

# Omnipotent Fantasies And The Vulnerable Self Library Of Clinical Psychoanalysis

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## **Capitalism and Desire** - Todd McGowan 2016-09-20

Despite creating vast inequalities and propping up reactionary world regimes, capitalism has many passionate defenders—but not because of what it withholds from some and gives to others. Capitalism dominates, Todd McGowan argues, because it mimics the structure of our desire while hiding the trauma that the system inflicts upon it. People from all backgrounds enjoy what capitalism provides, but at the same time are told more and better is yet to come. Capitalism traps us through an incomplete satisfaction that compels us after the new, the better, and the more. Capitalism's parasitic relationship to our desires gives it the illusion of corresponding to our natural impulses, which is how capitalism's defenders characterize it. By understanding this psychic strategy, McGowan hopes to divest us of our addiction to capitalist enrichment and help us rediscover enjoyment as we actually experienced it. By locating it in the present, McGowan frees us from our attachment to a better future and the belief that capitalism is an essential outgrowth of human nature. From this perspective, our economic, social, and political worlds open up to real political change. Eloquent and enlivened by examples from film, television, consumer culture, and everyday life, *Capitalism and Desire* brings a new, psychoanalytically grounded approach to political and social theory.

## *Sex, Drugs, and Creativity* - Danielle Knafo 2018

In *Sex, Drugs, and Creativity: The Search for Magic in a Disenchanted World*, Kahoud and Knafo take a close look at omnipotent fantasies in three domains: sex, drugs, and creativity. They demonstrate how these fantasies emerge and how artists draw on them both to create and destroy--sometimes simultaneously - and how understanding this can help psychoanalysts work more effectively with these individuals. Using the personal statements of influential artists and entertainers, in addition to clinical material, the authors examine the omnipotence of self-destruction as it contends with that of creative artists. The authors argue that creative artists use omnipotent fantasies to imagine the world differently - this enables them to produce their art, but also leaves these artists vulnerable to addiction. Chapters devoted to Stephen King and Anne Sexton demonstrate the ways these authors used drugs and alcohol to fuel imagination and inspire creative output while simultaneously doing harm to themselves. A detailed case study also demonstrates successful clinical work with a creative substance user. *Sex, Drugs, and Creativity* will appeal to anyone interested in the links between creativity and substance use, and will be of great use to psychoanalysts and mental health practitioners working with these challenging clients.

## **Psychic Self-Defense** - Dion Fortune 2020-12-12

A new edition of an occult classic, which includes a new introduction by Mary K. Greer, author of *Women of the Golden Dawn*, and a new afterword with excerpts from rarely seen documents by Fortune herself describing how the book came about. After finding herself the subject of a powerful psychic attack in the 1930s, famed British occultist Dion Fortune wrote this detailed instruction manual on protecting oneself from paranormal attack. This classic psychic self-defense guide explains how to understand the signs of a psychic attack, vampirism, hauntings, and methods of defense. Everything you need to know about the methods, motives, and physical aspects of a psychic attack and how to overcome it is here, along with a look at the role psychic elements play in mental illness and how to recognize them. This is one of the best guides to detection and defense against psychic attack from one of the leading occult writers of the twentieth century. This Weiser Classics edition of Dion Fortune's *Psychic Self-Defense* includes a new

forward by Mary K. Greer, author of numerous books including *Tarot for Your Self*, and a new afterword by Christian Gilson that chronicles the original context surrounding Dion Fortune's writing of the book. Mr. Gibson is the editor of *The Inner Light*, the journal published by the Society of Inner Light.

**American Book Publishing Record** - 1997

## **Trauma and Recovery** - Judith Lewis Herman 2015-07-07

In this groundbreaking book, a leading clinical psychiatrist redefines how we think about and treat victims of trauma. A "stunning achievement" that remains a "classic for our generation." (Bessel van der Kolk, M.D., author of *The Body Keeps the Score*). *Trauma and Recovery* is revered as the seminal text on understanding trauma survivors. By placing individual experience in a broader political frame, Harvard psychiatrist Judith Herman argues that psychological trauma is inseparable from its social and political context. Drawing on her own research on incest, as well as a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war. Hailed by the *New York Times* as "one of the most important psychiatry works to be published since Freud," *Trauma and Recovery* is essential reading for anyone who seeks to understand how we heal and are healed.

## **Malignant Narcissism and Power** - Charles Zeiders 2019-12-20

Using psychodynamic theory and riveting case material, this book dissects the figure of the malignant narcissist leader (MNL). Across the world today, individuals and societies are impacted by unprecedented disruptive influences, from globalization and climate change to economic uncertainty and mass migration. The rise of populists and would-be saviors has promised certainty for anxious populations, but how far are such leaders suffering from the MNL pathology? Through the psychoanalytic lens of Otto Kernberg, the authors explain the etiology of the charismatic MNL's clinical features: charisma, grandiosity, criminality, sadism, and paranoia. The book outlines the limitations and complexity of diagnosis, contextualizing the MNL within the transcendental and millenarian movements, and discusses the patho-dynamics of high-pressure groups and totalitarian regimes, including types of groups, methods of mind control, categories of constituents, the corporate totalitarian state, and the authoritarian demagogue. The book looks at a wide range of leaders including Donald Trump, Bhagwan Shree Rajneesh, Roger Ailes, Keith Raniere, Jan of Leiden, and Credonia Mwerinde. Distinguishing the disordered personality of the MNL from other personality disorders, and presenting a new model of overlapping descriptors to categorize high-pressure group types and identifying types of followers as well, this book represents essential reading for psychodynamically minded psychologists, psychiatrists, social workers, sociologists, political scientists, and those working in organizational development.

*The King's Two Bodies* - Ernst H. Kantorowicz 1981

## **Psychological Agency** - Roger Frie 2008

A multidisciplinary exploration of agency as a central psychological phenomenon based on the affective, embodied, and relational processing of human experience. Agency is a central psychological phenomenon that must be accounted for in any explanatory framework for human action. According to the diverse group of scholars, researchers, and clinicians who have contributed chapters to this book, psychological agency is

not a fixed entity that conforms to traditional definitions of free will but an affective, embodied, and relational processing of human experience. Agency is dependent on the biological, social, and cultural contexts that inform and shape who we are. Yet agency also involves the creation of meaning and the capacity for imagining new and different ways of being and acting and cannot be entirely reduced to biology or culture. This generative potential of agency is central to the process of psychotherapy and to psychological change and development. The chapters explore psychological agency in theoretical, clinical and developmental, and social and cultural contexts. Psychological agency is presented as situated within a web of intersecting biophysical and cultural contexts in an ongoing interactive and developmental process. Persons are seen as not only shaped by, but also capable of fashioning and refashioning their contexts in new and meaningful ways. The contributors have all trained in psychology or psychiatry, and many have backgrounds in philosophy; wherever possible they combinetheoretical discussion with clinical case illustration. Contributors: John Fiscalini, Roger Frie, Jill Gentile, Adelbert H. Jenkins, Elliot L. Jurist, Jack Martin, Arnold Modell, Linda Pollock, Pascal Sauvayre, Jeff Sugarman

**The British National Bibliography** - Arthur James Wells 1999

**Suffering and the Sovereignty of God** - John Piper 2006-09-13

In the last few years, 9/11, a tsunami, Hurricane Katrina, and many other tragedies have shown us that the vision of God in today's churches in relation to evil and suffering is often frivolous. Against the overwhelming weight and seriousness of the Bible, many Christians are choosing to become more shallow, more entertainment-oriented, and therefore irrelevant in the face of massive suffering. In *Suffering and the Sovereignty of God*, contributors John Piper, Joni Eareckson Tada, Steve Saint, Carl Ellis, David Powlison, Dustin Shrimek, and Mark Talbot explore the many categories of God's sovereignty as evidenced in his Word. They urge readers to look to Christ, even in suffering, to find the greatest confidence, deepest comfort, and sweetest fellowship they have ever known.

**Omnipotent Fantasies and the Vulnerable Self** - Carolyn S. Ellman 1997

Fantasies of omnipotence grow out of feelings of helplessness. We are all born helpless, completely dependent on others for nurturance and survival, and we all must face the ultimate annihilation of the self at the end of life. While fantasies of omnipotence help us to cope with these painful acts, they may also interfere with our ability to engage reality and deal with life. This important new book addresses all aspects of omnipotence, from the merger fantasies of the baby who feels like an extension of the powerful parent, to the rigid defense omnipotent fantasies of the frightened borderline patient, to the soothing spiritual and religious feelings that help many accept loss and mortality. Contributions by noted authors like Otto Kernberg, Jack and Kerry Kelly Novick, Henry Krystal, Paul Ornstein and Steven Ellman should make this a valuable resource to all clinicians and other students of human behaviour.

**Teaching To Transgress** - Bell Hooks 2014-03-18

First published in 1994. Routledge is an imprint of Taylor & Francis, an informa company.

**Whitaker's Books in Print** - 1998

**Scheherazade Goes West** - Fatema Mernissi 2001-09-16

Throughout my childhood, my grandmother Yasmina, who was illiterate and grew up in a harem, repeated that to travel is the best way to learn and to empower yourself. "When a woman decides to use her wings, she takes big risks," she would tell me, but she was convinced that if you didn't use them, it hurt.... So recalls Fatema Mernissi at the outset of her mesmerizing new book. Of all the lessons she learned from her grandmother -- whose home was, after all, a type of prison -- the most central was that the opportunity to cross boundaries was a sacred privilege. Indeed, in journeys both physical and mental, Mernissi has spent virtually all of her life traveling -- determined to "use her wings" and to renounce her gender's alleged legacy of powerlessness. Bursting with the vitality of Mernissi's personality and of her rich heritage, *Scheherazade Goes West* reveals the author's unique experiences as a liberated, independent Moroccan woman faced with the peculiarities and unexpected encroachments of Western culture. Her often surprising discoveries about the conditions of and attitudes toward women around the world -- and the exquisitely embroidered amalgam of clear-eyed autobiography and dazzling meta-fiction by which she relates those

assorted discoveries -- add up to a deliciously wry, engagingly cosmopolitan, and deeply penetrating narrative. In her previous bestselling works, Mernissi -- widely recognized as the world's greatest living Koranic scholar and Islamic sociologist -- has shed unprecedented light on the lives of women in the Middle East. Now, as a writer and scholarly veteran of the high-wire act of straddling disparate societies, she trains her eyes on the female culture of the West. For her book's inspired central metaphor, Mernissi turns to the ancient Islamic tradition of oral storytelling, illuminating her grandmother's feminized, subversive, and highly erotic take on Scheherazade's wife-preserving tales from *The Arabian Nights* -- and then ingeniously applying them to her own lyrically embellished personal narrative. Interwoven with vivid ruminations on her childhood, her education, and her various international travels are the author's piquant musings on a range of deeply embedded societal conditions that add up, Mernissi argues, to a veritable "Western harem." A provocative and lively challenge to the common assumption that women have it so much better in the West than anywhere else in the world, Mernissi's book is an entrancing and timely look at the way we live here and now. By inspiring us to reconsider even the most commonplace aspects of our culture with fresh eyes and a healthy dose of suspicion, *Scheherazade Goes West* offers an invigorating, candid, and entertaining new perspective on the themes and ideas to which Betty Friedan first turned us on nearly forty years ago.

*Violence and the Pornographic Imaginary* - Natalie J. Purcell 2012

No cultural product reveals our collective fascination with sexual violence more candidly than pornography. Popular heterosexual pornographies showcase scenes of intense sexual aggression and cruelty that are gendered in repetitive, patterned configurations—configurations that are designed to arouse. Purcell uses comparative critical readings of popular U.S. pornographies to illuminate the changing psychosocial foundations of sexually aggressive fantasies. By examining how depictions of violence in pornography have changed over the past forty years, she investigates the evolving desires and anxieties of the genre's growing U.S. audience. Adopting a thick descriptive approach, she moves beyond the mere observation and recording of instances of sexism and violence, elucidating the changing aesthetics, themes, and conventions of depicted sexual aggression and showing how they have emerged in specific socio-historical contexts. Finally, she draws from a range of industry publications and fan forums to examine the fabric and function of misogyny and violence in people's fantasies and everyday lives.

**The Oxford Handbook of Suicide and Self-Injury** - Matthew K. Nock 2014-05-08

Suicide is a perplexing human behavior that remains among the leading causes of death worldwide, responsible for more deaths each year than all wars, genocide, and homicide combined. Although suicide and other forms of self-injury have baffled scholars and clinicians for thousands of years, the past few decades have brought significant leaps in our understanding of these behaviors. This volume provides a comprehensive summary of the most important and exciting advances in our understanding of suicide and self-injury and our ability to predict and prevent it. Comprised of a formidable who's who in the field, the handbook covers the full spectrum of topics in suicide and self-injury across the lifespan, including the classification of different self-injurious behaviors, epidemiology, assessment techniques, and intervention. Chapters probe relevant issues in our society surrounding suicide, including assisted suicide and euthanasia, suicide terrorism, overlap between suicidal behavior and interpersonal violence, ethical considerations for suicide researchers, and current knowledge on survivors of suicide. The most comprehensive handbook on suicide and self-injury to date, this volume is a must-read text for graduate students, fellows, academic and research psychologists, and other researchers working in the brain and behavioral sciences.

*Ink and Bone* - Rachel Caine 2015

Jess Brightwell believes in the value of the Library, but the majority of his knowledge comes from illegal books obtained by his family, who are involved in the thriving black market. Jess has been sent to be his family's spy, but his loyalties are tested in the final months of his training to enter the Library's service.

*An Introduction to the Study of Sexuality* - R. Horrocks 1997-04-15

This book examines some of the ways in which sexuality has been described and interpreted in the West. The main models examined are: the Christian view of sex as sinful; the psychoanalytical model, including such notions as the sexual drive, infantile sexuality, the Oedipus complex, and the distinction between male

and female sexuality; the 'social construction' model, which proposes that 'sexuality' is a modern concept; and the links between sexuality and spirituality. There is also some consideration of feminist and gay approaches to sexuality, and the complicated subject of male sexuality.

*Reasons and Persons* - Derek Parfit 1986-01-23

This book challenges, with several powerful arguments, some of our deepest beliefs about rationality, morality, and personal identity. The author claims that we have a false view of our own nature; that it is often rational to act against our own best interests; that most of us have moral views that are directly self-defeating; and that, when we consider future generations the conclusions will often be disturbing. He concludes that moral non-religious moral philosophy is a young subject, with a promising but unpredictable future.

**Undoing Gender** - Judith Butler 2004-10-22

Undoing Gender constitutes Judith Butler's recent reflections on gender and sexuality, focusing on new kinship, psychoanalysis and the incest taboo, transgender, intersex, diagnostic categories, social violence, and the tasks of social transformation. In terms that draw from feminist and queer theory, Butler considers the norms that govern--and fail to govern--gender and sexuality as they relate to the constraints on recognizable personhood. The book constitutes a reconsideration of her earlier view on gender performativity from *Gender Trouble*. In this work, the critique of gender norms is clearly situated within the framework of human persistence and survival. And to "do" one's gender in certain ways sometimes implies "undoing" dominant notions of personhood. She writes about the "New Gender Politics" that has emerged in recent years, a combination of movements concerned with transgender, transsexuality, intersex, and their complex relations to feminist and queer theory.

**Going Through the Gate** - Janet Anderson 2000-03-01

The five sixth-grade students in a small town prepare for their teacher's annual graduation ceremony, a mysterious ritual that several generations of students have experienced but no one can discuss.

*Oxford Textbook of Suicidology and Suicide Prevention* - Danuta Wasserman 2009-03-26

The Oxford Textbook of Suicidology is the most comprehensive textbook on suicidology and suicide prevention that has ever been published. It is written by world-leading specialists and describes all aspects of suicidal behaviour and suicide prevention, including psychological, cultural, biological, and sociological factors.

*The Undiscovered Self* - Carl Gustav Jung 2013-12-13

Written three years before his death, *The Undiscovered Self* combines acuity with concision in masterly fashion and is Jung at his very best. Offering clear and crisp insights into some of his major theories, such as the duality of human nature, the unconscious, human instinct and spirituality, Jung warns against the threats of totalitarianism and political and social propaganda to the free-thinking individual. As timely now as when it was first written, Jung's vision is a salutary reminder of why we should not become passive members of the herd. With a new foreword by Sonu Shamdasani.

*Freud and Beyond* - Stephen A. Mitchell 2016-05-10

The classic, in-depth history of psychoanalysis, presenting over a hundred years of thought and theories Sigmund Freud's concepts have become a part of our psychological vocabulary: unconscious thoughts and feelings, conflict, the meaning of dreams, the sensuality of childhood. But psychoanalytic thinking has undergone an enormous expansion and transformation since Freud's death in 1939. With *Freud and Beyond*, Stephen A. Mitchell and Margaret J. Black make the full scope of twentieth century psychoanalytic thinking—from Harry Stack Sullivan to Jacques Lacan; D.W. Winnicott to Melanie Klein—available for the first time. Richly illustrated with case examples, this lively, jargon-free introduction makes modern psychoanalytic thought accessible at last.

**The Modern Freudians** - D S. D Ellman 1999-05-01

Explores the developments in technique in the practice of psychoanalysis today.

*The Googlization of Everything* - Siva Vaidhyanathan 2012-03-13

In the beginning, the World Wide Web was exciting and open to the point of anarchy, a vast and intimidating repository of unindexed confusion. Into this creative chaos came Google with its dazzling mission—"To organize the world's information and make it universally accessible"—and its much-quoted

motto, "Don't be evil." In this provocative book, Siva Vaidhyanathan examines the ways we have used and embraced Google—and the growing resistance to its expansion across the globe. He exposes the dark side of our Google fantasies, raising red flags about issues of intellectual property and the much-touted Google Book Search. He assesses Google's global impact, particularly in China, and explains the insidious effect of Googlization on the way we think. Finally, Vaidhyanathan proposes the construction of an Internet ecosystem designed to benefit the whole world and keep one brilliant and powerful company from falling into the "evil" it pledged to avoid.

**Books in Print** - 1991

**The Shadow of the Object** - Christopher Bollas 2017-07-20

In *The Shadow of the Object*, Christopher Bollas integrates aspects of Freud's theory of unconscious thinking with elements from the British Object Relations School. In doing so, he offers radical new visions of the scope of psychoanalysis and expands our understanding of the creativity of the unconscious mind and the aesthetics of human character. During our formative years, we are continually "impressed" by the object world. Most of this experience will never be consciously thought, and but it resides within us as assumed knowledge. Bollas has termed this "the unthought known", a phrase that has ramified through many realms of human exploration, including the worlds of letters, psychology and the arts. Aspects of the unthought known --the primary repressed unconscious --will emerge during a psychoanalysis, as a mood, the aesthetic of a dream, or in our relation to the self as other. Within the unique analytic relationship, it becomes possible, at least in part, to think the unthought -- an experience that has enormous transformative potential. Published here with a new preface by Christopher Bollas, *The Shadow of the Object* remains a classic of the psychoanalytic literature, written by a truly original thinker.

*Debris* - Jo Anderton 2011-09-27

Tanyana is among the highest ranking in her far-future society - a skilled pionner, able to use a mixture of ritual and innate talent to manipulate the particles that hold all matter together. But an accident brings her life crashing down around her ears. She is cast down amongst the lowest of the low, little more than a garbage collector. But who did this to her, and for what sinister purpose? Her quest to find out will take her to parts of the city she never knew existed, and open the door to a world she could never have imagined. File Under: Science Fiction [ Meets The Eye | Fantastic Journey | Hidden Powers | Life Meaning ] e-book ISBN: 9780857661555

**Forthcoming Books** - Rose Army 1997

Routledge Library Editions: Metaphysics - Various Authors 2013-01-11

Reissuing works originally published between 1937 and 1992, this collection of original texts addresses the philosophical realm of metaphysics, not only ontology but the philosophy of science, religion and morals. The theory of values and the theory of absolutes are the subject of more than one volume, while others take a broader spectrum and outlay the history of the philosophical arguments. The nature of objects and questions of being and identity are addressed from very different perspectives. With some volumes by very eminent thinkers, this is a great addition to any collection on philosophy.

Enactment - Steven J. Ellman 1998-03-01

For many therapists it has replaced previous action terms such as acting in and acting out. Something new has been captured by this concept: a recognition of a process that may involve words but goes beyond words. For some, enactment addresses a continuous undercurrent in the interaction between patient and therapist in the realm of intersubjectivity. Others ask whether this concept adds either clarity or a new perspective to the clinical situation. This volume addresses the questions: Does the current focus on enactments entail a shift in our model of therapeutic change? Are enactments essential? Can they be dangerous, and if so, under what circumstances? Enactment is essential reading for all psychotherapists.

**Healing the Shame that Binds You** - John Bradshaw 2005-10-15

This classic book, written 17 years ago but still selling more than 13,000 copies every year, has been completely updated and expanded by the author. "I used to drink," writes John Bradshaw, "to solve the problems caused by drinking. The more I drank to relieve my shame-based loneliness and hurt, the more I

felt ashamed." Shame is the motivator behind our toxic behaviors: the compulsion, co-dependency, addiction and drive to superachieve that breaks down the family and destroys personal lives. This book has helped millions identify their personal shame, understand the underlying reasons for it, address these root causes and release themselves from the shame that binds them to their past failures.

*Psychoanalytic Perspectives on Puberty and Adolescence* - Gertraud Diem-Wille 2020-12-30

Puberty is a time of tumultuous transition from childhood to adulthood activated by rapid physical changes, hormonal development and explosive activity of neurons. This book explores puberty through the parent-teenager relationship, as a "normal state of crisis", lasting several years and with the teenager oscillating between childlike tendencies and their desire to become an adult. The more parents succeed in recognizing and experiencing these new challenges as an integral, ineluctable emotional transformative process, the more they can allow their children to become independent. In addition, parents who can also see this crisis as a chance for their own further development will be ultimately enriched by this painful process. They can face up to their own aging as they take leave of youth with its myriad possibilities, accepting and working through a newfound rivalry with their sexually mature children, thus experiencing a process of maturity, which in turn can set an example for their children. This book is based on rich clinical observations from international settings, unique within the field, and there is an emphasis placed by the author on the role of the body in self-awareness, identity crises and gender construction. It will be of great interest to psychoanalysts, psychotherapists, parents and carers, as well as all those interacting with adolescents in self, family and society.

*Seeing Like a State* - James C. Scott 2020-03-17

"One of the most profound and illuminating studies of this century to have been published in recent decades."—John Gray, *New York Times Book Review* Hailed as "a magisterial critique of top-down social planning" by the *New York Times*, this essential work analyzes disasters from Russia to Tanzania to uncover why states so often fail—sometimes catastrophically—in grand efforts to engineer their society or their environment, and uncovers the conditions common to all such planning disasters. "Beautifully written, this book calls into sharp relief the nature of the world we now inhabit."—*New Yorker* "A tour de force."—Charles Tilly, Columbia University

**Medical and Health Care Books and Serials in Print** - 1997

*The Psychodynamics of Social Networking* - . AARON. BALICK 2019-07-10

**Transitional Subjects** - Amy Allen 2019-08-06

Critical social theory has long been marked by a deep, creative, and productive relationship with psychoanalysis. Whereas Freud and Fromm were important cornerstones for the early Frankfurt School, recent thinkers have drawn on the object-relations school of psychoanalysis. *Transitional Subjects* is the first book-length collection devoted to the engagement of critical theory with the work of Melanie Klein, Donald Winnicott, and other members of this school. Featuring contributions from some of the leading figures working in both of these fields, including Axel Honneth, Joel Whitebook, Noëlle McAfee, Sara Beardsworth, and C. Fred Alford, it provides a synoptic overview of current research at the intersection of these two theoretical traditions while also opening up space for further innovations. *Transitional Subjects* offers a range of perspectives on the critical potential of object-relations psychoanalysis, including feminist and Marxist views, to offer valuable insight into such fraught social issues as aggression, narcissism, "progress," and torture. The productive dialogue that emerges augments our understanding of the self as intersubjectively and socially constituted and of contemporary "social pathologies." *Transitional Subjects* shows how critical theory and object-relations psychoanalysis, considered together, have not only enriched critical theory but also invigorated psychoanalysis.

**Bibliographic Guide to Psychology** - New York Public Library. Research Libraries 1997

*The Ecology of Freedom* - Murray Bookchin 1991

Using a synthesis of ecology, anthropology, philosophy and political theory, this book traces our society's conflicting legacies of freedom and domination, from the first emergence of human culture to today's global capitalism. The theme of Murray Bookchin's grand historical narrative is straightforward: environmental, economic and political devastation are born at the moment that human societies begin to organize themselves hierarchically. And, despite the nuance and detail of his arguments, the lesson to be learned is just as basic: our nightmare will continue until hierarchy is dissolved and human beings develop more sane, sustainable and egalitarian social structures.