



COVER TO COVER

Worry, Get Happy

Experiencing life, not overcoming it, is the goal.

Care of the Soul: A Guide for Cultivating Depth and Sacredness in Everyday Life

By Thomas Moore G'75
309 pp. HarperCollins.
\$22.50.

Who would have thought a book about nurturing the soul would soar up the *New York Times* best-sellers list in this day and age? Perhaps simpler values are back in vogue in the 1990s after all, or maybe Thomas Moore, a New England psychotherapist, has hit on a truth that will transform troubled lives into healthier, happier personalities.

The theory Moore espouses isn't exactly new; *Care of the Soul, A Guide for Cultivating Depth and Sacredness in Everyday Life* incorporates Greek and Native American myths, Jungian psychology, and Freudian concepts. It is Moore's philosophical interpretation of these varied teachings that encourages readers to begin to approach recurring problems as veiled opportunities.

"Shallow therapeutic manipulations aimed at restoring normality or tuning a life according to standards reduce—shrink—that profound mystery to the pale dimensions of a social common denominator referred to as the adjusted personality," writes Moore. "Care of the soul sees another reality altogether. It appreciates the mystery of human suffering and does not offer the illusion of a problem-free life. It sees every fall into ignorance and confu-

sion as an opportunity to discover that the beast residing at the center of the labyrinth is also an angel. The uniqueness of a person is made up of the insane and the twisted as much as it is of the rational and normal."

According to Moore, who received his doctorate in religious studies from SU in 1975, a condition such as depression or an experience like divorce should be embraced as an occasion for the self to realize its deepest desires and opportunities to grow in attempts to fulfill them. While he doesn't discount the trauma of seemingly negative experiences, Moore rejects the medical model that depicts "abnormal" psychologies. In its place, he offers a new model that views all life occurrences as occasions to penetrate

and celebrate the depths of the soul.

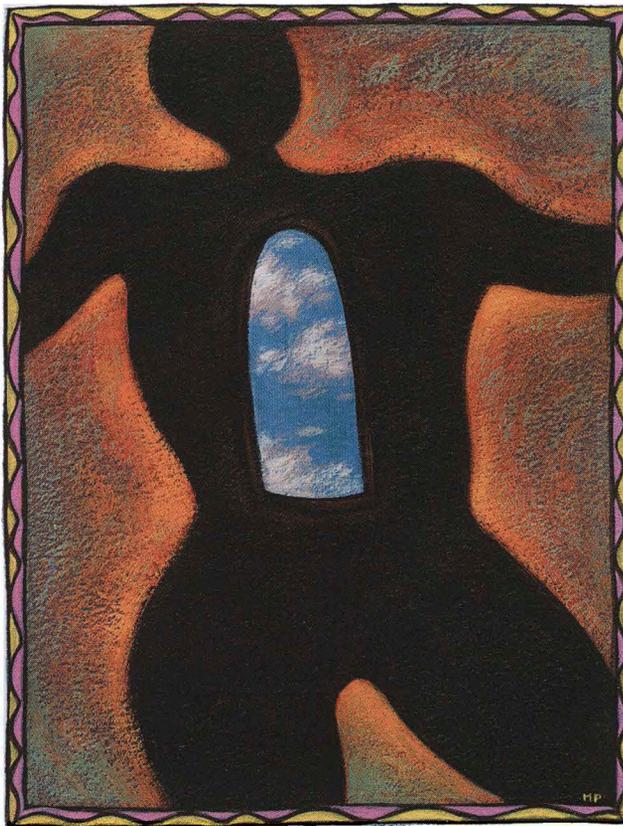
"This is the 'goal' of the soul path," writes Moore, to feel existence; not to overcome life's struggles and anxieties, but to know life firsthand, to exist fully in context."

It is comforting to think that simply refusing to battle adversity may actually be necessary for achieving contentment. Moore's poetically written argument, punctuated by the philosophies of past masters, is certainly convincing. He assures readers that conversion to an organized religion isn't his point. Rather, he emphasizes the importance of abandoning daily control in order to dwell in eternal mystery.

Critics who see Moore's treatise as simplistic should consider that his argument seeks positive, life-affirming reasons for manifestations of dysfunction and disease. He persuades readers that they *do* possess the power to transcend their present states, and his thesis emphasizes the importance of positive recognition couched as encouragement and love. Such a philosophy may prove more therapeutic than theories that label people as exemplars of sickness or need.

"By caring for the soul faithfully, every day, we step out of the way and let our full genius emerge," writes Moore. "Soul coalesces into the mysterious philosophers' stone, that rich, solid core of personality that alchemists sought, or it opens into the peacock's tail—a revelation of the soul's colors and a display of its dappled brilliance."

—L. ELISABETH BEATTIE



OTHER ALUMNI BOOKS

Millie, M.D.: The Story of a Nineteenth Century Woman, 1846-1927

By Helen Dann Stringer '31
215 pp. North Country Books. \$19.95.

Millie, M.D. is a personal journal celebrating the times and challenges of one of the first female graduates of the now defunct SU College of Medicine. A doctor specializing in the care of women and a supporter of women's rights, Millie confronts discrimination within her profession and community.

Journey into Darkness

By Col. Philip E. Smith and Peggy Herz '59
272 pp. Pocket Books. \$5.99.

In 1965 Smith, then an Air Force captain, was shot down over China when his instruments failed and he strayed off course during a routine air patrol over the Gulf of Tonkin. This vivid account details the seven years Smith spent as a POW, one of only two Americans held in China during the Vietnam War.

Dilemmas in Modern Jewish Thought: The Dialectics of Revelation and History

By Michael J. Morgan '65
224 pp. Indiana University Press. \$35.

This book, by a professor of philosophy and Jewish studies at Indiana University, examines the place of Jewish thought throughout history. Morgan probes the dilemmas of "liberal Judaism" and attempts to define the place of the Jewish faith within the framework of a liberal society.

Trash Cash, Fizzbos, and Flatliners: A Dictionary of Today's Words

By Sid Lerner '55 and Gary S. Belkin
201 pp. Houghton Mifflin Company. \$19.95.

A lively reference of more than 1,200 new words and phrases we come across every day—but have no idea what they mean. Accurate definitions gleaned from the media and daily life make this a fun companion reference for any dictionary.

The Solicitor General

By Rebecca Mae Salokar '82
235 pp. Temple University Press. \$39.95.

The United States government is the most frequent—and most successful—litigant before the Supreme Court. This book analyzes the integral role the nation's lawyer plays in executive policy making, exploring the long-ignored link between the judiciary and executive branches.

Mark Twain's Weapons of Satire: Anti-Imperialist Writings of the Philippine-American War

Edited by Jim Zwick '85
256 pp. Syracuse University Press. \$27.50.

Disillusioned by the abuse of patriotism and basic human rights during the Philippine-American War, Mark Twain wrote much different later works than the folk tales he is so well known for. His satire pointedly attacks American foreign policy with passion and biting wit.

Beautiful Soup

By Harvey Jacobs '50
275 pp. Celadon Press. \$12.95.

The chaos of order and the order of chaos is the theme of this freewheeling fantasy adventure set in the twenty-first century. Social tranquility reigns, thanks to universal human bar-coding, until a terrible accident takes place at the Forest Fair Supermarket.

The Greeks of Asia Minor

By Gerasimos Augustinos '62
280 pp. Kent State University Press. \$39.

The first comprehensive study of nineteenth-century Asia Minor Greeks, this book gives a detailed account of political and economic unrest in the Ottoman Empire and the Orthodox Church.

Hostage: Terror and Triumph

By James F. Campbell G'87
176 pp. Greenwood Publishing Group. \$42.95.

This is the first book to examine the long-term after effects of hostage taking. Interviews with hostage survivors probe their perceptions of victimization and their efforts to rebuild their lives after these experiences.

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