

Abstract: Dr. Luel, a son of survivors, addresses some of the psychological problems facing the second generation with the Holocaust as an unavoidable, oftentimes painful, facet of their consciousness. He is particularly concerned with the problems of hedonic impairment and a self-flagellating, conflict-laden involvement with the Holocaust legacy. Luel also comments on the emotional issues relevant to rearing a healthy third post-Holocaust generation. He offers suggestions that could contribute to a diminution of such Holocaust-related turmoil as obsessive rumination over the past, including one's parent's persecution, self-injurious cynicism, distrust of "the other,"s debilitating anger and fearfulness. Through a decisive shift in attitude and felling-away from painful self-absorption- the second generation can create the optimal conditions for self-renewal and effective child-rearing.