



Don't Push the River

Barry Stevens

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"Don't Push the River" is a first-person account of the author's use of Gestalt Therapy and the ways of Zen, Krishnamurti and the American Indian to deepen and expand personal experience and work through difficulties. "We have to turn ourselves upside down and reverse our approach to life." This autobiographical episode shows the author doing this during a three-month period in association with Fritz Perls at the Gestalt Institute of Canada in 1969.

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