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Quality of Life Therapy - Michael B. Frisch 2005-07-26

Note: Book no longer includes a CD-ROM, but the files are available online for download for both book and ebook purchasers at

www.wiley.com/go/frisch "This book defines an approach to well-being and positive psychology, that is state-of-the-art, evidence-based, empirically validated, and an outstanding guide for anyone interested in learning about the practice of positive psychology or well-being." -Ed Diener, the world authority on happiness from the University of Illinois and President of the International Positive Psychology Association. Endorsed by Christopher Peterson of the University of Michigan and taught in Marty Seligman's Masters in Applied Positive Psychology (MAPP) Program at the University of Pennsylvania, this book teaches a simple, step-by-step method for putting the fields of well-being and positive psychology into practice. It is a "one-stop shopping" manual with everything you need in one book and with one

approach. This approach to greater happiness, meaning, and success is "evidence-based" and empirically validated. It has been successfully tested in three randomized controlled trials, including two NIH-grant funded trials conducted by James R. Rodrigue and his colleagues at Beth Israel and Harvard Medical Centers in Boston. Quality of Life Therapy also known as Quality of Life Therapy and Coaching or QOLTC is designed for use by therapists, coaches, organizational change-agents/consultants, and all professionals who work to improve peoples' well-being. Many laypersons and clients have found the book useful as well. This book explains the "Sweet 16" Recipe for Joy and Success, along with validated interventions for each: 1. Basic Needs or Wealths: Health, Money, Goals-and-Values/Spiritual Life, Self-Esteem 2. Relationships: Love, Friends, Relatives, and Children 3. Occupations-Avocations: Work and Retirement Pursuits, Play, Helping-Service, Learning, Creativity 4. Surroundings: Home, Neighborhood,

Community

The Anatomy of Mental Illness -

Arthur Janov 1972

The Anatomy of Mental Illness was the successor to The Primal Scream and presents the supporting data and scientific basis of Primal Therapy. Here are extensive follow-ups to case histories of discharged patients who report how they have been freed from psychological problems and physical disorders ranging from colitis and headaches, to addiction and alcohol. It was the first attempt to mesh neurology with Primal Therapy.

50 Great Myths of Popular Psychology

- Scott O. Lilienfeld 2011-09-15

50 Great Myths of Popular Psychology uses popular myths as a vehicle for helping students and laypersons to distinguish science from pseudoscience. Uses common myths as a vehicle for exploring how to distinguish factual from fictional claims in popular psychology Explores topics that readers will relate to, but often misunderstand, such as 'opposites attract', 'people use only 10% of their brains', and 'handwriting reveals your personality' Provides a 'mythbusting kit' for evaluating folk psychology claims in everyday life Teaches essential critical thinking skills through detailed discussions of each myth Includes over 200 additional psychological myths for readers to explore Contains an Appendix of useful Web Sites for examining psychological myths Features a postscript of remarkable psychological findings that sound like myths but that are true Engaging and accessible writing style that appeals to students and lay readers alike

The Biology of Love - Arthur Janov

2010-01-28

In this revolutionary work, the famed psychotherapist and author of "The Primal Scream" presents a unified

theory of psychology and brain chemistry and shows how periods of love deprivation at birth can affect one's life into adulthood.

Illustrations.

Primal Healing - Arthur Janov 2007

The culmination of more than 30 years of research in human psychology, this text clearly explains how to access the deepest levels of the brain, where imprinted memories and pain lie, and fully relive the primal experiences that drive behavior in order to improve health.

An Introduction to the Therapeutic

Frame - Anne Gray 2013-10-30

Designed for psychotherapists and counsellors in training, An Introduction to the Therapeutic Frame clarifies the concept of the frame - the way of working set out in the first meeting between therapist and client. This Classic Edition of the book includes a brand new introduction by the author. Anne Gray, an experienced psychotherapist and teacher, uses lively and extensive case material to show how the frame can both contain feelings and further understanding within the therapeutic relationship. She takes the reader through each stage of therapeutic work, from the first meeting to the final contact, and looks at those aspects of management that beginners often find difficult, such as fee payment, letters and telephone calls, supervision and evaluation. Her practical advice on how to handle these situations will be invaluable to trainees as well as to those involved in their training.

The Success and Failure of Primal Therapy - Tomas Videgård 1984

Elevating Child Care - Janet Lansbury 2024-04-30

A modern parenting classic—a guide to a new and gentle way of understanding the care and nurture of infants, by the internationally renowned

childcare expert, podcaster, and author of *No Bad Kids* "An absolute go-to for all parents, therapists, anyone who works with, is, or knows parents of young children."—Wendy Denham, PhD A Resources for Infant Educators (RIE) teacher and student of pioneering child specialist Magda Gerber, Janet Lansbury helps parents look at the world through the eyes of their infants and relate to them as whole people who have natural abilities to learn without being taught. Once we are able to view our children in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and connect with our child. A collection of the most-read articles from Janet's popular and long-running blog, *Elevating Child Care* focuses on common infant issues, including: • Nourishing our babies' healthy eating habits • Calming your clingy, fearful child • How to build your child's focus and attention span • Developing routines that promote restful sleep Eschewing the quick-fix tips and tricks of popular parenting culture, Lansbury's gentle, insightful guidance lays the foundation for a closer, more fulfilling parent-child relationship, and children who grow up to be authentic, confident, successful adults.

The New Primal Scream - Arthur Janov
1991

The Primal Revolution - Arthur Janov
1972

Weaving together a journey from Marseilles to Madras via the South Pacific and the author's own memories of his seafaring grandfather, this book provides an inspired, eclectic narrative that links science with history, literature, and with our image of mankind.

Deliberate Practice for Psychotherapists - Tony Rousmaniere

2016-12-01

This text explores how psychotherapists can use deliberate practice to improve their clinical effectiveness. By sourcing through decades of research on how experts in diverse fields achieve skill mastery, the author proposes it is possible for any therapist to dramatically improve their effectiveness. However, achieving expertise isn't easy. To improve, therapists must focus on clinical challenges and reconsider century-old methods of clinical training from the ground up. This volume presents a step-by-step program to engage readers in deliberate practice to improve clinical effectiveness across the therapists' entire career span, from beginning training for graduate students to continuing education for licensed and advanced clinicians.

Primal Screams - Mary Eberstadt
2019-08-05

Who am I? The question today haunts every society in the Western world. Legions of people—especially the young—have become unmoored from a firm sense of self. To compensate, they join the ranks of ideological tribes spawned by identity politics and react with frenzy against any perceived threat to their group. As identitarians track and expose the ideologically impure, other citizens face the consequences of their rancor: a litany of "isms" run amok across all levels of cultural life, the free marketplace of ideas muted by agendas shouted through megaphones, and a spirit of general goodwill warped into a state of perpetual outrage. How did we get here? Why have we divided against one another so bitterly? In *Primal Screams*, acclaimed cultural critic Mary Eberstadt presents the most provocative and original theory to come along in recent years. The rise of identity politics, she argues, is

a direct result of the fallout of the sexual revolution, especially the collapse and shrinkage of the family. As Eberstadt illustrates, humans have forged their identities within the kinship structure from time immemorial. The extended family, in a real sense, is the first tribe and teacher. But with its unprecedented decline across various measures, generations of people have been set adrift and can no longer answer the question Who am I? concerning primordial ties. Desperate for solidarity and connection, they claim membership in politicized groups whose displays of frantic irrationalism amount to primal screams for familial and communal loss. Written in her impeccable style and with empathy rarely encountered in today's divisive discourse, Eberstadt's theory holds immense explanatory power that no serious citizen can afford to ignore. The book concludes with three incisive essays by Rod Dreher, Mark Lilla, and Peter Thiel, each sharing their perspective on the author's formidable argument.

Breathe into Being - Dennis Lewis
2013-08-15

Following up on author Dennis Lewis' previous books on breathing, this represents his most straightforward, nurturing approach to the subject. Divided into brief, accessible chapters, the book features short, simple breathing exercises that lead readers to a profound awareness of their essential being through the miracle of the breath as it manifests in the body. Lewis presents breathing as an ever-present gateway to awakening to the true self. Based on his extensive teachings and workshops as well as his engagement with various traditions including Taoism, Advaita, and the Gurdjieff Work, Breathe into Being helps readers awaken to a larger perspective to

receive new, direct impressions of the truth of their lives. Readers also become conscious of their bodies as a sacred temples that can lead to the source of all being; release constricting physical and emotional tensions; and enhance breathing itself in new self-created conditions of comfort, openness, and ease of being.

Beatlebone - Kevin Barry 2015-11-17
A searing, surreal novel that blends fantasy and reality—and Beatles fandom—from one of literature's most striking contemporary voices, author of the international sensation City of Bohane It is 1978, and John Lennon has escaped New York City to try to find the island off the west coast of Ireland he bought eleven years prior. Leaving behind domesticity, his approaching forties, his inability to create, and his memories of his parents, he sets off to calm his unquiet soul in the comfortable silence of isolation. But when he puts himself in the hands of a shape-shifting driver full of Irish charm and dark whimsy, what ensues can only be termed a magical mystery tour. Beatlebone is a tour de force of language and literary imagination that marries the most improbable elements to the most striking effect. It is a book that only Kevin Barry would attempt, let alone succeed in pulling off—a Hibernian high wire act of courage, nerve, and great beauty.
The Journal of Primal Therapy - 1976

Primal Scream - Arthur Janov
1992-05-21

Primal Man - Arthur Janov 1975
Yeah, yeah, the usual. A crime. A corpse. A killer. Heard it. Except this stiff happens to be a Ponsonby, scion of a venerable Edinburgh medical clan, and the manner of his death speaks of unspeakable things. Why is the body displayed like a

slice of beef? How come his hands are digitally challenged? And if it's not the corpse, what is that awful smell? A post-Thatcherite nightmare of frightening plausibility, QUITE UGLY ONE MORNING is a wickedly entertaining and vivacious thriller, full of acerbic wit, cracking dialogue and villains both reputed and shell-suited.

Brain-Based Therapy with Adults -

John B. Arden 2008-12-03

Brain-Based Therapy with Adults: Evidence-Based Treatment for Everyday Practice provides a straightforward, integrated approach that looks at what we currently know about the brain and how it impacts and informs treatment interventions. Authors John Arden and Lloyd Linford, experts in neuroscience and evidence-based practice, reveal how this new kind of therapy takes into account the uniqueness of each client. Presentation of detailed background and evidence-based interventions for common adult disorders such as anxiety and depression offers you expert advice you can put into practice immediately.

The Primal Revolution - Arthur Janov 1972

The Primal Revolution - Arthur Janov 1972

The New Primal Scream - Arthur Janov 1991

Life Before Birth - Arthur Janov 2011
The author believes the period of our lives that has the greatest impact on disease and personality formation is our gestation and birth. Recent studies provide evidence that fetal imprinting, an evolutionary strategy to prepare children to cope with life, establishes a permanent set-point in a child's physiology. Mothers highly anxious during pregnancy may give birth to babies prone to mental illness and disease in later life. Low oxygen at birth, drugs taken during pregnancy, and a

lack of parental affection in the first years of life may have similar adverse affects. The author puts a case for a reorientation of our approaches to pregnancy and the use of drugs, and above all, to the modes of psychotherapy we implement to treat everything from phobias and compulsions to anxiety and depression.--From book jacket.

Lay Theories - Michael Argyle

2013-10-22

Lay theories - the informal, common-sense explanations people give for particular social behaviours - are often very different from formal 'scientific' explanations of what actually happens. While they have been studied in the past, this is the first attempt to review, in detail, the nature of these beliefs. More specifically, it is the first study to consider such fundamental questions as the structure, aetiology, stability and consequence of lay theories about a range of topics. Each chapter covers a different area, such as psychology, psychiatry, medicine, economics, statistics, law and education.

The Primal Scream - Arthur Janov 1988

The Primal Wound - Nancy Newton

Verrier 2009

Originally published in 1993, this classic piece of literature on adoption has revolutionised the way people think about adopted children. Nancy Verrier examines the life-long consequences of the 'primal wound' - the wound that is caused when a child is separated from its mother - for adopted people. Her argument is supported by thorough research in pre- and perinatal psychology, attachment, bonding and the effects of loss.

The Orange Eats Creeps - Grace

Krilanovich 2010

An incredibly ambitious and assured first novel from an explosively

original new voice.

Impromptu Man - Jonathan D. Moreno
2014-09-22

"Impromptu Man captures the remarkable impact of a singular genius, J.L. Moreno, whose creations—the best-known being psychodrama—have shaped our culture in myriad ways, many unrecognized. The record will be set straight for all time by this can't-put-down biography, a tribute by Jonathan D. Moreno to his father's masterly legacy." —DANIEL GOLEMAN, author of Emotional Intelligence: Why It Can Matter More Than IQ J.L. Moreno (1889-1974), the father of psychodrama, was an early critic of Sigmund Freud, wrote landmark works of Viennese expressionism, founded an experimental theater where he discovered Peter Lorre, influenced Martin Buber, and became one of the most important psychiatrists and social scientists of his time. A mystic, theater impresario and inventor in his youth, Moreno immigrated to America in 1926, where he trained famous actors, introduced group therapy, and was a forerunner of humanistic psychology. As a social reformer, he reorganized schools and prisons, and designed New Deal planned communities for workers and farmers. Moreno's methods have been adopted by improvisational theater groups, military organizations, educators, business leaders, and trial lawyers. His studies of social networks laid the groundwork for social media like Twitter and Facebook. Featuring interviews with Clay Shirky, Gloria Steinem, and Werner Erhard, among others, original documentary research, and the author's own perspective growing up as the son of an innovative genius, Impromptu Man is both the study of a great and largely unsung figure of the last century and an epic history, taking readers from the creative

chaos of early twentieth-century Vienna to the wired world of Silicon Valley. Jonathan D. Moreno, called the "most interesting bioethicist of our time" by the American Journal of Bioethics, is a professor at the University of Pennsylvania and a Senior Fellow at the Center for American Progress.

Nilsson - Alyn Shipton 2013-06-19
Paul McCartney and John Lennon described him as the Beatles' "favorite group," he won Grammy awards, wrote and recorded hit songs, and yet no figure in popular music is as much of a paradox, or as underrated, as Harry Nilsson. In this first ever full-length biography, Alyn Shipton traces Nilsson's life from his Brooklyn childhood to his Los Angeles adolescence and his gradual emergence as a uniquely talented singer-songwriter. With interviews from friends, family, and associates, and material drawn from an unfinished autobiography, Shipton probes beneath the enigma to discover the real Harry Nilsson. A major celebrity at a time when huge concerts and festivals were becoming the norm, Nilsson shunned live performance. His venue was the studio, his stage the dubbing booth, his greatest triumphs masterful examples of studio craft. He was a gifted composer of songs for a wide variety of performers, including the Ronettes, the Yardbirds, and the Monkees, yet Nilsson's own biggest hits were almost all written by other songwriters. He won two Grammy awards, in 1969 for "Everybody's Talkin'" (the theme song for Midnight Cowboy), and in 1972 for "Without You," had two top ten singles, numerous album successes, and wrote a number of songs--"Coconut" and "Jump into the Fire," to name just two-- that still sound remarkably fresh and original today. He was once described by his producer Richard Perry as "the

finest white male singer on the planet," but near the end of his life, Nilsson's career was marked by voice-damaging substance abuse and the infamous deaths of both Keith Moon and Mama Cass in his London flat. Drawing on exclusive access to Nilsson's papers, Alyn Shipton's biography offers readers an intimate portrait of a man who has seemed both famous and unknowable--until now.

Baking With Kafka - Tom Gauld
2021-05-04

In his inimitable style, British cartoonist Tom Gauld has opened comics to a crossover audience and challenged perceptions of what the medium can be. Noted as a "book-lover's cartoonist," Gauld's weekly strips in *The Guardian*, Britain's most well-regarded newspaper, stitch together the worlds of literary criticism and pop culture to create brilliantly executed, concise comics. Simultaneously silly and serious, Gauld adds an undeniable lightness to traditionally highbrow themes. From sarcastic panels about the health hazards of being a best-selling writer to a list of magical items for fantasy writers (such as the Amulet of Attraction, which summons mainstream acceptance, Hollywood money, and fresh coffee), Gauld's cartoons are timely and droll--his trademark British humour, impeccable timing, and distinctive visual style sets him apart from the rest. Lauded both for his frequent contributions to *New Scientist*, *The Guardian* and *The New York Times*, and his Eisner-nominated graphic novels, Tom Gauld is one of the most celebrated cartoonists working today. In *Baking with Kafka*, he proves this with one witty, sly, ridiculous comic after another.

Therapy Gone Mad - Carol Lynn Mithers
1994-04-20

"In *Therapy Gone Mad*, journalist Carol Lynn Mithers offers a riveting

story of betrayal by psychology and psychotherapy on a massive scale." "The Center for Feeling Therapy was founded in Los Angeles in 1971 by a group of dissidents from Arthur Janov's Primal Institute. Its charismatic leaders, Joe Hart and Richard "Riggs" Corriere, soon reached the mainstream, writing several books and appearing on "The Tonight Show" to hawk their radical approach to therapy. But soon after the Center's closing, on the eve of Ronald Reagan's election victory, patients began to file charges of physical and sexual abuse with the California authorities; the Center had become a cult community where patients' lives were no longer their own. Mithers methodically builds her story of the evolution of a cult from its seemingly innocent, hopeful beginning to its horrifying, explosive end." "What drew these patients there? Who were they, what happened to them, where are they now? Through their own eyes, Mithers recreates the Center's astonishing rise and fall through the 1970s - that "lost" decade when psychotherapy became an essential tool to "finding yourself." What she has achieved here is a stunning look at the search for inner fulfillment that wreaked havoc on many of the young people of the Sixties as they tried to grow up." "Therapy Gone Mad is a gripping portrait of a generation looking for itself - and of our obsession, as a society, with the cult of psychotherapy."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

I Drink for a Reason - David Cross
2009-08-31

The star and creative force behind *Mr. Show* and *Arrested Development* pens his "first and final book, chronicling his meteoric rise and abysmal fall in the literary world."

After a decade spent in isolation in the Ugandan jungles thinking about stuff, David Cross has written his first book. Known for roles on the small screen such as "never-nude" Tobias Funke on Arrested Development and the role of "David" in Mr. Show With Bob And David, as well as a hugely successful stand-up routine full of sharp-tongued rants and rages, Cross has carved out his place in American comedy. Whether deflating the pomposity of religious figures, calling out the pathetic symbiosis of pseudo-celebrity and its leaching fandom, or merely pushing the buttons of the way-too-easily offended P.C. left or the caustic, double-standard of the callous (but funnier) right, Cross has something to say about everyone, including his own ridiculous self. Now, for the first time, Cross is weaving his media mockery, celebrity denunciation, religious commentary and sheer madness into book form, revealing the true story behind his almost existential distaste of Jim Belushi ("The Belush"), disclosing the up-to-now unpublished minutes to a meeting of Fox television network executives, and offering up a brutally grotesque run-in with Bill O'Reilly. And as if this wasn't enough for your laughing pleasure in these troubled times, some of the pieces splinter off with additional material being created online in exclusive video and animated web content created solely for the book-a historical first (presumably)! With a mix of personal essays, satirical fiction posing as truth, advice for rich people, information from America's least favorite Rabbi and a top-ten list of top-ten lists, I Drink for a Reason is as unique as the comedian himself, and cannot be missed.

The Skeptic's Dictionary - Robert Carroll 2011-01-11

A wealth of evidence for doubters and

disbelievers "Whether it's the latest shark cartilage scam, or some new 'repressed memory' idiocy that besets you, I suggest you carry a copy of this dictionary at all times, or at least have it within reach as first aid for psychic attacks. We need all the help we can get." -James Randi, President, James Randi Educational Foundation, randi.org "From alternative medicine, aliens, and psychics to the farthest shores of science and beyond, Robert Carroll presents a fascinating look at some of humanity's most strange and wonderful ideas. Refreshing and witty, both believers and unbelievers will find this compendium complete and captivating. Buy this book and feed your head!" -Clifford Pickover, author of The Stars of Heaven and Dreaming the Future "A refreshing compendium of clear thinking, a welcome and potent antidote to the reams of books on the supernatural and pseudoscientific." -John Allen Paulos, author of Innumeracy and A Mathematician Reads the Newspaper "This book covers an amazing range of topics and can protect many people from being scammed." -Stephen Barrett, M.D., quackwatch.org Featuring close to 400 definitions, arguments, and essays on topics ranging from acupuncture to zombies, The Skeptic's Dictionary is a lively, commonsense trove of detailed information on all things supernatural, occult, paranormal, and pseudoscientific. It covers such categories as alternative medicine; cryptozoology; extraterrestrials and UFOs; frauds and hoaxes; junk science; logic and perception; New Age energy; and the psychic. For the open-minded seeker, the soft or hardened skeptic, and the believing doubter, this book offers a remarkable range of information that puts to the test the best arguments of true believers.

The New Primal Scream - Arthur Janov 1991

At St. Bartholemew's Hospital in England all confirm that lower heart rates and other improved vital signs and other (key factors in prolonging life expectancy) are clearly evident in Primal Therapy patients. Dr. Janov's approach is completely natural. Without drugs or any artificial means, patients actually relive core, or Primal traumas sometimes dating all the way back to birth. THE NEW PRIMAL SCREAM is the culmination of Janov's life's work, featuring completely new.

Prisoners of Pain - Arthur Janov 1980

The Primal Scream - Arthur Janov 1970

Sermons in Stones - Osho 2024-05-08

Raman Maharshi is a mystic of the highest quality, but a master of the lowest quality. And you have to understand that to be a mystic is one thing; to be a master is totally different. Out of a thousand mystics, perhaps one is a master.

The Psychology of Genocide and Violent Oppression - Richard Morrock 2014-01-10

The twentieth century was one of the most violent in all of human history, with more than 100 million people killed in acts of war and persecution ranging from the Herero and Namaqua genocide in present-day Namibia during the early 1900s to the ongoing conflict in Darfur. This book explores the root causes of genocide, looking into the underlying psychology of violence and oppression. Genocide does not simply occur at the hands of tyrannical despots, but rather at the hands of ordinary citizens whose unresolved pain and oppression forces them to follow a leader whose demagoguery best expresses their own long-developed prejudices and fears. The book explains how birth trauma, childhood

trauma, and authoritarian education can be seen as the true causes of genocidal periods in recent history.

The Feeling Child - Arthur Janov Ph.D 1973

Primal Man - Arthur Janov 1975

Combines psychological and neurological findings in an exploration of the processes of pain within three levels of consciousness and their relevance to neurosis and psychosis and Primal Therapy.

Quest for Eternal Sunshine - Mendek Rubin 2020-04-14

Quest for Eternal Sunshine chronicles the triumphant, true story of Mendek Rubin, a brilliant inventor who overcame both the trauma of the Holocaust and decades of unrelenting depression to live a life of deep peace and boundless joy. Born into a Hassidic Jewish family in Poland in 1924, Mendek grew up surrounded by extreme anti-Semitism. Armed with an ingenious mind, he survived three horrific years in Nazi slave-labor concentration camps while virtually his entire family was murdered in Auschwitz. After arriving in America in 1946—despite having no money or professional skills—his inventions helped revolutionize both the jewelry and packaged-salad industries. Remarkably, Mendek also applied his ingenuity to his own psyche, developing innovative ways to heal his heart and end his emotional suffering. After Mendek died in 2012, his daughter, Myra Goodman, found an unfinished manuscript in which he'd revealed the intimate details of his healing journey. Quest for Eternal Sunshine—the extraordinary result of a posthumous father-daughter collaboration—tells Mendek's whole story and is filled with eye-opening revelations, effective self-healing techniques, and profound wisdom that have the power to transform the way we live our lives. An inspirational

biography of a Holocaust survivor overcoming depression and PTSD. An essential new addition to Jewish Holocaust history.

Bandit Roads - Richard Grant
2009-10-01

There are many ways to die in the Sierra Madre, a notorious nine-hundred-mile mountain range in northern Mexico where AK-47s are fetish objects, the law is almost non-existent and power lies in the hands of brutal drug mafias. Thousands of tons of opium and marijuana are produced there every year. Richard Grant thought it would be a good idea to travel the length of the Sierra Madre and write a book

about it. He was warned before he left that he would be killed. But driven by what he calls 'an unfortunate fascination' for this mysterious region, Grant sets off anyway. In a remarkable piece of investigative writing, he evokes a sinister, surreal landscape of lonely mesas, canyons sometimes deeper than the Grand Canyon, hostile villages and an outlaw culture where homicide is the most common cause of death and grandmothers sell cocaine. Finally his luck runs out and he finds himself fleeing for his life, pursued by men who would murder a stranger in their territory 'to please the trigger finger'.