



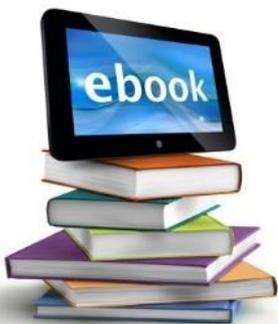
Positive Psychotherapy since 1977

® no. 014512578 and 014512537

Dear colleagues,

The **Professor Peseschkian Foundation** is proud to inform you that recently **five bestsellers** of **Positive Psychotherapy** have been released in a new **Positive Psychotherapy Series**.

This series is complementary to the work of **Nossrat Peseschkian, MD** (comprising 31 books), **founder of Positive Psychotherapy** and pioneer in the field of transcultural psychotherapy who shared his experiences and special expertise with the reader – with laymen and experts alike.



All five books have been released by:  **authorHOUSE®**

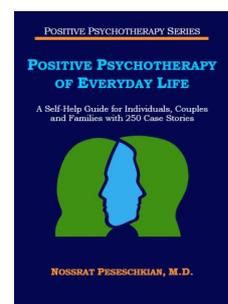
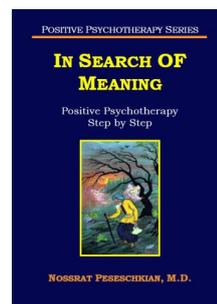
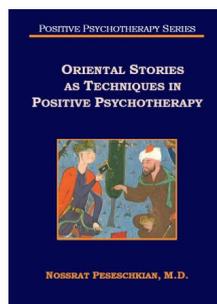
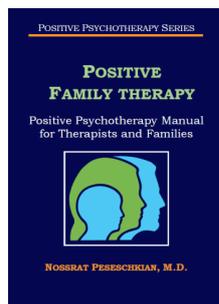
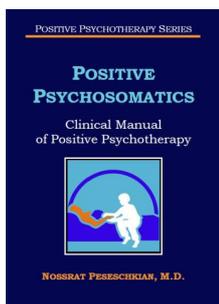
They are also available as **ebook** at a very reasonable price at:



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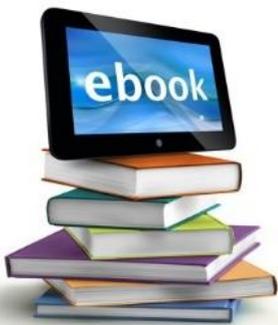
Positive Psychotherapie
seit 1977

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Liebe Leser, liebe Freunde der Positiven Psychotherapie,

die **Prof. Peseschkian Stiftung** freut sich sehr, Ihnen mitteilen zu können, dass die **5 Klassiker und Bestseller der Positive Psychotherapie in englischer Sprache** als **Positive Psychotherapy Serie** 2016 erschienen sind.

Diese neue Reihe ergänzt die Arbeiten von Prof. Dr. med. **Nossrat Peseschkian, Begründer der Positiven Psychotherapie**, der als Vorreiter der transkulturellen Psychotherapie und erfolgreicher Facharzt und Schriftsteller sein umfangreiches Fachwissen sowie seine Praxiserfahrung in u.a. **insgesamt 31 Lese- und Fachbüchern** der Öffentlichkeit zur Verfügung gestellt hat.



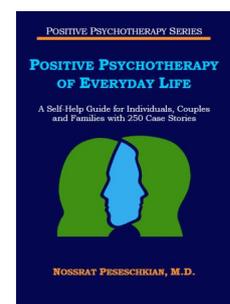
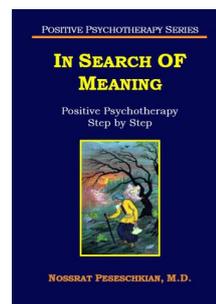
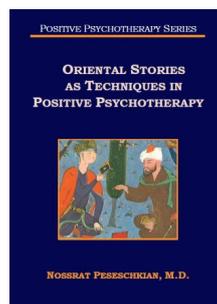
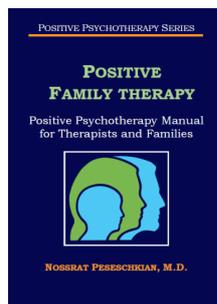
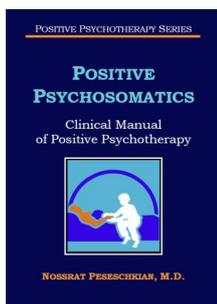
Alle Titel der "Positive Psychotherapy Series"
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Sie sind auch als eBook (für weniger als 10,00 €)
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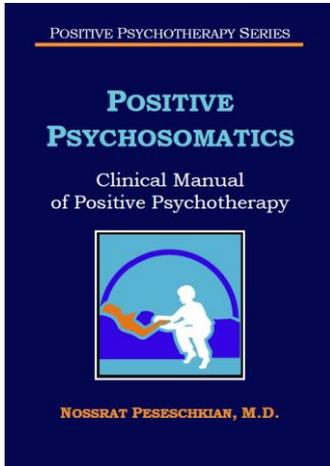


am Puls der Zeit →





Positive Psychotherapie
seit 1977
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Positive Psychosomatics

Clinical Manual of Positive Psychotherapy
By Nossrat Peseschkian, MD

Hardcover | 6 x 9 in | 654 pages | ISBN 9781524636609
Softcover | 6 x 9 in | 654 pages | ISBN 9781524636616
E-Book | 654 pages | ISBN 9781524636623

Available at:



BARNES & NOBLE

It enables readers to get information of practical relevance in quick, precise manner.

Positive Psychosomatics examines the psychosomatic aspects of illness as seen from Nossrat Peseschkian's, MD therapeutic concept. Actual case reports highlight this account of the practical application of positive psychotherapy. The author explains the psychodynamic theory of positive psychotherapy in psychosomatic medicine: the individual influence of the patients, philosophy of life and view of mankind. He expounds on the basic capacities (capacity to love and to know); primary and secondary actual capabilities (reason/achievement, contact, reliability, confidence, attitude towards sexuality etc.); and four model dimensions and the four ways of dealing with conflicts.

In the practical part, the author shows the semi-structured psychodynamic first interview, the five steps of positive psychotherapy as steps of the therapeutic encounter. He explains how the integrative therapeutic strategy of positive psychotherapy makes it possible to integrate different psychotherapeutic settings, the social resources and the family and how to encourage the patient's self-help.

In the second part of the book, 39 symptoms of psychosomatically relevant disorders are explained according to the following scheme: resource-oriented interpretation of the disease - scientific definitions - symptoms - transcultural approach and epidemiology - metaphors and folk wisdom - a suitable (oriental) story - self help - therapeutic part and patient examples.

"This is a standard reference book for psychosomatics; a kind of a manual that enables the reader to get information of practical relevance in a quick and precise manner," Peseschkian shares.

About the Author

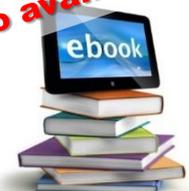
Professor Nossrat Peseschkian, MD, Founder of Positive Psychotherapy (since 1977), was a German board-certified specialist in psychiatry, neurology, psychosomatic medicine and psychotherapy. Born in Iran in 1933, he lived in Germany from 1954 until his death in 2010. After graduating from Frankfurt University, he received his postgraduate psychotherapeutic training in Germany, Switzerland and the United States. He was an associate professor for psychotherapy at the Academy of Continuing Medical Education of the State Medical Association in Hesse and President of the International Academy of Positive and Transcultural Psychotherapy. As an international lecturer he traveled to 67 countries and established a global network of Positive Psychotherapy centers. Peseschkian is author of 31 books, which partly have been translated in 26 languages. More information is available at:

<http://www.positum.org/>.

**Positive Psychotherapy
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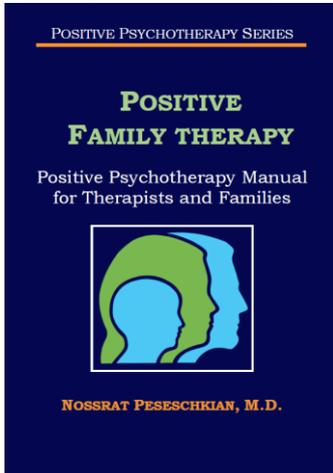
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Positive Psychotherapie
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Positive Family Therapy

Positive Psychotherapy Manual for Therapists and Families

By Nossrat Peseschkian, MD

Hardcover | 6 x 9 in | 426 pages | ISBN 9781524662035

Softcover | 6 x 9 in | 426 pages | ISBN 9781524662042

E-Book | 426 pages | ISBN 9781524662059

Available at:



BARNES & NOBLE

New book introduces „Positive Family Therapy“

Nossrat Peseschkian, MD has observed that many of the afflictions of patients are actually caused (or even exploited) by their relatives. In this case, he often suggests that the whole family should undergo therapy. Through **Positive Family Therapy**, the author hopes to guide readers to start repairing from the inside and from society's most basic unit.

This book presents a "self-help" method for resolving family conflicts. Rather than focusing on the problem child or dissatisfied partner, Positive Psychotherapy teaches the whole family to activate their healing capacities. A five-step program with an emphasis on group discussion can help them move away from the conflict and toward a solution.

The positive approach to family therapy shifts focus from a "problem member" to the capacity of the family as a whole to solve conflicts. A five-step program emphasizing group discussion is introduced. With its fluent style which can be understood also by laymen, one would wish to recommend this book also to the physician - for his patient's sake and - who knows? - maybe for his own.

At the end of the day, the author reminds readers and physicians alike, "If you want to change the country, start with the provinces. If you want to change the provinces, start with the cities. If you want to change the cities, start with the families. If you want to change the families, start with your own family. If you want to change your family, start with yourself."

About the Author

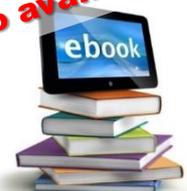
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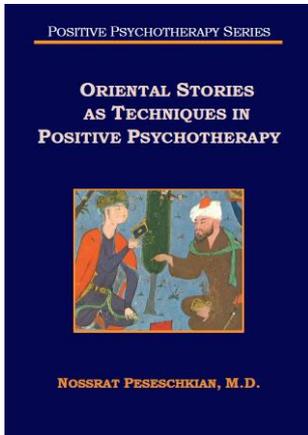
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Positive Psychotherapie
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Oriental Stories as Techniques in Positive Psychotherapy

By Nossrat Peseschkian, MD

Hardcover | 6 x 9 in | 202 pages | ISBN 9781524660895

Softcover | 6 x 9 in | 202 pages | ISBN 9781524660871

E-Book | 202 pages | ISBN 9781524660888

Available at:



BARNES & NOBLE

The author teaches how to use Eastern myths to help recognize internal conflicts.

In Positive Psychotherapy, Eastern stories and myths play much the same role that dreams do in classical psychoanalysis. They help the reader recognize his conflicts in allegorical terms, and provide a creative approach for resolving problems. In Nossrat Peseschkian's, MD, **Oriental Stories as Techniques in Positive Psychotherapy** offers over 100 stories with helpful guidelines and case histories demonstrating applications.

The book provides a general survey of the most important concepts in Positive Psychotherapy. According to Peseschkian, it helps activate the reader's intuition and potential for conflict-solving. Each reader is given a bit of traditional wisdom, which Peseschkian explains will help lead to "the correct identification and thus solution of everyday problems."

An excerpt from "Oriental Stories as Techniques in Positive Psychotherapy":

In recent years I have compiled a number of Eastern (mostly Persian) myths and fables. I chose these myths because they point to inner conflicts and misunderstandings between people and elucidate the causes and results of these problems. The fact that I turned to Eastern stories is not fundamentally important. In many respects, Eastern and Western myths and wisdoms have common roots; they first became separate as a result of historical-political tensions.

About the Author

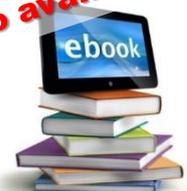
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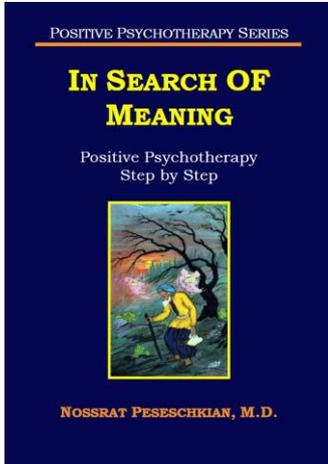
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In Search of Meaning

Positive Psychotherapy Step by Step

By Nossrat Peseschkian, MD

Hardcover | 6 x 9 in | 324 pages | ISBN 9781524631635

Softcover | 6 x 9 in | 324 pages | ISBN 9781524631611

E-Book | 324 pages | ISBN 9781524631628

Available at:



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The book helps readers navigate existential crises.

In his new book, **In Search of Meaning: Positive Psychotherapy Step by Step**, author Nossrat Peseschkian, MD, contends that individuals suffering from a loss of meaning cannot find what they are looking for in a global sense, but rather must first take small steps to find the meaning behind single actions.

“Patients with psychological problems now suffer significantly more than before from a syndrome which may be called loss of meaning or meaningless,” said Peseschkian. “Positively speaking, these patients are seeking some meaning for their lives, meaning which they have so far not found, and their problems and conflicts in professional, private and family life are the expression of this search for meaning.”

The book attempts to introduce the theme in small steps, and to show possible solutions that readers then have to shape to their own ends. Peseschkian notes that the "meaning" is not a global, all-embracing unknown quantity, but that readers can and must question the meaning behind their every action.

About the Author

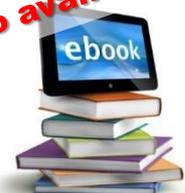
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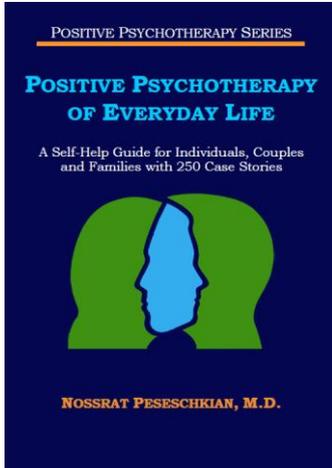
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Positive Psychotherapy of Everyday Life

A Self-Help Guide for Individuals, Couples and Families with 250 Case Stories

By Nossrat Peseschkian, MD

Hardcover | 6 x 9 in | 326 pages | ISBN 9781524631420

Softcover | 6 x 9 in | 326 pages | ISBN 9781524631437

E-Book | 326 pages | ISBN 9781524631413

Available at:



BARNES & NOBLE

Doctor's psychotherapy studies released posthumously

After extensive experience in therapeutic practice with a psychosomatic orientation, author Nossrat Peseschkian, MD, created a new method of psycho-hygiene and psychotherapy called Positive Psychotherapy. He wrote his findings in **Positive Psychotherapy of Everyday Life: A Self-Help Guide for Individuals, Couples and Families with 250 Case Stories**, which is being released six years after his death to show people how to deal with problems and conflicts at the most basic, one-to-one level.

“In my book and in Positive Psychotherapy, treatment is not limited to the immediate doctor-patient relationship but rather includes strategies of self-help and preventive measures in rearing,” Peseschkian said after writing the book. “The goal is to familiarize even the physician without psychotherapeutic training with practicable procedures, and to enable the layman to take a differentiated view of the mental illnesses, which are the object of a great deal of prejudice. “

About the Author

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