



# Psychology and Mental Health: Volume 4 (Collected Works of C.W. Valentine)

*C.W. Valentine*

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**Psychology and Mental Health: Volume 4 (Collected Works of C.W. Valentine)** C.W. Valentine

Originally published in 1948, this book deals, in a non-technical way, with such topics as Worry and Conflict; Repressions, Irritability and Complexes; Depression, Inferiority and Loneliness; Suggestion and Auto-Suggestion. Each topic is illustrated by reports of actual cases.

A series of broadcast talks on these subjects by the author (given in 1946) were so widely appreciated, and so many requests for publication were made, that the talks were expanded and revised so as to be more suitable for reading.

Discoveries of the wide prevalence of minor neuroses at the time had led to an increased interest in the subject and the demand for simple exposition. It was also thought that some popular illusions should be dispelled.

The talks were designed not only to explain some common mental disorders, but to help some of those numerous individuals who were struggling with difficult mental situations, or were often lonely and depressed.

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