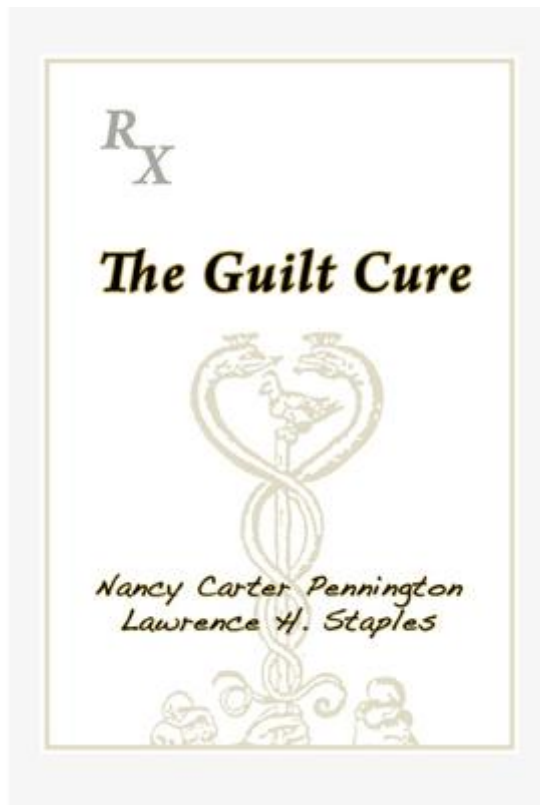


The Guilt Cure - , Lawrence H. Staples



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Advancing a new Theory on Guilt - The Guilt Cure addresses spiritual and psychological means to discover, treat, and expiate guilt and its neurotic counterparts. One of the great paradoxes of guilt is that despite its useful contributions to our lives, it can also be potentially dangerous. It is a major cause of anxiety and depression, and if untreated or expiated in some way, guilt has the potential to cause premature death by bringing on an onslaught of physical ailments--and suicide. The Guilt Cure reaches deep into humanity's collective experience of guilt and finds persuasive psychological reasons for guilt's role and purpose that go far beyond conventionally held religious explanations. The conventional view is that guilt's primary function is the protection and maintenance of morals. While guilt admittedly contributes to the protection and maintenance of morals, this is by no means its only role. Nor is it even its most important role. Guilt is far more morally neutral than many would suspect. While guilt is conventionally thought to be a result of sin, most guilt, in fact, stems from thoughts, feelings, and behaviors that violate no religious or divine ordinances. The psychological experience of guilt is much broader than the religious definition of sin would account for. The Guilt Cure examines the many faces of guilt, including its more

important function in the creation and maintenance of consciousness, its place in the self-regulatory system of the psyche, its effects on our psychological development, and its impact on our mental health and wellbeing. About the Authors Nancy Carter Pennington received her MSW from The University of Maryland. For more than 30 years, Nancy has had the privilege of working with clients on a range of issues: phobias, OCD, grief, depression, obsessive thinking, guilt, and relationships. Lawrence H. Staples is a Jungian analyst in private practice in Washington, DC. Dr. Staples has an MBA from Harvard, and a Ph.D. in psychology; his special areas of interest are the problems of midlife, guilt, and creativity. He is the author of Guilt with a Twist: The Promethean Way and The Creative Soul: Art and the Quest for Wholeness. Author: Pennington, Nancy Carter Author: Staples, Lawrence H. Publisher: Fisher King Press Illustration: N Language: ENG Title: The Guilt Cure Pages: 00000 (Encrypted EPUB) / 00000 (Encrypted PDF) On Sale: 2011-10-24 SKU-13/ISBN: 9781926715537 Category: Psychology : Education & Training Category: Psychology : Movements - Jungian

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