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"An essential perspective for coming generations."

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James F. T. Bugental's *Psychotherapy Isn't What You Think* urges therapists of all persuasions to draw directly from the moment at hand in order to forge a relevant and effective therapy. According to Bugental, the long and winding narrative of one's past may very well obscure opportunities for positive intervention rather than create them. He demonstrates throughout this book the honing of skills for remaining attentive to the client's present -- the place in which life-altering psychotherapy can truly take shape.

Dr. Bugental's conception is basically simple; its application is more challenging. The author provides many clear examples of the idea in action and a vast array of practical tips for accessing the newfound productivity that this conception makes available. Drawing on more than three decades of teaching and practice, Dr. Bugental is careful to avoid becoming esoteric. He speaks directly to his readers, describing vividly "what attending to the living moment" means in actual therapy.

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