



**The Stories We Tell Ourselves: Stop Jumping to  
Conclusions. Free Yourself from Anxiety.  
Transform Your Relationships.**

*R. Scott Gornto*

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# **The Stories We Tell Ourselves: Stop Jumping to Conclusions. Free Yourself from Anxiety. Transform Your Relationships.**

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## **Change the story. Change your life.**

From imagined catastrophes to play-by-play interpretations of others' behavior, we are expert storytellers, quick to fill in the blanks. Unfortunately, all too often our behavior is determined by baseless suspicions, which trigger needless pain. Real life passes us by as we fall for powerful fantasies of our own creation.

## **It doesn't have to be this way.**

In *The Stories We Tell Ourselves*, author and therapist Scott Gornito shows us how to break the cycle of false assumptions that lead to unnecessary anxiety. By taking control of our reactions to the people around us, we can learn how to be truly present in our lives as we nurture the relationships that matter most.

Based on more than 20 years of research and experience, Gornito demonstrates how family narratives, media, and past experiences shape compelling story lines that blind us to reality and wreak havoc on our relationships. Through persuasive examples, he models fresh, life-enhancing approaches to engaging with friends, business associates, and loved ones alike.

## **Don't waste your life making up stories.**

The Stories We Tell Ourselves is a wake-up call and a compassionate, accessible guide to transforming your relationships—and your life.

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