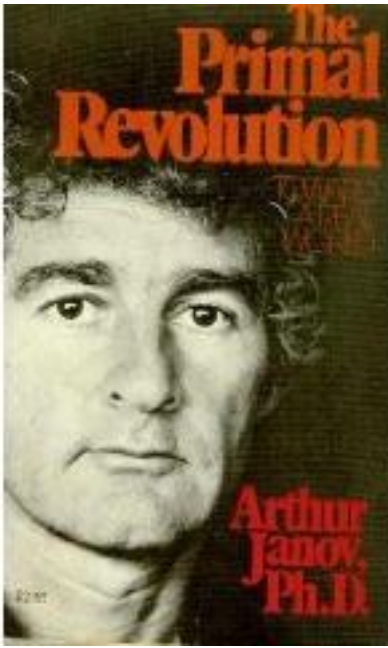


# Primal Revolution: Toward A Real World



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In The Primal Scream, a world-wide best seller, Arthur Janov shattered the traditional ideas of therapy by presenting Primal Therapy, a revolutionary method for curing neuroses. Hailed by professionals and laymen alike, that book offered a much-needed breakthrough in the

approach to emotional problems. One newspaper wrote, "Sigmund Freud presented The Interpretation of Dreams in 1900. Dr. Janov's work may be quite as important."

In The Primal Revolution, Dr. Janov explores --through the feelings, the actions, the words of his patients--the way in which Primal Therapy solves neurotic problems far faster, far more effectively and far more permanently than other therapies. Through Primal Therapy a person can quickly gain awareness of his real feelings and his true needs, giving up the defenses and role-playing that block his capacity for a deeply feeling and satisfying life. The neurotic or troubled person often clings to religion, philosophy or conventional psychotherapy in order to give life some meaning. "He senses that he has never lived and doesn't know how to live. He is willing to trust others to lead the way because he gave up the only real answer years before--himself. Primal Therapy restores that self to him."

作者介绍:

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