



Understanding Human Nature: The Psychology of Personality

Colin Brett Alfred Adler

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Long-regarded as the handbook of Individual Psychology, *Understanding Human Nature* provides an engaging introduction to Adler's key concepts including: inferiority and superiority complexes; life style; memories and dreams; love, marriage and children; and sexuality and sexual problems. Adler's holistic approach to the study of personality saw him challenge the dominance of Freud's thinking (his friend and colleague) and develop a truly innovative, and still highly relevant, method of psychoanalysis. A straightforward, clearly-written book, it shows the seminal thinking of a great mind and provides a basis to understand both Adler's unique theories and the development of twentieth-century psychology, in which his work has played such an important part.

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