

a person who laughs at everything psychology

A Person Who Laughs at Everything: Psychology, Causes, and Coping Strategies

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Summary: This comprehensive guide explores the psychology behind individuals who laugh at everything, examining potential underlying causes such as anxiety, defense mechanisms, and neurological conditions. It delves into the complexities of inappropriate laughter and provides practical strategies for both individuals exhibiting this behavior and those concerned about a loved one. The guide highlights the importance of professional assessment and outlines best practices for seeking help and navigating potential pitfalls in treatment.

Introduction: Understanding the Psychology of Inappropriate Laughter

The seemingly simple act of laughter can mask a complex tapestry of emotions and underlying psychological processes. While laughter is generally associated with positive feelings, the phenomenon of a person who laughs at everything – often inappropriately or excessively – warrants closer examination. This "a person who laughs at everything psychology" is not a formally recognized diagnosis, but rather a behavioral presentation that can indicate various underlying conditions. This guide aims to shed light on this behavior, exploring potential causes, offering practical coping strategies, and emphasizing the importance of professional help when needed.

1. Potential Causes of Inappropriate Laughter:

Anxiety and Nervousness: In some cases, a person who laughs at everything might be using laughter as a defense mechanism to cope with anxiety or nervousness. Laughter can act as a buffer, deflecting uncomfortable feelings or situations. This is often seen in social anxiety disorder, where laughter becomes a way to avoid genuine emotional expression. The "a person who laughs at everything

psychology" in this context reflects an attempt to manage overwhelming internal distress.

Emotional Dysregulation: Difficulty managing emotions can lead to inappropriate laughter. Individuals struggling with emotional dysregulation may unconsciously utilize laughter as a means to avoid experiencing or expressing intense emotions like sadness, anger, or fear. This pattern relates directly to the "a person who laughs at everything psychology."

Underlying Neurological Conditions: Certain neurological conditions, such as certain types of dementia or brain injuries, can disrupt emotional regulation and lead to inappropriate laughter or crying. This is often referred to as pseudobulbar affect (PBA) and is a serious condition requiring medical intervention. Understanding the neurological basis is crucial for addressing the "a person who laughs at everything psychology" in these instances.

Mental Health Disorders: Conditions like schizophrenia, bipolar disorder, or other psychotic disorders can sometimes manifest with unusual emotional responses, including inappropriate laughter. In these cases, the "a person who laughs at everything psychology" is a symptom of a larger underlying mental health concern.

Personality Traits: Certain personality traits, such as those associated with histrionic personality disorder, might predispose individuals to exaggerated emotional expression, including excessive laughter. Analyzing personality traits is important in fully understanding the "a person who laughs at everything psychology."

1. Recognizing the Severity and Seeking Help:

It's crucial to distinguish between occasional inappropriate laughter and a persistent pattern that significantly impacts daily life. If the laughter:

- Is frequent and disruptive.
- Occurs in inappropriate situations.
- Causes distress to the individual or others.
- Interferes with social interactions or work performance.

Then professional help should be sought. A thorough assessment by a mental health professional is vital in determining the underlying cause of the behavior and developing an appropriate treatment plan.

1. Best Practices for Addressing Inappropriate Laughter:

Open Communication: If you are concerned about someone's frequent inappropriate laughter, approach them with empathy and understanding. Encourage open communication about their feelings and experiences.

Professional Evaluation: Encourage the individual to seek professional help from a psychologist, psychiatrist, or neurologist. A comprehensive assessment can identify any underlying medical or mental health conditions.

Therapy: Cognitive Behavioral Therapy (CBT) and other therapeutic approaches can be effective in managing anxiety, improving emotional regulation, and addressing underlying mental health issues contributing to inappropriate laughter.

Medication: In some cases, medication may be necessary to manage underlying medical or psychiatric conditions.

1. Common Pitfalls to Avoid:

Minimizing the problem: Dismissing inappropriate laughter as simply a quirk or personality trait can prevent the individual from receiving necessary help.

Shaming or criticizing: Negative reactions can worsen the individual's emotional distress and exacerbate the problem.

Self-diagnosis: Attempting to diagnose the cause without professional assessment can lead to ineffective or even harmful interventions.

Ignoring the need for professional help: Delaying professional assessment can prolong suffering and hinder recovery.

Conclusion:

The phenomenon of "a person who laughs at everything psychology" highlights the complexities of human emotion and the importance of seeking professional help when unusual behavioral patterns emerge. Understanding the potential underlying causes, from anxiety and emotional dysregulation to neurological conditions, is crucial for developing effective coping strategies and treatment plans. Early intervention and a compassionate approach are essential for supporting individuals experiencing this challenge and ensuring their well-being.

FAQs:

1. Is laughing at everything always a sign of a mental health problem? Not necessarily. Occasional inappropriate laughter isn't always indicative of a disorder, but a persistent pattern warrants professional evaluation.

1. How can I help a loved one who laughs at everything inappropriately? Encourage open communication, express your concern with empathy, and support them in seeking professional

help.

1. What are the typical treatments for inappropriate laughter? Treatment depends on the underlying cause and might include therapy (CBT), medication, or both.
1. Can stress cause someone to laugh inappropriately? Yes, stress and anxiety can trigger inappropriate laughter as a defense mechanism.
1. Is there a specific test to diagnose the cause of inappropriate laughter? No single test exists; diagnosis relies on a thorough assessment by a healthcare professional.
1. How long does it typically take to address inappropriate laughter? Treatment duration varies greatly depending on the underlying cause and the individual's response to treatment.
1. Can children also exhibit inappropriate laughter? Yes, children can exhibit this behavior, and it's important to seek professional assessment to rule out underlying conditions.
1. What is pseudobulbar affect (PBA)? PBA is a neurological condition causing involuntary, uncontrollable laughing or crying, often unrelated to the person's emotional state.
1. Where can I find more information and support? Consult your doctor, mental health professional, or reliable online resources focused on mental health and neurological conditions.

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a person who laughs at everything psychology: Inside Jokes Matthew M. Hurley, Daniel Clement Dennett, Reginald B. Adams, 2011 Some things are funny -- jokes, puns, sitcoms, Charlie Chaplin, The Far Side, Malvolio with his yellow garters crossed -- but why? Why does humor exist in the first place? Why do we spend so much of our time passing on amusing anecdotes, making

wisecracks, watching The Simpsons? In Inside Jokes, Matthew Hurley, Daniel Dennett, and Reginald Adams offer an evolutionary and cognitive perspective. Humor, they propose, evolved out of a computational problem that arose when our long-ago ancestors were furnished with open-ended thinking. Mother Nature -- aka natural selection -- cannot just order the brain to find and fix all our time-pressured misleaps and near-misses. She has to bribe the brain with pleasure. So we find them funny. This wired-in source of pleasure has been tickled relentlessly by humorists over the centuries, and we have become addicted to the endogenous mind candy that is humor.

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a person who laughs at everything psychology: Humor 101 Mitch Earleywine, PhD, 2010-12-15 Humor is complex, and the author, Mitch Earleywine, does an exceptional job of covering the big bases of humor from a research perspective in a small space with a readable content. When I first picked up this book and began reading it, I was looking for depth. What I found was an overview and at the same time a very exciting way to provide an entr e into psychology-a vehicle for students to grab hold of topics central to psychology but studied and researched in terms of modern themes, and particularly humor. --PscCRITIQUES I've just finished reading Humor 101 with great interest and admiration. The book combines psychological research and practicality beautifully and humorously. -- Bob Mankoff Cartoon Editor, The New Yorker Magazine In lucid, cheerful prose, Earleywine offers up the impossible: an explanation of humor that is as thoughtful, fascinating, and entertaining as humor itself. Elisa Albert Author of ,The Book of Dahlia and How This Night is Different Dr. Earleywine's witty insight on this topic will make you funny, happy, and wise. Mitch has that rare ability to clearly explain something that is mysterious as it is magical: the power of laughter. Read this book and laugh while you learn. Brett Siddell Sirius/XM Satellite Radio Personality Dr. Earleywine has written the perfect guide to understanding humor. No one else has the unique combination of witty stage time, outstanding teaching expertise, and impressive scientific background. You'll love this book. Derrick Jackson Winner, Ultimate Laff-Down What makes something funny? How does humor impact health and psychological well-being? How can you incorporate humor into everyday life? A concise, reader-friendly introduction to an important but often underappreciated topic in modern psychology, Humor 101 explains the role of comedy, jokes, and wit in the sciences and discusses why they are so important to understand. Psychology professor Dr. Mitch Earleywine draws from his personal experiences in stand-up comedy to focus on how humor can regulate emotion, reduce anxiety and defuse tense situations, expose pretensions, build personal relationships, and much more. He irreverently debunks the pseudoscience on the topic of humor and leaves readers not only funnier, but better informed. The Psych 101 Series Short, reader-friendly introductions to cutting-edge topics in psychology. With key concepts, controversial topics, and fascinating accounts of up-to-the-minute research, The Psych 101 Series is a valuable resource for all students of psychology and anyone interested in the field.

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difficult problem, Weems explores why surprise is such an important element in humor, why computers are terrible at recognizing what's funny, and why it takes so long for a tragedy to become acceptable comedic fodder. From the role of insult jokes to the benefit of laughing for our immune system, Ha! reveals why humor is so idiosyncratic, and why how-to books alone will never help us become funnier people. Packed with the latest research, illuminating anecdotes, and even a few jokes, Ha! lifts the curtain on this most human of qualities. From the origins of humor in our brains to its life on the standup comedy circuit, this book offers a delightful tour of why humor is so important to our daily lives.

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a person who laughs at everything psychology: Only Joking Jimmy Carr, Lucy Greeves, 2006-09-21 Britain's hottest young comedian presents a seriously funny, up-close look at joking matters—from the social origins of laughter, to the art and craft of humor, to why we can never remember the punch line—featuring over 300 jokes. As the host of the hit game show *Distraction* (now in its third season on Comedy Central) and one of the premier stand-up acts working today, award-winning comedian Jimmy Carr has won over millions of fans around the world with his trademark rapier wit, laced with exquisitely economical and perfectly timed one-liners (*The Guardian*). For this book he teams up with friend and fellow comedy writer Lucy Greeves to take an in-depth look at where humor comes from and how it works, through exploring its purest form: the joke. *Only Joking* begins with the mechanism of laughter—how it happens and why even infants do it—then delves into the power of the punch line, exploring the basics of all jokes, from the use of shock and surprise to advanced stand-up techniques such as the pull-back/reveal. Carr and Greeves go on to explore taboo humor, jokes that bomb, and the psychology of finding something funny. They look into the long-standing connection between politics and humor, and discuss the survival prospects for contentious jokes in the current political climate. Throughout the book they conjure up a supporting cast of colorful joke enthusiasts, from Sigmund Freud to Lenny Bruce, and discuss their influence on the jokes we tell today. Surveying across national, ethnic, and gender divides, this rollicking analysis of why joking will always be close to the human heart is an irresistible exploration of humor that makes clear why we need a good laugh now more than ever.

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a person who laughs at everything psychology: The Psychology of Humor Rod A. Martin, Thomas Ford, 2018-07-14 Most of us laugh at something funny multiple times during a typical day. Humor serves multiple purposes, and although there is a sizable and expanding research literature on the subject, the research is spread in a variety of disciplines. *The Psychology of Humor*, 2e reviews the literature, integrating research from across subdisciplines in psychology, as well as related fields such as anthropology, biology, computer science, linguistics, sociology, and more. This book begins by defining humor and presenting theories of humor. Later chapters cover cognitive processes involved in humor and the effects of humor on cognition. Individual differences in personality and humor are identified as well as the physiology of humor, the social functions of humor, and how humor develops and changes over the lifespan. This book concludes noting the association of humor with physical and mental health, and outlines applications of humor use in psychotherapy, education, and the workplace. In addition to being fully updated with recent research, the second edition includes a variety of new materials. More graphs, tables, and figures now illustrate concepts, processes, and theories. It provides new brief interviews with prominent humor scholars via text boxes. The end of each chapter now includes a list of key concepts, critical thinking questions, and a list of resources for further reading. - Covers research on humor and laughter in every area of psychology - Integrates research findings into a coherent conceptual framework - Includes brain imaging studies, evolutionary models, and animal research - Integrates related information from sociology, linguistics, neuroscience, and anthropology - Explores applications of humor in psychotherapy, education, and the workplace - Provides new research, plus key concepts and chapter summaries

a person who laughs at everything psychology: The Importance of Not Being Earnest Wallace Chafe, 2007-02-01 The thesis of this book is that neither laughter nor humor can be understood apart from the feeling that underlies them. This feeling is a mental state in which people exclude some situation from their knowledge of how the world really is, thereby inhibiting seriousness where seriousness would be counterproductive. Laughter is viewed as an expression of this feeling, and humor as a set of devices designed to trigger it because it is so pleasant and distracting. Beginning with phonetic analyses of laughter, the book examines ways in which the feeling behind the laughter is elicited by both humorous and nonhumorous situations. It discusses properties of this feeling that justify its inclusion in the repertoire of human emotions. Against this background it illustrates the creation of humor in several folklore genres and across several cultures. Finally, it reconciles this understanding with various already familiar ways of explaining humor and laughter.

a person who laughs at everything psychology: The Laughing Cure Brian King, 2016-05-03

Dr. Brian King is a psychologist and stand-up comedian whose humor therapy seminars are attended by more than ten thousand people each year. In *The Laughing Cure*, King combines wit with medical research to reveal the benefits of laughter and humor on physical and emotional health. King's language is humorous and uplifting, and his advice is backed in science. *The Laughing Cure* features clinical studies and interviews with some of the nation's top doctors that prove that laughter lowers blood pressure, reduces stress hormones, increases muscle flexion, boosts immune systems, and triggers endorphins. It's been shown to relieve depression, to produce a general sense of wellbeing, even to make us more productive, loving, and kind. *The Laughing Cure* presents step-by-step guidance and proven techniques to embrace laughter as both medicine for current conditions and preventative medicine. This highly unique and enjoyable read explains why much-talked about, but little understood methods of therapy like those embraced by acclaimed humor doctor Patch Adams—played by Robyn Williams in a 1998 film—and laughter yoga actually work. Growing up, King wanted to be a stand-up comic; his PhD. was his backup plan. Little did he know, the impact his unique situation would put him in, the way it would allow him to help others. Very few doctors have the ability to heal the way that King does; his method is cheap, easy, chemical-free—even fun. With *The Laughing Cure*, readers will learn how—and why—laughter saves lives.

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a person who laughs at everything psychology: The Humor Code Peter McGraw, Joel Warner, 2015-04-28 Part road-trip comedy and part social science experiment, a scientist and a journalist travel the globe to discover the secret behind what makes things funny, questioning countless experts, including Louis C.K., along the way.

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a person who laughs at everything psychology: Humor's Hidden Power Nichole Force, 2011-05-03 It is often said that laughter is the best medicine, but this aphorism fails to fully express the power inherent in humor. *HUMOR'S HIDDEN POWER* reveals how humor has empowered people to overcome overwhelming circumstances throughout history, how laughter changes brain chemistry and functioning, how the genders use humor differently, and the ways in which comedians have used humor to heal themselves and others through the ages (from court jesters to Stephen Colbert). It consolidates and clarifies much of what has already been written, reveals what has not yet been reported in the fields of neuroscience and humor studies, and provides recommendations for the targeted use of humor to combat the most common sources of suffering. An intensely engaging and fascinating examination of the vital role humor plays in health and happiness. ~Joe

Dea, Emmy Award-Winning Director HUMOR'S HIDDEN POWER is a significant contribution to the existing literature on the healthful benefits of humor. Backing her claims with solid scientific research, Nichole Force makes a serious case that laughter really is the best medicine. ~Dr. Michael Pariser, Psy.D. Psychologist and Psychoanalyst, Los Angeles, CA HUMOR'S HIDDEN POWER is an informative, intriguing and thoroughly enlightening book. A must-read for all who love humor, and those who have yet to discover its joys and rewards. ~Victor Schulte, Los Angeles Deputy City Attorney [Cover photo by Abdulhamid Al Fadhly]

a person who laughs at everything psychology: Crying Laughing Lance Rubin, 2021-08-03
A tragicomic story of bad dates, bad news, bad performances, and one girl's determination to find the funny in high school from the author of Denton Little's Deathdate. Winnie Friedman has been waiting for the world to catch on to what she already knows: she's hilarious. It might be a long wait, though. After bombing a stand-up set at her own bat mitzvah, Winnie has kept her jokes to herself. Well, to herself and her dad, a former comedian and her inspiration. Then, on the second day of tenth grade, the funniest guy in school actually laughs at a comment she makes in the lunch line and asks her to join the improv troupe. Maybe he's even . . . flirting? Just when Winnie's ready to say yes to comedy again, her father reveals that he's been diagnosed with ALS. That is . . . not funny. Her dad's still making jokes, though, which feels like a good thing. And Winnie's prepared to be his straight man if that's what he wants. But is it what he needs? Caught up in a spiral of epically bad dates, bad news, and bad performances, Winnie's struggling to see the humor in it all. But finding a way to laugh is exactly what will see her through. **A Junior Library Guild Selection**

a person who laughs at everything psychology: Humor, Seriously Jennifer Aaker, Naomi Bagdonas, 2021-02-02 WALL STREET JOURNAL, LOS ANGELES TIMES, AND USA TODAY
BESTSELLER • Anyone—even you!—can learn how to harness the power of humor in business (and life), based on the popular class at Stanford's Graduate School of Business. Don't miss the authors' TED Talk, "Why great leaders take humor seriously," online now. "The ultimate guide to using the magical power of funny as a tool for leadership and a force for good."—Daniel H. Pink, #1 New York Times bestselling author of When and Drive We are living through a period of unprecedented uncertainty and upheaval in both our personal and professional lives. So it should come as a surprise to exactly no one that trust, human connection, and mental well-being are all on the decline. This may seem like no laughing matter. Yet, the research shows that humor and laughter are among the most valuable tools we have at our disposal for strengthening bonds and relationships, diffusing stress and tension, boosting resilience, and performing when the stakes are high. That's why Jennifer Aaker and Naomi Bagdonas teach the popular course Humor: Serious Business at the Stanford Graduate School of Business, where they help some of the world's most hard-driving, blazer-wearing business minds infuse more humor and levity into their work and lives. In Humor, Seriously, they draw on findings by behavioral scientists, world-class comedians, and inspiring business leaders to reveal how humor works and—more important—how you can use more of it, better. Aaker and Bagdonas unpack the theory and application of humor: what makes something funny, how to mine your life for material, and simple ways to identify and leverage your unique humor style. They show how to use humor to rebuild vital connections; appear more confident, competent, and authentic at work; and foster cultures where levity and creativity can thrive. President Dwight David Eisenhower once said, "A sense of humor is part of the art of leadership, of getting along with people, of getting things done." If Dwight David Eisenhower, the second least naturally funny president (after Franklin Pierce), thought humor was necessary to win wars, build highways, and warn against the military-industrial complex, then you might consider learning it too.

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Practical methods to heal a broken heart and to break old patterns, while offering a path for transformation and possibility. These teachings go beyond healing toward the ultimate possibility of making everything - including love - work better--

a person who laughs at everything psychology: *Living a Healthy Life with Chronic Pain*

Sandra M. LeFort, Lisa Webster, Kate Lorig, Halsted Holman, David Sobel, Diana Laurent, Virginia Gonzalez, 2015-05-01 Chronic pain includes many types of conditions from a variety of causes. This book is designed to help those suffering from chronic pain learn to better manage pain so they can get on with living a satisfying, fulfilling life. This resource stresses four concepts: each person with chronic pain is unique, and there is no one treatment or approach that is right for everybody; there are many things people with chronic pain can do to feel better and become more active and involved in life; with knowledge and experimentation, each individual is the best judge of which self-management tools and techniques are best for him or her; and, the responsibility for managing chronic pain on a daily basis rests with the individual and no one else. Acknowledging that overcoming chronic pain is a daily challenge, this workbook provides readers with the tools to overcome that test. A Moving Easy Program CD, which offers a set of easy-to-follow exercises that can be performed at home, is also included.

a person who laughs at everything psychology: They Used to Call Me Snow White ... But I Drifted Gina Barreca, 2013 Published by Viking in 1991 and issued as a paperback through Penguin Books in 1992, *Snow White* became an instant classic for both academic and general audiences interested in how women use humor and what others (men) think about funny women. Barreca, who draws on the work of scholars, writers, and comedians to illuminate a sharp critique of the gender-specific aspects of humor, provides laughs and provokes arguments as she shows how humor helps women break rules and occupy center stage. Barreca's new introduction provides a funny and fierce, up-to-the-minute account of the fate of women's humor over the past twenty years, mapping what has changed in our culture--and questioning what hasn't.

a person who laughs at everything psychology: **The Comic Toolbox** John Vorhaus, 1994 A straightforward, often humorous workbook approach to comedy writing as creative problem-solving. In it, veteran Hollywood comedy writer John Vorhaus offers his tools of the trade to writers, comics, and anyone else who wants to be funny. Among these indispensable tools are Clash of Context, Tension and Release, The Law of Comic Opposites, The Wildly Inappropriate Response, and The Myth of the Last Great Idea. Readers will learn that comedy = truth and pain (the essence of the comic situation), that fear is the biggest roadblock to comedy (kill the ferocious editor within and rich, useful comic ideas will flow), and much more.

a person who laughs at everything psychology: The Silent Patient Alex Michaelides, 2019-02-05 ****THE INSTANT #1 NEW YORK TIMES BESTSELLER**** An unforgettable—and Hollywood-bound—new thriller... A mix of Hitchcockian suspense, Agatha Christie plotting, and Greek tragedy. —Entertainment Weekly *The Silent Patient* is a shocking psychological thriller of a woman's act of violence against her husband—and of the therapist obsessed with uncovering her motive. Alicia Berenson's life is seemingly perfect. A famous painter married to an in-demand fashion photographer, she lives in a grand house with big windows overlooking a park in one of London's most desirable areas. One evening her husband Gabriel returns home late from a fashion shoot, and Alicia shoots him five times in the face, and then never speaks another word. Alicia's refusal to talk, or give any kind of explanation, turns a domestic tragedy into something far grander, a mystery that captures the public imagination and casts Alicia into notoriety. The price of her art skyrockets, and she, the silent patient, is hidden away from the tabloids and spotlight at the Grove, a secure forensic unit in North London. Theo Faber is a criminal psychotherapist who has waited a long time for the opportunity to work with Alicia. His determination to get her to talk and unravel the mystery of why she shot her husband takes him down a twisting path into his own motivations—a search for the truth that threatens to consume him....

a person who laughs at everything psychology: *Human Development and Trauma: How Childhood Shapes Us Into Who We Are as Adults* Darius Cikanavicius, 2018-03-15 From the About the Book section: The focus of this book is human psychological development. The book's goal is to explore how our early emotional and social environment influences us and what problems and advantages we develop as adults as the result of it. ... This book is intended for people interested in

the subjects of childrearing, childhood trauma, and the consequences of childhood adversity. It is for all who wish to better understand themselves and their society. From the Foreword: What makes this book special is that it is healthy. Darius Cikanavicius offers the reader a compassionate and trauma-informed study of childhood from the perspective of the child, and not, as is the case with the far majority of psychology books, from the perspective of the parent. This is key, because any book that addresses childhood trauma and is really worth its weight must sensitively yet determinedly take the child's side. ... For this reason I consider anyone who gets their hands on this book fortunate indeed. -- Daniel Mackler, LCSW

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Humor Research. The negative motivation is to prevent the embarrassment to and from the first-timers, often established experts in their own field, who venture into humor research without any notion that there already exists a body of knowledge they need to acquire before publishing anything on the subject-unless they are in the business of reinventing the wheel and have serious doubts about its being round! The organization of the book reflects the main groups of scholars participating in the increasingly popular and high-powered humor research movement throughout the world, an 800 to 1,000-strong contingent, and growing. The chapters are organized along the same lines: History, Research Issues, Main Directions, Current Situation, Possible Future, Bibliography-and use the authors' definitive credentials not to promote an individual view, but rather to give the reader a good comprehensive and condensed view of the area.

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