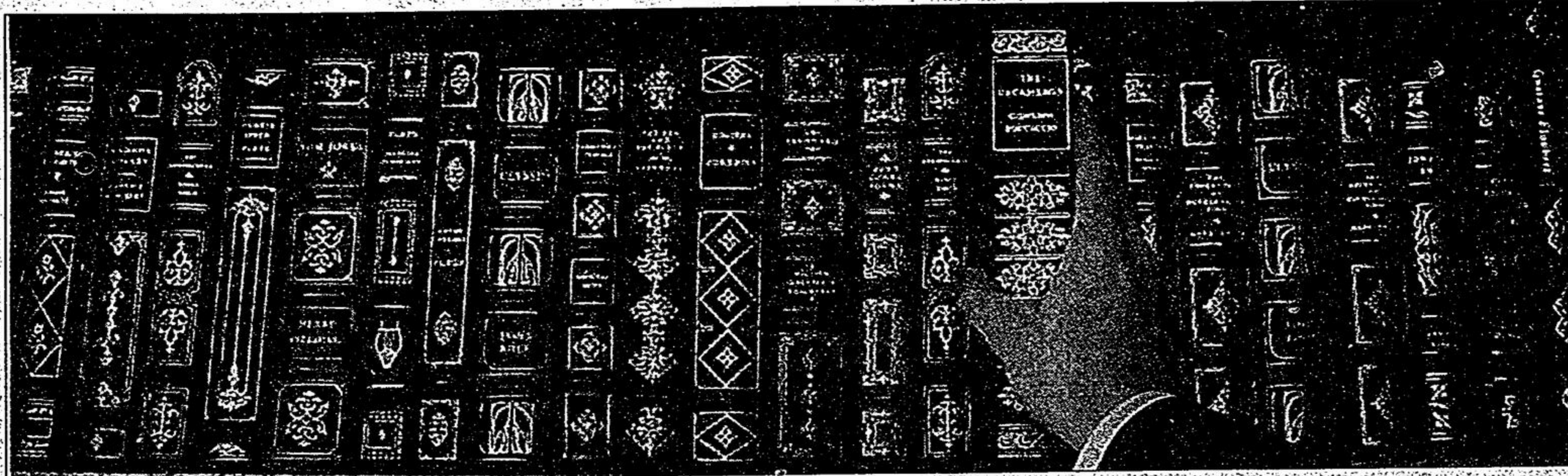


BOOKS

A BOOK FOR EVERYTHING, FOR EVERYTHING A BOOK



From making dolls to making love, there's definitely a book to guide you

The self-help section of the book store overflows with options

BY JOAN RANSBERRY
Staff Writer

It doesn't matter what you want to do, there's a book to tell you how.

How-to books have held a prominent place in bookstores across North America for more than three decades. And, judging by their numbers, how-to-books are here to stay.

Books available in York Region will teach you how to make a quilt, a birdhouse, a lovely garden, a perfect baby, flawless rice, an ultra-light and how to become a millionaire.

And if you want to make sense out of your dreams, grow the best roses in town, keep a spotless home, have unforgettable sex, make wine or get a hole in one, buy a book.

Large bookstores, such as Chapters and Coles, seem to have cornered the how-to book market, but some of the smaller bookstores in York Region do carry

some specialty books.

Dollmakers know Chapters, located on Hwy. 7 in Markham, is worth a visit. People have been making dolls since the dawn of time. One book, *The Book of Doll Making*, offers step-by-step instructions on how to make 20 dolls, including the old standby rag doll and the fancy flapper.

Since birdhouses are enjoying a rebirth, it comes as no surprise that there are plenty of how-to-books for houses for feathered friends.

Wood is in. Judging from the attention being given to wood-working these days, it comes as no surprise to find books featuring the secrets of softwood, hardwood, plywood and veneers.

Gardening has taken North America by storm. There's no end to the number of gardening books available. Of course, the reader is encouraged to dig a little deeper and let Lois Hole, author of *I'll Never Marry A Farmer*, teach you how to grow wonderful veggies.

Gardening books walk the novice through the techniques of seeding, composting, fertilizing and watering. If you want perennials that last and annuals with

lots of colour and style, stock up on a few how-to-garden books.

Books offering the safest, fastest and most efficient way to clean the house are always in demand. *Talking Dirty with the Queen of Clean* is one of this year's favourites.

Once the house is squeaky clean, you might want to do some painting or wall papering. If you don't know how, check out *Painting and Wall Papering for Dummies*. And while you're at it, learn how to design a new bathroom or a simple window.

You'll find books on how to decorate the country house, the patio, the deck, the one-storey and the multi-storey. And if you're interested in the Asian element, there are books on that, too. It can't be over-stated: How-to-books can help you save time, money and a million headaches.

Speaking of heads, self-help books are as popular today as they were when they hit the North American book shelves in the late '60s. *The Highly Sensitive Person*, teaching you how to thrive when the world overwhelms you, is a must-read. Or if your goal is to put more fun in your lifestyle,

check out *Spiritual and Practical Ways to Create Abundance*.

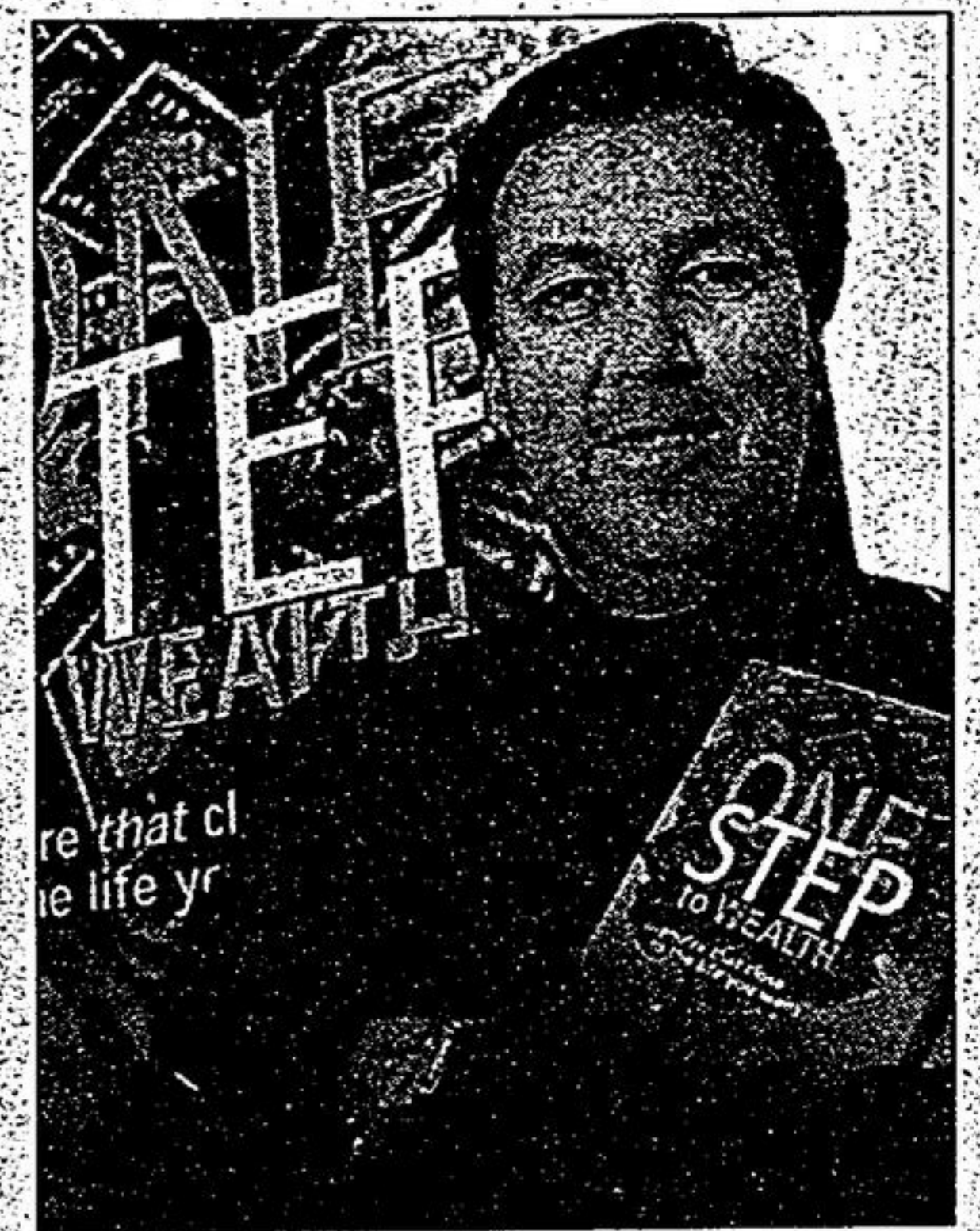
The *Don't Sweat the Small Stuff* series, covering everything from love to work to raising a teen, is popular.

The world of economics has taken its rightful place on the how-to bookshelves. *Don't Worry, Make Money* is being noticed. In case your career is in a slump, consider reading *What's Holding You Back?*

And you can borrow from the ones who climbed their way to the top by reading *The Seven Habits of Highly Effective People*. Author Stephen Covey offers lessons in personal change. Or take a lesson from *The Six Pillars of Self Esteem*. If that doesn't do the trick, try *From Panic to Power*.

Find out what's new in emotional intelligence, use passion to self improve, find out what to you say when you talk to yourself and, for the mid-lifer, there's an abundance of self-help material available. *Aging Well* bills itself as a complete guide to physical and emotional health. Or *Live Now*

See HOW-TO, page 25.



STAFF PHOTO/ROB ALARY

Author Bill Bell

Author says you can be happy, wealthy

BY FRED SIMPSON
Staff Writer

Aurora author Bill Bell is offering a recipe to be happy and wealthy at the same time up in his book, *One Step Wealth ... you're that close to the life you want*.

This 153-page offering is a departure from the usual 'how-to' tome on personal finances.

Bell puts a heavy stress on achieving emotional wealth, as well as financial.

The book urges the reader to decide what he wants and gives him the resolve to "take that first step", which will make the others fall in place accordingly.

It outlines, in plain prose, how anyone can gain control of his or her attitude and life.

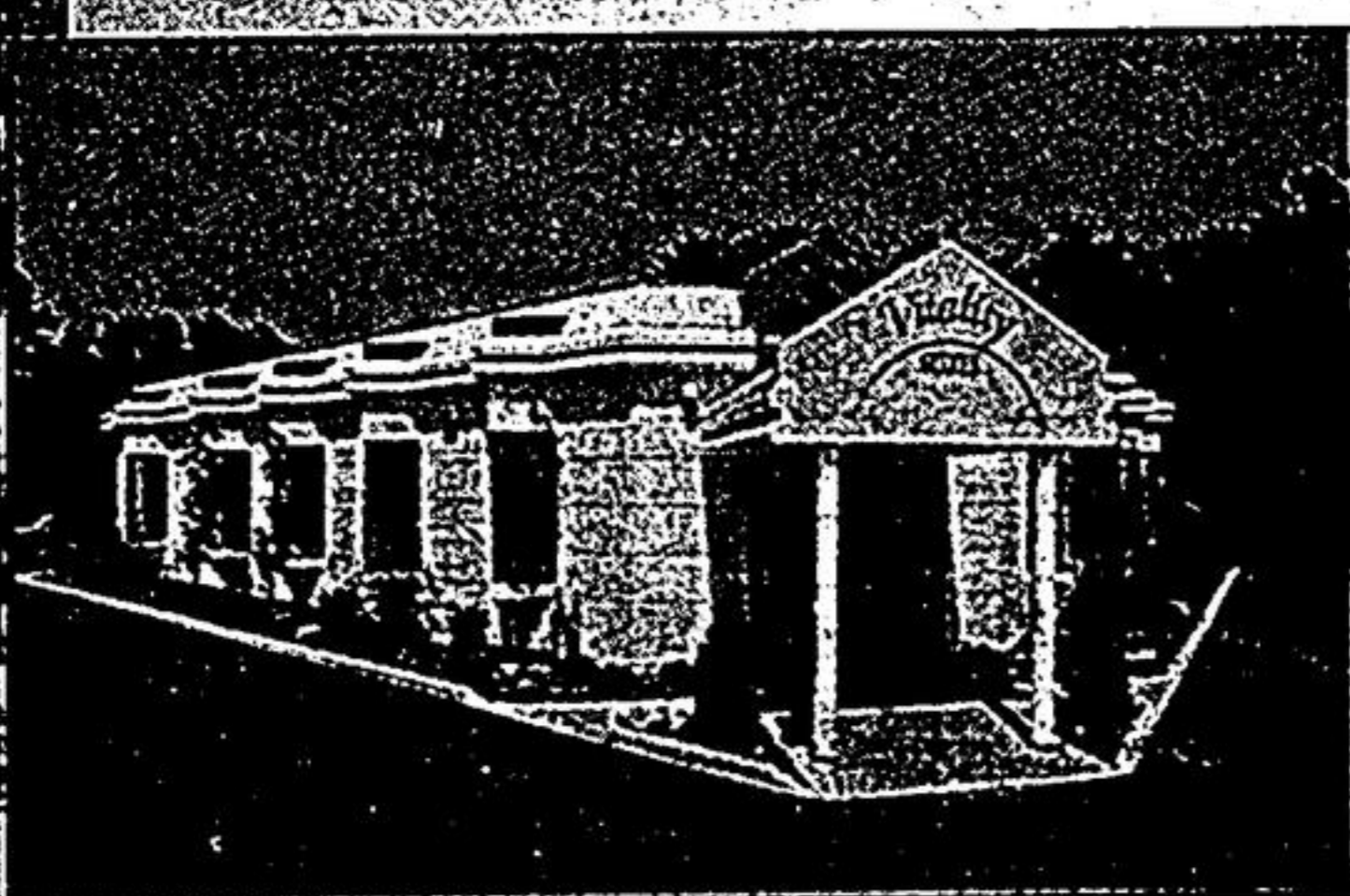
It offers readers the opportunity to get what they want and, logically, money is one thing most people want.

The book emphasizes the key step is knowing what one really wants.

See KNOW, page 25.



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