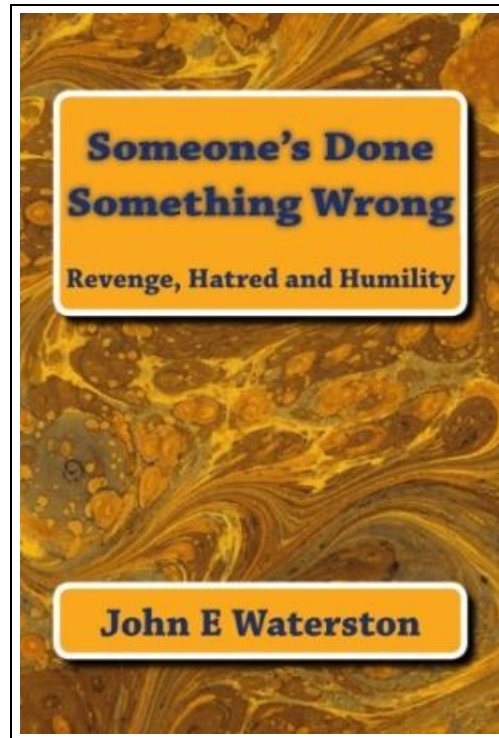


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The book is an exploration of the phenomenon of revenge and, in particular, its psychological and relational function. It explores how and why we take revenge and the reasons for its enduring appeal as a solution to the hurts we suffer. The book proceeds from the commonly mistaken premise that bad feelings arise chiefly from bad deeds and proposes that a focus on wrongdoing, and the wrongdoer, is a mistake if we wish to find emotional relief. Revenge is shown to function, not as a means of justice, punishment or reparation but as a self-soothing mechanism and as a response to hurt that has caused insult to the sense of self. Specifically, thoughts and acts of revenge are revealed as a defence against feelings of powerlessness, humiliation and loss. Revenge is essentially concerned with psychic equilibrium rather than with ethical or rational matters. The propensity to take revenge is shown to have a high correlation with degrees of pre-existing emotional vulnerability, specifically degrees of narcissism. The book proposes that the revenger is not seeking justice but the re-establishment and stability of the fragile narcissistic state. The ultimate failure, futility and infinite circularity of the revenge scenario in human affairs is seen to result from the fact that its core function is to re-establish vulnerable narcissism. It does not lead to a stable, sustainable and anxiety free sense of self. The book goes on to propose that the solution to chronic and intractable revengeful behaviour lies not in the realm of fairness or justice but in attenuation of the narcissistic state. There are many brief examples, and a detailed case study, taken from psychotherapeutic work that demonstrate how this might be done...

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