

## COVER BLURBS *A DEMOCRATIC MIND*

### **Groundbreaking**

“The argument for freedom of thought in our work and in our lives is emblazoned in this groundbreaking book for our times. *A Democratic Mind* marshals cogent arguments against the social and psychotherapeutic trends toward the surrender to imposed constraints on thought and action, and toward the suggestion that rule-bound ideas of mental health and illness will suffice. If you long for a unifying call for freedom of thought, read this book!”—David E. Scharff, MD, International Psychotherapy Institute and the IPA Committee on Family and Couple Psychoanalysis.

### **Compelling**

“This compelling book held my interest throughout. It is written by a man who loves life and speaks with candor, clarity, and courage. *A Democratic Mind* is a critical exploration of the limits of contemporary psychotherapy, and a passionate plea to expand its agenda to not only treat the individual, but also the impact that he/she has on his/her family, community, and world. Israel Charny stresses the necessity of cultivating open, compassionate, and engaged people who embrace life. Charny’s writing is lucid and interesting; his work is passionate and lively.”—Michael Berenbaum, PhD, American Jewish University

### **Empowering**

“The release of *A Democratic Mind* could not be at a better time, as the world contends with polarizing forces that pit tribal populism against global democratic principles. Israel W. Charny offers a metaphor of the ‘Fascist versus Democratic Mind’ as a new framework with which to understand symptoms and direct treatment. Like Albert Bandura’s *Moral Disengagement*, Charny offers readers an approach to assessment and psychotherapy that is firmly grounded in democratic, life-affirming values, and that emphasizes the choice between good and evil. He expands assessment of the rigid, fascist mind—how we humans hurt ourselves—to how we also hurt others. The addition of these relational considerations is critical for a full understanding of the human condition. To be mentally healthy in the twenty-first century is to cultivate calm in the midst of uncertainty, to embrace and learn from diversity, and to hold our own and others’ behaviors accountable as life-affirming. Charny offers an empowering and integrative psychotherapy to achieve these goals. We need this approach now more than ever.” —Susan McDaniel, University of Rochester Medical Center; Past President, American Psychological Association

### **Fascinating**

*From the Foreword to the book by Allen Frances, MD, Editor of DSM IV:*

“This is a fascinating book, expressing noble aims. Charny’s premise is that our species is limited by a fairly primitive mental apparatus that needs a “software upgrade” to provide us with the tools to live more at peace with ourselves and with each other. Diagnosis and treatment must also extend beyond the individual to encompass relational problems at the family and societal level. We must not be satisfied with treating pathology; instead, we must strive to create goodness where once there was evil. Would it were possible, but I fear it isn’t. I believe in human happiness, but not in human perfectibility. Let the reader decide between my skeptical reservations and Dr. Charny’s hopes. I hope he is right.”