

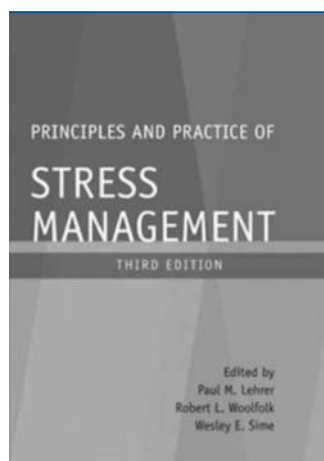
and music, unearthing harmony in the dissonant worlds of art and science. As a musician, I found it a satisfying response to the Keatsian concern that refracting arts through the sciences risks ‘unweaving the rainbow’.

Levitin, a musician and record producer turned neuroscientist, offers an explanation of the science and experience of music with a multitude of classical and popular examples. A lesson in pitch, rhythm, tempo and harmony sets the scene for understanding the cascade of brain region activation which is triggered by listening to music. He unceremoniously links the auditory cortex, frontal regions and mesolimbic system, including the nucleus accumbens, likening the addictive nature of music to the dependence of a drug addict. The rise in dopamine levels and association with positive mood and affect observed when listening to music is used to explain why many of the newer antidepressants act on the dopaminergic system, and he shares his exploration of the cerebellum not only as a crucial element to maintaining tempo in music, but as intrinsic to emotion.

In addition, he examines music over the life cycle; from the seeds of musical preference sown in the womb and brain myelination in teen years, to the nostalgia of those with Alzheimer’s disease when they hear songs from their youth. He suggests we are more musically equipped than we think and teases out the unique qualities of music which enhance communication, cognitive development and well-being. This is a fascinating read, accessible to non-musicians and musicians alike, which will set your foot tapping and propel you to dig out those dusty records all in the name of neuroscience.

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doi: 10.1192/bjp.bp.108.050138



Principles and Practice of Stress Management (3rd edn)

Edited by Paul M. Lehrer, Robert L. Woolfolk and Wesley E. Sime. Guilford Press. 2007. 721pp. US\$85.00 (hb). ISBN: 9781593850005

Something strange happened when I opened the parcel containing this book for review: lifting 1.5 kg of a whopper, I felt my heart sinking, sweat dripped off my front and I became shaky. I now know: I was stressed.

Struggling with the conceptual haziness of stress (was it more anxiety about not completing this review before the London Olympics or depression over the thought of being a failure in not being able to read 800 pages?) I felt reassured after reading chapter 1: ‘Stress is an umbrella concept allowing a layperson to describe the perturbations of life without needing to face potentially undesirable terms like “anxiety” and “depression”’. If the concept is so loosely defined, how can we really advocate very

specific solutions and management plans? The book provides a wise answer to this question: the broader concept of stress allows for a whole variety of interventions, ranging from muscle relaxation, hypnotic methods, breathing retraining and Eastern disciplines like Yoga and Qigong to cognitive methods and others.

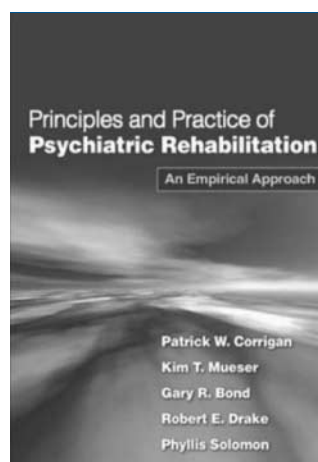
In the introduction, Jonathan Smith writes somewhat vaguely about the psychology of relaxation. Vagueness seems to fluctuate throughout; in the presentation of randomised controlled trial data and effect sizes *v.* case studies, the different treatment approaches reflect the underlying differences in conceptual and epistemological thinking of the contributing authors.

The usual suspects, cognitive and behavioural interventions including Meichenbaums’s stress inoculation therapy and Kabat-Zinn’s mindfulness-based stress reduction, seem to provide the most solid research base for efficacy in stress management, as does exercise therapy. Other less well-known interventions also seem to have a role. Drawing on the knowledge of traditional Chinese medicine, Qigong provides anecdotal relief for the symptoms of stress through ‘emptying your mind and drawing energy from planets’. Neurofeedback helps you learn how to modulate your own electroencephalogram patterns and electrodermal responses as biological markers of stress. Music therapy seems to have an effect only if the music listened to ‘corresponds to the patient’s taste’. No wonder my blood pressure remained high while listening to Wagner’s *Ring* for relaxation.

In summary, this reference book gives us a remarkable insight into the huge variety of interventions available for the universal ailment of stress. Even though the majority of the interventions listed do not have a strong evidence base for their efficacy, this book teaches us to be cautious and to keep an open mind about somewhat New Age interventions. Who, after all, would have predicted 20 years ago that mindfulness-based interventions would be endorsed by the National Institute for Health and Clinical Excellence for relapse prevention in depression?

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doi: 10.1192/bjp.bp.107.047134



Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach

By Patrick W. Corrigan, Kim T. Mueser, Gary R. Bond, Robert E. Drake & Phyllis Solomon. Guilford Press. 2008. 536pp. US\$75.00 (hb). ISBN: 9781593854898

This is an exceptionally good book, and one of the few that can genuinely be recommended to all psychiatric trainees and every library.

The authors have pooled their considerable knowledge and experience to produce a cautious and comprehensive review of how best to work with ‘consumers’ with ‘psychiatric disabilities’

which stays commendably close to the practical realities of everyday practice. Weighing in at 2lb 10oz and with 90 pages of references it may initially appear disconcertingly heavyweight but is none the less lucidly written and carefully designed to enhance its readability and usefulness. Propositions, definitions and models are all clearly described, the evidence in support of each is critically evaluated and reviews are helpfully punctuated by succinct summaries and conclusions – including the limitations of the evidence itself.

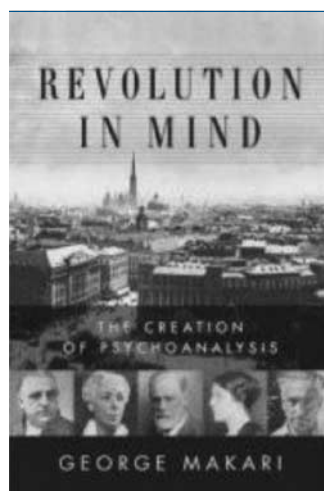
It centres on the needs of people with severe mental illness in ten basic life domains including work, housing, education and family. Alongside well-shaped reviews of familiar topics, such as case management and medication, are challenging areas including managing aggression and people with dual diagnosis. These are usefully extended into emerging areas of collaborative practice such as self-management and peer-provided services.

They have sought to produce an evidence-based text where the research speaks for itself, unembroidered by speculation or opinion. But it is never really possible to serve up theory-free facts or value-free observations and they appear to show a little of their otherwise invisible editorial hand in dismissively lumping psychoanalytic considerations with mesmerism and phrenology as historical artefacts that 'have no utility in understanding disabilities and yielding no benefits in addressing the needs of people with serious mental illnesses'.

This is probably the best account of the evidence base for contemporary rehabilitation practice to date and a commendable starting place for further study or research. In building their book upon the twin foundations of empowerment and recovery they have produced a text which is highly complementary to *Enabling Recovery* (a title I co-edited for Gaskell in 2007) and a welcome contribution to the redevelopment of rehabilitation in the context of recovery-oriented practice. But I do hope that their neologistic identification of consumers who also provide services as 'prosumers' does not survive the voyage across the Atlantic.

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doi: 10.1192/bjp.bp.108.049775



Revolution in Mind: The Creation of Psychoanalysis

By George Makari.
Duckworth Press. 2008.
624pp. £25.00 (hb).
ISBN: 9780715637593

Is there room for yet another book on the history and development of psychoanalysis? I was doubtful at first, but my initial scepticism was overturned after reading this book. George Makari sets a very effective boundary around his vast subject: he tries to cover not only

the history of psychoanalysis, but the history of ideas throughout the formative period of modern Western thought, from about 1870 to 1940, with a brief epilogue about the post-War years.

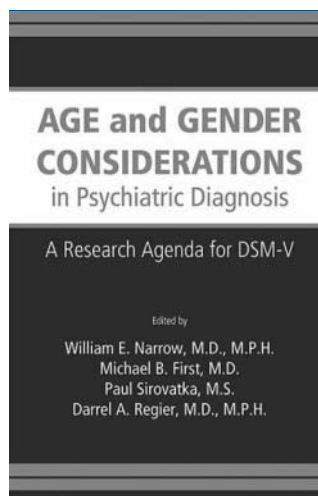
Makari is of his time: he reflects a current preoccupation in the US of going back to the 'founding fathers'. He describes Freud's ability to generate original thought from a synthesis of the important ideas of the 19th century. He also shows the ruthless, Machiavellian side to Freud's character in maintaining control of psychoanalysis as a distinct body of ideas. In modern terms, Freud was managing a brand name and fighting to maintain ownership. However, after this initial period, Freud shows flexibility in superseding his own theories with new ideas, keeping psychoanalysis from being merely a dogmatic school of acolytes.

Admittedly, the book covers familiar ground but it does that through some beautifully researched material on the political development of psychoanalysis. This is one of the clearest accounts I have read of this period. Makari's ability to situate the inter-necine struggles of psychoanalysis within broader history of Europe made me look at his sources to check the accuracy of the connections. I did not find a single mistake and the excellent endnotes and index made the task simple. Makari adopts the modern style of having extensive endnotes and index (nearly a fifth of the whole book in all) but with no intrusive references or footnotes in the text to distract the reader. He writes in a style that makes his book equally absorbing as a holiday book and a textbook and it will attract non-clinicians as much as practitioners.

Inevitably, some sections could be expanded. For instance, the account of the crucial controversial discussions was succinct but a little too brief, whereas the development of ego psychology in North America is covered in detail. These individual preferences are unavoidable in a book of this type, but overall I recommend it to anyone who wants to understand Freud in his historic context. It is salutary that current arguments about technique and theory have their roots in these arguments from over a century ago.

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doi: 10.1192/bjp.bp.108.050849



Age and Gender Considerations in Psychiatric Diagnosis: A Research Agenda for DSM-V

Edited by William E. Narrow,
Michael B. First, Paul Sirovatka
& Darrel A. Regier.
American Psychiatric Association.
2007. 382pp. US\$55.00 (pb).
ISBN: 9780890422953

The fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-V) is due to be completed in 2011 and this volume, while not part of the official DSM revision process, is intended as a source document for the DSM-V Task Force as well as to provide guidance and recommendations for the longer-term