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Bodyrhythms: Chronobiology and Peak Performance — Lynn Lamberg. In this introduction to the science of body clocks — chronobiology — Lamberg shows how this emerging field helps to identify the most productive hours of the day. Chronobiologists identify peak times for holding business meetings, eating to lose weight, and, most important, sleeping. Advances in the field point to changes that should be made in current routines to improve health and safety. Predictions include the eradication of falling asleep at the wheel and the increasing use of light as a "wonder drug." Morrow, 1994, 274 p., hardcover, \$25.00.

The Egyptian Book of the Dead: The Book of Going Forth by Day — Raymond Faulkner. Written and illustrated circa 1250 B.C., The Papyrus of Ani is a series of funerary vignettes made up of spells, charms, prayers, and rituals designed to guide Egyptian souls through the afterlife. Upon its acquisition in 1888 by E. A. Wallis Budge, the 78-foot-long scroll was cut into 3-foot lengths and transported to England for translation and future display of some segments in the British Museum. This oversized volume presents facsimiles of the complete original text, arranged in its intended order and accompanied by an English translation. Chronicle Bks, 1994, 175 p., color photos and b&w illus., paperback, \$24.95.

The Hyperactive Child Book — Patricia Kennedy, Leif Terdal, and Lydia Fusetti. This guide to attention deficit-hyperactivity disorder (ADHD) outlines the causes, treatments, medications, professionals in the field, means of diagnosis, methods of discipline, and schools appropriate for ADHD children from toddlerhood through teenage years. Originally published in hardcover in 1993. St. Martin, 1994, 276 p., paperback, \$12.95.

Shadows of the Mind: A Search for the Missing Science of Consciousness — Roger Penrose. The author of *The Emperor's New Mind* continues his debate against the usefulness of artificial intelligence, arguing that consciousness is not computational. By applying quantum mechanics and theories such as Gödel's theorem to neuroscience, Penrose creates his own kind of physics of consciousness. He posits that consciousness is the result of a global quantum state that exists across large areas of the brain within the microtubules, minute substructures deep within brain cells. In conclusion, he outlines fundamental changes in the very underpinnings of our view of the nature of reality — changes we should expect in order to accommodate the physical phenomenon of consciousness. OUP, 1994, 457 p., b&w illus., hardcover, \$25.00.

Sustaining the Earth: Choosing Consumer Products That Are Safe for You, Your Family, and the Earth — Debra Dadd-Redalia. Background information about the pros and cons of, and viable alternatives to, virtually every kind of food, clothing, appliance, and cleaning product used in the home can be found within these pages. Valuable directions for seeing through the rhetoric of "green" advertising and the best ways to recycle and dispose of products are also included. Hearst, 1994, 352 p., b&w illus., paperback, \$15.00.

Taking Charge: The Electric Automobile in America — Michael Brian Schiffer. Noting that the electric car is not the wave of the future but actually a relic of the first cars invented nearly 100 years ago, Schiffer researches the history of this means of transportation and its future as gasoline prices increase and environmental concerns over emissions grow. The author focuses on the electric car's intricate technology and its successes and failures over the years as he points to the resurgence of electric vehicles in the next few years. Smithsonian, 1994, 225p., b&w, photos, hardcover, \$24.00.

U.S. Outdoor Atlas & Recreation Guide — John Oliver Jones. Appropriate for the traveling outdoor adventure seeker, this guidebook features maps and charts indicating recreational areas in all 50 states. The agencies that run these facilities, telephone numbers, hours, fees, available activities, on-site accommodations, restrictions, and available literature are just some of the details provided about each site. HM, 1994, 216 p., color photos and illus., paperback, \$19.95.

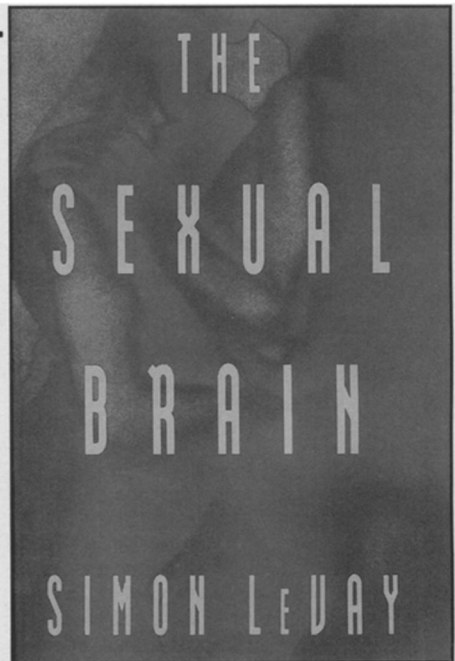
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—from the MIT Press



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SexualBrain

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