

BOOK NOTE

STUNKARD, A. J., & BAUM, A. (Eds.). *Perspectives in Behavioral Medicine: Eating, Sleeping, and Sex*. Hillsdale, NJ: Lawrence Erlbaum Associates, 1989. Pp. x + 262. \$36.00

Taken as a whole, this book presents basic research findings, theory, and discussions of clinical matters that bear on problems related to the topics of its subtitle. Few of the chapters include substantial amounts of all three of these aspects of relevance to a behavioral medicine approach, but research, theory, and clinical issues are covered by the time the final chapter for each problem area is reached.

Apart from the progress in behavioral medicine this book exhibits in the individual areas of eating, sleep, and sexual disorders, it reflects more general progress in this relatively new interdisciplinary field. That is, the chapters collected here demonstrate that basic science and theory are rather well incorporated into at least two of the three or so areas of behavioral medicine that this work covers—this is progress, insofar as behavioral medicine began as largely a strictly clinical version of behavior therapy.

Eating disorders receive the most attention with chapters on sexual dimorphism, effects of repeated weight loss and regain, neurotransmitter control, cognitive-social learning treatment of bulimia, preferred body weight and age, obesity and health, and an overview. Three chapters on sleep cover slow-wave sleep, cognitive-behavioral treatment of insomnia, and the frequently overlooked condition of sleepiness. The sexual area receives attention in three chapters—one on low sexual desire, another on the treatment of child molesters, and perhaps the most striking contribution of the book, J. Bradford's review of medical interventions used outside of the United States with violent sexual offenders.

This book should prove valuable for those concerned with keeping up with advances in behavioral medicine as individual specialists penetrate ever more deeply into particular problem areas. (*Dennis J. Delprato, Eastern Michigan University*)