universal state of nonexistence, in this captivating volume. For each ingredient, such as lamb, sea fish, or cocoa, there is a page of exploratory text, followed by a beautiful and brooding full-page photo, shot against a black background, followed by one or more recipes. Some offerings are absurdist. The instructions, in full, for ants and pineapple are, "Place a piece of pineapple on top of a serving dish and top with an ant. Serve immediately." Others are significantly more involved, reflecting the chef's classical training and obsession with Brazilian flavors and textures. There is sea snail with wakame and tangerine foam, lime, and banana ravioli, and heart of palm brandade with anchovies. Death makes its entrance between chapters on game meat and shellfish, three pages of text and 15 pages of photos that are as dark a paean to sustainable eating as one is likely to find, pointing out that, "We are, indeed, omnivores, murderers and selfish. We are human." (Oct.)

Health

Love in the Land of Dementia: Finding Hope in the Caregiver's **Journey**

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Deborah Shouse. Central Recovery (HCI, dist.), \$15.95 trade paper (180p) ISBN 978-1-937612-49-8

While in recent years there have been more skilled professionals and care facilities for dementia patients, close to 15 million Americans are family caregivers. In a combined memoir and caregiver's guide, Shouse, a journalist and contributor to numerous Chicken Soup volumes, shares the story of her mother Fran's last seven years, from diagnosis and a move to assisted living to a stay in the geriatric psych ward, and on to nursing home placement and eventually hospice care. The author's short, first-person narratives, complete with dialogue, will undoubtedly resonate with the huge population of adults charged with caring for a loved one with dementia. Shouse ably expresses a daughter's pain and sense of hopelessness, while exploring the intertwined dynamics of love, guilt, and grief. Though she is indeed fortunate to have found—and been able to afford—an excellent Alzheimer's unit of a nursing home, her experience is universal, and compassionately rendered

here. Readers come to know Fran, thanks to her daughter's unconditional love, respect, and candor. Though the appendix features concise advice for advocacy, a minimal resource listing, and a cursory caregiver's guide, in terms of guidance, these sections barely touch upon what is readily available in books like the classic The Thirty-Six Hour Day or Lauren Kessler's Finding Life in the Land of Alzheimer's. (Nov.)

Hepatitis C Treatment One Step at a Time: Inspiration and **Practical Tips for Successful Treatment**

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Lucinda K. Porter. Demos Health (www.demoshealth.com), \$16.95 trade paper (220p) ISBN 978-1-936303-52-6

Registered nurse, health educator, and advocate Porter (Free from Hepatitis C), a long-time hepatitis C specialist, defines the path for hepatitis C patients receiving antiviral therapy and does so with the credibility and compassion of a patient and a comrade-in-arms. The author proffers a day-by-day roadmap for the 48 weeks of Hepatitis C treatment, with daily readings to keep patients motivated, in addition to discussing the background of the disease, explaining treatment options, effects and side effects, and when and what the patient can expect to experience. Throughout the journey, Porter weaves in inspirational quotes from a range of sources, including Confucius and Dolly Parton, and offers daily tips ("When times are tough, recite a favorite prayer or phrase"). Like a Lonely Planet guidebook, this well-written and timely volume will be dog-eared and wrinkled by the end of treatment; likely, too, it will be passed on to the next traveler. Agent: Stephany Evans, FinePrint Literary Management. (Oct.)

Living with Itch: A Patient's Guide Gil Yosipovitch, M.D., and Shawn G. Kwatra, M.D. Johns Hopkins Univ., \$16.95 trade paper (160p) ISBN 978-1-4214-1233-7

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Yosipovitch, chair of the department of dermatology and director of the Temple Itch Center at Temple University School of Medicine, and Kwatra, a dermatology resident at Johns Hopkins School of Medicine, present a comprehensive guide for patients, their caregivers, and families.

In part one, the authors provide the definition and causes of itch, which can range from mosquito bites or poison ivy (acute itch) to chronic diseases, such as eczema and psoriasis. Part two presents the different forms of itch. Part three covers treatments, including prevention and topical and systemic treatments. Woven through the straightforward medical chapters are several moving essays by patients describing the challenges of living with eczema, psoriatic itch, and cutaneous lymphoma itch. Chronic itch (itching that lasts longer than six weeks), the authors note, can lead to depression, anxiety, sleep problems, and even thoughts of suicide. Although there is no simple cure, the book offers hope as well as treatment options, useful charts, and links to online resources. Those seeking support, information, and relief will benefit from this forthright guide. 31 color, 1 b&w illus. (Oct.)

Parenting

Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve **Attention and Emotional Balance**

Jennifer Cohen Harper. New Harbinger, \$19.95 trade paper (192p) ISBN 978-1-60882-792-3

Harper, founder and director of the New York-based national organization Little Flower Yoga, explains the general tenets of yoga, as well as the elements of her program in this parent- and childfriendly guide. The interrelated traditions of yoga and mindfulness, Harper asserts, can help children learn awareness and self-regulation, relieve stress, and increase focus. The core of the book is devoted to the five Little Flower components: connect, breathe, move, focus, and relax. The sections provide yoga poses (asana), breathing techniques, and meditations, and are clearly illustrated so parents can readily follow and teach. Harper also walks readers through the eight limbs of yoga, and clearly explains how yoga strengthens "the thoughtful brain" (the prefrontal cortex) so children feel "calm, safe, secure and unconditionally accepted." Advice on how to bring yoga off the mat and into other parts of a child's life (school, friendships) is also offered. Written with clarity and compas-