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Gendlin, E. T. (1986). *Let your body interpret your dreams*. Chicago: Chiron Publications.

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*Reviewed by:* Trudy Norman, University of Victoria

The title belies the true thrust of this book. Certainly Gendlin's new work is about understanding dreams, but in addition to applying his focusing technique to the analysis and interpretation of dreams, Gendlin describes how readers might use their insights to facilitate personal growth.

The application of focusing to dreams seems to be a logical extension of Gendlin's previous work. Principally, focusing has been used by participants to gain awareness of previously unknown aspects of life concerns. In the new method, instead of examining a problem, readers are directed to focus on an aspect(s) of a dream they wish to comprehend more fully. In essence, the focuser asks specific questions of the bodily-felt sense of an aspect of a dream. These specific questions and examples of how they are applied form a significant portion of the book.

The book is divided into three stages. Stage I (Chapters 1-6) concentrates on learning and understanding the method. This section includes a summary of the procedure, the kinds of questions the dreamer uses (e.g., Who? What? When? Where? Feelings? What part of you is that?) and "How-To" pointers for difficulties encountered practicing the technique. The author covers the questions in detail, giving many clearly illustrated examples.

The emphasis of Stage II (Chapters 7-11) is learning how to find something new in the dream, a "direction for growth" as Gendlin calls it. Finding this "direction" using focusing is addressed in Chapter Eight. In Chapters Nine and Ten, Gendlin introduces the concept of the "bias control." The "bias control" was devised by the author to help dreamers gain greater depth and clarity in their interpretations. Instead of taking the first or most obvious meaning, the reader is encouraged to find new understanding by working with the dream's unpleasant aspects. The author also offers here a chapter outlining dream symbols using the psychology of Freud and Jung, followed by a listing of the most common themes and their usual meanings.

Stage III (Chapters 12-20) deals with the continuing growth process. Included in this section are ways to see if you are actually "doing it" and to tell if you are progressing in your dreams. Examples are given of kinds of dreams (e.g., grounding) that can stand on their own. Chapter Twenty is lovely — "Instructions for not following instructions." It is both a humorous and useful ending to this work.

I would recommend this book to anyone who is interested in exploring their dreams, as well as anyone who is interested in Gendlin's research. Although this book is written for the general public and is thus not a "professional" publication, the author includes an appendix describing the theoretical foundations of the method for anyone who might be interested. Throughout the book, Gendlin gently emphasizes the personal growth aspects of this application of focusing and the basic tenets of intra- and interpersonal generosity and respect. I believe that is very important in the use of any self-exploration.

The reader need not know "focusing" before beginning this process. The method and the book stand on their own.

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Kanchier, C. (1987). *Questers: Dare to Change Your Job and Your Life*. Saratoga, CA: R & E Publishers, 1987, 225 pages.

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*Reviewed by:* William J. Hague, University of Alberta

This is a daring book. It challenges you to dare to change your life. Best of all, it gives you real encouragement and sound practical ways of going about it. It encourages risk taking, but with a factual basis offering real promises and possibilities of success.

The author, in her preface, disclaims originality in the ideas of this book. She does so, recognizing that she is adding yet another volume to the already crowded shelves in the self-help sections of bookstores and to the life span literature long graced by the names of White and Sheehy and other psychologists. What Carole Kanchier claims as her unique contribution (p. x) is that she presents a holistic picture of career decision making especially in the realm of the emotions, addressing the question of liking or disliking a job in relationship to the broader perspective of personality development and periods of life. It is this that makes her claim for a niche on those already crowded shelves. She largely meets her own criteria by offering not only a holistic developmental view but practical help for decision making and excels by doing it all in an encouraging, two-feet-on-the-ground approach to the challenges of life in the real world.

Kanchier is not only addressing *Questers*, she is developing *Questers* with the firm conviction that these people are made and not born that way. She identifies their characteristics: Purposeful, Autonomous, Intimate, Androgynous, Achieving, Growing. She provides a 146 item test one can use to indicate if one is a *Quester*. "You too can be a *Quester*" she proclaims (p. 39). She illustrates and encourages this premise with a multitude of short life stories. The question remains: "But can I become a *successful Quester*?" Much of the book is devoted to answering this all important question. Some of this is done with "Job Satisfaction," "Job Involvement" and "Burnout" questionnaires, insights into the process of decision-making and practical down to earth help including guidelines for writing a resume.

Behind the practical aids in this book is a philosophy that is refreshingly broad and humane in the age of the "me" generation, when self satisfaction is often the only goal of some self-help books. "Job satisfaction" is there up front, but Carole Kanchier gently reminds her readers that public service, family responsibilities and altruism are still valid facets of job satisfaction, and strong motives for becoming a *Quester*. *Questers*, although emphasizing the mobility of today's world of work, is based on an appreciation of lasting values.

In some academic circles to label a book as "popular" is to scorn it as trivial or at least to damn it by faint praise. This is a popular book. The language is straightforward. The illustrations are concrete, specific; the kind of life stories with which one can easily identify. The vocational choice theory behind it all is