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Against the Grain: The Slightly Eccentric Guide to Living Well Without Gluten or Wheat — Jax Peters Lowell. For people suffering from celiac disease or wheat and gluten intolerance, this guide offers a wealth of information and alternatives for maintaining good health and happiness without pizza, pasta, or pastries. A celiac herself, Lowell provides a refreshing and humorous look at this illness. She imparts wisdom about what celiac disease is and how to cope with it without cheating from day to day at home or in a restaurant. The author offers hundreds of resources for alternative foods available via mail and help with grocery shopping and cooking wheatfree meals. H Holt & Co, 1995, 291 p., hardcover, \$22.50.

Are We Alone? Philosophical Implications of the Discovery of Extraterrestrial Life — Paul Davies. What if NASA's Search for Extraterrestrial Intelligence (SETI) project were actually to receive a transmission from outer space indicating that life exists beyond Earth? Davies contends that the effects of this discovery on our views of science, religion, and the world in general would change drastically, making this the "greatest discovery of all time." He goes on to explore the ramifications of an extraterrestrial presence on quantum theory, mind and matter, consciousness, and time. Basic, 1995, 160 p., b&w illus., hardcover, \$20.00.

Cataracts: From Diagnosis to Recovery — The Complete Guide for Patients and Families — Julius Shulman. From what cataracts are and how they form to methods of surgery such as lasers and glasses, contact lenses, and implants, this guidebook takes the reader step by step through the latest removal procedures to the recovery process. Originally published in hardcover in 1993. St Martin Griffin, 1995, 164 p., b&w illus., paperback, \$9.95.

The Gardener's Complete Q&A — The Editors of Garden Way Publishing. Which herbs grow best in containers? How can I prolong the life of cut flowers indoors? My new lawn is full of weeds — should I till it up and start over? What are the most productive vegetable crops? These and thousands of other questions about outdoor gardening and landscaping are answered in this lavishly illustrated compendium of garden smarts. Plant-by-plant information includes tips on the best species for particular climates and areas in the garden, as well as ways of overcoming some common problems associated with each. Pest control, pruning, fertilizing, and disease control are a just a few of the other topics addressed in this question-and-answer format. Storey Comm Inc., 1995, 726 p., color photos and illus., hardcover, \$39.95.

Lonely, Sad, and Angry: A Parent's Guide to Depression in Children and Adolescents — Barbara D. Ingersoll and Sam Goldstein. Two clinicians who specialize in child psychology and adolescent depression provide this primer. They discuss how depression is masked by other behavioral and learning problems and how to recognize a depressed child. In addition, they detail the causes that contribute to the development of depressive illness. From the treatment perspective, they discuss therapy and medication options, as well as hospitalization. Help for parents and teachers of depressed children is also discussed. Doubleday & Co Inc, 1995, 225 p., hardcover, \$21.95.

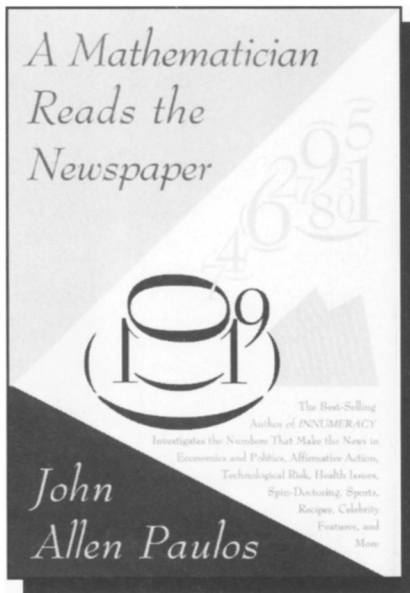
Mother Knows Best? The Truth About Mom's Well-Meaning (but not always accurate) Advice — Sue Castle. Is it really best not to swim after eating? Does black coffee aid in sobering a drunk? Does chicken soup really help cure a cold? In this treasure trove of old wives' tales regarding everything from home remedies to sleep, pets, and the gender of babies, Castle debunks many of the most common ones and confirms just a few. Citadel Pr, 1995, 141 p., paperback, \$8.95.

The Shoulders of Giants: A History of Human Flight to 1919 — Phil Scott. A great many people tried to master the mysteries of flight between the time of Daedalus and Icarus and the Wright brothers. This historical overview profiles these largely unsuccessful inventors and their endeavors, including hot air balloons, crude gliders, inspired bicycle mechanics, and highly dangerous engines. Addison-Wesley, 1995, 337 p., b&w illus. and plates, hardcover, \$24.00.

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