

mental health practitioner on a topic that most likely will have been overlooked in their training. In particular, it is an antidote to a potential clash of models if one is dealing with a patient who is particularly invested in a 12-step programme, where a naive therapist might apply an approach that leads to dissonance for the patient around the question of autonomy, given the crucial first step of admitting powerlessness over the addictive substance.

Overall, I would recommend this book as a useful addition to a local mental health library to be shelved alongside Heather and Robertson's *Problem Drinking*,<sup>2</sup> the first half of which will give a

balancing view on the history of the 12-step approach and its consequences.

- 1 Peele S. *Diseasing of America: How We Allowed Recovery Zealots and the Treatment Industry to Convince Us We are out of Control*. Jossey Bass, 1999.
- 2 Heather N, Robertson N. *Problem Drinking* (3rd edn). Oxford University Press, 1997.

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