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Nota di contenuto	Cover; Contents; Practices; Preface; Part I: Understanding being fully human; Chapter 1 - What is Cognitive Humanism?; Chapter 2 - Human Motivation; Chapter 3 - Human-being Skills; Chapter 4 - Being Fully Human; Chapter 5 - Learning and Losing Humanity; Part II: Cultivating being fully human; Chapter 6 - Overview of Cognitive Humanistic Therapy; Chapter 7 - The Skilled Client Model; Chapter 8 - Calming and Disillusioning the Mind; Chapter 9 - Awakening the Heart; Chapter 10 - Curbing Anger and Aversion; Chapter 11 - Curbing Greed and Craving Chapter 12 - Cultivating Goodwill, Sympathetic Joy and Gratitude Chapter 13 - Cultivating Compassion and Equanimity; Chapter 14 - Cultivating Generosity, Helping and Service; Chapter 15 - Personal Practice; Appendix: Some Research Implications; Bibliography; Name Index; Subject Index
Sommario/riassunto	The author describes a new approach to psychotherapy and self-development, based on an understanding of what it means to be 'fully human'. Integrating theory and practice, the book synthesises ideas from the cognitive and humanistic domains of psychotherapy & the

