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By Rollo May



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

The brilliant psychologist Rollo May was a major force in existential psychology. Here, he brings together the ideas of Kierkegaard, Nietzsche, and other great thinkers to offer insights into its ideas and techniques. He pays particular attention to the causes of loneliness and isolation and to our search to find new and firm moorings in order to move toward a future where responsibility, creativity, and love can play a role.



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Editorial Review

Review

“A brisk, clear, popular introduction to existential psychology/psychotherapy...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*.

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