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American Heart Association Cookbook — Mary Winston, ed. For those wanting to lose weight and ward off heart disease, the fifth edition of this cookbook offers 600 healthful and interesting recipes. Each recipe offers a nutritional breakdown, including fat and sodium content and number of calories. Constructive information for meal planning, eating out, and what to look for when grocery shopping are also included. Originally published in hardcover in 1991. Times Bks, 1993, 643 p., paperback, \$14.00.

Earthquakes and Geological Discovery — Bruce A. Bolt. A fascinating, in-depth look at the origins of and advances in seismology, this book explains how earthquakes reveal important geological information. The author notes that by studying seismic waves and earthquakes, seismologists not only can advise planners about disaster control and zoning regulations on fault lines or predict earthquakes, but also can decipher a great many details about the internal structure and workings of Earth. The intricacies of seismology are discussed, and many different earthquake case histories and studies are examined. *Sci Am Lib*, 1993, 229 p., color photos & illus. and b&w photos and illus., hardcover, \$32.95.

Pain: The Gift Nobody Wants — Paul Brand and Philip Yancey. These personal insights about the experiences of Brand, a leprosy specialist, provide a unique viewpoint about pain and its importance to our well-being. Brand has worked with lepers and diabetics from around the world who have lost the ability to feel pain. As a result, they do great bodily injury to themselves and in many cases cause their own deaths. Brand discovered that the plights of these people differ dramatically, depending on the attitude toward pain in their culture. In India, pain is accepted and expected, whereas Americans have built an industry around pain relievers. He contends that once a better understanding of the importance of pain is gained, then one can do more to cope with and overcome it. *HarperCollins*, 1993, 353 p., hardcover, \$22.00.

Pi in the Sky: Counting, Thinking, and Being — John D. Barrow. An author of books on physics and astronomy explores the origins, meaning, and future of mathematics. He examines such topics as the most ancient and diverse anthropological evidence of counting and the dethroning of Euclidian geometry in the 19th century. His last chapter challenges us to consider how mathematics in the future may be radically different from mathematics today and how this difference impinges upon our efforts to create artificial intelligence. Originally published in hardcover in 1992. *Little, Brown* 1993, 317 p., b&w illus., paperback, \$14.95.

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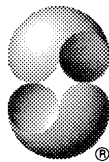
The Secret Garden: Talking Beetles and Signaling Trees: The Hidden Ways Gardens Communicate — David Bodains. The author of *The Secret House* draws on the results of recent scientific research to show how plants and insects engage daily in a complex struggle for survival. He describes ants navigating through blades of grass and forming networks that act as a living "computer" to gather intelligence from the world above, as well as caterpillars attacking a shrub, which sends up a chemical signal to call for help from a passing wasp. Through it all wanders a couple oblivious to the activity around them and the effect their presence has on the garden's environment. Originally published in hardcover in 1992. *S&S*, 1993, 187 p., color and b&w photos, paperback, \$14.00.

The Virtual Community: Homesteading on the Electronic Frontier — Howard Rheingold. By tapping into "WELL," an on-line cyberspace community, the author opened the door to a world in which political, personal, and social ideas are exchanged with thousands of people, many of whom never meet. Rheingold believes that this medium is peaking, as more and more individuals from around the world are joining the "Net" and using it freely, almost anarchically. An enlightening and comprehensive overview of current and future possibilities of this communication format is presented, as are some reservations about where this could all lead once Big Business and the government recognize the power of the medium and commercialize it. *Addison-Wesley*, 1993, 325 p., hardcover, \$22.95.

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