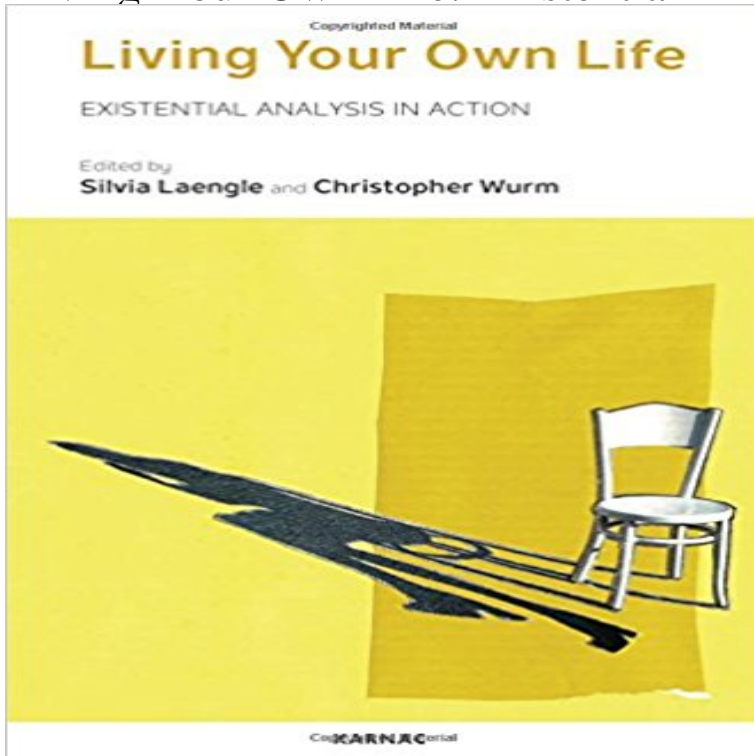


Living Your Own Life: Existential Analysis in Action



This multi-author anthology is a short introduction to the world of existential psychotherapy, and specifically Existential Analysis. It gives concrete answers and demonstrates a way to apply this thinking in practice, providing outlines of its theoretical background, including Alfred Adler's four fundamental motivations. The main themes of the book are: working with emotionality and subjective experience and its importance for a fulfilling life; meaning and happiness; and spirituality and temporality. It covers psychological disorders and their treatment in adults and children, and also deals with disability and handicap.

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