

## Lying On The Couch

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[Walking in Circles Before Lying Down](#) Penguin

"Something heavy is going on -- the past is erupting -- my two lives, night and day, are joining. I need to talk." Irv Yalom's old medical school friend was making a plea for help. In their fifty years of friendship, Bob Berger had never divulged his nocturnal terrors to his close comrade. Now, finally, he found himself forced to. In *I'm Calling the Police*, Berger recounts to Yalom the anguish of a war-torn past: By pretending he was a Christian, Berger survived the Holocaust. But after a life defined by expiation and repression, a dangerous encounter has jarred loose the painful memory of those years. Together, they interpret the fragments of the horrific past that haunt his dreams. *I'm Calling the Police* is a powerful exploration of Yalom's most vital themes -- memory, fear, love, and healing -- and a glimpse into the life of the man himself.

[The Art of Lying Down](#) Springer Nature

Stanley 's people go out a lot. Stanley is a good dog, but one night, while they 're away, the temptation becomes too great and he sneaks up onto the couch. What a wonderful experience! Soon he 's also blasting the music, dancing around the living room and raiding the fridge. Stanley 's never had so much fun! But after a couple of weeks something is missing, and Stanley realizes that partying alone has lost its thrill.

[Everything I Know About Love](#) Harper Collins

In nineteenth-century Vienna, a drama of love, fate, and will is played out amid the intellectual ferment that defined the era. Josef Breuer, one of the founding fathers of psychoanalysis, is at the height of his career. Friedrich Nietzsche, Europe's greatest philosopher, is on the brink of suicidal despair, unable to find a cure for the headaches and other ailments that plague him. When he agrees to treat Nietzsche with his experimental "talking cure," Breuer never expects that he too will find solace in their sessions. Only through facing his own inner demons can the gifted healer begin to help his patient. In *When Nietzsche Wept*, Irvin Yalom blends fact and fiction, atmosphere and suspense, to unfold an unforgettable story about the redemptive power of friendship.

[Verity](#) Basic Books

Sky's small town turns absolutely claustrophobic when his secret promposal plans get leaked to the entire school in this witty, "earnest, heartfelt" (Becky Albertalli, *New York Times* bestselling author), and ultimately hopeful debut novel for fans of *What if It's Us?* and *To All the Boys I've Loved Before*. Sky Baker may be openly gay, but in his small, insular town, making sure he was invisible has always been easier than being himself. Determined not to let anything ruin his senior year, Sky decides to make a splash at his high school's annual beach bum party by asking his crush, Ali, to prom—and he has thirty days to do it. What better way to start living loud and proud than by pulling off the gayest promposal Rock Ledge, Michigan, has ever seen? Then, Sky's plans are leaked by an anonymous hacker in a deeply homophobic e-blast that quickly goes viral. He's fully prepared to drop out and skip town altogether—until his classmates give him a reason to fight back by turning his thirty-day promposal countdown into a school-wide hunt to expose the e-blast perpetrator. But what happens at the end of the thirty days? Will Sky get to keep his hard-won visibility? Or will his small-town blues stop him from being his true self?

[The Browns Blues](#) Villard

Explores Yalom 's profound contributions to psychotherapy and literature. A distinguished psychiatrist and psychotherapist, Irvin D. Yalom is also the United States ' most well-known author of psychotherapy tales. His first volume of essays, *Love 's Executioner*, became an immediate best seller, and his first novel, *When Nietzsche Wept*, continues to enjoy critical and popular success. Yalom has created a subgenre of literature, the "therapy story," where the therapist learns as much as, if not more than, the patient; where therapy never proceeds as expected; and where the therapist 's apparent failure proves ultimately to be a success. Writing the *Talking Cure* is the first book to explore all of Yalom 's major writings. Taking an interdisciplinary approach, Jeffrey Berman comments on Yalom 's profound contributions to psychotherapy and literature and emphasizes the recurrent ideas that unify his writings: the importance of the therapeutic relationship, therapist transparency, here-and-now therapy, the prevalence of death anxiety, reciprocal healing, and the idea of the wounded healer. Throughout, Berman discusses what Yalom can teach therapists in particular and the common (and uncommon) reader in general. "As a psychiatrist who has benefitted enormously not only from Yalom 's writings but also from his mentorship, I admire Berman 's relationship to his subject. They both write lucidly and imaginatively, inviting the reader to accompany them on a personal journey that is intriguing but intellectually rigorous. Reading this book helps me to better understand Yalom 's dual roles—as brilliant psychotherapist/teacher and compelling novelist. Berman 's book-by-book examination of Yalom 's work illustrates how good therapy involves facing reality, and good fiction involves making stories come alive by resonating with the hard truths of life. He is the perfect guide to Yalom, capturing his wisdom and creativity with respect and clarity." — David Spiegel, author of *Living Beyond Limits: New Hope and Help for Facing Life-Threatening Illness* "This is a convincing celebration of and commentary on one of the most prominent psychotherapists of the last century. For anyone interested in the popularization of an idiosyncratic form of existential psychotherapy for individuals and groups, this will be an important book." — Murray Schwartz, Emerson College "In this richly textured book, Berman takes us backstage in a warm and skillful exploration of Irvin Yalom 's unmatched contributions as a psychotherapist, author, and educator. We are provided a transparent view of how human healing emerges from our talking, writing, and reading. Berman reminds us eloquently that psychotherapy is, at its essence, the process of human connection and the joint attribution of meaning to experience." — Melyn Leszcz, The University of Toronto

[Trust Me, I'm Lying](#) Basic Books

"A fascinating mixture of traditional psychoanalytic thinking with clinical strategies that even today would be considered creative and

controversial, *The Fifty-Minute Hour* has never failed to capture the imagination. . . . No student 's education in psychotherapy is complete without reading this book. Decades after its original publication, it still stands as a pioneering landmark in the history of psychotherapy." —John Suler

[Every Day Gets a Little Closer](#) U of Minnesota Press

This book provides a look at philosophical practice from the viewpoint of the practitioner or prospective practitioner. It answers the questions: What is philosophical practice? What are its aims and methods? How does philosophical counseling differ from psychological counseling and other forms of psychotherapy. How are philosophical practitioners educated and trained? How do philosophical practitioners relate to other professions? What are the politics of philosophical practice? How does one become a practitioner? What is APPA Certification? What are the prospects for philosophical practice in the USA and elsewhere? *Handbook of Philosophical Practice* provides an account of philosophy's current renaissance as a discipline of applied practice while critiquing the historical, social, and cultural forces which have contributed to its earlier descent into obscurity.

[The Silent Patient](#) Monoceros Publishing LLC

'Apocalyptic sci-fi at its best... The action is anything but frozen' DAILY MAIL. WITHIN THREE MONTHS, ICE WILL COVER THE EARTH, AND LIFE AS WE KNOW IT WILL END. It was the last thing we expected, but the world is freezing. A new ice age has dawned and humanity has been forced to confront its own extinction. Billions have fled the glaciers, crowding out the world's last habitable zones. They can run from the ice, but they can't escape human nature: a cataclysmic war is coming. In orbit, a group of scientists is running the Winter Experiments, a last-ditch attempt to understand why the planet is cooling. None of the climate models they build makes sense. But then they discover an anomaly, an unexplained variation in solar radiation... and something else. Close to the burning edge of the sun, they catch a fleeting glimpse of something that shouldn't be there... Suddenly humanity must face the possibility it is not alone in the universe. And the terrifying possibility that whatever is out there may be trying to exterminate us. 'A complex, multi-stranded narrative spanning 700 pages that reads like a superior collaboration between Dan Brown and Michael Crichton' THE GUARDIAN.

[Stanley's Party](#) Other Press, LLC

"A strange and dreamy voice . . . , like an Italo Calvino short story, curiously translated from some lost, obscure language." —Elizabeth Gilbert, author of *Eat, Pray, Love* An utterly charming study of the history of lying down—which is more complicated than you might think We spend a good third of our lives lying down: sleeping, dreaming, making love, thinking, reading, and getting well. Bernd Brunner 's ode to lying down is a rich exploration of cultural history and an entertaining collection of tales, ranging from the history of the mattress to the "slow living movement" to Stone Age repose—when people did not sleep lying down—and beyond. He approaches the horizontal state from a number of directions, but never loses his keen sense for the odd or unusual detail. Far from being a pose of passivity or laziness, lying down can be a protest, a chance to gather thoughts or change your point of view—the other side to our upright, productive lives. Brunner makes an eloquent case for the importance of lying down in a world that values ever-greater levels of activity, arguing that time spent horizontally offers rewards that we 'd do well not to ignore.

[When BAD Grammar Happens to GOOD People](#) (EasyRead Super Large 18pt Edition) Simon and Schuster

From the *New York Times* bestselling author of *The Seven Husbands of Evelyn Hugo* "Touching and powerful...Reid masterfully grabs hold of the heartstrings and doesn't let go. A stunning first novel." Publishers Weekly Elsie Porter is an average twentysomething and yet what happens to her is anything but ordinary. On a rainy New Year's Day, she heads out to pick up a pizza for one. She isn't expecting to see anyone else in the shop, much less the adorable and charming Ben Ross. Their chemistry is instant and electric. Ben cannot even wait twenty-four hours before asking to see her again. Within weeks, the two are head over heels in love. By May, they've eloped. Only nine days later, Ben is out riding his bike when he is hit by a truck and killed on impact. Elsie hears the sirens outside her apartment, but by the time she gets downstairs, he has already been whisked off to the emergency room. At the hospital, she must face Susan, the mother-in-law she has never met-and who doesn't even know Elsie exists. Interweaving Elsie and Ben's charmed romance with Elsie and Susan's healing process, *Forever, Interrupted* will remind you that there's more than one way to find a happy ending.

[The Book of \(Even More\) Awesome](#) Simon and Schuster

In a book for front-line clinicians, Irvin Yalom turns to the inpatient psychiatric setting and offers new ways of conceptualizing the techniques of group therapy for use on acute wards. While some group therapy occurs in all psychiatric hospitals, it is rarely handled systematically and is not properly supported by the psychiatric leadership. Arguing from his own research results and from his years of experience, Yalom makes a strong case for the importance and efficacy of group therapy on all acute wards. "An eminently practical guide to what works".--Marc Hertzman, Dir., George Washington Univ. Medical Center. Notes, Appendix and Index.

[Writing the Talking Cure](#) Penguin

From the bestselling author of *The Book of Awesome*, *You Are Awesome*, and the award-winning, multimillion-hit blog *1000 Awesome Things* comes even more of the little things that make us smile every day! Neil Pasricha is back with a collection of hundreds more awesome things from the website, as well as never-before-seen extraordinary moments that deserve celebration:

- Letting go of the gas pump perfectly so you end on a round number
- When a baby falls asleep on you
- When your pet notices you 're in a bad mood and comes to see you
- Pulling a weed and getting all the roots with it
- When your windshield wipers match the beat of the song you 're listening to
- When the hiccups stop
- The smooth feeling on your teeth when you get your braces off
- Driving from a rough road onto a smooth one
- When the person you 're meeting is even later than you are
- That guy who helps you parallel park There 's even space for you to write your very own *Awesome Things* in the back. Because couldn 't we all use (even more) awesome?

[Lying in Bed](#) iUniverse

Money-related stress dates as far back as concepts of money itself. Formerly it may have waxed and waned in tune with the economy, but today more individuals are experiencing financial mental anguish and self-destructive behavior regardless of bull or bear markets, recessions or boom periods. From a fringe area of psychology, financial therapy has emerged to meet increasingly salient concerns. Financial Therapy is the first full-

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length guide to the field, bridging theory, practical methods, and a growing cross-disciplinary evidence base to create a framework for improving this crucial aspect of clients' lives. Its contributors identify money-based disorders such as compulsive buying, financial hoarding, and workaholism, and analyze typical early experiences and the resulting mental constructs ("money scripts") that drive toxic relationships with money. Clearly relating financial stability to larger therapeutic goals, therapists from varied perspectives offer practical tools for assessment and intervention, advise on cultural and ethical considerations, and provide instructive case studies. A diverse palette of research-based and practice-based models meets monetary mental health issues with well-known treatment approaches, among them: Cognitive-behavioral and solution-focused therapies. Collaborative relationship models. Experiential approaches. Psychodynamic financial therapy. Feminist and humanistic approaches. Stages of change and motivational interviewing in financial therapy. A text that serves to introduce and define the field as well as plan for its future, *Financial Therapy* is an important investment for professionals in psychotherapy and counseling, family therapy, financial planning, and social policy.

#### The Yalom Reader Basic Books

From their return in 1999 through the 2017 season, the Cleveland Browns have had the worst record in the NFL. The author covers all the reasons why.

Under the Roofs of Paris Little, Brown Books for Young Readers

Kimmel's powerful storytelling is in evidence in this riveting continuation of Zippy's childhood--a story of risk-taking, motherly love, and small-town heroism.

The Spinoza Problem Harlequin

In 1941, Henry Miller, the author of *Tropic of Cancer*, was commissioned by a Los Angeles bookseller to write an erotic novel for a dollar a page. *Under the Roofs of Paris* (originally published as *Opus Pistorum*) is that book. Here one finds Miller's characteristic candor, wit, self-mockery, and celebration of the good life. From Marcelle to Tania, to Alexandra, to Anna, and from the Left Bank to Pigalle, Miller sweeps us up in his odyssey in search of the perfect job, the perfect woman, and the perfect experience.

The Fifty-Minute Hour Kids Can Press Ltd

ALICE FEENEYS NEW YORK TIMES AND INTERNATIONAL BESTSELLER " Boldly plotted, tightly knotted—a provocative true-or-false thriller that deepens and darkens to its ink-black finale. Marvelous. " —AJ Finn, author of *The Woman in the Window* My name is Amber Reynolds. There are three things you should know about me: 1. I'm in a coma. 2. My husband doesn't love me anymore. 3. Sometimes I lie. Amber wakes up in a hospital. She can't move. She can't speak. She can't open her eyes. She can hear everyone around her, but they have no idea. Amber doesn't remember what happened, but she has a suspicion her husband had something to do with it. Alternating between her paralyzed present, the week before her accident, and a series of childhood diaries from twenty years ago, this brilliant psychological thriller asks: Is something really a lie if you believe it's the truth?

Momma And The Meaning Of Life HarperCollins

'A gem' - The Evening Standard 'Pure book joy. Deep thinking made digestible & doled up with lashings of wit' Bernardine Evaristo on Twitter 'So smart and interesting!' Fearne Cotton on Instagram

Ever wanted to know what really happens in a therapist's consultation room? Bestselling author Philippa Perry (*The Book You Wish Your Parents Had Read*) turns her keen insights to the power of therapy. This compelling study of psychotherapy in the form of a graphic novel vividly explores a year's therapy sessions as a search for understanding and truth. Beautifully illustrated by Flo Perry, author of *How to Have Feminist Sex*, and accompanied by succinct and illuminating footnotes, this book offers a witty and thought-provoking exploration of the therapeutic journey, considering a range of skills, insights and techniques along the way.

'I loved it. I smiled and laughed. And nodded. One to read' Susie Orbach, author of *In Therapy* '(Full of) wit and good sense (...)' Philippa is a tonic' Rachel Cooke, *Observer*

Sometimes I Lie Basic Books

Julie Madera hates to look in the mirror and cannot remember the last time she felt sexy. A difficult divorce, the demands of single motherhood, and a challenging career at a prestigious San Francisco hotel have taken a toll on her once fit body. But when her employer asks her to travel to Kauai on a special assignment, she seizes the opportunity, thinking it will be the ideal place to lose weight, tone her body, and maybe-just maybe-find the man of her dreams. Free-spirited Kent loves to tend to his Kauai garden-naked-after an exhausting day of surfing. When the writer and part-time driver picks Julie up from the Kauai Airport, she cannot help but notice his bronzed body and air of self-confidence. But just as her island adventure takes off and the physical chemistry with Kent builds to a frenzy, she discovers he is not who he seems. Now she has to decide if the relationship is worth a confirmation, and if not, whether she can afford to lose him forever. In this contemporary romance tale, a woman takes a journey of transformation and seduction in a tropical paradise where she is about to learn that perfection is not nearly as important as taking control of her own destiny. Follow Judy Burnham as she unfolds a few surprises along the way in this romantic, Hawaiian adventure.

Sofa Boy Celadon Books

Using an interdisciplinary approach, this book evaluates the complex nexus between climate change and regional food security in Asia Pacific. Feeding the planet puts a lot of stress on the environment. The fundamental challenges we are facing today include how to grow more from less in a sustainable manner; how to optimize the entire food value chain from field to fork to reduce the carbon footprint, protect the environment and support biological diversity, cause less water pollution and soil erosion, raise levels of nutrition, improve agricultural productivity, better the lives of rural populations and contribute to the growth of the world economy. With a robust multi-site study in Southeast Asia, Pacific Island Forum and South Asia, this book examines the regional initiatives on, the current state of, and the future prospects for mitigations and resilience regarding climate change and food security vis-à-vis other regions of the world.