**Principles of Addiction** is one of three multi-author volumes comprising the 2500-page series, *Comprehensive Addictive Behaviors and Disorders*. It is a monumental undertaking, examining the nature of addiction, including epidemiology, symptoms and course; alcohol and drug use among adolescents and college students; and detailed descriptions of a wide variety of addictive behaviours and disorders, encompassing not only drugs and alcohol, but caffeine, food, gambling, exercise, sex, work and social networking.

There is overlap between the chapters by different authors, but this need not deter the reader, who will use these books more as a reference text. It is not meant as one continuous reading task—which would take months!

It provides a basic introduction to the field at a moderately technical level. It does not reference every comment, but provides salient sources. Appearing in 2013, the lag between writing and publication has meant that few sections refer to work since 2010.

Those university departments and hospitals that still have libraries would benefit greatly from owning a copy of this, and students who have had enough staring at their computer screens could enjoy an old-fashioned browsing—but it’s much too heavy to pack in the holiday rucksack. However, an e-version can be obtained online at the Elsevier store.

**JONATHAN CHICK**

Chief Editor, Alcohol and Alcoholism
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**Alcoholopatías:**

*Diagnosis and Treatment of Alcoholism in All Its Forms*. (In Spanish)

By Alfredo Sackmann.

Publisher and Distributor SA, 2012, 516 pp. £84.80. ISBN: 978-987-1860-04-3

In his book Sackmann provides a very detailed and balanced overview about alcoholism and its related effects on the various human organ systems.

The authors describe firstly, using a very meticulous approach, the individual organ systems (gastroenterological, endocrine, nervous, etc.) and in a second step each organ separately depending on their relevance in connection with alcoholism and alcohol related disorders.

The book covers three sections: the first section ‘General Alcoholology’ deals with the pharmacology and epidemiology of alcohol; and the neurobiology of alcoholism. A small critique of the epidemiological chapter may be the regional emphasis on the author’s country, Argentina. Patterns for comparison with other regions (e.g. USA or EU) are missing for readers unrelated to this country. This, however, may be the only deficiency of the book that can be mentioned. An interesting chapter that should be highlighted is ‘Myths and realities of alcohol’ where numerous popular beliefs about alcohol are denied in a very enjoyable manner.

The second part of the book ‘Particular Alcoholology’ focuses on the diagnosis of mental and behavioural disorders due to use of alcohol and continues with the different organic complications of the disease. An inspiring chapter is ‘sleep disorders and alcoholism’. It discusses in a very detailed approach the different aspects of these disorders, showing the comprehensiveness of the book taking into