

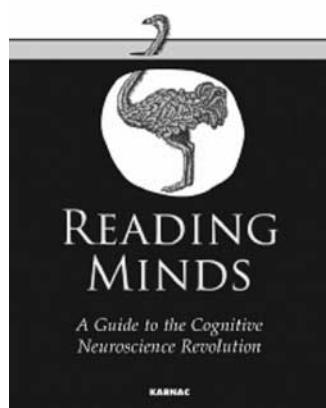
The book is informative and thought-provoking. The author's most interesting suggestion about the notion of free will is that, by choosing to act in a certain way, we create ourselves.

The following quote aptly summarises what makes action free and autonomous for Callender: 'One way in which we can utilize our creativity is in generating models of our futures, which allow us to achieve lives in keeping with our desires and capacities. These models then become one of the causal factors that determine the decisions that we make about our lives' (p. 209).

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MICHAEL MOSKOWITZ



**Reading Minds:  
A Guide to the Cognitive  
Neuroscience Revolution**

By Michael Moskowitz.  
Karnac Books. 2010.  
£19.99 (pb). 256pp.  
ISBN: 9781855757141

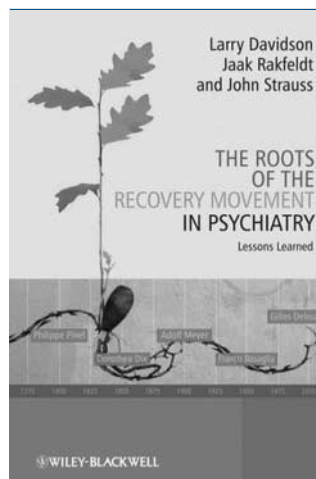
Moskowitz, a psychoanalyst and organisational consultant, promises a great deal having captured our attention with his title, and he manages to deliver. Through his engaging, casual and accessible style, with stories from daily life, the clinical arena and the laboratory, Moskowitz will succeed at informing, provoking and entertaining the lay reader, although his scholarly rigour will also make this book appealing to clinicians and academics. He effectively brings together the theory and practice of a range of disciplines in a refreshing way, making them comprehensible even to the untrained reader, a skill seldom displayed in this field. His experience working in a variety of settings, clinical, organisational and academic, is evident in his work as he seamlessly blends concepts from different schools of thought.

This is, in fact, what he sets out to do in his introduction: an 'attempt to bring together and to connect what (he) can of this vast new field . . . to better understand human nature'. Essentially, he aims to provide a practical guide to the cognitive neuroscience revolution and demonstrate how to use scientific principles to improve our understanding of and relationship with others. Of course, it is over a hundred years since Freud outlined his wish to integrate knowledge of the brain with evolving concepts of mental functioning. Moskowitz draws on ideas from developmental psychology, learning theory, neurobiology, anthropology and linguistics, to name a few. The book contains pictures as well as case studies. Of particular note is the discussion of Bill Gates' mindreading skills and the theory Moskowitz suggests as an explanation of Gates' success.

My only criticism is that there are a number of typographical errors within the text, but overall, this is an exciting book, written with boundless enthusiasm – a joy to read.

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**The Roots  
of the Recovery  
Movement in Psychiatry:  
Lessons Learned**

By Larry Davidson, Jaak Rakfeldt & John Strauss.  
Wiley-Blackwell. 2010.  
£45.00 (hb). 294pp.  
ISBN: 9780470777633.

Many have seen the current recovery movement, with its emphasis on personalisation, social inclusion and choice, as having arisen from earlier civil rights and disabilities movements. Here is a book that substantiates that claim through a succession of biographical sketches of innovators and activists of the past couple of hundred years.

Davidson and his colleagues have engagingly illustrated the continuity and progression of 'values in action' through the lives of people who have become our inspirational forefathers. Starting with Pinel, who inaugurated both moral treatment and the modern psychiatric era, they go on to social activists, Dorothea Dix and Jane Adams, pioneers of deinstitutionalisation, Erving Goffman and Franco Bassaglia, crusading civil rights and race leaders, including Martin Luther King, humane psychiatrists, Adolph Meyer and John Strauss and finally psychological and economic theorists, Lev Vygotsky and Amartya Sen.

Most of these names are familiar to even a casual student of the history of psychiatry but here is an opportunity to appreciate that nobody gets it right completely and to focus on what lessons can and should be carried forward as well as to underline cautionary notes concerning what we should avoid repeating.

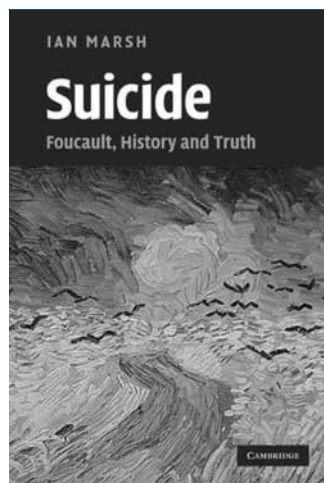
However, it is initially puzzling that in a book dedicated to the roots of the recovery movement none of those reviewed specifically espoused 'recovery' as we currently know it. The authors could have written to their title by offering an annotated who's who of more recent recovery champions. Instead, they have offered something more profound and helpful by tracing the guiding principles of recovery back through various forms of emancipatory humanism and values-led activism which has fuelled progressive change throughout the modern era.

This inspirational and supportive book concludes with an imagined conversation between those reviewed. Having drawn the reader into this challenging conversation as a witness, the authors conclude by sending him out to continue the debate with friends and colleagues but certainly better equipped.

This is an important contribution from international leads, which offers the reader interested in recovery an awareness of its substantial ethical and political foundations and the need to sustain a civil rights perspective.

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### Suicide: Foucault, History and Truth

By Ian Marsh.  
Cambridge University Press. 2010.  
£19.99 (pb). 264pp.  
ISBN: 9780521130011

Ian Marsh, an academic who 'previously worked in a community mental health team', has produced a puzzling work. For a start, he does not disclose his disciplinary standpoint, although this must surely be influential. The book was initially conceived, we are told, 'as a form of discourse analysis', in which the data for examination were 'the linguistic elements of particular texts'. Now, it 'examines historical and cultural forces that have influenced contemporary thoughts, practices, and policy in relation to this serious public health problem'. This is an ambitious aim, for which the viewpoint of Michel Foucault may not be a wholly reliable guide.

There are three sections. A short explanation of Foucault's 'critical analysis of truth' is followed by an account of the contemporary 'regime of truth' in relation to suicide. Finally, six historical chapters consider suicide in periods from Ancient Greece and Rome to the present, followed by a case study of Sarah Kane. This British playwright, who killed herself in 1999, wrote a series of plays in each of which a character attempts suicide, with or without success. These are said to illustrate the 'process whereby individuals can come to resemble descriptions of pathological identities produced in relation to psychiatric truths and practices'.

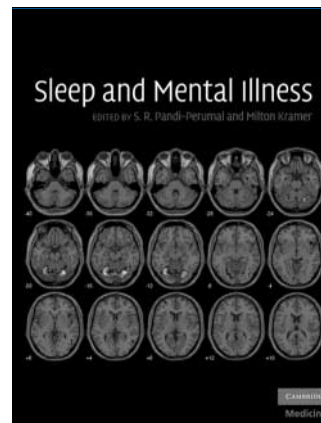
Assuming that suicide is undesirable, Marsh says that a more controversial aim, in relation to its prevention, can be 'the desubjectivisation of those constituted as patients, in relation to their desire to die . . . a refusal of what is taken to be . . . a "dissolving" of oneself'. Although admitting that in many cases there is no need for such a critique, the author says that for others 'formulation of non-lethal strategies of resistance may prove to be of help'. The resistance is to the interfering activities of society, but who the strategies would help is not made clear.

Marsh touches on the later theories of Freud and draws extensively on the work of Nikolas Rose in relation to the 'diffusion of psychiatric power'. He particularly confronts understanding pathological states of mind as universal phenomena, 'interpreting them instead as variable cultural and

historical contributions'. Interpreted flexibly, such a view is now largely non-controversial. The special value of Foucault's analytic tools is said here to be their ability to expose a whole field of enquiry to new, challenging questions. But is that all, and did it require such a ponderous approach?

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### Sleep and Mental Illness

Edited by S. R. Pandi-Perumal  
& Milton Kramer.  
Cambridge University Press. 2010.  
£80.00 (hb). 460pp.  
ISBN: 9780521110501

Sleep can be considered a model for mental illness as a reversible delirium. Sleep is intimately associated with aminergic, cholinergic and gabaergic neuromodulators, which are also associated with mental illness. Sleep and sleep disorders may provide a useful window to advance our understanding of the complexities of the brain neurophysiology underlying the mechanisms of brain disorders that result in mental illness.

This book aims to provide a comprehensive review of sleep and mental illness. This it achieves with aplomb. A thought-provoking foreword is followed by chapters divided into three subsections. The basic sciences section is up to date and concise, with useful tables and relevant references. The neurophysiology of sleep and neurophysiological abnormalities of sleep associated with depression and insomnia are explored. Animal models of sleep and stress, with implications for the potential role of sleep in the processing of emotional events, are discussed in a dedicated chapter.

Section 2 addresses neuroendocrinology, including changes observed in disturbed sleep and depression. Gender differences in peptidergic sleep regulation are highlighted as a contributor to the higher risk of depression in females. The fascinating relationship between sleep and eating highlights the overlapping neuroendocrine influences of orexin, ghrelin, leptin and cortisol. The expanding role of melatonin from circadian rhythm regulation to disruption in affective disorders, use of dim light in melatonin onset and putative roles in neuroprotection offer intriguing insights into future directions for translational research.

Section 3 forms the largest component of this volume and is devoted to clinical aspects of sleep and mental illness. Current best practice for the assessment and management of common sleep disorders encountered in psychiatric practice is discussed by experts in the field. Insomnia receives particular consideration, justified in view of the evidence that it is a predictor for anxiety disorders, affective illness and psychosis. The parasomnias are