

Books

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Clear Thinking: A Practical Introduction — Hy Ruchlis. A lively presentation of the basic elements of critical analysis and problem solving. Chapters address facts, superstition, reasoning, language and opinions, among other things. Each chapter poses challenging questions to help the reader review or exercise the thought processes discussed; the book concludes with a discussion of these questions. Written for young adults but useful to anyone wanting to brush up on the application of logical reasoning skills to everyday life. Prometheus, 1990, 271 p., illus., paperback, \$15.95.

Everybody's Guide to Natural Sleep: A Drug-Free Approach to Overcoming Insomnia and Other Sleep Disorders — Philip Goldberg and Daniel Kaufman. Explains the causes of sleeplessness and presents a multitude of natural methods, from breathing and relaxation to nutrition and exercise, to permanently overcome insomnia or improve the quality of sleep. A valuable reference for the estimated 20 million to 70 million Americans deprived of proper sleep. This is an updated and revised edition of *Natural Sleep*, published in 1978. Tarcher, 1990, 243 p., illus., paperback, \$10.95.

A Forest of Kings: The Untold Story of the Ancient Maya — Linda Schele and David Freidel. Based on recently interpreted hieroglyphs, this vivid reconstruction portrays the complexity and sophistication of the ancient Maya civilization of Yucatán and Guatemala, from the construction of the first great pyramids 2,000 years ago through the civilization's decline and eventual destruction with the invasion of the Spaniards. The authors describe a highly skilled and civilized — yet violent and aggressive — society that flourished under powerful kingships. Their remarkable history, supplemented by more than 250 maps and illustrations, should interest scholars and general readers alike. Morrow, 1990, 542 p., illus., hardcover, \$29.95.

The Journey from Eden: The Peopling of Our World — Brian M. Fagan. This dynamic narrative, written for the general reader, explains scientists' current understanding of the evolution and proliferation of modern humans, from a proposed common ancestor — the mitochondrial "Eve" — to the colonization of the last great unpeopled region on Earth, the isolated islands of the Pacific. Reviewing the archaeological evidence supporting various theories, Fagan discusses the mystery of the modern human birthplace (was it Europe, Asia, Africa or all three simultaneously?), how and when people settled various parts of the world, and the cultural and technological advances they made along the way. Well illustrated with maps and reconstructive drawings. Thames Hudson, 1990, 256 p., illus., hardcover, \$22.50.

The Mother Tongue: English and How it Got That Way — Bill Bryson. English, one of the most universal languages, is also one of the most baffling. In this lighthearted book, Bryson traces the development of language in general and English in particular, presenting a slightly irreverent account of the origins of its complex — and often illogical — systems of spelling, pronunciation and grammar. Welcome reading for anyone who has labored to unsplit an infinitive. Morrow, 1990, 270 p., hardcover, \$18.95.

The New Illustrated Dinosaur Dictionary, Second Edition — Helen Roney Sattler. Alphabetically arranged entries cover more than 350 dinosaur species and contemporaneous creatures, as well as related terminology. Written in nontechnical language and well illustrated with sketches, the book is a useful resource for dinosaur enthusiasts. Lothrop, 1990, 363 p., color/b&w illus., hardcover, \$24.95.

Stones, Bones, and Ancient Cities — Lawrence H. Robbins. Describes the archaeological finds that have shaped our understanding of early civilizations and prehistoric humans. Robbins, a professor of anthropology, highlights several dozen discoveries, including the Olduvai gorge, the caves of Lascaux, the Royal Shang tombs, the ruins of Great Zimbabwe, Stonehenge and the Dead Sea scrolls. Written for the layperson, this lively overview captures the excitement of archaeological and paleontological revelations. St. Martin, 1990, 267 p., illus., hardcover, \$18.95.

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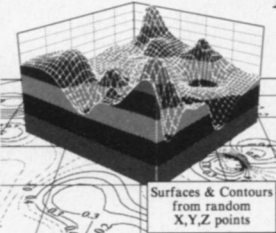
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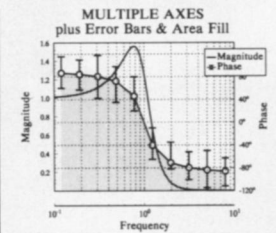
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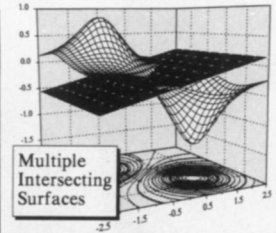
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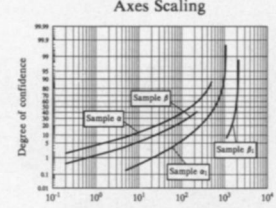
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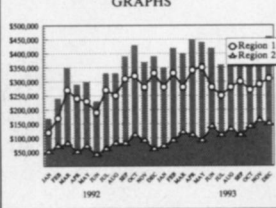
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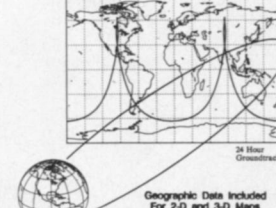
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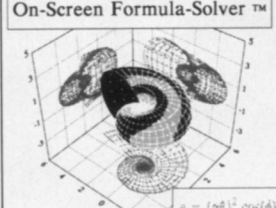
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