

“HIJACKED”: First-Ever Guidebook to Catalogue Thirty Parts Within the Human Psyche

Landmark Book Identifies the Root Source of Why So Many Live With Stress and Anxiety

Boulder, Colorado May 5, 2025 ([Issuewire.com](https://www.issuewire.com)) - On the first day of Mental Health Awareness Month, Scott Doniger, a chronic stress counselor, lifestage coach and founder of [ReWhyre, LLC](https://www.rewhyre.com), announced the release of his groundbreaking book, “HIJACKED: Getting to Know Our Parts and Why They Take Us Over.” This unique compendium offers a basic understanding of Parts Work while serving as a first-of-its-kind reference guide on thirty “parts” of the human psyche.

Parts Work, born from Dr. Richard C. Schwartz’s innovative [Internal Family Systems](https://www.ifs-institute.org) model, is a therapeutic approach that views the mind as a complex system composed of various parts. Through dozens of real-life anecdotes, “HIJACKED” systematically catalogues thirty of the most common parts that take over emotion and behavior. The book also offers practical frameworks for readers to recognize their hijacked states and respond with greater awareness and intention.

Doniger’s multi-year battle with chronic fatigue syndrome, which manifested as both a mental and biophysical disorder, led him to discover and later study Parts Work, which had a profound calming impact on his nervous system.

“Understanding the parts inside me that had been ‘driving the bus’ of my life helped me heal in ways no other talk therapy had been able to,” Doniger shared. “I wrote ‘HIJACKED’ upon realizing, through coursework and personal experience with Parts Work therapy, there was no existing single artifact that represented Parts Work as I’ve experienced it personally and in counseling clients. ‘HIJACKED’ reflects a true calling to help others achieve more inner peace and external calm.”

To support the launch of this important new guidebook, three events are planned during Mental Health Awareness Month:

- May 22: Black Lab Sports (3550 Frontier Avenue, Suite D, Boulder, Colorado 80301); 5-8 p.m. MDT
- May 27: Nurture: The Wellness Marketplace (2949 Federal Boulevard, Denver, Colorado 80211); 5-7 p.m. MDT
- May 31: Inkberry Books (7960 Niwot Road, Niwot, CO 80503); 7-8:30 p.m. MDT

“HIJACKED: Getting to Know Our Parts and Why They Take Us Over” is currently [available via Amazon](https://www.amazon.com/dp/1683700000). For more information about Scott Doniger, “HIJACKED,” or connecting at an in-person event, please visit www.ScottDoniger.com.

Vigilante PR

*****@vigilante-pr.com

9703420256

8735 Dunwoody Place Ste. R

Source : Scott Doniger

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