

Sacramento Book Review



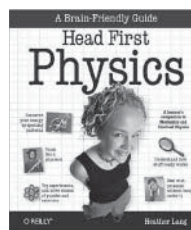
Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

Head First Physics

By Heather Lang

O'Reilly, \$29.99, 940 pages

Hey, where was this book when I was in high school? This is an easy to read guide to basic mechanical physics with plenty of real world examples and fun problems to work out. It is more written for a high school audience, but early college students will find plenty of help as well. It starts with lessons in scientific notation, equations, and graphing, and works its way through velocity and acceleration, torque, pulleys, circular motion, and more. Some of the examples used are the use of levers to get Excalibur out of the stone, and shooting cannonballs at a ghost pirate ship as lessons in momentum conservation. *Head First Physics* is billed as a good aid for students working on AP physics



classes, but would also be a good guide for someone just interested in knowing more about how the world works. The illustrations range from photos to fairly crude stick figures and are probably the largest flaw in the book. More consistency there would have been nice, but it isn't a large enough flaw to detract from the quality of the instruction.