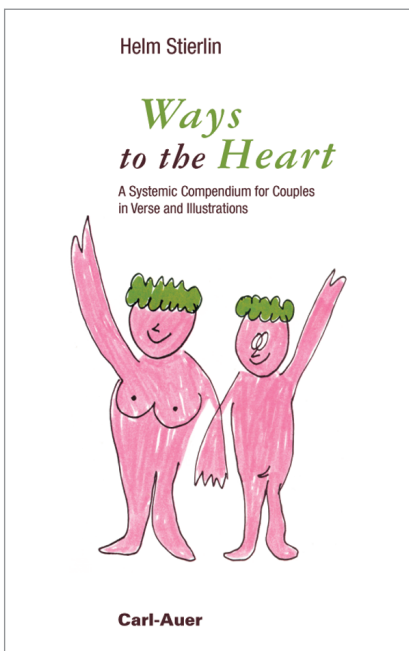


Helm Stierlin

Ways to the Heart

A Systemic Compendium for Couples
in Verse and Illustrations



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→ **Ways to the Heart**

A Systemic Compendium for Couples
in Verse and Illustrations

Translated by Andrew Jenkins

116 Pages, Paperback, 2005

€ 8,95

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In this charming book the internationally renowned family therapist Helm Stierlin practices "merry sciences". He accompanies George and Georgina on their life path with jolly and colorful illustrations.

As author and cartoonist he exemplifies systemic thinking in a light-hearted manner. He illustrates essentials of a couple relationship without disregarding its complexity. A wonderful book for all those who want to find and keep a partner as well as for those who already have found one.

"Past all the hazards on our trip
to a superb relationship."

Helm Stierlin, M.D., PH.D., was born in Germany in 1926. He studied philosophy and medicine in Germany and Switzerland. Between 1955 und 1974 he worked in various psychiatric hospitals and research institutes in the USA where he was also trained as a psychoanalyst. From 1974 until 1991 he was the medical director of the division of "Psychoanalytic Research and Family Therapy" at the University of Heidelberg. His major research areas were psychotic and psychosomatic disorders, separation processes in adolescence, systemic family therapy and psycho-history. In 1985 he received the Distinguished Professional Contribution of Family Therapy Award of the American Association for Marriage and Family Therapy.

He was co-founder and until 1991 co-editor of the German-language journal Familiendynamik. Apart from many articles he has published thirteen books with translations in twelve languages, among them Conflict and Reconciliation, Separating Parents and Adolescents, Psychoanalysis and Family Therapy, Unlocking the Family Door (with G. Weber) and Adolf Hitler: A Family Perspective.

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