L' ALEXITHYMIE

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This is an elegant paperback pocket size in French from the series **Le Point sur…psychologie** by three young but very hardworking trio from Belgium. Under the secondary title: *Comment la manque d' émotions peut affecter notre santé*, the authors present alexithymia in all its aspects, for psychologists or for everybody interested in the effect of personality on health.

The foreword is signed by Graeme Taylor, the famous (specialist?) student of alexithymia and his signature guarantees the quality of this book.

The structure of this *vademecum* work is the following: chapter 1 is dedicated to the history of psychosomatic medicine and to the forerunners of the concept of alexithymia.

The 2nd chapter is tackling the conceptualization by Peter Sifneos and describes at large the definition and measurement tools. Authors also approach the topic of gender differences and of the individual factors. The emotion regulation could not be absent from this section either. Other psychological factors connected with alexithymia are presented.

Chapter 3 is dedicated to its effects on physical and mental health, with the description of endocrinological and physiological changes.

The 4th chapter is the largest and presents explanatory models of alexithymia. A special part is dealing with the effect of alexithymia on the cognitive processing of emotional information: automatic, controlled and mnesic processes.

The last chapter discusses the therapeutic alternatives including hypnosis or body therapy

But the reader is not yet at the end: several pages of conclusions for the hurried reader are provided by the authors. A comprehensive index and a useful glossary precede the exhaustive references list.

Reading this book we may state that it is indeed very useful, for specialists and trainees, for doctors and psychologist. It deserve translation into English and why not, into Romanian.

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