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Living Your Own Life Existential

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Living Your Own Life: Existential Analysis in Action ...

Living Your Own Life: Existential Analysis in Action. Silvia Längle, Christopher Wurm. This multi-author anthology is a short introduction to the world of existential psychotherapy, and specifically Existential Analysis. It gives concrete answers and demonstrates a way to apply this thinking in practice, providing outlines of its theoretical background, including Alfried Längle's four fundamental motivations.

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Living Your Own Life: Existential Analysis in Action ...

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About the Editor(s) Silvia Längle, PhD, is a psychotherapist in private practice in Vienna, a training therapist of the Austrian Society for Logotherapy and Existential Analysis, and a Board Member of the International Society for Logotherapy and Existential Analysis. She has been Editor-in-chief of the journal *Existenzanalyse* since 1995. She studied theory of science and theoretical physics ...

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Living Your Own Life Existential Analysis In Action

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The girl had been living with Mays and his wife, Chazlynn Jayne Mays (also bottom right), known as CJ Mays, 29, who was the cousin of Louise's mother as well as the victim's aunt.

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The Duke, 36, and Duchess of Sussex, 39, are currently living in California with Archie, one, after stepping down as senior royals in March. ... [Royal] way of life, she wanted to make her own ...

This multi-author anthology is a short introduction to the world of existential psychotherapy, and specifically Existential Analysis. It gives concrete answers and demonstrates a way to apply this thinking in practice, providing outlines of its theoretical background, including Alfried Langle's four fundamental motivations. The main themes of the book are: working with emotionality and subjective experience and its importance for a fulfilling life; meaning and happiness; and spirituality and temporality. It covers psychological disorders and their treatment in adults and children, and also deals with disability and handicap.

What does it mean to practice therapy in an existential way? What are the different existential approaches? What are their strengths and limitations? Focusing on practical, face-to-face work with clients, the book introduces students to six existential therapies, highlighting areas of commonality and difference, and discusses key figures and their contributions, including Yalom, van Deurzen, Spinelli, Frankl and Laing. It outlines the critical perspectives and key debates, and presents implications for practice, reflection and further reading. Fully updated to reflect current issues, this book now includes: · Sections presenting research evidence for each approach · An extended case study running through the book, demonstrating how different therapies might approach the same case · Chapter overviews, questions for reflection, and additional case studies of actual existential practice.

An existential therapy handbook from those in the field, with its broad scope covering key texts, theories, practice, and research The Wiley World Handbook of Existential Therapy is a work representing the collaboration of existential psychotherapists, teachers, and researchers. It's a book to guide readers in understanding human life better through the exploration of aspects and applications of existential therapy. The book presents the therapy as a way for clients to explore their experiences and make the most of their lives. Its contributors offer an accurate and in-depth view of the field. An introduction of existential therapy is provided, along with a summary of its historical foundations. Chapters are organized into sections that cover: daseinsanalysis; existential-phenomenological, -humanistic, and -integrative therapies; and existential group therapy. International developments in theory, practice and research are also examined.

A concise and humorous introduction to existentialism aimed squarely at a general readership - and available in paperback for the first time.

In An Introduction to Existential Coaching Yannick Jacob provides an accessible and practical overview of existential thought and its value for coaches and clients. Jacob begins with an introduction to coaching as a powerful tool for change, growth, understanding and transformation before exploring existential philosophy and how it may be integrated into coaching practice. The book goes on to examine key themes in existentialism and how they show up in the coaching space, including practical models as well as their application to organisations and leadership. Jacob concludes by evaluating ethical dimensions of working existentially and offers guidance on how to establish an existential coaching practice, including how to gain clients and build relationships with strategic partners. With reflective questions, exercises, interventions and activities throughout, An Introduction to Existential Coaching will be invaluable

for anyone wanting to live and work at greater depth or to succeed as an existential coach. Accessibly written and with a wide selection of references and resources, *An Introduction to Existential Coaching* is a vital guide for coaches in training as well as an inspiring addition to the repertoire of experienced practitioners. It serves academics and students to understand existential philosophy and allows professionals with coaching responsibilities to access more meaningful conversations.

A smart, sexy guide to embracing the repressed, tabooed, and often unwanted aspects of ourselves so we can discover our inner power and finally live the life we deserve. "We always get exactly what we want; but often, though we may not be aware of it, what we most want is dark - very dark." Each of us has a dual nature: we are light (conscious) and dark (unconscious). The dark side of our personality - the "other," the shadow side - is made up of what we think is our primitive, primal, negative impulses - our "existential kink." Our existential kink also drives the dark or negative repeating patterns in our life: always choosing the abusive partner or boss, settling for less, thinking that we're undeserving, not worthy. But it also is the source of our greatest power. In *Existential Kink*, Carolyn Elliot, PhD, offers a truth-telling guide for bringing our shadow into the light. Inviting us to make conscious the unconscious, Elliot asks us to own the subconscious pleasure we get from the stuck, painful patterns of our existence. *Existential Kink* provides practical advice and meditations so we truly see our shadow side's "guilty pleasures," love and accept them, and integrate them into our whole being. By doing so, Elliot shows, we bring to life the raw, hot, glorious power we all have to get what we really want in our lives.

When it comes to living, there's no getting out alive. But books can help us survive, so to speak, by passing on what is most important about being human before we perish. In *The Existentialist's Survival Guide*, Marino has produced an honest and moving book of self-help for readers generally disposed to loathe the genre. "The Wall Street Journal Sophisticated self-help for the 21st century" when every crisis feels like an existential crisis Soren Kierkegaard, Frederick Nietzsche, Jean-Paul Sartre, and other towering figures of existentialism grasped that human beings are, at heart, moody creatures, susceptible to an array of psychological setbacks, crises of faith, flights of fancy, and other emotional ups and downs. Rather than understanding moods—good and bad alike—as afflictions to be treated with pharmaceuticals, this swashbuckling group of thinkers generally known as existentialists believed that such feelings not only offer enduring lessons about living a life of integrity, but also help us discern an inner spark that can inspire spiritual development and personal transformation. To listen to Kierkegaard and company, how we grapple with these feelings shapes who we are, how we act, and, ultimately, the kind of lives we lead. In *The Existentialist's Survival Guide*, Gordon Marino, director of the Hong Kierkegaard Library at St. Olaf College and boxing correspondent for *The Wall Street Journal*, recasts the practical takeaways existentialism offers for the twenty-first century. From negotiating angst, depression, despair, and death to practicing faith, morality, and love, Marino dispenses wisdom on how to face existence head-on while keeping our hearts intact, especially when the universe feels like it's working against us and nothing seems to matter. What emerges are life-altering and, in some cases, lifesaving epiphanies—existential prescriptions for living with integrity, courage, and authenticity in an increasingly chaotic, uncertain, and inauthentic age.

Exploring themes that preoccupied Albert Camus--absurdity, silence, revolt, fidelity, and moderation--Robert Zaretsky portrays a moralist who refused to be fooled by the nobler names we assign to our actions, and who pushed himself, and those about him, to challenge the status quo. For Camus, rebellion against injustice is the human condition.

Have you ever wondered what the phrase "God is dead" means? You'll find out in *Existentialism For Dummies*, a handy guide to Nietzsche, Sartre, and Kierkegaard's favorite philosophy. See how existentialist ideas have influenced everything from film and literature to world events and discover whether or not existentialism is still relevant today. You'll find an introduction to existentialism and understand how it fits into the history of philosophy. This insightful guide will expose you to existentialism's ideas about the absurdity of life and the ways that existentialism guides politics, solidarity, and respect for others. There's even a section on religious existentialism. You'll be able to review key existential themes and writings. Find out how to: Trace the influence of existentialism Distinguish each philosopher's specific ideas Explain what it means to say that "God is dead" See culture through an existentialist lens Understand the existentialist notion of time, finitude, and death Navigate the absurdity of life Master the art of individuality Complete with lists of the ten greatest existential films, ten great existential aphorisms, and ten common misconceptions about existentialism, *Existentialism For Dummies* is your one-stop guide to a very influential school of thought.

"The book to recommend to patients when they face coming to terms with unavoidable childlessness." *British Medical Journal* In *Living the Life Unexpected*, Jody Day addresses the experience of involuntary childlessness and provides a powerful, practical guide to help those negotiating a future without children come to terms with their grief; a grief that is only just beginning to be recognised by society. This friendly, practical, humorous and honest guide from one of the world's most respected names in childless support offers compassion and understanding and shows how it's possible to move towards a creative, happy, meaningful and fulfilling future - even if it's not the one you had planned. Millions of people are now living a life without children, almost double that of a generation ago and the numbers are rising still. Although some are childfree by choice, many others are childless due to infertility or circumstance and are struggling to come to terms with their uncertain future. Although most people think that those without children either 'couldn't' or 'didn't want' to be parents, the truth is much more complex. Jody Day was forty-four when she realized that her quest to be a mother was at an end. She presumed that she was through the toughest part, but over the next couple of years she was hit by waves of grief, despair and isolation. Eventually she found her way and in 2011 created Gateway Women, the global friendship and support network for childless women which has now helped almost two million people worldwide. This edition, previously titled *Rocking the Life Unexpected*, has been extensively revised and updated, with significant additional content and case studies from forty involuntarily childless people (mostly women) from around the world.

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