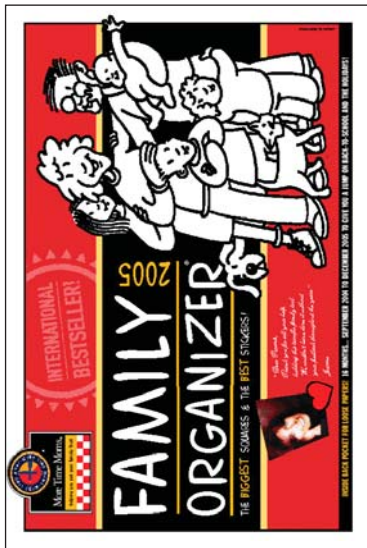


Book Reviews Pages

BY SARAH DEVEAU

What have you resolved to improve this year? Whether you're determined to finally organize your schedule and your family's, find more pampering time for yourself, get more sleep or entertain more, these four books will help you get your year started off on the right foot.



For the busy family, turn to the **2005 Family Organizer** (More Time Moms, \$18.99). This handy organizer is designed by busy moms who know what you need to keep on top of your family's busy schedule. This ninth edition includes large squares for writing in appointments, practices and important dates, along with funky stickers to remind you of can't-be-missed events. With a pocket for school notes and more, no fridge should be without this spiral-bound calendar.

It's hard to face the world bright-eyed and bushy-tailed when you haven't had a good night's sleep. Women (and their sleeping partners) can turn to Dr. Meir Kryger's **Can't Sleep, Can't Stay Awake** (HarperCollins, \$26.95) for help. This woman's guide to sleep disorders is easy to read, and includes numerous case studies to illustrate the many different types of sleep disorders. As the Vice President of the National Sleep Foundation and the director of the St. Boniface Hospital Sleep Lab in Winnipeg, Dr. Kryger has years of experience diagnosing sleep disorders and now offers his help to you. (The U.S. edition is entitled **A Woman's Guide to Sleep Disorders**, published by McGraw Hill.)

