



# **Understanding and Preventing Violence: The Psychology of Human Destructiveness (Pacific Institute Series on Forensic Psychology)**

*Leighton C. Whitaker*

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More violence has been perpetrated in the 20th century than in the two previous centuries combined. Understanding and Preventing Violence: Unmasking the Mentality of Human Destructiveness elucidates the mentality of destructive behavior with the hopes that in the future, the trend may be reversed through enlightenment. But in order to choose to be constructive, rather than destructive, there must first be an understanding.

This book takes a hard look at an alarming trend. It provides a focused view of the new wave of violence - from the individual to the global levels. It traces the influence of sexuality and the anxiety of death on human mentality and suggests ways to reverse the increase in destructive behavior. It helps criminologists with profiling and spotting trends and aids psychologists by deepening the understanding of their severely character-disordered or sociopathic patients.

The author delves into the reasons and motivations prompting destructive behavior in order to promote a constructive reaction to what has become commonplace in society - senseless violent acts. Aimed at forensic and clinical psychologists, sociologists, criminal defense attorneys and criminologists, Leighton C. Whitaker delivers a work that provides an understanding of the psychodynamics of violence and the role it plays in society.

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