

## Book Review on Two Helpful and Well-Written guidebooks on the Corona Pandemic

Ulrich Sollmann<sup>1</sup> 

<sup>1</sup> Guest Professor, Shanghai University of Political Science and Law, AND Beratung und Coaching, Hofestr, Bochum, Germany

*Corresponding Author:* Ulrich Sollmann; *Guest Professor, Shanghai University of Political Science and Law, AND Beratung und Coaching, Hofestr, Bochum, Germany*

*Email:* [sollmann@sollmann-online.de](mailto:sollmann@sollmann-online.de)

### Book Review

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### Introduction

There are now several guidebooks in English that provide information on the various aspects of the Corona pandemic. As a rule, guidebooks are aimed at different target groups. The language and arguments of each guidebook are therefore adapted to the respective target group. Further distinctions between the guidebooks include the scope, differentiation, and depth of the information and education. The books are small guides for everyone, which briefly explain the essential aspects of the pandemic. They aim at treatment personnel who are involved in therapy, education, or social work. In them you will find specialist information. Moreover, the books are guides that provide information according to the current state of research. The two books reviewed in the present text are guidebooks that reveal quite pragmatic, immediate tips and tricks that are intended to help readers regain their emotional and mental balance, to become aware of themselves and their respective emotional state, and to encourage positive thinking.

*"Stay safe, stay strong - a guide for psychological self-adjustment in the epidemic period" (2020)*

Shanghai Scientific and Technical Publishers, Shanghai

Available at:

In English:

[https://books.google.de/books/about/Stay\\_Safe\\_Stay\\_Strong\\_a\\_Guide\\_for\\_Psycho.h.tml?id=1ZAezgEACAAJ&redir\\_esc=y](https://books.google.de/books/about/Stay_Safe_Stay_Strong_a_Guide_for_Psycho.h.tml?id=1ZAezgEACAAJ&redir_esc=y)

In German:

<https://www.amazon.de/Bleibt-achtsam-bleibt-stark-Psychozoialer/dp/3935043112>

In Chinese:

<https://www.amazon.cn/dp/B084JRRY3G>

In the recently published book by Zhao Xudong and Liu Zhongmin et al., different perspectives are illuminated in a linguistically easy-to-read form and factually comprehensible manner. It was published in China and mirrors the deep experience of Chinese experts who were the first to face the corona pandemic in the world.

The book is particularly distinguished by two aspects:

- Not only is it written for a specific target group with a very special interest, but it also integrates differentiated factual, linguistically well presented, and understandable information. The handy format and manageable size, and the clear structure in easily digestible parts distinguish the book as a guidebook that is professionally serious and competent on the one hand, and descriptive and pragmatic on the other hand.
- Since the book is now available in Chinese and German worldwide and has now been read by more than 3 million people, these facts alone speak for themselves and for the importance and the acceptance of the book.
- The book has been written by proven experts in China. These experts embody decades of experience in dealing with various regional and global pandemics and severe disasters. The book therefore reflects the concrete experience of the Chinese experts. After all, they have now been dealing with the pandemic the longest, globally speaking.

"Stay mindful/safe, stay strong" touches the people's great need for information. It encourages people to be awake to their own emotional moods, without falling into hysteria and panic. The book also justifiably sees itself as an impetus to self-help, and thus, strengthens not only the need for information, but also the search for and reliance on people's own emotional resources.

Key terms in the book include "stress," "emergency response," and "the psychological treatment of increasing post-traumatic stress disorder (PTSD) after a disaster." The authors relate their statements to personal experience, especially at the beginning of the pandemic, to experience with those affected, and their own professional experience as helpers, medical staff, and therapists.

To sum up, the guidebook can be divided into the following main parts:

The pandemic affects everyone everywhere and at all times.

- It presents conclusions that can be drawn from the pandemic experience for treatment providers and medical and emergency personnel.
- Coping better with quarantine and isolation that may be imposed is best accomplished by experiencing connectedness with others, with friends, with family, and with the social community.
- Catastrophes, and the pandemic is such a catastrophe, end at the some point. Keeping this in mind means to believe in your own resilience and inner resources.
- Guidelines for emergency intervention
- Tips for infection prevention
- Tips for domestic quarantine

*Practical help against fear - what you can do for yourself in times of crisis (2020)*

Publisher Eigenverlag, Freiburg, Germany

ISBN: 0798635529256

Available at:

[https://www.amazon.de/s?k=Ulsamer+fear&\\_\\_mk\\_de\\_DE=%C3%85M%C3%85%C5%BD%C3%95%C3%91&ref=nb\\_sb\\_noss](https://www.amazon.de/s?k=Ulsamer+fear&__mk_de_DE=%C3%85M%C3%85%C5%BD%C3%95%C3%91&ref=nb_sb_noss)

This small book presents methods that the author has developed and passed on during 40 years of practical work as a psychotherapist. The exercises stem from

trauma therapy, behavioral therapy, systemic therapy, existential psychotherapy, NLP, and family constellations. The author also uses these exercises himself in his everyday life.

Conquer the fear and it is over - unfortunately, this is not possible in times of the corona virus and other crises. A single action is of no use. More comprehensive strategies for short-, medium-, and long-term solutions are needed. The more one understands about the background of fear, the easier it is to follow such new paths.

The book is divided into 5 topic sections. If you have never dealt with the topic of anxiety before and you are currently repeatedly experiencing anxiety attacks, the author advises you to start with the first two chapters. First, the book deals with anxiety as a physical feeling and how to deal with this biological fear. Then, we look into the thoughts that create anxiety.

If existential fears or fears about one's health or one's loved ones permanently torment one massively, one should start with chapter 3 about the roots of fear. The current intensity of one's fears is often the result of old personal experiences or experiences with parents and of ancestors. "The war is not over yet" is a subchapter. Even though one may not yet understand why one's fear is so overwhelming, this chapter is very important. However, when you look in these directions, the scales fall from your eyes and you regain your ability to act in the present.

Finally, there is a chapter on fears deriving from the future, where death awaits each of us. Under normal circumstances, one suppresses constant change and finiteness to the best of one's ability. At the present moment, these realizations are coming closer. Herewith, grief and pain influence life intensively. Finally, in the last chapter, the question remains, what attitudes to life can help one here and now to leave behind fears.

The convincing and encouraging appeal of the author therefore is: "Become active!" Sometimes, in the book the author directly asks questions that help one to reflect on oneself and one's life situation. In addition, the author suggests exercises to deal with fears and thoughts in a practical way. If you follow the author's recommendations, new forces for action will arise from your own fears in order for you to cope with the crisis in the best possible way.

All in all, the book is a day's little helper. It is practical, based on a yearlong experience, and written in a language which everybody understands and which motivates and encourages people to become active again in their life.

**Reviewer:** Dipl. rer. soc. Ulrich Sollmann [sollmann@sollmann-online.de](mailto:sollmann@sollmann-online.de)

### **Conflict of Interests**

Authors have no conflict of interests.