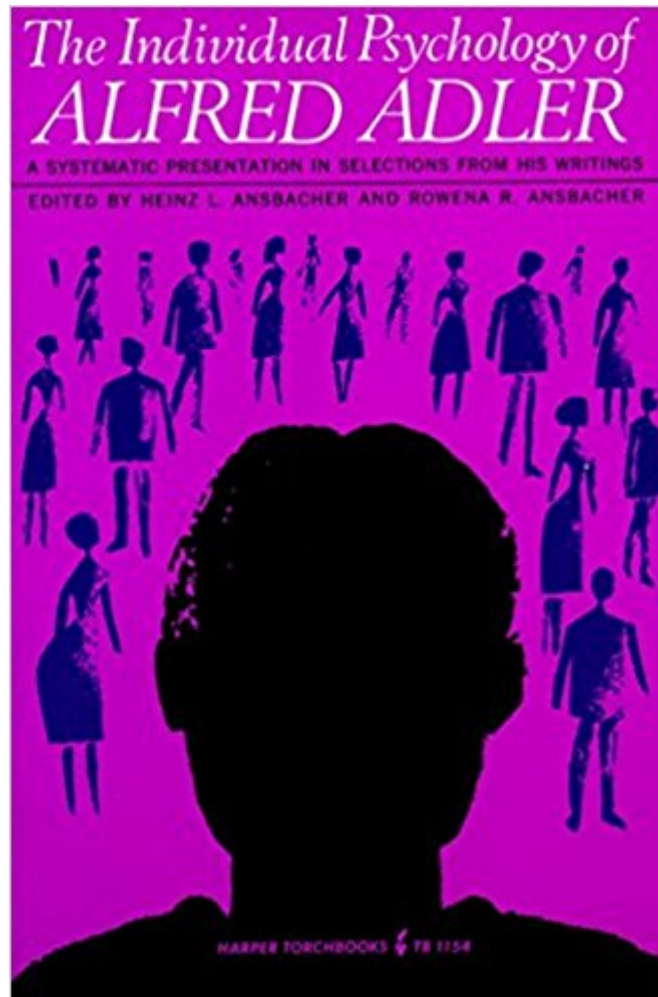


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# The Individual Psychology Of Alfred Adler: A Systematic Presentation In Selections From His Writings



## Synopsis

When we hear such expressions as feelings of inferiority and insecurity, striving for self-enhancement and power, woman's revolt against her feminine role, the oversolicitous mother, the dethronement of the first-born, the need for affection; when maladjustment is spoken of as self-centeredness, psychological health as other-centeredness; psychiatry as the science of interpersonal relations, neurotic symptoms as ego-defenses and forms of aggression, to mention only a few instancesâ”we are meeting ideas in which Alfred Adler was the pioneer from 1907, the date of his first important publication, until his death in 1937. The purpose of the present volume is to make Adler's contributions to the theory and practice of psychology available in a systematic and at the same time authentic form. To this end we made selections from his writings and organized them with the aim of approximating the general presentation of a college textbook. Because every word in the main body of the work is Adler's, the outcome of our efforts, if we have been successful, should be the equivalent of a textbook by Adler on Individual Psychology, the name which he gave to his system.

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## Customer Reviews

For someone seeking to understand Alfred Adler's work and his relationship to other psychologists of the day, this work is a must. Instead of reading through all of his written works you can study his writings as arranged and discussed in this book. There is an overview of each major thought/idea, and selected quotes from his work itself. The author helps you to place Adler's teachings in context. It has earned a permanent place on my psychology bookshelf.

This book provides an excellent in-depth explanations of Alfred Adler's concepts of individual psychotherapy. It is a little "slow going" sometimes, but such is the intricacy of Adler's approach to the human mind. This book covers Adler's primary concepts of social interest, feelings of inferiority, private logic, and fictional final goals. I am co-authoring an Adlerian textbook, and used this book as a reference, as it is well thought of among professional academic writers. If you are studying Adler, writing about Adler, or just want to understand the early theories of why people act the way they do, this book is for you.

The book presents the major works written by Adler himself. The editors give excellent commentary through out the book to help elucidate Adler's main ideas. The editors frequently compare and contrast Adler and Freud, making for very interesting reading. A must for any clinician.

This is the classic compendium of Adler's most important texts with enlightened commentary. Read this slowly, as it is rich, I pondered every sentence re-reading it for a course I'm teaching, with great satisfaction. And remember, it's not Adler vs anyone, he is one of many scientists who had great insights into how we function.

Dr Alfred Adler is a genius, and he is by far the most prominent inventor of psychology. This book is perfectly written, and superbly verbose. Against equivocal thoughts, it serves to explain the thoughts that I find pertaining to pantheist manners, quite eloquently tackled. Highly recommended.

When I started working in the field of mental health over thirty years ago I recall a discussion in which my clinical supervisor told me that in order to understand anyone's actions one had to understand their goal, once this was understood then everything would fall into place. He was an Adlerian and advised me to purchase this book. I did and Adler's teachings in this book took became one of the main influences of my understanding of psychopathology. Alfred Adler wrote in a beautifully clear style, perhaps he was able to do this because of the clarity of his ideas. The book covers the holistic philosophical basis for his work as well as his view of personality development and its relationship to problems in living. It's a great pity that Adler's work isn't as well known as other psychoanalytic writers. The Ansbachers, who provide a superb introductory chapter to the book, point out how Adler's ideas were similar to those of other Freudian and neo Freudians. Although not mentioned in this book I was impressed by the fact that Adler's position on the

Oedipus complex as a compensatory means of shoring up depleted self esteem predated Heinz Kohut's view of this by fifty years. Adler had an ingenious understanding of personality dynamics. His view of the purposive strivings of human beings is diametrically opposed to Freud's drive- cause effect view and yet, for me at least, there is no major division. Adler emphasized the withdrawal into narcissistic active or passive aggressive strategies in psychopathology is very similar to Freud's ideas about regression and fixation only the language is different. But when you're dealing with people with severe and enduring problems of living in my experience it's important to have both frameworks. This is a brilliant book and a must read for those in the field of mental health but also for anyone who wants a deeper understanding of human behavior.

A classic and essential text for anyone wanting to learn about Alfred Adler and his system of Individual Psychology; a remarkable example of scholarship, and not surpassed by anyone else in Adlerian psychology.

Taking into account the immense importance of Adler, as one of the pivotal trinity (alongside Freud and Jung) of the psychoanalytical movement, add to that the lack of the man's actual writings in any bookstore's psychology bookshelf, or for that matter the popularization and somewhat cheapening of Adlerian concepts into today's pop jargon of psychobabble without going to the man's actual writings and you have a strong case why this book is a fine selection and the best of its kind in its treatment on the man's philosophy with solid commentary by the authors/compilers prefacing within its historical context the actual text. Approaching Adler is at times a difficult task as is reading Jung or for that matter any analytical philosopher/psychologist but the reward is immeasurable since the purpose of mining nuggets is not the purpose but what needs to be the goal is capturing the essence of the man's evolution and the contributions he made to the mental health profession with his keen understanding of instinct, teleology, the often misinterpreted notions of power, inferiority all within a framework of the individual psychology attributed to him IE: the social assimilation of the individual within the world of his making despite whatever limitations are inherent from birth, upbringing and the outside world in itself. Understanding where Freud, Jung and Adler coalesce and separate is a worthy endeavor as this book clearly offers a full exposition and depth of Adler as a segue into the roots of these men and what they accomplished in their day and whose contributions remain invaluable today despite the obvious shift away from traditional psychoanalysis.

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