

HUMANITY'S CONUNDRUM

Why is Homo Sapiens both gifted with such reason,
and yet cursed with such turbulent restlessness?



Why do we suffer? And how do we heal?
A parable: an alternative psychology

David Zigmond

Testimonials

David Zigmond lays out a deceptively simple, but profound, analysis of the source of much mental suffering in humanity – an outsize brain with excess capacity to envisage ‘what is not’ – which can run away with itself. This little book is a profoundly human and humanising resource, which could provide clarity and hope for a very wide readership.

*John Sloboda, Emeritus Professor of Psychology,
Keele University*

David Zigmond has written something important, timely and deep, stressing human connection in the process of healing emotional and psychological pain. His integrative approach places as much importance on society as the individual. Profound and accessible at the same time: no mean feat. It's a comforting and inspiring read, universalising our difficulties. I could see myself in there – and in that sense, everyone.

Jan Woolf, author of Fugues on a Funny Bone and Stormlight

Some undeniable and uncomfortable truths from an original and provocative thinker. This deserves to be read by both anguished and their comforters and guides alike.

Gaie Houston, Veteran psychotherapist and author

I haven't come across such pithy philosophy since The Socratic Dialogues and that was more than 2,000 years ago... Seriously, I have never read a book by a shrink before, but at least I now know why I behave like I do!

Ken Livingstone, Ex-Mayor of London and MP

[David Zigmond] brings a sharp focus to produce this masterpiece of a monograph that cuts through an academic and administrative jungle.

This magnificent small book, in its brevity, playfully and pithily re-views our thoughts, feelings and behaviours in a way that demystifies psychotherapy and so makes it accessible to all who are curious enough to understand. The uniqueness of this writing is how its rich breadth is expressed with such serious but humorous clarity... As soon as I read this book many things fell into place for me, rather belatedly in my career.

... provides such a valuable framework for understanding ourselves, and then offers us an optimistic view as to how we humans can help, instead of obstruct or torment, ourselves and others... That, surely, is worth our time and attention.

Emeritus Professor Sue Wheeler, University of Leicester

This is a delightful and insightful book. It describes the problem of being human and tackles the profound questions of life, love and death; linking our existential anxiety to having a large brain with spare capacity. David Zigmond finds the remedies for the human condition not only from his work as a GP, Psychiatrist and Psychotherapist but also from a long life of being a thoughtful and compassionate human being human.

Pauline Hodson, Psychotherapist, author of The Business of Therapy – How to Run a Successful Private Practice and The Invisible Matrix.

At last Socrates and Jean-Paul Sartre come together in the form of David Zigmond producing first rate dialogical existentialism. Doing talking therapy can be a mysterious activity: Zigmond's book not only honours that mystery, but does so with an unusual mixture of solid seriousness and playful wit. If that appeals, then this book is definitely the one to reach for..

Robin Hobbes, Ethical Advisor to The European Transactional Analysis Association

Is evolution progress? Why is Homo Sapiens both gifted with such reason, yet cursed with such turbulent restlessness? How may we calm our anomalous nature? Here is an alternative psychology, and another way of viewing our history – both personal and as a species.

This small book will delight in its deceptions: its slimness bursts with wide-ranging ideas, complexity is leached with clarity, weighty seriousness levitates with playfulness and wit.

Humanity's Conundrum may be a brief read but its ideas will linger in the reader far longer.



David Zigmond trained in medicine, psychiatry and psychotherapy and has served as a frontline NHS doctor for fifty years. His educational work, blogs and many publications about healthcare draw from this experience, as does his anthology *If You Want Good Personal Healthcare, See A Vet. Industrialised Humanity: Why and how should we care for one another?*

His work as a psychotherapist, together with healthcare education, writing and activism, continues in London.

“I have never read a book by a shrink before, but at least I now know why I behave like I do”

Ken Livingstone Ex-Mayor of London and MP

Filament
Publishing



Humanity's Conundrum
By David Zigmond
£9.99 US \$15 €14
ISBN 978-1-913192-73-0

ISBN 978-1-913192-73-0