from which they can adapt their approaches as needed. This book would benefit therapists in a variety of settings, and it can be used as a valuable creative manual addressing the basic needs and life skills of the elderly.

Joan Berger, OTR/L

Melloni's Illustrated Review of Human Anatomy

In an effort to make it easier for students to learn the complex subject of anatomy and to study for examinations, the authors of this book have streamlined the material they cover. In shortening the text to 268 pages, they have eliminated narrative descriptions and also areas such as osteology, pathology, and internal organ systems that are found in other texts. Five systems are presented: arteries, bones, muscles, nerves, and veins. In each section, individual entries are listed on the left-hand page. They appear in alphabetical order by Latin name. Each entry lists brief facts including origin, branches or insertion, and basic function, and each is illustrated on the right-hand page. The illustrations are in gray with the entry highlighted in pink or fuchsia. The drawings are meticulous, and the texture of the bones is shown so clearly you can almost feel it.

Because the entries are alphabetized, unlikely combinations appear on the same page, such as latissimus dorsi, levator anguli oris, and levator ani. The relationships between structures are not demonstrated clearly, especially in the musculature of the extremities. For example, each muscle of the scapula is shown on a different page, and they are never pictured together. Individual bones, but only limited articulations, are shown. Ligaments and other connective tissues are rarely mentioned.

The exceptional drawings and the concise organization of the entries might be beneficial for rote learning and might be useful in combination with a dissection laboratory. However, with its limited treatment of the extremities and almost complete lack of information on connective tissue, this book may get students through the test but not through the clinic. In the clinic, therapists work with functions and complex problems; the importance of connective tissue cannot be overemphasized. I do not recommend this book for occupational therapists.

Michelle Wegler, OTR

Understanding Stress: Strategies for a Healthier Mind & Body
Marian Hansen, RN, BSN, and Gayle Ritter, OTR, in association with Mary Gulmann, PhD, and Bruce Christiansen, PhD (1989). The American Occupational Therapy Association, Inc., 1383 Piccard Drive, Rockville, MD 20850-4375. 18 pp., $4.50 (members), $6 (nonmembers).

Factors of stress affect all of us. However, persons with psychiatric illnesses are more vulnerable to the negative impact of daily occurrences. An organized approach to help patients review their daily lives, identify common stressors, and develop coping strategies is very important. Understanding Stress is a valuable self-directed guide to help therapists and patients with the initial steps in exploring stress.

Psychiatric occupational therapists reviewed this book with several patients, and the patients found the information and its method of presentation helpful. The pleasing contrast between the graphics and the text print enhances the book's clarity. One patient said, "It speaks directly to you, clear and simple. I like that." Another patient commented that she valued the book's overall emphasis on the fact that it is important to learn to be good to yourself.

This book can be used in a variety of clinical situations. Therapists may introduce the topic of stress by using this book in individual treatment sessions or in group sessions. Therapists working in skill training programs for stress reduction may also find the book to be a valuable tool. Patients can benefit from the organized exploration of causes of and solutions to stress and from the simple checklists and range of commonsense strategies that are included. This is a good introductory book for patients to take home with them. In fact, it is an excellent educational tool for anyone involved in health and wellness programs.

Frances Palmer, MS, OTR/L