## Our Sweetest Hours: Recreation and the

Mental State of Absorption By Gene Quarrick

"Not surprisingly, it is one of the deepest human yearnings to break out of this gravitational field, even though we value the security and stability it provides. Every vacation, every daydream, every bet on the lottery is precisely this wish to break away. In a recent psychological study, people were asked: 'If you had the time and money to do anything you wanted, what would you do?' The reactions were almost unanimous: Most respondents said they would travel. Actually, we do not have to travel to get away. It so happens that the very organism that imprisons us, also gives us a way out. What we are talking about is the sense of escape and diversion that occurs when we get absorbed in something. Absorption is but a simple switch of attention, yet it can open us up psychologically to a degree that is not possible in the everyday frame of mind. In a manner of speaking, absorption is the hypnosis of the common people. It is also the heart of adult play experience, and must be examined if we are to understand recreation as a phenomenon in its own right. In the first chapter we shall review the scientific evidence for the close relationship between absorption and hypnosis, and throughout the remainder of the book we will attempt to show how adults have used this absorped-hypnotic capability to bring diversion into their lives."

- from the preface



McFarland, 1989, 246 pages, 9" x 6", bardcover, \$25.95 ISBN 0-89950-404-3

Science News Books	
1719 N Street, NW	
Washington, DC 20030	5

Please send me \_\_\_\_\_\_ copy(ies) of *Our Sweetest Hours*. I include a check payable to Science News Books for \$25.95 plus \$2.00 postage and handling (total \$27.95) for each copy. Domestic orders only.

Name		
Address_		

City\_\_\_\_

Daytime Phone # (\_\_\_\_)
\_\_\_(used only for problems with order) RBIII

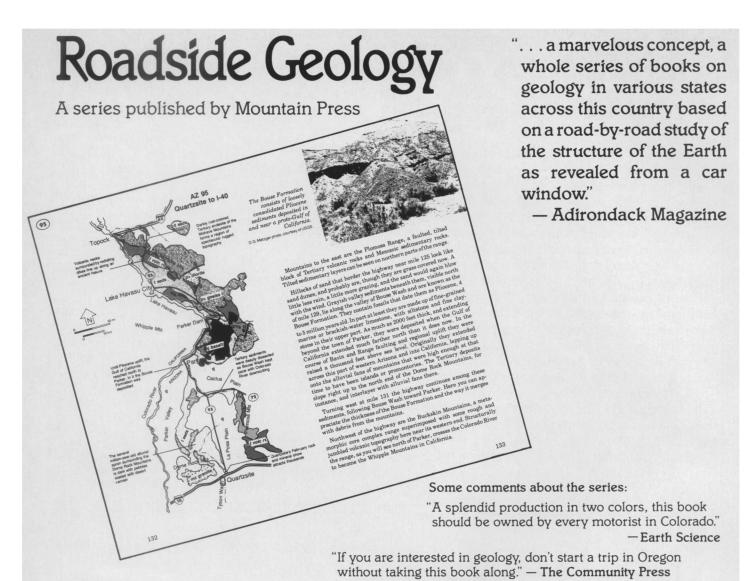
## The New Physics Paul Davies, Ed.

Cambridge, 1989, 516 pages, 9" x 10", hardcover, \$49.50 ISBN 0-521-30420-2

Science News Books 1719 N St., NW, Washington, DC 20036
Please sendcopy(ies) of <b>The New Physics</b> . I include a check payable to Science News Books for \$49.50 plus \$2.00 postage and handling (tota \$51.50) for each copy. Domestic orders only.
Name
Address
City
StateZip
Daytime Phone # () (used only for problems with order)  RB1111

The New Physics is a collection of all the major topics at the frontiers of fundamental physics research. A team of international experts gives an up-to-date account of the exhilarating advances in their fastmoving fields. What are the ultimate building blocks of matter? Is there a unifying superforce? What caused the Big Bang? Are there unseen dimensions of space? Can gravity be quantized? Attempts to address these ultimate questions are presented alongside more immediate topics, such as the behavior of matter at low temperatures or near critical points, the electronic properties of new materials and the astonishing progress being made in laser physics. From quarks to quasars and black holes, from 'miraculous' self-organizing systems to unexpectedly chaotic systems, The New Physics boldly tackles all the key concepts. Aimed at scientist and general reader alike, the articles are profusely illustrated with color photographs and clear explanatory diagrams, and have been meticulously edited to ensure that they will appeal to a wide range of readers.

— from the publisher



"... sure to enrich the experience of anyone traveling in the state." - New York Times Book Review

"... an intriguing, imaginatively illustrated paperbound original designed for the layman."

San Francisco Chronicle

book(s) pla		age and handling	. I enclose the price per book (maximum	
AK				
AZ	CA	CO	ID	
MT	NM	NY	OR	
VA	VT	WA	WY	_
Name				
Address _				
City				

- AK. Roadside Geology of Alaska by Cathy Conner and Daniel O'Haire. 250 pages \$12.95
- AZ. Roadside Geology of Arizona by Halka Chronic. 320 pages \$12.95
- CA. Roadside Geology of Northern California by Alt and Hyndman. 256 pages \$11.95
- CO. Roadside Geology of Colorado by Halka Chronic. 336
- pages \$9.95
  Roadside Geology of Idaho by Dave Alt and Don Hyndman.
- MT. Roadside Geology of Montana by David Alt and Donald W. Hyndman. 435 pages \$12.95
- NM. Roadside Geology of New Mexico by Halka Chronic. 260 pages \$11.95
- NY. Roadside Geology of New York by Bradford B. Van Diver. 400 pages \$12.95
- OR. Roadside Geology of Oregon by Alt and Hyndman. 284
- VA. Roadside Geology of Virginia by Keith Frye. 256 pages
- VT. Roadside Geology of Vermont and New Hampshire by Bradford B. Van Diver. 240 pages \$9.95
   WA. Roadside Geology of Washington by Alt and Hyndman. 320
- pages \$12.95

  WY. Roadside Geology of Wyoming by David Lageson and Darwin Spearing. 288 pages \$9.95