

BOOK NOTES

ANDREWS, L. M., & KARLINS, M. *Requiem for democracy? An inquiry into the limits of behavior control.* New York: Holt, Rinehart & Winston, 1971. Pp. ix + 148. \$5.95; \$3.95 paper.—This is one of a growing number of books which struggle with the problem of how we are to escape a psytocracy in a world of behavior modification, electrode implantation, psychogenic drugs, and of alienated, anxious people willing to give up freedom for the security of an autocratic utopia run by super-psychologists. If man is to have a measure of freedom, he must work for participatory democracy (as opposed to our present system), which is an open-ended system in which freedom is recognized as a quality of determinism—not an absolute nor a given, but a learned set of alternatives. Such alternatives cannot be accomplished by a simplistic behaviorism but by a process psychology which emphasizes not the mere acquisition of facts, but how choices are to be made.—J. P. CHAPLIN, *St. Michael's College, Winooski Vt.*

BECKER, A. (Ed.), *The general practitioner's role in the treatment of emotional illness: proceedings of a symposium held at Boston State Hospital, Boston, Massachusetts.* Springfield, Ill.: C. C. Thomas, 1968. Pp. xiii + 101. \$5.75.—This will help the general practitioner to recognize psychiatric problems and offer supportive therapy or make referrals concerning their management. Particular emphasis is given to drug addiction and alcoholism, family intervention, and the emotional problems underlying physical symptoms. Also discussed are: problems of secondary prevention, referrals to other specialists, effective use of the "twenty-minute hour," collaboration with practitioners in mental health, membership on the community mental health clinic team, as well as a proposal for a training program in attitudes and skills through seminars, lectures, and supervised training.—A. G. NIKELLY, *Univer. Illinois, Urbana.*

BERGER, T. *I have feelings.* Photographs by I. H. Spivak. New York: Behav. Publications, 1971. Unpaginated. \$3.95.—Situations that could make a child feel "good or bad"—17 in all—are described, in two or three lines, appropriately illustrated by beautiful photographs, and accompanied by equally brief comments suggesting a positive, common-sense "lesson." We criticize only two lines which refer to "people loving me," and the final line, "I am happy because I like myself." Undoubtedly children between 4 and 9 years, for whom it is intended, will enjoy and profit from this sensitively created book.

CHAFETZ, E., BLANE, H. T., & HILL, MARJORIE J. (Eds.) *Frontiers of alcoholism.* New York: Science House, 1970. Pp. xx + 424. \$12.50.—This work, largely based on the editors' experiences as a team in building research and clinical programs, primarily at the Massachusetts General Hospital, is based on the belief that alcoholics are treatable. The focus is on the professional's and the community's attitudes and motivations, as well as the patient's. Part

I discusses theoretical concepts and modifications of traditional approaches to patients formerly considered unreachable; Part II, new directions in psychiatric emergency services generally. An annotated bibliography of studies evaluating psychotherapeutic techniques and an excellent general bibliography add to the value of this warmly recommended book.—RUTH E. RONALL, *New York, N. Y.*

- CHIANG, H. M., & MASLOW, A. H. (Eds.) *The healthy personality: readings*. New York: Van Nostrand Reinhold, 1969. Pp. viii + 216. \$2.75 paper.—20 previously published selections from Allport, Barron, R. W. White, Erikson, Maslow, Rollo May, James Klee, Angyal, Anne Roe, Deborah Tanzer, Edith Cobb, Erich Fromm, L. S. Kubie, Ernest Schachtel, Aldous Huxley, Rogers and Tennenbaum, Bugental, Marion Milner, Albert Schweitzer, and Martin Buber. While the articles are actually not directly concerned with definitions of the healthy personality, they represent the movement of humanistic psychology.
- CORLIE, R. B., & RABE, P. *Psychotherapy from the center: a humanistic view of change and of growth*. Scranton, Pa.: Int. Textbook, 1969. Pp. xiv + 131. \$6.00.—Speaking as therapists to other therapists, in the existential approach, the authors attempt to present the psychotherapeutic encounter as it occurs and as it is experienced. They designate the therapeutic goal as “expanded experiential awareness.” The constructs of “center” and “periphery” lead to the methodological thesis: The therapist, by operating from his center with “impersonal empathy” (which sounds like a contradiction to us), assists the patient to go inward from his periphery and find his own center (a rather self-oriented approach from our view).—LUCY K. ACKER-KNECHT, *Berkeley, Calif.*
- DOLLARD, J., & MILLER, N. E. *Personality and psychotherapy: an analysis in terms of learning, thinking, and culture* (1950). New York: McGraw-Hill. Pp. xv + 488. \$3.25 paper.—A reprint of the historical attempt to bring together Freudian psychoanalysis and the behavioristic elementaristic learning research of Pavlov, Thorndike, and Hull.
- EINSTEIN, GERTRUDE (Ed.) *Learning to apply new concepts to casework practice: a staff development seminar*. New York: Family Service Ass. of America, 1968. Pp. v + 135. \$6.25.—This report includes, besides the introduction and one section by the editor, sections on crisis intervention, conflicting roles in newly acculturated families, systems theory and functions of marriage, and Irish and Jewish family values. The seminar was directed toward understanding families' problems. Goal-directed behavior and social embeddedness are clearly recognized, as well as the idea of a psychology of use rather than of cause. The book is a good example of how widely these ideas have been incorporated into current thinking.—MAE BELLE DOTY, *Minneapolis, Minn.*
- FRIEDMAN, A. S., ET AL. *Therapy with families of sexually acting-out girls*. New York: Springer, 1971. Pp. x + 214. \$7.50.—The purpose of the book is to provide a training curriculum (including diagnostic evaluation, family

dynamics, and therapy) and to interest the community in the need for such training. The family is treated as a group system, and specific cases of such treatment are presented, complete with dialogue. The authors state that there is as yet no sufficiently coherent theory of family therapy. They make use of such techniques as alternative action coming before insight; and over-encouraging the symptom through anti-suggestion, long used by Adlerians. The reader will find the book interesting.—GENEVIEVE PAINTER, *Family Ed. Ass., Champaign, Ill.*

GAGNON, J. H., & SIMON, W. (Eds.) *Sexual deviance*. New York: Harper & Row, 1967. Pp. viii + 310. \$3.50 paper.—This compendium of articles, many previously published, by various authors, presents an overview of sexual learning, and a discussion of the development of sexual deviation. A section on prostitution discusses reasons for entering into it and the image the prostitute has of herself. Male and female homosexual life styles are discussed, with an excellent description of the social structure of the homosexual community and of the world of prostitution. Case histories and frank verbatim statements by prostitutes and homosexuals help to interpret behavior deviation. Sex offenses within social and biological maturation are discussed, and the concept of "normal deviance" is illustrated. The book is interesting and informative, and contains an excellent annotated reference list.—A. G. NIKELLY, *Univer. Illinois, Urbana.*

GERGEN, K. J. *The concept of self*. New York: Holt, Rinehart, & Winston, 1971. Pp. x + 101. \$2.95 paper.—This volume is a review of research on the development of the self-concept and offers information on the process by which we develop our individual self-understanding. Both theory and development of self-concept are treated following a brief history of this quest. The relation of self-concept and behavior is investigated in the final section. This brief, well-documented, introductory survey of present approaches to an understanding of the self, which provides a highly differentiated model of the factors germane to an adequate understanding of self, should be especially helpful to those involved in life-style assessment.—T. R. WRIGHT, *Minneapolis, Minn.*

GRUMMON, D. L., & BARCLAY, A. M. (Eds.) with the assistance of Nancy K. Hammond. *Sexuality: a search for perspective*. New York: Van Nostrand Reinhold, 1971. Pp. xiii + 356. \$4.95 paper.—Twenty-one participants from a variety of professional fields deal with the broad topic of human sexuality, primarily from the social and interpersonal viewpoint. They strive for meaning and perspective by analyzing and interpreting the many ways sexuality is expressed and is shaped by social attitudes, and by stressing liberal and humanitarian values. Other topics include ethics, legal aspects, sex education, and sexuality in relation to personal growth and well-being. Although this very informative volume covers the social and psychological dimensions of sexuality adequately, the biological perspective is very general, and sexual deviance and the physiological facets of human sexuality are not covered.—A. G. NIKELLY, *Univer. Illinois, Urbana.*

- ICHHEISER, G. *Appearances and realities*. San Francisco: Jossey-Bass, 1970. Pp. xiv + 234. \$8.50.—A theory of interpersonal relations to account for sociopsychological misunderstandings is presented, and means for alleviating these are suggested. The late Dr. Ichheiser lucidly presents the obvious as object of study, analyzes the success-failure distortion, challenges the unity of personality, redefines "expression" and adds "impression," and recognizes occupational depersonalization among many others and the false lure of "peace." He demonstrates both in principle and fact that appearances are personal; that "what really is" is beyond, but beckoning. He recognizes that he too does not know "what really is." But the book is pregnant with ideas urgently inviting the social scientist to look in new directions.—DOROTHY R. DISHER, *Adelphi Univer.*
- JOURARD, S. M. *The transparent self*. New York: Van Nostrand Reinhold, 1971. Pp. xiv + 250. \$2.50 paper.—This volume is a considerably revised version of the 1964 edition by the same title. Jourard threads the concept of self-disclosure through several dimensions of social living: inter-personal, sex and marriage, health and illness, death, family, education, drugs, psychotherapy and encounter groups. It is his contention, supported by personal testimony and clinical evidence, that self-disclosure, i.e., being oneself with others as opposed to *seeming* to be something other than oneself, leads to self-understanding, mental and physical health, and, above all, "authentic being."—T. R. WRIGHT, *Minneapolis, Minn.*
- JUNG, C. G. *Psychological types* (1921). Rev. by R. F. C. Hull of transl. by H. G. Baynes. Princeton, N. J.: Princeton Univer. Press, 1971. Pp. xv + 617. \$15.00.—Representing volume 6 of Jung's collected works of a projected 19 volumes, the entire set known as Bollingen Series XX, the book contains several new prefaces by Jung since the original edition and four papers on types published in 1913, 1923, 1931, and 1936. To the Adlerian the 1913 paper will be most interesting. Here Jung links Freud's "reductive, pluralistic, causal, and sensualistic" theory to Wm. James' "tough-minded" man and Adler's "intellectualistic, monistic, and finalistic" theory to James' "tender-minded" man (p. 508). The same comparison was made again, by the Ansbachers, many years later and quite independently in their introduction to *The Individual Psychology of Alfred Adler*.
- KLEMPERER, EDITH. *Past ego states emerging in hypnoanalysis*. Springfield, Ill.: C. C. Thomas, 1968. Pp. xix + 270. \$10.50.—In hypnoanalysis (hypnosis to uncover the causes of conflicts) patients show the same defense mechanisms as in the free association technique. Cure is claimed for a wide variety of patients in relatively short time, with lasting results. One may ask: Do troubles disappear once a traumatic incident is retrieved from the unconscious? In 20 pages of comparative theory and 236 pages of detailed case reports, no clear answer is given. What the author attributes to more or less traditional psychoanalytic concepts may have been achieved by her warm and giving personality, concurring with Kline, who is quoted as saying: "The therapeutic avenues, opened by regression, are through the use of relationship experiences."—LUCY K. ACKERKNECHT, *Berkeley, Calif.*

- LAZARUS, A. A. *Behavior therapy and beyond*. New York: McGraw-Hill, 1971. Pp. xiii + 306. \$8.95.—The author, internationally identified with behavior therapy, surprisingly professes his disenchantment with it, and describes therapeutic procedures which clearly transcend its boundaries. This book is a highly readable and fascinating compendium of techniques by a consummate clinician, for use by practitioners and students alike. His increasing (if unwitting) kinship for Adlerian-like concepts is evident throughout the book: "not to forget the obvious fact that every individual is unique, and to tailor therapy accordingly." He describes his approach as a *personalistic psychotherapy*. Also, he underscores the importance of cognitions (in a fictive sense), and includes a chapter on "Cognitive Restructuring." Anyone committed to improving his therapeutic resourcefulness (effectiveness) will find this text profitable reading, indeed.—V. F. CALIA, *R. I. College, Providence*.
- MASSERMAN, J. H. *A psychiatric odyssey*. New York: Science House, 1971. Pp. 624. \$12.50.—If you wish to validate the premise, "I am the cause of my effect," then I urge you to read Masserman on Masserman. As a teacher, administrator, author, editor, and president of professional associations, he epitomizes what one can accomplish and achieve by being busy, committed, and adhering to values and standards in an imperfect world. Good reading!—T. S. KRAWIEC, *Skidmore College*.
- MAY, A. R., KAHN, J. H., & CRONHOLM, B. (Eds.) *Mental health of adolescents and young persons*. Geneva: World Hlth Org., 1971. Pp. 72 paper.—Participants of this Stockholm conference, 1969, were professionals and youth members. Adlerians will find the critique on youth and education much to their liking. A realistic perspective is offered on the physical, psychological, and social aspects of puberty, adolescence, and youth, and on the effects of culture and society on the individual. Statistical indices are provided on the epidemiology of alcohol and drug use, and a critique on juvenile delinquency. Therapeutic, diagnostic, and preventive techniques of the medical and social services of the community with particular emphasis on family, group, and milieu processes are preserved. Although dealing primarily with European youth, this monograph is enormously relevant to our own youth.—A. G. NIKELLY, *Univer. Illinois, Urbana*.
- MAY, P. R. A., & WITTENBORN, J. R. W. *Psychotropic drug response: advances in prediction*. Springfield, Ill.: C. C. Thomas, 1969. Pp. xii + 292. \$12.75.—Ten widely varied chapters, by 15 contributors, are in the main areas of: (a) theory and techniques of prediction; (b) "predictive" work-up of a few drugs, mainly an antidepressive (Imipramin); (c) therapist's attitude, and doctor's and patient's types as factors in prediction. The interesting chapter, Life Crisis and Health Chance, stands by itself. The editors' intent is to present a representative sample of major research in this area during 1966-1968 to "the research investigator and the [medical?] clinician." This "book-noter" does not undertake to indicate whether, or how much, the psychologist (whether practicing, teaching, or researching) might expect to gain from a study of this volume.—J. M.

MAYEROFF, M. *On caring*. New York: Harper & Row, 1971. Pp. xxii + 63. \$4.95.—The author, a professor of philosophy, has written a sensitively expressed book in which he reflectively elaborates insights of experiential-behavioral components many of which coincide with Adler's concept of "social feeling." His most important insight is into the experience of being "in-place" in the world, a descriptive construct very similar to Adler's "feeling at home in the world." "We are at in-place in the world through having our lives ordered by inclusive caring" (p. 39). Conversely, being "out of place" in the world is the experienced consequence of our non-caring behavior. The caring attitude is characterized as "being with" others in the sense of nurturing their growth as well as one's own. "I must be able to see, as it were, with his eyes," a familiar concept for Adlerians, for whom this book is a must. It is a volume in the distinguished "World Perspectives" series.—J. F. BRENNAN, *West. State School Hosp., Canonsburg, Pa.*

MEAD, MARGARET, & BALDWIN, J. *A rap on race*. Philadelphia: Lippincott, 1971. Pp. 256. \$6.95.—This book may be of historical interest in showing how dialogue form two of the intellectual élite faced (or talked around) the sociohistorical tragedy: our abysmal lack of *Gemeinschaftsgefühl* and our inability even to label the "disease" correctly. The publishers are also enmeshed in the pseudo-catharsis of our times. They tell-it-like-it-is, with no prologue or final message, no footnotes or guiding chapter headings (except the time of day) or even elementary attempts to list the nonverbal movements of the actors. This book is not an example of what I should earnestly desire of a dialogue. It is rather a cognitive debate in which Baldwin plays the patient and Mead the therapist who is basically "healthy, wealthy, and wise." Perhaps the lesson to be learned from this book, beyond the historical, is that one must be a lamp to his own feet (if he so chooses).—W. E. O'CONNELL, *V.A. Hospital, Houston, Texas.*

MONTAGU, A. *Touching: the human significance of the skin*. New York: Columbia Univer. Press, 1971. Pp. ix + 338. \$8.95.—This fascinating in-depth-and-breadth account gives one a new appreciation of the role of touch as the basic organ of contact with the world and of the sense of one's identity. Only with the erudition and scope of interest such as Montagu's could such a medley of material be assembled—findings from many scientific approaches, some of these precisely quantitative; much from animal research; etymological insights; anthropological comparisons; psychoanalytic opinions; folklore; poetry and literature. Not surprisingly Montagu emphasizes the infant's first contact with the mother, which he credits with lasting effects. "Through body contact with the mother . . . the child makes its first contact with the world . . . [and] the experience of the world of the other . . . This provides the essential source of comfort, security, and warmth, and increasing aptitude for new experiences" (p. 80).

PAVENSTEDT, ELEANOR, & BERNARD, VIOLA W. (Eds.) *Crises of family disorganization: programs to soften their impact on children*. New York: Behav. Publ., 1971. Pp. ix + 103. \$5.95.—Read at the N.Y. State 5th Biennial Divisional Meeting, American Psychiatric Association, Nov. 1967, these

papers give first-hand accounts of the problems involving children of parents who are mentally ill, under unmanageable stress, or generally handicapped by poverty and unwholesome environments. The authors, psychiatrists and social workers, are concerned about the personal motivations behind illegitimacy and bearing children who cannot be even minimally cared for; about the particular social factors which contribute to their coming into the world and to their inadequate care; and about finding and actualizing the best ways to help these children.

SANFORD, N., COMSTOCK, C. (Eds.) *Sanctions for evil*. San Francisco: Jossey-Bass, 1971. Pp. xviii + 387. \$9.50.—“Most of the large-scale destructiveness is done by people who feel they have received some kind of permission for what they do—as we call it, a sanction for evil” (p. 2). Further, as the editors say, “behind these sanctions may lie a feeling, sometimes unconscious, that the people who are suffering . . . somehow deserve less than other people, such as those who act upon them. Either they are bad or they do not count . . . they are dehumanized” (p. 326). Dehumanization and blame for it are discussed with many illuminating insights by distinguished psychologists, psychiatrists, professors of law, criminology, anthropology, and various researchers. It is good to review what they have to say, all of which is so frightfully relevant. Only a very meager beam, however, is thrown to illuminate the way out, though even this is all the more to be prized.

SEIDENBERG, R. *Marriage in life and literature*. New York: Phil. Lib., 1970. Pp. ix + 307. \$5.95.—Marriages often fail because of the mistake that one partner abrogates a human right of the other, such as self-fulfillment, autonomy, privacy. Customarily the woman is asked to renounce her human rights, and the resulting inequality contributes strongly to the erosion of the marriage. The couple should make the conjugal contract, not to find a safe haven, but as an implement of mutual growth. Individual psychoanalysis is stoutly defended as the therapy of choice since privacy is essential when dealing with a disappointed partner who needs to fall back upon “one’s own soul.” (In the Adlerian approach the partners would be counseled individually initially, at least once, but afterwards, in some sort of group.) Dr. Seidenberg’s psychological insight into world literature on marriage problems makes for particularly interesting reading.—DANICA DEUTSCH, *Alfred Adler Ment. Hyg. Clin., New York*.

STOTLAND, E. *The psychology of hope*. San Francisco: Jossey-Bass, 1969. Pp. xiv + 284. \$8.75.—The author formulates seven propositions regarding hope as an expectation of a desired goal, and analyzes experimental and clinical studies of humans and animals that support these propositions. Hope is examined with regard to interpersonal relationships and verbal communication, and “in relation to action, anxiety, motivation, performance level, expectation, level of aspiration, and persistence in the face of failure or gain.” The author achieves his objectives convincingly. He also includes some practical techniques for developing hopefulness through experimental manipulation and personal interaction in the emotionally disturbed, in-

cluding those with depression or psychosis. He summarizes many studies useful to the clinician; furthermore, he provides insight into a relatively neglected but important aspect of therapeutic intervention.—A. G. NIKELLY, *Univer. Illinois, Urbana.*

TART, C. T. *On being stoned: a psychological study of marijuana intoxication.*

Palo Alto, Cal.: Science & Behavior Books, 1971. Pp. xvii + 333. \$7.95.—

The author of this extremely readable, useful work says, "I have attempted to present objectively descriptions of what users feel about marijuana intoxication, without arguing for or against marijuana use." But he does state it is not addictive, and virtually without physiological effects (pp. 6 & 7). His data are responses of 150 experienced marijuana users to a very carefully constructed questionnaire (21 pages) covering the total range of potential effects, with special reference to frequency and to degree of intoxication. Data are given with full statistical treatment. They confirm that "feeling good" is the main benefit of marijuana, e.g., it makes perception optimal, enhances sexual pleasure for most, and increases empathy and group solidarity.

TASHNER, M. *The failure hypothesis: a psychological system based on the hypothesis that failure and its avoidance are the primary psychodynamics.* Published by the author, 299 Madison Ave., New York, N.Y. 10017, 1970. Pp. 42. \$1.00 mim.—

The author offers a "homespun psychological system which holds that guilt feelings are actually the emotional manifestation of the failure experience, so that guilt is always a composite experience with failure. Decisions are made by weighing the failure associated with possible alternatives, even in the case of positive alternatives. Failure/guilt increases with recognition, acceptance, and assumption of responsibility. The author mentions Adler's emphasis on inadequacy feelings and strivings, after pointing out that threat of failure is accompanied by a striving to terminate the failure condition. He postulates a "need not to fail." Interestingly, he sees the individual as striving from ego reality to ego ideal—but also from the world of reality to world ideal.

VAN DEN BERG, J. H. *Things: four metaleptic reflections.* Pittsburgh: Duquesne

Univer. Press, 1970. Pp. vii + 130. \$4.95.—The author, professor of psychology, University of Leyden, and a clinician, maintains a first-process position: There are things which have their own necessary characteristics of perceptibility; there is man who has his own characteristics, among these the ability to perceive. Western man, bowing to the scientific requirements for objectivity, has removed himself from the things he perceives, thereby estranging, limiting, and confusing him. A return to first-process orientation would open vast new areas of question and insight, and a stimulating invitation to growth. Essential reading for students of psychology interested in the problems of the whole man, these essays are a mental landscape through which one must not move hurriedly. The translation from Dutch seems a fluid, penetrating presentation of the author's thought.—DOROTHY R. DISHER, *Adelphi Univer.*

VETTER, H. J., & SMITH, B. D. (Eds.) *Personality theory: a source book*. New York: Appleton-Century-Crofts, 1971. Pp. xi + 815. \$8.95.—54 papers of 3 types (original works, research articles, applications to specific problems) are arranged according to 12 theory clusters. Concerning Adler, the papers of all 3 types were selected from this Journal. They are: A. Adler, "The Psychology of Power," 1966, 22, 166-172; M. Oberlander & N. Jenkin, "Birth Order and Academic Achievement," 1967, 23, 103-110; and K. B. Clark, "Implications of Adlerian Theory for an Understanding of Civil Rights Problems and Action," 1967, 23, 181-190. The 12 clusters are: Freud, Jung, Adler-Horney-Fromm, Hartmann-Kris-Erikson, interaction (including H. S. Sullivan, the Palo Alto group, Eric Berne), Allport-Murray, phenomenologic-humanistic theories, existentialism, holism, learning theory, social learning theory, factor analysis.

WEXBERG, E. *Individual Psychological treatment* (1927). Transl. by A. Eiloart. Rev. & annot. by B. H. Shulman. Chicago: Alfred Adler Inst., 1970. Pp. vi + 106. \$3.00 paper.—Wexberg, a psychiatrist, was closely associated with Alfred Adler in Vienna, publishing with him from 1914 on, and editing the two-volume *Handbook of Individual Psychology* (1926) among other works. He came to New Orleans in the 1930's, was active there, in the Army, and the District of Columbia from then until his death in 1957. This book "provides an overview of the theory and practice used by Individual Psychologists in the 1930's" (p. iii), including therapeutics, a questionnaire for the investigation and treatment of functional neuroses, the anamnesis of childhood, the practical conduct of IP therapy and the pedagogic side of it, indications and contraindications of IP therapy, among other chapters. There are copious annotations by Dr. Shulman.

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