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Titolo	Invitation to existential psychology [[electronic resource]] : a psychology for the unique human being and its applications in therapy // Bo Jacobsen
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Lingua di pubblicazione	Inglese
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Nota di bibliografia	Includes bibliographical references (p. [163]-169) and index.
Nota di contenuto	What is existential psychology? -- Happiness and suffering -- Love and aloneness -- Adversity and success : the role of crisis in human development -- Death anxiety and life commitment -- Free choice and the obligations of your life reality -- To find the meaning of life in a chaotic world.
Sommario/riassunto	Existential psychology examines how people deal with the biggest issues - such as finding meaning in life and facing death. It deals with many of the same problems as psychoanalysis and analytical psychology, but emphasises the view that one can understand the life of another by listening to their way of seeing existence and opening up their 'phenomenal world'. As a therapeutic approach it is recognised by the British Psychological Society and taught on a number of courses. This introductory text discusses all the main contemporary theories of existential psychology, and illustrates them with