

## Book Review

### **Circles of Recovery-Self-Help Organizations for Addictions**

KEITH HUMPHREYS. 228 pp. Price: 55.00 GBP. **Publisher:** Cambridge University Press. **Date of Publication:** 2003 **Place of publication:** UK. **ISBN:** 0-521-79277-0

This book covers "Addiction" which is a very important topic and has now become one of the major health problems worldwide. Addiction, as a disorder, became more pronounced in the past 2 decades in developed and developing continents. Management of addiction has become a very costly problem affecting the economy, in particular the Mental Health Division of the Health Service. This book discusses an important issue in relation to the management of addiction by working in groups within society. This type of management has proved to be the most effective in the treatment of addiction to date. Despite the fact that some

governments spend huge budgets in the treatment of addiction, the result has not been good. (In 1996 the US Government spent one eighth of the entire Health Service budget in the treatment and management of addiction without a favorable outcome). The overall coverage of the subject on Addiction in the book is very good and can be helpful for all people working in the management of addiction such as GP's, Psychiatrists, Social Workers, Psychologists, Counselors and those involved in addiction in an active or administrative role. This book is a good buy for Doctors, Social Workers, those involved in the treatment of addiction, or those interested in non-governmental groups such as AA. It is also of interest to those involved in running special non-hospital based management for drug addiction.

***Ibrahim Al-Khodair***  
*Department of Psychiatry*  
*Armed Forces Hospital*  
*PO Box 7897, Riyadh 11159*  
*Kingdom of Saudi Arabia*