



On Personal Power: Inner Strength and Its Revolutionary Impact

Carl R. Rogers , Alan Nelson (Contributor)

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Jane says

loved the idea of rogerian/reflective supervision, but didn't know he condoned open marriage. thought this was a little too 70's free thinking psychology for me. i need to read his other stuff.

Francis O'Neill says

This is a truly inspiring and important book that will show you how to cultivate inner strength through the power of sharing and unconditional positive regard.

Anyone concerned to get their relationship with their partner, their friends, their family, their society, their world – and most importantly with themselves – into harmonious accord, should read this book as a starting point. It was Rogers who, with Abraham Maslow (and to be fair one or two others), helped to pioneer the humanistic movement in psychotherapy.

But don't let my comment on 'psychotherapy' make you think this is going to be too cerebral to understand. If Rogers is anything, he is clear, compassionate and easy to follow as any writer could be.

Rogers standpoint stems from a belief in the innate goodness of life, the positive uniqueness and creative power of each person – and the tendency, nay ability, to actualise our true potential when conditions are right. I recommend you find and read the potato story in the book and you'll get his view of this 'actualising tendency' completely.

Heading: A truly inspiring and important book

Harish says

zzzzzz
