

IN PRINT

New York Times Bestsellers list
Hardcover Fiction

- 1 HARRY POTTER AND THE CHAMBER OF SECRETS, by J. K. Rowling.
- 2 HARRY POTTER AND THE PRISONER OF AZKABAN by J. K. Rowling.
- 3 HARRY POTTER AND THE SORCERER'S STONE by J. K. Rowling.
- 4 TIMELINE by Michael Crichton.
- 5 IRRESISTIBLE FORCES, by Danielle Steel.
- 6 SAVING FAITH, by David Baldacci.
- 7 A WALK TO REMEMBER, by Nicholas Sparks.
- 8 POP GOES THE WEASEL, by James Patterson.
- 9 HUNTING BADGER by Tony Hillerman.
- 10 HEARTS IN ATLANTIS by Stephen King.

Hardcover Non-Fiction

- 1 TUESDAYS WITH MORRIE by Mitch Albom.
- 2 'TIS by Frank McCourt.
- 3 HAVE A NICE DAY! by Mick Foley.
- 4 THE GREATEST GENERATION by Tom Brokaw.
- 5 LIFE: Our Century in Pictures, edited by Richard B. Stolley and Tony Chiu.
- 6 WHEN PRIDE STILL MATTERED by David Maraniss.
- 7 AND THE CROWD GOES WILD, by Joe Garner.
- 8 THE CENTURY by Peter Jennings and Todd Brewster.
- 9 GALILEO'S DAUGHTER by Dava Sobel.
- 10 ESPN SPORTSCENTURY, edited by Michael MacCambridge.

Paperback Fiction

- 1 HARRY POTTER AND THE SORCERER'S STONE by J. K. Rowling.
- 2 JEWELS OF THE SUN, by Nora Roberts.
- 3 VINEGAR HILL, by A. Manette Ansay.
- 4 TOM CLANCY'S POWER PLAYS: Shadow Watch, created by Tom Clancy and Martin Greenberg.
- 5 THE GREEN MILE, by Stephen King.
- 6 MIRROR IMAGE, by Danielle Steel.
- 7 THE HAMMER OF EDEN, by Ken Follett.
- 8 POKEMON: Nos. 1-4, by Tracey West.
- 9 THE PRESENT, by Johanna Lindsey.
- 10 THE SIMPLE TRUTH, by David Baldacci.

Paperback Non-Fiction

- 1 ANGELA'S ASHES by Frank McCourt.
- 2 BLIND MAN'S BLUFF by Sherry Sontag and Christopher Drew with Annette Lawrence Drew.
- 3 A WALK IN THE WOODS by Bill Bryson.
- 4 THE PERFECT STORM by Sebastian Junger.
- 5 A CHILD CALLED "IT," by Dave Pelzer.
- 6 THE PROFESSOR AND THE MADMAN by Simon Winchester.
- 7 THE LOST BOY, by Dave Pelzer.
- 8 PERFECT MURDER, PERFECT TOWN by Lawrence Schiller.
- 9 GUNS, GERMS, AND STEEL by Jared Diamond.
- 10 THE SEAT OF THE SOUL, by Gary Zukav.

When Going Through Hell...Don't Stop

A Survivor's Guide to Overcoming Anxiety and Clinical Depression

By Douglas Bloch

Pallas Communications; 2000

Despite the recent advent of Prozac and other designer drugs, depression is on the rise. Since WWII, rates of depression have doubled in the U.S., and depression is now the 2nd most disabling illness in the Western world after heart disease. Depression costs the economy 43.7 billion dollars a year on lost productivity and wreaks considerable violence on the culture, as evidence by the fact that all the recent mass shootings were carried out by depressed males.

Despite the fact that drug therapy has become the major weapon in fighting depression, "20% of the people get little to no response to any of our therapies," according to Dr. Steven Hyman, director of the National Institute of Mental Health.

Northwest author and psychologist Douglas Bloch was one of the large minority of patients who did not respond to traditional drug therapy. In 1996, he suffered an adverse reaction to an antidepressant that plummeted him into a major depressive episode. For the next ten months, he was assailed by out-of-control anxiety attacks which alternated with dark, suicidal depressions. Each day felt like an eternity, as he struggled to stay alive in the face of overwhelming feelings of hopelessness and despair.

In his book, Mr. Bloch shares his struggle with and ultimate recovery from a life-threatening depressive illness. He offers a "survival plan for living in hell" that the adopted until the power of spirit, acting through a group of committed, loving people, brought about his

recovery. In addition to his compelling story, Mr. Bloch also outlines a fourteen point "BRAIN MAINTENANCE" program that can be used by those people for whom drugs do not work. This holistic approach includes diet; nutrition; exercise; vitamin, mineral and herbal supplements; and the importance of creating bonds of social support (social isolation is both a cause and also a consequence of depression).

"An inspiring and uplifting story about the power of love to create miracles in our lives."
Jack Canfield, co-author of Chicken Soup for the Soul®

When Going Through Hell... Don't Stop!



A Survivor's Guide to Overcoming Anxiety and Clinical Depression

Douglas Bloch
Author of Words That Heal

Taking the High Road

How to Cope with your Ex-Husband, Maintain Your

Sanity, and Raise Your Child in Peace

By Nailah Shami

Plume; 2000

Divorce, which was once a hushed, private affair, now consistently makes headlines. The \$3 billion divorce of media mogul Sumner Redstone and wife Phyllis and the nasty Ron Perelman and Patricia Duff split have focused the nation's attention on this growing problem. Half of all marriages will end in divorce, according to estimates. Fortunately, women everywhere can

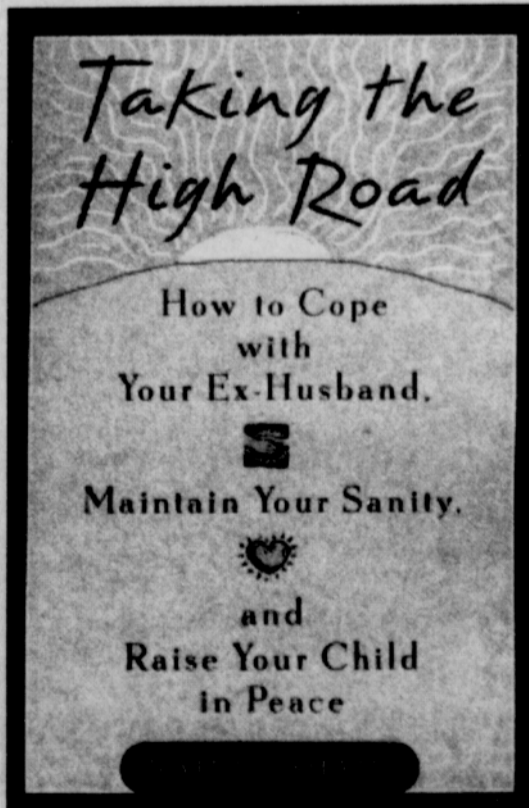
benefit from the wisdom of Nailah Shami's own experiences with diabolical divorce in Taking the High Road.

Nailah Shami knows divorce and the unpleasantness that oftentimes accompanies it. Within months of splitting with her husband of ten years, all hell broke loose. At first, it was an amicable separation, but soon Shami found herself fearing her ex and fearing for the safety of their seven-year-old child as he criticized her parenting skills, tried

level of their crazy exes, or "Grand Pooh-ba Pains in the Butt," as she humorously labels all malicious exes. Instead of being hell-bent on revenge, Shami says that women should take the high road and work toward a better relationship with their exes.

Filled with practical advice on

everything from stress-relief techniques to how to effectively communicate and defuse bad situations, from daily affirmations to tips on collecting child support, Taking the High Road is the definitive source on divorce. Advice on how to counsel children through divorce is also included.



to weasel out of child support, and committed a litany of other terror revenge tactics.

In Taking the High Road, she empowers readers with the information they need if they find themselves in a similar situation. Her experiences led her to create National Get Along With Your Ex Month - an annual July campaign where ex-spouses take a pledge to behave themselves for the sake of their kids.

Shami maintains that for the sake of the children, spouses shouldn't stoop to the



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