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Ancient Light: Our Changing View of the Universe — Alan Lightman. In this accurate and up-to-date review for the lay reader, the coauthor of *Origins: The Lives and Worlds of Modern Cosmologists* chronicles the development of cosmology from the early Babylonians through recent discoveries and intriguing, unanswered questions. Lightman's concise discussion profiles key findings and figures in the field, past and present. Originally published in hardcover in 1991. Harvard U Pr, 1993, 170 p., illus., paperback, \$10.95.

Biology as Ideology: The Doctrine of DNA — R.C. Lewontin. In this slender volume, a noted Harvard University geneticist has gathered material he originally presented as the 1990 Massey lecture series for the Canadian Broadcasting System into a cohesive work that retains the style of his original lectures. Lewontin discusses how scientific realizations about the genetic foundations of humans are generally accepted, but how economic and social mores still greatly dictate the philosophy of many scientists and their work. Chapter titles include "The Dream of the Human Genome," "Causes and Effects," and "All in the Genes." Originally published in hardcover in 1991. HarperPerennial, 1993, 128 p., paperback, \$10.00.

The Female Heart: The Truth About Women and Heart Disease — Marianne J. Legato and Carol Coleman. Although coronary artery disease is the leading cause of death among women in the United States, women are often excluded from heart studies, and women with symptoms of coronary artery disease are taken less seriously than men with the same symptoms, the authors contend. This book gives women practical, general advice on self-care and prevention as well as more targeted information on coronary issues specific to women, such as the role of hormones, problems arising from pregnancy and menopause, and risks faced by overextended working women. Originally published in hardcover in 1992. Avon Bks., 1993, 252 p., paperback, \$10.00.

Lifespan: Who Lives Longer and Why — Thomas J. Moore. Many commonly held beliefs about lifestyle and longevity get debunked here. For example, the author, a fellow at the Center for Health Policy Research at George Washington University, argues that the age of your mother and father has more influence on your lifespan than regulating cholesterol levels and weight watching. Moore feels that the threat of the influenza virus — which kills 100,000 people in the United States in a bad year and has killed a million people in a single year twice in this century — should receive more serious attention among populations. A discussion of what people really need to concentrate on to live longer is included, in addition to updates on current longevity research. S&S, 1993, 318 p., hardcover, \$23.00.

Sick and Tired of Feeling Sick and Tired: Living With Invisible Chronic Illness — Paul J. Donoghue and Mary E. Siegel. Living with illness is physically trying enough, but when the symptoms are invisible to everyone but the sufferer — as is the case with illnesses such as early multiple sclerosis, chronic fatigue syndrome, migraine, Lyme disease, and Crohn's disease — the frustration and mental anguish can increase tremendously. Because the symptoms are invisible to the naked eye, they are often mistreated and misunderstood by doctors, family, and friends. The authors use their skills as psychologists to help people understand and cope with these kinds of diseases. In addition, they advise where to find help within the health-care system and also include an index of illness associations. Norton, 1992, 284 p., hardcover, \$22.95.

Touched With Fire: Manic-Depressive Illness and the Artistic Temperament — Kay Redfield Jamison. Although only 1 percent of the general population suffers from manic-depressive illness, it is estimated that as many as 30 percent of those in the creative arts suffer from the disease to some extent. Plato speculated that artists were somewhat mad, but now that theory has become indisputable in some cases as new advances in neuroscience and genetics have proved the link between creativity and emotional problems. Jamison, a psychiatry professor, outlines the lives of several writers, with a special emphasis on that of Lord Byron. Detailed explanations about the relationship between moods and imagination, and about what manic-depressive illness is and who it affects, are included with these artistic biographies. Free Pr, 1993, 370 p., hardcover, \$24.95.

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John Wiley & Sons, Inc., 1992, 229 pages, 7" x 10", paperback, \$12.95

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