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Replumbing the Everglades

A Proven Program for
Conquering Snoring and Sleep Apnea

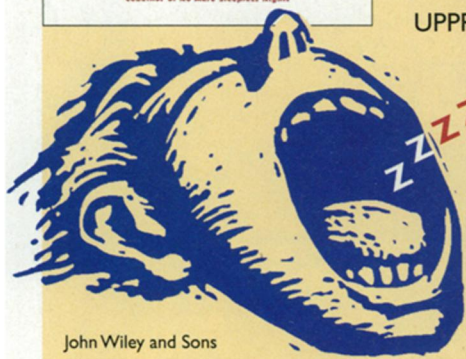
NO MORE SNORING

VICTOR HOFFSTEIN, M.D.

Director of the Sleep, Nose, and Sinus Clinic, St. Michael's Hospital

SHIRLEY LINDE, Ph.D.

Coauthor of *No More Sleepless Nights*



John Wiley and Sons
1999, 185 pages, 6" x 9"
paperback, \$12.95

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DROWSINESS, IRRITABILITY, AND CONGESTION. Memory and concentration problems. Decreased alertness and productivity. Increased risk of high blood pressure, heart disease, migraines, and strokes.

The ravages of snoring are all too familiar, yet preventable.

In *No More Snoring*, one of the world's leading snoring specialists, Victor Hoffstein, head of the Division of Respiratory and the Sleep, Nose, and Sinus Clinic at St. Michael's Hospital in Toronto, provides a step-by-step program to address your snoring problem. This expert guide includes advice on:

- The most common risk factors and what to do about them
 - The latest highly successful treatments developed at his clinic
 - Simple lifestyle changes, home remedies, and treatments—including the "snore ball" and the CPAP machine—to try before considering surgery
 - The cost, benefits, risks, and suitability of various surgical options, including laser, UPPP, and new outpatient radiofrequency surgery
- from John Wiley and Sons

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visual intelligence



how we create what we see

donald d. hoffman

W.W. Norton, 1998, 294 pages
6 1/4" x 9 1/4", hardcover, \$29.95

An exploration of the extraordinary, overlooked creative genius of the mind's eye.

We have long known about IQ, and we are beginning to appreciate emotional intelligence, yet there is another fundamental dimension of intelligence that shapes our experience, engages roughly half the brain's cortex, and largely goes unnoticed: our visual intelligence. Far from being a passive recorder of a preexisting world, the eye actively constructs every aspect of our visual experience—from the strut of a peacock to the nuances of light in a forest at dusk.

In an informal style replete with illustrations, cognitive scientist Donald Hoffman presents the compelling scientific evidence for vision's constructive powers, and in so doing, he unveils a grammar of vision—a set of rules that govern our perception of line, color, form, depth, and motion. Hoffman also describes the loss of these constructive powers in patients who have suffered devastating impairments: the artist who can no longer see or dream in color; the woman who, having lost her perception of motion, can no longer cross the street; the man who, unable to believe what he sees, declares his father an impostor. Finally, Hoffman explores the spin-offs of visual intelligence in the arts and technology, from the dynamics of film special effects to the visual worlds of virtual reality.

—from WW Norton



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