



The Mystery of Goodness and the Positive Moral Consequences of Psychotherapy

Mary W. Nicholas

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In a society that oscillates wildly between extremes of moralizing and corruption, how do we define, much less foster, "goodness"?

Mary Nicholas, in this engaging and provocative book, explores the relationship between psychotherapy and the enhancement of goodness. The book explores not only the morality of clients, but also the moral role of the therapist and how this is shaped by specific biases toward amorality, which are inherent in Western culture and science. Nicholas believes that therapy can have positive moral results, from loving more and better to the search for truth and the pursuit of life over death, as well as mutuality in personal relationships and the larger community. Each chapter contains lively clinical anecdotes from individual, couples, and group therapy to illustrate the points made. Attention is paid throughout the book to how moral issues can be addressed in therapy without shaming the client.

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