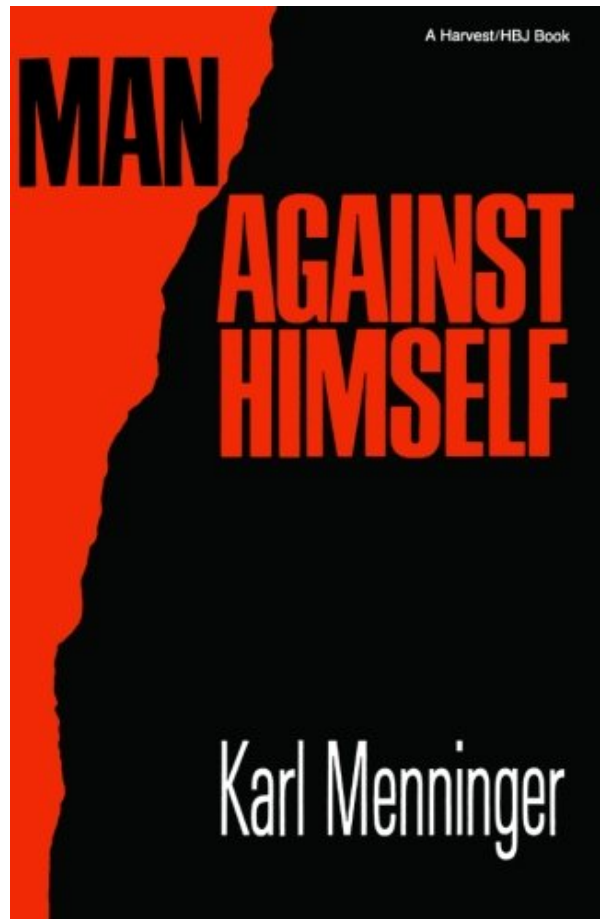
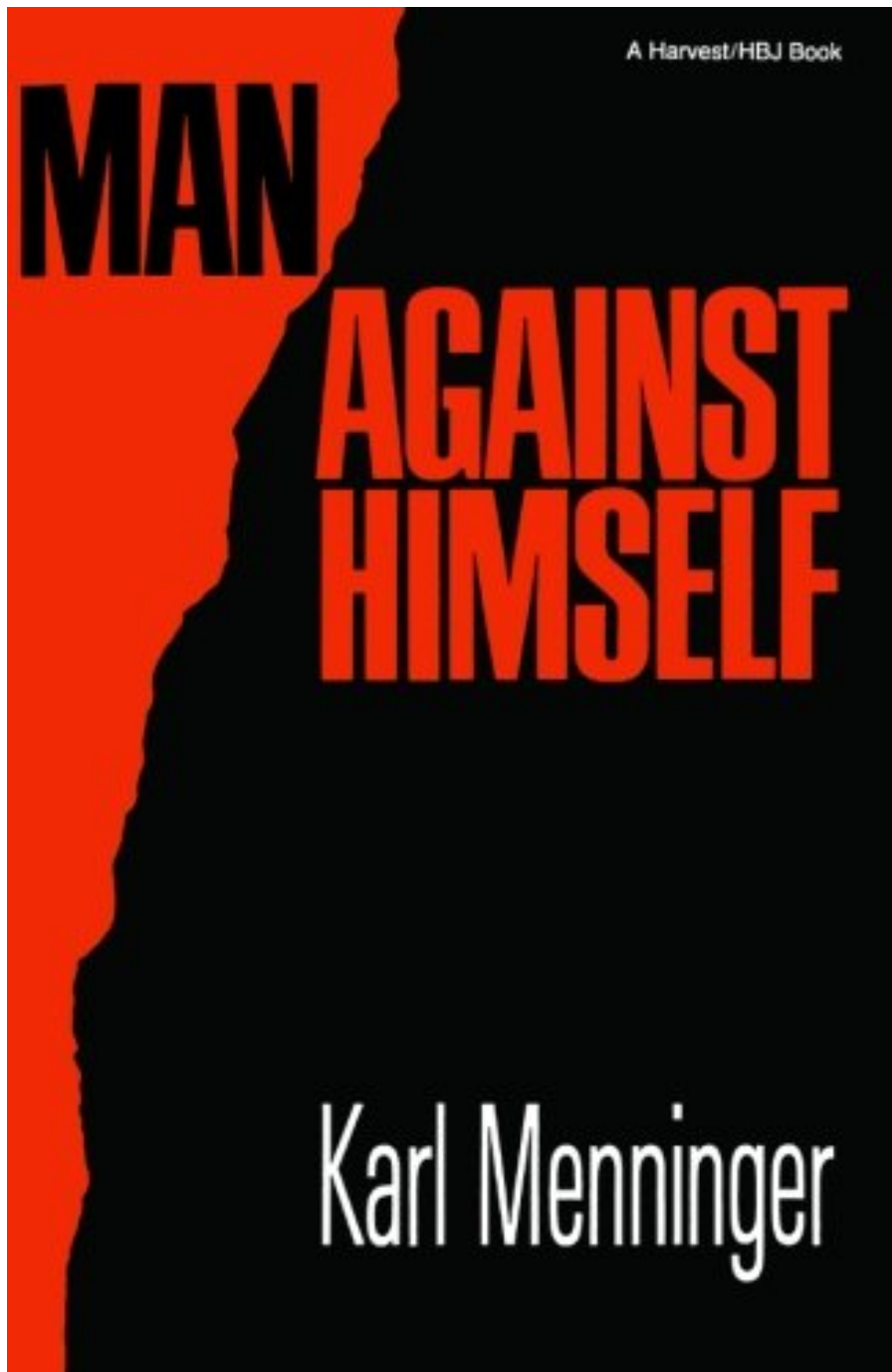


MAN AGAINST HIMSELF BY KARL MENNINGER



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From the Back Cover

In this landmark book the impulse toward self-destructiveness is examined as a misdirection of the instinct for survival, a turning inward of the aggressive behavior developed for self-preservation. The self-imposed illness, despair, even suicide, that result from this conflict are compassionately yet objectively analyzed and documented through case histories. Drawing on the work of such pioneers as Ferenczi, Groddeck, Jelliffe, White, Alexander, and Simmel, Menninger shows that intelligent self-knowledge can bring self-respect and understanding into man's psychological war against himself--on the side of self-preservation.

About the Author

Karl Augustus Menninger (July 22, 1893 - July 18, 1990), born in Topeka, Kansas, was an American psychiatrist and a member of the famous Menninger family of psychiatrists who founded the Menninger Foundation and the Menninger Clinic in Topeka, Kansas.

During his career, Menninger wrote a number of influential books. In his first book, *The Human Mind*, Menninger argued that psychiatry was a science and that the mentally ill were only slightly different than healthy individuals. In *The Crime of Punishment*, Menninger argued that crime was preventable through psychiatric treatment; punishment was a brutal and inefficient relic of the past. He advocated treating offenders like the mentally ill.

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Most helpful customer reviews

7 of 7 people found the following review helpful.

philosophical self understanding

By Michel Olson

I have read this book a number of times over the last couple of years. There is much to contemplate about our inner selves and interactions in the world. This book allows insight into the human soul. Don't read this book if you are looking for the way the brain works or how to understand others through the DSM. Bruno Bettelheim once wrote that Freud was misunderstood because in America the soul has no meaning and that when Freud wrote "human soul" translators translated it in English to the "mind" or the "brain" because they did not think that Americans could understand the concept. This is an essentially Freudian book with a strong sense of humanism. I would also recommend that anyone interested read Bettelheim's "Freud and Man's Soul".

11 of 15 people found the following review helpful.

Not the Usual Psycho-babble; A sensible look at self-violence

By A Customer

Menninger discusses suicide and other forms of self-directed violence. Although

he

neatly categorizes motivations for suicide

(1. the wish to kill, 2. the wish to be killed

3. the wish to no longer exist),

he does not deny the complexity and

mystery of many of the extreme acts

used as examples. Whether or not

one agrees with his point of view,

the book provides well reasoned

opinions

and a calm look at a subject that

can

be too overwhelming to deal with

plainly.

The book is also fascinating from a historical

perspective. It contains a zillion

examples

of horrifying & bizarre self-destructive acts

that were collected

from national magazines & newspapers

several decades ago (e.g. 30's & 40's).

It's enough to make one think that the "talk

show" culture of today is not

something new

but just the pendulum swinging back to a place it's been before.

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