

# Contents

## Was it all a dream? Inception Movie Reviews

There are two ways to react to “Inception.”

The first way is to sit there, your mouth slightly open, watching all the reality-tweaking scenarios on-screen — and then, after 15 minutes, throwing up your hands and walking out. The second way is to sit there, your mouth slightly open, watching all the reality-tweaking scenarios on-screen — and, at the end, putting your hands together in applause and making plans to come back. Count me in the second camp.

## Want a New Pet? Taming the Wild

“Hello! How are you doing?” Lyudmila Trut says, reaching down to unlatch the door of a wire cage labeled “Mavrik.” We’re standing between two long rows of similar crates on a farm just outside the city of Novosibirsk, in southern Siberia, and the 76-year-old biologist’s greeting is addressed not to me but to the cage’s furry occupant. Although I don’t speak Russian, I recognize in her voice the tone of maternal adoration that dog owners adopt when addressing their pets.

## Why Exercise Won’t Make You Thin

As I write this, tomorrow is Tuesday, which is a cardio day. I’ll spend five minutes warming up on the VersaClimber, a towering machine that requires you to move your arms and legs simultaneously. Then I’ll do 30 minutes on a stair mill. On Wednesday a personal trainer will work me like a farm animal for an hour, sometimes to the point that I am dizzy — an abuse for which I pay as much as I spend on groceries in a week.