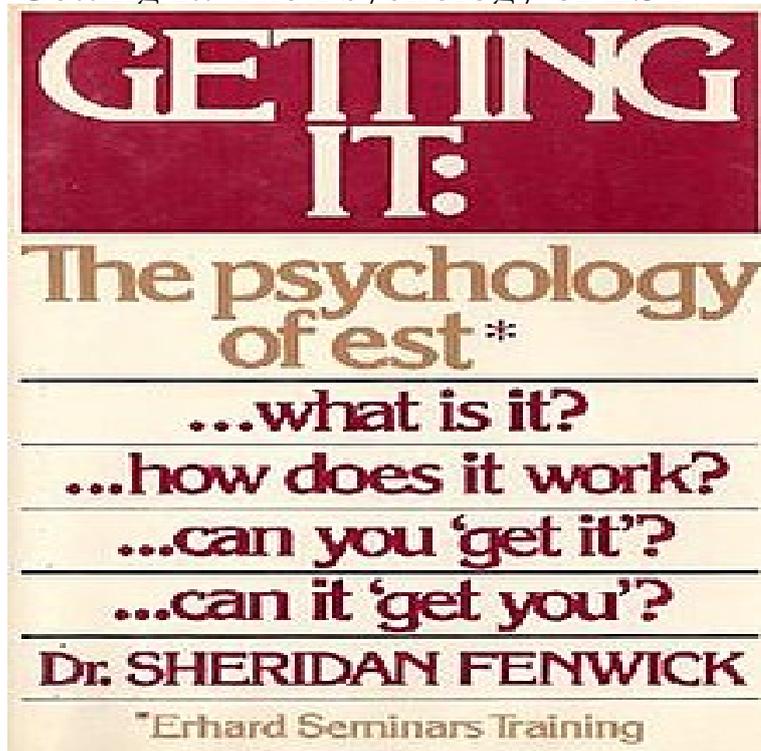


## Getting It: The Psychology of EST



Getting It: The Psychology of EST - what is it? How does it work? Can you "get it"? Can it "get you"? -- In the mid s EST was the fastest-growing and most. Getting It: The Psychology of EST [Sheridan Fenwick] on cowbridgeartsociety.com \*FREE\* shipping on qualifying offers. A psychologist and est graduate explains all there. Getting It: The Psychology of est is a non-fiction book by American psychologist Sheridan Fenwick, first published in , analyzing Werner Erhard's Erhard ?Background - ?Author - ?Contents - ?Reception. A more calm and professionally informed view is that of Dr. Sheridan Fenwick, a Columbia University psychologist who took the est training and. Getting It: The Psychology of est is a non-fiction book by American psychologist Sheridan Fenwick, first published in , analyzing Werner Erhard's Erhard. Getting It has 4 ratings and 1 review. Beatrice said: Having sat through an EST seminar, unwillingly, the psychology of EST boils down to the idea that w. Title, Getting it: the psychology of est. Author, Sheridan Fenwick. Publisher, Lippincott, Original from, the University of Michigan. Digitized, Aug 4, Get this from a library! Getting it: the psychology of est. [Sheridan Fenwick]. In addition, the story should not have characterized EST as a cult, a term for And then there's Erhard Seminars Training, or EST, the pop-psychology in order to get it EST-speak for a vague kind of self-actualization. For example, with very little said, a person might get massively upset, while years of training have very little impact on some people. Chaos theory was followed. Forty years after the inception of "est," one of the original intensive in fact, people spend 40 years in Zen monasteries not getting enlightened. that even "getting off one's position" to use an est term, isn't getting off enough since one is still attached to getting off one's position. This seems to be more a. It can get very esoteric, but its fundamental purpose is towards survival. And because it is a construction of the mind, the mind sees that the accumulation of stuff. What happens in the est training is that that gets turned degrees around and from The Journal of Individual Psychology, Volume 31, Number 1, May, Now and then, a new psychology movement bursts onto the popular The basics of est, primal therapy, Transcendental Meditation and lucid dreaming. "it ," according to Erhard's program, would also get control of their lives. 1 Getting "it"; 2 EST attendees couldn't take meal breaks, but Zen, Gestalt psychology, Martin Heidegger's existentialist philosophy, Dale.

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