

techniques and, along with a chapter on mental preparation, give the intended primary target audience (mental health professionals working in sport) a detailed understanding of the psychological life of athletes. A chapter on substance misuse pulls together some disparate strands but would have benefitted from more discussion of the psychological and psychiatric antecedents of 'doping' for performance enhancement.

Later chapters tell us what we should already know – that mental illness is no less common (and in some cases more common) in sportsmen and sportswomen. However, the key message from these chapters is the value that psychiatry adds if integrated into the support teams that surround elite performers.

This is a message that needs to be heard by the book's secondary target audience of sports medicine specialists and team managers.

There might seem to be a modest audience in the UK for a book of this nature, and sports psychiatry, even in the USA, is still an emergent practice area, but McDuff has provided the template that could ensure the mental health needs of athletes are met in the same comprehensive manner as their physical health needs.

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