

Prisoners of Hate

PRISONERS OF HATE

THE COGNITIVE
BASIS OF ANGER,
HOSTILITY,
AND VIOLENCE

AARON T. BECK, M.D.

AUTHOR OF *LOVE IS NEVER ENOUGH*

"A breathtaking experience. . . . *Prisoners of Hate* is a clear review of the world's most important psychological theory, and is virtually a workbook on how to prevent violence. . . . A book that does so many important things so well can only be called a masterpiece." —*Philadelphia Inquirer*

[Prisoners of Hate_ 下载链接1](#)

著者:Beck, Aaron T.

出版者:Harpercollins

出版时间:2000-9

装帧:Pap

isbn:9780060932008

World-renowned psychiatrist Dr. Aaron T. Beck, widely hailed as the father of cognitive therapy, presents a revolutionary and eye-opening look at destructive behavior in *Prisoners of Hate*. He applied his established principles on the relationships between thinking processes and the emotional and behavioral expressions to the dark side of humanity. In fascinating detail, he demonstrates that basic components of destructive behavior—domestic abuse, bigotry, genocide, and war—share common patterns with everyday frustrations in our lives. A book that will radically alter our thinking on violence in all its forms, *Prisoners of Hate*, provides a solid framework for remedying these crucial problems.

作者介绍:

目录:

[Prisoners of Hate 下载链接1](#)

标签

心理学

非虚构

情绪

评论

[Prisoners of Hate 下载链接1](#)

书评

[Prisoners of Hate 下载链接1](#)