



No More Drama: A Practical Guide to Healthy Relationships

Gregory J. Boyce

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Extending back in time, people have been drawn to watch and participate in drama. Understood and used by playwrights and authors in all cultures of recorded history, and known in recent times as the triangle of disempowerment, drama triangle, or Karpman's triangle, drama is a compelling but ineffective way of interacting with others that leads to relationship confusion, dysfunction and conflict. It is a pervasive source of suffering between individuals, groups, communities and nations. Psychotherapist Gregory Boyce's book No More Drama shows us the external appearances of drama, the inner workings, why we participate, and most importantly, how to conduct ourselves so we live in what he calls the Drama Free Zone. His writing is enjoyable and easy to follow; his suggestions, very powerful. It is: A Practical Guide to Healthy Relationships.

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