

BOOK REVIEWS

As I reflect on the past six months, I see a world in flux, laced in uncertainty and challenges as I have not encountered in my lifetime. Moving home in the spring, after decades in the same place, serves as a poignant metaphor for the difficulties inherent in embracing change and leaving the familiar behind. While I approach the change with excitement and an open mind, I have discovered that leaving the comfort of the known is a lot harder than I had anticipated. I find myself grappling with a mix of nostalgia, grief and uncertainty, and notice that this letting-go requires me to confront the impermanence of my existence. It is in this delicate balance that I must forge a new path in the ever-changing landscape of life.

In times of change, the role of literature becomes even more essential. In this section, we delve into four thought-provoking works that invite us to reflect, question and expand our perspectives to enrich our therapeutic practice and our understanding of what it means to be human.

The first book is *The Demanded Self* by David Goodman, which poses thought-provoking questions about responsibility, ethics, and the interconnectedness of human existence. This book offers a compelling argument for adopting a more outward-facing stance and assuming a broader responsibility for the well-being of others. Following that, *Who's Afraid of Gender* by Judith Butler challenges societal norms and conventions, inviting readers to critically examine the construction and performance of gender. In *The Heart of Therapy* by Laura Barnett, the author takes us on a profound journey into the depths of the therapeutic process. Lastly, we review Mo Mandic's *Heideggerian Existential Therapy*, a book that delves into the philosophical foundations of existential therapy by drawing on the works of Martin Heidegger.

If these selections do not pique your interest, feel free to choose another book from our list and share your thoughts in a review, allowing others to savour the fruits of your reflective moments. I await your contributions.

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