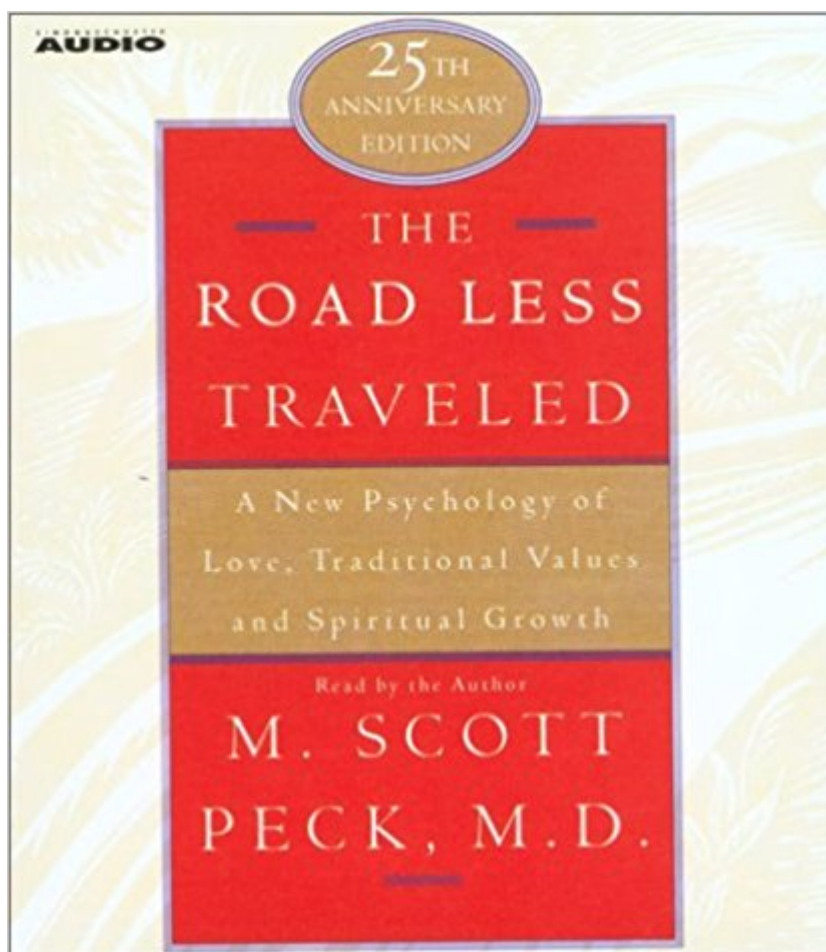


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# The Road Less Traveled: A New Psychology Of Love, Traditional Values, And Spritual Growth



## Synopsis

Perhaps no book in this generation has had a more profound impact on our intellectual and spiritual lives than *The Road Less Traveled*. With sales of more than 7 million copies in the United States and Canada, and translation into more than 23 languages, it has made publishing history, with more than 10 years on *The New York Times* bestseller list. Told in a voice that is timeless in its measure of understanding, *The Road Less Traveled* continues to enable us to explore the nature of loving relationships and leads us toward a new serenity and fullness of life. It helps us determine how to distinguish dependency from love; how to become a more sensitive parent; and ultimately how to become one's own true self. Recognizing that "Life is difficult" and that the journey to spiritual growth is a long one, Dr. Peck never bullies his listeners, but gently guides them through the hard and often painful process of change toward a higher level of self-understanding. Combining profound psychological insight and deep spirituality, this is an audiobook that provides inspiration and understanding. As Phyllis Theroux wrote in *The Washington Post* when the original edition of *The Road Less Traveled* was first published, "It is not just a book but a spontaneous act of generosity"

## Book Information

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## Customer Reviews

By melding love, science, and religion into a primer on personal growth, M. Scott Peck launched his highly successful writing and lecturing career with this book. Even to this day, Peck remains at the forefront of spiritual psychology as a result of *The Road Less Traveled*. In the era of I'm OK, You're OK, Peck was courageous enough to suggest that "life is difficult" and personal growth is a

"complex, arduous and lifelong task." His willingness to expose his own life stories as well as to share the intimate stories of his anonymous therapy clients creates a compelling and heartfelt narrative. --This text refers to an out of print or unavailable edition of this title.

Psychotherapy is all things to all people in this mega-selling pop-psychology watershed, which features a new introduction by the author in this 25th anniversary edition. His agenda in this tome, which was first published in 1978 but didn't become a bestseller until 1983, is to reconcile the psychoanalytic tradition with the conflicting cultural currents roiling the 70s. In the spirit of Me-Decade individualism and libertinism, he celebrates self-actualization as life's highest purpose and flirts with the notions of open marriage and therapeutic sex between patient and analyst. But because he is attuned to the nascent conservative backlash against the therapeutic worldview, Peck also cites Gospel passages, recruits psychotherapy to the cause of traditional religion (he even convinces a patient to sign up for divinity school) and insists that problems must be overcome through suffering, discipline and hard work (with a therapist.) Often departing from the cerebral and rationalistic bent of Freudian discourse for a mystical, Jungian tone more compatible with New Age spirituality, Peck writes of psychotherapy as an exercise in "love" and "spiritual growth," asserts that "our unconscious is God" and affirms his belief in miracles, reincarnation and telepathy. Peck's synthesis of such clashing elements (he even throws in a little thermodynamics) is held together by a warm and lucid discussion of psychiatric principles and moving accounts of his own patients' struggles and breakthroughs. Harmonizing psychoanalysis and spirituality, Christ and Buddha, Calvinist work ethic and interminable talking cures, this book is a touchstone of our contemporary religio-therapeutic culture. Copyright 2003 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

First of all, When I read this book, I felt that this book may be the best book in psychology. This book is really thought provoking. It looks like there are multiple revisions/editions of this book over the period of time. I attached the picture of the soft cover one that I read. This book was recommended by one of my friends and then I also found some good ratings about this book. This book will give you a nice glimpse of your personality and will also make you realize that you can take control of your life. It is a good read for all age groups. The book starts with the tools/techniques of suffering, the discipline - to experience the pain of problems constructively. These four tools are: delayed gratification, acceptance of responsibility, dedication to truth, and balancing. The author says that the life problems cannot be avoided in life. To experience

happiness, they need to be identified and solved. One of my favorite quote from the books is "Problems do not go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit." It took me some time to read this book as it is thought provoking and the thoughts need to be processed and digested before proceeding further. If this review helped you and you plan to experience the "The Road Less Traveled" journey, then have fun on this beautiful journey of greater self-understanding and spiritual growth.

My brother recommended this book for me! We both have a history of child abuse, and had a lot of chaos in our relationships due to poor boundaries! This book is excellent for my healing journey and can benefit just any person who is interested in self reflection, self awareness and inner growth.. so much valuable lessons for anyone.. I found the psychology terms to be pretty outdated; and that's understandable because it's pretty old, however this book is a gem because its lessons will always be relevant! I haven't finished this book yet but once I do, I can see myself reading it again later throughout my life to touch up on the valuable knowledge gained from it!

I love Scott Peck! I wish all of his work was available on audio. I'd own the lot! Great great stuff. I think I will go listen to him again right now!

The fact that this book was written almost 40 years ago just make the revelation it provided me more amazing. Despite the age of the book, the virtue of the ideas presented makes the book ageless. Some ideas are still new and can be considered revolutionary by some of us today.

Book arrived in good cosmetic condition. Would recommend it and it's gives you a different perspective & viewpoint.

I read the book, as so many do, when I got divorced multiple decades ago. It was the start of a new way of perceiving my vulnerabilities, and how self-inflicted they are. After all, if two people can go through the same thing with different outcomes, is it "the thing" or the perception that creates the difference in reaction/affect? I gave the audio book to my bf and it is still sitting on his dresser in the wrapper. If it calls to him, it's there.

GOD directed me to read this book! Though I not necessarily agree with what he says leads to parent\_child relationship. I did everything possible for my daughters, giving them love & nurture, our

relationship still turned it sour! He however highlights certain life issues he heard from many of his subjects that are very interesting. It truly relates to the road that many are not willing to take, despite its benefits!

A great inspirational book! My wife's unexpected demand for a divorce has been a difficult time in my life. This book has been my saving grace. It has been invaluable to me during my bouts of depression and has caused me to reexamine my spiritual outlook on life. I reread many of the chapters as I continue to self evaluate myself daily. I highly recommend this book to anyone going through a difficult time in their lives! I will walk with God for the rest of my days.

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