and the beefy specialist tome with its reliance on un-appealing (to non-mathematicians) mathematical formulae. This book specifically describes the derivation of analysis of (co)variance [an(c)ova] tables used to interpret designs involving random, and fixed, factors. Indeed a more appropriate title for this book might have been something like 'Mixed Models in Analysis of Variance'. Although covariates are mentioned, a bigger issue strikes me as the different formulations for random and fixed sources of variance rather than whether a source of variation is a factor or a covariate.

A website (http://www.soton.ac.uk/~cpd/anovas/datasets/) is briefly mentioned in the opening pages which features notation used in the book, a useful flow chart for choosing an appropriate design and worked examples of an(c)ovas. This website is useful in giving an idea of the issues, style and notation of the book.

The book is divided into three sections. The first 60 pages illustrate general concepts in constructing an(c)ovas. These concepts include the summing of variance components to form mean squares with a simple rule for constructing these given in a short paragraph in the section from pages 35 to 37. Variance components are important in understanding which source of variation to use as the error sum of squares in forming the F ratio. An(c)ova tables are presented in numeric form for worked case studies. Other issues include framing hypotheses of interest, pooling error terms and illustrating jargon such as cross-factoring, nesting, blocking and, of course, covariate and factor, random and fixed. The reader is also introduced to the notation used to describe each design and its variance components. It is important that the reader understands this terminology and notation as they are used extensively to describe the designs in the subsequent main section.

The main section of 176 pages focuses on particular types of an(c)ova featuring up to three factors. There are 28 designs listed in the index and summarized at the back of the book! These are grouped into seven general design types: one factor, nested, factorial, randomized-block, split-plot, repeated measures and unreplicated factorial with a brief introduction to each. The presentation of each design includes its model notation, the general hypothesis the design is testing, description of the factors in the design and, perhaps most helpfully, the format of the data and descriptions of example datasets which have this design. Each design is compared with other designs mentioned in the book (giving the subsection they are mentioned in) and assumptions underlying the use of each design are discussed. Each design is then further subdivided depending on whether its factors are random or fixed. General forms of an(c)ova tables are given which comprise variance components, which are summed to yield mean squares, described using

the algebraic notation of section 1. The emphasis is on the theory behind the use of the model consequently there are no numerical illustrations of any of the designs in this section. It is also, importantly, noted when a design precludes the testing of certain interactions.

The final 'Further Topics' section of 52 pages includes brief mentions of balanced designs, contrasts, design comparisons, effect sizes and reporting of methods and results. There is a subsection detailing frequently asked questions on an(c)ovas, a glossary of terms and a comprehensive bibliography.

The three sections are not mutually exclusive, e.g. certain types of an(c)ova are mentioned in section 1 and re-introduced in section 2. One might also argue that since section 3 deals with issues which are of general interest to an(c)ovas they could also have been dealt with in section 1.

This is an authoritatively written book aimed at people who already have a good grasp of analysis of (co)variance using fixed factor an(c)ova, who are not afraid of algebraic notation and who wish to understand the background to the comprehensive range of study designs described which incorporate covariates and random factors.

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Recovery from Disability: Manual of Psychiatric Rehabilitation. By R. P. Liberman. (Pp. 628; $65.00; ISBN 978-1-58562-205-4 pb.) American Psychiatric Publishing Inc.: Washington, DC. 2008.

This is the book to read if one is serious about helping persons recover from the disabling effects of chronic mental illnesses. It is written for clinicians, patients and family members, and it serves as a manual of evidence-based best practices related to psychiatric rehabilitation. The author has spent the past 40 years of his professional life conducting research and treating persons who have psychiatric and developmental disabilities, and we are all the beneficiaries of his knowledge and wisdom. The focus on recovery is uplifting, and it is defined as a process that includes symptom remission, engagement in instrumental role activity, ability to manage one's own day-to-day needs, satisfying peer and family relationships and ability to engage in normal recreational activities. Recovery conceptualized in this way, as a continuum, is a useful

and realistic idea, since it is not an end state but an ongoing process that includes progress and relapse.

The author's approach to recovery is collaborative; what he envisions is a shared partnership between patients, families and practitioners. But at the same time, he highlights the importance of a practitioner who is always there and does not give in to pessimism about the possibilities for recovery, no matter where the patient is. In this regard Dr Liberman acknowledges the very difficult task at hand and the chronic commitment one must make to this endeavor. This is not easy work. Throughout the book the author tries to avoid using terms such as *provider* and *consumer*, which he notes are terms that denote a business relationship. Instead, the term *patient* is used. While some will be offended by this terminology, I find it refreshing and accurate. Working in the area of recovery and rehabilitation is not a commercial enterprise but a caring professional endeavor.

This book is a manual of evidence-based 'best practices' for psychiatric rehabilitation ('best practices' refers to behavioral therapies and psychosocial rehabilitation combined with pharmacotherapy). As such, it can be used repeatedly as a guide, and as a reference book for each step of the rehabilitative process. Psychiatric rehabilitation is based on seven principles, starting with the belief that recovery from psychiatric disorders is possible for many persons, if they are provided with best practices. Additionally, treatment needs to be individualized (to include attention to cultural and ethnic uniqueness), pharmacological and psychosocial services must be integrated, patients and families need to be actively involved in the treatment process, services must be integrated and coordinated, and it is crucial to build on patients'

strengths, interests and capabilities. The book makes the important point that rehabilitation is not a quick fix but a process that takes place over time, with small steps, and requires patience and resilience by all participants. It is conceptualized using a bio-psycho-social-spiritual framework, which caters to the whole person.

Recovery from Disability provides a wealth of information that applies the principles of psychiatric rehabilitation to 'real life' settings and people. There are ten well-written chapters that focus on topics such as Illness Management, Functional Assessment, Social Skills Training, and Vocational Rehabilitation. Of special note is the chapter on Special Services for Special People, which focuses on those patients who present unique challenges, i.e. dually diagnosed patients, those with treatment-refractory illness, mentally ill offenders, patients with aggressive behavior, and older adults. These are populations who are often more stigmatized than other persons with mental illness, and it is important that they be singled out for special attention. Clinical examples are interspersed throughout, which demonstrate direct applicability of the material being presented. The voluminous material is made more manageable by an array of tables and figures, using graphs, charts, and diagrams to provide summary statements, highlight important points and emphasize the major content of each chapter. Though a challenging read, this book provides invaluable knowledge and detailed assistance to help those with mental illnesses recover from their disability.

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