

World History Human Legacy Modern Era

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for more than a million years man's utter dependence on technology has been

producing a host of intricate problems for example we steadily reduce the need for human labor while finding ways to increase life expectancy we mass produce the automobile without grasping the harsh effects it leaves on the environment the human legacy concerns the evolution and development of man physically socially psychologically into the latest version of the species we see around us today the author paints an intriguing picture of man living in complex societies and trying to solve the unanticipated consequences of action

with the first unified theory of guilt shame and anxiety this pioneering psychiatrist and critic of psychiatric diagnoses and drugs examines the causes and effects of psychological and emotional suffering from the perspective of biological evolution child development and mature adult decision making drawing on evolution neuroscience and decades of clinical experience dr breggin analyzes what he calls our negative legacy emotions the painful emotional heritage that encumbers all human beings the author marshals evidence that we evolved as the most violent and yet most empathic creatures on earth evolution dealt with this species threatening conflict between our violence and our close knit social life by building guilt shame and anxiety into our genes these inhibiting emotions were needed prehistorically to control our self assertiveness and aggression within intimate family and clan relationships dr breggin shows how guilt shame and anxiety eventually became self defeating and demoralizing legacies from our primitive past that no longer play any useful or positive role in mature adult life he then guides the reader through the three steps to emotional freedom starting with how to identify negative legacy emotions and then how to reject their control over us finally he describes how to triumph over and transcend guilt shame and anxiety on the way to greater emotional freedom and a more rational loving and productive life

seven lectures delivered by the author at different occasions

this book examines a range of public debates on the nazi legacy in germany since gerhard schröder s sdp green coalition came to power in 1998 topics include patterns of remembrance the walser bubis controversy the holocaust monument in berlin and

disputes about national pride anti semitism and german victimhood a central theme is the dialectic of normality whereby references to the nazi past impact upon normality in the present the book is a valuable resource for students of contemporary german politics history and culture

fourteen essays documenting the vietnam war s impact and continuing influence on american life particularly on cinema literature the black community and the combat veteran booklist

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