* will enable you to get to know the people inside you!

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