



Publication date **Thursday, March 02, 2017**

Price **£12.99**

ISBN-13 **9781782437024**

Binding **Hardback**

Format **198 x 129 mm**

Depth **24mm**

Extent **224 pages**

Word Count

Territorial Rights **World**

In-House Editor **George Maudsley**

## How to Think Like Sigmund Freud

**Daniel Smith**

### Keynote

*How to Think Like Sigmund Freud* reveals the key motivations and philosophies that make Freud's work still resonate today.

### Description

**The work of Sigmund Freud, one of the most important thinkers of the past two hundred years, redefined the fields of neurology and psychotherapy and the way we view the human mind. Most strands of the psychoanalytic discipline can even today be traced back to the leaps in understanding he made all those years ago.**

But his greatest success was to make the esoteric mainstream. The Oedipus complex, transference, the unconscious, repression, free association, the libido: these are all ideas and techniques from the Freud school of thought that have permeated the public consciousness. *How to Think Like Sigmund Freud* examines these and more in a quest to know one mind above all: that of a person who struggled with his own neuroses while attempting to understand those of others.

Discover how the motivations and philosophies of a man who dared to tackle issues others feared to transform what was a murky study into a real science. With this book you too can think like the man who came to comprehend the human condition better than any other.

### Sales Points

- Sigmund Freud is the father of psychoanalysis, which dominated psychotherapy in the first half of the twentieth century
- His work redefined how we look at the human brain
- The 'Freudian slip' was named after him, so closely associated is his name with the inner workings of the mind
- From the author and publisher of the 'How to Think Like' series, which has sold over 50,000 copies across the series

### Author Biography

Daniel Smith is a non-fiction author and editor who has written across a range of subjects, including politics, economics and social history. He is the author of the 'How to Think Like...' series for Michael O'Mara Books. He is also a long-time contributor to *The Statesman's Yearbook*, the geo-political guide to the world that celebrated its 150th anniversary in 2013. He lives in London.

Michael O'Mara.

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