

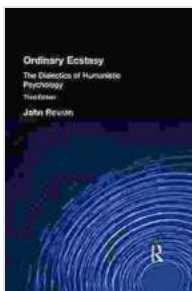
Ordinary Ecstasy: Exploring the Dialectics of Humanistic Psychology

Ordinary Ecstasy is a book written by humanistic psychologist Rollo May in 1981. The book explores the dialectics of humanistic psychology, which is a school of thought that emphasizes the importance of human experience, free will, and the potential for growth and change.

May argues that humanistic psychology offers a more holistic and comprehensive understanding of human nature than traditional psychology, which he believes is too focused on pathology and the negative aspects of human experience. He contends that humanistic psychology can help people to achieve a greater sense of well-being and fulfillment in their lives.

The Dialectics of Humanistic Psychology

The dialectics of humanistic psychology is a term that May uses to describe the dynamic tension between the opposing forces that are at work in human nature. These forces include the need for security and the need for growth, the need for connection and the need for independence, and the need for meaning and the need for pleasure.



Ordinary Ecstasy: The Dialectics of Humanistic Psychology by John Rowan

★★★★☆ 4 out of 5

Language : English
File size : 3116 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 301 pages



May argues that these opposing forces are not mutually exclusive, but rather complementary. He believes that we need to find a balance between these forces in order to live a healthy and fulfilling life.

The Importance of Experience

One of the key principles of humanistic psychology is the importance of experience. May argues that our experiences shape who we are, and that we cannot understand ourselves or others without taking into account our subjective experiences.

He believes that we need to be open to new experiences, even if they are challenging or frightening. He also believes that we need to learn from our experiences, and that we can use them to grow and change.

The Power of Free Will

Another key principle of humanistic psychology is the power of free will. May argues that we are not simply the products of our genes or our environment, but that we have the power to make choices and to shape our own lives.

He believes that we need to take responsibility for our choices, and that we should not blame others for our mistakes. He also believes that we should use our free will to make choices that will lead to a more fulfilling life.

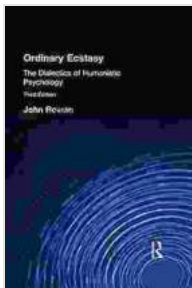
The Potential for Growth and Change

Humanistic psychology is based on the belief that we all have the potential for growth and change. May argues that we are not fixed entities, but that we are constantly evolving and changing.

He believes that we can learn from our experiences, and that we can use them to grow and become more fully realized individuals. He also believes that we can help others to grow and change, and that we should use our resources to create a more just and compassionate world.

Ordinary Ecstasy is a book that offers a unique and thought-provoking perspective on human nature. May's insights into the dialectics of humanistic psychology are invaluable, and his message of hope and possibility is inspiring.

This book is a must-read for anyone who is interested in psychology, personal growth, or the human condition.



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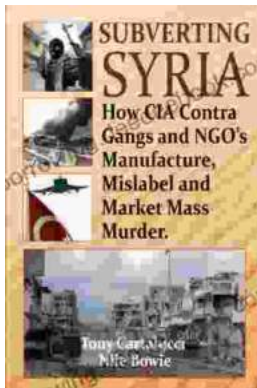
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