



Understanding Life: An Introduction to the Psychology of Alfred Adler

By Alfred Adler, Colin Brett

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Intended for both the general reader and students, *Understanding Life* offers an excellent introduction to Adler's work, and presents an accessible overview of all his main theories: inferiority and superiority complexes; early memories as keys to understanding personality; interpreting dreams; love, marriage and children; sexuality and sexual problems. Straightforward and clearly written this guide gives a basis for understanding both Adler's unique theories and the development of twentieth-century psychology, in which his work has played such an important part. Alfred Adler (1870-1937), founder of Individual Psychology, was one of the forefathers of modern psychotherapy alongside Freud and Jung. During his life, he wrote over extensively on child psychology, education, marriage, and the principles of Individual Psychology. Colin Brett is an Adlerian counsellor and former Training Officer of the Adlerian Society of Great Britain.

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