



# The Discovery of Being

*Rollo May*

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“Clear, accurate, and interesting. There is no better short introduction to the existential approach to psychology.” —*Dallas Morning News*

The brilliant psychologist Rollo May was a major force in existential psychology. Here, he brings together the ideas of Kierkegaard, Nietzsche, and other great thinkers to offer insights into its ideas and techniques. He pays particular attention to the causes of loneliness and isolation and to our search to find new and firm moorings in order to move toward a future where responsibility, creativity, and love can play a role.

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