

## What to do when your therapist isn't there

*A 24/7 guide to coping with life on your own*

**AUTHOR** Nina Danielson  
**PUBLISHER** Hatherleigh Press, 5-22 46th Ave, Suite 200, Long Island City, NY 11101, USA  
**TELEPHONE** 800 733-3000  
**WEBSITE** www.hatherleighpress.com  
**PUBLISHED** 2006/224 pp/\$19.95

**OVERALL RATING** Good

**STRENGTHS** Well written for a lay audience; helps readers gain insight into personal issues of a psychological nature

**WEAKNESSES** Oversimplification of Freudian concepts; overemphasis on early development phenomenon to explain psychological issues in later life

**AUDIENCE** General public, family and general practitioners, health care workers involved in psychotherapy

**W**hat To Do When Your Therapist Isn't There is written by an experienced therapist who has been counseling patients for more than 40 years. Danielson relates her tremendous inventory of insights into human psychology and the self in a very clear and readable manner, although sometimes with crass language.

The first chapters provide a very simplified description of basic Freudian concepts. For example, the id, ego, and superego are like a peanut butter sandwich, in which the peanut butter is the ego holding the



id and superego bread slices together. Even for an amateur, this might be difficult to swallow! Nevertheless, Danielson's writing is effective and will be helpful for someone trying to gain a better understanding of psychological troubles.

Chapters are well organized and cover many common psychiatric conditions, including depression, anxiety, grief, posttraumatic stress disorder, and certain personality traits. Each chapter provides a concise summary, important warning signs, and coping strategies.

Although this book will help readers understand psychiatric disorders, it does not come close to replacing interaction with a therapist. However, some of the coping strategies might help the overall healing process. It is important to note Danielson's reliance on childhood experiences to explain personal psychological issues later in life. The abundance of work in the field of psychology since Freud's concepts were developed suggest that there are perhaps other psychoanalytical models that could be more applicable. Nonetheless, Danielson's book is a good refresher for family and general practitioners, and lay persons with an interest in human psychology.

—Pierre Geoffroy MDCM MSc FCFP

Dr Geoffroy is a family physician in Aurora, Ont.

## A primer on musculoskeletal examination

**AUTHOR** Evelyn Sutton  
**PUBLISHER** Novont Health Publishing Ltd, Halifax, NS B3H 4M8  
**TELEPHONE** 902 423-4344  
**PUBLISHED** 2004/80 pp/\$29.95

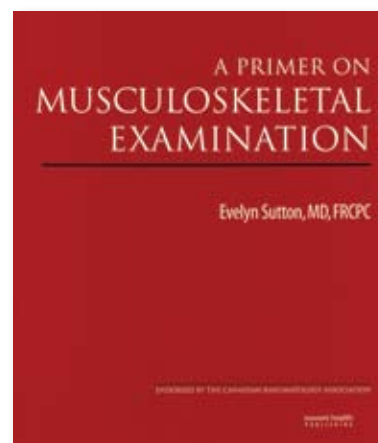
**OVERALL RATING** Very good

**STRENGTHS** Concise, brief, clear; helpful photographs; systematic approach to musculoskeletal examination

**WEAKNESSES** None

**AUDIENCE** Students, residents, and clinicians in nonorthopedic, nonmusculoskeletal disciplines

**A**t a mere 80 pages, this book can easily be devoured during the commercial breaks of your favourite medical television show—but it probably won't help you solve any of the more obscure medical mysteries dramatized on these programs. This modest little book, endorsed by the Canadian Rheumatology Association, is exactly what it claims to be—a primer. But what it sets out to do, it does well.



The chapters are short (4 to 8 pages), are packed with good photographs, and follow a clear and systematic approach to the examination of each joint: inspection, palpation, range-of-motion testing, and special joint-specific tests. Each chapter concludes with specific clinical vignettes to help consolidate learning and demonstrate practical application.

The appendices contain good photographs of common articular problems, normal active range-of-motion measurements for each joint, a glossary, and a brief list of suggested reading for more in-depth information on the subject.

One particularly nice feature of the book is that the rationale behind each of the joint-specific tests is explained in a clear and logical fashion so the reader can actually understand (instead of simply memorizing) each of the maneuvers. This is a simple but appreciated touch that is surprisingly absent in many other texts on the subject.

For the student or clinician looking for a quick refresher on the basics of the musculoskeletal examination, this book's brevity and clarity are its strongest points. Those in specialized musculoskeletal disciplines will want to look elsewhere for more comprehensive texts.

—Christopher Watt MD DipSpMed CIME

Dr Watt is a physician in Vancouver, BC.

## Allergic diseases

### *Diagnosis and treatment*

**EDITORS** Phil Lieberman, John A. Anderson

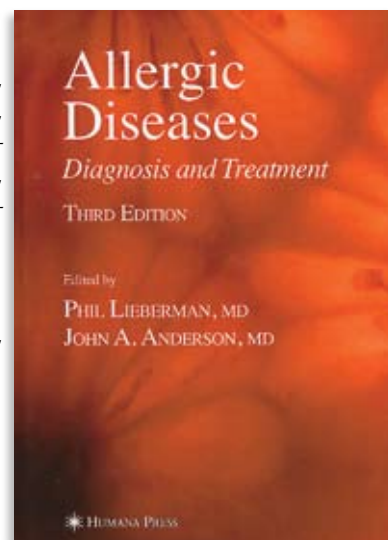
**PUBLISHER** Humana Press, 999 Riverview Dr, Suite 208, Totowa, NJ 07512, USA

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**WEBSITE** [www.humanapress.com](http://www.humanapress.com)

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This book describes numerous allergic manifestations (eg, anaphylaxis, asthma, rhinitis, conjunctivitis, sinusitis, urticaria, and contact dermatitis), and provides a thorough discussion on diagnostic tests for environmental, insect-sting, and food allergies. Chapters in the book cover a variety of topics, such as pharmacologic agents used for the treatment of allergies, including allergen immunotherapy, children with recurrent respiratory tract infections, and controversies in allergy and allergy-like diseases.

*Allergic Diseases* is a very clinically oriented book. The pathophysiology of each entity is explained in terms of up-to-date immunologic mechanisms, which are complete but easily understandable, such that the rationale for treatments of these diseases can be appreciated. All

**OVERALL RATING** Excellent

**STRENGTHS** Well written; well organized; important clinical points or pearls presented in highlighted boxes

**WEAKNESSES** Written within the context of the United States; therefore, only US epidemiologic data are included

**AUDIENCE** All physicians and health care providers who care for patients with allergies (particularly in primary care and emergency room settings)