

How Psychotherapy Really Works

By Willard Gaylin

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Decodes the mysteries of the therapeutic process

How does therapy work? Can "talking" truly precipitate a change in behavior? Why do therapists rely so heavily on childhood experiences? Does the past really affect the present? Drawing on more than 30 years of experience as a psychotherapist, analyst, and teacher, Dr. Gaylin addresses the fundamentals of the therapeutic process in *How Psychotherapy Really Works*, an enlightening tour through one of the most misunderstood sciences of our times.

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Editorial Review

About the Author

Willard Gaylin, M.D., is the author of fifteen books, including *Feelings*, *The Killing of Bonnie Garland*, and *The Rage Within*. A clinical professor of psychology at Columbia College of Physicians and Surgeons, he cofounded of The Hastings Center, a research institute for ethical issues in the life sciences.

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