

paper. At the same time, he was a member of the university football and wrestling teams. He took an interest in science and politics, and became multilingual, adding French and Russian to the Arabic and English he spoke before entering university. After qualifying as a doctor, he spent 2 years as a medical officer in the Egyptian Army, including service during the Arab-Israeli Six-Day War.

He moved to Derry in 1971 to obtain further training in psychiatry and fell in love with Ireland and its people. This is where he met his wife Ann. He obtained a consultant psychiatrist's post at St Davnet's Hospital, Monaghan, in 1975 and spent most of his career there.

Hanafy retired in 2001 and enjoyed his retirement years in Armagh. He remained highly active, interested in medicine and writing about and closely following the struggle of his Egyptian compatriots for freedom and progress. He published several papers on the history of psychiatry, reviewed books on psychiatry and had several letters published in national broadsheets on a wide range of subjects. He was very proud of his family and their achievements.

He passed away peacefully surrounded by his family. He leaves Ann, his wife of 46 years, five children (Emma, Mahmoud, Latifa, Zahra and Omar) and three grandchildren.

Omar Youssef 

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Reviews

Mental: Everything You Never Knew You Needed to Know about Mental Health

By Steve Ellen and Catherine Deveny
Head of Zeus. 2018. £16.99 (hb). 406 pp.
ISBN: 97817809540666

One of the most difficult things about writing a book for general readers on mental health (and, more particularly, psychiatry) is knowing how to structure it – and where to begin. The authors of this very comprehensive book, a liaison psychiatrist (Ellen) and a writer-comedian (Deveny), have both experienced depression and they share their tales with considerable frankness and humility. However, instead of beginning with these engaging stories, they choose to start with a section on diagnosis and classification – which might unfortunately deter some from continuing.

There are really useful sections on how to talk to friends who you think might need help and what happens when you

go to see a mental health professional. However, my particular favourite has to be 'clues your shrink is a dud', which warns against those who claim excessive certainty, have a guru mentality and are excessively expensive. And therein lie clues that this book doesn't originate in the UK, but hails instead from Australia. The text has clearly been edited for the UK edition, with reference to clinical commissioning groups, mental health trusts and a list of UK organisations from which further help can be sought. However, there is, for example, no reference to the problems faced by those from UK ethnic minorities, the section on drugs mentions neither 'skunk' or 'legal highs' and the classification system is, of course, DSM.

Readers of this book would learn a great deal about mental health and illness from a biopsychosocial perspective. They might, however, be left with an idea that there is considerably more choice of professional and therapist in the National Health Service than in reality – although this may of course be true if they can pay. Personally, I don't see any problem in asking your GP if they are good at mental health, and I wish it was easier to ask for second opinions. The authors tell us 'remember you are in charge!' but for many people seeking help it rarely feels that way.

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MindApps: Multistate Theory and Tools for Mind Design

By Thomas B. Roberts
Park Street Press, 2019, £12.99 (pb), 224 pp.
ISBN: 9781620558188

As interest in psychedelic research continues to increase, it is clear that a new conceptual framework is needed to investigate phenomena associated with altered states of consciousness. While research has focused primarily on their psychotherapeutic and entheogenic uses, few studies have dared to consider psychedelics as potent tools for enhancing cognition, conducting conceptual research and improving complex problem-solving. Sensing an opportunity to kick-start an intellectual revolution, Roberts introduces 'multistate theory' as a potential framework to guide new exploration of altered states of consciousness.

A core tenant of multistate theory is the rejection of the 'singlestate fallacy', which Roberts defines as the erroneous assumption that all worthwhile skills, abilities and knowledge reside in our default waking state. He argues that our default state is simply one of many possible states of consciousness (or 'mindbody states') that the mind can produce and