

*The Treatment of Anxiety Disorders*, now in a substantially revised second edition, is focused on the cognitive behavior treatment of the six major anxiety disorders. The material is presented in a reader-friendly and highly systematic fashion. Each separate anxiety disorder is given four sections: a description of the syndrome itself and a description of the different treatments for the syndrome, followed by two practical guides, one for clinicians and the other for patients. The book is richly footnoted and firmly rooted in controlled research studies. This book focuses on the psychological treatments of the individual anxiety disorders, but it also contains an up-to-date discussion of the pharmacotherapy of each of the anxiety disorders.

An added bonus of this book is that the authors are from Australia, giving the contemporary understanding of anxiety disorders a useful international perspective. This location is particularly appropriate because the doyenne of the modern treatment of anxiety disorders, Claire Weekes, M.D., was a primary care physician from Sydney (1, 2).

*The Anxiety Book*, by contrast, is not footnoted, although it has an extensive set of endnotes for readers who are interested in finding references in specific areas. This book is less academic in tone and more easily accessible to people suffering from anxiety disorders. Like *The Treatment of Anxiety Disorders*, it contains many useful guides for both clinicians and patients. Rather than being organized around individual anxiety disorders, *The Anxiety Book* begins with an easy-to-understand description of “the faces of anxiety” before moving on to the common themes that link the anxiety syndromes. Having been introduced to the individual anxiety disorders, readers move on to the cognitive and behavioral solutions to the anxiety problem. This is followed by an extended discussion of “serenity skills” as well as “diet, exercise, and herbs.” The heart of the book is its wonderful discussion of the medicines used to treat anxiety disorders.

One of the most controversial aspects of the treatment of the anxiety disorders is also the most common form of anxiety treatment: the use of the benzodiazepines such as alprazolam and clonazepam. In describing the treatment of generalized anxiety disorder, after noting that the benzodiazepines “can block the feelings of anxiety very effectively,” *The Treatment of Anxiety Disorders* goes on to warn anxious patients about the many potential difficulties these medicines can cause:

They can interfere with thinking and your ability to remember new information. They can make you feel drowsy and sleepy. They can interfere with your natural sleep cycle and rhythms. They can produce tolerance, so you might need bigger and bigger doses for the same effect. They can produce withdrawal symptoms when you stop or cut down, producing unpleasant anxiety-like feelings. They can make it easier for you not to use the strategies taught in this program.

In clear contrast, here is how *The Anxiety Book* deals with the use of benzodiazepines in the treatment of generalized anxiety disorders: They are appropriate “when you require rapid relief from symptoms or when first-line antidepressants (especially the selective serotonin reuptake inhibitors) are in-

effective or cause unacceptable side effects.” One of the authors says,

I have found that long-term treatment [of generalized anxiety disorder with benzodiazepines], when administered to properly selected patients and carefully managed, is both safe and effective. I have patients who have taken Klonopin for years, and they remain in remission with few untoward side effects.

Both books are beautifully written, comprehensive, and sophisticated summaries of the best of modern research and clinical practice. They will be useful for everyone interested in the anxiety disorders.

#### References

1. Weekes C: Hope and Help for Your Nerves. New York, Signet (Penguin), 1991
2. Weekes C: Peace From Nervous Suffering. New York, Signet (Penguin), 1990

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## NEUROPSYCHOLOGY

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***Neuropsychology of Memory, 3rd ed.*, edited by Larry R. Squire and Daniel L. Schacter. New York, Guilford Publications, 2002, 519 pp., \$80.00; \$42.00 (paper).**

The first edition of *Neuropsychology of Memory* was published in 1984; the second edition was published in 1992. I have them both; they are “must have” books for neuropsychologists at all levels of training and supervising. The books started under the auspices of the late Nelson Butters, with first Larry Squire and then Daniel Schacter becoming involved. I looked forward to seeing the changes to the newest edition because this is a field in which there have been enormous changes and growth in the last 10 years. The most obvious change in the newest edition of the book is the inclusion of several chapters describing memory findings based on functional neuroimaging techniques—as the authors point out in the preface, “In 1992, PET [positron emission tomography] was just being applied to the study of memory for the first time, and fMRI [functional magnetic resonance imaging] was not yet available” (p. xiii). Imagine the new wealth of information available now on the neuropsychology of memory as a result of these advances in technology!

The book is divided into three sections. Part 1 describes studies of normal and abnormal memory. This is the largest section of the book, with 22 chapters reflecting both traditional issues in memory research and new findings based on functional neuroimaging techniques. The first 11 chapters focus primarily on neuropsychological studies of patients with several types of amnesia and memory impairment. Also new to this edition of the book is the inclusion of two chapters on false or illusory memories, a topic of recent interest. The next eight chapters focus on results derived from functional neuroimaging and include event-related-potential, PET, and fMRI studies of episodic and semantic memory encoding and

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retrieval, working memory, motor skill learning, and visual object priming. Brain regions highlighted include the medial temporal lobe with the hippocampus, frontal lobe, insular cortex, parietal lobe, and related circuitry. The final three chapters more pragmatically focus on clinical interventions, including early identification of Alzheimer's disease, memory rehabilitation, and the influence of time of testing in memory performance.

Part 2 comprises five chapters examining studies of memory in nonhuman primates, describing recent progress made in the neuropsychology of memory based on studies of monkeys. Several methodologies, including single-cell recording, surgical disconnection, and lesion studies, are used to look at the role of structures within the medial temporal lobe, the role of the anterior temporal cortex, and retrieval of long-term visual memory and the role of the frontal cortex. Other memory systems, such as the capacity to recognize objects as familiar and conditional motor learning, are also examined.

Finally, Part 3 describes recent memory studies using rodents and birds. The section is made up of 11 chapters and builds on techniques devised in the early 1990s, when it became possible to genetically modify small animals, especially rats and mice, to relate specific genes to animal behavior, including memory. The majority of the chapters in this section focus on rodents, and a number of brain regions and neurochemical projections are examined—the hippocampus, fornix, amygdala, orbitofrontal cortex, and neostriatum, as well as cholinergic neurons of the nucleus basalis, medial

septum, and vertical limb of the diagonal band and cholinergic projections to the cortex from the basal forebrain. Several memory systems are also explored. The last chapter describes studies of episodic-like memory in birds that use a food-caching paradigm test to examine memory for what, when, and where.

The book covers a wide breadth of topics related to recent work furthering our understanding about the neuropsychology of memory across a diverse range of human and nonhuman populations. The editors have done an excellent job of organizing a large number of chapters falling under the umbrella of “memory,” often from unique and unrelated perspectives, in a way that makes sense, giving the reader an impression of connectedness and coherence even while different memory systems, paradigms, and brain circuitry are being discussed. The historical context provided between sections is very helpful, and a review of what is new since the last edition of this book—functional neuroimaging techniques, genetic modification, inclusion of different memory systems including working memory and false memory studies—makes one realize how much a work in progress our understanding of the neuropsychology of memory is. The book provides an optimistic prospectus about further progress in the field and hope for better and earlier successful interventions. I look forward to seeing how far we have come when the next edition comes out 10 years or so from now!

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