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Short-term psychotherapy for depression

Broadening the field of efficacy research

Ellen Driessen

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Short-term psychotherapy for depression

Broadening the field of efficacy research

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geboren te IJsselstein

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Part I

Introduction

Preface

My life came to a standstill. I could breathe, eat, drink, and sleep, and I could not help doing these things; but there was no life, for there were no wishes the fulfillment of which I could consider reasonable. If I desired anything, I knew in advance that whether I satisfied my desire or not, nothing would come of it. Had a fairy come and offered to fulfill my desires I should not have known what to ask. If in moments of intoxication I felt something which, though not a wish, was a habit left by former wishes, in sober moments I knew this to be a delusion and that there was really nothing to wish for. I could not even wish to know the truth, for I guessed of what it consisted. The truth was that life is meaningless.

Leo Tolstoy
A confession (1882)

