



*Outwitting Critters* is the definitive book on coping with the nettlesome side of nature. All those who have had deer nibbling their carrots, ants in the kitchen sink, and mice in the sock drawer, or who have battled invasion by bats, snakes, gophers, raccoons, and any number of other pests, will find solace and solutions in this book. Adler gives humane and effective advice and provides information on the motivation behind the often incomprehensible actions of our animal friends and foes. Also included are helpful lists of resources and deterrent products. This book is a must for anyone who has ever been outwitted by a critter.

— from Lyons & Burford

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According to *The New York Times*, people in the United States spend \$17 million on bird books and buy 1.2 million tons of birdseed, only to have feeders raided by marauding rodents with brains

no larger than walnuts. Since 1988, Bill Adler Jr. has helped tens of thousands of bird lovers stop squirrels from pillaging their bird feeders.

*Outwitting Squirrels* contains advice on how to stop squirrels from digging in flowerbeds, advanced antisquirrel stratagems, and homemade antisquirrel devices. From spooker poles and Perrier bottles to water bombs and cayenne pepper, Adler has tried every conceivable method of ridding his backyard of these fluffy, gluttonous rodents. In *Outwitting Squirrels*, he shares his top strategies, plus countless stories and anecdotes about his ongoing war with the squirrel.

— from Chicago Review Press



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*Outwitting Critters*  
 Lyons & Burford, 1997  
 5½" x 8¼"  
 paperback, \$12.95

*Outwitting Squirrels*  
 Chicago Review  
 Press, 1996  
 188 pages  
 5½" x 8¼"  
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In *Good Food for Bad Stomachs*, Henry Janowitz, author of *Your Gut Feelings* and *Indigestion*, provides a thorough guide to healthful eating, one tailored especially for those who suffer from—or have a family history of—gastrointestinal disorders.

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Janowitz examines gastrointestinal disorders one by one, covering esophagitis and swallowing disorders and cancer of the colon and rectum, describing symptoms and causes, recommending food we should eat to avoid the disorder, and outlining both dietary and medical approaches to treatment. He talks about inflammation and ulcers of the stomach and duodenum, peptic ulcers, gastritis, gallstones, pancreatitis and liver diseases; discusses food allergies and intolerance and dietary problems associated with aging; deals with such pedestrian complaints as intestinal gas, traveler's diarrhea, and constipation; and gives special attention to the inflammatory bowel diseases, including ulcerative colitis and Crohn's disease, on which he is a renowned expert.

Oxford University Press, 1997, 224 pages, 5½" x 8½"  
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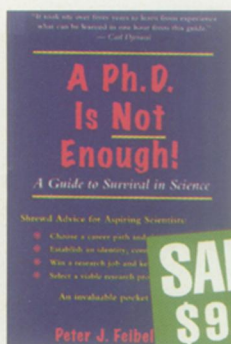
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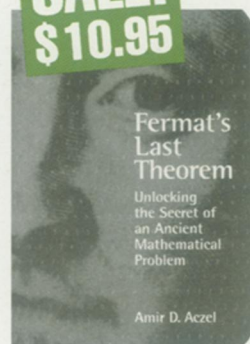
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