



If You Meet the Buddha on the Road, Kill Him: The Pilgrimage Of Psychotherapy Patients

Sheldon Kopp

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Therapists do not and cannot give answers. Explore the true nature of the therapeutic relationship, and realize that the guru is no Buddha. He is just another human struggling. Understanding the shape of your own personal ills will lead you on your journey to recovery. Sheldon Kopp has a realistic approach to altering one's destiny and accepting the responsibility that grows with freedom.

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