

The Examined Life How We Lose And Find Ourselves

Stephen Grosz

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Closure - Nancy Berns
2011-08-05
When it comes to the end of a relationship, the loss of a loved one, or even a national tragedy, we are often told we need "closure." But while some people do find closure for their pain and grief, many more feel closure does

not exist and believe the notion only promises false hopes. Sociologist Nancy Berns explores these ideas and their ramifications in her timely book, *Closure*. Berns uncovers the various interpretations and contradictory meanings of closure. She identifies six types of

“closure talk,” revealing closure as a socially constructed concept—a “new emotion.” Berns also explores how closure has been applied widely in popular media and how the idea has been appropriated as a political tool and to sell products and services. This book explains how the push for closure—whether we find it helpful, engaging, or enraging—is changing our society.

Zen Therapy - David Brazier 2012-10-25

Buddhism, from Abhidharma to Zen, offers a practical path to harmony of head and heart. For over 2,000 years Buddhists have been developing sophisticated psychologies to guide the work of achieving freedom from mental suffering. Now East and West are beginning to learn from each other. In a readable and practical manner, this book challenges basic assumptions of Western psychology, demystifies Buddhist psychology and presents Zen as a

therapy. Giving examples of its effectiveness in psychotherapeutic practice, the author shows how Zen derives from the Buddhist theory of the mind and throws new light upon the Buddhist theory of relations and conditions. This seminal work is a resource full of intriguing and controversial ideas.

Freud and Beyond - Stephen A. Mitchell 2016-05-10

The classic, in-depth history of psychoanalysis, presenting over a hundred years of thought and theories Sigmund Freud's concepts have become a part of our psychological vocabulary: unconscious thoughts and feelings, conflict, the meaning of dreams, the sensuality of childhood. But psychoanalytic thinking has undergone an enormous expansion and transformation since Freud's death in 1939. With *Freud and Beyond*, Stephen A. Mitchell and Margaret J. Black make the full scope of

twentieth century psychoanalytic thinking—from Harry Stack Sullivan to Jacques Lacan; D.W. Winnicott to Melanie Klein—available for the first time. Richly illustrated with case examples, this lively, jargon-free introduction makes modern psychoanalytic thought accessible at last.

How the Word Is Passed -

Clint Smith 2021-06-01
This compelling "important and timely" (Drew Faust, Harvard Magazine) #1 New York Times bestseller examines the legacy of slavery in America—and how both history and memory continue to shape our everyday lives. Beginning in his hometown of New Orleans, Clint Smith leads the reader on an unforgettable tour of monuments and landmarks—those that are honest about the past and those that are not—that offer an intergenerational story of how slavery has been central in shaping our nation's collective

history, and ourselves. It is the story of the Monticello Plantation in Virginia, the estate where Thomas Jefferson wrote letters espousing the urgent need for liberty while enslaving more than four hundred people. It is the story of the Whitney Plantation, one of the only former plantations devoted to preserving the experience of the enslaved people whose lives and work sustained it. It is the story of Angola, a former plantation-turned-maximum-security prison in Louisiana that is filled with Black men who work across the 18,000-acre land for virtually no pay. And it is the story of Blandford Cemetery, the final resting place of tens of thousands of Confederate soldiers. A deeply researched and transporting exploration of the legacy of slavery and its imprint on centuries of American history, *How the Word Is Passed* illustrates how some of our country's most essential stories

are hidden in plain view—whether in places we might drive by on our way to work, holidays such as Juneteenth, or entire neighborhoods like downtown Manhattan, where the brutal history of the trade in enslaved men, women, and children has been deeply imprinted. Informed by scholarship and brought to life by the story of people living today, Smith's debut work of nonfiction is a landmark of reflection and insight that offers a new understanding of the hopeful role that memory and history can play in making sense of our country and how it has come to be. Winner of the National Book Critics Circle Award for Nonfiction Winner of the Stowe Prize Winner of 2022 Hillman Prize for Book Journalism A New York Times 10 Best Books of 2021
The Simple Living Guide
- Janet Luhrs 2014-04-02
In *The Simple Living Guide* Janet Luhrs demonstrates how to live a deliberate, simpler life--and savor it. As

Janet Luhrs says, "Simple living is about living deliberately. Simple living is not about austerity, or frugality, or income level. It's about being fully aware of why you are living your particular life, and knowing that life is one you have chosen thoughtfully. Simple living is about designing our lives to coincide with our ideals." Whether you are looking at small solutions for cutting down the stress in your life or taking the big leap toward the simpler life, this book can be your guide. Janet Luhrs, the nationally recognized founder and editor of the *Simple Living Journal*, brings together strategies, inspiration, resources, and real-life profiles of people who have slowed down, overcome obstacles, and created richer lives. Discover *Simple Living* approaches to: money, work, holidays, cooking and nutrition, health and exercise, clutter,

gardening, travel, and more!

Examined Life - Robert Nozick 1990-12-15

An exploration of topics of everyday importance in the Socratic tradition.

Familicidal Hearts -

Neil Websdale 2013-06-20

Oscar, physically and sexually abusive, stabbed his partner and two stepdaughters to death, buried the bodies, and fled the state with his two younger children. Paul, a respected investment banker, donned a Halloween mask and shot his wife and two children before turning the gun on himself. What drives individuals as different as Oscar and Paul to kill their families? Why does familicide appear to be on the rise? In *Familicidal Hearts*, award-winning author and sociologist Neil Websdale uncovers the stories behind 196 male and 15 female perpetrators of this shocking offense, situating their emotional styles on a

continuum, from the livid coercive to the civil reputable. With highly detailed and riveting case studies, Websdale explores the pivotal roles of shame, rage, fear, anxiety, and depression in the lives and crimes of the killers. His analysis demonstrates how internal emotional conflict, against a backdrop of societal pressures, is at the root of familicide, challenging the widely accepted argument that murderers kill family members to assert power and control. Websdale contends instead that most perpetrators struggle with intense shame, many sensing that they failed to live up to the demands of modern gender prescriptions, as fathers and lovers, wives and mothers. What emerges is a compelling theory about the haunting effects of modern emotional struggles on perpetrators, controlling and upstanding alike. Captivatingly written

and expertly researched, this provocative book weaves a gripping tale of modern-era "haunted hearts." Blending the social, the historical, and the emotional into a new way of making sense of a horrific crime, Familicidal Hearts is a provocative meditation on gender roles, social forces, and modern life itself.

Therapy - Stephen Grosz
2019-04-04

'I want to change, but not if it means changing,' a patient once said to me in complete innocence What do we do when we find ourselves trapped by our own thoughts or behaviour? Drawing on his twenty-five years' experience as a psychoanalyst, Stephen Grosz ushers the reader through the door of his consulting room and into the minds of his patients. In these beautifully told cases we find compulsive liars, deceived spouses, violent children and delusional adults but we also find ourselves and in doing so, understand

a little more about what it is to be human.

Selected from The Examined Life. VINTAGE MINIS: GREAT MINDS. BIG IDEAS. LITTLE BOOKS. A series of short books by the world's greatest writers on the experiences that make us human Discover the Vintage Minis 'Head Space' series: Recovery by Helen Macdonald Family by Mark Haddon The Purpose-driven Life - Rick Warren 2002

A Groundbreaking Manifesto on the Meaning of Life This book will help you understand why you are alive and God's amazing plan for you- both here and now, and for eternity. Rick Warren will guide you through a personal 40-day spiritual journey that will transform your answer to life's most important question: What on earth am I here for? Knowing God's purpose for creating you will reduce your stress, focus your energy, simplify your decisions, give meaning to your life, and, most importantly, prepare you

for eternity. The Purpose-Driven Life is a blueprint for Christian living in the 21st century—a lifestyle based on God's eternal purposes, not cultural values. Using over 1,200 Scriptural quotes and references, it challenges the conventional definitions of worship, fellowship, discipleship, ministry, and evangelism. In the tradition of Oswald Chambers, Rick Warren offers distilled wisdom on the essence of what life is all about. This is a book of hope and challenge that you will read and re-read, and it will be a classic treasured by generations to come.

On Habit - Clare

Carlisle 2014-03-14

For Aristotle, excellence is not an act but a habit, and Hume regards habit as 'the great guide of life'. However, for Proust habit is problematic: 'if habit is a second nature, it prevents us from knowing our first.' What is habit? Do habits turn us into machines or

free us to do more creative things? Should religious faith be habitual? Does habit help or hinder the practice of philosophy? Why do Luther, Spinoza, Kant, Kierkegaard and Bergson all criticise habit? If habit is both a blessing and a curse, how can we live well in our habits? In this thought-provoking book Clare Carlisle examines habit from a philosophical standpoint. Beginning with a lucid appraisal of habit's philosophical history she suggests that both receptivity and resistance to change are basic principles of habit-formation. Carlisle shows how the philosophy of habit not only anticipates the discoveries of recent neuroscience but illuminates their ethical significance. She asks whether habit is a reliable form of knowledge by examining the contrasting interpretations of habitual thinking offered by Spinoza and Hume. She then turns to

the role of habit in the good life, tracing Aristotle's legacy through the ideas of Joseph Butler, Hegel, and Félix Ravaisson, and assessing the ambivalent attitudes to habit expressed by Nietzsche and Proust. She argues that a distinction between habit and practice helps to clarify this ambivalence, particularly in the context of habit and religion, where she examines both the theology of habit and the repetitions of religious life. She concludes by considering how philosophy itself is a practice of learning to live well with habit. *Listening to Scrooge* - Stephen Grosz 2012-12-20 What can A Christmas Carol teach us about how people change? Can a gift have a meaning that we don't suspect? Offering incisive psychoanalytical insight from stories told out of everyday lives, these tales by practising psychoanalyst Stephen Grosz present a moment

of reflection, wisdom and some much-needed sanity over the festive period. A preview for his forthcoming book, *The Examined Life*, published on 3 January 2013 and serialised on Radio 4 Book of the Week. Contents: Exclusive to the ebook: 'The gift', 'An unexpected ending', 'On knowing' A preview from the forthcoming book, *The Examined Life*: 'How lovesickness can keep us from love' Advance praise for *The Examined Life*: 'The Examined Life is a fascinating collection of quiet stories about very real human predicaments: the listening cure at its best' - Patrick McGrath 'I couldn't put this down-I read about other people, but learned about myself at the same time. Real stories can be so much more fascinating than fictional ones, especially with Stephen Grosz. No preaching, no clichés-just wisdom.' - Victoria Hislop 'A beautifully judged, wonderfully readable

book with a clear and kind voice. There is a rare integrity in the writing: no showing off, just honest attention to each trusted relationship. I read the whole thing in one sitting, cover to cover' - Ruth Padel

The Socrates Express - Eric Weiner 2021-08-10
The author retraces the journeys of forefront intellectuals from Epicurus and Gandhi to Thoreau and Beauvoir to illuminate how their practical and spiritual lessons can be applied in today's unsettled world. Eric Weiner combines his twin passions for philosophy and global travel in a pilgrimage that uncovers surprising life lessons from philosophers around the world, from Marcus Aurelius to Arthur Schopenhauer, Confucius to Montaigne. Traveling by train (the most thoughtful mode of transport) he traversed thousands of miles, making stops in Athens, Delhi, Massachusetts, Coney Island, Frankfurt, and points in between,

to recapture philosophy's original purpose: teaching us how to lead wiser, more meaningful lives. From Socrates and ancient Athens to Simone de Beauvoir and twentieth century Paris, Weiner's chosen places and thinkers provide important signposts as we navigate today's chaotic times.

The Work of Psychoanalysis - Dana Birksted-Breen 2016-02-05
Psychoanalysts working in clinical situations are constantly confronted with the struggle between conservative forces and those which enable something new to develop. Continuity and change, stasis and transformation, are the major themes discussed in *The Work of Psychoanalysis*, and address the fundamental question: How does and how can change take place? *The Work of Psychoanalysis* explores the underlying coherence of the complex linked issues of theory and

practice. Drawing on clinical cases from her own experience in the consulting room Dana Birksted-Breen focuses on what takes place between patient and analyst, giving a picture of the interlocking and overlapping vertices that make up the work needed in psychoanalysis. Some of the key topics covered include: sexuality; aspects of female identity; eating disorders; time; dreams; disturbances in modalities of thought; and terminating psychoanalysis. This book draws different traditions into a coherent theoretical position with consequences for the mode of working analytically. The Work of Psychoanalysis will appeal to psychoanalysts and academics in psychoanalysis, psychotherapists, as well as postgraduate students studying courses in these fields.

Care Without Coverage -
Institute of Medicine

2002-06-20

Many Americans believe that people who lack health insurance somehow get the care they really need. Care Without Coverage examines the real consequences for adults who lack health insurance. The study presents findings in the areas of prevention and screening, cancer, chronic illness, hospital-based care, and general health status. The committee looked at the consequences of being uninsured for people suffering from cancer, diabetes, HIV infection and AIDS, heart and kidney disease, mental illness, traumatic injuries, and heart attacks. It focused on the roughly 30 million-one in seven-working-age Americans without health insurance. This group does not include the population over 65 that is covered by Medicare or the nearly 10 million children who are uninsured in this country. The main findings of the report are that working-age

Americans without health insurance are more likely to receive too little medical care and receive it too late; be sicker and die sooner; and receive poorer care when they are in the hospital, even for acute situations like a motor vehicle crash.

Estimation of the Time Since Death - Burkhard Madea 2015-09-08

Estimation of the Time Since Death remains the foremost authoritative book on scientifically calculating the estimated time of death postmortem. Building on the success of previous editions which covered the early postmortem period, this new edition also covers the later postmortem period including putrefactive changes, entomology, and postmortem r

The Courage to Create - Rollo May 1994-03-17

"Extraordinary, wise, and hopeful... nearly poetic meditations."—Boston Globe What if imagination and art are not, as many of us might think, the frosting on

life but the fountainhead of human experience? What if our logic and science derive from art forms, rather than the other way around? In this trenchant volume, Rollo May helps all of us find those creative impulses that, once liberated, offer new possibilities for achievement. A renowned therapist and inspiring guide, Dr. May draws on his experience to show how we can break out of old patterns in our lives. His insightful book offers us a way through our fears into a fully realized self.

Your Life on Purpose - Matthew McKay 2010-11-01

So many of us postpone pursuing our goals and dreams because we think we'll get to them later, when we have more time or feel we're worthy of them. As a result, many of us go through life feeling weighed down by daily responsibilities and our own self-doubts, entirely disconnected from a sense of real purpose. Based in acceptance and

commitment therapy (ACT) and powerful mindfulness practices, Your Life on Purpose is about doing what matters to you every day instead of waiting for the perfect time to feel fulfilled and alive. With this book as your guide, you'll learn to move past daily distractions, fear of failure, and self-judgment, and zero in on the passions that connect you with your true self. You deserve to live a life of purpose, aligned with your deepest values. It's time. With this book, you'll discover how to:

- Find and do what you are passionate about
- Keep mental obstacles, fears, and daily demands from blocking your path to fulfillment
- Find your way when values conflict
- Focus on what truly matters to make your dreams a reality
- Make a lasting impact on the world

So what are you waiting for? Start changing your life today.

The 48 Laws of Power - Robert Greene 2000-09-01

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control - from the author of The Laws of Human Nature. In the book that People magazine proclaimed "beguiling" and "fascinating," Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence ("Law 1: Never Outshine the Master"), others teach the value of confidence ("Law 28: Enter Action with Boldness"), and many recommend absolute self-preservation ("Law 15: Crush Your Enemy Totally"). Every law,

though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

Technology and the Virtues - Shannon Vallor
2016-08-02

The 21st century offers a dizzying array of new technological

developments: robots smart enough to take white collar jobs, social media tools that manage our most important relationships, ordinary objects that track, record, analyze and share every detail of our daily lives, and biomedical techniques with the potential to transform and enhance human minds and bodies to an unprecedented degree. Emerging technologies are reshaping our habits, practices, institutions, cultures and environments in increasingly rapid, complex and unpredictable ways that

create profound risks and opportunities for human flourishing on a global scale. How can our future be protected in such challenging and uncertain conditions?

How can we possibly improve the chances that the human family will not only live, but live well, into the 21st century and beyond? This book locates a key to that future in the distant past:

specifically, in the philosophical traditions of virtue ethics developed by classical thinkers from Aristotle and Confucius to the Buddha. Each developed a way of seeking the good life that equips human beings with the moral and intellectual character to flourish even in the most unpredictable, complex and unstable situations—precisely where we find ourselves today. Through an examination of the many risks and opportunities presented by rapidly changing technosocial conditions, Vallor makes the case that if we are to have

any real hope of securing a future worth wanting, then we will need more than just better technologies. We will also need better humans. Technology and the Virtues develops a practical framework for seeking that goal by means of the deliberate cultivation of technomoral virtues: specific skills and strengths of character, adapted to the unique challenges of 21st century life, that offer the human family our best chance of learning to live wisely and well with emerging technologies.

The Examined Life: How We Lose and Find Ourselves - Stephen Grosz 2014-05-12

The author describes his work as a psychoanalyst over a twenty-five year period, describing his efforts to guide his patients to personal insights into their behaviors and resolutions which can change their lives for the better.

Inheritance - Dani Shapiro 2019

"The ... author of Hourglass now gives us a new memoir about identity, paternity, and family secrets--a real-time exploration of the ... discovery she made last year about her father, and her struggle to piece together the hidden the story of her own life"--

Grief Is the Thing with Feathers - Max Porter 2016-06-07

Here he is, husband and father, scruffy romantic, a shambolic scholar--a man adrift in the wake of his wife's sudden, accidental death. And there are his two sons who like him struggle in their London apartment to face the unbearable sadness that has engulfed them. The father imagines a future of well-meaning visitors and emptiness, while the boys wander, savage and unsupervised. In this moment of violent despair they are visited by Crow--antagonist, trickster, goad, protector, therapist, and babysitter. This self-described "sentimental bird," at

once wild and tender,
who "finds humans dull
except in grief,"
threatens to stay with
the wounded family until
they no longer need him.
As weeks turn to months
and the pain of loss
lessens with the balm of
memories, Crow's efforts
are rewarded and the
little unit of three
begins to recover: Dad
resumes his book about
the poet Ted Hughes; the
boys get on with it,
grow up. Part novella,
part polyphonic fable,
part essay on grief, Max
Porter's extraordinary
debut combines
compassion and bravura
style to dazzling
effect. Full of angular
wit and profound truths,
Grief Is the Thing with
Feathers is a
startlingly original and
haunting debut by a
significant new talent.
The Schopenhauer Cure -
Irvin Yalom 2009-10-13
From the internationally
bestselling author of
Love's Executioner and
When Nietzsche Wept,
comes a novel of group
therapy with a cast of
memorably wounded
characters struggling to

heal pain and change
lives Suddenly
confronted with his own
mortality after a
routine checkup, eminent
psychotherapist Julius
Hertzfeld is forced to
reexamine his life and
work -- and seeks out
Philip Slate, a sex
addict whom he failed to
help some twenty years
earlier. Yet Philip
claims to be cured --
miraculously transformed
by the pessimistic
teachings of German
philosopher Arthur
Schopenhauer -- and is,
himself, a philosophical
counselor in training.
Philip's dour,
misanthropic stance
compels Julius to invite
Philip to join his
intensive therapy group
in exchange for tutoring
on Schopenhauer. But
with mere months left,
life may be far too
short to help Philip or
to compete with him for
the hearts and minds of
the group members. And
then again, it might be
just long enough.
How to Stay Sane -
Philippa Perry
2012-12-24
THE SCHOOL OF LIFE IS

DEDICATED TO EXPLORING LIFE'S BIG QUESTIONS IN HIGHLY-PORTABLE PAPERBACKS, FEATURING FRENCH FLAPS AND DECKLE EDGES, THAT THE NEW YORK TIMES CALLS "DAMNABLY CUTE." WE DON'T HAVE ALL THE ANSWERS, BUT WE WILL DIRECT YOU TOWARDS A VARIETY OF USEFUL IDEAS THAT ARE GUARANTEED TO STIMULATE, PROVOKE, AND CONSOLE. An Economist Best Book of the Year Everyone accepts the importance of physical health; isn't it just as important to aim for the mental equivalent? Philippa Perry has come to the rescue with *How to Stay Sane* -- a maintenance manual for the mind. Years of working as a psychotherapist showed Philippa Perry what approaches produced positive change in her clients and how best to maintain good mental health. In *How to Stay Sane*, she has taken these principles and applied them to self-help. Using ideas from neuroscience and sound psychological theory, she shows us how to

better understand ourselves. Her idea is that if we know how our minds form and develop, we are less at the mercy of unknown unconscious processes. In this way, we can learn to be the master of our feelings and not their slave. This is a smart, pithy, readable book that everyone with even a passing interest in their psychological health will find useful. *Wise Therapy* - Tim LeBon 2001-01-30 Independent on Sunday October 2nd One of the country's leading philosophical counsellors, and chairman of the Society for Philosophy in Practice (SPP), Tim LeBon, said it typically took around six 50 minute sessions for a client to move from confusion to resolution. Mr LeBon, who has published a book on the subject, *Wise Therapy*, said philosophy was perfectly suited to this type of therapy, dealing as it does with timeless human issues such as love, purpose, happiness

and emotional challenges. 'Wise Therapy, is part of a series aimed at promoting an integrative attitude as its ethos. Among all the many perspectives of psychotherapists and counselors, philosophy needs to take its place and needs to find its voice. Tim LeBon has provided an effective means by which counselors can bring philosophy into their work with clients' - APPA journal 'Tim LeBon's Wise Therapy is a comprehensible and well argued book dealing with the practical therapeutic applications of philosophical research that may well be of interest to philosophers but -- as the author himself intends -- will be of most obvious benefit to therapists and counselors, both by informing their dialogue with clients in new ways and by helping them become more informed about ways to resolve the ethical dilemmas arising within the

context of their own work' - Metapsychology 'A fascinating workshop for therapists and clients, backed up a thorough degree of philosophical acuity' - Journal of the Society for Existential Analysis 'I strongly recommend the book for philosophers as well as practitioners, teachers, students and supervisors in counselling and psychotherapy' - Self and Society 'Provides some additional and valuable arrows for the therapist's quiver' - Irvin Yalom, author of Love's Executioner 'Like Aristotle, Tim LeBon examines what is said and extracts what is best from it.... There are many fascinating exercises designed to bring out and enlighten the client's values, conception of the good life, well-being, happiness, pleasure, and the proper place of reason in life.... Wise Therapy is well written and engaging. The case histories are illuminating examples of therapeutic techniques

at work, the thought experiments are well designed, and the philosophical position adapted from the internal debates of the philosophers is level headed.... I recommend it highly to philosophers with an interest in counselling, and psychological counsellors with an interest in philosophy' - Jeff Mason, The Philosophers' Magazine`Tim LeBon has... authored a text which should become a staple on the philosophical counsellor's bookshelf.... Wise Therapy is a concise, well-written book.... His ability to relate philosophical concepts to counselling concerns is admirable and attests to the skill and knowledge he possesses as a working counsellor. But, by far the most important part of Tim LeBon's book to PC is the last chapter, "The Counsellor's Philosophical Toolbox"' - Craig Munns in The Examined Life`Tim LeBon has done a good

job of offering practical approaches to some of the most important and vexing issues that arise in counselling.... Tim LeBon's book contains helpful suggestions, practical information, and useful examples, and would make a good addition to the library of any counsellors willing to allow philosophy to turn mere client sessions into wise therapy' - Peter Raabe, Practical Philosophy Wise Therapy is an original and practical guide to how philosophy can benefit counselling and psychotherapy. Tim LeBon argues that therapy, informed by philosophy, can help clients make better decision and achieve emotional wisdom. He uses philosophical approaches to explore issues of right and wrong, the emotions and reasons, well-being and the meaning of life, and develops a 'counsellor's toolbox' of techniques that can help practitioners apply the

wisdom of philosophy to good therapeutic practice. For counsellors who may find philosophical approaches to therapy useful, this work addresses key philosophical topics - the emotions, free will, the meaning of life and ethics. It is jargon-free where possible and assumes no previous philosophical training. From The Independent, 16th November 2004 Plato is my agony aunt It was the end of a love affair that broke her heart. Could the wisdom of the great philosophers show her how to be happy again? Claire Smith tries a novel form of therapy "The unexamined life is not worth living," Socrates said. Nor is the life you're left with after your boyfriend has left you for another woman - at least, that's how it felt in October last year when mine broke rank and went off with an art student from Cleveland, Ohio. We were over there for the opening of his new art exhibition. He'd flown

over four days before me and had met her at a party. Supposedly, they "connected". The five months that followed were a roller-coaster of confusion, vitriol and despair. I knew there'd been problems in our relationship. We saw the world very differently; he delighted in the charm of the ordinary, I wanted maximum divinity. He walked; I galloped. He drank tea; I loathed the stuff. But, along the banks of the Thames, we'd made a promise to always stick together. Our love was something unique: "transcendental", I called it. And besides, we recycled. Surely a commitment to save the world would save our relationship? Alas, no. So there I was, a woman scorned. Hell truly hath no greater fury. And what made it worse was that I still believed in our transcendental love. If I wanted to change the way I was feeling, I needed to alter the way I was thinking. But how? A few bottles of wine and a sharp blow to the

head might have done the trick. Fortunately, there's an older, more trusted way of turning your head on its head that counsellors are starting to use: philosophy. The idea of employing Plato as an agony aunt was begun in 1981 by the German philosopher Gerd Achenbach. Although philosophy spends a lot of its time asking real-life questions that affect real-life people - What is happiness? And is it always wrong to lie? - most of the debate goes on in ivory towers. What Achenbach and subsequent philosophers including Tim LeBon, the chairman of the UK's Society for Philosophy in Practice, wanted to do was "give practical application" to this gigantic library of great thoughts. So how does it work? Like most types of therapy, you sign up for a set of sessions. "Two would give you a new perspective on one issue; six would help you to make a major life-decision, like a

career change; with 12 you can start to rethink your entire life philosophy," explains LeBon. Each session lasts 50 minutes and costs £50 - and, no, you don't have to have any previous knowledge of philosophy. "If you think of Friends, it would suit Ross and Chandler more than Joey," LeBon says. "It's for anyone who wants to make their emotions more intelligent. Or for those who have tried other kinds of therapy, and want something more cerebral." The first session begins with the patient venting off about whatever's troubling them. The rant over, the counsellor then picks out some key concepts that are crucial to the problem - in the case of heartbreak, it is love and happiness that come hurtling to the fore - and then gets the patient to define what they mean. So, what is love? What is happiness? To kick-start the patient's thinking, LeBon describes what a

great philosopher had to say about it. In my case, he tells me what Plato wrote about love in his Symposium: that to stop man fighting the gods, Zeus decided to cut each human in two, so they would lose their strength. "This, then, is the source of our desire to love each other," Plato said. "Each of us is a 'matching half' of a human whole, because each was sliced like a flatfish, two out of one, and each of us is always seeking the half that matches him." This method of probing what we might think are "obvious" ideas, such as love and happiness, was devised by Socrates in the squares of Athens. "The only I thing I know is that I know nothing at all," he boasted. What Socrates showed was that although many of the thinkers of his time thought they knew what justice, happiness and goodness meant, their understanding was tied in to their personal agenda and world view, and, what's more, when

pushed, their ideas often contradicted themselves. A bit like me on love. Whereas part of my understanding of love was something that gave life meaning, made it worth living and bound us together, I also believed that true love was "transcendental": that it was out of this world, and it didn't matter if the two people who loved each other couldn't get along in the day-to-day. Love was bigger than the mundane. But when it came to the next stage of the therapy, critical thinking - "to check out whether your assumptions stand up to examination" - I walked head first into a contradiction. If I think love's purpose is to make life worth living, but then say it's irrelevant to daily life, surely my two ideas of love are not compatible? As the cogs in my brain start to creak into motion, I feel myself taking a step back from my predicament: thinking about how I've been

thinking. This idea I had of transcendental love might have started off as a romantic dream. But when the relationship stopped working, and I found myself feeling trapped and frustrated, I used it to justify the mechanics of a relationship that just didn't work in the daily grind. I used it to lie to myself. In the final stage, LeBon gets me to start thinking about how to go forward. "You can't change what has happened," he says. "You can't change that he's left you, or how you behaved in the relationship. So, as the Stoics did, let's work on controlling the controllable: the things that you can change." To work out what can be changed, he gets me to try out a thought experiment, a method often used in philosophy to imagine other worlds where people can have different codes of behaviour. Thought experiments shatter your preconceived ideas of

how the world should be and let your imagination run wild to how the world could be. "I find Viktor Frankl very useful here, the Austrian psychiatrist and concentration-camp survivor who actually believed that everything in life happens for a purpose," LeBon says. "Suppose this break-up did happen for a reason that will work to your benefit," he suggests. "What might that be? The answer might be that you can now focus on something important that was denied in the relationship. Or - the Hollywood version - so you'll meet someone who is really right for you." Temporarily freed of any sense of responsibility for the relationship that was, and its sorry demise, the list came fast. I could now travel more; he didn't like me travelling on my own, but too often he didn't want to go anywhere, preferring to stay in his studio and make art. I'd love to meet someone with a similar sense of

adventure to mine. For the first time in two years, I was being honest with myself about what I really wanted - listening to those voices that we all have inside our heads, and too often try to muzzle. So did philosophy save me? Well, I'm now dating a travel writer I have to run to keep up with. I still haven't got over the fact that my replacement came from Cleveland, Ohio. But I guess I never will. Tim LeBon can be reached by e-mail at timlebon@aol.com

A FEW WORDS FROM THE WISE
Compiled by Ed Caesar .
"At the touch of love, everyone becomes a poet" - Plato .
"There is always some madness in love. But there is also always some reason in madness" - Friedrich Nietzsche .
"That man shall live as his own master and in happiness who can say each day 'I have lived'" - Horace .
"The good of man is the active exercise of his soul's faculties in conformity with excellence or virtue...

Moreover this activity must occupy a complete lifetime; for one swallow does not make a spring, nor does one fine day; and similarly one day or a brief period of happiness does not make a man supremely blessed and happy" - Aristotle .
"There is nothing on this earth more to be prized than friendship" - Thomas Aquinas .
"Whatever you do... love those who love you" - Voltaire .
"Happiness is not an ideal of reason but of imagination" - Immanuel Kant .
"Happiness is a state of which you are unconscious. The moment you are aware that you are happy, you cease to be happy" - Jiddu Krishnamurti .
"Love is an ideal thing. Marriage is a real thing" - Johann Wolfgang von Goethe
I shrink, therefore I am
Therapy has many answers, but some questions require the help of a philosopher, says Clint Witchalls
Sunday November 21, 2004
The Observer
Danny had worked in the City of

London for 10 years. As a research analyst, stockbroker and fund manager, he'd made a lot of valuable contacts, earned a lot of cash, and learnt some important business skills.

However, as he approached his mid-thirties, he no longer felt good about himself or what he did for a living, and he found his colleagues cold and unfriendly. A chronic illness made him realise his mortality, and he began to reassess his priorities. Danny had been struggling with his career conundrum for nearly five years when he met David Arnaud, a philosophical counsellor. After a few soul-searching sessions, Danny arrived at a decision. Today, he teaches economics to sixth-formers, and he loves it. 'It's a much better lifestyle,' he says. Many people are turning to philosophical counsellors to get answers to questions such as: 'How do I make sense of myself?' 'What is important to me?'

'Where am I going?' These are perhaps not the sort of questions that require psychiatric intervention, but Arnaud, who recently completed the first empirical study of philosophical counselling in the UK, has found that within just five sessions the majority of clients, with important decisions to make, tend to move from a state of concern and confusion to a resolution. Modern philosophical counselling can be traced back to 1981, when the philosopher Gerd Achenbach opened the first practice near Cologne. Achenbach referred to the new discipline as 'therapy for the sane.' Today, there are hundreds of philosophical counsellors around the world, with the movement particularly strong in the US, Britain and the Netherlands. 'The dilemmas people face aren't always primarily psychological,' says Alex Howard, a philosophical counsellor

from Newcastle. 'If people face problems that are social or economic, it doesn't make sense to define their problems in purely psychological terms.'

Tim LeBon, a founder member of the Society for Philosophy in Practice (SPP) and author of Wise Therapy, adds: 'We are faced with far more life choices than our grandparents, yet have far fewer resources to deal with them. Our grandparents may have gone to a priest or to other family members for advice; most people don't trust these solutions any more and so want to make their own well-informed, well thought-out choices. Philosophical counselling can help these people - people in mid-life crises who are wondering how to make the most of the rest of their life. People who want to take stock of their values.' Where stressed executives might once have been prescribed a course of tranquillisers or

antidepressants, they can now get a dose of Bertrand Russell instead: 'Success is too dearly purchased if all the other ingredients have been sacrificed to obtain it.' While some philosophical counsellors do recommend books for their clients to read, most sessions are about helping the client identify faulty thoughts. For example, a briefing in Aristotelian logic might show a client why their beliefs are erroneous. The person might infer that they're a screw-up because they've screwed up. The counsellor could point out that they're making an error called 'fallacy of composition' - that is, what's true of the part isn't necessarily true of the whole. In philosophical counselling, problems aren't pathologised as they are by the psychiatric profession, and the dialogue between client and counsellor is more like a meeting of equals, compared to many therapies where the client is treated like a

patient and seen as someone who is, in some way, inadequate. 'Anybody can benefit from philosophical counselling,' says Howard. 'But it does require someone who is willing to take stock.' Lou Marinoff, author of international bestseller *Plato Not Prozac!* has done much to promote philosophical counselling. 'Some people who have stabilised their neurochemistry and validated their emotions now wish to examine or re-examine the criteria of their beliefs, the principles of their conduct, or the meaning of their lives,' he says. 'With whom shall they do this? Psychologists and psychiatrists can shed light on such issues - as can rabbis, priests, imams and gurus. Philosophers are now rejoining the ranks of helpers.' LeBon believes certain therapies (such as cognitive behavioural therapy) don't go far enough in helping their clients. 'For instance,

if you are anxious about your relationship, a cognitive therapist would try to dispute your catastrophising and jump to conclusions to make you feel less anxious,' says LeBon. 'A philosophical counsellor would do this, but would also look for existential meaning in your anxiety - perhaps you really don't want to be in the relationship and that is what your anxiety is telling you.' LeBon also gives short shrift to psychoanalysts. 'There's very little evidence for the Freudian unconscious, and it's time to move on to more intellectually satisfying and helpful therapies,' he says. However, Alain de Botton, the man who popularised philosophy as self-help, isn't ready to bury psychologists and their ilk just yet. 'The truth is that psychoanalysis grew out of philosophy - it's not some completely new idea, and in fact, done properly, psychoanalysis is

philosophical anyway. It may even be dangerous to the mental health of some people to suggest a philosopher rather than a properly trained analyst. The knowledge of analysts when it comes to many emotional problems is now much greater than that of most philosophers.'

Guardian Unlimited © Guardian Newspapers Limited 2004

The Devil You Know - Gwen Adshead 2021-07-20

"What drives someone to commit an act of terrible violence? Drawing from her thirty years' experience in working with people who have committed serious offenses, Dr. Gwen Adshead provides fresh and surprising insights into violence and the mind. Through a collaboration with coauthor Eileen Horne, Dr. Adshead brings her extraordinary career to life in a series of unflinching portraits. In eleven vivid narratives based on decades of providing therapy to people in prisons and secure

hospitals, an internationally renowned forensic psychiatrist and psychotherapist demonstrates the remarkable human capacity for radical empathy, change, and redemption."--Provided by publisher.

In Therapy - Susie Orbach 2017-12-28

Worldwide, an increasingly diverse and growing number of people are seeking therapy. We go to address past traumas, to break patterns of behaviour, to confront eating disorders or addiction, to talk about relationships, or simply because we want to find out more about ourselves. Susie Orbach has been a psychotherapist for over forty years. Also a million-copy bestselling author, The New York Times called her the 'most famous psychotherapist to have set up couch in Britain since Sigmund Freud'. Here, she explores what goes on in the process of therapy through a series of dramatized

case studies. Insightful and honest about a process often necessarily shrouded in secrecy, *In Therapy: The Unfolding Story* is an essential read for those curious about, or considering entering, therapy. This complete edition takes us deeper into the world of therapy, with 13 further sessions and a new introduction.

The People's Platform - Astra Taylor 2014-04-15
From a cutting-edge cultural commentator, a bold and brilliant challenge to cherished notions of the Internet as the great leveler of our age The Internet has been hailed as an unprecedented democratizing force, a place where everyone can be heard and all can participate equally. But how true is this claim? In a seminal dismantling of techno-utopian visions, *The People's Platform* argues that for all that we "tweet" and "like" and "share," the Internet in fact reflects and amplifies real-world inequities at

least as much as it ameliorates them. Online, just as off-line, attention and influence largely accrue to those who already have plenty of both. What we have seen so far, Astra Taylor says, has been not a revolution but a rearrangement. Although Silicon Valley tycoons have eclipsed Hollywood moguls, a handful of giants like Amazon, Apple, Google, and Facebook remain the gatekeepers. And the worst habits of the old media model—the pressure to seek easy celebrity, to be quick and sensational above all—have proliferated on the web, where "aggregating" the work of others is the surest way to attract eyeballs and ad revenue. When culture is "free," creative work has diminishing value and advertising fuels the system. The new order looks suspiciously like the old one. We can do better, Taylor insists. The online world does offer a unique

opportunity, but a democratic culture that supports diverse voices and work of lasting value will not spring up from technology alone. If we want the Internet to truly be a people's platform, we will have to make it so.

Making Eye Health a Population Health Imperative - National Academies of Sciences, Engineering, and Medicine 2017-01-15

The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is part of everyday communication, social activities, educational and professional pursuits, the care of others, and the maintenance of personal health, independence, and mobility.

Functioning eyes and vision system can reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation, depression, and other psychological problems. In children,

properly maintained eye and vision health contributes to a child's social development, academic achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision health, in general, has not been integrated into daily life to the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and mental exercise; and various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that can sustain the scope of behavior change. The shaping of socioeconomic environments can eventually lead to new social norms that promote eye and vision health. *Making Eye Health a Population Health Imperative: Vision for Tomorrow* proposes a new population-centered

framework to guide action and coordination among various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous public health efforts, this report also introduces a model for action that highlights different levels of prevention activities across a range of stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local levels.

**Psychodynamic
Counselling in a
Nutshell**

- Susan Howard
2011-02-28

Psychodynamic
Counselling in a
Nutshell explains in
clear, jargon-free
style, the concepts at
the heart of the
psychodynamic approach,
and, drawing on case
material, describes the
therapeutic practice

which rests on those
ideas. Assuming no
previous knowledge of
the subject, the book
introduces: - the
history of the approach,
- the key main concepts,
and - practical
techniques used by
practitioners In the
first chapter, the
author introduces a
client, John, whose case
is revisited throughout
the book, connecting
together theory and
practice for the reader.
This new and revised
edition also now
includes new material on
supervision and ethics,
on Freud and Jung, and
on outcome research and
the most recent
developments in the
field. Psychodynamic
Counselling in a
Nutshell is the ideal
place to start for
anyone reading about the
psychodynamic approach
for the first time.

**The Family Guide to
Mental Health Care**

- Lloyd I. Sederer
2013-04-15

Advice on Helping Your
Loved Ones, from the
medical director of the
country's largest state

mental health system and the mental health editor of The Huffington Post. More than fifty million people a year are diagnosed with some form of mental illness. It spares no sex, race, age, ethnicity, or income level. And left untreated, mental disorders can devastate our families and communities. Family members and friends are often the first to realize when someone has a problem, but it is hard to know how to help or where to turn. Our mental health "system" can feel like a bewildering and frustrating maze. How can you tell that someone has a mental illness? What are the first and best steps for you to take? Where do you go to find the right care? The Family Guide to Mental Health Care is the first comprehensive print resource for the millions of people who have loved ones suffering from some kind of mental illness. In this book, families can find the answers to

their most urgent questions. What medications are helpful and are some as dangerous as I think? Is there a way to navigate privacy laws so I can discuss my adult daughter's treatment with her doctor? Is my teenager experiencing typical adolescent distress or an illness? From understanding depression, bipolar illness and anxiety to eating and traumatic disorders, schizophrenia, and much more, readers will learn what to do and how to help. Real-life scenarios and authoritative information are written in a compassionate, reader-friendly way, including checklists to bring to a doctor's appointment so you can ask the right questions. For readers who fear they will never see the light at the end of the tunnel, this book gives hope and a path forward. As one of the nation's leading voices on quality care in mental health, Dr. Lloyd

Sederer has played a singular role in advancing services for those with mental illness. Now, the wealth of his expertise and clear guidance is at your disposal. From the first signs of a problem to sorting through the variety of treatment options, you and your family will be able to walk into a doctor's office know what to do and what to ask.

The Knee Book - A Guide to the Aging Knee - Adam

S. Rosen, DO 2021-12-13
Suffering from knee pain and desperate to know why? Discover the hows and whats of chronic discomfort and the steps you can take to get better. Seeking answers about your joint problems? Trying to decide how to decrease symptoms and improve your quality of life? Considering having an operation but worried over what it entails? Board Certified Orthopedic Surgeon, podcast host, and lecturer Dr. Adam Rosen has treated thousands of people in need of total

knee and hip replacement, helping them on their journeys to wellness. Now he's here to share his vast experience and knowledge so that you can enjoy recovery and healing, with or without surgery. The Knee Book - A Guide to the Aging Knee is the must-have resource for those with health complaints who are looking for relief. With easy-to-understand language and patient-friendly discussion, Dr. Rosen walks readers through the different types of diagnoses, treatment options from conservative fixes to going under the knife, and how to approach rehabilitation for the best results. And by relying on the crucial information offered in these pages, you will be able to talk to your doctor and move forward with an actionable plan full of confidence and hope. In The Knee Book, you'll discover: - How to better understand why you are hurting and the things you can do to improve your symptoms -

Comprehensive but easily accessible breakdown of the various kinds of diagnoses to help you make assured decisions - Simple exercises that can strengthen your legs at home and increase body functionality - Methods to control pain and use physical therapy to encourage good outcomes - Ways weight-loss can reduce suffering, straightforward explanations of common conditions such as meniscus tears, Baker's cysts, and arthritis, and much, much more! The Knee Book is the perfect road map for navigating health challenges. If you like user-friendly descriptions, knowing all your options, and simplifying medical speech, then you'll love Dr. Adam Rosen's invaluable primer. Buy The Knee Book to walk without pain today!

Anarchy, State, and Utopia - Robert Nozick
2013-11-12

Literaturverz. S. 355 -
360

The Things They Carried
- Tim O'Brien 2009-10-13

A classic work of American literature that has not stopped changing minds and lives since it burst onto the literary scene, *The Things They Carried* is a groundbreaking meditation on war, memory, imagination, and the redemptive power of storytelling. *The Things They Carried* depicts the men of Alpha Company: Jimmy Cross, Henry Dobbins, Rat Kiley, Mitchell Sanders, Norman Bowker, Kiowa, and the character Tim O'Brien, who has survived his tour in Vietnam to become a father and writer at the age of forty-three. Taught everywhere—from high school classrooms to graduate seminars in creative writing—it has become required reading for any American and continues to challenge readers in their perceptions of fact and fiction, war and peace, courage and fear and longing. *The Things They Carried* won France's prestigious Prix du Meilleur Livre Etranger and the Chicago Tribune

Heartland Prize; it was also a finalist for the Pulitzer Prize and the National Book Critics Circle Award.

Maybe You Should Talk to Someone: The Workbook -

Lori Gottlieb 2021-11-09

"Part of getting to know yourself is to un-know yourself - to let go of the limiting stories you've told yourself about who you are so that you can live your life, and not the stories you've been telling yourself about your life." Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* When *Maybe You Should Talk to Someone* was released into the world, it became an instant New York Times bestseller and international phenomenon, with readers across the globe finding their truth in the powerful stories Lori Gottlieb shared from inside her therapy room. As millions highlighted and underlined page after page, a movement took shape and they asked for more: Can you

take these lessons and create for us a guide as transformative as the book itself? Lori decided to do just that. In this empowering, one-of-a-kind workbook, Lori offers a step-by-step process for becoming the author of your own life by giving it a thorough edit. Using eye-opening concepts, thought-provoking exercises, compelling writing prompts, and real examples from the patients in the original book, Lori has created an easy-to-follow guide through the journey of becoming our own editors, examining aspects of our narratives that hold us back, and discovering the ways in which changing our stories can change our lives. An experience, a meditation, and a practical toolkit combined into one, *Maybe You Should Talk to Someone: The Workbook* is the companion readers have been asking for: a revolutionary method for understanding which stories to keep and

which to revise so that we can create our own personal masterpieces. By the end of this "unknowing," you will be surprised, inspired, and most of all, liberated.

Listening Well - Heather Morris 2022-08-02

From New York Times bestselling author Heather Morris comes the memoir of a life of listening to others. In *Listening Well*, Heather will explore her extraordinary talents as a listener—a skill she employed when she first met Lale Sokolov, the tattooist at Auschwitz-Birkenau and the inspiration for her bestselling novel. It was this ability that led Lale to entrust Heather with his story, which she told in her novel *The Tattooist of Auschwitz* and the bestselling follow up, *Cilka's Journey*. Now Heather shares the story behind her inspirational writing journey and the defining experiences of her life, including her profound friendship with Lale, and explores how she learned to really

listen to the stories people told her—skills she believes we can all learn. "Stories are what connect us and remind us that hope is always possible."—Heather Morris

Business as a Calling - Michael and Jana Novak 2013-04-06

Why do we work so hard at our jobs, day after day? Why is a job well done important to us? We know there is more to a career than money and prestige, but what exactly do we mean by "fulfillment"? These are old but important questions. They belong with some newly discovered ones: Why are people in business more religious than the population as a whole? What do people of business know, and what do they do, that anchors their faith? In this ground-breaking and inspiring book, Michael Novak ties together these crucial questions by explaining the meaning of work as a vocation. Work should be more than just a job -- it should be a calling.

This book explains an important part of our lives in a new way, and readers will instantly recognize themselves in its pages. A larger proportion than ever before of the world's Christians, Jews, and other peoples of faith are spending their working lives in business. Business is a profession worthy of a person's highest ideals and aspirations, fraught with moral possibilities both of great good and of great evil. Novak takes on agonizing problems, such as downsizing, the tradeoffs that must sometimes be faced between profits and human rights, and the pitfalls of philanthropy. He also examines the daily questions of how an honest day's work contributes to the good of many people, both close at hand and far away. Our work connects us with one another. It also makes possible the universal advance out of poverty, and it is an essential prerequisite

of democracy and the institutions of civil society. This book is a spiritual feast, for everyone who wants to examine how to make a life through making a living.

The Talking Cure -

Gillian Straker

2019-05-28

'Until you make the unconscious conscious, it will direct your life and you will call it fate.' Carl Jung The essence of successful therapy is the relationship, a dance of growing trust and understanding between the therapist and the patient. It is an intimate, messy, often surprising and sometimes confusing business - but when it works, it's life-changing. Gill Straker and Jacqui Winship, two esteemed Sydney-based psychotherapists, bring us nine inspiring stories of transformation. They introduce us to their clients, fictional amalgams of real-life cases, and reveal how the art of talking and

listening helps us understand deep-seated issues that profoundly influence who we are in the world and how we see ourselves in relation to others. We come to understand that the transformative power of the therapeutic relationship can be replicated in our everyday lives by the simple practice of paying attention and being present with those we love. Whether you have experienced therapy (or are tempted to try it), or you are just intrigued by the possibilities of a little-understood but transformative process, this wise and compassionate book will deepen your understanding of what it is to be open to connection - and your appreciation that to be human is to be a little bit mad.

The Man who Loved a Polar Bear and Other Psychotherapist's Tales

- Robert U. Akeret 1995

A Fine Balance -

Rohinton Mistry
2010-10-29

A Fine Balance, Rohinton Mistry's stunning internationally acclaimed bestseller, is set in mid-1970s India. It tells the story of four unlikely people whose lives come together during a time of political turmoil soon after the government declares a "State of Internal Emergency." Through days of bleakness and hope, their circumstances - and their fates - become inextricably linked in ways no one could have foreseen. Mistry's prose is alive with enduring images and a cast of unforgettable characters. Written with compassion, humour, and insight, A Fine Balance is a vivid, richly textured, and powerful novel written by one of the most gifted writers of our time.