

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 GREG MADISON AND ERNESTO SPINELLI	66
PART 2 The therapy world: Psychotherapy and coaching clients		79
6	Birth, death and isolation: Motherhood during a pandemic CLAIRES ARNOLD-BAKER	87
7	Relatedness and relationships in the time of Covid-19 LUCI MOJA-STRASSER AND MICHAEL WORRELL	101
8	Existential resilience and Covid-19: What existential coaching can offer YANNICK JACOB	112
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 MONICA HANAWAY	126
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 RENÉ MÄRTIN	139
11	Existential challenges for business leaders post-pandemic MONICA HANAWAY	148
Conclusion: The existential legacy of the Covid-19 pandemic		160
<i>Index</i>		173