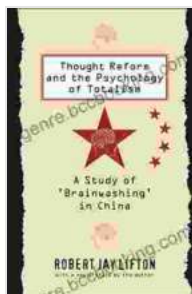


# Thought Reform and the Psychology of Totalism

By Robert Jay Lifton

Thought Reform and the Psychology of Totalism is a classic work on the psychology of totalitarianism. Written by Robert Jay Lifton, the book explores the techniques used by totalitarian regimes to control their citizens' thoughts and behavior. Lifton argues that these techniques involve a process of "thought reform" that breaks down individuals' sense of self and independence and replaces it with a new, totalitarian identity.



## Thought Reform and the Psychology of Totalism: A Study of 'brainwashing' in China by Robert Jay Lifton

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2578 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 524 pages



Lifton's book is based on his research on Chinese Communist prisoners of war during the Korean War. He found that these prisoners were subjected to a variety of techniques designed to break down their sense of self and loyalty to their own country. These techniques included:

- Isolation: Prisoners were held in solitary confinement for long periods of time, which made them more susceptible to suggestion.
- Deprivation: Prisoners were deprived of food, sleep, and other basic necessities, which further weakened their resistance.
- Humiliation: Prisoners were subjected to public humiliation and ridicule, which shattered their sense of self-worth.
- Coercion: Prisoners were threatened with violence or torture if they did not comply with the demands of their captors.

These techniques were effective in breaking down the prisoners' sense of self and loyalty to their own country. They were then able to be indoctrinated with the ideology of the totalitarian regime.

Lifton's book is a valuable resource for understanding the psychology of totalitarianism. It provides a detailed account of the techniques used by totalitarian regimes to control their citizens' thoughts and behavior. It also offers a warning about the dangers of totalitarianism and the importance of protecting individual liberty.

## **Reviews**

"A seminal work on the psychology of totalitarianism. Lifton's insights into the techniques used by totalitarian regimes to control their citizens' thoughts and behavior are essential reading for anyone who wants to understand the dangers of totalitarianism." - **The New York Times**

"A classic work on the psychology of totalism. Lifton's book is a must-read for anyone who wants to understand the dangers of totalitarian regimes." -

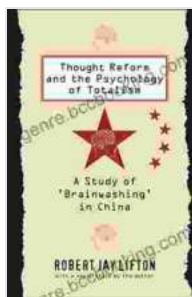
## The Washington Post

"A brilliant and disturbing book. Lifton's insights into the psychology of totalism are essential reading for anyone who cares about freedom and democracy." - **The Guardian**

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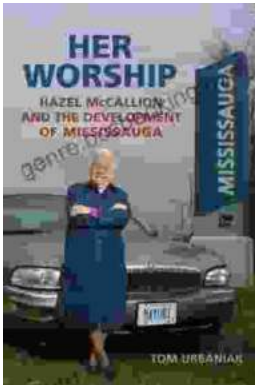
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