# psychology today

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THE MAGAZINE OF HUMAN BEHAVIOR

# The New Competency Tests: Matching the Right People to the Right Jobs

By Daniel Goleman Industry, with an assist from psychology, is becoming increasingly sophisticated in the ways of personnel selection and training. Harvard psychologist David McClelland has developed an approach for clients as diverse as Twentieth Century-Fox and the United States Navy.

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# Lucid Dreaming: Directing the Action As It Happens

By Stephen P. LaBerge A psychophysiologist's personal experiment persuades him that dreams of a special sort could be "the magic theater of all possibilities and a workshop of creativity and growth."

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# Telltale Behavior of Twins

By Susan Farber Everyone knows that the genes determine physical characteristics. But who would guess that a psychogenic pain in the heel might owe something to heredity?



# Accounting for 'Afterlife' Experiences

By Ronald K. Siegel Survivors of near-fatal illness often see visions of a life after death. Siegel argues that the visions are probably hallucinations, arising not from any supernatural reality but from the dying person's brain.

# **DEPARTMENTS**

# Letters

# 14 Outlook / The State of the Nation's Happiness

By Andrew M. Greeley Double-digit inflation. Crime. The energy crunch. The threat of war. With so much to be unhappy about, how come surveys show we're all so happy?

# Life Studies / Two Against the Tide By Thomas J. Cottle

Behind and apart from general trends in happiness surveys are some real people who can't imagine what the pollsters are talking about. People like Al and Ina Merman.

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# Newsline

The deterrent effect—if any—of capital punishment; social science research under Reagan; volcanic scapegoat; and other items.

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# Field Report / An Eastern Toe in the Stream of Consciousness

By Daniel Goleman A Buddhist form of meditation called "mindfulness" may have some power to soothe the troubled psyche, say more than a few American psychotherapists.

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# Books / That Drained-Out, Used-Up Feeling

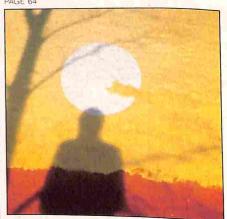
By Paul Chance Four new books testify to the prevalence of burnout, a state of physical and mental exhaustion that afflicts people who try too hard to reach unreachable goals.

# The Brain / Ghosts in the Machine

By Morton Schatzman A psychiatrist tests the nature of hallucinations.

Cover: By Marvin Mattelson

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Directing Your Dreams While You're Having Them

Twins Raised Apart: Lessons from 595 Case Histories

The State of the Nation's Happiness

A Basis for 'Afterlife' Experiences



New Tests
to Find the
Right Person
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