



Heroes: What They Do and Why We Need Them

Scott T. Allison, George R. Goethals

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Abraham Lincoln, Princess Diana, Rick in *Casablanca*--why do we perceive certain people as heroes? What qualities do we see in them? What must they do to win our admiration? In *Heroes*, Scott T. Allison and George R. Goethals offer a stimulating tour of the psychology of heroism, shedding light on what heroism and villainy mean to most people and why heroes--both real people and fictional characters--are so vital to our lives. The book discusses a broad range of heroes, including Eleanor Roosevelt, Walt Kowalski in *Gran Torino*, Senator Ted Kennedy, and explorer Ernest Shackleton, plus villains such as Shakespeare's Iago. The authors highlight the Great Eight traits of heroes (smart, strong, selfless, caring, charismatic, resilient, reliable, and inspiring) and outline the mental models that we have of how people become heroes, from the underdog who defies great odds (David vs. Goliath) to the heroes who redeem themselves or who overcome adversity. Brimming with psychological insight, *Heroes* provides an illuminating look at heroes--and into our own minds as well.

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Karin Eubanks:

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