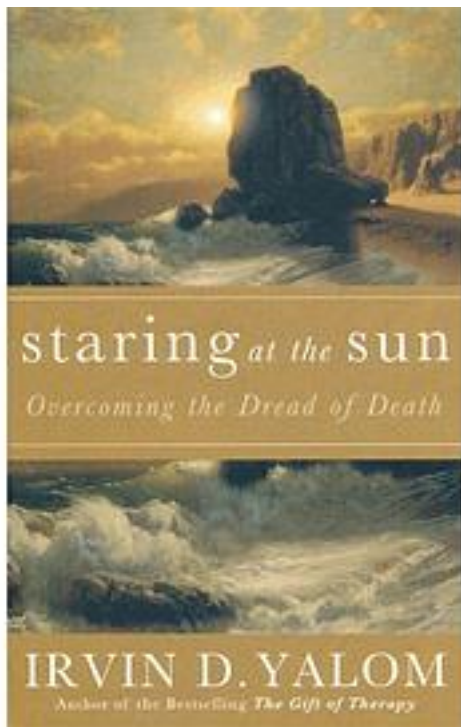


# Staring at the Sun



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Over the past quarter century Irvin Yalom has established himself as the world's leading group psychotherapist. In STARING AT THE SUN, he explores how the knowledge of our own mortality affects the unconscious mind of every human being. Tackling the effect of mankind's fear of death - both conscious and unconscious - on life and how we might live it, Yalom explains how we find ourselves in need of the comfort of therapy. At age 70 and facing his own fear of death, which he discusses in a special afterword, Dr Yalom tackles his toughest subject yet and finds it to be the root cause of patients' fears, stresses and depression. If therapists are to deliver 'the gift of therapy', they must confront the realities of life for themselves and their practice, as

must we all.

作者介绍:

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标签

Psychology

心理治疗

存在哲学

美国

心理咨询

Death

评论

Steve jobs popularized the idea of reflecting on death every day. Yalom helps me to actually practice the existential perspective.

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Valid attempt, but nothing original

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看之前有点绝望的死亡恐惧感，现在也慢慢消失了。挺喜欢那些心理咨询的小故事的，

然而发现客户大多数是百人中产+，整个学界似乎又是男人为主，又觉得有点没劲。不得不说作者的文笔还是很不错的，优美到被骗，读到后面越来越觉得，死亡恐惧真的是可以克服的吗？还是我根本上来说就没有过一个自己觉得满意的人生呢。

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能感受到作者的睿智和丰富的经验，写的很真诚，里面好几个观点对于我缓解死亡焦虑是很有启发的

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英文版是课程必读之一，潦草看了，因为实在不喜欢therapeutic approach ‘s latent judging and condescending discourse，也讨厌精神分析和草率借用哲学名之为死亡哲学（实际上没有哲学不思考死亡），故事讲得也没有Sallie好。没想到原来有中文本，也算畅销书（self-help？）班上大多数人觉得没用也是有理

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## 书评

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