



101 Defenses: How the Mind Shields Itself (Chinese Edition)

(USA) J Blackman

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This book comprehensively and detailedly sums up 101 kinds of mental defenses, which is the completest one of all time, bringing clearness and order to the vast knowledge sea of psychoanalysis. Over-30-year clinical and teaching experiences as well as his own legendary personal experiences enable Jerome S. Blackman to write this educational book with rich reading fun. He uses analogies, cases and dialogues to make complex concepts and and contents approachable. This book explains the reasons why humans develop some defenses and also provides methods of identifying the unconscious defenses.

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