

formulations. Most central among these are that the mourning-liberation process is a universal transformational adaptive process throughout the life course, and that a successful resolution of mourning will have a creative-liberating outcome (i.e., creative activity, created reinvested living, creative products). Unsuccessful mourning outcomes include: the arrestation of the mourning process at various stages; fixation at various earlier stages, which can be reactivated when a mourning process is initiated; and pathological or deviated mourning processes, typically manifested as depressive states.

His work reflects great breadth including discussions of temporary and permanent object loss, both the conditions that promote normal and pathological outcomes of mourning, abandonment, anniversary reactions, and creativity as both an outcome of mourning and an attempt to master the work of mourning. Case examples of the role of loss, abandonment, and mourning in the creative work of Gustav Mahler, Rudyard Kipling, Käthe Kollwitz, and others is presented. Considerable attention is paid to the psychological and developmental consequences of the loss of a parent and of a sibling in childhood. In a number of papers he also addresses how the responses to loss and mourning and the vulnerabilities they create may differ over the life cycle.

Pollock's papers include many excellent vignettes from his own clinical work that are illustrative of his clinical points. He locates his ideas in the traditions of those who came before him, as well as his contemporaries.

If this collection has a significant short-coming it is the lack of a concluding chapter that draws together the many threads running through Pollock's papers and distills a few key theoretical propositions that he felt were supported by his clinical work and research. It would have been an extremely valuable addition to the two volumes, since the brief preface does not serve this purpose.

Otherwise, this work is an excellent contribution to the field of mourning and loss and any mental health professional could benefit from perusing it.

New York, NY

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WALTER VANDEREYCKEN, M.D., PH.D., ELLY KOG, PH.D., AND JOHAN VANDERLINDEN, M.A. EDS: *The Family Approach to Eating Disorders: Assessment and Treatment of Anorexia Nervosa and Bulimia*. PMA Publishing Corp., Great Neck, NY, 1989, 392 pp., \$45.00.

The Family Approach to Eating Disorders: Assessment and Treatment of Anorexia Nervosa and Bulimia, could easily have been a monograph drawn on the studies of the multidisciplinary team at the University Psychiatric Center in Kortenberg in collaboration with the Department of Psychology of the University of Leuven, Belgium. For the clinician, the most interesting and valuable parts of this book are its first and last sections.

The Family Approach starts off with a questioning premise, and a warning. It states that sociocultural and family factors may provide the context for eating disorders, but then does not explain how those factors influence the choice of either of the two major symptoms, anorexia nervosa or bulimia. And it warns that only multidimensional view—somatic, psychological, and sociological, including family milieu—can help solve the enigma of eating disorders. The goal of this book is to summarize the state of the art in these areas—physiological, behavioral, emotional, and interactional.

The first section, "The Family: Victim or Architect of Eating Disorders," (Chapters 1-3), is strong, well thought-out, and clearly written. It delineates the problem of

identifying the ideogenesis of eating disorders—patient or family. While nothing new is revealed, it does contain a good, concise review of the literature on theories and current research of families and eating disorders.

The second section, "Assessment of the Family with an Eating Disorder" (Chapters 4–10), outlines perspectives for future research and raises some important questions regarding experimental design. But the emphasis on research methodology limits its value to the clinician. And while the appendix contains some valuable and thought-provoking information, its cumbersome presentation makes it almost impossible to glean.

In Chapters 4 and 5 the Belgian researchers dissect the work of Minuchin et al. on psychosomatic theory and conclude that it is no longer valid. But the validity of their own research, focused on the Leuven Questionnaire, is unclear to the clinician. Chapters 7, 8 and 9, however, are clinically useful, since they address interpersonal relationships and styles of parenting in eating-disorder families.

The last section, "Family Issues in the Treatment of Eating Disorders (Chapters 11–18), ranks, along with the first section, as the strongest in the book. Chapter 11 gives both an overview of the family-therapy literature and a cogent presentation of its different schools. Chapter 15 is excellent—family therapy within the psychiatric hospital. The tables are highly informative and there are honest examples of clinical application in the appendix. The dilemmas of deciding when termination of therapy for intractable families is indicated and when it is contraindicated, are clearly delineated. Chapter 16 is also useful in detailing treatment strategies in chronic cases, broken homes, and transgenerational situations.

The references at the end of each chapter are good, though there are occasional omissions. The bibliography is excellent. But the book loses some credibility because of what can be taken as gratuitous attacks on the work of Salvador Minuchin, among the foremost workers in the field of family therapy. This seems inappropriate in a book purporting to be a scientific review of the field.

In sum, and with the limitations noted, *The Family Approach* is worth reading.

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MARTIN B. TEXTOR, ED.: *The Divorce and The Divorce Therapy Handbook*. Jason Aronson Inc., Northvale, NJ, 1989, 392 pp., \$40.00.

Divorce affects over two million adults and one million children yearly. Its emotional costs to individuals, couples, and families are staggering. In dealing with these costs, Dr. Martin Textor has edited a scholarly text for psychologists, social workers, and educators that addresses relevant divorce theory, intervention, and research.

The organization of his book is well thought out. In Part I, "Divorce," complex problems that are antecedent to divorce are thoroughly discussed. The contributing authors refer to their therapeutic experiences and research findings to assist practitioners in more fully understanding divorce etiology. Textor presents comprehensive chapters on predivorce and postdivorce phases. Almost every possible issue that could be raised in these phases is considered in depth. Dr. Rebecca Propst does an outstanding job in her chapter focusing on problems and needs of adults. She combines her exceptional research skills with clinical acumen and offers homework assignments, practical problem-solving skills, and general informational systems that can help both parties in the divorce