

In sum, this is a worthwhile read and we come away with a fuller understanding of body image. The book's exclusion of psychotherapy, though initially stated, is a shortcoming; in this reviewer's opinion, inclusion could have made it richer.

New York, NY

FRAN WEISS, M.S.W., C.S.W.

J. KEVIN THOMPSON, LESLIE J. HEINBERG, MADELINE ALTABE, AND STACEY TANTELEFF-DUNN: *Exacting Beauty: Theory, Assessment, and Treatment of Body Image Disturbance*. American Psychological Association, Washington, D.C., 1998, 396 pp., \$39.95, ISBN 1-55798-541-3.

The goal of this book—the third on body image that was either authored or edited by J. Kevin Thompson—is “to attempt to integrate theory, assessment, and treatment for the field of body image; to provide a guide for researchers and clinicians interested in the field of body image disturbance and to bridge research and practice.” After reading this text, the clinician would hope to come away with a clear sense of the etiology of body-image disturbances and then to be able to identify the best clinical treatment that would match patient diagnostic presentation. Although the research material is well handled, the treatment aspect is somewhat incomplete.

The authors present a good overall view of the origin of body image and body-image disturbance, and an excellent historical review of research in the field of eating disorders, i.e., anorexia nervosa and bulimia nervosa, as well as binge-eating disorder and obesity. The book also addresses the complexity of defining, measuring, and creating theoretical models while exploring the social and cultural aspects of body image and the public media emphasis on thinness. And it outlines the current thinking about making a differential diagnosis of body-dysmorphic disorder, often a difficult matter. Some important work in body-dysmorphic disorder is missing, however, such as that of Eric Hollander, M.D.

The book's forte is presenting the reader with a strong array of models for measurements and assessment and different testing methodologies, as well as including helpful tables, appendices, and references.

The 11 chapters are divided into five parts: 1. An Overview: Prevalence, Diversity, Assessment, and Treatment; 2. Societal and Social Approaches; 3. Interpersonal Approaches; 4. Feminist Approaches; and 5. Behavioral, Cognitive, and Integrative Approaches. The term “approaches” is somewhat misleading because it infers presentation of several different treatment methodologies that the book only partially delivers.

The authors conclude that the cognitive-behavioral modality of treatment, supported by “empirical findings,” has been the most successful in the treatment of body image thus far, and they are not nearly as exhaustive in covering other treatment modalities, such as the feminist perspective. They state, rather awkwardly, that “the two primary approaches for treating body-image disturbance by way of controlled studies and widespread use and acceptance from leading researchers and clinicians is cognitive-behavioral and feminist methodologies.”

Then, in the part devoted to feminist approaches, the authors maintain that although feminist theories have been successful in bringing eating disorders to the attention of the public as women's issues, the findings are merely "anecdotal" and not empirical. Surprisingly, dual diagnosis, which invariably accompanies body image issues, is never mentioned.

Chapter 6, "Interpersonal Factors: Peers, Parents, Partners, and Perfect Strangers," offers a good opportunity to review the literature of family therapy and psychodynamic and psychoanalytic psychotherapy, that is quite rich in its explanation of the developmental aspects of body image and body-image disturbances, especially in the field of eating disorders and obesity. Yet this subject is only minimally touched on. Not mentioned, for example, is a study conducted under the auspices of the American Academy of Psychoanalysis (Rand and Stunkard, 1977, 1978, 1983), which examines the outcome of psychoanalytic treatment for obesity and directly discusses body image.

Those who want to know about measurements, assessments, and some cognitive behavioral work in the field will find it here. Unfortunately, the book suffers from the input of four authors who have not been entirely successful interweaving their material. Many parts are densely written, often ponderous, and sometimes confusing. This is especially surprising because J. Kevin Thompson, Leslie J. Heinberg, and Madeline Altabe wrote solid chapters in Thompson's previously edited book, *Body Image, Eating Disorders, and Obesity: An Integrative Guide for Assessment and Treatment*, which was clearer, better written, and more to the point than the present volume. Still, *Exacting Beauty* is a good reference source that succeeds, in one volume, in pulling together and reviewing much of the research in the field of body image and body-image disturbance.

New York, NY

FRAN WEISS, M.S.W., C.S.W.

ROBERT ROSENBAUM: *Zen and the Heart of Psychotherapy*. Brunner/Mazel, Philadelphia, PA, 1998, 320 pages, \$39.95, ISBN #0-87630-891-4.

Buddhism has been a longstanding interest of psychotherapists. Recently, Molino (*The Couch and the Tree*, North Point Press, New York 1998) has collected a large number of papers that document both the history of that interest and its current flourishing. Clearly, there are many reasons for this small clinical-scholarly enthusiasm, but one of the more interesting aspects of the phenomenon is that we now have Westerners who maintain dual identities as psychotherapists and senior Buddhist teachers. Buddhist meditation practice has ceased to be exotic in psychotherapeutic circles, and the whole emerging culture of American Buddhists has been, and continues to be, influenced by psychotherapists of many different theoretical orientations. In *Zen and the Heart of Psychotherapy*, Robert Rosenbaum delineates with candor and detail his work in a managed care clinic and his life as a Soto Zen practitioner and teacher. He describes the challenges of maintaining these demanding roles while trying to be an attentive husband and father. While he