



Envy in Everyday Life

By Dr Patricia Polledri

PRESS RELEASE

In this ultimate envy handbook, esteemed forensic psychotherapist shines a revealing light on the destructive nature of this serious mental disorder, explaining its roots, reasons and manifestations in fascinating detail in this ultimate envy handbook.

Even if envy is denied or ignored, it will still continue to fester because it is a mushroom of an emotion that flourishes in dark places.

Envy is as old as mankind. Crimes are committed because of envy. Politics are based on envy, institutions have been designed to regulate it and there are powerful reasons to avoid being envied by others. The psychoanalyst Melanie Klein believed that envy was innate, but, in *Envy in Everyday Life*, forensic psychotherapist Dr

Patricia Polledri demonstrates that this is not the case. Instead she reveals that envy is a form of emotional abuse — something learned due to a failure in attachment during our childhood developmental years — as opposed to just being accepted as one of the seven deadly sins that we are all born with.

Emphasising the importance of examining envy in all its different guises, Polledri divides her subject into three stages and begins by explaining the basic meaning of what envy is and the important distinction between it and its twin: jealousy. Using lively vignettes, she charts how the disorder manifests itself in everyday life — from shame as a component of envy, to envy in the workplace and the bizarre reality of **womb envy**. According to Polledri envious people are also lacking in empathy and narcissistic traits are always associated with the disorder. Drawing upon dynamic real-life case studies, Polledri provides a comprehensive, and compelling analysis of the high-profile trial of Oscar Pistorius — who was convicted for the murder of his girlfriend of only twelve weeks, Reeva Steenkamp in 2015 — deftly proving her thesis and the very real threat of envy left unchecked. As Polledri concludes, failing to develop a theory that allows us to truly understand envy can cost us dear, and so the time has come to give envy its due.

An accessible, authoritative and illuminating study of one of the human mind's most misunderstood states, **Envy in Everyday Life** is the ultimate handbook to anyone interested in human behaviour and the green eyed monster.

About the author: Living in London, Dr Patricia Polledri has worked in the field of forensic psychiatry and psychotherapy for over twenty years. She is a former researcher at University College London Medical School; Department of Psychiatry and Behavioural Sciences and at the University of Sussex; Department of Law and Political Sciences. She was also one of the first graduates from the Tavistock and Portman Clinic Forensic Psychotherapy training course in London, in association with the British Post Graduate Medical Federation. In 2012 she published a forensic psychiatry text book entitled *Envy Is Not Innate: A new model of thinking* (Karnac Books) to widespread acclaim. Her new book, *Envy In Everyday Life* by Dr. Patricia Polledri (published by Clink Street Publishing 28th June 2016 RRP £9.99 paperback, RRP £3.99 ebook) is available to purchase from online retailers including amazon.co.uk and to order from all good bookstores.

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