

HOLOGRAPHY HANDBOOK

Making Holograms the Easy Way

Fred Unterseher Jeannene Hansen Bob Schlesinger

Holography is perhaps the most exciting revolutionary medium of the century, yet it is still one of the most easily misunderstood and misrepresented. Enough holography texts have so much math that you can't tell if you're reading the thing upside down or not, or they have incomplete information (or techniques that just don't work!). Holography is easy. Anyone can make good quality holograms without any technical training. Holography is inexpensive, fun and a dynamic outlet for creative expression. This book developed out of experiences with making thousands of holograms, and teaching hundreds of others to make countless

more, over the past decade. We *know* they're easy to do. We think we've picked up some valuable pointers over the years — good shortcuts as well as quick ways around the common pitfalls. We describe not only how to make holograms with a minimum of effort, but how to recognize and correct problems that arise.

— from the preface

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Ross Books, 1982, 8¼" × 10¾", paperback, \$16.95, 407 pages plus hologram.

How to Become a “Black Belt” in Verbal Self-Defense

For anyone who's ever been pulverized by put-downs, rankled by reproaches, or irritated by insinuations, here's a revolutionary book that devotes itself *completely* to tactics of verbal self-defense. *The Gentle Art of Verbal Self-Defense* teaches you how to defend yourself *diplomatically* in delicate family situations and in the hard-nosed business world. And this book is so thorough and easy-to-understand that you can read it once and become the kind of person everybody admires—the person who stays unruffled during confrontations, who always says the right thing, and who enjoys good relations with everyone.

Stop Them with a Few Words

This book explains the various ways that people will try to bait you and then it tells you how to *stop* them with a few carefully chosen words. It trains you to defend yourself with a simple eloquence that will subdue your verbal opponents. And it shows you how and when to use blunt honesty, agreement, humor, flattery, and distraction.

Keep Cool During Arguments

The Gentle Art of Verbal Self-Defense also helps you avoid the self-defeating, overly emotional attitudes that many people assume during arguments. Once you've read this book, you'll *never again* lose an argument by being sullen, uncontrollably angry, peevishly defensive, or apologetic. You'll have gained enough savvy not to be thrown by hostile remarks.

Learn to Handle All Attacks

The Gentle Art of Verbal Self-Defense covers all the types of verbal attacks and attackers you're likely to encounter. And it explains both attacks and defenses with helpful features like these:

- The 8 Types of Verbal Attacks
(and how to fight them.)
- The 4 Principles of Verbal Self-Defense
(from *knowing* you are under attack to *following through* with your counter-attack.)
- The 5 Personalities & How They Communicate
(Is your boss a “leveller?” Is your mother a “blamer?” Is your husband a “distracter?”)
- Dialogues that Show Effective & Ineffective Defense Strategies
- Instructions on Voice Control & Body Language

These features will teach you how to deal with all types of people, including bullying bosses, backbiting co-workers, guilt-producing mothers, nagging wives, condescending husbands, and many others. And you'll

discover how to counter *all* the varieties of verbal abuse — from subtle put-downs to out-and-out attacks.

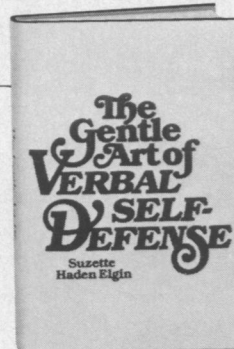
Save Yourself Years of Mistakes

The Gentle Art of Verbal Self-Defense gives you a complete education in communication, an education that will improve the quality of your personal and professional relationships. On your own, it might take you years of trial and error, of fights and misunderstandings, to learn all the lessons of this book. So, why not wise up *now* by ordering your copy of the book today?

The Gentle Art of Verbal Self-Defense, originally \$12.95, now costs only \$6.95. And, should you want to return the book, you can do so and have your money refunded with no questions asked.

About the Author

Psycholinguist Suzette Haden Elgin has presented her innovative self-defense principles in a variety of formats. She has given workshops and seminars all over the U.S., including verbal self-defense sessions for doctors, lawyers, and other professionals. Dr. Elgin has also created a self-defense tape and a training manual for people who teach her self-defense techniques.



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Introduced by Roger Tory Peterson

Audubon Society's VideoGuide to the Birds of North America: I



Photo: Connie Tupps

From MasterVision

Ducks Unlimited's VideoGuide to Waterfowl and Game Birds



Photo: B. J. Rose

From MasterVision

The Audubon VideoGuide combines bird sights and sounds in one medium, the video cassette, for simple identification. Computer-animated maps clearly communicate breeding and wintering ranges for each species. Bird sounds from the Cornell Ornithological Laboratory reinforce narration and visuals. This first in a series of three video cassettes covers 116 species, from loons to vultures, using spectacular footage and color photographs from such masters as Eliot Porter, Crawford Greenewalt and Alfred Eisenstaedt. *The Ducks Unlimited VideoGuide* gives a comprehensive system of sight & sound identification for 43 species of waterfowl and 21 upland game birds of North America. Breath-taking footage, still photographs and computer-animated video graphics simulating the birds' appearance under low-light conditions with wingbeats calibrated to actual speed for each species focus today's technology on identifying birds in flight. Computer-animated range maps track the mysteries of migration. Sounds from the Cornell Laboratory of Ornithology couple bird voices with the photography of such masters as Crawford Greenewalt, Helen and Allan Cruickshank and O. S. Pettingill.

BIRD IDENTIFICATION BY VIDEO CASSETTE

National Audubon Society's™ VideoGuide to Birds of North America: I. Introduced by Roger Tory Peterson, written, directed and narrated by naturalist Michael Godfrey and edited by John Farrand, Jr., celebrated editor of Audubon's bird guide books, 96 minutes, VHS or Beta, \$74.95. [A]

Ducks Unlimited's VideoGuide to Waterfowl and Game Birds. Written, directed and narrated by naturalist Michael A. Godfrey with Ducks Unlimited ornithologists Matt Connolly and B.J. Rose, 75 minutes, VHS or Beta, \$74.95. [B]

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