



# A Violent Heart: Understanding Aggressive Individuals

*Gregory K. Moffatt*

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## **A Violent Heart: Understanding Aggressive Individuals** Gregory K. Moffatt

Why are some people violent and aggressive while others are not? Where do these negative emotions and actions come from? What can be done to prevent dangerous behavior? Drawing upon years of research and experience as a therapist, lecturer, and consultant to law enforcement and business, Moffatt presents a broad perspective on the psychological and sociological roots of aggression. Using both case studies and theoretical constructs from several different fields, this work provides an overview of the diverse mix of factors that create individuals with a propensity to resort to violence. Topics include domestic violence, the violent child, mass murder, terrorism, serial killing, murder for hire, and hate crimes. Moffatt also details the growing phenomena of road rage, air rage, and sports rage.

Avoiding complex psychological jargon, Moffatt helps the general reader to understand and easily apply these concepts. He also addresses intervention techniques and deterrents to criminal behavior, ranging from rehabilitation, to revised prison sentencing, to the death penalty. Stories of successful intervention and recovery round out the volume.

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