

Download Getting It : The Psychology Of Est

Getting It: The Psychology of est. Getting It: The Psychology of est is a non-fiction book by American psychologist Sheridan Fenwick, first published in 1976, analyzing Werner Erhard 's Erhard Seminars Training or est. It is based on Fenwick's own experience of attending a four-day session of the est training,...Getting it: The psychology of est Hardcover – 1976 by Dr. Sheridan Fenwick (Author) Be the first to review this itemGetting It: The Psychology of est is a non-fiction book by American psychologist Sheridan Fenwick, first published in 1976, analyzing Werner Erhard's Erhard Seminars Training or est.Having sat through an EST seminar, unwillingly, the psychology of EST boils down to the idea that we are all assholes and the sooner we embrace this the happier we will be.