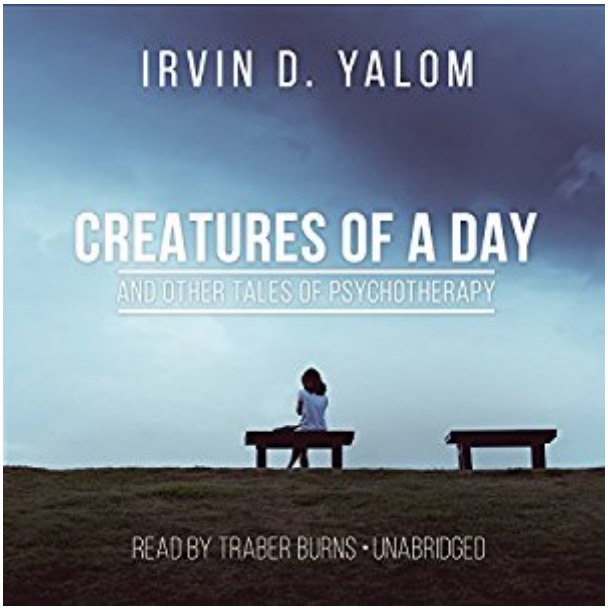
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Creatures Of A Day, And Other Tales Of Psychotherapy



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Synopsis

In his long career, eminent psychotherapist and author Irvin Yalom has pressed his patients and readers to grapple with life’s two greatest challenges: that we all must die, and that each of us is responsible for leading a life worth living. In Creatures of a Day, he and his patients confront the difficulty of these challenges. Although these people have come to Yalom seeking relief, recognition, or meaning, they discover that such things are rarely found in the places where we think to look. Like Love’s Executioner and Yalom’s other writings, Creatures of a Day lays bare the necessary task we each face every day: to make our own lives meaningful.

Book Information

Audible Audio Edition
Listening Length: 6 hoursÃ Â andÃ Â 40 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: Blackstone Audio, Inc.
Audible.com Release Date: February 24, 2015
Whispersync for Voice: Ready
Language: English
ASIN: B00R3G10WQ
Best Sellers Rank: #83 inÃ Â Books > Politics & Social Sciences > Social Sciences > Gerontology #108 inÃ Â Books > Audible Audiobooks > Fiction & Literature > Literary Collections #150 inÃ Â Books > Medical Books > Psychology > Movements > Psychoanalysis

Customer Reviews

Though I knew of Irvin Yalom’s books, I somehow missed reading any of them before, during or after my licensure as a mental health professional. "Creatures of a Day" is my first Yalom book, but with certainty, I can say that it won’t be my last. For if his previous books are half as good as this one... they’ll all be worth reading.Creatures of a Day contains ten "portraits" of clients and Yalom’s work with them. Portraits is the right word since the descriptions are so vivid and compelling that one might actually feel they’re in the room watching Yalom and the clients do the dance of therapy. The topics of death and meaning in life connect the stories as one might expect from a humanist/existentialist therapist. More than one of the stories were sadly sweet and brought tears to my eyes as I read... yet I could not put down the book and read it within just a few sessions.As a therapist, who also eschews diagnosis and manualized treatments, seeing a master therapist at

work was invaluable. And surprisingly, Yalom doesn’t gloss over the "mistakes" he makes or focus only on his expertise. This book more than anything shows the power of moments that matter, the healing connection that can happen when one person fully meets another where they’re at.All therapists should read this book, but it shouldn’t be limited to professionals. Everyone will relate to these stories and the people they depict so humanly well... Don’t miss out on Yalom’s work, especially "Creatures of a Day."

As a therapist myself for 34 years and a fan of yaloms work I anticipated and read a sublime treasure.i had the pleasure of attending Gregory batesons last le true before he died, and submitted a question on a card. What is a compassionate psychotherapy? I asked. He answered. "Sometimes you meet someone and they make you feel better. You don’t know how or why,,,they just do. " and if they are gifted as dr yalom, healing takes place, and it just does. Barbara Fritz LCSW

Ordered. Delivered. Read it. What can I say, it’s another gem. Yalom quit surprising me a few books back; a yalom book for me = an excellently researched, superbly written book.A few notes:For those who have read Love’s Executioner and Momma’s Boy - Creature’s of a day reads more like Love’s Executioner.The stories, like I said, are along the lines of Love’s Executioner - in general , though, a bit shorter.As with Love’s Executioner, Creatures of a day is absolutely fundamental for any therapist/patient who finds themselves thinking about the dr/patient relationship. It is especially relevant to those ’radical’ therapists who, like Yalom, lean in, and who aren’t afraid of a bit of personal exposure.If you are put off by a book (and author) routinely recommended to professionals, don’t be. This book is as jargon-free and colloquial as they come.Good luck!

Another gem! I’ve been a huge fan of Dr. Yalom’s work since my undergraduate days. Once again, he shows us with grace and acceptance, a most honorable profession based in dialogue and trust. It’s been a joy to read his books through the years, with stories that bring existential themes to the forefront with intelligence and wisdom.His chapters (rooted in real client stories and changed to protect confidentiality) in "Creatures of a Day" show once again that reality can often be stranger than fiction. With limitations of aging, he finds ways to get to the heart of client’s issues quickly, sometimes with help from his clients who have read his books, which reveal his essence as a clinician. I find his focus on the human needs at hand and his pure desire to help uncover each story, refreshing and hopeful. It’s the connection in the relationship that truly matters.Thank you, "Irv", for your remarkable example as a mentor and a human being. Sure hope you’ll have many

more stories to tell. Inspirational!

One day I was strolling through a bookstore and saw a novel by Irvin Yalom titled "Lying on the Couch". The fact that it was written by a psychiatrist with a private practice who was also a professor at Stanford University intrigued me. I wasn't expecting much from the book other than a light read but to my (delightful) surprise, the story had great depth and Dr. Yalom proved to be an excellent writer and story teller. So much so, that I have since read every book he's written. You don't have to be a student of therapy or a therapist to appreciate this book or any other by Dr. Yalom. His writing speaks to everyone and leaves everyone with a gift of personal insight. There are many good writers but only a few great ones. Dr. Yalom is among the greats. He is wise, humble, and deeply honest about his own struggles with the big questions in life. If you haven't met Dr. Yalom, I urge you to read any one of his books. You won't be disappointed!

IrvÃƒÂ¢Ã â ¬Ã â„¢s storytelling is entertaining and enlightening. In Creatures of a Day we are drawn into stories of people we can relate to, of everyday people like an author seeking a cure for writerÃƒÂ¢Ã â ¬Ã â„¢s block, a former executive adjusting to life in a retirement community, a dancer confronting lost youth. Each story is different, often unfolding with Dr. Yalom as intrigued about where it will lead as you do. There are no labels on patients, no diagnoses to pigeonhole his clients. Dr. Yalom presents each case as it is: a unique story of human imperfections and human realities - a unique puzzle to be solved. A champion of talk therapy, Dr. Yalom examines interpersonal relationships, finding our existential concerns about death, meaninglessness, freedom and isolation to be at the root our dilemmas. You will enjoy reading Creatures of a Day for what it reveals inside the therapistÃƒÂ¢Ã â ¬Ã â„¢s mind.

Very interesting essays about aging in America. Yalom imparts his wisdom to those of us aging or with aging parents.While I prefer his novels, any encounter with Yalom's intellect is always worthwhile.

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