

Books

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The Garden Planning Kit: An Interactive Guide to Designing, Planning, and Planting the Garden of Your Dreams—Derek Fell with Sarah Wood. Especially useful for anyone starting from scratch or overhauling an entire yard or garden, this book meshes hundreds of ideas for attractive and prosperous design with grids and stickers that enable the gardener to formulate a plan and move things around before ever buying a plant or digging a hole. Designs appropriate for different tastes and locales take into account current situations and needs of those using the areas. Plastic stickers representing plants, ponds, and fences may be picked up and reused time and again on the enclosed grids. An extensive plant directory aids in picking the appropriate plants for the final design. HarperCollins, 1996, 68 p., color photos and illus., hardcover, \$29.95.

Naked Earth: The New Geophysics—Shawna Vogel. Over the past 10 years, geophysicists have made great strides in their efforts to determine what makes up the inner core of Earth. Vogel recaps these breakthroughs and what they can tell us about the shifting poles, earthquakes occurring in unlikely locations, past and future movement of the continents, and the Earth's terrain between the surface and the center. Originally published in hardcover in 1995. Plume, 1996, 217 p., paperback, \$11.95.

The Origin of Everyday Moods: Managing Energy, Tension, and Stress—Robert E. Thayer. Biopsychologist Thayer explains how biological conditions such as physical fitness and sleep play crucial roles in determining one's mood and discusses how moods can be controlled and utilized at appropriate times. By establishing four mood states—calm-energy, calm-tiredness, tense-energy, and tense-tiredness—he shows how these states ebb and flow throughout the course of the day and how one can best maintain the optimum condition of calm-energy. He shows why sugar consumption causes more tension than it reduces and why a quick walk can enhance mood for an hour or more. OUP, 1996, 276 p., hardcover, \$24.00.

Science Under Siege: How the Environmental Misinformation Campaign Is Affecting Our Laws, Taxes, and Our Daily Life—Michael Fumento. Speaking from the political right, Fumento accuses the news media of being generally one-sided and alarmist when reporting on environmental hazards and cites hundreds of examples to support his case. He contends that industry does plenty to protect the environment and that the interests of humans far outweigh those of animals. Early on, he takes as a case study the story *60 Minutes* ran on the chemical Alar, which was used to preserve fruit still in the orchard. The economic fallout absorbed by the apple industry was grave and, in his opinion, unnecessary. Originally published in hardcover in 1993. Quill, 1996, 448 p., paperback, \$16.00.

Where Does the Weirdness Go? Why Quantum Mechanics Is Strange, but Not as Strange as You Think—David Lindley. Drawing on recent advances in our understanding of complex systems, Lindley explains why objects in the world around us do not seem to display the puzzling quantum mechanical qualities of the microscopic particles of which they are made. At the level of individual electrons and photons, objects can apparently occupy contradictory states at the same time, as in the case of Schrödinger's alive-and-dead cat. Lindley shows how a detailed depiction of macroscopic objects pushes the underlying quantum strangeness into the background—so that real cats must be dead or alive and never anything in between. Basic, 1996, 251 p., b&w illus., hardcover, \$24.00.

World Access: The Handbook for Citizens of the Earth—Kathryn Petras and Ross Petras. This book encourages global rather than local thinking by focusing on matters fundamentally not related to the United States, including world history, culture, language, religion, philosophy, and the arts. Fireside, 1996, 688 p., b&w photos and illus., paperback, \$22.00.

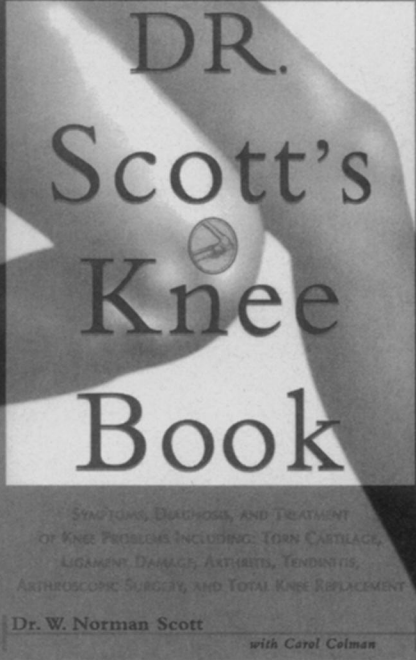
Word Watch: The Stories Behind the Words of Our Lives—Anne H. Soukhanov. The author of the lexicon column in *ATLANTIC MONTHLY* compiles many of the words featured there, in addition to some emerging vocabulary that shapes our society and language. The heritage and definition of 365 words and phrases such as smooch, emporiatrics, and olestra are given. Originally published in hardcover in 1995. H Holt, 1996, 429 p., paperback, \$14.95.

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