

Book Reviews

Mental Readjustment, by Sidonie Reiss, Allen & Unwin, London, 1949, 167 pp., reviewed by Sofie Lazarsfeld.

This small volume holds two parts. In the first one the author gives a very fine and clear description of Alfred Adler's Individual Psychology and its basic principles. The psychic mechanism that directs the development of any human being—his accomplishments as well as his errors and failures—is brought to the reader's understanding within six short chapters. The book is written so honestly, frankly, so simply, that any layman, were he teacher, parent or social worker, will find there some useful signposts showing him where best to turn his way.

Yet even the professional in psychology will not waste time by reading this book; he very well might be reminded of valuable thoughts he had known long ago but which became somewhat lost by the overwhelming pressure of daily work. This refers especially to the second part of the book. Six very interesting examples of the author's own practice give highlights to what can be achieved by skillful application of individual-psychology guidance in cases of disturbed children and adults. Here, too, we find evidence not only of the professional experience but of the high moral standard of the author. There is no blowing of one's own trumpet, there is even complete avoidance of anything like propaganda. The examples speak for themselves. And there is a deep belief and firm confidence towards the positive, the constructive part of life that will induce the reader to share Miss Reiss's view of, and outlook on life, as such. Thus this small volume will do some good to any reader, even to those not psychologically interested, for, what better can be given to anyone than a confirmation of a positive and constructive attitude towards whatever happens in life?

SOFIE LAZARSFELD

1 1 1

Internationale Zeitschrift für Individualpsychologie, Quarterly, Ed., Maria Birnbaum, Wien II (Austria) Darwingasse 30/9, subscription price 24 Swiss francs per year.

Looking over the eight issues of the *Internationale Zeitschrift für Individualpsychologie* which our friends in Vienna brought out during the years 1947 and 1948, one can feel nothing but admiration. After eight years during which it was suppressed, they took up work again on the Review which Adler had founded, and they kept it going in spite of the greatest difficulties and even after the death of its first editor, Ferdinand Birnbaum, whose wife took over after him. If it is not yet as "international" as it used to be, we nevertheless find many valuable works of old and new contributors. A number of our readers may be interested in subscribing, the more so as it contains articles in German, French, and English, and gives of each one a summary in the two other languages. P.P.