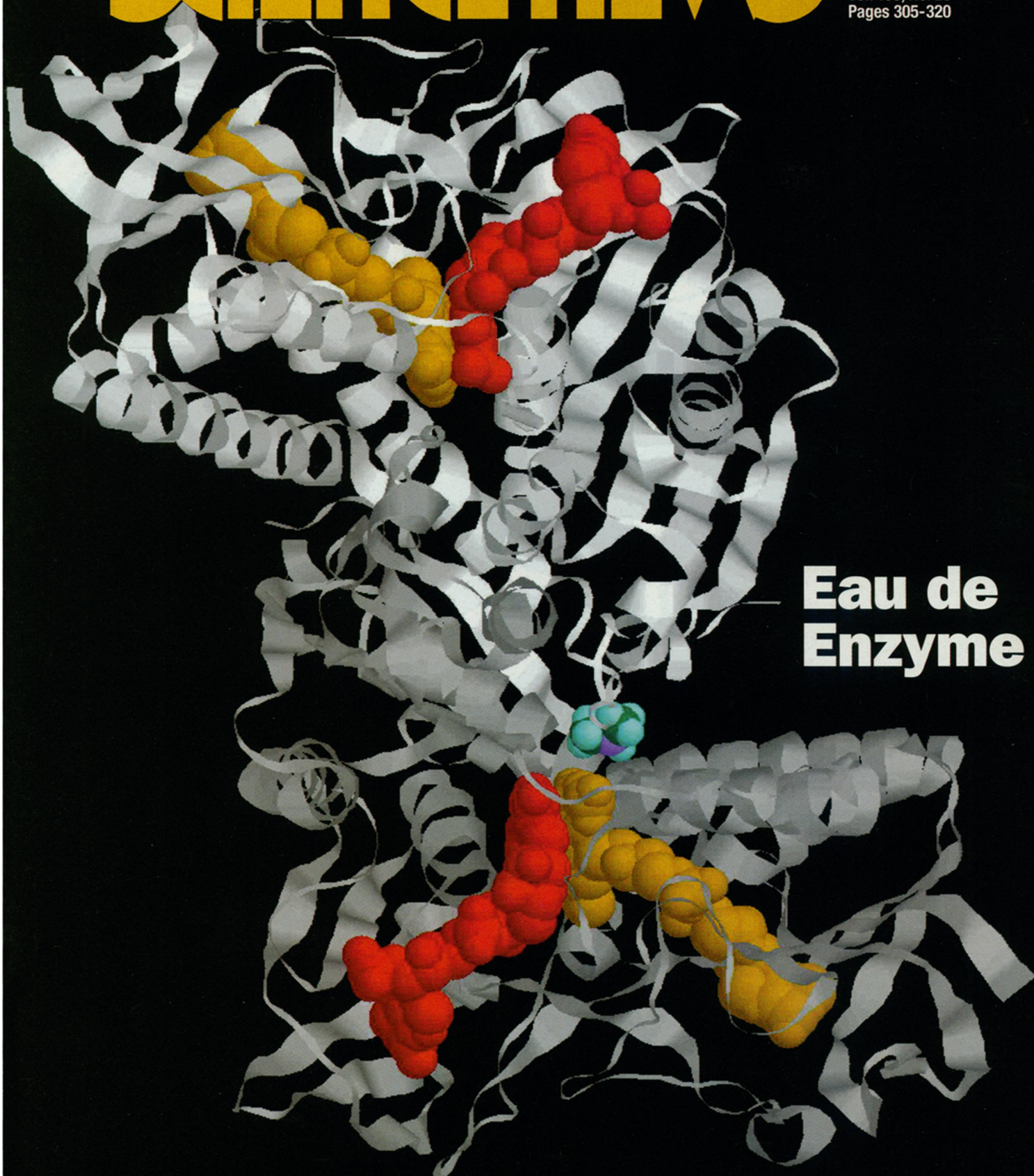


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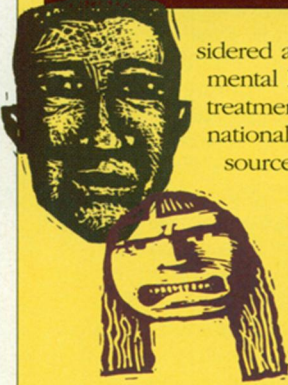
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# Your Mental Health

A Layman's Guide to the Psychiatrist's Bible

Allen Frances, M.D. Chairperson of DSM-IV  
and Michael B. First, M.D. Editor of DSM-IV



Scribner, 1999  
445 pages  
6 1/4" x 9 1/2"  
hardcover, \$27.50

The most recent edition of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV), published in 1994, has become the standard reference for clinicians in the mental health field—and a surprise bestseller. It has sold over a million copies, many to lay readers looking for an understanding of the mental disorders that affect the lives of one in five persons.

Allen Frances, who chaired the task force that wrote the DSM-IV, and Michael First, editor of the DSM-IV, have now translated that guide's insights into clear and lively prose. They cover the full gamut, psychiatric disorders. And they do so in a tone that is consistently reassuring and respectful. They argue eloquently that you are far more likely to get good care if you are educated about your problem, understand its usual course, and know what can be done about it.

Because getting the right treatment almost always depends on having the right diagnosis, each chapter of *Your Mental Health* focuses on a particular type of problem and provides an extremely clear set of questions to help you determine whether your symptoms are severe enough to be considered a clinical disorder. The authors offer encouraging advice that either confirms that you are, in fact, in good mental health or that directs you on the proper therapeutic path. Complete with detailed explanations about the treatments currently available, each chapter also concludes with a list of suggested readings and information about national organizations, support groups, and other sources of help.

—from Scribner

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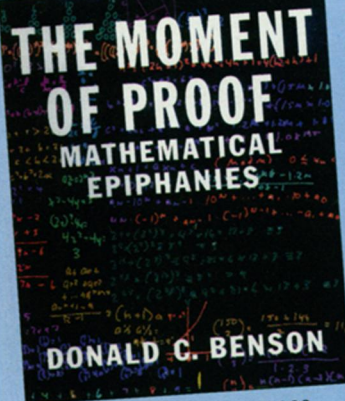
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Oxford University Press, 1999  
7 1/2" x 9 1/2", hardcover, \$30.00

When Archimedes, while bathing, suddenly hit upon the principle of buoyancy, he ran wildly through the streets of Syracuse, stark naked, crying "Eureka!" In *The Moment of Proof*, Donald Benson attempts to convey to general readers the feeling of eureka—the joy of discovery—that mathematicians feel when they first encounter an elegant proof.

This is not an introduction to mathematics so much as an introduction to the pleasures of mathematical thinking. And indeed the delights of this book are many and varied. The book is packed with intriguing conundrums—Lloyd's Fifteen Puzzle, the Petersburg Paradox, the Chaos Game, the Monty Hall Problem, the Prisoner's Dilemma—as well as many mathematical curiosities. We learn how to perform the arithmetic calculation called "casting out nines" and are introduced to Russian peasant multiplication, a bizarre but effective way to multiply numbers. The book shows us how to calculate the number of ways a chef can combine ten or fewer spices to flavor soup (1,024) and how many people we would have to gather in a room to have a 50-50 chance of two having the same birthday (23 people). But most important, Benson takes us step by step through many mathematical wonders so that we arrive at the solution much the way a working scientist would—and with much the same feeling of surprise.

—from Oxford University Press

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