significance and transience of pain have evolved with the

times. Although Kugelmann attempts to thoroughly cap-
ture social evaluations of pain through this approach, the
bulk of perspectives gathered are representative of only
a small sector of society—namely, of academic circles.
While the views of prominent figures such as Descartes,
Bentham, and Henry Rutgers Marshall offer valuable in-
sight about past beliefs, including voices of non-acade-
micians and of people outside of the western world would
provide a fuller and more well-rounded account of the
understandings of pain.

In part two of the text, Kugelmann establishes the
importance of an interdisciplinary construction of pain by
exploring the subjective experiences of individuals gath-
ered from his own research. Although these narratives
provide compelling insight into individual experiences
with pain, in light of how personal each experience is,
Kugelmann’s methods of extracting meaning from these
narratives to form generalizable conclusions about social
evaluations of pain is somewhat questionable and not
thoroughly convincing.

Additionally, although Kugelmann’s progression of
ideas demonstrate profound thoughtfulness and reason-
ing, his writing may be less accessible to clinicians with
limited background in psychology. At times, the jargon
and prose, to some degree, detracted from the meaning-
ful arguments presented. Nevertheless, the insights that
Kugelmann presents in this book would be valuable for
health care team members to gain an understanding and
appreciation of the ever-evolving, polymorphous nature
of pain.

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Substance and Behavioral Addictions:
Concepts, Causes and Cures. By Steve
Sussman. Cambridge University Press: Cambridge,
978-1107495913.

Substance and Behavioral Addictions: Concepts,
Causes and Cures addresses a subject matter that is per-
vasive in society. Addiction is often highlighted in the
media in the context of celebrities’ struggles, but the dis-
ease indirectly or directly affects the general population
on a daily basis. The author discusses the complexity
of the development of addiction through the lens of the
“PACE model” (pragmatics, attraction, communication,
expectations). The 11 addictions that are covered in the
book include: tobacco use, alcohol use, hard drug use,
food eating, gambling, Internet and other electronic me-
dia, shopping, love, sex, exercise, and work.

The content of the text is organized in to three dif-
ferent sections that touch on various aspects of addiction.
“Part I: Addiction and Addictive Effects” introduces the
titular concepts, as well as appetitive needs, the variables
the increase that likelihood of developing addiction, and
the consequences of addiction. In “Part II: Types of Ad-
diction,” a general overview of addictions is provided.
Additionally, the prevalence and co-occurrence of sub-
stance and behavioral addictions is reviewed, followed
by a chapter that talks about the 11 focal addictions in-
troduced earlier. In the last section, “Part III: Resolving
the Problems of Addiction and Future Directions,” gen-
eral principles of issues associated with addiction are
highlighted. There is an exploration of approaches to
prevention and cessation, on both intrapersonal- and ex-
trapersonal-levels. The last chapter examines future con-
siderations for substance and behavioral addictions and
how the “translation-transdisciplinary research matrix”
can be utilized to develop a better understanding about
the topic.

The book is designed for upper-level undergraduate
and graduate students, researchers, and practitioners who
want to learn about the basis and scope of addiction. The
biological, chemical, and evolutionary aspects of addiction
are considered by the author, who relays the infor-
mation from a multidisciplinary perspective. The mate-
rial of this book provides greater knowledge about the
background and implications of addiction, which is rel-
evant for patients and providers alike. Readers will find
Substance and Behavioral Addictions: Concepts, Causes
and Cures substantive and digestible, and a worthwhile
source as a whole.

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