

*Writing a book is a horrible, exhausting struggle, like a long bout of some painful illness. One would never undertake such a thing if one were not driven on by some demon whom one can neither resist nor understand.*

George Orwell, 1946

*If one does not look into the abyss, one is being wishful by simply not confronting the truth . . . On the other hand it is imperative that one not get stuck in the abyss.*

Robert Jay Lifton