

clear and reasonably stated. Recommended for academic and most public libraries.—James R. Kuhlman, Univ. of North Carolina at Asheville Lib.

**Willens, Harold. The Trimtab Factor: how business executives can help solve the nuclear weapons crisis.**

Morrow, Jan. 1984. c.180p. index. ISBN 0-688-02661-3. \$10.95. BUS/INT AFFAIRS

The "trimtab factor" refers to the application of a small amount of leverage to produce a powerful effect. Willens, a businessman and nuclear freeze activist, believes leverage could be applied by business executives to help end the arms race. He traces U.S. military policy, based on Russophobia, and its effects—precarious global position, sagging economy, low morale. Willens argues that the United States should deal from strength via its democratic "free" enterprise system and adopt his sensible five-point program for nuclear reduction. While his book is aimed at businesspeople who have the muscle to effect change, it emerges as one of the best current brief accounts for the general reader on the frightening potential of a dangerous, irrational nuclear policy.—Clifton E. Wilson, Political Science Dept., Univ. of Arizona, Tucson

## Psychology & Psychiatry

**Alberoni, Francesco. Falling in Love.**

Random, Jan. 1984. c.160p. tr. from Italian by Lawrence Venuti. LC 83-042757. ISBN 0-394-53007-1. \$13.95. SOC SCI/PSYCH

Sociologist Alberoni defines falling in love as "the nascent state of a collective movement involving two individuals," having the earmarks of a social revolution but enacted on the personal level. Like collective movements—the Protestant Reformation, Communism, feminism—falling in love has definite stages: a precedent excessive depression; a radical restructuring of one's values, goals, life; and a gradual stabilization (i.e., *being in love*). Alberoni (whose book was a best seller in Italy) employs a sociological perspective and phenomenological approach that add a new dimension to our understanding of a universally interesting subject. Psychologist Dorothy Tennov called it "limerence" (*Love and Limerence*, LJ 12/1/79), and most people just call it *wonderful* . . . . Of interest to general as well as scholarly collections.—Marcia G. Fuchs, Guilford Free Lib., Ct.

**Bell, Ruth & Leni Wildflower. Talking with Your Teenager: a book for parents.**

Random, Jan. 1984. c.150p. \$15.95; pap. \$8.95. HEALTH/PSYCH

The large format and balanced tone of this book are reminiscent of those produced by the Boston Women's Health Collective, *Our Bodies, Ourselves, Ourselves and Our Children*, and *Changing Bodies, Changing Lives*, for which Ruth Bell was Project Director. While the focus here is on parents of adolescents, the basic information about emotional health, sexuality, drug and alcohol use, and eating disorders is available in the titles cited above. How-

ever, there is some new data here about AIDS, bulimia, and the IUD, for example, and the resource lists are more current. This title would be a good supplement until the others are revised.—Suzanne Druehl, Little Rock P.L., Ark.

**Kitzinger, Sheila. Woman's Experience of Sex.**

Putnam, 1983. 320p. photogs. by Nancy D. McKenna. bibliog. index. LC 83-3403. ISBN 0-399-12856-5. \$17.95. PSYCH

Based on the premise that "for a woman sex consists of a whole range of experiences that are not just genital" and that "sex is about relationships not just intercourse," this book explores the full range of sexuality from childhood to menopause. There isn't a great deal of detail on any particular topic. There is, however, an annotated list of books for further reading and a bibliography. Kitzinger writes well, artfully weaving in quotes and anecdotes. First published in Great Britain, this book is of the highest quality technically, including the numerous illustrations and photographs. For libraries with human sexuality collections this will complement Lonnie Barbach's *For Each Other: sharing sexual intimacy* (LJ 9/1/82).—Susan A. McBride, Walla Walla Community Coll. Lib., Wash.

**Kurtz, Sheila & Marilyn Lester. Grapho-Types: a new slant on handwriting analysis.**

Crown, Jan. 1984. c.224p. fwd. by Seth Fielding, M.D. index. ISBN 0-517-54928-X. \$12.95. PSYCH

Kurtz (president of A New Slant, Inc., a consulting firm) presents drills in the form of consciously adapted handwriting strokes which are intended to modify specific mental patterns by altering their written expression. While she views her book (coauthored by journalist Lester) as a "key to a new, enriched life," she is sufficiently careful to state that "sweeping changes are only seen if a major attitudinal psychological transformation occurs." While the graphology theory presented is not innovative and the claims for personality change are undocumented, the generous handwriting samples and clarity of presentation recommend this as a popular how-to book for limited self-assessment. No bibliography and a skimpy index.—William Abrams, Portland State Univ. Lib., Ore.

**Madigan, Carol Arsag & Ann Elwood. Brainstorms & Thunderbolts: how creative genius works.**

Macmillan, Jan. 1984. c.320p. ISBN 0-02-570160-5. \$14.95. PSYCH

Two journalists and editors portray creativity—literary, scientific, artistic, commercial. In a pop miscellany of about 100 short, breezy anecdotes, they talk about famous (and not-so-famous) people and how their creativity came about, either as a one-time happening or as a lifelong series of insights and creative acts. Here are Archimedes and Newton, Picasso and Dali, Dante and Shaw, Luther and Mary Baker Eddy, and also Alfred Hitchcock, Charles Goodyear, and Anita Loos. A nicely untaxing alternative to all the

philosophizing and psychologizing on the topic, for popular collections.—George Adelman, formerly with Neurosciences Research Program, MIT

**Peck, M. Scott, M.D. People of the Lie: the hope for healing human evil.**

S. & S. 1983. 269p. LC 83-13631. ISBN 0-671-45492-7. \$14.95. REL/PSYCH

In this significant contribution to the field of psychotherapy and theology, the psychiatrist author of the successful *The Road Less Traveled* wrestles with a topic that has been a source of embarrassment to the scientific world: the study of evil. Defining evil as "that force, residing either inside or outside of human beings, that seeks to kill life or liveliness," Peck draws upon highly instructive case examples to illustrate the destructive power of self-deception that refuses to suffer the pain of becoming conscious and taking responsibility for one's own sins. Writing in a straightforward style, he does a superb job of integrating psychology, theology, and therapeutic practice. The book will certainly appeal to a wide audience.—Paul D. Huss, Psychology and Clinical Studies Dept., Andover Newton Theological Sch., Newton Centre, Mass.

**Pryor, Karen. Positive Reinforcement: how to improve yourself and others through behavioral training.**

S. & S. Jan. 1984. c.192p. index. ISBN 0-671-43842-5. \$13.95. PSYCH

Behavioral biologist and noted dolphin trainer Pryor shares with the lay public

**"A profound, moving, helpful book."\***

"Discusses the stresses on both parents and a terminally ill child and suggests tangible ways to cope, drawn from Kübler-Ross's long experience in this area....There is material on hospices and specialized support organizations, as well as letters from both parents and dying children."—*Publishers Weekly*\*

"A necessary purchase for public libraries."—*Library Journal*

**ON CHILDREN AND DEATH**

**Elisabeth Kübler-Ross, M.D.**  
author of *On Death and Dying*  
\$12.95/0-02-567110-3/288 pages

MACMILLAN

her considerable expertise on operant conditioning, emphasizing practical applications to man and beast. Progressing from simple to complex concepts, five largely anecdotal chapters clearly define and illustrate stimulus control, reinforcement theory, shaping, and untraining. A handy "topic finder" refers directly to specific problem areas, e.g., the bed-wetter. For the most part, real-life situations coming from the author's or friends' experiences build warm rapport (although one takes exception to Pryor's story of euthanizing her pet cat who urinated on the stove). Much is already available on behavior modification, but clarity, lively style, broad scope, and useful information here point toward mass appeal. Recommended.—*Janice Arenofsky, formerly with Arizona State Lib., Phoenix*

Rubin, Theodore Isaac, M.D. & Eleanor Rubin. **Not To Worry: the American family book of mental health.**

Viking, Mar. 1984. c.276p. \$14.95. PSYCH  
Although the subtitle suggests a comprehensive, encyclopedic treatment of mental health, this is simply a collection of advice-seeking letters and their answers culled from Dr. Rubin's syndicated column. Rubin's readers express many common problems, and he believes that sharing anxieties can help us "not to worry." Brief essays help to explain and organize the letters into three general categories: family, personal issues, and feelings. The letters broach the usual range of issues, from sex to overweight to money, and the responses are as profound as can be expected from an advice column. Frankly biased toward his own specialty, Rubin routinely recommends psychoanalytic consultation and/or treatment. The book adds little to most self-help collections, but public libraries can expect high demand for this ever-popular author.—*Margaret B. Allen, Bennington Free Lib., Vt.*

Sheehan, David V., M.D. **The Anxiety Disease.**

Scibner, Jan. 1984. c.224p. bibliog. index. ISBN 0-684-18047-2. \$14.95. MED/PSYCH  
Writing from the perspective of biological psychiatry but addressing lay readers, Sheehan (Harvard Medical School) seeks to distinguish between everyday realistic fears and "anxiety disease," a more insidious biological illness. He carefully delineates the progressive stages of the disease, the interplay of (mostly physical) forces causing it, and recommends (primarily biochemical) treatment approaches. He provides reassurance and clear explanations, especially for those afflicted with incapacitating phobias or panic attacks. But in attempting to reduce anxiety to a disease process afflicting an unfortunate minority, Sheehan oversimplifies and denies the universal experience of irrational fear and its psychological sequelae. Works like Solomon Snyder's *Biological Aspects of Mental Disorder* (Oxford Univ. Pr., 1980) have done greater justice to this complex problem.—*Paul Hymowitz, Psychiatry Dept., Cornell Univ. Medical Ctr., New York*

Ulanov, Ann & Barry Ulanov. **Cinderella and Her Sisters: the envied and the envying.**

Westminster, 1983. 186p. bibliog. index. LC 83-10463. ISBN 0-664-24482-3. pap. \$9.95.

REL/PSYCH  
Psychologist/theologian Ann Ulanov and literary scholar Barry Ulanov provide a fascinating, accessible study of a little-discussed human emotion. Using the Cinderella tale as a vehicle, they explore the psychological experience of envy and being envied, as well as the nature of some of the typical objects of envy: the mother; masculine and feminine contrasexual qualities; the good. They also consider the gradual process involved in learning how to deal with envy. In the second half, they discuss the theological implications of envy—its sinfulness, the need for repentance, and the importance of consenting to be oneself. The discussion is especially perceptive when envy is described as something which can be used toward good. For larger self-help and appropriate subject collections.—*Carolyn M. Craft, English, Philosophy & Foreign Languages Dept., Longwood Coll., Farmville, Va.*

## Religion

Brown, Colin. **Miracles and the Critical Mind.**

Eerdmans, 1983. c.373p. index. LC 83-16600. ISBN 0-8028-3590-2. \$18.95. PHIL/REL

Brown (Fuller Theological Seminary) traces challenges and defences of the miraculous from the times of the early Church through the present. In the prescientific era he focuses on Aquinas, Luther, and Calvin. The discussion of the Enlightenment centers on Spinoza, Hobbes, Locke, and Hume. The chapters on the 19th century deal with the rise of liberal Protestantism, Kierkegaard's existentialist critique of rationalism, and the legacy of Kantian philosophy. The final sections cover the ongoing debate and attempt to set the miracle accounts in their biblical and theological contexts. Though well written, the work demands some background in philosophy. Appropriate for larger public libraries and essential to subject collections.—*Robert Allen Krupp, Western Baptist Seminary Lib., Portland, Ore.*

►Campbell, Joseph. **The Way of the Animal Powers.**

Alfred Van Der Marck Editions, dist. by Harper. (Historical Atlas of World Mythology, Vol. 1). 1983. 304p. photogs., some color. index. LC 83-80561. ISBN 0-912383-00-3. \$75. MYTHOL

In this first volume of a projected multi-volume set on world mythology, Campbell examines shamanism in animistic cultures of the past and present. He deals at length with the Great Hunter myths found in prehistorical and primitive cultures and also examines the mythology of the equatorial forest dwellers. The book is written in a readable style and has many excellent color illustrations, maps, and charts. It is fully indexed both by subject and myth motif. Because of its oversize format, it is

somewhat awkward to use, but the excellence of the contents makes up for any small difficulties. A beautiful and informative volume by a world-renowned scholar, this is highly recommended.—*C. Robert Nixon, M.L.S., Tucson, Ariz.*

Mackin, Theodore. **Divorce and Remarriage.**

Paulist Pr. (Marriage in the Catholic Church Series). Mar. 1984. c.688p. ISBN 0-8091-2585-4. pap. \$14.95.

Zwack, Joseph P. with C. Robert Nixon & Roger D. Conry. **Annulment: your chance to remarry within the Catholic Church.**

Harper, 1983. c.144p. bibliog. ISBN 0-06-250990-X. pap. \$5.95. SOC SCI/REL

Two very different books on the same topic, both well worth reading. Theologian Mackin has written a meticulous history of the Roman Catholic doctrine concerning divorce (dissolution) and remarriage from earliest Christian teachings to the present day, bringing to his task an admirable command of biblical studies, Church history, and canon law. While asserting the need for the Church to protect "the most precious of all human relationships," he expresses compassionate concern for pastoral charity toward divorced Roman Catholics who wish to be remarried in the Church, even though the Church holds their first marriage to be indissoluble.

Zwack, a lawyer with a Catholic education, plunges into a terrain where Mackin doesn't tread, the world of American church tribunals which are granting annulments to divorced Catholics in very substantial numbers. Zwack packs a remarkable amount of information into his little how-to book, including a step-by-step guide to the annulment procedure, the types of grounds used for annulment, a translation of the New Code of Canon Law relating to marriage, and sample annulment forms. Some readers will be offended by his somewhat brash optimism, but others will be grateful for a straightforward, clear presentation of a difficult topic.—*Joan W. Gartland, Research Lib., Edison Inst., Dearborn, Mich.*

Morrison-Reed, Mark D. **Black Pioneers in a White Denomination.**

Beacon, dist. by Harper, Jan. 1984. c.216p. bibliog. index. LC 83-70747. ISBN 0-8070-1601-2. pap. \$7.95. REL

In a study of the contributions of Ethelred Brown and Lewis McGee to Unitarianism, a denomination which has had only 22 black ministers since 1889 and still has less than one percent black membership, Morrison-Reed discusses the conditions in black life that have shaped black religion and reasons why Unitarianism hasn't adequately addressed these conditions. Members of the working class, he argues, demand that thought lead to action and therefore have no faith in the endless self-scrutiny in which Unitarians indulge. He concludes that the denomination needs the working-class realism and spirituality of the black church which in turn could be enhanced by the Unitarian emphasis on intellectual freedom.

