

BOOK REVIEWS

Rather than sharing some musings, I would like to talk about something that has been on my mind: the book review section in our journal. It is getting shorter and shorter, isn't it? Over the past two years, we have seen a shift from regular issues with six-to-eight book reviews to just four in the current issue.

We need to do something about this! It is important for us as existential psychotherapists and supervisors to have a thriving book review section because it keeps us informed about new therapy texts that could be relevant to our practice and it is a good opportunity to delve into philosophy and its application in practice, helping us to bridge the gap between theory and practice. I believe it can also widen our cultural and societal awareness, especially when we read about fiction, film and art events, which enriches us by encouraging dialogue and reflection with ourselves, our peers and sometimes even our clients.

But here is the extra motivation you may need. Reading books and writing reviews can significantly contribute to your annual CPD hours. Just think about the time you need to read and re-read a book (which, let us be honest, is essential for writing a thoughtful review) and then the hours dedicated to constructing your argument, writing and editing. All of that time counts towards your CPD hours...and it is free.

In this issue's offering there is a review of *The Reality of Others: Is Hell other people?* by Gary Cox. It is a thought-provoking review that questions the common interpretation of what is probably Sartre's most famous line, and uses it to analyse Sartre's philosophy of human relations. It is followed by a review of *Anxiety: A Philosophical Guide* by Samir Chopra, a book that considers the human phenomenon of anxiety through the Buddhist, existential, psychoanalytical and Marxist lenses. Next is an unusual double review of *The Child as Natural Phenomenologist: Primal and Primary Experience in Merleau-Ponty's Psychology* by Talia Welsh, as the reviewer not only considers the book but tries out ChatGPT as a review engine, that (for now) disappoints compared to the human version. Last is a review of the film *The Substance*, directed by Coralie Fargeat, a modern Faustian bargain in which The Substance gradually causes a seepage of any personal substance.

I hope I may have inspired you to pick up a book or watch that movie and share your insights with us in a review. If it is not on the list at the back of this section, contact me and we can discuss it – I would love to hear your thoughts on why a particular title might be interesting to our existential readers as your insights may well resonate with all of us. Your contribution will be a wonderful way to rejuvenate the book reviews and enrich our community.

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