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**April 24th 2012: Special Encore Presentation: A  
Dysfunctional Nation and Its People: Becoming Functional**

There are four realities that are present in the stressed out or very injurious nation. People do not know who they are or they have a false picture as to who they are, they do not sustain their relationships through deep friendliness, defenses are used repeatedly, and contentment skills are minimal. Contentment skills are those abilities to sustain long-term relationships, intra- community and inter-community. When a nation is in pain and stress, psychological defenses will arise. Psychological Defenses have two purposes: to give pleasure and to avoid pain. A person's identity is ne

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