



**Human Experience: Philosophy, Neurosis, and the
Elements of Everyday Life (Sunny Series in
Contemporary Continental Philosophy) (SUNY
Series in Contemporary Continental Philosophy
(Paperback))**

John Russon

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John Russon's *Human Experience* draws on central concepts of contemporary European philosophy to develop a novel analysis of the human psyche. Beginning with a study of the nature of perception, embodiment, and memory, Russon investigates the formation of personality through family and social experience. He focuses on the importance of the feedback we receive from others regarding our fundamental worth as persons, and on the way this interpersonal process embeds meaning into our most basic bodily practices: eating, sleeping, sex, and so on. Russon concludes with an original interpretation of neurosis as the habits of bodily practice developed in family interactions that have become the foundation for developed interpersonal life, and proposes a theory of psychological therapy as the development of philosophical insight that responds to these neurotic compulsions."

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