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## Outwitting Our Nerves: A Primer of Psychotherapy (Paperback)

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By Josephine a Jackson M D

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\*\*\*\*\*. Your trouble is nervous. There is nothing we can cut out and there is nothing we can give medicine for. With these words a young college student was dismissed from one of our great diagnostic clinics. The physician was right. In a nervous disorder there is nothing to cut out and there is nothing to give medicine for. Nevertheless there is something to be done, - something which is as definite and scientific as a prescription or a surgical operation. Psychotherapy, which is treatment by the mental measures of psycho-analysis and re-education, is an established procedure in the scientific world to-day. Nervous disorders are now curable, as has been proved by the clinical results in scores of cases from civil life, under treatment by Freud, Janet, Prince, Sidis, DuBois, and others; and in thousands of cases of war neuroses as reported by Smith and Pear, Eder, MacCurdy, and other military observers. These army experts have shown that shell-shock in war is the same as nervousness in civil life and that both may be cured by...



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