

A multifaceted disorder

The Time in Between is the account of a 12-year period in the life of Nancy Tucker, during which she struggled with anorexia nervosa and its sequelae. The author tells us in the foreword to her book that her aim is to convey the 'devastating damage' caused by an eating disorder. In this she succeeds, sparing no detail of the pain and disintegration, both emotional and physical, engendered by her starvation; nor of the lengths to which she goes to deceive others into believing that she is acquiescing in the many treatment programmes and diet plans which she is prescribed over the years.

Throughout her illness and even in 'recovery' she is in thrall to the 'Voice' that represents her anorexia, drawing her ever deeper into disease and away from normality. Nancy describes her progression from anxious baby to bright child – desiring perfection in herself and admiration from others – into a child at the transition to private senior school. To be the best is suddenly more difficult to achieve, but she becomes increasingly desirous of perfection in all things.

Without fully understanding why, Nancy decides that the solution to her problems is to become thin, thinner than any of her peers. Before long, the familiar tale of successful diet, support from family, and admiration from friends, has led to intensified efforts to lose weight. This is followed by an increasingly 'relentless march of rule after rule' of self-imposed restriction, turning to starvation.

Thus far, the story is not unfamiliar to professionals with knowledge of eating disorders and those who suffer from them. However, the forensic detail with which Nancy journals the progression of the disease, with the gradual but relentless distancing of herself from friendships and family, as a result of her increasing inability to focus on anything but her internal state and her immense isolation, gives the reader a detailed and rare glimpse of what it must be to live inside the mind and body of someone with a severe eating disorder. This is not to suggest that Nancy can tell us how to help, or indeed what it was that made her 'better'.

Interestingly, one of the few helpful tools in her treatment was the suggestion that she write to her anorexia both as Friend and as Foe, a device by which she is able to verbalise some of her intolerable conflict, at least to herself, if not to others. Recovery, however, is not a sudden shift from being unwell to one of wellness. On the contrary, her personification of her disorder in the form of the 'Voice' makes it clear that living with an eating disorder can be like living with an inner alien, one who is empowered by its role as best friend in a world where the sufferer – for whatever reason – is unable to access a more trustworthy ally.

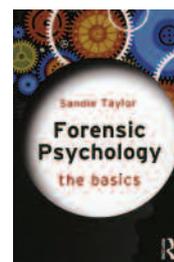
Nancy addresses the roles of therapist and family with intelligence, insight and humour. For example, she uses the medium of the a/b/c quiz question to describe the dilemmas posed when caring for a daughter with an eating disorder, and to demonstrate that whatever strategy a parent takes is bound to be mistaken. Eating

disorder therapists reading this book may find it amusing to note the cynicism with which Nancy views the stream of professionals who attempt, with varying levels of competence, to dissuade her from her mission. But it is perhaps reassuring to read that 'The Right Therapist' was right not because she had the magic cure, but because she demonstrated both knowledge and compassion in the 'in between' period of the author's progress through 'an unruly collection of acceptances and realisations' on the path to wellness that she ultimately needed to follow.

More than simply a tale of suffering, this book is an illustration of the complexity of eating disorder and a reminder that the 'cure' for each sufferer may need to be as multifaceted and as personal as the disorder itself. At the end of the book Nancy informs us that she has been offered a place at Oxford University to study experimental psychology; but far from signalling a triumphant end to a painful story, she describes her growing awareness that life is more often about 'the time in between', the trials of the journey itself, and the need for acceptance both of being oneself as one is, and of an absence of control or certainty about the future.

| Icon Books; 2015; Pb £12.99

Reviewed by Sara Gilbert who is a clinical psychologist



A helpful introduction



Forensic Psychology: The Basics
Sandie Taylor

Forensic Psychology: The Basics has the perfect title, as it is just that. It starts from the very beginning talking about the history of the topic and goes all the way to present-day research in as little as 211 pages.

There were certain things that I was hoping for in this book and it did not let me down. It gives you a simple yet in-depth look at all the key areas and people involved in forensic psychology, drawing upon real-life cases, such as that of 'Yorkshire Ripper' Peter Sutcliffe, to illustrate the points, this book is extremely well written and an highly interesting read.

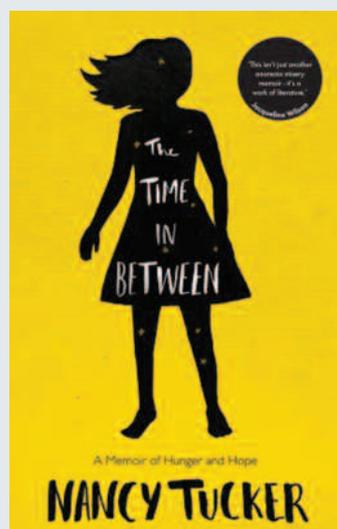
I particularly enjoyed the chapter on the different perspectives, it was interesting to read about evolutionary psychology and how this related to forensic psychology as I hadn't considered these before. However, this book doesn't only talk about what forensic psychology is, but it also about what it isn't, it deals with the misconceptions and the different areas that it relates to such as crime scene investigation.

Overall, I would recommend this book both to someone who has no knowledge of the subject and someone who loves the subject; it is informative yet concise. This would be absolutely perfect for a student studying forensic psychology, like myself, as I have found this a really helpful introduction to the area.

| Routledge; 2015; Pb £16.99

Reviewed by Becky Randles

who is an undergraduate psychology student at Liverpool John Moores University



The Time in Between: A Memoir of Hunger and Hope
Nancy Tucker



A wonderful catalyst for reflection

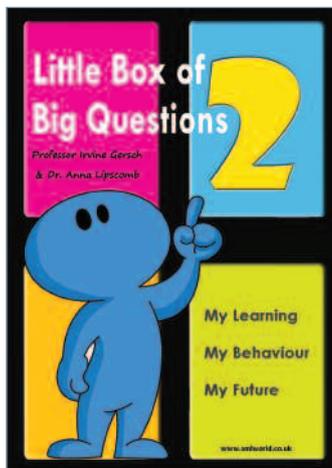
Little Box of Big Questions 2
I. Gersch & A. Lipscomb

Every once in a while, we receive a delightful reminder that there is more to child development than five GCSEs (level A*–C). Sometimes we receive this insight by observing the sheer joy of children in an imaginary world of their own. However, some of the best examples are likely to be found in encounters with an individual child, as was the case of the teacher, who in a maths lesson asked the question ‘What should we do with the ten units that we have just borrowed?’ and received the mind-expanding answer ‘Let them go free!’.

As the psychiatrist resident in *Fawlty Towers* observed, ‘There’s enough material there for an entire conference!’ In Little Box of Big Questions 2 is such a mind expander, which invites children and young people to reflect upon some of the bigger issues in life that can lie beyond the microcosm of today’s classrooms. ‘Big

Questions’ fall under the following headings:

- I You are a special person (e.g. What would you like to learn in the future?)
- I Meaning and purpose in life (e.g. How should we treat all people? How should we treat people with ideas different to our own?)
- I Thinking and planning (e.g. What sort of person would you like to be when you are an adult?)



Like its elder sister, *Little Box of Big Questions*, the No. 2 version comes in a tin box and contains cards that are set out in an inviting format. The ‘Big Questions’ it contains can be used either with an individual young person, or possibly more effectively in a small group, where the intention is to discover links between the attitudes and beliefs that children have, about themselves, their peers, their home life, the school experience and their future.

There are instructions about the use of the materials, one particularly helpful one being the gentle but important statement about disclosure,

where the advice provided is to inform the group or the individual that ‘obviously, if anything is mentioned that leads us think that we need further help, then we will discuss this later on’. I also warmed to the concluding task, ‘Think of *your* big question’. And would suggest that this request could have been even more powerful, if it had ended with the words ‘and I will have a go at giving you *my* answer’.

In this complex and interrelated world that we share with others, providing an opportunity to articulate personal codes, considering our relationships with other people, and recognising that there is often a choice of perspective is a simple recipe for peace and harmony. In other words, Big Answers to questions can reveal that two people from diverse backgrounds are likely to have just as many common beliefs, as differing ones.

In a nutshell, LBBQ 2 does provide a wonderful catalyst for reflection and for wider thinking and is likely to generate enough rich data to make thematic analysis fans feel that they were in seventh heaven!

I Small World Publishing; 2015; Boxed Cards £24.99

Reviewed by **Seán Cameron** who is Director, Pillars of Parenting Social Enterprise

Dripping with experience



How to Be a Researcher: A Strategic Guide for Academic Success
Jonathan St B.T. Evans

How to Be a Researcher has a misleading title: it would be better as *How to Be a Researcher in Psychology*. Indeed, it is the second edition of the author’s (2005) *How to Do Research: A Psychologist’s Guide* but written with a very different emphasis.

Like me, Jonathan Evans is a retired (but active) emeritus professor of psychology so, although we differ in the kinds of psychology that we do, we share many concerns and experiences. I certainly resonate to the title of this

text – there seems to be little published on how to be a researcher in psychology, although there is plenty available on how to do research.

The text has one introductory chapter, and seven on topics such as the relationship between theory and practice, research and teaching, collaboration and supervision, obtaining research funding and communicating research. There are two concluding methodological chapters (i) on hypothesis testing and reasoning, and (ii) on

statistical inference. Each chapter concludes with a set of ‘key points’, and there are two pages of ‘final thoughts’ about the pros and cons of life as an academic researcher.

Well organised, thoughtful and thought-provoking, I strongly recommend this text to postgraduates in psychology. It drips with experience and is bang up to date.

I Routledge; 2015; Pb £19.99
Reviewed by **James Hartley** who is Emeritus Professor of Psychology, Keele University

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What's new comes alive
Kate Williams reviews the new book from Patsy Stone – and we publish an exclusive extract

Book review: January 2016

After the papers, take the game!
Two books reviewed in our January 2016 issue.

Andragogy, dual and hybrid people
Miro Souly (Loughborough University) reviews the British Museum's exhibition 'Celtic Art and Identity'

Living under threat should be place to help
Dr Oliver Siskin reflects on BPS's 'The Truth about Child Sexual Abuse'

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An easily overlooked but important topic

The Psychology of Planning in Organizations: Research and Applications
Michael D. Mumford & Michael Frese (Eds.)

Alongside relatively glamorous aspects of organisational behaviour such as leadership, adaptation and resilience, planning can appear rather dull by comparison. Yet, as many examples from recent and distant history show, a sound plan can make the difference between success and failure – or, at least, reduce one’s reliance on luck or heroism to save the day. So, argue Mumford and Frese, occupational psychologists should understand how to foster effective planning in organisations. Hence their volume, which aims to provide an insight into planning behaviour at both managerial and individual levels.

The first thing that is likely to strike the reader is the book’s

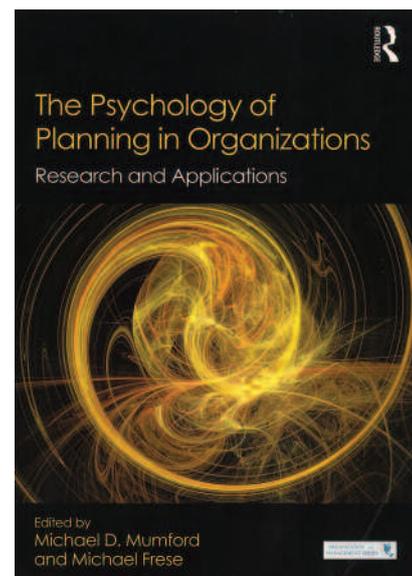
impressive scope; over 17 chapters the contributors bring together various perspectives on planning. These range from the cognitive and social processes involved in planning, through the effect of ‘state and trait’ individual differences, to the relationship between planning and organisational performance. Each of the topics is given fairly detailed coverage by its respective chapters, and is informed by contemporary psychological insights, such as action regulation and implementation intentions. While much of the focus is on theories and research findings, the authors also draw out practical implications for organisations such as training and development strategies and aids to planning.

With such an expansive treatment of the subject matter though, there is a lot to take in and I found it a formidable read. What would have helped, I think, is a simple overarching concept of planning upon which to hang the different lines of inquiry. In addition, the key points for researchers and practitioners are not immediately apparent – they are there, but will need a bit of work on the part of the reader to pick out.

This book provides much to consider about an easily overlooked but clearly important topic in organisational behaviour. Those who are

concerned with the investigation of, or interventions to improve, performance in organisations are recommended to check it out.

I *Routledge; 2015; Pb £37.99*
Reviewed by Denham Phipps
who is a Research Fellow at the University of Manchester



just in

Sample titles just in:

The Wiley Handbook of Psychology, Technology and Society
Larry D. Rosen, Nancy A. Cheever & L. Mark Carrier (Eds.)

Paradox and Passion in Psychotherapy: An Existential Approach (2nd edn) Emmy van Deurzen

Concrete Human Psychology Wolff-Michael Roth

Detox Your Ego: 7 Easy Steps to Achieving Freedom, Happiness and Success In Your Life Steven Sylvester

The Quotable Jung Collected and edited by Judith Harris

The Psychology of Radicalization and Terrorism Willem Koomen & Joop Van Der Pligt

Forensic Facial Identification: Theory and Practice of Identification From Eyewitnesses, Composites and CCTV Tim Valentine & Josh P. Davis (Eds.)

Talking Sense About Medicine: Life Lessons for Doctors and all Who Visit Them Richard Asher

Psychobiology Chris Chandler

Neuropsychology: From Theory to Practice David Andrewes

Detecting Deception: Current Challenges and Cognitive Approaches P. A. Granhag, A. Vrij & B. Verschure (Eds.)

Sex Offenders: A Career Criminal Approach Arjan Blokland & Patrick Lussier (Eds.)

Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders (2nd edn) Ulrike Schmidt, Janet Treasure & June Alexander

The Science of Attitudes J. Cooper et al. (Eds.)

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Engaging and well researched

Soul Machine: The Invention of the Modern Mind
George Makari

Living in an increasingly atheistic world where mysticism is replaced by science, it is easy to forget a time when our inner workings were attributed to divine creation. George Makari’s *Soul Machine* serves as a comprehensive reminder of the pioneering ideas of early theorists.

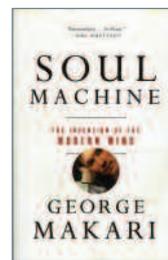
Examining over 150 years across three centuries, Makari constructs a narrative of how the mind developed from a supernatural to a mechanical entity – from soul to machine. The works of philosophers, religious thinkers, scientists and physicians are amalgamated to create a full account of the early paradigm shift in theories of the mind. What’s more, Makari achieves this by writing in an engaging and often humorous style that is extremely well researched.

A phenomenal amount of supplementary yet fascinating information is provided along with the underlying psychological and philosophical theory. What results is a

textbook that reads more akin to a non-fiction story. It’s possible that the extensive amount of information provided might overwhelm some readers who are less concerned with past theory. However, for anyone who is keen to

research the all too often overlooked foundations of our modern concept of the mind, you would be hard-pressed to find such a detailed account as that found in *Soul Machine*.

I *Norton; 2016; Hb £24.99*
Reviewed by Robert Davies
who is a postgraduate student at Nottingham Trent University





Mindfulness comes alive

A Mindfulness Guide for the Frazzled
Ruby Wax

With mindfulness becoming ever popular (see thepsychologist.bps.org.uk/mindful-moment), Ruby Wax's book is well timed and combines a theoretical, practical and personal account of mindfulness describing how we could all benefit from it. Ruby begins the book through describing how we have lost touch with the simplicity of life outlining a place for mindfulness today whilst citing recent evidence from neuroscience showing how mindfulness can change our brains. Ruby comments how most of us 'spend our lives hunting for something that has a very limited shelf life, sometimes lasting only seconds'. In the end, we are all searching for happiness but in the process can become miserable searching for it. Ruby describes how mindfulness practice can help us to live more in the present moment – be it a happy, sad, or dull moment.

The latter half of the book provides more practical guidance offering a six-week mindfulness course, mindful tips for developing healthier relationships and accessible mindfulness practices for children and teenagers. Mindful practices offered are short and engaging making them invaluable both for helping children understand their emotions and helping families communicate better. This is where the book really comes alive and is unlike any other mindfulness book I have encountered. Ruby's personal accounts of her own experiences with depression throughout are a wonderful and genuine addition to the book adding credibility to the mindfulness practices she talks us through. This is particularly evident during her final chapter where she bravely recounts her personal experiences of being on a mindfulness retreat.

At times, the book is lacking in a specific direction and can feel like a mishmash of different

mindfulness topics, but it is clear that Ruby has done her research and the topics she does present would be of interest to the novice mindfulness reader. Due to Ruby's down-to-earth writing style, the book feels accessible to those who may otherwise be put off by more spiritual-sounding or specialist language sometimes used in other

mindfulness books. Providing mindfulness audio would perhaps help readers engage more with the written practices, but overall, this book is an easy, uplifting, humorous read providing a genuine introduction to mindfulness practice. What makes mindfulness so powerful is the personal touch teachers and authors offer. Ruby certainly offers this through recounting

her genuine and heartfelt personal experiences of mindfulness and depression, giving the book a more personal touch from someone who knows the territory of mindfulness.

I Penguin Life; 2016; Pb £14.99

Reviewed by Kate Williams

who is a research student and mindfulness teacher at the University of Manchester

EXTRACT – MINDFULNESS AND ME

For the ending of the book, Ruby visits the University of Bangor in Wales, a centre for mindfulness research, to have her brain scanned before and after a week-long retreat, with no wi-fi and seven hours of meditation a day. 'I figured that, if I'm writing this book about mindfulness, I might as well see if it delivers what it says on the label...and what better way than to use me as the guinea pig?'

Day three

'I go back to... what else? Sitting... it never ends. I start counting how many more hours are left until I can go home. I feel my mind's like a spoiled brat: it wants to eat, to sleep, to go to France, it wants the sleeting rain to stop (it's August – what's wrong with this country?) – but I'm getting more than a slight inkling about the effect this mindfulness lark might be having. From this endless exercise, I can actually feel the muscle of my attention growing from a puny little bump to something quite powerful; I'm able to keep my attention on a particular thing for a longer period than I normally could. The voices don't stop, but because I have stopped trying to stop them (or wishing that they were more profound) they're getting less vitriolic. I'm becoming less frightened that I might not be as special as I think I am. My ego is starting to do a striptease.

(Only days ago, in the brain scanner, I thought my brain was a golden orb of enlightenment.) None of us wants to look into our mind and discover that we're just simple folk and that we're no different from each other under our armour. We are all delusional if we think we're above the herd; we're all just people trying to scratch out some kind of a life. If we demand too much of ourselves, life isn't fun and we make ourselves ill, so why do that? I've always wondered why I am such a slave driver to myself? I usually can't think without pushing my mind to heights it can't reach – like a mother who pushes her child until he goes over the edge. Why can't I just leave me alone? I realize I might be so stressed in life because I'm always trying to improve myself, when it's okay just to be me, with these plain, vanilla thoughts. And as I sit there and the thoughts arise, it's as if they're rising like sediment from the bottom of a pail of clear water. Each time one disengages from the bottom, the water below gets clearer.

As I start to get off my own back, I notice that all this self-punishment for not doing enough is starting to go; I can even feel the muscles in my face moving towards a smile. I'm beginning to be able to stand back and observe my thoughts and, when I get even a trace of a negative thought or the first scent of rumination, I can re-route my focus from my head into my body, where I can sensually investigate it rather than agonize about it. I've always said that, with depression, it's impossible to know when it's coming, because you don't have a spare brain to assess whether there's something wrong, like you could with a lost finger or a lump. So I know I can't get a warning in words that it's coming, as in, 'Oh, I'm getting depression. What should I do about it?' But from all this practising, this bulking up of my insula, I know I'll be able to sense it coming. I won't feel so unaware, so helpless, next time; I understand now that the two statements 'There is sadness' and 'I am sad' are different. (It's part of me, not the whole of me.)'

