

BOOK REVIEWS

Beecher, Willard and Marguerite, Beyond Success and Failure: Ways to Self-Reliance and Maturity, 1966. The Julian Press, New York, N.Y. 214 pp.

The authors gratefully--and most appropriately--dedicate this book to Dr. Alfred Adler, "who was our teacher during the last years of his life, during which time he gave us our first understanding of human behavior."

The Beechers have written a clear, simple, straightforward, and most helpful book of happy and pithy phraseology. Intended primarily for the layman, Beyond Success and Failure is a book of self help, not through presenting a series of Do's and Dont's but showing the reader how truly to be himself.

As Adlerians, the Beechers emphasize that each individual's approach to life is the product of his early self training and evaluation of self and of his world. For instance, there are some who carry over into adulthood their infantile dependence on parents' good opinion of them for their own self image. It seems that here again their own estimate of self is dependent on others' estimate of them. They try therefore to become everyone's favorite child, often moving "from infantility to senility without ever reaching maturity." Yet there are many who are independent through self-reliance. This differentiation between dependence and independence is applied to every area of life. The Beechers explain: "Most of us do not want to change. We want only to rid ourselves of the pain our 'bad' habits cost us." But, they state, we cannot do this until we first experience a period of unlearning.

Their many illustrations and instances add much to the book and help make real and vivid the principles brought out in its many stimulating and provocative chapters. A refreshing application of Adlerian principles, Beyond Success and Failure will undoubtedly reach a circulation of over 100,000 among the laymen, as did its predecessor Parents on the Run. Thus the lay public will become better acquainted with the practicality and validity of Adlerian principles and come to realize how much more Alfred Adler has contributed to man's understanding himself than his most memorable phrase--inferiority complex.

Nahum E. Shoobs

Goldstein, Arnold P., and Dean, Sanford J., eds., The Investigation of Psychotherapy: Commentaries and Readings, John Wiley and Sons, Inc., New York, 1966.

Singer, Erwin, Key Concepts in Psychotherapy, Random House, New York, 1966.

It is an often voiced complaint that clinical psychologists are not research-minded. The Investigation of Psychotherapy, edited by Arnold Goldstein and Sanford Dean, should do much to dispel this notion. The editors, professors of psychology at Syracuse University and Ohio State University, have done an admirable job in selecting pertinent materials which prove their contention that research in psychotherapy is slowly coming of age.

A concisely written introduction spells out the goal of the editors--to represent the breadth and variety of contemporary clinical research. Special emphasis is placed on the philosophy, design and methodology of research. Some sixty-three articles are organized in five parts, the sections on "Outcome Research" and "Analogue Research" being of special interest to this reader. Each part is introduced by a knowledgeable foreword that pulls together the various studies and provides perspective for the research-minded as well as the practicing clinician.

Key Concepts in Psychotherapy, by Erwin Singer, Associate Professor of Education of the City University of New York, is a different kind of book. In its introductory chapter, it deals with the historical and philosophical roots of psychotherapy. Then it focuses on such terms and concepts that have acquired special significance for the practicing therapist as initial in-

terview, interpretation, insight, resistance, transference and counter-transference. Each term is carefully defined in its original context and then followed through its evolutionary development to its current meaning. Inevitably, Dr. Singer is critical of Freudian psychoanalysis. Though he tries to be fair to Freud, his sympathies are decidedly on the side of the Neo-Freudians, among them Horney, Fromm and Sullivan. Though his terminology is somewhat different from ours, Adlerians will find it easy to go along with many of his conclusions.

Dr. Singer writes in a clear, precise style and supplements his theoretical discussions with many instructive examples from clinical practice. His book not only has great intrinsic merit but fills an obvious need. For this reason it can be highly recommended to all serious readers who are concerned with the continued advancement of their understanding of the nature of psychotherapy.

Leo Rattner, Ph.D.

BOOKS RECEIVED FOR REVIEW

Misiak and Sexton, History of Psychology: An Overview. Grune and Stratton, Inc., New York, 1966. References and index. Price \$12.50.

This text was written for students of psychology, both undergraduate and graduate. Aim practical and didactic: to provide student with a basis and stimulation for advanced study and to assist him in his professional orientation.

Phillips, Bernard S., Social Research: Strategy and Tactics. Macmillan Co., New York. Price \$7.50.

Author's fundamental conceptions: "that theory constitutes the most important research tool available to the scientist and that research methods may be fruitfully conceived of as strategies and tactics adopted by a community of scientists." Selected references for further study.

Van Nuys, Kelvin, Is Reality Meaningful? Philosophical Library, New York, 1966. Price \$10.00.

Notes to chapters and index.

DR. ALEXANDRA ADLER VISITS THE OREGON SOCIETY

Dr. Alexandra Adler of the Alfred Adler Institute of New York was the guest of the Oregon Society of Individual Psychology, February 10 and 11, 1967. Three programs had been arranged to enable members, educators, and doctors to meet Dr. Adler and hear her speak.

In Eugene, a banquet preceded the meeting at which she spoke to approximately 175 people. Her talk on "The Relevancy of Individual Psychology in our Changing World" was followed by a discussion period. At the Saturday morning session at the Francis Willard Counseling Center, she was interviewed by Dr. Oscar Christensen, Jr., director, before more than 500 students, educators and parents. In Portland that evening, she addressed 200 people at Portland State College. Later she met with members of a counseling class at the home of Dr. George Saslow, Department Head of the Psychiatry section of the University of Oregon Medical School.

I.P. ASSOCIATION OF CHICAGO SEMI-ANNUAL CONFERENCE

The Individual Psychology Association of Chicago held its semi-annual conference at St. Joseph's Hospital on November 5, 1966. Rev. Robert L. Powers moderated a panel discussion on "Sexual Attitudes and Behavior in Contemporary American Society." In his talk "Diagnosis in Action," Dr. Rudolf Dreikurs presented a method to increase psychological sensitivity. Later Dr. Edmund Kal conducted an experiment in sensitivity training with six volunteers. Dr. Misha Zaks was moderator for a panel on "The Effects of the Civil Rights Movement on the Psychology of the American People."
