



Distancing: A Guide to Avoidance and Avoidant Personality Disorder

Martin Kantor

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While it is not surprising that in today's world avoidance (or distancing) has become so widespread that people assign greater importance to their possessions than their relationships, what is surprising is the extent to which avoidance has been overlooked, misunderstood, and/or downplayed. This book provides an in-depth look at avoidance and Avoidant Personality disorder (APD). The author studies the avoidant in the real world and habitat and evolves a dedicated, eclectic, action-oriented therapeutic approach. Kantor believes it is important to move away from individual components of avoidance, such as fear of rejection or low self-esteem, and to study and treat the avoidant gestalt for which the proper treatment is avoidance reduction. Components of the psychoanalytic, cognitive behavioral, interpersonal, and supportive approaches that involve doing or action, are emphasized.

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