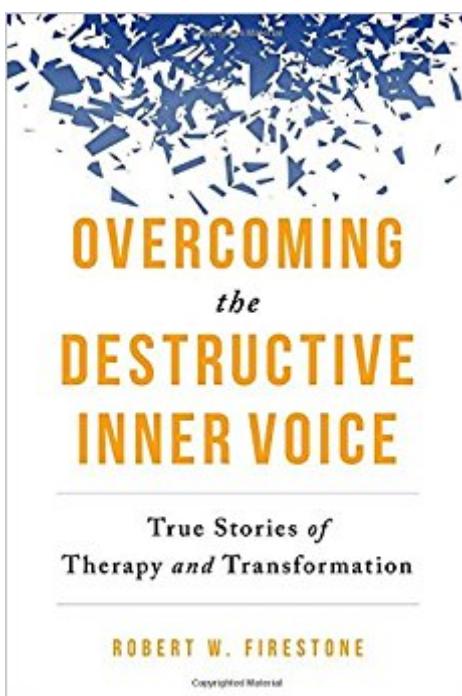


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# Overcoming The Destructive Inner Voice: True Stories Of Therapy And Transformation



## **Synopsis**

Many people grapple with destructive thought processes or a "critical inner voice" that directs their behavior and, to varying degrees, limits their lives. Using deeply personal and very human stories based on his own clinical practice, noted psychologist Robert W. Firestone illustrates the struggles of his clients to give words to this "enemy within," and in the process overcome its damaging influence. These revealing and captivating stories offer glimpses into the uniquely human relationship that develops in the therapeutic encounter and demonstrate the powerful impact that the experience has on both client and therapist. Dr. Firestone is the originator of a therapeutic method called "Voice Therapy," by which clients learn to identify the language of the defense system and eventually separate their own point of view from its harmful effects. Each story provides an intimate look into one person's life, illuminates aspects of his or her "dark side," and highlights an important insight into the therapeutic process. This sensitively written book will evoke emotional responses in readers, and inspire them to take action to challenge the dictates of their own inner critic. Taken together, these stories underscore the distinctive merits and continuing relevance of the therapeutic process, especially in our distracted, technological world increasingly detached from feeling.

## **Book Information**

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## **Customer Reviews**

âœPoignant and profound. Overcoming the Destructive Inner Voice presents case studies by Robert W. Firestone. His work has always been, and remains, at the cutting edge of theory and

clinical practice. A joy to readâ "for clinicians, researchers, and people interested in fostering personal growth and social progress.â •â "Sheldon Solomon, professor of psychology, Skidmore College, and coauthor ofÂ The Worm at the Core: On the Role of Death in Life"Unearthing the origins of oneâ ™s inner critic is the premise of psychologist Firestoneâ ™s compilation of illustrative real-life therapy sessions. The author believes unexpressed emotions often lie at the root of physical and mental discomfort, and unearthing these causes is at the center of his approach. Rounding off these 11 personal accounts is an appendix that plainly illustrates the how-tos of voice therapy, making it clear that anyone can practice it with or without a therapist. . . . Professionals in the field of psychology will find the book repays the reading time with plenty of insight."Â â "Publishers WeeklyÂ œA very special book that is destined to join the seminal books of psychotherapy. Overcoming the Destructive Inner Voice is written in the tradition of Yalomâ ™s Loveâ ™s Executioner and Whitaker and Napierâ ™s The Family Crucible. This book is both a literary and a psychological treasure. The eleven touching and beautiful stories perform a type of narrative therapy for the reader. Dr. Firestone increases the readerâ ™s self-awareness just like he does in his real-life voice-therapy sessions. Readers will feel as if they are in the room as the highlights of the therapy process unfold, and they will learn how internalized voices guide an individualâ ™s feelings and actions in life. This is a book that you will read over and over. A must-read for therapists and all others who want to know about how to change and grow through talk therapy.â •â "Jon Carlson, PsyD, EdD, ABPP, Distinguished Professor, Adler University, Chicago Â œThis book is a wonderful surprise.Â It is so well-written and informative.Â We learn a bit about Dr. Firestoneâ ™s life and quite aÂ bit about his work.Â The stories about his clients were fascinating.â •Â œViolet Oaklander, PhD, author of Windows to Our Children Â œFirestone takes us on a journey to discover who we are and why we sometimes hurt ourselves emotionally. . . . Each case will touch the reader intellectually and emotionally, and will reveal that Dr. Firestone understands the human condition and, more important, how to make it better. This book is a must-read not only for students training to be psychotherapists but also for anyone wanting to learn more about what it means to be totally human.â •â "Stephen Nowicki, PhD, ABPP, Candler Professor of Psychology, Emeritus, Emory University, and author of Choice or Chance: Understanding Your Locus of Control and Why It Matters Â Â

Robert W. Firestone, PhD, psychologist and author, has been affiliated with the Glendon Association as its consulting theorist since its inception. His innovative ideas related to psychotherapy, couple and family relationships, suicide, parenting, and existential issues have been

the inspiration and cornerstone of Glendon's research and publications. From 1957 to 1979, Dr. Firestone was engaged in the private practice of psychotherapy as a clinical psychologist working with a wide range of patients. From that time up to the present he has worked with high-functioning individuals in group settings, amplifying his original ideas on schizophrenia and applying these concepts to a comprehensive theory of neurosis. Dr. Firestone's studies on negative thought processes and their associated effects have led to the development of Voice Therapy, an advanced therapeutic methodology to uncover and contend with aspects of self-destructive and self-limiting behaviors. Dr. Firestone is the author of many books, most recently *The Self Under Siege: A Therapeutic Model for Differentiation*, with Lisa Firestone and Joyce Catlett.

Emotionally moving stories about very real people-- After reading the first few stories in this collection, I was reminded of a book I read some 30 years ago, "The Fifty Minute Hour" by Robert Lindner, and another I read more recently "The Man with the Beautiful Voice and More Stories from Other Side of the Couch' by Lillian Rubin. The clinical wisdom and intuitive understanding of people shown by all three authors are impressive; however, it seemed to me that Overcoming the Destructive Inner Voice was even more revealing of the author's personality and his responses to clients than the other two books. In addition, there are stories about Dr. Firestone's colleagues and friends: notably a humorous/tragic narrative about R.D. Laing -- titled "R.D. Laing and The Divided Self." Therapists and clients alike will get valuable insights about the inner voice and how the techniques of Voice Therapy are used to challenge its insidious influence over their lives.... I'm recommending the book - and giving it -- to several colleagues and friends.

I have read a lot of psychotherapy works over the years and this is in the top 5%. Robert Firestone takes us in and out of the therapy room to demonstrate his Inner Voice Therapy. Packed with information you won't find in theories of counseling and therapy textbooks. In fact, most grad school books don't even mention this form of intervention. If you are a therapist looking for another viable approach this is a great book. He also talks about his associations with RD Laing and controversial psychiatrist John Rosen. Best of all, Dr. Firestone makes the book extremely enjoyable to read and he should be commended for sharing his own reactions as a therapist.

I enjoyed reading Dr. Firestone's accounts of his work. The sensitive approach Dr. Firestone takes to see each person as unique and help them understand themselves and work towards a better life is

touching. Dr Firestone's explanations of his patients stories were helpful in understanding and having compassion for my own struggles and those of people I love.

Was stories from a psychologists client interactions some were funny while others were a bit disturbing but entertaining never the less. Not a self help book if that's what you're looking for

I was intrigued by this book having read other books by the same author, and was not disappointed. The stories are full of feeling, humorous in places, sad in places and always full of compassion and understanding. Dr Firestone shows his ability to both understand a person and allow his experiences with them to help him understand himself. I highly recommend this book.

The author has a tendency to be self-congratulatory and I was creeped out by his need to describe women's breasts in more than one of the case histories despite a complete lack of relevance.

What a great opportunity to enter the therapy process as an observer. Particularly with the therapist/author being Dr. Robert Firestone! This is a fascinating read! Whether you're into psychology or just enjoy great stories, this is a book for you! Each story leaves with a lot to think about!

an important topic that needs to be addressed. struggled to start but glad stayed with it

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