nancial well-being? Eldercare pros Wickert, Dresden, and Rumrill tackle this tough subject-one they expect will affect tens of millions of more Americans within the next few decades—in this comprehensive guide. With years of experience in the field of rehabilitation counseling, the writers offer substantive details, including how to gently and respectfully open up the eldercare conversation; eye-opening statistics, such as the dwindling sources of income for retirees; detailed worksheets and checklists for selecting the right financial planners and obtaining critical legal documents; and personal stories that illustrate the need to address the long-term care of elder family members sooner rather than later. The book even takes into account timely game changers like Obamacare and its potential influence on Medicare, and needs particular to LGBTQ seniors. The book truly provides everything one needs to gracefully transition a parent or grandparent to the final chapters of their lives with dignity and security. Longer life expectancies and the growing occurrence of age-related dementia, as well as the current economic climate, continue to strain families; using the tools provided here could significantly ease that burden. (Oct.)

Why Can't I Get Better? Solving the Mystery of Lyme and Chronic Disease

Richard I. Horowitz, M.D. St. Martin's, \$28.99 (576p) ISBN 978-1-250-01940-0

Horowitz's circuitous route to becoming a national expert on Lyme and other tick-borne diseases traces a similar path to that of the patients he treats. In over 25 years of specialized practice with the illness, including as cofounder of the Hudson Valley Healing Arts Center in Hyde Park, N.Y., he has fought legal and insurance battles, recognized Lyme disease as a chronic illness, identified and defined a multiple systemic infectious disease syndrome (MSIDS), and devised a 16-point differential diagnostic map. In his first book, the author illustrates the diverse clinical presentations of Lyme disease through the stories of his many patients. Case by case, he discusses symptoms, associations, diagnostic strategies, and treatment options, as well as co-existent maladies. In addition to traditional

medical treatments, Horowitz also addresses the effects of exercise, massage, and meditation. This synopsis not only provides a treasure trove of information about Lyme disease to patients and health care providers, it also offers a glimmer of hope for anyone suffering from chronic illness. (Oct.)

Parenting

Finding Our Families: A First-of-Its-Kind Book for Donor-Conceived People and Their Families

Wendy Kramer and Naomi Cahn. Avery, \$18 trade paper (288p) ISBN 978-1-58333-526-0

With more than one million donorconceived individuals in the world, the need for transparency within all facets of that community—children, siblings, parents, extended families, and donors-is as much a right as it should be a requirement. That assertion forms the basis for the guidelines that Kramer, cofounder and director of the Donor Sibling Registry (DSR) and the mother of a donor-conceived child, and Cahn, a law professor focused on family law and reproductive technology, present in this timely volume. From raising a child with full disclosure to addressing the origin story of a child who has without warning been made aware of it, the authors provide appropriate courses of action and suggestions for maintaining supportive and honest communication. Questions from donor children-What does my donor look like? Can I meet him or her? Do I have any half siblings?—are addressed in detail, as are steps that can be taken to find the answers. In addition to providing suggestions for search resources, the authors include checklists and talking points for how, when, and where to connect, as well as suggestions regarding long-term contact. The book successfully honors its promise to deliver the tools necessary to help donor-conceived children discover and explore their genetic legacies. Agent: Bridget Wagner Matzie, Zachary Shuster Harmsworth Literary Agency. (Dec.)

The Baby Chase: How Surrogacy Is Transforming the American Family

Leslie Morgan Steiner. St. Martin's, \$25.99 (320p) ISBN 978-1-250-00294-5

Steiner's (Crazy Love) look at surrogacy is less of a journalistic inquiry into this "most radical infertility solution" than a compassionate plea for broader acceptance of "collaborative pregnancy" and "shared motherhood." Steiner recounts the evolution of the \$10 billion infertility business through the narrative of a Canadian-American couple, Rhonda and Gerry Wile, who turn to the "nascent industry" of gestational surrogacy in India, where it is not only legal to hire a woman to bear your baby, but much cheaper than in the U.S. Steiner mentions, but lightly glosses over, the many ethical, legal, and societal complications of surrogate birth in favor of stressing her emotional appeals. She describes infertility as a "crushing, soulsucking" condition that cripples its victims with lifelong physical and psychological damage. Her portrayal of the Wiles's struggles reveals the deeply embedded cultural reverence for the power of genetics and the need for public understanding -and perhaps oversight-of this "unmapped emotional, legal, and ethical terrain." Overall, Steiner succeeds in both aims closest to her heart: to raise awareness about infertility and to share the fulfillment of the Wiles's dream to have "a baby that felt like theirs." Photos. Agent: Alice Martell, the Martell Agency. (Nov.)

Your Child's Teeth: A Complete Guide for Parents

Evelina Weidman Sterling and Angle Best-Boss. Johns Hopkins Univ., \$18.95 trade paper (296p) ISBN 978-1-4214-1063-0

Weidman Sterling, a public health educator, and health writer/patient advocate Best-Boss cover everything parents need to know from pregnancy (good nutrition helps a baby develop healthy teeth) to young adulthood in this wide-ranging text. Noting that oral health is strongly linked to overall health, the authors cite the alarming statistic that 60% of American kids are affected by tooth decay, a figure that has increased during the past 15 years. Chronic oral infection, they warn, can lead to heart disease and diabetes, and dental neglect can also result in trouble concentrating in school and psychological problems. The authors walk parents through the ages and stages of tooth care, in separate chapters addressing infants and toddlers, early childhood,