

Mind and Body Fitness

Next Reads - Summer 2010

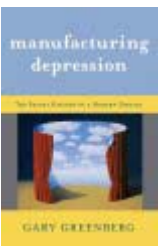
Previously Purchased Mind and Body Fitness



Stuff: Compulsive Hoarding and the Meaning of Things - by Randy O. Frost and Gail Steketee

It's estimated that over 6 million (and perhaps up to 15 million) Americans are compulsive hoarders, driven to acquire and collect things to the point that it interferes with everyday life. In this book, psychologist Randy Frost and social worker Gail Steketee examine compulsive hoarding, dispelling misconceptions that compulsive hoarding is a sign of laziness (it's a medical condition) or that simply sending in a cleaning crew will help (sufferers will often just acquire more stuff to replace what's been thrown out). Drawing on extensive research and using vivid case studies, the authors illuminate the lives of hoarders and demonstrate how hoarding affects both sufferers and their families. If you found

television's *Hoarders: Buried Alive* fascinating, you'll want to read this book.



Manufacturing Depression: The Secret History of a Modern Disease - by Gary Greenberg

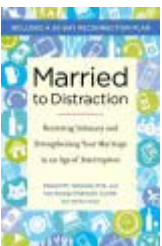
According to the National Institute of Mental Health, almost seven percent of the U.S. population suffers from major depression, while around 30 million people take antidepressants. Noting that scientists and doctors do not know exactly what causes depression, author and psychotherapist Gary Greenberg--a depression sufferer who has participated in clinical trials for antidepressants--examines the role of the medical establishment and pharmaceutical companies in the development and marketing of the drugs and, he claims, the disease itself. Read this book if you liked Irving Kirsch's *The Emperor's New Drugs: Exploding the Antidepressant Myth* or, for a different point of view, check out Peter D. Kramer's *Against*

Depression.



How to Never Look Fat Again: Over 1,000 Ways to Dress Thinner--Without Dieting! - by Charla Krupp

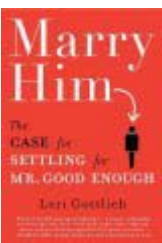
You can look great without shedding a pound, maintains Charla Krupp, magazine editor, fashion columnist, and author of *How Not to Look Old*. This handy illustrated guide, packed with style tips, addresses specific issues such as "buddha belly" or "muffin tops + back fat" and also includes sections on seasonal wardrobes, evening wear, and workout attire. For more on finding the best look for your size and shape, you might also want to take a look at *Dress Your Best: The Complete Guide to Finding the Style That's Right for Your Body* by Clinton Kelly and Stacy London of TLC's *What Not to Wear*.



Married to Distraction: Restoring Intimacy and Strengthening Your Marriage in an Age of Interruption - by Edward M. Hallowell and Sue Hallowell

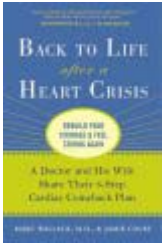
We live in an "age of distraction," and while it's never been easier to stay in touch (thanks to technology), it's also never been harder to maintain deep, lasting connections with our partners (thanks to technology and the frenzied pace of modern life). In this book, husband-and-wife authors Edward and Sue Hallowell--a psychiatrist and a social worker, respectively--discuss the unique stresses and barriers to intimacy that today's couples face, while presenting strategies for restoring communication and forging strong relationships. If you're looking for ways to strengthen your own relationship, don't let anything distract

you from reading this sympathetic yet highly practical book.



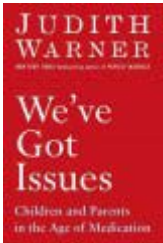
Marry Him: The Case for Settling for Mr. Good Enough - by Lori Gottlieb

In this book that began as a 2008 *Atlantic* article, journalist Lori Gottlieb makes a case for "settling" when it comes to choosing a mate. In other words, she warns, don't rule out a good guy because he isn't absolutely perfect, or you'll end up alone--and lonely. In addition to drawing on her own life experiences, Gottlieb also consults matchmakers, dating coaches, economists, psychologists, and even clergy. This provocative book is sure to get people talking. Not convinced? For a different perspective on coupling (or not), try Bella dePaulo's *Singled Out: How Singles are Stereotyped, Stigmatized, and Ignored, and Still Live Happily Ever After*.



Back to Life After a Heart Crisis: A Doctor and His Wife Share their 8-Step Cardiac Comeback Plan - by Marc K. Wallack and Jamie Colby

Surgical oncologist Marc Wallack had always been healthy--or so he thought. But after suffering mild angina while jogging, he learned that his arteries were 95 percent blocked and that he would need quadruple-bypass surgery. Suddenly, Wallack and his wife, journalist Jamie Colby, were faced with bewildering new challenges. As a result of their experiences, they wrote this book, which includes an eight-step plan for getting treatment and getting back on your feet after a heart crisis. Here, the authors give concrete advice on treatment options, choosing a doctor and a hospital, coping with physical and psychological effects such as pain and anxiety, and resuming normal activities, including exercise and sex.



We've Got Issues: Children and Parents in the Age of Medication - by Judith Warner

When Judith Warner, author of the bestselling *Perfect Madness: Motherhood in the Age of Anxiety*, set out to write about the increasing number of children being prescribed drugs to manage conditions such as ADHD, autism, depression, or bipolar disorders, she expected to encounter "normal" kids drugged into good behavior by parents and doctors. What she found was that, while there are some stereotypical cases of overdiagnosed and overmedicated children, there are far more who struggle with serious mental illness, but who are unable to pursue effective treatment (or any treatment at all) due to exorbitant health care costs and deep-rooted stigma about psychiatric disorders. Don't miss this eye-opening book!