



**Manic-Depressive Illness: Bipolar Disorders and Recurrent Depression, Second Edition**, by Frederick K. Goodwin, M.D., and Kay Redfield Jamison, Ph.D. New York, Oxford University Press, 2007, 1,288 pp., \$99.00.

The second edition of *Manic-Depressive Illness* is an absolutely outstanding book by Frederick K. Goodwin and Kay Redfield Jamison, two giants in this area of psychiatry. It is a beautifully written, scholarly, and sophisticated text of more than 1,200 double-column pages, richly illustrated with useful tables and figures. The first edition of *Manic-Depressive Illness*, published in 1990, was an outstanding and unique contribution to the psychiatric literature and won its authors universal acclaim. In the past 17 years this book has become a classic reference for psychiatrists and psychologists. The title of the second edition remains the same, with the addition of the subtitle *Bipolar Disorders and Recurrent Depression*. The new edition is not merely a cosmetic update but an extensive revision of the previous edition, with the most up-to-date information on the research in the field.

The first section, "Clinical Description and Diagnosis," gives a clear account of the importance of conceptual issues in clinical and research work related to mood disorders. I am impressed with the deep wisdom of the discussion of the manic-depressive spectrum. The spectrum conceptualizes a continuum between full-blown bipolar and unipolar affective illness and milder states or characteristics that may be construed as temperament. The authors suggest that there is a need for at least a partial return to the unitary Kraepelinian concept of manic-depressive illness and that frequently recurrent depression should be regarded as a manic-depressive spectrum disorder. The authors further suggest that the next revision of DSM and ICD classifications should include a category and operational definition for the recurrent forms of unipolar depression. The second section, "Clinical Studies," covers issues related to the course of illness, outcome, epidemiology, comorbidity, suicide, and pediatric manic-depressive illness. The wonderfully written chapter on suicide is especially important because patients with mood disorders are much more likely to commit suicide than those with other psychiatric and medical illnesses. A discussion of the hypothesis that patients with mood disorders develop alcohol and drug use disorders in an effort to self-medicate is also of great interest. The authors suggest that "it is probable that a subgroup of bipolar patients abuses alcohol and other drugs to intensify elevated

mood and energy states, while another group abuses the same substances to ameliorate or self-medicate their manic, depressive or mixed symptoms. Some do both."

The third section, "Psychological Studies," deals with neuropsychology, personality disorders, interpersonal functioning, assessment, and creativity. Important psychosocial issues such as marital functioning, sexual behavior, and assortative mating among bipolar patients are thoroughly discussed in the chapter on interpersonal functioning. The chapter on creativity presents intriguing scientific and biographical evidence linking manic-depressive illness to creativity. The authors wisely counsel their readers, "The existence of potentiating positive features in bipolar illness, perceived to be or actually associated with increased creativity and productivity, affects the willingness of some afflicted with the illness to seek and comply with treatment." The fourth section, "Pathophysiology," demonstrates the vast accumulation of new information we have gained regarding the biological mechanisms of bipolar disorders. Cutting-edge genetic, neuroimaging, circadian rhythm, and other studies are presented in this part of the text. The fifth and final section, "Treatment," provides a wealth of information on medical treatment, psychotherapy, management of suicide risks, and other issues. The review of the literature on the use of novel anticonvulsants, antidepressants, and atypical antipsychotics is excellent. Multiple treatment problems are discussed in this part of the book. It has been noted that even with the best available treatment many patients do not achieve remission. A chapter on nutritional supplements provides clinicians with useful information that may help answer patients' questions about nutritional remedies.

This is a well-balanced book that comprehensively covers a wide terrain. No doubt, this book is the most comprehensive text in the field of bipolar disorders and one of the best medical texts in the world. This text is a monumental and unparalleled achievement and a treasure of ideas. One can read the book in its entirety and be comprehensively informed about the complexities of manic-depressive illness, or one can adopt this book as a useful reference to selectively research various aspects of neurobiology, assessment, or treatment. The clarity of its exposition makes it a very valuable resource for clinicians and researchers that can also inform patients with mood disorders and their families.

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**Transgenic and Knockout Models of Neuropsychiatric Disorders**, edited by Gene S. Fisch, Ph.D., and Jonathan Flint, M.D., M.R.C.Psych. Totowa, N.J., Humana Press, 2006, 312 pp., \$145.00.

Modeling human neuropsychiatric disorders in animals has long been a goal of behavioral scientists seeking to understand the etiology of a given disorder or develop a new treatment approach. But can we really model disorders which are, by definition, uniquely human in infrahuman organisms? Since infrahuman creatures cannot talk to us, we cannot know if they feel or think the same things humans feel or think when depressed or suffering from autism or schizophrenia. The advent of genetic manipulation procedures has dramatically broadened the scope and variety of mouse models available for examining a host of disorders, from kidney failure to schizophrenia. But how closely do these genetically manipulated mice model neuropsychiatric disorders? What can we learn from them and what are the limitations of this knowledge as it applies to humans? This book, edited by Drs. Fisch and Flint, explores these questions from a broad and well-balanced perspective, detailing which models are available but also acknowledging the limitations inherent in these models and in the data derived from them. Extensive individual chapters dealing with specific disorders have been contributed by expert scientists in each area.

The book is divided into three sections. The first chapters give an overview of early debates on whether animals have minds and are capable of thoughts and emotions analogous to those in humans. The text then moves forward historically through the first operant conditioning studies and the advent of behaviorism to the present explosion of genetically manipulated mouse models, including transgenic and null-mutant mice. Another chapter gives a general discussion of the relevant models of human psychiatric disorders, including a review of the relevance of potential gene and environmental interactions and the impact of small genetic contributions to a complex, multigenic disorder. There are also two chapters that provide an excellent debate on the implications of the lack of language in mouse models on their relevance to human disorders, the interpretation of data, and implication for the human condition.

The second and third sections deal with specific models; the second is devoted to assessing models of neurocognitive dysfunction, while the third assesses models of neuropsychiatric dysfunction. The second section includes chapters on models of spinocerebellar ataxia, hereditary mental retardation, human speech and language disorders, and autism. The last section begins with a general overview of the advantages, limitations, and challenges of genetic mouse models of psychiatric disorders and goes on to assess models of psychosis, anxiety and depression, and bipolar disorder. Currently available models are presented for each disorder, as well as their advantages and limitations. This discussion is followed with scientific findings from these models, how this information has impacted research in the specific disorder, and what remains to be done. Where adequate models do not exist, there

is a discussion of what a relevant model should include and what studies are needed to both validate the model and move knowledge of the disorder forward.

This book provides a condensed and very readable compilation of state-of-the-art mouse models of neuropsychiatric disorders and, as such, is an excellent primer for scientists seeking to gain an understanding of what genetic mouse models are currently in use. The book also points the way for future development of additional models and testing paradigms. This is an outstanding reference book for the practicing behavioral scientist and for students of the discipline.

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**Biomedical Ethics: A Multidisciplinary Approach to Moral Issues in Medicine and Biology**, edited by David Steinberg. Lebanon, N.H., University Press of New England, 2007, 346 pp., \$40.00.

Ethics is pertinent to all fields of human endeavor. Ethical questions emerge in public, professional, and personal affairs. They exist in business, science, law, engineering, politics, agriculture, and military affairs. This volume is devoted to ethical dilemmas in the practice of clinical medicine (medical ethics) and related biological and technological fields (bioethics). These areas may overlap; both arenas are encapsulated in the term biomedical ethics. Although their deliberations may on occasion take a turn into obscure alleys, medical ethics and bioethics are not esoteric theoretical activities because they intimately affect our lives and the lives of the people we care about. The ability to remove your dying grandmother from a mechanical ventilator that would only prolong her suffering, your protection against becoming a research subject without having given informed consent, and your ability to obtain a fairly allocated organ for transplantation are recognized rights as a consequence of antecedent ethical debate. It is virtually certain that some matter of biomedical ethics either has or will intimately affect your life. (p. 3)

This excellent reader in medical bioethics consists of several dozen short essays written for the *Lahey Clinic Medical Ethics Journal* and compiled and edited by David Steinberg, M.D., the long-serving editor of that journal (formerly known as the *Lahey Clinic Medical Ethics Newsletter*). The essays date from 1995 to the present and are mostly written by clinicians and bioethicists from New England, where the Lahey Clinic is located, and in a few cases, from other countries.

The book is organized into six sections, "The Nature of Biomedical Ethics," "The Power of Language," "Novel Technologies," "In the Clinical Arena," "Ethics and the Law," and "Ethics and the Humanities." All but the last of the sections start with well-written introductions by the editor, summarizing nicely the ideas set forth by the essayists within the sections. The last section consists of thoughtful reviews of books (e.g., *The Sweet Hereafter* and *Darkness Visible: A Memoir of Madness*), films