

## **Resources and Recommended Reading**

The principles upon which the AHA Solution is based have roots in the work of Edmund Bergler, MD.

Edmund Bergler was a student of Sigmund Freud and Associate Director of Freud's Vienna-based clinic until he fled Austria in the late 1930's under threat of Nazi invasion. Dr. Bergler practiced psychoanalysis in New York until his death in 1962.

Bergler should be a household name. Yet, his name and life work have been purged from modern psychology in spite of publishing 25 books through major publishing houses and 273 articles in major professional journals. The deletion of Bergler from modern mental health is a controversial story waiting to be told.

Bergler's books are highly technical and couched in psychoanalytic language. They are also largely out of print, rare and expensive. Nevertheless, they are worth finding if you are so inclined. Major online booksellers are a good place to start.

The better option for laypeople is psychotherapist Peter Michaelson's books. Peter is a rare, practicing psychotherapist who has built his methods on Bergler's work. He has done us all a huge favor by writing books based on Bergler that are easier for the layperson to understand.

The AHA Solution stands on the shoulders of Bergler and Michaelson. They provided the groundwork. We have expanded the model in a modern, user-friendly format, with added clarity, the addition of 12 attachment types, as well as a clear and practical process (the AHA process) for working with your attachments on a daily basis.

At the iNLP Center, we do not pretend that we were trained in classic psychoanalysis. We are 100% responsible for our interpretation of the work and have strived, not to preserve the psychoanalytic tradition, but to make the practical principles available to laypeople.

### **Links:**

[http://en.wikipedia.org/wiki/Edmund\\_Bergler](http://en.wikipedia.org/wiki/Edmund_Bergler)

Peter Michaelson

<http://www.whywesuffer.com>

Edmund Bergler Society of Toronto

<http://edmundbergler.ca>

### **Books:**

*Selected Papers of Edmund Bergler, MD* by Edmund Bergler

*Principles of Self-Damage* by Edmund Bergler, MD

*The Battle of the Conscience* by Edmund Bergler, MD

*The Basic Neurosis* by Edmund Bergler, MD

*Curable and Incurable Neurotics* by Edmund Bergler, MD

*Why We Suffer* by Peter Michaelson

*Freedom from Self-Sabotage* by Peter Michaelson

*Phantom of the Psyche* by Peter Michaelson

*Secret Attachments* by Peter Michaelson

### **Other Resources**

In the iNLP personal development programs you received with the *AHA Solution*, you may find the *Tame the DMN* program to be very helpful as a self-management tool as you work through your attachments.

### **Coaching**

Mike Bundrant is available to provide personal coaching to further help you identify attachments and let them go. Please read more about coaching and fill out the inquiry form here:

<http://inlpcenter.com/nlp-coaching>