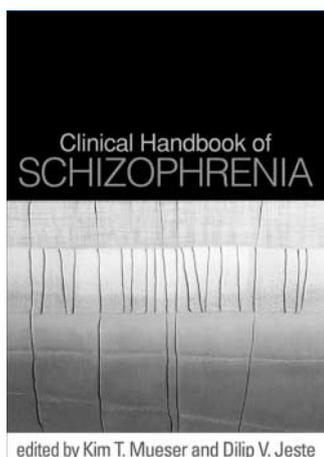


If patients read this bleak book, they might augment their learning with 'practical' examples of ways to rehearse their options, along successful lines used for children in *The Divorced and Separated Game* (Jessica Kingsley Publishers, 1996). Cullington frequently quotes 'no future without forgiveness' and some families may benefit from practical 'rite de passage' approaches to bury old resentments (L. Gulliford, 'The healing of relationships', *Forgiveness in Context*, T. & T. Clark, 2004).

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Clinical Handbook of Schizophrenia

Edited by Kim T. Mueser & Dilip V. Jeste
Guilford Press. 2008.
US\$75.00 (hb). 650pp.
ISBN: 9781593856526

My first reaction on receiving my copy of the *Clinical Handbook of Schizophrenia* was surprise at the heavy thud with which it landed on my desk. This is not a handbook in the sense of a compact reference or *vade mecum*. It is a full-size, hardback tome that will belong on a desk or bookshelf rather than in a bag or briefcase.

The book is essentially a collection of 61 concise literature reviews, divided into eight broad areas and authored by more than a hundred contributors, many of them world experts in their fields. It is probably not intended to be read from cover to cover, and in doing so I encountered several areas of repetition and a few inconsistencies, but in general the book is well edited. Each chapter is written in a clear, simple style, with a minimum of jargon and sparse references, followed by a useful summary of key points and a list of recommended further reading. It is an excellent format and it works well.

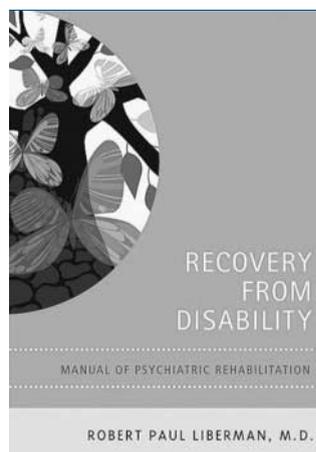
The first and largest of the eight sections, on core science and background information, is succinct, factual and up to date, with excellent summaries of epidemiology, genetics, biological and social aetiological factors. This is followed by sections on assessment, diagnosis and somatic treatments that again cover familiar ground, although the coverage of pharmacological treatments is rather brief. That said, the book's forte is in its comprehensive discussion of psychological and social aspects of treatment and service delivery, areas which are often neglected in psychiatric textbooks. I appreciated the opportunity to fill the (sometimes yawning) gaps in my own knowledge on such topics as cognitive remediation, illness self-management strategies, environmental supports and the recovery movement, as well as more familiar but still relatively recent developments such as cognitive-behavioural therapy for psychosis. The final sections cover special topics, including stigma, sexual functioning, comorbidity, physical health, and schizophrenia in children and the elderly.

The editors have clearly made an effort to include international authors, but the book retains a predominantly US perspective. This obviously limits the usefulness to British readers of some of the chapters, such as those on involuntary commitment or the US jail system, but there are other areas where relevant non-US research seems to have been overlooked. For example, it was disappointing that the chapter on rates of psychosis in African Americans made no reference to the extensive research conducted in Black British populations. Another notable omission was any significant discussion of the possible role of cannabis in inducing or precipitating psychosis.

Overall, however, the editors have succeeded in their objective to produce a collection of accessible and concise reviews on a comprehensive variety of clinical topics, particularly the social and psychological aspects of schizophrenia care.

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Recovery from Disability: Manual of Psychiatric Rehabilitation

By Robert P. Liberman.
American Psychiatric Publishing.
2008.
US\$65.00 (pb). 628pp.
ISBN: 9781585622054

Textbooks of psychiatric rehabilitation are rather like the no. 37 bus of my years living in south London: first you wait a long time at the bus stop and then a whole bunch turn up at once. In the past 2 years I have acquired four substantial tomes on the topic: our own *Enabling Recovery: The Principles and Practice of Rehabilitation Psychiatry* (Gaskell, 2006); the soberly entitled *Psychiatric Rehabilitation* (Academic Press, 2007); the highly academic *Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach* (Guilford, 2008) and now *Recovery from Disability: Manual of Psychiatric Rehabilitation*. All these texts draw on the same evidence base, although the last three are written by practitioners working in the USA, which of course has a radically different system of health and social care than the UK. Even within the USA there are varying rehabilitation traditions: what one might loosely call the Boston model of psychosocial rehabilitation pioneered by William Anthony; an eclectic tradition centred on the work of Robert Drake and Kim Mueser in Dartmouth, Patrick Corrigan in Chicago and Gary Bond in Indiana; and finally the UCLA model, of which Robert Liberman is the doyen.

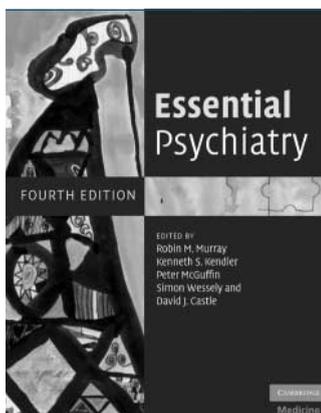
Liberman began his journey as a young psychiatrist in the 1960s, exploring the exciting new world of behavioural treatments for mental illness. He has remained true to this tradition. The UCLA model consists of tightly operationalised therapeutic modules that involve a didactic approach to rehabilitation using

principles of operant conditioning and social learning (Skinner and Bandura are acknowledged influences, and Wolpe was an early collaborator). Although not avoiding issues of theory and service management, the book attempts to be more a practical manual than a textbook. In this Liberman is at least partially successful. A particularly good chapter on working with families would give any practitioner a degree of competence in this oft-discussed but in reality oft-avoided aspect of mental healthcare. Where treatments are sketched in, the reader is directed to resources commercially available from Psychiatric Rehabilitation Consultants, according to the website 'the dissemination site for the UCLA Psych REHAB program' (www.psychrehab.com).

Liberman's book stands out from the crowd in a number of ways. He is the only author to attempt to tackle the subject on his own, which allows his humanistic concern and deep commitment to alleviating the effects of mental illness on service users and carers to shine through, despite his occasional use of language that deviates from the politically correct. As the book's title indicates, Liberman is upfront about the 'd-word', disability: a word that has served in these socially inclusive and recovery-oriented times to make rehabilitation so very unfashionable. He has, uniquely among the fifty-odd contributors to the other recently published titles, the intellectual self-confidence to articulate concerns about the more glib formulations of the recovery movement, with the marvellously dismissive: 'Catchwords trump dry logic, dull evidence and mere facts'. This book is in a very real sense a monumental achievement, fruit of 40 years of active research and practice in what was and remains an undeservedly unfashionable field.

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Essential Psychiatry (4th edn)

Edited by Robin M. Murray, Kenneth S. Kendler, Peter McGuffin, Simon Wessely & David J. Castle
Cambridge University Press. 2008.
£48.00 (pb). 752pp.
ISBN: 9780521604086

There are very few prospects less appetising than the appearance of a new edition of yet another multi-author textbook in any discipline. Far too often such textbooks are over-sized, over-priced and characterised by an overwhelming sense of disjointed incoherence, as an arbitrary selection of topics receive idiosyncratic treatments at the hands of a variety of uninterested authors, selected for no apparent reason. In fairness, though, not all multi-author textbooks fit this paradigm: occasionally, one such volume will provide a brisk, formatted run-through of current thinking about key themes and leave the reader with a genuine desire to seek out more focused, opinionated polemics on specific topics of interest.

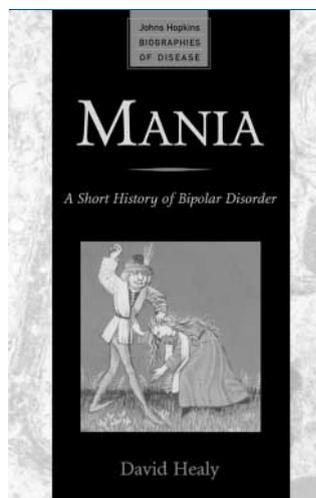
Happily, the 4th edition of *Essential Psychiatry* belongs firmly in the second category, managing to avoid the pitfalls of the dreaded multi-author format and producing some interesting new thinking in a range of areas. I was particularly impressed by the chapters on schizophrenia and related disorders by Robin M. Murray and Kimberlie Dean, and forensic psychiatry by Kimberlie Dean, Tom Fahy, David Ndegwa and Elizabeth Walsh. The chapter on social and cultural determinants of mental health by Vikram Patel, Alan J. Flisher and Alex Cohen is also outstanding and should be mandatory reading for psychiatry trainees at all levels.

Notwithstanding these considerable strengths, *Essential Psychiatry* is still a multi-author volume and as such lacks the forceful clarity and focus that accompany a single author's voice. This is not a fault of the volume itself, but the format. On this basis, then, although there is a clear need for texts such as this one, there is a similarly pressing need that they be complemented by shorter, single-author volumes that not only summarise existing evidence in specific areas, but offer radically new, opinionated ways of thinking about psychiatry.

There are, sadly, few such polemics published any more, as publishing houses tend towards the 'compilation' rather than 'authorship' of textbooks. Incidentally, 2010 will see the 200th anniversary of one of the most interesting single-author textbooks of psychiatry ever published in Ireland or the UK, Dr William Saunders Hallaran's *Enquiry into the Causes Producing the Extraordinary Addition to the Number of Insane together with Extended Observations on the Cure of Insanity with Hints as to the Better Management of Public Asylums for Insane Persons* (Edwards & Savage, 1810). Best of all, Dr Hallaran's book can be downloaded free of charge from the Google Books website (www.books.google.com) and should be of interest to practising psychiatrists and trainees alike. In addition, of course, to *Essential Psychiatry*.

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Mania. A Short History of Bipolar Disorder

By David Healy.
The Johns Hopkins University Press.
2008. US\$24.95 (hb). 320pp.
ISBN: 9780801888229

In the preface to his new book, David Healy, chronicler of the evolution of psychopharmacology and fearless critic of the pharmaceutical industry, offers some playful remarks about