



Human Givens: The New Approach to Emotional Health and Clear Thinking

Joe Griffin, Ivan Tyrrell

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A new edition of the life-changing book Human Givens which contains a wealth of new material that will enhance its already considerable reputation. The authors describe one of the most important psychological insights of our age: how we are all born with a rich natural inheritance - a partially formed mind containing a genetic treasure-house of innate knowledge patterns: 'the human givens'. We all experience these givens as physical and emotional needs, powerful forces that must be satisfactorily met in our environment if our minds are to unfold and develop to their fullest potential. Includes a new chapter on the biological basis of content blindness - caetextia - that blights the lives of millions. Ultimately this book is uplifting and practical because it brings hope in these troubled times by clearly spelling out what each child and adult needs in order to develop well, how to help those who aren't and who are suffering severe mental distress, including depression and post-traumatic stress.

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