



Fighting Melancholia: Don Quixote's Teaching

Francoise Davoine

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Françoise Davoine has been investigating psychotic phenomena and trauma for over thirty years, in collaboration with Jean-Max Gaudillière. In this book, she draws on her literary background to take the reader on a fascinating voyage with an unexpected but most helpful guide: Don Quixote.

In her work, Davoine approaches madness not as a symptom, but rather as a place, the place where the symbolic order and the social link have ruptured. She sees the psychotic as a seeker, engaged in a form of exploration into the nature and history of this place. This brings us to the seeker Don Quixote. Davoine takes the reader into the world of the knight-errant, to describe his adventures in a fascinating new light.

Cervantes, the survivor of war trauma, captivity, and all manner of misfortunes, created this hero, first and foremost, so that the tale be told. Moreover, he created a necessary dyad: Don Quixote and Sancho Panza. Davoine sees the latter as a “therapon”, a second in combat and ritual double, Don Quixote’s therapist. Like Sancho, the therapist is a comrade-in-arms, confronting trauma with the patient. Through transference, a significant relational bond develops. In *Don Quixote: Fighting Melancholia*, Françoise Davoine offers a reading of Cervantes’ novel from this perspective. Scene after scene, battle after battle, the epic tale is retold as a story of healing.

We live in times of world-wide violence, disruption, and disaster. Trauma is unavoidable. But Davoine points to a way out, through the healing power of symbolic exchange within a human relationship. Aside from being of great interest to all therapists working with psychosis and trauma, this book constitutes a brilliant reminder that all human beings, like knights-errant, aspire to “become valiant, generous, magnanimous, courteous, dauntless, gentle, patient”, as Cervantes says.

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Precisely why? Because this Fighting Melancholia: Don Quixote's Teaching is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will zap you with the secret this inside. Reading this book next to it was fantastic author who else write the book in such remarkable way makes the content within easier to understand, entertaining means but still convey the meaning completely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of benefits than the other book have got such as help improving your proficiency and your critical thinking approach. So , still want to hesitate having that book? If I were being you I will go to the publication store hurriedly.

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