



# Life Imitates Art: Encounters Between Family Therapy and Literature

*Daniela Kramer-Moore, Michael Moore*

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Kramer-Moore and Moore present a new approach to family therapy that offers gentle guidance in effective ways to confront the most painful problems in family and group relationships. They suggest that therapists provide people with segments from literary works to read and, by relating to characters and situations in the stories, apply lessons learned from the stories to their own relationships and problems. Includes several sections of real-world examples and suggested readings for therapists, and for people with many kinds of relationship problems.

"Kramer-Moore and Moore lead the reader, very much like in good literature, from blindness to clear vision, in the immensely entangled and difficult territory of family life. They create a fine similarity between the eye-opening quality of literature and that of the therapist." &dash;Amir Cohen-Shalev, Ph.D., author of *Two Worlds at Once: Art in Old Age*.

"A refreshing and literate work. This is a rich and broad book, one that is long overdue. It provides a very important function in integrating the role of family theory and therapy into a larger conception of society and culture, and the history of ideas." —Kalman Kaplan, Ph.D., author of *Family: Biblical and Psychological Foundations*

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