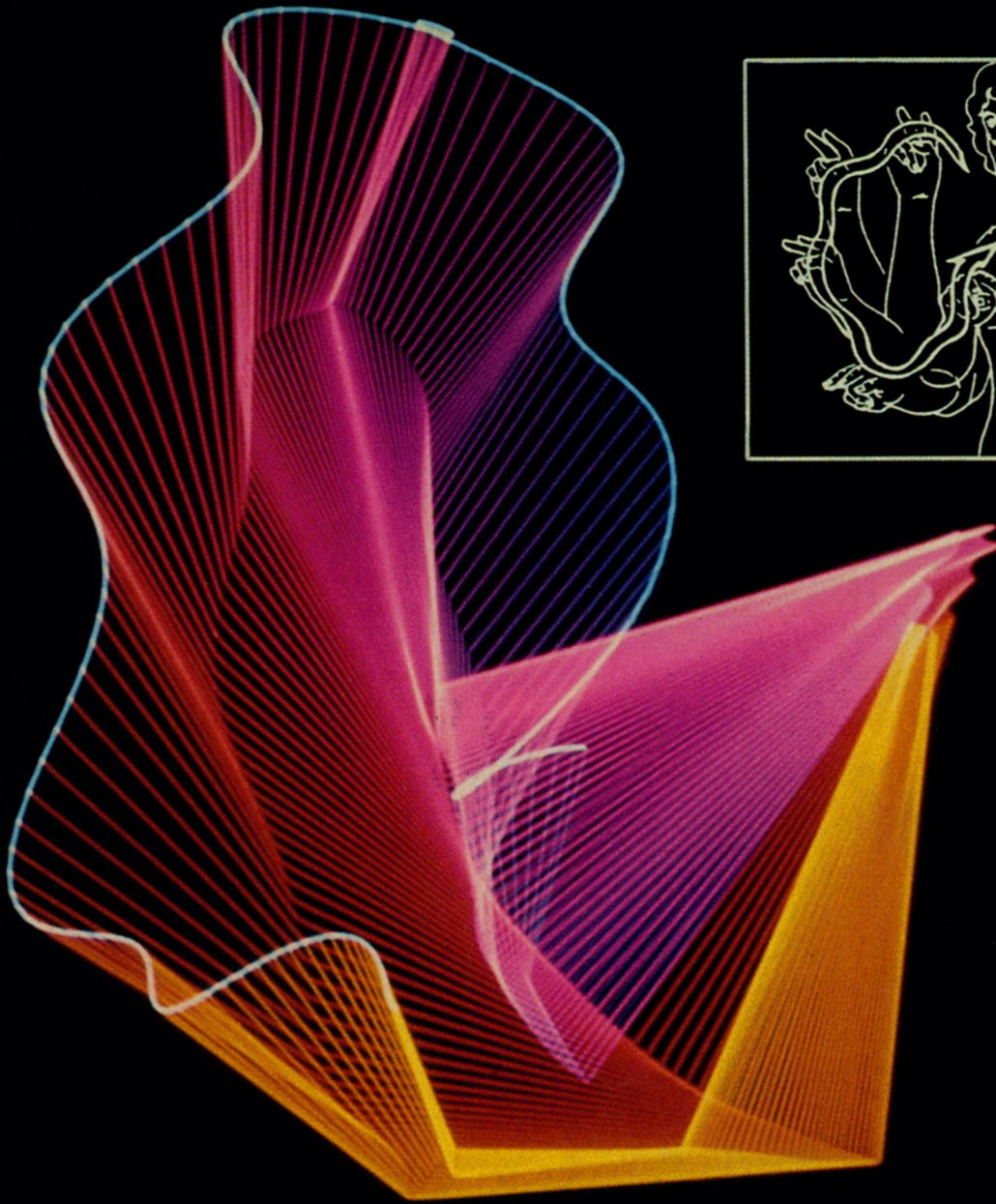


The Weekly Newsmagazine of Science

# SCIENCE NEWS

July 18, 1987  
Vol. 132, No. 3  
Pages 33-48



## Lending a Hand to the Brain

# The Healing Brain

## Breakthrough Discoveries About How the Brain Keeps Us Healthy

Robert Ornstein and David Sobel

*The Healing Brain* draws on the most recent research in neurology and brain chemistry to provide an accurate, informative and entertaining look at the most important and most effective healing instrument of all—the human brain. We know the brain as the source of ideas, language, dreams, art. But we seldom think about the brain as the key to our health, which is its primary function. Ornstein and Sobel explore the many vital tasks of the brain as it keeps us healthy, day to day and second to second. They show us how the brain controls the immune system, regulates pain and uses our emotions for better health. They explain why apparently unrelated factors, such as the strength of social relationships, increase one's resistance to disease. They reveal the brain as the center of a marvelous health-care system, keeping us healthy when we are well and making us well again when we are sick. — **from the publisher**

Simon and Schuster, 1987, 301 pages, 9 1/2" x 6 1/4", hardcover \$19.95 ISBN 0-671-61945-4

**Science News Books**  
1719 N Street, NW  
Washington, DC 20036

Please send \_\_\_\_\_ copy(ies) of *The Healing Brain*. I include a check payable to Science News Books for \$19.95 plus \$1.00 handling (total \$20.95) for each copy. Domestic orders only.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

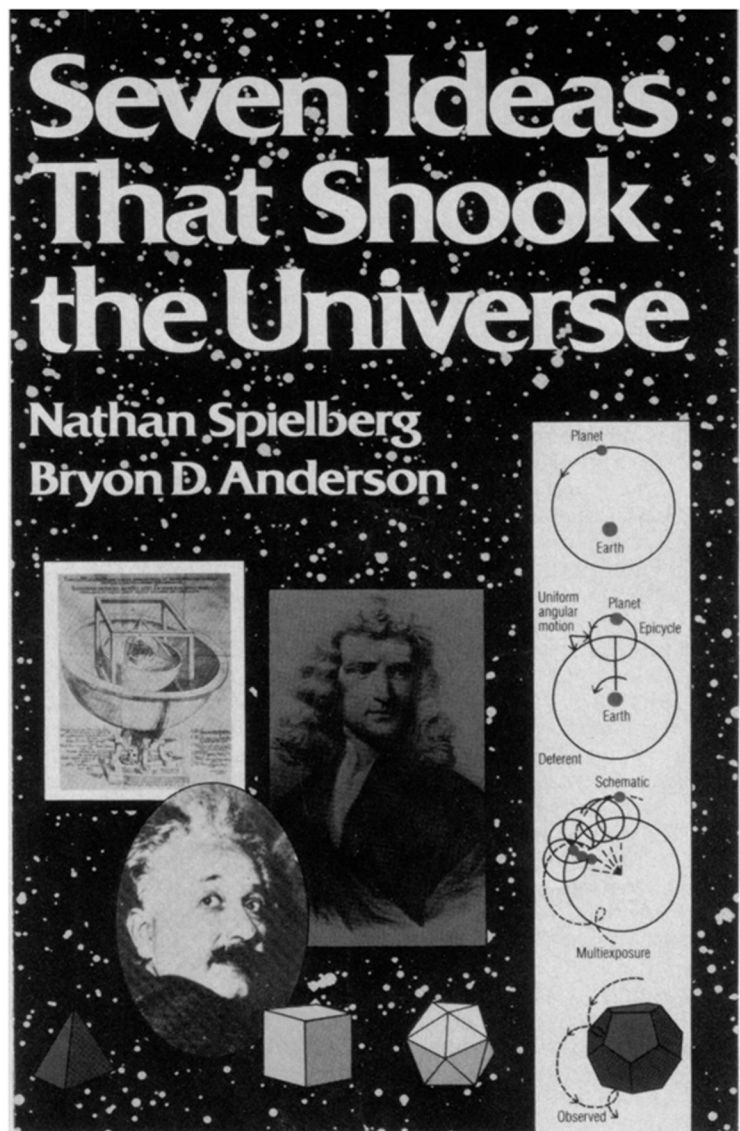
RB746

"*The Healing Brain* is a gem. The authors have managed to synthesize, summarize and clearly communicate a broad body of knowledge . . . into a coherent description of how the brain affects our health and well-being. It is a treasure trove of information and insights into an area of vital importance to us all."

—**Philip R. Lee, M.D.,**  
**Professor of Social Medicine,**  
**School of Medicine,**  
**University of California,**  
**San Francisco**

Is there an objective world, or is everything relative? Do matter, time and space change, or do they remain constant everywhere in the universe? Is there always a relationship between cause and effect, or do some things "just happen"? In attempting to unravel the mysteries of the physical world, physicists have had an enormous influence on our personal philosophies of life, our religious beliefs and the way we perceive the world around us.

**Seven Ideas That Shook the Universe** is a layperson's history of the seven most important themes in physics: Copernican astronomy; Newtonian mechanics; the concepts of energy and entropy; relativity; quantum theory; conservation principles; and symmetries. Together these discoveries form the foundation of our understanding of the physical world. Nathan Spielberg and Bryon Anderson explain each concept in a simple, straightforward narrative style, considering each in the context of its times (such important breakthroughs never happen in isolation) and assessing its impact on the way we think about time, space, matter, even existence itself. For the science lover and the intellectually curious, **Seven Ideas That Shook the Universe** brings the drama of scientific discovery to vivid life.



— from the book

**Science News Books**

1719 N Street, NW, Washington, DC 20036

Please send \_\_\_\_\_ copy(ies) of **Seven Ideas That Shook the Universe**. I include a check payable to Science News Books for \$14.95 plus \$1.00 handling (total \$15.95) for each copy. Domestic orders only.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

RB744

John Wiley & Sons, 1987, 263 pages, 5¾" X 9", paperback, \$14.95