

chance of achieving a live birth through IVF and a 50 to 80 percent chance of experiencing a miscarriage.

Based on her findings, Hewlett urges young women to take charge of their fertility, to focus on finding an appropriate (male) mate in their twenties, and to choose a career path that allows for children (academia has one of the worst track records for supporting motherhood). Furthermore, Hewlett offers the following suggestions: create a national timebank of three-months paid parental leave; restructure retirement plans so they do not penalize workers for career breaks; offer three years of unpaid, job-protected leave.

When I first heard the media coverage of Hewlett's findings, I interpreted it as more backlash to women's career success. The truth is, however, that it is difficult to combine a career and motherhood. Hewlett's book, then, can be seen as a call to action rather than a slap in the face. The discrimination that mothers face in the workplace affects all women. What is needed, in fact, is a workplace that allows all women to participate equally.

In the end, Hewlett writes that the "truth will set us free." I would argue, however, that both Hewlett and her critics have missed an opportunity to promote real change. While Hewlett is motivated by a desire for social change, she envisions a return to traditional values where women are defined by their ability or inability to have children, and heterosexual marriage and nuclear families are seen as the "best" environments in which to raise children. There are many truths that Hewlett leaves out of her book, including the effects of divorce on women's careers and the benefits of alternative parenting and family structures. In the end, we must look beyond Hewlett's findings to alternative "truths" that could radically alter women's position in the workforce.

With Humor and Hope: Learning from Our Mothers' Depression and Alcoholism

Peets, Christine.
Victoria: Trafford, 2001.

Reviewed by Rivka Greenberg

In *With Humor and Hope: Learning from Our Mothers' Depression and Alcoholism*, Christine Peets addresses two problems that afflict women and often are shrouded in silence: alcohol/substance abuse and depression. Only in the past quarter of a century have clinicians and researchers begun to acknowledge publicly that alcoholism and substance abuse in women are critical health and mental health issues that affect substantial numbers of women. While often intertwined, substance abuse and depression need to be diagnosed separately and each disease requires treatment specific to women's needs.

While these diseases affect many women, they often are not recognized or diagnosed, either by the suffering women or by professionals. Many women cannot clearly identify what is bothering them and they often do not know where to seek help so they can get the attention they require. This book provides descriptions that will aid in this identification. In fact, there is no single portrait of an alcoholic woman; there are many. Because of its many manifestations, alcoholism often is difficult to identify by others and by alcoholic women themselves. Even with the identification, asking for and finding help usually is a lonely and difficult task. The same challenges confront women who are clinically depressed.

Peets uses the stories of others, as well as her own personal story of her mother and family. An important aspect of this book is the connection the author draws between her mother's alcoholism and depression and her own life. Across the book, Peets offers as examples the many preventive steps against alcoholism and depression that she has taken and will continue to take throughout her life.

I congratulate Christine Peets for her honesty and courage. Writing *With Humor and Hope* clearly was cathartic for the author and the book will assist readers who hope to interrupt the multigenerational effects of substance abuse and depression in their own lives. Peets includes a selective bibliography and a useful list of international resources.

Midwifery and Childbirth in America

Rooks, Judith Pence, S. Charles, and M. D. Mahan.
Temple Univ Press; 1999.

Reviewed by Ruth Nemzoff

Midwifery and Childbirth in America is not a book to give your pregnant daughter to read in her spare moments. It is too comprehensive, well researched, and detailed. But it is an appropriate gift for anyone who may be planning to attend nursing or medical school. Rooks has written a comprehensive, balanced, and eminently readable book about midwifery and childbirth in America. The book provides a complete history of the accreditation, licensure, and education of nurse midwives and direct entry midwives. It also provides data on the use of midwives. Most interesting is Rooks's review of studies that have assessed the quality, safety, and effectiveness of midwifery in the United States. She notes that surprisingly few studies compare the effectiveness of specific interventions used by midwives and obstetricians.