



## How Does Analysis Cure?

By Heinz Kohut

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The Austro-American psychoanalyst Heinz Kohut was one of the foremost leaders in his field and developed the school of self-psychology, which sets aside the Freudian explanations for behavior and looks instead at self/object relationships and empathy in order to shed light on human behavior. In *How Does Analysis Cure?* Kohut presents the theoretical framework for self-psychology, and carefully lays out how the self develops over the course of time. Kohut also specifically defines healthy and unhealthy cases of Oedipal complexes and narcissism, while investigating the nature of analysis itself as treatment for pathologies. This in-depth examination of “the talking cure” explores the lesser studied phenomena of psychoanalysis, including when it is beneficial for analyses to be left unfinished, and the changing definition of “normal.”

An important work for working psychoanalysts, this book is important not only for psychologists, but also for anyone interested in the complex inner workings of the human psyche.

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### Editorial Review

#### Review

"A landmark book which will exert increasing influence with passing time.... Its success lies in the accomplishment of its stated aims." (Carl T. Rotenberg, Journal of the American Academy of Psychoanalysis)"

#### About the Author

Arnold Goldberg, MD, is a training and supervising analyst at the Institute for Psychoanalysis in Chicago and the Cynthia Oudejan Harris, MD, Professor of Psychiatry at Rush University Medical School. He is the author of *The Problem of Perversion; Being of Two Minds: The Vertical Split in Psychoanalysis and Psychotherapy*; and *Misunderstanding Freud*.

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