

## Books

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**Advanced Birding** — Kenn Kaufman. Covers 35 of the most difficult groups, from winter loons to confusing fall warblers, jaegers to chickadees, accipiters to flycatchers. Line drawings and text reveal, for example, how to tell one species from another, an adult from a juvenile, and a 3-year-old gull from a 2-year-old gull. For any birder who wants to move beyond the basics. H-M, 1990, 299 p., illus., hardcover, \$22.95, paperback, \$14.95.

**The Discovery of Subatomic Particles** — Steven Weinberg. A Nobel laureate explains the key events in physics in the 20th century that led to the discovery of the electron, the neutron and the proton. Introduces the general reader to the fundamentals of classical physics — mechanics, electricity, magnetism and heat — which played crucial roles in these discoveries. Updated by the author since its original hardcover publication in 1983. W H Freeman, 1990, 222 p., illus., paperback, \$13.95.

**The Doctor with Two Heads** — Gerald Weissmann. This physician/science writer presents a collection of essays on art and science gleaned from his own career. The title refers to a French radiotherapist who was both a superb painter and groundbreaking physician; other essays examine how the cultures of art and science have often followed parallel paths. Knopf, 1990, 225 p., hardcover, \$19.95.

**End in Fire: The Supernova in the Large Magellanic Cloud** — Paul Murdin. Tells the story of SN 1987A — the first supernova in 400 years to be visible to the human eye and the nearest star-death to be studied with modern scientific equipment. This thorough and well-illustrated book tells how the supernova was discovered, the massive attention it garnered and how the puzzling results were analyzed. A fascinating story for readers of all levels who are interested in the superlatives of size and excitement in an event like this. Cambridge U Pr, 1990, 251 p., color/b&w illus., hardcover, \$27.95.

**Global Alert: The Ozone Pollution Crisis** — Jack Fishman and Robert Kalish. Ozone, while desperately needed in the upper atmosphere, is hazardous in the air we breathe. An atmospheric chemist and an environmental journalist explain the chemistry of air pollution and the origins of ozone pollution. They focus on the human-made ozone problems such as nitrogen oxide emissions from motor vehicles, which serve as reservoirs for trapping lung-damaging ozone. The authors present a plan of action to stem ozone pollution and global warming. Plenum Pub, 1990, 311 p., illus., hardcover, \$24.50.

**The Greenhouse Trap** — Francesca Lyman. Explains for the general reader the latest facts on climate change, energy use, achieving climate stability and getting involved on a personal level to affect climate change. First in a series of World Resource Institute guides to the environment. Beacon Pr, 1990, 189 p., illus., hardcover, \$21.95, paperback, \$9.95.

**Let Newton Be! A New Perspective on His Life and Works** — John Fauvel, et al., Eds. A group of mathematicians and science historians has written 12 chapters for the general reader on topics ranging from the origins of Newton's *Principia* to his tenure as a civil servant. The contributors scrutinize Britain's greatest scientist and answer these questions: What kind of scientist was he? What connected his diverse areas of research? Why were his contemporaries in awe of him? Who are his critics? How has his work affected our understanding of the world? Originally published in hardcover in 1988. Oxford U Pr, 1990, 271 p., illus., paperback, \$14.95.

**The Search for Eve** — Michael H. Brown. Explores the heated controversy surrounding the 1987 discovery of Eve, the 200,000-year-old fossilized remains of what some anthropologists call "the mother of us all." Brown also investigates how DNA sampling could become anthropologists' greatest tool of discovery and how geneticists are influencing the field of anthropology. Har-Row, 1990, 357 p., hardcover, \$22.95.

**Zoo: The Modern Ark** — Jake Page. Examines the modern zoo and its role in preserving animal species. Chronicles the success of captive-breeding efforts with the Pere David's deer, Przewalski's horse, Arabian oryx and golden lion tamarin. Stunning photographs of animals native to different regions are interspersed with chapters on zoo practices. Profiles 10 "great" zoos of the world and lists another 50 major zoos with their specialties. Facts on File, 1990, 190 p., color & b/w illus., hardcover, \$35.00.

# Positive Illusions

## Creative Self-Deception and the Healthy Mind

By *Shelley E. Taylor*

In this provocative and important book, Shelley Taylor shows how the healthy human mind seems to cordon off negative information, creating positive illusions that help us cope. These creative self-deceptions are particularly adaptive when one is threatened by adversity.

Taylor draws on decades of award-winning research with cancer patients, disaster victims and ordinary people facing crises to explain how mental and physical well-being can actually be enhanced by unrealistic optimism about one's self, the world and the future. As this delightfully written and thoroughly authoritative book amply demonstrates, "whistling a happy tune" may turn out to be a better buffer against stress than many of today's sophisticated remedies.

— from the publisher

"One of the world's leading scholars has masterfully woven state-of-the-art psychological research into a well-written provocative narrative . . . A lively description of the creative strategies we use to navigate the ups and downs of our daily lives."

— Daniel Weinberger, Ph.D., Stanford University

Basic Books, 1989, 301 pages, 6 1/2" x 9 1/2",  
hardcover, \$19.95

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