THE SELFISH CAPITALIST: ORIGINS OF AFFLUENZA

AUTHOR: OLIVER JAMES

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BOOK DESCRIPTION

In the bestselling Affluenza, world-renowned psychologist Oliver James introduced us to a modern-day virus sweeping through the English-speaking world — how our obsessive, envious tendencies make us twice as prone to depression, anxiety and addictions as people in other developed nations. Now The Selfish Capitalist provides more detailed substantiation for the claims made in Affluenza, world-renowned psychologist Oliver James introduced us to a modern-day virus sweeping through the English-speaking world — how our obsessive, envious tendencies make us twice as prone to depression, anxiety and addictions as people in other developed nations. Now The Selfish Capitalist provides more detailed substantiation for the claims made in Affluenza, and outlines the political, economic and social climate in which the virus has grown.

A modern-day The State We're In, the book's argument will chime with a public deeply disenchanted with all the main political parties. James points out that, since the Seventies, the rich have become much, much richer, yet the average person's wage has not increased at all. He provides a wealth of evidence to show that we have become more miserable and distressed during this time, and suggests that this is a direct consequence of Thatcherite/Blairite "Selfish Capitalism", whose most significant act has been to rob the poor to give to the rich.

The Selfish Capitalist is a rallying cry to reduce levels of distress by adopting a form of unselfish capitalism. It is a hard-hitting and thought-provoking work that tells us why our personal well-being must take precedence over the wealth of a tiny minority if we are to cure ourselves of this disease. From the Trade Paperback edition.

ABOUT AUTHOR

Oliver James is a clinical psychologist, writer, broadcaster, and television documentary producer. He frequently broadcasts on radio and acts as a pundit on television. He is the author of several books, including Affluenza, which examines the role that consumerist aspirations play in making us miserable.

In 1997 he presented The Chair for BBC 2, a series that put celebrities on the psychologist's career path. Oliver James is a clinical psychologist, writer, broadcaster, and television documentary producer. He frequently broadcasts on radio and acts as a pundit on television. He is the author of several books, including Affluenza, which examines the role that consumerist aspirations play in making us miserable.
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In 1997 he presented The Chair for BBC 2, a series that put celebrities on the psychologist's couch, and in which Peter Mandelson famously shed a tear. Oliver has produced and presented several other television series about the issues surrounding mental illness, and various psychological aspects of British society. He also presented a series for This Morning on child development and is a regular contributor to several broadsheet newspapers.

He is a trustee of the Alzheimer's charity, SPECAL and lives in Oxfordshire with his wife and two small children.