

jigsaw puzzle that we are trying to solve. In so doing, this book is an object lesson in how to write a research monograph and I recommend it most highly to anyone interested in gambling in particular and addiction in general.

ROBERT WEST

Editor-in-chief, Addiction

OTHER REVIEWS

NEUROBIOLOGY OF ADDICTION

GEORGE F. KOOB & MICHEL LE MOAL
Amsterdam, Elsevier/Academic Press, 2006, 490 pp,
\$90, ISBN 13 978 0 12 419239 3

George Koob, who has been conducting invaluable addiction research at the Scripps Research Institute at La Jolla (California) for many years now, once told me of his latest grand project. Together with his long-time friend Michel Le Moal, who has been running an INSERM (the French National Institute for Health and Medical Research) unit at Bordeaux (France), George envisaged writing a book that would be an all-encompassing treatise on the neurobiology of drug effects and the development of addictive behavior. What is more, it would definitely not take the shape of a multi-author work. No, only he and Michel would commit themselves to this undertaking of essentially Herculean proportions. George said that it would require discipline, and so every morning he would rise early and sit on his balcony by 6 a.m., rigorously writing away until the afternoon, when he would then go to the institute. Secretly I thought, 'Discipline here, discipline there, he's going to be spending many, many years on that balcony of his to conclude such a gargantuan piece of work'. Only one year later his treatise was published. It is a bible, *the bible* for the neurobiology of addiction.

Neurobiology of Addiction is certainly not designed to be limited to researchers in the pre-clinical field only, for clinicians, psychologists and many others would find this work tremendously beneficial, with the book commencing by introducing the reader to the facet-rich science of addiction. Further, an overview of animal models is presented, these models allowing us to understand more clearly addiction on the neurobiological level. Today, we know that the animal models employed in addiction research are of an excellent nature, clearly better than a great many others utilized in the diverse fields of psychiatric research. This is followed by a detailed illustration of the various drug classes including psychostimulants, opioids, nicotine and cannabinoids. Moreover, for each drug class, the neurobiological mechanisms are described seamlessly on the neuroanatomical, cellular and molecular level. The book

is rounded-up by a detailed discussion of the various theories pertaining to the development of addiction, ultimately resulting in a synthesis.

The authors have gone to great lengths to reproduce the original data and sources in an exact and thorough manner. Thus, the reader can gain a precise overview of the original data quality and the, respectively, associated assertions and statements. Despite 500 pages of enormous information, this book is excellently written and easy to read. There is nothing to criticize, but only to commend and shower this work with immense enthusiasm. Moreover, this book is a definite must-have and for those of us who are interested in these pathological phenomena, it would be a crime to leave it gathering dust on a bookshelf. In fact, I am already looking forward to the new edition, for as promised in the foreword, other drug classes such as hallucinogenics, inhalants, steroids, caffeine and benzodiazepines will be presented in this future text.

In conclusion: George and Michel, thank you very much for having accomplished this incredible task. It is an outstanding achievement! Rest assured I will give a copy of the *Neurobiology of Addiction* to every student arriving at my laboratory, starting his/her journey into the world of addiction research.

RAINER SPANAGEL

Department of Psychopharmacology, Central Institute of Mental Health, University of Heidelberg, Mannheim, Germany

SUBSTANCE USE AMONG YOUNG PEOPLE IN URBAN ENVIRONMENTS

ISIDORE S. OBOT & SHEKHAR SAXENA (Eds)
Singapore, World Health Organization, 2006, 209 pp,
CHF40, \$25.20, ISBN 92 4156306 0

This World Health Organization (WHO) publication has been produced under the editorship of two highly experienced WHO staff (Isidore Obot, who originates from Nigeria and Shekhar Saxena, from India). As befits a book with that kind of provenance, it asks its readers to take a wider view of the origin and nature of the drug problem than is likely to be found in the average statement embodying only the rich world's perspectives on what makes people use drugs.

This book constitutes an exploration of drug use and misuse, which insists that these occurrences have to be understood within an ecological frame—it is the world in which young people live which invites and enables their recourse to mind-acting substances. The adolescent in the Mexican shanty town, who is employed by a drug distribution syndicate to fly a kite to warn his employers that the police are entering the neighbourhood, has taken up this job because there are few other jobs available and