



# The Primal Scream: Primal Therapy, The Cure For Neurosis

*By Arthur Janov*

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Originally published in 1970, The Primal Scream represents a remarkably groundbreaking approach to psychological theory. Today it has become one of the classic explorations into the causes and cures of neuroses. Using case histories of many patients, Dr. Janov documents evidence of the elimination of lifelong illnesses--both psychological and physical--through the use of Primal Therapy.

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