



Counseling with Choice Theory

By William, M.D. Glasser

[Download now](#)

[Read Online](#) 

Counseling with Choice Theory By William, M.D. Glasser

In *Counseling with Choice Theory*, Dr. William Glasser takes readers into his consulting room and illustrates, through a series of conversations with his patients, exactly how he puts his popular therapeutic theories into practice.

These vivid, almost novelistic case histories bring Dr. Glasser's therapy to life and show readers how to get rid of the controlling, punishing *I know what's right for you* psychology that crops up in most situations when people face conflict with one another.

Practical and readable, *Counseling with Choice Theory* is Dr. Glasser's most accessible book in years.

 [Download Counseling with Choice Theory ...pdf](#)

 [Read Online Counseling with Choice Theory ...pdf](#)

Counseling with Choice Theory

By William, M.D. Glasser

Counseling with Choice Theory By William, M.D. Glasser

In *Counseling with Choice Theory*, Dr. William Glasser takes readers into his consulting room and illustrates, through a series of conversations with his patients, exactly how he puts his popular therapeutic theories into practice.

These vivid, almost novelistic case histories bring Dr. Glasser's therapy to life and show readers how to get rid of the controlling, punishing *I know what's right for you* psychology that crops up in most situations when people face conflict with one another.

Practical and readable, *Counseling with Choice Theory* is Dr. Glasser's most accessible book in years.

Counseling with Choice Theory By William, M.D. Glasser Bibliography

- Sales Rank: #167608 in Books
- Published on: 2001-05-15
- Released on: 2001-05-15
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .61" w x 5.31" l, .46 pounds
- Binding: Paperback
- 272 pages

 [Download Counseling with Choice Theory ...pdf](#)

 [Read Online Counseling with Choice Theory ...pdf](#)

Editorial Review

From Publishers Weekly

In this plainspoken, welcome follow-up to his 1965 bestseller Reality Therapy, no-nonsense psychiatrist Glasser revisits some familiar psychological terrain and presents a series of candid chats with composite characters closely drawn from his patients. His reality theory emphasizes the importance of conscious choice and personal responsibility as effective alternatives to drugs or electroshock therapy for redirecting the destructive behaviors often labeled as mental illness. Glasser repeatedly stresses the importance to his clients of meaningful, loving relationships to sustaining good emotional and mental health; those clients include a teenage girl infatuated with promiscuity, a suicidal husband who dreams of becoming the woman he sees when he looks in the mirror, a battered wife fearful of freedom, a potentially explosive teenage boy raised on harsh words and cruelty, and an obsessive-compulsive man transfixed with his similarity to the nasty Jack Nicholson character in the film *As Good as It Gets*. Wasting no time on exploring dreams or childhood trauma, Glasser hones in on the obstacles to each patient's intimate relationships or normal functioning. While some of the results are extremely positive, not all of the conflicts are resolved favorably or predictably. Taking an unromanticized look at our modern phobias and manias, Glasser offers sharp insights into how making rational, effective choices can heal the mind and soul. 25-city radio campaign. (Jan.)

Copyright 1999 Reed Business Information, Inc.

From Kirkus Reviews

The backlash may be on. Turn away from ``organic psychiatry," urges Glasser (*Choice Theory*, 1998, etc.); help patients with mental illness accept that they are responsible for their behavior; and drastically reduce our reliance on medications for treating mental illness. Joined by a growing crowd (Peter Breggin, for instance, and Schaler, below), Glasser reiterates his opposition to the theory that mental illness is caused by chemical imbalances in the brain. Instead, he insists that ``what is labeled mental illness . . . are the hundreds of ways people choose to behave when they are unable to satisfy basic genetic needs, such as love and power." He interprets brain scan research to show that as patients work in (non-drug) therapy, they begin to make better choices in life, and that as a result, brain chemistry changes. This collection of case histories and commentary ranges over marital discord, panic attacks, alcoholism, obsessive-compulsive disorder, and schizophrenia. Glasser demonstrates how he conducts therapy that helps patients take responsibility for their actions, gradually find better ways to meet their needs, and change inappropriate patterns of behavior. He is generally against ``external control psychology," arguing again that patients must learn to control themselves. Though his views are sometimes remote from the current mainstream (``A major purpose of all psychological symptoms is to get sympathy and attention"), he makes a cogent case for his dissent. For those looking for a new view of psychology and psychiatry, either for personal help or to follow the current state of the art. -- *Copyright ©2000, Kirkus Associates, LP. All rights reserved.*

Review

"One of the most creative books on psychotherapy ever written."-- Albert Ellis, Ph.D.

Users Review

From reader reviews:

Matthew Coleman:

Information is provisions for people to get better life, information these days can get by anyone at

everywhere. The information can be a information or any news even a concern. What people must be consider whenever those information which is inside former life are difficult to be find than now could be taking seriously which one is suitable to believe or which one the actual resource are convinced. If you receive the unstable resource then you understand it as your main information there will be huge disadvantage for you. All of those possibilities will not happen within you if you take Counseling with Choice Theory as your daily resource information.

Jason Silva:

The e-book with title Counseling with Choice Theory includes a lot of information that you can learn it. You can get a lot of help after read this book. This particular book exist new know-how the information that exist in this book represented the condition of the world today. That is important to you to understand how the improvement of the world. This specific book will bring you in new era of the globalization. You can read the e-book on your smart phone, so you can read that anywhere you want.

James Kostka:

Do you have something that you like such as book? The book lovers usually prefer to opt for book like comic, small story and the biggest an example may be novel. Now, why not attempting Counseling with Choice Theory that give your fun preference will be satisfied by simply reading this book. Reading habit all over the world can be said as the means for people to know world better then how they react to the world. It can't be explained constantly that reading habit only for the geeky man but for all of you who wants to become success person. So , for all you who want to start reading as your good habit, you may pick Counseling with Choice Theory become your personal starter.

Paula Salas:

This Counseling with Choice Theory is great e-book for you because the content which is full of information for you who else always deal with world and possess to make decision every minute. This specific book reveal it facts accurately using great manage word or we can claim no rambling sentences included. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but tough core information with wonderful delivering sentences. Having Counseling with Choice Theory in your hand like keeping the world in your arm, facts in it is not ridiculous 1. We can say that no guide that offer you world inside ten or fifteen tiny right but this reserve already do that. So , this is good reading book. Hey Mr. and Mrs. active do you still doubt in which?

Download and Read Online Counseling with Choice Theory By William, M.D. Glasser #5S6LNMW2U0O

Read Counseling with Choice Theory By William, M.D. Glasser for online ebook

Counseling with Choice Theory By William, M.D. Glasser Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Counseling with Choice Theory By William, M.D. Glasser books to read online.

Online Counseling with Choice Theory By William, M.D. Glasser ebook PDF download

Counseling with Choice Theory By William, M.D. Glasser Doc

Counseling with Choice Theory By William, M.D. Glasser MobiPocket

Counseling with Choice Theory By William, M.D. Glasser EPub

5S6LNMW2U0O: Counseling with Choice Theory By William, M.D. Glasser