



Creating a Life of Meaning and Compassion: The Wisdom of Psychotherapy

Robert Firestone, Lisa A. Firestone, Joyce Cartlett

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This is the story of an unusual group of people who have transformed their lives. The book describes their struggles as they gradually learned to accept the fulfilment of their dreams and documents the insights they gained along the way. The chapters clarify how these individuals gradually overcame a wide range of defensive behaviours which enabled them to embrace a more self-affirming lifestyle; and how they applied the knowledge and understanding they acquired to various areas of their daily lives. Most importantly, the authors describe how the insights achieved can be applied by therapists in clinical practice. This book offers a comprehensive guide for helping professionals and other people who are interested in their personal development, deepening their friendships, sustaining intimacy in their couple relationships, achieving success in the workplace and developing healthy child-rearing practices. It points out the value of leading a life marked by adventure and recreation, transcendent goals and spiritual exploration, offering fresh views on the past, present and future of psychotherapy.

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