

# Taming Your Inner Brat: A Guide For Transforming Self-Defeating Behavior By Pauline Wallin

**By Pauline Wallin**

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Taming Your Inner Brattakes you on an exploration of the "inner brat" in all of us. It explains the psychological sources of the inner brat, rooted in early childhood

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Taming Your Inner Brat author Pauline Wallin, Ph.D., a psychologist who helps patients manage their rage

a psychologist and author of *Taming Your Inner Brat: A Guide for Transforming Self-defeating Behavior*. with the punches, said Dr. Pauline Wallin,

Pauline Wallin, Ph.D., is a clinical psychologist in private practice. For the past twenty-six years she has helped hundreds of people understand and productively

Meet Your Inner Brat. *Taming Your Inner Brat: A Guide for Transforming Self-Defeating Behavior* (Beyond Worlds Publishing, 2001)

*Taming Your Inner Brat* explores the inner brat in all of us, explaining its psychological roots in early childhood and why bratty thoughts, feelings, and behaviors

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*Taming your inner brat : a guide for transforming self-defeating behavior*. [Pauline Wallin] -- "Taming Your Inner Brat explores the inner brat in all of us,

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Pauline Wallin's new book, *Taming Your Inner Brat: A Guide for Transforming Self-Defeating Behavior*, appears to be an entertaining book that provides the reader