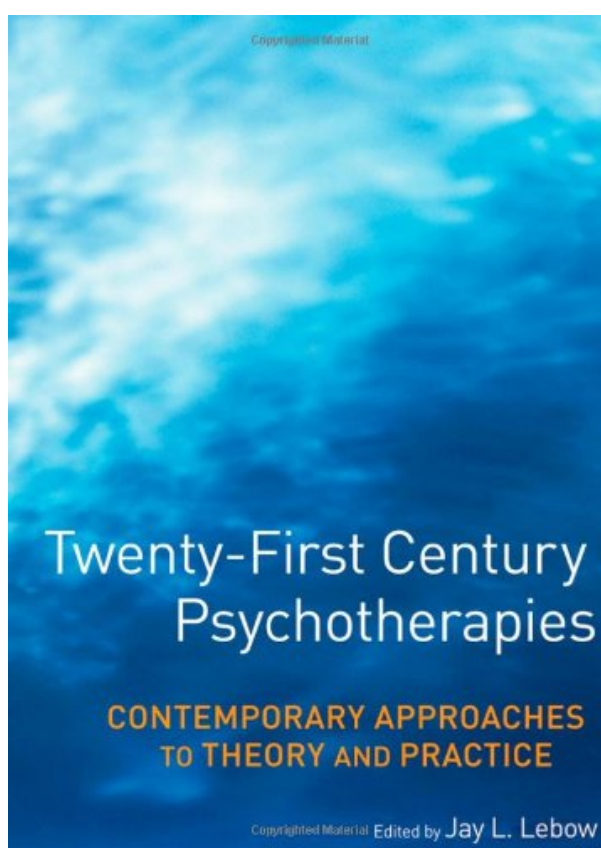
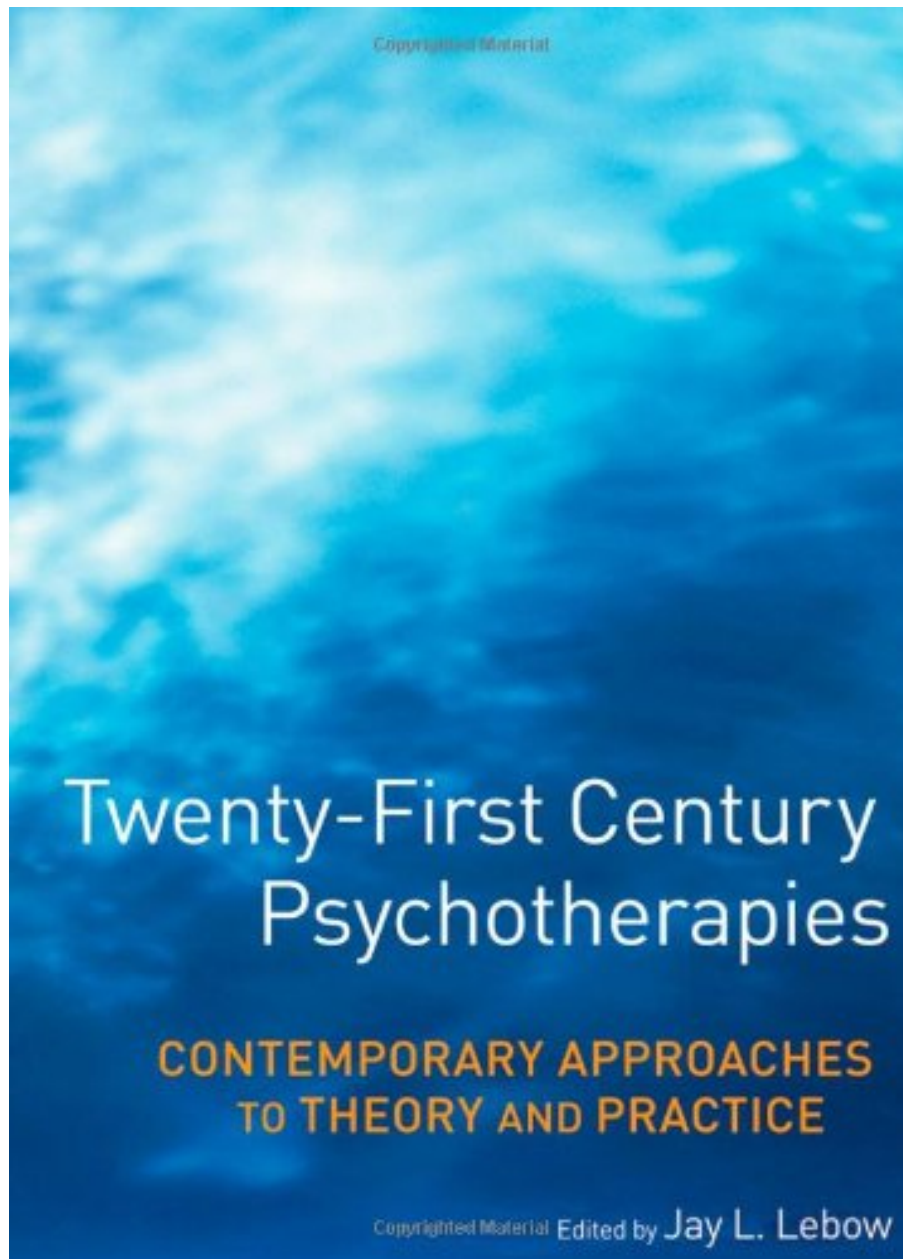


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BY JAY L. LEBOW**



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"With the rapid, ongoing evolution of psychotherapy models amidst the growing diversity and complexity of contemporary life challenges, how are clinicians to determine which approaches are most effective in treating which problems with which populations? Clearly one size does not fit all. Fortunately, Jay Lebow, a highly respected clinical researcher and educator, has done a masterful job in presenting a lucid overview of the leading theories of psychotherapy, strategies of change, and intervention techniques at the forefront of the field. This outstanding volume is a must read for seasoned clinicians and trainees alike."

—Froma Walsh, PhD, Mose & Sylvia Firestone Professor, SSA & Dept. of Psychiatry, Co-Director, Center for Family Health, The University of Chicago

LeBow's *Twenty-First Century Psychotherapies* provides a well-written, up to date survey of the theories and practices of psychotherapy that have stood the test of time and seem to be here to stay. A great strength is the chapter authors' inclusion of the evidence for each approach, since Evidence-Based Practice truly is a hallmark of the 21st Century. This is an outstanding resource that will enable readers to both understand therapy and implement it. It is a "must read" for every psychotherapist.

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Highly Recommended

By J. Kaplan

Lebow's book is truly fascinating. It focuses in an exceptionally clear way on the wide variety of therapies that are currently most significant. What intrigued me is that the book not only delineates the primary characteristics of each of these different therapies; it also makes it shockingly clear how different the effects of these therapies can be on various individuals. I started browsing through the pages of this book and found myself easily drawn in by a style that is far more accessible than is usually found in such a densely packed and knowledgeable work. Because of the comprehensive and cutting edge nature of Lebow's research, previously written books with similar aspirations would seem to be immediately outdated. I believe this book will be of enormous interest to anyone who wants to understand the most significant current therapies and how they might affect the clients who choose to participate in them.

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