



Psychotherapy and the Quest for Happiness

Emmy van Deurzen

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Psychotherapy and the Quest for Happiness Emmy van Deurzen

In this book, Emmy van Deurzen addresses the taboo subject of the moral role of psychotherapists and counselors. Asking when and why we decided that the aim of life is to be happy, she poses searching questions about the meaning of life. **Psychotherapy and the Quest for Happiness** seeks to define what a good life consists of and how therapists might help their clients to live well rather than just in search of happiness.

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