

antipsychotics, benzodiazepines, pindolol, modafinil, steroid hormones, other agents such as inositol, SAMe and yohimbine, and antidepressant combinations (including using atomoxetine). Chapter 7, 'Combining drug treatments to achieve better tolerability and adherence,' is a review of strategies to manage side effects of antidepressants, such as sexual dysfunction; fatigue and hypersomnia; insomnia, anxiety, jitteriness, and agitation; akathisia and bruxism; gastrointestinal distress; and weight gain. These four chapters are clinically oriented, relatively comprehensive, and quite useful.

Chapter 8, 'Depression and genetics,' is a brief discourse on genetics of depression, discussing the limitations of psychiatric genetics, traditional genetic approaches, genetic epidemiology, and candidate genes. It is not clear to this reader what this chapter has to do with treatment and management strategies, as it does not provide any. Chapter 9, 'Depression, neuroimaging and neurophysiology,' presents a brief excursion into structural imaging, functional imaging, magnetic resonance spectroscopy and EEG studies of depression, again without a clear link to treatment and management strategies. Chapter 10, 'Depression and somatic treatments,' reviews electroconvulsive therapy, transcranial magnetic stimulation, magnetic seizure therapy, deep brain stimulation, vagus nerve stimulation and some surgical methods. The review of surgical methods such as anterior cingulotomy is clearly out of place as these methods are used predominantly in obsessive-compulsive disorder and their efficacy in major depression is less than anecdotal. The authors are fairly enthusiastic about the use of some of these treatments, for example, vagus nerve stimulation (my reading of the literature on this treatment modality is less enthusiastic, especially, as the authors point out, since this method has been studied as an adjunct therapy only). Nevertheless, electroconvulsive therapy remains still the most efficacious and reliable of these treatments, in spite of its side effects and possible complications. Chapter 11, 'Medication and psychotherapy options and strategies: the future,' is a brief summary of issues such as sequential application of treatments, conceptual shift from cognitive content to cognitive process, the role of psychodynamic treatment and others. Similar to the first three chapters, most of the last four chapters, with exception of the somatic treatments, is forgettable for anyone interested in the "treatment strategies and management" mentioned in the title of this book.

This volume may be interesting for a novice in the area of treatment of depression. An experienced clinician will not find it much useful beyond the four "central" chapters, and probably the review of somatic treatments. These five chapters, reviewing acute and maintenance treatment, and combining of medication to either achieve remission or better tolerability and adherence, and somatic treatments, are faithful to the title of this book—*Depression. Treatment strategies and management*. The rest of the book is a bit misplaced, and belongs probably to a basic textbook on depression. If one ever considers another edition of this text, the expanded five truly treatment-oriented chapters would suffice. Considering the fairly hefty

price, unless you are a novice with no other comprehensive text on depression, keep your purse closed.

Richard Balon, M.D.
Wayne State University
Detroit, Michigan

Dynamics of Romantic Love. Attachment, Caregiving, and Sex. Edited by Mario Mikulincer and Gail S. Goodman; The Guilford Press, New York, New York; 2006; ISBN-10 1-59385-270-3; \$50 (hardcover); 466 pp.

Love is clearly a complicated matter, which has been less or more successfully explained by various thinkers, philosophers, and others throughout the history of mankind. There are numerous definitions and descriptions of this basic human emotion or state of mind. Various thinkers and "experts" present definitions and discussions of romantic love, sexual love, love as caregiving, love as attachment, and many others. Recently, a friend of mine lent me a disk with Helen Fisher's lecture on love (for Helen Fisher's work, see for instance her book *The Anatomy of Love* (1). I was quite enchanted by her lecture and by other disciplines (in this case anthropology) view of love and its possible biological underpinnings (she talks about the roles of testosterone, dopamine, and oxytocine). She also talked about the role of attachment (oxytocin!). Thus, I became quite interested in another disciplines—in this case, psychology—view of love, when I saw this volume, *Dynamics of romantic love. Attachment, caregiving, and sex*.

This edited volume was put together by two psychologists, Mario Mikulincer and Gail Goodman, interested in, among other things, attachment theory. The volume "grew out of a conference ... held to celebrate Phillip Shaver's 60th birthday ..." The reader will probably ask, as I did, who Phillip Shaver is. Well, I found that Phillip Shaver is a psychologist who, together with another psychologist, Cindy Hazan, in 1987 published a classic article conceptualizing romantic love as an attachment process (2). The goal of the conference celebrating his birthday was "... to evaluate and expand on ... ideas about how romantic love typically involves a combination of three behavioral systems discussed by John Bowlby in his trilogy on attachment theory: attachment, caregiving, and sex" (p. ix). As one of the editors state, "Evidence is not emerging that shows that attachment processes shape sexual motives, experiences, and behaviors" (p. 36).

The book consists of 17 chapters and is divided into five parts—I. Introduction, II. Basic attachment processes in couple relationships, III. Interplay between the caregiving and attachment systems, IV. Attachment, sex, and love, and V. Interfaces between attachment theory and other perspectives on romantic love.

The first chapter is a bit too personal and out-of-place "personal perspective on an attachment researcher," in this case on Phillip Shaver by one of the editors, Gail Goodman, who

happens to be his wife. The Introduction part gets, fortunately, a bit better with chapter 2 by the other editor, Mario Mikulincer, on a behavioral perspective of attachment, caregiving, and sex within romantic relationships.

The second part focuses on issues such as definition of adult attachment (in fact, the authors quote John Bowlby, who stated that “In terms of subjective experience, the formation of an adult attachment bond is described as falling in love” [3, p. 79]), the evolution of attachment in romantic relationships, an attachment perspective on abusive dynamics in intimate relationships and on sex differences in jealousy. The discussion on abusive dynamics is especially interesting. The authors of this chapter state that “Feminist perspectives on partner violence have largely shaped treatment programs for partner abuse,” and many “... have disregarded the empirical evidence that heterosexual partner abuse is often reciprocal and that both partners are involved in the development and maintenance of abusive dynamics” (p. 118). Thus, they believe that it is problematic and potentially unethical to treat only male partners in violent relationships. That seems to be a bit novel, interesting, and important suggestion. The chapter on jealousy presents another interesting host of ideas. Apparently men are more bothered by sexual infidelity, and women by emotional infidelity or loss of interest and commitment, and research has found that men across cultures are more likely than women to divorce (and possibly batter or even kill) partners who are sexually unfaithful (p. 130).

The third part discusses issues such as responding to needs in intimate relationships, gratitude and forgiveness in romantic relationships, and perceptions of conflicts and support in romantic relationships—the ups and downs of anxiously attached individuals. I have to admit that certain parts here seemed clearly boring and long-winded.

The fourth part gets a bit more interesting, reviewing issues such as attachment styles, sex motives, and sexual behavior; the implication of the attachment theory for understanding same-sex love and desire; attachment-related pathways to sexual coercion; and how sexuality and attachment interrelate. It is argued here that, “romantic love can be understood as an attachment process in which a committed, intimate relationship meets basic needs for comfort, closeness, and security” (p. 243). On the other hand, it is interesting how each theory or set of theories has a need to explain all behaviors within its theoretical framework, even when more or less obviously some of these behaviors do not necessarily fit its framework, e.g., sexual coercion. One cannot avoid thinking of Karl Popper and his argument that the greatest strength of scientific approach or method is to disprove a hypothesis. One also has to agree with Phillip Shaver, who states that, “... there is no theory of personality, emotions, social relationships, or psychological development that holds much more than a flickering candle to actual experience” (p. 426).

The last part, as many last parts, attempts to provide final words, balancing and directions for the future research and thinking. The most interesting topic here is probably the

discussion of the implication of the attachment theory for research on intimacy. It seems that intimacy promotes openness and effectiveness in various life domains. Here I found also some reference to the psychiatric literature, to Vaillant’s book *Adaptation to Life*. The authors point out that “. . . intimacy, and particularly self-disclosure, has been associated with emotional well-being, psychosocial adjustment, and physical health across the lifespan” (p. 396). In another chapter, I also (finally) found, some brief definitions of various types of love: romantic love = liking *with* sexual desire; companionate love = liking *without* sexual desire; and lust = sexual desire *without* liking.

This volume, in spite of all its weaknesses (not-so-great editing, verbosity in some places, unevenness) is interesting for several reasons. First, it illustrates one of the vast areas of research occurring outside of psychiatry that psychiatry seems to know little about. Second, it seems to demonstrate the re-emergence of interest in attachment theory (ies) (or maybe just another “up” of the ups and downs of interest). Third, it brings up a few interesting ideas about the complicated issue of love (though love seems much less romantic after reading this book!), although the reading is less provocative and thought-provoking than the writings of Helen Fisher. Nevertheless, this volume will be appreciated by many of those interested in the attachment theory and its spinoffs.

REFERENCES

1. Fisher H: *Anatomy of Love*. A Fawcett Book, The Random House Publishing Group, New York, NY, 1992
2. Hazan C, Shaver PR: *Romantic Love Conceptualized as an Attachment Process*. *Journal of Personality and Social Psychology* 1987; 52:511–524
3. Bowlby J: *The Making and Breaking of Affectional Bonds*. Tavistock, London, United Kingdom, 1979
4. Vaillant GE: *Adaptation to Life*. Little, Brown and Comp, Boston, MA, 1977

Richard Balon, M.D.
Wayne State University
Detroit, Michigan

In Search of Memory. The Emergence of a New Science of Mind. By Eric R. Kandel; WW Norton & Company, New York, New York; 2006; ISBN 0-393-05863-8; ISBN 0-393-5863-8; \$29.95 (hardcover); 510 pp.

At the very beginning of his remarkable book Eric Kandel states that, “Understanding the human mind in biological terms has emerged as the central challenge for science in the twenty-first century” (p. xi). One of the aspects of the human mind is memory, which, as stated elsewhere, binds our mental life together. Kandel spent all his scientific life uncovering the secrets of human memory and was awarded the Nobel Prize in Physiology and Medicine in 2000 for his discoveries, as his