

HDL system, including the expression of apoprotein genes, function of proteolytic enzymes, and receptor-mediated processes. These sections are sufficiently referenced and reasonably current. Several chapters deal with approaches in molecular biology that are assuming great importance in this exciting field.

The epidemiologic evidence relating HDL cholesterol levels to coronary heart disease is not presented in detail, but a chapter describing the metabolic aspects of HDL in hypertriglyceridemic patients should be of interest to practicing physicians because low HDL cholesterol levels are frequently encountered in these patients.

The closing section ("Diet/Drug Effects on HDL") contains too much material that is covered in previous chapters and only describes the effects of lipid-lowering drugs on HDL cholesterol levels. A discussion of the influence of other drugs, such as antihypertensive agents, might have been helpful here.

High-Density Lipoproteins will probably be most useful to clinicians and researchers who do not have an extensive background in the field of lipoprotein metabolism.

MICHAEL CRESSMAN, DO
Lipid Research Clinic

BEHAVIORAL COUNSELING IN MEDICINE: STRATEGIES FOR MODIFYING AT-RISK BEHAVIOR

By Michael L. Russell
Oxford University Press

This well-organized, clearly written text is directed to physicians, psychologists, and other health care workers managing chronic illness that involves having the patient decrease unhealthy behaviors and increase healthy behaviors. A system of counseling is presented that is specific, systematic, practical, and learnable. Many tables summarize particular sets of skills needed, such as interviewing by asking open-ended questions, listening, and expressing empathy. There is an important focus on maintaining behavioral change once it is brought about. Other sections discuss specific problems of weight control, physical activity, smoking cessation, and management of stress.

The problem-solving format followed in the book is a process from concern to diagnosis to formulation of alternate solutions to implementation to evaluation and recycling. The behavioral approach ties the counseling to specific actions and describes which actions by the clinician are most likely to result in beneficial changes

carried out by the patient.

In its emphasis on the need for behavioral management in chronic illness, *Behavioral Counseling in Medicine* is commendable. In its belief that busy physicians can develop the skills needed to do behavioral counseling, it is questionable. The author recognizes that medical diagnoses are typically exclusive and psychological diagnoses are inclusive. He recognizes that the physician typically is an authority, and the patient is in a relatively passive role, while in behavioral counseling, the need is for a cooperative and mutually active coach-student relationship. It may be too much to expect a physician to switch roles and diagnostic styles, just as it would be too much to expect a psychologist to make the change in reverse. Additionally, it is unlikely that a physician would have the time or inclination to go through training to do behavioral counseling. A psychologist should be able to conduct training programs for psychology assistants so that they can do much of the counseling. This book would be excellent for such training.

Behavioral Counseling in Medicine recognizes that even with the best counseling many patients will not respond and gives specific guidelines for psychological referrals in such instances. Many people need to *think* differently if they are to act differently.

The text makes a case for more collaboration between physicians and psychologists and for more behaviorally oriented psychologists to be involved in health care. If physicians are motivated to involve behavioral psychologists more frequently in health care after reading this book, then the author's purpose will be indirectly served and patients with chronic illness would be well served.

I recommend this book to psychologists and their assistants in health care as an excellent practical guide to teaching and implementation of behavioral counseling in medicine.

MICHAEL G. MCKEE, PHD
Department of Psychiatry

MANUAL OF NERVE CONDUCTION VELOCITY AND SOMATOSENSORY EVOKED POTENTIALS

By Joel A. De Lisa, Keith Mackenzie, and Ernest M. Baran
Raven Press

Although nerve conduction studies (NCS) have been an extremely important component of the electromyographic examination for three decades, no single reference describing the various studies and the technical aspects of performing them was available until