

may be deleterious and that cognitive changes may follow from the associated hippocampal damage. Again, the undoubtedly interesting neuroscience outweighs the supporting clinical evidence.

The book is uneven in style and form. Some chapters are overviews; others present detailed studies and data. There is much overlap and repetition, particularly of the background outlined above. It is difficult to see whom the book is aimed at, but it could be recommended for the dedicated researcher in this area. Despite all these caveats, the authors have the courage of their convictions and a large number of testable hypotheses are generated, and that can't be bad.

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**Handbook of Cognitive-Behavioural Therapies.** Edited by KEITH S. DOBSON. London: Hutchinson. 1988. 426 pp. £30.00.

The 'cognitive revolution' in psychology started in the 1960s, and since that time there has been an explosion in the published literature on the theory and clinical efficacy of cognitive-behavioural approaches. For those at the forefront of research in this area it is an exciting time. However, for others, attempting to come to grips with current developments in this field can be both frustrating and confusing. At what point does a behavioural approach merge into a cognitive behavioural approach? Are there any 'pure' cognitive therapies, or do all of them incorporate some behavioural techniques? Dobson takes as his starting point a broad definition of cognitive behavioural therapies: all those approaches that assume a primary role for cognitions in determining emotional and behavioural responses to events or experiences. This shapes the framework of the text and allows a comprehensive overview to be given of a wide range of theoretical models and clinical interventions.

The list of authors (including Beck, Ellis, Rehm, and Shaw) is impressive, and their contributions are of an excellent standard. The chapters not only address clinical and research issues, but clearly outline the philosophies underpinning the different approaches. The book is divided into three sections, covering the development of cognitive behavioural therapies and issues in cognitive assessment, the therapies available, and lastly an overview and analysis of future developments in the field.

In the preface Dobson writes that the impetus to producing this book came from having to teach about the theory and practice of cognitive therapies. He states that when he sought a "succinct, comprehensive handbook of the field of cognitive behavioural therapies" none was available. I can pay the editor no higher compliment than to say that that gap has now been successfully filled

by this textbook. I cannot recommend it strongly enough to all those with an interest in the philosophy and practice of these approaches.

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**Treatments for the Alzheimer Patient.** Edited by LISSY JARVIK and CAROL HUTNER WINOGRAD. New York: Springer Publishing Company. 1989. 272 pp.

This is a good text: USA-centred, but of wider interest and usefulness. There are four sections: clinical care, family and community interventions, policy (very exclusive to the United States), and research. Appended are a variety of rating scales, including several which are much used, and details of (American) helping organisations and of some relevant publications. The references too are largely American, with omissions of important British work on the supporters of the demented by Gilleard, Gilhooly and others. The section on research is somewhat thin, and scarcely does credit either to the complexity of the growing volume of epidemiological research, or to the sophisticated analysis of burden for supporters and of specificity of interventions. Work by Jarvik is too curtly summarised as "care giver problems progress as the duration of Alzheimer's disease lengthens". On the other hand, the opening chapter on 'The physician and the Alzheimer patient' by Winograd is admirable, setting out a broad-fronted approach with a nice attention to practical details (although the author, in discussing investigations, ducks the thorny question of how intensively the very aged 'typical' Alzheimer patient should be investigated).

Jarvik's chapter on 'Reviewing the future prospects for research' is characteristically wise and well-informed. This is a sensible, practical book, more likely to be bought by individual readers in America, but well worth adding to some British libraries.

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**X-Linked Mental Retardation 3.** Edited by JOHN M. OPITZ, GIOVANNI NERI, JAMES F. REYNOLDS and LAVELLE M. SPANO. New York: Alan R. Liss. 1989. 707 pp.

This large book is the proceedings of the 3-day Third International Workshop on Fragile X and X-Linked Mental Retardation, held in Italy in 1987. The contents have previously been published in *The American Journal of Medical Genetics* in 1988. The book is dedicated to