

# Should You Leave?



A Psychiatrist  
Explores Intimacy  
and Autonomy  
—and the Nature of Advice

Peter Kramer, M.D.

Author of the Bestselling *Listening to Prozac*

# Should You Leave A Psychiatrist Explores

**Peter D. Kramer**



## **Should You Leave A Psychiatrist Explores:**

*Should You Leave?* Peter D. Kramer, 1997 In each imaginary scenario Kramer not only demonstrates the various styles of giving advice from Freudian psychoanalytic techniques to Ann Landers's application of conventional values but probes the complexities of human relationships Jacket

**Should You Leave?** Peter D. Kramer, 2013-07-23 In his phenomenal bestseller *Listening to Prozac* Peter Kramer explored the makeup of the modern self Now in his superbly written new book he focuses his intelligent compassionate eye on the complexities of partnerships and why intimacy is so difficult for us With the art of a novelist and the skill of a brilliant psychiatrist Kramer addresses advice seekers struggling with such complex questions as How do we choose our partners How well do we know them How do mood states affect our assessment of them and theirs of us What does working on a relationship truly entail When should we try to improve a relationship and when should we leave Equally at home with Shakespeare Emerson and Kierkegaard as it is with Freud and Jung *Should You Leave* is a literary tour de force from a uniquely insightful observer and a profoundly resonant and helpful approach to resolving dilemmas of the heart

**Facing The Dragon: A Guide to Taming Life's Challenges** Robert W. DeHaven, 2025-06-14 When life hits you with challenges that feel too hard to handle you're not broken you're being called to grow Every human life contains dragons those overwhelming challenges that shatter our familiar ways of coping and demand something more from us than we thought we possessed Whether it's a devastating loss a health crisis a relationship breakdown or simply the slow recognition that your current life no longer fits who you're becoming these encounters with difficulty are not random punishments but profound invitations to transformation Drawing from Carl Jung's revolutionary insights into the human psyche and Joseph Campbell's mapping of the hero's journey this groundbreaking guide reveals how to work with your challenges rather than simply fighting against them You'll discover why the ancient wisdom traditions were right the very experiences that threaten to destroy us often guard the treasures we most need for our development What You'll Learn Why your biggest challenges aren't obstacles to overcome but teachers offering exactly the curriculum you need for growth How to distinguish between problems that can be solved and dragons that require fundamental transformation The difference between Western approaches courage and strategic action and Eastern wisdom flow and acceptance and when to use each Practical techniques for shadow work active imagination and conscious engagement with difficult emotions How to recognize projection patterns that turn internal conflicts into external dramas Methods for transforming relationship conflicts into opportunities for deeper intimacy and authenticity Why individual healing and collective transformation are inseparably connected Step by step practices for mindfulness somatic awareness and integration work This book is for you if You're tired of self-help approaches that promise to eliminate struggle rather than help you grow through it You want to understand your challenges within larger frameworks of meaning and purpose You're drawn to both psychological insight and spiritual wisdom You sense that your personal transformation serves something larger than just your individual wellbeing You're

ready to stop being a victim of your circumstances and become an agent of your own conscious evolution More than just another personal development book Facing the Dragon A Guide to Taming Life s Challenges offers a sophisticated integration of ancient wisdom and modern psychology that recognizes difficulty as an essential ingredient in human development Instead of promising quick fixes or easy answers it provides the frameworks and practices you need to engage consciously with whatever life presents Your dragons are not evidence of your inadequacy they re confirmation that you re ready for the next stage of your development The question isn t whether you ll face overwhelming challenges it s whether you ll meet them with the consciousness and courage that transforms difficulty into wisdom

Unsettling Arguments Charles R. Pinches, Kelly S. Johnson, Charles M. Collier, 2010-07-02 Scott Bader Saye Frederick Christian Bauerschmidt Michael Baxter Daniel M Bell Jr Jana Marguerite Bennett Michael G Cartwright William T Cavanaugh Peter Dula Chris K Huebner Kelly S Johnson D Stephen Long M Therese Lysaught David Matzko McCarthy Joel James Shuman J Alexander Sider Jonathan Tran Paul J Wadell Theodore Walker Jr

The Spiritual Work of Marriage David C. Olsen, 2011-03-17 Learn how to help couples to navigate and resolve the spiritual themes present in marriage Statistically speaking about half of all first marriages fail The Spiritual Work of Marriage comprehensively discusses an issue that is central to addressing committed relationships and intimacy the difficult and yet very common spiritual work that exists within marriage This insightful guide goes deeper into ways to improve marital intimacy by explaining its spiritual dimension and describing a variety of spiritual themes that every couple deals with and must resolve The book contains practical case study material questions for group discussion and a series of spiritual and theological theories tied to powerful marital dynamics Author Dr David Olsen certified pastoral counselor and certified marriage and family therapist explains approaches that every counselor can use when attempting to help couples navigate and work through marital intimacy and spiritual issues The Spiritual Work of Marriage boldly and sensitively examines the themes of acceptance working through idolatry the longing for redemption from old family issues and the necessity of repentance Topics discussed in The Spiritual Work of Marriage include marriage as spiritual crucible acceptance as a key element in spirituality and recovery idolatry as something that blocks acceptance redemption from old wounds repentance as a mental concept the complexity of forgiveness in marriage the possibility of salvation in marriage The Spiritual Work of Marriage is an essential resource for pastoral counselors clergy seminary professors teaching pastoral care and marriage and family therapists interested in spirituality

*The New York Times Theater Reviews 1997-1998* C. S. Smith, Times Books, 2014-10-13 First published in 2001 Routledge is an imprint of Taylor Francis an informa company

*Psychotherapy in an Age of Narcissism* J. Paris, 2012-11-28 Adopting a friendly but critical approach to the talking therapies this book places psychotherapy in a social and historical context exploring its relationship to contemporary culture and recommending a different way of thinking about practice

**The Highly Sensitive Person in Love** Elaine N. Aron, Ph.D., 2009-11-04 Do you fall in love hard but fear intimacy Are you sick of being told that you are too sensitive Do you

struggle to respect a less sensitive partner Or have you given up on love afraid of being too sensitive or shy to endure its wounds Statistics show that 50 percent of what determines divorce is genetic temperament And if you are one of the 20 percent of people who are born highly sensitive the risk of an unhappy relationship is especially high Your finely tuned nervous system which picks up on subtleties and reflects deeply would be a romantic asset if both you and your partner understood you better But without that understanding your sensitivity is likely to be making your close relationships painful and complicated Based on Elaine N Aron's groundbreaking research on temperament and intimacy *The Highly Sensitive Person in Love* offers practical help for highly sensitive people seeking happier healthier romantic relationships From low stress fighting to sensitive sexuality the book offers a wealth of practical advice on making the most of all personality combinations Complete with illuminating self tests and the results of the first survey ever done on sex and temperament *The Highly Sensitive Person in Love* will help you discover a better way of living and loving *Loving in Flow* Susan K. Perry, 2003 Based upon the concept of Flow Mihaly Csikszentmihalyi's international bestseller *Loving in Flow* combines the author's own experiences with studies of dozens of unusually happy long term and married couples to discuss how compromise and communication and being in flow are the keys to building solid and long lasting relationships Perry uses interviews and recent research to discuss every aspect of a relationship from the initial meeting through childbearing and beyond With uncommon candor she tackles often neglected subjects such as Dealing with crazy making habits Communicating about sex Solving the chore wars Making sense of infidelity Adjusting to the strain of parenthood *Loving in Flow* spotlights the most successful couples and offers readers a practical and positive guide to getting more out of their relationships and helping them sustain a joyous love life that truly flows **Migration Trauma, Culture, and Finding the Psychological Home Within** Grace P. Conroy, 2016-09-02 *Migration Trauma Culture and Finding the Psychological Home Within* is an in depth study of Eastern European migration to the United States In presenting the clinical case studies of Eastern European migrants seeking long term psychoanalytic treatment Grace Conroy pays particular attention to pre migration history inner culture and early psychological development Conroy details what is happening in the psyche of migrants who are in the process of integrating into new cultures ultimately exploring the details and nuances of psychological struggles and transformations of the migratory process **The Couples Psychotherapy Treatment Planner, with DSM-5 Updates** K. Daniel O'Leary, Richard E. Heyman, David J. Berghuis, 2015-01-07 This timesaving resource features Treatment plan components for 35 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most accrediting bodies insurance companies and third party payors Includes new Evidence Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The

Couples Psychotherapy Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions New chapters on Internet sexual use retirement and parenthood strain Organized around 35 behaviorally based presenting problems including jealousy midlife crisis parenting conflicts and sexual dysfunction Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Couples Psychotherapy Progress Notes Planner Second Edition and Couples Therapy Homework Planner Second Edition Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Additional resources in the PracticePlanners series Progress Notes Planners contain complete prewritten progress notes for each presenting problem in the companion Treatment Planners Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners)

*The Couples Psychotherapy Treatment Planner* K. Daniel O'Leary, Richard E. Heyman, David J. Berghuis, 2010-12-22 THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Couples Psychotherapy Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions New chapters on Internet sexual use retirement and parenthood strain Organized around 35 behaviorally based presenting problems including jealousy midlife crisis parenting conflicts and sexual dysfunction Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Couples Psychotherapy Progress Notes Planner Second Edition and Couples Therapy Homework Planner Second Edition Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Additional resources in the PracticePlanners series For more information on our PracticePlanners products including our full line of Treatment Planners visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners) **Self-Help Books** Sandra K.

Dolby, 2010-10-01 Understanding instead of lamenting the popularity of self help books Based on a reading of more than three hundred self help books Sandra K Dolby examines this remarkably popular genre to define self help in a way that is compelling to academics and lay readers alike Self Help Books also offers an interpretation of why these books are so popular arguing that they continue the well established American penchant for self education they articulate problems of daily life

and their supposed solutions and that they present their content in a form and style that is accessible rather than arcane Using tools associated with folklore studies Dolby then examines how the genre makes use of stories aphorisms and a worldview that is at once traditional and contemporary The overarching premise of the study is that self help books much like fairy tales take traditional materials especially stories and ideas and recast them into extended essays that people happily read think about try to apply and then set aside when a new embodiment of the genre comes along **Spectacular Happiness** Peter D. Kramer,2002-06-06 Finding himself the idealized center of a media circus a terrorist who is also an English professor recounts his exploits in a letter to his estranged son In this fictional debut the author of Listening to Prozac brilliantly illuminates contemporary sensibilities and their often astonishing effects on the way lives unfold *Vital Signs* Gregg Levoy,2014-12-26 Rediscover or discover for the first time the things that make you passionate in life Vital Signs is about what inspires passion and what defeats it How we lose it and how we get it back And ultimately it s about the endless yet endlessly fruitful tug of war between freedom and domestication the wild in us and the tame our natural selves and our conditioned selves Each chapter in Vital Signs will contain a core sample an intimate biography of one of the strategies we employ to gain or regain our passion The book also affirms the importance of courageous inquiry into dispassion where we re numb depressed stuck bored so the reader can recognize and change these tendencies in themselves The Disability Rights Movement Doris Fleischer,Fleischer Doris Zames,2012 The struggle for disability rights in the U S **Infidelity** Kenneth Paul Rosenberg,2025-05-01 What the latest science tells us about the brain s reward systems love and sex and how to prevent an affair from destroying your life How can I prevent an affair from destroying my life Whether I am the cheater or the betrayed partner how can I survive even thrive in the wake of an affair Infidelity provides key insights to find your true sexual and romantic potential and advocates honesty trust and integrity the fundamentals of love People often cheat in a haze of delusion believing that it will bring them real love help them have better sex lift their spirits and boost their sagging self esteem however very often cheating wrecks relationships and erodes self esteem In Infidelity one of America s top doctors combines neuroscience addiction theory and common sense to explain the three types of cheating emotional virtual and physical why they re so prevalent and how to live in accordance with our values when we are drawn to stray Examining what the latest science tells us about the brain s reward systems love and sex Dr Kenneth Paul Rosenberg reveals what drives men and women to cheat and what they can do about it At a time when America s pornography obsession rises to the level of a competing sexual interest when is porn a problem and when does it count as infidelity And since it is not the act of infidelity alone that destroys a couple how does any couple prevent growing apart Through concrete rules addressing these and other vital questions Dr Rosenberg guides couples on how to prevent cheating stop it from progressing and repair the damage caused by an affair *Uncoupling Convention* Ann D'Ercole,Jack Drescher,2013-06-17 What does it mean to be member of a gay lesbian couple or family The contributors to Uncoupling Convention Psychoanalytic Approaches to Same Sex Couples and

Families address this question by drawing on two cultural movements of the twentieth century psychoanalysis and the gay lesbian civil rights movement Taken together these traditions provide a framework for understanding and providing psychotherapeutic assistance to gay and lesbian patients who present with troubled relationships The contributors to this volume espouse a clinical focus that supplants the heterosexual perspectives of traditional psychoanalysis with new narratives about family life Drawing on cultural feminist gay lesbian and queer studies they illustrate how concepts of gender and sexuality are routinely informed by unproven heterosexist assumptions both conscious and unconscious By examining the changing developmental needs and family dynamics of gay and lesbian families the contributors broaden our very understanding of what a family is They illustrate how contrasting cultural constructions of homosexuality and family life play out in same sex couples They delineate the multiple realities of gender subjectivity both in children and in their gay parents They ponder how technology is shaping reproductive experiences as lesbians become part of the biomedical system And they explore recurrent themes of feeling different and ashamed including the shameful secrecy surrounding same sex couples financial matters In uncoupling conventions the contributors are effectively coupling post Freudian psychoanalysis with the insights of queer theory and the critical edge of contemporary cultural studies The result is a framework for addressing the relational and family related challenges of gay and lesbian patients that ranges far beyond traditional approaches and will benefit analytic couples and family therapists alike

*Black Eye* Judith Strasser,2004-04-01 Seventeen years after she married Judith Strasser escaped her emotionally and physically abusive husband and sought a better way to live In the process Strasser rediscovered what she had suppressed through that long span of time exceptional strength and a passion for writing *Black Eye* includes excerpts from a journal Strasser kept from 1985 to1986 the year she made the decision to leave her marriage and present day commentary on the journal passages and her family history Strasser works like a detective investigating her own life drawing clarity and power from journal passages dreams and memories that originally emerged from confusion and despair With language that is both insightful and poetic she reveals the psychological and social circumstances that led a strong woman an intelligent and politically active feminist to become an emotionally dependent abused wife Not coincidentally the same year that Strasser finally found the courage to leave her husband she also reclaimed her creative voice Newly empowered and energized by this enormous life change Strasser began writing again after twenty five silent years dominated by her mother s illness and death her own cancer and her painful fearful marriage *Black Eye* is one of the fruits of this creative reawakening Strasser s writing is refreshingly honest and instantly engrossing Not shy of wretchedness or beauty Strasser s story is bitterly personal ultimately triumphant and inspiring to all who deal with the adversity that is part of human life

**Teachers Investigate Their Work** Allan Feldman,Herbert Altrichter,Peter Posch,Bridget Somekh,2018-04-26 Now in its third edition *Teachers Investigate Their Work* introduces both the theoretical concepts and the practical methods necessary for readers wishing to develop their action research Drawing from studies



carried out by teachers and other professionals as well as from the authors own international practical experience the book provides detail on multiple educational contexts from primary education to university training and beyond It contains over 50 practical methods and strategies to put into action and explores key areas such as the purpose roots and varieties of action research collaborating with a critical friend research participants or your peers choosing a data collection method observing and documenting situations making sense of your data action research for professional development This key text also provides crucial tools such as a simple quick start nine step guide a toolbox for producing written reports a criteria for guiding the quality of action research A concise yet thorough introduction to action research Teachers Investigate Their Work is an essential practical and easily accessible handbook for teachers senior staff and researchers who want to engage in innovation and improve their practice

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