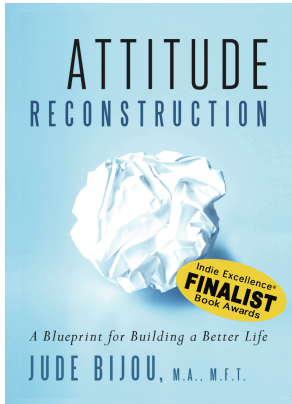


Attitude Reconstruction: A Blueprint for Building a Better Life



by Jude Bijou, MA, MFT

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Finalist: Indie Excellence Book Awards

A Manual to Transform Sadness, Anger and Fear to Joy, Love, and Peace

Everyone yearns for more joy, love and peace for themselves and in their families. Too often, though, people can get stuck in a dreary cycle of sadness, anger and fear. "Despite the desire for emotional health, individuals can fashion their emotions into weapons that hurt themselves, others, and their chances for a harmonious life," states author Jude Bijou, MA, MFT. "Dealing with our emotions constructively is the key to living a better life."

Jude Bijou's has developed a **five-minute, practical system for better thoughts, intuition, communication, and action** to remedy problems, including:

- * coping with unsolicited advice
- * dealing with indecision
- * enlivening one's social life
- * clarifying priorities
- * improving staff morale
- * responding to sarcasm
- * requesting a well-deserved raise

A marriage and family therapist, as well as a longtime student of Eastern philosophy, Bijou developed the ideas behind *Attitude Reconstruction* while working with clients to help them lead more fulfilling lives. **She explains that every feeling derives from six primary emotions—sadness, anger, fear, joy, love, and peace.**

Bijou believes that joy, love, and peace are fundamental aspects of our spiritual nature, and that all emotions spring from the human condition. When people allow sadness, anger, and fear to reign free, it corrupts their bodies, behaviors, minds, and overall sense of well-being. Stress runs rampant, and unreleased emotions can fuel addictions and violence.

With her book, *Attitude Reconstruction*, individuals are encouraged to express emotions physically and constructively, and to replace habitual negative thinking with what's true. Much like exercise will gradually get someone into shape, *Attitude Reconstruction* tactics will "tone the emotional body," notes Bijou. By understanding how emotions work, and recognizing the potentially harmful effects of especially anger and fear, people can **clarify priorities, create more intimacy within relationships, tackle indecision, and handle the anger of others.**

Bijou's guidebook is comprehensive in scope, bringing together real-life examples of emotions gone awry, as well as the author's experiences in helping clients. She includes possible goals for overcoming sadness, anger, and fear, and practical strategies to achieve those aims.

Particularly useful is a chapter on battling old habits. She defines addictive behaviors as "any substance or activity that masks our emotions, and provides an immediate but temporary dose of pleasure." Alcohol and nicotine are included, but so is seeking approval, hypochondria, too many hours of television, or excessive exercise. Recognizing destructive behavior can lead to realizations about the underpinnings of emotion that drive those actions.

The author proposes that all good communication boils down to following **four rules for speaking and listening.** With them, anyone can communicate about any topic effectively and lovingly.

"I've come into this problem from the West, via my work as a psychotherapist, and from the East, as a long-time student of Indian Vedic philosophy; I am convinced that most vexing and stubborn problems stem from unexpressed emotions," said Bijou. "*Attitude Reconstruction* is not just for people interested in psychology or spirituality; it's for anyone who wants to feel good about themselves and their lives – women, men, teachers, healthcare professionals, employers, employees, couples, parents, yoga practitioners, spiritual growth enthusiasts. We can all benefit from spending five minutes a day doing something different."

Her new book, *Attitude Reconstruction: A Blueprint for Building a Better Life* (Riviera Press 2011) is available directly through Delphi Distribution, Ingram, Baker and Taylor, Amazon.com (http://www.amazon.com/Attitude-Reconstruction-Blueprint-Building-Better/dp/0983528772/ref=sr_1_1?ie=UTF8&qid=1310426271&sr=8-1), and the book's website (<http://AttitudeReconstruction.com>).

Jude Bijou will speak on a book tour in major US cities, including: San Diego, Los Angeles, Santa Barbara, San Francisco, Portland, Seattle, Sedona, Reno, New York, and Boston.

About the Author

Jude Bijou is a licensed marriage and family therapist (MFT), an educator in Santa Barbara, CA, and the author of *Attitude Reconstruction: A Blueprint for Building a Better Life*.

Jude grew up as the daughter of Sidney Bijou, a famed pioneer in the field of behavioral child psychology and applied behavior analysis. It was a very cool childhood, but there was just one problem: she was miserable. She looked to the west, and after earning a BA in psychology from Reed College and a Masters in Psychology from Carleton University, became a marriage and



family therapist. She looked to the east, and found the world of meditation and Vedic philosophy.

In 1982, Jude launched her private psychotherapy practice working with individuals, couples, and occasionally consulting with groups. In 1993 she began teaching communication through Santa Barbara City College Adult Education. Also, she started leading workshops and seminars on her model, "Attitude Reconstruction."

Throughout the years Jude developed and refined her "blueprint", that provides an easily understandable map of the mind, correlating emotions with universal feelings, thoughts, words, and actions. However, it was not until she realized how to go from sadness, anger, and fear to joy, love, and peace that she was able to find what she was searching for.

Her unique journey began as a quest for happiness, culminated in the writing of ***Attitude Reconstruction: A Blueprint for Building a Better Life***. She has been continually gratified by the impact these simple principles have made for she herself, as well as for countless clients, seminar participants, and students.

What Others are Saying

"Attitude Reconstruction really works." – **John Gray, PhD**, author of ***Men Are from Mars, Women Are from Venus***

"Jude Bijou gives direct, applied ways to transform the emotions into right understanding and love in order to bring self-healing." – **Dr. Vasant Lad**, BAMS, MASc, Ayurvedic physician, founder and director of the Ayurvedic Institute (Albuquerque, NM), and author of ***Ayurveda: The Science of Self-Healing***

"Jude Bijou's wonderful book is beautifully written guide to transforming your life from the inside out. Her playful spirit makes the journey exciting, thought-provoking, and most of all, highly useful and effective." – **Robert Maurer**, PhD Faculty, UCLA School of Medicine, and author of ***One Small Step Can Change Your Life***

"Licensed marriage and family therapist Bijou has put together a compendium of work sheets, practical tips, and examples for dealing with the world in a healthier, happier way. She skillfully helps readers examine their feelings and replace destructive thoughts with truth (more constructive statements). Understanding one's emotions can't hurt." – **Library Journal** (September, 2010)

"Jude Bijou's blueprint for finding joy, love, and peace is as solid as any architectural rendering, and her straightforward, supportive strategies can help anyone build their emotional dream home." – **Foreword Reviews** (March, 2011)

For more information, for images, or to schedule author Jude Bijou for an interview, consultation, or guest blog, please contact Christy Kelso, 805-455-8257, Christy@RivieraPress.com