

such as major depression, major depression with atypical features, major depression with melancholic features, psychotic depression, anxious depression, seasonal depression, chronic depression, and others. The final chapter, focusing on antidepressants, "Practical Issues in Using Antidepressants," discusses factors influencing antidepressant choice, such as side effects, possible drug–drug interactions, and safety in overdose. While the text is a standard overview, the summary tables are again very useful. Unfortunately, the focus on side effects occurring in more than 10% or 30% of patients was probably the reason for not discussing the increase in blood pressure in some patients taking venlafaxine (it is mentioned later in the chapter on later-life depression, though).

Chapter seven, "Sequential Pharmacotherapies and Treatment-Resistant Depression," reviews the STAR*D study (Sequenced Treatment Alternatives to Relieve Depression) and then delves into the management strategies for treatment-resistant depression (optimization, switching, augmentation, combination—the difference between the last two is rather semantic at times, as adding a second antidepressant in a full dose is called combination and adding it in a subtherapeutic dose is called augmentation). The authors make an important point emphasizing that treatment resistance is a relative concept and that various definitions of treatment resistance exist. Chapter eight, "Neuromodulation and Other Physical Treatments" is a standard overview of ECT, high-frequency repetitive transcranial magnetic stimulation, vagus nerve stimulation, and deep brain stimulation. At this time, the results of all these therapeutic approaches beyond ECT are preliminary. Chapter nine, "Complementary, Light, Sleep Deprivation, and Exercise Therapies," focuses on St. John's Wort, omega-3 fatty acids, S-adenosyl methionine, tryptophan, light therapy, sleep deprivation, and exercise. As the authors suggest, intuitively, exercise makes sense as an adjunct to virtually all forms of antidepressant treatment (p 125), though few studies on its efficacy are available. Nevertheless, as also suggested elsewhere in this book, one should "use the power of prescription pad to 'prescribe' one brief walk per day and one pleasurable activity per day" (p 15).

The following three chapters focus on depression in special populations: chapter ten, "Depression in Women"; chapter eleven, "Depression in Children and Adolescents"; and chapter twelve, "Depression in Late Life"; and provide standard overviews of particular topics. The last chapter briefly discusses Axis I, II, and III comorbidity of depression.

This volume is a very clinically useful summary of the evidence of various treatment approaches to depression and recommendations for their use. It is well written, brief, and to the point. The tables are very useful, especially those that list different recommendation levels. The book could be especially useful to residents and younger clinicians, though it could provide useful and thought/action-provoking reading for experienced clinicians as well. I missed a few things though, e.g., a more detailed discussion of the monitoring of suicidality in children and adolescents in view of the detailed FDA recommendations,

and no information as to whether mood stabilizers should or should not be used for augmentation (lamotrigine is mentioned in one table, though). I also did not understand the quite frequent discussion of agomelatine in view of one or two cited references, one of which is a pooled analysis of three double-blind placebo-controlled studies. Nevertheless, these are small and correctable points. I would recommend this volume to all clinicians treating depressed patients, as I think this volume will help them sharpen their focus, view various treatments from a new angle, and thus perhaps reconsider various treatment approaches for their patients.

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Me, Myself and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia. By Kurt Snyder with Raquel E. Gur, MD, PhD, and Linda Wasmer Andrews; Oxford University Press, New York, New York; 2008; ISBN: 978-0-19-531122-8; \$9.95 (paperback), 180 pp.

This book is part of an Adolescent Mental Health Initiative series, with overall editing duties handled by Patrick E. Jamieson, PhD, sponsored by the Annenberg Foundation Trust. Other books in the series deal with bipolar disorder, depression, and various anxiety disorders, and additional volumes on such topics as substance abuse and suicide are planned for this year. Each book in the series, including this one, is written as a first-person account for the late teen or young adult who is in the early phase of his or her illness. However, the description of symptoms and treatment could be useful to all persons, no matter the length of their illness.

There are six chapters to the book. Each is divided into two sections: Kurt's story of six years of schizophrenia and "The Big Picture," which discusses relevant issues about diagnosis and treatment, including medication, psychotherapies, rehabilitation, self-help groups, and other positive steps that the person with the disorder can take. Kurt's story takes the reader from his earliest symptoms and his full denial of their true meaning, through several hospitalizations, medications changes, and ultimately to the sixth, epilogue chapter, in which Kurt recounts his current successes, such as a job and an active volunteer position with his local fire department. Along the way, he describes the support of family and friends and other positive experiences, as well as the fears and occasional despair engendered by his hallucinations and paranoid delusions. He is obviously thankful for his current functionality and gives lots of credit to all of those around him, including his doctors and counselors.

The "Big Picture" sections are very inclusive and, given the book's copyright date of 2007, pretty much up to date. They tackle various matters that people with a schizophrenic illness may find interesting or perplexing. All are highly practical and discuss everyday issues rather than complex theories.

Explanations and definitions of terminology that the mental health professional may take for granted (but others might find confusing) are plentiful.

Following the six chapters, there are a number of helpful additional sections: There is a six-page set of “frequently asked questions” with answers. Following this is a glossary of mental health terms in case the reader missed a definition or two within the text. The listing of resources such as mental health organizations; places that offer educational, employment and legal assistance; other first-person accounts of schizophrenia and books on the disorder; applicable websites; and help for related disorders such as depression and anxiety should be particularly helpful for many patients. There is a brief bibliography of related books, such as the DSM-IV-TR. And finally, the authors have included an index so that the reader may go right to pages that deal with specific issues or symptoms.

This is a book meant for the youthful lay reader who has or may have the illness of schizophrenia. It is written in a clear manner and is generally upbeat and positive, especially regarding treatment and prognosis. Medical students and residents might benefit from the descriptions of what it is like to experience schizophrenia, as told by an articulate writer who still has symptoms on occasion but is doing well overall. And practicing psychiatrists and other mental health professionals will, I think, find in this book another meaningful resource to recommend to their patients who wish to better understand the illness. It may also be used to encourage patients to participate more proactively in their own treatment, from the perspective of one who has “been there.”

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