



The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients

Irvin Yalom

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The culmination of master psychiatrist Dr. Irvin D. Yalom's more than thirty-five years in clinical practice, *The Gift of Therapy* is a remarkable and essential guidebook that illustrates through real case studies how patients and therapists alike can get the most out of therapy. The bestselling author of *Love's Executioner* shares his uniquely fresh approach and the valuable insights he has gained—presented as eighty-five personal and provocative "tips for beginner therapists," including:

- Let the patient matter to you
- Acknowledge your errors
- Create a new therapy for each patient
- Do home visits
- (Almost) never make decisions for the patient
- Freud was not always wrong

A book aimed at enriching the therapeutic process for a new generation of patients and counselors, Yalom's *Gift of Therapy* is an entertaining, informative, and insightful read for anyone with an interest in the subject.

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Melissa Kim:

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