



Person-Centred Therapy Today: New Frontiers in Theory and Practice

Dave Mearns, Brian Thorne

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At the risk of being directive, I would say you should buy this book. It contains some of the most stimulating and refreshing ideas to have emerged in the person-centred literature since **On Becoming a Person** - *Person Centred Practice*

Person-Centred Therapy Today makes a timely and significant contribution to the development of one of the most popular and widely-used therapeutic approaches.

This is a book that is rooted in the origins of person-centred therapy but stands at the cutting edge of new ideas developing in this tradition. It will reinvigorate those of us already immersed in this tradition. It should convince newcomers of the vitality and potential of this approach to therapy

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