



# The Psychology Of The Sopranos Love, Death,, Desire And Betrayal In America's Favorite Gangster Family

*By Glen Gabbard*

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## The Psychology Of The Sopranos Love, Death,, Desire And Betrayal In America's Favorite Gangster Family By Glen Gabbard

Some have called it "The Sopranos Effect"--the quiet that descends just before a new episode of the hit TV series is aired. Stores are deserted, restaurants quiet--and for patients of distinguished psychoanalyst and author Glen Gabbard, desperate calls for help go unreturned. Why, Dr. Gabbard wondered, have the misadventures of a middle-aged thug won the largest audience in HBO history? What is it about the characters and their relationships that draws us in so completely? What can we learn about ourselves from going inside the heads of these outlaws from New Jersey? In *The Psychology of the Sopranos* Dr. Gabbard draws on his vast professional experience (and his near-obsessive preoccupation with Tony's two "families") to delve into the psychology of the characters, the show's depiction of therapy, and how "The Sopranos" dramatically showcases the psychological ambiguities and conflicts in our own lives. Indeed, part of the show's popularity, he argues, is the spotlight it throws on viewers' psychological issues--from panic attacks and existential angst to codes of honor and moral indiscretions. With his tongue planted only lightly in his cheek, Gabbard poses the questions so many of us have pondered on Monday mornings: Is Tony's therapy working? And how is it possible for him and his "families" to reconcile the mundane and the monstrous? His answers will surprise and delight loyal fans. This book was not prepared, licensed, approved, or endorsed by any entity involved in creating or producing the "Sopranos" television series. Mafia don Tony Soprano, his family, his work "associates," and his therapist, Dr. Jennifer Melfi, have captured the imagination (and the fanatical devotion) of more than 11 million viewers. The show has garnered rave reviews for its writing and acting and has won a loyal following of educated viewers, who appreciate the sharp wit, the Machiavellian plot turns, and the Shakespearean character development of this extraordinarily well-crafted drama. Find the answers in *The Psychology of the Sopranos*: Is Tony a psychopath--or is he an American everyman putting bread on the table in the best way he knows how? Is Livia a modern-day Medea or a victim caught in mob mentality? Is Carmella an accomplice or an innocent? Who's more corrupt, Tony Soprano or Father Phil? Is Tony doomed to desire women who make him feel as bad as Mom did? Can a man who commits bad

acts still teach his children to be good?

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### Editorial Review

From Publishers Weekly

Inside `The Sopranos' In The Psychology of The Sopranos: Love, Death, Desire and Betrayal in America's Favorite Gangster Family, psychoanalyst Glen O. Gabbard puts into words what millions of people discuss every week around office water coolers. In chapters titled "Bada Bing and Nothingness" and "Scenes From a Marriage: Godfather Knows Best," Gabbard who coleads an online Sopranos chat group on Slate.com that has an audience of over 100,000 analyzes the psyche of the mob family. Despite its lack of revelatory information (e.g., most viewers have probably already picked up on Tony's split personality), loyal fans will snatch this up.

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### Review

"A fascinating analysis of Tony's analysis." -- *Richard D. Zanuck, Producer*

"The mob version of *Civilization and Its Discontents*. ...clinically sensitive, poignant and funny book." -- *Jonathan Lear, author, "Love and Its Place in Nature"*

Any shrink, anyone who's ever been to a shrink, and...anyone who watches The Sopranos will love reading this book." -- *Robin Green, Writer and Executive Producer, "The Sopranos"*

Brilliantly captures the dynamics underlying both the depravity and the humanity of Tony and his mobster soldiers... A real winner. -- *Irvin Yalom, M.D., author, "Love's Executioners"*

Entertaining and insightful. -- *John Landis, Director*

### About the Author

**Glen O. Gabbard, M.D.**, is Professor of Psychiatry at Baylor College of Medicine. He is the author of sixteen books, including *Psychiatry and the Cinema* and *Boundaries and Boundary Violations*. He has received numerous awards and honors, including the Sigourney Award for outstanding contributions to psychoanalysis. He lives in Houston, Texas.

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