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play, anxiety, guilt, choice, family relationships, language and process. Each chapter is punctuated with engaging vignettes of case material, blending theoretical insight with the realities of practice. Through these narratives readers are challenged to question their own assumptions and beliefs whether they are new to existential psychotherapy or already immersed in its rich philosophical traditions. Children are born into the world without choice and are drawn towards making connections with others, developing self-awareness and personal identity.