Reviews of Recently-Published Academic Books in Psychology

March 2019 Reviews

As the title states, this is a handbook, not simply a collection of current research. As such, it is a valuable educational resource, and indeed, readers of this book—whether reading this text in part or in its entirety—will find value in the level of explanation and thoroughness of research reviewed in each chapter. The volume considers aggression across the developmental time frame of infancy/early childhood through adolescence, and within the framework of causes, interconnected outcomes, and diverse contexts. Beginning with a clear orientation in chapter 1, the handbook is organized in three broad sections: foundations, contexts, and, of course, interventions and policy implications. Despite multiple authors, the organization across chapters is consistent, and the writing is very clear throughout. Of particular interest is the levels of analysis approach of the first section, where the chapters examine a wide range of influences, including genetics and physiology. Aggression is also considered in relation to emotional and cognitive development, providing much-needed integration across topics in development. The handbook is a welcome addition as it addresses the complex developmental issue of childhood aggression more comprehensively than what has been done previously in general handbooks on social development. Summing Up: Highly recommended. Advanced undergraduates through faculty and professionals.

2. Reporting quantitative research in psychology : how to meet APA style journal article reporting standards 2nd ed. Cooper, Harris M. American Psychological Association, 2018. 217p bibl index, 9781433829376 $29.95
Reporting psychological research seems as if it should be an easy task: say why you conducted a study, how you did it, what you found, and what the results signify. As researchers know, however, the task involves attending to innumerable details involving conformity to the APA style guide, which describes how researchers should present their ideas. However, what specific detail to include is often unclear. In this volume, now in its second edition, Cooper (Duke Univ.) attempts to fill the gap, identifying best practices for writing about quantitative research; a comparable volume on qualitative research is also available. The author meticulously describes the critical elements that should appear in research reports. Investigators who use increasingly sophisticated methodologies and rely on ever-more complicated statistical approaches will benefit from the descriptions and explanations of critical details that this volume provides. Cooper offers clear guidance and extremely helpful examples about crafting reports that conform to APA’s latest Journal Article Reporting Standards (JARS). This volume makes excellent recommendations for essential elements of research reports and will benefit even experienced researchers. Summing Up: Highly recommended. Advanced undergraduates and above.

3. Psychology graduate school : a user's manual. Smith, Steven R. Rowman & Littlefield, 2019. 151p bibl index, 9781538106587 $90.00, 9781538106594 $29.95, 9781538106600 $28.50
This slender work is more than just a manual of what graduate study in counseling, clinical psychology, or school psychology involves. It is written by an experienced professional and graduate school faculty member who describes the actual experience and what to expect in a casual, conversational style. Smith
(UC Santa Barbara) bases his advice on his own and other students' experiences. The book addresses a broad range of topics from programs to personal coping skills. Organized into 12 chapters, it covers the admissions process and getting started in a graduate program, dealing with faculty and fellow students, doing research, writing a dissertation and getting published, undergoing clinical training, defending a thesis, finding an internship, becoming a professional, and getting personal therapy. Each chapter ends with a tips and strategies list and further references on the topic. This work is not intended to substitute for more traditional college guides but to offer graduate psychology students and prospective students a down-to-earth take on what to expect and how to survive and thrive in graduate school and beyond. Summing Up: Recommended. Undergraduates and graduate students.


The American Psychological Association's handbooks in psychology are written for an academic audience and designed to provide a comprehensive overview of specific areas of the discipline. This handbook on psychopathology is published as two volumes: the first addresses adult mental disorders, and the second is specific to child and adolescent development and psychopathology. Both volumes are broadly divided into the same five sections: an overview featuring historical and current research; assessment; clinical manifestations; treatment considerations pertaining to specific disorders; and ethical and legal issues. Chapters integrate biological and sociocultural perspectives; concepts are illustrated by numerous case studies and examples. As a whole, the text places the current state of knowledge into context, including the strengths and flaws of the constituent research. Importantly, the authors address in detail how the definitions and classifications of disorders have changed with the advent of the DSM-5, what the changes mean for psychologists, and the continuing controversies over those alterations. These volumes will be a valuable resource for psychology students, researchers, and practitioners. Summing Up: Highly recommended. Advanced undergraduates through faculty and professionals.

5. Trauma and transcendence : suffering and the limits of theory. ed. by Eric Boynton and Peter Capretto. Fordham, 2018. 334p bibl index, 9780823280261 $125.00, 9780823280278 $35.00, 9780823280285 $34.99

Fields as diverse as psychology, psychoanalysis, theology, and literary studies deploy their disciplinary methods in examining trauma. In the US the relevance of the topic is increasingly unquestioned as social movements such as Me Too bring attention to sexual violence, and as thousands of military veterans from the "war on terror" return home. In this diverse collection, Boynton (philosophy and religious studies, Allegheny College) and Capretto (theology, Vanderbilt Univ.) bring together thinkers from a range of disciplines in order to explore the contributions of particular disciplines to trauma studies and the limits of those contributions. This sort of intentionally interdisciplinary conversation is rare in trauma studies literature, so in that respect this book makes a significant contribution. That said, the collection is not an introductory text, since it assumes familiarity with basic concepts of trauma. An overview of what is now understood about the biology of trauma and the implications of that knowledge would have made the book more useful. This collection will be most useful to specialists of trauma studies or clinical work. Summing Up: Recommended. Graduate students, researchers, faculty, professionals.

In a remarkably timely volume, editors Gelberg, Poteet (both, Cross Cultural Counseling and Consulting, Inc.), Moore (Argosy Univ.), and Coyhis (White Bison, Inc.) explore the principles of social justice and decolonization and apply them to mainstream American psychology. The book offers suggestions for practitioners to "reduce the likelihood of the irrelevant or inappropriate imposition of Euro-American worldviews onto psychological research" (p.viii). After an analysis of colonialism, its implications for bias, and harm done to marginalized groups, the contributors discuss implications and propose suggestions for decolonizing psychological practices. Topics range from an oral history of the Diagnostic and Statistical Manual of Mental Disorders and indigenous healing to treatment interventions for intimate partner violence of African American women and associated social justice issues for immigrants and Asian Americans. The volume ends with chapters concentrating on intersectionality, community healing, issues of identity, and decolonizing knowledge creation. A strength of the book is the varied nature of the expertise of its contributors, who range from academics to practitioners utilizing multicultural approaches. This book is recommended for anyone interested in decolonization initiatives. Summing Up: Recommended. Most academic levels.


Daniels (Univ. of Colorado, Colorado Springs), Gillen (Penn State), and Markey (Rutgers) have created a book that brings together insights from leading body image researchers in order to help individuals better understand the nature of body positivity and the body positive movement, which has taken our society by storm. The text bridges research and practical application, allowing the reader to explore body image through a variety of perspectives including mindfulness, appearance ideals, cultural and gender identities, and health at every size. The editors also incorporate thought-provoking sections regarding body image improvement, specifically focusing on body appreciation despite societal appearance norms, body functionality and embodiment, and expressions of gratitude toward one's body. The underlying theme of this text is the idea of self-care and understanding the need to embrace and love one's physical body. This text would be beneficial for researchers and those in health fields (i.e., public health, health promotion, personal trainers, coaches) who wish to focus on body image improvement and enhancement. Summing Up: Recommended. All readers.

8. Consciousness, language, and self: psychoanalytic, linguistic, and anthropological explorations of the dual nature of mind. Robbins, Michael. Routledge, 2018. 165p bibl index, 9781138487635 $140.00, 9781138487642 $39.95, 9781351039628

Robbins, a psychoanalyst formerly on the faculty at Harvard Medical School, presents his bilingual theory of consciousness, consisting of two forms of conscious mental activity. The primordial consciousness or "mother tongue" (humans' first language) begins in utero and is characterized by body sensation and a sense of unity; it is undifferentiated and sociocentric and implies agency with a language of images. The second consciousness of this bilingual experience is that of reflective representational thought; beginning in infancy, this develops with mother-infant attachment and neural maturation. This thought process accompanies self-awareness and enables reflective symbolic thought. Robbins goes on to explore primordial consciousness as a separate entity—not a developmental stage—and illustrates its
potential throughout life, setting the stage to compare and contrast various theories of consciousness and language, including aberrations. Julian Jaynes, Sigmund Freud, Melanie Klein, John Bowlby, Noam Chomsky, and Steven Pinker (among others) are discussed throughout. This will be a fascinating read for psychoanalysts but will also appeal to students and scholars in developmental psychology, consciousness studies, cultural anthropology, and linguistics. A clear, well researched text. Summing Up: Recommended. Advanced undergraduates and above.


Konurbaev (philology and English linguistics, Moscow State Univ., Russia) explores how language represents the ways our brains conceptualize and depict the world around us. In nine probing chapters, he delves into details about the various factors which influence the ways in which the human mind creates mental images, as well as the ways in which these images are reflected in how (and how well) we communicate with others. Konurbaev examines a number of factors that influence how we communicate as social beings; these include culture, history, and more. He also explores the level of success we have as communicators of our individual images, as well as why some are more successful than others. The author writes in an appealingly readable, engaging style; even so, the subject matter makes this volume best suited for advanced scholars of the psychology of language; it will be out of reach for many undergraduates. A curated bibliography and thorough index point readers to more detailed study. One point worth noting: the author tends to use many biblical references, which may alienate some readers. Summing Up: Recommended. Graduate students and above.


According to de Vignemont (Jean Nicod Institute), bodily awareness is a neglected topic in philosophy even among those working in embodied cognition, a field where the body itself subsumes to the actions it carries out and the cognitive experiences it accommodates. This neglect, she argues, stems from a reluctance in contemporary philosophy of action (where much of embodied cognition originates) to interpret embodiment through mental representations, a stance seen largely as compromising the explanatory role the physical body itself may offer. A interdisciplinary project that draws on experimental results in psychology and cognitive neuroscience, the text suggests that bodily awareness relies on an affective dimension involving both instrumental and evolutionary needs, where the latter provides the ultimate grounds for embodiment. Several appendixes make this book particularly useful. One offers a précis for each of the bodily illusion experiments referred to in the text, along with relevant bibliographic information, while another compiles a list of neurological and psychiatric bodily disorders. Each will undoubtedly orient the readership to which this work is aimed. A valuable contribution to the interdisciplinary field of cognitive science, de Vignemont’s book is best suited for specialists in this field. Summing Up: Recommended. Graduate students, researchers, and faculty.

11. **Psychology in crisis.** Hughes, Brian M. Palgrave Macmillan, 2018. 193p bibl index, 9781352003000 $35.00, 9781352003017 $35.99

Where results of psychology experiments are concerned, how do people know what is and isn’t so? Which behavioral findings should be viewed as reliable and valid? Which ones with suspicion or doubt? If nothing else, Hughes (National Univ. of Ireland, Galway) demonstrates that the replication crisis in psychology finds that members of the psychological research community and the public accept too
many empirical behavioral claims that are difficult to reproduce, even when research designs are carefully repeated. In this brief but trenchant work, Hughes’s wit leads readers through six distinct crises (one chapter is devoted to each) that make up the serious challenge in maintaining the claim that psychology is a science like physics, chemistry, and biology. In the seventh chapter, instead of engaging in hand-wringing or sardonic asides, Hughes offers guidance on how the discipline can get back on track using transparent, honest, and robust approaches (e.g., larger samples, sharing successful and “failed” studies, reporting all analyses plus power analyses, using effect sizes instead of statistical significance testing), and encouraging healthy skepticism in producers (harried investigators) and consumers (journal editors, text authors, students, lay readers) of psychological research. Summing Up: Recommended. Advanced undergraduates through faculty and professionals; general readers.

12. Remembering from the outside: personal memory and the perspectival mind. McCarroll, Christopher. Oxford, 2018. 220p bibl index, 9780190674267 $74.00, 9780190674274 $74.00 McCarroll (Macquarie Univ., Australia) provides a comprehensive overview of the point-of-view research literature. When we attempt to remember personal episodic life events, do we take an original or field perspective, or do we adopt an outside observer perspective toward the to-be-remembered event? The author terms this latter perspective “remembering from the outside,” and explores the relevant literature on this topic from both an experimental psychology and, interestingly, a philosophical perspective. The book meanders through seven chapters that introduce the observer perspective, explore the context of encoding and retrieval, examine reconstructive retrieval versus constructive encoding, explore points of view in imagery, consider internal and external visual points of view, and show how field and observer perspectives offer alternative modes of recalling a past episodic event. The book contains interesting, detailed reference notes on nearly every page. McCarroll provides references and a combined subject/name index at the end. This book will be of interest to a select audience of academics working in the fields of cognition, development, perception, and philosophy. Summing Up: Recommended. Advanced undergraduates through faculty and professionals.

13. Decriminalizing domestic violence: a balanced policy approach to intimate partner violence. Goodmark, Leigh. California, 2018. 204p bibl index, 9780520295568 $85.00, 9780520295575 $29.95, 9780520968295 $29.95 This book will be controversial. Goodmark (Univ. of Maryland) argues that domestic violence has been overcriminalized to the detriment of victims and society. The author begins with a thorough history that notes that, historically, domestic violence was considered a family matter, not a justice system matter, with victims often treated with callous disregard by justice system actors. In the 1980s, a number of factors, including successful law suits and an increasing awareness of victim’s rights, led to substantial reform. The resultant justice system response was to criminalize all aspects of domestic violence, regardless of the wishes of the victim or the severity of the offense. The author, who is well regarded as an expert in this area, argues for the use of the justice system for severe habitual offenders and for the development and use of treatment, alternative housing, and public education programs. This book is well written and within the grasp of readers with beginning college-level reading skills. It is well referenced and adequately indexed. Recommended for libraries serving departments of criminology, criminal justice, counseling, psychology, social work, or sociology as part of their basic holdings. Summing Up: Recommended. Upper-division undergraduates through professionals.
February 2019 Reviews

1. AP and handbook of dementia. ed. by Glenn E. Smith; associate ed. Sarah Tomaszewski Farias. American Psychological Association, 2018. 669p bibl index, 9781433828799 $199.00, 9781433828805 $28.95

The APA Handbook of Dementia, the 28th publication in the "APA Handbooks in Psychology" series, is a compendium addressing the clinical psychology of dementia. Smith (Univ. of Florida; emer., Mayo Clinic College of Medicine) and Farias have structured the volume in three parts. Part 1, "Diagnosis, Epidemiology, and Neurobiology," examines diagnostic criteria of dementia, describes varying forms of the disease, and explores current use of brain imaging (formerly used to rule out other explanations), which is rapidly advancing to identifying biomarkers of antecedent conditions, at least for Alzheimer's disease. Part 2, "Assessment," examines cultural issues, methods, and the neuropsychology of dementia. Selected articles cover racial and ethnic cohorts; a chapter on quality of life issues considers the individual with dementia as well as clinical assessment of several types of dementia, including mild cognitive impairment, Lewy body disease and Parkinson's, Vascular Dementia, and HIV-AIDS-related dementia. Part 3, "Interventions," examines interventions by level—primary, secondary, and tertiary. Typically, primary intervention informs how to prevent; in this case, primary intervention is informational versus behavioral. Articles addressing secondary intervention support early detection and support/treatment as deemed appropriate. The tertiary level intervention focuses on quality of life, formal and informal care giving, and person-centered care. Summing Up: Essential. Graduate students through faculty and professionals.


The diminutive short in PTSD's title is misleading. A literature review of post-traumatic stress disorder as a diagnostic concept, the book is richly historical, thorough, densely footnoted, and engaging. The author's plainspokenness and organization—lots of one, two, three orderings of material—eases readers onto and along PTSD's 20th-century path to its status as “the emblematic mental illness of the early twenty-first century” (1). The three nodal points along that path are the coining of shell shock as the signature war wound of WW I and its discrediting after the war; the renewed interest in war trauma kindled by the war in Vietnam, ending with its formulation as PTSD in the 1980 DSM; the turn-of-the-century appropriation of PTSD nomenclature for cultural and political purposes, garnering its designation by anthropologist Allen Young as “the Esperanto of global suffering” (135). The value of Horwitz’s recapitulation of theorists’ disagreement over the importance of external events, such as exploding shells, to patients' symptoms versus conditions internal to patients, such as anxiety over meeting societal expectations or self-esteem damaged in childhood—cue Freud—is exceeded by his bold calling out of feminist scholars for co-opting trauma discourse to build their movement. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals.


Reflecting on his own experiences with narcolepsy, science journalist and author Henry Nicholls uses interviews, scientific studies, personal accounts, and contemporary and historical anecdotes to parse a wide range of complex, fascinating, and sometimes frightening issues in the study of sleep. Topics explored in more depth include awareness and diagnosis of sleep disorders, light and circadian rhythms, cataplexy, electrical activity in the brain and the stages of sleep, genetics and sleep-regulating

neurotransmitters (hypocretins and orexins), sleep apnea, infection triggers for sleep disorders, automatic behavior, sleep paralysis, insomnia, sleep deprivation, restless leg syndrome, and drugs. Rounding out the book (i.e., the last 20 percent) are suggestions for further reading, notes, and a comprehensive index. This book is for everyone. Many of the topics are identifiable and accessible to a wide range of readers, as Nicholls is able to expertly intertwine an insightful blend of popular science, current hard science, and common sense to spin a fun and illuminating narrative. Summing Up: Highly recommended. All readers.

This ambitious book focuses on the complex social and individual psychological factors that provoke and perpetuate self-harm behaviors perceived by the individuals to relieve malaise. Brossard (sociology, Australian National Univ.) broadens the scope of inquiry beyond pathology to look at how people use self-injury as a means of self-control and protest against various kinds of social forces. The book is in two parts: "A Practice of Self-Control" and "A Social Positioning Practice." The first offers primarily descriptive ethnographic material, and the second presents a larger view of the social contexts and conditions of self-injury, including how family, school, gender identity, and social status can impact the person. Brossard bases the book on a five-year study in which she gathered narratives from 68 individuals online and from in-person interviews, and reviewed blogs and autobiographic material that depict conversations about, and descriptions of, the complex of self-harm behaviors. The volume is rich with quotes that describe the contexts and triggers precipitating these ritualized acts. Self-harm behaviors are depicted as performances that individuals use to manage tensions, embarrassments, abuse, and other affronts to help reestablish a sense of control.

5. Efficient cognition : the evolution of representational decision making. Schulz, Armin W. MIT, 2018. 267p bibl index, 9780262037600 $45.00, 9780262345262
In this clearly written and well-argued work, Schulz (philosophy, Univ. of Kansas) attempts to provide an understanding of various kinds of decision-making and related evolutionary pressures that facilitated their development. Over the course of evolutionary history, adaptive pressures facilitated the ability of some organisms to perform representational decision making, or those decisions that are not tied to immediate perceptual states. By means of empirical and philosophical considerations, Schulz defends a moderate form of evolutionary psychology as a proper framework for understanding such cognitive capacities, why they evolved, and how they apply to issues in various fields such as economics and social psychology. Although evolutionary psychology is not without critics, Schulz’s moderate form provides a reasonable framework for synthesizing work in cognitive ethology, cognitive neuroscience, and psychology in order to provide a compelling biological analysis of representational decision-making. A potential weakness of this work concerns the short shrift it pays to alternative conceptions of cognition, such as embodied and extended cognition. Even so, this work is a strong example of interdisciplinarity, whose strengths far outweigh its weaknesses. Summing Up: Highly recommended. Upper-division undergraduates and above.

Hofmann (Boston Univ.) and Doan (Claremont McKenna College) provide an excellent examination of emotions from various psychological perspectives, including social, evolutionary, developmental, neurological, and clinical. After a review of theories leading to a definition, the authors examine the connection between emotions and the self. The chapters focus on topics such as how cultural norms and self-construal can influence emotions, and how emotions are tied to mental disorders using a series of case studies. Across the chapters the authors emphasize that emotions are socialized, serve social functions, are socially regulated, and have biological elements, but are to some extent also socially constructed. The authors provide a well-written review of research supporting the notion of emotion as the interplay among biology, self, family, culture, and one’s development over the life-span. In essence, emotions are strongly connected to our social self. Longtime emotion researchers will find a thorough review of theories and research, but also a fresh perspective on emotions emphasizing social and cultural influences. This book is timely, as it provides a much-needed update to the psychology behind emotions. Summing Up: Highly recommended. Advanced undergraduates and above.


This text fits into the "handbook" or "companion" genre popular with academic publishers. A variety of authors contribute essays on a broadly defined topic—in this case moral psychology—and the collected volume is published in the hopes of providing an authoritative account of the state of the art. This text is divided into eight thematic units and contains a total of 57 essays. Given these parameters, this book succeeds well. The contributors, who include both philosophers and psychologists, are acknowledged experts in the field, and most if not all of the major issues in moral psychology are addressed. Each essay is framed as an answer to a specific question, such as "What do we evaluate when we evaluate moral character?" and both the question and an abbreviated version of the answer are printed at the head of each chapter. This feature makes the book very user-friendly, particularly for students and readers new to moral psychology. A bibliography accompanies each chapter, providing focused direction for further study. Summing Up: Recommended. Undergraduates and above.


The international division of the American Psychological Association was founded in 1997; according to its website, its mission is to support psychologists who "foster international connections among psychologists, engage in multicultural research or practice, apply psychological principles to the development of public policy, or are otherwise concerned with individual and group consequences of global events.” This represents a needed and admirable enterprise, but one that is not truly global in nature. To understand the difference, one should read Global Psychologies: Mental Health and the Global South. In this work, an international group of experts discuss psychology from non-Western perspectives. The result is a fascinating and refreshing look at how psychology must be understood and employed within the full range of contexts, attitudes, values, belief-systems, and religions of the people whom one is attempting to understand and help. The foreword to the book says it best when it states, “There are multiple world views and indigenous psychologies and these need to be recognized, valued, taught and engaged with if psychology is to make a humanizing and useful contribution in peoples’ lives
across the globe.” Chapter references and separate author and subject indexes provide ample support for focused study. Summing Up: Recommended. Researchers and professionals.

9. Trauma and the struggle to open up: from avoidance to recovery and growth. Muller, Robert T. W. W. Norton, 2018. 208p bibl index, 9780393712261 $35.00
This volume is a how-to guide for therapists who treat patients with a history of trauma, but it differs from the typical treatment in that Muller (York Univ.) focuses less on the therapist and more on the perspective of the traumatized individual. This approach, by default, informs good practice because it centers on the client's perception and experience and works outward from there. A particularly timely element of the book relates to the ubiquitous belief that a person who has been harmed must forgive the perpetrator in order to "move on." In the chapter titled "How Not to Face Trauma: Strained Apologies and the Rush to Forgive," Muller tackles this myth head on, calling it "pure fiction." He dissects the reasons that telling a trauma victim to accept an apology and move on may in fact be the worst thing for that person to do because it may force them to participate in a lie and compromise their own path to wellness. It is this honesty and directness that makes Muller's guide a down-to-earth companion for trauma therapists. This book may also help trauma survivors who have struggled to adequately express themselves in therapy sessions. Summing Up: Highly recommended. Undergraduates through faculty and professionals.

In this meticulously documented history of empathy, Lanzoni (Harvard) recounts the change in the meaning of the term from its original German Einfühlung—a projection of the observer’s feelings and emotions into objects, an aesthetic response—to almost the opposite meaning, an understanding of another person’s experience by figuratively stepping into their shoes. The nine chapters are divided into three sections: empathy as related to art and aesthetics, empathy as a scientific concept, and empathy as a means to “bridge racial, national and cultural divides” (p. 213). Defining and measuring empathy scientifically posed a number of headaches and may yet be unsatisfactory. The latter section includes disparate chapters on mirror neurons, empathy in popular culture, and a discussion of empathy in race and politics. Interestingly, the aesthetic empathy that involved projection of imagined bodily movements into art or natural objects foreshadows the findings of mirror neurons' response to movement of other individuals. The detailed examination of some topics occasionally leads to tangents that don’t particularly advance the narrative, and there is some repetition. Scholars interested in this topic will welcome the nearly 100 pages of footnote documentation. Summing Up: Recommended. Advanced undergraduates and above.

This ambitious book focuses on the complex social and individual psychological factors that provoke and perpetuate self-harm behaviors perceived by the individuals to relieve malaise. Brossard (sociology, Australian National Univ.) broadens the scope of inquiry beyond pathology to look at how people use self-injury as a means of self-control and protest against various kinds of social forces. The book is in two parts: "A Practice of Self-Control" and "A Social Positioning Practice." The first offers primarily descriptive ethnographic material, and the second presents a larger view of the social contexts and conditions of self-injury, including how family, school, gender identity, and social status can impact the
person. Brossard bases the book on a five-year study in which she gathered narratives from 68 individuals online and from in-person interviews, and reviewed blogs and autobiographic material that depict conversations about, and descriptions of, the complex of self-harm behaviors. The volume is rich with quotes that describe the contexts and triggers precipitating these ritualized acts. Self-harm behaviors are depicted as performances that individuals use to manage tensions, embarrassments, abuse, and other affronts to help reestablish a sense of control. Summing Up: Recommended. Lower-division undergraduates through faculty and professionals.


Hunter, a clinical psychologist in private practice, analyzes the current state of mental health care from a social justice lens, folding that analysis alongside information and themes gathered from her study of individuals diagnosed or identified with dissociative identity disorder (DID). Extensive first-person accounts offer valuable insights on the subjects’ personal paths towards recovery. Hunter begins with the exploration of the history of dissociation or madness in psychiatry and assesses mental health language and the DSM closely. This foundation leads to the exploration of topics such as how race, gender, and other factors inform diagnosis as either biological, genetic, or a brain dysfunction, and how trauma plays a part in treatment quality. Classifying a person’s suffering as illness may become political, biased, and a way to medicalize everyday emotional distress. In some instances, mental healthcare services may even harm or retraumatize patients. The second part of this book explores how patients heal under a medicalized system of care and beyond it, with suggestions for readers. Summing Up: Recommended. Graduate students, researchers, and professionals.

13. **Altered states of consciousness : experiences out of time and self.** Wittmann, Marc. tr. by Philippa Hurd. MIT, 2018. 176p index, 9780262038317 $24.95, 9780262347730

Wittmann, a research fellow at Germany’s Institute for Frontier Areas of Psychology, has taken a unique perspective on what he calls "alterations in experience and behavior," one that focuses on time perception. Altered States of Consciousness incorporates citations from literature, philosophy, anthropology, and clinical psychology with a review of neuroscientific research, some conducted by Wittmann himself. Wittmann introduces his North American readers to outstanding European researchers and writers. For example, he discusses the French phenomenologist and philosopher Maurice Merleau-Ponty, who saw time as a mental entity with a body while making his case that consciousness of self and time-consciousness are inextricably linked. Wittmann concludes that "time and self are one," and makes a compelling case for this proposition. The book's casual style belies its clarity, profundity, and deep insights. Wittmann ignores hypnosis and barely mentions dreams (both of which are closely associated with the perception of time) but presents refreshing suggestions for the neural basis of meditation, psychedelics, daydreaming, out-of-body experiences, near-death experiences, and such disorders as epilepsy and schizophrenia—all in a robust 127 pages. Summing Up: Recommended. Advanced undergraduates through faculty and professionals.

14. **Understanding dreams and other spontaneous images : the invisible storyteller.** Goodwyn, Erik D. Routledge, 2018. 173p bibl index, 9780815369349 $140.00, 9780815369356 $39.95, 9781351252614

Goodwyn's work, as a professor and director of psychotherapy training at the University of Louisville, approaches dream studies in an interdisciplinary, holistic style. Drawing on a wide range of dream theorists and researchers, the author explores dream interpretation (Jungian concepts, etc.) in light of
anthropology, folklore, mythology, neuroscience, dynamic systems theory, and other disciplines. Created as a practical guide for working with dreams, the book will appeal particularly to Jungian therapists as well as to a broader audience. Goodwyn emphasizes looking at the full context of the dreamer’s life through a number of different approaches and emphasizes the “invisible storyteller” that puts together the dream content, context, characters, sequence, etc., and works toward integration, transformation, and healing. Psychological resonance embodied in the dream (world myths, cross-cultural religious imagery, symbolism, etc.) plays a key role in the individual’s discovery of meaning in the dream. Separate chapters examine traumatic dreams and lucid dreaming. Goodwyn’s writing style is academic, incorporating extensive research, yet accessible to anyone interested in exploring dreams from a scientific perspective. This contemporary and creative text brings a renewed interest to the exploration of dreams. Summing Up: Recommended. Advanced undergraduates and above.

January 2019 Reviews

1. The emotions of protest. Jasper, James M. Chicago, 2018. 282p index, 9780226561646 $90.00, 9780226561783 $30.00, 9780226561813
   Jasper (sociology, City Univ. of New York) has written a definitive, systematic book that explores emotions in politics and in social action writ large. In the beginning, he challenges the traditional distinction between emotions and thought, replacing it with the notion of their natural co-occurrence as "thinking body" and "feeling brain." To elucidate the involvement of emotions in social action, Jasper organizes his material around five types of feelings: reflex emotions, urges, moods, affective commitments, and moral emotions. A chapter is devoted to each. The thrust of the material is to present a widespread, all-encompassing portrayal of the field and its relevance in theory and practice in the social sciences. The appendix contains two essays: one considers the ways that observers have described emotions over the millennia, and the other is devoted to research techniques. A statement about US President Donald Trump is included. This is an outstanding book, suitable for academicians in all social sciences and for any professionals with responsibility for organizing and managing social and political protests. Summing Up: Highly recommended. Advanced undergraduates and above; professionals and general readers.

   Synesthesia, the latest volume in the MIT Press "Essential Knowledge Series," is an engaging and comprehensive look at a fascinating disorder. Cytowic (neurology, George Washington Univ.) is widely considered an expert in the field—he has studied synesthesia extensively and published on it many times. But he is also an experienced science writer; he understands how to make complicated topics accessible and engaging for a broad audience. The book is rich with case studies and interviews but never loses its scientific grounding. Like other entries in the Essential Knowledge series, Synesthesia is a slim, pocket-sized volume. It includes 11 chapters that move from a historical overview to a detailed exploration of the different manifestations of the condition and its potential causes. Other features include color plates, recommendations for further reading, and a glossary for any bolded term in the text. Overall, this volume balances scientific detail and history with personal accounts, making it an excellent choice for anyone interested in this little-understood disorder. It is appropriate for academic and non-scholarly audiences alike. Summing Up: Highly recommended. All levels/libraries.

Psychologists typically spend their time generating empirical questions about thought and behavior. What they often fail to do, according to Teo (York Univ., Canada) in Outline of Theoretical Psychology, is to consider the nature of the questions they are asking. As Teo explains throughout this volume, theoretical assumptions and perspectives that researchers may not question are always embedded in research. He discusses how a psychological theory that captures actual human experience should involve the awareness that psychological research exists in a sociohistorical context associated with issues of power and justice, with outcomes that may not generalize beyond that context. As such, the author argues, psychologists need to attend to psychological humanities as much as psychological sciences. This book portrays psychological thought very differently from the natural science approach that experimentalists generally favor, arguing that in order to understand the results of research, psychologists need to carefully examine the way questions are posed, as well as the outcomes that emerge from those questions. To appreciate the nuance in this book, readers should have a strong foundation in the evolving philosophy of science. Summing Up: Recommended. Advanced undergraduates and above.

4. Neuropsychology of cognitive decline : a developmental approach to assessment and intervention. by Holly A. Tuokko and Colette M. Smart. Guilford, 2018. 387p bibl index, 9781462535392 $55.00, 9781462535422 $55.00

Tuokko and Smart (both neuropsychologists at the University of Victoria, Canada) cover quite a lot of ground in discussing cognitive decline in aging patients (decline specifically related to head trauma is not addressed in this book). The first section is a thorough literature review of factors throughout life that can affect a person’s cognitive resilience or decline in later years. The second section covers assessment strategies; the authors include a broad range of assessments geared toward helping the practitioner determine an elderly patient’s state of cognitive decline. The final section, focused on intervention strategies, touches on Alzheimer’s Disease, pharmacology, aging behavior, and geriatric therapy. The chapter reviews and key points are helpful in sorting out the material throughout, and documentation is extensive. However, the writing is highly technical and geared toward practitioners and advanced students rather than undergraduates; readers will need a strong foundational background to benefit from the text. Summing Up: Recommended. Graduate students, researchers, and practitioners.


This volume of 13 essays by practitioners and theorists of psychoanalysis covers immense ground, and the editors deserve praise for including a broad range of topics relevant to the current psychoanalytic enterprise. The topics treated in this book are sure to excite both novices and experts: for example, narcissism, gender fluidity, emotional disturbance in childhood, depression, dissociative disorders, attachment and intersubjectivity, psychosomatics, and neuroscience. Each chapter author reviews a particular psychoanalytic concept’s historical development, provides illustrative clinical examples, and reflects upon the topic’s contemporary relevance. Many essays take a developmental perspective in terms of the individual’s growth and maturation, and in this approach, a debt to the theorist Margaret Mahler can be discerned. The essays collected here tie theory to practice in eminently accessible language, providing a solid platform for current practitioners who wish to expand and deepen their
knowledge of a field whose often postulated moribund nature is here belied. Well suited for both practitioners and students of psychoanalysis and psychology. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals.

This careful, accessible, well-documented work synthesizes many recent advances in the cognitive science of religion. Lewis (department of psychiatry, Univ. of Toronto, and practicing psychiatrist with a particular interest in oncology) looks at how ordinary brain functions can systematically lead to superstition, religion, and other false beliefs; how these beliefs appear to provide meaning to life; and how human life in the absence of these beliefs—which cognitive science has deemed false—can have meaning on its own terms. This book is not unique in any of these claims but is unique for the author’s deft combination and presentation of evidence, including his own longtime experience in clinical psychiatry. Without ever suggesting that religion is itself a mental illness, Lewis uses these psychiatric experiences as examples of how the brain generates a sense of meaning and purpose, how this can misfire in abnormal cases, how this sheds light on the mind-brain (or meaning-matter) relationship, and how this gives rise to religion. Summing Up: Highly recommended. Lower-division undergraduates through faculty and professionals; general readers.

Alcock (York Univ., Canada), a leading scholar on the psychology of belief, offers a comprehensive treatment on belief written in an engaging style that will appeal to a broad audience. The text is laid out well, covering the psychology of belief in full and in depth. The writing is familiar and approachable enough for general readers while sufficiently rigorous and nuanced to appeal to a scholarly audience. Alcock's analysis covers the lifespan from childhood, when people mirror their parents’ beliefs, to adolescence and adulthood, when many reject those beliefs, seeking and ultimately solidifying their own worldviews; and into old age and preparation for death. Though the author does not explicitly take readers through a time line of these stages, the organization of chapters roughly echoes these phases of belief and conviction. Throughout, Alcock uses examples from history to bolster his theories and brings the narrative to life. Overall, this valuable resource could be used even in philosophy and sociology classes. Summing Up: Recommended. All readership levels.

In this fascinating overview of cyberpsychology, Harley, Morgan, and Frith (all lecturers at the University of Brighton, UK) focus on the subjective human experience and how technology users construct meaning from their interactions with technology and online contacts in the course of the lifespan. In 10 thematic chapters, the authors critically examine how—from childhood and adolescence through adulthood, old age, and eventually to death—our relationship with digital devices has evolved along with the ever-changing online environment. This text moves beyond the aim of other books in the realm of cyberpsychology that parse the positive and negative impacts of technology, incorporating a broad range of topics and a wealth of research findings. Written in a clear, seamless fashion, the text uses the complex topic of cyberpsychology to illuminate how context and motivation help shape the social and
psychological experience of the user. This text is extensively researched and well documented, and will appeal to scholarly and general audiences alike. Summing Up: Recommended. All levels.

This collection is part of the interdisciplinary series “Palgrave Studies in Creativity and Culture,” intended to present the intersections among the fields of psychology, creativity, other social sciences, and cultural studies. Each essay is written by professionals in psychology or medicine who are also active participants in the visual or performing arts. Each chapter includes a historical review of the topic as well as a comprehensive review of the research literature. In the first section, various essays explore the nexus of literature and narrative therapy. Subsequent essays describe the use of theater and dance to benefit clients and therapists through direct involvement. Finally, the authors review the use of music and drama therapy for specific populations, including adolescents and immigrant drug abusers. Two of the essays review the literature on issues of creativity and psychological and personality traits among performing artists. In the final essay, Adrian Furnham uses the concept of emotional intelligence to describe the skills needed by successful actors and presents specific factors that put writers, actors, and musicians at risk for psychological problems. This is a unique, wide-ranging resource that will benefit clinicians wishing to expand their skills, interdisciplinary graduate programs, and researchers. Summing Up: Recommended. Advanced undergraduates through faculty and professionals.

10. The forgotten sense: meditations on touch. Maurette, Pablo. Chicago, 2018. 173p index, 9780226561332 $75.00, 9780226561479 $25.00, 9780226561509
The realm of touch (the haptic) is a complicated place. It is rich in contradictory sensations, at once seductive and disturbing in ways that entirely overcome the distancing tendency of a reliance on the visual. Maurette (Harvard University Center for Italian Renaissance Studies) has assembled a book that shares these qualities in common with its subject matter. In each of the six essays that make up the text, Maurette explores tactile experience and metaphor by running his intellectual hands over the body of philosophical and literary approaches to the haptic. While the topics of each essay differ—hands, bodily divisibility, kisses, skin—they are all subtly connected to each other in theme and source material (Lucretius's On The Nature of Things is a common touchstone). This is the sort of book that might tickle the curiosity of an inquisitive undergraduate reader lured in the direction of its sources and examples, even as it reveals hidden surfaces and titillating details in those materials for a more experienced scholar. While perhaps not an essential read, this book would make a charming addition to any contemporary aesthetics collection. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals.

In her first book, Duncan (anthropology, Univ. of Northern Colorado) attempts “to understand the meaning of mental health in contemporary Mexico,” where mainstream, transnational psychology and psychiatry have gained a foothold and interact with cultural traditions. Communities in the Mexican state of Oaxaca are the primary focus of her book. “Psy-globalization” comes into conflict with a pattern of reticence and reserve found in Oaxacan culture, the result of centuries of exploitation of peasants and indigenous people. An array of “psy-services” reveal the popularity of modern, “EuroAmerican”-
style therapy throughout Oaxaca. Striving to unpack the meaning of this phenomenon, Duncan engaged in extended participant observation and recorded numerous interviews. While bureaucratic medicine and pharmaceutical regimens have become the norm, Oaxacans seeking treatment also draw on traditional belief and healing systems, as well as family and social ties, which address mental and spiritual distress in vastly different ways. Duncan’s rich exploration of women’s discussion groups, among other features of the therapeutic landscape, provides a valuable ethnography of a region that embraces modern psychology, despite severe deficiencies in available care and the persistence of traditional notions of the mind and self. Summing Up: Recommended. Advanced undergraduates through faculty and professionals.


Psychological scientists typically conduct quantitative research designed to produce results that can be replicated and generalized; one fundament is objectivity, which qualitative researchers sometimes decry as removing the human element from the endeavor. In Heuristic inquiry, the author describes a qualitative research methodology that views subjectivity as a prime factor. In fact, the objective is to bring personal experience to the fore in the research. The approach will seem foreign to many psychologists but resonate with those of a phenomenological orientation. The author’s description of creating a research project includes many components traditional psychological research does, including considering ethical concerns; recruiting participants, who are known as co-researchers; identifying the different stages of a project; and analyzing data that can consist of transcripts, journals, poetry, and other artifacts. But what the creator does in each stage reflects a departure from objective, mainstream research, instead embodying the sense of relationship among collaborators. The approach, as it is introduced in this text, will puzzle traditional researchers but fill a need for those focusing on what experiences mean to them on a personal level. Summing Up: Recommended. Graduate students and researchers.

13. Unconscious incarnations : psychoanalytic and philosophical perspectives on the body. ed. by Brian W. Becker, John Panteleimon Manoussakis, and David M. Goodman. Routledge, 2018. 163p bibl index, 9780815394945 $140.00, 9780815394952 $44.95, 9781351180191 $58.95

Unconscious Incarnations contains contributions by an interdisciplinary group of philosophers, psychoanalytic scholars, and practitioners. Becker (neuropsychology, Lesley Univ.), Manoussakis (philosophy, College of the Holy Cross) and Goodman (Boston College) organize chapters into sets: one essay is directly followed by a second, which is written in response to it. As a whole, the text explores the concept of embodiment and the status of the body in psychoanalytic theory and practice as it incorporates philosophical and phenomenological elements. One particular focus in the text examines Lacan’s critique of psychology. A background in psychoanalysis (Sigmund Freud, Jacques Lacan, and others) and phenomenology (Jean-Luc Marion and Maurice Merleau-Ponty, among others) is necessary to fully appreciate the collection; the book will be of special interest to psychoanalysts, psychotherapists, clinical psychologists, and philosophy scholars, but out of reach to undergraduates. Engagingly written and well researched, the text includes notes and a bibliography at the end of each chapter. The book is part of Routledge’s "Psychology and the Other" series. Summing Up: Recommended. Graduate students, researchers, and practitioners.


220p bibl index, 9780198809524 $55.00, 9780192537348

Figdor (philosophy, Univ. of Iowa) is interested in what a "mind" is, but along the way she evaluates what we mean by the term. She points out the complexity of evaluative processes by entities we don't think of as having minds—plants and bacteria. Given this complexity, she says we must reevaluate how we use psychological terms, and she notes our anthropocentrism and exceptionalism. Considering the widespread use of psychological capacities and science’s proof of these capacities, how do we talk about psychological abilities? She first discusses literalism—the appropriate use of terms applied to what we used to consider lesser beings with lower intellectual capacities, arguing that these beings have been proven to have higher capacities. She counters literalism with "nonsense" use, stemming from informal use; metaphorical use, when terms are not applied but used as exemplars; and technical use, where these terms are applied to mechanical-like processes. Finally, she points out that literalism requires us to expand the number of beings that we define as possessing moral status, and that this challenges our ethics. The text is a dense but clear evaluation of what we mean when we use these psychological terms. Summing Up: Recommended. Graduate students and above.

15. Therapeutic justice: crime, treatment courts and mental illness. 

**Snedker, Karen A.** Palgrave Macmillan, 2018. 329p bibl index, 9783319789019 $119.00, 9783319789026 $119.00

Confronted with complex intertwining challenges, particularly high imprisonment and recidivism rates, insufficient health care for the incarcerated population, and limited reforms to significantly improve lives, criminal justice reformers have designed, implemented, and advocated mental health courts during the last decades as vital “problem-solving” mechanisms for contemporary social problems. However, as empirical studies have shown, economic, political, and ideological forces, along with shifting demographics, trends, and emerging issues, have impaired the design and implementation of a sound and holistic model. In an effort to situate mental health court reforms within a broader context, Snedker (Seattle Pacific Univ.) provides quantitative and qualitative analyses, triangulating not only research methodologies but also psychological, sociological, and legal analyses and perspectives. Instead of punitive social control, the author vividly delineates a model of care—progressive reforms that will further transform mental health into an effective therapeutic mental health and criminal justice model. The book is beneficial in the area of contemporary mental health courts, therapeutic jurisprudence, and criminal justice reform. Therapeutic Justice is a wonderful read for all people vested in better understanding the intersection of mental health and the criminal justice system. Summing Up: Recommended. Graduate students through faculty.

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**Dasgupta, Amitava.** Rowman & Littlefield, 2018. 331p index, 9781538101209 $38.00, 9781538101216 $36.00

Stress is ubiquitous. Affecting both body and mind, this biopsychosocial state is an all-too-recognizable part of daily life. Why are we so (dis)stressed? What are the causes of and, more importantly, what are the consequences associated with stress? Theories and data on stress abound, and Dasgupta (emer., McGovern Medical School) has done an excellent service here by crafting a well-written, imminently readable book presenting stress management matters aligned with familiar domains of daily life. These domains include whether women possess better coping skills than men; the unconditional positive regard and power of pets; exercise and athletic activity; managing stress via aromatherapy, massage,
reiki, and music; sex as a stress reliever; eating well; moderate alcohol consumption; and, yes, the health benefits of chocolate. His goal, of course, is to encourage readers to embrace available best practices to enhance the quality of their daily lives. Aside from reviewing some recent research alongside classic studies, there is not much new information here; that being said, this reviewer can think of no better comprehensive overview of stress by domain with accompanying evidence-based guidance for taking positive steps to address the problem. Summing Up: Recommended. All levels/libraries.

2. Researching sex and sexualities. ed. by Charlotte Morris et al. Zed Books, 2018. 375p bibl index, 9781786993205 $95.00, 9781786993199 $29.95, 9781786993229 $95.00

Sex and sexuality are topics that provoke both interest and censure. This book collects writings that address some areas of sex and sexuality society has seen as difficult to investigate. Since the 18 contributors hail from different parts of the world, the book is cross-cultural and presents viewpoints both diverse and compelling. For example, in his thought-provoking essay "Dirty Talk," P. J. Macleod suggests using poetic form when researching pornography. Andrea Cornwall, an editor as well as a contributor, offers a fascinating anthropological study of Indian sex workers. Cornwall is careful to present the hidden details of the lives of the women engaged in such work. As she writes: “Less often do we see sex workers represented as people with complex lives involving a diversity of other people, including those they love as well as those who make their lives difficult.” And contributor Katherine Radoslovich tackles the idea of conducting research in a residential aged-care center. Though in some circles this notion might be considered taboo, Radoslovich does a splendid job of balancing sensitivity and clinical objectivity. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals.


This superb collection of interdisciplinary essays contains 23 chapters, each written by an eminent scholar in the field of creativity. Each contributor addresses a series of questions, including what creativity is and how it can best be understood, measured, investigated, and developed. The scholars describe the most important empirical findings in their research and what lasting contributions to the field they wanted to make. Each chapter illuminates the accomplishments of the creative endeavor and also provides a window into the way research questions develop and are nurtured throughout a lifetime of scholarly love for the work itself. Rich collections of references are included in each chapter, offering readers future avenues for exploration. The vast differences between individual stories and experiences will appeal to graduate students and young researchers who may need confirmation that there are many ways to be a successful researcher and scientist, and seasoned scholars across a variety of disciplines may feel invigorated and refueled by recognizing themselves in the narrative and finding pieces of research questions connected to their own. Summing Up: Essential for advanced undergraduates and above.


The authors, a painter and a writer, begin this cross-disciplinary exploration with Cezanne’s observation that color is a collaboration of the mind and the world. As chemists, physicists, and neurobiologists stake out different territories of color exploration, it is clear that the concept of color functions differently in each discipline. The authors refreshingly claim that these different senses of color cannot be understood
as a coherent whole. They locate color in the indistinct borderland between the objective and the subjective, the phenomenal and the psychological, and note that it is always filtered through culturally determined perceptions. Kastan (Yale) and Farthing (emer., Oxford) are confident that color easily survives technical analysis; they are unconcerned about “unweaving the rainbow.” After all, scholarly exchanges have rarely been relevant to practicing artists, who have been handling colors for thousands of years. In discussions ranging from Homer’s “wine-dark sea” to the exact red of the Hungarian flag, the authors make a convincing case that “color inevitably exceeds language” (p. 5). In this readable, carefully written, and handsomely illustrated book, colors are discussed individually, as some of the chapter titles indicate: "Mixed Greens," "Moody Blues," "Yellow Perils," and "Basic Black." Summing Up: Highly recommended. All readers.

344p index, 9780393651348 $26.95
Burnett (Cardiff Univ., UK), author of Idiot Brain (2016), has written another excellent book that simultaneously entertains readers and elucidates complex features of the human brain. In Happy Brain, Burnett explores the neuroscience of happiness. Using his lively wit, Burnett asks probing questions: What is happiness? What purpose does it serve? What brain functions are involved? What circumstances increase or decrease happiness? Although he warns readers in the introduction that Happy Brain “is not meant to be a self-help book, or some model for how to live a happier and fuller life,” the scientifically grounded insights he delivers do indeed suggest ways of being and thinking that are likely to increase the odds of being happy. Burnett has a notable ability to explain complex, theoretical ideas and demonstrate their practical applications. Although he writes in an informal, conversational style, Burnett provides extensive references from the neuroscience literature throughout the book, allowing readers to easily delve more deeply into any of the topics addressed. Readers of all levels, from the general public to professional neuroscientists, will benefit from reading Happy Brain. Summing Up: Highly recommended. All readers.

In the second edition of this handbook, editors Bukowski (Concordia Univ., Quebec, Canada), Laursen (Florida Atlantic Univ.), and Rubin (Univ. of Maryland) have assembled an impressive team of leading scholars, delivering revised and new topics on peer interactions, relationships, and groups. Half the content of the book is new to the second edition, and chapters cover established topics of interest (including bullying and romantic relationships) as well as new topics related to conceptual and methodological advances (e.g., play, neuroscience). Several chapters are dedicated to diversity in peer experience, each examining an intersection of peer relationships and inequality, culture, gender, and race. Another set of new chapters focuses on applied issues, such as school adjustment and youth activity participation. Each chapter follows a comprehensive outline, first positing the conceptual main issue and theoretical considerations, then delving into measures and methods, research findings, implications, and future directions. The handbook is a must read for academics with interest in peer interactions and relationships. Summing Up: Highly recommended. Upper-division undergraduates and above.
7. Assessment of autism spectrum disorder 2nd ed. Ed. by Sam Goldstein and Sally Ozonoff. Guilford, 2018. 494p bibl index, 9781462533107 $55.00, 9781462533190 $55.00
This is an exceptionally well-written text regarding assessment of children and youth who may have autism spectrum disorder (ASD). This second edition contains five new chapters since the first edition (CH, Mar'09, 46-3872). Of particular note is the chapter dealing with changes in the fifth edition of the American Psychological Association’s Diagnostic and Statistical Manual of Mental Disorders (the DSM-5) as it relates to diagnosing individuals with ASD. The book contains expanded and updated discussions of several assessment instruments used in the evaluation of people with ASD and a new chapter on distinguishing between science and pseudoscience in the assessment and treatment of ASD. Several contributing authors point out very eloquently, and correctly, that evaluation teams must consider all aspects of a person’s abilities and characteristics and not rely on one static set of traits to make accurate decisions when determining eligibility for this category of disability. It was the authors’ intent in this edition to emphasize valid and reliable methods of assessing this complex and often difficult-to-understand condition, and they succeeded in doing so. It is an excellent addition to professional bookshelves. Summing Up: Essential. Graduate students, faculty, and practitioners.

Scalambrino (John Carroll Univ.) offers a heady brew of the history of philosophy and psychology. The motivation for the book is to complement existing history of psychology textbooks with a more philosophically sophisticated treatment. Prior to, say, the early 20th century, psychology was part and parcel of philosophy and, as such, a great deal of the history of psychology comes from the history of philosophy. Because (not surprisingly) most history of psychology textbooks are written by psychologists, Scalambrino argues that the treatment of philosophical concepts and arguments is at times inadequate or misleading. There is, in fact, a chorus of scholars coming from various angles (Wittgensteinian, phenomenological, postmodernist, and so on) who have pointed to the conceptual confusion underlying much of what goes on in contemporary psychology. Scalambrino hopes that by giving a systematic overview of the essential (philosophical) distinctions that underlay modern psychological concepts, at least some of the fog can be cleared. Summing Up: Recommended. Advanced undergraduates and graduate students.

Edited by philosopher and neuropsychologist Kaplan (Macquarie Univ.), this fascinating collection of articles by philosophers of science provides thought-provoking reflections on a number of questions concerning the relationship between psychological and neurological explanation. In light of recent developments in both disciplines, the positivist ideal of a single unified science incorporating physics, chemistry, biology, psychology, and neurology is clearly unrealistic. Furthermore, the notion of a mechanistic explanation underlying supposedly reductive explanations is itself unclear. Instead, it appears that the nature of explanation differs with each science—although the method of inquiry, the search for evidence, and the role of intervention in causal explanation all remain the same. Several authors argue convincingly that each science has its own list of vocabularies that are explanatorily basic. Although the constraints of the "lower," more mechanistic disciplines are sometimes relevant for higher-level explanations, models must abstract many details to identify relevant causal factors.
Researchers' understanding of the opening of ion channels in a neuron is not always relevant to explanations of the neural structures underlying behavior, nor are the latter always relevant to accounts of psychological motivation. Summing Up: Recommended. Advanced undergraduates through faculty and professionals.

In this thoughtful and elegantly written book, Jurist (CUNY) applies mentalization—the attempt to understand people's actions, motivations, and emotions—to the task of doing psychotherapy. As psychotherapists hope, being better able to understand one's psychological state and to perceive the psychologies of others enables individuals to better cope with the emotional challenges of daily life and autobiographical experience. This seven-chapter text has two parts: the first (three chapters) deals with recognizing, modulating, and expressing emotion; the second (four chapters) explores mentalized affectivity, a hypothesized process in which emotions are negotiated via an individual's narrative history. Jurist relies on current theory and data from social psychology, cognition, a bit of neuroscience, clinical psychology, and supporting examples from his practice and from illustrative memoirs by prominent figures (including Ingmar Bergman, Oliver Sacks, and Sarah Silverman) to make his case. His goal is to help clients in therapy make sense of their emotional lives while communicating their feelings effectively to those around them. Clinicians of all types will benefit from this book. Summing Up: Recommended. Graduate students and practitioners.

Josephs (Adelphi Univ.) imagines his book, The Dynamics of Infidelity, as a bridge between researchers and clinicians. The result is an organized, accessible, carefully researched textbook on infidelity. Josephs's relationship science approach smoothly blends social, personality, and evolutionary psychology with psychodynamics, marital communications skills, and mindfulness approaches to treatment (among others). The tone avoids being judgmental without compromising the quality of the arguments and evidence. The book covers the topic of infidelity from multiple perspectives: the unfaithful partner, the betrayed partner, the affair partner, and the psychotherapist. Vivid clinical case studies appear in every chapter, serving as helpful illustrations of nuanced client thought processes and client-clinician interactions. The roles of attachment style, cultural conditions, and communication in creating the conditions for—and shaping responses to—infidelity are prominent themes. Cover-to-cover readers may find the author’s practice of redefining key terms and summarizing main points in multiple places needlessly repetitious, but this approach allows chapters to be read independently and out of sequence. The book could be a reference for practitioners seeking evidence-based treatment approaches and relationship scientists hoping to integrate new disciplines into their research agendas. Summing Up: Recommended. Undergraduates through faculty and practitioners.

12. Committed: the battle over involuntary psychiatric care. by Dinah Miller and Annette Hanson. Johns Hopkins, 2018. 298p bibl index, 9781421420783 $22.95, 9781421425412 $22.95, 9781421420790 $22.95
This is a thorough, objective, balanced presentation of the complex controversies surrounding involuntary psychiatric care in the US. For those with a personal or professional stake in providing care to those with chronic mental illness or those in acute mental health crisis, this book will be an essential
Psychiatrists Miller and Hanson (both, Johns Hopkins) deliberately include the voices of people on both sides of the issue of forced treatment to provide readers with a panoramic view of the parallel dangers and benefits of involuntary care. The voices represented within the text include those of advocates and opponents as well as patients and professionals in the field. In the context of civil rights, readers benefit from an in-depth exploration of the many issues related to seclusion, restraint, involuntary medication, and involuntary electroconvulsive therapy. This text is surprisingly readable, and the authors provide a context for thoughtful discussion that is clearly well-researched and analytical yet powerfully compassionate, acknowledging that often emotions lie at the heart of the involuntary treatment and commitment process. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals.

Newirth (Adelphi Univ.) offers a focused examination of how concrete signs and symptoms are transformed, both developmentally and within the therapeutic process, into meanings that emerge through symbol and self-reflective thinking. The first two chapters lay the theoretical grounds for understanding the transformation of sign into symbol through an interdisciplinary examination of psychoanalytic, developmental, cognitive, and neuropsychological approaches to the mind. The development of the capacity for symbolization and mentalization is explored in the next three chapters with treatments of dreams, humor, and pleasure as aspects of clinical work. The final chapters address the difficulties inherent in the actual practice of psychotherapy for developing the transition from sign to symbol. The best chapter of the book focuses on the supervisory process and its enhancement through the development of a constructive relationship between supervisor and supervisee. This book, given its themes, is restricted to advanced students of psychology and psychoanalysis, as well as practitioners, researchers, and educators in these disciplines. Summing Up: Recommended. Graduate students through faculty and professionals.

Scientific domains are sometimes categorized as hard and soft, with psychology falling in the latter grouping. Another characterization could be the hard sciences and the difficult sciences. As Rakover (Univ. of Haifa, Israel) has compellingly illustrated in How to Explain Behavior, psychology clearly falls in the difficult category. This book deals with the philosophy of science as it relates to psychological explanation. As such, a solid background in philosophy and the philosophy of science will enable readers to evaluate Rakover’s complex arguments. That the issues of causal explanation remain unresolved indicates the complexity of the endeavor. He lays out the varied philosophical approaches to understanding phenomena as they unfold in the natural and in the social/behavioral sciences, showing that scientists are still far from coming up with explanatory models of behavior. He makes it clear that explanations and understanding are intimately tied to measurement, which constitutes a problem with respect to modeling experiential, mental states. He develops his model, called the "general explanation procedure," to account for psychological constructs, suggesting that psychologists can use it to carve a methodological path leading in the direction of the truth. Summing Up: Recommended. Graduate students and researchers.
Furtak (philosophy, Colorado College) offers readers an inviting view of the nature of emotions and the role they play in human existence as conduits to truth. Put simply, Furtak's central thesis is that emotions disclose truths from which people can learn. Emotions are, therefore, not sentimental falsifications of the world or misrepresentations to be discarded in favor of reason. In the last and arguably best chapter of the book, "Attunement and Perspectival Truth," Furtak clearly shows how emotions define people's sense of what is real and, more radically, what has meaning or value. Much of what this chapter lays the groundwork for could be extended by an accounting of Eastern philosophical approaches to the question of how emotions can be observed and deployed through such attitudes as equanimity. The language of this book is clear and free of jargon and should provide an excellent guide to emotions as they are actually lived for a wide range of interested readers, from beginning students and seasoned academics to those in the healing professions. Summing Up: Recommended. All readers.

In many ways, shame is a complex and puzzling experience. At its best, shame is a contribution to our moral life, a firm warning when we violate norms we realize we really should adhere to. In spite of this value and moral importance, people can also feel shame about things they may have no control over, such as the circumstances of their birth, their looks, or their social positions. Finally, there exists a kind of shame related to being seen naked or performing various bodily functions. Thomason (Swarthmore College) explores all these facets of shame in a way that is articulate and reasonable. Her account is informed by philosophy, psychology, and examples taken from literary sources and real-life events. She also explores the connection between shame and violence as well as evolving concepts of shaming others (with a particularly insightful look at this phenomenon in social media). Summing Up: Recommended. All academic levels.

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What should an educated person know about psychology? There is no simple answer to this question, but in Our Minds, Our Selves, Oatley (emer., Univ. of Toronto) strives to provide a useful one as he highlights the fundamentally important areas that characterize psychology. His narrative showcases the breadth and importance of the discipline with lively writing that enhances the flow of ideas. The subtitle of the book identifies it as a brief history, but its real strength is the way Oatley presents the complexity of current psychological thought. The path through the book broadens from elements of neuroscientific issues on the individual level to cognitive and, ultimately, social and cultural dimensions. Throughout the book, the author cites highly relevant and important research pertaining to the topics he discusses, enhancing the context in which the ideas have evolved; he also shows that dealing with human thought and behavior is never simple. To answer the question posed at the start of this review, readers who understand the ideas developed in this book will have a good introduction to what psychology is all about. Summing Up: Recommended. Undergraduates and general readers.

Van Zomeren (cultural and political psychology and social relationships, Univ. of Groningen, the Netherlands) and Dovidio (psychology and public health, Yale Univ.) are editors of as well as contributors to this collection of diverse essays. Scholars and researchers from around the globe, most specializing in various areas of the psychology field, explore the human essence—put broadly, the factors, if any, that make humans unique. From this range of perspectives, chapters variously discuss topics such as free will, motivation, value, limits of individuality, morality, aggression, social identity, justice, political participation, and cultural context, among others. The essays are grouped into three sections: individuality, sociality, and cultural embeddedness. Though the text falls under the general subjects of social and existential psychology, the book will also interest readers in sociology, philosophy, and cultural studies. Extensively researched and documented, the essays address a wide range of views and will be a unique source for class discussion. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals.

3. *CBT for beginners 3rd ed.* by Jane Simmons and Rachel Griffiths. SAGE Publishing, 2018. 271p bibl index, 9781526424075 $121.00, 9781526424082 $46.00, 9781526428806 $37.00

In this reviewer's assessment, Simmons and Griffiths have written a definitive document on cognitive behavior therapy (CBT). As a measure of its importance, CBT is regularly used with most common mental health problems. The CBT model is based on four elements: thoughts, behaviors, feelings as emotions, and feelings as physical sensations, all of which influence one another. The process of CBT explores how these influences develop and can be remedied through CBT. Nowhere is the book described as a "manual," and yet the point of the narrative is to describe how CBT is to be carried out. Beyond this precise emphasis on concrete content, the book describes history, assessment, goals, coping strategies, cognitive interventions, and other topics too numerous to mention, all under the mantle of "this is how CBT is done." One distinctive feature of the system is to substitute the concept "formulation," in which the latter focuses on a clearer understanding of the way the client sees the world and how that view originated. This is an exceptional book, ideally suited for all practitioners in psychology, psychiatry, and social work—both beginners and veterans. Nineteen appendixes present operational aids. Summing Up: Essential. Upper-division undergraduates, graduate students, faculty, and professionals.

4. *Addiction and change : how addictions develop and addicted people recover*. DiClemente, Carlo C. Guilford, 2018. 364p bibl index, 9781462533237 $40.00, 9781462533275 $40.00

It has been five years since the first edition of Addiction and Change (CH, Dec'03, 41-2484), a book that organizes information according to the Transtheoretical Model (TTM) created by DiClemente (Univ. of Maryland, Baltimore County) and his colleague James Prochaska. TTM includes the cyclical initiation and subsequent stages of addiction and recovery. Since publication of the first edition, abundant addiction research focused on areas such as neuroscience, self-regulation and self-control, cognitive processing, and recovery strategies has been published. This updated and revised new edition has many advantages. New research and advances in treatment models are presented, and information on process addictions such as gambling and sex addiction is included. There are also additions and expansions of chapters dedicated to specific stages of addiction and recovery under TTM. Final chapters touch on prevention and promote recovery and offer DiClemente's personal perspective on lessons learned and views on emerging areas of importance in the field of addiction. Addiction and Change
continues to be an invaluable resource for new students looking for foundational instruction and for seasoned professionals seeking information on recent advances in the field. Summing Up: Highly recommended. Students, researchers, and practitioners.


How does a boy become a man? Internationally acclaimed authors Farrell (The Myth of Male Power, 1993) and Gray (Men Are from Mars, Women Are from Venus, 1992) unpack a decade of research to expose a toxic “dad-deprived” culture. The boy crisis has been created by the abdication of dads in the lives of their sons—and the result, the authors contend, is a rudderless millennial generation. The text is stark in its commentary on what the authors view as a dangerous cultural trajectory that has emerged from devaluing the contributions of paternal bonding. To change the trajectory and reverse the trends that alienate boys from their fathers, the authors offer ideas to help reclaim this powerful connection—ideas such as "five essentials of family dinner night," found in the appendixes. The benefits of fully involved dads are celebrated as outcomes of engaging the moral authority of fathers. This text presents compelling solutions and strategies for shaping purpose-driven boys who can grow and thrive in a culture that honors and values fatherhood. Empirical evidence is substantiated in the bibliography, and endnotes are included. Summing Up: Highly recommended. All readers.


This text, authored by many prominent cognitive behavior therapy (CBT) scholars, reviews 45 years of theory, practice, and efficacy of the technique. Aaron Beck, widely viewed as the founder of cognitive therapy, contributes the first essay, recounting his intellectual journey and his experiences using CBT to activate adaptive behaviors and thoughts with schizophrenic patients. Readers are given an overview of the basic tenets of CBT and the outcome studies establishing its efficacy, followed by a more detailed history of the development of CBT concepts to the present day, CBT’s role as a major force in the understanding and treatment of psychological disorders, and current questions to be researched. In part 2, the authors describe the use of CBT with schema therapies, imagery, and mindfulness. The chapters in part 3 review the application of CBT to specific contexts: insomnia, suicide risk, couples and family therapy, bipolar disorder, psychosis, anxiety, PTSD, and personality disorders. Beck published over 500 research articles and 17 books and created or assisted in the development of many diagnostic scales and innumerable applications of CBT. This volume is a thorough review of CBT and belongs in any collection available for practitioners and researchers. Summing Up: Essential. Graduate students, researchers, and professionals.


Vitelli, a practicing psychologist, has written a short but useful health guide that serves as an incisive question-and-answer resource on the topic of self-injury. By addressing the different definitions and manifestations of self-injury, this book connects the possible causes and contexts that can trigger self-injury behaviors, and lists options for therapy to treat self-injury. General background, perceptions, misconceptions, and treatment approaches are all profiled, along with commentary on demographic factors contributing to self-injury behavior. A selection of case studies completes the main text. The book follows an accessible question-and-answer format throughout; the scholarly apparatus includes a
useful glossary, a directory of resources, and an adequate index. Vitelli presents an easily digestible purview on understanding and interpretation of self-injury diagnosis and treatment through clinical and social lenses. In addition to students seeking information on this topic, this text can benefit practicing psychologists and individuals teaching, or researching, at the intersection of therapy and mental health. Summing Up: Recommended. Upper-division undergraduates, graduate students, and professionals.

Nadal is on the faculty at the John Jay College of Criminal Justice and the Graduate Center at the City University of New York; he is cofounder of the LGBTQ Scholars of Color Network and a past president of the Asian American Psychological Association. His latest title, from the APA's "Concise Guides on Trauma Care" series, adds richness to the literature about trauma and microaggressions with its concise research summaries and coverage of people of color, women, LGBTQIA individuals, and intersectionality across groups. The introduction provides statistical evidence of the persistence of discrimination, microaggressions, and accompanying violence, and connects these issues to trauma experienced by targeted individuals. Nadal then goes on to summarize trauma literature and treatment approaches for survivors. Subsequent chapters outline racial, sexual orientation, gender, and gender identity microaggressions. Along the way, Nadal incorporates wrenching case studies that describe how microaggressions induce trauma. The book's strength lies both in its summary of trauma and microaggression research for underacknowledged members of our population and in its normalization of intersectionality. The intricacy of the case studies might overwhelm novice readers; however, they do ring true in a complex world. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals.

359p bibl index, 9780300223453 $30.00
Boyer (anthropology and psychology, Washington Univ.) has an ambitious goal in this text. His central argument is that the social sciences are flawed and can only be perfected by adopting a more scientific approach to the study of human societies. In the book's introduction and conclusion, Boyer characterizes this scientific approach as one that discards misguided nature-nurture dichotomies, espouses reductionism healthfully, and treads across disciplinary boundaries. Each of the book's six main chapters demonstrates the approach using a societal-level issue, including the roots of group conflict, the origins of religious tradition, conceptualizations of justice, and the structure of family. Fascinating case studies from Boyer's home discipline of anthropology appear alongside recent discoveries in neuroscience, psychology, economics, and evolutionary biology. Boyer recommends, and attempts to follow, three guiding rules for inquiry, such to "see the strangeness in the familiar." These may increase the book's appeal to readers interested in transdisciplinary topics and modes of thinking. At the same time, he makes (and assumes the reader will agree to) the significant assumption that "the best way to understand the world in general is to do science." Summing Up: Recommended. Upper-division undergraduates and above.
10. **Bulletproofing the psyche: preventing mental health problems in our military and veterans.** ed. by Kate Hendricks Thomas and David L. Albright, foreword by Charles R. Figley. Praeger, 2018. 270p bibl index, 9781440849763 $48.00, 9781440849770 $48.00, 9781440849770

Thomas (Charleston Southern Univ.) and Albright (Univ. of Alabama) have curated articles by an array of academics, administrators, and veterans regarding mental health resiliency among military personnel and veterans. "Bulletproofing the psyche" is the term the editors use for the development of mental health resiliency in military personnel and veterans, which they contend should be integrated into military training and veteran services. Indeed, resiliency has become a major topic in mental health fields and among military/veteran populations. However, Meredith et al.’s Promoting Psychological Resilience in the Military (2011) already provides a thorough, well-written, and organized treatment of this subject, including more specific discussions than the present volume offers on resiliency and resiliency factors, examples of psychological resiliency, a literature review on resiliency, and a detailed overview of current resiliency programs. Budget-conscious academic libraries that serve social work, counseling, psychology, or military science programs may want to forgo Bulletproofing the Psyche in favor of the text by Meredith et al. Summing Up: Recommended. With the caveat above. Graduate students, researchers, faculty, and professionals.

11. **Public health perspectives on depressive disorders.** ed. by Neal L. Cohen. Johns Hopkins, 2017. 442p bibl index, 9781421422794 $120.00, 9781421422800 $49.95, 9781421422817 $49.95

Collecting work from an array of experts, Cohen (New York State Office of Mental Health) offers an excellent addition to the literature on mental health that examines depressive disorders from a public health and policy perspective. This book is well organized and fairly comprehensive. The first section makes the case for mental health's impact on broader public health concerns. The second section focuses on key social factors related to depression. Chapters in this section underline the inverse relationship between socioeconomic status and depression: the poor cope with intense stress that easily and often leads to depression. Another example is the multigenerational transmission process of depression, by which children of mothers suffering from postpartum depression are at increased risk of developing depression themselves. This section also tackles stigma and its negative impact on those suffering from mental illness. The final section specifically examines the mental health needs of youth and other at-risk populations. Authors emphasize the ever-growing problems of child and adolescent depression and adolescent suicide. The chapter on mindfulness and mental health promotion is particularly informative, describing techniques and current evidence-based research. An excellent resource for educators, clinicians, and students in the fields of public and mental health. Summing Up: Recommended. Graduate students through faculty and professionals.

12. **Cognitive gadgets: the cultural evolution of thinking.** Heyes, Cecilia M. Belknap, Harvard, 2018. 292p bibl index, 9780674980150 $29.95, 9780674985155 $29.95

This fascinating book covers cultural evolution—or more specifically, cognitive gadgets. Heyes (Oxford Univ.) reveals how instincts are products of genetic evolution and cognitive gadgets are products of cultural evolution. All humans have cognitive instincts; humans have created physical machines and developed cognitive gadgets, such as social learning, imitation, mind-reading, and, of course, language. These human-derived traits enable people to pass on knowledge to their offspring. In fact, without language, cultural learning would be impossible. Thus, cultural and genetic evolution cannot be viewed as entirely distinct. If humankind had not evolved genetically, it could not have evolved culturally. This is only a fraction of this insightful book's scope. Heyes weaves together perspectives from many
disciplines—evolutionary psychology, genetics, linguistics, cognitive learning, cultural studies—as well as from her own “rebellious streak.” The text is well-written and easy to follow and will find a ready audience among readers from high school to graduate school and just about anyone else. Summing Up: Recommended. All readers.

13. Varieties of empathy: moral psychology and animal ethics. Aaltola, Elisa. Rowman & Littlefield, 2018. 245p bibl index, 9781786606105 $105.00, 9781786606129 $34.95, 9781786606112 $32.95
Varieties of Empathy is a straightforward philosophical book about ethics, and despite the title, little content is devoted in a practical sense to ethical actions toward animals. Aaltola (Univ. of Eastern Finland) takes readers through the problems that lie behind human views of animals. Present here is the danger of anthropocentricism: seeing animals as being like humans and interpreting animals’ actions through the lens of what people would feel or do. But Aaltola feels strongly that cognitive empathy, or thinking about animals’ minds, does not lead to true care. Instead, she sees affective empathy, or feeling for an animal, as central to true consideration and introduces the idea of the psychopath as someone who understands the feelings of others but is simply not affected by them. In the end, she suggests, what people truly need is higher-order reflective empathy, which helps limit the influence of culture and politics and guide the use of cognitive and affective empathy. Thus, this work is not an outline of correct actions but a guide to how people ought to feel as a foundation for those actions. Summing Up: Recommended. Graduate students, researchers, and faculty.

Sasiewicz, Bradizza, and Slosman, all affiliated with the Research Institute on Addictions at SUNY Buffalo, have written a detailed, step-by-step framework for therapists to use in assisting clients to manage their negative thoughts and feelings related to alcohol use and abuse. The primary strategies of the emotion regulation treatment (ERT) program are based on two factors: the direct experience of emotions and mindfulness. The text consists of 15 chapters. The first 3 of these introduce the reader to the concepts and principles surrounding emotion regulation treatment and provide an overview of the treatment protocol and procedures. The remaining chapters present an overview of the 12 sessions that constitute the therapy process. Five appendixes provide models of worksheets that can be used with clients to facilitate documenting their behaviors, thoughts, and emotions during the treatment process. Both novice and experienced therapists can increase their therapeutic acumen with this grounded resource. Summing Up: Recommended. Graduate students and professionals.

In Treating Addiction: Beyond the Pain, Khantzian (Harvard Medical School) presents a collection of his previously published, seminal articles that explore the relevance of psychodynamic theory to the current understanding of addictions and their treatment. He traces the evolution of his thinking and provides supporting evidence specifically related to the self-medication hypothesis of addiction. In contrast to some other hypotheses, including recent neurobiological formulations, Khantzian posits that addictions are rooted in suffering and pain as opposed to pleasure. In his formulation, he humanizes those with substance use disorders, acknowledging their psychological vulnerabilities, quest to alleviate pain, and
resiliency in the face of challenges. Through his use of case examples and vignettes, he fosters readers' empathy for people struggling with substance use disorders. This perspective is greatly needed at a time when such people continue to be stigmatized and judged. In presenting complex ideas about addictions, Khantzian uses a conversational style that promotes understanding and openness rather than defensiveness regarding alternative views. Throughout the book, he champions the idea of a “kinder understanding of addicted individuals” alongside a more integrated, humanistic approach to treatment. Summing Up: Recommended. Graduate students through faculty and professionals.

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Data management is an essential skill for researchers: it is an important step toward replication, and required for many funding opportunities. Although this topic can be dry and somewhat esoteric, this excellent book decodes it. Berenson (psychology, Gettysburg College) is succinct and approachable, providing context and helpful examples without being prescriptive. The preface reveals that students vetted this book prior to its publication, and this fact shows in the best possible way. Readers will find guidance on organizing their research data, including project, data, and command files. The book also touches briefly on cleaning data and ethical concerns, including confidentiality. One chapter, “Your Command Files,” is specific to SPSS but could be generalized to other statistical software packages. This chapter provides detailed directions, including figures; the cost of such specificity, as with any technical guidance, is that some details will quickly become outdated. This is the latest addition to the American Psychological Association’s Concise Guides to Conducting Behavioral, Health, and Social Science Research series. Previous titles in the series include Designing and Proposing Your Research Project (CH, Apr’18, 55-3039) and Writing Your Psychology Research Paper (CH, May’18, 55-3419). Summing Up: Essential. Lower-division undergraduates through graduate students.

2. The science of addiction: from neurobiology to treatment, 2nd ed. Erickson, Carlton K. W. Norton, 2018. 360p bibl index, 9780393712070 $37.50, 9780393712087

Erickson (College of Pharmacy, Univ. of Texas, Austin) offers an updated edition of this excellent book (1st ed., CH, Oct’07, 45-0908). He begins with a thorough, thought-provoking discussion of the word addiction, how it is used in popular media, and what it means to researchers. This remains the central thread of the book: what is addiction? How does it differ from other medical disorders (or does it)? What is happening in the brain? What do genes have to do with it? How do treatment drugs differ, and—knowing all this—how should it be treated? These questions are addressed using up-to-date research by top scientists in the fields. Particularly relevant to this edition: the new DSM-5 (2013) made significant changes to the diagnostic criteria and to the terms used for substance use disorders from the DSM-IV (2000). Erickson provides a thorough explication of the new criteria and how they fit into current understandings of the science of addiction. In addition, references were added and updated to include the state of the art, including advances in neuroscience, neuroimaging, new pharmacological treatments, and promising behavioral therapies. One appendix addresses future directions for aspiring neuropharmacologists. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals; general readers.
3. **The heart of trauma: healing the embodied brain in the context of relationships.** Badenoch, Bonnie. W. W. Norton, 2018. 345p bibl index, 9780393710489 $27.50

The Heart of Trauma offers a unique approach to understanding and treating the effects of traumatic experience. Badenoch, a practicing family therapist, primes the reader by explaining the use-dependent nature of brain development: who we are and how we respond to our experiences neurologically is entirely dependent on our experiences with mothering, nutrition, school experiences, and later, our adult attachments; our nervous system in all its complexity is an "embodied system." According to Badenoch, true understanding of trauma lies not in making sense of the experience itself or even the symptoms; that approach is too general. Rather, we must understand individual development in order to identify individual needs for a successful recovery. Badenoch states that "who we perceive as being with us before, during, and after an event is central to our ability to integrate the trauma throughout our embodied and relational brains." One of the greatest strengths of Badenoch's writing is the use of frequent "Pause for Reflection" sections. These guided reflections allow the reader to stop, reflect, and summarize the concepts—which are often difficult—introduced in the previous section. This book is best suited for graduate students in clinical psychology and trauma practitioners. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals.


Yanos (psychology, John Jay College) makes an elegant call for eliminating the stigma of mental illness in Written Off. Mental health stigma can be compared to other forms of discrimination, and takes its toll not simply on individuals who carry mental health diagnoses but on their families and communities as well. Rather than simply relying on theory and clinical practice, Yanos presents individual narratives centered on those impacted by mental health stigma and summarizes recent research findings on this topic. He explores the nuances of community attitudes and behaviors toward the mentally ill, highlighting the damaging effects community attitudes and behaviors can have on the self-perception of the mentally ill. Just as important, Yanos offers strategies for changing attitudes and self-perceptions. In this last area, Yanos stresses the importance of peer support and describes new therapeutic techniques. This timely and much-needed volume helps dispel the many myths surrounding mental health and illness and offers insights valuable to health professionals and students alike. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals.

5. **The emotional foundations of personality: a neurobiological and evolutionary approach.** by Kenneth L. Davis and Jaak Panksepp. W. W. Norton, 2018. 330p bibl index, 9780393710571 $35.00

Davis (independent scholar) and Panksepp (College of Veterinary Medicine, Washington State Univ.) present a new theory of personality that directly challenges the dominance of the Big Five personality theory. In contrast to traditional trait theories' top-down approach, Davis and Panksepp's bottom-up model integrates Panksepp's acclaimed research in affective neuroscience with other work on the role of emotion in learning, decision-making, cognitive biases, psychopathology, etc. The authors argue that individual differences in responsiveness to fundamental emotions (individual differences that have evolutionary origins and are heritable) drive different patterns of decision-making, learned responses, and motivations, resulting in what are thought of as individual personalities. The authors interweave animal and human research and provide a context for this new personality theory by discussing traditional perspectives of personality ranging from psychoanalytic models to trait theories. In addition, Davis and Panksepp have devised a personality assessment, the Affective Neuroscience Personality

Studying changes in human behavior over time would seem a straightforward task: just measure the behavior now and do the same later. If people were consistent in their behaviors and how those behaviors change, the process would be clear. But as Gueorguieva (Yale Univ.) documents in this text, modeling change in behavior poses significant challenges. In this book, she details the many issues associated with research occurring over time. As she points out, the traditional use of analysis of variance models can be valid when investigators can create balanced factorial designs, but when measurement occasions are not uniform across participants or when there are missing data, advanced statistical treatment is required. The author lucidly illustrates the important extensions to statistical approaches with which most researchers are acquainted. Readers will need a degree of sophistication in statistical analysis to benefit from the guidance this book provides about the theoretical underpinnings of repeated-measures research designs. This book will be extremely useful for researchers who investigate populations and behaviors involving the complexity of life as it actually unfolds. Summing Up: Recommended. Graduate students and researchers.


This volume, now in its second edition, offers a much-needed perspective for helping individuals who are coping with trauma. With a background in human resources, Barski-Carrow (formerly, US Department of Health and Human Services) focuses on the workplace environment and provides coworkers and managers with guidance and strategies for responding compassionately and appropriately to fellow employees who have experienced trauma. The author begins by carefully defining traumatic life experiences (TLE) as a range of events, such as experiencing the death of a loved one, a debilitating illness, a violent attack, etc. Even though not everyone who experiences TLEs suffers from post-traumatic stress disorder, compassionate communication and care is nevertheless important. Barski-Carrow goes on to cover a range of issues relevant to human resources professionals, managers, and employees, including what to expect for those returning to work after TLEs, what managers can do to help, informing coworkers, accessing employer assistance programs, and setting up a dialogue circle for talking about TLEs. This is a well-written, easily accessible, practical guide for readers who may have little grounding in psychology. Summing Up: Recommended. General readers and professionals.

8. Journeys: resilience and growth for survivors of intimate partner abuse, Gender and justice, 5. Miller, Susan L. California, 2018. 276p bibl index, 9780520286085 $85.00, 9780520286108 $29.95, 9780520961463 $29.95

Miller (sociology and criminal justice, Univ. of Delaware) presents the findings of a study of 31 survivors of interpersonal violence and abuse (IPV/A). A new concept advanced by the author, IPV/A is broader than IPV. Miller is concerned not just with IPV/A per se but also with long-term survival. The author devotes chapters to an overview of the subject, the methodology of her research, and analysis of the history and context of the abusive relationships, processing the abuse with a focus on restructuring the
lives of her subjects and strategies for long-term survival. The final chapter, "Paths to Survivorship and Suggestions for Policy," places the findings in context. The text is well written and accessible to nonspecialists. Miller makes effective use of direct quotes but includes very few tables. This book is appropriate for those interested in counseling, psychology, sociology, or social work. Summing Up: Recommended. Lower-division undergraduates through faculty and professionals.

Across edited chapters, using the framework of liberation psychology, the authors of Women's Human Rights weave together a powerful, complex, and unifying conceptualization of women's human rights violations as well as a call for social change. Their core position is this: in order to advance women's human rights, psychology must be integrated with feminist activist scholarship and grassroots community action to transform structural inequities that violate these rights. While feminist psychology offers well-developed models for advancing social justice, practitioners and social psychologists are often absent from activism and from activist scholarship in the women's human rights field. The authors, advocating for prioritizing the voices of oppressed women around the globe, emphasize the overlapping experiences of poverty and gender-based violence. These violations of women's human rights, presented from sociological and political science perspectives, are discussed in terms of resistance, liberation, and justice. A case is made for the use of participatory action research, as this flattens hierarchies and enables the collaborative co-creation of insights among researchers and the women who know firsthand the impacts of human rights violations. Summing Up: Recommended. Graduate students, researchers, and professionals.

Central to this volume’s thesis is the notion of intersectionality, how interlocking systems of inequality—racism, sexism, heterosexism, and economic oppression—contribute to aggression, subjugation, and differential justice system outcomes for girls of color, poor girls, and LGBTQ girls. Contributors, who are primarily sociologists and criminologists, uncover structural inequalities that shape behavior by examining the media representations of girls’ aggression and the criminalization of this behavior. Essays cover a wide range of topics, including moral panics and the policing of girlhood, news media depictions of violent girls, the female world of love and ritual violence, African American girl fights on social media, violence in delinquent girls’ lives, sex trafficking, the racialized sexualization of Latina girls, and female bullying. Unique for its focus on intersectionality, this collection provides a deep, informed way to understand the issues related to female aggression by illuminating the role that social institutions play in how girls of different backgrounds are labeled and treated in society. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals.

Charisma: some people have a lot of it; others, not so much. But not all charisma is created or wielded equally. Though more eloquently presented by the author himself, this is a fundamental premise of In Defense of Charisma. Historically, individuals have used their charisma to effect significant social change. Some examples are positive and inspiring, such as Martin Luther King Jr., and others are
negative and terrifying, such as Adolf Hitler. How does one resist the allure of the blinding charisma of certain individuals and move instead toward those whose less self-interested charisma is a force for good? In our socially networked age, this has become an increasingly vital question. Perhaps as important as the questions Lloyd (theology, Villanova Univ.) raises is the eclectic methodology he uses to answer them. Pulling together insights from history, philosophy, theology, social media, and television, his examples are real, current, and powerful. This compelling and timely work will richly reward readers who wish to understand the allure of charismatic individuals and what makes people want to follow them. Summing Up: Highly recommended. All levels/libraries.

DeSalle (American Museum of Natural History) has written popular works on a broad array of topics in the natural sciences, including Welcome to the Genome (CH, Mar’05, 42-4011) and, more recently, Welcome to the Microbiome (CH, Mar’16, 53-3062). Now he turns his attention to neuroscience. Rather than describing perception solely through a singular dimension of human experience, he grounds humans’ perceptual experiences of their surroundings through comparisons with other species and an evolutionary framework. In doing so, he provides readers with a comprehensive understanding of the relationships and interactions between multisensory experiences and the perceptions that result. The text also provides a nuanced depiction of the wide-ranging research topics within the field by going beyond the default five senses and analyzing multiple facets of perception, including super senses, impaired senses, disease, and hallucinations. A robust bibliography supports a scholarly reading of this book; even so, the author makes this sometimes highly technical research accessible to a general academic audience by grounding it in common experiences. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals.

13. Ethics challenges in forensic psychiatry and psychology practice. ed. by Ezra E.H. Griffith. Columbia, 2018. 363p bibl index, 9780231183307 $65.00, 9780231544849 $64.99
This work is intriguing and eye-opening. Pondering the ethical challenges that one might encounter in the practice of forensic psychiatry and psychology is one thing; learning to evaluate those dilemmas and develop ethically sound yet practical solutions is another. Griffith (emer., Yale Univ.) and the many contributors to this volume have accomplished that feat. From the opening vignette in each chapter to the analytical approach employed, the material is thought-provoking and practical. Though approaches to the resolution of ethical dilemmas are provided, the approach is not formulaic—and this is important because ethical issues are constantly evolving. The focus is more on “preparing” readers to recognize ethical dilemmas, often before they magnify, and on learning to think critically about how to resolve them. Because of this, readers develop a sense not only of the importance of these issues but also how to be vigilant for them, to think about and through those issues and develop solutions that are not merely in lockstep but practical and thoughtful. This text will be invaluable for anyone intending to enter (or currently in) the forensic psychology field. Summing Up: Highly recommended. Graduate students, faculty, and professionals.
This book raises many issues and questions. Examining genetic and social elements of children’s gender identification, the researchers note that in the early years of childhood gender identification is reinforced by parents and peer groups. Merchandising also has an impact on children’s selection of toys; colors play a significant role, even in toys considered gender neutral. Pink signifies that a toy is “for girls,” whether it is applied to trucks and Legos or more traditional toys. As non-binary gender concepts have been introduced, some stores have stopped separating toys into boys’ and girls sections. In thirteen chapters, researchers examine the impact of gender-typed toys on children’s cognitive development and later career choices. The researchers are clear that the results may not be conclusive, since the research subjects are generally white, middle-class children raised in the US. Boys’ toys focus on construction and movement, while girls’ toys are domestic, such as dolls and homemaking objects. There are advantages and disadvantages for both boys and girls in these divisions. Girls tend not to make career choices in STEM areas, while boys are likely to be less proficient in nurturing occupations and parenting. A useful resource for those studying child development. Summing Up: Recommended. Graduate students, researchers, and professionals.

15. Phenomenology and the social context of psychiatry: social relations, psychopathology, and Husserl’s philosophy. ed. by Magnus Englander. Bloomsbury, 2018. 210p bibl index, 9781350044302 $114.00, 9781350044326
Phenomenological psychology—a mode of study that emphasizes qualitative research and the "lived experience" of a subject—occupies a relatively small part of the psychological landscape. Most psychologists in the US, for example, could be described as embracing an experimental or a quantitative approach to psychology. In this volume, Englander (social work, Malmö Univ., Sweden) assembles a collection of essays arguing that this approach is not wrong but that it is insufficient—especially insofar as it is unable to articulate the social context of psychological experience. In other words, quantitative approaches cannot describe the lived experience of human beings in a social context. The essays contained in this volume attempt to fill that gap. Contributors include clinicians and scholars from the US and northern Europe; their varied perspectives provide a multifaceted view of the contributions phenomenological approaches can make to psychological research. Chapter references and separate name and subject indexes form the scholarly apparatus for this work. Overall, this text will interest scholars working in psychology, but it is perhaps too advanced and specialized for undergraduate students. Summing Up: Recommended. Graduate students, researchers, and faculty.

This fascinating work is an insightful examination of historical and contemporary conceptions of madness. It illuminates why madness has long fascinated philosophers and artists, especially many surrealists, “who strove to live life as poetry” and considered madness the ultimate adventure in selfhood. It is also the author’s account of her own encounters with madness. Though it is more acceptable today to call such a condition mental illness—casting it as a sickness and making it drug treatable—Petrolle (English, Columbia College Chicago) returns to the term madness to restore its traditional associations with various forms of intellectual and spiritual power. She writes compellingly of her personal experiences with madness, appreciating its positive as well as negative aspects; she
possesses the observational and intellectual tools to explore this topic skillfully. This is a lively, well-crafted work with excursions into the creative lives of Leonora Carrington, André Breton, Remedios Varo, and Djuna Barnes. Topics along the way include turning madness into creativity, religious delusion and awakening, mad love, traveling in the underworld, the lexicons of trauma, and the cultural construction of pathology. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals; general readers.

**September 2018 Reviews**


This 2-volume set, the 26th installment in APA's "Handbooks in Psychology" series, is the first handbook to exclusively address the psychology of women. This work should be considered the authoritative reference on the psychology of women, reviewing the theory, science, and practice. In the first volume (History, Theory and Battlegrounds), various authors describe the emergence of the field with a careful analysis of the history of feminist constructs and scholarship, feminist critiques of existing scholarship, and innovative methodologies—overall, a rich representation of the history of psychology as it was influenced by the women's movement and feminism. The authors are leaders in this development, or very close to the first generation of feminist scholars. The second volume (Perspectives on Women's Private and Public Lives) presents thorough summaries of research on well-being, gender and sexual orientation, aggression in intimate relationships, clinical perspectives in therapy, stereotyping in healthcare, research bias, leadership, career challenges, global issues, and human rights. This handbook demonstrates the extensive scholarship on women's experience and feminist theories as it applies to research, training, and practice. Its publication marks a significant shift in the field of psychology over the last 50 years, as researchers and clinicians have developed a new schema for understanding the psychology of women, and ultimately for all human beings. Summing Up: Essential. Upper-division undergraduates through faculty and professionals.

2. **Hanging out : the psychology of socializing, by Valerie Hill and Tennille Nicole Allen.** Greenwood, 2018. 196p bibl index, 9781440843921 $38.00, 9781440843938

Aimed chiefly toward a high school or general audience, this book is part of the "Psychology of Everyday Life" series, stimulated by a curiosity of why people do, feel, and think in the ways they do. In this installment, Hill and Allen (professors of psychology and sociology, respectively, at Lewis University) focus on social relationships. The text first explores six topics: forms of socializing, the importance of socializing, positive and negative effects, theories, socializing through the life cycle, and how socializing manifests in different countries. A second section poses five fictional scenarios, each of which is interpreted from a social relationship perspective. In a third section, three issues related to socializing are debated at Lewis University: race and ethnicity, friendship between men and women, and technology in the 21st century. Overall, the book succeeds in presenting a comprehensive, valid portrayal, suitable for any serious reader—professional, student, or otherwise. An extensive scholarly apparatus—including a directory of resources, a glossary, an adequate bibliography, and an index—provides students with practical guidance and avenues for further study. Summing Up: Recommended. General readers and novice students.
3. **Trauma-sensitive mindfulness: practices for safe and transformative healing.** Treleaven, David A. W. W. Norton, 2018. 238p bibl index, 9780393709780 $27.50, 9780393709797

With mindfulness-based treatments on the rise in popular culture and in evidence-based practice, Treleaven, a specialist in trauma, offers a timely and gentle reminder that mindfulness meditation requires a more thoughtful and structured approach when it comes to traumatized individuals. The first section offers a succinct and approachable tour of the histories of trauma and mindfulness and how the two intersect. The inclusion of a social and cultural lens that addresses more recent events, as well as the neuroscience of trauma, increases the relevance and freshness of this message. The second section provides five core principles for practicing trauma-sensitive mindfulness. These principles offer a solid foundation for practicing meditation instructors and mental health clinicians to improve the experience of trauma patients hoping to continue or begin a meditation practice. The book is interspersed with illuminating case examples, is well-researched and well-organized, and is an informative and enjoyable read. It is easy to imagine a forthcoming wave of research on this niche topic. For now, we have a solid foundation in Trauma-Sensitive Mindfulness. Summing Up: Recommended. Graduate students, researchers, and practitioners.


With the publication of this breakthrough handbook, hope has finally come into its own as an object of broad study within psychology and related disciplines. These are well served in the present volume, edited by two highly respected researchers (Gallagher, Univ. of Houston, and Lopez, Clifton Strengths Institute) who could be considered the second and third generation of psychologists who have sought to understand hope and to employ it to strengthen individuals, their social relationships, and society as a whole. Taking a broad interdisciplinary perspective, the volume begins with the task of defining and measuring hope. The four sections that follow examine such issues as the importance of nurturing hope from a developmental perspective, the role that hope plays in promoting and sustaining mental and physical health, and the kinds of research that may come out of the consilience of studies on hope with aspects of the positive psychology movement and other, especially applied, perspectives. The volume concludes with a chapter on the amazingly broad application that the concept of hope has to all people's lives. A deeply edifying, humanizing, and essential compendium. Summing Up: Essential. Upper-division undergraduates through faculty and professionals.

5. **Creativity: the human brain in the age of innovation.** Goldberg, Elkhonon. Oxford, 2018. 274p index, 9780190466497 $27.95

The author, a neuropsychologist, provides a coherent account of the creative process by integrating the neuroscientific perspective with a cultural and humanitarian approach, highlighting not only the generation of novelty but its utilization and social acceptance as well. He is skeptical that creativity is a single trait or even a constellation of traits or that it can be understood in strictly biological terms. The brain structures most often linked to creativity are the right hemisphere and the prefrontal cortex; though they play an important role, no single brain structure can be considered the originator of creativity. What the author presents instead is a sophisticated account of creativity, cognitive novelty, and complex decision-making, including a palatable, insightful tour of brain geography and neurophysiology. Topics range from how knowledge is represented in the brain, the working memory conundrum, and the nature of human intelligence to the neuromythology of the human brain, the salience circuit, and directed mental wanderings. This is a well-written narrative accessible and
appropriate for scientists, clinicians, and the educated public, resulting, perhaps, in a new deployment of neural resources. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals; general readers.

6. The ascent of affect: genealogy and critique. Leys, Ruth. Chicago, 2017. 390p index, 9780226488424 $105.00, 9780226488561 $35.00, 9780226488738 $35.00
Psychologists have excelled in the study of simple rat behavior, in part because the behavior is simple. But when behaviorism declined and psychologists became interested in more complex constructs, the research as well as the concepts became very complex very quickly. In The Ascent of Affect, Leys (emer., Johns Hopkins Univ.) fascinatingly elucidates the research and theory on the emotions that people display and experience. She discusses the evolution of ideas on emotion, blending philosophical and psychological arguments and counterarguments about the nature of emotions that, after half a century, still defy explanation. There is no shortage of models, with each successive theory identifying the problems of its predecessors and trying to correct them. Some problems are methodological, so psychologists develop complex laboratory approaches to reconcile discrepancies, but the concept of emotion does not keep still. Rather, it wiggles in ways that force researchers to blend social, mental, and neurological ideas to capture the depth of people’s emotional lives. This complex book should make students of emotion happy—even if they have not yet solved the mystery of what that emotion really is. Summing Up: Recommended. Upper-division undergraduates through faculty.

7. The moral psychology of internal conflict: value, meaning, and the enactive mind. Ellis, Ralph D. Cambridge, 2018. 236p bibl index, 9781107189959 $110.00, 9781108119009 $88.00
Drawing on neuropsychological evidence, Ellis (philosophy, Clark Atlanta Univ.) attempts to derive a “natural science” of ethics in which value is understood by motivational principles that cohere in an exploratory drive to seek truth. This drive, independent of empathic instincts or social conditioning, triggers behavioral patterns and emotions whose end isn’t necessarily tied to ulterior reward, which suggests that the overarching moral psychology operates in an endogenous, philosophically realist manner. Like much of his earlier work—including Questioning Consciousness (CH, Mar’96, 33-4214) and Curious Emotions (CH, Nov’05, 43-1879)—this text is interdisciplinary by design. Ellis continues to defend enactivism, an increasingly embraced position that favors a self-organizing, dynamic view of human affairs. The self-organizing or motivational principles connect the drive to truth-seeking to moral action. Carefully argued and a fitting example of how contemporary philosophy of mind is done, Ellis’s book makes a strong case for what he calls a coherentist approach to moral psychology, both in terms of how a coherent value system yields universality and how such a system is affected by selective attention. Such a system, innate and universal, invites comparison to Kantian morality, which Ellis acknowledges and retools for current neuropsychology. Summing Up: Highly recommended. Upper-division undergraduates through faculty.

8. Human strengths and resilience: developmental, cross-cultural, and international perspectives. ed. by Grant Jewell Rich and Skultip (Jill) Sirikantraporn. Lexington Books, 2018. 208p bibl index, 9781498554831 $95.00, 9781498554848 $90.00
Combining principles of positive psychology with cross-cultural perspectives, Rich (independent scholar), Sirikantraporn (California School of Professional Psychology), and their team of international contributors focus on human strengths and resilience in understudied nations. The volume is novel and timely in its framework of a “strength-based positive psychology approach to posttraumatic growth
(PTG) and resilience” (page xviii) in contrast to a more traditional focus on PTSD and trauma in an international context. Most of the chapters implement a developmental perspective, highlighting lifespan growth. Using different methodological approaches (e.g., mixed methods, grounded theory) and age-varied samples, the authors examine existing theories on resilience and their application to a variety of contexts. These contexts include PTG in Indian undergraduates, Haitian adults, and Cambodian young adults; the case of Precious in South Africa; and resilience in Guatemala, in Taiwan, and among Syrian refugees. The last two chapters provide a more practice-based approach utilizing the 7-Step Integrative Healing Model for Resilience and Meaning-Making and Train-the-Trainer Projects. In each case, an overview of the national context is presented in relation to general and culturally specific trauma-inducing events. This volume is a must read for psychologists interested in both research and application of human strengths and resilience. Summing Up: Highly recommended. Graduate students through faculty and professionals.

9. Failing desire. MacKendrick, Karmen. SUNY Press, 2018. 209p bibl index, 9781438468914 $95.00, 9781438468907 $34.95, 9781438468921
MacKendrick (philosophy, Le Moyne College) takes on often unspoken areas of concern in Failing Desire. She posits that failures related to humiliation are important to understanding human nature, and she strikes an appropriate balance of provocative language and clarity of discussion. In six chapters, she brings a philosopher's lens to an exploration of humiliation and exposure in a variety of contexts, including religious faith and sex. Readers familiar with MacKendrick's other work (including, for example, Divine Enticement: Theological Seductions, CH, Oct'13, 51-0827) will recognize her signature interest in shining a light on often-taboo topics. Though the audience to which the work will appeal is limited, its most valuable aspect, for this reviewer, is MacKendrick's cognizance of the need to understand one's self in all its many shades. An 18-page bibliography points interested readers in the direction of further study. Recommended for scholars and professionals interested in understanding how humans flourish despite societal efforts to define them. Summing Up: Recommended. Graduate students through faculty and professionals.

10. Personality, values, culture : an evolutionary approach. Fischer, Ronald. Cambridge, 2018. 270p bibl index,9781107087156 $110.00, 9781108548090 $88.00
In many respects, the various subfields of psychology explain behavior in distinct and often very fragmented ways. Indeed, essential, indispensable constructs for interpreting behavior, such as personality traits, values, and culture, are often studied in isolation when in the social world they must necessarily interact with and affect one another all the time. According to Fischer (Victoria Univ., New Zealand), only an integrated approach will provide an adequate portrayal of the complexity of human thought and action. Focusing on people's habitual actions (personality traits) and sources of motivation (values), the author adopts an evolutionary perspective for examining behavioral similarities and differences in modern cultures. Our personalities are fashioned by genes and the constraints and opportunities imposed by the environment; Fischer attends to development during both the lifespan of individuals and over the span of human evolution. This is a rich and erudite work that covers key concepts in the history of psychological thought and supports the author's arguments regarding a model of gene-culture coevolution. Psychologists, graduate students, and advanced undergraduates interested in personality, culture, and evolutionary psychology will want to read this book. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals.
11. Mourning Freud. Sprengnether, Madelon. Bloomsbury Academic, 2018. 269p bibl index, 9781501328008 $120.00, 9781501327995 $29.95, 9781501328015
Sprengnether (emer., English, Univ. of Minnesota) offers a rather loosely associated collection of essays, some originally published nearly 20 years ago. Nonetheless, the essays mark an important contribution to the recent rethinking on Freudian theoretical concerns, including the place of the literary within theoretical formulations, the relation of the biographical to the analytic, and the possibilities of recasting certain concepts in light of developments in the field since Freud. The essays are part homage and part critique, and must be read as a sustained rethinking of some of the intellectual fulcrum points by which the critics of Freudian theory have positioned their revisions. These include pre-Oedipality, the problem of mourning, and the discourse of gender, especially femininity. The impression created by these essays is that of a scholar whose ability to address some of the enigmas of analytic theory are more informed by a literary than a clinical sensibility. The discussion of contemporary neuroscience is far too rudimentary to be of genuine value for practitioners. The book is best suited to scholars addressing Freudian themes. Summing Up: Recommended. Upper-division undergraduates, graduate students, and researchers.

Rousselle (social theory, Univ. of New Brunswick, Canada) offers an account of Lacanian psychoanalysis rooted in radical potentials for political theory, clinical practice, and philosophy. Specifically, the book addresses the recent turn to speculative realism in Continental philosophy by recovering an angle on Jacques Lacan’s category of the real that pushes beyond an understanding of the symbolic real addressed by other analytic theorists. Rousselle examines a "first order real" in the earlier work of Lacan to link it to hysteria, a Freudian legacy, and in the process opens new thinking about revolutionary politics. This is a demanding book, one likely to appeal primarily to scholars already inclined to acknowledge that psychoanalysis is a fit arena for investigations at once political and philosophical. Rousselle’s efforts must be applauded and his originality celebrated, for he has brought together disciplines—philosophy, politics, psychoanalysis—that do not always make for intellectual bedfellows. Summing Up: Recommended. Graduate students, researchers, faculty, and professionals.

Vanderpot (The Brien Center) explores the ways psychiatric medication impacts clients’ spiritual lives. The author’s open investigative style allows broad consideration of the topic by integrating narratives with research findings and theory. Throughout the text, the complexities of the topic are evident; Vanderpot employs various examples in which psychiatric medicine has enhanced or diminished a patient’s spiritual life. With only 20 participants telling their stories, the study has no formally confirmed conclusions, other than the fact that the topic of spirituality in relation to psychiatric pharmaceuticals deserves further study. The author, a mental health counselor, focuses on important points, including the therapist/client relationship, the individual’s search for meaning, and humans’ ongoing efforts to make sense of their experiences and lives. Separate author/subject indexes and eight pages of references provide a direction for targeted study. The book is thought provoking and balanced; it will be especially pertinent to therapists and other professionals in the mental health fields. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals.

A renowned scientist and popularizer of science, Pinker (psychology, Harvard) makes a moral, political, and philosophic case for the values and practices of the Enlightenment. He sees enemies on both the Right and the Left; they include traditional religion, populist tribalism, and Nietzschean postmodernism. Pinker begins with the good news. Graph after graph shows that humans are living longer, healthier, and happier lives and that violence and loneliness are down. The optimistic 18th-century philosophes have been vindicated, the fears of the Romantic pessimists falsified. True, the planet faces serious threats like global warming and nuclear arms, but pragmatic solutions are available. Pinker concludes with a philosophical defense of science, which he contends is entirely in harmony with humanistic values. The future is bright, if religion, tribalism, and "second culture" pessimism can be kept at bay. As a polemic the book is effective, and its unashamed, old-fashioned scientism is refreshing and probably currently useful. But perhaps the picture is a little too perfect. Historians may cavil at Pinker's traditional account of the Enlightenment; philosophers may think his scorn for alternatives overdone. But Pinker's lively prose and persuasive use of examples give his argument considerable impact. Summing Up: Recommended. All readers.

August 2018 Reviews


Bosson, Vandello (both, Univ. of South Florida) and Buckner (Marymount Univ.) have created an undergraduate survey textbook covering almost all current topics now being used in courses relating to sex and gender. Starting with terminology, then research methods (mentioning the strengths and weaknesses of each term and research method), they proceed to describe the areas studied in the field, devoting a chapter to each topic. These include nature/nurture theories for the etiology and development of sex/gender differences and similarities (with evidence for and against each theory); gender stereotypes; sexism and discrimination; cognitive, personality, and emotional differences and similarities; language (verbal and non-verbal) by and about the genders; sexual orientation; social networks; marriage; labor divisions; physical and mental health; and finally aggression. As a textbook, The Psychology of Sex and Gender contains many photographs, tables, figures, graphs, and learning guides; a summary and concluding information bookend each chapter. The text encourages the student to move beyond passive reading into active thinking. This volume is best suited to undergraduate classes in psychology and related fields. Summing Up: Recommended. Undergraduates.

2. *LGBT psychology and mental health: emerging research and advances*. ed. by Richard Ruth and Erik Santacruz. Praeger, 2017. 283p bibl index, 9781440843372 $60.00, 9781440843389

The psychology field has a troubled history when it comes to lesbian, gay, bisexual, transgender, queer, and gender fluid communities. The field also is guilty of conducting research with a majority of economically privileged white subjects. Editors Ruth (George Washington Univ.) and Santacruz (Children's National Medical Center) assemble voices from significant LGBT psychology contributors, borrowing inspiration from racial, feminist, and queer theory frameworks. This book represents a departure from the past, pointing out previous misconceptions and affirming the growing push for inclusiveness in psychology. The editors term it a "coming out coming of age." The first chapter presents powerful biographical narratives from the editors themselves, each detailing early experiences as a gay
male living an intersectional life. Their experiences are closely linked to the goals of this collection of essays: give the underrepresented and underexplored LGBT voice and breadth within psychology and mental health. Topics mindfully explored include trans-inclusiveness and trans-affirmation, gender fluidity, diversity, intersectionality, LGBT people of color and microaggressions, new addiction and substance abuse treatment methods, topics in health disparities, emerging health policies, and a chapter on a health graduate program curriculum that examines culturally competent health care to combat LGBT health disparities. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals.

3. The campus cure : a parent's guide to mental health and wellness for college students. Morris, Marcia. Rowman & Littlefield, 2018. 235p bibl index, 9781538104521 $34.00, 9781538104538 $32.00
This volume is targeted toward parents of college-aged children facing mental health challenges. Morris (Univ. of Florida) presents 12 chapters organized into sections that explore problems, pressures, and crises. The problems section includes separate chapters on anxiety, depression, substance use disorders, and academic failure to thrive; other issues the text tackles include perfectionism, financial stress, sexual assault and intimate partner violence, and eating disorders. Each chapter opens with a case study describing a student in distress, provides an overview of the disorder or issue, and offers tangible suggestions for parents. Some disorders are located in unexpected chapters; for instance, bipolar disorder is included in the chapter on psychosis rather than in one about depression. Obsessive-compulsive disorder is in the chapter about perfectionism. What makes this book exceptionally valuable is its intended audience. Though faculty and staff can benefit from this resource, its primary focus is parents, and it provides practical guidance to those worrying about their children. Much the way Coburn and Treeger's iconic Letting Go provided a road map for parents sending their children off to college, this text provides foundational information about the mental health issues common to today's college students. Summing Up: Recommended. All readers.

Lloyd (Trinity College, Dublin) attempts to guide one who is grieving through the experience. The text is designed as a primer for those who are on the margin of the grief experience, as well as a source for explanation of the process and for validation for those who are actively grieving. An explanation of the history of grief theory and a discussion of the grief process allows the reader to gain a clear theoretical understanding of the experience. Lloyd offers insight into the concept that grief is a response to the loss of a relationship, and that the depth of the emotional commitment has a direct correlation with the depth of the grief. The text debunks several major myths surrounding the process, including the fallacy that grief always resolves, and that symptoms of grief tend to follow a culturally standardized time line. Guidance for offering meaningful and appropriate support could be seen as one of this work's greatest contributions to the body of literature on the subject. By offering additional resources regarding various forms of grief, the author encourages a continuation of the journey of understanding and living with grief. Summing Up: Recommended. All readers.
5. Toward a positive psychology of relationships: new directions in theory and research. ed. by Meg A. Warren and Stewart I. Donaldson. Praeger, 2018. 301p bibl index, 9781440838309 $60.00, 9781440838316

Since positive psychology took the discipline by storm at the turn of the 21st century, various definitions for the field have appeared. The late, prolific positive psychologist Christopher Peterson likely offered the most succinct and best one: other people matter. The editors and contributors did a fine job of exploring Peterson’s insight into how our relationships with family, friends, loved ones, and even strangers affect our happiness, health, and overall wellbeing. The good life, he suggests, may well begin and end with our connections to other people. Following an overview of the book, these vital connections are explored in 12 chapters on topics including self-esteem, online romance, early childhood relationships, socio-emotional competence and ego-resiliency in schools, adolescents’ positive relationships in educational settings, flow at work and play, meaningful connections among older adults, and close relations, cultural diversity, and collective wellbeing. One small quibble: little or no attention is given to research finding that single people can thrive as well or better than those who are married. Nonetheless, this book is an excellent starting point for understanding why people really do need other people in order to flourish in private and public life. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals.


In this urgently needed volume, Wagoner (Aalborg Univ., Denmark) and an international team of expert contributors examine the mutual constitution of cultural contexts and individuals’ memories. Moving beyond fixed operationalizations of culture and memory, the volume explores the continuous, complex process of construction and reconstruction of remembering through cultural mediators. Guided by four principles of remembering as constructive, intersubjective, contextual, and occurring with and throughout diverse media, the chapters span the evolutionary origins of memory to collective remembering. The volume is divided into four thematic sections. The first explores memory emergence and shifts in memory conceptualizations. The second part examines remembering in the cultural contexts of the family, commemoration, testimony, and difficult autobiographical memories. The third section takes a developmental perspective by exploring memory through various life stages. The last part focuses on collective remembering and its reconstruction via different media. The volume is indispensable reading for anyone interested in the dynamic relationship between culture and memory. Summing Up: Highly recommended. Upper-division undergraduates through faculty.


Weaving together theory and research from psychology, philosophy, sociology, and history, Tantam (emer., Univ. of Sheffield, UK) examines how individuals connect and communicate with one another. Tantam builds on research into affective empathy, imitation, and gaze to formulate a new theory for the interbrain, which explains the functioning and application of humans’ innate connections. After distinguishing between theory of mind and the interbrain, Tantam examines the interbrain’s role in diverse topics, such as group behavior, altruism, connection to narratives, common knowledge, leadership, and war, as well as areas in which the interbrain conflicts with common knowledge and theory of mind. The book is written for general audiences, and the author offers plenty of examples from everyday life; however, extensive and detailed notes provide a review of the empirical research to
support his arguments. Readers interested in autism, empathy, theory of mind, and perspective taking will find an interesting evaluation of how these concepts are connected and how they influence people’s lives. Summing Up: Recommended. All readers.

8. Language in our brain: the origins of a uniquely human capacity. Friederici, Angela D. foreword by Noam Chomsky. MIT, 2017. 284p bibl index, 9780262036924 $45.00, 9780262342957 $32.00
This volume represents a comprehensive and authoritatively written summary of the past four decades of research on the neurobiological foundations of language. Friederici (Max Planck Institute for Cognitive Neuroscience, Germany) describes in remarkably readable prose the neurolinguistic interconnections that allow humans to produce, comprehend, and communicate language. Organized into eight chapters, the text covers topics such as auditory input, sentence comprehension, language comprehension, neuroanatomical pathways of language, neural circuits, language learning, language ontogeny, language evolution, and core language fiber tracts in the brain. This book will be of tremendous interest and relevance for students and researchers in a variety of fields, including linguistics, neuroscience, cognitive psychology and science, developmental psychology, and communication science. It is detailed yet accessible enough to be relevant to anyone interested in how language is processed and represented by the brain. Of particular utility to students are the glossary, detailed chapter notes and references, and the subject/name index at the back of the book. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals.

9. Saving talk therapy: how health insurers, big pharma, and slanted science are ruining good mental health care. Gnualati, Enrico. Beacon Press, 2018. 255p index, 9780807093405 $27.95, 9780807093412 Gnualati, a practicing clinical psychologist, has written previously on the overdiagnosis of childhood ADHD, autism spectrum, and bipolar disorder (CH, Apr’14, 51-4731). In this latest work, he presents an incisive new account of the marginalization of talk therapy. The author asserts the value of talk therapy for mental health treatment and fruitful research paradigms while indicting health insurers and big pharma for undermining its practice and proliferation. By addressing relationships between clinical applications and the value of talk therapy in eight chapters, this book connects the origins and evolution of successful talk therapy use with contemporary economic and political forces that negate conditions and contexts where this therapy can thrive and proliferate. Gnualati presents a purview on understanding and interpretation of mental health treatment and talk therapy through clinical, pharmacological, and economic lenses. The book may prove useful for practicing psychologists as well as individuals teaching, or researching, at the intersection of talk therapy and mental health. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals.

10. The science of couples and family therapy: behind the scenes at the love lab. by John Mordechai Gottman and Julie Schwartz Gottman. W. W. Norton, 2018. 340p bibl index, 9780393712742 $35.00, 9780393712759
The Gottmans are giants in the clinical psychology realm. They are responsible for the creation of the Gottman Institute, Gottman Sound Relationship House Therapy, and Gottman Method Couples Therapy. This text traces the evolution of their theory, based upon general systems theory approach, called the Sound Relationship House. The Sound Relationship House consists of two supportive "columns," trust and commitment, and seven "stories": know one another's world, share fondness and admiration, turn toward instead of away, the positive perspective, manage conflict, make life dreams come true, and create shared meaning. Each element is described in theoretical and practical terms. Perhaps most
distinctive is the analysis of how the emotionally expressive parent affects the emotional experience of the infant child and vice versa—an analysis that has powerful consequences for a child's development. The crucial distinction here is between "emotion dismissing" and "emotion coaching." This book presents essential knowledge for all manner of family therapists: psychologists, social workers, psychiatrists, and their students. The authors make a compelling case for the argument that clinicians and researchers mutually benefit by working together. Summing Up: Essential. Upper-division undergraduates through faculty and professionals.

Graziano (Princeton Univ.) has written a brief yet compelling book about the dynamics, experience, and importance of setting personal boundaries or what he refers to as a “second, invisible skin” that separates self from other. The initial chapters describe early scientific observations of personal space related to humans and other animals. Graziano then turns to research by neuroscientists, including himself, who discovered the elegantly simple mechanism in the brain that monitors the sense of personal space to help people avoid danger. These chapters are exceptionally well written; though aimed toward a general readership, they rely heavily on animal and biological science and will likely appeal to a scientifically sophisticated general audience. The later chapters, which should appeal to a broader audience, focus on the most recent scientific insights into these matters with an emphasis on how broadly and profoundly self-defined personal boundaries impact people's lives. Graziano concludes with a gripping chapter about the painful life tribulations his son has experienced because of a physical disability, dyspraxia, that makes it difficult for him to effectively monitor his and others' sense of personal space. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals; general readers.

Boost! is an insightful read that explores performance enhancement in a variety of contexts. Like many other sport psychology texts, Bar-Eli's focuses on how developing and honing psychological skills can benefit an individual's performance. What sets this book apart is Bar-Eli's repeated emphasis on the applications of these skills outside a sport/exercise context. Examples throughout the text include the author's work with military personnel and businesses (General Motors and Tesla, to name a few); he offers strategies on how to enhance organization and proficiency in one's management practices. At the end of each chapter, Bar-Eli (Univ. of the Negev, Israel) provides "Daily Practices" for readers to complete as individuals and as leaders. These final tips provide strong takeaways and serve as a tangible resource for readers. Boost! incorporates a variety of trademark sport psychology principles and theories, so this could be a beneficial resource for those trying to extend these ideas beyond a sport/exercise context. The worlds of sport psychology and industrial/organizational psychology are skillfully merged here. Summing Up: Recommended. All readers.

At first blush, Jasonoff (Massachusetts Institute of Technology) appears to be making an old argument: that the mind is not a mysterious, “soul-like” substance, but is instead created by a material, physical structure—that is, the brain. In fact, his argument is much more nuanced. He claims that our modern
fixation on the brain, what Jasonoff calls the “cerebral mystique,” has merely replaced one mystery with another. While not arguing against the value of neuroscientific discoveries, which have led to enormous improvements in our understanding of the mind in both health and disease, Jasonoff warns that we have falsely idealized the brain. By making the mind all about the brain, we fail to appreciate the importance of everything outside our heads in creating our minds. Jasonoff proposes a biologically holistic approach, which considers the influence of entities external to our brain on our psychological experience. These include culture, the environment, and our bodies themselves, not to mention the trillions of microbes living in our bodies. In the course of making his argument, Jasonoff delivers a highly readable and enjoyable exploration of a series of compelling questions relating to the human experience. Summing Up: Highly recommended. All readers.


This volume brings a uniquely interdisciplinary approach to its subjects. Poibeau (Centre National de la Recherche Scientifique, France) and Villavicencio (Universidade Federal do Rio Grande do Sul, Brazil) have curated eleven essays from a team of international contributors to explore the connection between cognitive science and natural language processing theory, investigating how the two fields can interact with and enrich each other. The essays tackle these explorations in three major categories. The first of these deals with models of neural and cognitive processing; the second explores data-driven models; and the final section tackles social and language evolution. All of the essays present new and emerging research in neuroscience and language. While the materials covered are advanced for most undergraduates, this volume would make a valuable resource for researchers in the field and a helpful guide to graduate students on subjects for further research. An excellent addition to collections where natural language processing and cognitive science are studied. Summing Up: Recommended. Graduate students, researchers, and professionals.

July 2018 Reviews


Evans, Bell (both, Clark Atlanta Univ.), and Burton (Univ. of Georgia) present a broad conceptualization of mental health in this wide-ranging text. Readers are encouraged to think of mental health not in terms of specific diagnostic classifications but as a transformative experience necessary to counter longstanding detrimental and stereotyped views of Black women. This work is filled with personal reflections from holistic, womanist/feminist, and interdisciplinary approaches designed to advance an emotional healing process for all forms of disenfranchisement experienced by Black women, ranging from individual experiences of trauma and degradation to ongoing social constraints, including racism, sexism, and economic marginalization. The implication is that feeling good physically and spiritually will result in good mental health, and that mental health is a vital element in overall health. A central theme of the book is the image of the "strong Black woman," a paradox that highlights legitimate emotional strengths while simultaneously obscuring and stigmatizing vulnerabilities. The value of acknowledging this paradox lies in meeting mental health needs, which remain hidden and ignored when Black women are expected to remain strong and not encouraged to seek assistance. The contributors stress the importance of culturally competent mental health practitioners who acknowledge intersecting,
contextual identities. Summing Up: Recommended. Graduate students, faculty, and practitioners; general readers.

This wide-ranging text delves into areas where neuroscience and creativity intermingle. Editors Jung (Univ. of New Mexico) and Vartanian (Univ. of Toronto) bring together 30 scholarly essays that leverage the diverse approaches of 45 experts in the field. Entries include an introduction and fundamental concepts, pharmacology and psychopathology, attention and imagination, memory and language, cognitive control and executive functions, reasoning and intelligence, individual differences, and artistic and aesthetic processes. This handbook is a convenient, contemporary, authoritative source for instructors, researchers, and students. Entries are engaging and represent myriad areas of interest in this new and growing field of inquiry. It is also a fine complement to an earlier book edited by Vartanian, Neuroscience of Creativity (CH, Apr’14, 51-4733). Useful tables and figures accompany the text where appropriate throughout. Oddly, color plates for all the black-and-white figures in the text appear in an insert at the center of the book; a comprehensive, quick-access index rounds out the volume. This handbook is also available as an ebook on the Cambridge Core platform. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals.

The editors have compiled a useful, diverse set of writings by master clinicians who integrate insights from psychotherapy practice and neurobiology. The essays examine a range of topics through theoretical and practical lenses. For example, Margaret Wilkinson discusses how a new understanding of brain plasticity can be harnessed to understand distress and trauma, supporting the client in a process to rewire the brain; Louis Cozolino and Vanessa Davis further explore brain plasticity by placing it at the heart of interpersonal development and growth, positing that psychotherapy can harness reflexive social language to promote more constructive introspection and habits of mind. The essays by Pat Ogden and Peter Levine demonstrate the power of therapeutic focus on bodily sensations, voice, facial expressions, and movement to effect change, as these experiences directly call into action parts of the brain that can support rapid shifts in cognition of emotions, thoughts, and experiences. Other contributors establish the relevance of plasticity and change to other therapy contexts, such as childhood, couple, and group therapy. All the contributors have published books in the Norton series, allowing readers to further pursue a particular author’s point of view. Summing Up: Recommended. Graduate students, faculty, and practitioners.

Emotions are complex states that involve consciousness, our bodies, our brains, our social and physical surroundings, our cultures, and much more. The complexity of emotions, and the abundance of approaches and theories regarding them, has led several brain scientists and other experts in emotions research to propose comprehensive and universal frameworks to explain them. Consider, for example, Jaak Panksepp’s Affective Neuroscience (2004) and, more recently, Elizabeth Johnson and Leah Olson’s The Feeling Brain (CH, Dec’15, 53-1773). Ninivaggi, who also wrote Envy Theory (CH, May’11, 48-5388)
and Biomental Child Development (2013), has a clinical background and takes a wide-ranging approach. Specifically, he integrates definitions of emotion as particular brain states and feeling states with concepts derived from emotional intelligence and emotional literacy—translating emotions into insights on solvable life problems and skills that can be mastered. He thus promotes emotional well-being under the old rubric of “emotional hygiene.” His focus is developmental, with an emphasis on “innovating” emotions in children and adults through “emotion performance utilization.” Fascinating, if occasionally frustrating thanks to his use of words in somewhat novel ways. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals.

5. How culture runs the brain: a Freudian view of collective syndromes. Harris, Jay Evans. Lexington Books, 2017. 261p bibl index, 9781498562454 $100.00, 9781798562461 $95.00
In this timely analysis of how collective or social conditions affect the ways human beings respond to their inner and outer worlds, Harris (New York Medical College) offers an important intervention into multiple fields, including neuroscience, psychology, politics, and biography. His readings are built around Freud’s struggles to articulate how cultural forces shape and unshape the mind. This book will be identified with its critical readings of traumatic experience and its effort to build an understanding of trauma in relation to contemporary examples of conflict, aggression, and regressions. Examples include readings of the Boston Marathon bombing; the Orlando, FL, shooting; the Bowe Bergdahl military desertion trial; and political regressions in the American political sphere. With an acute grasp of how trauma is induced and its ramifications for individual and collective identities, Harris has made psychoanalysis relevant as a mode of cultural analysis. Few authors in the analytic tradition have done this with as much success. This book will be immensely rewarding for those who wish to think through the relation of psyche and society, and this will include practitioners as well as students. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals.

6. The river of consciousness. Sacks, Oliver. Knopf, 2017. 237p bibl index, 9780385352567 $27.00, 9780385352574
Sacks outlined the contents for this compelling collection of essays two weeks prior to his death in 2015. Three colleagues were entrusted to see the book through publication. (Most of the essays had previously, though obscurely, been published.) In typical Sacks style, the topics covered reflect the author’s vast range of knowledge and his natural gift for storytelling. Topics include Darwin’s work with plants; speed, movement, and time; a glimpse of Freud as a neurologist; memory and its errors; the nature of mishearings; and reflections on both evolution and consciousness. The essays are all enlightening, entertaining, and a pleasure to read and are of value to scholars and lay readers alike. The author’s love of learning is evident in each well-crafted piece. Sacks’s reputation as a neurologist and an accomplished writer is well known, and this volume is an excellent addition to his other works—most recently, On the Move CH, Dec’15, 53-1809 and Hallucinations (CH, Apr’13, 50-4720). Summing Up: Highly recommended. All readers.

The goal of the Handbook of Disability Sport and Exercise Psychology is to fill a gap between research and the attention paid to traditional sports and athletes and research from related fields, particularly disability. Martin (Wayne State Univ.) unquestionably achieves that goal. The sport and exercise psychology literature is soundly reviewed and incorporated in this volume, but Martin’s focus is on
athletes with disabilities and the fundamentally different approach that must be taken to assist these individuals in maximizing their performance and potential. Besides bringing this athlete area into the mainstream conversation, perhaps the most important contribution this handbook makes to the field is a consistent connection of the topics discussed to both the literature and suggestions for future research. Martin does all this with clear and concise language, wonderful chapter introductions, and a feel for balancing scientific rigor with practical application. An invaluable resource for anyone seeking to work with the full range of athletes out there. Summing Up: Highly recommended. Professionals and general readers.


Luke (Univ. of Greenwich, UK) presents a scholarly yet engaging account of ostensibly parapsychological elements of psychedelic experience. This topic has been ignored for decades, likely because researchers have had no wish to tackle two controversial topics simultaneously. However, Luke points out, the neurosciences now have the technology to delve deeply into the mechanisms of these two manifestations of human consciousness. In a remarkable interdisciplinary review of the history of LSD-type drugs and reported paranormal experiences, Luke charts the implications for medicine, anthropology, psychopharmacology, psychotherapy, religion, mediumship, interspecies communication, anomalous psychology, and the humanities. He maintains that any psychology that neglects the full range of the human experience is incomplete. By focusing on “exceptional human experiences,” Luke, who calls himself an agnostic on many of the topics he covers, strives to expand the boundaries of psychology to provide a fuller panorama of humanity’s potential. Some readers will consider his attempt “a bridge too far”; others will embark on a trek across that bridge, uncertain about what they will encounter and how it may transform them. Summing Up: Recommended. All readers.

June 2018 Reviews

1. Critical thinking about research: psychology and related fields, 2nd ed. by Julian Meltzoff and Harris M. Cooper. American Psychological Association, 2018. 334p bibl index, 9781433827105 $49.95

Research in the human sciences poses enormous complexity, spanning issues like the varied characteristics of different samples, validity measurement of abstract concepts, appropriate statistical analyses, and research ethics. Doing sound research therefore requires systematic thought about myriad factors. In this second edition of Critical Thinking about Research, Meltzoff (Emer. California School of Professional Psychology) and Cooper (Duke Univ.) tackle these issues skillfully. They argue that it is not necessarily more difficult to do good quality research than it is to do flawed research, but good research requires careful consideration of potential pitfalls. The authors equip readers with the necessary mindset for developing sound research. However, what makes this book unique is a set of 17 realistic but fictional journal articles containing research flaws; these articles are accompanied by critiques and explanations. Spotting problems in actual research articles is difficult even for advanced students because flaws in published work are likely either minor or extremely hard to detect. These practice articles illustrate how easily problems can arise and suggest how to recognize and deal with them. This volume provides a valuable background for the skills students must develop to be good consumers and producers of research. Summing Up: Highly recommended. Upper-division undergraduates and graduate students.
The concept of well-being is ubiquitous in academic psychology, especially within the subfield known as positive psychology. Inventories for assessing well-being abound, and most psychologists assume these tools are psychometrically valid, reliable, and useful. But what if, asks the philosopher Alexandrova (Univ. of Cambridge, UK), theories of well-being don’t necessarily jibe with the available empirical evidence? What if the idea of well-being as described by philosophers is different from the one touted by research psychologists? Normative questions, pragmatic decisions where measurement is concerned, and many assumptions about what well-being is and is not call previous psychological and scientific conclusions into question. After a careful and accessible review of the philosophical issues and those tied to science, respectively, Alexandrova offers readers a way through the challenges: she suggests that so-called mid-level theories that lie between philosophical arguments and psychological data yield the best tools for understanding the nature, utility, and promise of well-being for enhancing people’s lives. Psychologists pursuing research on well-being and related topics should read this wonderful work; failing to heed Alexandrova’s insights will imperil their own arguments and findings. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals.

3. The diagnostic system: why the classification of psychiatric disorders is necessary, difficult, and always unsettled. Schnittker, Jason. Columbia, 2017. 368p index, 9780231178068 $35.00, 9780231544597 $34.99
The Diagnostic System is a compelling read that traces the complicated history of the Diagnostic and Statistical Manual of Mental Disorders (DSM) and highlights the need for finding valid, reliable classifications for psychiatric disorders—along with the many challenges to meeting those needs. Schnittker (Sociology, Univ. of Pennsylvania) thoughtfully discusses the intricacies of trauma, health care insurance, prevalence rates, and other relevant issues as reflected in the multiple editions of the DSM. Schnittker poses both theoretical and practical questions that engage the reader in the ongoing discussions on pertinent topics. Much of the text is dedicated to examining issues related to the earlier DSM editions, focusing mainly on the DSM III and the subsequent development of the DSM IV. The current DSM V is also discussed, as the evolved diagnostic manual that is both an updated edition and a reflective revision. This book brings to light the difficult task of diagnosing psychiatric disorders with accuracy, reliability, and validity. Summing Up: Recommended. Graduate students, researchers, faculty, and professionals.

This is a well-written, carefully organized, comprehensive presentation of issues related to the psychology of conflict. Although the book is geared toward general readers, health professionals and psychology instructors are likely to find this text informative as well. The topics covered include forms of conflict, approaches to conflict resolution, and theories about conflict. Numerous case illustrations bring the issues to life and push readers to think critically about effective interventions. The chapter on conflict around the world, addressing areas such as enmity between Israel and Palestine and the complexity of the Syrian civil war, is clear and balanced. Areas of controversy—for example, whether there are characteristic differences between men and women in their approach to disputes—are handled adeptly and with extensive references to existing research. The last chapter has input from seven conflict resolution experts, thus broadening the perspectives included in the book. A directory of
resources, a thorough index, and an extensive bibliography add to the usefulness of this volume. Summing Up: Recommended. Lower- and upper-division undergraduates, faculty, and professionals.

5. The runaway species: how human creativity remakes the world. by David Brandt and David Eagleman. Catapult, 2017. 296p bibl index, 9781936787524 $28.00, 9780857862099
A composer and a neuroscientist join forces to examine the power of human creativity in this thought-provoking work. Brandt (Music, Rice Univ.) and Eagleman (Stanford Univ.) begin with an account of the Apollo 13 moon mission—high stakes engineering on the fly—and Picasso’s controversial Cubist painting Les Demoiselles d’Avignon. They contend that the thought routines for NASA and Picasso are essentially similar, and that they are produced by the human brain’s unique cognitive software—usually running unnoticed in the background. This cognitive capacity to generate novelty and break with expectations has led to the signature inventiveness of the human race. The authors develop this intriguing theme in three sections. The first considers our need for creativity, how we generate new ideas, and how these ideas are shaped by when and where we live. The second section examines key components of the creative process—variation, insight, and risk. The third section reviews strategies for cultivating creativity in classrooms, companies, and workspaces. In this well-written and amply illustrated work, the authors stress that the “creative economy” will demand an unprecedented cognitive flexibility, which can be achieved only with a bold recalibration of our priorities and a truly “synergistic vision of innovation.” Summing Up: Recommended. All readers.

El Shakry (Univ. of California, Davis) has filled a major lacuna in Freudian studies by offering a well-researched and organized account of psychoanalysis in post-war Egypt. El Shakry demonstrates that European psychoanalysis as a tradition of thought in the second half of the twentieth century had been deeply internalized by Arabic psychology, religion, and law. The author introduces a range of Arabophone thinkers virtually unknown in the histories of Western psychology, and shows the degree to which they were all in rich dialogue with some of the most prominent figures of psychoanalysis, from Freud to Karen Horney. The text reveals how classical Arabic scholarship on the soul (nafs) facilitated this dialogue. Particularly compelling here is the discussion of how Sufism and psychoanalytic psychology were linked through the writings of two important Egyptian intellectuals, Abu al-Wafa al-Ghunaymi al-Taftazani and his mentor Muhammad Mustafa Hilmi. This book is to be considered indispensable for anyone interested in the history of psychology and the intercultural mappings of psychoanalysis as a world movement in the 20th century. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals.

7. APA handbook of giftedness and talent. ed. by Steven I. Pfeiffer with associate editors Elizabeth Shaunessy-Dedrick and Megan Foley-Nicpon. American Psychological Association, 2017. 691p bibl index, 9781433826962 $199.00
This is an outstanding reference work. Its 43 chapters are divided into six sections, which cover the field of gifted and talented education from every aspect. Each chapter provides a thoughtful analysis of the issues, and each is accompanied by an extensive bibliography. The text offers a discussion of how to define giftedness by examining programs for gifted and talented children throughout the world; definitions of giftedness seem to differ in Western and Eastern cultures. It also argues that many gifted and talented students are commonly overlooked—particularly females, low-income students, and those
from minority groups. In each article, the issues at stake are clearly defined, the gaps in various areas are acknowledged, the conflict among the different research studies is addressed, and those areas that need further exploration are laid out. The history and unique needs of gifted and talented students should prompt important questions from researchers and educators. Exploring the topic from a range of areas provides a rich and complex picture of the importance of the subject, both in terms of gifted and talented individuals themselves and the benefits that they contribute to society through their potential achievements. Summing Up: Highly recommended. Graduate students through faculty and professionals.

Vengence in Reverse is a profoundly original work exploring the anthropological and sociological roots of vengeance and madness. In the first section, anthropologist and social theorist Anspach (Institut Marcel Mauss) boldly defends the assertion that vengeance is not an exchange of violence, but rather an ambivalent reciprocity that threatens to extend indefinitely. Drawing on Marcel Mauss and René Girard, among others, Anspach argues that violent reciprocity is interrupted by the self-sacrifice of one party. The second section is a bit less focused and disconnected from the first, though no less compelling. It deals primarily with madness, arguing that its source—and quite possibility the source of its cure—lies in understanding madness and sanity as bound up in one another even as they betray one another. If this paradox is true, madness is even more difficult to address than we presently imagine; nonetheless, Anspach’s argument should make the reader reconsider whether our current approaches to mental illness are sufficient. Unfortunately, Anspach makes little effort to tie his explorations of vengeance and madness together, making it difficult to read the book as a unified work. Regardless, his insights represent a noteworthy theoretical contribution to the social sciences. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals.

This work examines how fear, or the lack of it, impacts our decision-making processes as well as our behavior. Marsh (Georgetown Univ.) has masterfully made neuroscience accessible to the general reader. The book begins much like a suspense novel; one turns the pages, desperate to know what happens next. The Fear Factor distinguishes itself from other books in its category by maintaining a storytelling approach and using real-life experiences of genuine fear to highlight how humans respond, both as those experiencing the fear and those who are inflicting it. Her discussions on altruism and psychopathy emphasize that the difference between these two states is not as vast as the popular media would have us believe. Marsh's discussion of how empathy does or does not develop and why this one trait has such an impact on human behavior is both enlightening and humanizing. If one could call a book dense with content about neuroscience a "page turner," this would be it. A standout addition to public as well as academic collections. Summing Up: Highly recommended. All readers.

10. A guide to the world of dreams: an integrative approach to dreamwork. Vedfelt, Ole. Routledge, 2017. 236p bibl index, 9781138948075 $175.00, 9781138948082 $44.95, 9781315669717 $44.95
Vedfelt leads the Institute for Integrated Psychotherapy and Cybernetic Psychology and supervises the Danish Psychologist's Association; his wealth of experience in dream studies is evident in this richly informative volume. Aiming for an integrative approach to dream studies and dream work, Vedfelt
examines theorists and researchers across a broad spectrum of thought, including Jungian, Freudian, existential, experimental, cognitive, and neural network models. Integrating seemingly disparate views into a cohesive whole, the author combines theory and practice into a usable handbook, including specific examples. The text systematically examines the various methods, establishes a framework for understanding dreams, and suggests practical techniques for those working with dream content. Vedfelt presents his Ten Core Qualities of Dreams in the middle section of the book, which includes a chapter on dreams and trauma. The volume’s final section focuses on the pragmatic application of the Ten Core Qualities. This work will be of interest to psychotherapists, counselors, instructors, and students of dream psychology. Written in a clear manner, the text is well researched, with extensive documentation accompanying each chapter. A valuable addition to psychology of dreams collections. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals.

Unless one has endured the many pleasures and occasional pains of the “Why?” stage with a three- to five-year-old, one might not immediately think of parenting as a philosophical endeavor. This wonderfully thoughtful book amply demonstrates that philosophy has a great deal to teach about what it means to parent and how to do that well and that parents often need to be philosophers themselves. A professor of philosophy and the author of two previous books—The Weight of Things: Philosophy and the Good Life (CH, Jan'08, 45-2537) and Animalkind: What We Owe to Animals—Kazez (Southern Methodist Univ.) gently and with exceptional erudition takes readers by the hand and examines a series of often extraordinary questions associated with one of the most routine human activities—having and raising children. She begins her exploration of the philosophy of parenting by asking whether it is right to bring children into the world, setting herself against those who would be “anti-natalists.” She goes on to consider, cogently and with great care, questions about such matters as the decision to circumcise, whether it is ever appropriate to lie to one’s child, and, ultimately, what kind of meaning having children adds to people’s lives. Summing Up: Essential. All readers.

In The Forgetting Machine, Quiroga, a computational neuroscientist (Univ. of Leicester), offers up a remarkably readable introduction to how human memory operates. Quiroga focuses his lively prose on memory's relationship to language, on how perceptions are turned into memories, and, as the title indicates, the various factors that cause us to forget. The book is organized into nine chapters that gently and effectively cover topics such as memory storage, visual information processing, memory retrieval and remembering, intelligence and its improvement, types of memory, knowledge representation, and artificial intelligence. The text is punctuated throughout with helpfully captioned diagrams, illustrations, and photographs that lend context and depth to the discussion. Quiroga provides chapter notes and a subject/name index at the end of the book—useful tools for the serious reader. The book is written for a broad audience interested in cognitive or neuro-psychology, whether from a scholarly standpoint or simply as a casually interested amateur. Summing Up: Recommended. All readers.

Although written for clinicians by clinicians or other professionals taking a therapeutic perspective, these essays may be read with profit as advice for how to live. The editors have done an excellent job of selecting authors who present their ideas clearly and persuasively; each contribution reads in an easily accessible style. The complementary roles of play and creativity are described to give them broader meaning in everyday life. Play is defined more as an attitude than as the content of activity and can be applied in any situation. True play yields the “flow” of mind described by Mihaly Csikszentmihaly in his many writings on the subject. Indeed, Csikszentmihaly has contributed a “playful” first chapter for this book. The mindfulness urged by many psychologists is also significant for creativity and can be achieved in various styles of meditation. The approach of these various authors is reminiscent of the therapeutic style of Jacques Lacan as presented in the work edited by P. Gherovici and M. Steinkoler Lacan, *Psychoanalysis, and Comedy* (2016). This is a valuable text, and one that will be beneficial to scholars and to anyone interested in improving their quality of life. Summing Up: Recommended. Upper-division undergraduates through faculty and professionals; general readers.

14. **The diagnostic system: why the classification of psychiatric disorders is necessary, difficult, and always unsettled.** Schnittker, Jason. Columbia, 2017. 368p index, 9780231178068 $35.00, 9780231544597 $34.99

The Diagnostic System is a compelling read that traces the complicated history of the Diagnostic and Statistical Manual of Mental Disorders (DSM) and highlights the need for finding valid, reliable classifications for psychiatric disorders—along with the many challenges to meeting those needs. Schnittker (Sociology, Univ. of Pennsylvania) thoughtfully discusses the intricacies of trauma, health care insurance, prevalence rates, and other relevant issues as reflected in the multiple editions of the DSM. Schnittker poses both theoretical and practical questions that engage the reader in the ongoing discussions on pertinent topics. Much of the text is dedicated to examining issues related to the earlier DSM editions, focusing mainly on the DSM III and the subsequent development of the DSM IV. The current DSM V is also discussed, as the evolved diagnostic manual that is both an updated edition and a reflective revision. This book brings to light the difficult task of diagnosing psychiatric disorders with accuracy, reliability, and validity. Summing Up: Recommended. Graduate students, researchers, faculty, and professionals.

15. **Couples on the couch: psychoanalytic couple psychotherapy and the Tavistock model,** Relational perspectives book series, 87. ed. by Shelley Nathans and Milton Schaefer. Routledge, 2017. 261p bibl index, 9781138242258 $190.00, 9781138242265 $49.95, 9781315278810 $49.95

Editors Nathans (Psychoanalytic Institute of Northern California) and Schaefer (San Francisco Center for Psychoanalysis), both practicing psychoanalysts, offer a thorough, practical compendium of couples therapy practice using the Tavistock model. The content is not original; the chapters were originally presented as papers at the annual Psychoanalytic Couple Psychotherapy Center and were previously published in the psychoanalytic journal *Fort Da*. The volume begins with a thorough introduction to the principles behind the Tavistock model for couples psychotherapy, then moves on to explore a broad array of topics in more detail, including sex, unconscious beliefs about being a couple, relationships on the brink, and aging. The content is best seen as providing tangible evidence of 14 knowledgeable clinicians at work and, as such, provides essential material for a specialized community of couples psychotherapists and counselors, marriage and family therapists, psychoanalysts, and graduate and
postgraduate students of psychology, marriage and family therapy, and those in psychoanalytic training. Thorough chapter references provide interested readers with direction for further study. Summing Up: Recommended. Graduate students through faculty and professionals.

16. Ana-Maria Rizzuto and the psychoanalysis of religion: the road to the living God. ed. by Martha J. Reineke and David M. Goodman. Lexington Books, 2017. 207p bibl index, 9781498564243 $95.00, 9781498564250 $90.00

Goodman (Boston College) and Reineke (Univ. of Northern Iowa) have assembled a fine collection of essays related to the pioneering work of psychoanalyst Ana-Maria Rizzuto, whose book The Birth of the Living God (1981) transformed the way psychoanalysis approached the topic of religion. The present collection of six essays is in many ways an homage to that book’s empirical and clinical interrogation of how representations of God are elaborated over the life-span. Each essay explores a different facet of Rizzuto’s contribution to the psychology of religion, considering such topics as atheism, the healing factor in psychotherapy, the therapeutic use of metaphor, and the maternal matrix. A discussion by Rizzuto follows each essay, lending the collection a fresh dialogic dimension. These essays will serve as the best commentary on Rizzuto’s important work to date, and will provide clinicians and scholars with material for further speculation on the relationship between psychoanalysis and religion. The interdisciplinary nature of the collection will serve as a model for future scholarship in the fields of religious studies, psychology, and psychotherapy. Summing Up: Essential. Upper-division undergraduates through faculty and professionals.

May 2018 Reviews

1. Writing your psychology research paper. Baldwin, Scott A. American Psychological Association, 2017. 133p bibl index, 9781433827075 $29.95

Writing is considered a gateway tool for entry into one’s career, so teachers have been emphasizing the development of writing skills for the past few decades. Baldwin’s Writing Your Psychology Research Paper is a useful addition to the array of volumes on improving student writing. The strength of this brief book is that it encourages students to develop the mind-set necessary for competent writing. Rather than focusing on technical aspects of writing, the author emphasizes the crucial preparatory work that writers need to complete before they can establish the messages they want to convey. They need to familiarize themselves with background material before they can successfully examine those messages. And only after such groundwork can students organize their thoughts and generate their plan for effective communication. Finally, the author addresses the problem of procrastination and how a student might deal with it—which is always a topic that merits attention. This book is aimed at psychology students, but it will serve as a good tool for students in other social and behavioral sciences. Summing Up: Recommended. All readers.


Scheid (sociology, Univ. of North Carolina, Charlotte) and Wright (public policy and sociology, Georgia State Univ.) have edited the third edition of this comprehensive text. Similar to previous editions, this collection interrogates the sociology of mental health by presenting an overview of the historical, social, and institutional frameworks for understanding mental health and illness. This new edition explores
relationships among social factors that shape psychiatric definition and diagnosis, as well as the measurement of mental health treatment and delivery. The expansive volume showcases 28 articles that examine the current state of resources and approaches toward mental illness treatment. The editors present a keen purview on understanding and interpretation of mental illness through sociological, clinical, cultural, and historical lenses. The third edition also includes timely commentary on the impact of the Affordable Care Act on treatment, research, and support in the realm of mental illness. Advocates and policy makers, as well as anyone in the field seeking to understand mental health and mental health delivery systems, will find this volume to be an enormously insightful resource. Summing Up: Highly recommended. Upper-division undergraduates through faculty and professionals.

3. The Routledge handbook of philosophy of empathy. ed. by Heidi L. Maibom. Routledge, 2017. 396p bibl index, 9781138855441 $225.00, 9781315282015 $54.95
One might assume that the study of empathy would belong to the province of psychology, with its focus on humans' emotional approaches to situations. This comprehensive and richly informative handbook proves that such an assumption would be in error. Edited by a philosopher with a longstanding interest in empathy—Maibom (Univ. of Cincinnati) previously edited Empathy and Morality (CH, Mar'15, 52-3580)—this work brings together a number of contemporary philosophers’ perspectives on the subject. The handbook begins by exploring foundational aspects of the study of empathy, such as the distinction between cognitive and affective empathy, and then presents a history of the concept of empathy and its origins in the writings of Adam Smith and in German aesthetics (this latter topic meriting its own set of contributions later in the book). The chapters in the middle section parse the various ways that empathy may be experienced, and the crucial role that empathy plays in morality and moral decision-making—in everyday life, in medicine, and in the care of others. A final section examines, among other things, differences in empathy across individuals and cultures. An important addition to any philosophy and psychology collection. Summing Up: Essential. Upper-division undergraduates and above; professionals.

4. Substance and behavioral addictions: concepts, causes, and cures. Sussman, Steven Yale. Cambridge, 2017. 404p bibl index, 9781107100350 $120.00, 9781107495913 $49.99, 9781316944332 $40.00
Sussman (Univ. of Southern California) synthesizes and integrates research from a variety of disciplines to further our conceptual understanding of addictive behaviors (substance and behavioral), their prevention, and their treatment. The text introduces several innovative models, including the Associated Memory Appetitive Systems Relations Model (AMASR) and the Pragmatics Attraction Communication Expectations Model (PACE). AMASR provides a broader perspective of addictive behaviors, demonstrating how both substance and behavioral addictions may share common underlying mechanisms. PACE identifies those factors that contribute to unique patterns of addictive behaviors among people. Grounded in current, multidisciplinary research and theory, Sussman’s book provides novel insights and suggests new approaches to preventing and treating addictive behaviors from an intrapersonal, extrapersonal, and policy perspective. Experts and novices, researchers and clinicians will find their preexisting notions of addictive behaviors challenged by the ideas presented in this text. The volume’s organizational structure facilitates learning by providing within each chapter learning objectives, clinical cases demonstrating key concepts, summaries of the material presented, and highlights of the major ideas covered. The reader’s understanding is further enhanced through a glossary that defines new terms and concepts. Summing Up: Highly recommended. Upper-division undergraduates through faculty; professionals.

Applied social psychology implements social psychological theory and empirical findings to understand and develop intervention strategies to solve various social problems. In developing this textbook, editors Steg, Keizer, Buunk, and Rothengatter (Univ. of Groningen, the Netherlands) have gathered an international team of renowned contributors. The first several chapters in the book offer an overview of relevant social psychological theories, intervention techniques, and research designs, thus providing the theoretical and methodological background for the book. In subsequent sections, this framework is applied to a broad array of categories, including consumer, economic, political, driving, organizational, and criminal behavior, as well as to topics such as aid to developing countries, education, immigration, the environment, physical and mental health, and sports. The text focuses on the role human cognition and behavior play in each of these topics and issues. The many applications of theoretical, methodological, and intervention techniques will be useful to students; the review questions and glossary of new vocabulary at the end of each chapter are helpful as well. Overall, the volume is a valuable introductory text for courses in applied social psychology, as well as a useful complementary text for standard social psychology courses. Summing Up: Recommended. Lower- and upper-division undergraduates.


This second edition is part of the American Psychological Association's "Theories of Psychotherapy" series, each volume of which describes and reviews a major theory of US psychotherapy. Craske (Univ. of California, Los Angeles) has published extensively in the area of cognitive-behavioral therapy (CBT), arguably the most widely used, researched, and empirically supported therapy in the US. Here, Craske presents a thorough history of CBT, from its origins as a science-based treatment of behaviors to its second- and third-wave iterations, which incorporate the role of cognition as content and the function of cognition in changing behavior. As in all the volumes of this series, the author presents the therapy process, applications to specific disorders, efficacy research, contraindicators, and cross-cultural limitations. Well-chosen case studies illustrate a variety of applications. Future developments are thoughtfully considered, including the ways in which mindfulness and developments in learning theory and neuroscience can influence the practice of CBT. The glossary and recommended readings provide useful additional resources. The research has been updated since the first edition to make this volume an important addition to a library or teaching collection. DVDs of therapy sessions are also available. Summing Up: Highly recommended. Upper-division undergraduates and above; faculty and practitioners.

7. *How and why are some therapists better than others?: understanding therapist effects.* ed. by Louis G. Castonguay and Clara E. Hill. American Psychological Association, 2017. 356p bibl index, 9781433827716 $79.95

Editors Castonguay (Penn State Univ.) and Hill (Univ. of Maryland) are joined by 42 other contributors to answer a question typically ignored in psychotherapy literature: How and why are some psychotherapists more effective at treating clients than others? The authors' approach is informed in part by their role leading a series of psychotherapy meetings—the “Penn State Conferences on the
8. **Depression : a very short introduction. by Mary Jane Tacchi and Jan Scott.** Oxford, 2017. 132p bibl index, 9780199558650 $11.95

As the title suggests, Depression: A Very Short Introduction delivers a concise and comprehensible overview of the depression construct. In seven tightly written chapters, coauthors Tacchi, a consultant psychiatrist, and Scott (Newcastle Univ., UK) examine the history of depression and bipolar disorder, classification systems, risk factors, depression models, treatment interventions, modern controversies, and the future of depression and bipolar disorder. Even though the book is very brief, it provides the reader with a truly understandable and current introduction to this “common cold” of mental illness. Additionally, it offers a thorough examination of both historical and modern topics. Overall, the book is aimed toward a broad general audience that is interested in mental health issues. References, further reading, and a combined subject/name index are included at the end of the work. This additional information will serve as a strong resource for those individuals who are interested in pursuing this topic in further detail. Summing Up: Recommended. All readers.

9. **Invisible mind : flexible social cognition and dehumanization. Harris, Lasana T.** MIT, 2017. 203p bibl index, 9780262035965 $40.00, 9780262339032 $28.00

Social life is contradictory: racist bullies can still display love for nieces and nephews, just as unrepentant misogynists can express pride over their daughters’ accomplishments. Harris (Univ. College London, UK) claims such inconsistencies occur because social cognition (how we think about and relate to others) is “flexible,” if not always in the adaptive sense of this word. When we extend our social cognition to deduce others’ mental states, we treat them as people, usually in positive or at least neutral ways. But when we withhold our social cognition (making no conjectures about others’ mental states), we often dehumanize others. This novel, brief book posits mental flexibility as one source of dehumanization and its potentially antisocial consequences. The work’s prologue and ten pithy chapters use theory and data from social psychology, cognitive psychology, philosophy, developmental psychology, evolutionary anthropology, and neuroscience, as well as some economics and legal perspectives. Readers curious about brain-based accounts of why dehumanizing behavior can occur will want to read this book, which points to further avenues for speculation and empirical inquiry. Summing Up: Recommended. Upper-division undergraduates and above; faculty and professionals.

10. **Figures of the pre-Freudian unconscious from Flaubert to Proust. Finn, Michael R.** Cambridge, 2017. 242p bibl index, 9781107184565 $99.99, 9781316886847 $80.00

In this intriguing volume, Finn (Emer., French, Ryerson Univ., Canada) examines pre-Freudian conceptions of the unconscious in late-19th- and early-20th-century France. The work focuses especially on the literature of Flaubert, Maupassant, and Proust, but it also considers the broader culture of the time period. This vibrant era was marked by intense interest in spiritualism in many forms, including
hypnotism, hysteria, dual personalities, telepathy, psychic powers, clairvoyance, and hallucinations, among others. Finn demonstrates that while these phenomena were studied by psychologists as possible evidence of the unconscious, they were also of great interest to those in the medical field and other disciplines—and, of course, were prevalent in popular culture and fiction as well. One particularly compelling chapter explores the role of women and the unconscious—and the ways in which fear of the female unconscious manifested in culture. Extensively researched and documented, this work will be of interest to those studying the history of psychology, turn-of-the-century French history, fiction, and literary analysis, and to anyone interested in spiritualism. Summing Up: Recommended. Upper-division undergraduates and above.