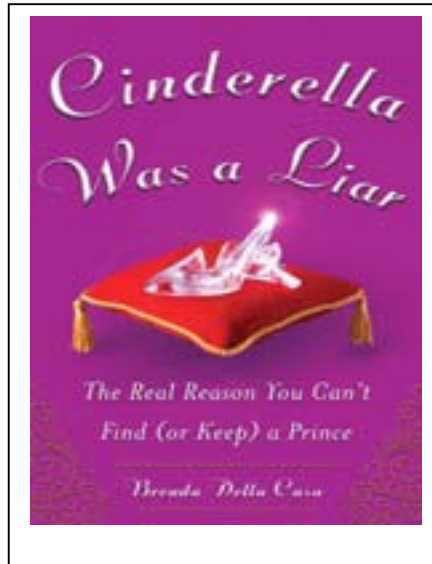


Cinderella Was a Liar: The Real Reason You Can't Find (or Keep) a Prince

Brenda Della Casa

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071476539 - Previous:

EAN: 9780071476539

Format: HARD BACK

UK Price: 13.99 - Euro price: 20.30

SA\$ price: 21.95

Subject area: GENERAL REFERENCE - General Reference – Self Help

Pages: 256

Description

Finally! A book that cuts through all that Once Upon a Time crap--and shows today's princess how to create her own Happily Ever After.

Any woman who's kissed her share of toads will relate to this wise and witty guide to modern love. Written by a casting producer for TV's "The Bachelor," it's one hilarious hand-grenade of a book that explodes the fairy-tale myths that make single girls miserable--while offering real-world insights that actually make sense. For once, readers will learn the truth about those so-called Prince Charmings (who turn out to be anything but), those wicked stepsisters and mothers (who raise the insecurity level), and those all-too-easy Happy Endings (that usually end in tears.) This fun-filled storybook will provide endless laughter, essential life lessons--and everlasting love--for princesses everywhere.

Key features

- In the bestselling tradition of He's Just Not That Into You
- A hilarious, but practical, approach to The Search for Mr. Right--by a former casting producer for TV's most popular dating shows
- Exposes fairy tales for what they are--and shows modern women how to get past the fantasies to find a real and lasting love

Market

20-to 40-year-old women who buy books like He's Just Not That Into You, Get Over It! You're Not That Into Him Either, Why Men Marry Bitches, and other bestselling irreverent dating and relationship books

Table of contents

Introduction: The Princess Diaries

1. The 13 Sisters No Prince Wants to Date
2. Throw Out the Proverbial Bridal Binder!
3. Don't Shove Your Feet into Slippers that Don't Fit
4. The Joy of Walking Barefoot
5. Having a Ball in the World of Dating
6. The Lies We Speak into the Mirror
7. One Night Stands (and Other Bad Potions)
8. The Curse of Verbal Diarrhea
9. Guaranteed Ways to Send him Far, Far Away
10. The Lads Holding You Back and the Toads Who have to Go
11. How and Where to Bag Your Royal
12. Real Royals Answer Questions from You!
Your Very Own Coat of Arms

Author Biography

Brenda Della Casa (NY, NY) is a successful journalist who's spent the six years as a casting producer interviewing single men and women for TV's "The Bachelor," "elimiDate," "The 5th Wheel," "Blind Date," "Perfect Match," and "Queer Eye for the Straight Guy." Her articles have appeared in Glamour, For Me, Dream, and Play, and on the comedy website PhatPhree.com.

Backlist Titles Also Available

ISBN: 0809224763 - **Title:** The Go-Girl Guide 1ed

Author: Bourland

Publisher: McGraw-Hill

ISBN: 0809229897 - **Title:** How to Make Anyone Fall in Love with You 1ed

Author: Lowndes

Publisher: McGraw-Hill

Competition

ISBN: 068987474X - **Title:** He's Just Not That Into You 1ed

Author: Behrendt

Publisher: Simon & Schuster

ISBN: 1580627560 - **Title:** Why Men Love Bitches 1ed

Author: Argov

Publisher: Other Publisher

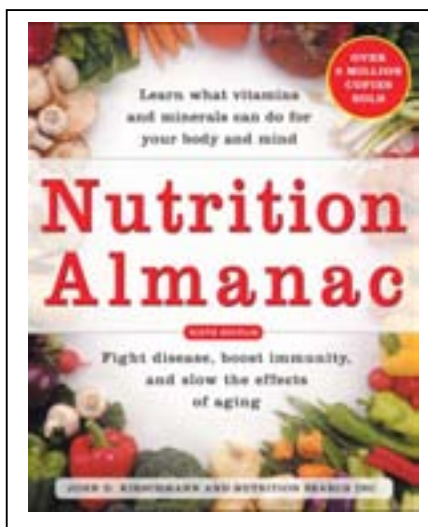
ISBN: 0767921852 - **Title:** It's Called a Break Up Because It's Broken 1ed

Author: Behrendt

Publisher: Random House

Nutrition Almanac, 6/e

John Kirschmann, Nutrition Search, Inc.
Imprint: MCGRAW-HILL



Pub date: JAN-07
ISBN: 0071436588 - Previous: 0071373381
EAN: 9780071436588
Format: SOFT BACK
UK Price: 12.99 - Euro price: 18.85
SA\$ price: 19.95
Subject area: GENERAL REFERENCE - General Reference – Health
Pages: 384

Description

For over 30 years, the Nutrition Almanac has supplied accurate, up-to-date and accessible information on the relationship between foods and health. The book provides up-to-date, comprehensive information on essential vitamins and minerals, how they are absorbed and stored, their dosage and toxicity, their deficiency effects and symptoms, and their beneficial effect on common ailments and stressful conditions. Readers will learn how to use nutrition to fight disease, boost immunity, and slow the effects of aging, as well as increase energy, elevate mood, improve digestion, and control weight. The revised and updated 6th edition includes new information and research findings on what science can tell us about dietary supplements and the difference between good and bad fats as well as new ailments and disease-fighting vitamins, minerals, and phytonutrients.

Key features

- Successful track record: Since publishing 30 years ago, The Nutrition Almanac has sold over 3 million copies.
- Trusted resource: Nutritionists have relied on this trusted resource for every question relating to food and health and have learned how to use nutrition to fight disease, boost immunity, and slow the effects of aging, as well as increase energy, elevate mood, improve digestion, and control weight.
- New information: It's been six years since the last edition, and this 6th edition includes an expanded section on vitamins and minerals as well as new findings on good fats and bad fats, phytonutrients, probiotics and more.

Market

People interested in health. Nutritionists.

Table of contents

- 1: Nutrition and Health
- 2: Exercise
- 3: Sources of calories
- 4: Nutrients
- 5: Ailments and Other Stressful Conditions
- 6: Normal Life Cycle
- 7: Herbs
- 8: Foods, Beverages, and Natural Supplementary Foods
- 9: Table of Food Composition
- Bibliography
- Index

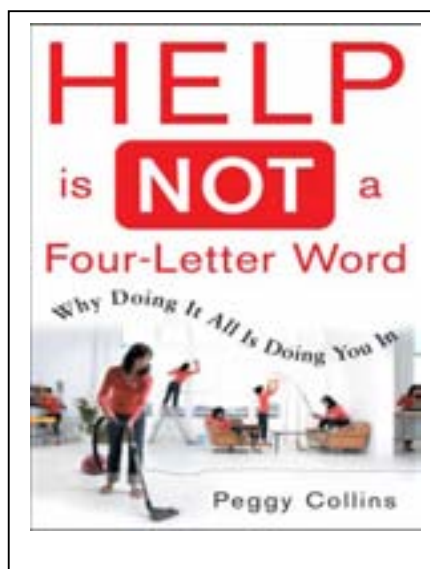
Author Biography

John D. Kirschmann was the founder and director of the consulting company, Nutrition Search, Inc. and a pioneer in the field of nutrition, creating a book that was one of the first of its kind, promoting the idea that what you eat can seriously impact your health.

Help Is Not a Four Letter Word: When Doing it All is Doing You In

Peggy Collins

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 007147790X - Previous:

EAN: 9780071477901

Format: SOFT BACK

UK Price: 13.99 - Euro price: 20.30

SA\$ price: 21.95

Subject area: GENERAL REFERENCE - General Reference – Self Help

Pages: 256

Description

Millions of people believe that refusing to ask for help is a sign of strength and a source of pride: The woman at work who is afraid to ask for help for fear that it will make her look weak. The busy middle-manager who refuses to delegate responsibility because he doesn't want his underlings to outshine him. They can do it on their own. They don't need any help. They are totally independent.

They are also on their way to burning out, having panic attacks, heart attacks or worse. Help is Not a Four-Letter Word can literally save their lives. The book uses easy-to-take tests and checklists to help these people diagnose themselves as "Self-Sufficient" and shows them how dangerous this condition can be. With the use of case histories and exercises, the book educates readers on the importance of letting go and relying on other people for some tasks and responsibilities, and shows that this doesn't mean that they are becoming too dependent on others, or shirking their responsibilities. Help is Not a Four-Letter Word shows readers which jobs can be easily and appropriately delegated—both at home and in the office--and, more crucially, how to avoid saboteurs and manipulators and find the right people on whom to rely.

Key features

- The author is a recovering "Self-Sufficient," and professional speaker who speaks to audiences at PricewaterhouseCoopers, JC Penney, Mobil-Exxon, and at various MBA Schools, among others.
- This is a topic that will resonate with professional women and working mothers, the same book-buying audience of national bestsellers like *The Highly Sensitive Person* and *The Disease to Please*.

- People like to imagine that they are busier, more self-sufficient, and more independent than they really are; like being a perfectionist or “highly sensitive,” it’s the kind of syndrome people will like to think they have.

Market

The millions of strong-willed people who believe that they should be totally independent, and are incredibly stressed out as a result. Professional working mothers who try to do it all. The readers interested in time management who bought *The Seven Habits of Highly Effective People* and *How To Get Control of Your Time and Your Life*

Table of contents

Introduction: Too Self-Sufficient for Your Own Good?

1. Iceberg Ahead
2. Self-Assessment
3. Stuck on the See-Saw
4. Willingness
5. Re-Positioning
6. Trust
7. Control and Fear
8. Finding Your Fulcrum
9. Living the Sufficient Life

Author Biography

Peggy Collins is a recovering Self-Sufficient who has over 30 years experience in sales and marketing. Her audiences include such organizations as PricewaterhouseCoopers, JC Penney, Ericsson, and Mobil-Exxon, among others. As a professional speaker, Peggy Collins has the venues, the clients and the contacts to get her message about the benefits of asking for help out to the world.

Backlist Titles Also Available

ISBN: 0071385649 - **Title:** *The Disease To Please* 1ed

Author: Braiker

Publisher: McGraw-Hill

Competition

ISBN: 0553062182 - **Title:** *The Highly Sensitive Person* 1ed

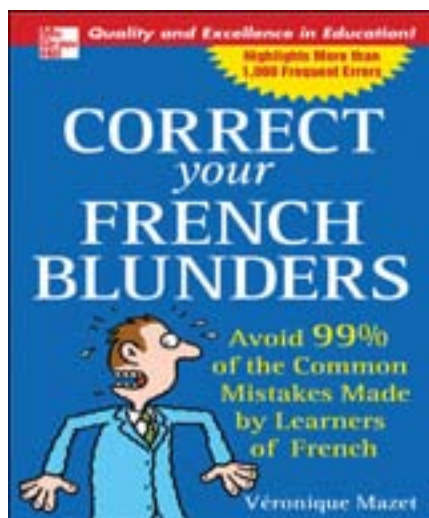
Author: Aron

Publisher: Random House

Correct Your French Blunders: Avoid 99% of the Common Mistakes Made by Learners of French

Véronique Mazet

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071468862 - Previous:

EAN: 9780071468862

Format: SOFT BACK

UK Price: 8.99 - Euro price: 13.05

SA\$ price: 12.95

Subject area: GENERAL REFERENCE - General Reference – Languages - French

Pages: 304

Description

Build your French skills--by learning what not to do.

Mixing genders, inverting subjects and objects, and using false cognates are just a few of the common blunders language learners have been making from time immemorial. With the help of numerous examples, practical exercises, and quick-reference tables, this fast-paced guide helps you break your bad habits (or avoid falling into them) and correct your mistakes and have fun doing it.

Key features

- Highlights hundreds of common mistakes that learners will recognize as their own
- A lively, two-colour text and user-friendly narrative makes learning easy and fun
- Builds on the success of Correct Your Spanish Blunders

Author Biography

Véronique Mazet, Ph.D., is an adjunct professor of French at Austin Community College.

Backlist Titles Also Available

ISBN: 0071438416 - **Title:** Correct Your Spanish Blunders 1ed

Author: Yates

Publisher: McGraw-Hill

ISBN: 0071420894 - **Title:** Italian Verb Drills 2ed
Author: Tate
Publisher: McGraw-Hill

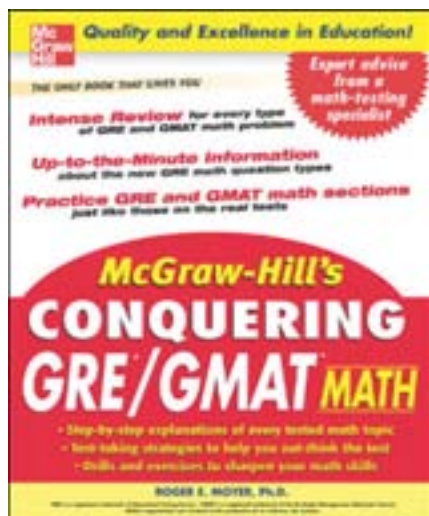
Competition

ISBN: 0812096517 - **Title:** 1001 Pitfalls in French 1ed
Author: Grew and Olivier
Publisher: Barron's Educational Series

McGraw-Hill's Conquering GRE/GMAT Math

Robert Moyer

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071472436 - Previous:

EAN: 9780071472432

Format: SOFT BACK

UK Price: 9.99 - Euro price: 14.50

SA\$ price: 14.95

Subject area: GENERAL REFERENCE - General Reference – Study Guide

Pages: 352

Description

Practice problems, study guidance, and expert advice to boost your math confidence and scores on the GRE and GMAT.

A complete math-building program for both the GMAT and the GRE, this is an ideal refresher course to sharpen your math skills and improve your scores. It includes intensive reviews of every type of math problem, in-depth practice questions, and step-by-step strategies.

Key features

- 550,000 students take the GRE worldwide
- 200,000 students take the GMAT worldwide
- Moyer is a math professor and bestselling author who helped create math questions for the nation's leading exams

Market

Potential graduate students - all subjects Potential MBA students

Table of contents

Part I: Introduction

Chapter 1. GRE and GMAT Math

Chapter 2. The Math You Need to Review

Chapter 3. How the Questions Are Asked

Part II: Math Review

Chapter 4. Arithmetic Computation

Chapter 5. Number Properties

Chapter 6. Algebra

Chapter 7. Geometry
Part III: Item Formats
Chapter 8. Quantitative Ability
Chapter 9. Quantitative Comparisons
Chapter 10. Free Response
Chapter 11. Data Sufficiency
Chapter 12. Data Interpretation
Part IV: Practice Tests
GRE Math Practice Test 1
GRE Math Practice Test 2
GMAT Math Practice Test 1
GMAT Math Practice Test 2

Author Biography

Robert E. Moyer, Ph.D. is an associate professor of mathematics at Southwest Minnesota State University and co-author of four bestselling Schaum's Outlines. He has also written math questions for the GED, ASVAB, and Georgia Teacher Certification Program.

Backlist Titles Also Available

ISBN: 0071456856 - **Title:** McGraw-Hill's GMAT 1ed

Author: Hasik et al

Publisher: McGraw-Hill

ISBN: 0071448055 - **Title:** McGraw-Hill's LSAT 1ed

Author: Curvebreakers

Publisher: McGraw-Hill

Competition

ISBN: 0743241290 - **Title:** GRE and GMAT Exams Math Workbook 4ed

Author: Kaplan

Publisher: Kaplan

ISBN: 0375762671 - **Title:** Cracking the GRE Math Test 2ed

Author: Princeton Review

Publisher: Random House

ISBN: 0375764917 - **Title:** Cracking the GRE Math Test 3ed

Author: Princeton Review

Publisher: Random House

ISBN: 0679783733 - **Title:** GMAT Math Workout 1ed

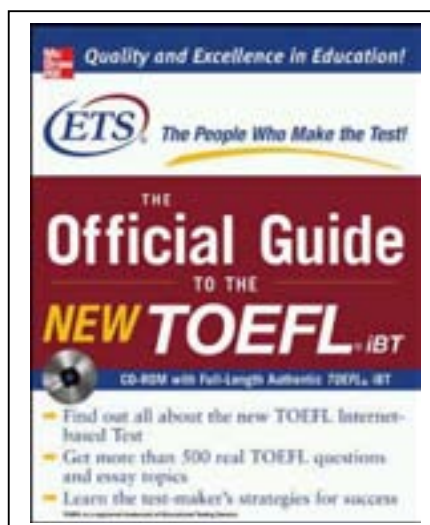
Author: Princeton Review

Publisher: Random House

The Official Guide to the New TOEFL iBT with CD-ROM

Educational Testing Service

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071481044 - Previous:

EAN: 9780071481045

Format: SOFT + CD

UK Price: 21.99 - Euro price: 31.90

SA\$ price: 34.95

Subject area: GENERAL REFERENCE - General Reference – Study Guide

Pages: 384

Description

The bestselling official guide to the new-format Test of English as a Foreign Language' (TOEFL) now includes a CDROM providing total preparation for the actual on-screen test!

A proven bestseller, this popular guide to the new TOEFL iBT (internet-based test) now includes a CD-ROM that gives you experience with onscreen testing in the format of the new exam. This unique interactive program provides on-screen reading passages, audio listening practice, audio speaking prompts, and on-screen writing practice-with authentic TOEFL questions from the test-maker. No other TOEFL guide sold in bookstores brings you this close to the actual test!

Key features

- A complete all-in-one guide with bonus CD-ROM, sample tests, and free website support
- Students practice integrating speaking, listening, and writing skills to demonstrate college-level English proficiency
- Follow-up to the bestselling Official Guide to the New TOEFL® iBT with audio CD
- 6,000 institutions in 100 countries, including virtually all colleges and universities in the U.S. and Canada, require foreign students to take this test, creating a market of more than 825,000 students annually
- Book includes more than 500 real TOEFL questions, as well as explanations of every section of the exam

Market

Students - English as a non-native language

Author Biography

Educational Testing Service (ETS) is based in Princeton, NJ and is the creator of the TOEFL test, the GRE® test, and The Praxis Series[®] of teacher-licensing exams.

Backlist Titles Also Available

ISBN: 0071443282 - **Title:** 400 Must-Have Words for the TOEFL 1ed

Author: Stafford-Yilmaz-Zwier

Publisher: McGraw-Hill

ISBN: 007146297X - **Title:** TOEFL iBT: The Official ETS Study Guide 1ed

Author: Educational Testing Service

Publisher: McGraw-Hill

Competition

ISBN: 0764179055 - **Title:** How to Prepare for the TOEFL iBT w/ CD-Rom 1ed

Author: Barron's

Publisher: Barron's Educational Series

ISBN: 0375764275 - **Title:** Cracking the TOEFL with Audio CD 4ed

Author: Princeton Review

Publisher: Random House

ISBN: 013193290X - **Title:** Longman Preparation Course for the TOEFL Test 2ed

Author: Deborah Phillips

Publisher: Longman

ISBN: 0743265890 - **Title:** TOEFL Next Generation CBT with CD-ROM 4ed

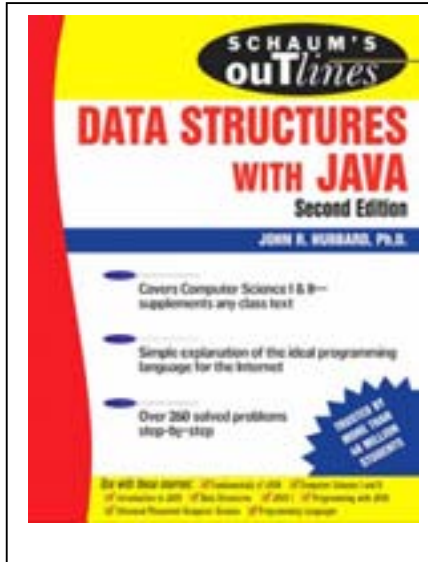
Author: Kaplan

Publisher: Kaplan

Schaum's Outline of Data Structures with Java, 2/e

John Hubbard

Imprint: SCHAUM



Pub date: JAN-07

ISBN: 0071476989 - Previous:

EAN: 9780071476980

Format: SOFT BACK

UK Price: 11.99 - Euro price: 17.40

SA\$ price: 18.95

Subject area: GENERAL REFERENCE - General Reference – Study Guide

Pages: 384

Description

You can catch up on the latest developments in the number one, fastest-growing programming language in the world with this fully updated Schaum's guide. Schaum's Outline of Data Structures with Java has been revised to reflect all recent advances and changes in the language.

Key features

- Updated to include information on the Scanner class, autoboxing, static imports, and loops
- Includes more than 260 solved problems and examples
- Covers the Advanced Placement exam in computer science, now entirely in Java

Market

This book is ideal for students taking the introductory level courses in Java.

Table of contents

Review of Java
Review of Arrays
Advanced Java
Object-Oriented Programming
Abstract Data Types
Generics in Java
Linked Structures
Stacks

Queues
Collections
Lists
Hash Tables
Recursion
Trees
Binary Trees
Search Trees
Heaps and Priority Queues
Sorting
Sets
Graphs

Author Biography

John R. Hubbard, Ph.D. is a professor of mathematics and computer science at the University of Richmond, in Virginia, and has written several of the most successful Schaum's Outlines in computer science.

Competition

ISBN: 0596007736 - **Title:** Java in a Nutshell 1ed

Author: Flanagan

Publisher: O'Reilly & Assoc.

ISBN: 0672324539 - **Title:** Data Structures and Algorithms in Java 2ed

Author: Lafore

Publisher: Sams/Macmillan Computer Publ.

ISBN: 0764568582 - **Title:** Java 2 for Dummies 2ed

Author: Burd

Publisher: Wiley/IEEE

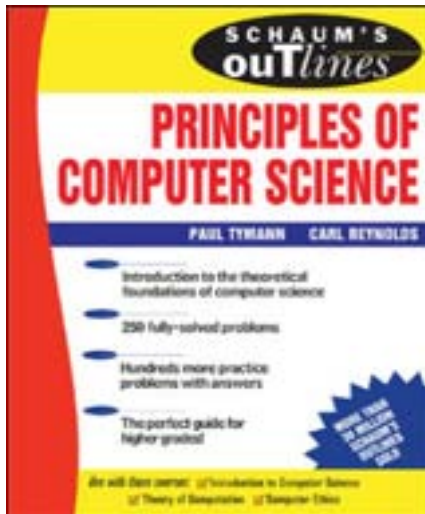
ISBN: 0596009208 - **Title:** Head First Java, 2nd Ed. 2ed

Author: Sierra

Publisher: O'Reilly & Assoc.

Schaum's Outline of Principles of Computer Science

Paul Tymann, Carl Reynolds
Imprint: SCHAUM



Pub date: JAN-07
ISBN: 0071460519 - Previous:
EAN: 9780071460514
Format: SOFT BACK
UK Price: 11.99 - Euro price: 15.40
SA\$ price: 18.95
Subject area: GENERAL REFERENCE - General Reference - Study Guide
Pages: 384

Description

Learn the essentials of computer science.

Schaum's Outline of Principles of Computer Science provides a concise overview of the theoretical foundation of computer science. It also includes focused review of object-oriented programming using Java.

Key features

- Uniquely positioned as one of the first computer science guides in the market to follow the new guidelines set forth by the SIGSCE in 2001
- 100,000 students enrolled in introductory computer science courses in 2004
- Includes focused review of object-oriented programming using Java

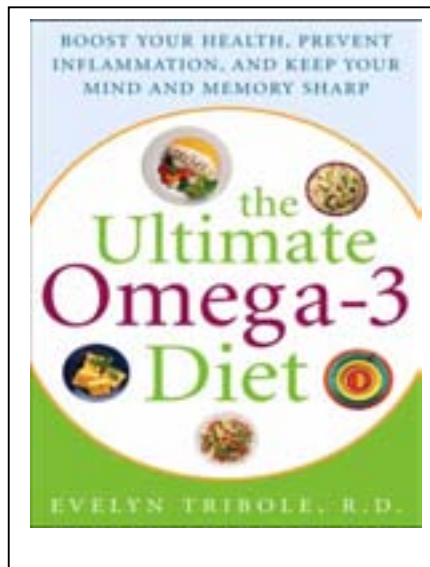
Author Biography

Paul Tymann, M.S., is an associate professor at Rochester Institute of Technology. Carl Reynolds is a professor of computer science at Rochester Institute of Technology.

The Ultimate Omega-3 Diet: Maximize the Power of Omega-3s to Supercharge Your Health, Battle Inflammation, and Keep Your Mind Sharp

Evelyn Tribole

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071469869 - Previous:

EAN: 9780071469869

Format: SOFT BACK

UK Price: 15.99 - Euro price: 23.20

SA\$ price: 23.95

Subject area: GENERAL REFERENCE - General Reference - Health

Pages: 256

Description

New from the million-copy bestselling author of *Healthy Homestyle Cooking*--the first total lifestyle diet based on the latest findings on "good" vs. "bad" fats.

Consumers are gobbling up omega-3 fish oil supplements--and for good reason. Recent headline-grabbing research shows that omega-3 fats can help prevent cancer, reduce depression, and promote countless other health benefits. Now, world-famous nutritionist Evelyn Tribole presents the first complete diet book based on these revolutionary findings.

Her book shows readers new and easy ways to take full advantage of omega-3, including simple menu plans, practical strategies, real-life eating scenarios, and 40 mouth-watering recipes.

Key features

- Omega-3 fats have captured enormous media attention, with recent additions to the American Heart Association and U.S. Dietary Guidelines
- High profile dietician Tribole is a bestselling author, monthly columnist for *Shape* magazine (Recipe Makeovers), and nutritionist for LifetimeTV.com
- Includes more updated information on good vs. bad fat than any book on the market

Market

People interested in the latest health and nutrition information, especially many health benefits of omega-3 fats

Table of contents

Part 1: The Incredible Things Omega 3's Can do for You

1. Omega 3 is a Vitamin
2. The Developing Brain
3. Omegas and the Brain
4. Heart Health
5. Dousing Inflammation Disorders
6. Fighting & Treating Cancer
7. On the Horizon

Part 2: How Your Diet Makes Omega 3's work Best

8. How to Get Omega 3's in Your Diet
9. Should You Supplement with Omega 3's?
10. Optimizing Your Diet for Omega 3 Performance
11. How to Limit Omega-6 Fats
12. How to Avoid Trans Fats and Saturated Fats
13. Eating Out Strategies
14. The Omega Pantry
15. Entrees
16. Side Dishes
17. Snacks
18. Desserts

Author Biography

Evelyn Tribole, M.S., R.D. (Irvine, CA.) is an award-winning registered dietician with a nutrition counselling practice. She is the author of six books, the nutritionist for LifetimeTV.com, and contributing editor for Shape magazine.

Backlist Titles Also Available

ISBN: 0658016954 - **Title:** The Acid Alkaline Balance Diet 1ed

Author: Kliment

Publisher: McGraw-Hill

ISBN: 0809224275 - **Title:** The Insulin-Resistance Diet 1ed

Author: Hart-Grossman

Publisher: McGraw-Hill

ISBN: 0071464719 - **Title:** The Inflammation-Free Diet Plan 1ed

Author: Reinagel

Publisher: McGraw-Hill

Competition

ISBN: 0060930233 - **Title:** The Omega Diet 1ed

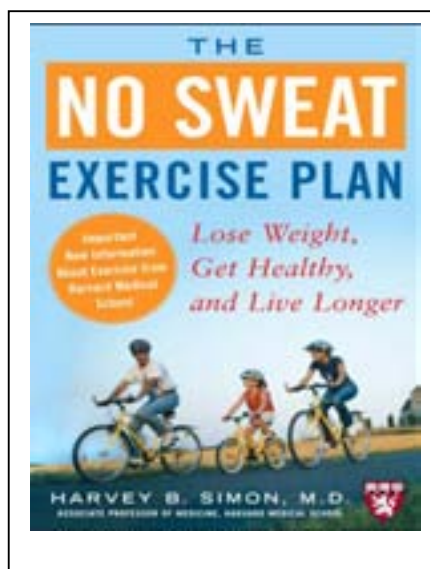
Author: Simopoulos

Publisher: Harper - Collins

The No Sweat Exercise Plan: Lose Weight, Get Healthy, and Live Longer

Harvey Simon

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 007148602X - Previous:

EAN: 9780071486026

Format: SOFT BACK

UK Price: 10.99 - Euro price: 15.95

SA\$ price: 16.95

Subject area: GENERAL REFERENCE - General Reference - Health

Pages: 288

Description

Some people love to go to the gym or run around a track and sweat. This book isn't for them. This is for the people who know they need to exercise to look better and improve their health, but who just aren't into heavy workouts. "Exercise light" has been recommended for years, with such vague advice as "park farther away at the mall" and "take the stairs instead of the escalator." But how much of that really makes a difference? Harvey Simon, MD, has devised the No Sweat Exercise Pyramids and point system (much like the point system used for food so successfully by Weight Watchers) to help readers quantify exactly how much of this light kind of exercise they need to do each week to make a difference.

Key features

- Positive publicity for the hardcover: Featured by the Washington Post, US News and World Report. Starred review in Library Journal. Mentioned in Fitness Magazine, Newsweek, Wall Street Journal, Globe and Mail, LA Times, Toronto Sun, The Dallas Morning News among other national and regional publications.
- Unique hook. The No Sweat Exercise Pyramids and point system guide readers on the kinds and amounts of light exercise they need to achieve good health.
- Easy-to-understand. Gives readers an easy-to-follow point system (similar to that used by Weight Watchers, but for exercise instead of food) based on sound scientific research.

- The power of the Harvard name. The plan sounds too good to be true, but readers trust it because the author has the trusted name of Harvard Medical School behind him.

Market

People who don't like gyms and vigorous workouts, but are concerned with their health and need to lose some weight.

Table of contents

Part I: Getting Ready
Chapter 1: Exercise, Your Body, and Your Health
Chapter 2: A New Look at Exercise
Chapter 3: Your Personal Exercise Needs
Part II: Getting Going
Chapter 4: Cardiometabolic Exercise
Chapter 5: Strength Training
Chapter 6: Flexibility Training
Chapter 7: Exercises for Balance
Chapter 8: Constructing Your Program
Chapter 9: Pitfalls and Precautions
Part III: Going Beyond
Chapter 10: Exercise as Therapy
Chapter 11: Beyond Health
Chapter 12: Beyond Exercise
Resources
Index

Author Biography

Harvey B. Simon, MD, is an associate professor of medicine at Harvard Medical School, is also on the faculty of the Massachusetts Institute of Technology, and is the founding editor of the Harvard Men's Health Watch. He is a graduate of Yale College and Harvard Medical School, and completed his post-graduate training at Massachusetts General Hospital and the National Institutes of Health. He has received the London Prize for excellence in teaching at both Harvard and MIT, and has provided primary medical care for thousands of patients. He has written scores of articles for popular magazines and newspapers and is the author of four books.

Backlist Titles Also Available

Simon, No-Sweat Exercise Plan (hardcover), 0071448322, 2005, HB

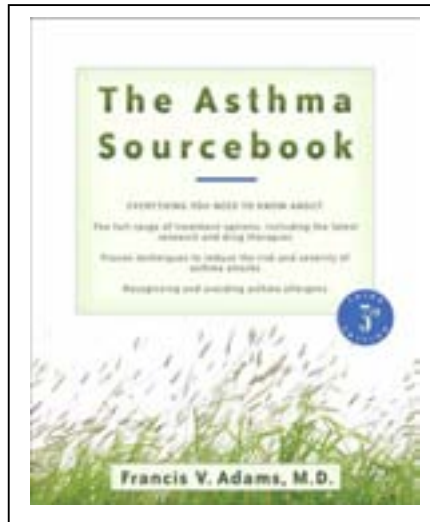
Competition

Schlosberg, Fitness for Dummies, 0764578510, 2005, PB
Sansone, Walk Away the Pounds, 0446577006, 2005, HB

The Asthma Sourcebook, 3/e

Francis Adams

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071476520 - Previous: 0737300167

EAN: 9780071476522

Format: SOFT BACK

UK Price: 10.99 - Euro price: 15.95

SA\$ price: 16.95

Subject area: GENERAL REFERENCE - General Reference - Health

Pages: 256

Description

As one of the most common chronic conditions in the world, asthma affects millions of people on a daily basis. In this thoroughly revised 3rd edition, award-winning pulmonary specialist Francis Adams, M.D. provides the most up-to-date research and information on:

- Recent discoveries about changes in diagnosis, advances in treatments, and advice on the latest drugs available for asthma
- The challenges of raising children with asthma
- Asthma-causing allergens and how to avoid them
- Real information on the myths of what you can and cannot do when afflicted by asthma (exercise, travel, food, and so much more)

The Asthma Sourcebook is an essential resource, providing the most current information on managing the lifestyle, interpersonal, and health concerns that affect asthmatics on a daily basis.

Key features

- Asthma affects millions of people all over the world, and the number is growing. The prevalence of asthma has increased 80% since 1980, despite medical advances in its causes and treatment.
- Established name: The Asthma Sourcebook is a popular and trusted reference for asthma sufferers.
- New in this edition: In addition to the latest research, advances in treatments, and up-to-date advice on asthma medications, this revised edition includes an updated list of additional resources.
- Special sales potential: With new medications discussed, there is potential for special sales to pharmaceutical companies

Market

For the 20 million Americans with asthma and parents of the 4 million children (and rapidly climbing) who have asthma

Table of contents

- 1.What is Asthma
- 2.Laboratory Evaluation of Asthma
- 3.The Asthma Attack
- 4.The Asthma Medications
- 5.Strategy for Medication Treatment
- 6.How to Participate in Managing Your Asthma
- 7.Asthma and Pregnancy
- 8.Occupational Asthma
- 9.Exercise and Asthma
- 10.Asthma and Related Illnesses
- 11.Asthma and Special Considerations
- 12.Asthma and Alternative Medicine
- 13.Future Considerations

Bibliography
Appendix: How to Get More Help
Glossary
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Author Biography

Francis V. Adams, M.D., is an award-winning pulmonary specialist in the field of asthma. Dr. Adams received his medical degree from Cornell Medical College. He is currently Assistant Professor of Clinical Medicine at New York University and Attending Physician at Bellevue in New York. Dr. Adams is a Fellow of the American College of Chest Physicians and the author of numerous articles on chest diseases. He maintains his private practice in pulmonology in New York City. Dr. Adams was named as one of the "Best Doctors in New York" by New York Magazine. He is also listed in "How to Find the Best Doctors: New York Metro Area", by Castle, Connolly Medical LTD and is the author of The Asthma Newsletter.

Backlist Titles Also Available

ISBN: 0071459863 - **Title:** Free Your Child from Asthma 1ed

Author: Rachelefsky-Garrison

Publisher: McGraw-Hill

Competition

ISBN: 0446673633 - **Title:** Reversing Asthma 1ed

Author: Firshein

Publisher: Warner Books

ISBN: 076455218X - **Title:** Allergies and Asthma for Dummies 1ed

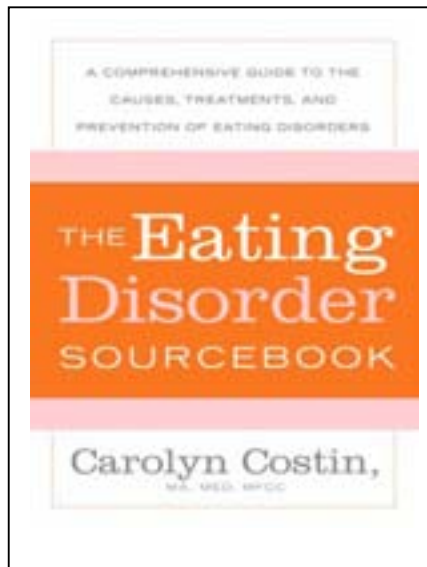
Author: Berger

Publisher: John Wiley & Sons

The Eating Disorders Sourcebook, 3/e: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders

Carolyn Costin

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071476857 - Previous: 0737301023

EAN: 9780071476850

Format: SOFT BACK

UK Price: 11.99 - Euro price: 17.40

SA\$ price: 17.95

Subject area: GENERAL REFERENCE - General Reference - Health

Pages: 336

Description

The Eating Disorder Sourcebook has helped patients and loved ones sort through the many treatment options (including group therapy, one-on-one counselling, medications, and inpatient treatment) available to help them through recovery. Written by an eating disorder specialist who has recovered from anorexia and currently directs a treatment facility, this book provides readers with a unique personal and professional view on eating disorders. The revised edition features expanded coverage of underlying causes and risk factors, strategies for detecting and preventing eating disorders, as well as new and innovative treatments to consider on the road to recovery.

Key features

- Unique author perspective and expertise: Carolyn Costin is not only an expert with over 28 years experience, but also someone who has recovered from an eating disorder. She has been interviewed for People, US, US News and World Report, Teen, and Cosmopolitan and has been on The Today Show, Dateline, and 48 hours discussing eating disorders. She gives seminars throughout the year to therapists, school educators, nurses, and dietitians on treating eating disorders
- Successful track record: The Eating Disorders Sourcebook has sold very well in its two previous editions.
- Improvements to new edition: Discusses new medications and treatment programs, the influence of the internet (e.g. pro anorexia websites) and

- celebrities and their effect on recovery and prevention, and includes new interviews from patients on what was most helpful in their recovery.
- Endorsements: Jamie Lynn Sigler (The Sopranos) and the current president of The National Eating Disorder Association will endorse this edition.

Market

For the over 35 million people with an eating disorder or at risk of developing these illnesses as well as family members and professionals.

Table of contents

Introduction

1. From Diet to Disorder: Problems and Prognosis
2. Young, White, and Female: Myth or Reality?
3. Activity Disorder: When a Good Thing Goes Bad
4. Genes or Jeans: What Causes Eating Disorders?
5. Eating Disorder Behaviours are Adaptive Functions
6. Assessing the Situation
7. Treatment Philosophy and Approaches
8. Individual Therapy: Putting the Eating Disorder out of a Job
9. Sharing the Pain and the Promise in Group
10. Enough About Your Mother, What did You have to Eat Today?
11. Medical Assessment and Management
12. The Psychiatrist's Role and Psychotropic Medication
13. When Outpatient Treatment is Not Enough
14. Alternative Approaches to Eating Disorders
15. To Those Who Love Them: Guidelines for Significant Others
16. Increasing Awareness and Prevention

Appendices

Author Biography

Carolyn Costin, MA, MEd, MFCC has been a specialist in the field of eating disorders for over 28 years. Having recovered from anorexia nervosa, she is currently the director of the Monte Nido Residential Treatment Facility in Malibu, CA, which provides both individual and group therapy. She has been interviewed for several magazines--including People, US, US News and World Report, Teen, and Cosmopolitan--and has been on numerous talk shows discussing eating disorders including The Today Show, Dateline, and 48 hours. She gives seminars throughout the year to therapists, school educators, nurses, and dieticians on how to treat eating disorders.

Backlist Titles Also Available

ISBN: 0071445587 - **Title:** Eating with Your Anorexic 1ed

Author: Collins

Publisher: McGraw-Hill

Competition

ISBN: 0060952334 - **Title:** Surviving an Eating Disorder 2ed

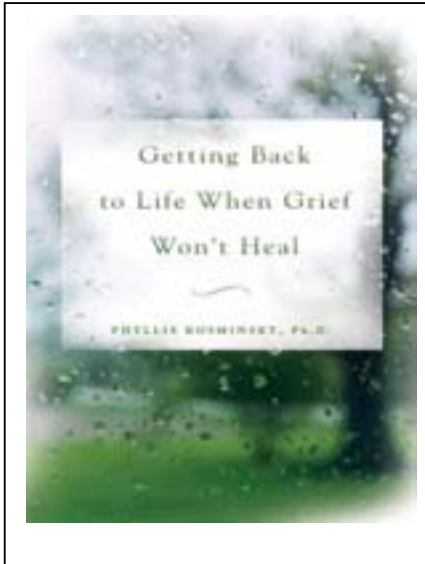
Author: Siegel

Publisher: Heinemann

Getting Back To Life When Grief Won't Heal

Phyllis Kosminsky

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071464727 - Previous:

EAN: 9780071464727

Format: SOFT BACK

UK Price: 10.99 - Euro price: 15.95

SA\$ price: 15.95

Subject area: GENERAL REFERENCE - General Reference – Self Help

Pages: 240

Description

When Grief Won't Heal draws on the authors' career as a grief therapist to explain why people get stuck and how to get unstuck, using stories of those who have come to her over the years for help, and offers time-tested, practical advice such as how to effectively journal, and why community involvement is so important to getting back into life. She also offers advice on when to seek professional help and when to consider medication. When Grief Won't Heal will add a new perspective on the grieving process and enable the more than 10 million people who experience "complicated" mourning to move on with their lives.

Key features

- Helps the 1/3 of all people going through "complicated mourning" feel better.
- Assists people going through mourning by providing actionable advice, such as finding a support network, becoming involved in their communities, and helping them tap into their inner strengths.
- Addresses the customer in straightforward, non academic language.

Market

The 10 million people, or about one-third of the roughly 30 million Americans who have lost a close loved one over the past five years, who experience 'complicated' mourning (according to clinical research). Therapists and other professionals who specialize in grief counselling

Table of contents

1. When grief becomes a way of life
 2. I can't believe he's gone
 3. When life is complicated, so is grief
 4. Angry all the time
 5. When death is too terrible to remember and too vivid to forget
 6. Getting unstuck, working through grief, and moving on with life
 7. Knowing how and when to get outside help
- Appendix: A List of Resources for those Seeking Help

Author Biography

Phyllis Kosminsky, Ph.D. is a clinical social worker specializing in grief and loss, whose own mother died when she was a young girl. In her private practice, and for the past eight years as a staff member of the Center for Hope, a treatment facility in Connecticut devoted to helping people who are dealing with bereavement or life threatening illness, Dr. Kosminsky has helped hundreds of people move through grief using traditional psychotherapy, clinical hypnosis, and other methods.

Competition

ISBN: 0743266285 - **Title:** On Grief and Grieving 1ed

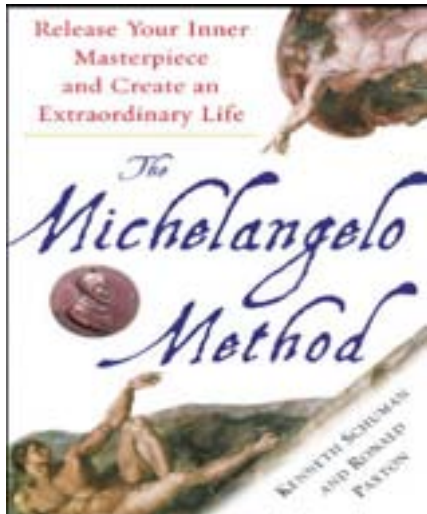
Author: Kubler Ross

Publisher: Scribner

The Michelangelo Method: Release Your Inner Masterpiece and Create an Extraordinary Life

Kenneth Schuman, Ronald Paxton

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071477381 - Previous:

EAN: 9780071477383

Format: HARD BACK

UK Price: 14.99 - Euro price: 21.75

SA\$ price: 22.95

Subject area: GENERAL REFERENCE - General Reference – Self Help

Pages: 256

Description

A life-changing program that uses Michelangelo's creative strategies to help you create a masterpiece of your own life.

Michelangelo made himself into a master artist in three separate fields-- architecture, sculpture, and painting. How did he move among these fields with such passion and conviction, creating masterpieces in each one? The Michelangelo Method analyzes the great master's life and work and reveals his eight strategies for success.

In The Michelangelo Method, life coaches Ken Schuman and Ron Paxton describe Michelangelo's methods, uncover his approaches to creativity and mastery, and then provide real-life lessons in applying these principles. Using the strategies in this book, you will be able to tap into your full potential, overcome obstacles, and foster a personal creative renaissance in your own life and career.

Key features

- Perfect for the 100,000-plus people who bought How to Think Like Leonardo DaVinci (Delacorte, 1998) and The Art of Possibility (Harvard Business School Press, 2000)
- Authors have a popular website (www.michelangelomethod.com) and newsletter based on information found in the book

Market

The 100,000+ people who bought How to Think Like Leonardo DaVinci and The Art of Possibility. Anyone looking for a more creative and meaningful life.

Table of contents

Prologue

1. Envision Your Masterpiece Within
2. Build on Your Strengths
3. Commit to your Vision with Confidence
4. Plan, then Chip Away
5. Find Your Support
6. Fight for Your Vision
7. Use Your Unique Experience Creatively
8. Push Your Limits
9. Sculpt Your Personal Masterpiece

Epilogue

Author Biography

Kenneth Schuman is president of Careers Transition Associates, which specializes in assisting financial services professionals achieve successful career changes, and is managing director of Career Renaissance, LLC.

Ronald Paxton is president of ExecsCoach, where he specializes in career and executive coaching, and is managing director of Career Renaissance, LLC.

Backlist Titles Also Available

ISBN: 0875847706 - **Title:** Art of Possibility, The 1ed

Author: Zander-Zander

Publisher: McGraw-Hill

Competition

ISBN: 0446674559 - **Title:** A Whack on the Side of the Head 1ed

Author: VonOech

Publisher: Warner Books

ISBN: 0440508274 - **Title:** How to think Like Leonardo da Vinci 1ed

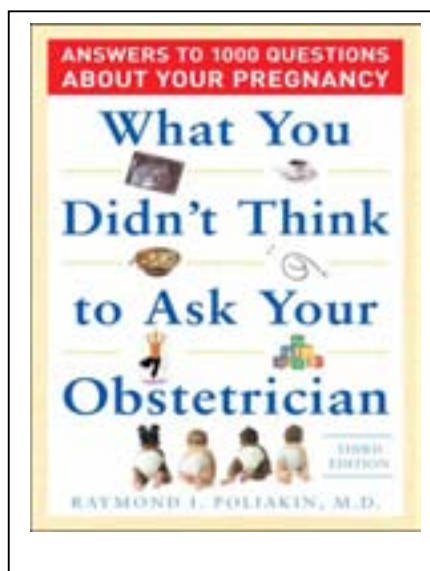
Author: Gelb

Publisher: Dell Publishing

What You Didn't Think to Ask Your Obstetrician, 3/e: Answers to 1000 Questions About Your Pregnancy

Raymond Poliakin

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071472266 - Previous: 0809236583

EAN: 9780071472265

Format: SOFT BACK

UK Price: 10.99 - Euro price: 15.95

SA\$ price: 16.95

Subject area: GENERAL REFERENCE - General Reference - Self Help

Pages: 360

Description

These days women don't have an hour to spend with their obstetricians. The time they do have is spent asking serious, immediate and obvious questions about health and delivery. But many women have secondary questions and don't want to waste the time they have with their doctors on the more "trivial" questions, like "Is dying my hair really going to hurt my baby?" "Why do my eyes get blurry when I put in my contact lenses?" "Can I take a Jacuzzi bath?" "How can I prevent stretch marks?"

Since the publication of the 1994 edition, we now know much more about advances in testing, exercise and diet, environmental issues, labor and delivery, prenatal vitamins, etc. Raymond Poliakin, an OB/GYN and professor emeritus at the University of Southern California, provides expectant and postpartum mothers with reassuring, straightforward answers to hundreds of questions and concerns they might not think to ask their doctor. This revised edition touches on new subjects rarely discussed a decade ago such as: elective C-sections; raised awareness of postpartum depression and what to do about it; the popularity of doulas/midwives; updates in 3D/4D ultrasound; advances in genetic testing, markers, and CVS (Chorionic villus sampling); and new tests (such as cystic fibrosis, hepatitis B, HIV, pap smear, gonorrhea and chlamydia, Ashkenazi extended panel). Readers will also find out the truth about the safety of dental work, dental x-rays, electric blankets, heating pads, and new recommendations on airplane travel, intake of low dose aspirin, antacids and use of pesticides in the home during pregnancy.

Key features

- Successful track record: Sold over 50,000 copies in two editions.
- New to this edition: Includes subjects rarely discussed even a decade ago and targets a market that is extremely frustrated by the lack of time they are able to spend with their own obstetricians
- Unique from competition: Q&A format makes this book especially accessible and user friendly, while still imparting a great deal of information. Emphasis is on the everyday concerns that pop up in a woman's mind when her doctor is not available or easily reachable.

Market

Expectant mothers, second-time mothers, postpartum moms, spouses, gift givers.

Table of contents

- 1.Wives tales and Other Myths exposed
- 2.Common Complaints during Pregnancy
- 3.Diet and Nutrition
- 4.Health and Fitness
- 5.Drugs and Medications
- 6.Testing
- 7.Exposure to Illness and treating other medical complications
- 8.Labor and Delivery
- 9.Cesarean section
- 10.Postpartum
- 11.Pregnancy in Women Over 35

Author Biography

As a private-practice OB/GYN, author Raymond I. Poliakin, M.D., has fielded thousands of questions from expectant mothers and has the knowledge and authority to answer them simply and directly. He is a Clinical Professor Emeritus at the University of Southern California and has written for Parents and Shape magazines.

Competition

ISBN: 0671524313 - **Title:** The Girlfriend's Guide to Pregnancy 1ed

Author: Iovine

Publisher: Pocket Books

ISBN: 0761121323 - **Title:** What to Expect When You're Expecting 3ed

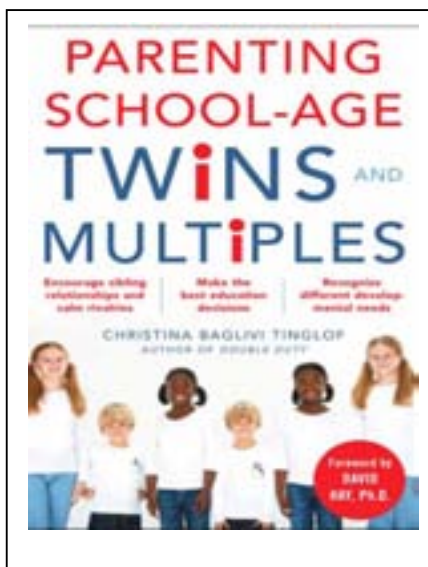
Author: Murkoff

Publisher: Other Publisher

Parenting School Age Twins and Multiples

Christina Tinglof

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071469028 - Previous:

EAN: 9780071469029

Format: SOFT BACK

UK Price: 10.99 - Euro price: 15.95

SA\$ price: 16.95

Subject area: GENERAL REFERENCE - General Reference – Self Help

Pages: 256

Description

From the author who brought us *Double Duty: The Parents' Guide to Raising Twins* comes a timely sequel, *Parenting School-Age Twins and Multiples*. Shedding light on an often-overlooked topic—twins between the ages of five and eighteen—parenting author, *Twins!* magazine contributor, and mother of third-grade fraternal twin boys, Tinglof offers insight into the challenges of raising older multiples. From whether or not to put triplets in separate classrooms to what to do when one twin hits puberty before the other, Tinglof has her finger on the pulse of what parents are talking about.

Key features

- *Double Duty* (1998) has a strong track record and continues to sell steadily
- Multiple births are increasing at an unprecedented rate—twin births increased 75% from 1998 to 2000 alone (National Center for Health Statistics)
- One of the few books to address the issues parents face when raising twins and multiples past age 5, including fostering individuality, discipline difficulties, sibling rivalry, different developmental needs, social differences, learning disabilities, and classroom issues
- Drawn from the latest research from such renowned institutions as The Center for Study of Multiple Birth in Chicago, the International Twins Association in Minneapolis, and the Institute of Child Health Research in Australia.

Market

Parents of school-age multiples; Parents who bought *Double Duty* and other early twin parenting books

Table of contents

Foreword

Acknowledgements

Introduction

1. Understanding the Intra-Twin Relationship

2. Developing Identity and Promoting Individuality

3. Double Discipline

4. Multiples and Education

5. Combating Competition and Promoting Cooperation

6. Rethinking Fairness and Fighting Favouritism

7. When they Reach Puberty: Multiples as Teenagers

8. Family Relationships: Mom, Dad, and the Single-Born Siblings

Bibliography and References

Index

Author Biography

Christina Baglivi Tinglof is the mother of school-age twins, a contributing writer at Twins! magazine, founder and editor of talkabouttwins.com, and the author of Double Duty, The Organized Parent, and The Stay-at-Home Parent's Survival Guide. She lives in Southern California.

Backlist Titles Also Available

ISBN: 0737303069 - **Title:** The Multiple Pregnancy Sourcebook 1ed

Author: Bowers

Publisher: McGraw-Hill

ISBN: 0809229951 - **Title:** The Tween Years 1ed

Author: Corwin

Publisher: McGraw-Hill

Competition

ISBN: 0062734601 - **Title:** Twins! 1ed

Author: Agnew

Publisher: Harper - Collins

ISBN: 0618138730 - **Title:** Having Twins and More 1ed

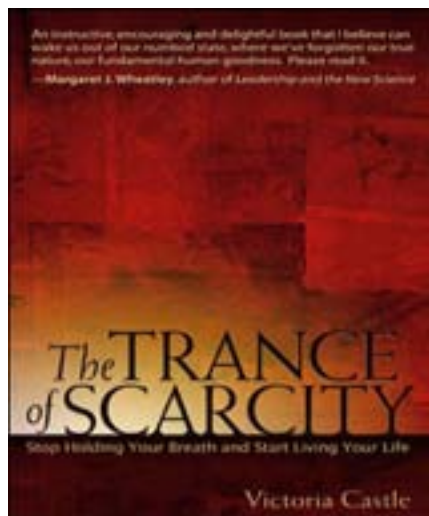
Author: Noble

Publisher: Houghton Mifflin Co.

The Trance of Scarcity: Stop Holding Your Breath and Start Living Your Life

Victoria Castle

Imprint: BERRETT-KOEHLER



Pub date: JAN-07

ISBN: 1576754391 - Previous:

EAN: 9781576754399

Format: SOFT BACK

UK Price: 10.99 - Euro price: 15.95

SA\$ price: 16.95

Subject area: GENERAL REFERENCE - General Reference - Self Help and Psychology

Pages: 200

Description

Many of us are trapped in a numbed state, having lost access to our fundamental human goodness. Educator and consultant Victoria Castle calls this omnipresent malaise the 'Trance of Scarcity.' Under the Trance, our thoughts and actions are restricted by a crippling lack of confidence and an unshakable belief that nothing is ever enough: a person can't be good enough, have time enough, earn money enough, fill-in-the-blanks enough to achieve one's goals. To successfully upgrade from scarcity and struggle to abundance and ease we must interrupt and dislodge old patterns that have been living far too comfortably within us, acting like they own us. This book will help readers break free from the Trance of Scarcity in three ways: (1) By defying the cultural 'common sense' that scarcity is an unchangeable truth and revealing it for what it is a mere story. Rather than offer strategies for better living in a world of scarcity, the book exposes 'reality of scarcity' as a hoax, thus eliminating its power over us. (2) By leveraging the two elements that create our personal realities "our stories and how we embody them" and then using those elements to create the reality we want. (3) By using the powerful, well-tested practices of the Cycle of Abundance that result in greater ease, freedom and satisfaction. Through these practices (that are as relevant to organizations as they are to individuals) readers will learn literally to embody the state of abundance, of living in the world with greater effectiveness and ease. If you have had enough struggling, if you are ready for greater autonomy and aliveness, The Trance of Scarcity can help.

Key features

- **POSITIONED FOR SUCCESS BY SELF-PUBLISHED EDITION:** Castle has sold nearly 2,000 copies of the self-published edition in fewer than three months. She is signing on with a publisher in order to expand her marketing capabilities. This is the exact same scenario that happened with The Power of

Now. Her book has already earned praise from ForeWord magazine and numerous high-profile endorsers.

- **EXTREMELY PERSONAL AND EXTREMELY POWERFUL:** Unlike some other books in the mind/body/spirit genre, *The Trance of Scarcity* is direct and personal. About 20 years ago she went through a year that she now affectionately refers to as 'Victoria's Adventures in Hell.' She shows how numerous crushing events spun her downward into the trance of scarcity, and how she eventually lifted herself out of it. Her own success over hardship lends a very tangible and powerful credibility to the message of the book.
- **GREAT AUTHOR CONNECTIONS:** Castle is an active educator, trainer, and consultant whose clients include Capital One, Microsoft, Hewlett-Packard, the University of Washington, Yahoo, Cisco, the Humane Society, Children's Hospital, Getty Images, FedEx, the Internal Revenue Service, and Boeing. She teaches and speaks widely within the mind/body/spirit arena.

Market

Self-help consumers and day-time talk show viewers, Stressed-out professionals, especially women, Mind/body/spirit community, Leaders, both community and for-profit, Therapists, HR professionals, Professional coaches

Table of contents

Introduction Part I: STATE

1. Belonging: Are You In or Out?
2. The Trance of Scarcity: Our Sad Story
3. Upgrading Our Stories
4. What We Embody, We Become
5. It's Not About Stuff, It's About State Part II: FLOW
6. The Cycle of Abundance: The Six Phases of the Flow
7. Aligning and Attracting
8. Receiving and Gratitude
9. Generosity and Giving
10. Hello Abundance, Goodbye Trance!

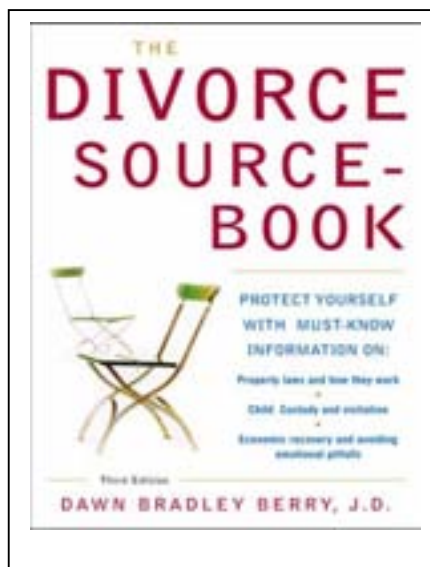
Author Biography

VICTORIA CASTLE is a leader, facilitator, and executive coach with 20 years experience helping individual leaders, small entrepreneurial firms, non-profit agencies, and mega-corporations succeed and thrive on both personal and business fronts.

The Divorce Sourcebook, 3/e

Dawn Berry

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071476865 - Previous: 073730023X

EAN: 9780071476867

Format: SOFT BACK

UK Price: 11.99 - Euro price: 17.40

SA\$ price: 17.95

Subject area: GENERAL REFERENCE - General Reference - Self Help

Pages: 352

Description

The Divorce Sourcebook has helped people navigate through the difficult emotional, economic, and legal challenges that arise during the divorce process. Author Dawn Berry delivers expert advice on how to find a good divorce lawyer, evaluate joint assets and property division, and determine child custody arrangements that are best for both the parents and the children. The new edition features changes in commonly held marital property and related law that affect divorcing couples, new developments and current issues in child custody and visitation, and new findings on the emotional aspects of divorce. Readers will also find a detailed discussion on the rapidly-growing range of specialized services for divorced people, especially the vast array of Internet resources (ranging from excellent to dangerous) addressing every divorce-related topic imaginable.

Key features

- Successful track record: Previous editions have sold well and established a solid sales record. Since the last edition published in 1998, there have been significant changes in divorce laws nationwide.
- New information: The 3rd edition will feature new laws on third party visitation rights, pre-divorce marital counseling laws, mandatory separation periods, simplified divorce procedures. It will also discuss the rapidly-growing range of specialized services for divorced people, especially the vast array of Internet resources, and the new types of legal assistance now available to those who do not need or cannot afford traditional representation by an attorney.
- Unique author perspective and expertise: Since the last edition was published, the author (a lawyer who has worked extensively in the area of civil rights law) has gone through her own divorce, and will add her insights from the experience in the new edition.

Market

For couples contemplating a divorce, in the middle of a split up, or already divorced and struggling with the ramifications.

Table of contents

Introduction

1.The Development of Family Law and Social Attitudes: A Brief History and a Look at Where We Are Today

2. Preparing for Divorce: How to Begin and What to Expect

3.Mediation and Litigation: How They Work

4.Special Complications

5.Divorce and Property

6.Family Law and Children

7.The Emotional Challenges of Divorce

8.Building a New Life

Resources and Suggested Readings

Appendix A: National Organizations

Appendix B: State Laws

Index

Author Biography

Dawn Bradley Berry is an attorney who received her JD from the University of Illinois and her BS in legal studies and sociology from Illinois State University. Currently, she provides legal research, writing, analysis, and editing services to California and New Mexico attorneys in a broad range of substantive fields of civil law. She is the author of The Divorce Recovery Sourcebook, The Estate Planning Sourcebook, The Domestic Violence Sourcebook, Equal Compensation for Women, and The 50 Most Influential Women in American Law.

Backlist Titles Also Available

ISBN: 0070195714 - **Title:** Divorce Decisions Workbook: A Planning and Action Guide to the Practical Side of Divorce 1ed

Author: Engel

Publisher: McGraw-Hill

ISBN: 073730023X - **Title:** The Divorce Sourcebook 2ed

Author: Berry

Publisher: McGraw-Hill

Competition

ISBN: 0764584170 - **Title:** Divorce for Dummies 2ed

Author: Ventura

Publisher: John Wiley & Sons

Must-Know Italian: 4,000 Words That Give You the Power to Communicate

Daniela Gobetti

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071456457 - Previous:

EAN: 9780071456456

Format: SOFT BACK

UK Price: 8.99 - Euro price: 13.05

SA\$ price: 12.95

Subject area: GENERAL REFERENCE - General Reference – Languages - Italian

Pages: 320

Description

Get instant access to thousands of words and boost your Italian vocabulary.

Bilingual dictionaries are fine if you have a specific word in mind, but they do little to boost your vocabulary. Enter Must-Know Italian. Featuring 4,000 words organized in 12 major thematic units, it gives you instant access to hundreds of related terms at a glance.

In addition, more than 1,000 useful phrases and example sentences help illustrate terms and clarify usage. And 100 exercises, in a variety of formats, give you an opportunity to test and reinforce your knowledge.

Key features

- The only thematic vocabulary guide featuring skillbuilding exercises
- For ease of reference, all thematic terms are in English, not Italian, a clear advantage over the competition
- Ideal for serious beginning to intermediate-level Italian learners, as well as tourists and business travellers

Author Biography

Daniela Gobetti consults on cultural issues and the author of Better Reading Italian.

Backlist Titles Also Available

ISBN: 0071378847 - **Title:** Schaum's Outline Of Italian Vocabulary, Second Edition 2ed

Author: Bonaffini

Publisher: McGraw-Hill

Competition

ISBN: 0764123955 - **Title:** Mastering Italian Vocabulary: A Thematic Approach, 2nd Ed. 1ed

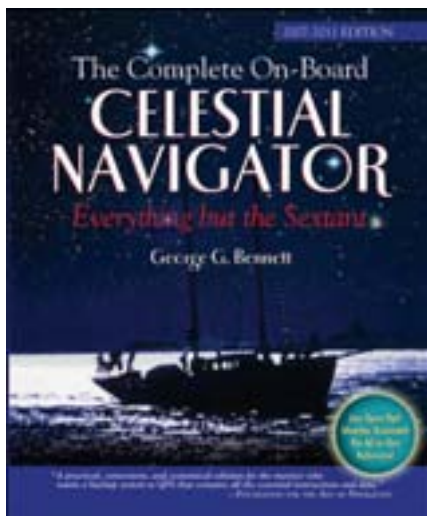
Author: Feinler-Torriani

Publisher: Barron's Educational Series

The Complete On-Board Celestial Navigator, 2007-2011 Edition: Everything but the Sextant

George Bennett

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071485694 - Previous: 0071396578

EAN: 9780071485692

Format: SOFT BACK

UK Price: 18.99 - Euro price: 27.55

SA\$ price: 29.95

Subject area: GENERAL REFERENCE - General Reference – Marine

Pages: 224

Description

The perfect backup navigation system for the serious cruiser in a GPS era, this all-in-one tool kit supplies everything a celestial navigator needs except the sextant. The Complete On-Board Celestial Navigator replaces \$300 worth of guides and almanacs traditionally required by celestial navigators and includes a star finder; a five-year (2007-2011) nautical almanac for determining precise star, sun, moon, or planet locations at the time of sighting; and sight reduction tables for crunching the numbers and producing the fix. Designed with the novice or rusty celestial navigator in mind, the new edition includes an expanded and improved primer on celestial navigation.

Key features

- New edition features expanded primer on celestial navigation basics, a false spine for improved shelf presence, and updated almanac data good through 2011.
- All ocean navigators have a continuing need for celestial navigation – the ultimate backup when the electronics fail!
- Author has worked professionally in navigation, has received numerous honors, taught navigation, and navigated boats in several major ocean races.
- The most concise almanac available that provides sufficient detail for safe navigation; it also includes an excellent primer on celestial.
- Second edition outsold first by 50%, indicating increasing recognition and acceptance.

Market

Cruising sailors, ocean mariners

Table of contents

Introduction
How to work a sight: an overview
Scope and contents
Equipment
Almanac data
Planning & Observations
Sextant altitude corrections
the Marcq St. Hilaire method
Amplitudes
Polaris
Sun observations
Tables, examples, and forms
Navigational stars

Author Biography

Dr. George G. Bennett is the owner and director of CN Systems, which produces navigational calculator and computer software. The former head of the School of Surveying, Faculty of Engineering, at the University of New South Wales, Australia, he holds graduate degrees in surveying and geography. He has written extensively on geodesy, navigation, and surveying in international journals. An elected Fellow of the Institution of Surveyors and the Institute of Navigation, he has served as a visiting scientist at Her Majesty's Nautical Almanac Office at the Royal Observatory. He has sailed in nine Sydney-Hobart races as a navigator and has taught navigation at the Cruising Yacht Club of Australia and the Royal Sydney Yacht Squadron.

Backlist Titles Also Available

ISBN: 0070059284 - **Title:** Celestial Navigation for Yachtsmen 2ed

Author: Blewitt

Publisher: McGraw-Hill

ISBN: 0071410759 - **Title:** GPS for Mariners 1ed

Author: Sweet

Publisher: McGraw-Hill

ISBN: 0070052190 - **Title:** The Sextant Handbook 2ed

Author: Bauer

Publisher: McGraw-Hill

Competition

ISBN: 1574090585 - **Title:** Celestial Navigation in a Nutshell 1ed

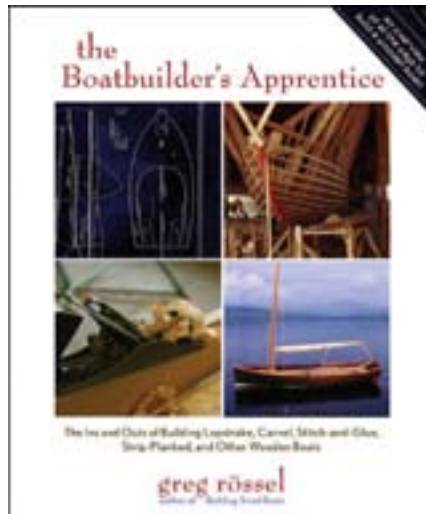
Author: Schlereth

Publisher: Other Publisher

The Boatbuilder's Apprentice: The Ins and Outs of Building Lapstrake, Carvel, Stitch-and-Glue, Strip-Planked, and Other Wooden Boats

Greg Rossel

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071464050 - Previous:

EAN: 9780071464055

Format: HARD BACK

UK Price: 25.99 - Euro price: 37.70

SA\$ price: 39.95

Subject area: GENERAL REFERENCE - General Reference - Marine

Pages: 352 - Illustrations: 175

Description

Your single source for all the ways to build a wooden boat.

Even the most inspired novice boatbuilder faces complex practical questions that can scuttle the project before it begins. The Boatbuilder's Apprentice gets you over the hump with solid, practical answers to your every question. It covers the essentials of every boatbuilding project--tools, wood, fasteners, adhesives, coatings, and safety--and shows how each construction method proceeds, how to overcome problems and challenges, and how to work efficiently.

Key features

- Author has strong national and international reputation as a boatbuilder and writer on the subject
- Addresses all common wooden boat construction methods--the only book to do so
- Photos and line drawings clearly demonstrate shop practices and desired results

Author Biography

Greg Rössel is the author of *Building Small Boats*, co-author of *Kayaks You Can Build*, and a long-time contributor to *Wooden Boat* magazine.

Backlist Titles Also Available

ISBN: 0071440933 - **Title:** Stitch-and-Glue Boatbuilding 1ed
Author: Kulczycki
Publisher: McGraw-Hill

ISBN: 007057989X - **Title:** The Strip-Built Sea Kayak: Three Rugged, Beautiful Boats You Can Build 1ed
Author: Schade
Publisher: McGraw-Hill

ISBN: 0071357866 - **Title:** The New Kayak Shop: More Elegant Wooden Kayaks Anyone Can Build 1ed
Author: Kulczycki
Publisher: McGraw-Hill

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ISBN: 0937822396 - **Title:** Featherweight Boatbuilding 1ed
Author: McCarthy
Publisher: Other Publisher

ISBN: 0937822108 - **Title:** How to Build a Wooden Boat 1ed
Author: McIntosh
Publisher: Other Publisher

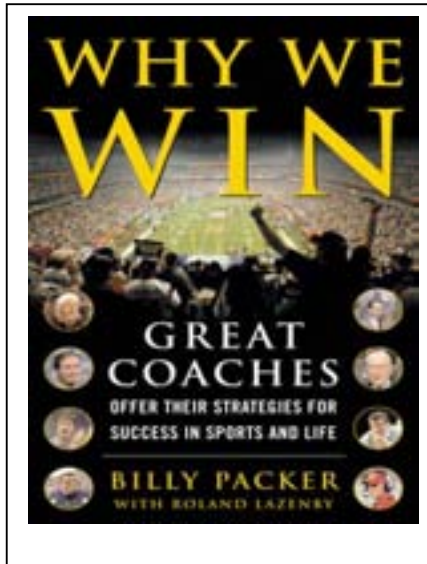
ISBN: 0937822507 - **Title:** Building Small Boats 1ed
Author: Rossel
Publisher: Other Publisher

ISBN: 0937822345 - **Title:** 10 Wooden Boats You Can Build 1ed
Author: Spectre
Publisher: Other Publisher

Why We Win: Great Coaches Offer Their Strategies for Success in Sports and Life

Billy Packer, Roland Lazenby

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071436618 - Previous:

EAN: 9780071436618

Format: SOFT BACK

UK Price: 9.99 - Euro price: 14.50

SA\$ price: 14.95

Subject area: GENERAL REFERENCE - General Reference – Sports

Pages: 336

Description

In *Why We Win*, 2E, Emmy award-winning CBS sports commentator Billy Packer goes one-on-one with the greatest minds in American sports, interviewing twenty of the most respected coaches to find out precisely how they made it to the top of their profession.

Key features

- Some of the biggest names in sports: Packer interviews the most well-known and well respected coaches in sports
- Updated, with 2 new interviews with: Jim Calhoun of the University of Connecticut (men's basketball) and Geno Auriemma, also of the University of Connecticut (women's basketball).

Market

Fans of the coaches interviewed. Anyone looking for advice on leadership and success.

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Red Auerbach
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Anson Dorrance

Bobby Knight
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Sparky Anderson
Dan Gable
Bill Walsh
Lenny Wilkens
Joe Paterno
Dean Smith
Geno Auriemma
Jim Calhoun
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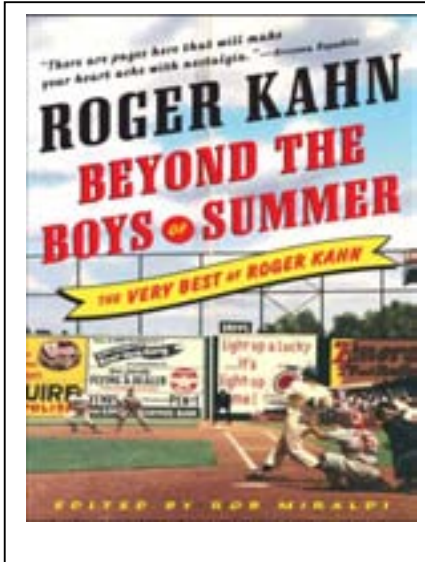
Author Biography

Billy Packer is the #1 college basketball commentator for CBS television, broadcaster of the NCAA Tournament. A former All-Atlantic Coast Conference guard, he helped lead Wake Forest to the 1962 Final Four. In addition to his broadcasting duties, Packer has numerous business interests. He lives in Charlotte, North Carolina, with his wife Barbara.

Beyond the Boys of Summer: The Very Best of Roger Kahn

Roger Kahn

Imprint: MCGRAW-HILL



Pub date: JAN-07

ISBN: 0071481192 - Previous:

EAN: 9780071481199

Format: SOFT BACK

UK Price: 10.99 - Euro price: 15.95

SA\$ price: 16.95

Subject area: GENERAL REFERENCE - General Reference – Sports

Pages: 400

Description

Beyond the Boys of Summer: A Roger Kahn Reader is an anthology that displays the work of Kahn over a 50-year period. It shows off the grace, wit and elegance of his writing but also the breadth and skill of his reporting. Kahn is often called America's premier sportswriter, but this collection shows he has ranged beyond sports, and that even when he writes about sports figures he is assessing character and culture along with sports.

Key features

- Roger Kahn, the author of 20 books including *The Boys of Summer*, is arguably America's best and most well-known sports writer in America.
- No other collection or anthology of his work that showcases his 50 years of book and magazine writing has ever been published before.
- No other anthology has ever collected both book chapters and magazine/newspaper articles by Kahn.
- The book includes the first-ever bibliography of Kahn's works, showing the breadth of his reportage and writing.
- The book includes a brand new epilogue written by Kahn special to this anthology.

Market

Fans of baseball, literature, and the previous works of the great Roger Kahn.

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3. And Then There is Sex
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5. Restless Youth: The Columbia Uprising
6. Kareem Arrives

Part 2: Living Your Life

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9. Roger Maris: The Ordeal of His Success
10. Henry Aaron: A Success Story
11. The Great Cork Crime

Part 3: Willie, Mickey, Duke: The New York Centre Fielders

12. The 'Say Hey Kid' Up Close
13. The Mick on and off the Field
14. The Duke in a New Pasture

Part 4: Damn Good Hitters and Pitchers

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16. Whitey, the Chairman of the Board
17. Joe D's Stormy Marriage
18. Catfish in the Big Apple
19. Pete Rose, the Hit Man

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22. Billy vs. Reggie
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30. Past Their Prime
31. Even Sportswriters get Old
32. Carl Furillo, 1922-1989

Author Biography

ROGER KAHN is widely acclaimed as the greatest sportswriter of his generation. The author of twenty books, Sports Illustrated named his 1972 classic *The Boys of Summer* (nearly 3 million copies sold to date) the best baseball book of all-time, and the second-best sports book of all-time. His magazine articles have won five Dutton Best Magazine Story Awards, and his book *The Era* was nominated for a Pulitzer Prize in 1993. Last year, Kahn scored a big hit for Harcourt with *October Men*.

Competition

ISBN: 0345367375 - **Title:** Once More Around The Park 1ed

Author: Angell

Publisher: Random House