The first step is to make a box the size that you want the book to be. In this case I made a book 6 inches wide, 8 inches deep and 1.5 inches tall. Then you want to use the point tab on the bottom left and select the top left point in the front perspective box and move the point to the right to shape the box so it looks like a book when it is open.
Next you want to select the subdivide tool under the construct tab and break the box into multiple polygons, in this example I used subdivide three times to get 8 polygons. Then you need use the points tab at the bottom and select a line of points as below to begin shaping the book so that it has a curve to it like pages do.
When you have moved all of the sets of points you should have a box that looks something like the one below.
Then you want to use the polygon tab on the bottom left and lasso all of the polygons using the right button on the mouse. Then you want to use the mirror tool under the multiply tab and select the Z axis to duplicate the pages.
Then again using the polygon selection tool you want to select the polygons on the left side of the Z axis and press q to name the surface, I named it Book Left to keep the sides straight.
Duplicate this on the right side and then you have the two surfaces to apply an image onto.
Next you want to click on the Surface Editor button on the left and select the surface you want to project a picture onto. Then select the t next to Color and the Texture Editor comes up. Select image and put the picture you want on the pages then select Projection type Planar and the Y axis to project down onto the page. Repeat this process to get an image on the right page.
Repeat the process for the book cover and you have a book that looks something like the one below.
The book then when rendered looks like below. It looks like a book but the sides of the pages box is smooth instead of looking like individual pages.
To add a realistic look you need to add a bump map. To do this select the outer polygons on the pages boxes and rename the surface, I did Book Outer Pages. On this surface you want to do a cubic projection using the same color as the outer edge of the page with no writing. I just cropped the picture of the pages and it worked fine.
To do this you need to go to the Surface Editor menu and select the right surface then under Bump select the t. In the Texture Editor menu select Image and load a black and white horizontally striped bmp file and then select the X axis to project the bump map down this axis. Where the bump picture is black will be indented from where it is white giving the illusion of individual pages.
Render without bump map
Render with bump map