

SpringerBriefs in Psychology

Rainer M. Holm-Hadulla



# **The Creative Transformation of Despair, Hate and Violence**

What we can learn  
from Madonna, Mick  
Jagger & Co



Springer

# **SpringerBriefs in Psychology**

SpringerBriefs present concise summaries of cutting-edge research and practical applications across a wide spectrum of fields. Featuring compact volumes of 50 to 125 pages, the series covers a range of content from professional to academic. Typical topics might include:

- A timely report of state-of-the-art analytical techniques
- A bridge between new research results as published in journal articles and a contextual literature review
- A snapshot of a hot or emerging topic
- An in-depth case study or clinical example
- A presentation of core concepts that readers must understand to make independent contributions

SpringerBriefs in Psychology showcase emerging theory, empirical research, and practical application in a wide variety of topics in psychology and related fields. Briefs are characterized by fast, global electronic dissemination, standard publishing contracts, standardized manuscript preparation and formatting guidelines, and expedited production schedules.

Rainer Matthias Holm-Hadulla

# The Creative Transformation of Despair, Hate, and Violence

What we can learn from Madonna,  
Mick Jagger & Co

Rainer Matthias Holm-Hadulla  
Heidelberg University  
Heidelberg, Germany

Pop Academy  
Baden-Württemberg  
Mannheim, Germany

Department of Psychiatry and Psychotherapy  
Universidad de Chile  
Santiago de Chile, Chile

ISSN 2192-8363

ISSN 2192-8371 (electronic)

SpringerBriefs in Psychology

ISBN 978-3-031-27383-4

ISBN 978-3-031-27384-1 (eBook)

<https://doi.org/10.1007/978-3-031-27384-1>

© The Author(s), under exclusive license to Springer Nature Switzerland AG 2023

This work is subject to copyright. All rights are solely and exclusively licensed by the Publisher, whether the whole or part of the material is concerned, specifically the rights of translation, reprinting, reuse of illustrations, recitation, broadcasting, reproduction on microfilms or in any other physical way, and transmission or information storage and retrieval, electronic adaptation, computer software, or by similar or dissimilar methodology now known or hereafter developed.

The use of general descriptive names, registered names, trademarks, service marks, etc. in this publication does not imply, even in the absence of a specific statement, that such names are exempt from the relevant protective laws and regulations and therefore free for general use.

The publisher, the authors, and the editors are safe to assume that the advice and information in this book are believed to be true and accurate at the date of publication. Neither the publisher nor the authors or the editors give a warranty, expressed or implied, with respect to the material contained herein or for any errors or omissions that may have been made. The publisher remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.

This Springer imprint is published by the registered company Springer Nature Switzerland AG  
The registered company address is: Gewerbestrasse 11, 6330 Cham, Switzerland

# Preface

The war just unleashed in the Ukraine and the seemingly endless wars in other regions of the world give this book a disturbing topicality. Wars, climate change and other human catastrophes associated with them make it particularly clear that it is vital to deal with despair, hate, and violence. We encounter this task again and again; it is part of our personal and political lives, whether we like it or not. The creative transformation of human destructiveness is our only chance to cope with the destructive potential of human beings.

In the first part of this book, I describe the general principles of human creativity and illustrate them with examples from cultural history and different domains. The “Big Five of Creativity” – talent, skills, motivation, resilience, favorable environments – serve as a guide. I have theoretically researched and tested their interplay practically during three decades of work. Corresponding references can be found in the appendix. In the second part, I use the lives and works of five highly influential pop stars to show how creative coping with crises can succeed, but also fail. In the third part, I draw consequences for a creative lifestyle.

Rainer Matthias Holm-Hadulla

*Everything hurts...  
Thus while hate cannot be terminated  
It can be transformed  
Into a love that lets us live.*

*Amanda Gorman, The New York Times, May 27, 2022*