



Self-Delight in a Harsh World: The Main Stories of Individual, Marital, and Family Psychotherapy

James Paul Gustafson

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This book is about the three kinds of plots that run the lives of patients--subservience, bureaucratic delay and overpowering. It is also about the three kinds of psychotherapy that attempt to deal with these plots: objective psychiatry, which deals with the outside surface; subjective psychiatry, which deals with the inside; and narrative psychiatry, which attempts to deal with both.

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