

Benjamin V. White, M.D., Helen
White, MS.

The Excitement of Change—A Book of Personal Growth,
The Seabury Press,
New York, 1975, viii-f 214 pp. \$7.95.

Benjamin V. White and Helen White, authors of *The Excitement of Change – A Book of Personal Growth* attempt to share with readers a large number of true-life experiences which people have gone through on their onward march to a new and fuller life. This new life is attained only through a real change, which is an inward experience. This experience usually begins in a period of crisis.

This book which is a record of personal experiences is divided into three parts. The first part begins with a period of gestation in a person's life. This is a period of suffering, frustration, and guilt in human life. The authors further point out the steps to come out of this wilderness. These steps are hope, faith, expectancy, love, concern, physical effort and openness to understanding. The second part of the book is mainly concerned with the actual process of change, which is called "rebirth". It is a "process by which a person abandons his former self and reaches forth a fuller, freer, and creative life" (p. 1). With the help of examples, the meaningfulness of sharing one's feelings with others is also brought to light. The last part of the book speaks of awareness and growth of new, and creative life which is sustained by faith in the future.

One of the specialities of this book is its simplicity of language. This book is completely free from any technical terms. So the reviewer hopes that the book ,will be welcomed mostly by the average reader rather than the scholar. We do greet the book as most valuable for self-evaluation and self-renewal, which will enable the growth of person. We expect many such books from the authors will follow.

Varghese Manickanamparampil