

The Healing Brain

A Scientific Reader

Edited by Robert Ornstein
and Charles Swencionis

It has long been known that the body may respond positively when an individual *believes* that he or she has been given medication. For years the placebo effect remained an isolated and unexplained phenomenon. Recent research has shown, however, that psychological states and life traumas, including divorce and loss of employment, can adversely affect immune system responses. This volume, composed of contributions by noted researchers in psychiatry, psychology and neuroscience, explains the fascinating investigations of brain-mind-body relationships that are changing the way we think about health and fitness.

Because healing does not merely return the mind or the body to its presymptomatic condition, but more usually brings about lasting change, chapters on psychoneuroimmunology examine the neuropeptide and emotional interactions that promote healing. Possible psychoneuroimmunological mechanisms are considered, and the emerging field as a whole is discussed with a special note on the timely question of AIDS.

Together the articles in this volume describe a world of scientific research that offers potent possibilities for the future of mental and physical health care. It will prove invaluable reading for all mental health clinicians and researchers, physicians and serious readers interested in the health and well-being of the human organism.

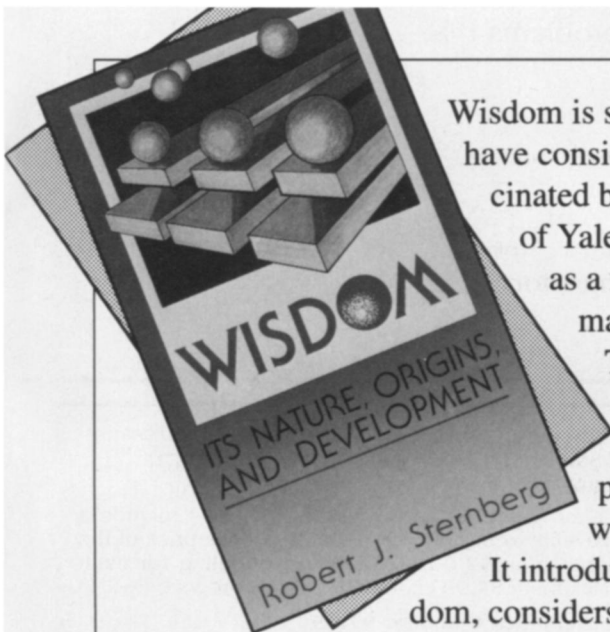
—from the publisher

Guilford Press, 1990,
262 pages, 6" x 9",
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Wisdom is such an elusive psychological construct that few people have considered it a viable field until recently, though many are fascinated by the topic. Well-known psychologist Robert J. Sternberg of Yale University, perceiving the growth of interest in wisdom as a field, saw a need to document the progress that has been made and to point the way for future theory and research.

The resulting comprehensive and authoritative book, *Wisdom: Its Nature, Origins, and Development*, is the only complete collection of psychological views on wisdom currently available.

It introduces the concept of wisdom, considers philosophical issues and developmental approaches, and covers folk conceptions of the topic. The final section provides an integration of the fascinating and comprehensive material.

—from the publisher

Cambridge Univ. Press, 1990,
339 pages, paperback,
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1991 Mathematics Calendars

By Theoni Pappas

Now in its 13th year, you'd think this calendar would be old stuff by now, *but it gets better each year. The topics are always new, exciting, current math ideas, and as usual it has all-new problems each month covering the spectrum from arithmetic to calculus.*

The *Mathematics Calendar 1991* is designed so that the problem appearing on each day has as its solution that date. Some problems have general information in addition to the mathematical information. The text and graphics accompanying each month have a wealth of information and even a bit of humor.

(Adult's) *Wide World/Tetra*, 1990, 12" x 18", hanging, \$7.95

The problems and text in *The Children's Mathematics Calendar 1991* will develop skills, introduce new concepts, stimulate curiosity and present challenges.

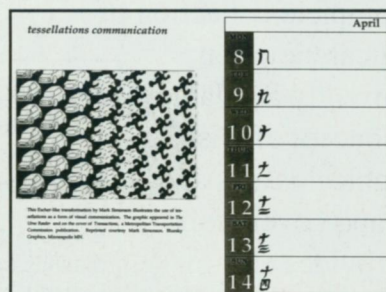
In addition to stimulating a young person's thinking and helping in the discovery of new ideas in mathematics, this calendar offers a unique opportunity for young people to work with each other, their parents and their teachers in determining how the solution to each problem is reached. The calendar includes a range of problems that can be used from 1st through 8th grade.

(Children's) *Wide World/Tetra*, 1990, 11" x 17", hanging, \$7.95

Both calendars are designed so that there is a different problem on each day. The solution to the problem is the date on which the problem appears. But the answer is only one small part in the process of solving a problem. The challenge is discovering how to arrive at the solution, and possibly discovering more than one way to solve the problem.

The Mathematics Engagement Calendar 1991. From the author of the popular *Mathematics Calendar*, the diary features four interesting mathematical stories each month, plus a different numbering system for each month, such as Maya, Chinese script and Babylonian (in addition to our Arabic numbers).

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