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Nota di contenuto	Foreword Acknowledgments Introduction The Greek Bias in Medicine The Greek Bias in Psychology and Psychiatry Biblical Stories Chapter 1. Self-Esteem: Strengths, Sources, Disabilities, and Healing Introduction The Basis of Self-Image: Adam and Narcissus Definitions of Strength: David and Goliath Dealing with Special Gifts: Samson and Delilah The Source of Health: Elisha and Naaman The Foundation of Self-Esteem: Saul The Courage to Emigrate: Abraham Chapter 2. Obligations and Loyalty to Self and Others Introduction Assuming Responsibility for Others: Jonah Assuming Responsibility for Self: Lot's Wife Singing One's Own Song: Miriam Completing Another's Vision: Joshua and Moses Friendship and Love: David and Jonathan Saving One's People: Esther Chapter 3. Making Difficult Decisions Introduction Weighing Abilities: Rebecca and Her Two Sons Focusing on One's Main Aim: Sarah and Hagar Distinguishing Motivations: Michal, David, and Saul Two Views of Wisdom: Solomon and the Two Mothers Two Types of Giving: Cain and Abel Chapter 4. Commandments, Oaths, Parables, and Temptations Introduction Dealing with Commandments: Abraham and Isaac Dealing with Oaths: Jephthah and His Daughter Communicating Through Parables: Nathan and David Dealing with Temptations: Adam and Eve

Rejecting Temptations: Joseph and Potiphar's Wife Chapter 5. Good and Bad Anger Introduction Confronting Immorality: Phinehas Taking Revenge: Simeon and Levi Misplaced Mercy, Misplaced Violence: King Saul Protecting the Innocent: Moses Escaping Cynicism: Hezekiah versus Rabshakeh Chapter 6. Various Disorders Introduction Overcoming Eating Disorders: Adam and Eve versus Erychthon Drunkenness and Disrespect: Noah Work versus Workaholism: Adam Unrealistically Heavy Burdens: Cain Hoarding or Enjoying: Manna Chapter 7. Overcoming Family Problems Introduction Forgiving Deceit: Rachel and Jacob Covering a Family Problem: Achan Overcoming a Bad Start: David and Bathsheba Wise Mate Selection: Rebecca, Isaac, and Eliezer Kindness for Kindness: Boaz and Ruth Chapter 8. Parental Blessings, Permission, and Support Introduction Being Careful with a Blessing: Isaac and His Sons Spreading the Blessing Around: Joseph and His Brothers Supporting One's Son: Hannah and Samuel Reciprocity Between Generations: Naomi and Ruth Controlling One's Daughter: Lot Chapter 9. Good and Bad Development Introduction Amoral Intellectualism: Balaam Totalitarian Utopianism: The Tower of Babel Acquiring Wisdom: Solomon Undone by Ambition: Jeroboam Using Others: Amnon Chapter 10. Recovery from Misfortune, Weariness, Loss, and Disability Introduction Dealing with Disaster: Jeremiah Feeling Rejected: The Curser Aging: Ecclesiastes The Experience of Almost-Loss: Sarah Dealing with Disability: Moses and Aaron Knowing That Life Has Meaning: The Fugitive Chapter 11. Suicide Prevention Introduction Recovering from Weariness: Elijah Feeling Overwhelmed: Moses Friends in Need: Job Abandonment: David Protected Regression: Jonah versus Narcissus Epilogue: Freud, Oedipus, and the Hebrew Bible Bibliography <l

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## Sommario/riassunto

This essential sourcebook organizes the age-old wisdom of the Bible, with episodes that can shed light on specific psychological issues. For psychotherapists, these Biblical foundation stories can be used as a basis for integrating spirituality into psychotherapy.

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