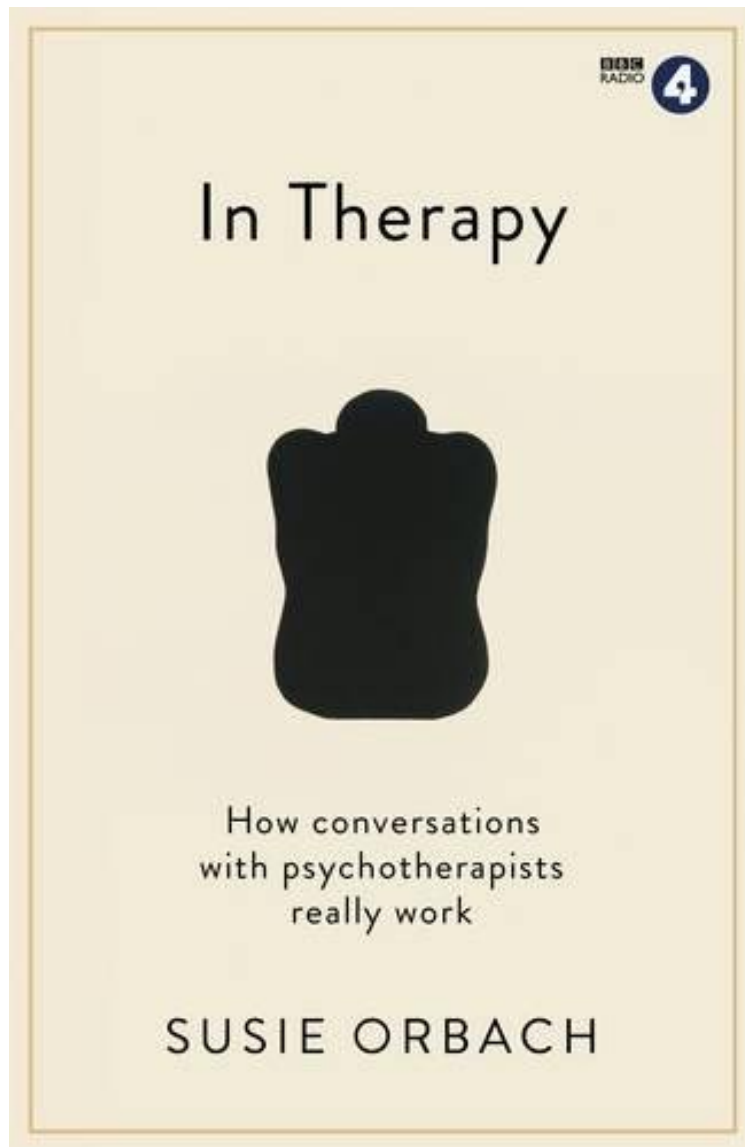


[E-BOOK] In Therapy (Wellcome)

In Therapy (Wellcome)

Susie Orbach

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Susie Orbach : In Therapy (Wellcome) before purchasing it in order to gage whether or not it would be worth my time, and all praised In Therapy (Wellcome):

1 of 3 people found the following review helpful. Five StarsBy Dr. Kim Michelsonvery clear and informative

Worldwide, increasingly large numbers of people are seeing therapists on a regular basis. In the UK alone, 1.5 million people are in therapy. We go to address past traumas, to break patterns of behaviour, to confront eating disorders or

addiction, to talk about relationships, or simply because we want to find out more about what makes us tick. Susie Orbach, the bestselling author of *Fat is a Feminist Issue* and *Bodies*, has been a psychotherapist for over forty years. Here, she explores what goes on in the process of therapy - what she thinks, feels and believes about the people who seek her help - through five dramatised case studies. Originally broadcast as a Radio 4 series, here the improvised dialogue is replicated as a playscript, and Orbach offers us the experience of reading along with a session, while revealing what is going on behind each exchange between analyst and client. Insightful and honest about a process often necessarily shrouded in secrecy, *In Therapy* is an essential read for those curious about, or considering entering, therapy.

Read and re-read the exchanges; it's worth it. * The i * Praise for the *In Therapy* radio show: 'The episodes bring a new meaning to the term psychodrama and are a compulsive listen. ... There is no denying ... how gripping her radio programme is.' * The Times * Susie Orbach's stories from the couch are warm, revealing and irresistible * Guardian * These 15-minute short stories from the couch proved strangely addictive. ... thought provoking. * Irish News * Praise for *Bodies*: Original in her diagnoses and sympathetic in her treatment, she comes across as the intellectual lovechild of Freud and Trisha. How could this not be compulsive reading? * Daily Mail * Praise for *Fat is a Feminist Issue*: 'Virtually all feminist debate on body image and beauty imagery owes its existence to Susie Orbach. -- Naomi Wolf, author * *The Beauty Myth* * Invaluable * FT * About the Author Professor Susie Orbach - the therapist who treated Princess Diana for her eating disorders - is the founder of the Women's Therapy Centre of London; a former columnist for *The Guardian*; a visiting professor at the London School of Economics; and the author of 1978 *Fat is a Feminist Issue*, which has sold over a million copies. She is probably the most famous psychotherapist to have set up couch in Britain since Sigmund Freud. She lives in London, near to Freud's last address. Find her on Twitter @psychoanalysis