Gladstone, William. Test Your Own Mental Health: a self-evaluation work-
book.
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 dis-
order; each stage has seven common characteristics of mental behavior fur-
ther broken down into an average of 18 behavioral items (or symptoms) that are
assigned weighted values. Add up the weighted “psychopath” scores 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 dra-
matically provide heightened self-
awareness because of the paucity of re-
liable criteria and the lack of mutually
exclusive terms against which to check
the results of the self-assessment. The
author admits to allow for the fact
that personal validation encour-
ages a tendency to err in the direction
of idealization, if not outright denial, of
behavior. Busy mental health profes-
sionals may recommend this as a flawed
but useful shortcut for gaining
self-insight; only the inevitable popular
demand will recommend it to librari-
s.—William Abrams. Portland State
Univ. Lib., Ore.

Hilgard, Ernest R. Divided Con-
sciousness: multiple controls in human
thought and action.
39628-8. $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 phenomen-
a is that it is impossible to know
whether people lie, are simulating, de-
cervising themselves, or telling the truth—a key fact which psychology
will eventually have to tackle. Hilgard
consistently evades it. His own ex-
planations 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. Janyecz, Coll. of
Environmental Design, Univ. of Colo-
rado, Boulder

Loewald, Hans W., M.D. Psychoana-
lysis and the History of the Individual.
Yale Univ. Pr. (Freud Lectures at Yale Univ.).
1978. 360p. index. LC 78-006217. $7.95.
Schoyer. Roy. Language and Insight: the
Sigmund Freud Memorial Lectures,
Yale Univ. Pr. 1978. biblog. index. $12.50.
PSYCH
Both these books are based on lectures
given in memory of Freud and ad-
dressed 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 human-
istic 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 (deter-
mimg the "history" of the analyands
and the free associative method) and
the application of his "action" lan-
guage 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)
and symbolic modes of experience, which
would deepen the experience of love and
religion. Both authors have written valu-
able and readable works which expri-
cate and further the humanistic con-
tribution of psychoanalysis.—Robert
N. Pollinger, Dept. of English, Nassau
Community Coll., Garden City, N.

Y.

Lyon, Harold C., Jr. Tenderness Is
Strength: from machismo to manhood.
Girisha Heilig. (wd. by John Denver. index.
Lyon, a West Point graduate and
former ranger-paratrooper officer in the
Army, argues persuasively and elo-
quently 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 lib-
eration 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 re-
incarnation of an Indian, as well as by
his enthusiasm for health foods, yoga,
etc., but his fundamental thesis is
sound and, if not particularly new, gen-
erally well argued and developed.—
Douglas S. Marsh. Memphis & Shelby
County P.L., Tenn.

Napier, Augustus Y. with Carl Whita-
ker. M.D. The Family Crucible.
$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 pre-
sents all serve to confirm the impres-
sion of true artist-poet. When he talks
about his work, he speaks to the "right-
brain" and conjures up images as
evocative and stunning as the work it-
self. Too little of this special kind of po-
etry is captured in The Family Cru-
ible. Napier describes his and Whita-
ker's therapy with an angry and
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such as cancer, and cardio-
vascular and respiratory
disease. The author carefully
describes successful ways of
reducing stress..."—Library
Journal. "A sensible, sophisti-
cated treatment of a controver-
sial subject."—Kirkus Reviews.
Bibliography: index.

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MIND AS SLAYER
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LIBRARY JOURNAL/February 15, 1978/467
immediacy of a well-written novel. But although the drama and intensity of the therapeutic process are there, Whi- kter's style seems indifferently portrayed. Alternating chapters explain the assumptions of a theory of family systems and an approach to therapy. There is also the clearest 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


The standard text on the scientific foundations of modern American psychiatry is Alfred M. Freedman & Har- old L. Freeman's Psychiatric 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 also more readable and less cumbersome 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 or the 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- clinical approaches such as research 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.


Complete with illuminating commentary, this book is an excellent compilation of representative selections from Piaget's life work. In an impressive and vigorous prose, Piaget 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 progress 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. Hulgin, Dept. of Psychology, Univ. of Massachusetts, Amherst


Basing his work on Alfred Adler's teachings, Dreikurs taught and wrote extensively, and remains a strong influence in the United States. He is widely written about, and is 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 ineptitude 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 is holistic, involving the basics of the principles of skill acquisition which include demonstration, guidance, practice, feedback, while the content includes cognitive, perception, and observation. There is also a useful addition to the growing list of applied training manuals for therapists; for appropriate collections.—Joseph E. Draganowski, 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 on Psychology, J. 3/15/75) and Norma Bowles & Fran Hynd's Psi Search (JL1/15/78). However, the first two thirds of this book give extensive coverage to the early work with mediums. While most current historical and theoretical work is not covered, Bowles gives considerable background information on each of several mediums, quotes extensively from the original re-