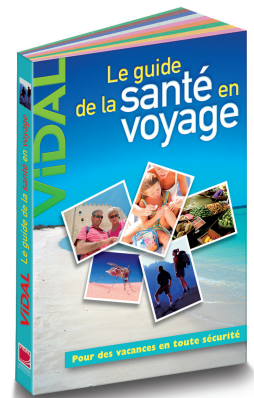


The VIDAL Traveler Health Guide (2nd edition)

How to travel safely

This new edition has been entirely revised to be more practical and complete. Organized in question-and-answer fact-sheets, this guide advises travelers about the best way to remain healthy : vaccinations, malaria prevention, disease management while abroad, country-specific recommendations, etc.



Three sections:

- **Before departure:** 30 question-and-answer fact-sheets to plan a safe trip.
- **Destination fact-sheets:** what you need to know about vaccinations, malaria and the sanitary situation in each country.
- **During and after the trip:** 50 question-and-answer fact-sheets to help you organize and react in the event of a problem.

New in 2007: an access to a private website enables readers to consult their guide online from any computer around the world.

Users: Consumers.

Presentation: Guide – 320 pages – 4 colors.

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Publication: June 2007.

Prices: € 24.00 incl. VAT (€ 27.00 incl. VAT and carriage) – Available from bookstores and supermarkets.

Find out more at
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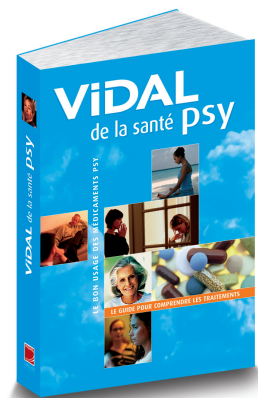
The VIDAL Mental Health Guide

Psychotherapies and psychoactive drugs

This guide helps readers understand the various methods used to treat mental health problems: sleep disorders, anxiety, depression, bipolar disorder, psychoses, etc.

This guide extends the patient-physician dialogue by providing advice on the rational use of psychoactive drugs and stresses the complementary nature of psychotherapy and drugs.

Fact-sheets about all commercialized psychoactive drugs state their indications, dosages, adverse reactions, contra-indications, etc.



Users: Consumers.

Presentation: Guide – 560 pages – 4 colors.

Format: 14.8 x 21 cm – paperback.

Publication: October 2004.

Prices: € 24.00 incl. VAT (€ 27.00 incl. VAT and carriage) – Available from bookstores and supermarkets.

Find out more at
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