

all with extensive experience in the HIV setting, it covers much of the same information as Robert H. Lehmann's fine *Cooking for Life* (LJ 1/97). Both books address such crucial issues as food safety and the importance of maintaining lean body mass, but while Lehmann's book is intended more as a nutritional guide and less as an actual cookbook, the present work is both. More than half of it is devoted to tasty-sounding recipes targeted to specific HIV-related nutritional concerns such as mouth sores and fatigue. Its spiral binding makes it easy to leave open while following a recipe, although it might deteriorate with much library use. A very good book that libraries should purchase.—*Linda Gleason, Univ. of Medicine & Dentistry of New Jersey Lib., Newark*

**Peck, M. Scott, M.D. Denial of the Soul: Spiritual and Medical Perspectives on Euthanasia.**

Harmony: Crown. Mar. 1997. c.256p. index. ISBN 0-517-70865-5. \$23. MED  
The author of several best sellers, including *The Road Less Traveled* (which at last count has been on the *New York Times* Best Sellers list for 687 weeks), Peck here discusses a complex and timely matter—euthanasia. Peck wants to address the “spiritual” aspects of the decision, which he feels have been ignored in this too-secular world. He’s taken on a huge task: to define physical and emotional suffering, to come up with guidelines for considering physician-assisted suicide, and to foster further dialog by society as a whole on these issues. This is not a book of answers; Peck instead encourages discussion about “learning through dying,” what a soul consists of, and choosing hospice care when it’s clear the end is near. Peck is a wonderful writer, engaging, intelligent, and full of stories from his long psychiatric practice; as usual, he takes on big issues with seriousness, sensitivity, and balance. Highly recommended.—*Barbara O’Hara, Free Lib. of Philadelphia*

**Quigley, Christine. The Corpse: A History.** McFarland. 1996. 358p. photogs. bibliog. index. LC 96-30366. ISBN 0-7864-0170-2. \$37.50. MED

The significance of the corpse in society reflects what we think about death and dying, notes Quigley. How the living deal with the lifeless body is based on a profoundly complicated set of cultural values. Quigley’s *Death Dictionary: Over 5500 Clinical, Legal, Literary and Vernacular Terms* (McFarland, 1994), which chronicled a staggering number of euphemisms for death, made her aware of the many ways society has viewed the experience of death. Quigley here provides an historical overview of how Europeans treated and disposed of the dead. Specifically, she looks at the role of the corpse during the

process of grief and how it has been prepared for funeral rites, as well as its value to other interested parties such as medical examiners. Based primarily on monographic sources, Quigley’s book does not offer a major contribution to academic scholarship; it is, however, a fascinating and well-researched documentation of a compelling topic. Highly recommended for academic and public libraries.—*Mary Hemmings, Univ. of Calgary, Alberta*

**Sachs, Judith. Nature’s Prozac: Natural Therapies and Techniques To Rid Yourself of Anxiety, Depression, Panic Attacks & Stress.**

Prentice Hall. 1997. c.491p. ISBN 0-13-243338-9. \$22.95. HEALTH  
Sachs (*The Healing Power of Sex*, LJ 11/15/94) here turns her attention to alternative therapies for emotional and psychological disorders. The result is a wide-ranging resource guide written in a personal, nontechnical style and using testimonials from satisfied patients to reinforce points. What sets it apart is its concentration on natural treatments to combat conditions like depression, anxiety, and stress. Conventional practitioners may question Sachs’s use of terms like *the blues* or *a broken heart*, but despite the deliberately naive terminology, the analyses are clear and sound,

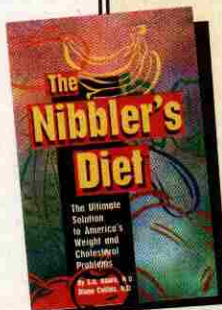
based on current homeopathic and medical thinking. Sachs offers a list of recognized authors and of national support organizations but also counsels readers to seek professional advice for chronic difficulties. The dictionary-like arrangement and readable style will make this book popular with most patrons, and it will also be useful for larger reference collections.—*Elizabeth Braaksma, Thunder Bay P.L., Ontario*

**Shaw, Judith. Raising Low-Fat Kids in a High-Fat World.**

Chronicle. Mar. 1997. c.243p. index. ISBN 0-8118-1441-6. pap. \$14.95.

HEALTH  
This is one of a growing number of nutrition books geared toward the nutritional needs of children. The aim is to emphasize through education the development of early healthful eating habits to prevent adult-onset illnesses such as heart disease and some cancers. Shaw not only presents the most recent knowledge about types and common sources of dietary fat in an easily understandable way but also gives useful tips for adapting everyday menus by substituting other ingredients for fats. Of particular interest to many readers will be the chapter comparing different types of fats and the one on “camouflaged fat,” or the low-fat pretenders. Shaw’s presentation is

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