

Creating Optimism



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This book is based on the authors' more than 20 years of research and practice. This unique, seven-step program challenges the conventional wisdom that healing occurs from the inside out. It shows that real change comes from building healthier relationships with other people, our own bodies, nature, and spirituality. The program can be used either without medications or in conjunction with them.

作者介绍:

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标签

心理学

评论

可能是出于第一印象，我对于不讨论药物在抑郁中作用的论调总是有些不信任；作者宣扬的童年阴影论范围太窄感觉也不能概括所有原因吧。但是里面写人类基因进化跟不上生活方式变化速度的那段感觉还是颇有道理的，也给想偷懒摸鱼找到了充分的理论依据（被揍）。最后那段写给身边人的也很戳很戳……Love can't cure everything, 可依然想到了Sexing the Cherry里女主和她父母的那段。里面提供的训练看上去都不难，不知道是否适合每个人呐

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书评

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