identify areas of specialization in their fields, the effects of drugs on the system cut across all areas of practice, thus requiring everyone's attention.

The book is divided into 20 chapters. Five of the chapters review normal functions of body systems. Ten chapters focus clearly on the functions and actions of specific drug classifications. The other five chapters discuss specialized conditions and the pharmacological effects of drugs on these conditions. The text provides a carefully considered overview of the topics.

The author uses several methods of presentation that contribute to effective learning. First, the text is written in a simple, straightforward manner. A discussion of pharmacology requires the use of many words that the reader might be unfamiliar with. Becker is careful to define these words, and he uses familiar examples to be sure the reader understands the concepts. Second, the author makes good use of tables and diagrams to summarize complex information and to illustrate the actions described in the text. Third, Becker divides his text into basic and advanced sections, so that readers can choose between the two. The advanced knowledge paragraphs are identified by a dark vertical line. Thus, the book can be read cohesively at either level and becomes an easy reference tool for clinicians who may have a varied interest in certain drug effects.

The book was written as a textbook for undergraduate programs. However, these occupational therapy curricula are not likely to have a course solely dedicated to pharmacology. It might be appropriate to use the book as an adjunct text in a clinical conditions course at the undergraduate level or as a major text in a master's level course. It would also be useful as a desk reference for practicing clinicians.

Winnie Dunn

Symptom Management in Multiple Sclerosis
Randall T. Shapiro, MD (1987). Demos Publications, 156 Fifth Avenue, New York, NY 10010. 110 pp., $14.95 (hardcover), $9.95 (softcover).

This book sets out to encourage people with multiple sclerosis to take charge of their own care. It is one of a growing number of self-help publications directed at the person with a chronic progressive disability. It also enables the clinician to look more closely at the overall long-term picture of a disease. The diverse manifestations presented highlight the need for the ongoing monitoring of care.

The book is based on the experience the author gained from the management program developed at the Fairview Multiple Sclerosis Center in Minneapolis. A wealth of specific and general symptom management information is presented with a low-key, upbeat approach. The author stresses that although "no predictions can be made as to the final degree of disability for an individual patient, the overall statistics should lead the MS person to have every reason for optimism."

The quality of information on symptom management is uneven. Diagrams are often unclear and add little to the text. However, there are several noteworthy chapters, namely those on spasticity, weakness, fatigue, bowel problems, and pain. The initial chapter on clinical features and theories for the etiology of multiple sclerosis has excellent descriptions for the layman.

This is a book occupational therapists can recommend to their patients to help them prevent complications, take more control over their disease, and develop a more positive outlook on life. It is hoped that more publications of this nature will become available for other long-term disabilities.

Valerie L. Takai

Adolescent Anger Control: Cognitive-Behavioral Techniques

This book provides a very detailed and clearly written description of a self-management program developed for aggressive, explosive adolescents. The program incorporates cognitive behavioral techniques for reducing arousal and restructuring distorted cognitions. It also provides self-control strategies and training in social skills and assertiveness. Steps for implementation are described fully, including forms for collecting relevant information, data charts, outlines of treatment sessions, and instructions for key techniques. The rationale for and research relevant to each component are presented clearly, and additional relevant sources of information are offered. The methods of this program are not within the usual scope of occupational therapy, and their successful implementation requires previous training in cognitive-behavioral techniques. However, therapists who find that the explosive behavior of their adolescent clients is interfering with the clients' effective participation in treatment may find this book a

Briefly Noted

Choices: A Guide to Sex Counseling With Physically Disabled Adults

This book is an excellent resource manual and information aid for the health professional. When one is faced with addressing the sexual problems of patients/clients and needs some back-up information or support to substantiate previously learned information, this book is of great value. For many people it can be difficult to discuss this subject comfortably; this book handles all aspects of the subject thoroughly and in a manner that makes it easy for patients to understand but provides enough detail for the health professional. Although explicit in detail, the subject is handled well; the detailed examples provided would not be objectionable to anyone. All of the important or more frequently encountered disabilities are covered, yet the book is not repetitive. Moreover, the book is easy to read and certainly maintains the reader's attention.

Barbara Fields

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