



Talking Cure: Mind and Method of the Tavistock Clinic

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What makes the mind develop? What helps children grow up? When can we think of ourselves as adults? Why do we fall in love? Why do our feelings sometimes "get in the way"? How do families affect us? What is mental illness and what is normal? These are just some of the questions discussed in "Talking Cure."

It has long been known that having someone listening carefully to what we say, can help us make sense of life and cope better with its difficulties. In a unique synthesis of modern human relations, psychology and science, experienced psychotherapists from the renowned Tavistock Clinic explore the power of the mind and the importance of therapy.

"Talking Cure" shows how the mind operates through all stages of life. Drawing on Tavistock Clinic research and case studies, it demonstrates just how much "the heart has its reasons that reason knows not of." Providing insights into many areas of our contemporary life and into the challenges of the future, this book provides an invaluable insight into one of Britain's foremost psychotherapeutical traditions.

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