

— described as a role expansion technique that should enable women or men to quickly and comfortably initiate anything from a conversation with an airplane seatmate to a brief sexual episode. Almost equal weight is given to ending relationships in a caring and thoughtful manner, however.

In the final chapters of the book, a case is made for applying brief encounter skills to long-term relationships. Nonetheless, those with traditional standards may find certain aspects of the moral code presented somewhat offensive. For example, Coleman and Edwards argue in favor of greater acceptance of extramarital affairs and hedonistic "one-night stands" for the purpose of sexual pleasure only.

This is not the book for the professional looking for well-documented research findings. The information provided about the authors' backgrounds does not allow one to assess the present professional qualifications of a former bacteriologist (Coleman) and former history teacher (Edwards). However, in addition to being entertaining and easy reading, *Brief Encounters* should be of interest to the single man or woman wishing to experiment, as well as the couple seeking to enrich a relationship of short or long duration. Counsellors and other helping professionals should find it a useful addition to their list of suggested readings for suitable clientele.

Lewis, J. M. *How's Your Family?* New York: Brunner Mazel, 1979.

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This book reflects the current interest in counselling the whole family as a unit, not merely various members of a family. The author argues that the family unit is something more than the sum total of its members; he maintains that focusing directly on the family unit is at least as productive as individual and marital counselling concerning family problems. The book is based on research done on a large sample of healthy families, as well as on troubled families that approached Lewis for psychiatric help.

Healthy families could use this book as a do-it-ourselves resource. For example, such families could undertake an annual "family health check-up," using the Whole Family Questionnaire and the Parental Relationship Questionnaire pro-

vided by the author. Family counsellors could use the book as a model for diagnosis and as a guide for treatment, as well as a resource for their own continued growth.

Lewis presents a model of family health involving a continuum ranging from healthy to faltering to troubled to chaotic families. He provides research tools for determining where on the family health continuum a given family falls.

The basic premise underlying Lewis' continuum is his definition of the *raison d'être* of the family unit. He contends that the two major functions of the healthy family are the continued personal development of the parents, and the rearing of autonomous children. This functional definition of the family is the leitmotif of the book, constantly alluded to in discussing healthy and unhealthy families.

Lewis has identified nine distinct aspects of family life which can be used to gauge family health. The nine aspects are: the parental relationship, the use of power, degree of family closeness, communication patterns, problem-solving methods, the expression of feelings, techniques for coping with loss, value systems, and the family's capacity for intimacy. More than half the book is devoted to discussing these nine factors, and how they are differently manifested in healthy and unhealthy families.

The focus of the book is decidedly on healthy families, not problem families. This is so even when discussing the case histories of troubled families. The author clearly favors the "health model" over the "medical model" in his approach to family counselling. He has a good grasp of theory, an evident appreciation for empirical research, and an extensive background of counselling experience.

This is an exciting book and could be very useful for most counsellors. It is well argued, clearly written, well balanced in terms of theory and practice, and contains more than a few profound one-liners. For example: it is very difficult to be happier than your family is!

Nicolosi, L., Harryman, E., & Kresheck, J. *Terminology of Communication Disorders & Speech, Language, Hearing*. Baltimore: Williams & Wilkins, 1978. 273 pp.

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During an assessment or counselling interview, it is not uncommon to find a client whose verbal