



An Introduction to Meaning and Purpose in Analytical Psychology

Dale Mathers

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This highly original book examines the relationship between analytical psychology and meaning, interpreting human suffering as arising from meaning disorders. Using clinical examples - whether people trapped in patterns of dependence, suffering from psychosomatic diseases, or with personality problems - it shows how, by treating clients' issues as failures of the meaning-making process, one can help them change their own personal meaning.

An Introduction to Meaning and Purpose in Analytical Psychology will make provocative reading for all those in helping professions, including counsellors, psychotherapists, and psychiatrists.

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