



## The Guilt Delusion: A Recipe for Love That Dissolves Hatred, Greed and Cruelty (Paperback)

By Jeroen Lichtenauer

Pendragon Educational Publishers Ltd, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. We all want to enjoy loving relationships full of empathy and acts of kindness. But what options do we have to get there, when we face hatred, greed or cruelty instead? Conventional strategies for dealing with conflict, all the way from our family relationships to international politics, are solely based on the assumption that humans are fundamentally selfish and thus require agreement about morality and fear of shame, punishment or social exclusion in order to act socially. What keeps societies dominated by guilt is that guilt-based strategies are indeed the best we can do from a mental-emotional state of separateness. They mitigate the worst of suffering in the short term, while at the same time closing a vicious circle by further promoting ideas of separateness and guilt, making us vulnerable to be ruled by division. The Guilt Delusion: A Recipe for Love that Dissolves Hatred, Greed and Cruelty offers an alternative explanatory, predictive and protective framework of reasoning about human motives and behaviour, unifying ideas from Carl Jung, Laozi, Carl Rogers, Marshall Rosenberg and many others, and grounded in...



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