

Contents

<i>Acknowledgments</i>	xi
<i>List of contributors</i>	xii
<i>Preface</i>	xv

Introduction	1
--------------	---

PART I

The internal world – self-reflection: Thoughts from individuals about their own pandemic experience from an existential viewpoint	21
--	-----------

1 From fear, uncertainty, and loss to embodiment, dreams and awakening MONICA HANAWAY	25
2 ‘Without music, life would be a mistake’: The experience of a musician in Covid-19 times LAURENCE COLBERT	35
3 The paradox of freedom in lockdown DIANA MITCHELL	45
4 My pandemic pregnancy: A self-reflection via the words of others CLEO HANAWAY-OAKLEY	52

- 5 What really matters? A phenomenological exploration of two YouTube dialogues on living through Corona times 66
GREG MADISON AND ERNESTO SPINELLI

PART 2

The therapy world: Psychotherapy and coaching clients 79

- 6 Birth, death and isolation: Motherhood during a pandemic 87
CLAIRE ARNOLD-BAKER

- 7 Relatedness and relationships in the time of Covid-19 101
LUCI MOJA-STRASSER AND MICHAEL WORRELL

- 8 Existential resilience and Covid-19: What existential coaching can offer 112
YANNICK JACOB

- 9 'It's been a good pandemic for me': Working with coaching and psychotherapy clients, with a focus on clients with a diagnosis of pure obsessive compulsive disorder 126
MONICA HANAWAY

PART 3

The business world and other communities: Existential issues for businesses, communities and organisations to consider post-pandemic 137

- 10 East of Eden: An existential view of the pandemic 139
RENÉ MÄRTIN

- 11 Existential challenges for business leaders post-pandemic 148
MONICA HANAWAY

- Conclusion: The existential legacy of the Covid-19 pandemic 160

- Index* 173