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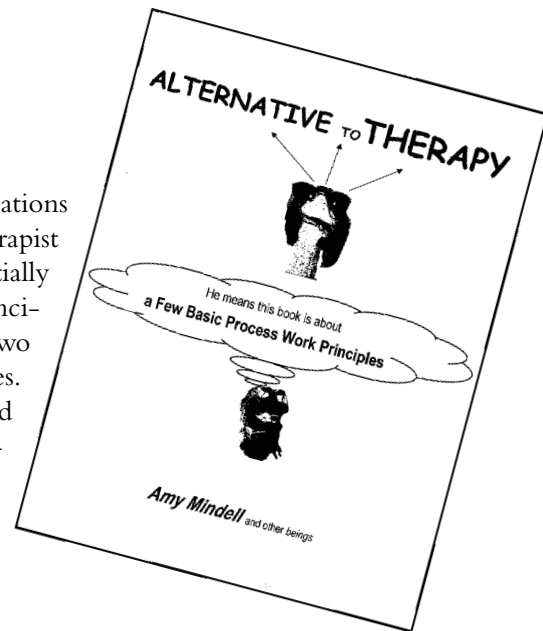
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Alternative to Therapy: A Few Basic Process Work Principles

By Amy Mindell

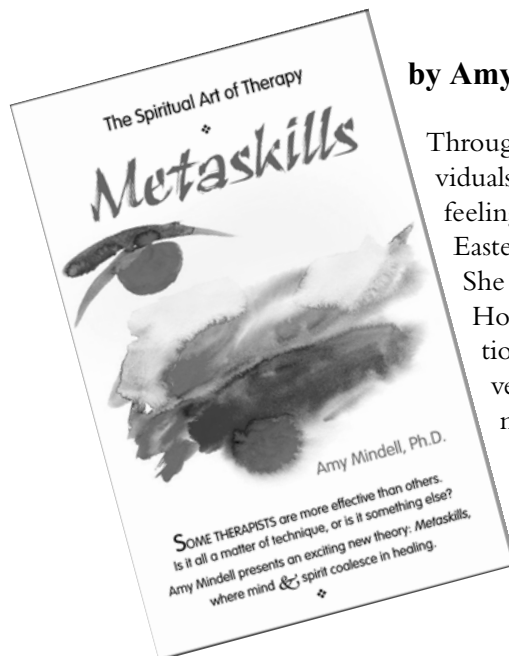
From {as a result of} or {After} years of studying situations which arise in practice and in the supervision of client/therapist interactions, a small group of imaginary figures (essentially from Amy's fantasies) unfold and reveal core issues and principles in therapy. Each chapter is a "class" in which one or two of those figures elucidate a principle from many angles. Countless examples and numerous exercises are provided along the way. Throughout, the reader is guided in learning about working with people, including herself! The book is meant to be informative and also lots of fun.

Approx. 320 page
\$18.95.



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by Amy Mindell

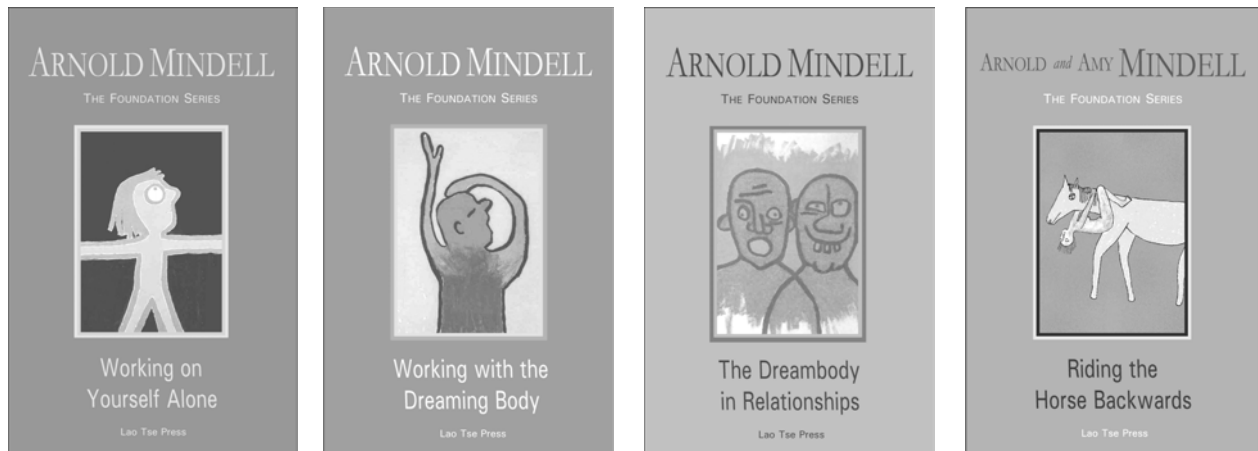


Through years of researching husband Arnold Mindell's work with individuals, couples and groups, Amy Mindell has identified a number of feeling attitudes which she amplifies in *Metaskills* through analogies to Eastern Traditions, the teaching of don Juan, and/or modern physics. She approaches the question of learning metaskills: Is it possible? How is it done? And she explains how the concept could revolutionize the vast field of psychotherapy. The book has numerous verbatim transcripts, as well as detailed theoretial and poetic explanations.

192 pages
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