



Man Against Himself

By Karl Menninger

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In this landmark book, the impulse toward self-destructiveness is examined as a misdirection of the instinct for survival, a turning inward of the aggressive behavior developed for self-preservation. "One of the most absorbing books I have read in recent years" (Joseph Wood Krutch, *The Nation*). Index.

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Editorial Review

From the Back Cover

In this landmark book the impulse toward self-destructiveness is examined as a misdirection of the instinct for survival, a turning inward of the aggressive behavior developed for self-preservation. The self-imposed illness, despair, even suicide, that result from this conflict are compassionately yet objectively analyzed and documented through case histories. Drawing on the work of such pioneers as Ferenczi, Groddeck, Jelliffe, White, Alexander, and Simmel, Menninger shows that intelligent self-knowledge can bring self-respect and understanding into man's psychological war against himself--on the side of self-preservation.

About the Author

Karl Augustus Menninger (July 22, 1893 - July 18, 1990), born in Topeka, Kansas, was an American psychiatrist and a member of the famous Menninger family of psychiatrists who founded the Menninger Foundation and the Menninger Clinic in Topeka, Kansas.

During his career, Menninger wrote a number of influential books. In his first book, *The Human Mind*, Menninger argued that psychiatry was a science and that the mentally ill were only slightly different than healthy individuals. In *The Crime of Punishment*, Menninger argued that crime was preventable through psychiatric treatment; punishment was a brutal and inefficient relic of the past. He advocated treating offenders like the mentally ill.

His subsequent books include *The Vital Balance*, *Man Against Himself* and *Love Against Hate*.

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