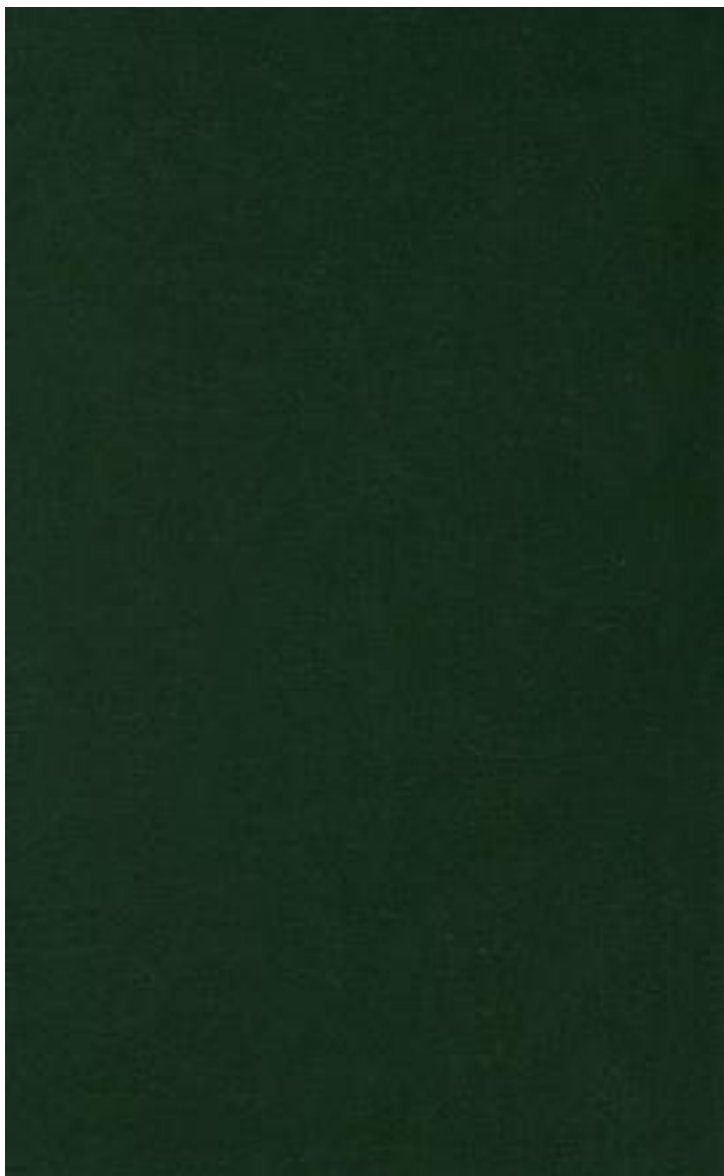


# Psychotherapy and the Quest for Happiness



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'A passionate and thought-provoking book, particularly in our present economic climate' - "Therapy Today", May 2009. 'A vibrant, passionate, and hugely readable text which goes to the heart of the therapeutic project: how to help clients lead fuller and more meaningful lives' - Mick Cooper, Professor of Counselling at University of Strathclyde. The unspoken yearning that brings people to therapy is often that of a desperate desire for happiness. Should therapists ignore this desire, interpret it or challenge it? And what does our preoccupation with happiness tell us about contemporary culture and the role of the therapist? In this book, Emmy van Deurzen addresses the taboo subject of the moral role of psychotherapists and counsellors. Asking when and why we decided that the aim of life is to be happy, she poses searching questions about the meaning of life. "Psychotherapy and the Quest for Happiness" seeks to define what a good life consists of and how therapists might help their clients to live well rather than just in search of happiness. This text makes stimulating reading for all trainee and practising counsellors and psychotherapists, especially those interested in the existential approach. Emmy van Deurzen is Co-Director of the Centre for the Study of Conflict and Reconciliation, and honorary Professor at the School of Health and Related Research, University of Sheffield.

作者介绍:

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