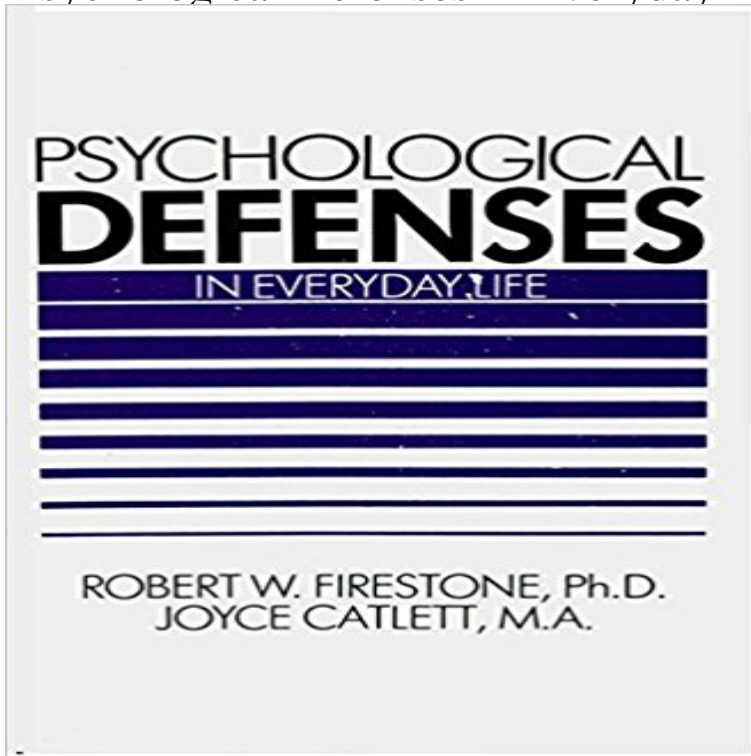


Psychological Defenses in Everyday Life



In *Psychological Defenses in Everyday Life*, Dr. Robert W. Firestone shares the wisdom and compassion of his thirty years as a clinical psychologist, expounding complex psychological theory in direct and illuminating prose. Important insights on the origins, pervasiveness, and destructiveness of the defensive process are set forth to elaborate upon both the pain and joy of human existence. The authors point the way toward reversing the damaging process that keeps an individual from experiencing genuine satisfaction while maintaining feelings of compassion for oneself and others. Numerous case histories show how people ultimately reject love and companionship with their mates and families for an imagined connection or an illusion of security. *Psychological Defenses in Everyday Life* is a rich source of information and enlightenment for broadening our understanding of ourselves, and enabling change toward positive, constructive behaviors.

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