

REVIEWS

US PEOPLE // A MINI-MAX APPROACH TO HUMAN BEHAVIOR

By Janet Moursund. Monterey, California: Brooks/Cole, 1972. Pp. 321.

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In this introductory text to psychology, the author has deleted many of the scientific descriptions of psychology and has presented the content in a readable comprehensive form. While maintaining the distinction of psychology, the author has accomplished a feat in her writing which should stimulate and excite the introductory psychology student.

The theme of the book, a *mini-max* approach is applied throughout the text to illustrate principles of psychology. A *mini-max* approach is not difficult, as defined by the author.

... a mini-max process is one in which the "good" things (however they may be defined) are maximized, and the "bad" things are minimized. ... A true mini-max solution must take into account the interactions among all relevant factors and arrive at a balance that provides the best possible outcome (p. xiii).

As an individual reads this text you become personally involved as you would in a novel. The reader is continually examining his own mini-max experiences. For this one purpose alone, the book is extremely valuable, as the reader gains a better understanding of the mini's and max's in his own life and people around him. This type of information can prove to be extremely valuable to the introductory student in psychology. As the author states:

To be a mini-max man is not to be trapped by one's needs and drives, but rather to possess a tool whereby we can move toward a more unique humanity, a fuller awareness and experiencing of the wonder and excitement of being one of Us People (p. 316).

This quotation is relevant to the author's effort, as this text can be considered a valuable tool to becoming a more fully functioning mini-max man. Although the content is similar to most introductory psychology texts, the writing style and the illustrations for meaning can be considered outstanding in many places. "Questions for Understanding" are provided at the end of each chapter which could be used very effectively for large classes and small group discussions.

The author has done an excellent job in writing a very meaningful introductory text to psychology. The text is highly recommended for this purpose.