



Contents

| | | |
|---------------|--|-----|
| | Introduction | 1 |
| Part I | ENVY THEORY | |
| Chapter 1 | Love and the Complex Problem of Destructiveness | 17 |
| Chapter 2 | Inborn Envy | 43 |
| Chapter 3 | An Introduction to the <i>Nuclear Envy</i> Concept | 73 |
| Chapter 4 | Human Psychological Development: Theoretical Underpinnings | 119 |
| Chapter 5 | The Subjective, Intrapsychic, and Phenomenological Experience of Envy: Envy and Related States of Mind | 181 |
| Chapter 6 | The Nuclear Genesis of Envy | 215 |
| Chapter 7 | A Microscopic Analysis of Envy's Dedicated Pathways | 241 |
| Chapter 8 | Envy's Conscious Derivatives: Signs, Symptoms, and Surface Indicators of Envy's Inner Dialogue | 267 |

| | | |
|-----------------|--|-----|
| Part II | THE HEALTHY MATURATION OF ENVY | |
| Chapter 9 | The Healthy Maturation of Envy: Admiration, Emulation, Gratitude, Empathy, and Helpfulness | 287 |
| Part III | ENVY IN HISTORY AND LITERATURE | |
| Chapter 10 | Recognizing Envy: Historical and Clinical Contexts | 339 |
| | Afterword | 353 |
| | References | 359 |
| | Index | 373 |
| | About the Author | 391 |