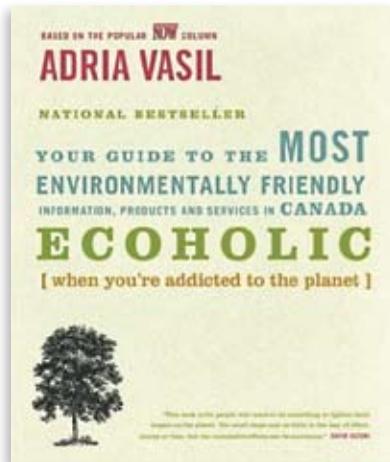


The environment has gone mainstream. Politicians are forced to defend their environmental records. Cities vie for the title of Best Recycler. Corporations are eager to paint themselves green. Consumer choice in environmental products and services has mushroomed.

While increased choice is a boon for consumers, navigating through the various options now available can be a daunting task. *Ecoholic. Your Guide to the Most*



*Environmentally Friendly Information, Products and Services in Canada* is, as the title indicates, an attempt to help consumers choose among the sometimes bewildering array of options available to them in “green” products, services, and sources of information.

The book is organized by broad thematic areas, ranging from beauty treatments to home products to money and work. Within each area there is a thoughtful discussion of the key environmental dimensions of consumer choice and of the alternatives available to consumers. So, for example, the section on photography weighs the relative merits of digital and traditional cameras, the issue of chemicals used in processing and printing, and the battery efficiency of different brands of cameras.

The book’s strength is its coverage of a range of topics where eco-conscious consumers might want to weigh their options. There are often surprising trade-offs to be considered when choosing among options, and the book’s willingness to look at the many ecological implications of a product purchase brings these to the forefront. The conclusion of the photography section, for example, endorses single-use cameras owing to their high recyclability.

Perhaps the weakest areas of the book are those that treat issues of health and nutrition. Despite the thought-provoking address of the ecological effects of food production and pharmaceutical use and disposal, the discussion of the health effects of natural remedies and organic food lacks the rigour of the rest of the book. As with any sourcebook, this volume will also need regular updating to remain current.

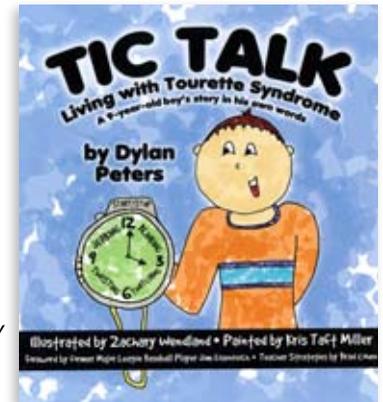
All in all, the book delivers on its title’s promise and is a useful tool for any consumer looking to make environmentally friendly choices.

—Carsten Hennings MSc MBA MDiv

Mr Hennings is an Assistant Professor of Business Administration at Tyndale University College in Toronto, Ont.

## Tic talk. Living with Tourette syndrome. A 9-year-old boy's story in his own words

**AUTHOR** Dylan Peters  
**PUBLISHER** Five Star Publications, PO Box 6698, Chandler, AZ 85246, USA;  
**TELEPHONE** 866 471-0777  
**WEBSITE** www.fivestarpublications.com  
**PUBLISHED** 2006/50 pp/  
 \$14.95 (US)



**OVERALL RATING** Very good

**STRENGTHS** First-person account; description of “real-life” scenarios; excellent resource for children with Tourette syndrome and their parents, teachers, and friends

**WEAKNESSES** Little clinical description of disease

**AUDIENCE** General

Through simple, straightforward writing and child-oriented illustrations by buddy Zachary Wendland, Dylan Peters has created an appealing “storybook” resource for other kids. The title of the book pretty much explains what the book is about. The book is a useful tool for elementary-level students and their parents and teachers.

Dylan, a 9-year-old with Tourette syndrome (TS), discusses his own reactions to being diagnosed at age 4 and describes what it’s like living with the symptoms of tics and vocalizations. He explains the illness in a child-friendly way, even breaking down the pronunciation of complicated words. He describes the emotions experienced by the lack of control he had over his body and its involuntary movements and sounds. He goes on to explain the effects his anger and embarrassment had on him, and the syndrome’s effect on his classmates as he got older. Dylan presents a clear link between the stress of worrying about others’ reactions and the subsequent worsening of his tics. In his own words, he teaches the reader that open discussions help to lower the stress this illness brings—that was his reason for writing the book.

## Book Reviews

The book describes Dylan's experience telling his classmates about his diagnosis, and can be a good reference for parents and teachers raising difficult discussions about "difference" in the classroom. The book includes a foreword by a Major League Baseball player with TS and an afterword by a teacher with TS who offers specific strategies for working with TS children, providing extra support for readers with TS.

—Janet Dollin MDCM CCFP FCFP

**Dr Dollin** is a family physician in Ottawa, Ont. She is an Associate Professor in the Department of Family Medicine at the University of Ottawa and President of the Federation of Medical Women of Canada.

— \* \* \* —