

# BOOK REVIEW

C. Curtis Holmes, Ph.D.

---

**Murdoch, Bernard C., Ph.D. with Lewis, Sandra C., Ph.D., Collaborator. (2000). *Psychology for Life: Understanding and Optimizing Life's Problems Through Behavioral Dynamics*. Macon: Fore(In)Sight Foundation. ISBN: 0-9664283-3-1.**

Is there anything “new under the sun” in Psychology? Sometimes it may seem as though no matter what good ideas we have about our profession’s knowledge (“What do we know?”), purpose (“What good is it?”) and techniques (“How does it work and is it ‘user friendly?’”) that seem novel, someone else has already “been there, done that”. When the 19<sup>th</sup> Century turned into the 20<sup>th</sup> Century, there was more room for *Great Names*, in that scientific examination of behavior was relatively new on the scene. Now we are flooded with professional literature that we often don’t have time to even skim, much less read, and our own “aha” experiences seem to get lost in the shuffle.

I’d like to suggest that there *is* a new perspective that has evolved, right here in Georgia, that has the potential to cut through the verbiage of our great profession and offer us some useful tools for life in general, including our own, in addition to the impressive techniques we have developed for coping with extremes of behavior.

Dr. Bernard Murdoch has, through the Fore(In)Sight Foundation, developed a Behavioral Dynamics System that I have found to be not only personally elucidating, but applicable to many of the problems that my clients bring to my practice. I have watched young faces especially show that his ideas make sense, before they have learned counter ideas, and I have become convinced enough of the value of Behavioral Dynamics to be on the Fore(In)Sight Foundation’s Board of Trustees, to share the ideas with social work and mental health professionals in my area by giving them copies of the Fore(In)Sight books (Love and Problems of Living, God and Positive Christianity and now the most recent book, Psychology for Life); by inviting them to Fore(In)Sight events of seminars and social gatherings; and by starting my own class in a nearby town, using the Psychology for Life book.

I don’t want to sound naive with a “pie in the sky by and by” narrative, because new perspectives call for a reconfiguration of old ideas about behavior. However, I have found that these Behavioral Dynamics ideas, when taken one-by-one and tried in all kinds of settings, open vistas of insight and potential for progress unimagined before.

My own main area of interest and professional commitment is in the area of Child Abuse. I have found that even if I or we cannot stop it in its tracks, we can identify roots of it (as we can all our Problems of Living) and lay the groundwork for prevention in the future. This is completely consistent with our national networking of ideas now about “Positive Psychology” and “Prevention of Problems”.

You don't need to take my word for it. You can get the latest book, Psychology For Life (as advertised in this *Georgia Psychologist* publication) and judge for yourself. We in Fore(In)Sight want to share these unique ideas in the spirit of global sharing now on the internet. We do not make profit in our nonprofit Foundation. We just want to contribute to the international conversation about how to handle Man's (Behavioral) Inhumanity To Man, hopefully turning it into "Men and Women's *Humanity* to Men and Women", across the board.

---

*For More Information Contact:*

Tel: (478) 474-3869

FAX: (478) 474-5166

E-Mail: [foreinsight@foreinsight.org](mailto:foreinsight@foreinsight.org)