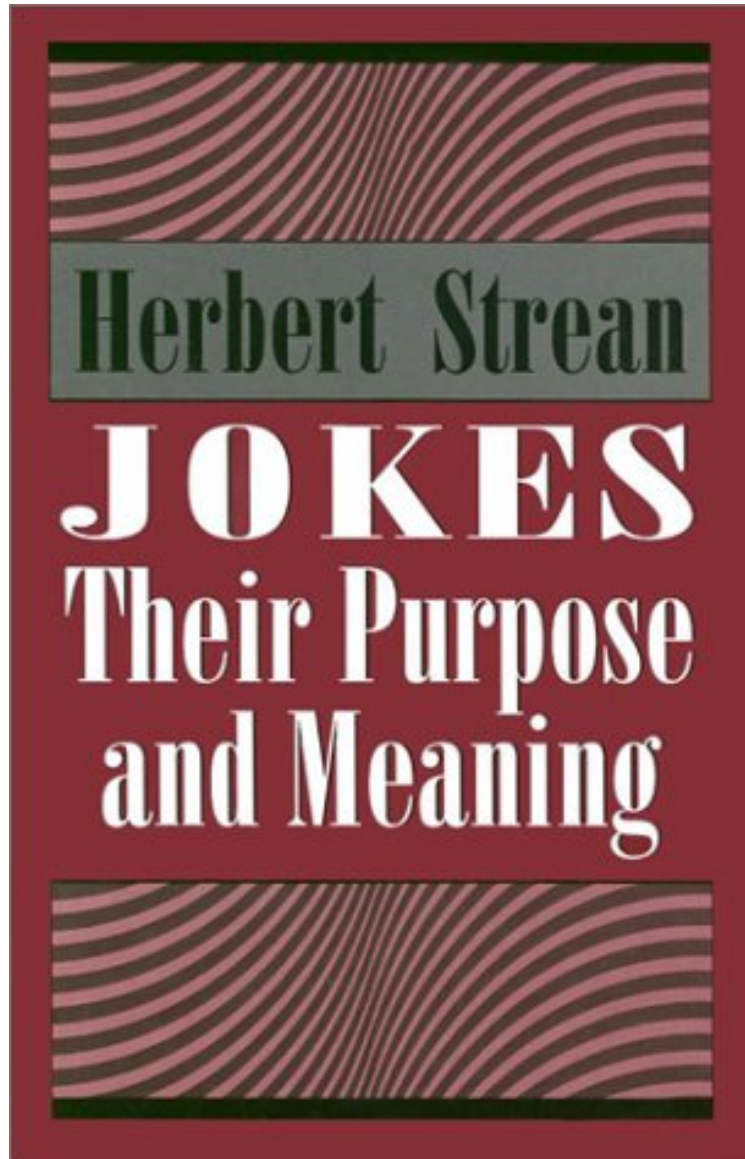


## Jokes: Their Purpose and Meaning

*Herbert S. Streaan*

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**Herbert S. Streaan : Jokes: Their Purpose and Meaning** before purchasing it in order to gage whether or not it would be worth my time, and all praised Jokes: Their Purpose and Meaning:

4 of 4 people found the following review helpful. DelightedBy Jasper BurfootTrained as a psychologist Herbert Streaan has spent his whole life telling jokes. He believes that the jokes we like reflect who we are as people. His book is full of jokes that relate to areas and aspects of life that many of us find challenging. Herbert Streaan believes that taking a humerus view towards the things in life that we find awkward can be healthy. My interest in this book is as a

blossoming stand up comedian. I have read a number of books on how to write humor and this book gives me a psychological perspective to joke telling that I have not found in other books. I have found Herbert Streaun writes in plain language style which is easy to read. His is a book that I have thoroughly enjoyed.

In the tradition of Freud's *Jokes and Their Relation to the Unconscious*, Herbert Streaun has presented an incisive examination of jokes as a form of emotional communication of our deepest anxieties and most basic conflicts and impulses. He lucidly illustrates how, through the medium of jokes, we are permitted safe, if indirect, expression of our erotic and perverse wishes, our hostile and defiant attitudes toward authority, our needs to deprecate those we perceive as superior, our stake in the war of the sexes, and our gratification in depicting religious figures (and therapists) as all too humanly succumbing to the temptations of lust and avarice. The jokes Dr. Streaun presents and discusses are those concerned with the basic life situations that are inevitably characterized by ambivalence and conflict. Thus they constitute the principal material of psychotherapy.