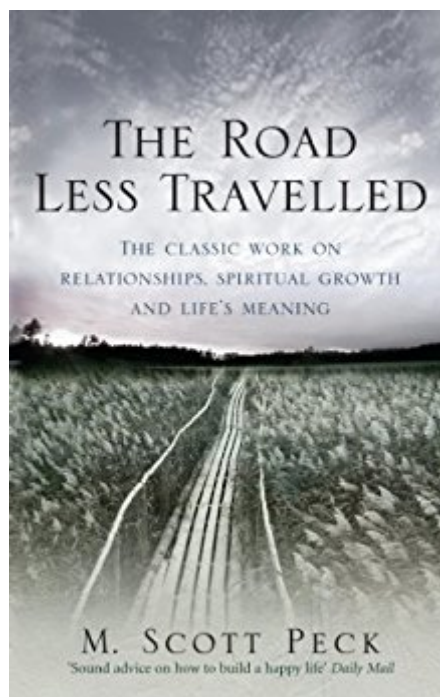




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The Road Less Travelled: A New Psychology Of Love, Traditional Values And Spiritual Growth (Classic Edition)



Synopsis

Confronting and solving problems is a painful process which most of us attempt to avoid. Avoiding resolution results in greater pain and an inability to grow both mentally and spiritually. Drawing heavily on his own professional experience, Dr M. Scott Peck, a psychiatrist, suggests ways in which facing our difficulties - and suffering through the changes - can enable us to reach a higher level of self-understanding. He discusses the nature of loving relationships: how to distinguish dependency from love; how to become one's own person and how to be a more sensitive parent. This is a book that can show you how to embrace reality and yet achieve serenity and a richer existence. Hugely influential, it has now sold over ten million copies - and has changed many people's lives round the globe. It may change yours.

Book Information

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Customer Reviews

First of all, When I read this book, I felt that this book may be the best book in psychology. This book is really thought provoking. It looks like there are multiple revisions/editions of this book over the period of time. I attached the picture of the soft cover one that I read. This book was

recommended by one of my friends and then I also found some good ratings about this book. This book will give you a nice glimpse of your personality and will also make you realize that you can take control of your life. It is a good read for all age groups. The book starts with the tools/techniques of suffering, the discipline - to experience the pain of problems constructively. These four tools are: delayed gratification, acceptance of responsibility, dedication to truth, and balancing. The author says that the life problems cannot be avoided in life. To experience happiness, they need to be identified and solved. One of my favorite quote from the books is "Problems do not go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit." It took me some time to read this book as it is thought provoking and the thoughts need to be processed and digested before proceeding further. If this review helped you and you plan to experience the "The Road Less Traveled" journey, then have fun on this beautiful journey of greater self-understanding and spiritual growth.

My brother recommended this book for me! We both have a history of child abuse, and had a lot of chaos in our relationships due to poor boundaries! This book is excellent for my healing journey and can benefit just any person who is interested in self reflection, self awareness and inner growth.. so much valuable lessons for anyone.. I found the psychology terms to be pretty outdated; and that's understandable because it's pretty old, however this book is a gem because its lessons will always be relevant! I haven't finished this book yet but once I do, I can see myself reading it again later throughout my life to touch up on the valuable knowledge gained from it!

I love Scott Peck! I wish all of his work was available on audio. I'd own the lot! Great great stuff. I think I will go listen to him again right now!

The fact that this book was written almost 40 years ago just make the revelation it provided me more amazing. Despite the age of the book, the virtue of the ideas presented makes the book ageless. Some ideas are still new and can be considered revolutionary by some of us today.

Book arrived in good cosmetic condition. Would recommend it and it's gives you a different perspective & viewpoint.

I read the book, as so many do, when I got divorced multiple decades ago. It was the start of a new way of perceiving my vulnerabilities, and how self-inflicted they are. After all, if two people can go

through the same thing with different outcomes, is it "the thing" or the perception that creates the difference in reaction/affect? I gave the audio book to my bf and it is still sitting on his dresser in the wrapper. If it calls to him, it's there.

GOD directed me to read this book! Though I not necessarily agree with what he says leads to parent_child relationship. I did everything possible for my daughters, giving them love & nurture, our relationship still turned it sour! He however highlights certain life issues he heard from many of his subjects that are very interesting. It truly relates to the road that many are not willing to take, despite its benefits!

A great inspirational book! My wife's unexpected demand for a divorce has been a difficult time in my life. This book has been my saving grace. It has been invaluable to me during my bouts of depression and has caused me to reexamine my spiritual outlook on life. I reread many of the chapters as I continue to self evaluate myself daily. I highly recommend this book to anyone going through a difficult time in their lives! I will walk with God for the rest of my days.

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