

Gladstone, William. **Test Your Own Mental Health: a self-evaluation workbook.**

Arco. Mar. 1978. 143p. index. LC 77-4678. \$9.95; pap. \$4.95. PSYCH

The idea assumes five stages of mental adaptability, from normal to severe disorder; each stage has seven common characteristics of mental behavior further broken down into an average of 18 behavioral items (or symptoms) that are assigned weighted values. Add up the score for a "pictograph" of your state of mental health. If this test could clearly demonstrate that further help were warranted, or if it could indeed prevent unnecessarily prolonged therapy, then it would be the Psychology Book-of-the-Year. However, all of this measured introspection does not dramatically provide heightened self-awareness because of the paucity of reliable criteria and the lack of mutually exclusive terms against which to check the results of the self-assessment. The author sometimes fails to allow for the fact that personal validation encourages a tendency to err in the direction of idealization, if not outright denial, of behavior. Busy mental health professionals may recommend this as a flawed but useful shortcut for gaining self-insight; only the inevitable popular demand will recommend it to libraries.—William Abrams, *Portland State Univ. Lib., Ore.*

Hilgard, Ernest R. **Divided Consciousness: multiple controls in human thought and action.**

Wiley-Interscience: Wiley. (Series in Behavior). 1977. 300p. index. LC 77-7925. ISBN 0-471-39602-8. \$16.95. PSYCH

Hilgard presents evidence for divisions of consciousness in the mental life of human beings. In the case of hypnosis, subjects will claim that they cannot remember certain acts or that they lack awareness while performing others. The primary fact about these phenomena is that it is impossible to know whether people lie, are simulating, deceiving themselves, or telling the truth—a key fact which psychology will eventually have to tackle. Hilgard consistently evades it. His own explanations revolve around cybernetic diagrams with control systems, inputs and outputs, executive ego, and many arrows: a most unconvincing model of the human mind, since it leaves little room for affect. (The prose style does not follow the American Psychological Association's standards for avoiding sexual bias.)—Joseph B. Juhasz, *Coll. of Environmental Design, Univ. of Colorado, Boulder*

Loewald, Hans W., M.D. **Psychoanalysis and the History of the Individual.**

Yale Univ. Pr. (Freud Lectures at Yale Univ.). 1978. LC 77-11992. ISBN 0-300-02172-0. \$7.95.

Schafer, Roy. **Language and Insight: the Sigmund Freud Memorial Lectures, 1975-1976, University College, London.**

Yale Univ. Pr. 1978. bibliog. index. \$12.50. PSYCH

Both these books are based on lectures given in memory of Freud and addressed to the educated layman. Both

provide an overview of psychoanalysis and attempt to show its contemporary relevance. Schafer and Loewald see psychoanalysis as an important humanistic discipline: the former stresses that psychoanalysis is concerned primarily with the *meaning* of human actions and fantasies, while the latter emphasizes that it is centrally concerned with what it is to be human. Schafer continues to pursue his interest in providing a clear, noncontradictory "new language" for psychoanalysis. He specifically focuses on the psychoanalytic process (determining the "history" of the analysis and the free associative method) and the application of his "action" language to the topics of self-control, self-hatred, self-love, and sex. Loewald is concerned with exploring the insights psychoanalysis can provide on morality, love, and religion. He stresses man's responsibility for his past history and the necessity for a fruitful contact with the more archaic, primary (id) modes of experience, which would deepen the experience of love and religion. Both authors have written valuable and readable works which explicate and further the humanistic contribution of psychoanalysis.—Robert N. Mollinger, *Dept. of English, Nassau Community Coll., Garden City, N.Y.*

Lyon, Harold C., Jr. **Tenderness Is Strength: from machismo to manhood.**

Harper. Feb. 1978. 288p. ed. assist. of Gabriel Girisha Heilig. fwd. by John Denver. index. ISBN 0-06-012713-9. \$10. PSYCH

Lyon, a West Point graduate and former ranger-paratrooper officer in the Army, argues persuasively and eloquently for the idea that tenderness and gentleness are signs of masculine strength, not weakness. He recognizes that all of us are partly masculine and partly feminine, and calls for male liberation from the macho image that so many American men spend their lives trying to achieve as a result of pressure to succeed, be the best, climb to the top. Some readers may be turned off by Lyon's announcement that he is the reincarnation of a Tlingit Indian, as well as by his enthusiasm for health foods, yoga, etc., but his fundamental thesis is sound and, if not particularly new, generally well argued and developed.—Douglas S. Marsh, *Memphis & Shelby County P.L., Tenn.*

Napier, Augustus Y. with Carl Whitaker, M.D. **The Family Crucible.**

Harper. 1978. 320p. index. ISBN 0-06-014568-4. \$12.95. PSYCH

As Carl Whitaker engages a family in therapy, his humor, his provocative use of himself as therapeutic tool, the casually paradoxical challenges he presents all serve to confirm the impression of therapist-poet. When he talks about his work, he speaks to the "right-brain" and conjures up images as evocative and stunning as the work itself. Too little of this special kind of poetry is captured in *The Family Crucible*. Napier describes his and Whitaker's therapy with an angry and depressed adolescent and her equally angry and confused parents with the

# LISTEN

to the words of C.G. Jung as they are captured in over fifty lively encounters with such friends and visitors as Mircea Eliade, Miguel Serrano, and Charles Lindbergh.

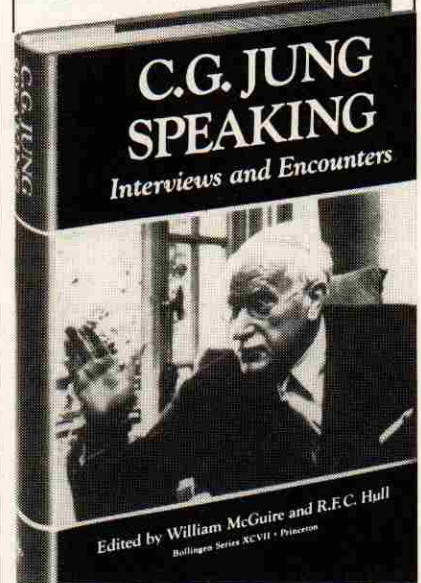
Bollingen Series XCVII

ISBN 09894-8

511 pages, \$14.50

PRINCETON UNIVERSITY PRESS

Princeton, New Jersey 08540



## "A thorough, well-documented survey

of the nature chronic stress plays in our society and its critical role in precipitating overt disease, especially prime killers such as cancer, and cardiovascular and respiratory disease. The author carefully describes successful ways of reducing stress..."—*Library Journal*. "A sensible, sophisticated treatment of a controversial subject."—*Kirkus Reviews*. Bibliography; index.

**MIND AS HEALER,  
MIND AS SLAYER**  
A Holistic Approach to  
Preventing Stress Disorders  
**KENNETH R.  
PELLETIER**

0-440-05591-1

\$10.00

0-440-55592-2

Delta paperback, \$4.95

DELACORTE PRESS

DELL PUBLISHING CO., INC.  
1 Dag Hammarskjöld Plaza, New York, N.Y. 10017

immediacy of a well-written novel. But although the drama and intensity of the therapeutic process are there, Whitaker's style seems indifferently portrayed. Alternating chapters explain the assumptions of a theory of family systems and an approach to therapy. These comprise the most clearheaded introduction to the field I've seen, making the book very suitable for the general reader. Professionals will be disappointed: an in-depth analysis by one of the master practitioners of family therapy would have been a most welcome addition to the literature of this field.—*James Charney, M.D., Dept. of Psychiatry, Yale Sch. of Medicine*

**Nicholi, Armand M., Jr. The Harvard Guide to Modern Psychiatry.**

Belknap: Harvard Univ. Pr. Feb. 1978. 704p. index. ISBN 0-674-37566-1. \$29.50. PSYCH  
The standard text on the scientific foundations of modern American psychiatry is Alfred M. Freedman & Harold L. Kaplan's *Comprehensive Textbook of Psychiatry* (Williams & Wilkins, 1975. 2nd ed.). The *Harvard Guide* can be considered a similarly successful synthesis of the basic knowledge of the field. Being in one volume it is handier; it is also more assimilable than the more encyclopedic *Comprehensive Textbook* in terms of its narrative style, its fewer but more valid groupings of topics, and its extended discussions of fundamental principles of treatment and current clinical practice. This guide avoids the fragmentary and overly eclectic approach of many handbooks by allowing each of 32 contributing authorities to provide a synthesis of one of 31 distinct subfields such as the therapist-patient relationship, clinical use of psychological tests, neural substrates of behavior, affective disorders, sex therapy, patient management, the elderly person, psychiatric epidemiology, and psychiatry and the law. However, non-corroborative research findings are rarely mentioned, and alternative approaches and unorthodox assumptions are not satisfactorily delineated. Libraries using the more technical *Comprehensive Textbook of Psychiatry* as a reference tool might wish to consider the *Harvard Guide* as a complementary circulating textbook.—*William Abrams, Portland State Univ. Lib., Ore.*

**Piaget, Jean. The Essential Piaget.**

Basic Bks. 1977. 881p. ed. & tr. by Howard E. Gruber & Jacques Vonèche. fwd. by Jean Piaget. bibliog. index. LC 76-9337. ISBN 0-465-02058-5. \$35. PSYCH  
Complete with illuminating commentary, this book is an excellent compilation of representative selections from Piaget's life work. In an impressive foreword, Piaget claims that he himself gained further insight into his works from reading the editors' explanatory notes. Both editors have worked with Piaget and have obviously succeeded in presenting a multifaceted tribute to the man's monumental career. This is a fascinating record of Piaget's scholarly progression through the disciplines of biology, philosophy,

mathematics, and psychology. The collection begins with Piaget's first publication, "An Albino Sparrow" (written when he was 11 years old), and continues through 70 years of influential contributions. Included is a translation of Piaget's first book, a lengthy prose poem, as well as an interesting résumé of his second book, a novel. There are also some previously untranslated early papers. Comprehensively organized and impeccably coherent, this anthology is a necessity for psychology collections.—*Lucille F. Halgin, Dept. of Psychology, Univ. of Massachusetts, Amherst*

**Turner, Janet & W. L. Pew. The Courage To Be Imperfect: the life and work of Rudolf Dreikurs.**

Hawthorn. Feb. 1978. 432p. photogs. LC 75-220. ISBN 0-8015-1784-2. \$14.95. BIOG/PSYCH  
Basing his work on Alfred Adler's teachings, Dreikurs taught and wrote extensively, and remains a strong influence today. Very interestingly written, this is a serious nontechnical biography. A great deal of feeling comes through, both for the man and those he knew and for the social and historical temper of the times from 1897 through the 1970's. The work also manages to present an enormous amount of sound psychological theory. A bibliography of Dreikurs' writings and tapes is included. Highly recommended both for professionals and for interested lay readers.—*Valerie N. Danish, New York*

**Trower, Peter & others. Social Skills and Mental Health.**

Univ. of Pittsburgh Pr. Feb. 1978. illus. \$11.95. PSYCH  
The thesis of this book is that some mental disorders are caused or exacerbated by social inadequacy and can be alleviated by training aimed directly at changing social behavior. Although social incompetence cuts across many diagnoses, neuroses and personality disorders are focused on while functional and organic psychoses and addictions are largely excluded. A developmental model of social behavior is presented along with an outline of techniques for altering interpersonal skills, and an accurate review of outcome studies. The major portion of the book is a detailed guide to patient assessment and the planning of appropriate training programs. The proposed method uses a format involving the basic principles of skill acquisition which include demonstration, guidance, practice, and feedback, while the content includes cognitive, performance, and observation skills. A useful addition to the growing list of applied training manuals for therapists; for appropriate collections.—*Joseph E. Draganosky, Northwest Center for Community Mental Health, Philadelphia*

**Webb, Roger A., ed. Social Development in Childhood: day-care programs and research.**

Johns Hopkins. (Fourth Hyman Blumberg Symposium). 1977. 224p. illus. bibliog. \$12.50; pap. \$3.45. ED/PSYCH  
This collection of six papers focuses

primarily on the effect of day-care centers on the rearing of children. The analytical discussions of solid research (often technical and statistical) cover mother-child interaction; reunion behavior; social and intellectual consequences; the implications for "intervention" of the "socialization of intelligence"; peer interaction; and a school program to "facilitate the social development of children." Among the conclusions: early preschool experiences may produce some negative results such as an atmosphere of reduced intimacy and stability, and avoidance and resentment behavior. The benefits include advantages for "high-risk" infants and disadvantaged children, and positive peer learning. An editorial chapter "pulling together" results is needed. Nevertheless, a valuable contribution to the literature, for academic libraries.—*Adeline Konsh, New York City Public School System*

**Zilbergeld, Bernie with assist. of John Ullman. Male Sexuality: a guide to sexual fulfillment.**

Little. 1978. 306p. index. ISBN 0-316-98792-1. \$12.50. PSYCH  
Far above the crowd of how-to sex books, this is a literate, thoughtful integration of psychology and specific exercises by an experienced sex therapist. Zilbergeld deplors the pornographic myths of male sexuality; he speaks to the feelings of men, their uncertainty, confusion, and rather common lack of enjoyment. This is a book for "studs," virgins, and men with sexual dysfunctions, as well as for the majority of men who want to enhance this important (not *all-important*, the author insists) part of life. Many who cannot find or afford a qualified therapist may be able to overcome serious problems by taking this as a workbook. With *For Yourself* (LJ 5/1/75), Lonnie Barbach's book for women, and *The Pleasure Bond* (LJ 2/1/75) by Masters and Johnson, this fine book forms a basic trilogy for the post-sexual-revolution era.—*E. James Lieberman, M.D., Dept. of Psychiatry, George Washington Univ., Washington, D.C.*

**Parapsychology & Occultism**

**Douglas, Alfred. Extra-Sensory Powers: a century of psychical research.**

Overlook, dist. by Viking. 1978. 392p. illus. bibliog. index. LC 77-77807. ISBN 0-87951-064-1. \$15. PARAPSYCH  
This latest history of parapsychology is in four parts, the first two covering the earliest beginnings to the 1920's, the remainder laboratory research and "present trends." Several books review the latter two subjects much more thoroughly, e.g., D. Scott Rogo's *Parapsychology* (LJ 3/15/75) and Norma Bowles & Fran Hynds's *Psi Search* (LJ 1/15/78). However, the first two thirds of this book give extensive coverage to the early work with mediums. While most current histories deal sketchily with this material, Douglas gives considerable background information on each of several mediums, quotes extensively from the original re-