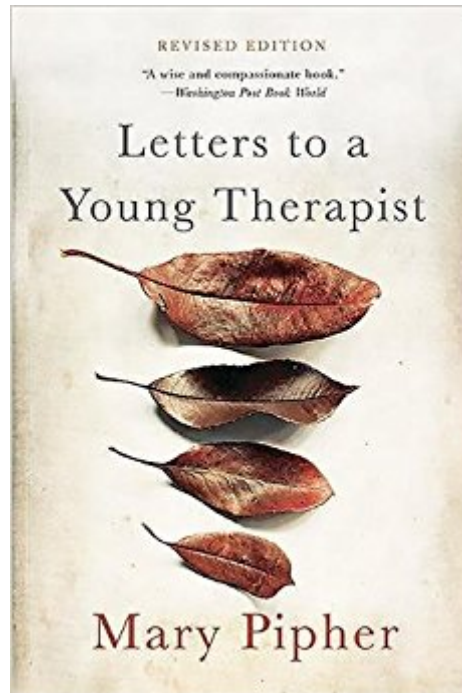




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# Letters To A Young Therapist



## Synopsis

Mary Pipher's groundbreaking investigation of America's girl-poisoning culture, *Reviving Ophelia*, established its author as one of the nation's foremost authorities on family issues. In *Letters to a Young Therapist*, Pipher shares what she has learned in thirty years of clinical practice, helping warring families, alienated adolescents, and harried professionals restore peace and beauty to their lives. Through an exhilarating mix of storytelling and sharp-eyed observation, Pipher reveals her refreshingly inventive approach to therapy; fiercely optimistic, free of dogma or psychobabble, and laced with generous warmth and practical common sense. Whether she's recommending daily swims for a sluggish teenager, encouraging a timid husband to become bolder, or simply bearing witness to a bereaved parent's sorrow, Pipher's compassion and insight shine from every page. Newly updated with a preface by the author addressing the changes in therapy over the last decade and the surprising challenges of the digital age, *Letters to a Young Therapist* is a powerfully engaging guide to living a healthy life.

## Book Information

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## Customer Reviews

"Most people find talking to God more satisfying than talking to Freud," says Pipher, whether they believe in God or not. For fans of the bestselling *Reviving Ophelia*, such perfectly pitched, patient-centered observations will seem familiar and most welcome; for first-timers, Pipher invites readers: "Make some peach tea and find a cat for your lap. Let's visit." Even the most cynical psych

snob will find that visit-a series of seasonally themed letters to a fictional graduate student describing psychotherapy from the inside out-refreshing, informative and insightful. In the brief time it takes to read this slim volume, the rhythms of blather and breakthrough, resistance and revelation come through clearly. Pipher also talks readers into becoming their own therapists, and good ones at that; her epistolary persona is one of a sympathetic woman but not a fuzzy emotional thinker. She admits "All families are a little crazy, but that's because all humans are a little crazy" and "Some therapy is just plain plodding," but she also includes many anecdotes that illuminate how a well-crafted metaphor, moment of quiet or carefully timed suggestion can change a life forever. Her view of therapists as storytellers is borne out in direct, engaging prose and succinct observation. To take just one example, Pipher notes that women see apologizing as saying, "I am sorry I hurt your feelings or caused you pain." Men see it as "I am eating shit." That's Mars and Venus in two sentences, and there's plenty more. The well-known perils of the profession emerge freshly, but also its profound rewards. Copyright 2003 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"A wise and compassionate book." -- Washington Post Book World --This text refers to an out of print or unavailable edition of this title.

Ok but I feel I'm reading a novel of Pipher personal life, hobbies, and family time in each chapter than intends to "teach." I mean you have to read all her personal details and in the last paragraph of the chapter you can get some therapy insight. If you are ok with a biography irrelevant events mixed with some therapy insight go for it. Can't denied her simple and direct approach can teach you a lot.

This book is a must read for new counselors. This book confronts all the issues and worries a novice counselor could have. Very relatable. Would recommend to anyone in counseling, and thinking about counseling. Heck anyone that talks to someone for a living should read this book.

This was a lovely read. More a seasoned professional's musings on what matters and does not, both in therapy and in life, than a how-to book. Still, it was interspersed with thought-provoking suggestions and cautions. I found myself thinking it would be nice to be in supervision with the author, as much for her gentle and encouraging spirit as for her practical advice.

One of my favorite books, highly recommend it for counseling grad students.

We read this in my Introduction to the Counseling Profession class. I read the whole thing in one sitting and took a lot from it. We then had a class discussion and it seemed like everyone in the class really enjoyed reading the book. She tackles a lot of issues/questions a learning therapist may encounter in a gentle, motherly way.

I really liked this book and found it to be interesting. Does she have spectacular and mind blowing epiphanies? No, but there are interesting stories and perspectives that you can walk away with from this book. I am a new and young therapist, so I found this book to be of interest and enjoyed reading it. It's a quick read!

Required reading from my graduate school class so I wasn't sure how I would feel about it. I really loved this book!

Great book for anyone interested in knowing what the life of a psychotherapists is like. Also, wonderful for therapists who can realize they are not alone in the many crazy thoughts, situations, and feelings that go into helping others.

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