Record Nr. UNINA9910797583903321 Autore Smail D. J (David John) **Titolo** The origins of unhappiness: a new understanding of personal distress // David Smail Pubbl/distr/stampa London:,: Routledge,, 2018 0-429-90740-0 **ISBN** 0-429-48263-9 1-78241-394-4 Edizione [1st] Descrizione fisica 1 online resource (252 p.) 152.4 Disciplina Depression, Mental Soggetti Melancholy Sadness **Emotions** Affective disorders Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Previously issued in print: London: HarperCollins, 1993. Note generali Includes index. Nota di contenuto COVER; Contents; List of Figures; Introduction; 1: Psychology and Distress - The Story So Far; 2: 'When I was Little' - The Experience of Power; 3: Bodies and Worlds - The Field of Power; 4: Case Study: The 1980's; 5: Help; 6: A Rational Faith; Appendix; Index It is the main argument of this book that emotional and psychological Sommario/riassunto distress is often brought about through the operation of socialenvironmental powers which have their origin at a considerable distance from those ultimately subjected to them. On the whole, psychology has concerned itself very little with the field of power which stretches beyond our immediate relations with each other, and this has led to serious limitations on the explanatory power of the theories it has produced. To illustrate this, typical cases of patient distress in the

1980's are examined. The decade when the right...