



# **Good Stuff: Courage, Resilience, Gratitude, Generosity, Forgiveness, and Sacrifice**

*Akhtar Salman M.D.*

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*Good Stuff* is divided into two main parts; Part I addresses Positive Attributes and Part II, Positive Actions. The former contains chapters on Courage, Resilience, and Gratitude. The latter contains chapters on Generosity, Forgiveness, and Sacrifice. Together, the six chapters constitute a harmonious gestalt of the relational scenarios that assure enrichment of human experience. This book offers socioclinical meditations to temper Freud's view that human beings are essentially 'bad' and whatever goodness they can muster is largely defensive. By elucidating the origins, dynamics, social pleasures, and clinical benefits of courage, resilience, gratitude, generosity, forgiveness, and sacrifice, this book sheds light on a corner of human experience that has remained inadequately understood by psychoanalysts and other mental health professionals.

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