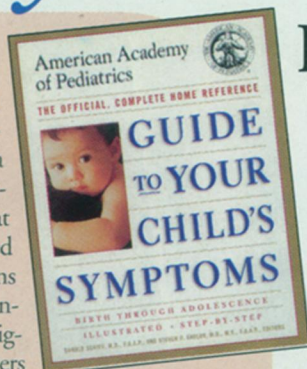


Sound Body... Sound Mind

The *American Academy of Pediatrics Guide to Your Child's Symptoms* is an A-to-Z directory of more than 100 of the most common childhood symptoms, presented in clearly illustrated, easy-to-follow charts designed to enable a parent to identify a symptom quickly, learn its possible cause, and determine how best to proceed, whether by taking action at home or calling the pediatrician. The book is designed to help parents distinguish minor everyday problems from more serious conditions and to suggest a reasonable course of action based on the most current and rigorously reviewed medical information available. It covers the symptoms of infants, young children, and adolescents.

The book also includes an illustrated first-aid manual, a guide to food safety, and an extensive index.

Villard, 1997, 256 pages, 7 1/2" x 9 1/4", hardcover, \$25.00.

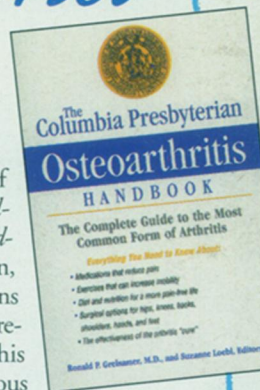


Have you recently developed pain or stiffness in your hip, knee, back, neck, shoulder, hand, wrist, elbow, foot, or ankle?

If so, then you may be at risk of developing osteoarthritis. *The Columbia Presbyterian Osteoarthritis Handbook* shows you how to ease your pain, reduce inflammation, make decisions regarding your treatment, and prevent further problems. With this handbook, you'll understand various treatment options, including:

- ✧ Drugs and the treatment of pain
- ✧ Exercise, physical therapy, and rehabilitation therapy
- ✧ Nutritional management
- ✧ Surgical management, including joint replacement surgery

Macmillan, 1997, 278 pages, 6 1/4" x 9 1/4", paperback, \$14.95



William B. Carey, a leading pediatrician and temperament researcher at the renowned Children's Hospital of Philadelphia, offers a way to look at your child in his or her totality, as a combination of nine different kinds of

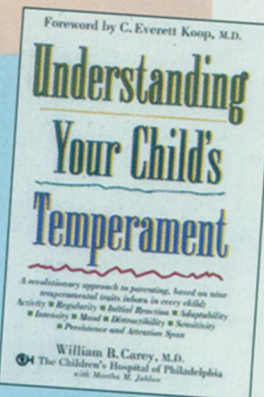
behavioral types. Temperament is an individual's unique way of reacting to people, things, and situations.

Carey makes it clear that a child's temperament is largely inborn and not something caused by "good" or "bad" parenting. He explains that, while about 50 percent of a child's temperament is genetic, parents can learn to prevent or reduce problems.

Using Dr. Carey's practical strategies, you can learn how to:

- ✧ Profile a child's temperament with respect to nine variables: activity level, adaptability, distractibility, impressionability, intensity, mood, persistence and attention span, regularity, and sensitivity
- ✧ See both the positive and negative sides of temperaments
- ✧ Tailor parental discipline to each child's temperament

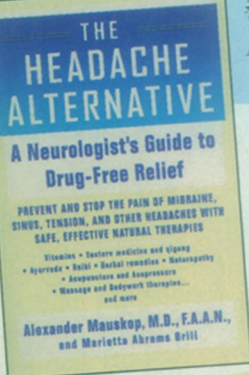
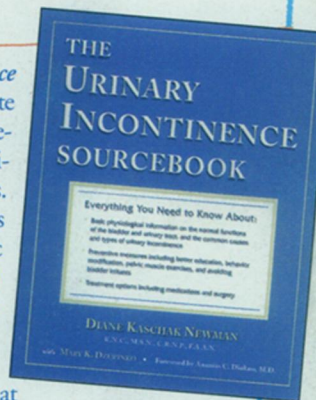
Macmillan, 1997, 228 pages, 5 1/2" x 8 1/2", hardcover, \$23.95



The *Urinary Incontinence Sourcebook* is a complete guide to the physiology, prevention, and treatment of urinary incontinence problems. Diane K. Newman, who has worked in the area of urologic nursing for more than 18 years, debunks the myth that urinary incontinence is a natural byproduct of old age or senility and explains that

the tendency to hide the problem flies in the face of proven remedies. She provides a comprehensive look at the many effective treatments for urinary incontinence and illustrates how they can improve the quality of life. Noninvasive exercises, medications, and surgery are assessed according to their effectiveness.

Lowell House, 1997, 361 pages, 7 1/2" x 9 1/2", hardcover, \$32.00



Today more than ever, "alternative" therapies for headaches are getting serious medical attention. Non-drug approaches—from acupuncture to supplements of vitamins such as magnesium—are being reviewed by major medical journals and proving both safe and effective. In *The Headache Alternative*, headache expert Alexander Mauskop, director of the New York Headache Center, brings you a complete, up-to-date guide to dozens of natural therapies that can safely

stop your headaches—even severe migraines—or prevent them from ever starting. Find vital information on:

- ✧ The latest medical theories about migraines and other headaches
- ✧ Common headache triggers—from foods and vitamin deficiencies to stress
- ✧ How to create a headache-free environment
- ✧ The effectiveness of touch—massage and water therapy

DTR, 1997, 411 pages, 5 1/4" x 8", paperback, \$13.95



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