

basic and advanced exercises and workouts for abs and core muscles. These include the use of machines and accessories at home and at the gym.

QP82 2011-030163 978-1-4129-9929-8
Handbook of stress, coping, and health; implications for nursing research, theory, and practice, 2d ed.

Title main entry. Ed. by Virginia Hill Rice.
Sage Publications, ©2012 588 p. \$140.00

Rice (nursing, Wayne State U.) offers a 23-chapter handbook for graduate and undergraduate students in nursing and related areas, researchers, scholars, and clinicians that summarizes research on models of stress, coping, and health and their relevance to these fields. Included are response-oriented theories of stress, epigenetic and immune processes, and physiological measures of the stress response; stimulus-oriented theories; and how technology, social networks, and e-health applications can improve lifestyle behaviors that affect stress. Coverage also encompasses interactional and transactional theories such as salutogenesis and sense of coherence and models for children and adolescents; mediating and moderating factors such as temperament, family relationships, culture, social support, hardiness, resilience, sense of mastery, personal control, quality of life, hope and hopelessness, self-regulation and illness representation, and self-efficacy. A theoretical model that incorporates the concepts in the book into a more holistic view is included. This edition synthesizes research findings from the past 50 years; reflects the evolution and testing of various theoretical models from other disciplines, including the general adaptation syndrome, Transaction Model of Stress and Coping, and Allostasis and Allostatic Load Theory, and nursing models that have evolved from them. Contributors work in nursing and other fields in the US, Canada, and UK.

QP88 978-1-932633-84-9
Sustainable cosmetic product development.

Schroeder, Wen.
Alluredbooks, ©2011 384 p. \$189.00

Professionals working in the cosmetics and personal care industry as chemists, managers, and consultants offer a practical handbook for formulators, marketers, and business decision makers to each of the major areas of sustainable product development. Among their topics are the evolution of green in market and mind, formulating cosmetics with green ingredients, color cosmetics, green product packaging options and considerations, and global sourcing and supply chain. Carbon footprint reduction in the manufacturing of personal care products is also discussed. Schroeder is president of SEKI Cosmetics LLC.

QP106 978-1-936113-43-9
Angiogenesis; biology and pathology.

Title main entry. Ed. by Michael Klagsbrun and Patricia A. D'Amore.
(A subject collection from *Cold Springs Harbor perspectives in medicine*)
Cold Spring Harbor Lab. Press, ©2012 522 p. \$135.00

For developmental and cancer biologists, Klagsbrun and D'Amore (Harvard Medical School) compile 30 chapters on the mechanisms of angiogenesis that operate in normal development and in diseases such as cancer, focusing on the most important advances. Researchers working in vascular biology, pathology, physiology, oncology, and other areas in the US, Europe, and Israel discuss the biology of endothelial cells; vessel formation and patterning and lumen formation, including the roles and regulation of tip and stalk cells in vessel sprouting; developmental angiogenesis in zebrafish; endothelial stem cells, microRNAs, and endothelial-neural interactions; and the differences between tumor endothelial cells (ECs) and normal cells. They describe comparison of the regulation of lymphatic and blood vessel development; key molecular regulators of angiogenesis; antiangiogenic agents such as thrombospondins and semaphorins; the role of the tumor microenvironment; blood vessel normalization for facilitating drug delivery; vascular pathologies such as hemangiomas, preeclampsia, and arteriovenous malformation, as well as the role of polymorphisms, integrins, and disruption of EC-EC junctions; and a critique of anti-vascular endothelial growth factor (VEGF) therapy, based on clinical trial information.

QP144 2011-000833 978-1-84593-528-3
Health-promoting properties of fruit and vegetables.

Title main entry. Ed. by Leon A. Terry.
CABI Publishing, ©2011 417 p. \$180.00

Individual chapters discuss what's known about *alliums*, avocado, blueberry and cranberry, *brassic*as, citrus, cucurbits, exotics, grape, leafy vegetables and salads, pome fruit, potato and other root crops, *prunus*, various berries, tomato, and tropical fruit. Two chapters are devoted to methodologies for extraction, isolation, characterization, quantification,

and evaluation of *in vitro* and *in vivo* activities of bioactive compounds. Editor Leon A. Terry is affiliated with Cranfield U., UK, as are a majority of the contributors. Distribution in the US is by Stylus Publishing.

QP301 2011-034883 978-1-934432-19-8
Applied exercise & sport physiology; with labs, 3d ed.

Housh, Terry J. et al.
Holcomb Hathaway, Pub., ©2012 526 p. \$66.00 (pa)

Housh (U. of Nebraska-Lincoln), Dona J. Housh (U. of Nebraska-medical center), and Herbert A. deVries present an introductory textbook based on deVries' classic *Physiology of Exercise for Physical Education, Athletics, and Exercise Science*. The applied approach allows students to understand and appreciate the scientific foundations of exercise and sport. The laboratory material is included, so students do not have to buy a separate manual. Among the topics are energy metabolism and metabolic adaptations to training, the endocrine system, muscle strength and resistance training for health and athletics, nutrition for fitness and athletics, and gender factors and exercise.

QP301 2011-015187 978-0-470-65470-5
Rheumatology, orthopaedics, and trauma at a glance, 2d ed.

Swales, Catherine and Christopher Bulstrode. (At a glance)
Wiley-Blackwell, ©2012 117 p. \$43.95 (pa)

This reference for clinical students and general practice trainees offers two-page spreads with overview material illustrated by detailed color anatomical and other illustrations and b&w diagnostic images. An introduction offers two-page spreads on musculoskeletal structure and function, calcium homeostasis and bone metabolism, history and examination, and imaging. Subsequent sections cover the spine, arm, leg, rheumatology, orthopedics, and trauma. The book ends with self-assessment case studies containing questions and explained answers. Swales is affiliated with Nuffield Orthopedic Center. Bulstrode is affiliated with the University of Oxford.

QP303 2011-030216 978-0-470-09184-5
Biochemistry for sport and exercise metabolism.

MacLaren, Donald and James Morton.
Wiley-Blackwell, ©2012 249 p. \$140.00

MacLaren and Morton (both Liverpool John Moores U., Britain) present a textbook that evolved over the past 20 years from their alterations here and there of general biochemistry textbooks to make the material more relevant and useful to students of sport and exercise. The topics include skeletal muscle structure and function, biochemical concepts, carbohydrates, lipids, principles of metabolic regulation, and high-intensity intermittent exercise.

QP355 2011-037528 978-0-87893-609-0
From neuron to brain, 5th ed.

Title main entry. Ed. by John G. Nicholls et al.
Sinauer Associates, ©2012 621+ p. \$107.95

When the first edition hit the streets in 1976, there were few books or journals devoted to the nervous system, and subsequent editions have added new topics, more pages, and more authors to accommodate the growth of the science. The goal remains to explain to readers who may not have any background in biology how nerve cells transmit signals, how the signals are put together, and how higher functions emerge from this integration. The overall themes are electrical properties of neurons and glia, intercellular communication, integrative mechanisms, sensation and movement, and the development and regeneration of the nervous system. The work is highly and colorfully illustrated.

QP355 2011-038400 978-0-87893-695-3
Neuroscience, 5th ed. (online access included)

Title main entry. Ed. by Dale Purves et al.
Sinauer Associates, ©2012 759+ p. \$112.95

This introductory textbook for undergraduate and graduate students is, with this edition, also available as an electronic book. Online resources for students and instructors are also available. It covers neural signaling, sensation and sensory processing, movement and its central control, the changing brain, and complex brain functions. Among more specific topics are ion channels and transporters, central visual pathways, the modulation of movement by the cerebellum, early brain development, and sleep and language. No dates are noted for earlier editions.