

A Way Of Being Carl R Rogers

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A Way of Being Houghton Mifflin Harcourt

One of the best-known founders of humanistic psychology documents his exploration of personal depth, moving from alienation to integration and from individuals to groups to institutions and discussing loneliness and the nature of reality

[In Praise of Slow](#) Pccs Books

A prescient warning of a future we now inhabit, where fake news stories and Internet conspiracy theories play to a disaffected American populace “A glorious book . . . A spirited defense of science . . . From the first page to the last, this book is a manifesto for clear thought.”—Los Angeles Times How can we make intelligent decisions about our increasingly technology-driven lives if we don’t understand the difference between the myths of pseudoscience and the testable hypotheses of science? Pulitzer Prize-winning author and distinguished astronomer Carl Sagan argues that scientific thinking is critical not only to the pursuit of truth but to the very well-being of our democratic institutions. Casting a wide net through history and culture, Sagan examines and authoritatively debunks such celebrated fallacies of the past as witchcraft, faith healing, demons, and UFOs. And yet, disturbingly, in today’s so-called information age, pseudoscience is burgeoning with stories of alien abduction, channeling past lives, and communal hallucinations commanding growing attention and respect. As Sagan demonstrates with lucid eloquence, the siren song of unreason is not just a

cultural wrong turn but a dangerous plunge into darkness that threatens our most basic freedoms. Praise for *The Demon-Haunted World* “Powerful . . . A stirring defense of informed rationality. . . Rich in surprising information and beautiful writing.”—The Washington Post Book World

“Compelling.”—USA Today “A clear vision of what good science means and why it makes a difference. . . . A testimonial to the power of science and a warning of the dangers of unrestrained credulity.”—The Sciences “Passionate.”—San Francisco Examiner-Chronicle

[Carl Rogers on Encounter Groups](#) Little, Brown Books for Young Readers

Jimmy Winter is a born star on the baseball field, and Seth Barnam can only dream of being as talented. Still, the two baseball fanatics have the kind of friendship that should last forever. But when Seth experiences an unthinkable loss, he’s forced to find his own personal strength—on and off the field. An ALA Best Book for Young Adults An ALA Best Book for Reluctant Readers A New York Public Library Book for the Teen Age Pennsylvania Young Reader’s Choice Book of the Year

[Drug Use for Grown-Ups](#) Crown Pub

A profound and deeply personal collection of essays by renowned psychologist Carl Rogers. The late Carl Rogers, founder of the humanistic psychology movement and father of client-centered therapy, based his life’s work on his fundamental belief in the human potential for growth. *A Way of Being* was written in the early 1980s, near the end of his distinguished career, and serves as a coda to his classic *On Becoming a Person*. More philosophical than his earlier writings, it traces his professional and personal development from the 1960s to the 1980s and ends with a prophetic call from Rogers for a more humane future.

Significant Aspects of Client-Centered Therapy Houghton Mifflin Harcourt

In the tradition of such trailblazing books as *No Logo* and *The Tipping Point*, *In Praise of Slow* heralds a growing international movement of people dedicated to slowing down the pace of our contemporary times and enjoying a richer, fuller life as a result. These days, almost everyone complains about the hectic pace of their lives. We live in a world where speed rules and everyone is under pressure to go faster. But when speed is king, anyone or anything that gets in our way, that slows us down, becomes an enemy. Thanks to speed, we are living in the age of rage. Carl Honore has discovered a movement that is quickly working its way into the mainstream. Groups of people are developing a recipe for living better in a fast-paced, modern environment by striving for a new balance between fast and slow. In an entertaining and hands-on investigation of this new movement, Honore takes us from a Tantric sex workshop in a trendy neighbourhood in London, England to Bra, Italy, the home of the Slow Food, Slow Cities and Slow Sex movements. He examines how we can continue to live productive lives by embracing the tenets of the slow movement. A challenging take on the cult of speed, as well as a corrective look at how we can approach our lives with new understanding, *In Praise of Slow* uncovers a movement whose time has come.

You Can Negotiate Anything Ballantine Books

Explore the key wisdom and figures of psychology's development over 50 books, hundreds of ideas, and a century of time.

Becoming a Man Mariner Books

Over one million copies sold and nine months on the New York Times bestseller list! For readers of the bestsellers *Atomic Habits* and *Never Split the Difference*—this bestselling classic will teach you to hone your intuition to effectively communicate and negotiate...making sure you win every time. These groundbreaking methods will yield remarkable results! YES, YOU CAN WIN! Master negotiator Herb Cohen has been successfully negotiating everything from insurance claims to hostage releases to his own son's hair length and hundreds of other matters for over five decades. Ever since coining the term "win-win" in 1963, he has been teaching people the world over how to get what they want in any situation. In clear, accessible steps, he reveals how anyone can use the three crucial variables of Power, Time, and Information to always reach a win-win negotiation. No matter who you're dealing with, Cohen shows how every encounter is a negotiation that matters. With the tools and skill sets he has devised, honed, and perfected over countless negotiations, the power of getting what you deserve is now a practical necessity you can fully master. "Flawlessly organized." —Kirkus Reviews

On Becoming a Person Houghton Mifflin Harcourt

The New York Times–bestselling, non-nonsense guide to becoming a better leader through 7 key behaviors, based on a mix of military and corporate training. Leadership is not about job titles—it's about action and behavior. “Sparks” are the doers, thinkers, innovators, and key influencers who are catalysts for personal and organizational change. But these extraordinary individuals aren't defined by the place they hold on an organizational chart—they are defined by their actions, commitment, and will. Leadership experts Angie Morgan, Courtney Lynch, and Sean Lynch show how you can become a Spark by cultivating seven key leadership behaviors. Grounded in the latest research on leadership development, this fresh, accessible road map is packed with real-world stories from inside companies like Facebook, Google, and Boston Scientific, and from the authors' own high-stakes, challenging experiences serving in the U.S. Armed Forces. With SPARK as a blueprint, anyone can become a catalyst for change, and any organization can identify and develop Sparks. “A myth-destroying book that will make you rethink both the theory and practice of leadership.”—Daniel H. Pink, #1 New York Times–bestselling author of *Drive* “If you truly want to become a Spark in your organization and in your life, I urge you to read this book now.”—Mike “Coach K” Krzyzewski, head coach, Duke University Men's Basketball “These authors are not only great leadership thinkers, but they have all led people in challenging circumstances.... Trust them to take you to a new level.”—Brigadier General Thomas A. Kolditz, U.S. Army (Ret.), director of the Ann and John Doerr Institute for New Leaders at Rice University

A Way of Being Penguin

In the second edition of this hugely popular book, Tony Merry reorganised and updated the text to include the latest initiatives in the world of counselling and psychotherapy. It offers in-depth discussion of all aspects of person-centred counselling from its origins to current developments in theory and practice.

What Great Entrepreneurs Really Do Springer Science & Business Media

A “scrupulously honest” (O, The Oprah Magazine) debut memoir that explores one man's gender transition amid a pivotal political moment in America. *Becoming a Man* is a “moving narrative [that] illuminates the joy, courage, necessity, and risk-taking of gender transition” (Kirkus Reviews). For fifty years P. Carl lived as a girl and then as a queer woman, building a career, a life, and a loving marriage, yet still waiting to realize himself in full. As Carl embarks on his gender transition, he takes us inside the complex shifts and questions that arise throughout—the alternating moments of arrival and estrangement. He writes intimately about how transitioning reconfigures both his own inner experience and his closest bonds—his twenty-year relationship with his wife, Lynette; his already tumultuous relationships with his parents; and seemingly solid friendships that are subtly altered, often painfully and wordlessly. Carl “has written a poignant and candid self-appraisal of life as a ‘work-of-progress’” (Booklist) and blends the remarkable story of his own personal journey with incisive cultural commentary, writing beautifully about gender, power, and inequality in America. His transition occurs amid the rise of the Trump administration and the #MeToo movement—a transition point in America's own story, when transphobia and toxic masculinity are under fire even as they thrive in the highest halls of power. Carl's quest to become himself and to reckon with his masculinity mirrors, in many ways, the challenge before the country as a whole, to imagine a society where every member can have a vibrant, livable life. Here, through this brave and deeply personal work, Carl brings an unparalleled new voice to this conversation.

Chasing Liberty in the Land of Fear Houghton Mifflin Harcourt

As founder of the person-centred approach, Carl Rogers (1902-1987) is arguably the most influential psychologist and psychotherapist of the 20th century. This book provides unique insights into his life and a clear explanation of his major theoretical ideas. This Third Edition is co-authored by Brian Thorne and Pete Sanders, leading person-centred practitioners and bestselling authors. Pete Sanders contributes a new chapter on "The Ongoing Influence of Carl Rogers", covering topics such as research, the emerging tribes in person-centred tradition, and its interaction with the

medical profession. Brian Thorne draws on his experience of having known and worked with Rogers to beautifully describe the way in which Rogers worked with clients and from that, to draw out the practical implications of what is, in effect, a functional philosophy of human growth and relationships. In the twenty years since the first edition of Carl Rogers appeared, the book has continued to provide an accessible introduction for all practitioners and students of the person-centred approach.

Attachment in Psychotherapy Mockingbird Press

This eloquent book translates attachment theory and research into an innovative framework that grounds adult psychotherapy in the facts of childhood development. Advancing a model of treatment as transformation through relationship, the author integrates attachment theory with neuroscience, trauma studies, relational psychotherapy, and the psychology of mindfulness. Vivid case material illustrates how therapists can tailor interventions to fit the attachment needs of their patients, thus helping them to generate the internalized secure base for which their early relationships provided no foundation. Demonstrating the clinical uses of a focus on nonverbal interaction, the book describes powerful techniques for working with the emotional responses and bodily experiences of patient and therapist alike.

On Becoming a Person Simon & Schuster

2015 Reprint of 1954 Edition. Full facsimile of the original edition. Not reproduced with Optical Recognition Software. Carl Rogers was among the founders of the humanistic approach (or client-centered approach) to psychology. The person-centered approach, his own unique approach to understanding personality and human relationships, found wide application in various domains such as psychotherapy and counseling (client-centered therapy), education (student-centered learning), organizations, and other group settings. These two lectures, first delivered in 1954, comprise the core of his teachings. In 1961 his shorter works would be collected and published as "On Becoming a Person." Contents: Some Hypotheses Regarding the Facilitation of Personal Growth What It Means to Become a Person

Life's Edge Houghton Mifflin Harcourt

“Hart’s argument that we need to drastically revise our current view of illegal drugs is both powerful and timely . . . when it comes to the legacy of this country’s war on drugs, we should all share his outrage.” —The New York Times Book Review From one of the world's foremost experts on the subject, a powerful argument that the greatest damage from drugs flows from their being illegal, and a hopeful reckoning with the possibility of their use as part of a responsible and happy life Dr. Carl L. Hart, Ziff Professor at Columbia University and former chair of the Department of Psychology, is one of the world's preeminent experts on the effects of so-called recreational drugs on the human mind and body. Dr. Hart is open about the fact that he uses drugs himself, in a happy balance with the rest of his full and productive life as a researcher and professor, husband, father, and friend. In *Drug Use for Grown-Ups*, he draws on decades of research and his own personal experience to argue definitively that the criminalization and demonization of drug use—not drugs themselves—have been a tremendous scourge on America, not least in reinforcing this country's enduring structural racism. Dr. Hart did not always have this view. He came of age in one of Miami's most troubled neighborhoods at a time when many ills were being laid at the door of crack cocaine. His initial work as a researcher was aimed at proving that drug use caused bad outcomes. But one problem kept cropping up: the evidence from his research did not support his hypothesis. From inside the massively well-funded research arm of the American war on drugs, he saw how the facts did not support the ideology. The truth was dismissed and distorted in order to keep fear and outrage stoked, the funds rolling in, and Black and brown bodies behind bars. *Drug Use for Grown-Ups* will be controversial, to be sure: the propaganda war, Dr. Hart argues, has been tremendously effective. Imagine if the only subject of any discussion about driving automobiles was fatal car crashes. *Drug Use for Grown-Ups* offers a radically different vision: when used responsibly, drugs can enrich and enhance our lives. We have a long way to go, but the vital conversation this book will generate is an extraordinarily important step.

Science as a Candle in the Dark W. W. Norton & Company

FINALIST FOR THE PEN/E.O. WILSON LITERARY SCIENCE WRITING AWARD***A NEW YORK TIMES NOTABLE BOOK OF 2021***A SCIENCE NEWS FAVORITE BOOK OF 2021***A SMITHSONIAN TOP TEN SCIENCE BOOK OF 2021 “Stories that both dazzle and edify... This book is not just about life, but about discovery itself.” —Siddhartha Mukherjee, New York Times Book Review We all assume we know what life is, but the more scientists learn about the living world—from protocells to brains, from zygotes to pandemic viruses—the harder they find it is to locate life's edge. Carl Zimmer investigates one of the biggest questions of all: What is life? The answer seems obvious until you try to seriously answer it. Is the apple sitting on your kitchen counter alive, or is only the apple tree it came from deserving of the word? If we can't answer that question here on earth, how will we know when and if we discover alien life on other worlds? The question hangs over some of society's most charged conflicts—whether a fertilized egg is a living person, for example, and when we ought to declare a person legally dead. *Life's Edge* is an utterly fascinating investigation that no one but one of the most celebrated science writers of our generation could craft. Zimmer journeys through the strange experiments that have attempted to re-create life. Literally hundreds of definitions of what that should look like now exist, but none has yet emerged as an obvious winner. Lists of what living things have in common do not add up to a theory of life. It's never clear why some items on the list are essential and others not. Coronaviruses have altered the course of history, and yet many scientists maintain they are not alive. Chemists are creating droplets that can swarm, sense their environment, and multiply. Have they made life in the lab? Whether he is handling pythons in Alabama or searching for hibernating bats in the Adirondacks, Zimmer revels in astounding examples of life at its most bizarre. He tries his own hand at evolving life in a test tube with unnerving results. Charting the obsession with Dr. Frankenstein's monster and how the world briefly believed radium was the source of all life, Zimmer leads us all the way into the labs and minds of researchers engineering life from scratch.

The Story of a Transition Constable & Robinson

Collection of essays by American psychotherapist Carl Rogers written between 1951 and 1961, in which he put forth his ideas about self-esteem, flexibility, respect for self, and acceptance of others.

How to Lead Yourself and Others to Greater Success SAGE

Now significantly revised with over 70% new material, this is the authoritative presentation of Internal Family Systems (IFS) therapy, which is taught and practiced around the world. IFS reveals how the subpersonalities or "parts" of each individual's psyche relate to each other like members of a

family, and how--just as in a family--polarization among parts can lead to emotional suffering. IFS originator Richard Schwartz and master clinician Martha Sweezy explain core concepts and provide practical guidelines for implementing IFS with clients who are struggling with trauma, anxiety, depression, eating disorders, addiction, and other behavioral problems. They also address strategies for treating families and couples. IFS therapy is listed in SAMHSA's National Registry of Evidence-Based Programs and Practices. New to This Edition *Extensively revised to reflect 25 years of conceptual refinement, expansion of IFS techniques, and a growing evidence base. *Chapters on the Self, the body and physical illness, the role of the therapist, specific clinical strategies, and couple therapy. *Enhanced clinical utility, with significantly more "how-to" details, case examples, and sample dialogues. *Quick-reference boxes summarizing key points, and end-of-chapter summaries.

Love, Terror, and an American Family in Hitler's Berlin Simon and Schuster

Her performing days numbered, Josephine Baker did something outrageous: she transformed her chateau into a theme park whose main attraction was her Rainbow Tribe--12 children from around the globe, adopted as the family of the future. Matthew Pratt Guterl concludes that Baker was a serious activist, determined to make a positive difference.

The Search for What It Means to Be Alive Penguin

Active Listening is a short 1957 work by Drs. Carl R. Rogers and Richard E. Farson, two influential American psychologists. The work brings the counselling technique of active listening to the layperson, demonstrating how it can be applied to interactions between an employee and employer. Carl R. Rogers (1902-1987) was one of the pioneers of the "client-centered" approach to psychotherapy. He is considered one of the founding fathers of modern psychotherapy research and is widely regarded among others in the field as the most influential psychotherapist of all time - viewed even more highly than Sigmund Freud. Dr. Rogers served as a professor of psychology at the University of Chicago, where he set up the university's counselling and research clinic, the Industrial Relations Center. He wrote many books on psychotherapy, and in later years, travelled the world to bring his theories to areas of great political and social strife like Northern Ireland, South Africa, and Brazil. Richard E. Farson (1926-2017) had already completed his bachelor's and master's degrees when he met Dr. Rogers in 1949. Dr. Rogers invited Farson to continue his studies with him at the University of Chicago. Farson became Dr. Rogers' research assistant while he completed his Ph.D. in psychology and began counselling at the Industrial Relations Center. Dr. Farson held leadership positions in a number of research institutions. He co-founded the Western Behavioral Sciences Institute, where he served as president and CEO. He was later appointed as the founding dean of the California Institute of the Arts School of Design

and served as president of the Esalen Institute. Drs. Rogers and Farson collaborated on many projects, including 1957's Active Listening. They also led a 16-hour group therapy session that was recorded and released as a film called Journey Into Self. The film won the 1968 Academy Award for Best Documentary. Active Listening describes a method of communication used in counselling and conflict resolution. Rather than serving as a passive participant in a conversation, active listeners take a functional role in helping the speaker to work out their issues. As the speaker shares, the listener repeats back what they've heard in their own words. This both confirms that they've heard the speaker and verifies that they understand. Unlike the way many of us instinctively communicate - trying to get another to see things from our own perspective - active listening requires that we see things from the speaker's perspective. The listener must address not only the meaning of the words, but also the feeling behind them, in order to make the speaker truly feel heard. These feelings can be conveyed through words, tone, volume, body language, and even breathing. This method is not without risks. It can be tempting to lose your sense of self in the practice of sensing the feelings of another person. As Drs. Rogers and Farson put it, "It takes a great deal of inner security and courage to be able to risk one's self in understanding another." In contrast to many psychological texts, Active Listening is written for the non-clinician or psychologist. In plain, everyday language, the book explains both the concepts of active listening and how they can be applied to the workplace. Employers who engage in active listening, the book argues, can help employees to become more cooperative, less argumentative, and clearer in their own communication. While the book is written in the context of the employee/employer relationship, the technique can be applied to all relationships in our lives. The concept is still highly influential, and Drs. Rogers and Farson's ideas about client-centered psychology are used in clinical practice today.

The Carl Rogers Reader A Way of Being

In this triumphant memoir, Carl Bernstein, the Pulitzer Prize-winning coauthor of *All the President's Men* and pioneer of investigative journalism, recalls his beginnings as an audacious teenage newspaper reporter in the nation's capital—a winning tale of scrapes, gumshoeing, and American bedlam. In 1960, Bernstein was just a sixteen-year-old at considerable risk of failing to graduate high school. Inquisitive, self-taught—and, yes, truant—Bernstein landed a job as a copyboy at the *Evening Star*, the afternoon paper in Washington. By nineteen, he was a reporter there. In *Chasing History: A Kid in the Newsroom*, Bernstein recalls the origins of his storied journalistic career as he chronicles the Kennedy era, the swelling civil rights movement, and a slew of grisly crimes. He spins a buoyant, frenetic account of educating himself in what Bob Woodward describes as “the genius of perpetual engagement.” Funny and exhilarating, poignant and frank, *Chasing History* is an extraordinary memoir of life on the cusp of adulthood for a determined young man with a dogged commitment to the truth.

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