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## 'Paranoia': Now More Plentiful in Paperback

SAN LUIS OBISPO -- Worried that paranoia is getting out of hand? It's not exactly out of control, but it is more readily available – in paperback.

"Paranoia and Contentment: A Personal Essay on Western Thought," Cal Poly English Professor John Hampsey's bold, provocative and critically acclaimed book exploring creativity beyond the culture of contentment, was just released in paperback with a large first printing.

The book is the first to view paranoia not as a clinical term for an irrational sense of persecution, but as a uniquely positive attribute. To clarify his notions, Hampsey coined the words "paranoic" to mean "off-track thinking that is expansive, creative, even visionary," and "paranoidic" to describe the state "motivated by fear, delusion and a pursuit of contentment so obsessive that it has crippled imagination and diminished tolerance of those perceived to threaten that contentment."

The distinction, he said, is especially significant because "the paranoidic so dominates Western thought and culture that paranoic thinking has become nearly lost to us."

The book, first released in hardback in Jan. 2005 by the University of Virginia Press, is now available in paperback online at [amazon.com](http://amazon.com) for \$14 or at bookstores locally and across the country. Hampsey recently completed a 10-city national tour of talk-readings.

Professor Hampsey, a San Luis Obispo resident, has been teaching at Cal Poly since 1989. He was named a 2004-2005 Cal Poly Distinguished Teacher. For more information on Hampsey and his book, visit his Web site at <http://cla.calpoly.edu/~jhampsey/>.

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