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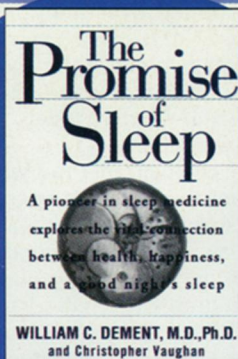
Monsters in the Cosmos

The *Promise of Sleep* heralds the start of a revolution that will help us all live longer, healthier, more productive lives. Shedding light on one of the most unexplored but important aspects of our lives, William Dement, the founder and director of the Stanford University Sleep Research Center, delivers an urgent call for both personal and cultural sleep awareness in the most provocative, authoritative book on the subject to date.

Healthy sleep has been empirically proven to be the single most important determinant in predicting longevity, *more influential than diet, exercise or heredity*, but our modern culture has become an alarming study in sleep deprivation and ignorance. A world without darkness wreaks havoc on our body clocks. Sleep is sacrificed to meet the demands of our endless days. Unnoticed, deadly sleep disorders shorten countless lives despite the availability of simple treatments. Doctors regard sleep deprivation as a fact of life and do little to promote sleep health or awareness. Meanwhile, the physical, emotional, and psychological costs of unhealthy sleep continue to mount.

In *The Promise of Sleep*, world-renowned sleep authority Dement, offers a definitive guide providing the information necessary to reap the benefits of a good night's sleep. Drawing on decades of experience, Dement explains what happens when we sleep, taking us on a fascinating tour of the sleeping body and mind. Exploring sleep's powerful effect on overall health, from the immune system to psychological well-being, we also learn the many dangers of sleep loss and deprivation, from reduced motivation and vitality to

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Delacourt Press, 1999
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serious illness and even death.

Imparting wisdom gained through years of sleep lab experience, Dement reveals the principles of healthy sleep and gives hands-on advice on such popular topics as sleep disorders and their cures, the role of prescription and over-the-counter sleeping aids, recovery from jet lag, and the power of naps. With *The Promise of Sleep*, readers will learn not only how to discover how much sleep they truly need, but how to get it—and why their lives will improve once they do.

—from Delacourt Press

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Please send me _____ copy(ies) of *The Promise of Sleep*. I include a check payable to Books Now for \$24.95 plus \$4.95 postage and handling for the first book (total \$29.90). Add \$2.50 for postage and handling for each additional book.

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HOW AND WHERE DID LIFE BEGIN?

universe? In his latest far-reaching book, *The Fifth Miracle*, internationally acclaimed physicist and writer Paul Davies confronts one of science's great outstanding mysteries—the origin of life.

Davies shows how new research hints that the crucible of life lay deep within Earth's hot crust, and not in a "warm little pond," as first suggested by Charles Darwin. Bizarre microbes discovered dwelling in the underworld and around submarine volcanic vents are thought to be living fossils. This discovery has transformed scientists' expectations for life on Mars and elsewhere in the universe. Davies stresses the key role that the bombardment of the planets by giant comets and asteroids has played in the origin and evolution of life, arguing that these "deep impacts" delivered the raw material for biology, but also kept life confined to its subterranean haven for millions of years.

Three and a half billion years ago, Mars resembled Earth. It was warm and wet and could have supported primitive organisms. Davies believes that the Red Planet may still harbor microbes in thermally heated rocks deep below the Martian permafrost. He goes on to describe a still more startling scenario: If life once existed on Mars, might it have originated there and traveled to Earth inside meteorites blasted into space by cosmic impacts? Conversely, did life spread from Earth to Mars? Could microbes have journeyed even farther afield inside comets?

Davies builds on the latest scientific discoveries and theories to address the larger question: What, exactly, is life? Davies shows that the living cell is an information-processing system that uses a sophisticated mathematical code, and he argues that the secret of life lies not in exotic chemistry but in the emergence of information-based complexity. He then goes on to ask: Is life the inevitable by-product of physical laws, as many scientists maintain, or an almost miraculous accident? Are we alone in the universe, or will life emerge on all Earthlike planets? And if there is life elsewhere in the universe, is it preordained to evolve toward greater complexity and intelligence?

—from Simon and Schuster

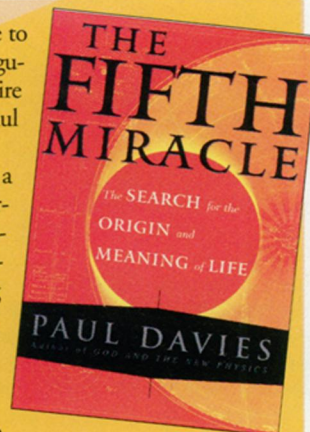
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