



# In and Out the Garbage Pail

*Frederick Salomon Perls , Russ Younggreen (illustrator)*

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**In and Out the Garbage Pail** Frederick Salomon Perls , Russ Younggreen (illustrator)

A novel autobiography in which the author applies his theory of focusing on awareness, writing "whatever wants to be written." Partly in poetic form, often playful, sometimes theoretical, the book is a many-faceted mosaic of memories and reflections on his life - in the past and at the moment - and on the origins and continuing development of Gestalt therapy.

## In and Out the Garbage Pail Details

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Author : Frederick Salomon Perls , Russ Younggreen (illustrator)

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# From Reader Review In and Out the Garbage Pail for online ebook

## Rah~ri says

was cleaning a day or so ago  
in anticipation of family and thanks givings  
and when i moved a box of "junk",  
this book dropped out.  
i almost threw it out?  
but then i started reading...uhoh...  
first page was a letter written to the author  
about a year after he passed on.  
it gripped my heart unexpectedly.  
spoke of living in a state of  
not pushing the river,awareness for awareness' sake.  
I liked that.  
then i read a little further into the pages  
It was like eavesdropping into someone else's mind.  
listening to him argue with himself  
got me smiling all alone  
as I sat with the vacuum in hand.  
sure I've spoke to folks that are practitioners  
of Gestalt Therapy or some such along the way  
but in truth I still have no clue what it's about.  
books of this kind don't usually hold interest for to long  
if boredom strikes, don't feel much like  
perusing further into the pages,  
but think this seems a very quick read?  
and I'm interested in seeing  
how he finds a way to write about himself.  
i think that in it's self will keep me entertained?

anyone know what Gestalt Therapy is?

still not sure if i found the book interesting  
or if it just means i really didn't want to clean house?

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## Gene Ruyle says

**Gestalt Therapy Disrobed**— As Seen Through The Eyes Of Its Principal Founder And Most Flamboyant Practitioner.

(A review of *In and Out the Garbage Pail* by Fredrick S. Perls)

This is Fritz Perls in his own words, as if come across in the baths at Esalen Institute in 1968, holding forth there in this deceptively "simple" but brashly blunt account given late in his life of just how his work and thinking took shape over time.

He sketches in broad-strokes the portrait of his life, from his childhood in Berlin, Bar Mitzvah and puberty crisis ("I am a very bad boy and cause my parents plenty of trouble"), on through his military service in World War I, into the period that followed in Frankfurt during the time when the Institute for Social Research was being founded (sharing the same intellectual ethos of the neurological clinic in which Gestalt psychology was begun in earnest), up to his break in both theory and method with Freud's traditional psychoanalytic circle, followed by his own subsequent individual development of Gestalt Therapy, starting in South Africa and then later carrying it to the United States, eventually landing him at Esalen Institute in Big Sur, California -- which became the closest thing to a spiritual home he ever found.

Part autobiography, part theoretical elaboration and summing up, part off-the-cuff philosophizing and qualifying commentary; part painful admission, true confession, and a clearing of the air; part personal pontificating and the pleasurable peacock parading of an iconic figure and public paragon. This work is woefully misconstrued and seriously distorted if it is either taken too lightly or made too much of. To be rightly received and taken in, it must be viewed in the much larger context of the rest of his writings and serious work with clients, along with the workshops he led and lectures he gave, and all of that added to the ever-animated and at times slightly brutish encounters (and he would be the first to admit this whenever it was the case (as, indeed, he does in some of these pages) with the host of personal acquaintances, close friends, and yes, his entrenched enemies too that made up the unusually rambunctious life of the creatively gifted and all too human man that he was.

\* \* \*

*(A member of my doctoral committee, Dr. Vincent F. O'Connell, then on the Psychiatric Faculty of the Medical School at the University of Florida, heard Perls deliver the very first lecture on Gestalt Therapy given in the United States (attended by three people!). The two became close friends and collaborating professional colleagues from that point on until Perls's eventual death, March 14, 1970. "Vinnie" is mentioned by Perls in some places in this book. Among the many elaborations he shared with me about Perls's views on many things -- which were always original, provocative, and off-the-cuff -- was a most intriguing one about Perls's having written a whole paper on the topic: "Interpretation is a hostile act.") He was a man given to making such remarks. Those who have had occasion to see Perls at work with clients or relating to people in general are likely to have seen this upstart aspect of his individual style and personal inclinations as a human being.)?*

(Cover painting: One of Perls's own entitled "Eyeglass in Gaza")

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**Ira says**

[illegible]

## Dan Kugler says

beautiful wise, infinite-hearted, and wild, by a genius and certifiable non-asshole.

## Jason Dias says

Honest, introspective, and stream of consciousness. This is a courageous work of a sort we rarely produce anymore; our world has become perhaps overly scientific, scientistic, anti-phenomenological. It's a little dated, but the authenticity is worth the read.

## Eugene Pustoshkin says

[illegible]

## Jfish938 says

And odd and interesting auto-biography that captures Perls as he wished to portray himself.

## Heiki Eesmaa says

There is some gold in it. I did not enjoy the stream of consciousness writing.

## **Erik Graff says**

I believe I read this after taking a group seminar on humanistic psychology at Grinnell College, having picked it up at the Digger Free Store in what used to be the cloak room of my dorm on South Campus, Loose Hall, some years before. It is sort of an autobiography by the founder of American Gestalt Therapy and it was a delight to read, parts of it being quite funny.

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## **anarki says**

Ramblings of an old man dying of a heart ailment with random mediocre poetry and topdog-underdog dialogues in between.

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## **Cyndi says**

Perls' autobiographical work was fun to read; he moves from prose to (mediocre) poetry and back to prose. His illustrations are funny and endearing. He breaks here and there to allow dialogue between the topdog and underdog parts of his personality. The occasional self-indulgent boasting is balanced with glimpses into Perls' life, which is a compelling story! (I had no idea he fought in the trenches in WWI.) There are some good insights here into human behavior, Gestalt theory, Freudian theory, and the philosophical milieu out of which these theories grew. He never goes too deep into that, though, and shifts topics abruptly according to whim. This book gives readers a sense of who Perls was, how he viewed himself, his wisdom, and his flaws.

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## **Takoinche El tako :D says**

Fácilmente uno de los mejores libros que he leído. Fritz Perls habla crudo y se destroza como pocas personas siquiera pensarían hacerlo en frente de toda una audiencia que sabe que lo estamos leyendo. Su manera de narrar también es única, caótica y muchas veces sin sentido (es ahí donde entra el perrodearriba a poner algo de orden. Pero siempre es agradable cómo pasa sin que le importe un carajo de una poesía a una experiencia personal a fascinarnos con constructos teóricos súper densos para luego volver a un diálogo interno o con cualquier persona que decida sacar de su tarro de basura para traer a hablar con él (en cierto momento, incluido el mismo Freud).

Si te gusta la Psicología, este es un libro obligado para comprender que la psicología humanista no es, para nada, dar un abrazo al paciente.

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## **Carly Trask-Kuchta says**

Oh, Fritz. Fritz Perls is my therapeutic soul partner, and this stream-of-consciousness, slightly batshit book of his only further solidified that for me. He's a nightmare, authentic, dramatic, and flinchingly-honest regarding his own internal process, and he doesn't abide by many, if any, societal norms. He calls it all forth into the light: his own narcissism, his wish for self-aggrandizement, and his insecurities. He engages the

reader in conversation by engaging himself in dichotomous conversations. I want to be him when I grow up, and I want to harness his fearlessness and use it daily with my clients.

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### **david says**

Gestalt Therapy Verbatim cracked me open like an egg. Looking forward to getting into this more "autobiographical" free written/drawn book.....

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### **Shorewalker says**

Classic - good theory for all of us to follow, especially in our over-media-ed world.

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