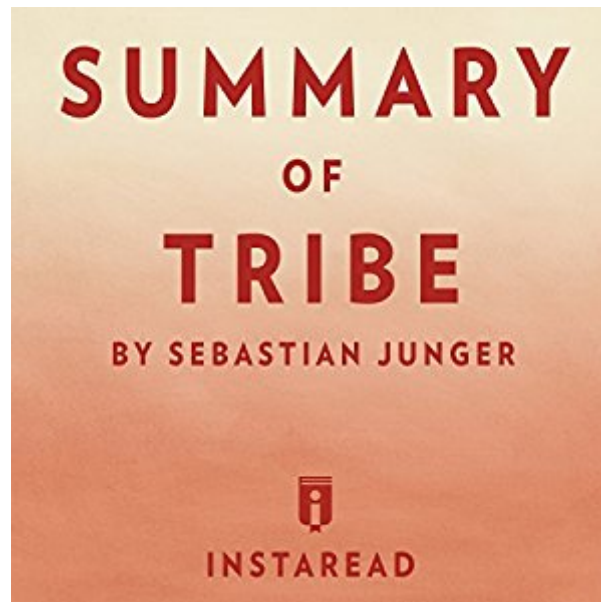


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# Summary Of Tribe: By Sebastian Junger | Includes Analysis



## Synopsis

Summary of Tribe by Sebastian Junger | Includes Analysis Tribe by Sebastian Junger is a scientific and journalistic consideration of the correlation between societies with egalitarian tribal structures and low rates of mental illness, particularly post-traumatic stress disorder (PTSD) in soldiers returning home. The sense of tribal belonging was documented in the 18th century among settlers in North America, who often joined Native American tribes even after those tribes held them as prisoners or waged war against the settlers. Those tribes were particularly egalitarian in nature, and despite lacking what were then modern amenities, members seldom worked as hard as the settlers in towns. The tribes also had low rates of depression and suicide. Crisis in a community, whether that crisis is war or a natural disaster, tends to inspire people to return to a more collaborative, tribal mentality by sharing their resources regardless of social divisions, and by working to help each other. During these crises, mental health markers also tend.... Please Note: This is key takeaways and analysis of the book and not the original book. Inside this Instaread summary of Tribe: Overview of the book Important people Key takeaways Analysis of key takeaways

## Book Information

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## Customer Reviews

The premise here is that tribal culture is superior because in it people cooperate and collaborate. People have chosen to live in a tribal community that has fewer modern amenities, rather than a more disconnected, more modern society. Early settlers sometimes opted to live with native tribes, even after having been captured by them, because that way of life was so appealing. Societies can switch between structures, and in wartime, or times of crisis, otherwise non-tribal societies can take

on the characteristics of a tribal society for the duration. People become less "me focused" and more "us focused". Generally men feel the need to exhibit courage, to rise to the challenge, and women exhibit increased empathy and drive to provide greater moral support. During such times, despite the clear stress of the situation, rates of depression and suicide actually drop. Soldiers transitioning back to civilian life find a tribe structure more conducive to ease of transition. Soldiers can experience PTSD even if they did not see combat directly, and recovery is hindered if someone feels alienated, isolated, or lacking in purpose. In Israel, where most people have experience serving in the military, recovery is far quicker and easier than in the US, where only a small percentage of the population share the same experience. Veterans need to feel understood by their neighbours and countrymen, and need to feel their efforts were not in vain. For such a slim tome it does much to explain the appeal of tribal society, and more to explain the plight of soldiers returning home and re-adjusting.

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