

sents an unsettling behind-the-scenes look at American politics. While most of his book is concerned with media manipulation as practiced (and perfected) in the Nixon administration, his central thesis is that each of the past four presidents has "virtually mastered the media." Numerous quotes from other journalists, White House memos, and personal interviews contribute to the liveliness of the text. The roles of media specialists, spokesmen, pollsters, image merchants, and media monitors are vividly described. The Nixonian methods and grand strategies are covered in considerable detail; a separate chapter is devoted to the 1972 campaign and Watergate—the culmination of Nixon's media strategy and its undoing. From this, Spear identifies the main elements of an effective press manipulation strategy; he then compares the Ford, Carter, and Reagan administrations' approaches and measures them against the Nixon model. Well worth reading in an election year; for most libraries.—*Thomas A. Karel, Rider Coll. Lib., Lawrenceville, N.J.*

### international affairs

**Becker, Jillian. *The PLO: the rise and fall of the Palestine Liberation Organization.***

St. Martin's. Jun. 1984. c.288p. bibliog. index. LC 83-40120. ISBN 0-312-59379-1. \$19.95.

INT AFFAIRS

A history of the PLO within the context of the Arab-Israeli conflict. The focus,

however, is on the ferocious behavior of the PLO in Lebanon after it was forced out of Jordan in 1970; Lebanon became a sanctuary for PLO violent military activities against Israel. The internal dynamics of the organization are covered with descriptions of terrorist groups and the personalities of their leaders. There is also a section on the organization's relations with various countries. Overall, the book is very well researched and has a great deal of information, though the conclusion regarding the organization's demise may be presumptuous. A good companion piece to Aryeh Yodfat and Yuval Arnon-Ohanna's *PLO Strategy and Tactics* (St. Martin's, 1981); recommended for a wide variety of audiences.—*Sanford R. Silverburg, Political Science Dept., Catawba Coll., Salisbury, N.C.*

**White, Ralph K. *Fearful Warriors: a psychological profile of U.S.-Soviet relations.***

Free Pr. 1984. c.361p. index. ISBN 0-02-933760-7. \$20.

INT AFFAIRS

An especially accessible, thoughtful examination of relative Soviet-American power and the impediments to peace. White, a respected social psychologist and nuclear arms reduction advocate, draws upon a wide variety of scholarship in arguing that most modern wars have been the unwanted results of exaggerated fear, "macho pride," and misperceptions. His prescription for peace calls for "realistic empathy with the opponent," combined with tension

reduction, minimal nuclear deterrence, and enhanced conventional forces. Useful as a text for peace activists, White's work also serves as an important contribution to the study of the causes of war. Highly recommended for both public and academic libraries.—*James R. Kuhlman, Univ. of North Carolina at Asheville Lib.*

### Psychology & Psychiatry

**Carter, Steve. *What Every Man Should Know About the "New Woman": a survival guide.***

McGraw. Jun. 1984. c.208p. ISBN 0-07-010163-9. pap. \$7.95.

**Gillies, Jerry. *Men on Women.***

Dodd. Jun. 1984. c.240p. ISBN 0-396-08281-5. \$13.95.

PSYCH

Different points of view distinguish these two books that share a common theme—how to attract the opposite sex. Carter addresses men in his book, which developed from a seminar he teaches. His premise is that "women's new sense of independence and self-confidence is putting an end to their dependency on men" and that men must alter their social behavior to accommodate the change. He believes that the "new woman" is looking for qualities in a man that include self-confidence, intelligence, humor, and depth, and there is little new about that. Although the style is sometimes awkward and repetitive, his open admiration of women is engaging.

Gillies writes from the male viewpoint in his book for women that also evolved from seminars he conducts on personal growth and communication. "The way to a happy relationship" he claims, "is to find out what your partner [read man] wants and give it to them." He interviewed some 100 "sensitive" men to find out what they look for in a woman regarding appearance, commitment, sex, and love, and compiled the answers. While both books oversimplify the current status of women, Carter does so with a clearer grasp of reality.—*Suzanne Druehl, Little Rock P.L., Ark.*

**Haskew, Paul & Cynthia H. Adams. *When Food Is a Four-Letter Word: programs for recovery from anorexia, bulimia, bulimarexia, obesity, and other appetite disorders.***

Spectrum: Prentice-Hall. 1984. c.168p. bibliog. index. ISBN 0-13-956111-0. \$14.95; pap. ISBN 0-13-956103-X. \$6.95.

**Kinoy, Barbara P. with Estelle B. Miller & others. *When Will We Laugh Again?: living and dealing with anorexia nervosa and bulimia.***

Columbia Univ. Pr. Jun. 1984. c.168p. bibliog. index. LC 83-26230. ISBN 0-231-05638-9. \$20; pap. ISBN 0-231-05639-7. \$10.95.

HEALTH/PSYCH

Here are the two latest additions to several recent books on a serious health problem. Health professional Kinoy and coauthors John A. Atchley, M.D., and Estelle B. Miller are all associated with the American Anorexia and Bulimia Association. They present ex-

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cerpts from questionnaires, telephone conversations, and interviews with 350 families in which parents, siblings, spouses, and victims comment on causes, treatment, financial cost, and self help/support systems. The feelings communicated underscore the horror of these illnesses, so that—despite disunity of text—increased understanding is brought about. These first-hand accounts are interspersed with accounts of research results and therapeutic approaches, plus resources.

Haskew and Adams, associated with the University of Connecticut Health Services, discuss "pathorexia" (anorexia/bulimia) and obesity, focusing on nonhospitalized forms of these afflictions. Case examples share space with delineations of possible causes, symptoms, and danger signs. These latter are the subject of questionnaires and profiles, while the authors' STEM (Strategy, Tactics, Education, Monitoring) program is presented as a help in recovery. Both books are recommended for public libraries, especially the Kinoy title due to AA/BA involvement.—*Janice Arenofsky, formerly with Arizona State Lib., Phoenix*

### parapsychology & occultism

**Blackmore, Susan J. *Beyond the Body: an investigation of out-of-the-body experiences.***

David & Charles. 1984. 271p. fwd. by Brian Inglis. illus. index. \$18. PSYCH/PARAPSYCH  
A British psychologist (Brain and Per-

ception Laboratory, University of Bristol) asks fresh questions about the OBE phenomenon, starting with those arising from an experience of her own. She defines OBEs, looks at specific cases, reviews what others have written, and what surveys have revealed. In particular she examines the state of consciousness in which OBEs are likely to be experienced. She discusses the theories that have been offered to explain OBEs and takes a fresh stab at doing so herself. Rather than dismiss older conceptions, both scientific and esoteric, she attempts to integrate them with the psychology of memory, imagination, and consciousness. Serious, inquiring readers will find thinking about OBEs under her tutelage a rewarding experience.—*Rhea A. White, East Meadow P.L., N.Y.*

## Religion

**Allegro, John M. *The Dead Sea Scrolls and the Christian Myth.***

Prometheus Bks. 1984. 252p. index. LC 83-63566. ISBN 0-87975-241-6. \$18.95. REL  
After his earlier theory that stories about Jesus were actually records of hallucinogenic experiences (*The Sacred Mushroom and the Cross*, Doubleday, 1970), Allegro now proposes that their protagonist was the Essene Teacher of Righteousness. Essentially, Allegro repeats his earlier argument that what was a myth was misrepresented as historical event, especially in

the synoptic gospels, to support the orthodox church's claims against rival "heretical" forms of Christianity. Both forms of Allegro's theory rest on intrinsic probability (which does not seem great) rather than extrinsic evidence, and on ingenious philological arguments of doubtful value. This study is intended for the general public, but proper evaluation of its claims must rest with specialists in Christian origins.—*Terrance Callan, New Testament Studies Dept., Athenaeum of Ohio, Cincinnati*

**Bankei, Yōkatsu. *Unborn: the life and teaching of Zen master Bankei, 1622-1693.***

North Point Pr. Jun. 1984. 156p. tr., intro. & pref. by Norman Waddell. bibliog. LC 83-063133. ISBN 0-86547-153-3. \$11.25. REL  
In the West, interest in Zen has tended to focus more upon the esoteric and spectacular, so it is salutary to have here the life and teaching of a master who shunned philosophical terminology and used colloquial language to bring enlightenment to the average person. After a brief history of Bankei's life and activities, editor and translator Waddell presents sermons and dharma-talks, followed by dialogues and confrontations with fellow priests. Extensive notes add more detail and background to the text; the bibliography is predominantly Japanese. A valuable addition to a growing literature.—*Donald J. Pearce, Univ. of Minnesota Lib., Duluth*

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