

# 21 Common Defense Mechanisms

1. Denial
2. Projection
3. Regression
4. Acting out
5. Dissociation
6. Reaction formation
7. Avoidance
8. Compartmentalization
9. Repression
10. Displacement
11. Intellectualization
12. Rationalization
13. Undoing
14. Passive-aggression
15. Fantasy
16. Suppression
17. Sublimation
18. Compensation
19. Humor
20. Altruism
21. Aim inhibition



# The Defense

**ML Morrison**



**The Defense:**

## **The Defense** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**The Defense**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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