

has to offer within a community framework". It does not claim to be comprehensive overview, but covers a wide range of topics. There is an emphasis on "using psychologists' knowledge and skills that will help (other) staff". There is also an emphasis on the growing importance of prevention. The editor states that it is intended not only for those working with clients but also for managers, which is perhaps an interesting comment from a practitioner who became a manager shortly after completing this book.

The eighteen contributors all write from the basis of clinical practice and the majority from a British setting, with only four American contributions. Four of the chapters are concerned with particular lifestages ranging from childhood to old age, and emphasise those aspects of psychological practice the authors consider important. Two chapters are concerned with specific groups: the mentally handicapped and the chronically psychiatrically ill. Four chapters are concerned with very specific conditions: alcohol, drugs, smoking, and obesity. The chapter by Koch on anxiety and depression deals with management of these common conditions, not only in terms of therapy but also the location of services and the need for a preventative approach. The two remaining chapters deal with behavioural marital therapy and behavioural medicine.

This book provides a useful survey of the views of a number of active and experienced clinical psychologists and succeeds in providing an overview of much of the present scene. It inevitably raises questions as to the boundaries between the work of clinical psychologists and psychiatrists, as in places it seems to claim for clinical psychology that which, no doubt, many psychiatrists would see as falling within their own field. There is an emphasis on team work. This is a book that should be available to all psychiatrists and certainly should be included in every psychiatric and clinical psychological library. The print and format is not particularly attractive nor particularly easy to read, and it seems a pity that at this price it could not have been better. Alternatively, perhaps such books should be produced in paperback and therefore more likely to be purchased by individuals rather than mostly by libraries.

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**Hypnogogia: The Unique State of Consciousness Between Wakefulness and Sleep.** By ANDREAS MAVROMATIS. London: Routledge and Kegan Paul. 1987. 360 pp. £30.00.

This book has made a timely appearance. It examines hypnogogia at a time when there is a renewed interest in cognition and subjective experience within both psychiatry and psychology.

The first part of the book gives a comprehensive historical background to the phenomenon together with numerous descriptive accounts and pictorial illustrations. The second part relates hypnogogia to other states such as dreams, psychic experience, schizophrenia, and creativity. Finally, an attempt is made to determine its brain correlates and function.

According to the author, hypnogogia is a state, often initiated consciously and deliberately but frequently becoming automatic, in which original revelations of a psychic, artistic, or scientific nature may occur. It is usually pleasant and can be therapeutic.

"Hypnogogia" certainly makes fascinating reading to both the layman and those with some knowledge of the field. It also serves as an encouragement to the reader to initiate his own personal investigation of what is essentially a subjective experience.

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**Functional Psychological Testing: Principles and Instruments.** Edited by RAYMOND B. CATTEL and RONALD C. JOHNSON. New York: Raven Press (distribution for Brunner/Mazel). 630 pp. \$88.50.

The term 'functional' in the title of this book could mislead readers into expecting its contents to deal with the testing of practical, everyday functioning of human beings. In fact, the editors use the term in its most mathematical sense, the concern of the contributing authors being with exactness of measurement and principles of testing rather than with perhaps more fundamental questions concerning the ecology of testing. One of the editors states that functional psychological testing is 'based on quantitative personality theory', and readers who find this statement comfortable might find the book instructive and useful.

The book is in three sections: 'Psychometric principles in testing', 'Available structured tests for functional psychometry', and 'Art of testing in psychological practice'. These titles themselves are indicative of what I found to be the over-ambitious intentions of the editors, who have produced a book which is unnecessarily complicated. The section on psychometric principles is an example of intellectual overkill, which Anastasi (1982) avoids in her much more succinct coverage of the topic.

While I approve of Cattell's scorn for sloppy science and tests such as the Rorschach, I am not convinced that subjectivity does not enter the text of this book on a number of occasions. I was offended by the value judgements in chapters 8 and 20 on the ending of the Eleven Plus examination in Britain. On page 154, for example, the contributors write: "... in Britain, the labor (*sic*) government's abolition of selection by intelligence test for more advanced education ... was frightful." Statements of this kind - and there were others of similar ideology - should have been rooted out of this book