



# Gestalt Therapy: Excitement and Growth in the Human Personality

*Frederick Perls, Ralph F. Hefferline, Paul Goodman*

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"Gestalt Therapy" presents the method and theory of a challenging approach to the study of man's personality and to the cure of the ills which beset him. The Gestalt outlook is an original, natural, undistorted approach to life - to man's thinking, acting and feeling. The average person, raised in an atmosphere full of splits, has lost his integrity and wholeness. The authors offer therapeutic techniques to heal the dualism and thus to help the person function as a whole. In a series of eighteen experiments, the reader is an active participant in the growth of self-discovery.

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