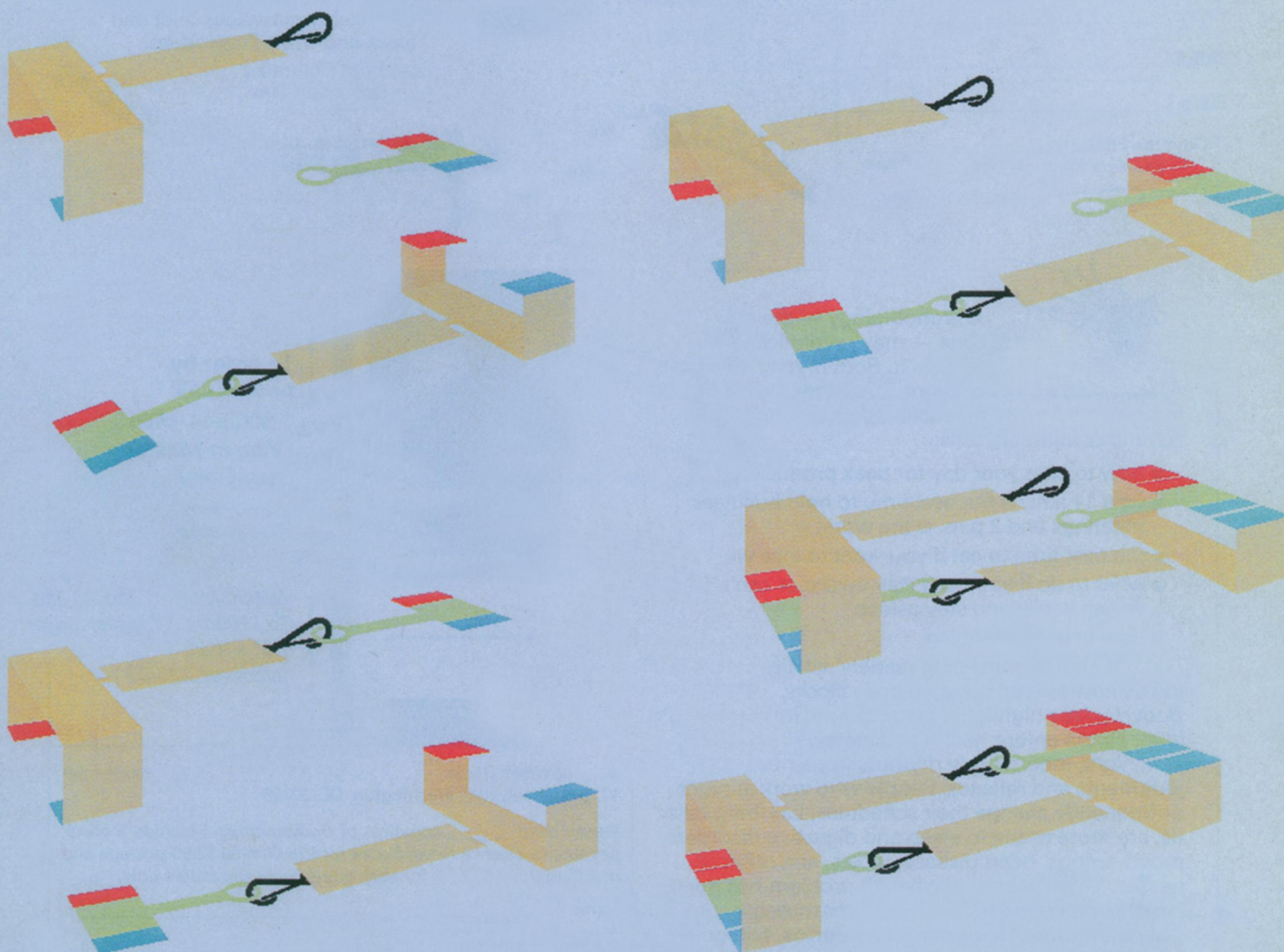


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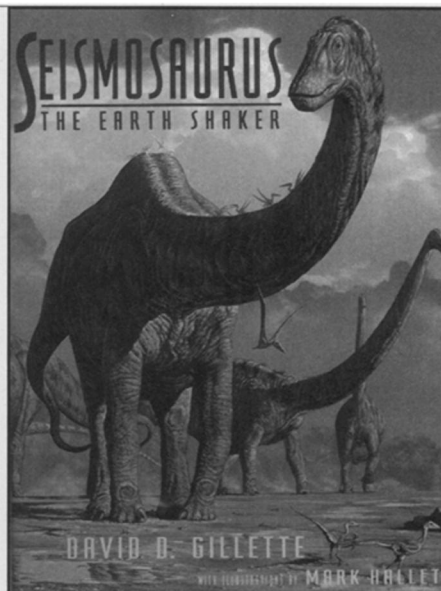
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Seismosaurus: *The Earth Shaker* is a richly illustrated telling of the trials and triumphs of the discovery and excavation of *Seismosaurus hallorum*, the longest dinosaur yet known — and possibly the largest land animal ever to have lived.

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Meanwhile, Mark Hallett, a consultant on Steven Spielberg's *Jurassic Park*, brings *Seismosaurus* to life in more than eighty marvelous color and black-and-white illustrations.

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Chronobiology — the study of body time — may revolutionize your life, and even save it. *Bodyrhythms* by veteran science writer Lynne Lamberg is a comprehensive, eminently readable report on the latest advances. Lamberg tells:

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- what to do if you can't stay awake or can't fall asleep easily and stay asleep
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FOREWORD BY WILLIAM C. SHERET, M.D., F.R.C.

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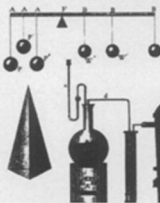
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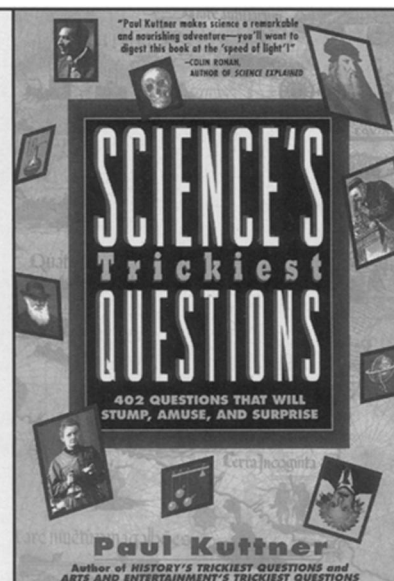
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