

Population, Human Sciences Research Council (1987–1991). He was a founding member and later Fellow of the Royal College of Psychiatrists (1971).

Although a reserved man, Lynn's warmth, compassion and mischievous humour influenced several generations of psychiatrists, psychologists and allied practitioners as much as his professional capacities as inspirational teacher, mentor and author of many publications. He had a long-lasting effect on his trainees, many of whom rose to eminence in South Africa, the USA and the UK. Today, they still acknowledge the lasting legacy of his singularly trusting style of leadership, which fostered personal initiative. Ever curious, his awareness of the many contradictions and unconscious processes of the human mind drew Lynn to psychoanalysis, and he pursued a lifelong interest in Buddhism. He always had a subtle appreciation of beauty, art and music. In retirement he studied sculpture and became a prolific creator of many austere carvings in marble and rare woods. An enthusiastic mountaineer, he remained remarkably healthy and agile until his last years. He was lucid

and fiercely independent to the end of his full and fulfilled professional and artistic life. He died on 24 May 2020.

His wife Shirley (née Lurie) died in 2015 after they had been married for 64 years. One daughter, Susan, died in 2012. He leaves a daughter Jennifer, four grandchildren and three great grandchildren.

Joan Raphael-Leff

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Book Reviews

Cognitive Sports Therapy Manual: Mind – Body – Breath

By Claire Gillvray, Nicola Ostler and Lucy Hibben. Edited by Tom Diethe. Independently published. 2020. £19.99 (pb). 122 pp. ISBN 9781654775360

The *'Cognitive Sports Therapy Manual'* is a 120-page book centred on holistic, fundamental concepts, such as 'mind, body, breath', for supporting mental health. It is based on 12-week practical courses and support groups (available at www.cognitivesportstherapy.com), designed by a founding Multi Disciplinary Team composed of psychiatric, general practice, yoga and exercise professionals. It includes the use of non-medical jargon and practical tools, such as a gratitude journaling, screening tools, care planning, worksheets and calendar logs, for tracking personal progress related to 'mind, body and breath' exercises.

This type of manual is timely, particularly given the emerging robust evidence base for the therapeutic role of 'lifestyle psychiatry' (e.g. exercise, nutrition, sleep, stress management and adverse health behaviours) within severe mental illness. The back of the manual makes reference to some of these key papers and texts.

Within front-line psychiatry work, the use of some of these proposed, alternative therapeutic methods is well aligned with the preventative direction of the NHS Long Term Plan. This may prompt traditional Multi Disciplinary Teams to include professionals who can optimise such lifestyle factors (e.g.

physiotherapists), particularly when patients with severe mental illness cite lack of staff support as a major barrier to physical activity engagement.

Despite idealism toward holistic interventions, we also have evidence from pragmatic trials led by Gaughran et al (<https://doi.org/10.1186/s12888-017-1571-0>), demonstrating the challenges of embedding positive lifestyle factors for severe mental illness. Therefore, this type of manualised approach may be more suited as a well-being strategy for those with higher levels of motivation. Further, I believe that the book should have included a screening function or content related to the risks of over-reliance on exercise as a coping mechanism, as we know this can result in exercise addiction and associated dysfunctional eating behaviours.

In summary, I enjoyed reading this manual and knowing that there are professional initiatives exploring holistic, lifestyle factor optimisation that can benefit individuals across the mental health spectrum.

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