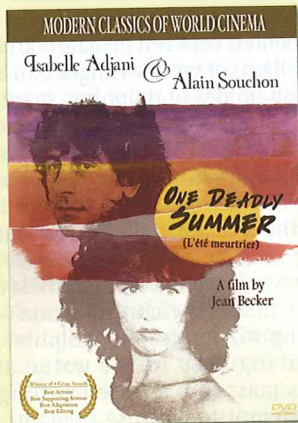


DVD Picks

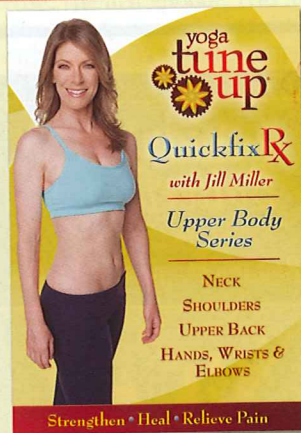
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ONE DEADLY SUMMER

A beautiful young woman finds herself drawn into a complex tale of misunderstanding, obsession and madness when she goes on a trail of vengeance against the men who attacked her mother years earlier. Isabelle Adjani gives a stunning performance in this art-house favorite making its long-awaited DVD debut. **One Deadly Summer** was the winner of 4 César Awards (the French equivalent to the Oscars), including Best Actress for Adjani, and is a highly recommended and essential addition to your film catalog. In French with English subtitles.

TF10202, \$27.99



YOGA TUNE UP: QUICK FIX

Fitness expert Jill Miller leads these two volumes of workouts designed to help heal damaged muscle tissue, increase overall strength, and bolster the immune system. The DVDs use short segments combining elements of yoga, calisthenics and body therapy to focus on the problem areas and address issues at hand. Viewers can choose short or long sequences depending on individual needs. Both DVDs come highly recommended as additions to your fitness and wellness selections.

UPPER BODY: BAY964, LOWER BODY: BAY965
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HEALTH & FITNESS

Brain Injury Dialogues ★★★

(2008) 52 min. DVD: \$25. *Brain Injury Dialogues*. PPR.

In between impressionistic rotoscoped sequences, four adults discuss their widely diverse experiences in this compelling documentary about brain injuries, one of the most common—and least understood—forms of disability. As narrator/co-director Rick Franklin notes, “One key feature of brain injuries is that no two are alike.” Although the symptoms vary, the most common appear to be memory loss and a lack of focus. Impaired from a car accident, Franklin—a member of Oakland’s East Bay Brain Injury Support Group—becomes disoriented whenever he steps outside, so he can’t drive, and he also hasn’t held a steady job for 15 years. Co-directed by Lyell Davies, *Brain Injury Dialogues* also introduces us to Dirk Neyhart, who lost his sight as a result of a stabbing and speaks in a halting manner (“I talk funny”) but lives an independent life, as does Harvey Rabbit, the victim of a horse trampling. Nani Lofstrom needs homecare after suffering a blow to the head during a fire that led to a coma, followed by 13 years of homelessness. Nani didn’t originally receive a brain injury diagnosis, partly because she hesitated to discuss her neurological problems, saying, “I just thought I was crazy.” The directors also speak with Zona Roberts, mother of disability rights activist Ed Roberts, and follow their subjects to physical rehabilitation and cognitive therapy sessions. DVD extras include a speech by Dr. Mark Sherry (a brain injury

survivor and specialist), and deleted scenes. Recommended. Aud: C, P. (K. Fennessy)

NoBody's Perfect ★★★1/2

(2008) 84 min. In English & German w/English subtitles. DVD: \$129; public libraries; \$249; colleges & universities. *Alive Mind Education*. PPR.

At a time when adverse medical side effects have led to the removal of many pharmaceuticals from the commercial market, Niko Von Glasow’s documentary reminds us of the most notorious example of a dangerous prescription drug. Thalidomide, marketed during the 1950s and ’60s as a non-addictive sedative, caused severe birth defects when taken by pregnant women, with one estimate suggesting that some 10,000 children died or were disfigured. *NoBody’s Perfect* features 12 of the victims—including Von Glasow himself, whose arms are only several inches long, although his hands are of normal size. The narrative is structured around the filmmaker’s project to persuade 11 other “Thalidomiders” to join him in posing for nude or semi-nude photographs for use in a book and a public art exhibit, with the purpose of helping others become more sensitized to such deformities through the images. Von Glasow also tries to contact the current chief executive of the family-owned Grünenthal company, which manufactured thalidomide but has never issued a formal apology or contributed to the payments the victims receive from the German government. But most of the footage revolves around Von Glasow’s conversations with other survivors and members of their families (including the director’s young son), who talk about their often painful experiences and express their hopes and fears. While that might sound like a recipe for a

Breast Cancer: The Path of Wellness & Healing ★★★1/2

(2009) 2 discs. 317 min. DVD: \$34.99. *Montée Productions* (dist. by *Instructional Video*). PPR.

Offering five-plus hours of information, reassurance, and advice on breast cancer—addressing risk factors, how the disease is diagnosed and treated, survival rates, and life after cancer—the double-disc set *Breast Cancer* will help women grasp relevant terminology; prepare for surgery (including breast reconstruction), targeted therapy, hormonal therapy, chemotherapy, or radiation; and assemble support teams (both medical and personal). Besides serving up a wealth of detail on traditional

medical approaches, the program also provides suggestions for adding complementary alternative treatments such as acupuncture, homeopathy, and meditation. Among those featured are Drs. Harvey Karp, Susan Love, Dean Ornish, and Deepak Chopra, along with spiritual expert Marianne Williamson, while survivors interviewed include musicians Melissa Etheridge, Sheryl Crow, and Olivia Newton-John, and actresses Christina Applegate and Jaclyn Smith. Extensive DVD extras include short segments in which physicians answer questions about hormones and breast cancer, the effects of chemo and radiation on the skin, and talking to one’s children about cancer. Other extras include brief demonstrations of guided imagery, visualization, Chi Gong breathing, mindful meditation, and yoga. A comprehensive program that focuses on wellness and proactive approaches during and after treatment—while also taking into account the emotional side of coping with cancer—this is highly recommended. Aud: C, P. (M. Puffer-Rothenberg)