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ANEMIA — David Steinberg. A blood specialist tells the general reader what anemia really is and what can be done about it. Discusses types of anemia from iron deficiency to sickle cell. Saunders Pr (HR&W), 1982, 227 p., paper, \$7.95.

ANNUAL REVIEW OF PSYCHOLOGY, Vol 33 — Mark R. Rosenzweig and Lyman W. Porter, Eds. A variety of topics are included in this volume — from "The Psychology of Law" to "Touch in Primates." Annual Reviews, 1982, 744 p., \$22.

ATTRACTING BIRDS AND OTHER WILDLIFE TO YOUR YARD — William J. Weber. A simply written book by a veterinarian that tells how to attract wildlife to the average city or suburban lot. Shows how to choose the plants and trees that will be beneficial to birds and small mammals. Discusses artificial feeding and tells how to attract the greatest diversity of birds using various kinds of seeds, suet and peanut butter cakes. Birdhouses, feeders and waterers are described and directions are given for construction. Tips are included for attracting and then living with squirrels, chipmunks, raccoons, frogs, toads, butterflies and other small creatures. HR&W, 1982, 147 p., illus., \$10.25.

BIRDS OF NORTH AMERICA — George S. Fichter. This pocket-sized guide has been specially designed to give beginners of all ages a basic introduction to the world of birds. Random, An Audubon Society Beginner Guide, 1982, 96 p., color illus. by Arthur Singer, paper, \$2.95.

THE COMPLETE BOOK OF EDIBLE LANDSCAPING — Rosalind Creasy. "Have your landscape and eat it too!" Shows how to create completely integrated home landscapes that are ornamental and edible for those with an inch or an acre of turf. An encyclopedia of edibles lists and describes nearly 140 varieties of edible ornamental plants. Sierra, 1982, 379 p., color/b&w illus., drawings by Marcia Kier-Hawthorne, \$25, paper, \$14.95.

ENCOUNTER WITH THE FUTURE: A Forecast of Life into the 21st Century — Marvin Cetron and Thomas O'Toole. Illuminates the future by showing what the current trends in economic, international, domestic, cultural and technological developments will yield in the next twenty years — and beyond. Marriage, life expectancy, working conditions, energy and communications are some of the areas discussed. McGraw, 1982, 308 p., \$12.95.

FLOWERING PLANTS IN THE LANDSCAPE — Mildred E. Mathias, Ed., foreword by Sir George Taylor. A guide to the flowering plants of tropical and subtropical regions. Includes some of the world's most spectacular flowering trees, shrubs, vines and ground covers and gives instructions for growing them. Illustrated with more than 200 color photographs of plants in gardens and in the wild. U of Cal Pr, 1982, 254 p., color illus., \$16.95.

MATHEMATICS: The Loss of Certainty — Morris Kline. Explains in nonmathematical language the drastic changes that have taken place in the understanding of pure and applied mathematics and discusses the implications of these changes for science and human reason. Originally published in hardback in 1980. Oxford U Pr, 1982, 366 p., paper, \$7.95.

REPTILES & AMPHIBIANS OF NORTH AMERICA — George S. Fichter. A compact book for beginners of all ages. Beautifully illustrated in color by Sy Barlowe. Random, An Audubon Society Beginner Guide, 1982, 96 p., color illus., paper, \$2.95.

ROCKS & MINERALS — George S. Fichter. A pocket-sized introduction to petrology for the beginner. Random, An Audubon Society Beginner Guide, 1982, 96 p., color illus. by Patricia J. Wynne, paper, \$2.95.

SEARCHING BETWEEN THE STARS — Lyman Spitzer, Jr. Describes the Copernicus satellite work, which has vastly increased our knowledge of interstellar gas as part of a broad program of research on the interstellar medium. The use of mathematics has been minimized; some familiarity with stars, atoms and light waves is assumed, but brief reviews of physical principles have been included for those whose exposure to physics is not detailed or recent. Yale U Pr, 1982, 179 p., illus., \$25.

WILDFLOWERS OF NORTH AMERICA — George S. Fichter. Wildflowers beautifully illustrated in color in this compact guide for beginners. Random, An Audubon Society Beginners Guide, 1982, 96 p., color illus. by Dorothea Barlowe, paper, \$2.95.

THE PSYCHOLOGY OF FREEDOM

Liberty and Love as a Way of Life

by Peter R. Breggin, M.D. • published by Prometheus Books

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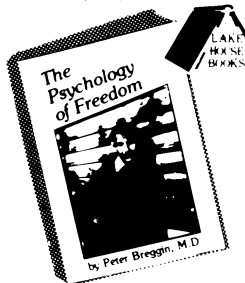
"His rules for human relationships based on individual freedom and the expression of love deserve our serious attention if we are ever to break the destructive chains of violence that keep us from making sane choices for our personal and collective survival." Harvey Fireside, Ph.D., Professor of Political Science, Ithaca College, and author, *Soviet Psychoprisons*.



Psychiatrist and author Peter R. Breggin, M.D. has led the international campaign against oppressive psychiatric technology. His recent book, *Electroshock: Its Brain-Disabling Effects*, is the definitive scientific and ethical analysis of how technological treatments worsen human problems. Formerly a Teaching Fellow at Harvard Medical School and fulltime Consultant with NIMH, he is currently in private practice in the Washington, D.C. area. He now presents his carefully reasoned alternative to oppressive, authoritarian psychiatry — the psychology of self-determination.

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