



Guilt: Origins, Manifestations, and Management (Margaret S. Mahler)

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In this elegantly written book, eight distinguished psychoanalysts address the ubiquitous phenomenon of guilt. They describe the childhood experiences that form the bedrock of this emotion and delineate various types of guilt, including pre-oedipal guilt, oedipal guilt, survivor guilt, separation guilt, induced guilt, and so on. Noting that guilt, by itself, is neither 'good' nor 'bad,' these master clinicians highlight the adverse (e.g. self-punishment, masochism, irritability) and potentially positive (e.g. reparation, helpfulness towards others) outcomes of guilt. They critically assess previously published findings, review diverse theories, and offer illustrative material from treatment of children and adults. As a result, *Guilt: Origins, Manifestations, and Management* is replete with clinical pearls and highly useful tips for the management of patients driven by feelings of guilt and remorse.



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