



The Psychology of Beauty: Creation of a Beautiful Self

By Ellen Sinkman

ROWMAN LITTLEFIELD, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Beauty is often an invisible yet potent presence in clinical work. The Psychology of Beauty: Creation of a Beautiful Self, by Ellen Sinkman, LCSW, addresses the vital importance of beauty, its sources, and manifestations in everyone s lives-including psychotherapy patients. The ability to be mesmerizingly beautiful and beautifully creative, strivings toward mastering beauty, and wishes to be transformed are universal desires. During psychotherapy, patients manifest or defend against these forces. So it is striking that patients as well as therapists often overlook or dismiss issues about creating beauty in themselves. The book introduces this seeming contradiction with the ancient myth of Pygmalion and his sculpture of a beautiful woman. These enduring mythic figures represent the wish to emerge as a beautiful being and the wish for the power to create beauty in another. Patients in psychotherapy often pursue these elusive goals outside clinical work, rather than within treatment. Manifold venues enticingly promise reinvention. These activities may involve plastic surgery, beauty salon make-overs, diet gurus, elocution coaches, tattooing, and athletic training. Seekers of beauty engage with people whom they see as agents...



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-- Juston Mraz

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