

shying away from the controversies and acknowledging hitherto unanswered questions. There are a few prominent omissions, most notable being that of hypochondriasis (health anxiety), but that has been openly acknowledged and the rationale justified (covered elsewhere in the OLP series).

The material is logically organised under six main headings. The initial section describes the phenomenology and epidemiology of the main illnesses (OCD, body dysmorphic disorder, compulsive hoarding, tic disorders and trichotillomania). Written by leading academics in the field, the chapters provide an authoritative account of the state of our current understanding. The next section is carefully designed to give space to genetic, neuro-anatomical, information-processing, social and family, personality, and psychological approaches that have been used to understand these illnesses. The early chapters skilfully build the knowledge base before introducing the later three sections which deal with assessment and treatment of these disorders. An entire section has been dedicated to the treatment of OCD, which will be much appreciated by clinicians working in this field. Mainstream psychological and pharmacological treatment approaches for body

dysmorphic disorder, compulsive hoarding, tic disorders and trichotillomania have been covered in adequate detail and are well referenced. However, the book does not go into much detail about the emerging experimental evidence which could potentially lead to development of new treatments in future. This difference in emphasis is completely understandable as the book is being positioned as a handbook for clinicians.

Overall, this appears to be an indispensable text for the student and the clinician alike. The only reservation one might have is that it is described as a handbook but may as well be called a reference book on OCSD. It has clearly benefited our understanding of a field that appears set for some major revisions in the next few years.

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