

Chapter thirteen and chapter fourteen are by Ellis and Beck, respectively.

Ellis's short, ten-page chapter is a brief review of RET, with emphasis on Disputing Irrational Beliefs (D) and Effective Rational Beliefs (E), as more recent additions to RET theory. Ellis does not discuss the relation of RET to other cognitive theories nor does the chapter relate in any particular way to the theme of the book. In the last chapter Beck explores the interrelationship of cognitive therapy, behavior therapy, psychoanalysis, and pharmacotherapy, with emphasis on depression. Citing a great deal of research findings, he convincingly argues that cognitive changes occur as a result of all of the aforementioned therapies, and that cognitive therapy can lead to biochemical changes. He thereby challenges the validity of the traditional mentalistic versus materialistic dichotomy by showing interactive effects between the above-mentioned approaches. The chapter is provocative, enlightening, and a pleasure to read.

In the final analysis *Cognition and Psychotherapy* is somewhat of a disappointment. The whole is less than the sum of its parts. Much of what is presented here is well-known to the educated reader. As for the more imaginative and informative material presented here, the reader might do better to seek out more fully-developed presentations by the contributing authors in other sources.

REFERENCE

V. F. Guidano and G. Liotti, *Cognitive Processes and Emotional Disorders: A Structural Approach to Psychotherapy*, The Guilford Press, New York, 1983.

In: Imagination, Cognition, and Personality, Vol. 6 (2), 1986-87.

Jealousy, by Nancy Friday, A Perigord Press Book, New York: William Morrow and Company, 1985. 539 pp. \$19.95.

Three Ways to Look at Jealousy

Jealousy. The word is so charged with tumultuous emotion that even Webster fails to capture its impact: "zealous vigilance," the dictionary denotes. Others describe it as a "cry of pain," the "fear of annihilation," and "the shadow of love." It is purported to stalk in the guise of a "green-eyed monster," turning its victims into "jealous vixens."

Nancy Friday, author of such intellectually oriented popular psychology books as *My Secret Garden* and *My Mother/My Self*, brings us her views on the jealousy tumult in an over-long but, at times, provocative volume. *Jealousy* is really three different books processed in parallel by the reader. The first, a Friday trademark, is an oral history of jealousy accomplished through interviews with friends, neighbors, and psychoanalysts. Friday's second look at jealousy represents her attempts to comprehend seminal work in the area by Melanie

Klein and make it palpable to a mass audience. Friday's third way of viewing jealousy is to force us to look at her. By analyzing her own actions and relationships, we are expected to understand our battles with envy and jealousy. I will comment on each of these three books within a book.

Friday's transcripts of her contemporaries' thoughts about their own envy and jealousy is quite limited. It is as if jealousy and envy are emotional states confined to the Upper East Side of Manhattan. Friday's subjects are from the ranks of corporate executives, successful artists, and, mostly, New York psychoanalysts. Perhaps a suitable title for a collection of such interviews would be *Jealousy of the Rich and Famous*, or maybe Friday realizes that envy sells books as well as prime time television slots. It is not that average Joes and among climbers and strivers is uninteresting; rather, just that average Joes and James experience it too. And Hank Williams captured their jealous feuds in a few poignant lines of a country song rather than a 500-page book.

Unfortunately, in addition to not writing a populist-oriented book on jealousy, Friday also makes little attempt to represent the broad sweep of psychological thought and research on her topic. She seems enamored of the analyst. The poor social psychologist, laboring in the laboratory to try to simulate the emotional dynamics of jealousy or envy is dismissed as nearly irrelevant. "It is a polite good-bye," states Friday after a telephone conversation with the only experimental social psychologist interviewed for this book, "a gentleman's agreement to disagree" (p. 43). Perhaps the problem is Friday's obvious lack of understanding of behavioral science research (p. 41):

Unlike the psychoanalyst, the social psychologist's principal interest is not necessarily individual therapy. His aim is to put psychology on as firm a quantitative [sic] basis as physics or chemistry. The vague and conjectural are eschewed; only what people overtly hear, say, see and do is noted. The methodology of social psychology includes questionnaires, statistics, biofeedback, self report.

This is certainly an interesting collection of "methodologies" for the social psychologist. Friday seems no more able to understand research in developmental psychology, referring to it tirelessly (for her, tiresomely for the reader) as "Baby Theater." Such popularizations would not be so troubling or offensive if they were not juxtaposed with Friday's canonization of Klein and incredible indulgence of every psychoanalyst with whom she speaks.

Actually, the treatment of Klein, based heavily on *Envy, Gratitude and Other Works 1946-1963* (New York: Delacorte, 1977), is probably the most interesting and scholarly of Friday's three sub-books. Friday accurately and articulately represents the work of this controversial neo-Freudian, and her interviews with analysts working in Klein's perspective are educational. The problem lies with Klein, not with Friday. Klein's view of jealousy seems over-determined, rooted in the mind of the infant envying mother's power to give or withdraw the nourishing breast. It is as if the neonate has cognitive capacities to represent mother's motives far beyond what has ever been observed in scientific studies of infants. It is depressing to think (and it just does not ring true) that the variance in adult envy and jealousy is rooted in differential mother/infant relationships. Poor mother: she's been blamed at one time or another for every mental misery from schizophrenia to autism. Must jealousy be added to the list?

In the research on jealousy and envy that Judith Rodin and I have been carrying out for the last five years, we have been surprised at the inability of intrapsychic and intrapersonal factors to explain differences in the cognitive, affective, and behavioral aspects of jealousy and envy. Rather, jealousy and envy seem easily induced by specific sets of situational conditions, although personality processes like self-evaluation maintenance and self-definition do mediate the extent of the jealous or envious reaction [1, 2].

Most distressing, though, is Friday's third approach, an analysis of jealousy through self-disclosure. It seems that just when *Jealousy* bogs down in Kleinian theory or when her psychoanalyst interviewees have spoken their fifty minutes worth, Friday throws in a bit of exhibitionist, self-revealing, soft-core pornography, providing us with an intermittent reinforcement schedule that keeps us from prematurely terminating our relationship with her book. We are treated to a description of the author's agile sexual performance provided a new lover in the vault of the Chase Manhattan Bank where he keeps his safety-deposit box, as well as her seduction of an anonymous soldier (at last, an average Joe!) while vacationing with her lover. What's the point of this braggadocio? It's faster reading than the rest of the book, but it serves to undermine Friday's scholarship. Can I trust an author to teach us Klein who in the next breath must describe her sexual exploits?

Though *Jealousy* contains interesting material (and provides a lifetime source of opening quotations for the articles of a jealousy researcher), I did not much like it. In the end, popular psychology and oral history are genres that may simply be incompatible for all but a rambling discourse. Add in some scholarly contemporary psychoanalytic thought but also a pinch of sexy pulp and the resulting dish, though intriguing to look at, is difficult to digest.

REFERENCES

1. P. Salovey and J. Rodin, Some Antecedents and Consequences of Social-Comparison Jealousy, *Journal of Personality and Social Psychology*, 47, pp. 899-905, 1984.
2. ———, The Differentiation of Romantic Jealousy and Social-Comparison Jealousy, *Journal of Personality and Social Psychology*, forthcoming.

Peter Salovey
Yale University
New Haven, CT 06520