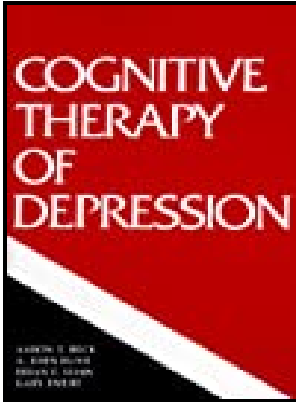


Prisoners of hate - the cognitive basis of anger, hostility and violence

Perennial - Indigo



Description: -

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Cognitive therapy.

Hostility (Psychology)

Anger.

Hate.

Violence -- Psychological aspects. Prisoners of hate - the cognitive basis of anger, hostility and violence

-Prisoners of hate - the cognitive basis of anger, hostility and violence

Notes: Includes bibliographical references and index.

This edition was published in 2000



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Subject Matter

I read it out of curiosity as I've watched the 2016 US presidential election play out and I've wondered about the hateful discourse from one of the candidates, and his popularity among many Americans. Smudge mark on the outer edge of the book, light wear on the edges of the dust jacket, otherwise the book is in very good condition. Beck has written to be what I found an extremely helpful guide in understanding human behavior, especially when it comes to anger and dysfunction in relationships.

Prisoners of hate : the cognitive basis of anger, hostility, and violence : Beck, Aaron T : Free Download, Borrow, and Streaming : Internet Archive

Beck has always been at the forefront of cognitive therapy research, his approach being the most rapidly growing psychotherapy today. .

Prisoners Of Hate The Cognitive Basis Of Anger Hostility And Violence PDF Book

The author then explores the nuances of our two-system minds, showing how they perform in various situations. Beck and his 'cognitive therapy.

Prisoners of hate : the cognitive basis of anger, hostility, and violence (Book, 2000) [skynet2550.us.to]

More complicated problems bring people to their doors at the beginning of the twenty-first century.

Prisoners of Hate The Cognitive Basis of Anger, Hostility, and Violence

There were only a few instances of people actually in the thralls of their cognitive distortions. Psychologists don't often take their knowledge to the scale Beck does, integrating theory and practice into a view of the world as it is right now -- a world that isn't in very good shape.

Prisoners Of Hate The Cognitive Basis Of Anger Hostility And Violence PDF Book

From passive aggression all the way to paranoid delusion, Beck misses damned little in a treatise that ranges from intrapsychic all the way to macro-cultural.

Prisoners of Hate The Cognitive Basis of Anger, Hostility, and Violence

Beck has always been at the forefront of cognitive therapy research, his approach being the most rapidly growing psychotherapy today. Beck illustrates the specific psychological aberrations underlying anger, interpersonal hostility, ethnic conflict, genocide, and war; clarifies why perpetrators of evil deeds are motivated by a belief that they are doing good; explains how the offenders are locked into distorted belief systems that control their behavior and shows how the same distortions in thinking occur in a rampaging mob as in an enraged spouse; provides a blueprint for correcting warped thinking and belief systems and, consequently, undercutting various forms of hostility; and discusses how the individual and society as a whole might use the tools of psychotherapy to block the psychological pathways to war, genocide, rape, and murder. It does, however, show that there are anatomical points in the brain in the process of hate.

Prisoners Of Hate: The Cognitive Basis of Anger, Hostility, and Violence

In his research, Beck attempted to discover a correlation between depression and masochism.

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