



Love: Bondage or Liberation?: A Psychological Exploration of the Meaning, Values and Dangers of Falling in Love (The United Kingdom Council for Psychotherapy Series)

Deirdre Johnson

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Much has been written about the function of falling in love in the course of therapy itself. This book has a much broader aim. Deirdre Johnson, a Jungian analyst and psychotherapy trainer, uses her teaching and clinical experience to illuminate the whole range of this near universal human experience. How, and why, does falling in love affect us so profoundly? How can it enhance who we are, or must it ultimately fade without lasting value? Johnson argues that the many valuable studies by psychoanalysts, relational psychologists, anthropologists, neuroscientists, and philosophers have all made valuable contributions, and uses these to highlight and explore the many values and dangers inherent in passionate love. However, she claims that a more holistic approach is required to show how these various accounts can be seen as complementary rather than competing, and can be accommodated within an overarching view of the integration of the human being in its heights and depths. Deirdre Johnson's interdisciplinary approach cuts across the different modalities and will appeal to a good cross-section of psychotherapists and counsellors, while being accessible to anyone interested in the meaning of falling in love.



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