

Game Review

Mel Gooding and Julian Rothelein (Ed.)

Mind Games: A Box of Psychological Play

Shambhala Publications, 2008, ISBN: 978-1590306406

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For those curious to find out who they are and why it is they do the things they do *Mind Games* is a brilliant way to begin the journey. The box is full of picture tests, questionnaires and games that help to reveal your 'inner self'. In one test called 'The house personality test' you are told to look at a selection of cards each with a picture of a different house on, and to select the house in which you would feel most at home. These houses range from a secluded country cottage to an apartment in the centre of a busy city. On the back of your chosen card is a brief description of your personality. This happens to be shockingly accurate. I found it particularly fascinating to learn that your choice of house can reveal so much about your personality.

These games are tremendous fun when played with friends and family and are not treated with a 'self help' attitude. And one does not have to be an expert in the field of psychology or psychotherapy to understand the theories as they are all clearly explained at the beginning of each section. Being a novice myself, I found it very easy to analyse myself and others, with most people pleasantly surprised with how accurately the result reflected their true feelings. Of particular interest to most was the abstract image game, where you can discuss your feelings about various abstract paintings. Different qualities in the painting, such as how vibrant, jagged or symmetrical the piece may be, please different people, and this can be used in analysing their personalities.

This is a great set of games that can be played by all, for recreation, or to search for a hidden depth to your personality.