



# Man Against Himself

*Karl Menninger*

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*Karl Menninger*

## Man Against Himself Karl Menninger

In this landmark book, the impulse toward self-destructiveness is examined as a misdirection of the instinct for survival, a turning inward of the aggressive behavior developed for self-preservation. "One of the most absorbing books I have read in recent years" (Joseph Wood Krutch, *The Nation*). Index.

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