

1948 at the Fuad I University (now the University of Cairo) to the retreat from Lebanon in 1982-83, he provides clearly stated insights into the people of the PLO, their ideologies and infrastructure, their role in Middle East and world politics, and the probable future. This book is highly recommended for any serious collection of international relations, Middle East studies, and political science materials.—*David P. Snider, Casa Grande P.L., Ariz.*

Galtung, Johan. There Are Alternatives: four roads to peace & security.

Dufour, May 1984. c.220p. LC 84-70304. ISBN 0-85124-393-2. \$35; pap. ISBN 0-85124-394-0. \$10.95. INT AFFAIRS

In this blueprint for a less threatened world, Galtung painstakingly analyzes three areas—conflict resolution, balance of power, and disarmament—keyed to alleviation of basic fears, revision of current policies, and elimination of offensive and provocative weapons. A major theme is found in the first of his four alternatives, transarmament, or drawing a line between offensive weapons (systems used abroad) and defensive weapons (systems viable only at home). Other alternatives are nonalignment, inner strength (self-reliance), and outer usefulness (ability of a nation to exist in peace, unfettered by external forces). Galtung, with his equations and figures, most often is addressing the specialist, but this challenging analysis should enhance his standing as *primus inter pares* of peace researchers.—*Clifton E. Wilson, Political Science Dept., Univ. of Arizona, Tucson*

Koh, Byung Chul. The Foreign Policy Systems of North and South Korea.

Univ. of California Pr. Jun. 1984. 280p. bibliog. index. LC 82-23807. ISBN 0-520-04805-9. \$28.50. INT AFFAIRS

Throughout its history Korea has been a focus of East Asian relations. Drawing on sources in English, Korean, and Japanese, and his visits to both Koreas, Koh examines their foreign policy for each other and for the four Pacific powers: the United States, the USSR, China, and Japan. After discussing the operational environments, decision-making processes, and the policy decisions made (through 1981) by each government, Koh concludes that they both share common concerns about reunification, defense, and self-reliance. Except for its failure to fully integrate North Korean relations with the two Communist powers throughout the text, this is a well-reasoned study offering a balanced treatment of both Koreas. Recommended for academic collections.—*Kenneth W. Berger, Duke Univ. Lib., Durham, N.C.*

Stewart, Michael. The Age of Interdependence.

MIT Pr. 1984. c.208p. index. ISBN 0-262-19225-X. \$15. ECON/INT AFFAIRS

Stewart's major theme is that governments are thoroughly myopic in the types of macroeconomic decisions they make. In particular they fail to consider a sufficiently long time horizon and to take into account the spillover effects of their actions on other countries in the

world economy. A rapid rise in world trade and greater international capital flows have combined to increase the impacts of each country's actions on other nations. Stewart's text is rather dry, often tedious, except for three very well written chapters focusing on environmental and energy problems. While its style is likely to limit the book's appeal for a general readership, it will be a good addition to academic libraries.—*J. Holton Wilson, Univ. of Montana, Sch. of Business, Great Falls*

Psychology & Psychiatry

Arenson, Gloria. Binge Eating.

Rawson Assoc.: Scribner. 1984. c.256p. bibliog. index. LC 83-43268. ISBN 0-89256-245-5. \$15.95. PSYCH

In this latest of several recent titles on the topic, Arenson (recovered food abuser and director of the Eating Disorders Treatment Center of Los Angeles) sympathetically addresses victims of anorexia nervosa, bulimia, and compulsive overeating. Her four-step treatment plan couples behavior modification techniques with self-awareness methods such as journal writing, guided imagery, meditation, and dream interpretation. Besides sensible advice to friends and family she offers instructive chapters sketching the obsessive eater's personality and citing the medical dangers of bingeing. While Susan Squire's *The Slender Balance* (LJ 6/1/83) contains more detailed case reports and also lists organizations, Arenson's book contributes by acknowledging the curative powers of the unconscious. Recommended for larger public libraries.—*Janice Arenofsky, formerly with Arizona State Lib., Phoenix*

Cassell, Carol. Swept Away: why women fear their own sexuality.

S. & S. May 1984. c.224p. bibliog. ISBN 0-671-45238-X. \$14.95. PSYCH

Prominent sex-educator Cassell contends in this well-written, quickly read book that the liberated woman of the 1980s is still a "good girl" at heart. Little more than women of previous generations can she enjoy sex without love, and she still longs to be "swept away" by passionate romance so that she can disclaim responsibility for a sexual encounter. Because men do not link love and sex in this inevitable way, and because women themselves have difficulty acknowledging their own need for love as a prerequisite for sex, anger and misunderstanding between the sexes is inevitable. Cassell presents no easy answers but encourages women to design their own solutions. This informative though nontechnical book should be of interest to a wide range of women.—*Sharon G. Nathan, Psychiatry Dept., Cornell Univ. Medical Coll., New York*

Evans, Christopher. Landscapes of the Night: how and why we dream.

Viking. Jun. 1984. ed. & completed by Peter Evans. bibliog. index. ISBN 0-670-41777-7. \$16.95. PSYCH

This is a lucid and engrossing discussion of sleep and dreaming by a British

psychologist/sleep researcher and computer expert who died in 1979. (The book was completed by a well-known science journalist and BBC broadcaster.) It reviews for the general reader, but with enough "hard" information to make it useful to the professional, the whole range of psychological and biomedical research and observation on the fascinating phenomena of sleep and dreams; and it describes in some detail the author's computer-based theory of dreaming—that this activity serves to "reprogram" the brain while it is in an "off-line" sleep mode. Recommended for general and subject collections.—*George Adelman, formerly with Neurosciences Research Program, MIT*

Haley, Jay. Ordeal Therapy.

Jossey-Bass. 1984. c.215p. index. LC 83-49262. ISBN 0-87589-595-6. \$19.95. PSYCH

In a commendably clear style, Haley (who is well known for his original and inventive therapeutic strategies) presents a casebook illustrating the use of an "ordeal" in individual and family therapy. Therapist and client agree on a task to be performed whenever a specific unwanted symptom occurs. The task must not be harmful to the client or to anyone else, must not be against his principles, and must be within his power to do. It also must be at least as distressing as the symptom. Systems therapists and those sympathetic to the use of paradoxical techniques and interventions will welcome this book. Informed laypersons should find the case histories interesting.—*Bonnie Hoffman, C.S.W., North Fork Counseling Service, Mattituck, N.Y.*

Heath, Stephen. The Sexual Fix.

Schocken. May 1984. 191p. LC 83-2967. ISBN 0-8052-3860-3. \$14.95. PSYCH

Heath has written an "essay" (his own description) about the process of being "catapulted out of the sexual dark ages into a glittering age of sexual enlightenment and pleasure." His main argument is that sexuality is a "fabrication," constructed through images, and that sexual liberation is really "a new mode of conformity." He rambles on against the "terrorism of sexuality," using many quotes, most of which are from fiction. Heath could have made his point more forcefully in half the space, and stringent editing would have made his prose more readable. This book will not be popular with the casual reader and does not have enough substance to be of use in an academic collection.—*Susan A. McBride, Walla Walla Community Coll. Lib., Wash.*

Juergensmeyer, Mark. Fighting with Gandhi.

Harper. 1984. c.200p. illus. index. \$12.95. POL SCI/PSYCH

The author (who holds degrees in political science and theology, is the founder of the Center for Ethics and Social Policy in Berkeley, and teaches at the Graduate Theological Union and the University of California) has lived and worked in India for several years. The title's double meaning has to do with recent revaluations of Gandhi which both challenged and made new use of

