



## Don't Push The River

*Barry Stevens*

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## **Don't Push The River** Barry Stevens

A classic work of the 1970s - long out-of-print - now available in a new GJP edition that includes all the author's original calligraphic illustrations plus new photographs of the Gestalt community she established on a ranch in Utah shortly after the book was published. Considered a classic by thousands in and outside the Gestalt therapy community, the book is a first-person account of Stevens' investigations of Gestalt Therapy, Zen Buddhism, the philosophy of J. Krishnamurti, and American Indian religious practices in an effort to deepen and expand personal experience and work through difficulties. In this autobiographical journal, the author reflects on a three-month period in association with Fritz Perls at the Gestalt Institute of Canada in 1969 and discusses how these other philosophies integrate with an enhance Gestalt therapy.

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