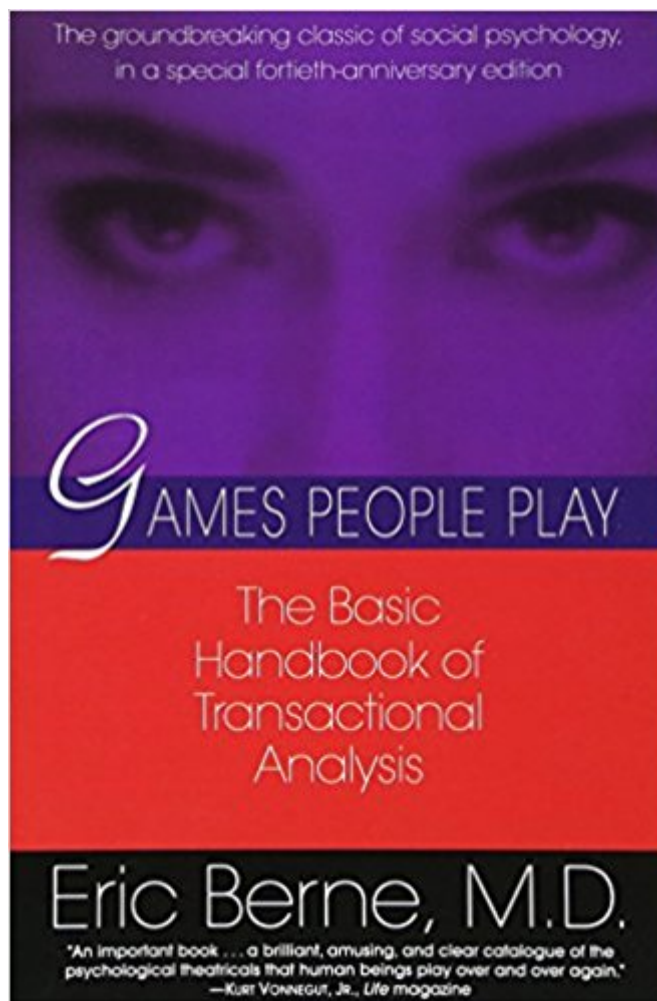


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# Games People Play: The Basic Handbook Of Transactional Analysis.



## Synopsis

We think weâ™re relating to other peopleâ™but actually weâ™re all playing games. Forty years ago, *Games People Play* revolutionized our understanding of what really goes on during our most basic social interactions. More than five million copies later, Dr. Eric Berneâ™s classic is as astonishingâ™and revealingâ™as it was on the day it was first published. This anniversary edition features a new introduction by Dr. James R. Allen, president of the International Transactional Analysis Association, and Kurt Vonnegutâ™s brilliant *Life* magazine review from 1965. We play games all the timeâ™sexual games, marital games, power games with our bosses, and competitive games with our friends. Detailing status contests like âœMartiniâ• (I know a better way), to lethal couples combat like âœIf It Werenâ™t For Youâ• and âœUproar,â• to flirtation favorites like âœThe Stocking Gameâ• and âœLetâ™s You and Him Fight,â• Dr. Berne exposes the secret ploys and unconscious maneuvers that rule our intimate lives. Explosive when it first appeared, *Games People Play* is now widely recognized as the most original and influential popular psychology book of our time. Itâ™s as powerful and eye-opening as ever.

## Book Information

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## Customer Reviews

âœAn important book . . . a brilliant, amusing, and clear catalogue of the psychological theatricals that human beings play over and over again.â• âœKURT VONNEGUT, *Life* magazine

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Great book that has been around forever. In a nutshell, the author suggests that ppl, have hidden agendas/ulterior motives behind all of their actions. This may come as no surprise to you, but the way the book is written makes this all extremely fascinating. He describes many people little games and motives such as destructive games, attention-getting games, sympathy-seeking games, etc. what is nice is the book tries to give you the ability to put a handle on them; define them, name them, see the "moves" associated with them, describe the "payoffs" associated with them, and plan antitheses to them. Very interesting and a fun read.

Re-read this one after a friend who works in social services kept referring to it. I think it's useful. Maybe over-simplifying people down to certain agendas and scripts, when it looks to me that we're all these kind of loose collections of agendas that animate through us, not so easy to pin down, and not always wanting to be exposed.

This book is entertaining to read, and brought a lot of perspective regarding the ways people interact with one another. I would buy this again. I have recommended it to a few friends who I thought could handle it.

That we tend to spend a sizable part of our time playing "games" is no secret or novelty. In this book, however, Berne offers a classification and analysis of typical games that, if avoided, would allow us to lead more productive, satisfactory and happy lives. According to him, the overcoming of

the compulsion to play psychological games, especially the "bad" games, is not an easy task, but can be a very rewarding one. Though I have never tried transactional analysis myself, I tend to find his assertion very convincing.

I just did a review of "I'm OK, You're OK" by Thomas A. Harris, M. D.--and in that review, also mentioned "Games People Play". I truly believe it's important to treat these two books as a pair. Reading both provides a better understanding of what's behind the interactions with other people, as well as why some ways of communicating work well, while other methods are bound to end badly. Simple principles, and wholly logical. The books were published almost 50 years ago, but are as relevant today as they were then. Highly recommend!

A friend turned me onto this book in the early 90's, I see dishonest games being played out and avoid it, I even warn others who don't have a clue when they walk into someone's game of Let's you and him fight and then they become a flying monkey (that should be added to the book), what I've found is the first game ever recognized YDYB can be used to lead into LYHF. Games drive me crazy so it's good to recognize the bad ones a comin and get away.

Use of stress management and identification of what appears to be roadblocks and how one gets around them.

I read this in Psych101 back in 83".. It was around long before that. The games still apply today. My faves, that I see a lot are "Now I've got you, you SOB" and Wooden leg...The stories and dynamics that go along with each game help you to recognize them in the people in your life. It's also gives you the skills to cope with them and diffuse the situation. Because you'll understand, you will actually find them even funnier when you find your self identifying each game as it's played..A+++

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