



Counseling with Choice Theory

By William, M.D. Glasser

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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.

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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

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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:

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Paula Salas:

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