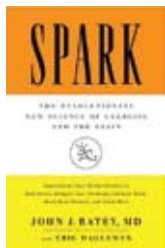


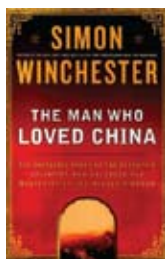
# FALL FAVORITES



John Paul Ito, assistant professor of music  
*Spark: The Revolutionary New Science of Exercise and the Brain*,  
John J. Ratey, M.D., with Eric Hagerman

John Ratey is a psychiatrist who teaches at Harvard Medical School, and he's branched out from his work as a pioneer studying ADHD to look at the impact that exercise has on the brain and on the mind. In this easy and highly motivating read, Ratey shows that exercise positively impacts learning and is very helpful in dealing with stress, anxiety, depression, ADHD, addiction, menopause, and aging. The book is full of striking examples, from improvements shown by school districts that approach PE as fitness education to a study that showed that exercise is a more effective antidepressant than Zoloft.

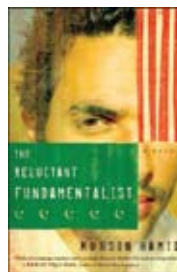
Two small quibbles: Thanks probably to his coauthor, Ratey writes like a shoe salesman, and the hype goes a bit overboard at times; also, the science is dumbed a little too far down — I would have found that aspect of the book much easier to follow with a more detailed and better-organized exposition of the basic science. But these are details. This book offers a striking perspective on the interrelationships between physical and mental health, as well as practical suggestions for using the body to help the mind.



Jane Parish Yang, associate professor of Chinese and Japanese  
*The Man Who Loved China: The Fantastic Story of the Eccentric Scientist Who Unlocked the Mysteries of the Middle Kingdom*,  
Simon Winchester

With China in the news this year for the 2008 Beijing Olympics, what better way to read about China than another blockbuster by Simon Winchester, who is best known for his books *The Professor and the Madman* and *The Map That Changed the World*. This new work follows the life and career of Joseph Needham [1900-1995], a scientist at Cambridge University, who embarks on a lifelong study of China's past scientific discoveries after falling in love with a young female

visiting scientist from China. He begins the study of Chinese language at age 37, no mean feat, and eventually lands in China itself, in the wartime capital of Chongqing, in 1943. Winchester is a master storyteller, so readers will feel as if plunged right into that chaotic environment.



Mary H. Poulson, professor emerita of physical education  
*The Reluctant Fundamentalist*,  
Mohsin Hamid

This short novel is not about Bible Belt beliefs. It is, as the *New York Times* book review says, "A chilling...novel narrated by a Pakistani who tells his life story to an unnamed American [tourist] after 9/11." I read this 184-page book during a six-hour layover in Cincinnati with time to spare. It is a "grabber."

The protagonist, like the author, attended Harvard University. He was selected by the most desirable of corporations to begin the career that would put him in touch with high society in New York. He enjoys the accoutrements of corporate and societal connections. The fundamental aspects of life become power, money, and love. But time and 9/11 cause him to reassess his fundamental beliefs and to return to Pakistan.

In his conversation with the American, who we sense is uncomfortable, his deepest feelings are expressed in witty, penetrating, sometimes sarcastic comments that make transparent the discomfort that exists between the East and the West.



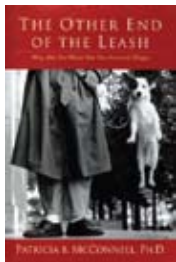
David McGlynn, assistant professor of English  
*The House on Fortune Street*,  
Margot Livesey

The sixth novel by the accomplished, intelligent, and lyrical Margot Livesey. Set in London in the 1980s, each of the four long chapters is devoted to a single character, each of whom refracts his or her life through a Victorian literary godfather: John Keats, Lewis Carroll, Charlotte Bronte, and Charles Dickens. Each character is meticulously rendered and ultimately compelling.

## LAWRENCE AUTHORS



Eilene Hoft-March, professor of French  
*The Story of French*,  
Jean-Benoit Nadeau and Julie Barlow  
Nadeau, a Québécois, and Barlow, an  
Anglo-Canadian, write as a team, most  
notably on France and the French diaspora.  
In this history, fast-paced chapters trace  
French from its Celtic origins to its multi-  
cultured forms around the world. The book  
considers what often mystifies Americans: the inordinate  
French pride in their language, the largely ineffectual Académie  
Française, and the inexplicable devotion to French in the most  
unlikely places. Though French still holds its place as second  
only to English for the number of countries claiming it as an  
official language, it is spread so terribly thin over the planet, it  
risks extinction over the next few centuries. Reading this book  
might help one understand what a profound loss that would be.



Carol Mason,  
adjunct professor of anthropology  
*The Other End of the Leash*,  
Patricia McConnell

The popularity of the recent spate of dog  
books probably builds on old memories  
of *Lassie Come Home* and *The Dogs of  
Sunnybank*, but it is different. Much of the  
content of books such as *Marley and Me*,  
*Merle's Door*, and what promises to be an endless saga of  
Jon Katz's life with dogs is not particularly about dogs but  
about the authors' discovery of their own humanity, their  
own problems, and redemption, often through the death of  
a beloved dog. What makes Patricia McConnell's book so  
engaging is that it is actually about dogs themselves, their  
relationships with humans, and what governs their behavior.  
Anyone who lives with dogs can learn much of what needs to  
be learned about what is going on behind those appealing eyes  
and wagging tails. McConnell helps the reader understand  
what is meant by canine body language and how it relates to  
the way humans move, act, and behave; she connects what is  
presently known about animal behavior in its broadest sense  
with the way humans communicate with dogs. Chapter after  
chapter, she informs and educates; and anyone who has heard  
her radio show, "Calling All Pets," knows she does so expertly  
and entertainingly. ■



*The End of the Straight and Narrow*,  
David McGlynn, assistant professor of English  
In his first book, McGlynn takes on the inner  
lives of the zealous, their passions and desires,  
and the ways religious faith is both the compass  
for navigating daily life and the force that makes  
ordinary life impossible. From the coastal  
highways of Southern California to the bayous  
of Houston, Texas, the stories take place against the  
backdrop of disaster — a landslide, a fire, a drowning,  
a hurricane — as the characters question whether faith  
illuminates the world or leaves them isolated within it.



*Above the Houses*, Susan Engberg '62  
Engberg's fourth collection of stories invites  
readers to experience what she calls "a  
kind of ecology of consciousness: how to  
use well and not squander our stupendous  
human resources for insight." The dramas  
Engberg's stories describe — ranging from  
death, divorce, and murder to a torrential  
Midwestern rainstorm — provide a context for her  
astonishing ability to capture subtle human feelings,  
whether those of the elderly, children, lovers, or  
the lonely.

*Insights: The Portraiture of  
Charles R. Rushton*,  
Charles R. Rushton '65

In *Insights*, Rushton discusses how  
he got started in photography, his  
approach to portraiture, and some  
of the more interesting people  
he has photographed. The body  
of the book consists of 121 selected portraits  
taken from the *Artists*, *Advocates of the Arts*, *Children*,  
*Couples*, and *Fathers Series*, along with several  
miscellaneous portraits.

