Integrity : doing the right thing for the right reason (/review/10.5860/CHOICE.45-4080)

Killinger, Barbara. (/search?exactauthor=Killinger, Barbara) McGill-Queen's, 2007

204p, 9780773532878 \$27.95

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Killinger (a clinical psychologist and author of *Workaholics: The Respectable Addicts*, 1992) uses the concept of integrity as an umbrella to cover a wide range of personal qualities for living a moral, ethical, and spiritual existence. She divides the book into three sections. In part 1 the author defines integrity and relates the concept to traits such as honesty, sympathy, conscience, empathy, compassion, fairness, self-control, and duty. In part 2 she argues that integrity has been lost in much of contemporary culture and offers reasons why this is so. In part 3 she offers a series of lists that detail ways that people can improve the level of integrity in their own lives and in the lives of those around them. Killinger brings a Jungian approach to aspects of her discussion. The book moves across so much psychological ground that it sometimes reads like a textbook listing of terms and concepts from positive psychology. However, the book certainly provides a broad-ranging, comprehensive exploration of the concept of integrity and a detailed how-to guide for achieving it in one's life.

Summing Up: Recommended. Lower- and upper-division undergraduates, professionals, and general readers.

Reviewer: R. Levine (/search?reviewer=R. Levine), California State University--Fresno

Recommendation: Recommended

Readership Level: General Readers, Lower-division Undergraduates, Upper-division Undergraduates, Professionals/Practitioners

Interdisciplinary Subjects:

Subject: Social & Behavioral Sciences - Psychology (/search?q=&subj[]=psy)

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