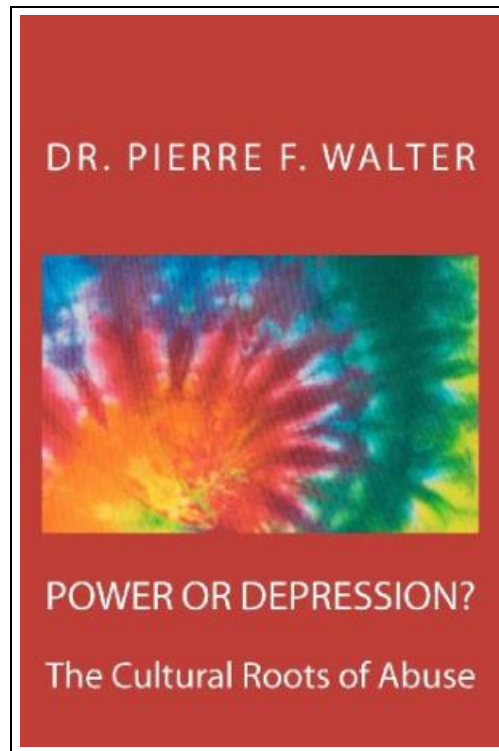


Power or Depression The Cultural Roots of Abuse



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Reviews

This pdf can be well worth a read, and much better than other. I am quite late in start reading this one, but better then never. Your daily life span will probably be transform when you full looking over this book.

(Roxanne Stehr)

POWER OR DEPRESSION THE CULTURAL ROOTS OF ABUSE



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 298 pages. Dimensions: 8.0in. x 5.2in. x 0.8in. POWER OR DEPRESSION is an essay that was inspired by the author's selfhelp guide Macht oder Ohnmacht, originally written in German language. The essay points out the historical roots of abuse and patriarchal society's systematic breeding of depression as something like a cultural disease. However, the author does not stay with the analysis what depression is and how it is systematically bred by our culture, but he shows practical ways to get free from the cultural trap so as to find a way to personal liberation and creative realization. His approach to healing the abuse pattern is mainly focused upon establishing a strong identity, built on soul values, and realizing a high level of personal autonomy. This involves working on the integration of emotions and the dissolution of patterns of co-dependence and emotional abuse in our lives and relationships. And beyond current alternative psychiatry that has recognized the devastating effects of co-dependence and emotional abuse in individual relationships, he shows these same effects to happen in the relation individual-organism, individual-group, individual-ideology, individual-sect. Fusion is even more dangerous when people seek to dissolve themselves within organizations, because what happens then is that they will indeed be eaten up by the organism and become wheels in a murderous system. One essential element in this process of identifying and healing an abuse pattern in your own life is to stay as much as possible untouched by the current media propaganda that focuses on labeling certain people as abusers, and certain people as victims, thereby occulting the real causes of abuse in our culture. You simply have to see that the USA-driven abuse-centered propaganda has made out of abuse a worldwide...



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