

book review

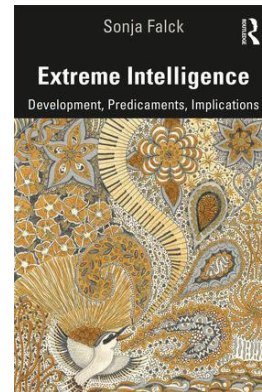
by Noks Nauta

Sonja Falck: *Extreme Intelligence*
Abingdon: Routledge 2019.

The author wrote this book on the basis of many years working in a psychotherapy practice where she saw many gifted adults. She also carried out research in a large group of Mensa members in the UK and studied literature on highly-intelligent people. The focus of this book is the interpersonal implications of giftedness. The social development of the gifted is explored as well as the implications of this for the personal and professional domain of these persons.

As many gifted people describe the implications of their giftedness in interpersonal contacts, and often in a negative way, this book is very relevant. There is considerable suffering and a need for more knowledge. This is the first book I know that really goes deeply into the interpersonal issues of gifted adults. As a psychotherapist, the author is well-qualified to research this.

Sonja Falck describes in a clear and empathic way the many interpersonal issues that highly intelligent adults experience. She uses the concept 'attachment' as a central theme. She explains interpersonal issues of the gifted by a compact but thorough description of relevant literature and by many quotations from the interviews she performed herself with highly intelligent people. She combines the examples from the interviews with the literature



she studied. In this way, readers understand how the gifted adult experiences life in interpersonal aspects. And this understanding will help to find ways to improve their situation.

The book is well-documented (which highly-intelligent readers will certainly appreciate) and the many personal stories will lead to considerable recognition. Sonja listens well in the interviews and really understands what the interviewees tell her. The quotations will help gifted adults and professionals working with them to recognize these issues.

This book will help highly-intelligent people and people around them (professionals and partners/family/friends) to better understand interpersonal processes related to giftedness. The gifted will feel acknowledgement of their experiences, they will understand more of the processes that have started earlier in life and they will be motivated to work on these issues.

As a result I hope this will lead to the greater wellbeing of gifted people. In this way they can use their talents more, and also improve the world around them.

Noks Nauta, PhD, MD, psychologist, member Mensa The Netherlands, honorary board member of the Gifted Adults Foundation, Netherlands.