



# Psychology Today

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## FEATURES

### Dispatch from Derry

An on-the-scene reporter finds that for residents of strife-torn Northern Ireland, abandoning the violence may be the easy part—and learning to live together successfully may prove to be much more difficult.  
By Annie Murphy Paul

### COVER: Surviving Holiday Hell

From Thanksgiving through Christmas, the rallying cry is "home for the holidays." As relatives gather, we envision these convocations as full of love and harmony. Alas, family ties may be tightest at this season, but so are tensions. Why do things go so wrong, and how can we make them right? Devilish Doings: Do you recognize your family? By Hara Estroff Marano

### Tick, Tick, Tick...

Picking out Christmas presents for loved ones is the season's most nerve-wracking ritual. The wrong choice can explode the closest of bonds. Why are gifts so hard to give—and to get—and what can you do to defuse the experience? Blowups: Which gift gaffes have you committed? By Leslie Vreeland

### Wrestling with Words

For stutterers, speaking is not just a devastating physical handicap but a crippling psychological problem. Now gaining popularity is a radical—and controversial—notion: that stutterers are better off learning to accept their impediment rather than striving to overcome it. Searching for a Biological Cause and Is Stuttering a Psychiatric Disorder? By Barry Yeoman



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### Dishing with Ruth Reichl

The nation's most powerful restaurant critic not only judges meals, she also reviews manners and mores. In a PT Interview with Anastasia Toufexis, she discusses the pitfalls of holiday feasting as well as the mystique of dining out and the importance of eating in.

### Diving to Conscience Bay

When New Age guru Rama was fished out of the waters off New York's Long Island, he was wearing a conservative suit and tie and his pet dog's collar around his neck.  
By John Gallagher

**Buffy, Nikita, Xena: Warrior Women** While most TV dramas feature characters agonizing over moral choices, a new breed of program asserts that we have no freedom of moral choice at all. To be human means to constantly fight demons—and the best fighters are female. By Michael Ventura

STUTTERING: A NEW APPROACH

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MIND BODY SPIRIT

## HOLIDAY HELL

### HOW TO SURVIVE

- Your Family
- Nonstop Feasting
- Gift Disasters

TV's XENA, BUFFY  
& NIKITA  
Why They Slay Viewers

### IS THERE A "NATURAL" PROZAC?

### NORTHERN IRELAND

Why Violence Isn't  
the Problem

### NEW AGE GURU: The Riddle of Pama's Death

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