

Contents

PART I



Mood and Anxiety Disorders

- | | | |
|---|--|----|
| 1 | R. M. Nesse | |
| | <i>What Good Is Feeling Bad? The Evolutionary Benefits of Psychic Pain</i> | 6 |
| 2 | K. R. Jamison | |
| | <i>Manic-Depressive Illness and Creativity</i> | 12 |
| 3 | B. R. Strickland | |
| | <i>Women and Depression</i> | 17 |
| 4 | L. Hawkins | |
| | <i>Seasonal Affective Disorders: The Effects of Light on Human Behaviour</i> | 21 |
| 5 | C. Gorman | |
| | <i>Suicide Check: Advances in Biopsychiatry May Lead to Lab Tests for Self-Destructive Behavior and Other Mental Disorders</i> | 27 |
| 6 | H. Saul | |
| | <i>Phobias: Is There a Way Out?</i> | 29 |
| 7 | M. M. Antony, T. A. Brown, & D. H. Barlow | |
| | <i>Current Perspectives on Panic and Panic Disorder</i> | 32 |
| 8 | K. Butler | |
| | <i>Researching PTSD: The Biology of Fear</i> | 36 |
| 9 | E. Dolnick | |
| | <i>Obsessed</i> | 43 |

PART II

Other Major Mental Disorders: Schizophrenia, Eating Disorders, Somatoform Disorders, and Childhood Disorders

- | | | | |
|----|-------------------------------------|--|----|
| 10 | P. Brown | <i>Understanding the Inner Voices</i> | 49 |
| 11 | T. Dajer | <i>Divided Selves</i> | 54 |
| 12 | D. Hurley | <i>Imminent Danger</i> | 59 |
| 13 | H. E. Marano | <i>Chemistry and Craving</i> | 66 |
| 14 | J. Seligmann, P. Rogers, & P. Annin | <i>The Pressure to Lose: Anorexia and Other Eating Disorders Are Gnawing Away at Young Men</i> | 73 |
| 15 | B. Carey | <i>The Mind of a Hypochondriac</i> | 79 |
| 16 | B. Bower | <i>Deceptive Appearances: Imagined Physical Defects Take an Ugly Personal Toll</i> | 81 |
| 17 | E. Dolnick | <i>Hotheads and Heart Attacks</i> | 85 |
| 18 | U. Frith | <i>Autism</i> | 87 |
| 19 | C. Wallis | <i>Life in Overdrive</i> | 93 |
| | | | 98 |

PART III

Personality Disorders, Criminality, and Substance Abuse Disorders

- | | | | |
|----|----------|---|-----|
| 20 | B. Bower | <i>Piecing Together Personality: Psychological Research Presents
a Challenge to Psychiatric Diagnosis</i> | 105 |
| | | | 109 |

- 23** C. F. Ferris
The Rage of Innocents

- 24** D. Concar
Prisoners of Pleasure?

PART IV

Controversial Diagnoses: Gender-Bound and Culture-Bound Syndromes

- 25** D. Cohen
Now We Are One, or Two, or Three . . .

- 26** G. Vines
Have Periods, Will Seek Therapy

- 27** C. Tavaris
The Illusion of Science in Psychiatry

- 28** G. Stix
Listening to Culture: Psychiatry Takes a Leaf from Anthropology

- 29** R. E. Bartholomew
Culture-Bound Syndromes as Fakery

PART V

Psychotherapies: Novel or Controversial Psychological Interventions

- 30** Consumer Reports
Mental Health: Does Therapy Help?

- 31** N. Jacobson
The Overselling of Therapy

124

128

133

136

138

140

148

150

157

161

167

32	E. Loftus <i>Remembering Dangerously</i>	174
33	D. Bradley <i>Back in the High Life: A Controlled Study by Emory and Georgia Tech Researchers Tests Virtual Reality Technology in Treating Acrophobia</i>	184
34	J. Neimark, C. Conway, & P. Doskoch <i>Back from the Drink</i>	188
35	S. O. Lilienfeld <i>EMDR Treatment: Less than Meets the Eye?</i>	195
36	G. Green <i>Facilitated Communication: Mental Miracle or Sleight of Hand?</i>	202
PART VI		
◆		
	Somatic Therapies	211
37	D. Concar <i>Design Your Own Personality</i>	214
38	S. Fisher & R. P. Greenberg <i>Prescriptions for Happiness?</i>	219
39	R. Mestel & D. Concar <i>How to Heal the Body's Craving</i>	224
40	R. Twombly <i>Shock Therapy Returns</i>	229