

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 item that would be of interest to our readers or wish to have materials reviewed in this column, please write to Jon Carlson, Route 4, Box 492, Lake Geneva, WI 53147.

Achterberg, J. and Lawlis, G. F. *Bridges of the bodymind*. Institute for Personality and Ability Testing, Inc., 1602 Coronado Drive, Champaign, Illinois 61820, \$21.00. A futuristic volume that presents the behavioral approach to health care.

Baker, S. B. *School counselor's handbook: A guide for professional growth and development*. Allyn and Bacon Inc., 470 Atlantic Avenue, Boston, Massachusetts 02210, 1981, \$19.95. Prepared for school counselors to use to update their knowledge and skills. A workable self-help program is presented.

Baldwin, C. *One to one: Self-understanding through journal writing*. M. Evans and Company, New York, N.Y. 10017, 1977. \$6.95. A clear and interesting presentation on how to use journal writing as a form of self-help.

Ball, R. *Changing bodies, changing lives: A book for teens on sex and relationships*. Random House, New York, 10022, 1980. A thoughtful and honest volume for teens on sex and relationships written by the creators of *Our Bodies, Ourselves*.

Baruth, L. and Eckstein, D. *Life style: Theory, practice, and research* (2nd Edition). Kendall/Hunt, 2460 Kerper Boulevard, Dubuque, Iowa 52001, 1981. An updated compilation of the important manuscripts on the theory and application of life style research.

Bausell, R. B., Bausell, C. R., and Bausell, N. B. *The Bausell home learning guide: Teach your child to read*. The Saunders Press, West Washington Square, Philadelphia, Pennsylvania 19105, 1980, \$12.95. Research shows that children of any family background do best in school when taught by a parent. This book serves as a "how to" guide to help parents teach children to read at home.

Brown, B. *New mind, new body* (1974), *Stress and the art of biofeedback* (1977), *Super-mind: The ultimate energy* (1980). Harper and Row, 10 East 53rd Street, New York, NY 10022. Barbara Brown is a major spokesperson in the areas of biofeedback, stress, brain and behavior research. In *New Mind, New Body* she explains how man can learn to control his biological and mental functioning. In *Stress and the Art of Biofeedback* she shows how to use biofeedback to treat a variety of stress related illnesses. In *Supermind* she has developed a fascinating and persuasive argument for the existence of incredible amounts of untapped mind potential. She presents ways to develop and use this supermentality for the benefit of mankind.

Castaneda, C. *The eagle's gift*. Simon and Schuster, 1230 Avenue of the Americas, New York, NY 10020, 1981, \$12.95. Carlos Castaneda takes the reader into the very heart of sorcery, challenging both imagination and reason, shaking the very foundation of our belief in what is natural and logical.

Cooper, S. and Heenan, C. *Preparing, designing, and leading workshops: A humanistic approach*. CBI Publishing Co., 51 Sleeper Street, Boston, Massachusetts 02210, 1980. An easy to follow step-by-step presentation that will allow counselor's to develop better organized, more satisfying, and more exciting workshops.

Crain, W. C. *Theories of development: Concepts and application*. Prentice-Hall, Englewood Cliffs, New Jersey 07632, \$17.95. A wonderful book that discusses the basic concepts and the practical implications of many leading developmental theorists. Well worth reading.

Dreyer, S. S. *The bookfinder: Volume 2*. American Guidance Service, Circle Pines, Minnesota 55014, 1981, \$37.50. A guide to children's literature about the needs and problems of youth aged 2-15. Volume 1 described 1031 books and Volume 2 adds 723 more. A must resource for the counselor.

Erlich, R. *The healthy hypochondriac: Recognizing, understanding, and living with anxieties about our health*. The Saunders Press, West Washington Square, Philadelphia, Penn. 19105, 1980, \$6.95. Hypochondria is a disorder suffered by several million people. According to estimates, possibly twenty percent of the nation's medical expenses and as many as half the visits to physicians are accountable to hypochondriacs. In this fascinating book the author explains what hypochondria is, where it comes from, how it works in our lives and, most importantly, how we can make it work for our good health.

Epstein, J. (Ed.) *Portraits of great teachers*. Basic Books, New York, NY, 1981, \$14.95. Sixteen distinguished scholars present their memories of the teachers who had the most profound effect on the shaping of their own minds and work. The portraits bring alive some of the most incisive thinkers of this century.

Fromme, A. *The book for normal neurotics*. Farrar, Straus and Giroux, 19 Union Square West, New York, NY 10003, 1981, \$10.95. In a lively, easy-to-follow question-and-answer format, Dr. Fromme discusses the dangers of passive psychoanalysis, psychological necessities we tend to overlook (such as the need for change, excitement, physical activity, and pleasure), and how family and marital relations specifically affect an individual's psychological health and development.

Glasser, W. *Stations of the mind: New directions for reality therapy*. Harper and Row, 10 East 53rd Street, New York, NY 10022, 1981, \$12.95. A further expansion of William Glasser's reality therapy ideas. In a clear, nontechnical presentation, this book tells how our brains function or what we do, think, and feel.

Hawke, S. and Knox, D. *One child by choice*. Spectrum Books, Englewood Cliffs, New Jersey 07632, 1977. A positive, realistic statement of the rewards and challenges of having a single child.

Kaufman, W. *Discovering the mind — Freud versus Adler and Jung*. McGraw-Hill Book Co., 1221 Avenue of the Americas, New York, NY 10020, 1981, \$17.95. The three major figures who shaped the course of modern psychology and transformed mankind's understanding of its own behavior come to life in the concluding volume of a critically acclaimed trilogy on the development of the human spirit. Goethe, Kant, and Hegel were studied in Volume 1, and Nietzsche, Heidegger, and Buber were the subjects of Volume 2.

Kozol, J. *On being a teacher*. The Continuum Publishing Co., 18 East 41st Street, New York, NY 10017, 1981, \$12.95. Kozol advocates an approach to education that is infused with ethical values. In this book he gives constructive suggestions on how the teacher can work conscientiously within the system to foster these values in concert with parents, students and their teachers.

Lazarus, A. A. *The practice of multi-modal therapy*. McGraw-Hill, 1221 Avenue of the Americas, New York, NY 10020, 1981, \$18.95. Another practical volume from one of today's most insightful therapists. The fundamental premise of this book is that clients are usually troubled by a multitude of

specific problems that should be dealt with by a similar multitude of specific treatments.

Macpherson, M. C. *The family years: A guide to positive parenting*. Winston Press, 430 Oak Grove, Minneapolis, MN 55403, 1981. A do-it-yourself book that addresses those familiar family issues that come up over and over again.

Morrison, K. and Thompson, M. *Feeling good about me*. Educational Media Corporation, Box 21311, Minneapolis, MN 55421, 19800, \$6.95. Eighteen structured sessions designed to help elementary school children develop more positive and realistic self-images. Many good ideas.

Orlick, T. *In pursuit of excellence*. Coaching Association of Canada, 333 River Road, Vanier, Ontario, K1L 8B9, 1980, \$9.95. An innovative sports psychologist presents very practical ideas on how to achieve higher levels of personal excellence and life satisfaction.

Pines, A. M., Aronson, E., and Kafry, D. *Burnout: From tedium to personal growth*. The Free Press, 866 Third Ave., New York, NY 10022, 1981, \$17.95. This book discusses the effects of burnout and a variety of coping strategies to combat burnout in professional, family and interpersonal life.

Reisman, J. *Anatomy of friendship*. Lewis Publishing Co., P.O. Box 1000, Brattleboro, Vermont 05301, 1981, \$6.95. Reisman presents some case histories that reveal the importance of friends in our lives, the many kinds of friendships we enjoy, the way we sometimes—casually—put them in jeopardy. For adults, and for parents who want to guide their children into a friendly way of life, this book is helpful.

Rutherford, R. D. *Just in time*. John Wiley and Sons, Inc., 605 Third Avenue, New York, NY 10158, 1981, \$12.95. This book adopts an innovative, holistic approach to time management. Written from a behavioral perspective, it places immediate concerns within the context of an overall process. The author flags the attitudes, habits, and patterns which are stumbling blocks to success and presents sound advice on how to clear them.

Spangler, D. *Explorations: Emerging aspects of the new culture*. Findhorn Publications, The Park, Forres IV36, OTZ, Scotland, 1980. *Explorations* is a collection of inspiring and provocative insights from one of the most challenging thinkers of our time. This is the fourth volume in the lecture series from the model community of Findhorn.

Stinnet, N., Chesser, B., Defrain, J., and Knaub, P. (Eds.) *Family strengths: Positive models for family life*. University of Nebraska Press, 901 North 17th Street, Lincoln, Nebraska 68588, 1981, \$9.95. A collection of 35 articles by leading professionals that seeks to define the qualities of strong families; explores ways family life can be enriched; and presents several positive models of family life.

Totman, R. *Social causes of illness*. Pantheon Books, 201 East 50th Street, New York, NY 10022, 1980, \$10.00. A distinguished clinical psychologist replaces our familiar yet misguided notions of psychosomatic illness with a convincing new interpretation. Drawing from an impressive range of scientific sources, he argues that many physical and mental illnesses result from an individual's efforts to attain the goals and maintain the patterns he has established for himself.

Wilson, B. and Edington, G. *First child, second child: Your birth order profile*. McGraw-Hill, 1221 Avenue of the Americas, New York, NY 10020, 1981, \$11.95. An interesting book that shows how the chronological place held in a family influences development.

Winters K. and Feiber, M. *The teacher's copebook: How to end the year better than you started*. Pitman Learning Inc., 6 Davis Drive, Belmont, CA 94002, 1980. A personal handbook of nearly 100 anti-stress activities.

Zimbardo, P. G. and Radl, S. *The shy child*. McGraw-Hill, 1221 Avenue of the Americas, New York, NY 10020, 1981, \$11.95. Two out of every five people in the United States regard themselves as shy. This book shows parents how to create the home environment most likely to build confidence and self-esteem in children from preschool through college years. Problems of shyness at school are also dealt with.

A healthy person identifies with his body and feels the closeness of his ties to nature.

— Alexander Lowen
The Betrayal of the Body