

# Books and Materials

Jon Carlson, Column Editor

The purpose of this column is to bring to your attention books and materials that might be useful to you in your work or personal growth. If you know of any items that would be of interest to our readers or wish to have materials reviewed in this column, please write Jon Carlson, Route 4 Box 492, Lake Geneva, WI 53147.

Bry, A., & Bair, M. *Directing the movies of your mind*. New York: Harper and Row, 1978.

A simple book that shows how visualization training can be used to provide insight and health.

Canfield, J., & Wells, H. C. *100 ways to enhance self-concept in the classroom*. Englewood Cliffs, N.J.: Prentice-Hall, 1976.

One of the best books in the helping professions this decade. The strategies are presented for use by the classroom teacher but are easily adopted for use in other settings. I highly recommend this book.

Dinkmeyer, D., & Dreikurs, R. *Encouraging children to learn*. New York: Hawthorn Books, 1963.

This bestseller has finally (after 17 years) been released in paperback. The content is just as relevant today. A classic.

Gendlin, E. T. *Focusing*. New York: Everest House, 1978.

A good self-help book that seems to be gaining a lot of national interest. The method has been empirically validated and seems to be a worthwhile area for further study.

Hendricks, G. *The family centering book: Awareness activities the whole family can do together*. Englewood Cliffs, N.J.: Prentice-Hall, 1979.

The activities presented in this book can be used during the counseling process or suggested for homework. Family communication, problem-solving, relaxation, conflict management and discipline are some of the areas covered. The material can be used in part or as a total program.

Keat, D. B. *Multimodal therapy with children*. Elmsford, N.Y.: Pergamon, 1979.

A very helpful book for anyone who works with children. This comprehensive approach is compatible with Individual Psychology. The book is complete with assessment methods, treatment strategies, and case studies.

Kozloff, M. A. *A program for families of children with learning and behavior problems*. New York: Wiley-Interscience, 1979.

This book is a synthesis of behavior modification, social exchange theory, communications theory, and social network theory applied to working with families of special/exceptional children. This practical volume presents many techniques that are very compatible with an Adlerian approach to counseling.

Losoncy, L. E. *You can do it: How to encourage yourself*. Englewood Cliffs, N.J.: Prentice-Hall, 1980.

This book is packed with practical exercises and tips for the personal growth of the counselor or his/her client. The author's excitement for life and his work is apparent throughout the book. The dedication of the book reads as follows "In respectful memory of Dr. Alfred Adler, who put people in their places—in charge of their life; his voice grows stronger each year. And to the rare and courageous person who lives Adler's ideas and takes full responsibility for life."

Ostrander, S., Schroeder, L., & Ostrander, N. *Super-learning*. New York: Delacorte, 1979.

New stress-free, fast learning methods you can use to develop supermemory and improve business and sports performance. The approach comes from the work of Lozanov and his procedure known as "suggestiology." A good investment.

Pion, R., & Hopkins, J. *The last sex manual*. New York: Wyden Books, 1978.  
(Available from the author 2936 Bottle Brush Drive, Los Angeles, CA 90024)

A revolutionary approach to treating sexual problems. The approach is presented in a captivating fashion and provides many techniques.

Powers, H., & Presley, J. *Food power: Nutrition and your child's behavior*. New York: St. Martin's Press, 1978.

An interesting book that shows how orthomolecular approaches can be applied to children. An important book for counselors and teachers.

Shedd, C. *You are somebody special*. New York: McGraw-Hill, 1978.

A book of original articles for teenagers that helps them to understand themselves, handle emotions, cope with life at home and school, make decisions about money, work, marriage, and the meaning of life. The lead article by Bill Cosby is excellent.

Shorr, J. E. *Psycho-therapy through imagery*. New York: Intercontinental Medical Book Corporation, 1974.

A fascinating procedure that integrates traditional verbal procedures with directed imagery. A useful process that fits easily into Adlerian procedures.

Silverman, H. M., & Simon, G. I. *The pill book: The illustrated guide to most prescribed drugs in the United States*. New York: Bantam, 1979.

A very practical compendium of the 1000 most commonly prescribed drugs. The book is geared for the lay person and contains helpful commentaries for counselors and teachers without medical training.

Simonton, O. C., Matthews-Simonton, S., & Creighton, J. *Getting well again*. Los Angeles: Tarcher/St. Martin's, 1978.

A step-by-step guide to the author's revolutionary self-help program to help overcome cancer for patients and their families.

Visher, E. B., & Visher, J. S. *Step-families: A guide to working with step-parents and stepchildren*. New York: Brunner/Mazel, 1979.

This book presents valuable counseling suggestions and advice for working with stepfamilies. This is an area that has become a counseling speciality and requires new therapeutic techniques.

Weinhold, B. K., & Elliott, L. C. *Transpersonal communication: How to establish contact with yourself and others*. Englewood Cliffs, N.J.: Prentice-Hall, 1979.

A practical guide for parents, teachers, students and counselors in how to establish deeper and more meaningful contact with themselves and others. The book contains many novel ideas and exercises.

Wilbur, K. *The atman project: A transpersonal view of human development*. Wheaton, Il: Quest Book, 1980.

Eastern and Western ideas on human growth and development are fused together to provide a very interesting and helpful system for understanding human development. Atman is the ultimate goal or the final level of transcendence toward which we all strive.

The following titles and speakers are cassette tapes from Dolphin Tapes P.O. Box 71, Big Sur, CA 93920. I urge the reader to write for a complete catalog.

"From the Fringe to the Center" by James Fadiman. This tape provides a brief historical account of transpersonal psychology and provides the direction for future work. Dr. Fadiman is a most entertaining and informative speaker.

“Quest for a New Consciousness Paradigm” by Stanislav Grof. An interesting speech from a scientist who is years ahead of his time.

“The Possible Human” by Jean Houston. Dr. Houston challenges the listener to explore and discover hidden talents. A brilliant and articulate scholar, Dr. Houston is able to simplify difficult concepts and make dreams seem attainable.

“Transpersonal: Interesting Illusion or Fact?” by Charles Tart. Dr. Tart presents a sound scientific base for transpersonal work. This includes the fact that over 50% of all people surveyed in a national study have had a paranormal experience.

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*“An educator’s most important task, one might say his holy duty, is to see to it that no child is discouraged at school, and that a child who enters school already discouraged regains his self-confidence through his school and his teacher. This goes hand-in-hand with the vocation of the educator, for education is possibly only with children who look hopefully and joyfully upon the future.”*

—Alfred Adler