

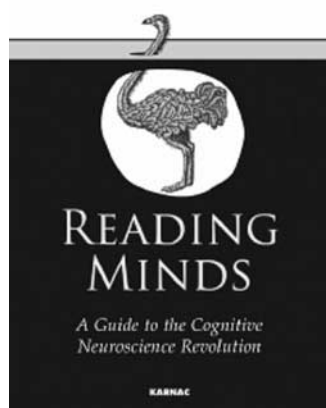
The book is informative and thought-provoking. The author's most interesting suggestion about the notion of free will is that, by choosing to act in a certain way, we create ourselves.

The following quote aptly summarises what makes action free and autonomous for Callender: 'One way in which we can utilize our creativity is in generating models of our futures, which allow us to achieve lives in keeping with our desires and capacities. These models then become one of the causal factors that determine the decisions that we make about our lives' (p. 209).

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MICHAEL MOSKOWITZ



**Reading Minds:
A Guide to the Cognitive
Neuroscience Revolution**

By Michael Moskowitz.
Karnac Books. 2010.
£19.99 (pb). 256pp.
ISBN: 9781855757141

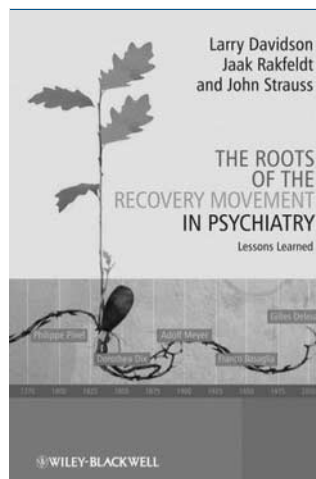
Moskowitz, a psychoanalyst and organisational consultant, promises a great deal having captured our attention with his title, and he manages to deliver. Through his engaging, casual and accessible style, with stories from daily life, the clinical arena and the laboratory, Moskowitz will succeed at informing, provoking and entertaining the lay reader, although his scholarly rigour will also make this book appealing to clinicians and academics. He effectively brings together the theory and practice of a range of disciplines in a refreshing way, making them comprehensible even to the untrained reader, a skill seldom displayed in this field. His experience working in a variety of settings, clinical, organisational and academic, is evident in his work as he seamlessly blends concepts from different schools of thought.

This is, in fact, what he sets out to do in his introduction: an 'attempt to bring together and to connect what (he) can of this vast new field . . . to better understand human nature'. Essentially, he aims to provide a practical guide to the cognitive neuroscience revolution and demonstrate how to use scientific principles to improve our understanding of and relationship with others. Of course, it is over a hundred years since Freud outlined his wish to integrate knowledge of the brain with evolving concepts of mental functioning. Moskowitz draws on ideas from developmental psychology, learning theory, neurobiology, anthropology and linguistics, to name a few. The book contains pictures as well as case studies. Of particular note is the discussion of Bill Gates' mindreading skills and the theory Moskowitz suggests as an explanation of Gates' success.

My only criticism is that there are a number of typographical errors within the text, but overall, this is an exciting book, written with boundless enthusiasm – a joy to read.

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**The Roots
of the Recovery
Movement in Psychiatry:
Lessons Learned**

By Larry Davidson, Jaak Rakfeldt & John Strauss.
Wiley-Blackwell. 2010.
£45.00 (hb). 294pp.
ISBN: 9780470777633.

Many have seen the current recovery movement, with its emphasis on personalisation, social inclusion and choice, as having arisen from earlier civil rights and disabilities movements. Here is a book that substantiates that claim through a succession of biographical sketches of innovators and activists of the past couple of hundred years.

Davidson and his colleagues have engagingly illustrated the continuity and progression of 'values in action' through the lives of people who have become our inspirational forefathers. Starting with Pinel, who inaugurated both moral treatment and the modern psychiatric era, they go on to social activists, Dorothea Dix and Jane Adams, pioneers of deinstitutionalisation, Erving Goffman and Franco Bassaglia, crusading civil rights and race leaders, including Martin Luther King, humane psychiatrists, Adolph Meyer and John Strauss and finally psychological and economic theorists, Lev Vygotsky and Amartya Sen.

Most of these names are familiar to even a casual student of the history of psychiatry but here is an opportunity to appreciate that nobody gets it right completely and to focus on what lessons can and should be carried forward as well as to underline cautionary notes concerning what we should avoid repeating.

However, it is initially puzzling that in a book dedicated to the roots of the recovery movement none of those reviewed specifically espoused 'recovery' as we currently know it. The authors could have written to their title by offering an annotated who's who of more recent recovery champions. Instead, they have offered something more profound and helpful by tracing the guiding principles of recovery back through various forms of emancipatory humanism and values-led activism which has fuelled progressive change throughout the modern era.

This inspirational and supportive book concludes with an imagined conversation between those reviewed. Having drawn the reader into this challenging conversation as a witness, the authors conclude by sending him out to continue the debate with friends and colleagues but certainly better equipped.