

Perhaps because of his scientific and medical background, DeBenedet dissects playful intelligence into component parts and discusses each part separately in separate chapters. He admits, however, that the components are not truly separate but overlap and interact with one another in our minds and behavior.

One component he calls *imagination*, which includes the ability to reframe problems in ways that elicit feelings of adventure and challenge rather than dread and allow us to see previously hidden solutions; the ability to empathize even with our enemies, so we can reduce our anger and find ways to deal more effectively with them; and constructive daydreaming, in which we allow our subconscious minds to generate new ideas and insights. The second component, *sociability*, includes the capacity to keep an open mind about individuals rather than hold stereotyped assumptions about them and the capacity to listen to and learn from others humbly rather than act in a superior manner. The third component is *humor*, which, when used constructively, puts others at ease and improves relationships and which can help reduce pain and fear without denying them. The fourth component, *spontaneity*, includes the breaking of routines and a willingness sometimes to act (intelligently) on impulse. The fifth component is *wonder*, which is, essentially, the capacity to view events as might a young child who sees them for the first time, so we appreciate the beauty and potential even of a mundane world that has become almost invisible to us.

DeBenedet illustrates these aspects of playful intelligence with true stories about individuals who have faced problems or

even tragedies. Some stories involve famous people, including John F. Kennedy and Rachel Carson; others, people who have struggled to make businesses work; and still others, patients who have struggled with disease. The stories are heartwarming and in some cases heart wrenching. If, like me, you cry easily, be sure to have tissues at hand when you read these stories.

Much in this book can benefit everyone, so I recommend it to everyone. Well written, well documented, and well designed to hold the reader's attention, it can be read as a psychological discourse on the nature of human resilience, as a self-help book for becoming happier, or as a set of quite remarkable stories about people who have dealt effectively with adversity. I read it as all three.

—Peter Gray, *Boston College, Chestnut Hill, MA*

Doing Play Therapy: From Building the Relationship to Facilitating Change

Terry Kottman and Kristin K. Meany-Walen
New York, NY: The Guilford Press,
2018. Series' editors' notes, preface,
acknowledgments, prelude, appendices,
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In *Doing Play Therapy: From Building the Relationship to Facilitating Change*, authors Terry Kottman and Kristin K. Meany-Walen illuminate, discuss, deconstruct, and confront the clinical aspects of play therapy. They take the reader on a

journey through the play therapy process using different lenses, and they challenge readers to analyze their own perspectives about human nature and how people change, heal, and grow. The text provides beginning, intermediate, and seasoned play therapists alike with a unique opportunity to consider various play therapy theories through the use of thoughtful questions. Kottman and Meany-Walen do not just connect with readers as authors, they also connect with them as teachers. Navigating the pages of the book, readers can solidify their theoretical and clinical perspectives and learn enough about alternative theories and approaches to speak intelligently about the clinical decisions play therapists make.

The authors also share with the reader strategic interventions for working with children (adolescents and adults, too) in play therapy. They even go a step further, connecting the clinical perspective and goals of the play therapist with the intervention. Essentially, the authors aid the reader in understanding the nuances of clinical decision making. They frame interventions to make play therapists consider why they begin therapy and what they do therapeutically. They clearly define and thoroughly explain these specific interventions, even including the materials needed and how to augment and adjust interventions for individual, family, and group use.

One of the more refreshing aspects of the book is its overall readability. The authors inject humor, personality, and genuineness into their writing, which helps make the complicated clinical aspects of play therapy, including consulting with parents and professionals, less daunting. There is something special about a book that allows its readers to feel

both connected to—and supported by—the authors: Kottman and Meany-Walen give readers permission to use their creativity and regularly remind them to take thoughtful clinical risks.

Play therapy, like other forms of professional aid, is both an art and a skill, and the authors thoroughly address the nuances of the clinical work and art of play therapy. They consider the necessary skills and include cogent arguments about why these are necessary. They demonstrate a fastidiousness in the presentation of a plethora of play therapy interventions and activities in the book, and they take the same approach to the more nuanced art of play therapy.

Ultimately, the book provides readers with a comprehensive foundation for play therapy. The authors reveal the complexity of using play therapy, even though most of its activities and interventions seem simple. This is important because we must be careful to not let the appearance of relative ease overshadow the clinician's need for reflection, responsibility, and decision making. Indeed, the integration, synthesis, and application of the complex skills addressed here require learning relationships that cannot typically be addressed adequately in the pages of books.

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Little Cold Warriors: American Childhood in the 1950s

Victoria M. Grieve
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