



The Art of Psychotherapy

By Anthony Storr

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Anthony Storr's accessible and humane account of the art of psychotherapy has been widely read by practitioners in training and others in the helping professions, as well as many general readers. The second edition includes a thoroughly revised account of the obsessional personality, and a new chapter that draws on the author's recent work on the importance of the processes of healing that take place within the isolated individual.

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Review

". . . compelling humanistic study." -- *Psychology Today*

"In this new book [Storr] turns his attention to helping the young psychiatrist in training to answer the question, What on earth am I to do? The answer is simple: Begin by reading Dr. Storr's book. . . . This is an excellent book, highly recommended. It will also be of great interest to the experienced clinician who is busy with patients day in and day out." -- *American Journal of Psychiatry*

"Masterful." -- *Boston Globe*

"While explicitly directed toward physicians beginning psychiatric training, 'The Art of Psychotherapy' in fact provides an accessible overview of psychotherapeutic practice. Seldom have 'outsiders' had the opportunity to peer over the therapist's shoulder and into his mind. . . . His writing exhibits that . . . brand of enlightenment and common sense that is likely to surface only after decades of intensive work, accompanied by skillful observation and introspection. Like few other works, 'The Art of Psychotherapy' speaks with one voice to individuals outside the field and to those with well-honed skills." -- *New York Times Book Review*

From the Back Cover

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About the Author

Anthony Storr qualified as a doctor in 1944. He subsequently specialized in psychiatry, trained as an analyst, and taught psychotherapy at Oxford. His books include *The Integrity of the Personality* (1960), *The Dynamics of Creation* (1972), *Jung* (1973), *Solitude* (1988), and *Music and the Mind* (1992). He is an Emeritus Fellow of Green College, Oxford.

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