



# **The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients**

*Irvin Yalom*

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**The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients** Irvin Yalom

Anyone interested in psychotherapy or personal growth will rejoice at the publication of *The Gift of Therapy*, a masterwork from one of today's most accomplished psychological thinkers.

From his thirty-five years as a practicing psychiatrist and as an award-winning author, Irvin D. Yalom imparts his unique wisdom in *The Gift of Therapy*. This remarkable guidebook for successful therapy is, as Yalom remarks, "an idiosyncratic mélange of ideas and techniques that I have found useful in my work. These ideas are so personal, opinionated, and occasionally original that the reader is unlikely to encounter them elsewhere. I selected the eighty-five categories in this volume randomly guided by my passion for the task rather than any particular order or system."

At once startlingly profound and irresistibly practical, Yalom's insights will help enrich the therapeutic process for a new generation of patients and counselors.

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