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The central problem of living, he shows, concerns the need to turn those elements of desperation into their corresponding aspects of vitality. The book sets out six sliding scales that connect craziness with creativity, rage with courage, panic with initiative and other positive mechanisms that can be harnessed to bring self fulfillment.

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kelsey esser, msw, lcsw Kelsey is a Licensed Clinical Social Worker. She received her Bachelor's in Social Work in 2011 and her Master's in Social Work in 2013, both from the University of Missouri.

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Esser, Richard Summary: Exploring some of the most destructive and dismaying elements of living, a psychiatrist of international stature shows that the best and worst aspects of living are closely related.