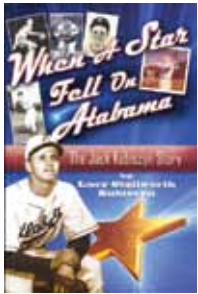


When a Star Fell on Alabama

by Lucy Stallworth Kubiszyn, '59

Word Way Press, Tuscaloosa, Ala., 2009
paperback, 304 pp., \$16.95



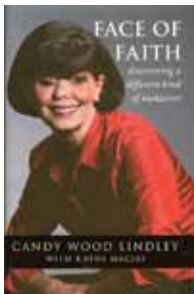
It was before the days of steroids, player unions and rock-star athletes. This is the story of Jack Kubiszyn, an athlete who played during this era and whose star rose perhaps too quickly. A native of Buffalo, N.Y., Jack was recruited in 1954 by UA's charismatic young basketball coach, Johnny Dee,

and became part of Alabama's legendary Rocket Eight team, and also played baseball for the Tide. After a record-setting college career, Jack was signed with the Cleveland Indians, becoming part of the professional baseball world. In 1964, he was hit in the eye by a pitched ball, which ended his pro career. Written by his wife, the book offers a peek at the sports world of the mid-twentieth century. Some proceeds from each book go to two UA sports scholarships named for Jack, in basketball and baseball.

Face of Faith

by Candy Wood Lindley, '73

Exclaim Publishing, Knoxville, Tenn., 2009
hardcover, 297 pp., \$22.95



In 1982, Lindley was diagnosed with a tumor inside of her head that would eventually result in a physical and emotional transformation. In this touching story of a woman who was blessed with beauty, passion for life and a loving family, the author tells how everything dramatically changed with a diagnosis at

the age of the 30 that altered her life and her looks forever. Her only chance at survival would be to have a surgery that would leave her face severely deformed. In *Face of Faith: Discovering a Different Kind of Makeover* Lindley recounts her medical miracle and her discovery of who she really was.

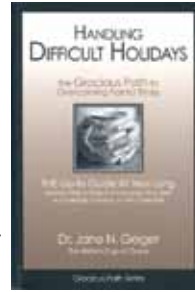
Handling Difficult Holidays

by Dr. Jane N. Geiger, '88

INDI Publishing Group, Phoenix, 2010
paperback, 168 pp., \$16

Handling Difficult Holidays: *The Gracious Path to Overcoming Painful Times* is a year-round guide addressing specific holiday needs with concrete solutions, creative prose and encouraging wisdom. Geiger is

a celebrated counselor who for two decades has coached thousands of men and women, individuals and families, singles and couples through trying times. The book offers compassion for grief and loss, a welcoming embrace for singles, peaceful solutions to chronic family stress, fresh ideas for tired traditions, refreshment for weary hosts and tired travelers and financial wisdom for spending sanity.



Trailblazing Mars

by Pat Duggins

University Press of Florida,
Gainesville, Fla., 2010
hardcover, 243 pp., \$24.95

Travel to and from the red planet has long been a staple of science fiction. And yet the hurdles—both technological and financial—have kept that exploration from becoming a reality. *Trailblazing Mars: NASA's Next Giant Leap* offers an inside look at current efforts to fulfill this dream. Award-winning journalist Duggins, news director at Alabama Public Radio, begins with a look at Mariner 4, the first probe to reach Mars, built at the same time the Mercury astronauts were first experiencing near-Earth orbit. He reminds us of the excitement generated by the Viking and Pathfinder expeditions, and the disappointments of Biosphere 2 and the loss of more recent unmanned missions that crashed into the planet's red-orange dust.

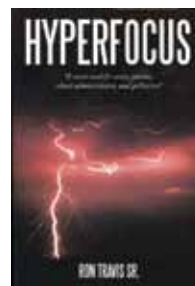


Hyperfocus

by Ron Travis Sr., '63

AuthorHouse, Bloomington, Ind., 2010
hardcover, 218 pp., \$17

Hyperfocus was written in 2009 while Ron and his wife, June, worked with their oldest grandson, Trey, during his 9th grade in high school, helping him add structure into his life that would allow him to control the negative characteristics of attention deficit disorder (ADD).



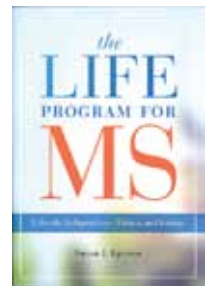
These included distractibility, inattention, impulsivity and restlessness. While researching ADD, Ron was introduced to the positive characteristics of *Hyperfocus*, which allows people with ADD to focus intently, with creativity and enthusiasm, on things they are interested in. Having spent his entire career teaching these tools to others for preparing long-range management goals, he realized they were the same principles needed to control ADD. He is also the author of *The Synergistic Life Style* and *Synergistic Management Control Systems*.

The Life Program for MS

by Susan J. Epstein, '81

Oxford University Press, New York, 2009
paperback, 163 pp., \$17.95

The *Life Program for MS: Life-style, Independence, Fitness and Energy* is a user-friendly tool written to help people struggling with MS find a positive balance between disease maintenance and quality living. Epstein explains how to incorporate new behaviors into daily routines, improve emotional well being, live a healthier life and reduce the chances of secondary illnesses, such as cancer, stroke and heart disease. Drawing on her own experience with neuromuscular disease, she provides readers with tips for healthy eating, managing weight, incorporating exercise and improving both mental and physical energy.



Reversing Chronic Disease

by Patricia Stephens, '70

Tate Publishing & Enterprises,
Mustang, Okla., 2009
paperback, 197 pp., \$14.99

Many unexplained chronic diseases such as fibromyalgia and chronic fatigue syndrome (FMS/CFS) are in fact very treatable, according to *Reversing Chronic Disease: A Journey Back to Health*. Research shows that 91 percent of CFS/FMS patients improved—usually markedly—with an integrated treatment approach, detailed in the book. Stephens shares her own journey to wellness, lighting a path that others can follow. The author knows personally the devastation caused by chronic illness, and presents some fresh, unconventional ideas to improve health and stop chronic symptoms.

