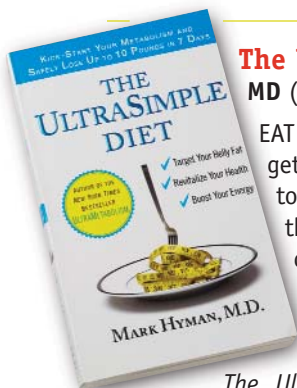


Go Your Own Way

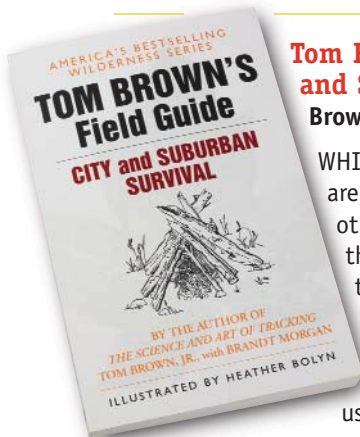
Books that invite you to explore new approaches — and perceive new possibilities.



The UltraSimple Diet by Mark Hyman, MD (Simon and Schuster, 2007)

EAT THE WAY you've always eaten, and you'll get what you've always gotten. If you want to feel and look a whole lot better, try something a little different. Like eating super clean and simple, relying on nutritious, whole foods to help you put your body right. Less a diet than a really solid internal-cleansing and healing approach,

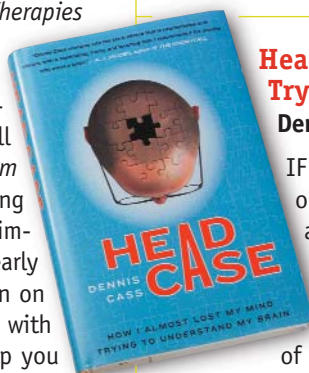
The UltraSimple Diet offers a detoxification method that works wonders for a great many people. Stubborn problems like allergies, acne, rashes and bloating often disappear when irritating foods are eliminated and the body is given a chance to heal. If you're looking for a proven, practical detox approach that is totally safe and totally doable, this book is right up your alley. It's written by Mark Hyman, MD, editor in chief of *Alternative Therapies in Health and Medicine* and former co-medical director of Canyon Ranch. Hyman, a regular contributor to *Experience Life*, has 30 years of clinical experience using detox programs to treat all sorts of ills. While his bestseller, *UltraMetabolism* (Scribner, 2006), explains his health-optimizing approach in detail, this book offers a shorter, simpler introduction to the basic principles and clearly outlines the effects of toxicity and inflammation on the body. There's a clear, detailed, seven-day plan with food, meditation and exercise regimens to help you experience the immediate effects of a cleaner body. Loss of excess weight and bloating is a great side effect, but the plan's real benefits lie in the sensation of increased energy, vitality, improved mood and mental clarity. Once you've experienced *that* territory, there's no going back!



Tom Brown's Field Guide: City and Suburban Survival by Tom Brown Jr. (Berkley Trade, 1986)

WHILE TOM BROWN'S wilderness guides are famously useful for trackers and other diehard outdoor enthusiasts, this book is for anyone who wants to apply a related body of skills to city or suburban landscapes. Brown offers a comprehensive manual for dealing with the things we usually don't notice until they break,

with illustrated guides to water and electricity systems and alternative sources of heat, light and food. There are instructions for everything from collecting drinking water from dewy leaves to cooking a meal on your car engine. But not all the suggestions concern survival scenarios: We also learn how to lower our heating bills by planting shrubs on the windy side of the house, and which backyard berries are good to toss in our yogurt. Brown strives to show us how to manage survival-related needs on our own, so that we can more confidently ensure our well-being. But he's also clear that this heightened awareness of our everyday world has deeper and more immediate benefits. Learning to see and appreciate the natural bounty that exists even in urban environments (did you know those nettles along the running path can be turned into a highly nutritious tea?) helps us feel more powerfully connected to nature and more appreciative of the places we call home.



Head Case: How I Almost Lost My Mind Trying to Understand My Brain by Dennis Cass (HarperCollins, 2007)

IF COMIC WRITER David Sedaris were to develop a research habit and turn his scholarly attentions toward the human brain, the result might be something like *Head Case*. In this witty mix of memoir and pop science, author Dennis Cass sets out to make sense of his own mind — and winds up charting a layperson's guide to the cognitive universe. Determined to understand the incomprehensible, Cass subjects himself to weird experiments, reads endless scientific papers on the amygdala (a part of the brain responsible for managing primitive emotional reactions), journeys to a meditation university and survives an ill-fated trial of pharmaceuticals. He intersperses the stories of his findings with recollections of growing up with a mentally ill stepfather whose baffling behaviors fueled Cass's own near-obsessive curiosities about the brain. Heartfelt, funny and highly readable, Cass's explorations ultimately raise as many questions as they answer: Is it an overactive amygdala's fight-or-flight response or a dopamine deficiency that makes Cass's stepfather jump out of a moving cab? Even after multiple experiments on himself, Cass still can't say. Still, his research provides fascinating insights into the mysterious gray matter that we all daily take for granted. An accessible account of the thorny territory of neuroscience, and a touching quasi-memoir in its own right.