

pulling, stuttering and a number of other nervous tics. Unlike many other self-help books it is written by two highly qualified psychologists and is based on sound psychological principles. In this nontechnical book, the basic principle of control is to develop competing responses which are incompatible with the nervous habit involved. The general program is outlined as well as specific programs applicable to specific habits. Although the book is directed primarily at adults, there is a chapter devoted to the elimination of these habits in children.

The authors report that the methods for controlling the habits have been used at the Department of Treatment Development at the Anna Mental Health Center. No specific numbers are given; however, a percentage graph indicates the plan to be 90% effective in just one day.

This is a popular book, heavily illustrated with drawings, statements made by people with the habits, and case histories. Most of this is padding to add interest and appeal to the reader. (*Robert W. Lundin, The University of the South*)

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