

## books received

- Anxiety. Your questions answered.** Turner T. Edinburgh: Churchill Livingstone, 2003 (viii + 178 pp, \$68.20) ISBN 0443072949.
- Cardiology at a glance. Australian adaptation.** Guy D, Thomas S, Lee J, Lee PC (eds). Sydney: McGraw-Hill, 2003 (xviii + 406 pp, \$39.95) ISBN 0074712950.
- Churchill's pocketbook of general practice.** Cartwright S, Godlee C. Edinburgh: Churchill Livingstone, 2003 (x + 367 pp, \$66.00) ISBN 0443072078.
- Complementary and alternative medicine. An evidence-based approach.** Spencer JW, Jacob JJ. St Louis: Mosby, 2003 (xv + 632 pp, \$108.90) ISBN 0323020283.
- Complementary therapies on the internet.** Beckner WM, Berman BM. St Louis: Churchill Livingstone, 2003 (ix + 186 pp + CD Rom, \$66.00) ISBN 0443070679.
- Dorlands illustrated medical dictionary.** Philadelphia: Saunders, 2003 (xix + 2190 pp, \$82.50) ISBN 0721601464.
- Epidemiology of schizophrenia.** Murray RM, Jones PB, Susser E, van Os J, Cannon M (eds). Cambridge: Cambridge University Press, 2003 (xvi + 454 pp, \$190.00) ISBN 052177540x.
- Ethical eye: transplants.** Strasbourg: Council of Europe, 2003 (258 pp, \$38.10) ISBN 928747795.
- Family focused grief therapy. A model of family-centred care during palliative care and bereavement.** Kissane DW, Bloch S. Buckingham: Open University Press, 2002 (xviii + 254 pp, \$39.95) ISBN 0335203493.
- Frequently overlooked diagnoses in acute care.** Marinella MA. Philadelphia: Hanley and Belfus, 2003 (vii + 147 pp, \$75.90) ISBN 1560535660.
- Getting rid of gout.** Emmerson B. Melbourne: Oxford University Press, 2003 (152 pp, \$26.95) ISBN 0195516672.
- Internal medicine on call. Australian adaptation.** Thomson NM, Haist SA, Robbins JB (eds). Sydney: McGraw-Hill, 2003 (xx + 695 pp, \$49.95) ISBN 0074710354.
- Key policy issues in long-term care.** Brodsky J, Habib J, Hirschfeld M (eds). Geneva: World Health Organization, 2003 (xviii + 270 pp, \$67.20) ISBN 9241562250.
- Lifestyle change.** Dunn C, Rollnick S. London: Mosby, 2003 (vii + 88 pp, \$41.80) ISBN 0723433186.
- Managing diabetes mellitus. A pocket guide.** Macfarlane IA, Wallymahmed M. London: Current Medical Literature, 2003 (vi + 66 pp, \$14.00) ISBN 1850092087.
- Medical management of AIDS in children.** Shearer WT, Hanson IC. Philadelphia: Saunders, 2003 (xii + 446 pp, \$108.90) ISBN 0721682847.
- Oh's intensive care manual.** Bersten A, Soni N (eds). Edinburgh: Butterworth Heinemann, 2003 (xiii + 1175 pp, \$133.10) ISBN 0750651849.
- PDxMD neurology.** Philadelphia: PDxMD, 2003 (xv + 1141 pp, \$85.80) ISBN 1932141081.
- PDxMD psychiatry.** Philadelphia: PDxMD, 2003 (xv + 510 pp, \$85.80) ISBN 1932141154.
- Pocket guide to diagnostic tests. Australian edition.** Dunstan R, Nicoll D, McPhee SJ, Pignone M, Detmer WM, Chou TM (eds). Sydney: McGraw-Hill, 2003 (viii + 488 pp, \$49.95) ISBN 0074710362.
- Primary cardiology.** Braundwald E, Goldman L. Philadelphia: Saunders, 2003 (xiii + 721 pp, \$195.80) ISBN 0721694446.
- Quantifying quality in primary care.** Graves P. Abingdon: Radcliffe Medical Press, 2002 (vi + 257 pp, \$64.60) ISBN 1857755995.
- Therapeutic guidelines. Antibiotic.** Melbourne: Therapeutic Guidelines, 2003 (xvi + 405 pp, \$33.00) ISSN 13295039.

## book review

## Foiling the followers

Surviving stalking. Michele T Pathe. Cambridge: Cambridge University Press, 2002 (vi + 166 pp, \$59.95). ISBN 0 521 00964 2.

**TO BE STALKED** is an unhappy experience. The consequences range from a continuing disquiet to gross disruption of one's life, thoughts of suicide, and the development of a range of psychiatric disorders. Since some victims keep quiet about being stalked its exact prevalence is not known, but one large survey in the United States found that 8% of women and 2% of men had been stalked at some time in their lives. Usually it goes on for months, but occasionally it continues for years.

In spite of all this it is difficult to find a comprehensive, up-to-date and clearly written account of what happens, who does it and what one can do about it. This book does all that, and much more. Pathe is well qualified to write it, being a consultant forensic psychiatrist at the Victorian Institute of Forensic Mental Health in Melbourne, where she has been treating stalkers in the world's first clinical outpatients program, since the early 1990s. She is co-director of the Stalking and Threat Management Centre and is co-author of the best-selling *Stalkers and their victims* and winner of the American Psychiatric Association's Guttman Award for an outstanding contribution to the literature on forensic psychiatry.

The book is relevant both to our patients and to us. Many doctors receive continuing unwelcome attention from disgruntled patients. Read the book and you will find out what to do about it. Not only does Pathe cover the practical and clinical issues but, in addition, she has chapters on how to navigate the criminal justice systems in the United States, the United Kingdom and Australia.

All this and more is covered in 135 pages of text. There is no jargon and nothing is left out. Doctors considering launching into authorship could use her book as a model.

Its price is more than one might anticipate for a relatively short paperback, but the contents are worth it.

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