



The Strong and the Weak:

Paul Tournier

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The notion that there are two kinds of human beings, the strong and the weak, is dispelled in this helpful and balanced study of psychic strength and spiritual strength. We are much more alike than we may think, says Paul Tournier, the renowned Swiss psychotherapist and student of the Bible. What is different is the external mask that hides identical inner weaknesses and fears. All of us are afraid of others, of God, of ourselves, of life, and of death. What distinguishes us from one another is the way we react to our common distress. In vivid case histories from his notebook, Dr. Tournier illustrates the importance of self understanding in the advancement of healing in Christian freedom. He turns to the Bible to show that the Christian message of sin and grace helps us to accept ourselves realistically in the confidence that God has already accepted us in Jesus Christ. It is through the power derived from Him that we are enabled to find hope and freedom from fear. This book, with its refreshing insights into the parts played by psychology and religion in human problems, opens up new perspectives for people seeking self knowledge and provides an invaluable resource for pastoral and other counselors.

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