

The Neuroscience of Human Relationships: Attachment and the Developing Social Brain, by Louis Cozolino. New York: Norton, 2006. 467 pages, \$36.00 (hardcover).

Dr. Cozolino is a Professor of Psychology at Pepperdine University and a clinical psychologist. In the past, he has written two books on the same topic: *The Neuroscience of Human Relationships* and *The Making of a Therapist*. In this text, Dr. Cozolino argues that the brain is more plastic than was once thought. True, a child's early attachments may well have a profound impact on their personality and behavior. Yet, later social experiences are also critically important in shaping the adolescent and adult brain and behavior. Parts 1 and 2 are a Neuroscience 101 primer, tracing the history of the emerging field of social neuroscience and describing the structure and function of the "social brain." There are fine graphics which help make difficult concepts clear. In Parts 3 and 4, the author attempts to apply recent discoveries in neuroscience to social phenomena—describing the brain processes involved in social memory, "mind reading," facial and emotional recognition, attachment, love, empathy, and the like. This gives the reader a richer understanding of how tightly intertwined are psyche and brain biology. In Part 5, the author catalogues a series of problems caused by disorders in the social brain. He discusses the neuroscience correlates of such problems as disappointment in love, failed attachments, social phobias, stress reactions, borderline personality disorders, and autism. Finally, in Part 6 he describes the way in which love, friendship, and social and therapeutic relationships can ameliorate such problems.

Dr. Cozolino is a fine writer. Readers are given a whirlwind tour of the world of clinical neuroscience. The author is merely attempting to give the reader a feel for how neuroscientists would approach various topics. (The areas I know most about—passionate love and empathy, for example—are covered in only a page or two. Obviously, whole chapters could be devoted to the fascinating discoveries that neuroscientists have made as to the nature of these processes.) Nonetheless, those inspired to gain a deeper understanding of the diverse topics will get a sense as to where they can go to gain additional information.

Luckily, the tutorial is leavened with fascinating case histories, acquired during the author's clinical work. He provides (for example) a fascinating thumbnail sketch of a dying father, who is torn between getting closer to his three-year-old son, Dylan, yet afraid that if he gets too close he will leave himself and his son bereft. We get a sense of the love, anger, and sadness, all seething inside this father.

We meet Chet, who served in Iraq. After first denying that his war experiences might in any way be fueling his current panic attacks, he slowly came to understand that PTSD was in truth merely laying in wait, ready to

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ambush him the first time his defenses were down. There is Pedro, who lost all sensation on the left side of his face, and now finds that:

When I feel sad or cry, or when I look at my baby and get that strong feeling of love for her, it doesn't feel the same. It's like, without my face moving, my feelings can't come all the way out, all the way to the surface. (p. 77)

This is a delightful text. It provides a pleasant and easy way to get acquainted with the new and swiftly changing field of clinical neuroscience and of glimpsing its potential applicability to the problems of daily life. Right now, the standard practice is such that clinicians can use the findings of neuroscience and the "social brain" mostly to make it clear to clients that although change is difficult, it is still possible. In the future, I suspect, new advances may make it possible for clinical neuroscientists to provide comprehensive advice to therapists in their attempts to alter patients' attitudes, emotions, and behaviors in personally and socially beneficial ways. This book is a fine start.

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The Humble Little Condom—A History, by Aine Collier. Amherst, MA: Prometheus Books, 2007. 371 pages, \$18.95 (paperback).

This lush little book looks at the condom from beginning to end. It is a tale of its morality and immorality, its ups and downs as an actor changing roles on the stage of history. It deals with how sex, birth control, population curves, venereal infections, church, politics and men's and women's rights' movements, all affected the discovery, growth, death and resurrection of condoms over the ages. Dr. Collier names, from Cleopatra to Casanova to G. W. Bush and tells how these big and little names affected the lives and deaths of people who could, couldn't, would, or wouldn't use condoms.

The author must have had fun creating this book with chapter titles such as "*nookie in the struggle buggy: ALL THAT JAZZ AND THE AGE OF ADVERTISING*" (Chapter 11) and "*backseat bingo with my classy chassis. . . let's get it on! : FROM BABY BOOM TO MODERN PLAGUE*" (Chapter 14). Aine Collins is an Assistant Professor of English at the University of Maryland and a historian for the Hughes Flying Boat Museum and other projects. She peppers her book with anecdotes showing how the condom affected the lives of the people around it and how the growth and use of condoms was affected by the mores, the infections, and the discoveries throughout the ages.