



# Anatomy of a Secret Life: The Psychology of Living a Lie

By Gail Saltz

Download now

Read Online 

## Anatomy of a Secret Life: The Psychology of Living a Lie By Gail Saltz

What do these people have in common?

- The traveling businessman who brings prostitutes back to his hotel room
- The wealthy woman who is arrested for shoplifting
- The seemingly happily married man who cruises gay clubs

They are all—despite differences in degree, gender, and age—living a double life, one of our most deeply ingrained, but poorly understood psychological drives. Now, Dr. Gail Saltz steps into the breach to explore—in detail and based on the latest research—our impulse to create and nurture alter egos.

Saltz reveals how assuming a different identity can be healthy and tremendously liberating. For proof, we need look no further than the innumerable people who reinvent themselves by moving to the big city, or the countless pseudonymous bloggers. But, as she also makes clear, leading a secret life comes with potentially serious psychological risks. She shows that, in more extreme cases, leading a secret life can have devastating emotional, social and familial consequences—both for the person leading the secret life, and for those close to him or her.

The definitive popular work on how a secret life is formed, lived, justified, and exposed, Saltz's *Anatomy* includes contemporary case studies and historical examples (Lindbergh, T. E. Lawrence, Tchaikovsky, et cetera) of people who have risked it all for a taste of forbidden fruit.

 [Download Anatomy of a Secret Life: The Psychology of Living ...pdf](#)

 [Read Online Anatomy of a Secret Life: The Psychology of Livi ...pdf](#)

# Anatomy of a Secret Life: The Psychology of Living a Lie

By Gail Saltz

## Anatomy of a Secret Life: The Psychology of Living a Lie By Gail Saltz

What do these people have in common?

- The traveling businessman who brings prostitutes back to his hotel room
- The wealthy woman who is arrested for shoplifting
- The seemingly happily married man who cruises gay clubs

They are all—despite differences in degree, gender, and age—living a double life, one of our most deeply ingrained, but poorly understood psychological drives. Now, Dr. Gail Saltz steps into the breach to explore—in detail and based on the latest research—our impulse to create and nurture alter egos.

Saltz reveals how assuming a different identity can be healthy and tremendously liberating. For proof, we need look no further than the innumerable people who reinvent themselves by moving to the big city, or the countless pseudonymous bloggers. But, as she also makes clear, leading a secret life comes with potentially serious psychological risks. She shows that, in more extreme cases, leading a secret life can have devastating emotional, social and familial consequences—both for the person leading the secret life, and for those close to him or her.

The definitive popular work on how a secret life is formed, lived, justified, and exposed, Saltz's *Anatomy* includes contemporary case studies and historical examples (Lindbergh, T. E. Lawrence, Tchaikovsky, et cetera) of people who have risked it all for a taste of forbidden fruit.

## Anatomy of a Secret Life: The Psychology of Living a Lie By Gail Saltz Bibliography

- Sales Rank: #770971 in Books
- Published on: 2006-04-11
- Released on: 2006-04-11
- Original language: English
- Number of items: 1
- Dimensions: 9.56" h x .85" w x 6.41" l,
- Binding: Hardcover
- 224 pages

 [Download Anatomy of a Secret Life: The Psychology of Living ...pdf](#)

 [Read Online Anatomy of a Secret Life: The Psychology of Livi ...pdf](#)



## Download and Read Free Online Anatomy of a Secret Life: The Psychology of Living a Lie By Gail Saltz

---

### Editorial Review

From Publishers Weekly

Says Saltz, clinical associate professor of psychiatry at Weill-Cornell School of Medicine and a *Today* show regular, "Secrets... are maddening, thrilling, dangerous.... And every day, secret-keepers keep on doing what they do: living one life, and then living another." Creating and nurturing a secret self can be a psychologically normal part of a child's development, but when do secrets become destructive? Saltz takes us on an engrossing and voyeuristic journey through the secret lives of several people, some composites from her psychoanalytic practice: a lonely teen whose secret Internet life becomes deadly; a man whose wife catches him cheating the IRS; a woman shoplifting in her 50s. Even more fascinating are the accounts of famous secret-keepers: Charles Lindbergh, Tchaikovsky, T.E. Lawrence and sociopath killers like Dennis Rader (the "BTK" killer), among others. The difference between keeping a secret and living a secret life is one of degree, says Saltz, and the most malignant secrets are the ones that remain in our unconscious, causing us to repeatedly act out. While most people's secrets aren't as dramatic as the stories related here, this book serves as a cautionary tale of how a secret is formed, lived, justified—and eventually exposed. (*Apr. 18*)

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

From [Booklist](#)

Everyone is said to have a private side they reveal to few if any others. That's human nature, says popular TV psychiatrist Saltz, and can function as a healthy clearing in the woods that nourishes creativity and maintains sanity. But a secret life can take on a life of its own and threaten not just its keeper's sanity but his or her marriage, career, public reputation, and, in extreme cases, the lives of others. Saltz cites as examples the secret lives of Charles Lindbergh, T. E. Lawrence (Lawrence of Arabia), and Dennis Rader, the BTK killer. Most secret lives aren't as dramatic as those, but they can be destructive nevertheless. Saltz profiles a handful of such secret lives (actually, composites drawn from the files of her practice) to illustrate how a secret life can begin innocently enough and mushroom into a destructive force. She also demonstrates how the secrets involved stemmed from unresolved childhood issues in what ends up as an argument for psychiatric intervention when a secret life goes out of control. *Donna Chavez*

Copyright © American Library Association. All rights reserved

Review

"In this gripping book, Gail Saltz analyzes the origins and consequences of hidden lives, articulating both the seductions that secrets hold and the terrible danger they pose as they undermine the capacity for intimacy. This is a brave examination of the balance between safety and loneliness that we all negotiate at one level or another."

—Andrew Solomon, author of *The Noonday Demon: An Atlas of Depression*

"Dr. Saltz is a voice of wisdom and insight in a world of confusion and contradictions. We can all learn from her sagacity."

—Tom Brokaw

Praise for *Becoming Real*

"An enormous contribution."

—Gail Sheehy, bestselling author of *The Silent Passage*, *Passages*, and *Middletown, America*

## **Users Review**

### **From reader reviews:**

#### **Herbert Beckley:**

Do you have favorite book? In case you have, what is your favorite's book? Guide is very important thing for us to be aware of everything in the world. Each reserve has different aim or even goal; it means that e-book has different type. Some people feel enjoy to spend their time and energy to read a book. These are reading whatever they consider because their hobby will be reading a book. Why not the person who don't like reading through a book? Sometime, person feel need book if they found difficult problem or even exercise. Well, probably you will want this *Anatomy of a Secret Life: The Psychology of Living a Lie*.

#### **Jerry Carley:**

This book untitled *Anatomy of a Secret Life: The Psychology of Living a Lie* to be one of several books which best seller in this year, that's because when you read this e-book you can get a lot of benefit on it. You will easily to buy that book in the book retailer or you can order it by way of online. The publisher of the book sells the e-book too. It makes you quickly to read this book, because you can read this book in your Touch screen phone. So there is no reason to you personally to past this e-book from your list.

#### **Lisa Yates:**

Playing with family within a park, coming to see the sea world or hanging out with good friends is thing that usually you have done when you have spare time, in that case why you don't try matter that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love *Anatomy of a Secret Life: The Psychology of Living a Lie*, you are able to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout people. What? Still don't buy it, oh come on its known as reading friends.

#### **Peggy Gillman:**

Can you one of the book lovers? If yes, do you ever feeling doubt when you are in the book store? Attempt to pick one book that you find out the inside because don't assess book by its include may doesn't work the following is difficult job because you are frightened that the inside maybe not because fantastic as in the outside search likes. Maybe you answer could be *Anatomy of a Secret Life: The Psychology of Living a Lie* why because the excellent cover that make you consider about the content will not disappoint an individual. The inside or content is definitely fantastic as the outside or even cover. Your reading 6th sense will directly make suggestions to pick up this book.

**Download and Read Online Anatomy of a Secret Life: The Psychology of Living a Lie By Gail Saltz #4MSOP5T1YN6**

## **Read Anatomy of a Secret Life: The Psychology of Living a Lie By Gail Saltz for online ebook**

Anatomy of a Secret Life: The Psychology of Living a Lie By Gail Saltz Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Anatomy of a Secret Life: The Psychology of Living a Lie By Gail Saltz books to read online.

### **Online Anatomy of a Secret Life: The Psychology of Living a Lie By Gail Saltz ebook PDF download**

**Anatomy of a Secret Life: The Psychology of Living a Lie By Gail Saltz Doc**

**Anatomy of a Secret Life: The Psychology of Living a Lie By Gail Saltz Mobipocket**

**Anatomy of a Secret Life: The Psychology of Living a Lie By Gail Saltz EPub**

**4MSOP5T1YN6: Anatomy of a Secret Life: The Psychology of Living a Lie By Gail Saltz**