

Revolutions, that the scientists of each age choose what to study and the frame in which it is studied according to the values held.

Freud's essay, "Mourning and Melancholia," carries on the idea of loss of self-esteem, already mentioned before him, but he defined the concepts in more detail as the components of loss of ego. Kohut would call this "loss of sense of the self." This concept can be a point of entry for the clinician in psychotherapy just as the mechanical or biological point of entry may be the administration of psychotropic drugs. Despite these two advances in therapy for depression, it still continues a dual conceptual framework that tells us that we know a lot more historically and a little more about the chemical functioning of the brain than we know etiologically or curatively.

This historical inquiry makes one realize that in the next book of history we will be the chapter on the twentieth and the twenty-first centuries that will add to the further observation, experimentation, and conceptualization, if not the cure of depression.

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MICHAEL RUTTER, CARROLL E. IZARD, and PETER B. READ, EDs : *Depression in Young People: Developmental and Clinical Perspectives*. The Guilford Press, New York, 1986, 550 pp., \$37.50.

Until relatively recently the problem of childhood depression has been a sorely neglected, albeit potentially fertile, area of study. For too long psychological researchers and clinicians alike have been either slow to acknowledge that children do indeed suffer from affective disorders such as depression or they have erroneously assumed that children experience and manifest depression in ways that are identical to those of their depressive adult counterparts.

Depression in Young People amply succeeds in remedying many of the oversights and distortions of the past. Its eighteen chapters deal with such subjects as the developmental issues associated with depression, parental depression as a risk factor, risk indices and mechanisms of depression, and the methods and measurements in the assessment of childhood depression. The chapter, "When is a Case a Case," is especially fascinating in its championship of disease definitions as social constructs and its caveats against elevating theoretical models to dogma.

Each chapter of this book was obviously written with painstaking thoroughness and, considering the broad scope of the individual contributions, there is remarkably little overlapping or redundancy to detract from the text. In addition to its obvious heuristic value, this book can be a valuable aid to clinicians in their quest to improve their understanding and treatment of depressed children.

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JAMES C. HANSEN, SERIES ED., and JILL ELDA HARKAWAY, VOL. ED.: *Eating Disorders, The Family Therapy Collections*, Aspen Publishers, Inc., Rockville, Maryland, 1987, 136 pages, \$22.00.

Eating Disorders, The Family Therapy Collections, intends to acquaint the reader with the most up-to-date family therapy treatments for eating disorders. The book does give the reader a practical overview of the major modes of intervention: structural,

strategic, Milan systemic, transgenerational, experiential, and cybernetic family therapy models. Although *Eating Disorders* focuses primarily on family therapy, the authors acknowledge and support the work done with individuals, couples, and peer groups.

The volume consists of ten chapters: chapters one through five discuss bulimia; six through eight address the treatment problems of obesity; nine and ten examine the treatment of anorexia.

As is the case with most multi-authored texts, the quality of the chapters varies. Amongst the articles on bulimia, only one—Wooley and Lewis's—ranks as excellent. Barrett and Schwartz write an informative article about couples, a subject not much covered. Roberto's article on transgenerational family therapy is good as a whole, but a bit vague and inconsistent. Only Moley's and Terry's articles disappoint.

Moley's piece uses too much jargon. And, his politicization of eating disorders present, a lopsided view of them. As for Terry's article, although she raises some interesting issues concerning eating disorders in the college environment, she makes certain claims that seem unsubstantiated. For instance, she says that bulimia and compulsive eating are similar in their behavioral characteristics and interactional consequences, and are most likely to strike in mid to late adolescence. (It seems she has ignored childhood onset of obesity.) Some of the symptoms of bulimia and compulsive eating may be similar. But lumping the two disorders together, may complicate rather than clarify treatment decisions.

Of the articles on obesity, McVoy's article on obese families and Harkaway's article on childhood and adolescent obesity are written in the most straightforward manner, both with solid documentation. Harkaway raises an important issue: how to define success in obesity treatment. The piece on cybernetic approaches by Keeney et al. speaks to the seasoned family clinician and assumes a certain knowledge of the cybernetic method. It presents an alternative approach to working with eating disorders. The content and examples are clear, but the novice will feel confused.

The two articles on anorexia by Sargent and White were both well done, each providing clear case examples.

Given the complexity of the subject of eating disorders, treating families certainly lends a new dimension to the often intractable problem of these disorders. Therapists will feel heartened by the credence given to the variety of therapeutic modalities. Those who want a quick read of the field will find the book's brevity appealing.

If the book has an overall weak spot it is the continual cross- and self-referencing amongst the authors.

For family therapists, the volume may give a succinct overview of the field but will not go into much depth. For therapists who don't treat families, the book will offer a wide overview of eating disorders treatment from a family therapy model. In sum, this is a volume worth reading.

New York, NY

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MARK EDINBERG· *Talking With Your Aging Parents*. Shambhala, Boston, 1987, 220 pp., \$16.95.

This book should have a personal as well as a professional interest for those in the mental health field, since the vast majority of us will be (if we are not already) aging