When experience with uncontrollable events gives rise to the expectation that future events will also elude control, disruptions in motivation, emotion, and learning may ensue. The theory of learned helplessness refers to the problems that follow in the wake of uncontrollability. First described in the 1960s to account for behavior changes in laboratory animals, learned helplessness over the years has been applied to a variety of human problems ranging from inappropriate passivity to demoralization. The best-known application of learned helplessness has been as an explanation of depression, although numerous other extensions have been made, most recently to physical illness and death. At the same time, basic studies with both people and animals have continued, mapping out the cognitive and biological aspects of learned-helplessness theory and research. Written by pioneers of the model, this book summarizes and integrates the theory, research efforts, and applications of learned helplessness. Each line of work is evaluated critically in terms of what is known and what is not known. Future directions are sketched as well. More generally, the present book argues that a theory which emphasizes personal control is of particular interest because individuality and control are such salient emphases in contemporary culture. That our current age of personal control creates casualties precisely because of these emphases is also discussed. This timely and valuable work will interest a broad spectrum of clinicians and researchers in psychology and social work.

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Overcoming the Odds High Risk Children from Birth to Adulthood, Emmy E. Werner, Ruth S. Smith, 1992, Education, 280 pages. Looks closely at the lives of an ethnically diverse group of 505 men and women who were born in 1955 and monitored from the perinatal period through early adulthood.


Patterns of Abnormal Behavior, Max Lewis Hutt, Robert Gwyn Giby, 1957, Psychology, Pathological, 452 pages.
Living Well The Psychology of Everyday Life, Mihaly Csikszentmihalyi, 1997, Conduct of life, 175 pages. Professor of Psychology at the University of Chicago, Mihaly Csikszentmihalyi has become an influential figure in the US since the publication of his first book, Flow. With.

The Battered Woman Syndrome, Lenore E. Walker, Lenore E a Walker Edd, Jan 1, 2009, Family & Relationships, 511 pages. Walker's seminal, groundbreaking book The Battered Woman Syndrome (BWS) has forged new directions in the field of domestic violence for over 30 years. Now, the highly.

Helplessness On Depression, Development, and Death, Martin E. P. Seligman, 1992, Depression, Mental., 250 pages. Describes syndromes of depression, anxiety, and psychosomatic illness and relates studies of helplessness in laboratory animals to human behavior.

Cognitive correlates of depression in children at risk owing to parental affective disorder, Carol Gottuso Jaenicke, 1985, Psychology, 544 pages.

Sex roles and psychopathology, Cathy Spatz Widom, 1984, Medical, 402 pages.

The Science of Optimism and Hope Research Essays in Honor of Martin E.P. Seligman, Martin E. P. Seligman, Jane E. Gillham, 2000, Philosophy, 445 pages. Optimism and hope are not random feelings; they can be conscious choices. Martin E.P. Seligman, professor of psychology at the University of Pennsylvania, is one of the world's.


Selected models of anxiety, depression, and psychosis, Pierre Simon (M.D.), Pierre Simon, Philippe Soubrië©, Daniel Widl¶cher, 1988, Medical, 198 pages.

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