This is a key text for psychiatrists, psychologists, psychotherapists, as well as trainees in the field.

Presenting a clinical model which has close connections with American constructivist psychotherapy and Bowlby's Attachment Theory.

The text:

- Delineates a set of principles in the study of consciousness that place the first-person perspective at the heart of the analysis of emotional disorders
- Differentiates six personality styles, describing the origin of the subjective emotional experience; the ordering and the regulation of the emotional domain, and the psychopathological disorders
- Provides neuroscientific evidence showing that brain activity could be related to personality styles