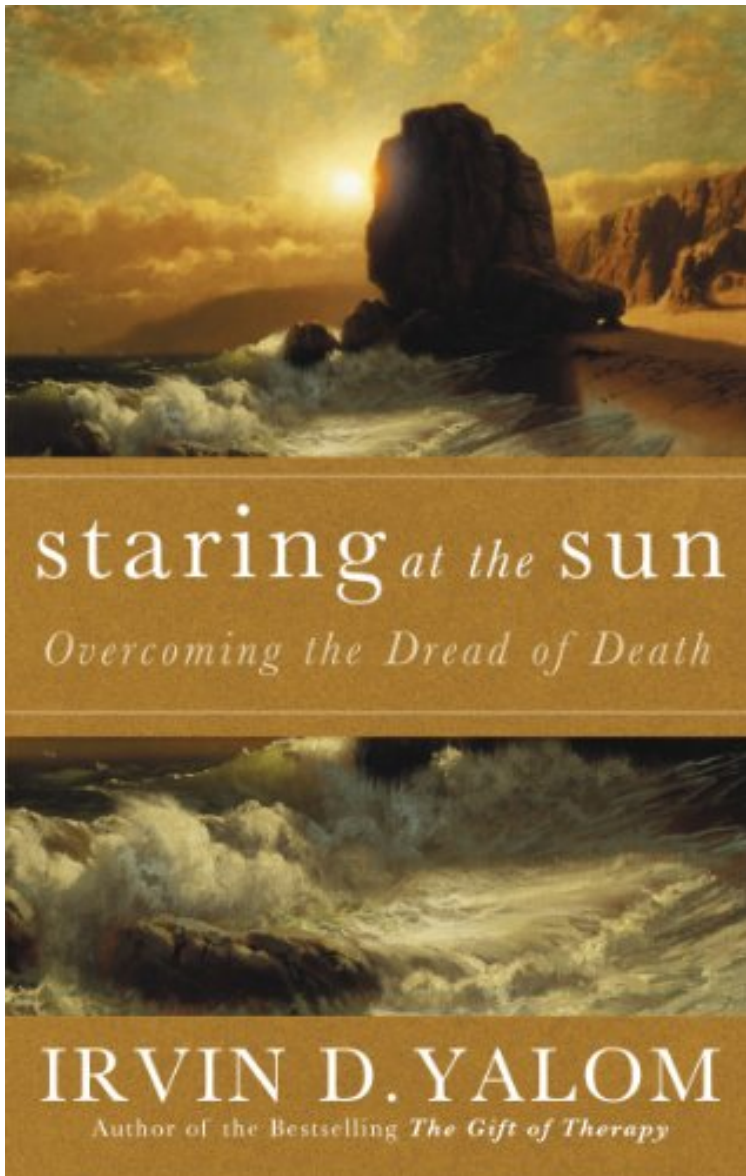


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Staring At The Sun: Being at peace with your own mortality (English Edition)



Par Irvin Yalom

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Description :

Prsentation de l'diteurOver the past quarter century Irvin Yalom has established himself as the world's leading group psychotherapist. In STARING AT THE SUN, he explores how the knowledge of our own mortality affects the unconscious mind of every human being. Tackling the effect of mankind's fear of death - both conscious and unconscious - on life and how we might live it, Yalom explains how we find ourselves in need of the comfort of therapy.At age 70 and facing his own fear of death, which he discusses in

a special afterword, Dr Yalom tackles his toughest subject yet and finds it to be the root cause of patients' fears, stresses and depression. If therapists are to deliver 'the gift of therapy', they must confront the realities of life for themselves and their practice, as must we all. From Publishers Weekly The philosopher Martin Heidegger once remarked that we can live intensely only if we stare death in the face every moment of our lives. Bestselling psychiatrist Yalom (*Love's Executioner*) attempts to put this principle into practice in a sometimes thoughtful, often repetitious book. Drawing on literature and film, as well as conversations with his patients, Yalom demonstrates how the fear of retirement, concerns about changing jobs or moving to another city, or changes in family status (such as the empty nest) are rooted in our deepest, most inescapable fear: of death. Yet, he says, this anxiety can prompt an awakening to life and help us realize our connections to others and our influence on those around us. Through such experiences we can transcend our sense of finiteness and transiency and live in the here and now. In a final chapter, Yalom offers instructions for therapists seeking to help their patients overcome death anxiety. Although in the 1980s Yalom, now 76, provided new insights into the human psyche with his innovative method of existential psychotherapy, this book recycles well-known philosophical insights, but Yalom's humane, calm voice may bring them to a new audience. (Feb.) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. *Revue de presse* "Philosophical it is, but never arid with theory. Its lively chapters are populated with patients whose raw angst Yalom refines into vignettes that are always enlightening and often quite moving." (Washington Post, February 24, 2008) The philosopher Martin Heidegger once remarked that we can live intensely only if we stare death in the face every moment of our lives. Bestselling psychiatrist Yalom (*Love's Executioner*) attempts to put this principle into practice in a sometimes thoughtful, often repetitious book. Drawing on literature and film, as well as conversations with his patients, Yalom demonstrates how the fear of retirement, concerns about changing jobs or moving to another city, or changes in family status (such as the empty nest) are rooted in our deepest, most inescapable fear: of death. Yet, he says, this anxiety can prompt an awakening to life and help us realize our connections to others and our influence on those around us. Through such experiences we can transcend our sense of finiteness and transiency and live in the here and now. In a final chapter, Yalom offers instructions for therapists seeking to help their patients overcome death anxiety. Although in the 1980s Yalom, now 76, provided new insights into the human psyche with his innovative method of existential psychotherapy, this book recycles wellknown philosophical insights, but Yaloms humane, calm voice may bring them to a new audience. (Feb.) (Publishers Weekly, November 5, 2007) "Staring at the Sun is neither textbook nor mere selfhelp. Philosophical it is, but never arid with theory. Its lively chapters are populated with patients whose raw angst Yalom refines into vignettes that are always enlightening and often quite moving." Washington Post "So what to do about the dread of death? ... [Yaloms] key prescriptions are true connections with others, a feeling one has lived well and "rippling" having positive impacts and memories live on in others after you die. These deceptively obvious goals are, obviously, not easily attained: What thinking and feeling person truly lives a life with no regrets? But they are inarguably worthwhile ones." San Francisco Chronicle "...Yaloms humane, calm voice may bring them to a new audience." (Publishers Weekly, November 5, 2007)