



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

By Irvin Yalom



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Acclaimed author and renowned psychiatrist Irvin D. Yalom distills thirty-five years of psychotherapy wisdom into one brilliant volume.

The culmination of master psychiatrist Dr. Irvin D. Yalom's more than thirty-five years in clinical practice, *The Gift of Therapy* is a remarkable and essential guidebook that illustrates through real case studies how patients and therapists alike can get the most out of therapy. The bestselling author of *Love's Executioner* shares his uniquely fresh approach and the valuable insights he has gained—presented as eighty-five personal and provocative “tips for beginner therapists,” including:

- Let the patient matter to you
- Acknowledge your errors
- Create a new therapy for each patient
- Do home visits
- (Almost) never make decisions for the patient
- Freud was not always wrong

A book aimed at enriching the therapeutic process for a new generation of patients and counselors, Yalom's *Gift of Therapy* is an entertaining, informative, and insightful read for anyone with an interest in the subject.



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Editorial Review

Review

“[Yalom’s] wise ideas are perfectly accessible.” (Publishers Weekly)

“An absorbing guide” (Boston Globe)

From the Back Cover

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About the Author

Irvin D. Yalom, M.D., is the author of *Love's Executioner*, *Momma and the Meaning of Life*, *Lying on the Couch*, *The Schopenhauer Cure*, *When Nietzsche Wept*, as well as several classic textbooks on psychotherapy, including *The Theory and Practice of Group Psychotherapy*, considered the foremost work on group therapy. The Professor Emeritus of Psychiatry at Stanford University, he divides his practice between Palo Alto, where he lives, and San Francisco, California.

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