

# Newly Published Books

## Emotion in the Human Face

*Paul Ekman*

*Wallace V. Friesen*

*Phoebe Ellsworth*

Pergamon Press, Inc.

1972

*Emotion in the Human Face* is a book which discusses the topic of nonverbal communication. Interest in dealing with the face and emotion stems from a longer and broader interest in the whole range of non-verbal behavior—body movement, gesture and posture. This book deals with setting guidelines for research and the integration of the findings.

Part One discusses some of the conceptual issues which need clarification. The first difficult conceptual problem is deciding what we mean by emotion. How does emotion differ from other facets of human experience?

Part Two presents each of the decisions which an investigator makes if he is to do research on the face and emotion, reviewing what decisions have been made, and recommending particular solutions.

Part Three presents, in separate chapters, the research that has been done and the answers which have emerged to seven different questions about the face and emotion.

Part Four describes some research in progress and the implication of the findings from Part Three for theories of emotion. Lastly, what we now know about the face and emotion is summarized and questions are posed which must await further research.

# Instant Shrink

*James A. Brussel, M.D.*

*Theodore Irwin*

Cowles Book Company, Inc.

1971

In this hilarious manual for laymen, the authors have created a unique system of ultramodern psychiatry designed to fill a vast vacuum in the healing arts.

Brussel and Irwin demonstrate in their first lesson how the armchair psychiatrist can set up instant practice with a supraliminal shingle announcing "I Am a Shrink." Basic instruction is provided, with emphasis on nuances, eyebrow movements and appropriate facial expressions.

You'll learn the 5 1/2 ways in which personality develops, the art of Psych-Pselling (the consultation), and the processes of Psychodynamics. You gain insights into such phenomena as indecisive sexuality, the hypersexed, the sex raconteur, infidelity, and other esoteric facets of the libido.

Psychese—the new language of psychosemantics—is presented in the final lesson, supplemented by a fabulous glossary. For the serious scholar there is an unusual final exam and a cutout diploma suitable for framing.

The style in which this work is fashioned may be regarded as a compound of wry and zany wit, bawdy boffos, tongue-in-cheek drollery, and linguistic acrobatics that can be found only in a psychiatric circus. Whether you or just your friends are uptight, you need this mind-popping volume. It makes every other book on psychiatry obsolete.

# The Psychiatric Programming of People

*H. L. Newbold, M.D.*

Pergamon Press, Inc.

1972

Using the cybernetic model of the computer, this volume is an attempt to integrate the behavioral aspects of life with the biochemical base upon which all living creatures exist. This is not a "how-to" book for psychiatry, but rather is an orientation encompassing all forms of treatment, from electroshock therapy to psychoanalysis, binding them all into a single, unified theory of personality and therapy.

It is the author's basic premise that man is, for psychological purposes, a computer, and that this computer can fail to function properly if the hardware (central nervous system) is physically or chemically damaged or if the software (Biologically Programmed Computer) is abnormal. Dr. Newbold proposes then that a damaged or abnormal computer must, in so far as possible, be normalized with psychochemicals before it can be programmed to function effectively through such methods as behavioral psychotherapy and psychochemotherapy.

The first part of the book introduces the concepts and "mechanics" of the living computer and includes a discussion of such topics as the biologically programmed computer, homeostasis, the compartmentalized computer, chemical reactions, and individuality. The theoretical and practical aspects of these concepts constitute the remainder of the volume. Part II, Therapeutic Implications, considers psychotherapy, psychochemotherapy, therapy in relation to the patient's age, and the reinforcement of negative behavior. The volume concludes with an examination of social implications—anger and aggression.