

inadequately defined“; all the other postulates could be validated, e.g. - that conceptual specifications are often contained implicitly in and distributed throughout the text; - that the concepts often first take form in the course of the scientific discourse; - that a content-oriented terminological study is needed, since it cannot be determined merely on the basis of the text, whether the terms which appear in the text designate new concepts or merely represent an anaphoric lexical recurrence.

In the concluding portion of the last chapter, the author draws the consequences of the results of his study with respect to terminological research in the social sciences. This section is of particular importance: first of all, it presents the practical consequences for intra-disciplinary communication; secondly, assuming the validity of the distinction made by Wüster between „general terminological theory“ and „special terminological theory“ related to individual disciplines, it lays the foundations for a „special terminological theory of the social sciences“ based on the theoretical grounding and the practical application of terminology research in general. Summing up, one can say that the author has successfully traversed new terminological territory and has broadened the theoretical foundations of terminological research. Furthermore, this book makes an important contribution to an improved perspective on intra-disciplinary communication, technical language and terminology, in particular inasmuch as it has linked this problem-complex with the basic issues of scientific theory as such.

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GERLACH, Uwe; GERLACH, Gordon: **Moderne Mentaltechniken. Neue Wege zu Tiefenentspannung und Wohlbefinden.** (Modern mental techniques. New ways towards depth meditation and well-feeling). Renningen-Malmsheim: Expert Verlag 1995. 160p. ISBN 3-8169-1087-4.

One of man's oldest desires has always been to heighten his physical and mental capacities beyond the everyday level. It is well known that already in ancient cults chemical as well as physical means were used for this purpose: from mush-

rooms to the drums of the shaman. Also the targets attempted remained much the same: they were meant to enhance power to perceive and to process information, to provide enlightenment to understand thoroughly and to understand the meaning behind the meaning, extending the intensity and the range of consciousness. Our times changed but the terms and the focus: we are speaking of intensified sensorial perception, of coping with complexity by not-only-rational/cognitive modes, and by better targeted tools of communication. Needless to remark that a market for commercial applications is blooming: from advertising to marketing; also - not unexpectedly - often on and over the thresholds of manipulation.

This context given, the authors attempt to present mainly the (serious, respectable) techniques concentrating on well-known 'hard and quick' methods. 'Soft and slow' techniques are left for later elaboration. Although it was not promised to provide a comparative overview, the chapters present a basis for the understanding of mental techniques and some of the main methods, i.e. concerning meditative ones (mind mapping, visualization, optic-acoustic stimulation; concerning mental systems (including mind machines) and not the least also in short NLP (Neuro-Linguistic Programming).

The understanding of the particular approaches is well founded by a short but informative introduction into the functioning of mental training, physiology and psychology (left hemisphere, right hemisphere, gates of perception a.o.). The features of mental techniques not easy to classify and to relate are well structured and well presented. Preponderantly the text gives access to the why and how of mental techniques, but may hopefully also wake the cautious criticism of the reader as to the preconditions of the use of such hard interventions and their obvious limits.

The authors refrain from recommendations, which seems positive recalling the highly individual base of the methods chosen. Less fortunately, it does not but cursorily touch a critical note. The reviewer may be allowed to add that there is principally no easy way, no 'Six Easy Lessons for Beginners, no Previous Knowledge Required'. In the long run, to gain a sustainable state, deeper than momentary trance and relaxation, on which the book focusses, will only be achieved by continued learning and exercises, extending over years. Thus the value of the book lies in its properly investigated, transparently presented information on techniques available and their possible fields of use. Moreover, it will motivate and pave the path for further, more comprehensive reading.

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