BOOK REVIEW

Title: A MENTAL GAME PLAN: A TRAINING PROGRAMME FOR ALL SPORTS
Authors: J. G. Albinson and S. J. Bull
Publishers: Spodym Publishers, London, Ontario, 1988
 Price: \$12.95 US 104 pages Figures & Tables ISBN 0 921991 02 5

As the authors state in their introduction to this worthwhile book on Mental Training, "the top athletes are the best, not only because their technical, tactical and physical preparation are good, but because they also devote time and effort to the mental skills associated with high level performances". They also acknowledge that effective mental skills have traditionally been acquired by trial and error. In this book, they offer comprehensive and systematic guidelines to coaches and athletes on mental training techniques, with helpful chapters on, for example, goal setting, arousal management (pep-talks vs. relaxation techniques), imagery, self-affirmation and stress inoculation.

The book has an intensity and thoroughness that is typically North American which might not readily appeal to the British athlete or coach. Nevertheless, I would recommend that the latter do take time to read the book and acquire what can be undoubtedly effective techniques of mental training. Sports psychologists, who are increasingly concerned with mental training, may also learn something new. For instance, I learned about "parking", which refers to the ability to jettison errors quickly so as to minimise interference with ongoing performance.

Although a slim volume, the 12 chapters, together with Appendices on relaxation procedures, are packed with information. Indeed the type is so congested that it encourages strabismus, but, nevertheless, I do not believe that the book is a candidate for "parking".

F. H. Sanderson

BOOK REVIEW

Title: CARDIAC REHABILITATION, ADULT FITNESS AND EXERCISE TESTING 2nd EDITION
Authors: P. S. Fardy, F. G. Yanowitz and P. K. Wilson
Publisher: Lea and Febiger, Philadelphia. UK Agents: Quest Meriden, 1988
 Price: \$42.50 US 402 pages 168 Figures Index ISBN 0 8121 1104 4

This is a far more substantial book, which includes some very valuable information for the rehabilitationist. It shares some of the disadvantages of "Cardiac Rehabilitation: Basic theory and application", such as an unnecessary (and excruciatingly badly illustrated) chapter on ECGs, a transatlantic preoccupation with documentation and legal problems, a use of over precise calculations of exercise prescription and some hopelessly complicated forms, such as that for reporting exercise test results. Many of the graphs have been 'reduced' to a size which makes them difficult to read, and there is much repetition. These criticisms aside, this book has some excellent parts. There is a good chapter on exercise physiology, though it is a pity that the physiology of training is hidden in the section on the interpretation of exercise tests. The strongest point is the lucid and comprehensive chapter on exercise testing, after which the description of the organisational aspects of rehabilitation is rather disappointing, with much about personnel (rightly identified as being crucial to the success of rehabilitation) and other administrative matters, of little relevance in the UK. Plans of some of the custom built USA rehabilitation centres made my mouth water, and other comparisons with the American way of doing things made interesting reading, i.e. the number of part-time and full-time staff they employ to run the programmes (starting with the lawyer) and the names of 168 insurance agencies who will pay for this treatment. (In the UK, of the big two, BUPA will pay but PPP will not.) "Cardiac rehabilitation, adult fitness and exercise testing" is as good as any of the books on the subject, but what we really need is a manual more directed to the British market. Hm . . .

H. J. N. Bethell