

LIST OF SUGGESTED READINGS FOR PERSONALITY THEORIES

Sigmund Freud

The Interpretation of Dreams (*skip the first section*)
A General Introduction to Psychoanalysis
Any of his case histories

Erik Erikson

Childhood and Society
Youth, Identity and Crisis

Attachment

Attachment, Separation or Loss by John Bowlby
Any articles by Mary Ainsworth, Mary Main or Alan Sroufe

Carl Jung

Dreams, Memories & Reflections
Select the topic you are interested otherwise.

Alfred Adler

The Child in the Family
Individual Psychology

Henry Murray

Motivation and Personality
Being

Gordon Allport

Personality
Pattern and Growth in Personality

Abraham Maslow

Motivation & Personality
Being

Carl Rogers

On Becoming a Person
"A theory of therapy, personality and interpersonal relationships as developed in client centered therapy." in S. Koch, Psychology: a study of a Science, Volume 2

Existentialists

L. Binswanger, Essays in Existence edited by May et al
M. Boss, Psychoanalysis and Daseinanalysis
V. Frankl, Man's Search for Meaning
J.P. Sartre, Being and Nothingness

Buddhist

C. Trungpa, The Myth of Freedom
Cutting Through Spiritual Materialism
Glimpses of Abidharma
P. Chodron, The Wisdom of No Escape
Start Where You Are
The Places that Scare You