

principal information, whereas it is better to start with the patient history.

Despite an unusual and slightly stumbling beginning, this book is truly a gem. It would be useful for any trainee in clinical neurology as well as for general practitioners, internists and even specialized neurologists who occasionally see patients with conditions outside of their field.

Gelb should be commended for this book. I hope he will issue updated editions that retain all of the wonderful aspects of this first one.

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## MONDAYS ARE YELLOW, SUNDAYS ARE GREY

Ellen Prescott. 216 pp. Douglas and McIntyre, Vancouver, BC. 1994. \$16.95. ISBN 1-55054-121-8

**Overall rating:** Good to excellent  
**Strengths:** Readable, believable and well written  
**Weaknesses:** Somewhat disjointed style and flow  
**Audience:** Anyone who needs to know more about the trauma of sexual abuse and about disturbed families

This small book presents a shocking look at the nightmare of sexual abuse. It draws so many features of the experience into focus that it could substitute for years of learning from clinical interactions. The images it creates are disturbing and real. As a result, they remain in the reader's memory as a template for interactions with patients with similar experiences.

Most fiction (novels, movies and plays) seem to pale in comparison

with real human experience. This autobiographic account rises above the limitations of fiction by presenting stark reality. It is written in a somewhat disjointed style, moving among various periods in the lives of the principal characters. The impact of the style is memorable. The reader is led through belief and disbelief to a final position of integration. Events are presented with little interpretation and explanation; the reader is left to work out the relationships. The book portrays the process of gradual comprehension and decision making concerning sexual abuse, and it provides a reasonable view of the healing process.

This book sensitizes the reader to many aspects of human behaviour involving sexual abuse. I recommend it to anyone, including most physicians who deal with real patients in real life, who needs a better understanding of human responses to suffering.

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## THE ANXIETY AND PHOBIA WORKBOOK

2nd ed. Edmund J. Bourne. 428 pp. New Harbinger Publications, Inc. 1995. \$23.50, paperback; \$43.50, hardcover. ISBN 1-57224-003-2, paperback; ISBN 1-57224-004-0, hardcover

**Overall rating:** Excellent  
**Strengths:** Very clearly written; reviews a wealth of techniques to decrease or overcome anxiety and phobias; interesting step-by-step approach  
**Weaknesses:** It may be more difficult than is implied in this book to do all this psychological "work" without the assis-

**Audience:** tance of a therapist  
Public (including therapists)

The purpose of this book is to help lay readers to overcome panic, anxiety and phobias through a step-by-step method. The book uses an eclectic approach, summarizing many previously published works. Exercises range from desensitization, for a phobia, to learning to assert oneself when dealing with a sales clerk. Along the way the author discusses visualization, relaxation, building self-esteem, herbal remedies, spirituality and many other topics. Much of the material comes from cognitive behavioural therapy.

The text's clarity is wonderful. The reader's interest is held by short paragraphs, examples and worksheets. The author's experience as a therapist is evident.

My only reservation about this work is that it gives readers the impression that all of their problems can be solved by using this book. The reader may be discouraged if he or she is unable to accomplish this, when, in fact, the book sets forth a huge amount of psychologic work. The author does mention that this workbook can be used on one's own or in conjunction with a therapist or self-help group. I would favour the two latter suggestions or the involvement of a knowledgeable family physician. I also feel that a workbook cannot replace a relationship with a good therapist.

This book is an extremely interesting tool for helping patients with anxiety in its many forms. It would also be very interesting for therapists and family physicians.

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