



The Now Red Book of GESTALT, by Gaie Houston

This is an extensively revised edition of Gaie Houston's simply written and often humorous original book on Gestalt Therapy. It contains, among much else, new sections on brief psychotherapy and on Gestalt Infant Observation, as well as accounts of many experiments and areas of study for people with an interest in self-development rather than clinical applications.

This book has sold many thousands of copies over the years, and is the recommended handbook on counselling and group-work courses, in psychotherapy and management training, for tutorial sessions in schools and colleges, and for all those interested in this flexible and commonsensical aid to what Fritz Perls called awareness, excitement and growth in the human personality.

The book is 100 pages long, and offers stacks of experiments carefully explained.

The book is available from booksellers or direct from Gaie Houston. You can write to her at **8 Rochester Terrace, London NW1 9JN, UK**, enclosing a cheque or money order for £7.99 per copy. From mainland Europe it costs £8.50, and from further off, £9.50, always with sterling cheques drawn on a British bank, or sterling money orders, please. It is available in Italian from **edizioni di red/ studio redazionale, Via Volta 43, 22100 Como Italy**.

To email Gaie click [HERE](#)

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