The Eyes of the Skin


The Opening of Vision


Nihilism and the Sublime Postmodern


The Body's Recollection of Being

David Michael Levin 2002-01-04 This is a unique study, containing the work of Merleau-Ponty and Heidegger, and using the techniques of phenomenology against the prevailing nihilism of our culture. It expands our understanding of the human potential for spiritual self-realization by interpreting it as the developing of a bodily-felt awareness informing our gestures and movements. The author argues that a psychological focus on our experience of well-being and pathology as embodied beings contributes significantly to a historically relevant critique of ideology. It also provides an essential touchstone in experience for a fruitful individual and collective response to the danger of nihilism. Dr Levin draws on Merleau-Ponty's phenomenology to clarify Heidegger's analytic of human beings through an interpretation that focuses on our experience of being embodied. He reconstructs in modern terms the wisdom implicit in western and semitic forms of religion and philosophy, considering the work of Freud, Jung, Focault and Neitzsche, as well as that of American educational philosophers, including Dewey. In particular, he draws on the psychology of Freud and Jung to clarify our historical experience of gesture and movement and to bring to light its potential in the fulfilment of Selfhood. Throughout the book, the pathologies of the ego and its journey into Selfhood are considered in relation to the conditions of technology and the powers of nihilism.

Banalization of Nihilism, The

Karen L. Carr 1992-01-01 After a historical and conceptual overview of the changing face of nihilism in the last century, Carr examines Nietzsche's diagnosis of nihilism as modernity's major crisis. She then compares the responses to nihilism given by the early Karl Barth and by Richard Rorty. To some, nihilism is losing its crisis connotations and becoming simply an unobjectionable characteristic of human life. Carr argues that this transformation ultimately absolutizes community preference and reflects an increasing inability to criticize and change the existing structures of thought. The author contends that the uncritical acceptance of nihilism, which characterizes much of postmodernism, ironically culminates in its complete opposite: dogmatism.

Introducing Architectural Theory

Korydon Smith 2013-05-20 This is the most accessible architectural theory book that exists. Korydon Smith presents each common architectural subject - such as tectonics, use, and site - as though it were a conversation across history between theorists by providing you with the original text, a reflective text, and a philosophical text. He also introduces each chapter by highlighting key ideas and asking you a set of reflective questions so that you can hone your own theory, which is essential to both your success in the studio and your adaptability in the profession. These primary source texts, which are central to your understanding of the discipline, were written by such architects as Le Corbusier, Robert Venturi, and Adrian Forty. The appendices also have guides to aid your reading comprehension; to help you write descriptively, analytically, and disputationally; and to show you citation styles and how to do library-based research. More than any other architectural theory book about the great thinkers, Introducing Architectural Theory teaches you to think as well.

Modernism and Nihilism

S. Weller 2010-12-08 Focusing on a wide range of philosophers and writers, from Nietzsche to Derrida and Flaubert to Borges, this book charts the history of the deployment of the concept of nihilism within the discourses of philosophical and aesthetic modernism and considers the similarities and differences between modernist and postmodernist approaches to nihilism.

Photography, Vision, and the Production of Modern Bodies

Suren Lalvani 1996-01-01 Lalvani argues that modernity represents the powerful privileging of vision and the introduction of a paradigm of seeing that is historically distinctive. Taking the introduction of photography in the nineteenth century as a crucial development in the expansion of modern vision, he draws on the writings of Alan Sekula, John Tagg, Jonathan Crary, Norman Bryson and Martin Jay to examine in a comprehensive manner how photography functioned to organize a set of relations between knowledge, power, and the body. However, in taking a broad cultural studies approach Lalvani situates the practices of photography within the larger visual order of the nineteenth century. He demonstrates how the new lines of visibility formed not only by photography but by new urban spaces and new modes of transportation resulted in a particular organizing of the social order, of subjectivity and social relations.

The Eyes of the Skin

Juhani Pallasmaa 2012-04-17 First published in 1996, The Eyes of the Skin has become a classic of architectural theory. It asks the far-reaching question why, when there are five senses, has one single sense - sight - become so predominant in
architectural culture and design? With the ascendency of the digital and the all-pervasive use of the image electronically, it is a subject that has become all the more pressing and topical since the first edition’s publication in the mid-1990s. Juhani Pallasmaa argues that the suppression of the other four sensory realms has led to the overall impoverishment of our built environment, often diminishing the emphasis on the spatial experience of a building and architecture’s ability to inspire, engage and be wholly life enhancing. For every student studying Pallasmaa’s classic text for the first time, The Eyes of the Skin is a revelation. It compellingly provides a totally fresh insight into architectural culture. This third edition meets readers’ desire for a further understanding of the context of Pallasmaa’s thinking by providing a new essay by architectural author and educator Peter MacKeith. This text combines both a biographical portrait of Pallasmaa and an outline of his architectural thinking, its origins and its relationship to the wider context of Nordic and European thought, past and present. The focus of the essay is on the fundamental humanity, insight and sensitivity of Pallasmaa’s approach to architecture, bringing him closer to the reader. This is illustrated by Pallasmaa’s sketches and photographs of his own work. The new edition also provides a foreword by the internationally renowned architect Steven Holl and a revised introduction by Pallasmaa himself.

Downcast Eyes-Martin Jay 1993-10-01 Long considered “the noblest of the senses,” vision has increasingly come under critical scrutiny by a wide range of thinkers who question its dominance in Western culture. These critics of vision, especially prominent in twentieth-century France, have challenged its allegedly superior capacity to provide access to the world. They have also criticized its supposed complicity with political and social oppression through the promulgation of spectacle and surveillance. Martin Jay turns to this discourse surrounding vision and explores its often contradictory implications in the work of such influential figures as Jean-Paul Sartre, Maurice Merleau-Ponty, Michel Foucault, Jacques Lacan, Louis Althusser, Gay Debord, Luce Irigaray, Emmanuelle Levinas, and Jacques Derrida. Jay begins with a discussion of the theory of vision from Plato to Descartes, then considers its role in the French Enlightenment before turning to its status in the culture of modernity. From consideration of French Impressionism to analysis of Georges Bataille and the Surrealists, Roland Barthes’s writings on photography, and the film theory of Christian Metz, Jay provides lucid and fair-minded accounts of thinkers and ideas widely known for their difficulty. His book examines the myriad links between the interrogation of vision and the pervasive antihumanist, antimodernist, and counter-enlightenment tenor of much recent French thought. Refusing, however, to defend the dominant visual order, he calls instead for a plurality of “scopic regimes.” Certain to generate controversy and discussion throughout the humanities and social sciences, Downcast Eyes will consolidate Jay’s reputation as one of today’s premier cultural and intellectual historians.

Elemental Philosophy-David Macauley 2010-09-29 Explores the ancient and perennial notion of the four elements as environmental ideas.

Laughing at Nothing-John Marmysz 2003-08-14 Explores the concept of nihilism and argues that it need not imply despair, but can be responded to positively.

The Eyes of the Skin-Juhani Pallasmaa 2012-05-14 First published in 1996, The Eyes of the Skin has become a classic of architectural theory. It asks the far-reaching question why, when there are five senses, has one single sense - sight - become so predominant in architectural culture and design? With the ascendency of the digital and the all-pervasive use of the image electronically, it is a subject that has become all the more pressing and topical since the first edition’s publication in the mid-1990s. Juhani Pallasmaa argues that the suppression of the other four sensory realms has led to the overall impoverishment of our built environment, often diminishing the emphasis on the spatial experience of a building and architecture’s ability to inspire, engage and be wholly life enhancing. For every student studying Pallasmaa’s classic text for the first time, The Eyes of the Skin is a revelation. It compellingly provides a totally fresh insight into architectural culture. This third edition meets readers’ desire for a further understanding of the context of Pallasmaa’s thinking by providing a new essay by architectural author and educator Peter MacKeith. This text combines both a biographical portrait of Pallasmaa and an outline of his architectural thinking, its origins and its relationship to the wider context of Nordic and European thought, past and present. The focus of the essay is on the fundamental humanity, insight and sensitivity of Pallasmaa’s approach to architecture, bringing him closer to the reader. This is illustrated by Pallasmaa’s sketches and photographs of his own work. The new edition also provides a foreword by the internationally renowned architect Steven Holl and a revised introduction by Pallasmaa himself.

Shadow of Spirit-Philippa Berry 1992 By illuminating the striking affinity between the most innovative aspects of postmodern thought and religious mystic discourse, Shadow of Spirit challenges the long established assumption that western thought is committed to nihilism. This collection of essays by internationally recognised scholars explores the implications of the fascination with the ‘sacred’, ‘divine’ or ‘infinite’ which characterizes much contemporary thought. It shows how these concerns have surfaced in the work of Derrida, Baudrillard, Lyotard, Kristeva, Irigaray and others. Examining the connection between this postmodern ‘turn’ and the current search for a new discourse of ethical order and politics, it also stresses the contribution made by feminist thought to this unexpected intellectual direction.

Naturalizing Heidegger-David E. Storey 2015-02-10 Explores the evolution of Heidegger’s thinking about nature and its relevance for environmental ethics. In Naturalizing Heidegger, David E. Storey proposes a new interpretation of Heidegger’s importance for environmental philosophy, finding in the development of his thought from the early 1920s to his later work in the 1940s the groundwork for a naturalistic ontology of life. Primarily drawing on Heidegger’s engagement with Nietzsche, but also on his readings of Aristotle and the biologist Jakob von Uexküll, Storey focuses on his critique of the nihilism at the heart of modernity, and his conception of the intentionality of organisms and their relation to their environments. From these ideas, a vision of nature emerges that recognizes the intrinsic value of all living things and their kinship with one another, and which anticipates later approaches in the philosophy of nature, such as Hans Jonas’s phenomenology of life and Evan Thompson’s contemporary attempt to naturalize phenomenology.
The Body—Mike Featherstone 1991-01-10 This challenging volume reasserts the centrality of the body within social theory as a means to understanding the complex interrelations between nature, culture and society. At a theoretical level, the volume explores the origins of a social theory of the body in sources ranging from the work of Nietzsche to contemporary feminist theory. The importance of a theoretical understanding of the body to social and cultural analysis of contemporary societies is demonstrated through specific case studies. These range from the expression of the emotions, romantic love, dietary practice, consumer culture, fitness and beauty, to media images of women and sexuality.

Routledge Philosophy Guidebook to the Later Heidegger—George Pattison 2013-01-11 Martin Heidegger is one of the most controversial thinkers of the twentieth century. His writings are notoriously difficult: they both require and reward careful reading. The Later Heidegger introduces and accesses: * Heidegger’s life and the background to his later works * The ideas and texts of some of his influential later works, including The Question concerning Technology, The Origin of the Work of Art, and What is Called Thinking? * Heidegger’s continuing importance to philosophy and contemporary thought.

America’s Shadow—William V. Spanos 2000 A study of imperialism that stretches from ancient Rome to the post-Cold War world and focuses on the Vietnam War, this provocative work boldly revises our assumptions about the genealogy of the West.

Toward an Aesthetics of Blindness—David Feeney 2007 Blindness has always fascinated those who can see. Although modern imaginative portrayals of the sightless experience are increasingly positive, the affirmative elements of these renderings are inevitably tempered and problematized by the visual predilections of the artists undertaking them. This book explores a variety of the (dis)continuities between depictions of the sightless experience of beauty by sighted artists and the lived aesthetic experiences of blind people. It does so by pressing a radical interdisciplinary reinterpretation of celebrated dramatic portrayals of blindness into service as a tool with which to probe the boundaries of the capacities of the sighted imagination while exploring the sensory detriment of our visually fixated notions of beauty. Works by J. M. Synge, W. B. Yeats, and Brian Friel are explored as a means of crafting a workable and innovative medium of theoretical and experiential exchange between the disciplines of literature, aesthetics, and disability studies. In addition to appraising previously unexamined aspects of the work of three of Ireland’s most celebrated modern dramatists, this book considers the consequences for blind people of the exclusionary and prohibitive elements of traditional aesthetic theory and art education. The insights yielded will be of value to those with an interest in modern literature, differential aesthetics, visual culture, perception, and the experience of blindness.

Postmodern Times—Gene Edward Veith 1994 Provides Christians with a guide to the contemporary landscape of the Postmodern era, and tells how to embrace the opportunities and avoid the traps of the age. Part of the Turning Point series.

The Virtual Window—Anne Friedberg 2009-02-13 From the Renaissance idea of the painting as an open window to the nested windows and multiple images on today's cinema, television, and computer screens: a cultural history of the metaphoric, literal, and virtual window. As we spend more and more of our time staring at the screens of movies, televisions, computers, and handheld devices—“windows” full of moving images, texts, and icons—how the world is framed has become as important as what is in the frame. In The Virtual Window, Anne Friedberg examines the window as metaphor, as architectural component, and as an opening to the dematerialized reality we see on the screen. In De pictura (1435), Leon Battista Alberti famously instructed painters to consider the frame of the painting as an open window. Taking Alberti’s metaphor as her starting point, Friedberg tracks shifts in the perspectival paradigm as she gives us histories of the architectural window, developments in glass and transparency, and the emerging apparatuses of photography, cinema, television, and digital imaging. Single-point perspective—Alberti’s metaphorical window—has long been challenged by modern painting, modern architecture, and moving-image technologies. And yet, notes Friedberg, for most of the twentieth century the dominant form of the moving image was a single image in a single frame. The fractured modernism exemplified by cubist painting, for example, remained largely confined to experimental, avant-garde work. On the computer screen, however, where multiple ‘windows’ coexist and overlap, perspective may have met its end. In this wide-ranging book, Friedberg considers such topics as the framed view of the camera obscura, Le Corbusier’s mandates for the architectural window, Eisenstein’s opinions on the shape of the movie screen, and the multiple images and nested windows commonly displayed on screens today. The Virtual Window proposes a new logic of visuality, framed and virtual: an architecture not only of space but of time.

The Philosopher’s Gaze—David Michael Levin 1999-11-08 David Michael Levin’s ongoing exploration of the moral character and enlightenment-potential of vision takes a new direction in The Philosopher's Gaze. Levin examines texts by Descartes, Husserl, Wittgenstein, Nietzsche, Heidegger, Benjamin, Merleau-Ponty, and Lévinas, using our culturally dominant mode of perception and the philosophical discourse it has generated as the site for his critical reflections on the moral culture in which we are living. In Levin’s view, all these philosophers attempted to understand, one way or another, the distinctive pathologies of the modern age. But every one also attempted to envision—if only through the faintest of traces, traces of mutual recognition, traces of another way of looking and seeing—the prospects for a radically different lifeworld. The world, after all, inevitably reflects back to us the character, the reach and range, of our vision. In these provocative essays, the author draws on the language of hermeneutical phenomenology and at the same time refines phenomenology itself as a method of working with our experience and thinking critically about the culture in which we live.

Regulating Bodies—Bryan S. Turner 1992 Bryan Turner is generally acknowledged to have been the key figure in opening up the sociological debate about the body. In this coruscating and fascinating book he shows how his thinking on the subject has developed and
The Films of Stan Brakhage in the American Tradition of Ezra Pound, Gertrude Stein and Charles Olson - R. Bruce Elder

2011-08-26 Since the late 1950s Stan Brakhage has been in the forefront of independent filmmaking. His body of work — some seventy hours — is one of the largest of any filmmaker in the history of cinema, and one of the most diverse. Probably the most widely quoted experimental filmmaker in history, his films typify the independent cinema. Until now, despite well-deserved acclaim, there has been no comprehensive study of Brakhage's oeuvre. The Films of Stan Brakhage in the American Tradition fills this void. R. Bruce Elder delineates the aesthetic parallels between Brakhage's films and a broad spectrum of American art from the 1920s through the 1960s. This book is certain to stir the passions of those interested in artistic critique and interpretation in its broadest terms.

Seeing Politics Otherwise - Patricia I. Vieira 2011 When confronting twentieth-century political oppression and violence, writers and artists in Portugal and South America have often emphasized the complex relationship between freedom and tyranny. In Seeing Politics Otherwise, Patricia Vieira uses an interdisciplinary approach to explore the interrelation of politics and representations of vision and blindness in Latin American and Iberian literature, film, and art. Vieira's discussion focuses on three literary works: Graciliano Ramos's Memoirs of Prison, Ariel Dorfman's Death and the Maiden, and José Saramago's Blindness, with supplemental analyses of sculpture and film by Ana Maria Pacheco, Bruno Barreto, and Marco Bechis. These artists use metaphors of blindness to denounce the totalizing gaze of dictatorial regimes. Rather than equating blindness with deprivation, Vieira argues that shadows, blindfolds, and blindness are necessary elements for re-imagining the political world and re-acquiring a political voice. Seeing Politics Otherwise offers a compelling analysis of vision and its forcible deprivation in the context of art and political protest.

Dictionary of Visual Discourse - Barry Sandywell 2016-04-22 This substantial and ambitious dictionary explores the languages and cultures of visual studies. It provides the basis for understanding the foundations and motivations of current theoretical and academic discourse, as well as the different forms of visual culture that have come to organize everyday life. The book is firmly placed in the context of the 'visual turn' in contemporary thought. It has been designed as an interdisciplinary or transdisciplinary introduction to the vocabularies and grammars of visuality that inform thinking in the arts and humanities today. It also offers insight into the philosophical frameworks which underpin the field of visual culture. A central theme that runs throughout the entries is the task of moving away from a narrow understanding of visuality inherited from traditional philosophy toward a richer cultural and multi-sensorial philosophy of concrete experience. The dictionary incorporates intertextual links that encourage readers to explore connections between major themes, theories and key figures in the field. In addition the author's introduction provides a comprehensive and critical introduction which documents the significance of the visual turn in contemporary thought and culture. It is accompanied by an extensive bibliography and further reading list. As both a substantive academic contribution to this growing field and a useful reference tool, this book offers a theoretical introduction to the many languages of visual discourse. It will be essential reading for graduate students and scholars in visual studies, the sociology of visual culture, cultural and media studies, philosophy, art history and theory, design, film and communication studies.

Skilled Visions - Cristina Grasseni 2007 Most arguments for a rediscovery of the body & the senses hinge on a critique of ‘visualism’ in our globalized, technified society. This text raises the issue of the rehabilitation of vision and contextualises vision in the debate on the construction of local knowledge vs. the hegemony of the socio-technical network.

Michael Ondaatje: Haptic Aesthetics and Micropolitical Writing - Milena Marinkova 2011-07-14 This study of selected literary and cinematic works by Michael Ondaatje investigates the political potential of the Canadian author's aesthetics. Contributing to current debates about affect and representation, ideology critique and the artwork, trauma and testimony, this book uses the concept of the haptic to demonstrate how Ondaatje's multisensory, fluid and historically inflected writing can forge an enabling relationship between audience, author and text. This is where Ondaatje's micropolitics, often misconstrued as ideologically suspect aestheticism, emerges: a praxis that intimates how one can write and read politically with a difference.

Albert Schweitzer's Ethical Vision A Sourcebook - Predrag Cicovacki 2009-02-02 The philosophy of Albert Schweitzer has proved widely influential in modern thinking, especially in the field of ethics. His leading ethical idea can be summarized in the phrase "reverence for life" - namely, that good consists in maintaining and perfecting life, and evil consists in destroying and obstructing life. For Schweitzer, all life is sacred. Ethics thus deals with human attitudes and behavior toward all living beings. Unlike many moral philosophers, Schweitzer argues that knowledge of human nature does not provide a sufficient foundation for any adequate moral theory. That is why he bases his ethics on much broader foundations, articulated in his philosophy of civilization and the philosophy of religion. Schweitzer argues that the material aspect of our civilization has become far more important than its spiritual counterpart. Even organized religion has put itself in the service of politics and economy, thereby losing its vitality and moral authority. Schweitzer's ethics of reverence for life, argues Predrag Cicovacki, offers a viable alternative at a time when traditional ethical theories are found inadequate. Schweitzer's robust and un-dogmatic idealism may offer the best antidote to the prevailing relativism and nihilism of the postmodern epoch. His ethical vision directs us toward a new way of building a more just and more peaceful world. Collecting sixteen of Schweitzer's most effective essays, this volume serves as a compelling introduction to this remarkable thinker and humanist.

Routledge Library Editions: Continental Philosophy - Various 2021-06-23 This 11-volume set reissues a host of classic titles on Continental Philosophy. Written by leading scholars in the field, they form an essential reference resource that tackles philosophers and subjects such as Deleuze, Derrida, hermeneutics and phenomenology.
Teaching as the Practice of Wisdom—David Smith 2014-05-08 In the spirit of Paulo Freire, this inspiring book deconstructs many of the ‘gods’ that define contemporary life, then offers hope through sources of traditional wisdom. It addresses important contemporary discourses in the political and social sciences in ways that are relevant to the personal and professional lives of teachers at all levels of educational practice. David G. Smith discusses the impacts on teachers’ lives of neoconservativism, neoliberalism, the New Marxism, the emerging paradigm of Deep Politics, global Wisdom traditions, and more - and he reveals how teachers can creatively stand with or against these streams of influence. By clearly relating larger theoretical discussions in the social sciences to the policies and practices of teaching, Smith builds upon Freire's legacy. He also reaches beyond debates in Western scholarship, and accesses new theory from the global “South”, from Buddhist and NeoConfucian traditions as well as the new African Renaissance stream known as Unhu/Ubuntu. This is a powerful work of educational theory and philosophy that contains useful advice for educators wishing to push back against conformity.


Routledge Revivals: Towards a New Theory of Organizations (1994)—John Hassard 2016-09-19 First published in 1994, the essays collected in this book explore the impact and current status of the ideas put forth in David Silverman’s The Theory of Organizations, and how they relate to future directions in organization theory. After opening with a chapter by Silverman himself, the subsequent chapters investigate key issues in the study of organizations, including structure and agency, the politics of organization theory, and the meanings of post-positivist organizational analysis. Contemporaneous debates on postmodernism, the emotions, gender and structuration are discussed in the context of the development of organizational theory in the preceding twenty-five years — providing insights into the continuities within organizational theory and provoking thought about future directions.

Europe—Stefan Elbe 2003 There has been a deliberative, but as yet unsuccessful, attempt by scholars and policy makers to articulate a more meaningful idea of Europe, which would enhance the legitimacy of the European Union and provide the basis for a European identity. Using a detailed analysis of the writings of Nietzsche, Elbe seeks to address this problem and argues that Nietzsche’s thinking about Europe can significantly illuminate our understanding. He demonstrates how Nietzsche’s critique of nationalism and the notion of the ‘good European’ can assist contemporary scholars in the quest for a vision of Europe and a definition of what it means to be a European citizen.

Emerging Practice in Focusing-Oriented Psychotherapy—Greg Madison 2014-04-21 Emerging Practice in Focusing-Oriented Psychotherapy brings together some of the world’s most influential contemporary psychotherapists in the field to look at the future of Focusing-oriented approaches. Focusing-Oriented Psychotherapy - a form of therapy that involves listening to the innate wisdom of the body - is a dynamic and growing field that has evolved greatly since Eugene Gendlin first published the text Focusing-Oriented Psychotherapy in 1996. This book explores recent innovations such as Focusing-Oriented Psychotherapy as a response to trauma, Wholebody Focusing, and how Focusing has been adapted in Japan and South Korea. One section looks at specific contemporary issues and emerging practical applications of Focusing-Oriented Psychotherapy, such as how Focusing can be used in wellbeing counselling and to help decision making processes in counselling and therapy. By offering new alternatives to working effectively with difficult issues and specific client groups, this volume will appeal to a broad range of therapists, coaches, and other practitioners. Jessica Kingsley Publishers also publishes a companion volume, Theory and Practice of Focusing-Oriented Psychotherapy: Beyond the Talking Cure, edited by Greg Madison [9781849053242].

Transpersonal Psychology in Psychoanalytic Perspective—Michael Washburn 1994-01-01 In this book, Michael Washburn provides a psychoanalytic foundation for transpersonal psychology. Using psychoanalytic theory, Washburn explains how ego development both prepares for and creates obstacles to ego transcendence. Spiritual development, he proposes, can be properly understood only in terms of the ego development that precedes it. For example, many difficulties encountered in spiritual development can be traced to repressive underpinnings of ego development, and significant gender differences in spiritual development can be traced to corresponding gender differences that emerge during ego development. Washburn draws on a wide range of psychoanalytic perspectives in discussing ego development and uses both Eastern and Western sources in discussing spiritual development. In rethinking transpersonal psychology in psychoanalytic terms, he explains how essential elements of Jungian thought can be grounded in psychoanalytic theory.

Transgressive Corporeality—Diane Louise Prosser 1995-01-01 This book examines embodiment and poststructuralism as they pertain to theological method.

The Way of the Beloved—Robert Van Arsdale 2004-04

Radical Ecopsychology—Andy Fisher 2012-02-01 Shows the psychological roots of our ecological crisis.

Depression and the Erosion of the Self in Late Modernity—Barbara Dowds 2018-04-19 Depression is not a disease of the brain, a genetic disability or even a mood disorder. Rather, shutdown, numbness or sadness are non-pathological adaptations to adverse
childhood and adult environments. This challenging book thus understands depression as a wise response to an unliveable situation. It can teach us what is wrong with our lives and what we must learn in order to go beyond symptom relief and reconnect to our most fundamental needs, relational, existential and spiritual. Because moods shape how we engage with our outer and inner worlds, they underlie all human behaviour. If the sociocultural world is toxic or frustrates our core needs, we will withdraw to protect ourselves. Those who have encountered a non-facilitating environment in childhood will be even more sensitive to adult stresses, since their self-organisation is fragile and non-resilient. As depression is so complex, understanding it demands an integrative approach.
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