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The Birder's Sourcebook: A Compendium of Essential Birding Information — Sheila Buff. The author provides the names, addresses, and telephone numbers of good places to observe birds, including preserves, national forests, wildlife refuges, Audubon sanctuaries, and Canadian forests. She also presents state-by-state listings and brief factual introductions to bird-related tours, organizations, bookstores, references, periodicals, and learning facilities. Lyons & Burford, 1994, 189 p., paperback, \$13.95.

The Language of Genes: Solving the Mysteries of Our Genetic Past, Present, and Future — Steve Jones. Scripted as a historical account of human genetics, this book presents the earliest geneticists and the effects of their rudimentary discoveries, including the eugenics movement and its uglier offshoots such as ethnic cleansing, as well as the early use of fingerprinting to convict criminals. The bulk of the text is devoted to surveying what knowledge we can now hope to garner from genetic research in the years ahead. Among other things, the author reports that diseases such as cystic fibrosis and sickle-cell anemia may become better understood and perhaps cured. He also evaluates future moral dilemmas. Anchor Bks, 1994, 272 p., hardcover, \$24.95.

No Ordinary Genius: The Illustrated Richard Feynman — Christopher Sykes, ed. Sykes, the maker of two documentary films about Feynman pieces together a retrospective of the renowned physicist's life and work through interviews with family, friends, and colleagues. He also draws on many reflections from Feynman himself, revealing his fun-loving nature and providing insights into what made him one of the most accomplished scientists of all time. Many photographs fill these pages and are accompanied by quotes from those who knew Feynman, from his sister to physicist Freeman Dyson. Norton, 1994, 272 p., b&w photos and illus., hardcover, \$29.95.

Out of the Blue: Depression and Human Nature — David B. Cohen. This overview of the causes and effects of depression focuses on people with bipolar disease, who fluctuate between very low periods and periods of euphoria, as well as on "normal" depression that most people experience at some time. Cohen favors the belief that heritable qualities have a greater influence than environmental surroundings on depressed patients, as he illustrates through various case studies. He explores other, connected areas, such as seasonal affective disorder, sleep patterns, and the influence of depression on creativity. Norton, 1994, 368 p., hardcover, \$25.00.

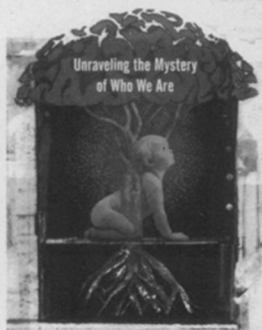
Snakes: A Natural History — Roland Bauchot, ed. Many species of snakes from around the world are detailed in this comprehensive overview of their existence. Beginning with snakes' ancestry and working through their nervous systems, methods of movement, reproduction techniques, and role in the animal kingdom in general, the text concludes with a section on snakes' relationship to humans. Stunning color photographs enhance the accessible and fascinating text, graphs, and charts. Sterling, 1994, 220 p., color photos and illus., hardcover, \$35.00.

The Story of Numbers: How Mathematics Has Shaped Civilization — John McLeish. A mathematics professor traces mathematical concepts through history, starting with Mesopotamia and continuing into the computer age. Events are grounded in the human dramas behind mathematics, with stories describing how food for the builders of Egypt's pyramids was divided up and how the Maya calculated their calendar. Originally published in hardcover in 1992 under the title *Number*. Fawcett, 1994, 266 p., b&w plates and illus., paperback, \$11.00.

The Weather Sourcebook: Your One-Stop Resource for Everything You Need to Feed Your Weather Habit — Ronald L. Wagner and Bill Adler, Jr. For casual weather observers, this guidebook answers questions and explains all kinds of phenomena, from clouds and wind to hurricanes. Initial chapters provide an overview of the history of weather and of major meteorological events and delineate the folklore associated with weather. Globe Pequot, 1994, 210 p., b&w photos and illus., paperback, \$17.95.

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The Roots of the Self



ROBERT ORNSTEIN

AUTHOR OF THE EVOLUTION OF CONSCIOUSNESS

HarperSanFrancisco
1993, 240 pages
7 1/2" x 9 1/2",
hardcover,
\$25.00



- Why do some meet new people with enthusiasm while others feel dread?
- Why do some shop for Christmas in August while others wait until December 24?
- Why do some relax with TV or books and others with daredevil sports?

Ornstein illuminates the science of the self by showing the intricate building blocks of genetics (sex, eye color, etc.) and environment (family size, birth order, etc.) that shape us from womb to grave, as well as the equally important but little understood bedrock foundations of temperament.

Citing dozens of sometimes startling examples and studies, Ornstein challenges our assumptions about how we become who we are. He shows, for example, that families have little effect on personality but that a tendency toward criminality and violence can indeed be hereditary.

Ornstein reveals the biological basis of extroversion and introversion, organization and spontaneity, and optimism and pessimism to reveal the "basic rootstock of individuality" — and its revolutionary implications. Determining how we will respond to stimuli ranging from light and noise to parties, public speaking, exams, and sexual partners, these three main roots of each unique individual are deep-rooted and enduring. Recognizing them allows us to understand how the individual, like the plant, proceeds to flower differently based on the soil of its environment, treatment by its gardeners, and the whims of weather.

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