including with a report on the efficacy of group therapy. Other impressive aspects of this book are the extensive reference lists at the end of each chapter and the research studies listed in support of statements tending toward the stereotypic.

This book will make a valuable addition to the reference libraries of doctors, nurses, therapists, and technicians. It will help them take a more positive approach to the treatment of their patients. With today's trend to explore the once-neglected, but potentially powerful, humanistic approach toward disease, Helping Patients and Their Families Cope With Medical Problems is certainly a timely contribution.

Lorna Netupsky, OTR


The practice of hand rehabilitation has grown considerably since this book's first edition was published six years ago. The second edition reflects the enormous advancements in this area. The book contains 25 additional chapters, and most returning chapters have been extensively revised. They have also been sequenced and organized in a more logical and useful fashion.

Rehabilitation of the Hand is divided into seventeen "parts," ranging in subject matter from "Basic Considerations: Management by Objectives, Physiologic Aspects and Anatomy" to "Development of Hand Centers." The chapters have been written by highly respected professionals, including 47 physical or occupational therapists. Although the chapters have been written by a variety of authors and the writing styles vary, most chapters make enjoyable reading and are informative. Numerous illustrations (1997) and a complete 24-page index enhance the usefulness of this book.


Rehabilitation of the Hand is a most extensive, complete, and up-to-date source of information for the professional or student interested in hand rehabilitation. No person involved in this field should be without this fine book.

Laura Glover Kaiser, OTR


The Self-Help Revolution describes various types of self-help groups, people who band together because of a common cause, condition, or disease they share, such as cancer patients, the mentally ill, overeaters, the physically disabled, and alcoholics. The volume also discusses the issues surrounding the health care delivery system that lead to the development of such groups.

Self-help groups are described as being formed because members feel disillusioned by the medical services they receive. Also members need a more active role in their own recovery and coping processes, and they may want to achieve a more gradual independence from formal medical care. The self-help group can be a natural and comfortable support for members as they adjust to their problem.

The book discusses some of the difficulties self-help groups have in recruiting new members, retaining old members, and raising financial support. Also, this book covers well the controversial involvement of a professional in self-help groups. In some cases, professionals may dominate the groups and inhibit the mutual helping process that can exist among members. On the other hand, the book states that therapists can be a positive role model for certain types of groups and can contribute unique skills to them. It suggests further that therapists can be most useful to self-help groups as consultants, assisting members in setting up and monitoring certain types of activities, referring new members, accessing some forms of community services, and facilitating certain types of interaction among group members. Chapters 8 through 11 would be most useful to therapists interested in being involved in self-help groups as consultants.

For therapists interested in research and evaluation of self-help groups, Chapters 12 through 17...