



Seeking the Compassionate Life: The Moral Crisis for Psychotherapy and Society (Psychology, Religion, and Spirituality)

Carl Goldberg, Virginia Crespo

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Morality is a subject most ignored and little understood by modern psychological investigation. Why a person acts honorably, or heinously, is one of the most puzzling and least answered questions regarding human behavior. Here the authors posit that despite the fact that hatred and arrogance continually battle compassion and decency as humanity's driving force, people continue to develop altruism, empathy, and concern for others. Goldberg and Crespo demonstrate seven factors crucial to achieving a compassionate life.

Goldberg and Crespo take us inside their treatment rooms, through history, across cultures and into their own personal worlds-at-large to meet clients and acquaintances including a would-be rapist, a virtuous stalker, an adulterous minister, and a young boy with little more than a matchbook and some pride to call his own. Together, the stories of these clients and historical figures including Nazis at Nuremberg reflect a vital theme: Virtuous behavior should not be a mystery. Morality is a subject most ignored and little understood by modern psychological investigation. Why a person acts honorably or heinously is one of the most puzzling and least answered questions regarding human behavior. The authors demonstrate that although within every human breast hatred and arrogance battle compassion and decency as a driving force, people do indeed develop altruism, empathy, and concern for others. Goldberg and Crespo outline seven crucial factors in the achievement of a compassionate life.

This book addresses two audiences. First, it questions modern psychological scientists who have ignored the importance of compassion, virtue, and morality, focusing instead on contrived experimental situations rather than pursuing investigations in?as part of?the actual world in which we live. Yet it is also written for all people concerned with the moral crisis in contemporary society, and all people seeking personal and social solutions to deal with this crisis.

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