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Awareness was born out of the author's Gestalt Therapy work with groups of adults, and the application of these methods to his college teaching of psychology. It is about awareness, and how to explore, expand and deepen your awareness.

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John O. Stevens (Steve Andreas) -- editor of Gestalt Is and Gestalt Therapy Verbatim and author of Change Your Mind--and Keep the Change and Heart of the Mind. This is the classic volume that brought the 'awareness experiments and fantasies' of Gestalt therapy of the 1970s to a word-wide audience with self-directed exercises for individuals, couples, and groups.

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Although exploring ones self awareness can be a threatening experience John Stevens approach although encouraging some risk taking, does so in a non threatening way. I highly commend this book to anyone working with groups/individuals bashing themslves with low self esteems. Read more. 8 people found this helpful.

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Gestalt Practice is a contemporary form of personal exploration and integration developed by Dick Price at the Esalen Institute. The objective of the practice is to become more fully aware of the process of living within a unified field of body, mind, relationship, earth and spirit.

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