

The Myth Of Sanity Divided Consciousness And The Promise Of Awareness

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why does a gifted psychiatrist suddenly begin to torment his own beloved wife how can a ninety pound woman carry a massive air conditioner to the second floor of her home install it in a window unassisted and then not remember how it got there why would a brilliant feminist law student ask her fiancé to treat her like a helpless little girl how can an ordinary violence fearing businessman once have been a gun packing vigilante prowling the crime districts for a fight a startling new study in human consciousness the myth of sanity is a landmark book about forgotten trauma dissociated mental states and multiple personality in everyday life in its groundbreaking analysis of childhood trauma and dissociation and their far reaching implications in adult life it reveals that moderate dissociation is a normal mental reaction to pain and that even the most extreme dissociative reaction multiple personality is more common than we think through astonishing stories of people whose lives have been shattered by trauma and then remade the myth of sanity shows us how to recognize these altered mental states in friends and family even in ourselves

towards a history of consciousness space time and death offers a cogent and compelling discussion of the neglected topic of the history of consciousness an analysis of our postmodern ontology reveals deep but neglected roots what are those roots and how did they grow is there a self without consciousness what is the relation of the self to the individual does the recognition of death contribute to the growth of consciousness as a survey of western history this work pushes the boundaries of the understanding of consciousness in intriguing and sometimes provocative directions this integrative study is intended for the serious curious student and thinker

in psychotherapy reflections a psychoanalytically informed patient describes his feelings about his therapeutic relationship and critically examines selected therapy sessions from a nine month course of treatment many texts about psychotherapy are based either

on patient narratives or on a clinical model psychotherapy reflections however combines patient narrative with probing insight and dream analysis based on the work of noted dream researcher stanley r palombo m d who has shown that dreams serve an information processing function by matching present and past experience in determining what information will be filtered through for storage in permanent memory

this two volume encyclopedia examines the social cultural and political dimensions of mental illness in america americans are becoming more cognizant of the importance of mental wellness as incidents of bullying random shootings and eating disorders pervade our society this comprehensive resource provides an expansive overview of mental health and illness in the united states analyzing the current state of the health care system and objectively examining the therapies and treatment options traditionally recommended by the medical community mental health care issues in america an encyclopedia covers major mental disorders theories and treatments delves into major advances and ongoing controversies in the field and shares the most current research on the subject in varied disciplines including ethnic studies criminal justice education and social work each entry features a clear definition of the issue along with a brief review of its history additionally the author situates the material within the mental health field as well as within society in general organized alphabetically topics include advocacy legal issues media portrayals of psychological disorders and homelessness and mental illness

intertwines history philosophy and science a powerful challenge to conventional notions of individual responsibility publishers weekly few concepts are more unshakable in our culture than free will the idea that individuals are fundamentally in control of the decisions they make good or bad and yet the latest research about how the brain functions seems to point in the opposite direction in a work of breathtaking intellectual sweep and erudition heidi m ravven offers a riveting and accessible review of cutting edge neuroscientific research into the brain s capacity for decision making from mirror neurons and self mapping to surprising new understandings of group psychology the self beyond itself also introduces readers to a rich alternative philosophical tradition of ethics rooted in the writing of baruch spinoza that finds uncanny confirmation in modern science illustrating the results of today s

research with real life examples taking readers from elementary school classrooms to nazi concentration camps ravven demonstrates that it is possible to build a theory of ethics that doesn't rely on free will yet still holds both individuals and groups responsible for the decisions that help create a good society the self beyond itself is that rare book that injects new ideas into an old debate and an important contribution to the development of our thinking about morality washington independent review of books an intellectual hand grenade a magisterial survey of how contemporary neuroscience supports a vision of human morality which puts it squarely on the same plane as other natural phenomena william d casebeer author of natural ethical facts

how we are changed by war examines the changes to americans during wartime through the medium of their diaries and correspondence beginning with the colonial period of the early seventeenth century and ending with diaries and letters from iraq war veterans the book clearly discusses and describes the universal themes of war such as reintegration to society and the horrors of war through private writings regardless of the narrator's historical era this allows the writers to speak to each other across time to reveal a profound commonality of cultural experience how we are changed by war is a fascinating look at the writings of individuals who served their military in different eras and a great example of how history is shaped by both memory and experience jacket

on september 11 2001 the fear switch in our brains got flicked how do we turn it off and reclaim our lives five years after september 11 we're still scared and why not terrorists could strike at any moment our country is at war the polar caps are melting hurricanes loom we struggle to control our fear so that we can go about our daily lives our national consciousness has been torqued by trauma in the process transforming our behavior our expectations our legal system in the myth of sanity martha stout who until recently taught at the harvard medical school analyzed how we cope with personal trauma in her national bestseller the sociopath next door she showed how to avoid suffering psychological damage at the hands of others now in the paranoia switch she offers a groundbreaking clinical neuropsychological and practical examination of what terror and fear politics have done to our minds and to the very biology of our brains in this timely and essential book stout assures us that we can interrupt the cycle of trauma and look forward to a future free

of fear only by understanding our own paranoia and what flips the paranoia switch

have you ever been driving home from work when you noticed that your thoughts were wandering so far away that you had forgotten how you had even gotten home or have you ever been so absorbed in a movie that you felt like you were right there with the characters despite sitting on your couch if either of these scenarios sounds familiar you have briefly experienced dissociation our brains typically employ dissociation as a coping technique when faced with emotionally taxing circumstances or traumatic experiences the drawback is that we can easily become accustomed to dissociating with our brains perpetually checking out and avoiding emotionally taxing circumstances we must face the dissociation phenomena and comprehend how it arises if we are to start living more truthfully and fully in the present before we get started be aware that this book discusses suicide trauma and child abuse these books will teach you why it s challenging to verbalize terrible memories how out of body experiences may be caused by dissociation and how it s possible to pass away from hopelessness

corra harris 1869 1935 was one of the most widely published and nationally popular women writers in the united states a circuit rider s wife 1910 was georgia s most celebrated novel for nearly three decades now little read and almost forgotten harris s life offers a fascinating glimpse into a world nearly unimaginable to us today in her writing harris poignantly and often humorously captured the paradoxes characteristic of the new south a time and place of radically divergent goals pressed by national and economic demands to modernize and regional desire to hold on to the past leaders struggled at the turn of the century to reconcile competing goals issues of race class and gender found in harris s writing were at the heart of the struggle in depicting the complexities of harris s era her life and her personality historian catherine oglesby offers a remarkable insight into early twentieth century literature and culture she demonstrates the ways harris s work and life both differed from and were the same as other southern women writers and reveals the ways time and place intersect with race class gender and other variables in the forging of identity

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haunted by their horrific pasts and suffering in silence girls traumatized by severe child abuse often endure debilitating medical ailments and serious psychiatric problems well into adulthood they withstand clinical depression anorexia sleep dysfunction post traumatic stress disorder alcoholism and one of the most extreme conditions dissociative identity disorder did the development of multiple personalities paige alisen herself diagnosed with did as a result of repeated sexual ritual and psychological abuse skillfully blends her own painful experiences with the powerful testimonies of other survivors to present a disturbing yet inspiring account of childhood trauma and its long term consequences for women s mental and physical well being she also delivers a strong indictment against a society that permits and perpetuates the brutal treatment of women and children and offers an informative practical and encouraging guide for survivors on the journey to healing and recovery bringing together personal psychiatric social and feminist perspectives alisen defines the different types of child abuse describes why children remain silent about their ordeal explores the ways in which they try to speak through their behaviors and their bodies and examines how they develop extraordinarily complex and extreme strategies including the creation of alter personalities to cope with and survive the torment she faults government churches schools the health care system and other institutions for their failure to adequately recognize and deal with the widespread problem of childhood trauma included in the volume are useful self help resources and crucial advice for survivors and their support networks alisen s innovative and courageous approach to a difficult subject will empower the countless women who bear the emotional and physical scars of severe childhood trauma in addition her compelling

work will raise awareness about the devastating effects of child abuse and sound a call to those in key positions to advocate for and effect social change that will end the vicious cycle of abuse

a science writer explores six seemingly unconnected but unique human traits the big toe thumbs pharynx tears kissing and laughter each trait marks a fork in the evolutionary road where humans went one way and the rest of the animal kingdom went the other

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