

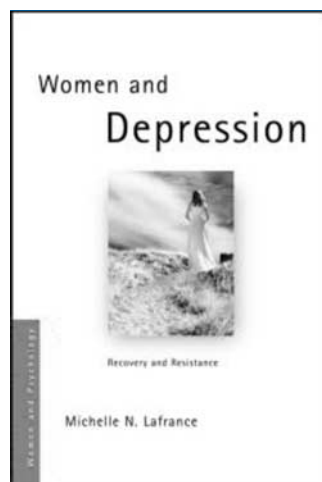
context puts an important and under-researched perspective on the understanding of depression.

The editors have structured this book by selecting a number of vulnerability factors and presenting a chapter on normal development in this area, followed by a chapter on the development of affective pathology. Areas covered include brain development, puberty, cognition, moral emotions, shame, temperament, familial processes, and peers and romantic relationships. The complex interplay between risk and protective factors within a developmental biopsychosocial perspective is highlighted throughout this book, for example in relation to the increased risk for depression in teenage girls. Differences in brain maturation between boys and girls are explored and early pubertal maturation in girls appears to be a particular vulnerability factor. This is discussed in relation to hormonal influences and the 'affiliative need' of girls, whereby girls are more likely to experience disappointment and 'co-ruminate' with their peers.

The developmental framework used by the authors has not been previously adequately explored and therefore this book is essential reading for anyone interested in understanding depression and the potential mechanisms involved across the life-span, as well as gaining an insight into normal emotional development. The presentation of the evidence base is thorough but left me wondering about other potential vulnerability factors that were not covered. For example, although the effects of culture are mentioned, a chapter with a fuller exploration of developmental cultural issues in depression would have been fascinating. Similarly, I wondered about a developmental perspective on socioeconomic status and how this may differentially influence depression. This is not a criticism of the book but a reflection on how this impressive volume of work provokes further thought and questions. The authors have succeeded in their aim to produce a text that synthesises diverse research areas generating new perspectives on depression for future investigation.

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doi: 10.1192/bjp.bp.109.067975



Women and Depression: Recovery and Resistance

By Michelle N. Lafrance (author) & Jane Ussher (series editor)
Routledge. 2009.
£16.95 (pb). 248pp.
ISBN: 9780415404310

According to Michelle Lafrance, psychology, psychiatry and psychotherapy are 'notorious for holding a myopic view of people's distress', as they only look to neurochemical and cognitive models to explain depression. She challenges this approach in her

book, one of a series entitled 'Women and Psychology'. The book is based on in-depth interviews with women who have experienced depression and recovered. Lafrance interviewed 19 women from an eastern Canadian city, focusing on their recovery from depression, and undertook similar interviews with 14 women from a semi-rural area who attended a 'Nurturing Ourselves' workshop which focused on the ways in which they attended to their health and well-being in everyday life.

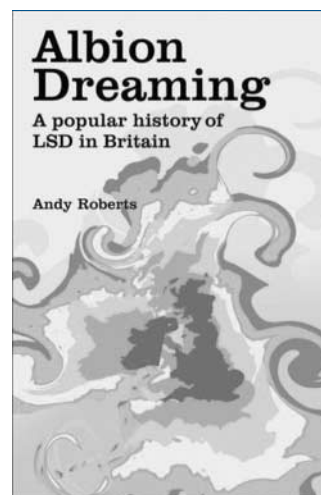
In the first chapter, Lafrance reviews the lives and experiences of women which, she argues, are the main drivers for depression: violence and abuse, poverty, care-giving and difficult relationships. I would argue that most mental health professionals are aware of the realities of the lives of many women with depression in relation to the issues she discusses.

The second chapter explores the analysis of her data in relation to recovery and in the third she addresses the self-care women undertook in order to remain well, which is often a struggle in the face of competing demands and societal views. In addition to discussing the themes emerging from these interviews, Lafrance also reviews and interweaves the background literature and main feminist and sociological theories relating to depression in women. The book draws to a close with a concluding chapter and there are appendices outlining Lafrance's methods.

As much of the recovery agenda in psychiatry focuses on severe mental illness, this book is a welcome gathering together of the detailed experiences of women who have suffered from depression, and the current theories and literature. Trainees will find it a good introduction to feminist and sociological theory in relation to women and depression and a welcome complementary text to all those biomedical ones. In addition to thinking about recovery, it will also provide an example of a qualitative research method, namely discourse analysis.

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doi: 10.1192/bjp.bp.109.068197



Albion Dreaming: A popular history of LSD in Britain

By Andy Roberts.
Marshall Cavendish. 2008.
£18.99 (hb). 288pp.
ISBN: 9781905736270

As a trainee psychiatrist 20 years ago, I recall hearing a senior colleague recount being given lysergic acid diethylamide (LSD) in the 1950s as an experiment at work and being taken to the old Glasgow Airport to watch the planes taking off and landing. Although everything was vivid and meaningful at the time for him I did not get the impression that he gained anything of lasting