

Comprehensive Handbook of Personality and Psychopathology: Personality and Everyday Functioning (Volume 1).

Michel Hersen and Jay C. Thomas (Eds). Hoboken, NJ: John Wiley & Sons, Inc. (www.wiley.com). 2006, 482 pp., \$215.00 (hardcover).

As cognitive behavioral therapists and researchers, we all have, at one point or another, thought carefully about the role of personality in the development and/or maintenance of psychopathology. Many of us have struggled with the treatment of individuals with comorbid clinical and personality disorder(s) and know about the robust impact of maladaptive personality features on our patients' cognitions and behaviors. Yet many of us have probably not read a book on the topic of personality since graduate school. For those of you interested in revisiting this topic to increase your knowledge base, to prepare for integrating personality related topics into your courses, and/or to design personality relevant research, *The Comprehensive Handbook of Personality and Psychopathology* is an invaluable resource.

The handbook includes the following three volumes: 1) *Personality and Everyday Functioning*, 2) *Adult Psychopathology*, and 3) *Child Psychopathology*. This review pertains to the 1st Volume, *Personality and Everyday Functioning*, which is organized into four parts containing 23 chapters that cover the foundations, broad-range theories and systems, mid-range theories, and special applications. Each chapter contains a general format that provides a description of the theory followed by developmental considerations, boundaries of the theory, evidence for and against the theory (very similar to our own cognitive behavioral therapeutic exercise!), and predictions of everyday functioning. Issues of diversity are addressed throughout the volume but most specifically in Chapter 3 (role of culture in personality) and Chapter 22 (role of gender, personality, and psychopathology).

The most impressive aspect of the volume is its breadth of coverage. To illustrate this point, consider the following chapters. Chapter 16 provides a detailed discussion of the personality construct of hardiness, its development, biological bases, empirical evidence for resiliency, and effectiveness of hardiness training among many other related topics. A colleague of mine who is currently working on developing a measure of resilience found the content of this chapter particularly helpful. Chapter 17 covers the topic of sensation seeking, risk taking, and fearlessness. I found this chapter quite applicable to my research on suicide behavior. I learned about the cultural factors in sensation seeking, the role of violent media on risk taking behavior, and studies on fearlessness in children. Cognitive behavioral therapists may appreciate the coverage provided in Chapter 23, "A Classification of DSM-IV-TR Mental Disorders According to Their Relation to the Personality System." The authors of this chapters divide disorders of personality adjustment and adaptation into four subcategories: 1) disorders of internal personal adjustment (e.g., avoidant personality disorder), 2) disorders of social adjustment (e.g., adjustment disorder), 3) disorders of social relationships (e.g., dependent personality disorder), and 4) disorders of social transgression (e.g., alcohol abuse/dependence). The chapter's coverage is likely to increase one's knowledge about the important role personality psychology plays in helping us better understand and treat psychopathology. It also sets the stage for the 2nd Volume, *Adult Psychopathology* and the 3rd Volume, *Child Psychopathology*.

Personality and Everyday Functioning is an appropriate textbook for a graduate psychology course. Even though the cost seems to be higher than textbooks generally used for such courses, students may appreciate the richness of coverage provided in this volume. The volume may also be considered as a unique resource on personality psychology that one could include in a research laboratory and/or clinician's collection of books.

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