



The Fantasy Bond: Effects of Psychological Defenses on Interpersonal Relations

Robert W. Firestone

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This book offers a hypothesis centering around the concept of the "Fantasy Bond," an illusion of connection formed with the mother and later with significant others in the individual's environment.

The Fantasy Bond: Effects of Psychological Defenses on Interpersonal Relations Details

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From Reader Review The Fantasy Bond: Effects of Psychological Defenses on Interpersonal Relations for online ebook

Steven Comstock says

In The Fantasy Bond, Dr. Firestone gives his theory - the fantasy bond - for why people behave in self-destructive ways. Specifically, he explores the mental illness of schizophrenia to illustrate how the fantasy bond works but does not limit his theory to schizophrenia alone. He gives a deep, well thought out explanation for his theory and does not mix in any sugar-coated garbage about finding happiness or getting more exercise. I enjoyed reading his book because he writes as one adult talking to another and because the material in itself is fascinating, especially the symbolic themes in which maladaptive behaviors occur. Also, Dr. Firestone is purely interested in providing his theory and nothing else. He does not give any ways to overcome the fantasy bond but does explain some stories of how people living in the fantasy bond tried to help themselves. I believe Dr. Firestone is an atheist, which may turn off religious people. He views religion and the family itself as supporting structures of the fantasy bond in that they obscure the person's view of death by denying it in religious rituals based on the idea of life after death. It is a somber book. He also does not have an overly positive view of humanity, stating that a great majority of people live lives in the grip of the fantasy bond without knowing it, making their lives miserable. Therefore, it is a good book but just be warned that it is not an uplifting one.

Anittah says

Fantasy Bond quoted at:

<http://xoxoanp.com/zine/sex-the-city-...>

April Capil says

This book was *mostly* excellent - super-dense, I had to read several sections two or three times to let them sink in. Fascinating insights into what motivates us in relationships and how our parental dynamics have lasting effects. Only reason I did not give it 5 stars was there are large sections about an "intentional community" that the author was a part of that was not really as informative/insightful as the rest of the book was - it was more of a case study of a group of families towards the end, which departed from the style of the beginning of the book.

Todd Miller says

meh.

Robyn says

A heavy text on the powerful structures of the mind that keep using psychological defenses long after they're helpful, and even despite the fact that they're becoming hugely destructive to an individual's growth. Seems there is a new miraculous fact on every page -- and this is a lengthy book! I hope I can incorporate some of the wisdoms of this study into my life. A very important book.

Jess says

Very 70's feel to me. A lot of concepts are outdated and no longer considered authoritative. Interesting but didn't resonate.

Angie says

This book drops truth bomb after truth bomb. I'm re-reading it and it's just spot on.

Jordan says

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