## freud civilization and its discontents

freud civilization and its discontents stands as one of the most influential works in the study of psychoanalysis, social theory, and human culture. In this comprehensive article, we will explore Sigmund Freud's ground-breaking text, "Civilization and Its Discontents," examining its historical context, core concepts, and far-reaching impact on psychology and society. Readers will discover how Freud's ideas on human instinct, the development of civilization, and the inevitable tensions between individual desires and societal norms continue to shape contemporary thought. We will analyze key themes such as the role of guilt, repression, and the sense of unhappiness inherent in civilized society. Additionally, the article will provide a structured overview, summarize major arguments, and delve into criticisms and legacy. If you are seeking an authoritative and SEO-optimized guide to Freud's "Civilization and Its Discontents," this article will deliver a thorough understanding and practical insights on how Freud's theories remain relevant today.

- Historical Context of Freud's Civilization and Its Discontents
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- Influence on Psychology and Social Theory
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# Historical Context of Freud's Civilization and Its Discontents

Sigmund Freud published "Civilization and Its Discontents" in 1930, during a time of profound social and political change in Europe. The aftermath of World War I, rising tensions, and shifts in philosophical thought provided fertile ground for Freud's exploration of the psychological foundations of culture. In this work, Freud applied psychoanalytic principles to society as a whole, seeking to understand why people experience dissatisfaction and conflict within the framework of civilization.

Freud's approach in "Civilization and Its Discontents" was shaped by his earlier studies on the unconscious mind, sexuality, and neuroses. The book's historical significance lies in its attempt to address not only individual psychology but also collective phenomena such as law, morality, and religious belief. By contextualizing human suffering and discontent within the rise of modern societies, Freud contributed to debates on the nature of happiness,

freedom, and progress.

- Published in 1930 during the interwar period
- Addresses the relationship between psychoanalysis and society
- Reflects Freud's concerns about the future of civilization
- Builds on previous works like "The Future of an Illusion" and "Totem and Taboo"

## **Central Themes and Concepts**

#### The Conflict Between Instinct and Civilization

One of the central themes of "Civilization and Its Discontents" is the inherent tension between human instinctual drives and the demands of civilized society. Freud argued that individuals are born with primal urges, particularly related to sexuality and aggression, which are often at odds with the rules and expectations imposed by culture. Civilization seeks to regulate these instincts through laws, customs, and moral codes, resulting in a continuous struggle within each person.

### The Principle of Repression

Freud introduced the concept of repression as a mechanism by which unacceptable desires are pushed out of conscious awareness. This repression is necessary for the maintenance of social order, but it also leads to internal conflict and psychological distress. The more a society demands from its members, the greater the level of repression, which ultimately contributes to widespread feelings of unhappiness and discontent.

### The Role of Guilt and the Superego

In his analysis, Freud highlighted the development of the superego, a part of the psyche that internalizes societal norms and exerts control over instinctual impulses. The superego produces feelings of guilt when an individual's desires conflict with social expectations. According to Freud, guilt is a universal experience in civilized societies and serves as a powerful force in shaping behavior, but it also contributes to the sense of malaise and dissatisfaction.

## The Role of the Individual and Society

### **Personal Happiness Versus Social Order**

Freud's "Civilization and Its Discontents" explores the delicate balance between personal happiness and the requirements of social order. He contended that civilization is built upon the renunciation of instinctual gratification in favor of collective harmony and security. This trade-off is necessary for the functioning of large societies, but it means that individuals must sacrifice some degree of pleasure and freedom.

Freud suggested that the more advanced a civilization becomes, the more it restricts individual desires, leading to increased psychological tension. He questioned whether the pursuit of happiness is compatible with the demands of societal organization, anticipating debates about freedom and conformity that remain relevant today.

### Love, Aggression, and Social Bonds

Freud identified two fundamental forces at work in human relations: Eros (the life instinct, associated with love and creativity) and Thanatos (the death instinct, linked to aggression and destruction). Civilization seeks to channel these energies into productive ends, such as work, art, and community. However, Freud argued that aggression cannot be fully eliminated and often finds expression in hostility, competition, and social conflict.

## **Guilt, Repression, and Unhappiness**

### Sources of Unhappiness in Civilized Life

Freud enumerated several sources of unhappiness that arise from the structure of civilized society. These include the repression of sexual and aggressive instincts, the internalization of guilt, and the limitations placed on individual freedom. He maintained that civilization's progress depends on these sacrifices, but the emotional cost is significant.

- 1. Repression of natural instincts
- 2. Internalized guilt through the superego
- 3. Loss of personal autonomy
- 4. Social restrictions on behavior
- 5. Persistent psychological conflict

### The Religious Response

Freud explored the role of religion in coping with the discontents of civilization. He viewed religious belief as an attempt to provide comfort and meaning in the face of existential suffering. However, Freud was critical of religion's ability to resolve the fundamental tensions between individual desires and societal norms, suggesting that religious solutions offer only partial relief from inner conflict.

## Influence on Psychology and Social Theory

### **Psychoanalytic Perspectives on Society**

Freud's "Civilization and Its Discontents" has had a profound influence on the field of psychology, particularly in the study of group dynamics, socialization, and cultural development. His insights into repression, guilt, and the structure of the psyche have informed theories of personality, mental health, and therapy. The text remains a foundational reference for psychoanalysts and social theorists seeking to understand the interplay between personal and collective experience.

### Impact on Modern Social Thought

Beyond psychology, Freud's work has shaped the study of sociology, anthropology, and philosophy. His ideas about the origins of law, morality, and authority have influenced debates on social control, deviance, and the nature of power. "Civilization and Its Discontents" is frequently cited in discussions about the costs and benefits of progress, the limits of human happiness, and the challenges of modernity.

### **Criticisms and Debates**

### **Challenges to Freud's Theories**

While "Civilization and Its Discontents" has been widely praised, it has also attracted significant criticism. Some scholars argue that Freud's focus on sexual and aggressive drives oversimplifies the complexities of human motivation. Others question the universality of his claims, noting cultural differences in the experience of guilt and repression. The deterministic nature of Freud's model, which emphasizes the inevitability of conflict and unhappiness, has been debated within academic circles.

### **Contemporary Reinterpretations**

Modern theorists have reexamined Freud's ideas in light of new research in psychology, neuroscience, and social science. Some reinterpret his work as a metaphor for broader social processes, while others seek to integrate psychoanalytic insights with evolutionary theory and cognitive psychology. Despite these critiques, "Civilization and Its Discontents" remains a touchstone for discussions about the psychological foundations of culture.

## **Legacy and Continuing Relevance**

### Freud's Influence on Contemporary Thought

The legacy of "Civilization and Its Discontents" endures in contemporary debates about the nature of happiness, the role of law and morality, and the psychological costs of modern living. Freud's exploration of the tension between individual freedom and collective security continues to resonate in discussions about mental health, social policy, and cultural change. His work has inspired generations of thinkers to question the assumptions underlying civilization and to seek new paths toward personal and societal well-being.

As societies confront new challenges—including technological change, globalization, and shifting cultural norms—Freud's insights offer valuable perspectives on the dilemmas of progress and the enduring quest for fulfillment.

# Trending and Relevant Questions & Answers about Freud Civilization and Its Discontents

# Q: What is the main argument of Freud's "Civilization and Its Discontents"?

A: Freud's main argument is that civilization requires individuals to repress their instinctual desires—especially sexual and aggressive drives—in favor of social order, which results in widespread feelings of guilt, conflict, and unhappiness.

# Q: How does Freud define the role of guilt in civilized society?

A: Freud describes guilt as a product of the superego, which internalizes social norms and punishes the individual for forbidden desires, creating persistent psychological tension within civilized societies.

### Q: Why is repression important in Freud's theory?

A: Repression is essential for maintaining social harmony, as it keeps disruptive instincts out of conscious awareness. However, Freud argues that this process also leads to psychological suffering and discontent.

# Q: How does Freud's work influence modern psychology?

A: Freud's ideas about the unconscious, repression, and the conflict between individual and society have shaped contemporary theories in personality psychology, therapy, and the understanding of social behavior.

## Q: What criticisms have been leveled against "Civilization and Its Discontents"?

A: Critics argue that Freud's focus on sexual and aggressive instincts is too narrow, and that his theories may not apply universally across cultures. Others question the deterministic view of inevitable unhappiness in civilization.

# Q: How does Freud view religion's role in coping with the discontents of civilization?

A: Freud sees religion as providing comfort and meaning, but he is skeptical about its ability to resolve the underlying psychological conflicts caused by the demands of society.

# Q: What are the two fundamental forces Freud identifies in human relations?

A: Freud identifies Eros (the life instinct, associated with love and creativity) and Thanatos (the death instinct, linked to aggression and destruction) as the two fundamental forces in human relationships.

## Q: In what historical context was "Civilization and Its Discontents" written?

A: Freud wrote the book in 1930, during a time of social upheaval and intellectual change following World War I, which influenced his analysis of the challenges facing modern civilization.

### Q: Why does Freud believe unhappiness is inevitable in

#### civilization?

A: Freud argues that the sacrifices required for social order—such as repression of instincts and loss of autonomy—are necessary for civilization but inevitably result in personal dissatisfaction and psychological conflict.

### Q: How is Freud's work relevant to today's society?

A: Freud's exploration of the tension between individual desires and social requirements continues to inform debates on mental health, social policy, and the psychological impact of cultural change.

#### **Freud Civilization And Its Discontents**

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# Freud's Civilization and Its Discontents: A Deep Dive into Human Nature

#### Introduction:

Sigmund Freud's Civilization and Its Discontents, published in 1930, remains a cornerstone of psychoanalytic theory and a surprisingly relevant exploration of the human condition. This essay isn't just for academics; it's for anyone grappling with the tensions between individual desires and societal expectations. We'll dissect Freud's central arguments, explore his key concepts, and examine the lasting impact of this groundbreaking work, offering a clear, accessible understanding of its complexities. Prepare to delve into the fascinating and often unsettling relationship between civilization and the inherent drives within us.

### **H2: The Fundamental Conflict: Eros vs. Thanatos**

At the heart of Civilization and Its Discontents lies Freud's exploration of the fundamental conflict between two opposing drives: Eros (the life instinct, encompassing love, creativity, and self-preservation) and Thanatos (the death instinct, a drive towards aggression, self-destruction, and ultimately, the return to an inorganic state). Freud argues that these powerful, often unconscious forces shape both individual behavior and the structures of civilization itself. The tension between

them is not simply a personal struggle; it's the very engine of societal development and conflict.

### **H2: The Price of Civilization: Repression and Sublimation**

Civilization, according to Freud, is built upon the repression of aggressive and sexual instincts. To live in society, we must constrain our primal urges, channeling them into socially acceptable outlets. This process, known as sublimation, allows for the creation of art, science, and other cultural achievements. However, this repression comes at a cost. The constant suppression of our innate desires leads to a build-up of psychic energy, manifesting as anxiety, neurosis, and even societal unrest.

#### #### H3: The Role of Guilt and Superego

Freud introduces the concept of the superego, the internalized moral compass shaped by societal norms and parental influence. The superego judges our actions, creating feelings of guilt and shame when we violate its dictates. This internalized censor reinforces the repression of our primal drives, maintaining social order but also contributing to the psychological discomfort experienced by individuals within civilization.

### **H2: Aggression: An Inherent Human Trait?**

One of the most controversial aspects of Freud's argument centers on the inevitability of aggression. He posits that aggression is an inherent part of human nature, an unavoidable consequence of the death instinct. Civilization, then, is a constant battle against this inherent aggression, requiring ongoing efforts to control and channel it through institutions, laws, and social norms. This concept has been widely debated, sparking discussions about the nature of human nature and the possibility of a more peaceful society.

#### #### H3: The Illusion of Happiness and the Pursuit of Pleasure

Freud challenges the notion of a readily attainable happiness within civilization. The pursuit of pleasure, he argues, is inherently limited by the constraints imposed by social structures and the inevitable frustrations of life. The pursuit of happiness often results in a compromise, a negotiation between our desires and the demands of society. This constant tension, Freud suggests, is an inescapable part of the human condition.

#### H2: The Future of Civilization: A Pessimistic Outlook?

While Civilization and Its Discontents doesn't offer a utopian vision, it's not entirely devoid of hope. Freud acknowledges the achievements of civilization and the capacity for human cooperation and progress. However, he also expresses a cautious pessimism, suggesting that the inherent conflict

between individual desires and societal demands may always be present, presenting an ongoing challenge to humanity's quest for happiness and stability.

## **H2: The Enduring Relevance of Freud's Work**

Despite being written nearly a century ago, Civilization and Its Discontents retains remarkable relevance. Its exploration of the tensions between individual freedom and societal constraint continues to resonate with contemporary concerns about issues such as social unrest, political polarization, and the psychological toll of modern life. Freud's insights offer a framework for understanding the complexities of human behavior and the challenges of creating a just and harmonious society.

#### Conclusion:

Freud's Civilization and Its Discontents is not a simple read; it's a challenging and provocative exploration of the human condition. By understanding the interplay between Eros and Thanatos, the role of repression and sublimation, and the inherent tensions between individual desires and societal expectations, we gain a deeper appreciation of the complexities of human nature and the ongoing struggle to balance personal fulfillment with the demands of a civilized world. The book remains a powerful and enduring contribution to our understanding of ourselves and the societies we create.

#### FAQs:

- 1. Is Freud's view of human nature inherently pessimistic? While Freud acknowledges the challenges of balancing individual desires and societal demands, his work doesn't necessarily equate to complete pessimism. He recognizes the capacity for human cooperation and progress, but highlights the inherent difficulties involved.
- 2. How does Civilization and Its Discontents relate to contemporary political issues? The work's exploration of aggression, the role of the superego, and the tension between individual and collective needs offers valuable insights into understanding political polarization, social unrest, and the challenges of creating a just and equitable society.
- 3. What is the significance of sublimation in Freud's theory? Sublimation is crucial because it represents the mechanism by which our primal drives are channeled into socially acceptable activities, allowing for cultural progress and individual fulfillment within the constraints of civilization.
- 4. How does Freud's concept of the superego impact individual behavior? The superego acts as an internalized moral compass, influencing behavior and creating feelings of guilt or shame when we violate its dictates. This internal control mechanism is essential for maintaining social order but also contributes to psychological tension.
- 5. Is Freud's theory still relevant in the 21st century? Absolutely. The tensions between individual freedom and societal constraints, the inherent challenges of balancing personal desires with collective needs, and the ever-present struggle against aggression remain profoundly relevant in our

modern world. Freud's work provides a powerful framework for understanding these ongoing challenges.

**freud civilization and its discontents:** *Civilization and Its Discontents* Sigmund Freud, 1962-01-01 During the summer of 1929, Freud worked on what became this seminal volume of twentieth-century thought.

freud civilization and its discontents: Civilization and Its Discontents Sigmund Freud, 1994-01-01 (Dover thrift editions).

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social and economic change has affected the individual' Foreign Policy 'The new voice of a generation. A writer at the top of his game' Metro 'One of the most talented writers of his generation' Daily Telegraph Mohsin Hamid writes regularly for The New York Times, the Guardian and the New York Review of Books, and is the author of The Reluctant Fundamentalist, Moth Smoke and How to Get Filthy Rich in Rising Asia. Born and mostly raised in Lahore, he has since lived between Lahore, London and New York.

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freud civilization and its discontents: The Future of an Illusion (Deluxe Library Edition) Sigmund Freud, 2022-12-15 First published in 1927, 'The Future of an Illusion' examines the roots of society and religion, written by Sigmund Freud, an Austrian neurologist and the founder of psychoanalysis, a clinical method for evaluating and treating pathologies in the psyche through dialogue between a patient and a psychoanalyst. This is Freud's best-known and most assertive psychoanalytic investigation of religion and is the fruition of a lifelong practice of reflection. Freud uses his understanding of psychology to examine the roots of both civilization and religion. This takes the form of a comprehensive essay, with Freud forming an argument throughout its chapters about the history of religion and the part it should play in society's future. Freud wrote a number of influential books that popularized his psychoanalytic theories, such as 'The Interpretation of Dreams' (1899) and 'The Ego and the Id' (1923). Immorality, no less than morality, has at all times found support in religion. -Sigmund Freud, The Future of an Illusion

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Jahweh. Freud explains that years after the murder of Moses, the rebels regretted their action, thus forming the concept of the Messiah as a hope for the return of Moses as the Saviour of the Israelites. Freud said that the guilt from the murder of Moses is inherited through the generations; this guilt then drives the Jews to religion to make them feel better.

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incompatibility of civilisation and individual happiness, and the tensions between the claims of
society and the individual. We all know that living in civilised groups means sacrificing a degree of
personal interest, but couldn't you argue that it in fact creates the conditions for our happiness?
Freud explores the arguments and counter-arguments surrounding this proposition, focusing on
what he perceives to be one of society's greatest dangers; 'civilised' sexual morality. After all,
doesn't repression of sexuality deeply affect people and compromise their chances of happiness?

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freud civilization and its discontents: Freud Élisabeth Roudinesco, 2016-11-07 Élisabeth

Roudinesco's bold reinterpretation of Sigmund Freud is a biography for the twenty-first century—a sympathetic yet impartial appraisal of a genius admired but misunderstood in his time and ours. Alert to tensions in his character and thought, she views Freud less as a scientific thinker than as an interpreter of civilization and culture.

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 $\textbf{freud civilization and its discontents:} \ \textit{The Sickness of Civilization} \ \textit{Radhakamal Mukerjee}, \\ 1964$ 

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**freud civilization and its discontents: Madness in Civilization** Andrew Scull, 2015-04-06 Originally published: London: Thames & Hudson Ltd, 2015.

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effects of war on the human psyche, the siren song of neuroscience, and the predicaments confronting the profession at the dawn of the new millennium are but some of the issues considered here. Collectively, the essays that make up Psychiatry and Its Discontents provide a vivid and compelling portrait of the recurring crises of legitimacy that mad-doctors (as they were once called) have endured, and of the impact of psychiatry's ideas and interventions on the lives of those afflicted with mental illness --

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makes an intriguing case for the benefits psychoanalysis brought to feminism. From the first, American psychoanalysis became the property of freewheeling intellectuals and popularists as well as trained analysts. Thus the cultural terrain that Buhle investigates is populated by literary critics, artists and filmmakers, historians, anthropologists, and sociologists--and the resulting psychoanalysis is not so much a strictly therapeutic theory as an immensely popular form of public discourse. She charts the history of feminism from the first wave in the 1910s to the second in the 1960s and into a variety of recent expressions. Where these paths meet, we see how the ideas of Freud and his followers helped further the real-life goals of a feminism that was a widespread social movement and not just an academic phenomenon. The marriage between psychoanalysis and feminism was not pure bliss, however, and Buhle documents the trying moments; most notably the Momism of the 1940s and 1950s, a remarkable instance of men blaming their own failures of virility on women. An ambitious and highly engaging history of ideas, Feminism and Its Discontents brings together far-flung intellectual tendencies rarely seen in intimate relation to each other--and shows us a new way of seeing both. Table of Contents: Introduction Feminism, Freudianism, and Female Subjectivity Dissent in Freud's Ranks Culture and Feminine Personality Momism and the Flight from Manhood Ladies in the Dark Feminists versus Freud Feminine Self-in-Relation The Crisis in Patriarchal Authority In the Age of the Vanishing Subject Notes Acknowledgments Index Reviews of this book: Where some feminists have been hostile to psychoanalysis, and some psychoanalysts have been hostile to feminism, Buhle, a MacArthur Fellow and professor at Brown University, finds them linked in their quest to understand selfhood, gender identity, family structures and sexual expression...Feminism and Its Discontents is an excellent guide to the history of these ideas...The struggles of feminism and psychoanalysis may be cyclical, but they are far from over, and far from dull. --Elaine Showalter, Washington Post Book World Reviews of this book: Buhle's project is to uncover the 'continual conversation' that feminism and psychoanalysis have had with one another, to show how they are mutually constitutive. By charting the exchanges between psychoanalysis and feminism, Feminism and Its Discontents corrects the common impression that feminist criticisms fell on deaf, if not disdainful, ears. Buhle takes pains to detail how feminists and their opponents inside and outside psychoanalysis have set the terms for key debates...Buhle is an animated and engaged storyteller. The story she tells--covering nearly a century of the vicissitudes of psychoanalysis and feminism--is full of twists and turns, well-chosen anecdotes and occasional double-crosses. The cast of characters is inspiring, exasperating, remarkable, mercurial, colorful and sometimes slightly loony. Buhle draws them with sympathy and a keen eye for the evocative detail...Buhle writes with zest, touches of humor and energy. Her style is witty and readable...It is no mean feat to avoid ponderous and technical language when writing about psychoanalysis, but she manages it...All told, psychoanalysis and feminism, sometimes in tandem and sometimes at arm's length, have made vital contributions to the question of female selfhood. The 'odd couple' of our century, they share a large part of the responsibility for our particular form of self-consciousness and for the meaning of individuality in modern society. Mari Jo Buhle deftly illuminates how together they advanced the ambiguous and radical project of modern selfhood. --Jeanne Marecek, Women's Review of Books Reviews of this book: Feminism and Its Discontents sets out to unravel the wondrously complex love-hate relationships between--and within--feminism and psychoanalysis, which it sees as the two most important movements of modernity...The twists and tensions in that relationship highlight the continuous arguments around sexual difference and their entanglement in the messy conflicts in women's lives between motherhood and careers, self-realization and gender justice...Buhle leads her readers through the repeated battles over feminism, Freudianism and female subjectivity with exceptional clarity and care. Her book will...serve as a reliable introduction for those who have scant knowledge of the historical ties binding feminism to psychoanalysis [and] is also useful for those...who wish to remind themselves of what they thought they already knew, but may well have forgotten. --Lynn Segal, Radical Philosophy Reviews of this book: Feminism and Its Discontents adds a novel and welcome twist to [the Freud] conversation, the proposition that feminism was so central to Freud's Americanization that the guest for gender equality can be credited with turning

psychoanalysis into what we imagine it always was: an enterprise centered on femininity and female sexuality...[Buhle's] assertions are as enticing as they are controversial...The book [is] as relevant for students of feminist politics as for scholars interested in the history of psychoanalysis itself. --Ellen Herman, Journal of American History Reviews of this book: An exhaustively researched and accessibly written account of the intersections and collisions between [psychoanalysis and feminism]...Buhle chronicles the gyrations of history and assesses how social theory influences culture and vice versa. The result is far-reaching, and she is at her best when reflecting on how the mainstream accommodates and interprets the scholarly. Overall, the text promises a lively overview of the mutual benefits derived from a critical coalition between psychoanaylsis and feminism. Highly recommended for all libraries. --Eleanor J. Bader, Library Journal Reviews of this book: [Buhle] bases her intriguing and expansive historical study on the premise that feminism and psychoanalytic theory, each in its own way concerned with understanding the 'self,' developed in continuous dialogue with each other. The author's captivating, energetic writing style reflects the often spirited, surprisingly tenacious relationship of these two theories--from their emergence as 'unlikely bedpartners of Modernism'; through the shifting intellectual patterns of this century and the insidious mother-blaming of the '50s; to the contemporary postmodern paradigm of subjectivity and selfhood. Combining thorough research and incisive analysis, Buhle examines the ongoing discourse among Freudian, new-Freudian, and feminist theorists throughout the century as well as the endless fascination of popular culture with the questions of biology versus culture, difference versus equality. A vital addition to both women's studies and psychology collections. --Grace Fill, Booklist Reviews of this book: Feminism and Its Discontents covers a dazzling spectrum of thinkers and polemicists, ranging from Charlotte Perkins Gilman to Barbara Ehrenreich, with admirable clarity and succinctness. [Buhle's] reach in terms of American [and French] classical, neo-, and post-Freudian writing by men and women on women's psychosexual development is equally impressive...Few scholars would attempt a comprehensive intellectual history on such a charged topic. Buhle has done so in this informative scholarly feat. --Kirkus Reviews Reviews of this book: Buhle has bridged the void between feminism and psychoanalysis with a historian's thorough and penetrating interpretation of theories and thoughts implicit in 20th-century liberation movements. The introduction is clearly developed and carefully documented...Each [chapter] is skillfully organized with extensive references and notes to motivate the astute scholar...There is no question that Buhle has adeptly used a multidisciplinary approach to present ideas and thoughts that give contemporary feminists and post-Freudians another opportunity for dialogue on the terms 'difference' and 'equality.' --G.M. Greenberg, Choice Feminism and psychoanalysis have each been defining moments of this now fading century, and in their tangled relations lie some of its main preoccupations. It takes a historian's eye to unravel this story, and one with the breadth, sympathy, insight, and wit of Mari Jo Buhle to do it justice. Feminism And Its Discontents will undoubtedly stand as the definitive study of the encounter between these two great movements. --Joel Kovel, Bard College, author of Red Hun

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contemporary social psychology. In Civilization and its discontentes, Freud argues that civilization forces us to renounce the individual's instinctual pursuit of pleasure and aggression. Religion and religious ideas help achieve this through taming human instinctual expression. Certainly, his interpretation contributes to the understanding of religious ideas and experiences and cultural and social development within a psychological perspective. However, his negation of the possibility of ultimate realities and his overly narrow focus on instinctual desire lead him overlook the value of human religious lives. Perhaps it is not the super-ego that gives human the sense of guilt, but the finitude of being that humans express. Maybe it is not civilization that obstructs the individual's pursuit of happiness, but the tendency of human beings to objectify everything. In fact, religion may be well suited to helping human beings overcome finitude and objectification. Civilization and Its Discontent is considered one of Freud's most important and widely read works, and was described in 1989 by historian Peter Gay as one of the most influential and studied books in the field of modern psychology.

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