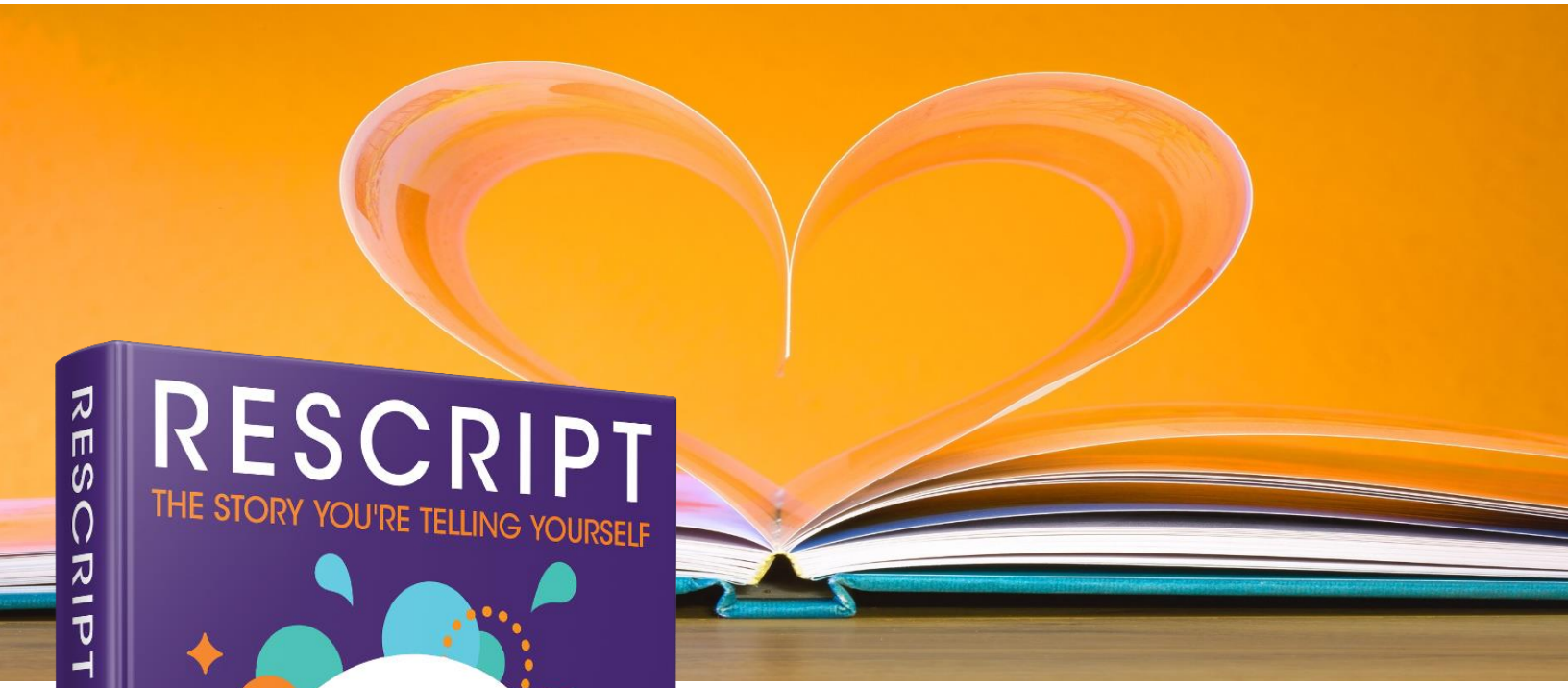

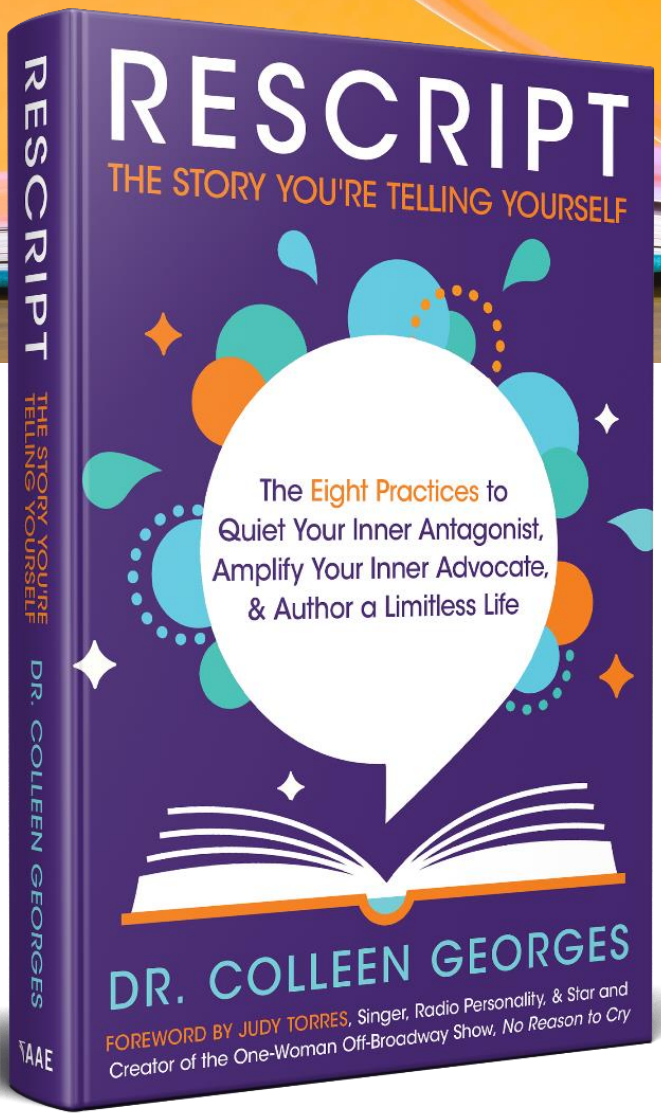

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Contact Author

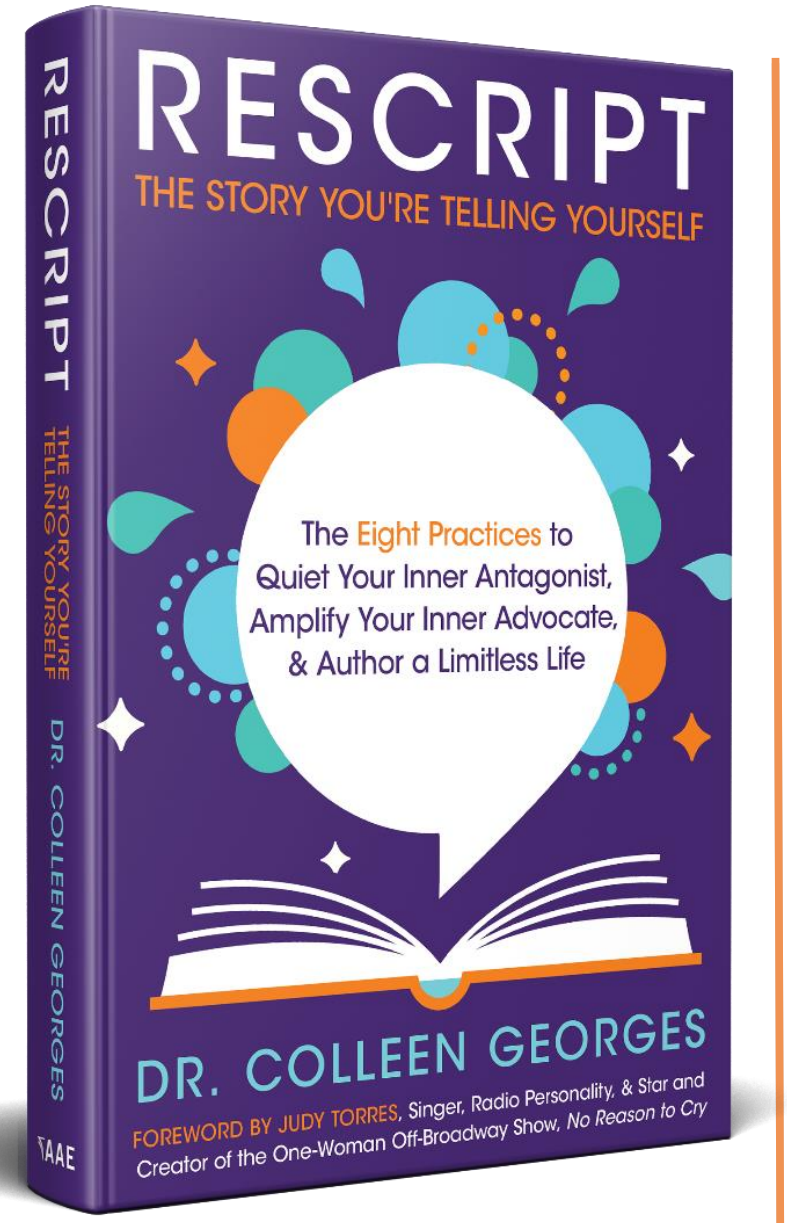
Author: Dr. Colleen Georges
Publisher: Author Academy Elite
Publication Date: March 20, 2019
Paperback ISBN: 978-1640855571
Hardcover ISBN: 978-1640855588
E-Book ASIN: B07P8WMWBC
Category: Self-Help
Page Count: 324
Word Count: 84,080

Author Bio

Best-selling author, TEDx speaker, university lecturer, and Positive Psychology coach, Dr. Colleen Georges, is founder of RESCRIPT Your Story LLC where she helps transform negatives into positives. Through individual and group coaching, motivational speaking, organizational training, and writing, Dr. Colleen leads her clients in RESCRIPTing dis-empowering self-talk, maximizing their strengths, getting unstuck, and taking empowered action to achieve their goals and dreams. Her own experience dealing with and overcoming anxiety, panic attacks, and low self-esteem have shaped her work, and helped inspire her TEDx Talk, "Re-Scripting the Stories We Tell Ourselves."

Dr. Colleen received her Bachelors, Masters, and Doctoral degrees in Psychology from Rutgers University, is a Licensed Professional Counselor, Certified Life & Career Coach, and holds over a dozen coaching certifications. She is author of the international best-selling book, *RESCRIPT the Story You're Telling Yourself*, which received a Reader's Favorite 5-star review, was featured on New 12 Long Island's Elizabeth & Elisa Morning Show, and recognized in Aspire Magazine's Top 10 Inspiring Books List. Her expertise has been featured in various media including Live Happy, Inspire Me Today, and Mashable. Dr. Colleen lives in New Jersey with her husband, José, son, Joshua, and two cat daughters, Kitty and Sweetie.

Dr. Colleen
GEORGES



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Book Bio

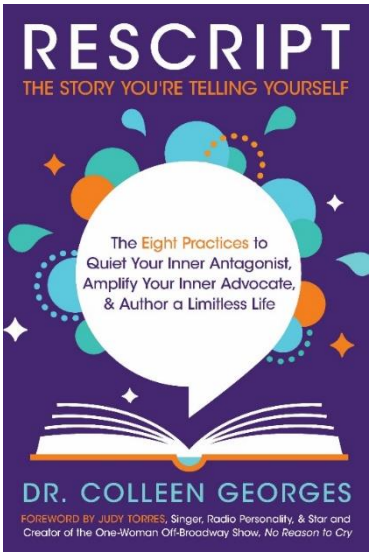
Are you living an old story script with the same patterns of difficult experiences or relationships?

Are limiting beliefs, critical self-talk, regret, or worry holding you back?

If so, you're not alone. Many of us have an antagonizing inner voice that tells us we're unworthy and unable to change. The voice is lying. Author Dr. Colleen Georges knows this firsthand. A recovering self-critic and catastrophizer who once suffered with chronic panic attacks, Dr. Colleen first worked to RESCRIPT her own limiting story and has spent the last 20 years helping thousands of others to do the same.

In RESCRIPT the Story You're Telling Yourself: The Eight Practices to Quiet Your Inner Antagonist, Amplify Your Inner Advocate, & Author a Limitless Life, Dr. Colleen guides you on a self-authorship journey using the eight practices of her RESCRIPT framework, based in Positive Psychology. You'll discover how to identify limiting stories you're telling yourself that are keeping you stuck; quiet your Inner Antagonist quickly so it doesn't hinder you; amplify your Inner Advocate to cultivate positive thoughts and actions; stop criticizing yourself, dwelling on the past, and fearing the future; and recognize your self-worth so you can set and achieve your goals.

Press Release



For immediate release:
Author's new book receives a warm literary welcome.

Readers' Favorite announces the review of the Non-Fiction - Self Help book "RESCRIPT the Story You're Telling Yourself" by Colleen Georges, currently available at http://www.amazon.com/gp/product/1640855572.

Readers' Favorite is one of the largest book review and award contest sites on the Internet. They have earned the respect of renowned publishers like Random House, Simon & Schuster, and Harper Collins, and have received the "Best Websites for Authors" and "Honoring Excellence" awards from the Association of Independent Authors. They are also fully accredited by the BBB (A+ rating), which is a rarity among Book Review and Book Award Contest companies.

"Reviewed By Lesley Jones for Readers' Favorite
Are you struggling to meet your life goals and dreams because you consistently talk yourself out of taking any action out of fear that you may fail? Everyone has an inner script that determines the actions we take and the emotions we experience. By understanding your mind, you can easily shift from a procrastinator who criticizes themselves to a more confident and self-assured individual who faces obstacles in life with optimism and vigor. Discover the simple but powerful techniques to finally quiet your Inner Antagonist who is sabotaging your success, and open your mind to the Inner Advocate because that is where the magic is going to happen. Allow Colleen Georges to guide you through the eight practices to rescript your story so you can face the future with the knowledge that you are in control of your destiny.

Rescript the Story You're Telling Yourself by Colleen Georges is a wonderful, detailed guide, a definitive Bible for anyone wishing to understand the working of the human mind, so they realize why they act in a certain way. This book answers so many questions about human behavior and the way we are derailing any form of positive action. The exercises throughout are amazing, thought-provoking, and will serve as a constant reminder to 'rescript' our internal dialogue. I feel totally empowered that I have always been in control of my behavior, and now with this guide, I can ensure that the actions I take will only serve me in a positive light. I cannot recommend this guide enough and I would love to see it in every school where children can learn the confidence to believe in themselves and their abilities. My particular favorite parts of the book were the explanation of ego and superego. This gave a clear understanding of where our mindset stems from. The Life Story Satisfaction scale and the RESCRIPT quizzes were mindblowing. Thank you to the author for putting all her wisdom into one book."

You can learn more about Colleen Georges and "RESCRIPT the Story You're Telling Yourself" at https://readersfavorite.com/book-review/rescript-the-story-youre-telling-yourself where you can read reviews and the author's biography, as well as connect with the author directly or through their website and social media pages.

Readers' Favorite LLC
Media Relations
Louisville, KY 40202
800-RF-REVIEW
support@readersfavorite.com
https://readersfavorite.com

Book Reviews

There is no such thing as coincidence. Dr. Colleen Georges is an angel on earth! If you picked up this book, it's because it's time for a change. NOW! This isn't just a self-help book, it's a self-change book! It gives you the tools you need to improve every facet of your entire life!
~ Judy Torres, Foreword Writer, Singer, Radio Personality, & Star and Creator of the One-Woman Off-Broadway Show, No Reason to Cry

If you're finally ready to stop your nasty inner critic from running the show, then Dr. Colleen Georges' book, *RESCRIPT the Story You're Telling Yourself*, is a must read!
~ Linda Joy, Publisher of Aspire Magazine, Visibility Catalyst, & Bestselling Publisher

RESCRIPT is a must-read for anyone living with a negative inner voice narrating their lives, dictating their decisions, and leaving them feeling overwhelmed, pessimistic, inadequate, or unfulfilled.
~ Kary Oberbrunner, Author of *Your Secret Name & Elixir Project*

Right from the introduction I was captured. As an author, speaker and life coach myself, I find great value in learning from Colleen's book to add more empowerment to my life and business.
~ Dr. Hopelyn Mullings Brown, Best Selling Author & Financial Coach

…a wonderful, detailed guide, a definitive Bible for anyone wishing to understand the working of the human mind...The exercises throughout are amazing, thought-provoking, and will serve as a constant reminder to 'rescript' our internal dialogue...I cannot recommend this guide enough…
~ Lesley Jones for *Readers' Favorite*

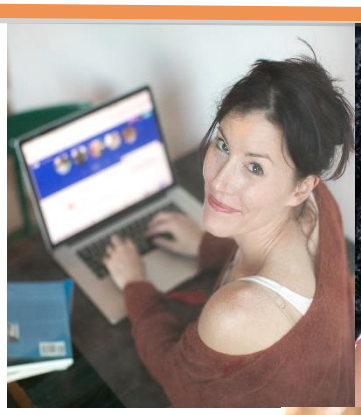
…one of those rare books that everyone -- and I mean everyone– needs to read... Colleen Georges offers a fresh perspective on the subject, providing a roadmap to beat the beliefs and the stories that have been at the root cause of some of the failures we experience in different areas of life."
~ Christian Sia for *Readers' Favorite*

Target Audience

WHO SHOULD READ

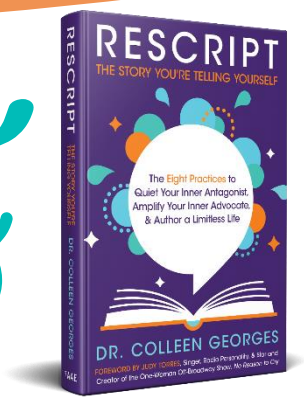
- Coaches & Helping Professionals
- Educators & Trainers
- Perfectionists & People Pleasers
- Worriers & Catastrophizers
- Ruminators & Over-analyzers
- Self-doubters & Self-critics
- Avoiders & Procrastinators
- Regreters & Guilt Carriers
- The Over-extended & Overwhelmed
- The Underwhelmed & Unfulfilled
- Those who are ready to live without limits!

BOOK BENEFITS



- Identify limiting story patterns that are keeping you stuck
- Quiet your Inner Antagonist's criticism & pessimism
- Amplify your Inner Advocate's affirmation & optimism
- Make peace with the past & release guilt & shame
- Move out of passive analysis & into empowered action
- Own your decisions & use the wisdom from life's challenges
- Embrace the unknown & approach the future with confidence
- Identify & use your strengths, passion, & purpose to achieve your goals
- Stop accommodating & achieve your "want to dos" amidst your "have to dos"
- Live with self-compassion, self-care, and a perspective of gratitude
- Own your voice, know your value, and make your mark on the world!

Book Excerpts



Page 11: *"Your Inner Antagonist limits you. Your Inner Advocate liberates you. Their voices are competing to narrate your script, moment by moment. While they have a major influence on your story, ultimately, they don't make the decisions. It's your actions that write your story. Whose narration will you listen to as you choose your story's plot direction and narrative? The problem for so many of us lies in that while we all have an Inner Advocate, our Inner Antagonist is often so loud, persistent, and convincing, that we forget about our more rational and supportive story script narrator. And, like any friend you neglect, your Inner Advocate will just stop coming around. To author a limitless life story, we must learn the essential practices for quieting our Inner Antagonist and amplifying our Inner Advocate. A limitless life is a life authored by our authentic aspirations with self-compassion, kindness, resilience, bravery, zest, optimism, and faith."*

Page 35-36: "*There are a number of common things we ruminate about and ways we go about doing so. Some examples include:*

- *Why-ning: Mulling over why you feel the way you are feeling – "Why am I so sad?" "Why am I so anxious?" "Why can't I get over this?" "Why can't I get motivated?" "Why am I always so tired?"*
- *Woe is Me-ing: Focusing on a belief that recent challenges signify that life is and will always be bad for you – "Life is always throwing crap at me." "This is so unfair! Life is always so unfair for me." "No one is ever there for me." "I can never catch a break with anything!"*
- *Gloom & Doom-ing: Concentrating on thoughts of the world being doomed following news of a tragedy – "So many awful things are happening in the world; so many people are suffering." "This world is just hopeless, there's a new tragedy every day." "What's the purpose of all this suffering in the world. How could a higher power allow this?"*
- *Inactive Actioning: Assessing how you'll deal with a problem, but in a passive way that remains in thought not behavior – "What am I gonna do now?" "How will I ever cope with this?" "How am I supposed to fix this now?"*
- *Telepathizing: Concluding what someone else is thinking or feeling about you – "I bet she thinks I'm stupid now." "He probably hates me now." "She's probably thinking my idea sucks."*
- *It Must be Me-ing: Analyzing how someone else's actions are about you somehow or how you are the one responsible for saving/fixing someone else – "She hasn't texted me back. What did I do that made her mad at me?" "He was so quiet last time we talked. What did I say that made him not want to talk to me anymore?" "She had a strange look on her face in the meeting. What did I say that made her have that look?" "I have to be the one to fix this problem for him." "It's gonna have to be me that saves her from this mess she's gotten into." "It's my fault he's in this terrible situation because I didn't save him from himself."*
- *I'm a Screw-Up-izing: Determining you are a complete and utter screw-up because of something you said, did, didn't say, or didn't do – "I'm so utterly stupid for getting those questions wrong on the exam." "I'm the clumsiest person on earth for falling during the dance routine." "I'm so pathetic for not speaking up for myself and what I believe in during that conversation." "I'm such a failure for putting my foot in my mouth and saying that during the job interview.""*

Interview Questions

1. When did you first know you wanted to write a book?
2. How long did it take you to write RESCRIPT?
3. What does it mean to *RESCRIPT the Story You're Telling Yourself*?
4. What inspired you to write a book about self-talk?
5. What is an Inner Antagonist?
6. How does our Inner Antagonist develop?
7. What is an Inner Advocate?
8. How can we amplify our Inner Advocate?
9. What are the 8 practices in the RESCRIPT Framework?
10. How did you develop the RESCRIPT Framework?
11. Tell me about the RESCRIPT quiz and satisfaction scale in your book?
12. What resources are available for your readers in the book?
13. What is Positive Psychology all about?
14. How did you begin using Positive Psychology in your work?
15. You did a TEDx Talk on RESCRIPTing – what was that journey like?
16. What RESCRIPT strategies do you use most in your own life?
17. What RESCRIPT strategies do you use most with your clients?
18. What RESCRIPT strategies can someone start using right away?
19. What words of advice do you have for viewers/listeners/readers?
20. Are you considering writing any more books in the future?

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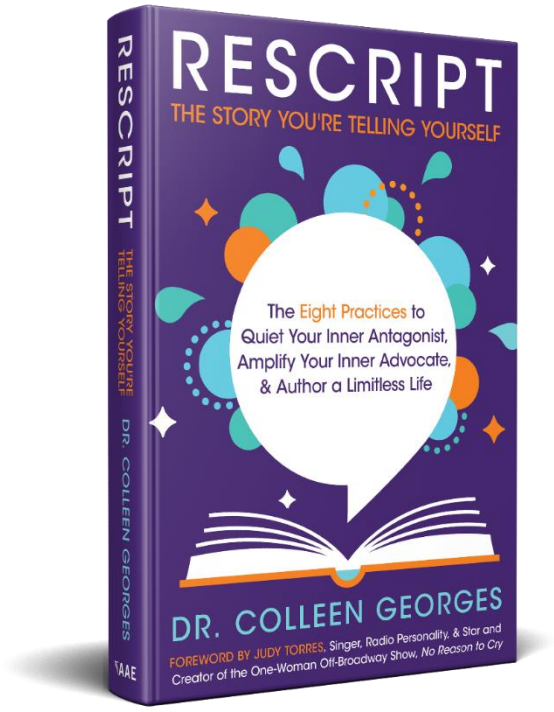

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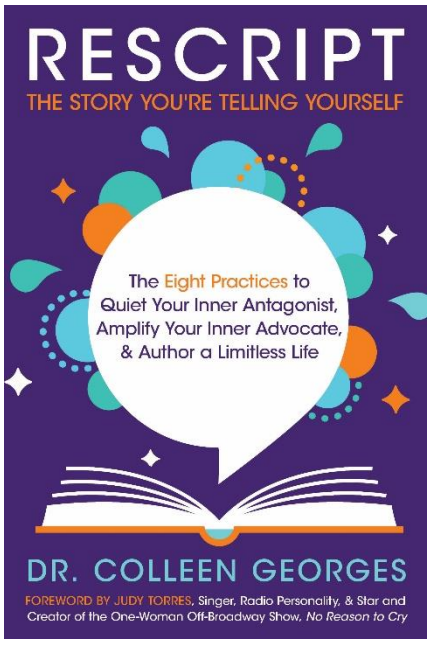

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