



Letters to a Young Therapist

By Mary Pipher

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Letters to a Young Therapist By Mary Pipher

Mary Pipher's groundbreaking investigation of America's "girl-poisoning culture," *Reviving Ophelia*, established its author as one of the nation's foremost authorities on family issues. In *Letters to a Young Therapist*, Pipher shares what she has learned in thirty years of clinical practice, helping warring families, alienated adolescents, and harried professionals restore peace and beauty to their lives. Through an exhilarating mix of storytelling and sharp-eyed observation, Pipher reveals her refreshingly inventive approach to therapy—fiercely optimistic, free of dogma or psychobabble, and laced with generous warmth and practical common sense. Whether she's recommending daily swims for a sluggish teenager, encouraging a timid husband to become bolder, or simply bearing witness to a bereaved parent's sorrow, Pipher's compassion and insight shine from every page. Newly updated with a preface by the author addressing the changes in therapy over the last decade and the surprising challenges of the digital age, *Letters to a Young Therapist* is a powerfully engaging guide to living a healthy life.

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Editorial Review

From Publishers Weekly

"Most people find talking to God more satisfying than talking to Freud," says Pipher, whether they believe in God or not. For fans of the bestselling Reviving Ophelia, such perfectly pitched, patient-centered observations will seem familiar and most welcome; for first-timers, Pipher invites readers: "Make some peach tea and find a cat for your lap. Let's visit." Even the most cynical psych snob will find that visit-a series of seasonally themed letters to a fictional graduate student describing psychotherapy from the inside out-refreshing, informative and insightful. In the brief time it takes to read this slim volume, the rhythms of blather and breakthrough, resistance and revelation come through clearly. Pipher also talks readers into becoming their own therapists, and good ones at that; her epistolary persona is one of a sympathetic woman but not a fuzzy emotional thinker. She admits "All families are a little crazy, but that's because all humans are a little crazy" and "Some therapy is just plain plodding," but she also includes many anecdotes that illuminate how a well-crafted metaphor, moment of quiet or carefully timed suggestion can change a life forever. Her view of therapists as storytellers is borne out in direct, engaging prose and succinct observation. To take just one example, Pipher notes that women see apologizing as saying, "I am sorry I hurt your feelings or caused you pain." Men see it as "I am eating shit." That's Mars and Venus in two sentences, and there's plenty more. The well-known perils of the profession emerge freshly, but also its profound rewards.

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Review

"A wise and compassionate book." -- *Washington Post Book World*

About the Author

MARY PIPHER is the author of five books, including the landmark Reviving Ophelia: Saving the Selves of Adolescent Girls, which spent 154 weeks on The New York Times bestseller list and has been translated into nineteen languages. Her other books include Another Country and The Middle of Everywhere. She lives in Lincoln, Nebraska.

Users Review

From reader reviews:

Nona Whitehouse:

This Letters to a Young Therapist book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book will be information inside this publication incredible fresh, you will get facts which is getting deeper an individual read a lot of information you will get. This specific Letters to a Young Therapist without we understand teach the one who reading it become critical in imagining and analyzing. Don't always be worry Letters to a Young Therapist can bring if you are and not make your handbag space or bookshelves' come to be full because you can have it within your lovely laptop even cellphone. This Letters to a Young Therapist having excellent arrangement in word along with layout, so you will not feel uninterested in reading.

Leroy Torres:

Nowadays reading books are more than want or need but also be a life style. This reading behavior give you lot of advantages. Associate programs you got of course the knowledge even the information inside the book that will improve your knowledge and information. The knowledge you get based on what kind of publication you read, if you want attract knowledge just go with schooling books but if you want feel happy read one together with theme for entertaining including comic or novel. Typically the Letters to a Young Therapist is kind of publication which is giving the reader erratic experience.

Kerry Erdman:

In this age globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher that print many kinds of book. The actual book that recommended to you is Letters to a Young Therapist this reserve consist a lot of the information of the condition of this world now. This particular book was represented how does the world has grown up. The terminology styles that writer use to explain it is easy to understand. Often the writer made some research when he makes this book. Honestly, that is why this book suited all of you.

Jacqueline Kellett:

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