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Antarctica's Secret Citizens

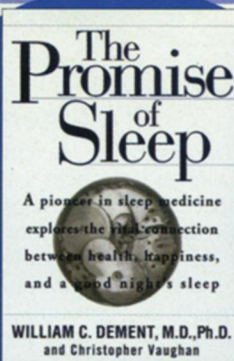


The *Promise of Sleep* heralds the start of a revolution that will help us all live longer, healthier, more productive lives. Shedding light on one of the most unexplored but important aspects of our lives, William Dement, the founder and director of the Stanford University Sleep Research Center, delivers 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
524 pages, 6 1/4" x 9 1/2"
hardcover, \$24.95

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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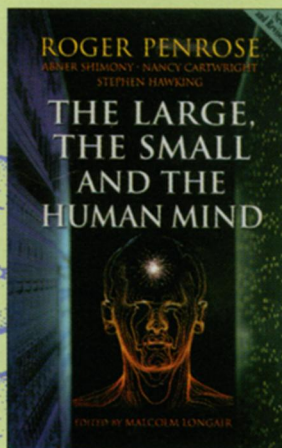
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Roger Penrose's original and provocative ideas about the large-scale physics of the universe, the small-scale world of quantum physics, and the physics of the mind have been the subject of controversy and discussion. These ideas were set forth in his best-selling books, *The Emperor's New Mind* and *Shadows of the Mind*. In his most recent book, *The Large, the Small, and the Human Mind*, he summarizes and brings up to date his current thinking in these complex areas. He presents a masterful summary of those areas of physics in which he feels there are major unsolved problems. Through this, he introduces radically new concepts, which he believes will be fruitful in understanding the workings of the brain and the nature of the human mind. These ideas are then challenged by three distinguished experts from different backgrounds—Abner Shimony and Nancy Cartwright, who are philosophers of science, and Stephen Hawking, a theoretical physicist and cosmologist. Finally, Penrose responds to their thought-provoking criticisms.

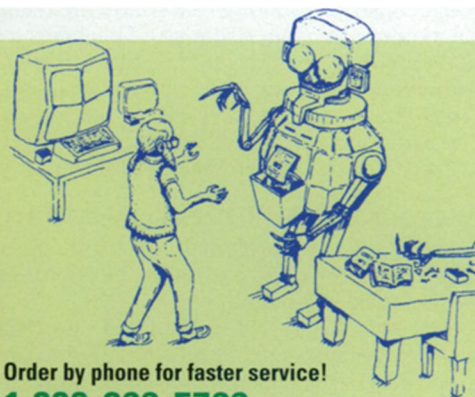
This updated paperback edition includes a striking and easy-to-understand example of Gödel's theorem and a ground-breaking proposal for a physical experiment designed to test some of Penrose's most novel ideas about quantum mechanics.

This volume provides an accessible, illuminating, and stimulating introduction to Penrose's vision of theoretical physics for the 21st century. His enthusiasm, insight, and good humor shine through this brilliant account of the problems of modern physics.

—from Cambridge University Press



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