will find much to support the growing concern that the diagnostic shift from validity to reliability may be more costly than we realise. Parker responds by sketching out a return to an evidence-based diagnostic formulation, based on pattern recognition. A portrait rather than a sketch would have been welcome here.

Finally, he describes how his disillusion with the psychiatric establishment prompted him to approach businessmen and politicians directly, setting up an institution dedicated to mood disorder treatment and research that practised as Parker preached. His Black Dog Institute has evidently gone from strength to strength. The same cannot be said for his fluency in the last section of the book. He serves the reader with a salad of opinions, vignettes and excerpts from earlier publications, sprinkled over an essay on the style and substance of psychiatric practice that feels

incomplete, but consistent with a life spent giving people a piece of his mind.

The true hero of this biography is Australia itself. Parker paints a picture of a rich, creative Western culture that for all its success retains a willingness to care for its mentally ill and do something about it, all the way from clinic to parliament. The understanding of mood disorders and their management has a long and troubled history. Anyone with an interest in its future will gain from this idiosyncratic book.

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