



The Revolting Self: Perspectives on the Psychological, Social, and Clinical Implications of Self-Directed Disgust

Philip A. Powell

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Self-disgust (viewing the self as an object of abhorrence) is somewhat of a novel subject for psychological research and theory, yet its significance is increasingly being recognised in the clinical domain. This edited collection of articles represents the first scholarly attempt to engage comprehensively with the concept of self-directed disgust as a potentially discrete and important psychological phenomenon. The present work is unique in addressing the idea of self-disgust in depth, using novel empirical research, academic review, social commentary, and informed theorising. It includes chapters from pioneers in the field of psychology, and other selected authorities who can see the potential of using self-disgust to inform their own areas of expertise. The volume features contributions from a distinguished array of scholars and practising clinicians, including international leaders in areas such as cognition and emotion, psychological therapy, mental health research, and health and clinical psychology. This collection of papers offers a stimulating and timely investigation of that which the authors refer to as "the revolting self"; it is an invaluable handbook for all those academics and clinicians who want to understand and explore the concept of self-disgust further.

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