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There is currently an epidemic of 'affluenza' throughout the world - an obsessive, envious, keeping-up-with-the-Joneses - that has resulted in huge increases in depression and anxiety among millions. Over

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James travelled around the
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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

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author of several books,
including *Affluenza*, which
examines the role that
consumerist aspirations play
in making us miserable.

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that "advanced capitalism
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The Affluenza Virus is a set of values which increase our vulnerability to emotional distress. It entails placing

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a high value on acquiring money and possessions, looking good in the eyes of others and wanting to be famous. This book offers a compelling analysis of the causes and symptoms of the virus, which affects all

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obsessive, envious, keeping-up-with-the-Joneses - that has resulted in huge increases in depression and anxiety among millions. Over a nine-month period, best-selling author Oliver James travelled around the world

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Oliver James is a chartered psychologist. He is the author of *They F*** You Up*, *Affluenza*, *Contented*, *Dementia*, *Love Bombing* and *Office Politics*. His twitter is @oliverj_psych

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~~Oliver James | The Guardian~~
Theory In 2007, British
psychologist Oliver James
asserted that there was a
correlation between the
increasing occurrence of
affluenza and the resulting

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increase in material inequality: the more unequal a society, the greater the unhappiness of its citizens.

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Oliver James examines the
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affluence, self-esteem and happiness. He does this principally by recounting stories of people who he's met who represent one or other end of the spectrum of happiness/affluence. My principal difficulty is that

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he reaches extraordinarily certain opinions based, seemingly on these cases alone.

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If Oliver James is suffering

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from what he calls
"affluenza" - a depressive
middle-class sickness
brought on by social and
material envy - then he has
the symptoms well under
control.

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affluenza? — Telegraph.co.uk~~

Oliver James trained and practised as a child clinical psychologist and, since 1988, has worked as a writer, journalist and television documentary

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producer and presenter. His books include Juvenile Violence in a Winner-Loser Culture, the bestselling They F*** You Up, Affluenza and Contented Dementia. He is a trustee of two children's charities: the

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National Family and
Parenting Institute and
Homestart.

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throughout the world - an obsessive, envious, keeping-up-with-the-Joneses - that has resulted in huge increases in depression and anxiety among millions. Over a nine-month period, bestselling author Oliver

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James travelled around the world to try and find out why. He discovered how, despite very different cultures and levels of wealth, affluenza is spreading. Cities he visited include Sydney, Singapore,

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Moscow, Copenhagen, New York and Shanghai, and in each place he interviewed several groups of people in the hope of finding out not only why this is happening, but also how one can increase the strength of one's emotional

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immune system. He asks: why do so many more people want what they haven't got and want to be someone they're not, despite being richer and freer from traditional restraints? And, in so doing, uncovers the answer

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to how to reconnect with what really matters and learn to value what you've already got. In other words, how to be successful and stay sane.

A fascinating exposé of

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office culture, in the style of the bestselling Affluenza, from popular psychologist Oliver James. The modern working world is a dangerous place, where game-playing, duplicity and sheer malevolence are rife.

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Do talent and hard work count for nothing? Is politics everything? In this fascinating exposé, Oliver James reveals the murky underside of modern office life. With cutting-edge research and eye-opening

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interviews, he highlights the nasty practices that propel people to the top and shows how industries and cultures are fostering this behaviour. He then divulges strategies and techniques for not only surviving but

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thriving in these difficult environments. With the right mindset, you can distinguish and deal with toxic and overpromoted colleagues, charm your way through interviews and use office politics to your advantage.

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Office Politics will overthrow your perceptions of office life and set you on a new path to success. Oliver James trained and practised as a child clinical psychologist and, since 1988, has worked as a

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writer, journalist and television documentary producer and presenter. His books include *Juvenile Violence in a Winner-Loser Culture*, the bestselling *They F*** You Up*, *Affluenza* and *Contented Dementia*. He

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is a trustee of two children's charities: the National Family and Parenting Institute and Homestart.

In the bestselling "Affluenza," world-renowned

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psychologist Oliver James introduced us to a modern-day virus sweeping through the English-speaking world. He met those suffering from it and demonstrated how their obsessive, envious tendencies made them twice

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as prone to depression, anxiety and addictions than people in other developed nations. Now "The Selfish Capitalist" provides more detailed substantiation for the claims made in "Affluenza." It looks deeper

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into the origins of the virus and outlines the political, economic and social climate in which it has grown. James points out that, since the seventies, the rich have got much, much richer, yet the average

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person's wage has not increased at all. A rallying cry to the Government to reduce our levels of distress by adopting a form of unselfish capitalism, this hard-hitting and thought-provoking work tells

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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.

POPULAR PSYCHOLOGY. Why we're unhappier compared

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with 1950, despite being richer - from bestselling author of Affluenza, Oliver James.

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DECKLE EDGES, THAT THE NEW
YORK TIMES CALLS "DAMNABLY
CUTE." WE DON'T HAVE ALL THE
ANSWERS, BUT WE WILL DIRECT
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Perry has come to the rescue with *How to Stay Sane* -- a maintenance manual for the mind. Years of working as a psychotherapist showed Philippa Perry what approaches produced positive change in her clients and

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how best to maintain good mental health. In *How to Stay Sane*, she has taken these principles and applied them to self-help. Using ideas from neuroscience and sound psychological theory, she shows us how to better

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understand ourselves. Her idea is that if we know how our minds form and develop, we are less at the mercy of unknown unconscious processes. In this way, we can learn to be the master of our feelings and not

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their slave. This is a smart, pithy, readable book that everyone with even a passing interest in their psychological health will find useful.

"Love Bombing" is a radical

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new method for resetting the emotional thermostats of troubled children and their parents, setting them on a much happier trajectory. It is simple to do, easily explained and works for both severe and mild problems

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from aged three to early teenage. Many, if not most, parents feel that their children may have missed out in some way during the early years. Offering a simple, relatively trouble-free self-help method for putting that

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right is what parents are waiting for. "This book is written in highly accessible language", assures Oliver James. "The method is explained as simply as possible, illustrated with cases". "Love Bombing is a

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very simple technique which helps most children from aged three to early teenage. Because so many parents are, or have had, periods of living very busy or miserable or complicated lives, most of us need to

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reconnect with our children from time to time. Love Bombing does the job," explains James.

As a mother, are you comfortable in your skin? Want to know how best to be

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a stay-at-home or working mum? Babies have very simple needs, yet many parents are overwhelmed with elaborate advice on how to meet them. In *How Not to F*** Them Up*, leading child psychologist Oliver James argues that

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your under-threes do not need training; it's getting your head straight as a parent that's important.

Drawing on extensive interviews and the latest clinical research, James identifies three basic types

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of mum: the Hugger, the
Organiser and the Fleximum.
Outlining the benefits and
pitfalls of each, How Not to
F*** Them Up shows you how
to recognise which style
suits you best and outlines
simple strategies to

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reconcile personal ambitions with the needs of your family. Empowering and provocative, Oliver James will help you make the best choices for bringing up a happy, confident child.

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Do your relationships tend to follow the same destructive pattern? Do you feel trapped by your family's expectations of you? Does your life seem overwhelmingly governed by jealousy or competitiveness

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or lack of confidence? In this ground-breaking book, clinical psychologist Oliver James shows that it is the way we were cared for in the first six years of life that has a crucial effect on who we are and how we behave.

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Nurture, in effect, shapes our very nature. James combines the latest scientific research with fascinating interviews to show that understanding your past is the first step to controlling your present.

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Dementia is a little understood and currently incurable illness, but much can be done to maximise the quality of life for people with the condition.

Contented Dementia - by

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clinical psychologist and bestselling author Oliver James - outlines a groundbreaking and practical method for managing dementia that will allow both sufferer and carer to maintain the highest

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possible quality of life, throughout every stage of the illness. A person with dementia will experience random and increasingly frequent memory blanks relating to recent events. Feelings, however, remain

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intact, as do memories of past events and both can be used in a special way to substitute for more recent information that has been lost. The SPECIAL method (Specialized Early Care for Alzheimer's) outlined in

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this book works by creating links between past memories and the routine activities of daily life in the present. Drawing on real-life examples and user-friendly tried-and-tested methods, Contented Dementia

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provides essential information and guidance for carers, relatives and professionals.

Professor Robert Plomin, the world's leading geneticist, said in 2014 of his search

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for genes that explain differences in our psychology: 'I have been looking for these genes for fifteen years. I don't have any'. Using a mixture of famous and ordinary people, Oliver James drills deep

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down into the childhood
causes of our individuality,
revealing why our
upbringing, not our genes,
plays such an important role
in our wellbeing and
success. The implications
are huge: as adults we can

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change, we can clutch our fates from predetermined destiny, as parents we can radically alter the trajectory of our childrens' lives, and as a society we could largely eradicate criminality and poverty. Not

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in Your Genes will not only change the way you think about yourself and the people around you, but give you the fuel to change your personality and your life for the better.

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