

Download Existential Psychotherapy Irvin D Yalom

Organized around what Yalom identifies as the four "ultimate concerns of life"-death, freedom, isolation, and meaninglessness-the book takes up the meaning of each existential concern and the type of conflict that springs from our confrontation with each. The noted Stanford University psychiatrist distills the essence of a wide range of therapies into a masterful, creative synthesis, opening up a new way of understanding each person's confrontation with four ultimate concerns: isolation, meaninglessness, death, and freedom. Now available at Amazon.com.

About Irvin D. Yalom Dr. Yalom is Professor Emeritus of Psychiatry at Stanford University and the author of several highly acclaimed textbooks, including Existential Psychotherapy and The Theory and Practice of Group Psychotherapy. Irvin David Yalom (/ ˈ ɪ r ɪ v ɪ n ˈ j æ l ɪ m /; born 13 June 1931) is an American existential psychiatrist who is emeritus professor of psychiatry at Stanford University, as well as author of both fiction and nonfiction.