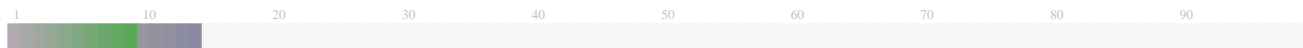


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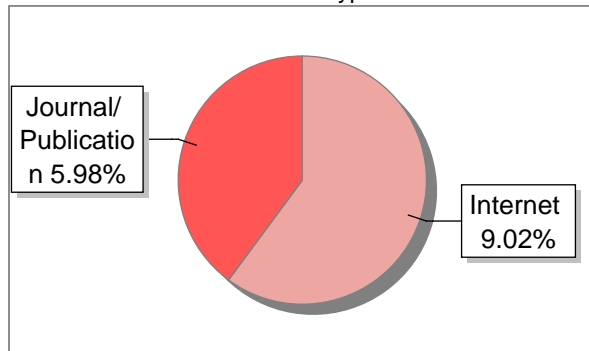
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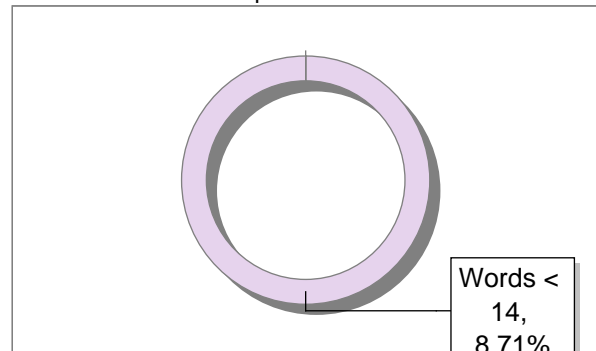
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Empty suffering a social phenomenology of depression, anxiety and addiction 1st

by Domonkos Sik, Newyork, Routledge, 2023, 220 pp., £31.19 (paperback), ISBN:9781032053899

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BOOK REVIEW

Empty suffering a social phenomenology of depression, anxiety and addiction 1st, by Domonkos Sik, Newyork, Routledge, 2023, 220 pp., £31.19 (paperback), ISBN: 9781032053899

Overall, Domonkos Sik's book 'Empty Suffering: A Social Phenomenology of Depression, Anxiety, and Addiction' is an important contribution to understanding modern suffering in a social context. The book proposes an interdisciplinary approach that combines philosophy, sociology, history, and psychology to analyze contemporary forms of suffering. One of the main points put forward by the author is the importance of understanding the social context in understanding and treating depression, anxiety, and addiction. This book highlights how social and cultural change affects our perceptions of suffering and how it affects treatment and our understanding of mental health issues.

The author also explores the role of social structure in shaping the experience of suffering. In the context of modern society, distortions in communicative and competitive interactions can lead to depression, anxiety, and addiction. The book stresses the importance of seeing suffering as a social phenomenon that involves individuals in relation to society and their environment. In addition, this book criticizes approaches that focus too much on psychological and biomedical aspects of understanding mental health problems. The author proposes that mental health problems such as depression and anxiety should be understood in a social context, taking into account radical changes in social structures and institutions as well as deep crises in our civilization as a whole.

The first part of the book presents the story from Too Natural Suffering to Vain Possession: The Genealogy of a Depressed Living World. Suffering, which was once considered a natural part of human life, turns into an experience that is often meaningless and futile. The author reveals how social and cultural changes affect our perception of suffering and how they affect our treatment and understanding of depression. This means that the focus of the first chapter is the genealogy of depression in the context of the modern world.

The second part presents the Social Constituents of Fear: A Phenomenology of Negative Integration. This chapter focuses on the phenomenology of fear and how fear has become an important constituent in modern society. The author investigates how fear is produced, maintained, and communicated through social interaction. In this chapter, the author highlights the role of social structure in shaping the experience of fear and its impact on the mental well-being of individuals and society as a whole.



The third section focuses on The Power of Indirect Pain: A Historical Phenomenology of Medical Pain Management. The author describes the phenomenology of medical pain management in a historical context. The authors explore how approaches to pain treatment and management have changed over time, from more traditional medicine to modern medical approaches. This chapter highlights how social and cultural changes affect the perception and treatment of pain, as well as their impact on individual suffering.


Part five provides a review of Depression as Social Suffering: A Distortion of Communicative and Competitive Interactions. This chapter describes depression as a form of social suffering. The author discusses how distortions in social interactions that are competitive and communicative in modern society have an impact on depression. This chapter highlights the importance of understanding the social context when understanding and treating depression.


The sixth section is on Anxiety Networks: From Distortions in Late Modern Society to the Social Components of Anxiety. This chapter examines the web of anxiety in modern society. The author describes how distortions in modern society can cause anxiety and how social elements affect the experience of anxiety. This chapter emphasizes the importance of understanding social factors in understanding anxiety and developing a comprehensive treatment approach.

The seventh section is about the Network of Addicted Actors: From Reification to the Emergence of the Hybrid Subjectivity of Late Modern Societies. The final chapter discusses addiction networks and how they form in modern society. The author describes how the process of reification and social factors influence the development of addiction. This chapter highlights the importance of understanding social factors in understanding addiction and offers insight into the hybrid subjectivity that develops in modern society.

According to this approach to social phenomenology, Domonkos Sik makes this book relevant for scholars in the fields of social sciences and humanities interested in mental health, social theory, and social pathology. The book stimulates critical thinking about existing theories of modernization, therapeutic interventions, and social policies. Overall, 'Empty Suffering' is an important and valuable work in understanding modern suffering and the challenges faced in overcoming mental health issues. The book invites readers to see suffering as a complex social phenomenon and offers rich insight into the relationship between individuals, society, and the social conditions that affect our suffering.

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