



## 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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