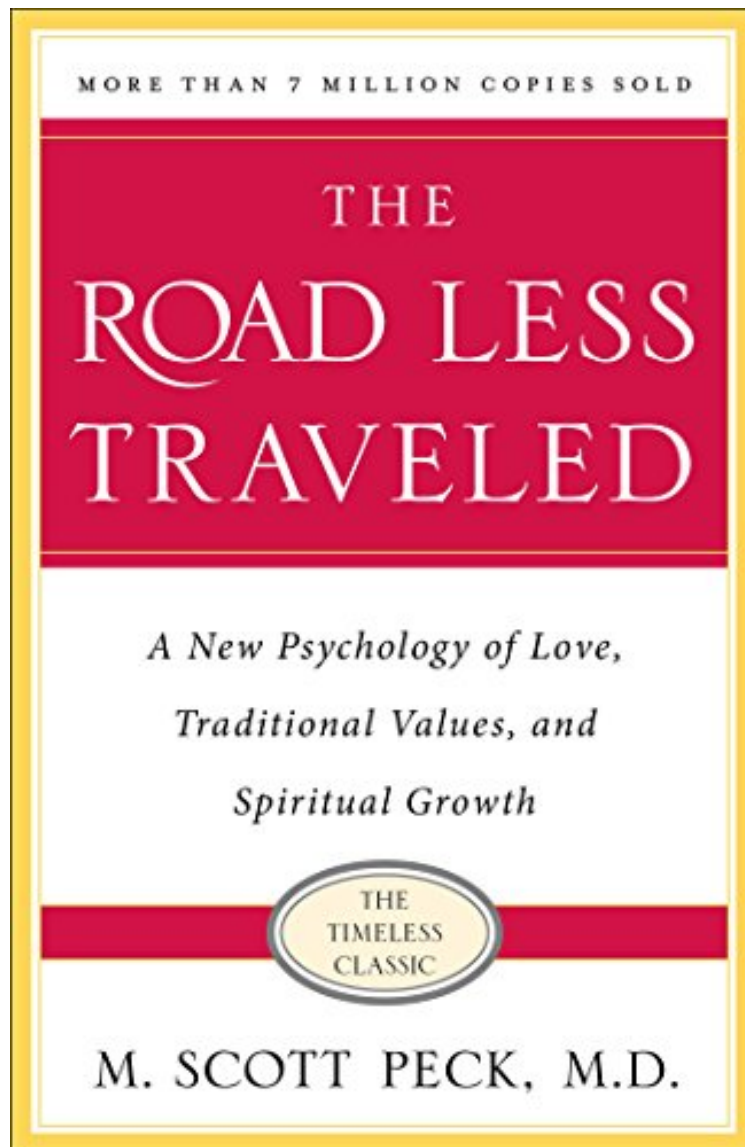


[Download free pdf] The Road Less Traveled: A New Psychology of Love, Traditional Values and Spiritual Growth (English Edition)

The Road Less Traveled: A New Psychology of Love, Traditional Values and Spiritual Growth (English Edition)

Von M. Scott Peck

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Von M. Scott Peck : The Road Less Traveled: A New Psychology of Love, Traditional Values and Spiritual Growth (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Road Less Traveled: A New Psychology of Love, Traditional Values and Spiritual Growth (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Quite lengthy ...Von KomplexosWhile I benefited considerably from Scott's book "A different Drum", I had difficulties making it through this one, despite it having been his bestseller, at the time of publishing.I found some passages repetitive, some even boring. Some too politically correct, where for example he deemed it necessary to blubber for a whole page that he is aware of nobody being able to define love, to then do it anyway ...Nonetheless, in parts a very insightful book, some lines would even make fine quotations on facebook.8 von 8 Kunden fanden die folgende Rezension hilfreich. Leicht zu lesen, aber anspruchsvoll.Von Tina Weiss"Life is difficult". So fngt dieses Buch an - ein gut gewhlter Anfang, denn um diese Aussage dreht sich eigentlich das ganze Buch. "Life is difficult". Diese Wahrheit soll man akzeptieren, und die Verantwortung fr sein Leben auf sich nehmen.Ich hatte es mir gekauft, weil ich einen kleinen Vortrag darber gehrt hatte, der mich sehr neugierig gemacht hatte. Es hat meine Erwartungen nicht enttuscht.Das Buch ist alles andere als oberflhlich und auch nicht so schnell verdaut und zur Seite gelegt. Zwar ist es gut leserlich geschrieben, aber doch anspruchsvoll. Warum? Weil der Autor sehr hohe Ansprache an den Leser hat (so empfinde ich es zumindest.) Nicht an den Leser als Literaten, sondern an den Leser als Menschen.Wenn ich aus dem Buch aufgetaucht bin, dachte ich manchmal: So tiefgrndig kommt mir das Leben gar nicht immer vor, und zwar manchmal schwer, aber auch nicht immer schwer. Schwer im Vergleich zu was berhaupt?"The Road Less Traveled" ist ein wunderschnes und ehrlich geschriebenes Buch, man sollte es jedoch kritisch betrachten, und wenn man ohnehin schon ein gewissenhafter Mensch ist, muss man sich nicht davon verrckt machen lassen.Der Haken am Buch ist nmlich, dass es den Leser abstrakt kritisiert und "wei", was der Leser falsch macht, ohne ihn zu kennen - das macht nervs - aber allzu przise wird das Buch nicht. Es werden nur einzelne Beispiele genannt, in denen sich nicht jeder wiederfinden muss, und die "Lektionen" des Buches lassen Spielraum fr Interpretation.Da ziehe ich persnlich doch vor, mich von Mitmenschen konkret kritisieren zu lassen. Es rgert mich zwar genauso, aber immerhin wei ich dann (hoffentlich) auch genauer, was ich anders machen kann."The Road Less Traveled" regt einen gewissermaen dazu an, nach den moralischen Sternen zu greifen. Manchmal ist das genau das Richtige, doch manchmal muss man einfach nur ein gewhnlicher Mensch sein drfen und sein Butterbrot essen knnen.11 von 11 Kunden fanden die folgende Rezension hilfreich. Charting a path...Von FrKurt MessickI first read M. Scott Peck's 'The Road Less Travelled' over 20 years ago, but it is a text to which I return again and again, as Peck's insights and observations remain a constant source of inspiration and guidance in my life. It still finds a ready home in the hands of therapists, counselors, ministers, teachers, career planners, and others as part of their resources, and is not out of place in the home of anyone who cares about the directions of her or his life.Peck was a clinical psychiatrist - the material for this book came largely from his experiences with clients and others, seeing what worked and what didn't, what was missing and what was misunderstood. Often cases involved psychotherapy (talk therapy), but the processes here are not confined to therapists' offices. The same kinds of problem solving, processing and relationship building that takes place in psychotherapy can be used as life-long tools.Peck resists labels such as Freudian and Jungian; he doesn't look for, nor does he offer, quick fixes or the psychotherapeutic variety of the get-rich-quick schemes. This book is not a therapy manual, but rather a guide to spiritual growth that incorporates therapeutic and psychological principles. Peck echoes the sentiments of many spiritual directors and leaders through the millennia that spiritual and personal growth are long journeys, not short leaps. It involves dedication and intention, and a willingness to accept risk and change.Perhaps it is ironic that, given this, the first topic Peck focuses upon is Discipline. However, without discipline, change can go unchecked and uncharted, growth can become problematic, and the human soul becomes susceptible to a host of difficulties. Dedication and application to problem-solving and long-term building (whether it be of retirement funds or of one's own spirit) requires a disciplined approach that recognises that life is difficulty (the first of Buddha's Four Noble Truths, cited by Peck), gratification sometimes needs to be delayed for greater goods, and reality needs to be approached and dealt with responsibly.Peck calls here for a life to be totally dedicated to the truth. This is hard, because we as human beings are so accustomed to rationalisation and reinterpretation. This kind of dedication also requires a balance in life, and an ability to be flexible as the truths of our lives change - few of us are in possession of timeless and eternal truths governing every aspect of our lives, and often those who feel they are end up disappointed in the end. The continuing creativity of God in our lives requires flexibility, but this is best achieved in a disciplined and balanced context.Peck then turns to love, a mysterious thing even in the best of times. He identifies some of the myths of 'falling in love' and romantic love that our culture through various means idealises, leading to great dissatisfaction when we do not achieve the desired feelings or situations. Peck makes the assertion that love is not really a feeling, but rather an action or activity, that involves a lot of risk-taking (Peck talks about risks of independence, of commitment, of confrontation, and of loss). True love requires discipline and recognition of the needs of the self and others.The final two sections of the text deal with aspects of religion on the spiritual and psychological development of persons. The first section looks at religion and growth processes. He does a short survey of some attitudes toward religions and denominations, as well as a look at how the modern scientific mindset colours the worldview of modern people, particularly with ideas of verification and skepticism. Some psychologists and theorists have wondered if religion were mass delusions, mass psychosis, or some other kind of sickness. Peck uses interesting extended case studies here to examine the role of various aspects of religion in the developmental lives of

several people. Peck asks the question, 'Is belief in God a psychopathology?' In some aspects, and for some people, the way they approach and 'use' religion, the answer may well be yes. However, Peck also takes the psychotherapeutic community to task for often being too narrow or too dismissive of the value of religious sentiment and institutions in the lives of their charges. The final section looks at the role of grace in the spiritual growth process. Grace is another mysterious force, like love, that is difficult to pin down and explain. It is also something uncontrollable. Why do some with artistic talent end up being successful and celebrated, and others not? Why do some use their talent, when others don't? In cases of ultimate despair, Peck makes the observation that while it is often clear why some people commit suicide, it is not often clear why others in the same situations don't. Some of this has to do with the unconscious mind that guides us, and some of it has to do with the miracle of serendipity, as Peck describes it. Peck describes in some detail his concept of what grace is and how it works, in very general terms that relate to no denomination or religion in particular, but has wide applicability. He talks both about resistance to grace and the welcoming of grace. Grace is not easy, and often comes with responsibilities (Bonhoeffer talks about cheap grace; the requirements of grace are noted through scriptures of many religions). Welcoming grace welcomes often more than we bargained for, but also often more than we hoped. In his afterword, Peck discusses the difficulties of writing in an organised and linear fashion about something so fundamentally disorganised as spiritual growth and therapeutic processes. He also talks about the need for finding competent help when required - ability is not measured by degrees, he states (something true in many professions). This is useful for those seeking a first therapeutic relationship, or needing a change.

Kurzbeschreibung Now featuring a new introduction by Dr. M. Scott Peck, the twenty-fifth anniversary edition of the classic bestseller *The Road Less Traveled*, celebrated by *The Washington Post* as not just a book but a spontaneous act of generosity. Perhaps no book in this generation has had a more profound impact on our intellectual and spiritual lives than *The Road Less Traveled*. With sales of more than seven million copies in the United States and Canada, and translations into more than twenty-three languages, it has made publishing history, with more than ten years on the *New York Times* bestseller list. Written in a voice that is timeless in its message of understanding, *The Road Less Traveled* continues to help us explore the very nature of loving relationships and leads us toward a new serenity and fullness of life. It helps us learn how to distinguish dependency from love; how to become a more sensitive parent; and ultimately how to become one's own true self. Recognizing that, as in the famous opening line of his book, Life is difficult and that the journey to spiritual growth is a long one, Dr. Peck never bullies his readers, but rather guides them gently through the hard and often painful process of change toward a higher level of self-understanding. By melding love, science, and religion into a primer on personal growth, M. Scott Peck launched his highly successful writing and lecturing career with this book. Even to this day, Peck remains at the forefront of spiritual psychology as a result of *The Road Less Traveled*. In the era of *I'm OK, You're OK*, Peck was courageous enough to suggest that "life is difficult" and personal growth is a "complex, arduous and lifelong task." His willingness to expose his own life stories as well as to share the intimate stories of his anonymous therapy clients creates a compelling and heartfelt narrative. By melding love, science, and religion into a primer on personal growth, M. Scott Peck launched his highly successful writing and lecturing career with this book. Even to this day, Peck remains at the forefront of spiritual psychology as a result of *The Road Less Traveled*. In the era of *I'm OK, You're OK*, Peck was courageous enough to suggest that "life is difficult" and personal growth is a "complex, arduous and lifelong task." His willingness to expose his own life stories as well as to share the intimate stories of his anonymous therapy clients creates a compelling and heartfelt narrative.