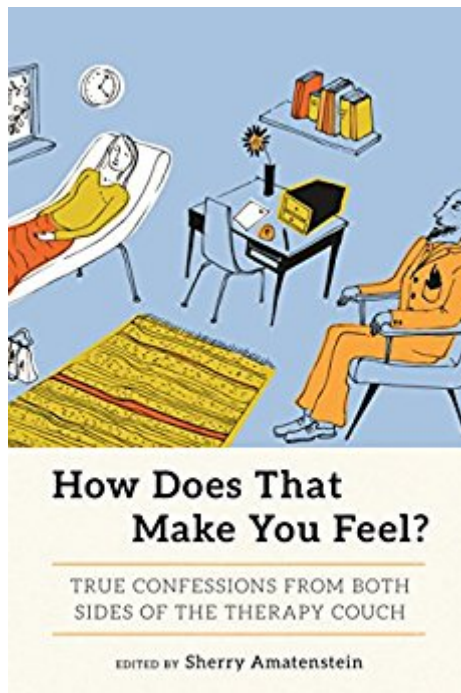


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# How Does That Make You Feel?: True Confessions From Both Sides Of The Therapy Couch



## Synopsis

How Does That Make You Feel? obliterates the boundaries between the shrink and the one being shrunk with unabashedly candid writers breaking confidentiality and telling all about their experiences in therapy. This revelatory, no-punches-pulled book brings to light both sides of the relationship between therapist and client; a bond that can feel pure and profound, even if it is, at times, illusory. Contributors include an array of essayists, authors, TV/film writers and therapists, including Patti Davis, Beverly Donofrio, Royal Young, Molly Peacock, Susan Shapiro, Charlie Rubin, Estelle Erasmus, and Dennis Palumbo. Full list of contributors: Sherry Amatenstein, Laura Bogart, Martha Crawford, Patti Davis, Megan Devine, Beverly Donofrio, Janice Eidus, Estelle Erasmus, Juli Fraga, Nina Gaby, Mindy Greenstein, Jenine Holmes, Diane Josefowicz, Jean Kim, Amy Klein, Binnie Klein, Anna March, Allison McCarthy, Kurt Nemes, Dennis Palumbo, Molly Peacock, Pamela Rafalow, Grossman, Charlie Rubin, Jonathan Schiff, Barbara Schoichet, Adam Sexton, Susan Shapiro, Beth Sloan, Eve Tate, Kate Walter, Priscilla Warner, Linda Yellin, Royal Young, Jessica Zucker.

## Book Information

File Size: 1381 KB

Print Length: 320 pages

Publisher: Seal Press (September 13, 2016)

Publication Date: September 13, 2016

Language: English

ASIN: B01HXM0R96

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #190,593 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #163

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## Customer Reviews

The only reason I put this book down was to either go sleep or to the dentist. Having benefited

greatly from therapy (and some amazing therapists) I was curious about others' experiences on both sides of the couch. This anthology delivered. I had always been a bit bewildered at my therapists' generosity to me and I was even more bewildered at my determination to become untangled from limitations that may have felt familiar but that I knew were not truly mine. Stepping into this collection of well-written and succinct experiences was like walking through a myriad of therapists' offices and catching brief moments of someone attempting to guide or someone attempting to find peace and understanding. The amazing humanity of both parties (good, bad, ugly and divine) emerged in many of the pieces - in particular, "When the Therapist Cries", "The Tao of Apples" and "I'm Not Supposed to Love You." At the funeral of one of my therapists (his death very much a surprise to me), I told the gathering that therapy is often like prayer. You say something out loud and everything changes. "How Does That Make You Feel"? is indeed a testament to that leap of faith.

As a therapist I found this book to be a breath of fresh air. It was delightful to read such honest accounts of both patients and therapists feelings about their experiences with each other. I believe that it demystifies a field that has long shrouded itself in a cloak of falsehoods. Therapists are people and do have feelings. I adored the first essay by Beth Sloan PhD, her honesty and candor was refreshing and quite brave. In a field shadowed by snobbery and archaic rules, all I can say is bravo, and it is about time. Hurrah Ms Amatenstein.

It is rare to read a collection of essays that is so consistently strong throughout. Every essay in this book is compelling, masterfully written, and courageous in revealing true accounts of what sometimes goes on between - and comes up for - both therapists and patients. Whether trying to find a new shrink when the old one is not replaceable, telling lies in every session, trying to set sexual and other boundaries, or therapists feeling losses while listening to losses felt by patients, readers will be brought into these private, engaging slices of life. A wide range of deep emotion, humor, and always profound insight.

This book was a fascinating read! It examined a wide range of reasons people seek therapy and gave an insider's view of how therapy can help--or not. I recommend it for readers seeking true-life stories as well as anyone considering therapy.

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