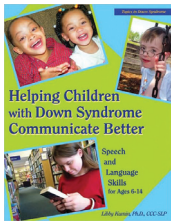


This book will resonate with parents who value holistic practices of child raising, enhanced creativity, and alleviating children's fear. Her methods are not just feasible, but practical for parents. (December) *Amy C. Rea*



**Helping Children with Down Syndrome Communicate Better: Speech and Language Skills for Ages 6-14**

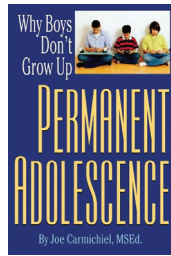
**Libby Kumin**  
Woodbine House  
Softcover \$24.95 (393pp)  
978-1-890627-54-6

“There is no one ‘Down syndrome profile’ when it comes to communication skills,” espouses author Libby Kumin in this sequel to *Early Communication Skills for Children with Down Syndrome*. Part of the Topics in Down Syndrome series, this guide for parents and professionals offers an overview of the breadth of speech and language difficulties, and continues with a discussion of speech-language evaluation and eligibility, and ends with what children will typically work on while in therapy with a pathologist.

Kumin believes that “language is part of daily living and is best practiced during real life.” She suggests teamwork between the family, speech-language pathologist, and teacher. To build up this team, she provides strategies for classroom teachers, such as modifications that help students with Down syndrome follow spoken instructions or feel included in conversations. For families, the author presents a wealth of home activities which go beyond traditional therapy lessons.

A professor in the Department of Speech-Language Pathology/Audiology at Loyola University where she founded the Down Syndrome Center for Excellence, Kumin draws on over twenty years of experience working with babies, children, adolescents, and adults with Down syndrome, along with patients’ families. This leading expert has also written *Classroom Language Skills for Children with Down Syndrome* and produced *What Did You Say? DVD: A Guide to Speech Intelligibility in People with Down Syndrome*.

Integrating the latest research, technology, and therapies in speech-language therapy, Kumin adds to this practical and invaluable handbook with quick lists, sample worksheets, evaluations, reports, surveys, and an extensive “Resource Guide” with related organizations and Web sites. Also effective are eye-catching photographs of children with Down syndrome at school, at home, and in the community. Although her information is authoritative, the text is easy to read and the author’s tone is always encouraging and supportive. Kumin’s “10 Tips for Nurturing Your Child’s Communication Skills” should become a mantra for all families and professionals working with children with Down syndrome. If helping these children communicate better is the goal, then this book is the guiding path. (August) *Angela Leeper*



**Permanent Adolescence: Why Boys Don't Grow Up**

**Joe Carmichael**  
New Horizon Press  
Softcover \$14.95 (244 pp)  
978-0-88282-335-5

Joe Carmichael doesn’t need to read the newspaper or watch the evening news to learn about the distressing state of America’s youth. As a high school English teacher, he gets daily, up-close views of students who are completely inept at handling the academic environment or basic social interaction. He’s noticed that boys are especially lacking in these competencies, and seem unconcerned about advancing to more mature levels. Carmichael states, “A large number of today’s teenagers, especially boys, see no reason to accept or pursue adulthood since it is of so little value to the larger culture.”

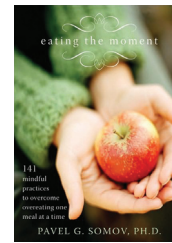
One reason for this troubling situation is that society has forsaken the coming-of-age practices that for generations were vital in helping boys transition into adulthood. Today many male adults neglect their roles of mentor and guide for their sons, possibly because they never experienced them during their own adolescence or simply because they do not have a meaningful presence in their children’s lives. Boys are left on their own to navigate the growing-up process.

Carmichael also explores the effects of modern culture. Boys constantly see and hear the emphasis on youth and staying young, and they disengage from social contact by spending countless hours alone playing video games or being “entertained” by television. Communication skills are practically non-existent, so boys do not develop appropriate ways to express themselves. The creative aspects of the mind lack nourishment and stimulation, stifling any emotional or artistic release. Often violence becomes the outlet for making a statement about their feelings.

A third major factor Carmichael explains is the failure of the educational system to adequately adapt to the learning needs of boys. He asserts that schools and teaching methods are advantageous to girls, and boys eventually tune out the instructors since they become frustrated and see little chance of succeeding.

Carmichael does a masterful job of weaving in plenty of statistics and supporting information throughout the book without getting bogged down in unnecessary details. He thoroughly examines each topic and passionately leads his reader through the complex causes and influences related to a boy’s adolescence and offers helpful suggestions for dealing with them. *Permanent Adolescence* would be insightful reading for educators, parents, or anyone interacting with young—or even adult—males. (October) *Jeff Friend*

## HEALTH &amp; FITNESS



**Eating the Moment: 141 Mindful Practices to Overcome Overeating One Meal at a Time**

**Pavel G. Somov**  
New Harbinger  
Softcover \$14.95 (216pp)  
978-1-57224-5433

The practice of mindfulness (full awareness of the present moment), is used to treat a multitude of health and psychological difficulties. Here, the author, a private psychologist who regularly evaluates people who are considering gastric bypass surgery, promotes mindful eating. With a doctorate in counseling psychology from the State University of New York at Buffalo, Somov has developed a mindful-eating program based on effective techniques for his clients. His 141 exercises apply not only to very overweight individuals, but also to anyone desiring to adopt a more conscious and healthy eating lifestyle.

The book is arranged flexibly, so as to be either read cover-to-cover or randomly. If readers choose to skip around, the exercises are labeled with either an AB (an awareness-building level) or an HM (a habit-modifying level) or both. The exercises are based on four reasons why people engage in overeating: mindlessness of environmental triggers, of the eating process, of feeling full, or of eating for emotional reasons.

Full and present awareness is useful in controlling cravings. By merely noticing something without becoming attached to it, individuals can achieve “disidentification.” With food cravings specifically, mindfulness reveals that craving is a transient state of mind, not the mind itself. “Yes, it is a part of you, but it’s not all of you,” the author points out. No one should strive to block thoughts of food, instead they should recognize them as mere sensations. In short, the author maintains, “mindfulness is a form of controlling by letting go of control.”

Offbeat exercises are designed to break automatic behavior associated with food. The author asks readers to pack together pieces of a carrot cake and hurl the chunks at a tree. Although afterwards a carrot cake might scream “eat me,” it might also start to signal “throw me.” The author suggests that to broaden this exercise, readers should invent creative manners to interact with favorite foods “so that stuffing your face with it is no longer the only fun option at your disposal.”

As a final exercise, the author suggests developing a personal eating philosophy, including the purpose of eating and when to start and stop eating, but he does not dictate any specific terms, recognizing that individuals’ goals will differ. Much more than just a workbook for obese people, this collection of exercises will be useful for many who just want to lose ten pounds. (November) *Beth Hemke Shapiro*