



The Discovery of Being: Writings in Existential Psychology

By Rollo May

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Rollo May draws on the insights of Kierkegaard, Nietzsche, Freud, and other great thinkers to offer a helpful roadmap of the ideas and techniques of existential psychotherapy.

He pays particular attention to the causes of loneliness and isolation, and to our search for stability in an age of anxiety.

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Editorial Review

Review

“Clear, accurate, and interesting. There is no better short introduction to the existential approach to psychology.” (Dallas Morning News)

“A brisk, clear, popular introduction to existential psychology/psychotherapy. . . [Rollo May] makes a good case for it as a pragmatically broad and flexible method. . . . A solid, stimulating presentation.” (Kirkus Reviews)

From the Back Cover

This book is addressed to all concerned with the causes of loneliness and isolations and with the search to find new and firm mooring posts in an age of anxiety.

About the Author

Rollo May (1909-1994) taught at Harvard, Princeton, and Yale, and was Regents' Professor at the University of California, Santa Cruz. An influential psychologist, he was the best-selling author of Love and Will, as well as the author of The Courage to Create, Man's Search for Himself, The Meaning of Anxiety, and Psychology and the Human Dilemma.

Users Review

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