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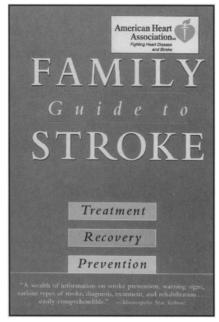
paperback. If you or someone you know has had a stroke, you need information. The American Heart Association Family Guide to Stroke will give you the facts

you need to make the most informed health care choices. It will also give you the confidence and reassurance that there is a lot you can do to recover from this devastating event.

The American Heart Association Family Guide to Stroke explains exciting new developments in treatment, recovery, and prevention. In clear, accessible language, it discusses the causes of stroke, those at risk, the warning signs, and how stroke is diagnosed. It offers practical guidance on coping with life after stroke, in both the short and long term, and reviews the most upto-date medical treatments and rehabilitation techniques that can help stroke survivors get a fresh start.

Stroke doesn't affect just the individual; often the whole family is involved. This guide is geared toward helping all family members adjust to life after stroke. Dozens of personal stories of stroke survivors and their families underscore the importance of approaching this illness together.

—from Times Books

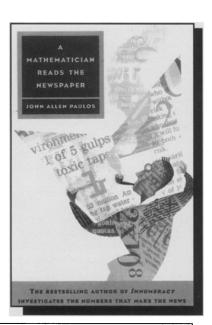


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n this extraordinary and very accessible book, Paul Davies, examines the deep mysteries of time, explores the consequences of Einstein's relativity theory, and reports on the latest theories at the forefront of research.

When scientists began to explore the implications of Einstein's time for the universe as a whole, they discovered that time is elastic and can be warped by rapid motion or gravitation. And time cannot be meaningful divided into past, present, and future, nor does it flow in the popular sense.

But important though Einstein's theory of time turned out to be, it still did not solve "the riddle of time," and the search for a deeper understanding of time and its relationship with the rest of the physical universe remains at the top of the scientific agenda. From black holes, where time stands still, to the bizarre world of quantum physics, where time vanishes completely, Professor Davies finds evidence that our current theories of time simply don't add up. Why, for instance, does the universe appear younger than some of the objects within it? And how does the concept of time emerge from the timeless chaos of the big bang? Is the passage of time merely an illusion? Can time run backwards? Is time travel possible?

Professor Davies claims that dramatic new discoveries about time can be expected soon, and that Einstein's revolution, which swept away the commonsense notion of time nearly a century ago, remains tantalizingly unfinished.

—from Touchstone

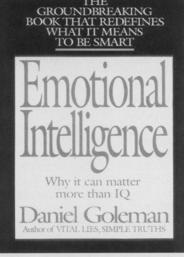
s IQ destiny? Not nearly as much as we think. Daniel Goleman's fascinating and persuasive book argues that our view of human intelligence is far too narrow, ignoring a crucial range of abilities that matter immensely in terms of how we do in life.

Drawing on groundbreaking brain and behavioral research, Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well. These factors add up to a different way of being smart—one he terms "emotional intelligence." Emotional intelligence includes self-awareness, impulse control, persistence, zeal, self-motivation, empathy and social deftness.

As Goleman demonstrates, the personal costs of deficits in emotional intelligence can range from problems in marriage and parenting to poor physical health.

But the news is hopeful. Emotional intelligence is not fixed at birth. Goleman's argument is based on a highly original synthesis of current research, including new insights into the brain architecture underlying emotion and rationality. He shows precisely how emotional intelligence can be nurtured and strengthened in all of us. And because the emotional lessons a child learns actually sculpt the brain's circuitry, Goleman provides detailed guidance as to how parents can best use this window of opportunity in childhood.

The message of this eye-opening book is one we must take to heart: the true "bell curve" for a democracy must measure emotional intelligence. Daniel Goleman offers a new vision of excellence and a vital new curriculum for life. — from Bantam



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Bantam, 1995, 352 pages, 6¼" x 9½", hardcover, \$23.95

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