

tions in Lebanon. High recommended for all types and sizes of libraries with collections in this area.—David P. Snider, *Casa Grande P.L., Ariz.*

**Speiser, Stuart M. How To End the Nuclear Nightmare.**

pub. in assoc. with the Council on International & Public Affairs by North River, dist. by Dodd. Sept. 1984. c.296p. bibliog. index. ISBN 0-88427-057-2. pap. \$8.95. ECON/INT AFFAIRS  
In *A Piece of the Action (LJ 8/77)* Speiser proposed rejuvenating America's ailing capitalism by giving each household \$100,000 in stock to be derived from the creation of new capital. Here, as he did in the fictionalized *Superstock (LJ 8/82)*, the author argues further that his "Superstock" program will also lead to accommodation with the Soviets. He claims that other efforts to defuse nuclear confrontation fail because they address only symptoms of the enmity rather than the cause—ideological conflict between capitalism and communism. Universal ownership of American capital will, he contends, eliminate U.S. fear of Marxism as well as the Kremlin's objections to capitalism. A clear presentation of a radical thesis, suitable for general readers.—James R. Kuhlman, *Univ. of North Carolina at Asheville Lib.*

## Psychology & Psychiatry

Abraham, Suzanne & Derek Llewellyn-Jones. **Eating Disorders: the facts.** c.170p. bibliog. index. ISBN 0-19-261459-2.  
Coni, Nicholas & others. **Ageing: the facts.** c.199p. index. ISBN 0-19-261429-0. ea. vol: Oxford Univ. Pr. Sept. 1984. \$13.95.

HEALTH/PSYCH  
Written by specialists for laypersons, both of these "Fact Series" titles share common features (appendixes, glossary, illustrations, charts).

*Eating Disorders* (by two Australian authors) is full of Briticisms; weights are expressed in pounds, kilograms, and stones. Case studies and personal narratives of anorexia, bulimia, and obesity are interspersed with dry explanations (complete with flowcharts, formulas, and graphs). Yet, despite the textbook approach the writing is clear, informative, and focuses on the main issue, people in distress. Obesity receives excellent coverage, particularly the controversy surrounding surgical intervention.

Unfortunately, *Ageing* inundates its primary audience (the over-60 crowd) with an endlessly detailed catalog of maladies (e.g., heart attack, stroke, renal failure, dementia). Short chapters on retirement, death, bereavement, and demographics also stay within a totally factual presentation. Material largely drawn from the United Kingdom complete with unfamiliar terminology ("premature redundancy," "domiciliary services," "Court of Protection") will not be of use to American readers, and U.S. organizations hardly appear.

*Eating Disorders* may be useful in larger collections interested in Australia-

lian case histories. *Ageing* is recommended.—Janice Arensofsky, formerly with Arizona State Lib., Phoenix

**Benson, Herbert, M.D. with William Proctor. Beyond the Relaxation Response.**

Times Bks. 1984. 180p. bibliog. index. LC 83-45920. ISBN 0-8129-1107-5. \$12.50. PSYCH  
Benson's successful *Relaxation Response* advocated a meditation method divested of all religious trappings. He has now discovered that the technique works best when applied in conjunction with the "Faith Factor." Thus, he suggests various ways to incorporate phrases relating to one's religious beliefs or personal philosophy into his standard technique. His book is superficial, repetitive, and rather embarrassing in its naïve, utilitarian approach to spiritual discipline. It does provide sensible, nonthreatening introductory advice and encouragement; unfortunately, it offers no preparation or guidance for the roadblocks anybody who embarks on a sustained meditative practice is bound to encounter.—Anneliese Schwarzer, *"Library Journal"*

**Brothers, Joyce. What Every Woman Ought To Know About Marriage.**

S. & S. Aug. 1984. c.335p. ISBN 0-671-44159-0. \$15.95. PSYCH  
Brothers is positive about marriage. The first half of her latest book is on how to get married, the second half on how to stay that way. Based on the fact that there are (according to Brothers) 7.3 million more marriageable women than men and her belief that "marriage means more to a woman," Brothers asserts that it is a "woman's role and responsibility to maintain and nurture her marriage"—but not to be a martyr to it. For the woman who has marriage as her goal, this book's chatty style and balanced though traditional advice compare favorably with similar titles. Given the author's popularity it will be in demand; most public libraries should purchase. [Literary Guild alternate.]—Susan A. McBride, *Walla Walla Community Coll. Lib., Wash.*

**Elkind, David. All Grown Up and No Place To Go: teenagers in crisis.**

Addison-Wesley. 1984. c.240p. index. ISBN 0-201-11378-3. pap. ISBN 0-201-11379-1. \$8.95.

PSYCH  
Elkind's thesis will be familiar to readers of *The Hurried Child* (Addison-Wesley, 1981): American teenagers are under severe stress for which they are neither psychologically nor physiologically prepared. This situation is the fault of "me generation" parents; too-large, impersonal schools; and exploitative media. (Unfortunately, data cited to back the thesis are mostly from fiction or popular sources.) As a contribution to an explanation of increasing suicides and other serious teenage problems, this book has its merits. Elkind's solution—parents should be more strict, and encourage learning by "integration" rather than "substitution" (of one set of values for another)—also has merit, but is not discussed in enough detail to make it useful.—James H. Sweetland, *State Historical Soc. of Wisconsin, Madison*

**Foos-Graber, Anya. Death: a religiously-tinged alternative for the final moments.**

Addison-Wesley. Aug. 1984. c.144p. fwd. by Kenneth Ring. bibliog. \$16.95; pap. \$9.95.

**Ring, Kenneth. Heading Toward Omega: in search of the meaning of the near-death experience.**

Morrow. Aug. 1984. c.325p. intro. by Elisabeth Kübler-Ross, M.D. bibliog. index. ISBN 0-688-03910-3. \$15.95. REL/PSYCH

Foos-Graber, herself a veteran of the Near-Death Experience (NDE), has fashioned an original and fascinating manual for "right dying," the equivalent at life's end of prepared childbirthing at the start. Drawing heavily on the research of Raymond Moody, Kenneth Ring, and others as well as Yoga and Tibetan mysticism, the author makes a strong case in favor of a more intentional approach to the dying process. Her fictionalized "case studies" of two ways of dying, one marked by careful preparation and the other a "breach" death, are a bit contrived. Yet this does not detract from her thesis. This book will be of special value to physicians, nurses and hospice volunteers, but it should also be of interest to a wider audience.

Ring, one of Foos-Graber's mentors, teaches psychology at the University of Connecticut and wrote *Life at Death (LJ 9/15/80)*, a carefully reasoned landmark study on NDEs. In his latest work he explores the mystical and transcendent aspects of NDEs, partly in terms of links with Yoga tradition and partly in terms of the futuristic and often apocalyptic visions reported, and con-

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