



A Population of Selves: A Therapeutic Exploration of Personal Diversity (Jossey Bass Social and Behavioral Science Series)

Erving Polster

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In this book, Erving Polster - co-author of "Gestalt Therapy Integrated" - expands the knowledge and thinking on the development of self. This text offers health professionals varying ways to think about and work with clients to help them realize a powerful and healthy sense of Self. This text should be useful for therapists, psychologists, social workers and consellers.

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