Existentialism Here and Now
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Toward a Psychology of Being

Here in the U.S., existentialism has taken on a number of different faces. In the 1950s and 1960s, it was associated with the Beats and with Sartre's influence on American literature. Today, it is often seen as a way of approaching problems in psychology and psychiatry. It is a way of thinking about the human condition that focuses on the individual's experience and the existential dilemmas that arise from it.

Existentialism is sometimes described as a philosophy of the absurd or a philosophy of the existential. The notion of the absurd arises from the idea that life is meaningless and that human beings are condemned to live in a world that is not comprehensible. The concept of the existential is based on the idea that each individual has the responsibility to create their own meaning.

Existentialism is often associated with a rejection of the mind-body dualism that has been a central assumption of Western philosophy for centuries. Instead, existentialism emphasizes the importance of the subjective experience of the individual.

The core of existentialism is the recognition that life is absurd and that human beings are condemned to live in a world that is not comprehensible. The concept of the existential is based on the idea that each individual has the responsibility to create their own meaning.

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In its halcyon days, the word "existentialism" was misused even by those who were counted as supremely literate and men with a keen understanding of literature. It was a way of thinking about the human condition that focused on the individual's experience and the existential dilemmas that arise from it.

Existentialism has been influential in psychology and psychiatry, particularly in the work of existential therapists such as Rollo May. It has also been influential in literature, particularly in the works of such authors as Franz Kafka and Albert Camus. It has been influential in the development of existential therapy, which focuses on the individual's experience and the existential dilemmas that arise from it.

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