Everyone knows life is busy nowadays. The internet has already substituted a significant part of human relations. More and more people are obsessed with gaining money but they are total amateurs in a complicated net of feelings and are becoming victims of their gullibility – consumption culture teaches us that everything can be bought.

This situation is a fertile soil for all kinds of quacks, or so-called shrinks, who pulling the wool over the eyes of miserable clients make a good living. You can accuse me of being disregarding towards old science of psychoanalysis which a lot of famous people have dedicated their time to. What can I object to all those well-developed dogmas about unconscious, the fraudian slip, fragile inner world balance and its successful treatment by pills (or just placebos)?

Well, I think all those theories are not complete hokum but I do believe that nebulous philosophizing about life doesn`t serve for solving problems. Moreover, too scientific approach can lead to a fatal situation – making an erroneous diagnosis. I am against indulging frauds and leaving desperate people in this eternal rat race to their own devices.

I am inclined to believe that an approach should me personal. He should be able to understand human nature, feel deep emotions and inner motives of deeds. Do you think there are a lot of such people? At least, they are not that numerous as shrinks are. Moreover, having a soul problem you are the only person that can help yourselves. It is only you who can overcome the stress – to look at the situation rationally, find out about its roots, and expunge the myth of impossibility to resolve this problem.

Of course, most people need support to do it but an ideal candidate is a person who knows you well – the best friend or a close relative. In most cases you can be pretty sure they won`t cheat you. Of course, in some situations you can`t ask them for help- then go to a shrink. However, you should bear in mind the thing that you pay money and go on complaining doesn`t mean you are sure to get rid of a problem in your mind. Even the best psychologist can only create a basis of your recovery; the bulk of work is yours. That`s the case when no matter how much money you have the work won`t be done for you.