



# Wisdom from the Couch: Knowing and Growing Yourself from the Inside Out

*Jennifer Kunst*

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*Wisdom from the Couch* is a useful guide to understanding the mysteries of the mind and how we can change for the better.

In this intelligent yet user-friendly book, psychoanalyst Jennifer Kunst raises some key questions that are on the minds of all those who are seeking a more satisfying, meaningful life: How can it be that perfectly intelligent people do such obviously counterproductive things so much of the time? Why do we do the things we know we shouldn't do, and why do we fail to do the things we know we should do? The simple answer to these questions is that the unconscious mind greatly influences all that we do. If we come to understand ourselves at a deeper unconscious level, we have a chance to make changes in our lives that have the potential to last.

Written by an experienced psychoanalyst with a knack for describing complex ideas in a lively and easy to comprehend way, *Wisdom from the Couch* will change the way you think about your internal and external life.

**Jennifer L. Kunst, PhD**, is a clinical psychologist and psychoanalyst in private practice in Pasadena, CA. She is a senior faculty member at the Psychoanalytic Center of California in Los Angeles, where she has served as chair of the Curriculum and Continuing Education Committees. She is also an adjunct associate professor at the Graduate School of Psychology at Fuller Theological Seminary in Pasadena, California. She writes a blog on psychologytoday.com, *A Headshrinker's Guide to the Galaxy*.

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