

EXTENDED BOOK NOTICES

Compiled by Richard House

Editor's Note: Since the journal lost our reviews editor some years back, it's unfortunate that book reviews have been somewhat haphazard in the journal, for which I can only apologise. A number of excellent books have thus piled up, or have otherwise come to my attention, over that time. I'm taking the opportunity in this, the final issue of the journal to write brief 'book notices' of each of the over 20 books we would like to have reviewed more fully in the journal over the past few years. There are some excellent, and sometimes little-known books here, and this necessarily selective list is well worth scrolling through to discover books of personal interest that you might wish to investigate, or even obtain. A resource for critically minded psychologists, there'll hopefully be something in this list of great books to interest everyone with an interest in Humanistic Psychology, human potential and the psy therapies.

BOOKS REVIEWED

CAMPBELL PURTON, *Self-Therapy: A Focusing Guide*, Eurasia Books, Athens, 2022, 138 pp

JUDY MOORE & NIKOLAOS KYPRIOTAKIS (eds), *Senses of Focusing, Volume I & Volume II*, Eurasia Books, Athens, 2021, 1130 pp in all

MANU BAZZANO, *Subversion and Desire: Pathways to Transindividuation*, Routledge, Abingdon, Oxon, 2023, 294 pp

KIRK J. SCHNEIDER, *Life Enhancing Anxiety: Key to a Sane World*, University Professors Press, Colorado Springs, Colo., 2023, 170 pp

MICHAELA GLÖCKLER, *Education for the Future: How to Nurture Health and Human Potential*, InterActions, Stroud, 2020, 248 pp

COLIN HOWARD, MADDIE BURTON,
DENISSE LEVERMORE & RACHEL

BARRELL, *Children's Mental Health and Emotional Well-being in Primary Schools: A Whole School Approach*, 2nd edn, Learning Matters / Sage, London, 2020, 184 pp

DEL LOEWENTHAL (ed.), *Toxic Young Adulthood: Therapy and Therapeutic Ethos*, Routledge, Abingdon, Oxon, 2023, 148 pp

ERICA BURMAN, *Deconstructing Developmental Psychology*, 3rd edn, Routledge, Abingdon, Oxon, 2017, 382 pp

CLIVE HAZELL, *The Experience of Emptiness*, 1stBooks Library / AuthorHouse, Bloomington, IN, 2003, 276 pp

CLIVE HAZELL, *Alterity: The Experience of the Other*, 1stBooks Library / AuthorHouse, Bloomington, IN, 2009, 192 pp

DEL LOEWENTHAL (ed.), *Levinas and the Other in Psychotherapy and Counselling*, Routledge, Abingdon, Oxon, 2023, 144pp

ASHLEY WOODWARD, *Lytard and the Inhuman Condition: Reflections on Nihilism, Information and Art*, Edinburgh University Press, Edinburgh, 2017, 224pp

COLIN STANLEY, *An Evolutionary Leap: Colin Wilson on Psychology*, Routledge, Abingdon, Oxon, 2016, 140pp

COLIN STANLEY (ed.), *Proceedings of the First International Colin Wilson Conference*, Cambridge Scholars Publishing, Newcastle upon Tyne, 2017, 185pp

GARY LACHMAN, *Beyond the Robot: The Life and Work of Colin Wilson*, Tarcherperigee, New York, 2016, 384 pp

FRANCES RYAN, *Crippled: Austerity and the Demonization of Disabled People*, Verso, London, 2019, 240 pp

THOMAS HARDTMUTH, *Medicine in the Stranglehold of Profit: The Threat to the Art of Healing and the Social Fabric and the New Orientation Needed for Truly Looking after Health*, InterActions, Stroud, 2023, 100 pp

MARK McDONALD, *United States of Fear: How America Fell Victim to a Mass Delusional Psychosis*, Bombardier Books / Post Hill Press, New York & Nashville, 2021, 142 pp

PAUL R. GODDARD & ANGUS D. DALGLEISH (eds), *The Death of Science: The Retreat from Reason in the Post-modern World*, Clinical Press, Bristol, 2023, 325 pp

STEVEN E. KOONIN, *Unsettled: What Climate Science Tells Us, What It Doesn't, and Why It Matters*, BenBella Books, Dallas, TX, 2021, 240 pp

JUDY MOORE & NIKOLAOS KYPRIOTAKIS (eds), *Senses of Focusing, Volume I & Volume II*, Eurasia Books, Athens, 2021, 1130 pp, ASIN: B09L4SLXTP, price 68.50 euros.

A new two-volume collected work about Focusing by authors from all over the world, who approach Focusing – the experiential psychotherapeutic approach within the tradition of Person-Centered Therapy, developed by Eugene T. Gendlin – in diverse ways. There is much original and ground-breaking material throughout the two volumes. The 24 contributors to Volume I include Nikolaos Kypriotakis, Greg Madison, Judy Moore, Campbell Purton and Ernesto Spinelli. The 28 contributors to Volume II include Peter Afford, Mick Cooper, Nikolaos Kypriotakis, Judy Moore and Brian Thorne.

Volume I offers fresh thinking to the meaning of 'Focusing' and how Eugene Gendlin's work grew from and has developed different elements of philosophy and psychotherapy. The meaning of 'Focusing' and the 'Felt sense' are considered and re-examined; the close relationship between Focusing and Eastern traditions is explored by authors from Japan and China; the relevance of Focusing to the existential challenges that we face are seen not only in terms of personal meaning, but also in relation to current global and political crises; the evolution of new developments in Focusing practice are described; different considerations are brought to bear in relation to working with physical illness and the body; and the volume concludes with a section on 'Body Mapping' and 'Children Focusing'.

Volume II carries exploration of the many senses of 'focusing' in new directions, beginning with 'spirituality' and the wisdom of 'dreams'. The value of living and working from inner experiencing 'in individual lives and in therapeutic practice' is explored across a variety of cultures, as well as through different manifestations in the Arts, specifically poetry, theatre and music. A section on Focusing in 'science and neuroscience' is followed by cross-cultural takes on the theory and practice of 'Thinking at the Edge' and a section on the significance of the body's knowing in 'ethics and decision-making'. The volume concludes with an examination of Gendlin's contribution to Client-Centred Therapy and examples of how his work is

now regarded by more recent theorists and practitioners of the Person-Centred Approach (PCA).

According to Manu Bazzano, ‘This stimulating and extensive collection of essays from Focusing practitioners and theorists around the world is the most comprehensive compendium to date of a “sister approach” to the PCA and one that is at the forefront of experiential and humanistic investigations and methodologies. It features both new developments as well as direct quotes from his founder, Gene Gendlin.... Seasoned practitioners and trainees alike from most therapeutic orientations will benefit from a close reading of these two remarkable volumes, even when only selecting chapters close to their field of investigation. They will benefit all the more if they do so with an attentive, critical stance’ Eurasia Books website: <https://eurasiabooks.gr/>

CAMPBELL PURTON, *Self-Therapy: A Focusing Guide*, Eurasia Books, Athens, 2022, 138 pp, ASIN: B0B696R5BR, price (p/b) 14.40 euros.

Focusing is essentially about giving attention to the hazy edges of what we already know. This keeping of our attention on the problem as a whole, while allowing new details to emerge, requires serious concentration – trying to attend to what lies beyond what we already feel and think. To use Eugene Gendlin’s picture-language, there are unclear ‘edges’ surrounding the things we can say and think clearly. There’s always more to a situation than we can think or say, and we usually don’t know where exactly in this haziness lies the way forward in our difficulty. Focusing involves noticing where something feels just a bit awry, or incomplete, where something ‘niggles’ us, or we have a hunch, or an inkling about something, but can’t yet put it into words (text adapted from pp. 37–8). Campbell Purton has written extensively on Focusing-oriented psychotherapy (see www.dwelling.me.uk). His earlier books include *Person-Centred Therapy: A Focusing-Oriented Approach* (2004) and *The Focusing-Oriented Counselling Primer* (2007). He was Director of the University of East Anglia’s postgraduate diploma/MA course in Focusing-oriented

psychotherapy. Eurasia Books website: <https://eurasiabooks.gr/>.

KIRK J. SCHNEIDER, *Life Enhancing Anxiety: Key to a Sane World*, University Professors Press, Colorado Springs, Colo., 2023, 170pp, ISBN-13: 978-1955737180, price (p/b) \$25.95.

Life-Enhancing Anxiety proposes that it is not less anxiety that we need today, but more – at least of a certain kind of anxiety. The book comprises a collection of original and previously published essays on what Schneider calls ‘life-enhancing anxiety’. Life-enhancing anxiety is the invigorating degree of anxiety needed to become passionately engaged, ethically attuned and creatively enriched. Set against our anxiety-avoidant times, *life-enhancing* anxiety enables us to ‘live with and make the best of the depth and mystery of existence’. The potential for life-enhancing anxiety begins at the moment of birth – the point when we shift from relative non-existence and unity to sudden, abrupt existence and disunity. It is the management of the juncture by both caretakers and the culture at large that’s all-important; for it’s that management that forms the bedrock for our capacity to deeply live, or to skim only the surfaces; to attain courage, or to seek refuge in gimmicks. The book elaborates this developmental arc, applying it to a range of personal and social challenges, among which are Schneider’s own personal struggle with life-enhancing anxiety; the role of life-enhancing anxiety in the cultivation of a sense of awe (humility and wonder) towards all existence; the role of life-enhancing anxiety in the arts, particularly film and literature; applications within the discipline of psychology; applications to social and political crises (in particular, war and violence); and applications to spirituality and religion. The book ends with a brief section on the relevant research on life-enhancing anxiety, and an epilogue summarises the implications of life-enhancing anxiety for a more sane, sustainable and awe-informed world.

Some reviewers comments on the book: Nancy McWilliams, Ph.D., ABPP: ‘This fascinating book helps readers find ways to survive and flourish in our stressful world. Instead of trying to soothe our fears that much is out of kilter in contemporary life, it suggests that if we are not anxious enough

about the right problems, we risk being unequipped to address them.’ *Tom Pyszczynski*, Ph.D., Distinguished Professor of Psychology: This book ‘challenges us to rethink our understanding of anxiety as something to be avoided or managed at all costs. Instead, Schneider urges us to consider the many ways this basic human emotion can help us grow, more fully engage with existence, and transform ourselves in ways that lead to more fulfilling lives. In his view, anxiety is inherently tied to the experience of awe, a transformative experience that has become harder to come by in the increasingly regimented and standardized lives most people live.’ *Michael Amster*, MD, co-author of *The Power of Awe*: ‘Schneider offers a solution to addressing the epidemic of life-destroying anxiety. We desperately need a bigger picture.... Cultivation of life-enhancing anxiety is the paradigm shift to cultivate the capacities of love, creativity, humility, wonder, and a sense of adventure toward living – what Schneider calls “awe”. For humanity to thrive in our next chapter on Earth, we need this book to open a new door to embracing (and engaging with) Life-Enhancing Anxiety.’

Kirk J. Schneider, Ph.D. is a leading spokesperson for contemporary existential-humanistic and existential-integrative psychology in the USA and globally, and an old friend of *Self & Society*. He is past president of the Society for Humanistic Psychology (Division 32) of the American Psychological Association, and recent past editor of the *Journal of Humanistic Psychology* (2005–12).

MANU BAZZANO, *Subversion and Desire: Pathways to Transindividuation*, Routledge, Abingdon, Oxon, 2023, 294 pp, ISBN-13: 978-1032248226, price (p/b) £24.99.

This book presents the importance of subversion in psychotherapy, and re-evaluates the positive role of desire as an integrating force in the individual and collective psyche. It provides a solid philosophical frame that helps to expand the scope of contemporary psychotherapy at a time when it is arguably subject to a reductionist, neoliberal *Zeitgeist* – with the latter emphasising cognition over motivation, behaviour over

emotion, consciousness over the unconscious, the self over the organism, and tending to reframe psychotherapeutic practice as a reprogramming of individuals. The book outlines concerted acts of ‘soft subversion’ which can undermine this status quo, and open new possibilities of individual and collective transformation. Bazzano also retraces and reassesses some of the more inspiringly subversive legacies in psychoanalysis, with a view to sketching a life-affirming psychology wedded to broad-minded political engagement.

Covering psychotherapy, politics, art and literature, and social and cultural theory, *Subversion and Desire: Pathways to Transindividuation* will appeal to those interested in understanding how psychotherapy and philosophy can be more radical and subversive endeavours.

Summary of contents: 1. Player of Tender Loves 2. Counter-fantasies 3. Where it Was, the Other Shall Be 4. After Attachment Theory 5. What is the Body? 6. Power, Psyche, and Poisoned Solidarities 7. Transformer 8. Of the Devil’s Party 9. A Conspiracy of Orphans 10. Men Going Down 11. The Trauma Club 12. Therapy as Art and Praxis 13. Of Strawberries and Salty Dogs 14. Brooklyn Rimbaud 15. Help Me Become Free of You 16. I is Another 17. The Skin is faster than the Word 18. Chronic 19. Of Joyrides and Killjoys 20. As Petals from a Flower.

Some comments from reviewers: *Jeremy Gilbert*, Professor of Cultural and Political Theory: ‘With extraordinary rigour and imagination, Bazzano addresses key questions at the intersection of politics and psychology, from a perspective informed by both philosophical erudition and a lively, direct concern with therapeutic practice. This is a significant contribution both to therapeutic literature and to social and political thought.’ *Anastasios Gaitanidis*, Visiting Professor: ‘Manu Bazzano’s book is a revelation.... He derives his inspiration from orphans and exiles, authors without parents, poets without patrons, artists and philosophers without “tradition”. He follows them in their attempt to challenge the political, social and therapeutic fields by criticising and exposing all that is corrupt, conservative and decaying in our world. He demands nothing less than our wholehearted commitment to the active, life-affirming force of desire and its emancipatory potential – a

commitment that will lead to the production of new (counter-)fantasies which will reinvigorate the transformative power of radical imagination in our fight against the forces of patriarchy, capitalism and neoliberalism.’

Manu Bazzano, Ph.D., an old friend of and regular contributor to *Self & Society*, is a writer, psychotherapist/supervisor, and visiting lecturer at various colleges and universities around the world. His work is informed by his lifelong practice of Zen and, more recently, Butoh, and by his love of art and literature. Formerly S&S book review editor, Manu has written regularly for the journal over many years, Website: www.manubazzano.com.

MICHAELA GLÖCKLER, *Education for the Future: How to Nurture Health and Human Potential*, InterActions, Stroud, 2020, 248 pp, ISBN-13: 978-0952836438, price (p/b), £19.99.

Dr Glöckler writes, ‘Almost every day you can read somewhere that a fundamental change is needed in schools and the education system’. How do we accompany and support the development of children and adolescents so that they can be motivated to face the challenges of the present day? What skills are needed to solve the global problems of social injustice and deal with the consequences of the ecological economic crisis creatively? What must the education system be like such that it prepares adults to be less moulded to existing conditions, and better able to see what needs to be changed for the future? Which activities in the classroom are necessary so that initiative and entrepreneurial will can develop for the realisation of new ideas? What does an age-appropriate media education look like for achieving maturity and competence in working with information technology? How can school and the parental home create the conditions for the necessary qualities to develop? A healthy physical emotional spiritual maturation is the best prerequisite for a creative life into old age. This book is a plea for radically aligning upbringing and education with what is needed for the healthy development and well-being of children and adolescents – and emphatically *not* aligning at the wrong time with performance goals coming from

business and government policy. A paediatrician with many decades of experience, Dr Glöckler begins by considering what is meant by age-appropriate instruction, with a detailed discussion of the child as he or she grows through different developmental stages, and how the child will grow in health, well-being and resilience if upbringing and education are aware of, and in sync with, this. The experiences of Steiner Waldorf schools are examined, looking at the growth in each year of childhood and adolescence as it pertains to a holistic curriculum incorporating education of body, soul and spirit. Dr Glöckler then considers the effects on health and the causes for illness in adult life if age-appropriateness is not taken into account. The book concludes with a discussion of teacher health and health-engendering principles that can protect against teacher burnout. The book will be of interest to educators as well parents who are interested in nurturing health and human potential in children.

COLIN HOWARD, MADDIE BURTON, DENISSE LEVERMORE & RACHEL BARRELL, *Children’s Mental Health and Emotional Well-being in Primary Schools: A Whole School Approach*, 2nd edn, Learning Matters / Sage, London, 2020, 184 pp, ISBN-13: 978-1473975798, price (p/b), £28.99, index.

The mental health and emotional well-being of children has a great impact on learning and development, and there is ever-more recognition of the importance of mental health for everyone. Despite this, many school staff feel overwhelmed, and lack confidence when dealing with these issues in their classrooms. This text is written for all those working in primary schools, supporting schools to develop strategies to enhance the importance of mental health and emotional well-being, to work on preventative strategies, and to support children when they need more intervention. The text also explores what we mean by mental health and well-being. Lots of effective strategies are outlined for working with children struggling to manage the school day. It offers advice for engaging meaningfully with parents, and considers the importance of working with school staff to ensure they are fully supported.

Chapter 4 of the book can be found free online here >> <http://tinyurl.com/5wx624a3>

DEL LOEWENTHAL (ed.), *Toxic Young Adulthood: Therapy and Therapeutic Ethos*, Routledge, Abingdon, Oxon, 2023, 148 pp, ISBN-13: 978-1032196053, price (h/b), £130; e-book, £36.74, index.

This book is for those providing psychotherapy and counselling for young adults, and for those who wish to bring a therapeutic sensibility to working with this client group. Two main questions are addressed: what are the implications of providing a therapeutic ethos for young adults; and what, if any, additional training might be required for psychotherapists and counsellors working with this client group? The book explores what has for too long been seen, at least for childhood, to be an urgent need for a therapeutic ethos. Such an ethos is to bring both therapeutic and educational sensibilities to bear on preventative and curative approaches to issues of young adults' well-being. The chapters in this book, except one, were originally published in the *European Journal of Psychotherapy & Counselling*.

Professor Del Loewenthal, an existential-analytic psychotherapist, is an emeritus professor of Psychotherapy and Counselling, University of Roehampton, UK, and is the chair of the Southern Association for Psychotherapy and Counselling (SAFPAC), London, UK.

Contents: 'Introduction – toxic young adulthood: therapy and therapeutic ethos', Del Loewenthal; 'The time it takes: how do we understand personal growth in an age of instant solutions?', Rowan Williams; 'Training for counselling young people – what is added by a child and adolescent specialism?', Susan Kegerreis; 'The narratives of parental alienation', Sally Parsloe; 'What differend do you make? An imaginary phenomenology of working with a young adult', Tony McSherry; 'Finishing school, fishing and flourishing: appetite, engagement and compliance in Daoism, existentialism and psychoanalysis', Onel Brooks; 'The golden cage', Bice Benvenuto; 'How might a therapeutic ethos serve young

adults? – a commentary', Richard House; 'Young adulthood, well-being and a therapeutic ethos: a case for therapeutic education', Del Loewenthal.

ERICA BURMAN, *Deconstructing Developmental Psychology*, 3rd edn, Routledge, Abingdon, Oxon, 2017, 382 pp, ISBN-13: 978-1138846968, price (p/b) £46.99, index.

Erica Burman is Professor of Education at the University of Manchester. An example of Critical Psychology at its best and a challenging academic read, this completely revised and updated edition of the book interrogates the assumptions and practices surrounding the psychology of child development, providing a critical evaluation of the role and contribution of developmental psychology within social practice. This 3rd edition addresses how shifts in advanced capitalism have produced new understandings of children, and a new (and more punitive) range of institutional responses to them. It engages with the paradoxes of childhood in an era when young adults are increasingly economically dependent on their families, and in a political context of heightened insecurity. The book includes an updated review of developments in psychological theory (in attachment, evolutionary psychology, theory of mind, cultural-historical approaches), as well as updating and reflecting upon the changed focus on fathers and fathering. The book offers new perspectives on the connections between Piaget and Vygotsky, and connects closely with discussions from the sociology of childhood also critical educational research. It also includes material on child-rights debates, and a new chapter addressing practice dilemmas around child protection.

CLIVE HAZELL, *The Experience of Emptiness*, 1stBooks Library / AuthorHouse, Bloomington, IN, 2003, 276 pp, ISBN-13: 978-1410797698, price (p/b) £13.95.

This book examines the experience of emptiness, reviewing the work of many authors who have tackled this topic and providing an integrated explanation for the experience of emptiness,

showing it to be correlated with emotional growth, thus being a sign of an opportunity for personal development, even though not always an expected or welcome one. The book begins with a review of the literature and theoretical underpinnings surrounding the issue of emptiness. It then moves to potential clinical ramifications of the paradigm, for individual and group therapeutic settings. Hazell's core thesis is that the human tendency to periods of 'emptiness' (which he ably distinguishes from mere depression, and other feelings of alienation and despair), though they can be frightening and even terrifying, can be re-framed as periods of developmental shifts, a process of creative destruction and re-integration happening on a profound level. Enlarging upon Polish psychologist Kazimierz Dabrowski's Theory of Positive Disintegration, Hazell argues that the experience of emptiness, though painful, rather than a sign of pathology, is a normal and potentially deeply positive human experience, an opportunity for a manifest crystallisation of the feeling of emptiness, and for creative disintegration and re-integration to form an emotionally more complete individual: '...this research tends to support the notion that emptiness revealed is perhaps cause for celebration, albeit a bittersweet one, for it seems to betoken an internal shift in the self-awareness of the individual'. With numerous case examples spanning a variety of situations and descriptions of different manifestations of and reactions to emptiness, this book will interest clinicians, students of psychology and culture, and anyone interested in human growth and development. The book has an extensive reference and bibliography section, for further reading. Chapter titles: 1. The Experience of Emptiness; 2. Emptiness and Resistance; 3. Remorse and Resistance; 4. Resistance to Working in the Here and Now; 5. Emptiness and the Group; 6. Clinical Applications of the Theory of Positive Disintegration; 7. The Experience of Emptiness and the Use of Dabrowski's Theory in Counseling Gifted Clients: Case Examples.

Clive Hazell is a counselling psychologist in private practice in Chicago, Illinois, USA.

CLIVE HAZELL, *Alterity: The Experience of the Other*, 1stBooks Library / AuthorHouse, Bloomington, IN, 2009,

192 pp, ISBN-13: 978-1438971827, price (p/b) £10.95.

The concept of 'alterity' is fundamental to all psychological theories. Most of these theories operate as if this concept is well understood and quite stable. This book challenges that notion by examining ideas about alterity in several different fields, offering in addition an organising template for the concept, utilising ideas from Jacques Lacan, Emmanuel Levinas and Kazimierz Dabrowski. Hazell provides a unique perspective, which is not usually explicit in psychological literature, in which alterity is explored as an organising psychosocial experience. While the vicissitudes of the exploration of alterity are substantial, there might have been more concerning the application of the two theories (i.e. Lacan's psychoanalytic theory and Dabrowski's Theory of Positive Disintegration) presented in the book. It seems there exists a significant opportunity for further thought on alterity's relationship to these theoretical orientations. A challenging read, this book is in one sense an annotated bibliography, with the text discussing many theories of alterity and with their references listed at the end. Hazell distinguishes five levels of alterity – our experiences of one another's otherness, ranging from a momentary fusion of identities to their inevitable mysteries. Chapters include: Alterity as a Psychological Construct; Definition of Alterity; Psychology and Alterity; Philosophy and Alterity; Religion and Alterity; Social Science and Alterity; Art and Alterity; The Physiology of Alterity; Alterity and Psychotherapy; Clinical Examples; Trauma, Groups and Alterity; The Social Management of Alterity; Theorists Influenced by Lacan; The Theory of Positive Disintegration; Correspondences of Forms of Alterity with Levels of TPD; Alterity and Emptiness. An excerpt from the book's first chapter is available online here: <http://tinyurl.com/ym99678n>.

DEL LOEWENTHAL (ed.), *Levinas and the Other in Psychotherapy and Counselling*, Routledge, Abingdon, Oxon, 2023, 144 pp, ISBN-13: 978-1032342665, price (h/b), £120; e-book, £36.74, index.

For philosopher Emmanuel Levinas, the danger of Western thought is that, if we start with ourselves, we *end* with ourselves. Psychotherapy and counselling would be for the sole purpose of strengthening self-initiated and self-directed fulfilment, resulting in individual and societal forms of totalitarianism. Levinas suggests that ethics should be about putting the Other first, but not in the sense of the self-choosing to give one's life for others. The origin of authentic ethical behaviour is not from the self but from the Other.

Levinas offers us a fundamental shift in our thinking about therapeutic practices. His writings call on us to have an *ethical responsibility* in the very way we practise therapy – with all the complexities of negotiating from nearness and distance, involvement and boundaries, and how we view ourselves in attempting to do this. Levinas inspires us towards ontological, epistemological and methodological shifts. The attempt to put the Other first can significantly change our notion of being: it can help us be taken away from the dangers of a therapy based on Ego Psychology, which seems to permeate so much of our therapies, whether humanistic, psychoanalytic, behavioural or existential. All except the Introduction and two of the chapters were originally published in the *European Journal of Psychotherapy and Counselling*.

Contents: 'Introduction: Levinas and the Other in psychotherapy and counselling', Del Loewenthal & George Kunz; 'Levinas (1905–1995): his life and some key ideas', Del Loewenthal & Robert Snell; 'Emmanuel Levinas (2003) On Escape', Richard A. Cohen; 'Knowledge of the Other', James E. Faulconer; 'Self-betraying emotions and the psychology of heteronomy', Richard N. Williams; 'Towards an ethical-hermeneutics', Jeff Warren; 'Beyond therapy: Levinas and ethical therapeutics', Robert D. Walsh; 'Toward a therapy for the Other', George Sayre; 'Epistemology and the hither side: a Levinasian account of relational knowing', Joshua W. Clegg & Brent D. Slife; 'The difficulty of being: a partial reading of E. Levinas, De l'existence à l'existant', Jeffrey Bloechl; 'The idea of a possibility', Helen Douglas; 'Taking therapy beyond modernity? The promise and limitations of a Levinasian understanding', Richard House; 'The ethics of the relational', Del Loewenthal.

Professor Del Loewenthal, an existential-analytic psychotherapist, is an emeritus professor of Psychotherapy and Counselling, University of Roehampton, UK, and is the chair of the Southern Association for Psychotherapy and Counselling (SAFPAC), London, UK.

ASHLEY WOODWARD, *Lyotard and the Inhuman Condition: Reflections on Nihilism, Information and Art*, Edinburgh University Press, Edinburgh, 2017, 224 pp, ISBN-13: 978-1474425803, price (p/b), £23.99, index.

Jean-François Lyotard was one of the leading French philosophers of his generation, who brought wide-ranging and highly original contributions to modern (and postmodern) thought. This book demonstrates how Lyotard's incisive work is essential for current debates in the humanities. His ideas about the arts and the confrontations between humanist traditions and cutting-edge sciences and technologies are today known as 'posthumanism'. A series of studies explains Lyotard's specific interventions in information theory, new media arts and the changing nature of the human. The book assesses their relevance and impact in relation to a number of important contemporary thinkers, including Bernard Stiegler, Luciano Floridi, Quentin Meillassoux and Paul Virilio. The work is contextualised by a confrontation with the philosophies of Bergson, Deleuze, Stiegler, Virilio, Habermas, Heidegger, Luhmann, Merleau-Ponty and others, outlining the complexity of Lyotard's view of the 'inhuman condition', and particularly his fascination with the 'artistic event'. Ashley Woodward is a Lecturer in Philosophy at the University of Dundee.

COLIN STANLEY (ed.), *Proceedings of the First International Colin Wilson Conference*, Cambridge Scholars Publishing, Newcastle upon Tyne, 2017, 185 pp, ISBN-13: 978-1443881722, price (h/b) £58.99.

When the archive of the English philosopher Colin Wilson (1931–2013) was opened at the University of Nottingham, UK, in the summer of 2011, it was agreed that a conference should be arranged there to discuss his work. The year 2016 was proposed as an appropriate date coinciding with the 60th anniversary of the publication of his first and most famous book, *The Outsider*; a book that has remained in print since May 1956, and has to date been translated into over 30 languages. This volume of proceedings contains the transcripts of the papers presented at that inaugural one-day conference in July 2016. Experts, scholars and Wilson admirers from around the globe gathered to hear and present eight papers on a variety of Wilson-related topics, from Existentialism to the Occult; from H.P. Lovecraft to Jack the Ripper; and from Science Fiction to Transcendental Evolution. Including an introduction by editor Colin Stanley, the approach of the papers is non-academic, promoting accessibility for a potentially wide audience – something of which Wilson himself surely would have approved. Colin Stanley writes articles on Colin Wilson’s non-fiction for the online Literary Encyclopedia (see <http://www.litencyc.com/>), and has authored several students’ guides to Wilson’s work, including editing *Around the Outsider* (2011), a *festschrift* for the author’s 80th birthday, and a volume of his *Collected Essays on Philosophers* for Cambridge Scholars (2016). Stanley’s collection of Colin Wilson’s work forms the basis of the Wilson archive at the University of Nottingham, which now includes many of the author’s manuscripts.

COLIN STANLEY, *An Evolutionary Leap: Colin Wilson on Psychology*, Routledge, Abingdon, Oxon, 2016, 140 pp, ISBN-13: 978-1782204442, price (p/b) £24.99, index.

‘Colin Wilson Studies’ is a growing, exciting field of study which offers much opportunity to a re-invigoration of a wide variety of academic disciplines. The existential philosopher Colin Wilson’s overpowering impulsion was to explore how humankind can and should expand consciousness. His earliest work was a revolutionary form of Existential Psychology; and his book *The Outsider* was a huge influence, in

style, form and content, on R.D. Laing’s famous book *The Divided Self*. When Wilson died in December 2013, it was suggested that his true legacy lay in the field of Consciousness Studies. This is particularly apparent when studying his many essays and books on psychology, and taking into consideration his close association with the celebrated American psychologist Abraham Maslow, whose concept of ‘Peak Experiences’ (PEs) became, for Wilson, an important link to experiencing enhanced consciousness. Maslow felt that PEs could not be induced at will; but Wilson thought otherwise, and through his work he sought to encourage people to live more vital and appreciative lives, thus paving the way toward an evolutionary leap in consciousness for humankind. Abraham Maslow read and was deeply impressed enough with Wilson’s ‘The Age of Defeat’ (1959) to initiate correspondence with him, which developed into a warm camaraderie. Wilson and Maslow were deeply convinced that a new psychology of health, rather than as a mere theory of human sickness, should be somehow developed in order to revitalise culture – and, in turn, further mankind’s evolutionary leap, which would afford man more freedom and a precise directive towards which to eventually actualise (or self-actualise, in Maslow’s terms). In this book, Colin Stanley – Wilson’s bibliographer and author of Colin Wilson’s ‘*Outsider Cycle*’: *A Guide for Students* and Colin Wilson’s ‘*Occult Trilogy*’: *A Guide for Students* – provides an illuminating essay on each of Wilson’s nine major books on psychology. The book provides a chronological set of essays introducing each of Wilson’s books on psychology and their historical and intellectual context, together with brief histories about the origin of each book, and how Wilson developed his own theories by applying the contemporary psychology of split-brain research, Maslovian psychology, and insightful biographies into the likes of Wilhelm Reich, Carl Jung and the Post-Freudian Revolution. Stanley traces Wilson’s engagements with Freud, Reich and Jung and, most crucially, with the American psychologist Abraham Maslow, charting Wilson’s development of an affirmative existentialist psychology heralding the evolutionary advance of humanity. Wilson’s insights into the will, intentionality, the self-image, and other themes of his existential analysis arguably form the foundation of a new positive psychology, based on a phenomenology of consciousness, and which is urgently needed today. There is also an impressive list of

references and further reading for anyone wishing to undertake further research on Colin Wilson.

Contents include: ‘The Age of Defeat’ (1959), ‘Origins of the Sexual Impulse’ (1963), ‘New Pathways in Psychology: Maslow and the Post-Freudian Revolution’ (1972), ‘Frankenstein’s Castle: The Right Brain – Door to Wisdom’ (1980), ‘The Quest for Wilhelm Reich’ (1981), ‘Access to Inner Worlds: The Story of Brad Absetz’ (1983), ‘Lord of the Underworld: Jung and the Twentieth Century’ (1984/1988), ‘The Misfits: A Study of Sexual Outsiders’ (1988), ‘Super Consciousness: The Quest for the Peak Experience’ (2007/2009), ‘Essays by Colin Wilson on psychology’, ‘Notes on Psychology for George Pransky’, and ‘Remembering the outsider: Colin Wilson 1931–2013’. Humanistic Psychologist Stanley Krippner refers to the book as ‘Essential reading for anyone concerned with the cutting edge of psychological science as well as the future of humanity’. Another reviewer called the book ‘a brilliant distillation and synthesis of Colin Wilson’s writings on psychology – conveying the sheer vigour and sparkling intelligence of Wilson’s work. This is a book to engage both long-term readers of Wilson and those unfamiliar with one of the twentieth century’s most vital yet underrated thinkers.’ And author Gary Lachman writes: ‘Colin Wilson was at heart a philosopher and psychologist, and in this important book Colin Stanley brings together some of Wilson’s most insightful ideas about the human mind and its mysterious workings. Anyone interested in peak experiences, the “intentionality” of consciousness, the relationship between our two cerebral hemispheres, the creative potential of thought, and existential advantages of optimism will glean much value from this inspiring collection.’ And for another reviewer, this is ‘the go-to book for a radical re-understanding of contemporary psychology’, no less.

GARY LACHMAN, *Beyond the Robot: The Life and Work of Colin Wilson*, Tarcherperigee, New York, 2016, 384 pp, ISBN-13: 978-0399173080, price (kindle) £2.99. [This book is now exceedingly rare and expensive 2nd hand.]

Historian Gary Lachman delivers a biography of literary and cultural rebel and social experimenter Colin Wilson (1931–2013), an adventurous, hopeful and little understood intellect, showcasing Wilson’s life and work. The author of 118 books, Wilson purveyed a philosophy of mind power and human potential that made him one of the least understood and most important voices of the twentieth century. Wilson helped usher in the cultural revolution of the 1960s with his landmark 1956 work *The Outsider* – an intelligent, meticulous and unprecedented study of non-conformity across all facets of life. Wilson became a prolific historian of the occult, providing a responsible and scholarly entry-point to a world of mysteries. Gary Lachman was a friend of Wilson’s and is a scholar of his work, with a biography that delves into the life, thought and evolution of one of the last century’s greatest intellectual rebels and underrated visionaries. Chapter 1 of the book can be sampled online here: <http://tinyurl.com/56j9txtk>.

Reviewers have variously described the book as ‘highly enjoyable and totally absorbing... while not slavishly uncritical, it is nonetheless infused with a sense of admiration and warmth based on Gary’s own personal acquaintance with the author.... The final chapter, with an account of Wilson’s physical decline, was very moving.’ And ‘essential reading for the modern-day seeker... gives the ideas of Colin Wilson a new lease of life whilst not hiding his flaws’. Lachman ‘writes about philosophical and mystical ideas with exceptional grace, forcefulness and clarity’. ‘Colin Wilson – the only optimistic existentialist’ – Philip Pullman.

Historian Gary Lachman (1955–) was a founding member of the rock group Blondie, and is now a full-time writer on topics ranging from the evolution of consciousness and the Western esoteric tradition, to literature and suicide, and the history of popular culture. His website is <https://www.gary-lachman.com/>. He is assistant professor in the Evolution of Consciousness at the California Institute of Integral Studies

FRANCES RYAN, *Crippled: Austerity and the Demonization of Disabled People*,

Verso, London, 2019, 240 pp, ISBN-13: 978-1786637888, price (p/b) £11.45.

In austerity Britain, disabled people have become the favourite target. From social care to the benefits system, politicians and media alike have made the case that Britain's 12 million disabled people are a drain on the public purse. In *Crippled*, leading commentator Frances Ryan tells the story of those most affected by this devastating regime, including a paralysed man forced to crawl down the stairs because the council wouldn't provide accessible housing; the malnourished woman sleeping in her wheelchair; and the young girl with bipolar forced to turn to sex work to survive. Through these personal stories, Ryan charts how, in recent years, the public attitude towards disabled people has transformed from compassion to contempt: from society's most vulnerable to benefit cheats. *Crippled* is a passionate demand for an end to austerity measures hitting those most in need. Ken Loach, director of *I, Daniel Blake*, writes: 'Dr Frances Ryan reminds us what real investigative journalism looks like – except that this is a book, compelling in the case it makes. Vulnerable, disabled people are treated with conscious cruelty by politicians who have closed their eyes to the despair they have caused. We know that the welfare state has been almost wrecked, but Frances Ryan's impeccable research shows, in detail, what this means in the daily lives of those with disabilities. Keep this book on your shelves, refer it often, and use the ammunition in its pages to bring back compassion and dignity for all our citizens.'

THOMAS HARDTMUTH, *Medicine in the Stranglehold of Profit: The Threat to the Art of Healing and the Social Fabric and the New Orientation Needed for Truly Looking after Health*, InterActions, Stroud, 2023, 100 pp, ISBN-13: 978-1915594006, price (p/b) £10.99, index.

Dr Hardtmuth chronicles the takeover of the medical field by private companies and corporations over the past decades, bringing the profit motive and conflicts of interest into health care to such an extent that there's a growing alienation of the helping professions from their own core identity. Human care, attention and

appropriate help are increasingly hindered by the specifications and supposed constraints of economic logic and rationality. The one-sided profit orientation has not only brought corruption into the health field; Hardtmuth further illustrates how income inequalities and inappropriately applied economic rationality are correlated with illnesses in people as well as 'illnesses' in wider society and the environment. Independent thinking, courage and reflection are urgently needed on the core value of a civil society based on mutual support. In the Afterword, Richard House describes how a separation of economic, political and cultural/spiritual life (the latter including health-care) is urgently needed, and how a number of initiatives have recently been started which point in this direction.

Reviewers' comments: *Dr Christian Buckland*, Chair, UKCP: 'We've known for years that something is fundamentally awry with modern medicine: this thought-provoking book sheds much light on why this might be so, challenges taken-for-granted narratives about healthcare, and describes innovative initiatives spawning all over the world that are pioneering a better, post-pharmaceutical approach to human health and well-being.' *Dr Leah Gray*, Founder of *Empower. Heal. Nourish*: 'Hardtmuth accurately diagnoses the problems in our current healthcare system and, thankfully, offers us some cures. With this glorious new book we are inching ever closer to a radical reorientation of healthcare and healing.' *Dr James Dyson*: This book makes an outspoken clarion call to wake up in the face of the horrendous consequences of the unholy politico-economic alliances currently prevailing in society, especially as these manifest within all aspects of medical provision and insidiously pervade a great deal of medical prescribing. Generating, supporting and connecting to new initiatives divorced from insidious and self-perpetuating economic incentives and collusions offers some hope of re-establishing transparency, accountability and ultimately sanity in civilisation.'

The author, Dr. med. Thomas Hardtmuth, is a specialist in general surgery/thoracic surgery, freelance author, and long-time lecturer in health sciences and social medicine at the Baden-Württemberg University of Applied Sciences.

MARK McDONALD, *United States of Fear: How America Fell Victim to a Mass Delusional Psychosis, Bombardier Books / Post Hill Press, New York & Nashville, 2021, 142pp, ISBN-13: 978-1637583197, price (p/b) \$17.00; e-book \$9.99.*

As the COVID-19 pandemic unfolded, Los Angeles-based psychiatrist Mark McDonald MD grew increasingly concerned by the negative mental-health effects he witnessed among his patients, and amongst Americans nationwide. These negative effects – stress, anxiety, depression, addiction, domestic violence, suicidal ideation – were all directly traceable to the climate of fear being stoked by public-health authorities, and irresponsibly amplified by national media. These fears in turn drove a hysterical overreaction from government in the form of draconian lockdowns, and mask and vaccine mandates of questionable value. But the fear did not abate, and quickly took on a life of its own, becoming an unstoppable force across the globe. McDonald began to speak out, explaining that America is actually suffering from two pandemics: a viral one and a psychological one – a ‘pandemic of fear’ that was in many ways more dangerous and damaging than the virus itself. Rooted in the natural anxieties of women on behalf of their children and families, inflamed and amplified by sensationalistic media, and driven over the top by ham-fisted authoritarian measures from those in power, McDonald diagnoses the USA as suffering from a mass delusional psychosis. He is emphatic that this is not a metaphor, and that the malady itself is very real.

Reviewers’ comments: *Dr Simone Gold MD*, Founder, America’s Frontline Doctors: ‘McDonald has been a consistent voice of calm and reasoned thinking about the terrible effects of heavy-handed lockdowns on the nation’s mental health. The toxic wave of fear produced by the media, public health experts, and government officials may turn out to be more dangerous and deadly than the pandemic itself. Dr McDonald’s illuminating book is must reading for all Americans concerned about the future of our country.’ *Dr Jeffrey Barke*: ‘A brilliant encapsulation of the dystopian world in which we have all been living since January 2020. Dr McDonald accurately diagnoses that which is

ailing our country. This book is accurate, eye opening, and entertaining.’ *Will Swaim*, President, California Policy Center: ‘A tour de force of scientific diagnosis, logic, detail and delightful/terrifying anecdote. There are places where (miraculously, given the subject) you made me laugh. Best of all is your notion of a pandemic of fear. It’s concise and exact – and therefore...elegant.’

The author Mark McDonald trained in both adult and child and adolescent psychiatry at UCLA, and now works primarily with children in private practice in west Los Angeles. He has been widely published in local and national news, including the *Wall Street Journal* and *The Federalist*.

PAUL R. GODDARD & ANGUS D. DALGLEISH (eds), *The Death of Science: The Retreat from Reason in the Post-modern World*, Clinical Press, Bristol, 2023, 325 pp, ISBN-13: 978-1854571137, price (p/b) £12.99.

This is a frightening but informed new look at the parlous state of science from some honest and outspoken critics working within the scientific world. The book, which is exceptional value for money, claims that science is on its death bed, with lies, specious argument and fraud abounding in a variety of scientific endeavours, including the treatment and vaccines for Covid-19. Managers and politicians have taken over where previously the scientists were in charge, and they have been able to utilise the bizarre language and contradictory processes of political correctness, making themselves into the high priests of a new religion, one which spawns more politically correct managers and despises experts. But there is hope, and possible answers are proposed. Recent tragedies have pinpointed how managerial and political control do not advance the pursuit of knowledge. This book analyses the ways in which science has been undermined in medicine, archaeology, climatology, cosmology, physics and more. It has a foreword by Professor Karol Sikora, and a ‘finale’ chapter by Sir Richard Dearlove KCMG OBE, and major contributions from Dr Nabil Jarad, Professor Chandra Wickramasinghe, Professor David Nutt, Jeremy

Goddard, Mark Goddard, Dr Rosamond Jones and Dr Clare Craig in its other 23 chapters.

Comments from some reviewers: *Dr John Bayford*: ‘Everyone in the world should read this book. It’s about one of the biggest frauds and coverups this planet has ever encountered in its history.... It’s [just] a shame that our top scientists and oncologists are shut down for telling the truth.’

J.J. Mann: ‘*The Death of Science* is well argued and supported by a host of interesting and undeniable facts. The authors have pulled together historical and modern illustrations to support their view that if indeed science is not dead, we are in danger of obfuscating its true benefits in a welter of political correctness and a tide of ignorance.’

Anonymous: ‘The bravery of Goddard and Dagleish in writing this book should not be underestimated. The book shines a light on many of the problems in science but also underlines where Western civilisation is coming unstuck.’

Stephen Watt: ‘[This book] should be issued to the few remaining people fed only by BBC news. [It] will become a chronicle of our time in the same way that RFK Jr’s recent book [*The Real Anthony Fauci*] has become.’ *PJB*: ‘Science and medicine are in danger of being corrupted and compromised by the controlling influences of commerce and the ignorance of politicians. This book shines a light on those malign influences, and why it is important to recognise the need to reclaim the Nuremberg code, critical thinking, and honest scientific debate. It must be widely read, and acted upon.’

Steven E. Koonin, *Unsettled: What Climate Science Tells Us, What It Doesn’t, and Why It Matters*, BenBella Books, Dallas, TX, 2021, 240 pp, ISBN-13: 978-1950665792, price (h/b) £18.99, index.

In relation to climate change, the media, politicians and other prominent voices have declared that ‘the science is settled’. In reality, information from research to reports to the popular media is corrupted by misunderstanding and misinformation. Core questions about the way the climate is responding to our influence, and

what the impacts will be, remain largely unanswered. The climate is changing, but the why and how aren’t as clear as we’ve routinely been led to believe. Koonin attempts to explain what science really says (and doesn’t say) about our changing climate, drawing upon his decades of experience, including as a top science advisor to the Obama administration, to provide up-to-date insights and expert perspective free from political agendas. *Unsettled* gives readers the tools to both understand the climate issue and be better-informed consumers of the science media in general. Koonin focuses on the more nuanced science, showing readers where it comes from, and guiding them through the implications of the evidence. He dispels popular myths and unveils little-known truths: e.g. despite a dramatic rise in greenhouse gas emissions, global temperatures actually decreased from 1940 to 1970. Moreover, the models we use to predict the future aren’t able to accurately describe the climate of the past, suggesting they are deeply flawed. Koonin also tackles society’s response to a changing climate, using data-driven analysis to explain why many proposed ‘solutions’ would be ineffective, and discussing how alternatives like adaptation and, if necessary, geoengineering will ensure humanity continues to prosper. *Unsettled* is a reality-check buoyed by hope, offering the truth about climate science that isn’t easily available elsewhere – what we know, what we don’t, and what it all means for our future.

Some reviewers’ comments: *Rupert Darwall*, RealClearPolitics: ‘The most important book on climate science in decades.’ *Vaclav Smil*, distinguished professor emeritus: ‘We have too many global warming books, but this one is needed. Koonin has the credentials, expertise, and experience to ask the right questions and to give realistic answers.’ *William W. Hogan*, professor of Global Energy Policy: ‘Essential reading and a timely breath of fresh air for climate policy. The science of climate is neither settled nor sufficient to dictate policy. Rather than an existential crisis, we face a wicked problem that requires a pragmatic balancing of costs and benefits.’ *Bjorn Lomborg*, president of Copenhagen Consensus: ‘*Unsettled* will definitely and rightly unsettle your climate thoughts, and all for the better. If we are to make trillion dollar investments, we deserve to be as well informed as possible.’ *Mark P. Mills*, *Wall Street Journal*: ‘The book is no polemic. It’s a plea for understanding how scientists extract

clarity from complexity. And, as Mr. Koonin makes clear, few areas of science are as complex and multidisciplinary as the planet's climate.'

The author Dr Steven E. Koonin is a University Professor at New York University, with appointments in the Stern School of Business, the Tandon School of Engineering and the Department of Physics. He founded NYU's Center for Urban Science and Progress, which focuses research and education on the acquisition, integration and analysis of big data for big cities.