

Ego Psychology and the Problem of Adaptation, by H. Hartmann

a. Quotes:

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b. General Notes:

- Chapter 1 - The Conflict-Free Ego Sphere (pg. 3)
 - **"The normal human being is free neither of problems nor of conflicts. Conflicts are part of the human condition.** Naturally, conflicts have a different range and intensity in pathological than in normal cases. The antitheses, pathological versus normal, defense-born versus not-defense-born (or: development resulting from conflict versus conflict-free development) do not coincide: the former contrasts disturbance with achievement, the latter contrasts conflict with the absence of conflict. A "successful" defense may amount to a "failure" in achievement and vice versa. " (pg. 12)
- Chapter 2 - Adaptation (pg. 22)
 - "Thus the task of man to adapt to man is present from the very beginning of life. Furthermore, man adapts to an environment part of which has not, but part of which has already been molded by his kind and himself. **Man not only adapts to the community but also actively participates in creating the conditions to which he must adapt.** Man's environment is molded increasingly by man himself. Thus the crucial adaptation man has to make is to the social structure, and his collaboration in building it." (pg. 31)
- Chapter 3 - Adaptation and 'Fitting Together' (pg. 38)
 - See text
- Chapter 4 - Ego Development and Adaptation (pg. 48)
 - See text
- Chapter 5 - Internalization, Thinking and Rational Behavior (pg. 57)
 - See text
- Chapter 6 - Integrative Functions of the Ego (pg. 74)
 - See text
- Chapter 7 - Concept of Health and Education (pg. 80)
 - See text
- Chapter 8 - Preconscious Automatism (pg. 86)
 - See text

*****I didn't finish reading the book*****

c. Further Readings:

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