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## The Perfectionist's Script for Self-Defeat

By David D. Burns

No Pain, No Gain is the motto of compulsive perfectionists, but a psychologist says they have the wrong idea. Citing data from clinical studies, Burns argues that perfectionism may be all pain—in the form of anxiety, depression, and worse—and no gain. Cognitive behavior therapy, he reports, can change the mind-set of people who reach for unreachable goals.

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## Children and Other Political Naïfs

Joseph Adelson interviewed by Elizabeth Hall

Outspoken and at times outrageous, Joe Adelson is one of psychology's most articulate figures. In a feisty, timely give-and-take, he ranges from the inhumanity of kids who favor the death penalty for shoplifting to radical feminists whose ideas reflect "totalitarian" impulses.

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## Eidetic Images Are Not Just Imaginary

By Ralph Norman Haber

Five percent of young children can see a scene not present before their eyes. This mysterious ability is not the same as hallucination, after-imagery, or photographic memory.

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## Confessions of a Dungeon Master

By John Eric Holmes

Most DMs, the people who lead games of Dungeons and Dragons, depend on preplanned adventures supplied by the game's inventors, and they like it best when half the players get killed off. Holmes, a neurologist, prefers to create his own dream world, and he doesn't like it too violent. When players' alter egos commit murder, Holmes offers alternatives to death: wishing rings and resurrection.

## DEPARTMENTS

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### Letters

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### Field Report / What I Learned Last Summer

By John R. Coleman

When Coleman entered the Watreec River Correctional Institution, only the officials knew he was a phony inmate, a foundation president doing research for a book.

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### Newsline

Short takes on behavior: How wives and husbands handle conflict; Skinner reinforces reinforcement; Eysenck invents an electronic I.Q. test; Albert Ellis composes a ditty.

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## Epilogue / Piaget's Forgotten Novel

By Kenneth Kaye

Obituaries for the Swiss expert on children's thinking who died this fall tended to overlook his only novel, *Recherche (Quest)*, which he wrote in 1918—when he was 20.

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## Books / Parents' Passages

By James A. Levine

Books for parents used to be about how babies grow. Three new books focus on the emotional growth of adults through parenthood: how mothers and fathers change in their child's first year; six times of crisis for parents; what it's like to be a father after divorce.

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## Books / Murder As a Feminist Act

By Elsa Dixler

When women commit murder, it's because fathers, husbands, and lovers drive them to it. That's the debatable thesis of Ann Jones, the author of *Women Who Kill: An American Social History*.

**Cover:** Designed by Peter Palazzo; photographed by Steve Eisenberg.

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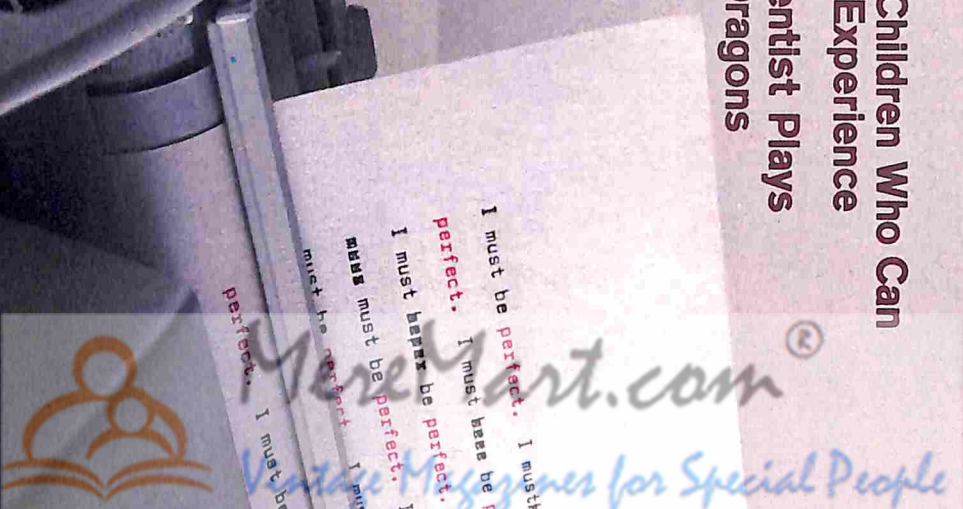
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## PERFECTIONISM, DEPRESSION, AND SELF-DEFEAT

Clinical Studies of a Compulsive Pattern  
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**Eidetic Imagery:  
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