

Overall, this is a book whose focus on analyzing and treating and getting cooperation from many people and systems in the diagnosing and treating of antisocial teenagers—and perhaps also of children and youngsters with other severe mental illness diagnoses—seems to me fine and important. The simultaneous major focus on one particular proprietary way of doing this, however, seems to me to lessen the importance of the book.

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## THINKING ABOUT THE FUTURE

***The Generative Society: Caring for Future Generations***, edited by Ed de St. Aubin, Dan P. McAdams, and Tae-Chang Kim. Washington, D.C., American Psychological Association, 2004, 296 pp., \$49.95.

The term “generativity” first appeared in Erik Erikson’s *Childhood and Society* (1) as one of the eight stages of human development, a psychological crisis whose failure resulted in “stagnation.” Erikson developed this concept further in his later writings, and it has been extensively elaborated by others over the last 15 years. The result is a theoretical construct that combines psychological, sociological, cultural, philosophical, and political ideas to offer a new understanding of how we nurture and transmit the best of ourselves to younger and future generations.

The editors define generativity as “the adult’s concern for and commitment to the next generation, as expressed through parenting, teaching, mentoring, leadership, and a host of other activities that aim to leave a positive legacy of the self for the future” (p. 4). Just as the genetic heritage of an individual is transmitted through DNA, so the cultural endowment—values, ideas, behaviors—are passed from one person to another within the society. In later chapters the editors and contributors examine generativity from a social and cultural perspective as well as its relevance to specific institutions, such as prisons (a surprisingly hopeful chapter), child-rearing, religion, and volunteerism.

A special feature of this collaborative volume is the inclusion of Eastern and Western perspectives. Drawing on the work of both the Kyoto Forum and the Future Generations Alliance in Japan and the Foley Center for the Study of Lives in the United States, the authors present views of both cultures with insights that will be quite surprising, I suspect, to members of either group reading about the other.

The scholarly examination of generativity has so far been centered within the academic community, but it is an idea that currently preoccupies contemporary society. As this book makes clear, the narcissistic focus on one’s “identity” that characterized the 1960s has evolved into a more outward-looking consideration for the nurturance and welfare of others. The population bulge of the baby-boomers has moved into just that phase of life—middle adulthood—when concern for one’s legacy and a desire to give back to the community some of the good one has achieved becomes important. This book organizes and explains what may be to many only

vaguely perceived motivations and, by making them coherent and understandable, should appeal to a large audience.

*The Generative Society* captures the many intriguing aspects of this complex subject and presents them in succinct and clear prose, largely free of undefined jargon. Its readability and the importance of its subject should give it a broad appeal to a wide audience.

### Reference

1. Erikson E: *Childhood and Society*. New York, WW Norton, 1950

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## COGNITIVE IMPAIRMENT

***Vascular Cognitive Impairment: Preventable Dementia***, edited by John V. Bowler and Vladimir Hachinski. Oxford, U.K., Oxford University Press, 2003, 368 pp., \$125.00.

Forget about the end of the Cold War and the emergence of the United States as the world’s unchallenged superpower. Over the last 40 years psychiatrists and neurologists have witnessed an even more successful bid for world domination in dementia diagnosis by Alzheimer’s disease. Initially relegated to the status of a rare presenile dementia, Alzheimer’s is now the diagnosis that we make in the vast majority of our patients with dementia. Indeed, the accepted cardinal clinical features of dementia in major diagnostic systems (early prominent memory loss, progressive course, irreversibility, and interference with normal daily activities) are in reality the features of Alzheimer’s disease. So, it is not surprising that most physicians who look after people with dementia only rarely make the alternative diagnosis of vascular dementia, and, when they do, it is generally in someone who has had a stroke with a solid temporal association with onset of cognitive impairment. Indeed, the Alzheimerization of dementia diagnosis has become so dominant that I must admit I almost invariably label even such patients as “mixed.” Have I got it all wrong? Has the rise of Alzheimer’s disease gone so far that we are effectively missing cases where attention to the control of vascular risk factors might be more helpful than prescription of a cholinesterase inhibitor?

The editors of this book and its contributors are to be thanked and congratulated for lighting a beacon that shines brightly into the murky corners of conceptual and diagnostic knowledge and understanding of vascular cognitive impairment. All the big hitters in the field have contributed to what really is the best available single text on the subject. Genetics, pathology, phenomenology, epidemiology, economics, treatment, and prevention are all covered in authoritative and bang up-to-date detail. But the first and last chapters, both written by the editors, should be compulsory reading for all of us. It was only after I had read the first chapter—a critical appraisal of current diagnostic criteria for vascular dementia—that I truly began to understand just how limited these are and how stacked they are against making a diagnosis of anything other than Alzheimer’s disease. This of course might not matter were it not for the evidence reviewed by contributors to the book that vascular dementia is a real and prevalent di-

agnosis and can be modified by treatment. In the final chapter, the editors outline a diagnostic framework from which they hope definite operational criteria for what they call vascular cognitive impairment will be developed. Emphasis on subcortical and frontal deficits rather than memory impairment and a challenge to the traditional requirements for remorseless progression, focal signs, and imaging evidence of infarction make up the meat of their persuasive argument. This is one of those rare books that I would have gone out and bought if I hadn't received my reviewer's free copy. There is no stronger recommendation.

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## ANXIETY DISORDERS

***Fear and Anxiety: The Benefits of Translational Research***, edited by Jack M. Gorman, M.D. Washington, D.C., American Psychiatric Publishing, 2002, 284 pp., \$39.95 (paper).

In my opinion, this book constitutes one of the best contributions so far in the fields of neuroscience and psychiatry. The outcomes of translational research along the lines of psychosocial and psychopharmacological approaches, as addressed in this book, have permitted the understanding of the mechanism inherent in anxiety disorders to a level never reached before. Dr. Gorman and the outstanding group of investigators he assembled for the preparation of this book have moved this area of research from rodents to nonhuman primates and ultimately to humans. This major scientific advance has permitted the understanding of the neural circuits involved in the acquisition and manifestation of fear and anxiety.

This text evolved from contributions made during the 92nd annual meeting of the American Psychopathological Association held in March 2002. The entire scientific meeting focused on fear and anxiety as well as emotions and behaviors omnipresent in human and nonhuman life. This meeting's structure was based on neurosciences, neuroimaging of humans and animals, and clinical observations. The idea was to translate basic, preclinical, and clinical research efforts into viable scientific hypotheses and conclusions based on research evidence.

The message of this book is nicely delineated by means of 14 excellent chapters dealing with a spectrum of topics related to the overall theme—that is, the understanding of the neural circuits responsible for the acquisition and expression of fear. What is unique in this volume is the clarity with which these difficult and complex hypotheses and research observations are described and discussed. From this point of view alone, this book is of major benefit not only for the psychiatrist with expertise in neurosciences but also for the busy clinical psychiatrist as well.

The 14 chapters of this book address key and relevant topics: 1) conditioned fear, manifestations of anxiety, and the role of the amygdala, 2) the role of stress vis-à-vis brain structural damage, 3) the neuropsychobiology of the variable

foraging demand paradigm in nonhuman primates, 4) risk factors for anxiety and depression in offspring, 5) pathophysiology of anxiety, 6) psychiatric effects of disasters and terrorism, 7) neuroanatomy of panic disorder, 8) implications for mood and anxiety disorders of neuroimaging studies of nonhuman primates reared under early stressful conditions, 9) neurotoxic effects of childhood trauma, 10) scientific basis of psychological treatments for anxiety disorders, 11) new molecular targets for antianxiety interventions, 12) dissociating components of anxious behavior in young rhesus monkeys, 13) the anatomy of fear, and 14) the role of the amygdala in emotional and social behavior.

What is also unique and highly beneficial in this text is the set of outstanding references offered in every chapter; although they are numerous, they also represent the best that the field can offer in each of the topics covered. In deciphering the neural circuit pertaining to the acquisition and expression of fear, Dr. Gorman and the contributors to this volume have nicely permitted us to view the brain as a functional organ with a myriad of clinical applications to the field of psychiatry. Additionally, what I personally enjoyed most is that this book is written with an integrational approach in mind, where the biopsychosocial model is highly respected and no room for antagonistic behavior is permitted. As a psychosocially oriented psychiatrist, I will always very much value this book in my academic and scientific work. Thus, I strongly recommend it to psychiatrists, neuroscientists, and mental health professionals at large whose work is deeply rooted in the biopsychosocial model.

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***Clinical Manual of Anxiety Disorders***, by Dan J. Stein, M.D., Ph.D. Washington, D.C., American Psychiatric Publishing, 2004, 187 pp., \$32.00 (paper).

Short books deserve brief reviews—unless they are egregiously bad. This is a brief review because *Clinical Manual of Anxiety Disorders* is relatively short and it is good—quite good, in fact. The editor is to be commended for assembling many of the “big names” in anxiety disorders and inducing them to produce succinct yet comprehensive overviews following a format that provides remarkable chapter-to-chapter consistency. For each disorder, the discussion fits a template that flows from phenomenology to assessment to pathogenesis to pharmacotherapy to psychotherapy to conclusions and references. As in most books, “reference lag” detracts from the timeliness found in journal articles. Only three of the seven chapters are referenced beyond 2002, and there are only four references from 2003 in the entire book. This may explain why citalopram and escitalopram are mentioned in only some of the chapters.

The book is easy on the eyes, and copyediting has been thorough to the extent that even generic drug names are spelled correctly. Following an introductory chapter, each anxiety disorder is presented in about 20 to 30 fact-filled pages that include not only the obligatory DSM-IV-TR diagnostic criteria but also pathophysiology, neuroanatomy, neurochemistry, and management approaches that include both medications and psychotherapies. Especially appreciated is the balanced and critical presentation of pharmacological