

The Weekly Newsmagazine of Science

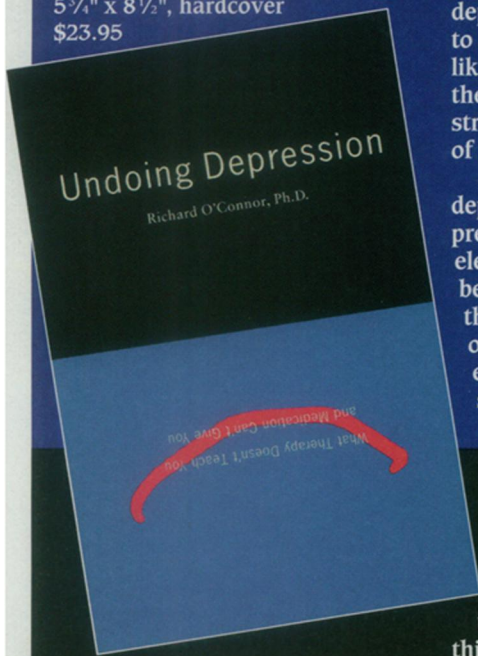
# SCIENCE NEWS

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**Science  
in the  
Courts**



Little, Brown, 1997, 358 pages  
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Despite therapy and support from loved ones, the major reason people with depression stay depressed is that they don't know how else to be. In a futile effort to save themselves from pain, they have learned habits that feel normal and natural, like part of the self. But these emotional habits backfire; instead of reducing pain, they just perpetuate depression. This book, by a psychotherapist who has personally struggled with—and overcome—depression, teaches you how to unlearn the “skills of depression” and replace them with healthier, more adaptive ways of being.

Against the backdrop of a thought-provoking discussion of the nature of depression, highlighted by vivid and moving case studies, Richard O'Connor presents a program for undoing depression. He begins by reviewing five key elements of our personality in which depression affects functioning—emotions, behavior, thinking, relationships, and the self. He explains how skills we develop in these areas, such as emotional control, isolation, putting others first, and being overresponsible, actually prevent our recovery. It is only by making a deliberate effort to rid ourselves of these depressed habits that we can be cured. With clear, step-by-step explanations and exercises, O'Connor imparts positive behavioral skills and demonstrates how to put them to work in a wide range of life

situations, from love, marriage, and divorce to work, family, and community. By showing you how to integrate new ways of thinking, acting, relating, and feeling into your life, he enables you to once more enjoy a vital, rich existence.

—from Little Brown

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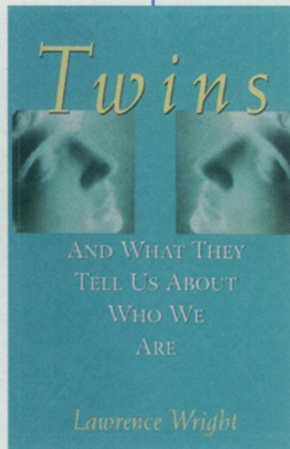
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JOHN WILEY AND SONS, 1997, 202 PAGES, 5 5/8" x 8 3/4", HARDCOVER, \$22.95

How much are character, intelligence, and lifestyle a result of genes? In this compelling book, award-winning journalist Lawrence Wright reveals how twins are helping to unravel these and other mysteries of human identity.

Recent studies of twins have shaken the field of psychology to its foundation, revolutionizing our understanding of our own personalities. Because identical twins separated at birth share all the same genes yet grow up in different environments, they offer a unique opportunity to test theories about the roles played by nature and nurture in shaping who we are.

With its genesis in the author's acclaimed *NEW YORKER* magazine article, *Twins* directly challenges many long-held beliefs. For instance, a series of groundbreaking studies of twins has



can actually estimate what proportion of intelligence, personality, and behavior is determined by inherited tendencies. Even political orientation and religious commitment, it turns out, are largely governed by our genes.

*Twins* is filled with astounding stories of identical twins who have lived entirely separate lives but who have an incredible amount in common, including their hobbies; mannerisms; taste in music, food, and clothes; experiences in marriage and divorce; careers; and sexuality.

Perhaps even more surprising is the discovery that family life has startlingly little effect on the type of person one becomes. The nongenetic factors that have the greatest impact on shaping our lives are *not* the way our parents raise us or the kind of family in which we grow up, but our experiences *outside* the family.

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