

December eBook of the Month – Net Library

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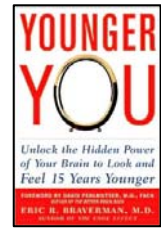
The eBook of the Month campaign is a monthly content promotion designed to showcase new and noteworthy titles available from NetLibrary. The VC library encourages patrons to visit the eBook collection. This book is featured online until December 31, 2007.

Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger

By: Braverman, Eric
RA776.75 .B737 2007

Publisher's synopsis: *McGraw Hill* 2007

Finally, a pivotal piece of the aging puzzle is solved. In the December eBook of the Month, Dr. Eric Braverman reveals how controlling brain hormones through diet, lifestyle changes, key vitamins, minerals, and nutritional supplements can halt the aging process.



Zoya's Story: an Afghan Woman's Struggle for Freedom

By: Zoya, et.al
HQ1736.6 .Z75 Z7 2002

Review from: *Publishers Weekly* March 25, 2002

Now 23, Zoya was a child during the Russian invasion and a teen when the Taliban took power. The daughter of activists in Kabul, Zoya was raised by her grandmother after her parents disappeared. ... Her reflections show the complex scars made by the tug of war between factional governments and tribal warlords, especially the effects of the Taliban. ... Her narrative voice is quiet and clear, making her recollections of the breathtaking violence she has witnessed nail-bitingly vivid and her descriptions of her struggle candid and poignant.



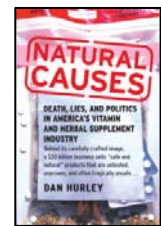
Natural Causes: Death, Lies, and Politics in America's Vitamin and Herbal Supplement Industry

By: Hurley, Dan
RA1250 .H87

This book is located in the McNaughton section of the library.

Review from: *Library Journal* December 1, 2006

From snake-oil salesmen in the late 19th century to infomercial hucksters on cable TV, health and medical journalist Hurley ... traces the growth and persistence of the multibillion-dollar supplement industry in the United States via the people in industry, politics, and science who have played important roles. ... Using interviews with people from all sides of the story, plus other primary and secondary sources, Hurley presents a highly readable and convincing narrative.

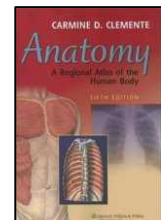


Anatomy: A Regional Atlas of the Human Body

By: Clemente, Carmine D
QM531 .C57 2007

Review from: *Doody's Reviews* August 1, 2006

This regional anatomy atlas covers the human body very extensively. ... It contains sufficient information for any anatomy class, particularly for medical students. The purpose is to provide a learning resource to students in the health sciences and related professions. ... There are several unique features. The book mixes clinically related images (such as x-ray images) with anatomy plates, making it easier to reference between anatomy and its clinical application. It adds muscle charts, making it easier for students to learn about the details of each muscle when they study the regional anatomy of muscles. The drawings and text are extensive and accurate, and the labeling is very detailed. This makes it valuable not only for students learning anatomy, but also for instructors as a reference. ...

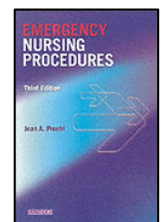


Emergency Nursing Procedures

By: Proehl, Jean A., Ed.
RT120 .E A285 2004

Review from: *Doody's Reviews* September 1, 2004

This comprehensive and easy to read guide includes many new procedures for the emergency department nurse. The step-by-step presentation and the great illustrations make it an excellent bedside companion. This purpose is to serve as a comprehensive reference for practicing emergency nurses during procedures that could be familiar or new to the emergency setting. ... The book could be used by nurses in the critical care unit, the operating room, and many other areas. ... The reader must understand that in this fast moving era of nursing and the increased popularity of evidence-based practice, some steps or techniques are already obsolete, or have been replaced by others that have been demonstrated to be better in recent research, especially with site preference and preparation for invasive lines. This book is comprehensive, easy to follow, with great illustrations, written in a step-by-step format. ...

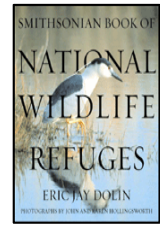


Smithsonian Book of National Wildlife Refuges

By: Dolin, Eric Jay
QL84.2 .D65 2003

Review from: *SciTech Book News* June 1, 2003

Though the title leads one to expect a survey of refuges, this beautifully illustrated volume is devoted to a moving history that chronicles the development of national wildlife refuges, including the beginning of the movement to protect wildlife, the key figures involved, the long road to protections, the fight to institute legal protection for birds, the ongoing struggle to maintain and add refuges during the Reagan years and after, and current issues. A final chapter presents the histories of eight refuges.

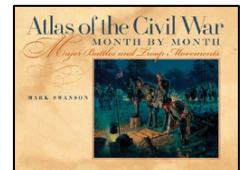


Atlas of the Civil War, Month by Month: Major Battles and Troop Movements

By: Swanson, Mark
E470 .S94 2004

Review from: *Choice* May 1, 2005

The author describes his work as the first Civil War atlas to depict the action of the war on a month-by-month basis. It gives a good graphic sense of the war's progression in a way not efficiently done before. There are maps for each month of the war and additional maps that focus on the war in the far western theaters. Supporting text that faces each map is needed for the maps to be used at full value. Arrangement of the text by states or groups of states makes that task easier. The text is not footnoted, though the atlas has a selected bibliography.

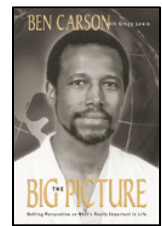


The Big Picture: Getting Perspective on What's Really Important in Life

By: Carson, Ben
BV4501.2 .C272 2000

Review from: *Publishers Weekly* January 11, 1999

(Carson) has been recognized worldwide for his extraordinary ability to perform intricate medical procedures such as intrauterine brain surgery and his dedication to saving lives. But, as he says in this spiritual memoir, he wasn't always so successful...Success, he says, is a matter of focusing on the big picture and not the details. Using anecdotes from his medical career and scattering biblical illustrations throughout, Carson asserts that we can get a glimpse of the big picture by viewing hardship as an advantage, overcoming a victim mentality and determining priorities.

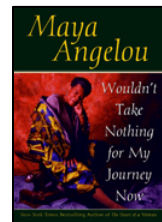


Wouldn't Take Nothing for My Journey Now

By: Angelou, Maya
PS3551 .N464 W68 1993

Review from: *Publishers Weekly* September 27, 1993

Angelou ... is leery of people who give up too easily, whiners, complainers, men seeking an "earth mother" and vulgar entertainers. In this collection of short essays, many only two to three pages in length, she discusses the value of charity and her faith in God. She rages with eloquence at the deaths of loved ones, and shares her thoughts on discovering an authentic personal style, the insidious effects of racism, and pregnancy as an experience to be shared by a woman and her mate. ... These quietly inspirational pieces convey her sense of life as an ongoing adventure.



Through Animals' Eyes, Again

By: Cuny, Lynn Marie
QL83.2 .C852 2006

Review from: *SciTech Book News* December 1, 2006

Cuny's love for animals includes the wisdom that she should not try to tame or change them. It also includes the grueling day-to-day operation of Wildlife Rescue and Rehabilitation, which she founded in her backyard. It now comprises 187 acres and more than 7,000 animals. ...she is very honest about how the animals came to the attention of rescuers and how some are lost forever. She is also careful to let readers know of the physical and emotional toil of abuse and neglect on the animals as well on those who struggle to keep them safe.

