

# CONTENTS

## PREFACE *ix*

1. A Psychological Approach to Science 1
  2. Problem Centering vs. Means Centering in Science 11
  3. Preface to Motivation Theory 19
  4. A Theory of Human Motivation 35
  5. The Role of Basic Need Gratification in Psychological Theory 59
  6. The Instinctoid Nature of Basic Needs 77
  7. Higher and Lower Needs 97
  8. Psychopathogenesis and the Theory of Threat 105
  9. Is Destructiveness Instinctoid? 117
  10. The Expressive Component of Behavior 131
  11. Self-Actualizing People: A Study of Psychological Health 149
  12. Love in Self-Actualizing People 181
  13. Cognition of the Individual and of the Generic 203
  14. Unmotivated and Purposeless Reactions 229
  15. Psychotherapy, Health, and Motivation 241
  16. Normality, Health, and Values 265
- Appendix A: Problems Generated by a Positive Approach to Psychology 281*
- Appendix B: Holistic-Dynamics, Organismic Theory, Syndrome Dynamics 295*
- BIBLIOGRAPHY 329
- INDEX OF NAMES 355
- INDEX OF SUBJECTS 360