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Battling The Inner Dummy

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Drawing on the groundbreaking theories of evolutionary psychology, Battling the Inner Dummy localizes the source of our irrationality in the limbic id-the most primitive part of our brain that endlessly thirsts for status, sex, territory, nurturance, and survival. "We become captured by these drives," Weiner says.

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Then, with clinical psychiatrist Dr. Gilbert Hefter, Battling the Inner Dummy describes the major strategies for dealing with this dunce that resides in a corner of our brains. Reviews A fresh, upbeat, extremely readable contribution to the originally Freudian project of improving our living by making "the unconscious conscious" and taking the "psychopathology of everyday life" seriously.

BRAINTRICKS*

An interview I had with CLTV about my first psychology book, Battling the Inner Dummy.

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For popular psychology writer David Weiner, "id" stands for "Inner Dummy," the part of the brain that we must come to understand if we are ever to know why we do foolish, irrational, and compulsive things. Drawing on the groundbreaking theories of evolutionary psychology, Battling the Inner Dummy localizes the source of our irrationality in the limbic

id-the most primitive part of our brain that endlessly thirsts for status, sex, territory, nurturance, and survival.

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David L. Weiner is the author of Battling the Inner Dummy (3.36 avg rating, 28 ratings, 4 reviews, published 1999), Power Freaks (4.10 avg rating, 10 rat...

David L. Weiner (Author of Battling the Inner Dummy)

Battling the inner dummy : the craziness of apparently normal people. [David L Weiner; Gilbert M Hefter] -- A look at how people's lives can be distorted by the id's, "thirst for status, sex, attachment and terror". and how to deal with it.

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Pris: 269 kr. E-bok, 2013. Laddas ned direkt. Köp Battling the Inner Dummy av David L Weiner, D M D Hefter på Bokus.com.

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