

Book Reviews

If you are interested in reviewing books/texts/materials/software for *Behavioural and Cognitive Psychotherapy*, then please contact us at the address below, indicating your particular areas of interest and/or title of item to be reviewed.

Also, if you would like to recommend a book (new or old) for review, please supply us with the title, author and publisher and we will do our best to obtain it.

Books Received

Coping with Trauma: A Guide to Self-understanding

J. G. Allen

ISBN: 0880489960; £13.50 (paperback)

Published by American Psychiatric Press, 1999.

Cancer and Emotion: A Practical Guide to Psycho Oncology (3rd ed.)

J. Barraclough

ISBN: 047198597X; £27.50 (paperback)

Published by John Wiley & Sons, 1998.

Early Intervention in Psychosis: A Guide to Concepts, Evidence and Interventions

M. Birchwood, C. Jackson and D. Fowler

ISBN: 0471978655; £34.95 (hardback)

Published by John Wiley and Sons, 2000.

Brief Therapy for Post-Traumatic Stress Disorder

S. Bisbey and L. B. Bisbey

ISBN: 0471975672; £16.99 (paperback)

Published by John Wiley & Sons, 1998.

Overcoming Social Anxiety and Shyness: A Self-help Guide Using Cognitive Behavioural Techniques

G. Butler

ISBN: 1854877038; £7.99 (paperback)

Published by Robinson Publishing, 1999.

Cognitive Therapy for Delusions, Voices and Paranoia

P. Chadwick, M. Birchwood and P. Trower

ISBN: 0471961736; £24.95 (paperback)

Published by John Wiley and Sons, 1996.

Scientific Foundations of Cognitive Theory and Therapy of Depression

D. A. Clark, A. T. Beck and B. A. Alford

ISBN: 0471189707; £37.50 (hardback)

Published by John Wiley and Sons, 1999.

Handbook of Cognition and Emotion

T. Dalgleish and M. Power (Eds.)

ISBN: 0471978361; £90.00 (hardback)

Published by John Wiley and Sons, 1999.

Cognitive Behaviour Therapy for Psychosis

D. Fowler, P. Garety and L. Kuipers

ISBN: 047195618X; £24.95 (paperback)

Published by John Wiley and Sons, 1995.

Cognitive Therapy in Groups: Guidelines and Resources for Practice

M. L. Free

ISBN: 0471981443; £15.99 (paperback)

Published by John Wiley and Sons, 1999.

Overcoming Depression: A Self-help Guide Using Cognitive Behavioural Techniques

P. Gilbert

ISBN: 1841191256; £7.99 (paperback)

Published by Robinson Publishing, 2000.

Overcoming Traumatic Stress: A Self-help Guide Using Cognitive Behavioural Techniques

C. Herbert and A. Wetmore

ISBN: 1841190160; £7.99 (paperback)

Published by Robinson Publishing, 1999.

Understanding Post-Traumatic Stress: A Psychosocial Perspective on PTSD and Treatment

S. Joseph, W. Yule and R. M. Williams

ISBN: 0471968013; £17.99 (paperback)

Published by John Wiley & Sons, 1997.

Cognitive Therapy for Bipolar Disorder

D. H. Lam, S. H. Jones, P. Hayward and J. A. Bright

ISBN: 0471979457; £19.99 (paperback)

Published by John Wiley and Sons, 1999.

Remember Trauma: A Psychotherapist's Guide to Memory and Illusion

P. Mollon

ISBN: 047197613X; £39.95 (hardback)

Published by John Wiley & Sons, 1998.

**The ADHD Handbook: A Guide for Parents and Professionals on Attention Deficit/
Hyperactivity Disorder**

A. Munden and J. Arcelus

ISBN: 1853027561; £9.95 (paperback)

Published by Jessica Kingsley Publishers, 1999.

Behavior and Cognitive Therapy Today: Essays in Honour of Hans J. Eysenck

E. Sanavio (Ed.)

ISBN: 0080434371; £74.85 (hardback)

Published by Elsevier Science (Pergamon), 1998.

Overcoming Panic: A Self-help Guide Using Cognitive Behavioural Techniques

D. Silove and V. Manicavasagar

ISBN: 1854877011; £6.99 (paperback)

Published by Robinson Publishing, 1997.

Treating Complex Cases: The Cognitive Behavioural Therapy Approach

N. Tarrier, A. Wells and G. Haddock (Eds.)

ISBN: 047197840X; £50.00 (hardback)

Published by John Wiley & Sons, 1998.

Underachieving to Protect Self-worth

T. Thompson

ISBN: 1859725139; £37.50 (hardback)

Published by Ashgate Publishing Ltd, 1999.

Outcome and Innovation in the Psychological Treatment of Schizophrenia

T. Wykes, N. Tarrier and W. Lewis (Eds.)

ISBN: 0471978426; £18.99 (paperback)

Published by John Wiley and Sons, 1998.

Risk Factors for Posttraumatic Stress Disorder

R. Yehuda

ISBN: 0880488166; £36.50 (hardback)

Published by American Psychiatric Press, 1999.

Cognitive Therapy for Personality Disorders: A Schema Focused Approach (3rd ed.)

J. E. Young

ISBN: 1568870477; \$13.95 (paperback)

Published by Professional Resource Exchange, 1999.

Children and Traumatic Stress

W. Yule

ISBN: 0471976679; £15.99 (hardback)

Published by John Wiley & Sons, 2000.

Post-Traumatic Stress Disorders: Concepts and Therapy

W. Yule

ISBN: 0471970808; £18.99 (paperback)

Published by John Wiley and Sons, 1999.

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Book Reviews**Fears, Phobias and Rituals**

Isaac Marks. London: Oxford University Press, 1987. pp. 682. £49.50 (hardback).

In *Fears, phobias and rituals* (1987), Isaac Marks aimed to integrate knowledge of fear from a wide range of disciplines, i.e., biology, ethology, genetics, physiology, pharmacology, psychology and psychiatry from over 30 years of research. At that time it was an immense task with more than 1000 new articles on fear appearing each year. The book aimed to provide a bridge between the basic scientist, the clinician and clinical researcher, providing each with an access point to the others' area of knowledge.

The book begins with the basic sciences, describing normal fear in humans and other animal species as they inform human fears. It then follows the mechanism of fear, how fear is acquired, focusing on evolutionary prepotent fears, genetic aspects of avoidance and learning theory. A particular strength of the book for the clinician is the description and evidence for conditioning, habituation and sensitization from animal and human research. The finding that sensitization is associated with intermittent stimulation and habituation with continuous stimulation is still not widely known amongst clinicians yet is crucial to informing therapy for anxiety disorders. The large body of research described emphasizes how human beings are unique in some aspects but not others. On the other hand, learning theorists had often ignored species' specific differences in learning.

The clinical section of the book begins with an historical background to knowledge of phobias and obsessive-compulsive phenomena and addresses classification issues in the diagnosis of anxiety disorders. The language follows that in the previous section; as taxonomy is applied to describing and classifying animal behaviour, so it is to human behaviour. Symptoms are distinguished from disorders and each of the anxiety disorders, including illness phobia as a distinct disorder are described from an historical perspective including population estimates. There is also a discussion of the overlap between anxiety and depression and the related diagnostic issues. The breadth of the book is characterized by a section on comorbidities with anxiety disorder including alcohol problems and epilepsy. There then follows a chapter on each of the main clinical disorders including demographic aspects, age of onset, clinical picture, personality and biological aspects in adults and children.

The final treatment section remains of interest to clinicians today as it describes the

evidence for the use of exposure from its origins in systematic desensitization, as an office based, clinician assisted procedure through to the current practice of live exposure which is client directed. Throughout the clinical section, case examples provide a rich texture to the research evidence presented. A particularly useful aspect is the summary at the end of each chapter and the author and subject index.

As to the author's place in the "Hall of Fame" of anxiety disorders? The enormous contribution that Isaac Marks has made to the study of anxiety disorders becomes clear from reading this book but it is by no means emphasized. What is evident is a long-term, systematic and scientific approach through controlled research to answering some of the key questions that aimed to alleviate the distress, disability and handicap of some 10% of the population who suffer from anxiety disorder. The book is a monumental scholarly work and reflects not only the sheer volume of Marks' own and colleagues' research but the intellectual rigour he has brought to the area.

Since 1987, there has been an explosion in knowledge in the basic sciences from neuro-imaging and neuro-physiology, in cognitive models of aetiology, an increased interest in generalized anxiety disorder and advances in treatment in cognitive and behavioural psychotherapy, psychopharmacology and computer delivered treatments. A post retirement challenge to Isaac Marks or a team of scholars would be to provide an updated edition of *Fears, phobias and rituals*. Until such a text is produced this book remains an important text for clinicians, students and researchers, particularly in the knowledge base underpinning the use of exposure in the treatment of anxiety disorders.

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Living with Fear

I. M. Marks. New York: McGraw-Hill Publishing Company, 1978. pp. 302. £14.99 (softback).

Living with fear is a title that first caught my eye on a bookstall at the inaugural meeting of Triumph Over Phobia in 1987, where the author, Professor Isaac Marks, was the guest speaker. What an archetypal title I thought then – and still think. The words "Living with Fear" graphically sum up what phobia and OCD sufferers experience daily. The title also explains what they have to do in order to beat it!

In the years since I first read *Living with fear*, I have become very familiar with this seminal self-help manual – the only self-help book that we know of that has been tested in randomized clinical trials and proved to be effective.

I have heard younger people in the behavioural psychology field suggest that it should be rewritten, that it is "out of date" (first published in 1978) and that it is too difficult for patients to cope with. I can only say that I am often surprised that some people (of all ages), who have not had the education I was privileged to receive, take to this book, are able to quote it and sometimes carry it everywhere with them. On numerous occasions, we hear people saying, when describing working at a particularly difficult goal, "I had my book with me!".

Every member of a TOP U.K. self-help group is asked to read *Living with fear* before attending their first meeting and so many of them say things like "I've been reading my

own story”, “I can’t believe that the man who wrote this book knows me so well”. Once readers are directed to relevant sections, are encouraged to read and re-read, they “get the message” and refer again and again to the text. I recently heard one of our group members say to another member who was going through a difficult time, “When you get an anxious patch, go back to the book. The book tells you that any anxiety will eventually spend itself.”

From this book we learn that anxiety disorders are common to both sexes, from all walks of life; they are recorded across cultures and even across history. *Living with fear* includes examples and case histories of every kind of phobia, including OCD. No wonder we are able to tell our group members that we “have heard it all before”, that they are not alone. We read about agoraphobia, height phobia, driving phobia, “barber’s chair” syndrome, bird phobia, illness phobia, sexual anxieties, social phobia, obsessive fears and rituals and more. It is all here.

More importantly, we learn that it *is* possible to overcome these fears and phobias in a relatively short period of time, by what seems to be a very simple method. All the sufferer has to do is to face the anxiety or feared situation and “stay with it” until the anxiety reduces – “the principle of exposure to that which frightens you until you get used to it”.

The last chapter explains clearly what is needed to achieve success by the graded self-exposure approach. Sufferers are taught how to keep a diary of their progress, and how to determine their own coping tactics. They are reminded again and again to “Learn to live with fear and it will subside.”

It all seems so obvious now, but when this book was published and when TOP U.K. started using it as a self-help manual, the ideas were radical. In the early days of Triumph Over Phobia in the late 1980s, *Living with fear* was not readily available in this country. Our Founder, Celia Bonham Christie MBE, MA had to wait until she got to Canada (by boat) before she could buy a copy. She then used the book diligently as a self-help manual over 3 weeks to learn to face up to her phobia of flying and then flew for the very first time to return to the U.K. Following this achievement, she met Professor Marks, who suggested that she might start the first lay group teaching graded self-exposure to other sufferers. This meeting was the birth of Triumph Over Phobia.

We eventually bought copies of *Living with fear* direct from the publisher, McGraw-Hill, and had to import them from the U.S.A. We advertised them and sold hundreds of copies. McGraw-Hill now publish and print it in the U.K. and we continue to purchase supplies and sell numerous copies to sufferers. *Living with fear* is now much more widely available from book shops and it will be found in most local libraries. One of our group leaders saw it for sale, appropriately, on the bookstall at Terminal 2, Heathrow Airport! Our affiliated organization in Australia, TOP New South Wales, also purchases copies for on-sale to sufferers there.

Living with fear is translated into Arabic, German, Greek, Hebrew, French, Japanese, Norwegian, Spanish and Thai. There is a very strong case for it to be translated into Urdu (any publishers reading this?) This is a universal book for use by sufferers everywhere. On behalf of more people than can be counted, thank you Isaac Marks, for writing *Living with fear* and for helping so many people to change their lives for the better.

JOAN BOND

Development Director, Triumph Over Phobia (TOP U.K.)

Note:

Since its first printing in July 1978 56,000 copies of *Living with fear* have been sold.