



Emotions: Mystery or Madness

Robert J. McAllister

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The author's premise is that "most of us are capable of managing our own lives and making appropriate decisions" if we have proper information and encouragement. Doctor McAllister ably meets the task of providing both. His work clarifies how feelings originate and the role they play in daily life. Emotional responses are presented not as observed by others but as experienced within the individual. These moving forces of behavior are examined in separate chapters dealing with the child, the adolescent, the adult, and the elder. Case studies bring life to the text and are presented with sensitivity, honesty, and compassion. The book includes an insightful critique of the current state of therapy with thought-provoking comments clarifying issues relating to therapy and spirituality. Doctor McAllister writes in a welcoming and simple manner about complex issues which are of interest to everyone. This is not a self-help book; he presents no slogans, no lists, no promises. But it is a book which will give readers an understanding of "the driving forces of human nature." It is a treasure chest of information about emotional responses "for all seasons" from birth to death. The "mystery" of emotional life is dispelled by knowledge, and the "madness" of emotions is dispelled by timely treatment. The author has provided a book which moves both remedies forward.

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