



# The Taming of Solitude: Separation Anxiety in Psychoanalysis (The New Library of Psychoanalysis)

*Jean-Michel Quinodoz*

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*Winner of the 2010 Sigourney Award!*

Psychoanalysts would argue that at the root of anxiety about loneliness, which commonly brings people into analysis, lies anxiety about separation, unresolved since childhood.

When re-experienced in analysis, the painful awareness of solitude - the sense of being a separate person - can become a rich source of personal creativity. In *The Taming of Solitude*, Jean-Michel Quinodoz brings together the views of Freud, Klein, Hanna Segal, W.R.D. Fairbairn, D.W. Winnicott, Anna Freud, Margaret Mahler, Heinz Kohut, John Bowlby and others, presenting a comprehensive approach to the experience of loneliness, a universal phenomenon which can be observed in everyday life and in any therapeutic situation.

Written with clarity and insight, *The Taming of Solitude* will be of great interest to all psychoanalysts and therapists.



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