

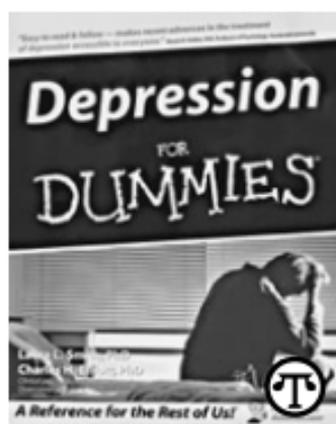


Books Worth Reading

Weighty Matters

(NAPSA)—Two interesting reads may help improve the shape you're in—whether you need a physical or mental boost.

If you are (or you know) one of



the 35 to 40 million Americans who suffer from depression, help has arrived in the form of *Depression For Dummies* (Wiley, \$21.99), written by

husband-and-wife clinical psychologists Laura L. Smith, PhD and Charles H. Elliott, PhD.

This friendly, unintimidating guide to understanding and managing depression provides strategies to help make changes, find relief and take charge of life. It contains the latest on therapy for relieving symptoms, preventing relapse, medications, how to find professional help and ways to regain confidence and feel good again. Combined with humor and warmth, the authors' wisdom offers hope for those who suffer.

In *Weight Training For Dummies* (Wiley, \$21.99), Liz



Neporent and Suzanne Schlosberg, best-selling authors of *Fitness For Dummies*, team up to unravel common fitness myths and set readers straight on training with weights. Packed

with easy tips and solid advice, the book explains how to integrate weight training into a fitness program, how to tone and build muscles and how to exercise safely.

Available wherever books are sold.