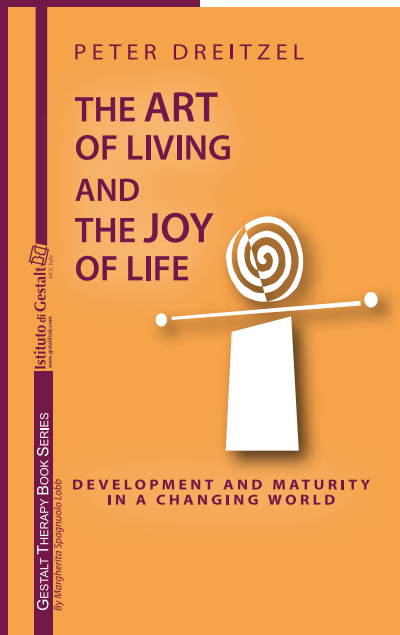


The Art of Living and The Joy of Life Development and maturity in a changing world



In a social context in which constituent and primary relationships are in great difficulty; in which educational relationships appear to unfold in (family and social) contexts where everything is permitted and nothing is contained; where the relationship with the social community is a sterile void, yet full of anxiety: teaching the aesthetic sense of what works is a strategy both revolutionary and imperative

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H. Peter Dreitzel, born in 1935 in Berlin, taught sociology at the New School for Social Research in New York and hold a chair in this field at the Free University Berlin for 30 years until his retirement in 2000. He is also a co-founder of the Berlin Gestalt Center (GZB). He has been trained mainly by Isadore From. He has worked as Gestalt therapist in private praxis for more than 40 years. He is also a teacher and supervisor in Germany and internationally. He is the author of many books and articles on sociological and psychotherapeutic themes.

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We would like to dedicate this Gestalt Therapy Book Series to all our Masters and colleagues who have sown fruitful seeds in our minds and hearts.

by Peter Dreitzel

The Art of Living and The Joy of Life

Development and maturity
in a changing world

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