

TOSHINORI IWAI

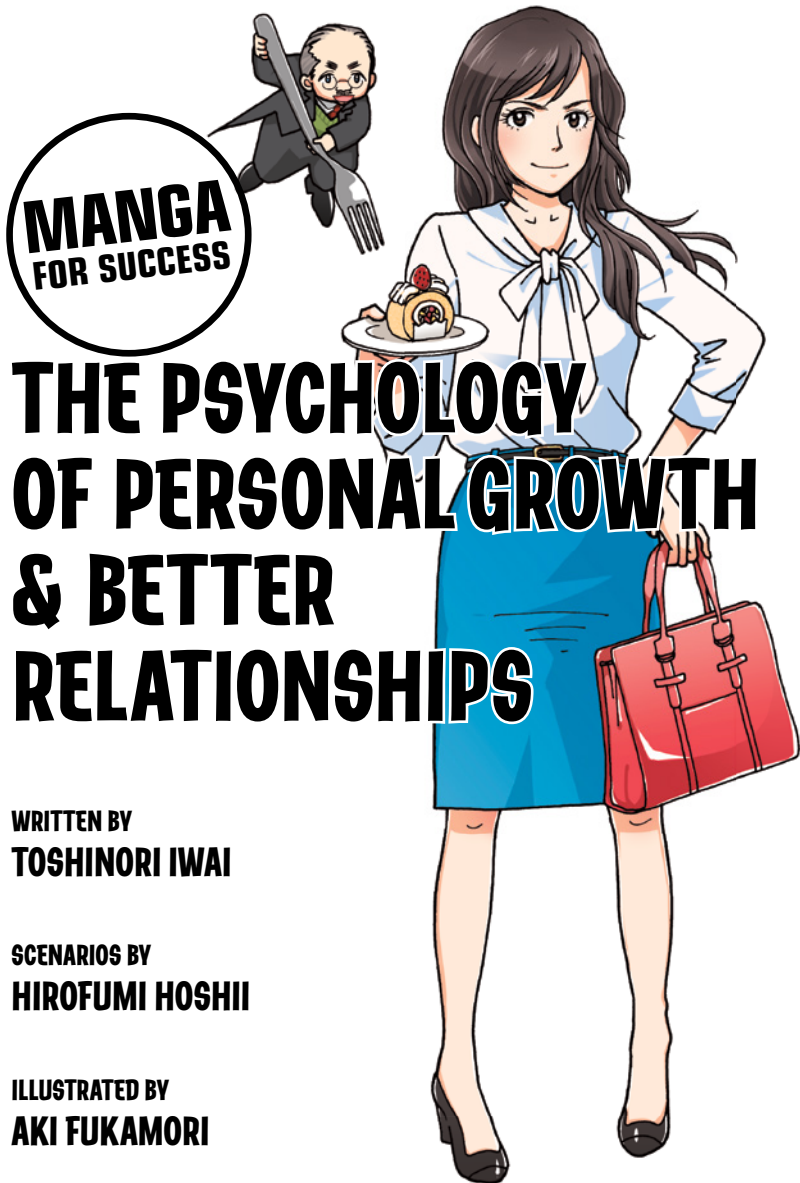


THE PSYCHOLOGY OF PERSONAL GROWTH & BETTER RELATIONSHIPS



- * CHANGE YOUR PERSPECTIVE, AND YOUR LIFE WILL BE EASIER!
- * FIND THE COURAGE TO HAVE DIFFICULT, BUT IMPORTANT, CONVERSATIONS
- * GET THE SUPPORT YOU NEED FROM OTHERS

BASED ON THE GLOBALLY
INFLUENTIAL WORK OF
PSYCHOLOGIST ALFRED ADLER



**MANGA
FOR SUCCESS**

THE PSYCHOLOGY OF PERSONAL GROWTH & BETTER RELATIONSHIPS

**WRITTEN BY
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AKI FUKAMORI**

WILEY

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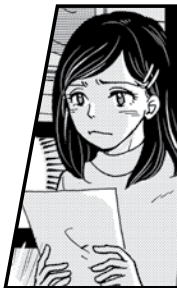
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READING THIS WILL HELP YOU UNDERSTAND THE BASICS OF ADLERIAN PSYCHOLOGY!



Part 1

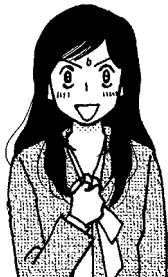
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SO I THINK
I'LL JUST QUIT
MY JOB.



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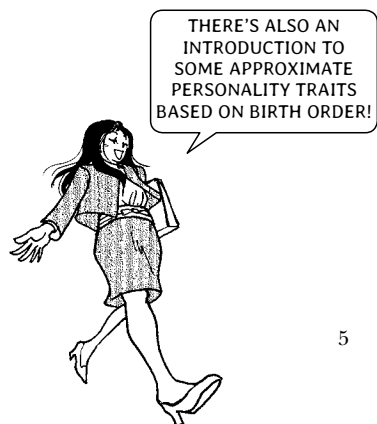
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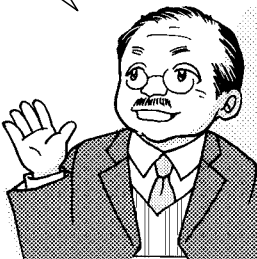
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EVERYONE LIVES
IN A SPHERE
OF THEIR OWN
ASSUMPTIONS.

COULD IT BE THAT
WHAT YOU'RE FEELING
ARE FEELINGS OF
INFERIORITY?



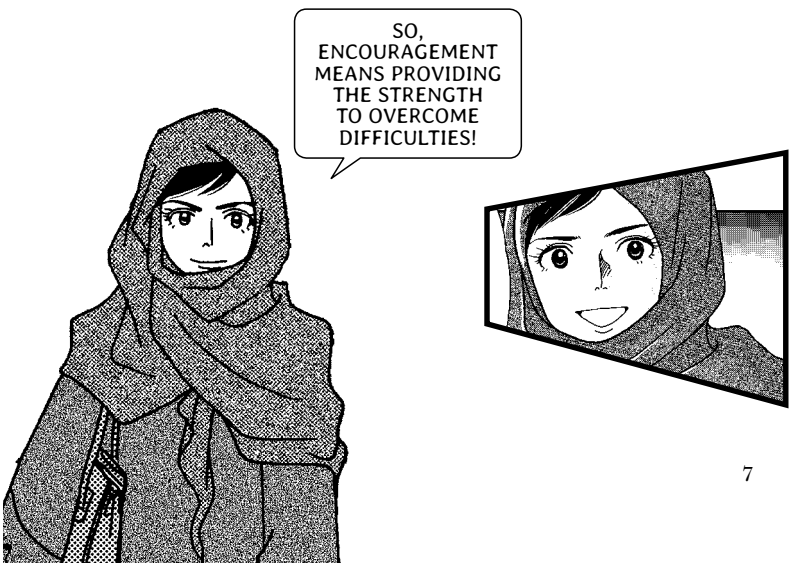
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Preface

Alfred Adler is one of the great psychologists of the last century, most well known for his work emphasizing the individual within their social and family environments. His work is enjoying a recent rise in popularity because of the mental health challenges people around the world are facing. This book is my attempt at making the essence of Adlerian psychology as easy as possible to understand for this growing audience.

It has been a long but short 30 years since I first began working with Adlerian psychology. I have used this experience to try and condense the essence and practical application of Adlerian psychology into the most easy-to-understand format possible in this book.

Many people whom I have met in my research and counseling have said to me that they understand the theory of Adlerian psychology but want to know how to apply it to their everyday lives.

Adlerian psychology is all about putting things into practice. Adler would probably be upset if he heard people weren't applying his teachings in the workplace,

at home, or in their personal lives. This book isn't solely Adler's direct teachings but includes later developments in his psychology, as well as my own experience from study, counseling, and knowledge born from everyday life.

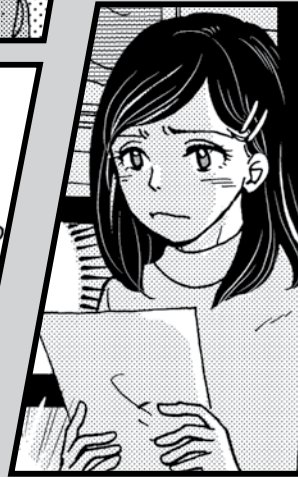
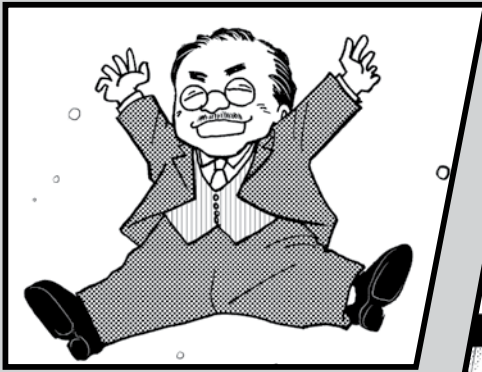
This book will encourage you! The manga section follows our main character Yukari and the story of her growth. You should be able to find plenty of encouragement just by empathizing with her and those around her. Afterward, in the written sections, you can further your understanding of the material and learn how to apply it to your own life in order to achieve your own personal growth as well as encourage the growth of those around you.

Finally, let's look at how to read this book. There are three patterns. The first is the normal way: just read it from start to finish. The second is to read only the manga sections. The third is to read only the typeset text.

If you feel it is difficult to read everything from start to finish, then it is fine to read only the manga section first. Then, once you are finished with that, go back and read the typeset text.

This book is designed to guide you through all the steps from understanding to capability to mastery. I hope you are able to look forward to your own progress as you turn the pages. Thank you very much for purchasing this book. I hope that when you have finished reading it, you will feel a sense of gratitude to yourself as well.

Toshinori Iwai



Prologue

What Is Adlerian Psychology?

S
H
A
A

TAKESHI,
ANOTHER
PERFECT
SCORE!

THAT'S
MY
BOY!

I SPOIL
YOU TOO
MUCH.

DADDY,
CAN I
HAVE
THIS?
PLEEEASE!

SO JUST
THIS
ONCE,
OKAY?



MY OLDER
BROTHER HAS
BETTER GRADES,
SO NO ONE
NOTICES HOW
WELL I DO.

96

AND I'M NOT
SPOILED LIKE
MY YOUNGER
SISTER.

U
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A
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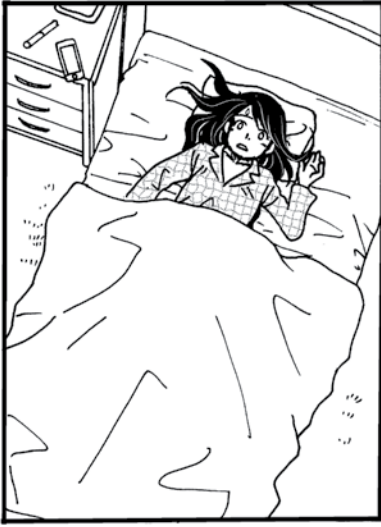
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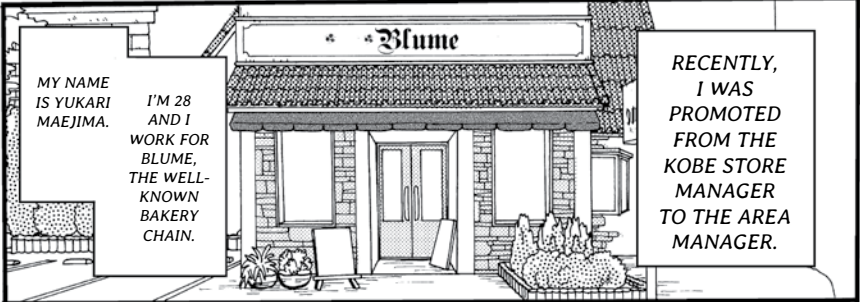
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The Little
Ghost I
Met in the
Warehouse

Story 1

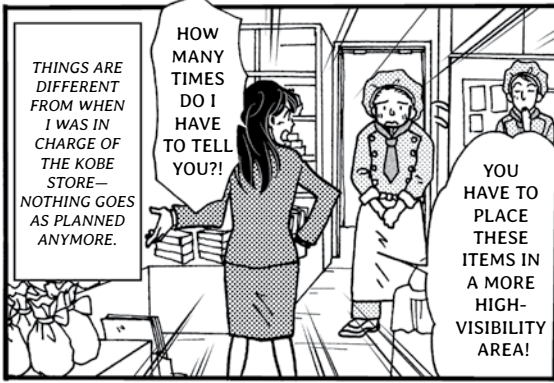


WHAT A TERRIBLE DREAM.



MY NAME IS YUKARI MAEJIMA. I'M 28 AND I WORK FOR BLUME, THE WELL-KNOWN BAKERY CHAIN.

RECENTLY, I WAS PROMOTED FROM THE KOBE STORE MANAGER TO THE AREA MANAGER.



THINGS ARE DIFFERENT FROM WHEN I WAS IN CHARGE OF THE KOBE STORE—NOTHING GOES AS PLANNED ANYMORE.

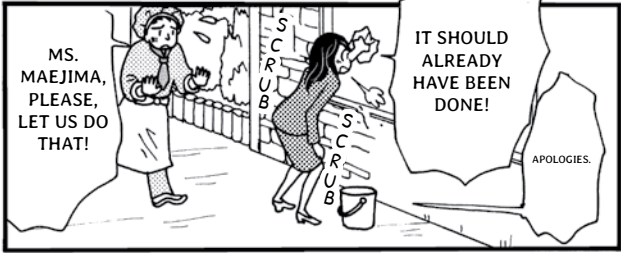
HOW MANY TIMES DO I HAVE TO TELL YOU?!

YOU HAVE TO PLACE THESE ITEMS IN A MORE HIGH-VISIBILITY AREA!



LOOK! THERE ARE BARELY ANY CAKES IN THERE!

LINE THEM UP NICELY!



MS. MAEJIMA, PLEASE, LET US DO THAT!

IT SHOULD ALREADY HAVE BEEN DONE!

APOLOGIES.

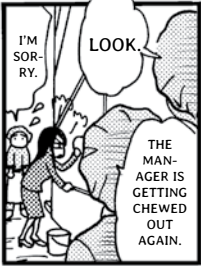


WHY CAN'T YOU DO EVEN THE SIMPLEST THINGS?

I'M SORRY.

ALL OF THE OTHER STORES CAN MANAGE TO.

WHAT'S THE PROBLEM?



I'M SORRY.

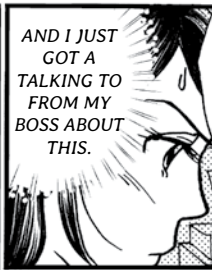
LOOK.

THE MANAGER IS GETTING CHEWED OUT AGAIN.



CUTTING CORNERS EVERYWHERE!

I NEED TO WHIP THEM INTO SHAPE OR WE'LL LOSE CUSTOMERS.



AND I JUST GOT A TALKING TO FROM MY BOSS ABOUT THIS.

YOUR SALES ARE DOWN.

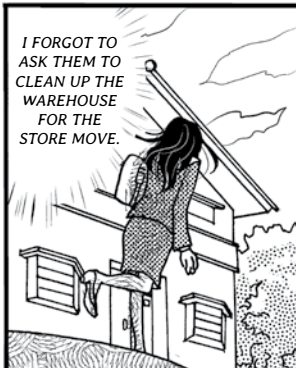
YOU CALL YOURSELF A MANAGER?

I HAVE TO TRY HARDER!

I'M SORRY.



AH!

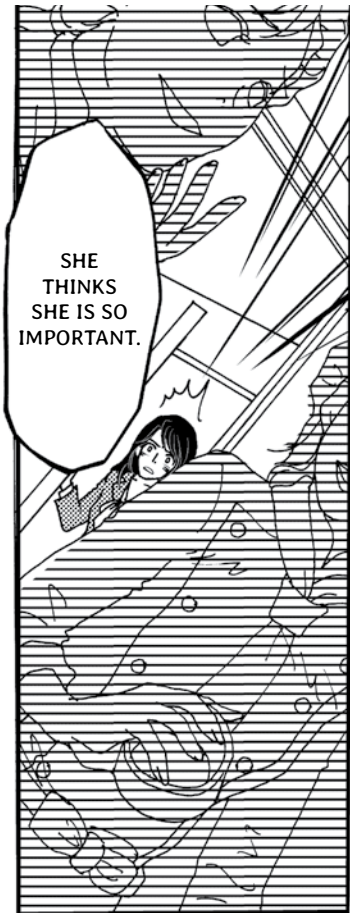


I FORGOT TO ASK THEM TO CLEAN UP THE WAREHOUSE FOR THE STORE MOVE.



MAN, THAT AREA MANAGER IS THE WORST.

HUH?



SHE THINKS SHE IS SO IMPORTANT.

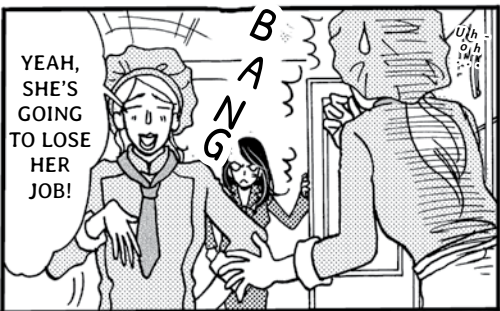


SHE'S SO DOMINANT AND INTIMIDATING.

SHE DOESN'T TRUST US AT ALL.



YEAH, AND IT LOOKS LIKE SALES ARE DOWN.



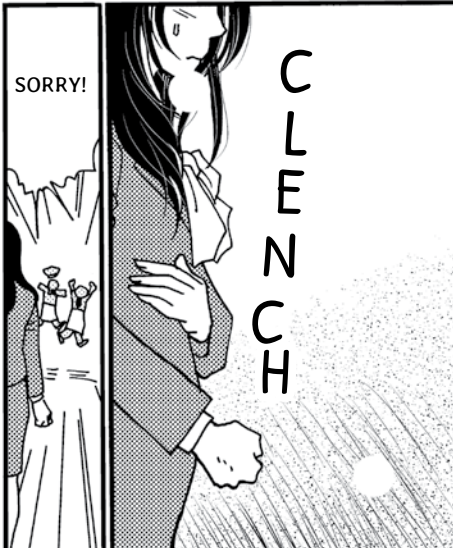
YEAH, SHE'S GOING TO LOSE HER JOB!



YEAH, AND WHOSE FAULT IS IT THAT SALES ARE DOWN?!

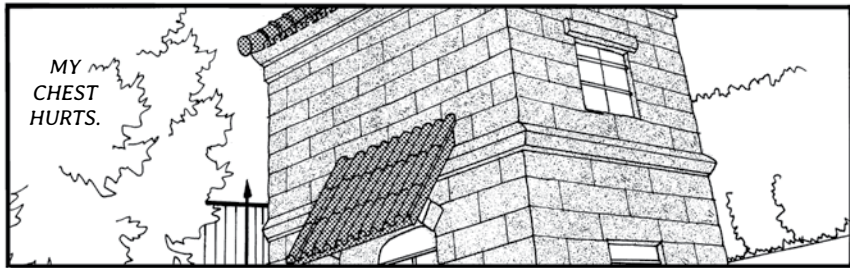
IF YOU HAVE TIME TO STAND AROUND AND GOSSIP, THEN GET BACK TO WORK!

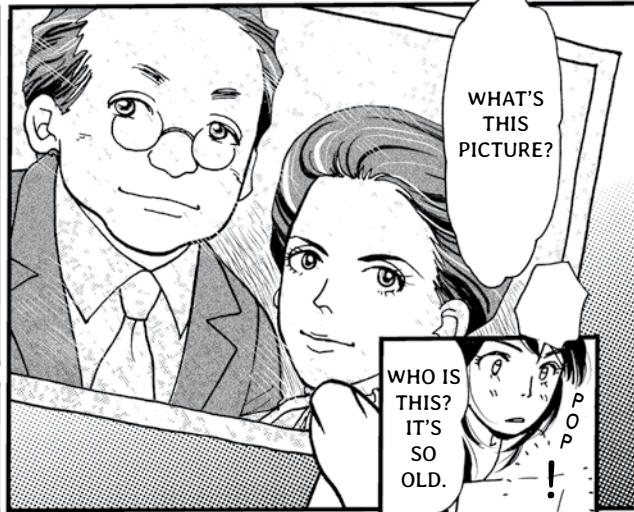
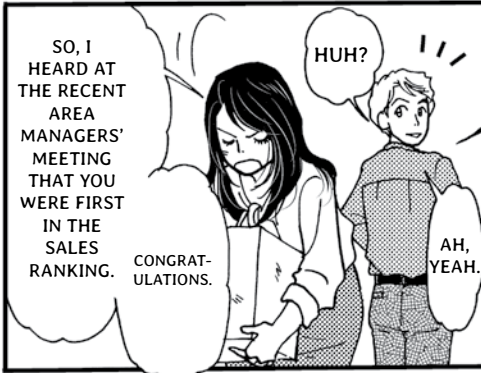
EEK!

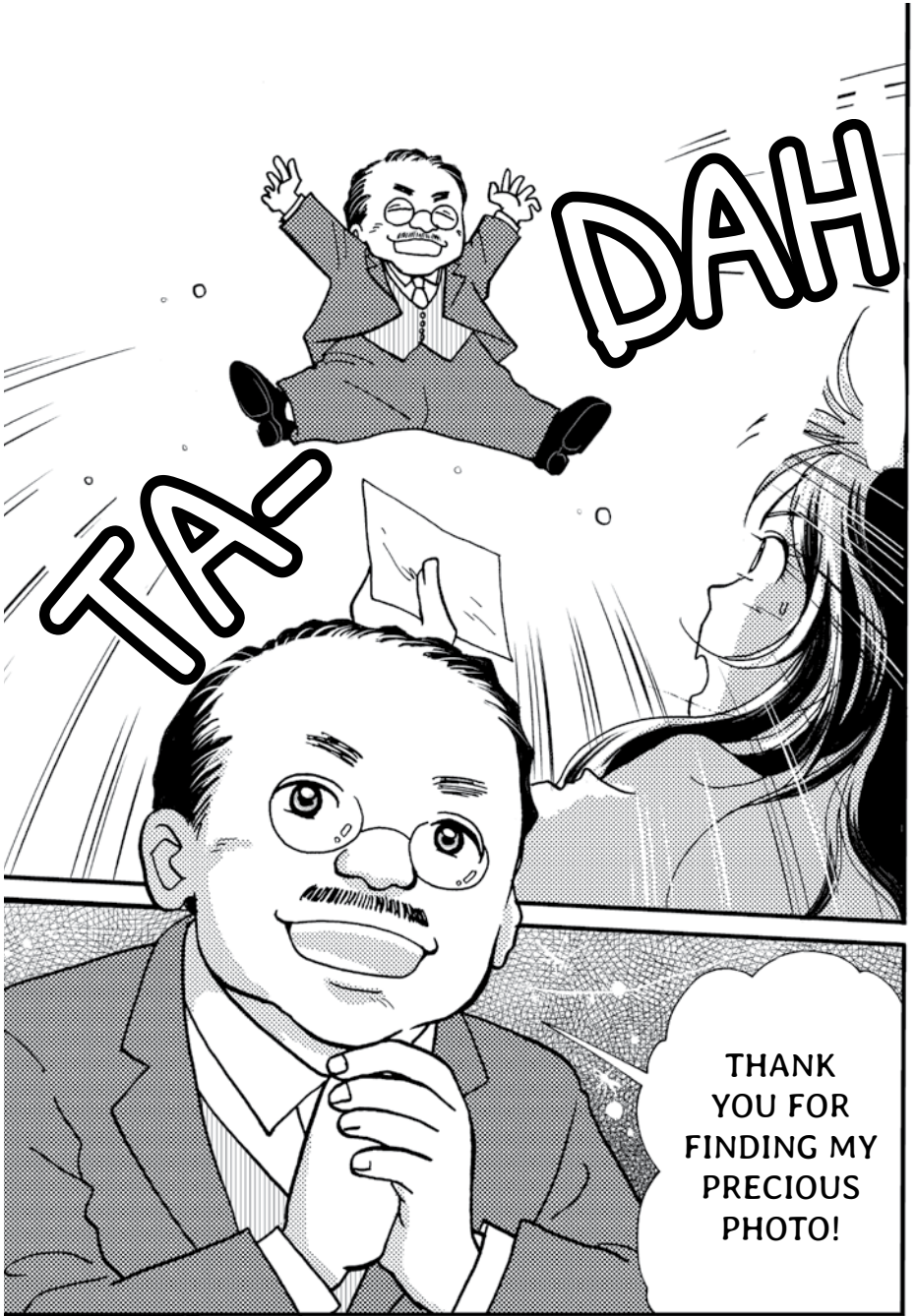


SORRY!

CLEMENCE



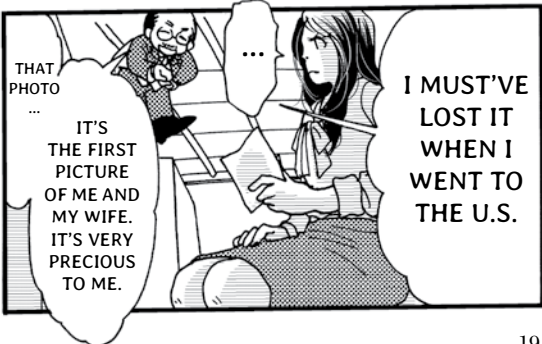
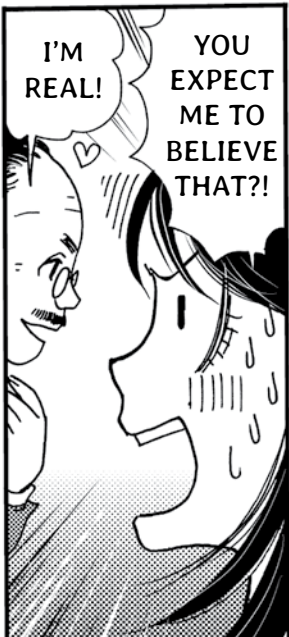
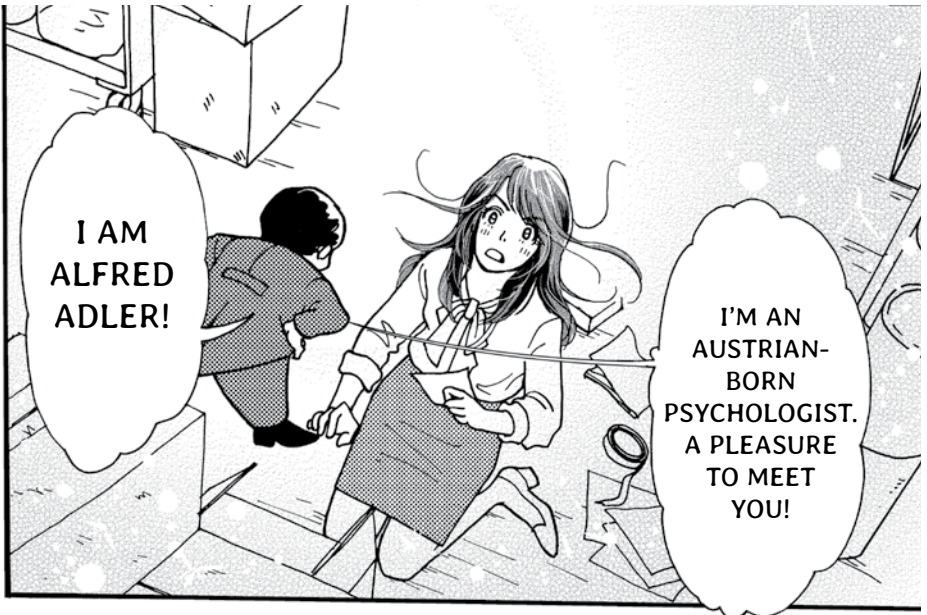


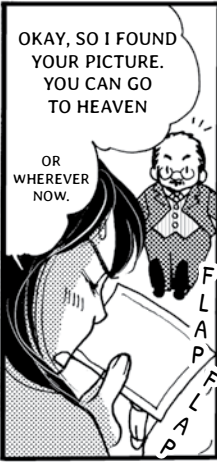


DAH

TA

THANK
YOU FOR
FINDING MY
PRECIOUS
PHOTO!





OKAY, SO I FOUND YOUR PICTURE. YOU CAN GO TO HEAVEN OR WHEREVER NOW.

OR WHEREVER NOW.

UMM.

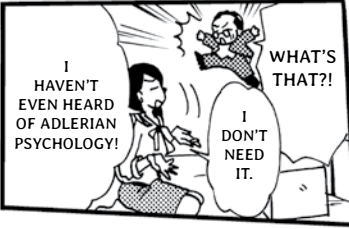
I'M AFRAID IT DOESN'T WORK LIKE THAT.

TO SHOW MY GRATITUDE, I, ADLER, WILL TEACH YOU ADLERIAN PSYCHOLOGY!



THAT WON'T BE NECESSARY!

SO FAST!



I HAVEN'T EVEN HEARD OF ADLERIAN PSYCHOLOGY!

WHAT'S THAT?!

I DON'T NEED IT.



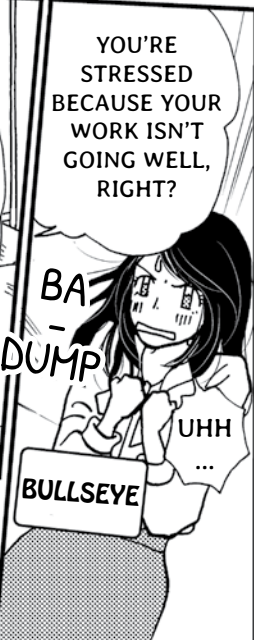
ADLERIAN PSYCHOLOGY IS PERFECT FOR SOMEONE LIKE YOU!

SOMEONE LIKE ME?



IT'S GUARANTEED TO HELP ENCOURAGE YOU!

IT'S A TYPE OF PSYCHOLOGY THAT WILL GIVE YOU A FORWARD-LOOKING PERSPECTIVE!



YOU'RE STRESSED BECAUSE YOUR WORK ISN'T GOING WELL, RIGHT?

BA-DUMP!

UHH ...

BULLSEYE