

Les ombres de l'angoisse : summary in english

The shadows of anxiety are, for the most part, camouflaged desires (unconscious, therefore in shadow) being expressed in the form of symptoms.

This denial of desire, which translates into a fear of existing, of being alive, seems to be encouraged in our fearful world in which it seems that commerce (including trading in people !) and a perverse passion for money are becoming the sole reference points about which our society is organized. To be precise, the spontaneous tendency to alienation (neurosis is a 'natural' inclination of human beings) is exploited for the benefit of this machine, a machine that produces nothing - the infernal cycle of production and consumption.

Increasingly paralysing forms of anxiety are emerging in our technological world.

Instead of denying this anxiety, wouldn't it be more intelligent to listen to it and try to understand what it is telling us ?

This is the approach to anxiety that is explored by the author.

Written in a concise, simple and pedagogical style, this book is accessible to readers with different approaches.