



# Dr. Karyne Messina

Bestselling Author  
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## SIGNATURE TOPICS

The unequivocal blockbuster success of the live-action *Barbie* movie speaks to the doll's enduring power beyond that of a mere plastic plaything – it reveals how Americans view and value themselves. In her latest release, *Barbie and the Great American Identity Crisis*, acclaimed psychologist Dr. Karyne Messina explores the collective American identity crisis that has endured for decades, and the role Barbie has played in shaping and warping the identities of American men and women.

Dr. Messina offers a call to action – a rallying cry for societal introspection and transformation. Using Barbie as a metaphorical lodestar, Messina provides a roadmap for reclaiming our integrity and forging a more just and equitable future. Engaging, insightful, and indispensable, this is essential reading for anyone invested in the fate of our nation and the preservation of our collective identity.

- ✓ Projective identification aka blame shifting
- ✓ Climate crisis and eco-anxiety
- ✓ Misogyny
- ✓ Political Psychology
- Barbie's real origin story and what it
- ✓ means for Americans that the truth about her was kept hidden
- ✓ How psychoanalysis might have changed Barbie's world and ours
- America's current identity crisis, its
- ✓ origins, effects, and the importance of identity

# Barbie and the Great American Identity Crisis: The Unfortunate Reality of a Nation Plagued by Racism, Patriarchy, and Stark Hypocrisy

PI PRESS

- Publication Date: March 25, 2024
- Paperback: \$19.99/134 pages/6 x 0.29 x 9 inches/ ISBN: 1736238817
- E-book: \$.99/141 pages/ISBN: 978-1736238813
- Psychology, Psychoanalysis, Political Psychology, Socio-political Commentary, Women's Studies, Gender Studies

## EARLY PRAISE

"A brilliant examination of what Barbie says about our collective psychology and what we need to do to improve it."

- Dr. Robert M. Gordon, Ph.D. ABPP

"This deceptively slim volume is a big book, one about identity crisis and the challenges and discomfort involved in regaining or achieving authentic identity.

Dr. Messina argues persuasively that Barbie's identity crisis mirrors the one now roiling our nation, and that this identity crisis interferes with solving major problems. In putting the nation on the couch, she nonetheless remains optimistic that we can as a nation take our cues from Barbie and move toward a brighter future." - Wendy Jacobson, MD

"Dr. Messina deftly capitalizes on the current Barbie zeitgeist by making comparisons between the iconic Barbie doll, *Barbie*, the 2023 major motion picture, and what many Americans are experiencing in their lives right now: unexplained feelings of loneliness and despair. This is a poignant wake-up call."

- Dr. Harry Gill, Ph.D., MD



## Contact Dr. Messina



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# ABOUT DR. KARYNE E. MESSINA

Dr. Karyne E. Messina is a licensed psychologist and child, adolescent and adult psychoanalyst. In addition to maintaining a full-time private practice in Chevy Chase, Maryland, she is on the medical staff of Suburban Hospital in Bethesda, Maryland, which is part of Johns Hopkins Medicine. She is also a podcast host for the New Books Network and chair of the Department of Psychoanalytic Education's (DPE) Scholarship and Writing section, which is part of the American Psychoanalytic Association.

Her forthcoming title *A Psychoanalytic Study of Political Leadership in the United States and Russia: Searching for Evidence* will be released by Routledge in May 2024.

Previous books include *It's Not Me, It's You* (Cascade, 2023), *Resurgence of Global Populism: A Psychoanalytic Study of Blame-Shifting and the Corruption of Democracy* (London: Routledge, 2022), *Aftermath: Healing from the Trump Presidency* (Washington, DC, IPI Press, 2020), and *Misogyny, Projective Identification and Mentalization, Psychoanalytic, Social and Institutional Manifestations* (London: Routledge, 2019).

Her topics focus on applying psychoanalytic ideas to real-world problems we all face in our complex world.

She can be found online at [drkarynemessina.com](http://drkarynemessina.com).