



**THE FOUR THINKING TRAPS**  
**How to Break Free of Them**  
Roger Marcaurelle

**A three-part self-treatment technique for radically transforming yourself and achieving peace of mind!**

336 pages

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This book clarifies the fundamental mechanisms at play in psychological distress and offers readers concrete tools for escaping from the vicious cycles that lead to anxiety, symptoms of depression, and interpersonal difficulties. The original model proposed by Roger Marcaurelle synthesizes the problematic interpretations that fuel unhappiness, known as the four thinking traps: “I’m being abused”, “I’m evil”, “I’m inadequate”, and “I’m powerless”. The author explains how we can break free of them by diving deep into the meaning of our life experience and our emotions in order to dismantle their inner workings.

To encourage full self-actualization, the author then presents his model of generative communication, in which we interact with others based on what we want to personify. Finally, he describes the principles, practice, and benefits of meditation, both in its practical daily use and in its ability to lead us to deeper levels of fulfilment.

Right now, when mental health resources cannot adequately meet demand, this book provides a genuine psychological toolkit, and presents a practical method for personal in-depth transformation.

### STRONG POINTS

- A three-in-one self-development book: how to break free of specific negative patterns, how to communicate, and how to meditate.
- The first book presenting the principles and tools used in coherence and memory reconsolidation therapy in a self-treatment context.
- Original and innovative psychological models.
- Contains case histories to illustrate the use of tools and exercises.

**Subjects:** self-treatment, psychotherapy, self-development, psychology, stress, unhappiness, depression, emotional logic, meditation, coherence therapy, generative communication

*Roger Marcaurelle is a clinical psychologist, a therapist qualified in coherence therapy, an expert in couples therapy, and a trainer for healthcare professionals. He has been teaching meditation for over 45 years. The holder of three doctorates—in psychology, religious studies and literature—and an associate professor at the Université du Québec in Montreal, he has written five books and many scientific articles and book chapters.*