



Being and Loving: How to Achieve Intimacy with Another Person and Retain One's Own Identity

Althea J., PhD Horner

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From the start of life, all of us strive to achieve two goals: intimacy with another person and discovery and expression of our own identity. All too often, however, we experience these goals as conflicting. *Being and Loving* is an outgrowth of Dr. Horner's work as a teacher and psychotherapist. In this book, she focuses on the image of self and of others formed in the first three years of life and guides readers down a carefully chosen path that leads to workable solution to their problems. To all those who have experienced frustration and despair born of conflict between being and loving, this book says, "Give it another try."

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