

AMA Alliance Products and Publications order form

	Member price	Nonmember price	Quantity	Total	Shipped Yes/No
Children's Activity Book series					
I Can Handle Bullies	\$15 / 25	\$25 / 25			
Hands Are NOT for Hitting	\$15 / 25	\$25 / 25			
I Can Be Healthy	\$15 / 25	\$25 / 25			
I Can Be Safe	\$15 / 25	\$25 / 25			
I Can Be	\$15 / 25	\$25 / 25			
I Can Choose	\$15 / 25	\$25 / 25			
Set of 6 books (1 of each)	\$4.00	\$6.00			
5 sets of 6 books (30 total)	\$20.00	\$24.00			
10 sets of 6 books (60 total)	\$30.00	\$50.00			
Additional products for a healthy lifestyle					
Healthy Lifestyles CD-ROM	\$9.00	\$14.00			
Talk to Your Kids About Bullying bookmark	\$5.00 / 50	\$6.00 / 50			
Hands Are NOT for Hitting placemat	\$18.00 / 100	\$22.00 / 100			
Physician Spouse series					
The Medical Marriage	\$25.00	\$30.00			
The Handbook of Physician Health	\$40.00	\$45.00			
12 Steps to a Carefree Retirement	\$35.00	\$45.00			
AMA books series					
Diabetes Cookbook	\$14.00				
Type 2 Diabetes Cookbook	\$14.00				
Healthy Heart Cookbook	\$14.00				
Hypertension Cookbook	\$14.00				
AMA Family Medical Guide	\$27.00				
A Piece of My Mind	\$12.00				
The Art of JAMA I	\$29.66				
The Art of JAMA II	\$29.66				
The Art of JAMA I and II set	\$50.00				
The Soul of the Physician	\$27.00				
AMA Alliance logowear					
	Price	Size/color (if applicable)	Quantity	Total	Shipped Yes/No
White adult t-shirts (S, M, L, XL)	\$10.00				
Hooded grey sweatshirts (S, M, L, XL)	\$25.00				
Women's u-neck white shirts (S, M, L, XL)	\$25.00				
Black duffel bags	\$20.00				
Baseball caps (stone, green, dandelion, black)	\$10.00				
	Subtotal				
	Discount amount				Discount code:
	9% sales tax per State of Illinois				
	Shipping and handling				
	TOTAL DUE				

Please print or attach business card (no P.O. Boxes please)

Name _____
 Mailing address _____
 City/state/ZIP _____
 Telephone _____ E-mail _____

Payment information

Cash Check number _____
 VISA MasterCard Card number _____ Exp. date _____
 CID number (three-digit code in the signature panel of your credit card) _____

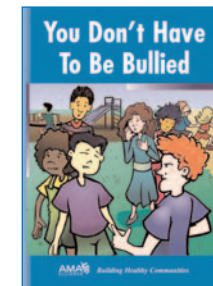
Please allow 3-4 weeks for delivery. If faxing, fax to (312) 464-5020.



Products and Publications

Children's Activity Book series

Six activity books for children in kindergarten through third grade offer creative exercises that teach young readers about nutrition, safety, self-esteem and conflict resolution. The books help kids to focus on making healthy, positive choices. The series includes:



You Don't Have To Be Bullied

Generates a dialogue about bullying, its effects on children and strategies to prevent it. Through mazes, picture finds and other coloring activities, children learn how to resolve a conflict.

Appropriate through 5th grade. Package of 25.
 \$15.00 (member) \$25.00 (nonmember)



Hands Are NOT For Hitting

Reinforces non-violent behaviors. Children learn positive behavior and identify what their hands should and shouldn't do. Package of 25.

\$15.00 (member) \$25.00 (nonmember)



I Can Be Healthy

Addresses the issues of obesity amongst young people and promotes healthy habits—from the foods they eat to regular physical activity. Appropriate through 5th grade. Package of 25.

\$15.00 (member) \$25.00 (nonmember)



I Can Be Safe

Using picture finds, connect-the-dots and mazes, children learn safety at home and at play. Package of 25.

\$15.00 (member) \$25.00 (nonmember)



I Can Be...

Through mazes, connect-the-dots and other coloring activities, children learn to be kind, honest, healthy and more. Package of 25.

\$15.00 (member) \$25.00 (nonmember)



I Can Choose

Children learn self-esteem and conflict resolution skills while completing word finds, mazes and drawings. Package of 25.

\$15.00 (member) \$25.00 (nonmember)

1 set of 6 books (1 of each)

\$4.00 (member) \$6.00 (nonmember)

5 sets of 6 books (30 total)

\$20.00 (member) \$24.00 (nonmember)

10 full sets (all 6 books, 60 total)

\$30.00 (member) \$50.00 (nonmember)

Additional products for a healthy lifestyle



Talk to Your Kids about Bullying bookmark

This bookmark offers parents and teachers simple tips on how to talk to children about bullying. As a companion piece to the popular "I Can Handle Bullies" activity book, the bookmark reinforces the message that bullying is not acceptable. By talking with children about bullying, parents can offer guidance, support and assistance. Package of 50.

\$5.00 (member) \$6.00 (nonmember)



Hands Are NOT for Hitting placemat

This paper placemat teaches preschool through third grade children positive, nonviolent activities and acceptable ways to treat others. "Hands" is a simple hand-tracing exercise with a fun activity on the back for parents or teachers to work through with children. It provides a thought-provoking, creative look at nonviolent ways of communicating. Package of 100.

Reduced price while supplies last!
 \$18.00 (member) \$22.00 (nonmember)



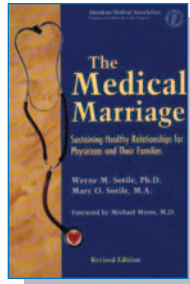
Healthy Lifestyles CD-ROM

Printable games for children, posters and much more. Use the nutrition and fitness facts and tips to accompany the "I Can Be Healthy" activity book and to reinforce the importance of making healthy lifestyle choices.

\$9.00 (member) \$14.00 (nonmember)

Physician Spouse series

The AMA Alliance, in cooperation with the AMA, promotes the Physician Spouse series, including:

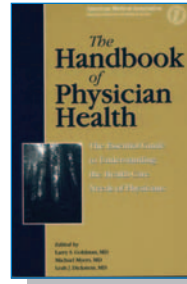


The Medical Marriage

Written by Wayne and Mary Sotile, well-known researchers and counselors to high-powered couples, "The Medical Marriage" offers an enlightening and compassionate look at the partners in a physician

relationship as both individuals and as a couple.

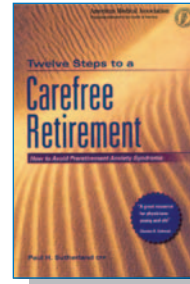
\$25.00 (member) \$30.00 (nonmember)



The Handbook of Physician Health

This practical guide for families of physicians outlines known health risks related to practicing medicine in the current climate, such as substance use, depression and behavior problems.

\$40.00 (member) \$45.00 (nonmember)



12 Steps to a Carefree Retirement

"12 Steps to a Carefree Retirement" is perfect for mid-career and young physician families. This user-friendly guide helps you get a handle on your current financial situation, set goals for retirement and plan how to meet your goals.

\$35.00 (member) \$45.00 (nonmember)

AMA Alliance introduces logowear

Show your pride, share your view on behalf of the family of medicine!



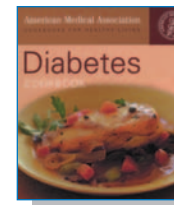
- White adult t-shirts (S, M, L, XL), \$10
- Hooded grey sweatshirts (S, M, L, XL), \$25
- Women's u-neck white shirts (S, M, L, XL) \$25
- Black duffel bags, \$20
- Baseball caps (stone, green, dandelion, black), \$10

Pick up a t-shirt for yourself, a duffel bag for a friend, or a baseball cap for a new or potential member. AMA Alliance logowear items make great gifts!



Items shipped or billed to Illinois are subject to a 9% sales tax.

American Medical Association (AMA) books



AMA Diabetes Cookbook

Written by the health experts at the AMA, the *AMA Diabetes Cookbook* provides valuable, up-to-date information for anyone wanting to lead a healthy life. Features 60 life-enriching, delicious meals that are easy to make and work with a diabetic diet. Highlights include:

- Dishes created by AMA diabetes experts to help with weight loss, hit daily nutritional targets and minimize disease risk.
- Easy-to-follow format so you know instantly how the dish can fit into your overall diet.
- Up-to-date information on managing and preventing Type 1 and Type 2 diabetes.

\$14.00 (member)

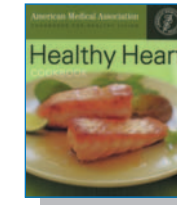


AMA Type 2 Diabetes Cookbook

The *AMA Type 2 Diabetes Cookbook* puts the pleasure back into eating for good health. This cookbook:

- Includes 60 recipes created by diabetes experts—created especially for those with Type 2 diabetes.
- Features 75 helpful tips. Control your blood sugar, lose weight and choose from tasty dishes.
- Highlights 3 quick steps—find your own daily calorie and fat gram counts, and use them over the course of a day's eating plan.

\$14.00 (member)



AMA Healthy Heart Cookbook

With heart disease as the number one killer of both men and women in the United States, the AMA has created the *AMA*

Healthy Heart Cookbook. An indispensable resource for people with heart disease, as well as anyone who wants healthy and delicious recipes, the *AMA Healthy Heart Cookbook*:

- Contains 60 recipes designed to help prevent and control heart disease.
- Organized by fat count.
- Includes nutritional data in each recipe to help you make healthy meals that are easy to prepare.

\$14.00 (member)



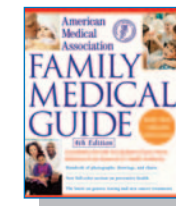
AMA Hypertension Cookbook

Filled with full-flavored, low-fat and low-calorie recipes, this new cookbook is planned to make controlling your hyperten-

sion easier. The easy-to-use recipes are conveniently organized by fat count and each recipe highlights sodium content. The *AMA Hypertension Cookbook* will help you lose weight, hit daily nutrition targets and control your blood pressure.

- Seventy-five helpful tips for controlling your cholesterol.
- Sixty great low-fat and low-calorie recipes.
- Twelve easy-to-prepare snacks that maintain healthy eating habits throughout the day.

\$14.00 (member)

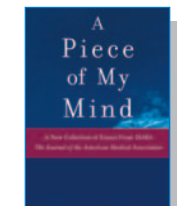


AMA Family Medical Guide, 4th Edition

Updated for the first time in 10 years, the *AMA Family Medical Guide*, 4th Edition contains new and revised information that every family should have. This new edition:

- Walks readers through key health issues.
- Offers authoritative guidance on hundreds of diseases, as well as all the latest tests, treatments, procedures and drugs.
- Includes full-color spreads on important health topics, Q&A sections, first-person case histories and revised symptom flowcharts.

\$27.00 (member)



A Piece of My Mind

With more than 15,000 copies of the previous edition sold, the *Journal of the American Medical Association (JAMA)* column you've read and loved for years has now been collected into a hard-

- cover edition. *A Piece of My Mind* features:
 - A refreshing and provocative glimpse into the world of the medical professional.
 - Essays reflecting the joys and sorrows of practicing medicine through an inspired selection of the wonderful and sometimes poignant stories.
 - One hundred essays representing the best of *A Piece of My Mind* over the past 12 years.

\$12.00 (member)



The Art of JAMA I and II

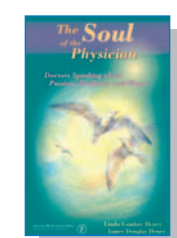
Since 1964, the covers of *JAMA* and the accompanying essays have provided physicians with a refreshing pause in their day. For years, *JAMA* readers had been urging Dr. Southgate to assemble the covers and essays into a book. These two books are the result of those requests. *The Art of JAMA* features:

- One hundred covers, chosen from issues published between 1974 and 1987.
- Commentary for each cover by M. Therese Southgate, MD.
- Hardbound with jacket, 224 pages.

An enlightening conversation continues with *The Art of JAMA II*:

- Includes a wide-range of artwork from the world's finest museums, chosen by Dr. Southgate.
- Discover portraits, landscapes, still-life and abstracts from the Italian Renaissance, 19th century French Impressionism, Spanish Realism, Dutch flower painting and modern American art.
- Hardbound with jacket, 200 pages.

Art of JAMA I – \$29.66, Art of JAMA II – \$29.66 or both for \$50.00



The Soul of the Physician

Emotionally supportive and encouraging, *The Soul of the Physician* will inspire and rejuvenate the physicians' mind and soul. As physicians struggle to deal with feelings of isolation typical

of the profession, these stories will help them find a sense of community with their colleagues. This books offers:

- Face-to-face, personal interviews.
- Powerful stories of physicians' personal struggles and triumphs.
- An anecdote to professional and personal loneliness.

\$27.00 (member)