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THE COMPLETE HOME HEALER

is a comprehensive guide to more than 300 of the most common ailments, diseases, and general health conditions. Assembling the full range of tested and respected alternative therapies and the latest in Western medical techniques, each entry in this easy-to-use A-to-Z encyclopedia offers a concise description of a symptom or ailment, its possible cause, and a variety of approaches to treat-

ment. 1994, 446 pages, 61/2" x 91/2" hardcover

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1996, 340 pages, 61/4" x 91/4", hardcover

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While many theories have been proposed to describe individual complex systems, self-organized criticality is the first general theory of complex systems with a firm mathematical basis

In HOW NATURE WORKS, the discoverer of self-organized criticality, Per Bak, describes how many seeming-

ly disparate aspects of the world, from the formation of the landscape to the behavior of the economy, all share a set of simple, easily described properties. While it is standard to think of these as "emergent properties," clearly the explanation cannot end there. What defines an emergent property:

Punctuated Equilibrium
 Power Laws

 Fractal Geometry • 1/f Noise

Can there be a Newton's law, an f = ma, of complex behavior? He argues that a selforganized critical state is the key to such a principle.

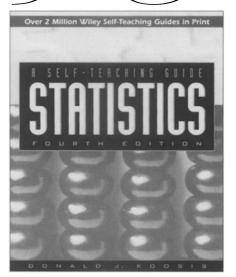
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s IQ destiny? Not nearly as much as we think. Daniel Goleman's fascinating and persuasive book argues that our view of human intelligence is far too narrow, ignoring a crucial range of abilities that matter immensely in terms of how we fare in life.

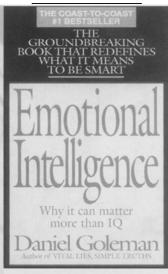
Drawing on groundbreaking brain and behavioral research, Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well. These factors add up to a different way of being smart—one he terms "emotional intelligence." Emotional intelligence includes self-awareness, 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. Because the emotional lessons a child learns actually sculpt the brain's circuitry, Goleman provides detailed guidance on 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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