

1. Record Nr.	UNINA9910779682303321
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Titolo	The science of living // Alfred Adler
Pubbl/distr/stampa	London ; ; New York : , : Routledge, , 2013
ISBN	1-136-70228-8 0-203-38675-2 1-299-48276-7 1-136-70221-0
Descrizione fisica	1 online resource (269 p.)
Collana	Psychology revivals
Disciplina	150.195
Soggetti	Psychoanalysis
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"First published in 1930 by George Allen & Unwin Ltd"--T.p. verso.
Nota di contenuto	Cover; The Science of Living; Title Page; Copyright Page; Original Title Page; Original Copyright Page; Table of Contents; A Note on the Author and His Work; I The Science of Living; II The Inferiority Complex; III The Superiority Complex; IV The Style of Life; V Old Remembrances; VI Attitudes and Movements; VII Dreams and Their Interpretation; VIII Problem Children and Their Education; IX Social Problems and Social Adjustment; X Social Feeling, Common Sense and the Inferiority Complex; XI Love and Marriage; XII Sexuality and Sex Problems; XIII Conclusion
Sommario/riassunto	Originally published in 1930 The Science of Living looks at Individual Psychology as a science. Adler discusses the various elements of Individual Psychology and its application to everyday life: including the inferiority complex, the superiority complex and other social aspects, such as, love and marriage, sex and sexuality, children and their education. This is an important book in the history of psychoanalysis and Adlerian therapy.