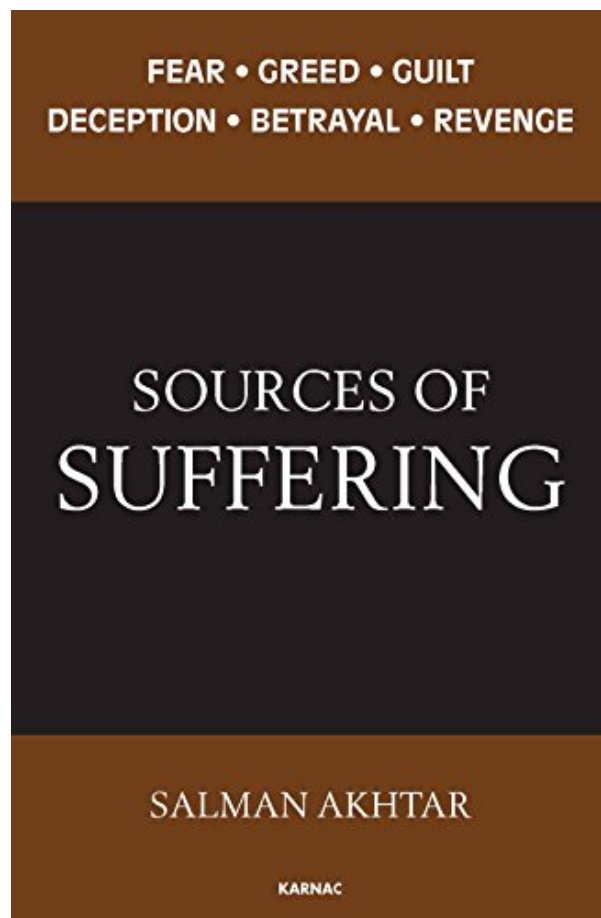


SOURCES OF SUFFERING: FEAR, GUILT, GREED, DECEPTION, BETRAYAL, AND REVENGE BY SALMAN AKHTAR



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Review

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"What gives this book its special character is the deep humanity with which Salman Akhtar explores 'unnecessary, pathological but remediable suffering'. The wide and penetrating lens of his exploration, and the fact that each emotion is looked at in phenomenological, developmental, and sociocultural aspects, gives the book both a universal value and a contemporary flavour. It also evokes in the clinician and the reader a renewed tolerance towards the complexity of human emotions." (Maria Teresa Savio Hooke, Sydney)

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About the Author

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This concise and well-written book deals with six important roots of human anguish. It divides the six areas into those primarily affecting the individual and those primarily affecting others around him. Among the former are fear, greed, and guilt. Among the latter are deception, betrayal, and revenge. The book deals with each realm from descriptive, psychodynamic, sociocultural, and clinical perspectives. It provides ample literary examples and vignettes from psychotherapy and psychoanalysis. The aim is to help the readers enhance their empathy with these complex human experiences and to become more adept in helping their patients renounce or reduce their suffering.

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