

for those interested in reading literature for entertainment.

University of Kansas

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Moos, Rudolf H., editor. *Human Adaptation: Coping with Life Crises*.
Lexington, Mass.: D.C. Health and Co., 1976. 438 pp. + author and
subject index. Paperback.

Moos has edited a collection of articles dealing with human adaptation patterns and concomitant coping strategies employed by people in dealing with a variety of life crisis and/or life transition situations. While the articles draw heavily from psychiatric and psychological literature, the reader will be introduced to literature from other fields such as sociology during the course of the book. Moos is not content to focus on one perspective or "school" concerning human adaptation and coping. Rather he provides a "broad overview" which looks at the "important dimensions of adaptation and of coping behaviors" which may occur during the life course (vii).

The articles are ordered along a life course or developmental lifestage sequence. After reviewing the "state of the field," the subsequent sections consider coping and adaptational situations pertinent to successive life stages. The "early years" are considered in the first three articles, "bereavement in childhood" in the following articles, "the high school and college years," intimacy, marriage and parenthood transitions, and so on, through retirement, death, and bereavement events. Each period or life stage event(s) is considered in three or four articles. The last four sections, consisting of eleven articles, concern "coping with unusual stress." In this last section such things as natural disaster, imprisonment in concentration camps, skyjacking and rape are discussed by authors from a variety of academic backgrounds.

This book will be helpful in several sociological areas; namely, adult development, sociology of aging, social gerontology and certain social-psychology areas. In all fairness, Moos also suggests the book for certain areas in psychology as well.

This is a timely book of readings in that it comes when the subject of human adaptation to life crises and/or life transitions is of particular concern to academicians and researchers alike. With the recent barrage of disasters around the country i.e., the winter weather conditions particularly in the eastern part of the U.S., the concomitant energy and food shortages, etc. they are for certain going to pose new human adaptation situations for which this book will come in handy to anyone interested and concerned about human adaptation mechanisms and coping strategies.

Too, this book offers heuristic academic enterprise. A rarity as textbook readers go. Many of the thirty-five articles are worth reading and it is sure that the extensive footnotes and references will lead to other worthwhile readings. Certainly, *Human Adaptation: Coping with Life Crises* is a "must" reference work for anyone interested in loss and change, life crises and transition, human adaptation, coping capacities, and strategies.

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Jeanne M. Gibbs

Kephart, William M. *Extraordinary Groups: The Sociology of Unconventional Life-Styles*. St. Martin's Press—(New York) 1976. Pp. 311. Paperback.

There is within the current sociological literature an oversized variety of attempts to make sociology, as literature, an appealing product for the bulk of students whom we teach. Perhaps one noteworthy dilemma can be cited regarding such emphasis on generating material which will, hopefully, entice the average student into a more sensitive awareness of social diversity. Too often what is produced tends uncontrollably towards narcissistic Americana. Kephart has written a book better than many aimed at engaging the curiosity of college students while in a subtle pedantic manner slipping in basic concepts such as sanctions, ethnocentrism and social control. The introduction of *Extraordinary Groups* elicits the reader to study these "other groups" in order to gain a more humble attitude towards his own milieu. Yet one cannot but wonder if Kephart has himself avoided