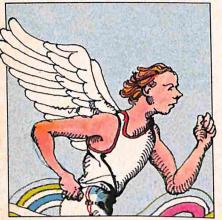
## psychology today

OCTOBER 1982 / VOL. 16, NO. 10

THE MAGAZINE OF HUMAN BEHAVIOR



Wellness Is All: A Report on Psychology Today's Survey of Beliefs

About Health | by Carin Rubenstein Americans are investing a lot of time, energy, and money in their bodies, and our survey suggests some of the psychological payoffs. Responses from almost 25,000 readers supply a full portrait of how we stay well (sometimes just by "thinking healthy"), what groups feel healthiest (older people, surprisingly, and former jocks), and how we now regard doctors (with a skeptical eye).

Avoiding Couple Karate: Lessons in the Marital Arts / by Anthony Brandt Happily married couples know how to argue skillfully—without leaving psychic scars—according to psychologist John M. Gottman. Some dos and don'ts based on Gottman's videotaped studies of hundreds of couples in

Is There a Seismograph for Stress?

by Ann Marie Cunningham The 1979 mishap at Three Mile Island caused lasting psychological tremors, report social scientists who have been studying residents of the area. But are the methods they've developed for measuring stress sensitive enough to be used in shaping the nation's nuclear policy?



A Memory for All Seasonings | by Stephen Singular

Two years ago psychologists discovered a waiter with a phenomenal memory Two years ago psychologists discovered a marter with a phenomenal memory in Boulder, Colorado. Studies of John Conrad prove you don't have to be a genius to have an exceptional memory, and illustrate the creative use of mnemonic devices. (Some other assumptions about memory are being re-examined as a result of research with cabdrivers, and with kids who know all about

The Ordeal of Walter/Susan Cannon / by Aaron Latham and Andrea Grenadier The Ordeal of Walter/Susan Camon, by Auton Latinum and Andrea Grenadier "We've known you, admired you, and loved you as both a man and a woman," said "We've known you, admired you, and loved you as boul a man and a woman," said a tribute from a former classmate in the *Princeton Alumni News*. The story of a

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Books/ Pursuit of the Grafenberg Spot

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The Brain/Traces of Eve's Faces

by Frank W. Putnam Multiple personalities show a separate brain-wave response for each self.



