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This one contains a shocker!

By A Customer

I read this book almost 30 years ago and STILL remember some of its key premises. That's how much it impacted me. There are very few other books I can say that about, and I'm an avid reader.

The authors' basic contention is that an adjusted American is a [confused] individual. If you feel slightly out of step with your friends, neighbors, and family, that--according to the authors--may in fact be a good sign, not a bad one!

One of the most interesting, and revealing (also rather shocking) postulations is that hate is the consequence of negative qualities we perceive about ourselves that instead of dealing with internally, (where we're able to resolve them), we project them onto others--usually groups such as minorities--whom we proceed to hate. This makes intuitive sense when you think about it. However, it's the opposite that's the eye-opener.

The authors claim that romantic love is the opposite of hate. They contend that when we "fall in love," what we're REALLY doing is taking those qualities about ourselves that we love and projecting them on our "loved one," where we proceed to love them. This theory explains why we're so devastated when a loved one leaves--they take qualities we've foisted off on them, with them.

Many may have second thoughts when reading this section. It's quite a novel idea. But in 30 years of studying human behavior and motivation, I've never run across a better explanation of romantic love. This theory, in my opinion, is sufficient reason to buy this nifty little book. If you're interested in different ways of looking at American motivation and behavior, you can't go too far wrong with this book.

8 of 8 people found the following review helpful.

Foundation of how I explain everyday behavior to patients.

By John A. Wyman

I read this book in 1980 and it helped consolidate my thinking. It provided the basis for the way I now understand human behavior.

Every once in a while an academic who has an understanding that is profound seeks to write a book that is accessible. Unfortunately, most of the time academics seek to obfuscate (See the work of Bernard McGrane for more on academic absurdity)

In any case, I think this is a great book. The explanation of the seeds and nature of prejudice is simple, yet profound. I think that there is a chance that if you read this book you will have significantly more insight into how your feelings can co-opt your thinking resulting in destructive and neurotic behavior. It is the most readable psych book I have ever read.

8 of 8 people found the following review helpful.

Read this book!

By A Customer

I use this book as a text for my senior psychology class. It has always gone over well, and many of my students wish to know where they can buy it. It is clear, concise, and very well written. An enjoyable and educational read. I strongly recommend it to all serious students and teachers of psychology. - Bob Yutzy, McDowell High School , W.NC

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