

BOOK REVIEWS

Marital Choices
William J. Lederer,
W.W. Norton & Company,
500 - 5th Avenue, New York,
N.Y. 10036
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Mr. Lederer is a well-known author as well as family therapist who has published previous work on marriage with Don Jackson. He is a member of the International Academy of Preventive Medicine, the Academy of Orthomolecular Psychiatry, The International Academy of Applied Nutrition and is on the Board of Directors of the North Nassau Mental Health Center.

This is an extremely pragmatic, practical "how to" book guaranteed to improve any relationship although it is specifically addressed to marital relationships. Dr. Lederer combines biochemical as well as behavioral approaches thus making the book a complete and total approach. The first part of the book is based on behavioral modification in a step-wise fashion consisting of progressive exercises to increase joy and communication, skills and awareness in a relationship. It utilizes positive reinforcements, points out the importance of the law of expectation and

goes into such areas as non-verbal agreements and body language. Dr. Lederer analyzes and points out the importance of small cherishing behaviors as well as major performance areas in the relationship. He gives very practical steps for the resolution of conflict and how to end power struggles. After a thorough treatment of behavior approaches, the author goes into nutrition and physiological conditions which could provoke marital behaviors and thus contribute to marital discord. In his work over the years together with Don Jackson, he discovered that at least half of marriages were impaired because of biochemical factors which is consistent with the experience at the North Nassau Mental Health Center. Specifically, Dr. Lederer points out that fatigue, depression, temper tantrums, moodiness, irritability, are often due to undiagnosed hypoglycemia, cerebral allergy, endocrinologic imbalance, mineral imbalance. He cites the work of Marshall Mandell, M.D., Harvey Ross, M.D., Wm. Philpott, M.D., Theron Randolph, M.D., Michael Lesser, M.D. and many others who have done research in the relationships of biochemical disorders to behavior

dysfunction. He includes specific instructions regarding tests; glucose tolerance test, hair test, allergy tests. He also gives a reference list of medical organizations devoted to clinical ecology, orthomolecular nutrition and preventive medicine. Dr. Lederer also cites original work done with nutrition in the relief of premenstrual tension which, of course, also impairs relationships.

This book is highly praised by many well-known experts and deservedly so. It is a very thorough and practical manual devoid of abstract theorizing.

David R. Hawkins, M.D.