



# The Ego and the Mechanisms of Defence

*Anna Freud*

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## **The Ego and the Mechanisms of Defence** Anna Freud

When *The Ego and the Mechanisms of Defense* was first published in German in 1936 it was at once recognized as a major contribution to psychoanalytic psychology, and its translation into English quickly followed. More than half a century later it enjoys the status of a classic and a founding text in ego psychology. Written by a pioneer of child analysis, and illustrated by fascinating clinical pictures drawn from childhood and adolescence, it discusses those adaptive measures by which painful and unwanted feeling-states are kept at bay or made more bearable. Anna Freud's arguments have a clarity and cogency reminiscent of her father's and the work is remarkable undated. Nothing stands still, but *The Ego and the Mechanisms of Defense* has unmistakably passed the test of time.

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