



They F*** You Up: How to Survive Family Life

By Oliver James

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In this groundbreaking book, clinical psychologist Oliver James shows that it is the way we were cared for in the first six years of life that has a crucial effect on who we are and how we behave. Nurture, in effect, shapes our very nature. In a remarkable analysis of science and popular culture, James combines the latest research with revealing case studies, interviews, and biographies with the likes of Michael Jackson, Mia Farrow, and Prince Charles to prove his point. In addition to presenting his findings, James explains how they can be a source of liberation in our lives. Through the use of provocative questions and insightful examples, he helps readers better understand the way their childhood past is affecting their present and how to "be your own scriptwriter." He also argues that his findings could have huge implications for society as a whole. A top-seller and recipient of significant attention in the U.K., *They F*** You Up* is an opinionated, entertaining read which causes us to ponder the origins of our present behavior.

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Editorial Review

From the Publisher

"If every parent were forced to read it before raising a child, it would do greater good for the happiness and prosperity of this country than any number of government initiatives." —Alain de Botton, author of *How Proust Can Change Your Life* (on the UK edition)

About the Author

Oliver James trained and practiced as a clinical child psychologist, and since 1987 has worked as a writer, journalist, and television documentary producer and presenter. He currently writes a weekly column for the *Observer* (UK) and is the author of *Juvenile Violence in a Winner-Loser Culture* and the UK best-selling *Britain on the Couch*, which was also a successful documentary series. He is a trustee of two children's charities, the National Family and Parenting Institute and Homestart. He lives in England.

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