

Canada. As would be expected, some of the issues and perspectives presented in this volume are influenced by the authors' cultural background but most of the information would be relevant beyond this and the authors make efforts to note details specific to other countries.

The volume in its current hardback form is 354 pages long and contains 13 chapters. It starts with an introduction to CBT. The next eight chapters give a detailed description, integrated with research evidence, for each of the elements of CBT in the order in which they are likely to be used in treatment. The authors begin with the process of assessment before going on to detail how to develop a formulation. A further chapter examines how to make a plan for therapy and engage the client in treatment. Behavioural elements of treatment are discussed separately from strategies designed to restructure cognitions. The authors next include a chapter focused on the modification of core-beliefs before ending the practical description of CBT with a discussion of issues pertinent to termination, including relapse prevention. The subsequent chapter considers challenges of implementing CBT, although difficulties with the implementation of specific aspects of treatment are also discussed throughout. The final chapters discuss the research context of CBT, myths about CBT and starting and maintaining a CBT practice. The book ends with two appendices: a reprint of The Cognitive Therapy Scale (Young and Beck, 1980), which will be very useful to those not already familiar with this, and a list of review articles regarding the efficacy of CBT, including evidence for CBT for specific disorders.

In summary, this book provides a practical guide to common elements of CBT for practitioners who are interested in making good use of available evidence to help their clients to get better. It offers information on which aspects of CBT are empirically supported, and tells readers how to use these with clients in their practice, as well placing CBT within a wider context.

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### **Know Your Mind: Everyday Emotional and Psychological Problems and How to Overcome Them**

Daniel Freeman and Jason Freeman

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Today a wealth of information regarding mental health is available via books and electronic resources including the internet. A concern for clients and therapists alike is understanding and appreciating exactly where to begin. *Know your Mind* provides an excellent resource. Applying a cognitive-behavioural approach, the book draws upon evidence-based research and therapeutic techniques to manage a diverse array of mental health issues from addictions to tiredness. Presented in an interesting, informative and accessible format, this book is suitable for those with an interest in mental health. It provides an excellent starting point for readers experiencing mental health difficulties and is also of value to mental health professionals as a concise reference text.

The book is divided into three sections; Part I is a brief introduction. The first part of the introduction outlines the book's aims and intentions. The primary aim is to provide information regarding mental health problems in an entertaining and accessible manner. The second intention is to inform the reader that psychological and emotional problems are common

and a normal part of life. The introduction covers topics such as cognitive-behavioural therapy, NICE guidelines, and seeking help from health professionals. The final part of the introduction addresses techniques and methods to maintain effective mental wellbeing, an important topic that is often omitted in other self-help books. This section is divided into five life areas: thoughts, relationships, diet, activity, and sleep. As in the main body of the book, the mental wellbeing section provides educational information regarding these life areas and basic CBT techniques such as diary keeping and evidence gathering. The section is also supplemented with clinical self-assessment questionnaires and interesting research studies. Overall, the introduction sets a relaxed and reassuring tone for the remainder of the book.

Part II is the main body of the book and provides valuable information regarding 50 common mental health problems such as addictions, childhood problems, depression, and paranoia. Each entry observes a similar format. First, clear information about the presenting problem is provided. DSM-IV criteria are mixed with interesting quotes, historical and literary information to create a sensitive and realistic account of psychological problems. Statistical information on the commonality of each problem is then provided, followed by clinical self-assessment questionnaires. The following section of each entry outlines problem specific CBT techniques, for example graded exposure for phobias and challenging negative thoughts for depression. The techniques are short and manageable and, most importantly, are evidence-based. Information is also provided on alternative psychological therapies and medications where appropriate. Finally, a comprehensive list of quality books and websites is provided for those seeking further information. Each entry also contains “personal accounts” and interesting research or media contributions on the problem. The additional text boxes break up the text and set an appropriate context for each of the psychological problems. Part III is a resources section, providing references for each of the questionnaires used and the contact details for a number of useful organizations, mainly in the UK.

I believe that this book would be extremely useful for therapists who are currently in training or those working outside their usual area of expertise. It provides a comprehensive introduction to a variety of mental health problems, and a good grounding in problem specific CBT approaches. The list of further resources is extensive and readers can have confidence in the recommendations made as each entry has been reviewed by clinical psychologists. Overall I believe that the book has successfully addressed the two main aims outlined in the introduction and serves as a reminder to mental health professionals that helping individuals to understand mental health issues and terminology is an important means by which we can reduce the stigma surrounding psychological problems.

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