

pose, cobra and mini-cobra, lotus, and butterfly. Backed by a mellow soundtrack of tunes from Sting's 2006 album *Songs from the Labyrinth*, the program features spacey overlaid narration by D'Silva as he and Styler do the moves ("your awareness...spiraled up and around into the heavens..."). DVD extras include meditation segments, interviews, and featurettes on "Growing Energy" and the making of Sting's latest album. Aside from the well-known names and exotic locale, *Warrior Yoga* is much like similar basic yoga titles, but this one is likely to be popular. Recommended, overall. [Note: *Trudie Styler's Cardio Dance Flow* is also newly available.] Aud: P. (J. Williams-Wood)

combining personal stories with guidance. While *Adolescence & Other Temporary Disorders* suggests that chronic boredom and the need for social attention can lead to experimenting with drugs, alcohol, and sex, other behaviors such as drug addiction or self-mutilation are atypical adaptations to the physical and mental changes that accompany adolescence. Noting that teens sometimes experience a "rationality in absentia disorder" due to powerful limbic system bursts of temporary insanity, Friman also says that "Because I felt like it" is often an honest response, which doesn't force youths into fabricating a reason for their actions. While some parents may not agree with all of the advice offered here, Friman's tips on negotiating, allowing teens to express their feelings, and taking care to appropriately—and privately—voice criticism, seems solid. Reminding viewers that this developmental stage doesn't last forever, this helpful program—targeted at parents, caregivers, and educators—is easily recommended. Aud: J, H, P. (J. Williams-Wood)

(including one single teenager) through labor and childbirth, capturing their interactions with hospital personnel, different approaches to pain management, and the actual deliveries. Chronicling a variety of situations, the stories cover: two non-medicated vaginal births (one a VBAC, or vaginal birth after cesarean); an unplanned cesarean; a labor using "comfort measures" in lieu of pain medication (soaking in a warm bath, deep breathing, vocalizing, and having someone squeeze the mom's hips during contractions) followed by an analgesic to lessen discomfort; and the use of an epidural to completely block the pain of labor. All of the mothers deliver in a hospital, although the second-time VBAC patient also employs a midwife and a doula (a childbirth assistant), while the teen is supported by her friends, mother, and—during delivery—the baby's father. A narrator introduces or explains what is happening, and each woman is interviewed at home afterward with her partner and infant. Drugs including pitocin (for strengthening contractions) and the anesthetics used for an epidural are explained and their effects described, while hospital footage illustrates how they are administered. Both informative and positive, this documentary will be useful for educating and reassuring

CHILDBIRTH & PARENTING

Adolescence & Other Temporary Mental Disorders ★★★

(2010) 75 min. DVD: \$29.95. Boys Town Press. PPR. ISBN: 978-1-934490-12-9.

Dr. Patrick Friman, director of Clinical Services at the Boys Town nonprofit family organization, explores the differences between normal and abnormal adolescent behavior in this filmed lecture with slides,

The Miracle of Birth 3: Five Birth Stories ★★★

(2010) 51 min. DVD: \$99.95: public libraries; \$279.95: high schools, colleges & universities. InJoy. PPR. Closed captioned.

The Miracle of Birth follows five women

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THE MIRACLE OF BIRTH 3: 5 BIRTH STORIES



2010 • 51 min.	
Public Libraries	\$99.95
Schools	\$279.95

UNDERSTANDING BIRTH 2ND EDITION: A COMPREHENSIVE GUIDE



★★★ "Recommended"
— Video Librarian

2009 • 135 min.	
Public Libraries	\$199.95
Schools	\$449.95

BETTER BREASTFEEDING: YOUR GUIDE TO A HEALTHY START



★★★½ "Highly recommended"
— Video Librarian

2008 • 25 min.	
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new parents-to-be. Recommended. Aud: C, P. (M. Puffer-Rothenberg)

RELATIONSHIPS & SEXUALITY

Naked Ambition ★1/2

(2009) 81 min. DVD: \$29.99. Phase 4 Films (avail. from most distributors). Closed captioned.

"This project is the portrait of a culture," explains director Michael Grecco, former photojournalist turned celebrity photographer, of his latest effort: a coffee-table volume featuring pictures of adult-film performers, entrepreneurs, and fans. *Naked Ambition* chronicles the making of the book, including his experience taking photos during the three-day AVN Show, the largest adult industry convention in the world. Grecco, who subtitled his publication and his movie "An R-Rated Look at an X-Rated Industry," is genuinely intrigued by this culture of exhibitionism and uninhibited sexuality and uses his camera to capture the personalities rather than the bodies (the documentary does feature some nudity, but surprisingly little considering the subject matter). Grecco profiles two rising stars and roams the exhibit hall floor to watch the starlets sign autographs and the salesmen hawk their sex toys and movies, but—unfortunately—never looks beyond the showbiz fantasy of the porn business to investigate its seedier aspects. Offering no real insight into either the field or the participants, *Naked Ambition* is practically a love letter to the industry, an upbeat portrait with a bouncy, high-energy soundtrack featuring charismatic performers who purportedly love their work. Not recommended. Aud: C, P. (S. Axmaker)

The Science of Sex Appeal ★★1/2

(2010) 88 min. DVD: \$14.98. Discovery Channel/Gaiam (avail. from most distributors). ISBN: 978-0-7662-4585-3.

Given both the subject matter and the opening montage of shapely figures, it's a bit of a surprise to find that this program aired on the Discovery Channel rather than one of the "sexier" cable networks. Thankfully, science is still part of the equation in choosing mates, so *The Science of Sex Appeal* also looks at chemical factors such as pheromones and dopamine. As the narrator notes, "evolution is driving how we pick partners," and while considering the face, body, voice, scent, and other expected factors that influence sexual attraction, the documentary also makes some interesting discoveries: females appear more appealing when they're ovulating, while those with higher voices have greater estrogen levels (if they seem more enticing, it's because they're more fertile). While the program looks at the whole partnering cycle—dating, commitment, reproduction, and infidelity (stating that "even cheating turns out to be programmed behavior")—the narration occasionally reinforces traditional gender roles in unfortunate ways, such as noting that "women want good genes and deep pockets." Interviewees include biologists, psychologists, statisticians, and ordinary couples who talk about the alluring features of their partners. *The Science of Sex Appeal* also incorporates Arizona State University Professor Doug Kenrick's experiments in which men and women pair up based on perceived attractiveness. According to Kenrick, "when we say someone looks attractive, what we're actually saying is that that person probably has good genes." Although not all of the conclusions here are supported by rock solid

research, this would still be of interest to general viewers. A strong optional purchase. Aud: P. (K. Fennessy)

FOOD & SPIRITS

The Best of Lidia ★★★

(2009) 85 min. DVD: \$24.99. PBS Home Video. Closed captioned. ISBN: 978-1-60883-145-6.

Culled from episodes of chef Lidia Bastianich's PBS-aired series *Lidia's Italy*, this compilation features a variety of dishes with both a regional and cultural flair, beginning with starters and quick pastas: a green salad (with a dressing made from olive oil and wine vinegar), rice with fresh sage (cooked like risotto), ziti (with authentic Ascoli-style tuna, garlic, and anchovies), and tagliatelle with walnut pesto. Along the way, Bastianich offers detailed instructions, even describing how to "position yourself" for certain steps. Also featuring main dishes including beer-roasted chicken, lamb chunks with olives, and a sausage and green grape concoction, *The Best of Lidia* highlights mouth-watering desserts as well, including Golden Delicious baked apples, chocolate biscotti pudding, and strawberry-ricotta dumplings. DVD extras include select printable recipes. Recommended. Aud: P. (J. Williams-Wood)

Fresh ★★★1/2

(2009) 70 min. DVD: \$145; public libraries; \$295: colleges & universities. Ripple Effect Productions (dist. by The Video Project). PPR.

While *Food, Inc.* (VL-11/09) aimed to raise viewers' consciousness about factory farms and the drawbacks of monoculture, *Fresh* focuses on how to make the alternatives work. Well-paced, balanced, and visually stunning, the documentary reports on studies that show how medium-size organic operations can be more productive than big industrial enterprises, where over 90 percent of plant and animal diversity is lost. Director Ana Sofia Joanes cites numerous examples of sustainable solutions attained by marrying technology with traditional wisdom. Some familiar faces from *Food, Inc.* appear here, including ubiquitous food guru Michael Pollan and Joel Salatin, the Virginia farmer who's gone decades without needing to buy seed or fertilizer. Also interviewed are a MacArthur "Genius" award winner whose three-acre spread in Milwaukee forms a dense urban ecosystem; the former head of an organization of family farms who uses conventional methods but grows no genetically modified crops; an Arkansas couple who raise chickens for Tyson and employ prisoners for labor because no one else wants the job; and a Missouri man who successfully transformed his pig farm from an industrialized model to an antibiotic-free, open-range herd. *Fresh* strives to energize folks into taking action

9 to 5: Days in Porn ★★★

(2010) 95 min. DVD: \$24.99. Strand Releasing (avail. from most distributors).

Anyone who thinks that producing and selling pornography is glamorous or erotic will be disabused of that notion mere minutes into this documentary about the folks in "Porn Valley," the area of suburban Los Angeles recognized as America's adult film capital. This is a world known for sleaze, disease, degradation, and worse, but German director Jens Hoffmann and his subjects take pains to present it as a business much like any other. A variety of characters are introduced: married actors Otto and Audrey, who work both separately and together; agent Mark Spiegler, who lets newcomers live in his apartment while they get settled; Sharon Mitchell, who, after 20 years as a performer, was brutally assaulted by a fan, leading her to become a doctor and found a clinic catering to the disparate needs of people in the industry; Jim Powers, who plays in a punk rock band when not directing and producing porn (his résumé lists nearly 600 titles), and various young starlets, including Sasha Grey, Belladonna, and Roxy Deville, some of whom staunchly defend their profession while denigrating the poor suckers who buy the product. As for the sex scenes being filmed, some of the acts performed are extreme—explicit but not even remotely sexy. DVD extras include deleted material and Q&A. An interesting documentary for discerning adults, the graphic sexual material here limits purchase to academic and very adventurous public library collections. Recommended, with reservations. Aud: C, P. (S. Graham)

