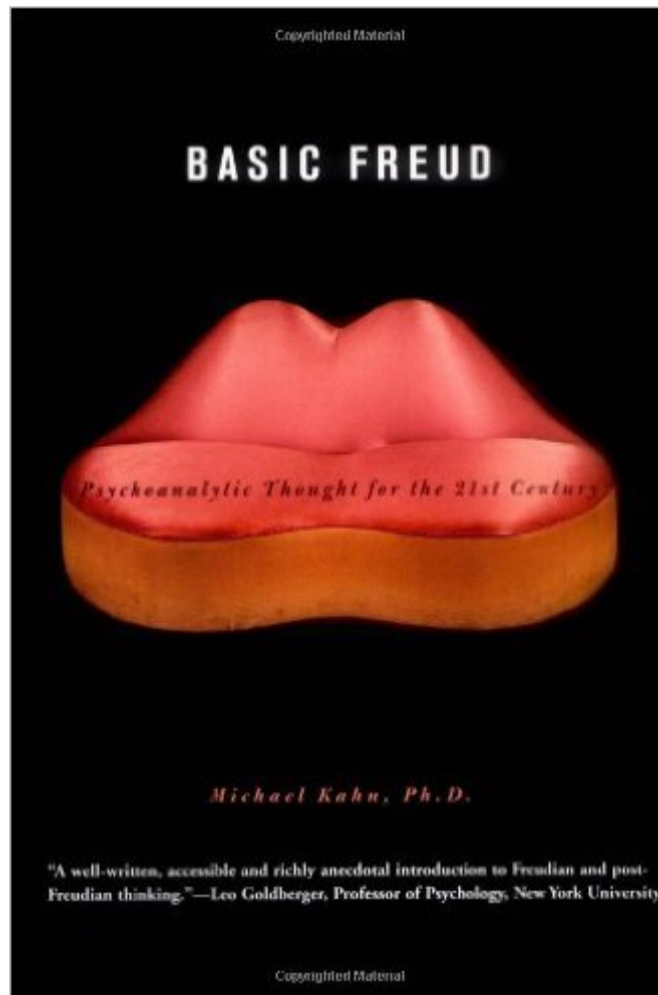


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# Basic Freud



## Synopsis

In *Basic Freud*, noted psychologist Michael Kahn shows that even in the age of psychopharmaceuticals and cognitive therapy, Freud's major insights into the unconscious remain unsurpassed tools for understanding our behaviors, motivations, and emotions. Kahn presents key ideas such as the Oedipus complex, the repetition compulsion, guilt, anxiety, and defense mechanisms, along with recent research that has supported or expanded Freud's findings. Kahn also presents real case studies from his own work as a psychotherapist to show how Freudian thought has been instrumental in helping his clients discover who they are and escape from destructive patterns. Lay readers and professional psychotherapists alike will benefit from Kahn's fresh, informed, and unpretentious approach.

## Book Information

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## Customer Reviews

Having read "Civilization and Its Discontents" in college but not getting a lot from it, I eagerly read Kahn's well-written and engaging book on Freud. He breaks down many of Freud's theories on sexuality, human development and parental relationships using examples from his own therapy practice, as well as notes from Freud himself. For anyone interested in the human psyche, I highly recommend this book.

Freud is one of those authors (like Hegel or Marx) that has had a profound impact on 20th century (and 21st century) life, but that is basically unreadable. It is better to read a book about Freud that to

wade into his works (especially if your interest in psychology does not rise to the level of becoming a psychologist). This book by Michael Kahn excellently explains Freud, his works, and his theories without getting bogged down with technical jargon or textbook-style language. Kahn's succinctness and clarity made reading this book a joy. If you want to read one book only about Freud and his theories, this is it!

I have never liked Freudian perspective. Now, I understand it better and can see how it is important to consider it when working with clients. The best part, it is an easy read, short book. Not overwhelming.

I have heard it said that there were only 5 truly great minds: Newton, Copernicus, Darwin, Einstein and Freud. All of them, in some way said that we were the victims of invisible forces and circumstances. Newton said we had to succumb to invisible gravity, binding us with mathematical precision. Copernicus told us that we were not, sad to say, the center of the universe. Einstein said that there was no absolute frame of reference, that the passage of information is bound by the speed of light. Darwin said you were another monkey, get used to it. Freud answered in his own way the most important question of all: Why do we do things we do not want to do? In other words what were the forces that determined behavior. What he discovered was the most obscure place of all: the undiscovered and unexplored realm of the unconscious that shapes and commands us all. Modern therapy has tended to minimize his influence and ignore his contribution, but we all owe him great homage for creating the fundamental concept of all modern psychology, that we are victim to internal and largely unconscious forces. Read this wonderful book and learn a new appreciation for perhaps the greatest mind that ever lived.

Low-key, approachable, never condescending -- this introduction to Freud is like a friendly puppy that wags its tail and wants to jump up on you in greeting. One might have hoped for more detail in some places, and the bullet points aren't the most elegant, but the book is functional and an easy read. It delivers on the goods! Kahn is an engaging writer -- sympathetic but not worshipful toward Freud -- and I'm hoping to check out some of his other writings.

I loved this book. I found it really helpful in explaining Freud's theories in further detail and it also helped me on writing some papers for class. It's Defense Mechanisms chapter was interesting. I recommend for a psychology student to have and even if not a psychology student just good to

have as a book to read.

Clear exposition on basic Freud, offered succinctly and with characteristic wisdom by Michael Kahn. His real masterpiece has got to be 'Between Therapist and Client'

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