

volume of the *Tanzanian Peasantry* which appeared in 1992. The present collection pays particular attention to recent changes, as new policies are implemented and have their impact throughout the Tanzanian countryside.

The book has a total of 15 chapters and is divided into five parts. Under the theoretical and macroscopic considerations, an effort is made to define Tanzanian realities; the rise and fall of *ujamaa* (Nyerere's populism), conflict between state and grassroots-based institutions in Tanzania's rural development, and finally the performance of the agricultural sector under structural adjustment.

Part two consists of three chapters that explore land and environmental issues in the districts of Lake Kilimanjaro, Mwanga and the Pare mountains.

Part three focuses on the role of indigenous technical knowledge, especially the importance of using participatory approaches. One interesting chapter focuses on the role of indigenous technical knowledge in increased food production.

The final section addresses three major issues around the state-administered justice and modes of social control in society.

There is no doubt that the book covers a wide variety of topics on Tanzania's rural development and the challenges the country faces under a "liberalised" context. It will appeal to people in the academy and is likely to be restricted to those who specialise in peasant studies. This can safely be proven if one takes time to reflect on the remarks in Part One, whose import will make the reader feel that under Julius Nyerere, for example, "socialism" was a metaphor which did not refer to an economic model or plan, but rather a process in which people collectively arrive at "working solutions" to issues that have been located for discussion.

For those who studied Tanzania in the early days, Nyerere would have wanted socialism to be closely linked to the *ujamaa* village policy of collective rural production. There is no better way of initiating oneself into this book than by reflecting on this.

Reviewed by Thomas Deve, Assistant Editor, Sapes Trust, Harare, Zimbabwe.

Woman Survivors of Childhood Sexual Abuse. Healing through Grief Work – Beyond Survival, Judy Chew (1997), The Haworth Press, New York. ISBN: 0-7890-0110-1 (h/b), 0-7890-0284-1 (p/b), 160pp inc index. Price: US\$31,96 (h/b); US\$14,95 (p/b).

This practical guide for students in counselling settings provides a systematic method with which to conceptualise and conduct group work with women who have experienced childhood sexual abuse. Experienced counselling practitioners in psychology, social work, psychiatry, and nursing, will also benefit from this session-by-session account of how to conduct group work.

This book's integration of theory and clinical intervention provides a thorough basis for addressing some of the key themes in the resolution of sexual abuse. The first three chapters contain a detailed discussion of the theoretical and philosophical underpinnings involved in conducting group psychotherapy with women who have experienced childhood sexual abuse. Anecdotal and self-help approaches are also outlined, which provide a useful foundation for research and clinical practice. However, the necessary bridge between theory and practice is initially accomplished by including contributions from the Eriksonian approach, the feminist perspective, narrative therapy, and the solution-oriented approach. These different theoretical frameworks establish the rationale for group treatment. The importance of language in the recovery process is also extensively covered, as in the quote from Walters and Havens (1993): *"Becoming a survivor certainly is better than being a victim, but becoming a celebrant of life seems to us to be an even better outcome."*

The following chapters provide the practical "how to's" of conducting a thirteen session group, which emphasises the discovery of solutions, strengths, and both internal and external resources, while highlighting the temporal nature of *"being a victim,"* and *"being a survivor"* at theoretical and clinical levels. The detailed step-by-step account of how to conduct group work emphasises leading clients to personal empowerment, self-compassion and resourcefulness.

The final chapter on *"Self-care and the therapist: creating a context for renewal"* seems almost an adjunct to this book. However, the critical importance of facilitators having adequate training in addressing sexual abuse issues in a counselling context, as well as having experience working with groups, and competent clinical skills, is highlighted. Sexual abuse work is extremely challenging, and, *"one of the most important tasks of the therapist is to cultivate a healthy sense of self amidst the myriad of responsibilities of working with individuals with past sexual abuse histories."* Thus, care for the self of the therapist, particularly in this domain, is a high priority and so the chapter constitutes a useful ending to a readable volume. Indeed this book is an important addition to the extensive literature on sexual abuse and is a valuable and efficient source for counselling practitioners embarking on group work.

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Islamic Society and State Power in Senegal, Leonardo A Villalon, Cambridge University Press, Cambridge, England (1995), ISBN: 0521-460077 (h/b). Price: N/K.

This book is a major study that should be read by every student of Islam and politics as well as of Africa. It underlines a very important observation which escapes many