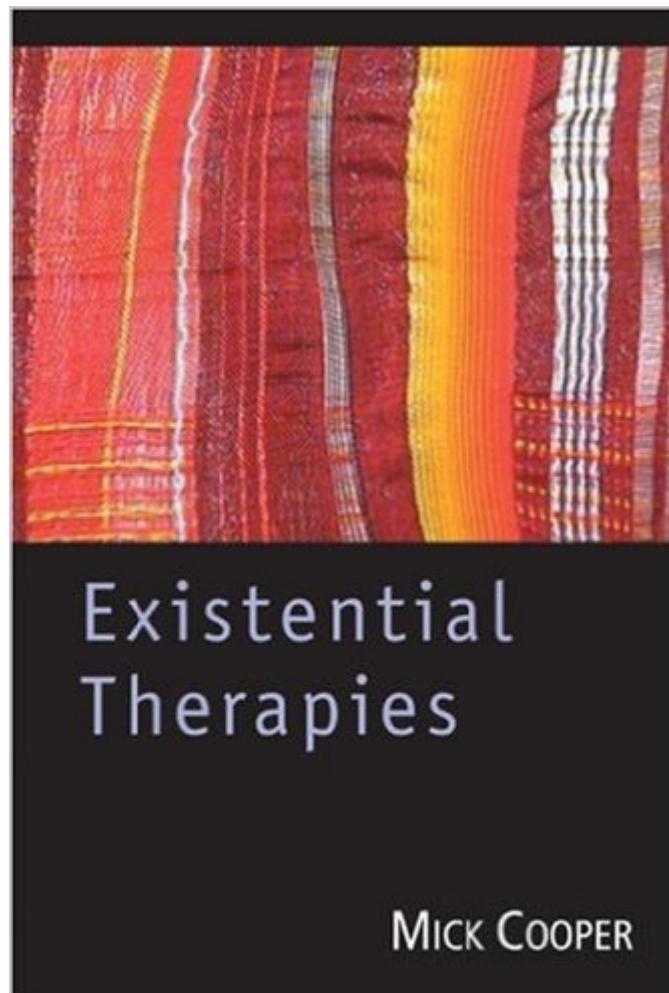


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# Existential Therapies



## Synopsis

‘One can only applaud the bravery of an author who gently send up Kierkegaard’s wilful obscurantism and cleans out the acrid smoke of Gauloises from the room. With welcome clarity and sanity, Mick Cooper efficiently lays out the concepts, techniques and directions adopted by several key figures in the broad field of existentially informed psychotherapy. In an excellent first chapter, Mick Cooper pointed out my ‘ontic’ from my ‘ontological’; and I could see, behind the long-words-with-dashes, the true resonance of these ideas with real human and therapeutic issues, dilemmas and goals’ - Clinical Psychology

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