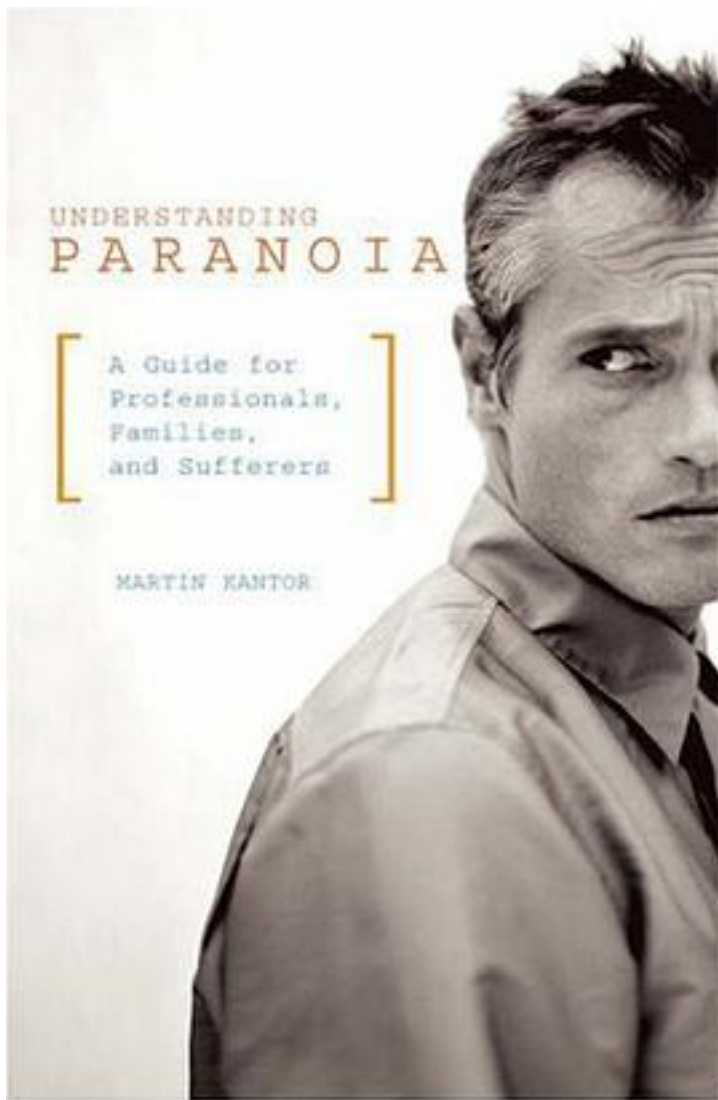


# Understanding Paranoia



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This book offers a method for understanding, coping with, and treating this widespread and neglected condition. In this insightful book, the author vividly takes the reader inside the minds of people who are paranoid, from experiencing delusions of persecution ranging from thinking others are 'out to get' them to falsely believing they have physical illness. The author also explains other facets of the Paranoid Personality, including suspiciousness, hypersensitivity, extreme vigilance, simmering anger, and a tendency to blame others for and absolve oneself of almost everything. How does such paranoia affect one's life? Whether one is a paranoid wanting to recover from the emotional disorder, or a person looking for the best way to deal with a paranoid husband, wife, friend, boss, or acquaintance, this book offers understanding and guidance. Paranoid individuals are not invariably social misfits. They are found in all walks of life and in all professions, suffering from this disorder that distorts behaviour and affects those with whom they come in contact, often in devastating ways. Politicians who write attack ads, spouses who beat or kill their partners, people in road or supermarket rage incidents are all among the possibly paranoid, as are students who perpetrate violence at their schools and fired employees who wreak violence at their former workplaces. Recognizing and treating paranoid behaviours can prevent or reduce antisocial activity and violence against individuals and society.

作者介绍:

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