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Gestalt for Beginners

By Sergio Sinay

Orient BlackSwan, New Delhi, India, 2005. Paperback. Book Condition: New. Pablo Blasberg (illustrator). Reprint. Gestalt is a German word meaning form or shape. Gestalt Therapy takes a holistic approach to healing and personal growth. It is a form of experiential psychology that focusses on the elements of the here and now. The purpose of Gestalt Therapy is to teach people to work through and complete unresolved problems. Clients learn to follow their own ongoing process and to fully experience, accept and appreciate their complete selves. Gestalt for Beginners details the birth of the therapy, investigates the complex life of its creator Fritz Perls, and describes his revolutionary techniques. The author also demonstrates why Gestalt Therapy is an ideal approach to self-affirmation and personal growth. The books in this series deal with a vast and diverse range of subjects: history, philosophy, current events, visual arts, music, literature, culture studies and science. For Beginners offers inquisitive readers intelligent, accessible introductions to the major thinkers and ideas of our time. These complex subjects are presented with clarity and simplicity. Printed Pages: 176.



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