

# The Courage to Love



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出版者:W W Norton & Co Inc

出版时间:1997-5

装帧:HRD

isbn:9780393702477

This is a book about how psychotherapy may be used to cultivate the courage and freedom to love. In a time when love seems to be fading and hatred and despair rising, it presents love as a skill and force that can heal and invigorate, reconnect and guide, calm and encourage. In Gilligan's self-relations approach, psychotherapy is a conversation about competing differences. When these differences are treated violently or indifferently, problems arise; solutions develop when the skills of love are practiced. Those practical skills are described here, with an emphasis on post-conventional ethics, Buddhist and aikido principles, and ideas of human sponsorship.

作者介绍:

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