

# BOOK REVIEWS

Allred, G. Hugh. *On the Level With Self, Family, Society*. Provo, Utah: Brigham Young University Press, 1974. 358pp.

On the Level With Self, Family, Society is a book devoted to self-understanding and the understanding of interactions within the family and with others. Dr. Allred describes an Adlerian approach to understanding human interactions through the concepts of vertical and horizontal movements. Vertical movement is indicated by destructive interactions (moving against others), and horizontal movement is indicated by constructive interactions (moving with others). The concepts of vertical and horizontal movements weld the various sections of the book into a cohesive presentation of parent-child relationships, parent-adolescent relationships, and marital relationships. The last section of the book is a discussion of society's contribution to vertical movement--from the classroom to the prisons. Each section cites numerous examples of commonly occurring family situations, and each example is followed with a discussion of the family dynamics of the situation and recommendations for change. A practice section is available for the reader who wishes to learn correct responses to a child's misbehavior. Finally, a summary of the book is provided which stresses methods for identifying vertical and horizontal movements.

G. Hugh Allred's *On The Level* is a well written book which can be clearly understood. More importantly, *On The Level* is a practical guide for those who have questions about their own interactions with others and especially for parents who wish to improve their family's life by developing constructive methods for rearing their children.

--Lawrence Zuckerman

Dinkmeyer, Don, and McKay, Gary G. *Raising A Responsible Child*. New York: Simon & Schuster, 1973.

There have been numerous books written on parenting in the past few years. Raising A Responsible Child differs greatly from most of these books--it's good! The authors have done a creditable job in writing a highly useful guide to aid parents in raising their children. The writing style flows and is easy to comprehend.

Dinkmeyer and McKay not only cite numerous examples to demonstrate the principles of Adlerian Psychology, but they also give many verbatim transcripts of actual interactions occurring between parent and child. These excerpts give the reader a very concrete example of the principles involved and minimize the chance of misinterpretation while applying the principles.

The authors have separated the book into numerous sections, each devoted to a specific principle. Such an organization would appear to aid the parent's understanding of democratic child-rearing. One chapter is worth special note: the authors have described the problems associated with being "the good mother," delineating the effects of the problems on the child.

*Raising A Responsible Child* is one book that provides the reader with the basic principle for developing a sound parent-child relationship: the process of encouraging communication\* in the family. Get the book! You won't regret it.

**--Michael T. Yura**

Kraft, Arthur. *The Living Classroom: Putting Humanistic Education Into Practice*. New York: Harper and Row, 1975.

*The Living Classroom* is an excellent "how-to" book which demonstrates ways to turn the classroom into a democratic and enjoyable learning atmosphere. The author extracts useful tools from just about every theory composing the humanistic, third force of psychology, including T.A., Gestalt, Rogerian (Client-Centered), and Adlerian, among others. Utilizing verbatim transcripts of sessions with children, exercises in skill-development for the educator, and well-chosen excerpts from varied sources, Arthur Kraft presents a four-point program (involvement, self-direction, communication, and problem solving) and demonstrates methods for putting the program into practice. In addition to a general program structure, the author presents methods for assessing a child's purposeful behavior via Adlerian Psychology and Maslow's psychology.

The book can be well-utilized by educators at all levels: administrators, counselors, teachers, parents, and even students themselves. It will be easy reading and easily understood by a wide range of readers; and while the presented program is not a quick and easy method of teaching, the suggested principles and tools will bring about long-term and lasting effects and changes, resulting in a better style of living for those involved.

**--J. L. Faber**

*\*Much of the communication theory in Raising A Responsible Child is borrowed from P.E.T. (Parent Effectiveness Training) by Thomas Gordon (1970); indeed, the Deweys suggested at the May, 1975, Annual Meeting of ASAP that the Dinkmeyer and McKay book was a combination of Children: The Challenge (Dreikurs and Soltz, 1964) and P.E.T. (Editor's notation)*