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A Ski with Smarts





Outwitting Critters is the definitive book on coping with the nettlesome side of nature. All those who have had deer nibbling their carrots, ants in the kitchen sink, and mice in the sock drawer, or who have battled invasion by bats, snakes, gophers, raccoons, and any number of other pests, will find solace and solutions in this book. Bill Adler Jr. gives humane and effective advice and provides information on the motivation behind the often incomprehensible actions of our animal friends and foes. Also included are helpful lists of resources and deterrent products. This book is a must for anyone who has ever been outwitted by a critter.

— from Lyons & Burford

Find out how to get the better of backyard animals that get the best of you!

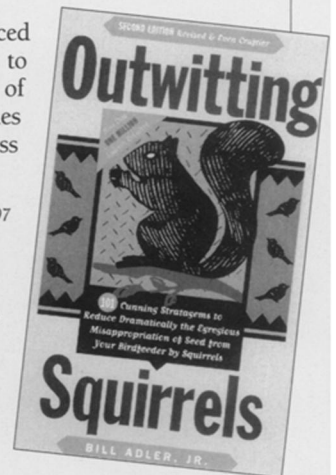
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According to *The New York Times*, people in the United States spend \$17 million on bird books and buy 1.2 million tons of birdseed, only to have feeders raided by marauding rodents with brains

no larger than walnuts. Since 1988, Bill Adler Jr. has helped tens of thousands of bird lovers stop squirrels from pillaging their bird feeders.

Outwitting Squirrels contains advice on how to stop squirrels from digging in flowerbeds, advanced antisquirrel stratagems, and homemade antisquirrel devices. From spooker poles and Perrier bottles to water bombs and cayenne pepper, Adler has tried every conceivable method of ridding his backyard of these fluffy, gluttonous rodents. In *Outwitting Squirrels*, he shares his top strategies, plus countless stories and anecdotes about his ongoing war with the squirrel.

— from Chicago Review Press



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Outwitting Critters
 Lyons & Burford, 1997
 5 1/2" x 8 1/4"
 paperback, \$12.95

Outwitting Squirrels
 Chicago Review
 Press, 1996
 188 pages
 5 1/2" x 8 1/2"
 paperback, \$11.95

RB2814

John Wiley & Sons, 1996
 260 pages, 5 1/2" x 8"
 paperback, \$16.95

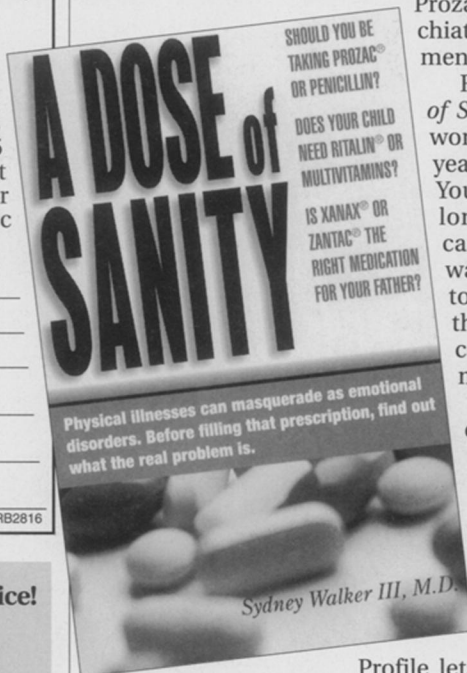
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In *A Dose of Sanity*, psychiatrist Sydney Walker III takes us inside the big business of contemporary psychiatry and reveals how, by deserting sound medical principles in favor of labeling-by-convenience and dangerous pharmacological quick fixes like Prozac and Ritalin, some psychiatrists jeopardize the physical and mental health of millions of people.

Now available in paperback!



Reading like a medical detective novel, *A Dose of Sanity* tells the stories of dozens of men and women, many of whom suffered needlessly for years from lack of a sound medical diagnosis. You'll meet the concert musician whose life-long bouts with "psychosis" were actually caused by undiagnosed typhus; the widow who was treated for "panic attacks" that turned out to be the products of a thyroid dysfunction; the "hyperactive" boy whose symptoms were caused by exposure to carbon monoxide; and many others.

Walker explores the politics of modern psychiatry and explains why many well-meaning psychiatrists often overlook underlying medical problems such as diabetes, allergies, and viral infections—all of which can cause symptoms similar to those produced by psychiatric disorders. Most important, Walker provides valuable advice on how to protect yourself from the dangers of psychiatric misdiagnosis. His unique, 24-Hour-Day

Profile lets you track your behavior and physical and emotional changes over the course of each day—giving you and your physician valuable clues to what your symptoms really mean.

Responding to books that extol the virtues of psychiatric miracle drugs, *A Dose of Sanity* offers a controversial and enlightening insider's look at the psychiatric establishment.

— from John Wiley & Sons

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