

Psychology & Psychiatry

Brown, Barbara B. *Between Health and Illness: new notions on stress and the nature of well being.*

Houghton. Feb. 1984. c.247p. bibliog. index. ISBN 0-395-34634-7. \$14.95. HEALTH/PSYCH
A pioneer in the field and author of the well-known *Stress and the Art of Biofeedback*, Brown turns her attention here to states of unwellness, "marginal miseries" which produce dis-ease and insidiously antedate all "official" stress ills such as hypertension and colitis. She cogently analyzes symptoms and causes, summarizes theories, and describes remedies (such as imagery, mind-body awareness techniques). Despite some organizational confusion and occasional wordiness and slanginess ("ho hummy"; "presto chango"), the valuable information presented to illuminate a timely and important topic outweighs the book's weaknesses. On balance, strongly recommended for self-help collections.—*Janice Arenofsky, formerly with Arizona State Lib., Phoenix*

Jung, C.G. *The Zofingia Lectures.*

Princeton Univ. Pr. (Collected Works of C.G. Jung, supplementary volume A). 1983. 129p. tr. by Jan Van Heurck. intro. by Marie-Louise Von Franz. illus. LC 83-42592. ISBN 0-691-09899-9. \$17.50. PSYCH

These lectures, delivered by Jung to this Swiss student fraternity during his medical school days at the University of Basel, provide the reader with a rare glimpse of a gifted, exuberant, and aggressive young man who was precociously attuned to the collective psychological currents underlying the unfolding social and political upheavals leading to World War I. They also reveal many of the suppositions that undergirded Jung's scientific thought as well as his religious views. The material will appeal to specialists in the field of depth psychology as well as to interested and informed laypersons.—*Paul D. Huss, Psychological & Clinical Studies Dept., Andover Newton Theological Sch., Newton Centre, Mass.*

McWhirter, David P., M.D. & Andrew M. Mattison. *The Male Couple: how relationships develop.*

Prentice-Hall. 1983. c.334p. ISBN 0-13-547661-5. \$16.95. PSYCH

To encourage recognition and support for male couples, this study attempts to refute the stereotype that gay men are incapable of long-term relationships. The researchers applied staging theory to relationships and found that a relationship forms a separate entity and passes through a series of developmental stages such as an individual grows and develops. Descriptions of the six stages are supported by excerpts from interviews with 156 gay couples, but the authors claim their findings are equally applicable to opposite sex and female couples. Despite the many tables of data, this is not as methodologically sound as Philip Blumstein and Pepper Schwartz's *American Couples: money, work, sex* (LJ 10/15/83). Never-

theless, it should be considered as a pioneering effort on male relationships.—*James E. Van Buskirk, Acad. of Art Coll. Lib., San Francisco*

Marshall, Megan. *The Cost of Loving: women and the new fear of intimacy.*

Putnam. Apr. 1984. c.224p. ISBN 0-399-12859-X. \$14.95. PSYCH

Marshall, a journalist in her early thirties, uses a series of interviews to explore the conflicts which many young professional women of today face. She describes the code of her generation as being "made up of feminism, professionalism, and philosophies of self-fulfillment in roughly equal parts," with a corollary stating that "careers can't wait, but men can." As they approach their mid-thirties, many women who have lived by the code regret having sacrificed personal involvements for professional advancement. Each of the women interviewed found herself making a crucial decision about love and work, and their reflections make clear the many aspects of this thoroughly modern dilemma. The book offers no easy solutions, but suggests that marriage can be redefined to coexist with a career. Recommended for public libraries.—*Margaret B. Allen, Bennington Free Lib., Vt.*

Masson, Jeffrey Moussaieff. *The Assault on Truth: Freud's suppression of the seduction theory.*

Farrar. Feb. 1984. c.265p. photogs. index. ISBN 0-374-10642-8. \$16.95. HIST/PSYCH

Masson gained unprecedented access to important documents, carefully guarded for decades by the keepers of the Sigmund Freud Archives. This material, Masson argues, casts grave doubts on the accuracy of psychoanalytic theory, the validity of psychoanalytic treatment, the honesty of Freud's major disciples, and the integrity of Freud himself. The excerpts from the documents are fascinating, and illuminate aspects of Freud's early theorizing and his relationships (not always wholly frank or admirable) with patients, friends, and disciples. Masson's conclusions, however, are characterized by a bitter tendentiousness, simplistic rhetoric, and a serious lack of comprehension of the subtleties of later psychoanalytic theorizing. Consequently, the conflagration sparked by this would-be Prometheus will ultimately turn out to be no more than a fizzle.—*Stephen A. Mitchell, William Alanson White Inst. of Psychoanalysis, New York*

Oppenheim, Joanne F. *Kids and Play.*

Ballantine: Random. (Bank Street College of Education Child Development). Feb. 1984. c.304p. bibliog. index. LC 83-45129. ISBN 0-345-30517-5. pap. \$6.95. ED/PSYCH

This useful book describes children's developmental capacities and needs from infancy through the "middle years" (8-11), and details suitable activities which contribute to growth and learning. Toys are the tools and play the means with which children learn to become social beings. There are also chapters on playmates and on selecting appropriate playthings for all age

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