

Verkaik, Robert. *Jihadi John: The Making of a Terrorist.* **Oneworld.** 2016. 320p. notes. index. ISBN 9781780749433. pap. \$14.99; ebk. ISBN 9781780749440. POL SCI

Journalist and author Verkaik provides a detailed analysis of Mohammed Emwazi, who was given the sobriquet "Jihadi John" by many in the Western press. Beginning in early 2014, the terrorist group Daesh, or the Islamic State (IS), as it is now called in the West, began to execute the foreigners it had abducted. The gruesome beheadings of the hostages were posted on YouTube and other social media and highlighted the presence of Western-born terrorists who had left their countries to join IS. The video of a jihadist with a British accent raised curiosity about the identity of the executioner who was later revealed to be a 26-year-old British man of Kuwaiti origin from West London. Emwazi's parents belonged to the Bedoon (without), the tribal people who became "stateless" after Kuwait's independence. Emwazi's father was able to obtain a job in Kuwait, but he, like many other Bedoon people, remained on the fringes of Kuwaiti society. The family was eventually granted asylum in Britain in 1996. **VERDICT** This book is more than just the story of Mohammed Emwazi. Verkaik delves into the broader issues of marginality and the fluid identity of young people such as Emwazi to provide an enthralling account of the rootlessness of many second-generation European immigrants.—**Nader Entessar, Univ. of South Alabama, Mobile**

PSYCHOLOGY

Cheyette, Sarah others. *ADHD & the Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence.* **Square One.** 2016. 260p. illus. bibliog. index. ISBN 9780757004148. pap. \$17.95. PSYCH
Pediatric neurologist Cheyette, martial arts teacher Peter Johnson, and Ben Cheyette (psychiatry, Univ. of California, San Francisco) share what they have learned about helping children with attention deficit/hyperactivity disorder (ADHD) focus and become disciplined in achieving their goals. They do this by applying the mind-set and training regimen of successful athletes and their coaches, which combine concentration, goal setting, and planning behavior and strategies, aiming to meet the long-term goals by attaining smaller ones along the way. The authors begin by looking at common signs of ADHD and the ADHD brain. Following are chapters outlining the program, as well as how to work with your child to establish and reach meaningful objectives. The schedule is flexible, recognizing that every child is different. The option to use or not use and effectiveness of

various medications are discussed as well. The authors note that the recommended course requires practice, repetition, and consistency as well as celebration when goals are met. **VERDICT** Filled with resources and further reading to assist parents, teachers, and coaches, this manual will aid those with ADHD to learn to hone their attention skills in ways that will be familiar to those who enjoy and participate in sports.—**Lisa Jordan, Johnson Cty. Lib., Overland Park, KS**

Noonan, Susan J. *When Someone You Know Has Depression: Words To Say and Things To Do.* **Johns Hopkins.** Jun. 2016. 160p. bibliog. index. ISBN 9781421420141. \$35; pap. ISBN 9781421420158. \$16.95; ebk. ISBN 9781421420165. PSYCH

Noonan here nicely complements 2013's *Managing Your Depression*, about her experience with depression, with a concise and practical guide for caregivers of persons with depression or bipolar disorder. She centers the book on how to help these key partners learn what to say or do in order to better cope with their loved one's impaired thinking and fluctuating moods. The author reminds readers that these mental illnesses can be genetic and can negatively impact family and friends. The practical chapters provide an overview of major depression and bipolar disorder, typical signs of depression, essential support skills and communication strategies, valuable approaches in daily interactions with someone with depression, finding and working with professionals, anticipating long-term recovery and resilience, and handy dos and don'ts. There is also a crucial discussion of how caregivers can maintain their own emotional and physical health while serving in the assistant role. Beneficial online and print resources are provided as well. **VERDICT** This practical guide is an important contribution to the growing genre of self-help works on this topic. It will be of great value as a reference for mental health professionals. Suggested for all libraries still building their mental health collection.—**Dale Farris, Groves, TX**

Safer, Jeanne. *The Golden Condom: And Other Essays on Love Lost and Found.* **Picador.** Apr. 2016. 288p. notes. ISBN 9781250055750. \$26; ebk. ISBN 9781250055767. PSYCH
Psychotherapist Safer's (*The Normal One*) collection of essays is a breakdown of what it truly means to love and not be loved in return. Gathering stories from patients, friends, colleagues, and her own love life, Safer provides psychotherapeutic insight into a near and dear topic. The titular "golden condom" refers not only to a specific story of a spray-painted condom but also the idea of sexual conquest or perhaps those persons

who consider themselves too worthy. Not all the accounts are sexually focused, as the doctor relates a friend's betrayal in later life to that of the disloyalty of her golden condom from years past. At the end of the day, the hurt comes from the same place. Not all of the tales are gloomy, however, and Safer provides tips and useful ideas for dealing with both the heartache and joy that comes with any form of love. She also covers some history of psychotherapy; critics of Sigmund Freud may want to avoid this one. **VERDICT** At times lengthy and repetitive, with footnotes that at points seem avoidable, this text can get a bit bogged down and becomes less accessible. However, the narratives and their protagonists offer the reader a mirror, friend, and confidant for personal experiences. Anyone interested in psychotherapy or simple matters of love will enjoy this title.—**Kaitlin Connors, Virginia Beach P.L.**

SOCIAL SCIENCE

Bergstein, Rachelle. *Brilliance and Fire: A Biography of Diamonds.* **Harper.** Jun. 2016. 384p. notes. index. ISBN 9780062323774. \$29.99; ebk. ISBN 9780062323798. SOC SCI
Bergstein (*Women from the Ankle Down: The Story of Shoes and How They Define Us*) chronicles America's love affair with

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