This book is an excellent resource for therapists, patients, and family members. The author relates personal incidents, explains key concepts, and uses cartoons and poetry to help people understand the physical and psychosocial impact of chronic illness on the individual and family members. She includes definitions of common terminology, pictures and descriptions of adapted equipment, and lists of resource organizations, books, pamphlets, and medical journal articles. Patient rights and sources of financial assistance are also addressed.

According to 1983 estimates, one third of the adult population in America suffers from chronic illness. The author describes the patient's sense of unfairness, the impact of hearing the diagnosis of a serious illness for the first time, and the steps in the grieving process that follow such an announcement. She includes chapters on maintaining communication with partners, children, and friends; suggestions for effective communication with the health care team; and concerns about maintaining healthy relationships with care givers. Topics include the impact of stress and depression and the importance of rest and relaxation. Sexuality, physical fitness, diet, adapted living strategies for home and work are discussed, and a separate section describing occupational therapy is included.

Both new and experienced therapists should find this book useful for patient education. Moreover, the author's conversational style and practical hints make this an enjoyable as well as informative book to read.

Virginia R. Allen

Moving Right Along

Barbara Sher (1985).
Bright Baby Books, 101 Star Lane, Whitethorn, CA 95489.
78 pp., $5.95.

This book is a collection of movement games used to develop coordination and basic skills in children. It is a resource guide for parents and teachers. The author uses simple language to explain sequential skill development, and she highlights the importance of providing challenge and enjoyment.

The chapters are divided into 15 different skill areas such as eye-hand and eye-foot coordination, balance, spatial sense, and rhythm. Chapters are devoted to areas of relaxation and creative movement. Every chapter begins with an explanation of the purpose of strengthening a specific skill area and often applies this rationale to learning skills.

The games described in the book provide opportunities for children to learn basic motor skills and to go beyond these skills. The games allow children to demonstrate their skills, and the book discusses the need for children's abilities to be challenged.

Game variations are included, and the authors suggest that children become involved in designing games and making up their own game versions.

The equipment needed for the games is generally available in the home. Patterns are included for constructing balance beam supports and a pegboard.

Moving Right Along can be a resource guide for many different occupational therapy settings with children of various ages and disabilities. The book can provide enjoyable and encouraging ideas for parents, families, teachers, and others involved in the therapeutic process.

Peg Knechtges

Proprioceptive Neuromuscular Facilitation (3rd ed.)

370 pp.

The third edition of this book appears to be better organized than the previous editions. A detailed history of the technique of neuromuscular facilitation, beginning with the development of its roots in the late 1930s, is provided.

The book ties together the basic principles of the patterns of motion and gives the reader a complete review of these patterns, including free active, unilateral, bilateral combination, and total patterns. Drawings and photographs enhance the understanding of the techniques. One section on total patterns provides a useful review of the rationale, principles, and use and activities of the developmental sequence. The suggested activities incorporate elements of the developmental sequence, including self care activities and wheelchair use and transfers. Other techniques of facilitation are discussed, including the stimulation of specific areas (e.g., the mouth and tongue).

The book provides excellent citations and suggested readings.

This third edition is a suggested reference for occupational therapists developing their skills and abilities in proprioceptive neuromuscular facilita-