The Present Moment in Psychotherapy and Everyday Life by Daniel N. Stern

An Insightful And Inspiring Book By An Original Thinker

An exploration of the power of the profound but fleeting experiences at the root of interpersonal relationships. Beginning with the claim that we are psychologically alive only in the now, readers are invited to reconsider their day-to-day experiences. Certain moments of shared immediate experience—such as a knowing glance across a dinner table—are paradigmatic of what Stern shows to be the core of human experience, the three to five seconds he identifies as the present moment. This book offers a novel response to age-old questions about the passage of time, what the future offers, and how humans change during the course of their lives.

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My Personal Review:
3 years ago, I have heard a presentation on Sterns vitality affects, and that was one of the reason for I started my psychological studies.

In Daniel Sterns and the Boston Process Change Study Group approaches I found something that I looked for years: the trial of integration of general research based psychology, child development and applied psychology in psychotherapy.
Wundt felt that the psychology needed to be based on scientific research, but did not find the spirit. Neuropsychologists see the hardware but cannot respond to everyday life phenomenons on the software level, analytical approaches found the spirit but forgot the interpersonal, socialpsychology drives everything from the social and does not leave place for the person.

This is an integrator work, I beleive one of those, which will be the basis of the 21st century psychology and psychotherapy.

I hope it will be soon translated to several languages and initiate also base researches on the nature of human present moments.