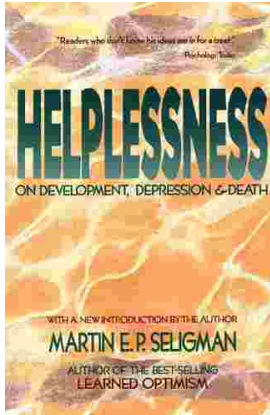


Helplessness: On Depression, Development, and Death (Series of Books in Psychology)



Helplessness: On Depression, Development, and Death
(Series of Books in Psychology)

NR-86634

US/Data/Health-Fitness-Dieting

5/5 From 896 Reviews

Martin E. P. Seligman

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31 of 33 people found the following review helpful. Made me see a blind spot in myself
By MothraDisclaimer: I've only skimmed the book, but wanted to post a 5-star rating ASAP, because it opened my eyes. Hopefully others out there with similar issues will learn from this book too. During the course of my skimming, I alighted upon a single passage describing the enrichment value of *control* in infant monkeys' environments. Those deprived of control over their environments, "do not explore and manipulate their world". My mother (a self-described "house freak") decorated my room. Not only was I not allowed to rearrange anything, I didn't realize until this year how unusual it was for a child not to have ANY say in their room's appearance. At age 51, THIS PASSAGE revealed to me that *I never have* "explore(d) and manipulate(d) my world". The option to do so never even hit me, despite the fact that numerous people throughout my life have commented on my lack of interest my surroundings--my office, my home, everything. This revelation about one of my blind spots *and* its possible sources was HUGE. I borrowed this book from the library to determine whether or not to invest the \$\$\$ and, more importantly, the scarce bookshelf space in it. I've just finished buying it from Marketplace. There are more anecdotes about helplessness in this book than there are in Seligman's best-selling, *Learned Optimism*. Several of the specific anecdotes, rather than Seligman's summary, have proven to be enormously revealing to me about areas of helplessness in my own life that have existed for decades. I've grown entrenched in ignoring these blind spots and was shocked to discover them today. However, thanks to this book and to *Learned Optimism*, I am becoming more aware of the nature of the cell in which I have lived, ignorantly, for decades. You can't escape from a prison if you don't know you're in one. Becoming aware of the size, location, and thickness of the walls of my prison WILL enable me to tear them down, if it's the last thing I do. When my book arrives, I will read it through in detail and hope to update this review.

23 of 45 people found the following review helpful. Good reading for a Psychologist or Clergyman
By A CustomerJust for the readers information I am a Ministry and Theology freshman major in college. I choose this book to do a review on; and I gave the book the typical stereotype of being just another boring book about Psychology, but I was proven wrong. Martin E. P. Seligman uses many examples and explains what he writes for those of us who don't have a large vocabulary. If you need a book that explains the facts and opinions about