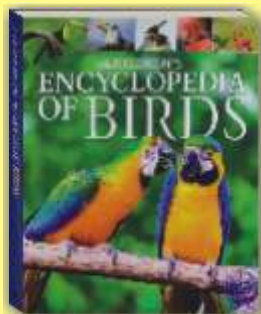
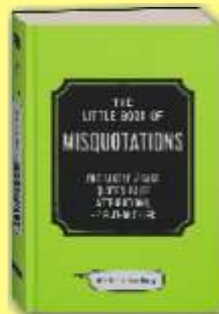
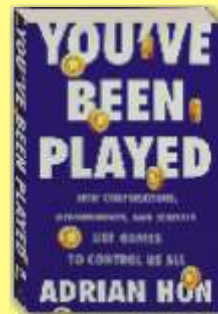
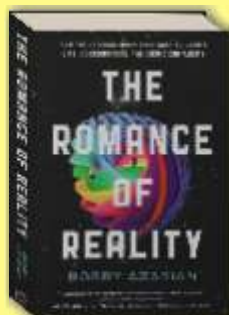
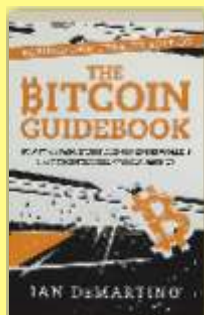
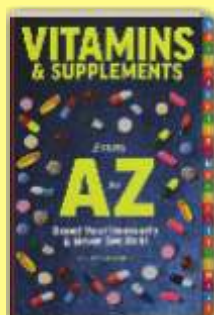
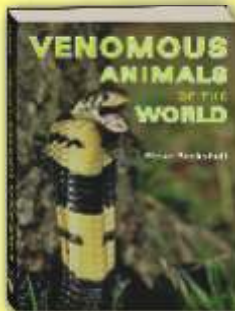


# Science & Health

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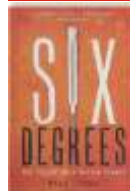
**1981013 ENDLESS NOVELTIES OF EXTRAORDINARY INTEREST: The Voyage of H.M.S. Challenger and the Birth of Modern Oceanography.** By Doug Macdougall. In this lively story of discovery, hardship, and humor, the author examines the work of the H.M.S. Challenger's expedition scientists, especially the naturalists Henry Mosely, who categorized the flora and fauna of the islands the ship visited, and the legacy of John Murray, considered the father of modern oceanography. Illus. 257 pages. Yale. Pub. at \$30.00

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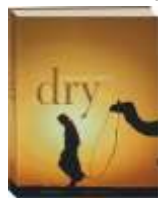




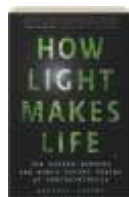
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**7823657 THE UNINHABITABLE EARTH: Life After Warming.** By David Wallace-Wells. Brings into stark relief the climate troubles that await—food shortages, refugee emergencies, and other crises that will reshape the globe. This work is both a meditation on the devastation we have brought upon ourselves and an impassioned call to action. 310 pages. Crown. Pub. at \$27.00 **\$6.95**



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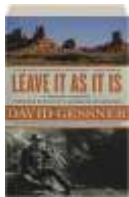


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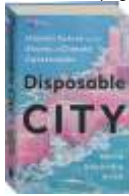
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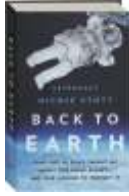
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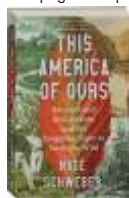
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## Environment & Ecology



**★7915349 CLIMATE GRIEF: From Coping to Resilience and Action.** By Shawna Weaver. From looking inward at our own grief, and emerging with the motivation needed to make lifestyle changes and inspire others, the reader is invited to create a plan for building personal and planetary resilience. The planet can't be healed by few people working out of despair but by many people working out of hope, care, and openness to learn. 179 pages. Lantern Publishing. Paperbound. Pub. at \$19.95 **\$14.95**



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**★7851588 ELIXIR: In the Valley at the End of Time.** By Kapka Kassabova. In an ancient river valley in the Balkans, Kassabova seeks out the deep connection between people, plants, and place. She learns about wild plants and the ancient practice of herbalism that makes use of them, and she experiences a symbiotic system where nature and culture have blended for thousands of years. 380 pages. Graywolf. Paperbound. Pub. at \$18.00 **PRICE CUT to \$9.95**



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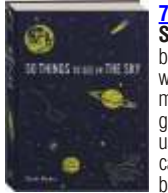
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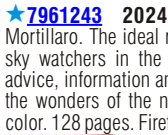
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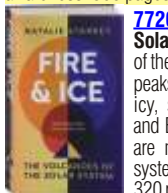
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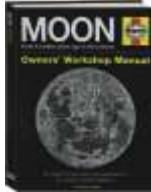
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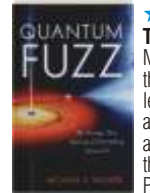


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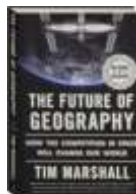
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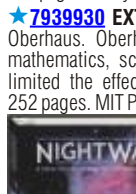
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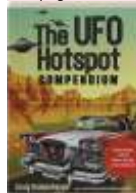
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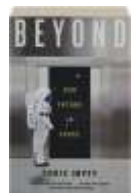
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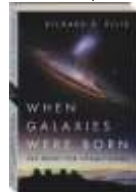
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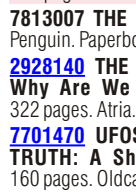
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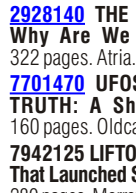
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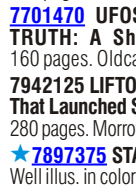
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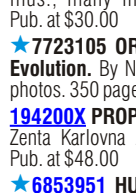
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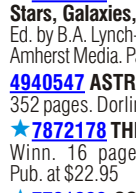
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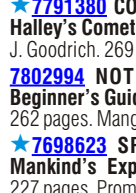
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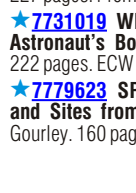
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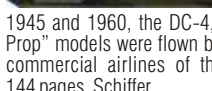
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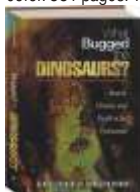
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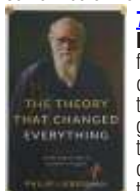
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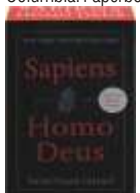
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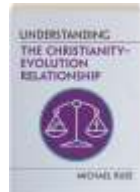
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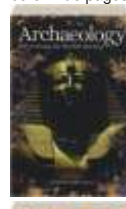
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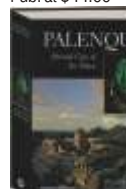
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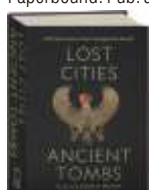
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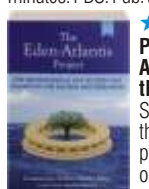
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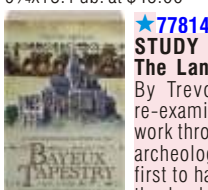
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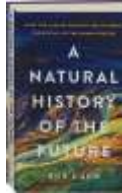


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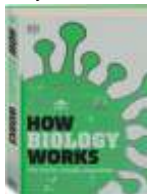


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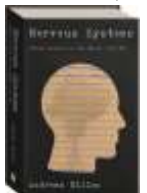
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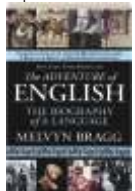




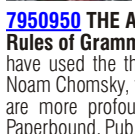
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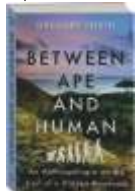
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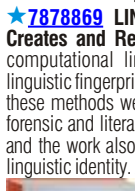
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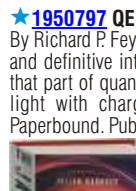
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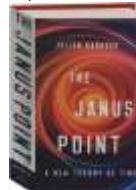
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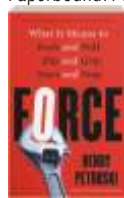
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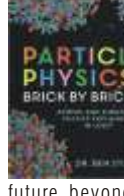
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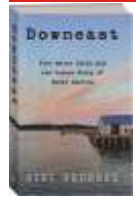
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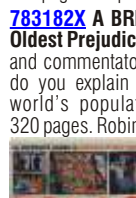
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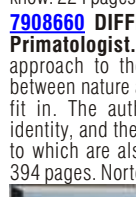
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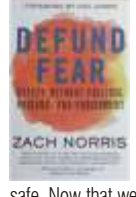
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## Social Science

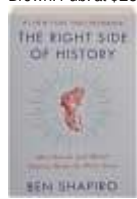


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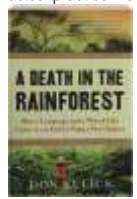
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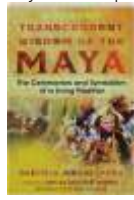
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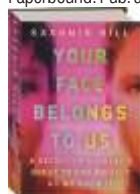


## Social Science

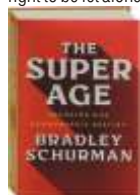


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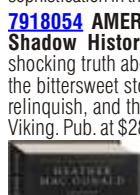
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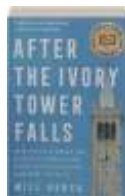
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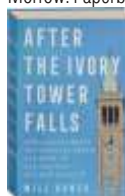
**7822014 WHEN RACE TRUMPS MERIT: How the Pursuit of Equity Sacrifices Excellence, Destroys Beauty, and Threatens Lives.** By Heather Mac Donald. After the Black Lives Matter protests of 2020, prestigious American institutions pleaded guilty to "systemic racism." How else explain why Blacks are overrepresented in prisons and underrepresented in C-suites and faculty lounges, their leaders asked? The author provides an alternative explanation for those racial disparities. 320 pages. DW Books. Pub. at \$28.99 **\$21.95**



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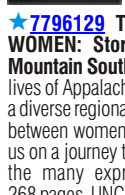
**7918410 WE WERE ONCE A FAMILY: A Story of Love, Death, and Child Removal in America.** By Roxanna Asgarian. Uncovers persistent racial biases and corruption as young people of color are separated from birth parents without proper cause. The result is a riveting narrative and a deeply reported indictment of a system that continues to fail America's most vulnerable children while upending the lives of their families. 297 pages. FSG. Pub. at \$28.00 **\$5.95**



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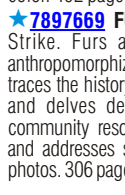
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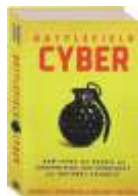
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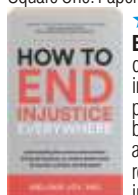
**7897669 FURRY PLANET: A World Gone Wild.** By Joe Strike. Furs are the creative subculture of people who anthropomorphize animals, taking on an animal identity. Strike traces the history of the subculture and its various iterations today and delves deep into conventions, media, art, storytelling, community resources, costume creation, advice for newcomers, and addresses stigmas and misconceptions. 16 pages of color photos. 306 pages. Apollo. Pub. at \$26.99 **\$19.95**



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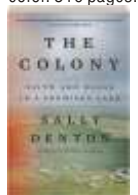
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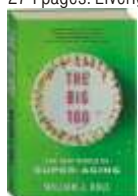
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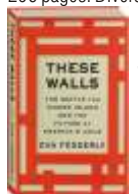
**7954905 POCKETS: An Intimate History of How We Keep Things Close.** By Hannah Carlson. Reveals the issues of gender politics, security, sexuality, power, and privilege tucked inside our pockets. For the people obsessed with pockets and their absence, and for anyone interested in how our clothes influence the way we navigate the world. Well illus. some in color. 310 pages. Algonquin. Pub. at \$35.00 **\$26.95**



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## Social Science

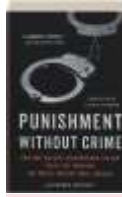


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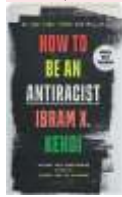
**★7850956 PUNISHMENT WITHOUT CRIME: How Our Massive Misdemeanor System Traps the Innocent and Makes America More Unequal.** By Alexandra Natapoff. Every year, approximately 13 million Americans are charged with misdemeanor offenses. The author demonstrates how our enormous misdemeanor system operates as a powerful engine of error, injustice, and inequality. As a result, vast numbers of Americans, most of them poor and people of color, are stigmatized as criminals. 344 pages. Basic. Paperbound. Pub. at \$19.99 **PRICE CUT to \$11.95**



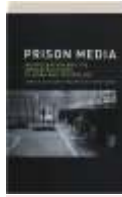
**7842694 THE LONELY CENTURY: How to Restore Human Connection in a World That's Pulling Apart.** By Noreena Hertz. Loneliness increases our risk of heart disease, cancer, and dementia. It's also an economic and political crisis, costing us billions and fueling feelings of divisiveness and extremism around the world. Hertz offers an empowering vision for how to heal our fractured communities. 368 pages. Currency. Pub. at \$28.00 **PRICE CUT to \$3.95**



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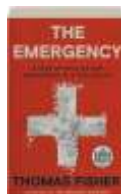
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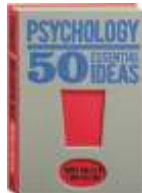


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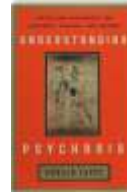
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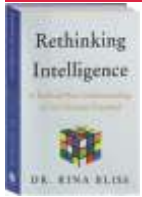


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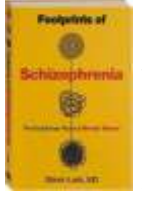


## Psychology

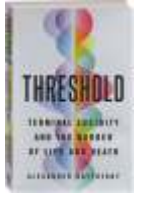


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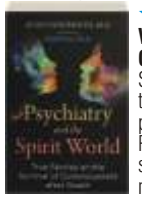
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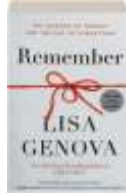


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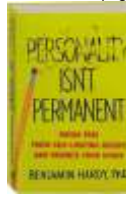


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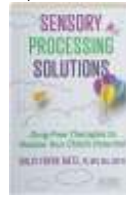
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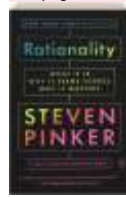


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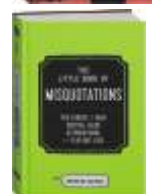
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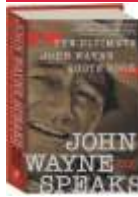


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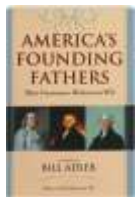
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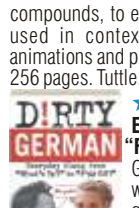
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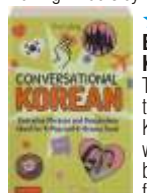
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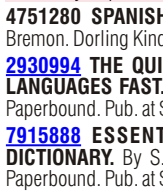
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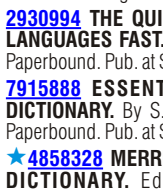
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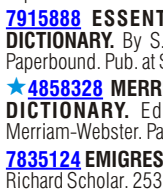
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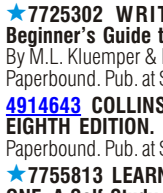
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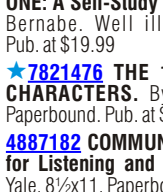
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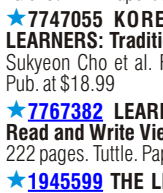
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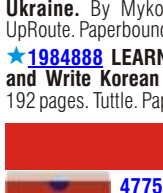
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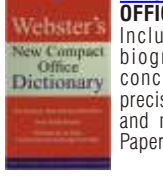
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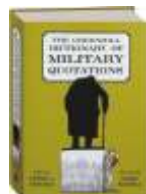
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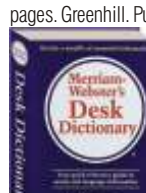
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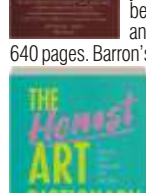
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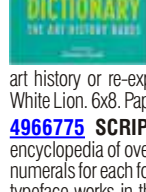
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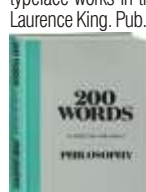
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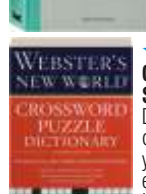
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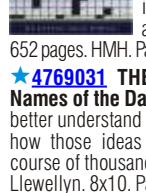
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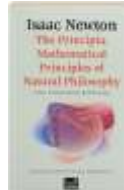
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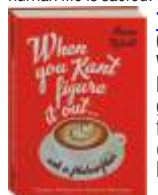
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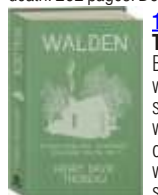
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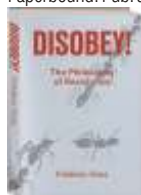
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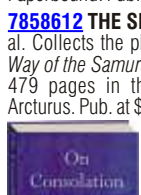
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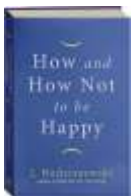
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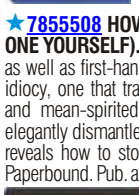
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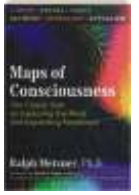
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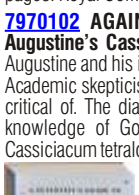
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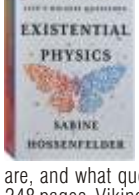
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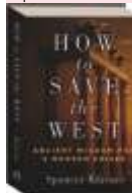
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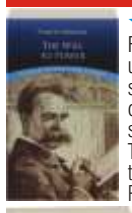
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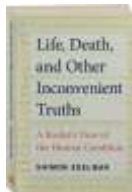
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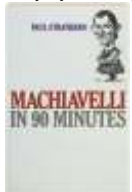


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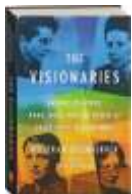


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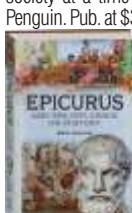
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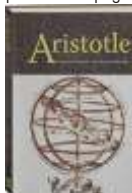
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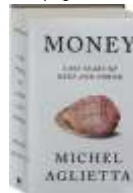


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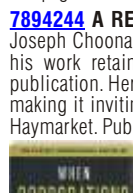
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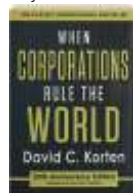
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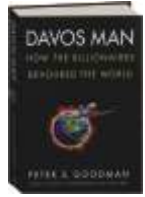




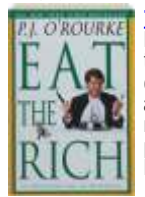
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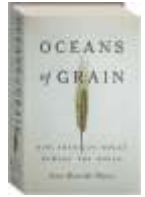


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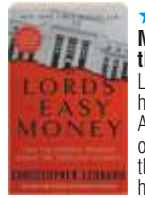
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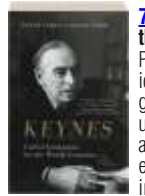
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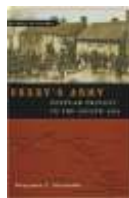
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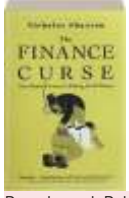
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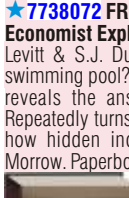
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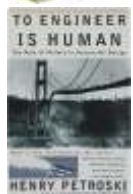
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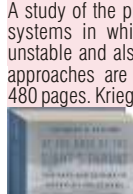
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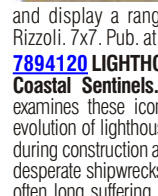


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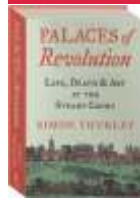


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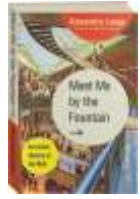




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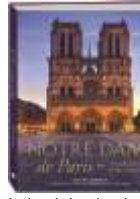
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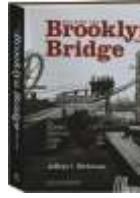
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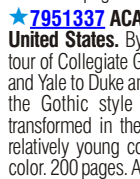
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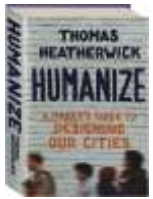
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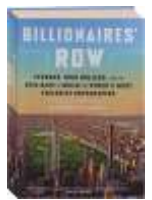
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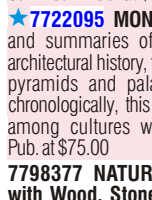
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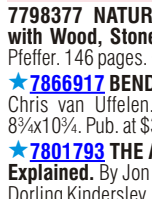
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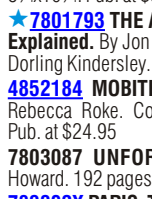
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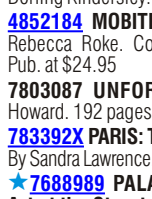
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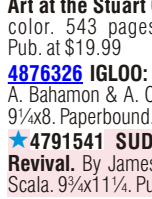
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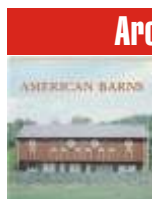
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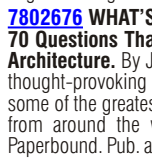
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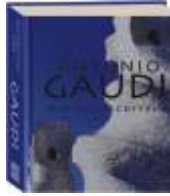


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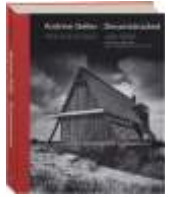
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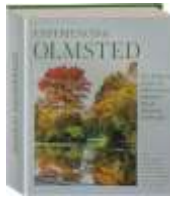
**7924151 ANDREW GELLER: Deconstructed.** By Jake Gorst. A career that lasted over fifty years, Andrew Geller, architect, artist and designer, quietly produced a large and culturally significant body of work. Complete with stories and images not only of his now famous beach houses, but also of the many lesser known buildings and early artworks, making this the definitive volume on this architectural icon. Well illus., many in color. 215 pages. Glitterati. 8 1/2 x 10 1/2. Pub. at \$40.00 **\$9.95**



**★7853734 FRANK LLOYD WRIGHT'S WISCONSIN: How America's Most Famous Architect Found Inspiration in His Home State.** By Kristine Hansen. Wright's organic architecture remains rooted in Wisconsin's landscape, from affordable-housing prototypes in Milwaukee to his summer home and architecture school in Spring Green. This guide to Wright's designs that are open to the public is for the architecture or history fan. Fully illus. in color. 156 pages. Globe Pequot. Paperbound. Pub. at \$24.95 **\$17.95**



**7869894 FRANK LLOYD WRIGHT AND SAN FRANCISCO.** By Paul V. Turner. Looks at the architect's complex and evolving relationship with San Francisco, surveying the full body of Wright's work in the Bay Area which was roughly thirty projects, only a third of which were built. Turner highlights aspects of the architect's career that have never before been explored, inspiring a new understanding of Wright, his personal and client interactions, and his work. Well illus., many in color. 216 pages. Yale. 9 1/2 x 10 1/4. Pub. at \$65.00 **\$19.95**

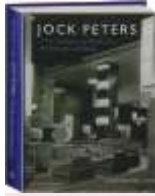


**★7731647 EXPERIENCING OLMSTED: The Enduring Legacy of Frederick Law Olmsted's North American Landscapes.** By Charles A. Birnbaum et al. Olmsted, Sr. is heralded as the father of American landscape architecture. His firm, and the successor firms that sprung from it, worked through the 19th and 20th centuries to shape some of our most beloved green spaces, including national, state, and city parks, and more. Photos, most in color. 342 pages. Timber. 8 1/2 x 10 1/4. Pub. at \$50.00 **\$27.95**

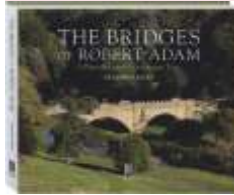


**★7935234 FRANK LLOYD WRIGHT & RALPH WALDO EMERSON: Transforming the American Mind.** By Ayad Rahmani. An interdisciplinary volume of literary and cultural scholarship that examines the link between two pivotal intellectual and artistic figures. Shows that Emerson's writings provided an avenue for interpreting Wright's complex approach to country and architecture. Photos. 324 pages. LaSOP. 6 1/2 x 9 1/2. **\$42.95**

**770576X FRANK LLOYD WRIGHT ON THE WEST COAST.** By Mark Anthony Wilson. This comprehensive survey of Wright's West Coast legacy features background information on the clients' relationships with Wright, including insights gleaned from correspondence with the original owners and interviews with many of the current owners. Color photos. 224 pages. Gibbs Smith. 11x12 1/4. Pub. at \$55.00 **PRICE CUT to \$19.95**



**7872518 JOCK PETERS, ARCHITECTURE AND DESIGN: THE VARIETIES OF MODERNISM.** By Christopher Long. Examines Peter's work in Germany: in Hamburg before World War I, including his design for the Levantehaus; in Berlin while at the office of Peter Behrens; and later, after the war, his brick Expressionist projects for Fritz Hoyer. 303 pages. Bauer & Dean. 8 1/2 x 10 1/2. Pub. at \$65.00 **PRICE CUT to \$24.95**



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**★7829264 GAUDI.** By Judith Carmel-Arthur. 112 pages. Orange Hippo. 5 1/4 x 7 1/4. Pub. at \$16.95 **PRICE CUT to \$9.95**

## Medical Science



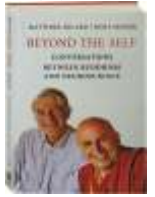
**7850298 THE COGNITIVE NEUROPSYCHIATRY OF PARKINSON'S DISEASE.** By Patrick McNamara. Offers an up to date review of current knowledge of such neuropsychiatric manifestations of Parkinson's Disease as cognitive deficits, personality changes, speech and language symptoms, sleep disorders, apathy, psychosis, and dementia. 231 pages. MIT Press. Pub. at \$45.00 **\$5.95**



**★7836279 NOTES ON NURSING: What It Is, and What It Is Not.** By Florence Nightingale. From the best known work of Florence Nightingale, the originator and founder of modern nursing, comes a collection of notes that played an important part of the much needed revolution in the field of nursing. 140 pages. Dover. Paperbound. **\$5.95**



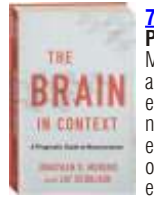
**7908792 JOURNEY OF THE MIND: How Thinking Emerged from Chaos.** By O. Gog & S. Gaddam. Reveals why consciousness exists and how it works by examining eighteen increasingly intelligent minds, from microbes to humankind—and beyond. This is the first work to present a unified account of the mind that explains how consciousness, language, self-awareness, and civilization arose incrementally out of chaos. Illus. 415 pages. Norton. Pub. at \$30.00 **\$7.95**



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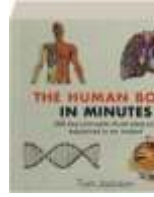
**7775296 HOW THE MIND CHANGED: A Human History of Our Evolving Brain.** By Joseph J. Belli. A seven million-year journey through our own heads, packed with vivid stories, groundbreaking science, and thrilling surprises. Discover how memory has also nothing to do with the past; meditation rewires our synapses; climate accounts for linguistic diversity; and how autism teaches us hugely positive lessons about our past and future; and more. 310 pages. Little, Brown. Pub. at \$28.00 **\$6.95**



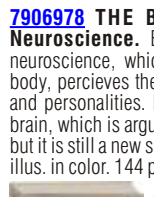
**7850247 THE BRAIN IN CONTEXT: A Pragmatic Guide to Neuroscience.** By J.D. Moreno & J. Schulkin. Provides an accessible and thought provoking account of the evolution of neuroscience and the neuroscience of evolution. The authors emphasize that the brain is not an isolated organ it extends into every part of the body and every aspect of human life. It's a stimulating assessment of the scope and limits of what we know about what we think. 270 pages. Columbia. Pub. at \$30.00 **\$6.95**



**7759347 FORGETTING: The Benefits of Not Remembering.** By Scott A. Small. A renowned neurologist explains why our routine forgetting—of names, dates, even house keys—is not a brain failure but actually, when combined with memory, one of the mind's most beneficial functions. Forgetting is in fact good for us—and it is a required function for our minds to work best. 224 pages. Crown. Pub. at \$27.00 **\$6.95**



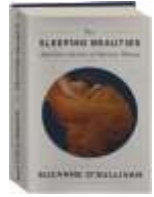
**7843461 THE HUMAN BODY IN MINUTES: 200 Key Concepts Illustrated and Explained in an Instant.** By Tom Jackson. The quickest way to learn everything you need to know about the anatomy, physiology, and science of the body, from cells to the skeleton. With 200 anatomical images and diagrams that show and explain the workings and key features of our bodies. 416 pages. Quercus. Paperbound. Pub. at \$12.99 **\$5.95**



**7906978 THE BRAIN: An Illustrated History of Neuroscience.** By Tom Jackson. Tracks the history of neuroscience, which investigates how the brain controls the body, perceives the world, and creates our emotions, thoughts, and personalities. Neuroscience has revealed much about the brain, which is arguably the most complex thing in the universe, but it is still a new science, with many discoveries to come. Fully illus. in color. 144 pages. Shelter Harbor. 9 1/4 x 11. **\$5.95**



**4983157 SPARE PARTS: In Praise of Your Appendix and Other Unappreciated Organs.** By Carol Ann Rinzler. Sheds light on human body parts once considered extraneous but now shown to play an important role in our healthful survival. With wit and research-honed wisdom, Rinzler explains in layman's language why we actually need "bonus" body parts such as the appendix, the coccyx, and wisdom teeth. 274 pages. Skyhorse. Pub. at \$24.99 **\$4.95**



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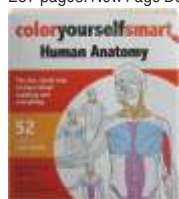




## Medical Science



**★7903375 THE SYNESTHESIA EXPERIENCE: Tasting Words, Seeing Music, Hearing Color.** By Maureen Seaberg. Synesthesia is a wondrous brain trait that is often described as blending senses. This work explores this subject, combining clear explanations of groundbreaking scientific research with an exploration of a deeper understanding of our senses. Including famous synesthetes and experts Billy Joel, Pharrell Williams, Dr. Dean Radin, and more. 267 pages. New Page Books. Paperbound. Pub. at \$18.95 **\$13.95**



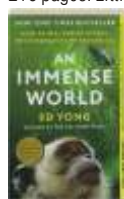
**7864590 HUMAN ANATOMY: Color Yourself Smart.** By Wendy L. Leonard, illus. by P. Ferguson-Jones. A revolutionary way to make learning easy and to improve your memory. If you've always wanted to learn about a certain subject but found the material too intimidating, then put down that boring textbook and start coloring! Fully illus., some in color. 128 pages. Thunder Bay. Paperbound. Pub. at \$12.99 **\$4.95**

**7904371 COGNITIVE PRAGMATICS: The Mental Processes of Communication.** By Bruno G. Bara. Offers a theory of human communication that is both formalized through logic and empirically validated through experimental data and clinical studies. Argues that communication is an activity in which two or more agents consciously and intentionally construct the meaning of their interaction. Illus. 304 pages. MIT Press. Pub. at \$38.00 **\$5.95**

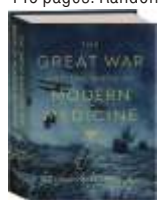


**7958714 HOW MEDICINE WORKS AND WHEN IT DOESN'T: Learning Who to Trust to Get and Stay Healthy.** By F. Perry Wilson. Blending personal anecdotes with hard science, an accomplished physician, researcher, and science communicator pulls back the curtain on medicine and medical research, revealing how progress is made and how to rebuild trust between doctors and patients. 277 pages. Grand Central. Pub. at \$29.00 **\$5.95**

**7957645 GENDER MOSAIC: Beyond the Myth of the Male and Female Brain.** By D. Joel & L. Vikhanski. Drawing on the latest scientific evidence, including the groundbreaking results of her own studies, Dr. Joel explains that every human brain is a unique mixture—or mosaic—of “male” and “female” features, and that these mosaics don't map neatly into two categories. 216 pages. Little, Brown. Pub. at \$26.00 **\$5.95**



**★791055X AN IMMENSE WORLD: How Animal Senses Reveal the Hidden Realms Around Us.** By Ed Yong. Welcomes us into a previously unfathomable dimension—the world as it is truly perceived by other animals. We encounter beetles that are drawn into fires, turtles that can track the Earth's magnetic fields, fish that fill rivers with electrical messages, humans that wield sonar like bats, and more. 32 pages of color photos. 449 pages. Random. Paperbound. Pub. at \$20.00 **\$14.95**

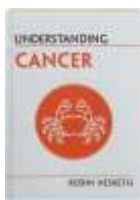


**7719280 THE GREAT WAR AND THE BIRTH OF MODERN MEDICINE: A History.** By Thomas Helling. The story of the startling medical advances that developed as a reaction to the horrors unleashed by World War I. The problems of gas gangrene, hemorrhagic shock, gas poisoning, brain trauma, facial disfigurement, broken bones, and broken spirits flooded hospital beds, stressing caregivers and prompting medical innovations that would last far beyond the Armistice of 1918. Photos, some in color. 374 pages. Pegasus. Pub. at \$32.00 **\$9.95**



**7915004 DEEP MEDICINE: How Artificial Intelligence Can Make Healthcare Human Again.** By Eric Topol. Natural-language processing can record our doctors' notes, make sense of our medical histories, and read more deeply into the scientific literature than any human ever could. Deep-learning algorithms can bespoke treatment plans. And virtual medical assistants, powered by personal AI, can provide us with coaching to promote our health, and more. Illus. 378 pages. Basic. Pub. at \$32.00 **\$6.95**

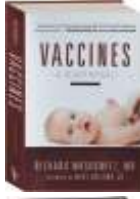
**7941889 THE BATTLE FOR YOUR BRAIN: Defending the Right to Think Freely in the Age of Neurotechnology.** By Nita A. Farahany. Offers a path forward to navigate the complex legal and ethical dilemmas that will fundamentally impact our freedom to understand, shape, and define ourselves. 277 pages. St. Martin's. Pub. at \$29.99 **\$6.95**



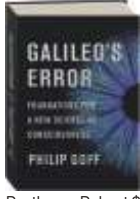
**★7740018 UNDERSTANDING CANCER.** By Robin Heskeith. Demystifies cancer by explaining the underlying cell and molecular biology in a clear and accessible style. Answers the questions commonly asked about cancer, such as what causes cancer and how cancer develops. Also gives an overview of current therapies and how treatments may advance over the next decades, and more. Illus. 233 pages. Cambridge. Paperbound. Pub. at \$14.95 **\$11.95**



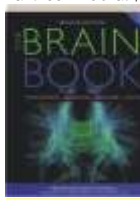
**7788738 THE SPIKE: An Epic Journey Through the Brain in 2.1 Seconds.** By Mark Humphries. Takes readers on the epic journey of a spike through a single, brief reaction. In vivid language, Humphries tells the story of what happens in our brain, what we know about spikes, and what we still have left to understand about them. 219 pages. Princeton. Pub. at \$24.95 **\$6.95**



**7744218 VACCINES: A Reappraisal.** By Richard Moskowitz. Weaving together a tapestry of observed facts, clinical and basic science research, news reports from the media, and actual cases from his own practice, Moskowitz offers a systematic review of the subject as a whole. 300 pages. Skyhorse. Pub. at \$27.99 **\$5.95**



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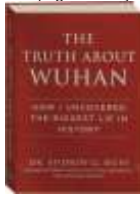
**7797257 THE BRAIN BOOK, SECOND EDITION REVISED: Development, Function, Disorder, Health.** By Ken Ashwell. This comprehensive reference explores diverse topics, from how we sense the world, memory processing, and the nature of consciousness, to diseases and disorders, the aging brain, and spinal injury repair. Hundreds of color images, including stunning 3-D illustrations revealing the intricate workings of the brain in detail. 352 pages. Firefly. Paperbound. Pub. at \$29.95 **\$7.95**



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**7971605 EXTRA LIFE: A Short History of Living Longer.** By Steven Johnson. This work celebrates the enduring power of common goals and public resources, and the heroes of public health and medicine too often ignored in popular accounts of our history. This is the sweeping story of a revolution with immense public and personal consequences: the doubling of the human life span. Illus. 284 pages. Riverhead. Pub. at \$28.00 **\$5.95**



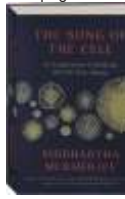
**★7826974 YOUR BRAIN IS PLAYING TRICKS ON YOU: How the Brain Shapes Opinions and Perceptions.** By Albert Moukheiber. Why are we often convinced that we're right even when we're wrong? Filled with multiple examples from our daily lives and psychosocial experiments Moukheiber reveals the building blocks of our perception, cognition and behavior. Illus. 192 pages. Legend. Paperbound. Pub. at \$16.95 **\$11.95**



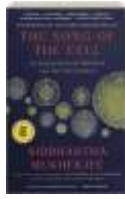
**★7722044 THE EXQUISITE MACHINE: The New Science of the Heart.** By Sian E. Harding. Describes the evolutionary forces that have shaped the heart's response to damage, the astonishing rejuvenating power of stem cells, how we can avoid heart disease, and why it can be so hard to repair a damaged heart. Tells the stories of patients who have had the devastating experiences of heart conditions and describes how cutting-edge technologies will lead us to new solutions. 223 pages. MIT Press. Pub. at \$29.95 **\$21.95**



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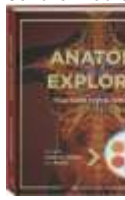


**★7741464 THE SONG OF THE CELL: An Exploration of Medicine and the New Human.** By Siddhartha Mukherjee. The author tells the story of how scientists discovered cells, began to understand them, and are now using that knowledge to create new treatments and new humans. Writing so vivid, lucid, and suspenseful that complex science becomes thrilling. 473 pages. Scribner. Pub. at \$32.50 **\$19.95**



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**★7799993 MALADY OF THE MIND: Schizophrenia and the Path to Prevention.** By Jeffrey A. Lieberman. A must-read for fans of psychological histories and anyone whose life has been affected by schizophrenia, this revelatory work offers a scientific history and comprehensive clinical portrait—with crucial insights and hope for those afflicted. Tells the story of the past, present, and future of this historically dreaded, and often disabling illness. 516 pages. Scribner. Pub. at \$30.00 **\$17.95**



**★7718853 ANATOMY EXPLORER: Your Guide to the Human Body.** By Ahmad Elmansouri. Discusses the functioning of each of the body's systems by covering key facts in an easy to understand format, and features sidebars with interesting trivia. Whether you're looking to supplement your school curriculum or just learn more about how the body works, this has what you need. Well illus. in color. 128 pages. Thunder Bay. 10x10 1/2. Pub. at \$24.99 **\$17.95**

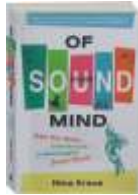


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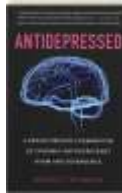


## Medical Science

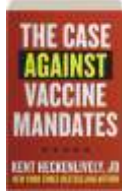


**7777663 OF SOUND MIND: How Our Brain Constructs a Meaningful Sonic World.** By Nina Kraus. Examines the partnership of sound and brain, showing that the processing of sound drives many of the brain's core functions. Our hearing is always on and yet we can ignore sounds that are unimportant. We don't just hear; we engage with sounds. Kraus explores what goes on in our brains when we hear a word—or a chord, or a meow, or a screech. Illus. 359 pages. MIT Press. Pub. at \$29.95 **PRICE CUT to \$4.95**

**7887825 NEUROSCIENCE: Unlocking the Mysteries of the Brain & Consciousness.** By Anne Rooney. Examines how we think, feel, move, remember, imagine, and experience the outside world and our own bodies. This account traces the development of neuroscience, from ancient beliefs to the technologies of the present day. Illus. 256 pages. Sirius. Paperbound. Pub. at \$12.99 **PRICE CUT to \$3.95**



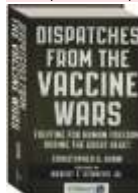
**785398X ANTIDEPRESSED: A Breakthrough Examination of Epidemic Antidepressant Harm and Dependence.** By Beverley Thomson. Breaks down the growing issue of antidepressant use, harm and dependence—how we got to this point, what's happening worldwide every single day, and most importantly, where we go from here. Exposes the holes in mental health systems and highlights the desperate need for reform. Illus. 298 pages. Hatherleigh. Paperbound. Pub. at \$17.95 **PRICE CUT to \$3.95**



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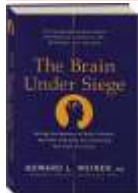


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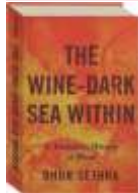


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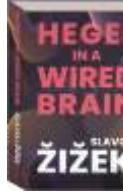
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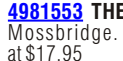
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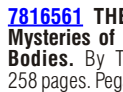
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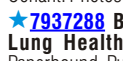
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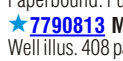
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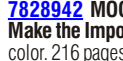
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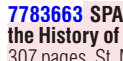
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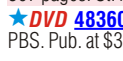
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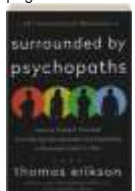
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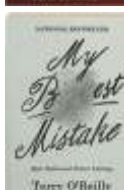


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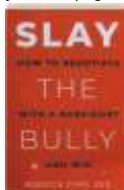
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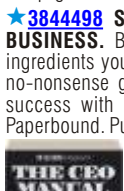
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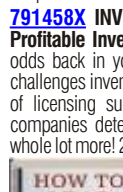
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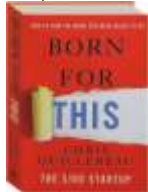
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## Business



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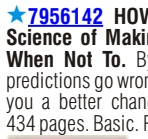
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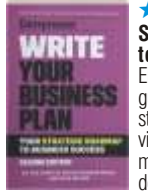
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**7859635 BUILDING A SECOND BRAIN: A Proven Method to Organize Your Digital Life and Unlock Your Creative Potential.** By Tiago Forte. A revolutionary system to enhance your productivity, think more creatively, and remember and utilize the ideas that excite you. With a second brain, we can harness the full potential of all our thoughts and the information we consume before they fade from our mind. 260 pages. Atria. Pub. at \$28.00 **\$6.95**



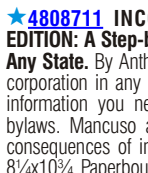
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**★DVD 7839227 AMAZON.** Widescreen. This documentary examines one of the most powerful companies on earth, Amazon.com. Amazon is an American multinational technology company which focuses on e-commerce, cloud computing, digital streaming, and artificial intelligence. 69 minutes. Wownow Entertainment. Pub. at \$19.95 **\$14.95**



**★4808711 INCORPORATE YOUR BUSINESS, 11TH EDITION: A Step-by-Step Guide to Forming a Corporation in Any State.** By Anthony Mancuso. Clearly explains how to form a corporation in any state, and includes all the sample forms and information you need to prepare articles of incorporation and bylaws. Mancuso also fully discusses the advantages and tax consequences of incorporating your business. 310 pages. Nolo. 8 1/2 x 10 1/4. Paperbound. Pub. at \$49.99 **\$37.95**



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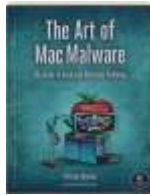
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**1991485 WHAT CAN BE COMPUTED? A Practical Guide to the Theory of Computation.** By John MacCormick. For undergraduates who are studying the subject for the first time, and requiring minimal prerequisites, this work focuses on the essential fundamentals of computer science theory and features a practical approach that uses real computer programs (Python and Java) and encourages active experimentation. Illus. 383 pages. Princeton. Pub. at \$85.00 **\$19.95**



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**★4912632 MAKE: Getting Started with Raspberry Pi, 4th Edition.** By Matt Richardson et al. Well illus. 223 pages. Make Community. Paperbound. Pub. at \$24.99 **\$17.95**

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**7876890 GENIUS MAKERS: The Mavericks Who Brought AI to Google, Facebook, and the World.** By Cade Metz. 371 pages. Dutton. Pub. at \$28.00 **PRICE CUT to \$4.95**

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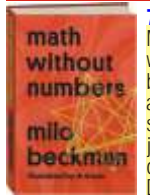
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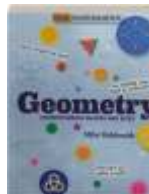


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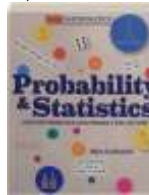
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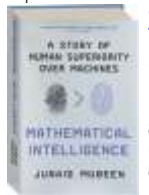


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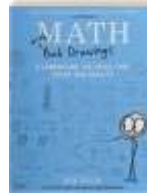
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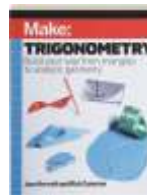
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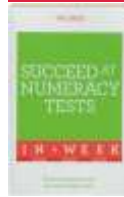


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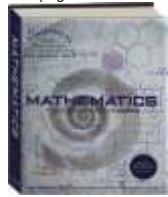


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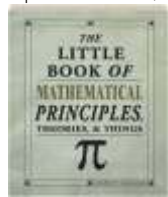
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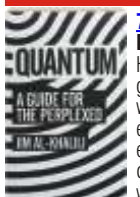
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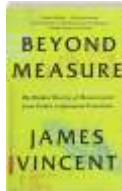


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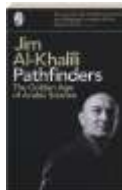
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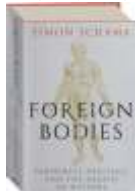


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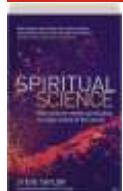


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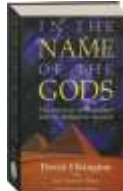
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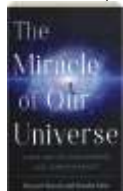


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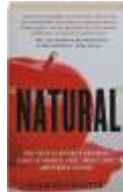


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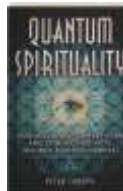


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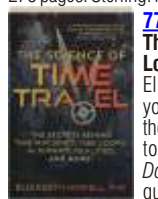




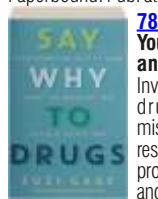
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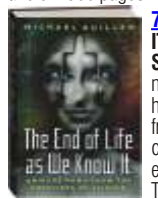


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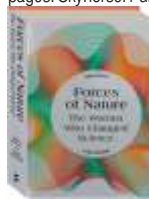
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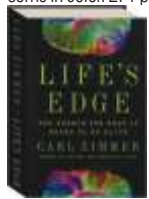
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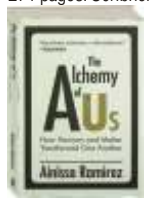
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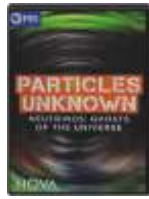
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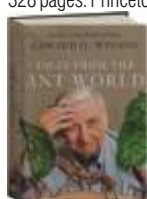
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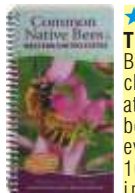
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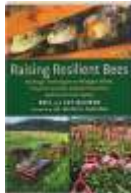
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**197369X ANTS: The Ultimate Social Insects.** By Richard Jones. Color photos. 368 pages. Bloomsbury. Pub. at \$45.00 **\$27.95**

**496831X THE LAST BUTTERFLIES: A Scientist's Quest to Save a Rare and Vanishing Creature.** By Nick Haddad. 16 pages of color photos. 250 pages. Princeton. **SOLD OUT**

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**7788320 BRITAIN'S INSECTS: A Field Guide to the Insects of Great Britain and Ireland.** By Paul D. Brock. Fully illus. in color. 608 pages. Princeton. Paperbound. Pub. at \$32.50 **\$11.95**

**4819934 WHAT INSECTS DO, AND WHY.** By Ross Piper. Well illus. in color. 224 pages. Princeton. Pub. at \$27.95 **\$22.95**

**7692250 THE SECRET LIFE OF FLIES.** By Erica McAlister. Color photos. 248 pages. Firefly. Paperbound. Pub. at \$24.95 **\$14.95**

**DVD 1920405 EDIBLE INSECTS: NOVA.** Widescreen. PBS. Pub. at \$24.99 **\$14.95**

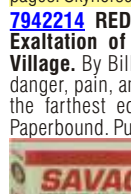
## Fishing & Hunting



**2713993 THE COMPLETE GUIDE TO GUNSMITHING, SECOND REVISED EDITION: Gun Care and Repair.** By Charles Edward Chapel. This highly detailed and essential reference is for the gun enthusiast and gunsmith alike. In more than forty chapters of exceptionally clear prose, this guide answers every question a collector, soldier, or home defender could have on topics such as: drawings and blueprints; stock design; stock repairs and alterations; and many more. 480 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$5.95**



**7743572 SHOOT TO WIN, 2ND EDITION: Training for the New Pistol, Rifle, and Shotgun Shooter.** By Chris Cheng. An excellent guide for beginning shooters, this focuses on the basics and ammunition of pistols, rifles, and shotguns, marksmanship fundamentals, and buying a firearm. Also covers dry fire practice; firearm accessories; safely storing your firearm; cleaning and maintaining your guns; and much more. Illus. in color. 262 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$6.95**



**7942214 RED SUMMER: The Danger, Madness, and Exaltation of Salmon Fishing in a Remote Alaskan Village.** By Bill Carter. A vivid, unforgettable account of the danger, pain, and joy of working on a salmon fishing boat on the farthest edge of Alaska. Illus. 234 pages. Scribner. Paperbound. Pub. at \$17.99 **\$5.95**



**7793642 SAVAGE MODEL 1895, 1899 & 99 RIFLES, VOLUME 2: Engraved and Special-Feature Models.** By David E. Royal. Nine of Savage's first model, the 1895, were manufactured by Marlin and engraved by their in-house engraver, Conrad Ulrich. The Model 1899s were engraved by Enoch Tue and featured a great variety of engraving a long list of other enhancements. The Model 99s were available with engraving sporadically until the end of production. Fully illus. in color. 304 pages. Schiffer. 11¼x8¼. **\$71.95**

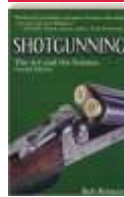


**4982908 HANDGUNS FOR SELF-DEFENSE: A Guide to Choosing and Using Your Weapon.** By David Nash. Regardless of your level of training or comfort around firearms, understanding and applying firearm fundamentals will increase your proficiency. This must-have guide provides easily understood explanations of what shooters need to do to fire more accurately. It is a valuable resource for gun owners covering every aspect of firearm possession and use. Color photos. 140 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**

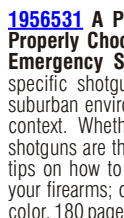




## Fishing & Hunting



**7809980 SHOTGUNNING, SECOND EDITION: The Art and the Science.** By Bob Brister. In this near legendary handbook, respected firearms expert Bob Brister offers advice, instructions, and solutions to every situation a shotgunner might face, making it a guide from which both seasoned veterans and novice shooters will benefit. Illus. 321 pages. Skyhorse. Paperbound. Pub. at \$19.95 **\$6.95**



**1956531 A PREPPER'S GUIDE TO SHOTGUNS: How to Properly Choose, Maintain, and Use These Firearms in Emergency Situations.** By Robert K. Campbell. Explores specific shotguns that are appropriate for urban, rural, and suburban environments, with tips on how to use them in each context. Whether at home or in a survival scenario, these shotguns are the best for defense. Campbell also offers expert tips on how to improve your marksmanship; how to maintain your firearms; crucial gun safety rules; and more. Well illus. in color. 180 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$7.95**



**7816413 THE ULTIMATE GUIDE TO KNIFE THROWING.** By Bobby Branton. In addition to improving one's technical skills, this guide will give readers a brief history covering the pioneers of the sport to today's modern impalement artists. It will also give you all the tools needed to learn everything from the basics of throwing to starting your own club. Well illus. most in color. 107 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$5.95**



**1907395 THE GUN BOOK FOR PARENTS.** By Silvio Calabi et al. This volume is aimed at parents whose children have read "The Gun Book for Boys" and want to get started shooting. It is a straightforward treatment of the adult concern about firearms and shooting, from safety and legal issues to costs, potential pitfalls and benefits. Photos. Shooting Sportsman. 8 7/8 x 11 1/4. Pub. at \$16.95 **\$3.95**



**★7760779 THE GUY'S GUIDE TO POCKET KNIVES: Badass Games, Throwing Tips, Fighting Moves, Outdoor Skills and Other Manly Stuff.** By Mike Yarbrough. You should never be without a trusty pocket knife, nor should you lack the skills to wield it properly and with purpose. This guide is sure to sharpen your skills and hone your appreciation for the pocket knife with nostalgic, humorous and informative sections. Illus. 184 pages. Ulisses. Paperbound. Pub. at \$15.95 **\$11.95**



**4982622 AN ANGLER'S GUIDE TO SMART BAITS: Tips and Tactics on Fishing Twenty-First Century Artificial.** By Angelo Peluso. Takes readers through all the essential elements, and explains the technology and functionality behind modern artificial hard and soft baits. Peluso also includes tactics and techniques for fishing modern lures most effectively. Well illus. in color. 198 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$4.95**



**★7722621 SHOOTER'S BIBLE, 114TH EDITION: The World's Bestselling Firearms Reference.** The most comprehensive and sought after reference guide for new firearms and their specifications, as well as for thousands of guns that have been in production and are currently on the market. This is an essential reference for any beginner, experienced hunter, firearm collector, or gun enthusiast. 608 pages. Skyhorse. 8x10 1/2. Paperbound. Pub. at \$29.99 **\$21.95**



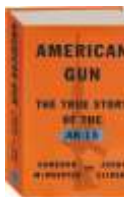
**1907840 TALES OF SOUTHERN RIVERS.** By Zane Grey. First published in 1924. America's master storyteller of the Old West recounts his tales of fishing in the Gulf of Mexico, in the Florida Keys, in the Everglades, and on remote rivers in the jungles of Mexico. Photos. 249 pages. Derrydale. Paperbound. Pub. at \$19.95 **\$4.95**



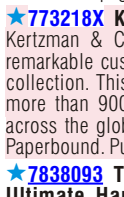
**★7679963 WINCHESTER'S 30-30, MODEL 94: The Rifle America Loves.** By Sam Fadala. The Winchester Model 94 and its revolutionary 30-30 cartridge changed the world of shooting forever. This is the whole story, tracing the development of the most popular hunting rifle ever designed, and discussing sights, ammunition, and cleaning procedures, as well as telling you how to hunt large and small game. Photos. 223 pages. Stackpole. Paperbound. Pub. at \$29.95 **\$21.95**



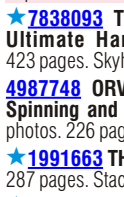
**★7926235 A RIVER RUNS THROUGH ME: A Life of Salmon Fishing in Scotland.** By Andrew Douglas-Home. An evocative account of one man's life spent fishing on arguably the world's best salmon river: a story of family, tradition and the Scottish countryside. 258 pages. Elliott & Thompson. Paperbound. Pub. at \$16.99 **\$13.95**



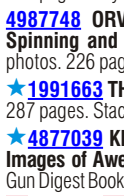
**★7925522 AMERICAN GUN: The True Story of the AR-15.** By C. McWhirter & Z. Elinson. Explore American gun culture, revealing the broad appeal of the AR-15, the awful havoc it wreaks, and the politics of trying to protect everyday people from mass shootings. The result is a moral history of contemporary America's love affair with technology, freedom, profit, and weaponry. Photos. 473 pages. FSG. Pub. at \$32.00 **\$23.95**



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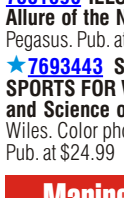
**★7838093 THE MODERN DAY GUNSLINGER: The Ultimate Handgun Training Manual.** By Don Mann. 423 pages. Skyhorse. Paperbound. Pub. at \$17.95 **\$12.95**



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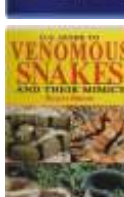
**★1991663 THE FIREARMS DICTIONARY.** By R.A. Steindler. 287 pages. Stackpole. Paperbound. Pub. at \$21.95 **\$16.95**



**★4877039 KNIVES 2022, 42ND EDITION: 700+ Stunning Images of Awesome Blades!** Ed. by Joe Kertzman. 272 pages. Gun Digest Books. 8 1/4 x 10 3/4. Paperbound. Pub. at \$36.99 **\$14.95**



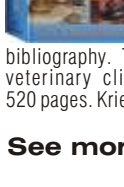
**★7727895 SMALL ARMS: The World's Greatest Small Arms from the Age of Automatic Weapons.** By Chris McNab. Photos with color illus. 224 pages. Amber. 8 1/4 x 10 3/4. Pub. at \$29.99 **PRICE CUT to \$14.95**



**1905511 SHOOTER'S BIBLE, 105TH EDITION: The World's Bestselling Firearms Reference.** Ed. by Jay Cassell. Fully illus., many in color. 600 pages. Skyhorse. 8x10 1/2. Paperbound. Pub. at \$29.95 **SOLD OUT**



**7881096 ILLUMINATED BY WATER: Fly Fishing and the Allure of the Natural World.** By Malachy Tallack. 262 pages. Pegasus. Pub. at \$27.95 **\$7.95**

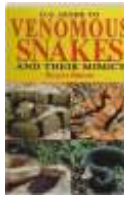


**★7693443 SHOOTER'S BIBLE GUIDE TO SHOTGUN SPORTS FOR WOMEN: A Comprehensive Guide to the Art and Science of Wing and Clay Shooting.** By Laurie Bogart. Wiles. Color photos. 273 pages. Skyhorse. 8x10 1/2. Paperbound. Pub. at \$24.99 **\$9.95**

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**3747484 U.S. GUIDE TO VENOMOUS SNAKES AND THEIR MIMICS.** By Scott Shupe. Shupe's expertise and knowledge of snakes is apparent in the thoughtful descriptions and handy hints on how to tell poisonous snakes from their harmless imitators. Includes full-color photos for definitive identification and accurate region by region range maps for each snake. 160 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**



**492956X SNAKES OF THE UNITED STATES AND CANADA: Natural History and Care in Captivity.** By John V. & Roxanne Rossi. Summarizes the natural history and captive maintenance of all species of snakes found in the United States and Canada. Convenient and easy to read, this guide has over 100 color photos and an extensive bibliography. This is an essential reference for libraries, veterinary clinics, zookeepers, and herpetoculturists. 520 pages. Krieger. Pub. at \$184.00 **\$9.95**



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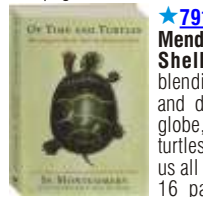
**DVD 7793898 KOMODO: Secrets of the Dragon.** Widescreen. Venture inside the world of the komodo dragon, one of the world's most fearsome predators. Not only do these dragons have a powerful set of jaws, but they may also have a secret weapon—extremely poisonous venom. Narrated by Peter Capaldi. English SDH. 50 minutes. BBC Earth. **\$5.95**



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**★7917279 OF TIME AND TURTLES: Mending the World, Shell by Shattered Shell.** By Sy Montgomery. Elegantly blending science, memoir, and philosophy, and drawing on cultures from across the globe, this compassionate portrait of injured turtles and their determined rescuers invites us all to slow down and slip into turtle time. 16 pages of color photos. 288 pages. Mariner Books. Pub. at \$28.99 **\$21.95**



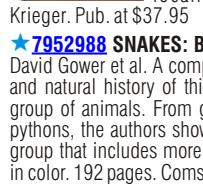
**7795904 FIELD GUIDE TO SHARKS, RAYS & CHIMAERAS OF EUROPE AND THE MEDITERRANEAN.** By D.A. Ebert & M. Dando. This field guide covers all 146 species found. Detailed species accounts describing key identification features, habitat, biology and status. Essential resource for fisheries management, trade regulation and shark conservation for this region. Fully illus. in color. 383 pages. Princeton. Paperbound. Pub. at \$32.50 **\$9.95**



**★7912048 SEA MAMMALS: The Past and Present Lives of Our Oceans' Cornerstone Species.** By Annalisa Berta. Features more than 50 individual species profiles and themed chapters of extinct species. Presents detailed accounts of these mammals' evolutionary path, anatomy, behavior, habitats, and conservation. Also offers insights into a broad variety of marine worlds today and in the future. Color photos. 224 pages. Princeton. Pub. at \$29.95 **\$24.95**



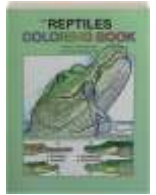
**7861745 SNAKES OF THE ORIENT: A Checklist.** By K.R.G. Welch. An attempt is made to list the snake fauna of the Orient as a whole, from Pakistan east to China and south through Asia, to include Japan, the Philippine islands, Indonesia and Papua New Guinea. The list includes current (as of 1988) names, original names, type locality and distribution. 183 pages. Krieger. Pub. at \$37.95 **\$9.95**



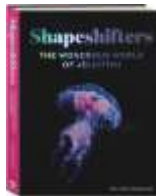
**★7952988 SNAKES: Biology, Diversity, and Behavior.** By David Gower et al. A comprehensive introduction to the biology and natural history of this ecologically diverse and important group of animals. From garter snakes and vipers to boas and pythons, the authors showcase the variety and complexity of a group that includes more than 4,000 living species. Fully illus. in color. 192 pages. Comstock. Paperbound. **\$18.95**



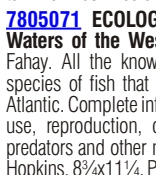
## Marine Mammals, Fish & Reptiles



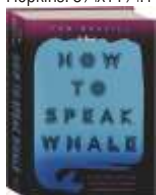
**7748570 THE REPTILES COLORING BOOK.** By James G. & Thomas M. McCabe. Includes more than eighty-five colorable illustrations—each accompanied by a short description—that makes it easy to learn about reptiles and their reproduction, anatomy, behaviors, venoms, habitats, hibernation, and much more. 180 pages. Collins. 8½x11. Paperbound. Pub. at \$24.99 **\$5.95**



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**7805071 ECOLOGY OF ESTUARINE FISHES: Temperate Waters of the Western North Atlantic.** By K.W. Able & M.P. Fahay. All the known facts about the ecology of 93 important species of fish that inhabit the temperate waters of the Western Atlantic. Complete information about each fish's distribution, habitat use, reproduction, development, migratory patterns, prey, and predators and other natural enemies. Well illus. 566 pages. Johns Hopkins. 8½x11¼. Pub. at \$135.00 **\$52.95**



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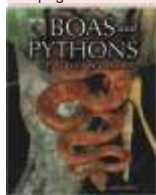
**7888090 FISHES: The Animal Answer Guide.** By G. Helfman & B. Collette. There are nearly thirty thousand species of fish—or fishes, as they are properly called when speaking of multiple species. With the most up-to-date facts on the world's fishes from two premier experts, this guide is the perfect bait for any curious naturalist, angler, or aquarist. Well illus., some in color. 178 pages. Johns Hopkins. Paperbound. Pub. at \$24.95 **PRICE CUT to \$3.95**



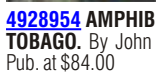
**★7822960 SECRETS OF THE MANATEE: An Insider's Guide to Florida's Most Iconic Marine Mammal.** By Diane Morgan. Offers a fascinating look at Florida's most mysterious marine creature. Floating just below the surface of the water, manatees have remained largely unknown to and misunderstood by humans. Now, their very survival depends on a delicate balance between human interference and conservation. Illus. in color. 119 pages. Pineapple Press. Paperbound. Pub. at \$24.95 **PRICE CUT to \$14.95**



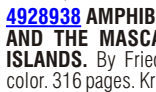
**★7799519 SNAKES OF THE WORLD: A Guide to Every Family.** By Mark O'Shea. A gorgeously illustrated guide to the incredible diversity of snakes around the world. Explores their extraordinary diversity, with an in-depth introduction covering anatomy, behavior, habitats, reproduction, conservation, and other essential topics. Also includes profiles on approximately 4,000 species of snakes. 240 pages. Princeton. Pub. at \$29.95 **PRICE CUT to \$19.95**



**4879562 BOAS AND PYTHONS OF THE WORLD.** By Mark O'Shea. A renowned snake expert takes readers on an exciting continent by continent journey to look at these snakes in their native habitats. Featuring over 150 photographs of more than 100 species, and intriguing stories from O'Shea's encounters with these snakes in the wild. 160 pages. Princeton. Paperbound. Pub. at \$19.95 **\$6.95**



**4928954 AMPHIBIANS AND REPTILES OF TRINIDAD AND TOBAGO.** By John C. Murphy. 245 pages. Krieger. 8½x11¼. Pub. at \$84.00 **\$2.95**



**4928938 AMPHIBIANS AND REPTILES OF MADAGASCAR AND THE MASCARENE, SEYCHELLES, AND COMORO ISLANDS.** By Friedrich-Wilhelm Henkel et al. Well illus. in color. 316 pages. Krieger. Pub. at \$93.00 **\$4.95**

**492911X GUIDE TO THE REPTILES OF THE EASTERN PALEARCTIC.** By Nikolai N. Szczerbak. Well illus., many in color. 260 pages. Krieger. Pub. at \$69.00 **\$2.95**

**4928946 AMPHIBIANS AND REPTILES OF PAKISTAN.** By Muhammad Sharif Khan. 311 pages. Krieger. 8½x11¼. **\$2.95**

**7837380 SNAKES OF NORTH AMERICA, REVISED EDITION: Eastern and Central Regions.** By Alan Tennant et al. 605 pages. Lone Star. Paperbound. Pub. at \$50.00 **\$9.95**

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**4929055 A FIELD GUIDE TO THE AMPHIBIANS AND REPTILES OF BALI.** By J. Lindley McKay. 138 pages. Krieger. 8½x11¼. Pub. at \$42.00 **\$3.95**

**1941798 DISEASES OF AMPHIBIANS AND REPTILES.** By Gunther Kohler. Color photos. 171 pages. Krieger. Pub. at \$35.00 **\$5.95**

**1942115 THE VENOMOUS SEA SNAKES: A Comprehensive Bibliography.** By W.A. Culotta & G.V. Pickwell. 504 pages. Krieger. **\$5.95**

**7864140 AMPHIBIAN MEDICINE AND CAPTIVE HUSBANDRY.** By K.M. Wright & B.R. Whitaker. Well illus. some in color. 499 pages. Krieger. 8½x11¼. **SOLD OUT**

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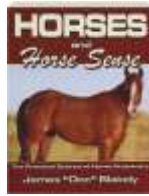
**1941720 CETACEAN BEHAVIOR: Mechanisms & Functions.** Ed. by Louis M. Herman. Photos. 463 pages. Krieger. Pub. at \$32.00 **\$9.95**

**★DVD 1982656 A TASTE OF WHALE.** Widescreen. Kino Lorber. Pub. at \$19.95 **\$7.95**

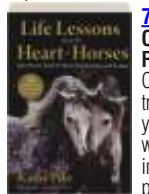
**7781806 THE DANGEROUS SNAKES OF AFRICA.** By S. Spawls & B. Branch. Well illus. in color. 336 pages. Princeton. Paperbound. Pub. at \$39.95 **SOLD OUT**

**★4946820 OF ORCAS AND MEN: What Killer Whales Can Teach Us.** By David Neiwert. Photos. 305 pages. Abrams. Paperbound. Pub. at \$17.95 **\$7.95**

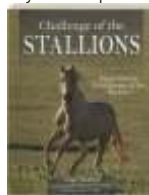
## Horses & Horsemanship



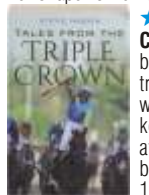
**7837097 HORSES AND HORSE SENSE: The Practical Science of Horse Husbandry.** By James "Doc" Blakely. Includes the progression of the horse from its earliest beginnings and a concise description of the history and characteristics of over fifty breeds. Addresses the value of horse psychology with practical discussions. Photos. 446 pages. Republic of Texas Press. Paperbound. Pub. at \$24.95 **\$5.95**



**7816308 LIFE LESSONS FROM THE HEART OF HORSES: How Horses Teach Us About Relationships and Healing.** By Kathy Pike. Offers poignant short stories about the trials and tribulations of befriending horses. Pike brings you on a healing journey that includes lessons a wild horse taught her, how horses teach humans in her equine facilitated learning programs, and personal insights about living off the land and engaging with the dynamics of a herd each day. 229 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**



**★7908946 CHALLENGE OF THE STALLIONS: The Legend of Cloud and the Wild Horses of the Rockies.** By Ginger Kathrens. The author recounts her experiences with Cloud, a pale Palomino stallion, and his family over a five-year period, from 2003 to 2008. Captures the beauty and strength of this family and paints an amazing picture demonstrating the need for these animals to remain wild and free. Despite trials of extreme weather and more, Cloud prevails. Fully illus. in color. 160 pages. Fox Chapel. 8x10. Paperbound. Pub. at \$19.99 **\$14.95**



**★7945078 TALES FROM THE TRIPLE CROWN.** By Steve Haskin. Takes readers behind the scenes to introduce them to the trainers, jockeys, and horses seeking the world's most elusive sports prize. Feel the keen disappointment of trainer Bud Delp after Spectacular Bid loses his Triple Crown bid because of a stray safety pin, and more. 16 pages of photos. 260 pages. Eclipse. Paperbound. Pub. at \$21.95 **\$16.95**



**★7948344 AFFIRMED & ALYDAR: Racing's Greatest Rivalry.** By Timothy T. Capps. The more experienced Affirmed defeated Alydar, who was making his racing debut in the Youthful Stakes at Belmont Park. In nine subsequent meetings, Affirmed got the better of Alydar six times, often by just inches. Their meetings, especially during the Triple Crown season of 1978, became the stuff of racing lore. 16 pages of photos. 230 pages. Eclipse. Paperbound. Pub. at \$19.95 **\$14.95**



**★7790678 NEVER TRUST A SNEAKY PONY: And Other Things They Didn't Teach Me in Vet School.** By Madison Seamans. Race to the aid of horses with wounds, stomach aches, allergies, and bizarre behaviors, as well as those in severe physical distress. Quite by accident, you'll find yourself familiar with and understanding common equine medical problems and how they are diagnosed and treated, all while marveling at the remarkable situations a country veterinarian can find himself in. Illus. 322 pages. Trafalgar Square. Paperbound. Pub. at \$22.95 **\$17.95**



**★7882181 LEXINGTON: The Extraordinary Life and Turbulent Times of America's Legendary Racehorse.** By Kim Wickens. The dramatic true-story of the champion Thoroughbred racehorse who gained international fame in the tumultuous Civil War-era South and became the most successful sire in American racing history. Illus. 401 pages. Ballantine. Pub. at \$28.99 **\$21.95**



**★7822936 HORSEWATCHING: Why Does a Horse Whinny and Everything Else You Ever Wanted to Know.** By Desmond Morris. Throughout his long involvement with horses, Dr. Morris has never stopped asking questions. In this work, published in 1988, he sets out to answer them. As a zoologist and a lifelong student of animal behavior, Morris approaches the horse world in an unusual way, dealing with topics often ignored in equine literature. 150 pages. Eclipse. Paperbound. Pub. at \$19.95 **\$14.95**



**★7836384 THE FIRST KENTUCKY DERBY: Thirteen Black Jockeys, One Shady Owner, and the Little Red Horse That Wasn't Supposed to Win.** By Mark Shrager. Examines the events leading up to the first "Run for the Roses," the unsuccessful effort that the winning owner might have made to rig the race for his preferred horse, and the prominent role played by African Americans in Gilded Age racing culture—a holdover from pre-emancipation days, when slaves were trained from birth to ride for their owners. Illus. 252 pages. Eclipse. Pub. at \$28.95 **\$21.95**



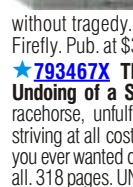
**★7948522 THE FOXES OF BELAIR: Gallant Fox, Omaha, and the Quest for the Triple Crown.** By Jennifer S. Kelly. Examines the racing legacies of Gallant Fox and Omaha and how William Woodward's service to racing during the 20th century forever changed the American Thoroughbred industry. Illus. 334 pages. UPKY. Pub. at \$32.95 **\$26.95**



**LIMITED QUANTITY ★7948557 SIR BARTON AND THE MAKING OF THE TRIPLE CROWN.** By Jennifer S. Kelly. Kelly uses extensive research and historical sources to examine Sir Barton's life, revealing his legacy and seminal contributions to thoroughbred racing one hundred years after his pioneering achievement. 32 pages of photos. 276 pages. UPKY. Paperbound. **SOLD OUT**



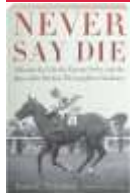
**★7818270 THE TURCOTTES: The Remarkable Story of a Horse Racing Dynasty.** By Curtis Stock. Secretariat's rider was Ron Turcotte, one of 14 children. Four of his brothers followed him into horse racing. All finding success, collectively winning 8,251 races! But the jockey's life takes a toll. The unlikely triumph of one of horse racing's greatest families was not without tragedy. 32 pages of photos, some in color. 368 pages. Firefly. Pub. at \$35.00 **\$27.95**



**★793467X THE FAST RIDE: Spectacular Bid and the Undoing of a Sure Thing.** By Jack Gilden. The story of a great racehorse, unfulfilled dreams, the exhilaration and steep price of striving at all costs, and an American era in which getting everything you ever wanted could be the most empty and unfulfilling sensation of all. 318 pages. UNeP. Paperbound. **\$22.95**



## Horses & Horsemanship



**★4954793 NEVER SAY DIE: A Kentucky Colt, the Epsom Derby, and the Rise of the Modern Thoroughbred Industry.** By James C. Nicholson. Traces the history of this extraordinary colt, beginning with his foaling in Lexington, Kentucky, as well as the stories of the influential individuals brought together by the horse and his victory—from their heir to the Singer sewing machine fortune to the Aga Khan. Photos. 218 pages. UPKY. Paperbound. Pub. at \$26.00 **PRICE CUT to \$11.95**

**★7840225 HORSES: Foals, Breeds, Characteristics, Anatomy.** By Paula Hammond. Color photos. 224 pages. Amber. Paperbound. Pub. at \$16.99 **\$12.95**

**★4943635 THE ORIGINAL HORSE BIBLE, 2ND EDITION.** By M.C. Reeve & S. Biggs. Color photos. 480 pages. CompanionHouse. Paperbound. Pub. at \$29.99 **\$21.95**

## Farm & Domesticated Animals



**7868324 THE CHICKEN WHISPERER'S GUIDE TO ZERO-WASTE CHICKEN KEEPING.** By A.G. Schneider & B. McCrea. This essential guide collects the Chicken Whisperer's own personal tips, tricks, and suggestions for reducing waste, re-purposing materials, and recycling everything else. With these step by step insights, your life with chickens will be more fruitful, less expensive, and better for the planet. Fully illus. in color. 120 pages. Quarry. 8x10. Paperbound. Pub. at \$19.99 **\$5.95**



**7797311 RAISING AND KEEPING DAIRY GOATS: A Practical Guide.** By Katie Normet. Explores the daily challenges and rewards of life as a goat farmer. Covers: purchasing, housing, feeding, breeding, kidding, milking and diseases. Included are chapters on cheese making and soap making with many tips and recipes. Color photos. 192 pages. Firefly. Paperbound. Pub. at \$19.95 **\$5.95**

**7781946 THE PIG: A Natural History.** By Richard Lutwyche. Provides a snout to tail natural history of this important species, from the prehistoric "hell pig" to today's placid porker, covering the pig's natural history, role in human life and culture, and breeds. Fully illus., most in color. 224 pages. Princeton. Pub. at \$27.95 **\$7.95**



**7920385 THE CHICKEN CHICK'S GUIDE TO BACKYARD CHICKENS: Simple Steps for Healthy, Happy Hens.** By Kathy Shea Mormino. Takes enthusiasts through all aspects of small-flock ownership: researching, feeding, housing, flock health, and more. Fully illus. in color. 180 pages. Voyageur. 8x10. Paperbound. Pub. at \$19.99 **\$5.95**



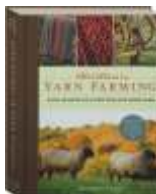
**7702930 PROVEN TECHNIQUES FOR KEEPING HEALTHY CHICKENS.** By Carissa Bonham. Boiling down chicken-keeping to the basics, Bonham offers advice ranging from how to grow your flock using a broody hen to directions for making a nesting box herb blend that will keep pests at bay. Her approach to chicken-keeping focuses on keeping hens happy and healthy using natural methods, which she shares here with her readers. Fully illus. in color. 229 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$6.95**



**★7898290 LET'S ALL KEEP CHICKENS! The Down-to-Earth Guide to Natural Practices for Healthier Birds and a Happier World.** By Dalia Monterroso. Discover the ease and joy of adding backyard chickens to your life! Chickens have sustained and connected humans in countless ways throughout history, and they still can. Monterroso presents an inclusive and intuitive guide to keeping chickens, no matter where you are or what resources you have. Fully illus. in color. 192 pages. Storey. Paperbound. Pub. at \$16.99 **\$12.95**



**1921568 GOAT SCHOOL: A Master Class in Caprine Care and Cooking.** By Janice Spaulding. Goat ownership has never been easier thanks to this one of a kind resource for the caprine curious. This work is part manual, part cookbook, and perfect for homesteaders or families looking to own goats for fun or function. Illus. 200 pages. Down East. Paperbound. Pub. at \$19.95 **\$5.95**



**7782152 ADVENTURES IN YARN FARMING: Four Seasons on a New England Fiber Farm.** By Barbara Parry. Offers a beautiful portrayal of life on a thriving fiber farm. If you are a farmer, spinner, dyer, knitter, or weaver, this is definitely a must-read. Includes 16 projects. Well illus. in color. 310 pages. Shambhala. Pub. at \$35.00 **\$9.95**



**7795858 THE COW: A Natural & Cultural History.** By Catrin Rutland. Exploring the cow's livestock credentials and beyond, this reference combines informative text, beautiful photographs, and explanatory diagrams to review the cow's fascinating biology, hard-wired behaviors, and its relationship with humankind. 224 pages. Princeton. Pub. at \$27.95 **\$9.95**



**★7723814 RAISING CHICKENS: The Essential Guide to Choosing and Keeping Happy, Healthy Hens.** By Suzie Baldwin. A comprehensive, reassuring guide for both the beginner and more experienced chicken owner alike. Packed with tips, strategies and advice that will give you the confidence to look after your hens and avoid common problems, leaving you free to enjoy your chickens and your eggs! Color photos. 142 pages. Kyle Books. Paperbound. Pub. at \$19.99 **\$12.95**



**★7841272 CHICKEN KEEPING PURE + SIMPLE: A Fun, Friendly Guide to Backyard Chicken Keeping.** By Nikki Husted. You'll learn from popular "chicken-fluencer" Husted's experience—what works and what doesn't in her flock of more than 30 chickens. This helpful guide goes through it all: caring for chicks, setting up a coop and run, medical needs, feeding, cleaning, and more. Fully illus. in color. 176 pages. Cool Springs Press. 8x10. Paperbound. Pub. at \$24.99 **\$17.95**



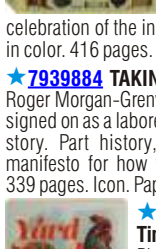
**7854013 BLOOMS & DREAMS: Cultivating Wellness, Generosity & a Connection to the Land.** By Misha Gillingham. Travel writer Gillingham left the hustle and bustle of Los Angeles for a quaint island in the Pacific Northwest so she could get back in touch with what matters most. You, too, can cultivate a life of wellness, generosity, and connection to the land. Fully illus. in color. 200 pages. Gibbs Smith. 8 1/4 x 10 1/4. Pub. at \$35.00 **\$9.95**



**★7967772 THE FARM ANIMAL MOVEMENT: Effective Altruism, Venture Philanthropy, and the Fight to End Factory Farming in America.** By Jeff Thomas. America is undergoing an ethical revolution involving the industrial treatment of farm animals. Tells its stories from mid-western slaughterhouses to the halls of Capitol Hill to Ivy League universities and Silicon Valley laboratories. This is the roadmap for people who want to work to end factory farming. 199 pages. Lantern Publishing. Paperbound. Pub. at \$19.95 **\$14.95**



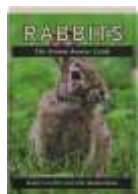
**★7820003 THE BACKYARD CHICKEN KEEPER'S BIBLE: Discover Chicken Breeds, Behavior, Coops, Eggs, and More.** By Jessica Ford et al. Combining practical chicken-keeping information and advice, chicken history and art, and the insights of international authors, poultry show winners, botanists, and homesteaders, this work is a stunning celebration of the incredible world of chickens. Fully illus. most in color. 416 pages. Abrams. **\$33.95**



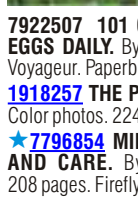
**★7939884 TAKING STOCK: A Journey Among Cows.** By Roger Morgan-Grenville. The author with no farming experience, signed on as a laborer on a beef cattle farm to tell their side of the story. Part history, part adventure and part unsentimental manifesto for how we should treat cows in the 21st century. 339 pages. Icon. Paperbound. Pub. at \$17.95 **\$12.95**



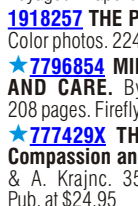
**★7934769 YARD BIRDS: The Lives and Times of America's Urban Chickens.** By Philip Levy. Mixes cultural history with animal husbandry to chronicle the weird and wonderful story of America's urban chickens. A compelling picture of city chickens that can both serve as hipster status symbols and a guarantee that families keeping them have something to eat. Illus. 254 pages. UVA. Paperbound. **\$21.95**



**7803052 RABBITS: The Animal Answer Guide.** By S. Lumpkin & J. Seidensticker. This informative guide is the one resource you will need to learn about the rabbit's anatomy and physiology, evolutionary history, ecology, and behavior, as well as about rabbit-human relationships and conservation. Illus. some in color. 235 pages. Johns Hopkins. Paperbound. Pub. at \$24.95 **PRICE CUT to \$3.95**



**7922507 101 CHICKEN KEEPING HACKS FROM FRESH EGGS DAILY.** By Lisa Steele. Well illus. in color. 176 pages. Voyageur. Paperbound. Pub. at \$24. **SOLD OUT**



**1918257 THE PIG: A Natural History.** By Richard Lutwyche. Color photos. 224 pages. Quarto. **\$5.95**



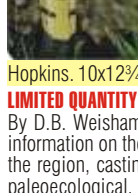
**★7796854 MINI ENCYCLOPEDIA OF CHICKEN BREEDS AND CARE.** By Frances Bassom. Fully illus. in color. 208 pages. Firefly. Paperbound. Pub. at \$19.95 **\$15.95**



**★777429X THE SECRET LIFE OF PIGS: Stories of Compassion and the Animal Save Movement.** By R. Hoyle & A. Krajnc. 359 pages. Lantern Publishing. Paperbound. Pub. at \$24.95 **\$11.95**



**★7744943 WHAT THE CLUCK? The Omlet Guide to Keeping Chickens.** By Omlet. Fully illus. in color. 192 pages. Inkspire. Pub. at \$22.99 **\$11.95**



**★7740212 THE SMALL-SCALE POULTRY FLOCK, REVISED EDITION.** By Harvey Ussery. Well illus. in color. 420 pages. Chelsea Green. 8x10. Paperbound. Pub. at \$39.95 **\$31.95**

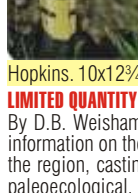
## Animals



**7962118 WILD FAMILY: Seven Stories of Extraordinary Animal Friendship.** By Bhagavan Doc Antle with J.M. Greene. Reminds us that friendships aren't just for humans. When the struggles of living in the wild are removed, all kinds of animals can become best buds. This collection of extraordinary stories and amazing photographs chronicles seven such interspecies friendships. 64 pages. Earth Aware. Pub. at \$16.99 **\$5.95**



**785675X VENOMOUS ANIMALS OF THE WORLD.** By Steve Backshall. From the mighty King Cobra, which can reach over five meters in length, down to the diminutive but lethal Black Widow Spider, a natural history expert takes a fascinating look at more than 60 of the most venomous creatures across the world's continents. Well illus. in color. 160 pages. Johns Hopkins. 10x12 1/4. Pub. at \$47.00 **\$9.95**



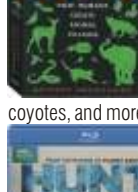
**7907192 TRANSYLVANIAN DINOSAURS.** By D.B. Weishampel & C-M. Jianu. Brings together the latest information on the fauna, flora, geology, and paleogeography of the region, casting these ancient reptiles in their phylogenetic, paleoecological, and evolutionary contexts. What the authors find is that Transylvanian dinosaurs experienced a range of unpredictable successes as they evolved. Well illus. some in color. 301 pages. Johns Hopkins. **SOLD OUT**



**7832680 WILDLIFE OF THE ARCTIC.** By R. Sale & P. Michelsen. A must-have for the Northern traveler, covering the Arctic wildlife of Alaska, Canada, Greenland, Iceland, Scandinavia and Russia. Features over 800 color photos illustrating more than 250 bird species, 60 terrestrial mammals and 30 seals and whales. Descriptions for each species that give identification details and information on breeding and wintering grounds. 335 pages. William Collins. Paperbound. **\$6.95**



**7884613 PESTS: How Humans Create Animal Villains.** By Bethany Brookshire. An engrossing, revealing look at why we label certain animals pests—from cats to rats, elephants to pigeons—and what this tells us about our perceptions, beliefs, and place in the natural world. It's a story about human nature and how we have come to categorize the animals in our midst, including bears, coyotes, and more. 348 pages. Ecco. Pub. at \$28.99 **\$5.95**

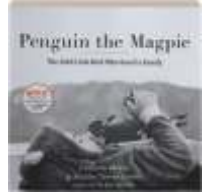


**Blu-ray 7835817 THE HUNT.** Widescreen. From the producers of *Frozen Planet* and *Planet Earth*, this series reveals the most surprising and significant events in the natural world in astonishing detail. See the dramatic encounters of predator and prey in an entirely new light. Collects all seven episodes. Nearly 6 hours on two Blu-rays. BBC Earth. **\$6.95**



## Animals

**Blu-ray 7835884 SERENGETI.** Widescreen. A dramatized story based on the real lives of Africa's most iconic animals. Narrated by John Boyega. Collects all six episodes. English SDH. Six hours on 2 Blu-rays. BBC Earth. **\$7.95**



**7688725 PENGUIN THE MAGPIE: The Odd Little Bird Who Saved a Family.** By Bradley Trevor Greive, photos by C. Bloom. Cameron Bloom's wife, Sam, suffers a near-fatal accident that leaves her paralyzed and deeply depressed. Soon after, their sons find an injured magpie chick who has fallen from her nest onto the pavement of a parking lot. They name her Penguin for her black-and-white feathers. Penguin's rescue and recovery give incredible joy and strength to Sam and the entire Bloom family. Photos, most in color. 208 pages. Atria. Paperbound. Pub. at \$22.00 **\$6.95**



**7744226 WHEN ANIMALS RESCUE: Amazing True Stories About Heroic and Helpful Creatures.** By Belinda Reio. Presents dozens of astonishing and heart-warming stories about animals, such as mice, horses, dolphins, and wolves, who engage in acts of helpful kindness. Tales of heroism, kindness, and compassion suggest we have far more in common with other animals than we once believed. Well illus., in color. 144 pages. Skyhorse. Pub. at \$19.99 **\$7.95**



**788186X WILD MOMS: Motherhood in the Animal Kingdom.** By Carin Bondar. Being a mom is a tough job—but imagine doing it in the jungle or out on the plains, faced with the ravages of the elements and the threat of predators prowling at all times of the day and night. Bondar takes readers on an enthralling tour of the animal kingdom as she explores the phenomenon of motherhood in the wild. 16 pages of color photos. 271 pages. Pegasus. Pub. at \$27.95 **\$4.95**



**7871392 CATCH AND RELEASE: The Enduring Yet Vulnerable Horseshoe Crab.** By Lisa Jean Moore. Shows how humans literally harvest the life out of horseshoe crabs: we use them as markers for understanding geologic time, collect them for agricultural fertilizer, eat them as delicacies, capture them as bait and more. Also details the biomedical bleeding of crabs: how they are caught, drained of 40 percent of their blood, and then released back into their habitat. Well illus. 197 pages. NYUP. Paperbound. Pub. at \$29.00 **\$5.95**

**7930739 FROGS: The Animal Answer Guide.** By M. Dorcas & W. Gibbons. In addressing the amazing biology of this amphibian group, Dorcas & Gibbons highlight the frightening implications of the current worldwide amphibian crisis, which many scientists predict will bring extinction levels not seen in any vertebrate group in millions of years. 100+ illus. many in color. 160 pages. Johns Hopkins. Paperbound. Pub. at \$24.95 **\$6.95**



**7954417 THE DINOSAUR HUNTERS: The Extraordinary Story of the Discovery of Prehistoric Life.** By Lowell Dingus. Tells the story of the pioneers of prehistoric study and the revelations brought about by their research. Illustrated with 30 rare documents, photographs and hand-drawn maps, Dingus explores the unearthing of Iguanodon teeth, the discovery of the first flying dinosaur, the infamous Bone Wars and more. 144 pages. Welbeck. 9 3/4 x 11 1/4. Pub. at \$24.95 **\$6.95**



**7801408 CATS VS DOGS: Misbehaving Mammals, Intellectual Insects, Flatulent Fish and the Great Pet Showdown.** By New Scientist. From the seemingly trivial to the downright baffling, this volume reveals the animal kingdom as you've never seen it before. 244 pages. Nicholas Brealey. Pub. at \$18.95 **\$5.95**

**4984366 LONESOME FOR BEARS: A Woman's Journey in the Tracks of the Wilderness.** By Linda Jo Hunter. As caretakers and guides at Redoubt Bay Lodge in Alaska, Hunter and her husband lived side by side with brown bears, learning to understand their behavior and growing to miss their company when they left them behind at the end of each season. This account offers new insight into bear behavior. Color photos. 134 pages. Lyons. Paperbound. Pub. at \$19.95 **\$4.95**



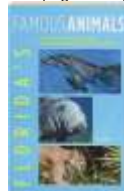
**LIMITED QUANTITY 7923007 ON ANIMALS.** By Susan Orlean. These are stories about how we live with animals and how they abide with us. Now, Orlean examines animal-human relationships through the compelling encounters she's had over the course of her celebrated career. These tales bring to life a range of creatures. 241 pages. Avid Reader. Pub. at \$28.00 **\$5.95**



**★7893248 FUNNY FARM: My Unexpected Life with 600 Rescue Animals.** By Laurie Zaleski. This is Zaleski's story: of promises kept, dreams fulfilled, and animals lost and found. It's also the story of Annie McNulty, who fled a nightmarish marriage having few skills, no money, and no resources, dragging three kids behind her and accumulating hundreds of cast-off animals on the way. And it's the story of the funny and lovable animals that found their forever home at the Funny Farm. 244 pages. St. Martin's. Paperbound. Pub. at \$18.00 **\$12.95**



**4779290 ELEPHANTS: Birth, Life, and Death in the World of the Giants.** By Hannah Mumby. From emotional bonding to communication to the intersections of memory and trauma, Mumby's research is irresistibly engrossing. This is a captivating, revelatory exploration of how we understand these pachyderms—and a persuasive argument for rethinking our approach to animals and their conservation. 16 pages of color photos. 295 pages. Harper. Pub. at \$28.99 **\$6.95**



**7837011 FLORIDA'S FAMOUS ANIMALS: True Stories of Sunset Sam the Dolphin, Snooty the Manatee, Big Guy the Panther, and Others.** By JG Annino. Introduces 13 real-life creatures that have made news around the state. You'll read captivating stories of their rescues, rehabilitation, and adoptions—even how some got their names. Photos. 145 pages. Globe Pequot. Paperbound. Pub. at \$9.95 **\$4.95**



**7849400 NO BUDDY LEFT BEHIND: Bringing U.S. Troops' Dogs and Cats Safely Home from the Combat Zone.** By Terri Crisp with C. Hurn. Terri and her team of volunteers have saved the lives of 282 dogs and 58 cats befriended by military personnel since February 2008. Her story unfolds here on the obstacles she faces to get the soldiers' "buddies" out of danger and bring them home to the people who love them. Illus. 250 pages. Lyons. Pub. at \$21.95 **\$6.95**

**LIMITED QUANTITY 7942494 MASTER PONGO: A Gorilla Conquers Europe.** By Mustafa Haikal. Relates the story of a juvenile gorilla named Pongo, brought to Europe in 1876 and housed at the Unter den Linden Aquarium in Berlin. Examines human, animal interactions and science at a time when the theory of evolution was first gaining ground. Illus. 149 pages. Penn State Univ. Pub. at \$29.95 **\$5.95**



**★7897405 BITE CLUB: Real-Life Attacks by Sharks and Other Killer Predators.** By Douglas Wight. Meet brave people from around the world who have come face to face with sharks or other deadly predators and lived to tell the tale. And we learn of the group of survivors who are supporting each other to navigate, recover and grow from such a life-altering experience. Adults only. Photos. 286 pages. Ad Lib. Paperbound. Pub. at \$16.99 **\$13.95**



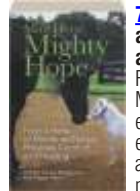
**★7843348 WILD AND CRAZY: Photos from the Comedy Wildlife Photography Awards.** Ed. by Paul Joynson-Hicks et al. An upbeat and lighthearted collection of the funniest photos of wildlife from around the world for animal lovers of all stripes. A pelican losing its lunch; an elephant falling on its face; a meerkat having a rough day; and more. Well illus. in color. S&S. Paperbound. Pub. at \$16.99 **\$12.95**



**★DVD 7928076 FACING THE STORM: Story of the American Bison.** Offers a comprehensive and compelling look at the history of the American buffalo, an incredible animal with deep ties to Native American life that is today struggling to re-establish itself in the Great Plains. 78 minutes. High Plains Films. Pub. at \$14.95 **\$11.95**



**7798385 NEVER LOOK A POLAR BEAR IN THE EYE: A Family Trip to the Arctic's Edge in Search of Adventure, Truth, and Mini-Marshmallows.** By Zac Unger. Takes readers on a spirited and often wildly funny journey to a place as unique as it is remote—a place where natives, tourists, scientists, conservationists, and polar bears converge. In the process Unger finds out that some of what we've been told about polar bears may not be quite true. Photos. 296 pages. Da Capo. Pub. at \$25.00 **\$5.95**

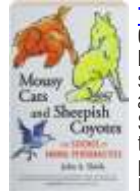


**7758898 MINI HORSE, MIGHTY HOPE: How a Herd of Miniature Horses Provides Comfort and Healing.** By D. Garcia-Bengochea & P. Frezon. Introduces you to Gentle Carousel Miniature Therapy Horses, one of the largest equine therapy programs in the world. You'll experience moments of comfort, hope, healing, and even miracles as you follow these spirited mini horses on visits to children's and veterans' hospitals, victims of natural disasters, survivors of and first responders to mass shootings, and more. Photos. 215 pages. Revell. Paperbound. Pub. at \$14.99 **\$6.95**



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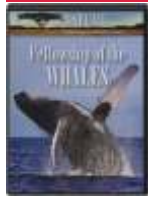


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## Animals



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**7850336 DINOSAUR TRACKS: The Next Steps.** Ed. by Peter L. Falkingham et al. The latest advances in dinosaur ichnology are showcased in this comprehensive and timely volume, in which leading researchers and research groups cover the most essential topics in the study of dinosaur tracks. Well illus. in color. 418 pages. INUP. **\$19.95**



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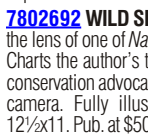
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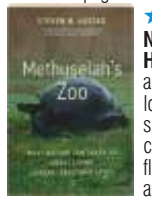
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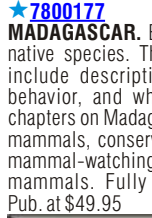
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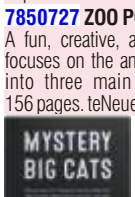
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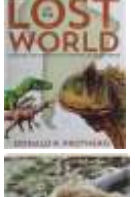
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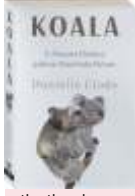
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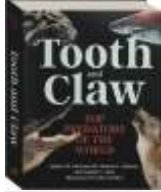
## Animals

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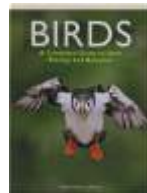
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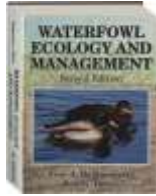




## Birds & Birding



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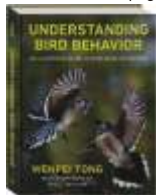


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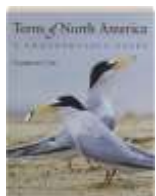
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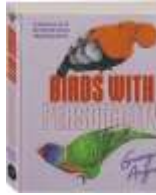
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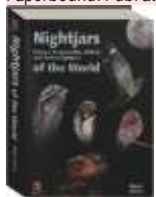


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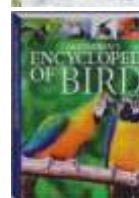


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**★7771398 MY LITTLE GOLDEN BOOK ABOUT DINOSAURS.** By Dennis R. Shealy, illus. by S. Laberis. Learn all about the latest dinosaur discoveries, including research that shows that many dinosaurs were feathered and the birds were close relatives of dinosaurs. Ages 2-5. Fully illus. in color. Golden. **\$4.95**



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**772335 THE AWESOME BOOK OF EDIBLE EXPERIMENTS FOR KIDS.** By Kate Biberdorf. Unleash your inner scientist with these 25 delicious experiments. Learn how to make your own ice cream, cookies, homemade pasta, and more with Kate the Chemist. Ages 8-12. Well illus. in color. 104 pages. Philomel. Pub. at \$17.99 **\$5.95**

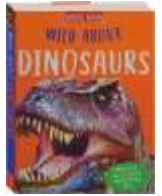
**7873522 FARM BABIES.** By H.A. Rey. Lift the flaps on these colorful pages to find adorable chicks, kittens, ducklings, and more farm babies! Ages 3-6. HMH. Pub. at \$8.99 **\$4.95**



**7914857 BUSHCRAFT KID: Survive in the Wild and Have Fun Doing It.** By Dan Wowak. More than just learning how to survive, but about using skills, tools, and knowledge to make the outdoors more enjoyable. You'll learn all the important skills you need to survive in the outdoors, but you'll also learn how to create cool things that will make your adventures a lot more fun! Ages 10 & up. Fully illus. in color. 207 pages. Dorling Kindersley. Paperbound. Pub. at \$16.99 **\$7.95**

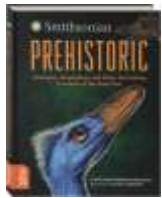


**7965885 TEN TINY DINOSAURS.** Susie Brooks, illus. by I. Cunliffe. Ten tiny dinosaurs have just hatched from their eggs. Follow along with these cute die-cut dinosaurs as the run and play. With fun rhyming text and colorful illustrations, it's perfect for little ones who love dinosaurs! Ages 3-5. Silver Dolphin. **SOLD OUT**



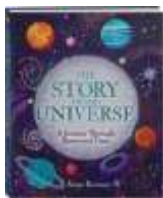
**7906439 WILD ABOUT DINOSAURS: Fantastic Facts About Prehistoric Life!** By R. Matthews & S. Parker. Discover the wealth of awesome creatures that once roamed the Earth, from the first simple animals to the might of the dinosaurs. Filled with fascinating numbered facts, stunning photos and fun cartoons. Ages 7 and up. 160 pages. Miles Kelly. Pub. at \$19.95 **\$8.95**

**7807767 THE BIG BOOK OF GIANT DINOSAURS.** Text by C. Banfi, illus. by F. Cosanti. Some dinosaurs were huge, bigger than boats and even your house. Then there were others that were smaller than your bicycle! You'll find them here. Come and meet them all! Ages 4 & up. Fully illus. in color. Shelter Harbor. 11½x15¼. Pub. at \$16.95 **\$7.95**



**778726X SMITHSONIAN PREHISTORIC: Dinosaurs, Megalodons, and Other Fascinating Creatures of the Deep Past.** By Kathleen Weidner Zoehfeld, illus. by J. Csotonyi. Traveling backwards and stopping along the way to visit saber toothed cats, awe inspiring dinosaurs, giant insects and lumbering reptiles, we watch out for asteroids and super volcanoes, and explore the coral reefs and shifting continents that have shaped the planet we live on today. Ages 7-11. Fully illus. in color. 44 pages. What on Earth. 8½x11¼. Pub. at \$18.99 **\$7.95**

**7880634 WHEN PLANTS TOOK OVER THE PLANET: The Amazing Story of Plant Evolution.** By Chris Thorogood, illus. by A. Grimes. Plants provide us with food, shelter, and the air we breathe, but where did they come from? Step back in time on a prehistoric plant safari to find out! Ages 7-12. Fully illus. in color. 64 pages. QEB Publishing. 8½x11¼. Pub. at \$17.95 **\$7.95**



**7934904 THE STORY OF THE UNIVERSE: A Journey Through Space and Time.** By Anne Rooney. Tells the tale of the universe itself, from the origins of matter and energy, to the marvels of our cosmos. Discover the science behind everything from tiny quarks to mighty supernovas and peer into the mysteries that still remain to be solved. Ages 8-12. 128 pages. Arcturus. 9¼x11¼. Pub. at \$16.99 **\$6.95**



**795459 BIOLOGY FOR KIDS: The Kitchen Pantry Scientist.** By Liz Lee Heinecke. Discover the lives of amazing biologists, past and present, and then keep learning with experiments inspired by their discoveries that will keep young ones engaged for hours. Ages 7-11. Illus. in color. 128 pages. Quarry. 8½x11. Paperbound. Pub. at \$19.99 **\$5.95**



**7958145 INSIDE OUT SHARKS.** By David George Gordon. This fascinating look at sharks includes a die-cut model of a great white that reveals how these much-misunderstood creatures operate, layer by layer! Ages 8-10. Fully illus. in color. Becker & Mayer. 8¾x11. Pub. at \$14.99 **\$5.95**



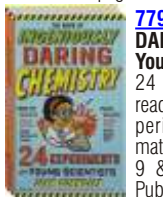
**7797532 ANCIENT ANIMALS: Terror Bird.** By Sarah L. Thomson, illus. by A. Plant. The terror bird could stand as tall as a basketball hoop, with strong beaks designed to hunt. For sixty million years, the terror bird thrived, and almost every other animal could be considered its prey. How did it eventually become extinct? Ages 6-9. Fully illus. in color. 32 pages. Charlesbridge. Pub. at \$12.95 **\$5.95**



**7871260 STRANGE NATURE: The Insect Portraits of Levon Biss.** Gregory Mone. A unique photographic study of insects in mind blowing magnification that celebrates the wonders of nature and science. Bliss' photographs capture in breathtaking detail the beauty of the insect world and are printed in large scale formats to provide an unforgettable viewing experience. Ages 8-12. Well illus. in color. 36 pages. Abrams. 10¼x10¼. Pub. at \$18.99 **\$5.95**



**7958854 NATIONAL PARKS OF THE U.S.A.** By Kate Siber, illus. by C. Turnham. Explore Florida's river-laced Everglades, travel down the white water rapids of the Grand Canyon, trek across the deserts of Death Valley and scale the soaring summits of the Rocky Mountains with this volume that brings you up close to nature's greatest adventures. Ages 6-9. Fully illus. in color. 112 pages. Wide Eyed. 10¼x12¼. Pub. at \$30.00 **\$9.95**



**7792883 THE BOOK OF INGENUOUSLY DARING CHEMISTRY: 24 Experiments for Young Scientists.** By Sean Connolly. These 24 eye-opening experiments take young readers on an interactive journey through the periodic table of elements. Matter really matters, and now you'll understand why! Ages 9 & up. Well illus. 242 pages. Workman. Pub. at \$14.95 **\$5.95**



**★7837577 SOLAR SYSTEM: Future Genius.** Journey through the Solar System and explore the planets in our cosmic backyard! You'll also have a blast as you complete puzzles, mazes, word games, brain teasers, coloring pages, and tons of other awesome activities. Ages 7-12. Fully illus. in color. 96 pages. Happy Fox. 8½x11. Paperbound. Pub. at \$11.99 **\$8.95**



**★7850751 WORLD OF POLLINATORS: A Guide for All Explorers.** Ed. by Joseph Borden. Filled with important information about our world's pollinators and the impact they have in our environment. Engages and informs about pollinating insects, birds, and flowers and all their unique traits. Teaches you what pollen is, how it works, why some insects and birds are pollinators and some are not, and more. Ages 9 & up. Fully illus. in color. 144 pages. Creative Homeowner. 8x10. Paperbound. Pub. at \$14.99 **\$11.95**

**7940378 FLY GUY PRESENTS: Space.** By Tedd Arnold. During a visit to a space museum Fly Guy and Buzz learn all about space. With fun facts, humorous illustrations of Fly Guy and Buzz, and vivid photography throughout, this is sure to be a hit with budding astronauts everywhere. Ages 4-8. Scholastic. Paperbound. **\$4.95**

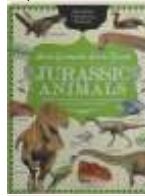


**7940416 THE NIGHT FLOWER.** By Lara Hawthorne. As the summer sun sets over the desert, creatures gather for a very special event. The saguaro cactus is about to bloom. Join pollinating fruit bats, howling mice, and other animals on their journey to visit the flower in the beautiful nature inspired story. Ages 4-8. Fully illus. in color. 30 pages. Scholastic. 8½x11. Paperbound. **\$5.95**



**778385X THE HUMAN BODY: Adventures in Science.** By Courtney Acampora. After reading about everything from the digestive tract to the cornea, kids can assemble their own plastic skeleton and use the included stickers to put the organs and bones in the proper places on the double-sided poster. The perfect primer for learning about how the human body works. Ages 6 & up. Silver Dolphin. 10¼x13. Paperbound. Pub. at \$22.99 **PRICE CUT to \$5.95**

**★7837518 DINOSAURS: Future Genius.** Meet the creatures that ruled the Earth before humans! You'll learn how these creatures came to exist, what sounds they made, and what they looked like. Uncover even more facts through tons of activities, puzzles, quizzes, videos, articles, and more! Ages 7-12. Fully illus. in color. 96 pages. Happy Fox. 8½x11. Paperbound. Pub. at \$11.99 **PRICE CUT to \$7.95**



**7805187 JURASSIC ANIMALS: Animal Encyclopedia Activity Journals.** By J.C. Alonso & G.S. Paul. A naturalist's notebook that guides you on an exploration back 150 million years into the volcanic and tropical forests of prehistory. Walk with massive sauropods as they send shock waves through the ground with each step and more. Adventure awaits as you travel through time, bringing you closer to prehistoric life than ever before. Ages 8 & up. Fully illus. in color. 160 pages. Quarto. 8¾x11. Paperbound. Pub. at \$16.99 **PRICE CUT to \$5.95**

**7876211 THE BIRD ATLAS: A Pictorial Guide to the World's Birdlife.** By Barbara Taylor, illus. by R. Orr. A beautiful and absorbing look at the world's birdlife, packed with hundreds of superb illustrations, detailed maps, and a wealth of fascinating facts. Ages 9-12. 64 pages. Dorling Kindersley. 9¼x12. Pub. at \$20.00 **PRICE CUT to \$7.95**

**★7679912 JOEY GOES TO SEA.** By Alan Villiers, illus. by V.J. Dowling. Illus. 71 pages. Lyons. Paperbound. Pub. at \$9.95 **\$5.95**

**7756720 LOBOS: A Wolf Family Returns to the Wild.** By Brenda Peterson, photos by A.M. Musselman. Well illus. in color. Little Bigfoot. 11x8¾. Pub. at \$17.99 **PRICE CUT to \$3.95**

**780539X TYRANNOSAURUS REX: A Pop-Up Guide to Anatomy.** By Dougal Dixon, illus. by R. Caldwell. Fully illus. in color. Bonnier Books. 9½x12¼. Pub. at \$24.99 **\$12.95**

**★7837550 HUMAN BODY: Future Genius.** Fully illus. in color. 96 pages. Happy Fox. 8½x11. Paperbound. Pub. at \$11.99 **\$8.95**

**★7869703 CATCH A CRAYFISH, COUNT THE STARS: Fun Projects, Skills, and Adventures for Outdoor Kids.** By Steven Rinella with B. Henderson. Fully illus. in color. 342 pages. Random. Pub. at \$26.99 **PRICE CUT to \$14.95**

**7876416 EYEWITNESS DINOSAUR.** By David Lambert. Fully illus. in color. 72 pages. Dorling Kindersley. 8½x11¼. Pub. at \$16.99 **\$7.95**

**1981102 THE HUBBLE SPACE TELESCOPE: Our Eye on the Universe.** By Terence Dickinson with T.C. Read. 80 pages. Firefly. Pub. at \$24.95 **SOLD OUT**

**★4769074 AGE OF THE DINOSAURS: Curious Kids.** By Text Jonny Marx, illus. by C. Engel. Fully illus. in color. Tiger Tales. Pub. at \$14.99 **\$9.95**

**7801319 THE ATLAS OF AMAZING BIRDS.** By Matt Sewell. 160 pages. Princeton Architectural. 9x11¼. Pub. at \$19.95 **SOLD OUT**

**7807791 THE BOOK OF TERRIFYINGLY AWESOME TECHNOLOGY: 27 Experiments for Young Scientists.** By Sean Connolly. Illus. 228 pages. Workman. Pub. at \$15.95 **PRICE CUT to \$3.95**

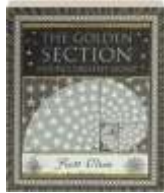
**★7819218 THE ULTIMATE BUG FIELD GUIDE.** 96 pages. Applesauce. Pub. at \$16.95 **PRICE CUT to \$9.95**

**7763298 50 REASONS TO LOVE ANIMALS.** By Catherine Barr, illus. by H. Clulow. Fully illus. in color. 40 pages. Frances Lincoln. 8½x10¾. Pub. at \$18.99 **\$5.95**

**★1956876 THE ULTIMATE DINOSAUR FIELD GUIDE.** Color illus. 96 pages. Applesauce. Paperbound. Pub. at \$16.95 **\$7.95**



## Essays on Nature



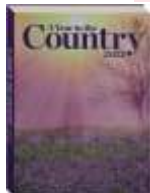
**★4820959 THE GOLDEN SECTION: Nature's Greatest Secret.** By Scott Olsen. Carefully unravels one of the greatest mysteries of all time, a code which seems to underlie life, the universe, and everything, a pattern we instinctively recognize as beautiful, and which nature uses over and over at every scale. Well illus. 58 pages. Wooden. Paperbound. **\$6.95**



**★7774125 WALKING.** By Henry David Thoreau. Published posthumously in 1862, *Walking* became a seminal influence in the environmental movement. Widely recognized to be *Walden* (Thoreau's "other" masterpiece) in a more concise form, each reading offers new epiphanies. Photos. 113 pages. Tilbury House. Pub. at \$16.95 **\$12.95**



**7849605 THROUGH GLACIER PARK.** By Mary Roberts Rinehart. First published in 1916. Rinehart introduced readers to the recently minted national park, to the scenic wonders of Montana, and to the adventures to be found there. 57 pages. TwoDot. Paperbound. Pub. at \$14.95 **PRICE CUT to \$3.95**



**1988549 A YEAR IN THE COUNTRY 2022.** This heartwarming volume is packed with first-hand, reader shared stories that pull you into "the good life." Lose yourself in scenic landscapes, try your hand at simple, homemade crafts, and treat your family to delicious down-home recipes. Color photos. 192 pages. RDA Enthusiast. 8 1/4 x 11. Pub. at \$24.99 **PRICE CUT to \$2.95**

**★7728034 A LIFE ON OUR PLANET: My Witness Statement and a Vision for the Future.** By David Attenborough. Having been witness to the decline of our planet's wild places and its biodiversity, Attenborough argues we have one final chance to create the perfect home for ourselves and restore the wonderful world we inherited—all we need is the will to do so. Color photos. 266 pages. Grand Central. Paperbound. Pub. at \$17.99 **PRICE CUT to \$9.95**



**7831153 A LIFE ON OUR PLANET: My Witness Statement and a Vision for the Future.** By David Attenborough. Having been witness to the decline of our planet's wild places and its biodiversity, Attenborough argues we have one final chance to create the perfect home for ourselves and restore the wonderful world we inherited—all we need is the will to do so. 16 pages of photos, some in color. 266 pages. Grand Central. Pub. at \$26.00 **\$6.95**



**782727X THE LIVING FOREST: A Visual Journey into the Heart of the Woods.** By Joan Maloof, photos by R. Llewellyn. Through Maloof's lyrical essays and the arresting photographs of Robert Llewellyn, this stunning volume brings to light some of nature's most remarkable feats: the astonishing science and fascinating interrelationships that make each forest a living, breathing, whole. 260 pages. Timber. 11 1/2 x 11 1/4. Pub. at \$40.00 **PRICE CUT to \$14.95**

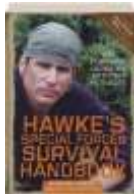
**★1980831 FINDING THE MOTHER TREE: Discovering the Wisdom of the Forest.** By Suzanne Simard. Photos. 348 pages. Vintage. Paperbound. Pub. at \$17.00 **\$12.95**

**★7730756 OTTERS DANCE: A Rancher's Journey to Enlightenment and Stewardship.** By Bob Budd. 263 pages. Fulcrum. Paperbound. Pub. at \$18.95 **PRICE CUT to \$7.95**

## More Works on Nature



**LIMITED QUANTITY 7845502 THE DISASTER-READY HOME: A Step-by-Step Emergency Preparedness Manual for Sheltering in Place.** By Creek Stewart. A realistic, achievable, affordable, and effective home plan for disaster situations. You'll find a step by step manual for you to follow to be better prepared to shelter in place inside your own home. Protect and provide for your family in any situation. Well illus. in color. 221 pages. Adams Media. Paperbound. Pub. at \$18.99 **SOLD OUT**



**7847262 HAWKE'S SPECIAL FORCES SURVIVAL HANDBOOK: The Portable Guide to Getting Out Alive.** By Mykel Hawke. It happens to thousands of people each year, and it could happen to you. You get lost in the forest while hiking, or you run out of gas in the desert, or you get snowed in, or your boat capsizes, or some other disaster strands you with no food, shelter, or any means of survival or escape. What do you do? Read this work and keep it with you at all times. Illus. 256 pages. Running Press. Paperbound. Pub. at \$18.00 **\$5.95**



**DVD 7765061 DEFENDERS OF THE WILD: NATURE.** Gathers classic *NATURE* episodes that tell remarkable true stories of survival. Here you will find very special animals that captured the imagination of millions around the world, and meet the scientists, conservationists, and ordinary people whose lives they touched. Programs include *Kusasi and Snowflake; Tall Blondes; Pale Male; Cloud; Chimpanzees: An Unnatural History; and Shark Mountain.* Over seven hours on 6 DVDs. Questar. Pub. at \$59.99 **SOLD OUT**



**LIMITED QUANTITY 7947224 THE BUSHCRAFT ESSENTIALS FIELD GUIDE: The Basics You Need to Pack, Know, and Do to Survive in the Wild.** By Dave Canterbury. The author simplifies his teachings and provides the necessary know-how to tackle the five main drivers of any successful bushcraft adventure. Based on his patented 5 x 5 Survival System, this field guide breaks down survival basics. Illus. 206 pages. Adams Media. Paperbound. Pub. at \$19.99 **SOLD OUT**

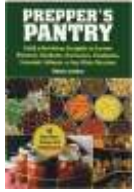


**DVD 1961608 BBC ATLAS OF THE NATURAL WORLD: Western Hemisphere and Antarctic.** Fullscreen. From the BBC's internationally renowned, award-winning *Natural History* unit comes the second release in this extraordinarily ambitious survey of life on Earth. This offers comprehensive portraits of land, wildlife and peoples of the Western Hemisphere and Antarctica including *Land of the Eagle; Spirits of the Jaguar; Wild South America; and Life in the Freezer.* Over 12 hours on six DVDs. BBC. **\$5.95**



**DVD 7693559 EARTH: One Amazing Day.** Widescreen. Over the course of one single day, this tracks the sun from the highest mountains to the remotest islands, from exotic jungles to urban sprawls. Astounding breakthroughs in film making technology bring you up close and personal with a cast of unforgettable characters. 95 minutes. BBC Earth. **\$5.95**

**7844441 THE WASP THAT BRAINWASHED THE CATERPILLAR: Evolution's Most Unbelievable Solutions to Life's Biggest Problems.** By Matt Simon. A fascinating exploration of the weird, and unsettling ingenuity of evolution. Matt Simon introduces you to the creatures that have figured it out, the ones that joust with their moustaches or choke sharks to death with snot, all in a wild struggle to survive, and, of course, find that special someone. Well illus. 260 pages. Penguin. Pub. at \$20.00 **\$5.95**



**195654X PREPPER'S PANTRY.** By Daisy Luther. A one year food supply means freedom. It means that you are less subject to the whims of the economy or personal financial emergencies. This guide is a detailed compendium of all things food storage. It teaches you how much food you need, the components of a perfect pantry, a thrifty way of shopping so you can afford to build your pantry, and more. Illus. in color. 216 pages. Racehorse. Paperbound. Pub. at \$14.99 **\$6.95**



**7836864 BACKPACKER MAGAZINE'S OUTDOOR SURVIVAL STORIES AND THE LESSONS LEARNED.** By Molly Absolon. Recounts a variety of outdoor survival stories, from encountering dangerous animals to being trapped by deadly weather. On the heels of each story is an analysis of the factors and decisions that created the survival situations as well as a summary of outdoor survival tactics. Well illus. in color. 92 pages. Globe Pequot. Paperbound. Pub. at \$12.95 **\$4.95**

**7908687 EVER GREEN: Saving Big Forests to Save the Planet.** By T.E. Lovejoy & J.W. Reid. Five stunningly large forests remain on Earth: The Taiga, the North American boreal, the Amazon, the Congo, and the island forest of New Guinea. These megaforests are vital to preserving global biodiversity, thousands of cultures, and a stable climate. The authors offer practical solutions to address the biggest challenges these forests face. Photos. 302 pages. Norton. Pub. at \$30.00 **\$5.95**



**★7836139 ALL ABOUT LIGHTNING.** By Martin A. Uman. Answers often-asked questions about lightning, from whether lightning strikes twice in the same place to how a lightning rod works. Includes discussions of such topics as ball lightning, St. Elmo's Fire, protecting yourself from lightning, and more. 167 pages. Dover. Paperbound. Pub. at \$9.95 **\$7.95**



**7807775 AMBER: The Natural Time Capsule.** By Andrew Ross. Provides an engaging overview of this prehistoric substance and its fossilized inclusions. Ross explains how amber is formed, where it is formed, and how to distinguish genuine amber from fakes. He also describes its uses in both art and science, while showcasing a range of specimens. Fully illus. in color. 112 pages. Firefly. Paperbound. Pub. at \$19.95 **\$5.95**



**7911041 THE LAST WINTER: The Scientists, Adventurers, Journeymen, and Mavericks Trying to Save the World.** By Porter Fox. A gripping blend of narrative travelogue, history, and climatology set against the end of ice, snow, and winter as we know it. Timely, atmospheric, and expertly investigated, Fox showcases a shocking and unexpected casualty of climate change, which may well set off its own unstoppable warming cycle. Photos. 306 pages. Little, Brown. Pub. at \$28.00 **\$5.95**



**★7822952 MUSHROOMS, SECOND EDITION: A Falcon Field Guide.** By Todd Telander. Covers 80 of the most common and sought after species in North America. Conveniently sized to fit a pocket and featuring full color, detailed illustrations, this informative guide makes it easy to identify mushrooms in the backyard and beyond. 101 pages. Falcon. Paperbound. Pub. at \$16.95 **\$12.95**



**1955438 ULTIMATE WILDERNESS GEAR: Everything You Need to Know to Choose & Use the Best Outdoor Equipment.** By Craig Caudill. Takes you to the cutting edge of outdoor gear and reveals which items will perform the best in the field without breaking the bank. Learn what you need, why you need it and how to care for it. Well illus. in color. 224 pages. Page Street. Paperbound. Pub. at \$22.99 **\$7.95**



**7827776 50 THINGS TO DO IN THE WILD.** By Richard Skrein. Fletch an arrow, weave a fishing net, raise a tarp, take a night walk, and start a fire: enjoy these outdoor activities and many more with the help of this spirited guide to wilderness recreation and leisure. Well illus. 144 pages. Princeton Architectural. Pub. at \$17.95 **\$7.95**



**7949251 DIY WILDERNESS SURVIVAL PROJECTS: 15 Craft Projects for the Great Outdoors.** By Mike Warren. Features projects which will enable you to get the most out of the outdoors, and make your adventures fun, safe and comfortable. Will give you all the necessary maker skills to upgrade camping trips and hikes from barely organized to expertly crafted. Fully illus. in color. 160 pages. Welbeck. Pub. at \$24.95 **\$7.95**



**★4547942 PETERSON FIELD GUIDE TO MEDICINAL PLANTS AND HERBS OF EASTERN AND CENTRAL NORTH AMERICA, THIRD EDITION.** By S. Foster & J.A. Duke. Presents a clear and concise text identifying the key traits, habitats, uses, and warnings for 530 of the most significant medicinal plants in the eastern and central United States and Canada, including both native and alien species. Well illus. in color. 456 pages. HMH. Paperbound. Pub. at \$28.00 **\$14.95**



**★7869401 THE SCOUT'S GUIDE TO WILDERNESS SURVIVAL AND FIRST AID: 400 Essential Skills.** By J.W. Fears & G.S. Lipman. Offers practical advice to help with: building a fire; purifying water; identifying common edible plants and mushrooms; signaling for help; building simple shelters; practical navigation skills; treating wounds; responding in a medical emergency; and so much more! Fully illus. in color. 310 pages. Skyhorse. Paperbound. Pub. at \$24.99 **\$17.95**





## More Works on Nature



**769153X THE PREPARED HOME: How to Stock, Organize, and Edit Your Home to Thrive in Comfort, Safety, and Style.** By Melissa George. Your guide to a stylish home that feels like a sanctuary in normal and in challenging times. Discover how to transform your home from entertaining mode to disaster ready mode quickly and easily, find clever and aesthetically pleasing ways to store emergency items, and more. Take steps now to make your home a place of safety, comfort, and beauty. Color photos. 168 pages. Castle Point. Pub. at \$24.99 **\$5.95**



**7869932 HUBBARD BROOK: The Story of a Forest Ecosystem.** By R.T. Holmes & G.E. Likens. Since the early 1960s, the Hubbard Brook Experimental Forest in the White Mountains of New Hampshire has been one of the most comprehensively studied landscapes on earth. This volume highlights many of the important ecological findings amassed during the long-term research conducted there, and considers their regional, national, and global implications. Well illus. in color. 271 pages. Yale. 8 1/2 x 10 1/4. Pub. at \$45.00 **\$9.95**

**★7919832 SACRED NATURE: Restoring Our Ancient Bond with the Natural World.** By Karen Armstrong. Armstrong drawing on her vast knowledge of the world's religious traditions, vividly describes nature's central place in spirituality across the centuries. In bringing this age-old wisdom to life, she shows modern readers how to rediscover nature's potency and form a connection to something greater than ourselves. 205 pages. Anchor. Paperbound. Pub. at \$17.00 **\$12.95**



**★7725280 THE SECRET NETWORK OF NATURE: Trees, Animals, and the Extraordinary Balance of All Living Things.** By Peter Wohlleben. In this tour of an almost unfathomable world, one of the world's most famous foresters describes the fascinating interplay between animals and plants and answers such questions as: How do they influence each other? Do life-forms communicate across species boundaries? And what happens when this finely tuned system gets out of sync? 260 pages. Greystone. Paperbound. Pub. at \$17.95 **\$12.95**



**1919830 A CLOUD A DAY.** By Gavin Pretor-Pinney. This work urges all of us to keep our heads in the clouds with 365 fascinating cloud formations from Pretor-Pinney's extraordinarily popular Cloud Appreciation Society collection. Inspirational quotes and informative cloud facts accompany provocative and meditative images of the sky, encouraging readers to pause for a moment and look up. Fully illus. in color. 368 pages. Chronicle. Pub. at \$24.95 **\$11.95**



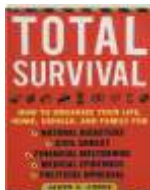
**7965451 THE SURVIVAL HANDBOOK.** By Colin Towell. Combining proven, no-nonsense military survival skills with ingenious bushcraft techniques and accessible step by step instructions, this guide shows you how to survive in the wild. Learn how to plan your expedition, how to make a fire, how to build a shelter and everything you need to know about wild food and natural dangers. Fully illus. in color. 320 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$7.95**



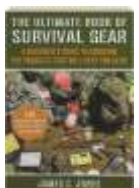
**★7835345 READING THE CLOUDS, SECOND EDITION: How You Can Forecast the Weather.** By Oliver Perkins. An "at a glance" guide to the clouds that will enable you to predict the weather by recognizing cloud types, shapes, color and behavior. It will be an invaluable companion for anyone who enjoys outdoor activities. Revised and expanded to include plenty of new photos covering every possible view of the sky. 128 pages. Adlard Coles. Paperbound. Pub. at \$16.00 **\$11.95**



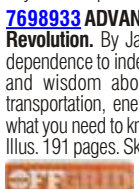
**★7812027 PREPPER'S MEDICAL MANUAL: The Ultimate Readiness Guide for Medical Emergencies in Disaster Situations.** By James C. Jones. Includes basic first aid subjects, such as bandaging, splinting, control of bleeding, and treatment of shock, along with those associated with true disasters and emergencies. Complete with multiple step by step response guides and checklists for stocking personal medical emergency kits. Fully illus. in color. 213 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$14.95**



**7940289 TOTAL SURVIVAL.** By James C. Jones. The author shares a variety of practical survival skills, principles, and ideas in a easy to read format that will aid the reader in becoming stronger, safer and more self reliant. These ten survival principles are the key to success in everyday life, especially during an emergency. Well illus. in color. 179 pages. Skyhorse. 8 1/2 x 11. Paperbound. Pub. at \$16.99 **\$6.95**



**1992694 THE ULTIMATE BOOK OF SURVIVAL GEAR: A Beginner's Guide to Choosing the Products That Will Keep You Alive.** By James C. Jones. Here you will find detailed descriptions of the following gear: sleeping bags, shovels and saws, stoves, clothing and footwear, advanced medical care equipment, communications and monitoring devices, biological and chemical survival equipment, and much more. Well illus. in color. 164 pages. Skyhorse. Paperbound. Pub. at \$12.99 **\$5.95**



**7698933 ADVANCED SURVIVAL: A Guide to the Self-Reliance Revolution.** By James C. Jones. A blueprint for the journey from dependence to independence, filled with practical how to information and wisdom about food, water, shelter, medicine, sanitation, transportation, energy, home, self defense, and much more. Learn what you need to know to get through any disaster, whenever it strikes. Illus. 191 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$4.95**



**★7792158 DIY SURVIVAL: Best Hacks for Worst-Case Scenarios.** By Compiled by OFFGRID Magazine. This is an easy-access encyclopedia of DIY survival hacks to get you through when supplies are thin, and help is out of reach. Each chapter covers a specific technique in a step by step format that includes photos and illustrations. 352 pages. OffGrid. Paperbound. Pub. at \$24.99 **\$17.95**



**★7843291 THE LITTLE BOOK OF MUSHROOMS: An Illustrated Guide to the Extraordinary Power of Mushrooms.** By Alex Dorr, illus. by S. Richard. Explore 75 of the most unique varieties of mushrooms. From the vividly red Fly Agaric to the nutritious Chicken of the Woods to the lethal Death Cap, you will learn everything about these fungi, including where they live, their most distinguishing features, which fungi are safe to eat, and much more. Well illus., in color. 256 pages. Adams Media. Pub. at \$17.99 **\$12.95**

**★7971036 MUSHROOMING: An Illustrated Guide to the Fantastic, Delicious, Deadly, and Strange World of Fungi.** By Diane Borsato. An illustrated guide to over 100 types of mushrooms, offering insights and stories about these mysterious organisms. 232 pages. The Experiment. Pub. at \$24.95 **\$17.95**



**★795512X THE WORST-CASE SCENARIO SURVIVAL HANDBOOK: Apocalypse.** By J. Piven & D. Borgenicht. Survival experts provide step by step instructions on: how to pack a go bag in 30 minutes; how to make your bunker feel like home; how to survive an alien invasion; how to defeat a robot uprising; how to survive the next pandemic; how to fend off a hostile clan; and more. Illus. 263 pages. Quercus. Pub. at \$19.99 **SOLD OUT**



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**★4752732 276 EDIBLE WILD PLANTS OF THE UNITED STATES & CANADA.** By Caleb Warnock. Paced with over 800 color photographs of over 250 wild berries, roots, nuts, greens, and flowers, this valuable reference will show you which plants are edible, where to find them, how to prepare them, and how to avoid poisonous lookalikes. 247 pages. Familius. Paperbound. Pub. at \$24.99 **\$14.95**

**4914775 FOSSIL MEN: The Quest for the Oldest Skeleton and the Origins of Humankind.** By Kermit Pattison. Based on a half decade of research in Africa, Europe, and North America, this work is a brilliant investigation not only into the origins of the human lineage but into the oldest of human emotions: curiosity, jealousy, perseverance, and wonder. Photos. 534 pages. Morrow. Pub. at \$32.50 **\$7.95**



**★7956266 THE LIVES OF SEaweEDS: A Natural History of Our Planet's Seaweeds & Other Algae.** By Julie A. Phillips. Takes a deep dive to explore the characteristics of seaweeds and other algae, outlining their extraordinary evolution as well as their morphology, life histories, ecology, and uses. Fully illus. in color. 288 pages. Princeton. Pub. at \$29.95 **\$24.95**



**7835159 JAPAN: The Natural History of an Asian Archipelago.** By Mark Brazil. Explains how Japan's geology, geography, climate, seas and currents have forged conditions supporting unique species from cranes, bears, eagles and monkeys to plants, butterflies, dragonflies, frogs and snakes, many of them found nowhere else in the world. Color photos. 384 pages. Princeton. Paperbound. Pub. at \$35.00 **\$12.95**



**Blu-ray 7836090 FROZEN PLANET.** Widescreen. Narrated by David Attenborough, this series captures unimaginable imagery above and below the ice, including previously unfilmed animal behavior, and follows the extraordinary fluctuations that accompany the changes of seasons. Collects all seven episodes. Nearly 6 hours on three Blu-rays. BBC Earth. **\$9.95**



**★7886411 HOW TO READ THE WILDERNESS: An Illustrated Guide to North American Flora and Fauna.** By The Nature Study Guild. From its mountains to its ocean shores, from its wetlands to its deserts, North America teems with flora and fauna in delicately balanced ecosystems found nowhere else on Earth. With this volume in hand, you will understand the language of nature and see those wild places with new eyes. Fully illus. in color. 392 pages. Chronicle. Pub. at \$35.00 **\$27.95**



**★7796161 BUSHCRAFT: A Field Guide to Surviving the Wilderness.** By Bob Holtzman. A comprehensive guide that provides key skills, essential survival information, and life saving techniques. With this guide you can venture into the wild, safe in the knowledge that you are prepared for any eventuality, ready to enjoy all that nature has to offer. Well illus. 256 pages. Wellfleet. Paperbound. Pub. at \$19.99 **\$14.95**



**7890427 UNDERWATER WILD: My Octopus Teacher's Extraordinary World.** By C. Foster & R. Frylinck. An immersive journey into the underwater world that inspired it—and holds transformative lessons for us all. The divers behind the film *My Octopus Teacher* reveal a new version of the sea, one full of wonder, new insights into marine biology, and life-changing teachings even for the most land-bound of us. Fully illus. in color. 324 pages. HMH. 12 1/2 x 12 1/2. Pub. at \$50.00 **\$24.95**



**7836872 BASIC ILLUSTRATED WEATHER FORECASTING.** By Michael Hodgson. Gives detailed lessons in recognizing shifts in weather patterns, understanding why they occur, identifying cloud formations, and mastering basic meteorological concepts. 69 pages. Globe Pequot. Paperbound. Pub. at \$9.95 **\$4.95**



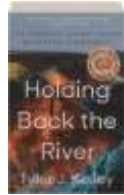
**★7791429 GEMSTONES: Understanding, Identifying, Buying.** By Keith Wallis. From Andalusite to Zircon, this wide ranging guide appraises more than 180 gemstones, minerals and metals used in jewelry today. Precious stones are examined in dazzling detail, while a treasure trove of organic and minor gemstones listings showcase lesser known gems. Well illus. in color. 160 pages. Antique Collectors' Club. Pub. at \$30.00 **\$21.95**



**★7842163 COMMON BEES OF WESTERN NORTH AMERICA.** By O.M. Carril & J.S. Wilson. Portable, full-color photographic guide to the most commonly seen species of the Western U.S. and Canada. Over 200 species are included, with multiple photographs, identification guides, and range maps for each. 415 pages. Princeton. Paperbound. Pub. at \$35.00 **\$27.95**



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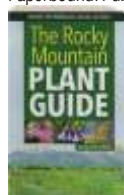
**7846800 50 THINGS TO DO AT THE BEACH.** By Easkey Britton. From engaging activities like a nature scavenger hunt, wave play, and kite making to reflective pastimes such as walking and sound meditations, this work will help transform or renew your connection with the water. Illus. 144 pages. Princeton. Pub. at \$17.95 **\$7.95**



**7790775 SEAWEEDS OF THE WORLD: A Guide to Every Order.** By John H. Bothwell. Makes sense of seaweeds' world, differentiating between the three main groups—red, green, and brown—and delving into their reproductive systems. The result is an unprecedented, accessible, and in-depth look at a previously hidden ocean world. Fully illus. most in color. 240 pages. Princeton. Pub. at \$29.95 **\$24.95**



**7943431 LOW-COST EMERGENCY PLANNING: A DIY Guide to Family Disaster Preparedness.** By Julie L. Jesseph-Balaa. Learn how to develop practices and repurpose everyday household discards to improve your family's readiness for natural and human made disasters. Offers advice on the basics, from water and food to hygiene and energy alternatives. With full color photos and clear instructions, prepared for anything. 160 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$12.95**



**7909179 THE ROCKY MOUNTAIN PLANT GUIDE.** By George Oxford Miller. Presents 700 species of plants, organized by color and then by family—with a separate section for trees. Includes location information with range and elevation details for every plant. Quick ID at a glance, tips for identifying each species, and more. Fully illus. in color. 412 pages. Adventure Publications. Paperbound. Pub. at \$24.95 **\$17.95**



**7806604 THE GREEN BERET BUSHCRAFTING GUIDE: The Eight Pillars of Survival in Any Situation.** By Brian M. Morris. In Morris's eight-pillar system, it is up to the survivor to assess their situation and then choose the pillar that is needed most to survive the situation at hand. The survivor needs to choose the pillar that is more urgent and necessary to save their life under the circumstances. Well illus. in color. 184 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$14.95**



**7937938 THE STORY OF THE DIAMOND.** By Tamara Sturtz-Filby. Discover the enchanting history of nature's most brilliant treasure. With in-depth information on styles, cuts, colors and carats, and a chapter devoted to engagements rings, there is practical information on buying diamonds as well as stories behind the most legendary stones and details on diamond dealers. Color photos. 160 pages. Welbeck. Pub. at \$16.95 **\$12.95**



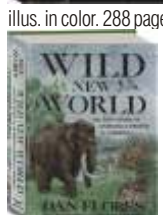
**7937539 THE UNITY OF SCIENCE: Exploring Our Universe, from the Big Bang to the Twenty-First Century.** By Irwin Shapiro. Provides a broad and entertaining survey of major scientific discoveries that have changed our views of nature and, in turn, spawned further questions. Shapiro separates his inquiry into three parts: looking up at the universe, looking down at earth and its fossils, and looking at the story of life. Illus. 359 pages. Yale. Pub. at \$32.00 **\$25.95**



**DVD 7875215 FRONTIER SUMATRA.** Widescreen. The incredible story of a ground-breaking conservation project called Restorasi Ekosistem Riau (RER). The remote Kampar Peninsula is home to the last great peatland rainforest on the island. Roughly the size of London, the RER is home to rare and exotic wildlife, ancient cultures, and carbon-rich peat soil. Not Rated. 53 minutes. Dreamscape Media. Pub. at \$14.95 **\$11.95**



**782209X THE DEEP OCEAN: Life in the Abyss.** By Michael Vecchione et al. The deep ocean comprises more than 90 percent of our planet's biosphere and is home to some of the world's most dazzling creatures. This work leads you down into the canyons, trenches, and cold seeps of the watery abyss, presenting the deep ocean and its inhabitants as you have never seen them before. Fully illus. in color. 288 pages. Princeton. 8 1/2 x 11 1/4. **\$37.95**



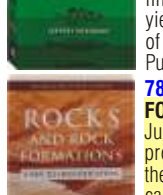
**7745230 WILD NEW WORLD: The Epic Story of Animals & People in America.** By Dan Flores. Chronicles the epoch in which humans and animals have coexisted in the "wild new world" of North America—a place shaped both by its own grand evolutionary forces and by momentous arrivals from Asia, Africa, and Europe. With portraits of iconic creatures such as mammoths, horses, wolves, and bison, Flores describes the evolution and historical ecology of North America like never before. 434 pages. Norton. Pub. at \$30.00 **\$21.95**



**7741073 APOCALYPSE READY: The Manual of Manuals—A Century of Panic Prevention.** By Taras Young. An expertly curated compilation of officially published step by step guides on how to deal with every kind of disaster imaginable. Informative commentary provides historical context for the official advice, exploring how our universal preoccupation with apocalypse has manifested around the globe, and captions clarify the messages contained in the survival documents. Fully illus., many in color. 256 pages. Thames & Hudson. Pub. at \$35.00 **\$17.95**



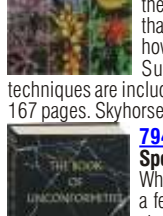
**7950888 OUR ANCIENT LAKES: A Natural History.** By Jeffrey McKinnon. Introduces the remarkable living diversity of these aquatic bodies to the general reader and explains the surprising, often controversial, findings that the study of their faunas is yielding about the formation and persistence of species. Well illus. 315 pages. MIT Press. Pub. at \$29.95 **\$21.95**



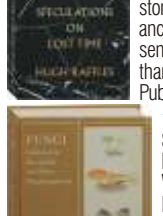
**7862989 ROCKS AND ROCK FORMATIONS: A Key to Identification.** By Jurg Meyer. Allows everyone, amateur or professional, to successfully distinguish these amazing masses of minerals, using only careful observation, a magnifying glass, a pocket knife, this guide—and a bit of patience. Illus. in color. 192 pages. Princeton. Paperbound. Pub. at \$19.95 **\$9.95**



**4963296 THE FORAGER'S HANDBOOK: A Seasonal Guide to Harvesting Wild, Edible & Medicinal Plants.** By Vickie Shufer. Empowers you to maintain and improve your health by following the way of the forager. Shufer highlights plants that are available through each season and how to use those plants for food and medicine. Sustainable harvesting and preparation techniques are included as well as foraging ethics. Color photos. 167 pages. Skyhorse. Paperbound. Pub. at \$22.95 **\$12.95**



**7945957 THE BOOK OF UNCONFORMITIES: Speculations on Lost Time.** By Hugh Raffles. When the author's two sisters died suddenly within a few weeks of each other, he reached for rocks, stones, and other seemingly solid objects as anchors in a world unmoored, as ways to make sense of these events through stories far larger than his own. Photos. 374 pages. Pantheon. Pub. at \$30.00 **\$7.95**



**7950713 FUNGI COLLECTED IN SHROPSHIRE AND OTHER NEIGHBOURHOODS: A Victorian Woman's Illustrated Field Notes.** By M.F. Lewis. Venture into the woods alongside a pioneering female mycologist. This one of a kind, keepsake volume celebrates the timeless fascination of fungi. Lewis's delicately drawn, boldly colored images evoke the strange and powerful beauty of this kingdom. 168 pages. Chronicle. Pub. at \$22.95 **\$17.95**



**7950225 STAYING SAFE: Backyard to Backcountry.** By Patrick Brighton. Learn what preventative steps can minimize your risk. Discover the recommended first aid responses to various wilderness illnesses, injuries, and emergencies—from sunburn to heart attack. Fully illus. in color. 194 pages. Adventure Publications. Paperbound. Pub. at \$19.95 **\$14.95**



**7948660 THE ARCTIC GUIDE: Wildlife of the Far North.** By Sharon Chester. This guide covers more than 800 species of plants, fishes, butterflies, birds, and mammals, that inhabit the Arctic's polar deserts, tundra, taiga, sea ice, and oceans. A color distribution map accompanies each species account, and alternative names in German, French, Norwegian, Russian, Inuit, and Inupiaq are also provided. Fully illus. in color. 542 pages. Princeton. Paperbound. Pub. at **SOLD OUT**



**7756011 BOOM, BUST, BOOM: A Story About Copper, the Metal That Runs the World.** By Bill Carter. A fact-rich narrative that helps us understand the paradoxical relationship we have with a substance whose necessity to civilization costs the environment and the people who mine it dearly. Part social history, part mining-town exploration, and part environmental investigation. 284 pages. Scribner. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**



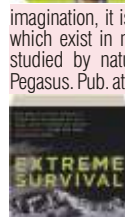
**7728131 BACKWOODS SURVIVAL GUIDE: Practical Advice for the Simple Life.** By Jim Cobb. Learn techniques like how to harvest rainwater and make it safe for consumption and how to preserve food to prolong its shelf life; outdoor skills like how to fish for your dinner; and how to stay safe in the wilderness by thinking ahead. Fully illus. in color. 190 pages. Centennial. Paperbound. Pub. at \$19.99 **PRICE CUT to \$4.95**



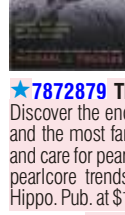
**7776527 PREPPER'S LONG-TERM SURVIVAL GUIDE, SECOND EDITION.** By Jim Cobb. This volume will get you though when days become weeks, and then months, and then years. Offers advanced techniques and tactics necessary for surviving the most dire of situations, including: a wide range of methods to preserve and store food; updated water collection and storage techniques for drink and hygiene; and more. 230 pages. Ulysses. Paperbound. Pub. at \$19.95 **\$14.95**



**7715331 ON THE TRAIL OF THE JACKALOPE: How a Legend Captured the World's Imagination and Helped Us Cure Cancer.** By Michael P. Branch. The never before told story of the horned rabbit—the myths, the hoaxes, the very real scientific breakthrough it inspired—and how it became a cultural touchstone of the American West. Although the jackalope is an invention of the imagination, it is nevertheless connected to actual horned rabbits, which exist in nature and have for centuries been collected and studied by naturalists. 16 pages of color photos. 254 pages. Pegasus. Pub. at \$27.95 **PRICE CUT to \$4.95**



**7769997 EXTREME SURVIVAL: Lessons from Those Who Have Triumphed Against All Odds.** By Michael J. Tougas. You'll be on the edge of your seat as you read these true stories and learn survival techniques. Tougas interviewed over 100 people who survived against all odds, first chronicling their stories, and then discussing the lessons learned. 220 pages. Mango. Paperbound. Pub. at \$19.99 **PRICE CUT to \$11.95**



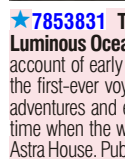
**7872879 THE STORY OF THE PEARL.** By Caroline Young. Discover the enchanting history of the pearl, through legend, myth and the most famous pearls of all time. Learn how to choose, buy and care for pearls, and be inspired by bygone fashions and modern pearlcore trends. Well illus. most in color. 160 pages. Orange Hippo. Pub. at \$16.95 **PRICE CUT to \$9.95**



**798288 LOOKING UP: The True Adventures of a Storm-Chasing Weather Nerd.** By Matthew Cappucci. Combining personal storytelling and infectious enthusiasm, Cappucci gives us a riveting ride through the state of our weather. Throughout, readers get a tutorial on the basics of weather science, the impact of the climate, and get to tag along on some epic storm chases. 24 pages of color photos. 293 pages. Pegasus. Pub. at \$27.95 **PRICE CUT to \$5.95**



**7849206 FLORIDA'S MAGNIFICENT LAND.** By J. Valentine & D.B. Means. Showcases several decades of exacting large-format landscape photography illustrating the best of what Florida has preserved and many places that need protecting for future generations. 64 pages. Pineapple Press. 9x12. Paperbound. Pub. at \$14.95 **PRICE CUT to \$3.95**

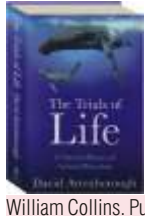


**7853831 THE BATHYPHERE BOOK: Effects of the Luminous Ocean Depths.** By Brad Fox. A wide-ranging and sensual account of early deep-sea exploration and its afterlives. Begins with the first-ever voyage to the deep ocean and expands to explore the adventures and entanglements of its all too human participants at a time when the world still felt entirely new. Color photos. 336 pages. Astra House. Pub. at \$29.00 **PRICE CUT to \$17.95**





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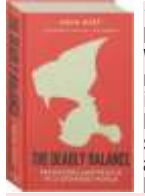
**★7796390 THE TRIALS OF LIFE: A Natural History of Animal Behaviour.** By David Attenborough. Takes the twelve key stages in all animals' lives and looks at how the solutions developed by different species are hugely varied and often astounding. But they are all the more engaging, for they are the trials that we as a species face ourselves. 64 pages of color photos. 282 pages. William Collins. Pub. at \$30.00 **PRICE CUT to \$17.95**



**★7784228 GRANDFATHER MOUNTAIN: The History and Guide to an Appalachian Icon.** By Randy Johnson. Guides readers on a journey through the mountain's history, from its geological beginnings millennia ago and the early days of exploration to its role in regional development and eventual establishment as a North Carolina state park. Along the way, see how Grandfather has changed, and has been changed by, the people of western North Carolina and beyond. Fully illus., most in color. 290 pages. UNC Press. 8 1/2 x 11. Paperbound. Pub. at \$28.00 **PRICE CUT to \$19.95**



**★7703198 SURVIVE: The All-in-One Guide to Staying Alive in Extreme Conditions.** By Ky Furneaux. This extensive collection of knowledge, techniques, preparations, and lifesaving strategies will help you navigate all manner of survival situations, from backcountry avalanches to flash floods, hurricanes, and urban riots. Fully illus. in color. 640 pages. Cider Mill. Paperbound. Pub. at \$29.95 **PRICE CUT to \$17.95**



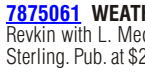
**★7851774 THE DEADLY BALANCE: Predators and People in a Crowded World.** By Adam Hart. Explores the complex relationships we have with predators, and investigates what happens when humans become prey. From big cats to army ants via snakes, bears, wolves, crocodiles, piranhas and more, this work untangles the science behind such encounters, which are often cloaked with confusing or contradictory fear-driven myth. 368 pages. Bloomsbury. Pub. at \$28.00 **PRICE CUT to \$17.95**



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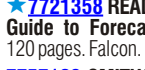
**DVD 7765274 WILD SOUTH AMERICA: Atlas of the Natural World.** Widescreen. BBC Video. **SOLD OUT**



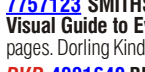
**★7875061 WEATHER: An Illustrated History.** By Andrew Revkin with L. Mechaley. Fully illus., most in color. 212 pages. Sterling. Pub. at \$24.95 **\$5.95**



**★7678428 SURVEILLANCE AND SURVEILLANCE DETECTION: A CIA Insider's Guide.** By John C. Kiriakou. Photos. 150 pages. Skyhorse. Paperbound. Pub. at \$29.95 **SOLD OUT**



**★7721358 READING WEATHER, THIRD EDITION: The Field Guide to Forecasting the Weather.** By Jim Woodmancy. 120 pages. Falcon. Paperbound. Pub. at \$12.95 **\$9.95**



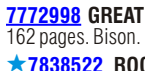
**★7757123 SMITHSONIAN NATURAL HISTORY: The Ultimate Visual Guide to Everything on Earth.** Ed. by David Burnie. 664 pages. Dorling Kindersley. 9 1/2 x 11 1/4. Pub. at \$50.00 **\$24.95**



**DVD 4901649 BBC ATLAS OF THE NATURAL WORLD.** BBC Earth. **\$9.95**



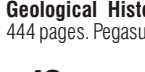
**★7869231 A GUIDE TO WILD FOOD FORAGING: Proper Techniques for Finding and Preparing Nature's Flavorful Edibles.** By David Squire. Fully illus. in color. 176 pages. IMM Lifestyle Books. Paperbound. Pub. at \$14.99 **\$11.95**



**★772998 GREAT PLAINS WEATHER.** By Kenneth F. Dewey. 162 pages. Bison. Paperbound. Pub. at \$16.95 **\$3.95**



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**4879252 INTO THE ARCTIC ICE: The Largest Polar Expedition of All Time.** Text by S. Grote et al, photos by E. Horvath. Color photos. 288 pages. Prestel. 9 1/2 x 12. Pub. at \$60.00 **\$7.95**

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**★4835360 MUSHROOM WANDERLAND: A Forager's Guide to Finding, Identifying, and Using More Than 25 Wild Fungi.** By Jess Starwood. Fully illus. in color. 208 pages. Countryman. Pub. at \$28.00 **\$21.95**

**★773428X THE WILD YEAR: A Field Guide for Exploring Nature All Around Us.** By Kristyna Baczynski. Fully illus. 154 pages. Tarcher. Paperbound. Pub. at \$18.00 **\$9.95**

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**★1905953 TROPICAL PLANTS OF COSTA RICA, SECOND EDITION: A Guide to Native and Exotic Flora.** By Willow Zuchowski. Color photos. 543 pages. Comstock. Paperbound. Pub. at \$34.95 **\$17.95**

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**★3967859 THE HIDDEN LIFE OF ICE: Dispatches from a Disappearing World.** By M. Tedesco & A. Flores d'Arcais. 16 pages of color photos. 154 pages. The Experiment. Pub. at \$19.95 **\$7.95**

## Nature Photography



**LIMITED QUANTITY 7962096 INTO AFRICA: The Poster Portfolio.** Features 12 high-quality full-color posters from Frans Lanting, one of the world's most renowned nature photographers. Showcased in these posters are close-up images that create an enduring vision of Africa's wildlife. Earth Aware. 12 x 16. Paperbound. Pub. at \$21.99 **\$5.95**

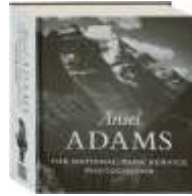
**★7959559 LONELY PLANET'S BEAUTIFUL WORLD.** Journey to the planet's most magnificent places with this thought-provoking portrait of our world. See it as you've never seen it before and renew your relationship with the place we call home. Includes a silk ribbon bookmark. Color photos. 254 pages. Lonely Planet. 10 1/2 x 14. Pub. at \$39.99 **\$14.95**



**7837437 THE WESTERN HORSE: A Photographic Anthology.** Text by B. McLaury, photos by D.R. Stoecklein. Presents a lavish photographic tribute to the power, mystique, and the grace of the equine. Stoecklein's stunning photography is accompanied by a charismatic narrative of the hardships these majestic animals have had to face, as well as musings by the greatest living American horsemen on color, training, and performance. 300 pages. Stoecklein. 12 x 12. Pub. at \$60.00 **\$11.95**



**★783702X FLORIDA'S MAGNIFICENT COAST.** By J. Valentine & D.B. Means. Breathtaking photos of Florida's beaches, dunes, coastal strand, and marshes. Many years in the making, this work is a special visual journey through some of the most precious wild areas in the state, presenting the breathtaking beauty preserved in state lands, parks, and natural areas. 64 pages. Pineapple Press. 9 x 12. Paperbound. Pub. at \$14.95 **\$5.95**



**★7788851 ANSEL ADAMS: The National Park Service Photographs.** An artist and activist, Ansel Adams (1902-1984) exerted the greatest single influence in the concept of an ideal American wilderness. Adam's mastery of the manipulation of light and tonal values are evident in many of the dramatic, evocative photographs of the western American landscape he produced during his career, and are now national icons. 351 pages. Abbeville. 4 1/4 x 4 1/2. Pub. at \$12.95 **\$9.95**



**★7805276 PORTRAIT OF SAN FRANCISCO.** Text by P. Fish, photos by C. Haney. Beautifully showcases California's legendary "City by the Bay." With 145 stunning color photographs, Haney celebrates the golden city's iconic landmarks and attractions, diverse people and neighborhoods, and her dazzling cityscapes and breathtaking bay views. 120 pages. Farcountry. 10 1/2 x 10 1/4. Pub. at \$26.95 **\$8.95**



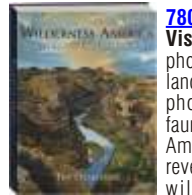
**★7880413 CAMOUFLAGE: Nature's Masters of Disguise.** By Steve Parker. Camouflage is a key survival strategy in the wild, used for both attack and defense. Profiles 100 elusive animals from all parts of the world, from jaguars, to chameleons, to the gorgeous flower mantis, and many more. Color photos. 240 pages. Ivy Press. 8 1/2 x 10 1/4. Pub. at \$35.00 **\$7.95**



**★7794231 SWISS AND ALPINE ISLANDS.** By Farhad Vladi. Some of the most beautiful islands worldwide are situated in the Alps. Whether located in Switzerland or in Italy's lake district, each romantic property combines refined atmosphere with all the relaxing glories of nature. Including aerial shots that convey the rare beauty of these island retreats. Text in German, English, French and Italian. 143 pages. teNeues. 10 1/2 x 12 1/4. Pub. at \$12.95 **\$5.95**



**★772939 EN RECUERDO DE: The Dying Art of Mexican Cemeteries in the Southwest.** By Bruce F. Jordan. Photos show the often forgotten cities of the dead that stand as a testament to the brilliance of Mexican artisans and craftsmen. Reveals the importance of kinship and community among ethnic Mexicans in the Southwest and the perseverance of marginalized communities as they honor and care for ancestors in death. 158 pages. Bison. 10 1/2 x 7 1/4. Pub. at \$29.95 **\$4.95**



**★7808143 WILDERNESS AMERICA: A Visual Journey.** By Tim Fitzharris. Take a photographic tour of America's dramatic landscape with over 100 large scale color photographs that showcase the flora, fauna, and superlative beauty of every American region. These arresting photos reveal a rarely seen side of America's wilderness. 160 pages. Whitecap. 10 1/2 x 13. Pub. at \$39.95 **\$11.95**



## Nature Photography



**7794177 AFRICA: Pocket Edition.** By Michael Poliza. Extensive experience photographing the animals and terrain of Africa, Poliza's viewpoint is shaped by his concern for the eco-systems he chronicles. These images embody the soul of Africa's flora and fauna with a true artist's eye for color and composition. 144 pages. teNeues. 5 1/2 x 7 1/4. Paperbound. Pub. at \$12.95 **\$3.95**



**7705662 BISON: Portrait of an Icon.** By Chase Reynolds Ewald, photos by A. Hall. Tells the story of the bison—its history, majesty, cultural significance, and comeback. Brought back from the brink of extinction, the bison today is an icon as distinctly American as the bald eagle. Color photos. 224 pages. Gibbs Smith. 12x10 1/4. Pub. at \$50.00 **\$17.95**



**7832230 PHOTO ARK INSECTS: Butterflies, Bees, and Kindred Creatures.** By Joel Sartore. From the glorious monarch butterfly to the spiny Australian katydid, from the tilted head of a praying mantis to the delicate wings of a dragonfly, here are Sartore's exquisite portraits of the insects, spiders, and related creatures that fly, burrow, scurry, squirm—and share the planet with us. 208 pages. National Geographic. 9x8 3/4. Pub. at \$30.00 **\$21.95**



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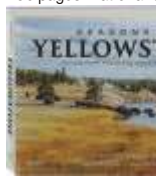
**7869428 STRANGE ANIMALS.** By Tom Jackson. Celebrates the most unusual features of more than 100 of the world's weirdest species. Showcases a broad spectrum of wildlife, from the frilled lizard and the prehistoric gharial with its long, tooth-filled snout, to the vivid scarlet hues of the tomato frog, which can numb predators with its poisonous secretion, and more. Fully illus. in color. 224 pages. Amber. 9 1/2 x 12. Pub. at \$29.99 **\$21.95**



**7830262 VOLCANIC 7 SUMMITS: Dreams of the Unknown.** By Adrian Rohnfelder. Vibrant, awe inspiring photos of adventures on seven continents, with the goal of witnessing the most impressive volcanoes in the world. Venture into Tanzania's savanna, the Atacama Desert, Antarctica's heart of ice, and more as you revel in the majesty of a volcanic eruption. 200 pages. teNeues. 9x11 1/2. Pub. at \$55.00 **\$17.95**



**7742738 THE 21ST CENTURY: Photographs from the Image Collection.** By Lynsey Addario et al. A remarkable collection, culled more than 250 of the very best, most impactful National Geographic images across print, digital, and social media. Spanning the remarkable moments year by year from 2000 to 2021, this is a beautiful, giftable, and important record of our rapidly changing world—a treasure you'll want to keep on the coffee table and turn to again and again. 430 pages. National Geographic. 9 1/2 x 11 1/4. Pub. at \$50.00 **\$19.95**



**7749643 SEASONS OF YELLOWSTONE: Yellowstone and Grand Teton National Parks.** By Thomas D. Mangelsen. Visit such breathtaking natural landmarks as Oxbow Bend, Old Faithful, Mammoth Hot Springs, Madison River, and more. See such incredible species as wolves, elk, bison, grizzlies, black bears, and countless birds. This collection will inspire us to preserve this special region and all of its treasures for future generations. Color photos. 240 pages. Rizzoli. 14x10 1/4. Pub. at \$55.00 **\$39.95**



**7947844 THE FLOWERS OF PROVENCE.** By Jamie Beck. Will transport you to another time and place, where you'll take in all that France has to offer, from perfect garden roses in a timeless antique vase to quiet, sweeping fields of summer and lavender and glimpse behind some of Provence's most exquisite garden walls, abuzz with butterflies, bees, and life. Fully illus. in color. S&S. 6 1/2 x 7 3/4. Pub. at \$25.00 **\$17.95**



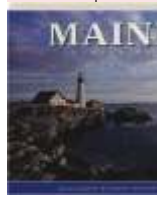
**7930070 BAIT THE TOAD.** By Kendra Powers. Bait the toad loves the camera, and the camera certainly loves him! From rising Tik Tok star to up and coming hat model, Bait has come a long way from his roots in the river. Nothing will stop him from becoming the world's next top supermodel, certainly not the fact that he's an amphibian. Color photos. Powers Squared. 6 1/4 x 4 1/4. Pub. at \$14.95 **\$11.95**



**7849222 GLACIER ICONS: 50 Classic Views of the Crown of the Continent.** By Bert Gildart. Contains 50 chapters filled with thousands of facts and hundreds of full-color photographs of iconic people, places, events, foods, animals, traditions, and more from all parts of this great national park. 102 pages. Globe Pequot. Pub. at \$16.95 **PRICE CUT to \$3.95**



**7758340 MAINE COAST IMPRESSIONS.** Photos by Nance Trueworthy. The images in this work convey the coast's beauty and dramatic moods, with landscapes large and small, as well as lively city scenes. Informative captions complement the photographs, providing enough details that readers who simply browse through will learn about the Maine Coast's fascinating history and culture. 80 pages. Farcountry. 9 1/4 x 8 3/4. Paperbound. Pub. at \$9.95 **PRICE CUT to \$2.95**



**7758359 MAINE IMPRESSIONS.** Photos by Nance Trueworthy. More than just lighthouses and lobster, Maine is a state with a rich history and a personality all its own. This is a lush portrait of the state, with images from the coast, cities, and the interior. 80 pages. Farcountry. 9 1/4 x 8 3/4. Paperbound. Pub. at \$9.95 **\$4.95**



**7705824 WILD SPACES AND UNIQUE PLACES: Celebrating the Natural Wonders of Utah.** By Ryan Jeffery. Explore wild spaces through the dramatic and captivating photography of Jeffery, which captures Utah's beloved wildness, the wildlife, the national parks, the desert vistas, and the mountains. 192 pages. Gibbs Smith. 11 1/4 x 8 3/4. Pub. at \$35.00 **PRICE CUT to \$11.95**



**7794193 GROWING: How Animals Come into the World.** By Marlonneke Willemssen. From dogs, cats, and guinea pigs to reptiles and fish, Willemssen accompanied animals in the first weeks of life to capture the precious process of early development and awareness. Eight inspiring and moving photographs of each species are accompanied by fascinating insight into each animal. Text in English, German and Dutch. 192 pages. teNeues. 9x11 1/2. Pub. at \$39.95 **PRICE CUT to \$5.95**



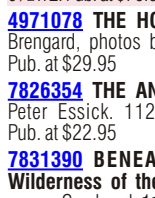
**7794207 JUNGLE SPIRITS.** By C. Ziegler & D. Dent. An ode to the tropical splendor of the planet's most diverse eco-systems, while also a call to action to protect tropical rain forests worldwide. Images captured across 20 countries and on four continents present a fascinating look at the globe's most celebrated jungles in all their lush glory. Text in English, German and French. 240 pages. teNeues. 10x12 3/4. Pub. at \$65.00 **PRICE CUT to \$14.95**



**7836376 CONNECTICUT GARDENS: A Celebration of the State's Historic, Public, and Private Gardens.** By Chris Lawrie, photos by C.B. Davis. From simple cottage gardens to stunning botanical achievements and sumptuous formal landscapes, this work introduces readers to the glorious gardens created by passionate amateurs, professional designers, and notable luminaries such as Frederick Law Olmsted, Gertrude Jekyll, and Beatrix Farrand. Color photos. 262 pages. Globe Pequot. 8x10 1/4. Pub. at \$39.95 **PRICE CUT to \$24.95**



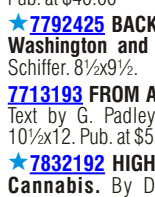
**771470X THE BEAUTY OF UKRAINE: Landscape Photography.** Text by L. Bondar, photos by Y. Samuchenko. The Ukrainian landscape is characterized by steppes, plateaus, lowlands and mountains. Unparalleled scale, out of this world colors and unique landscape shots from above make this volume a tribute to the beauty of the Ukrainian landscape. Text in English, German and Ukrainian. Fully illus. in color. 192 pages. te Neues. 9 1/2 x 12. Pub. at \$70.00 **PRICE CUT to \$39.95**



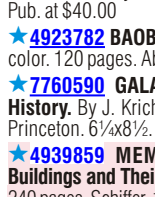
**4971078 THE HORSE: Its Nature, Revealed.** Text by E. Brengard, photos by S. Stuewer. 207 pages. Firefly. 9 1/2 x 12. Pub. at \$29.95 **\$8.95**



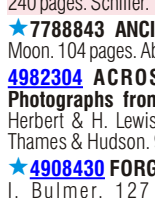
**7826354 THE ANSEL ADAMS WILDERNESS.** Photos by Peter Essick. 112 pages. National Geographic. 10 1/2 x 8 3/4. Pub. at \$22.95 **\$7.95**



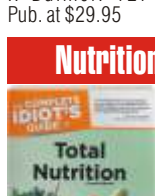
**7831390 BENEATH COLD SEAS: The Underwater Wilderness of the Pacific Northwest.** By David Hall. 160 pages. Saraband. 11 1/4 x 10 1/4. **\$15.95**



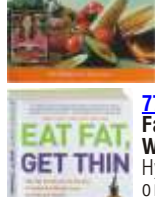
**1921665 MAINE: A Portrait.** By Lucian Niemeyer. 104 pages. Down East. 12x9. Paperbound. Pub. at \$24.99 **PRICE CUT to \$5.95**



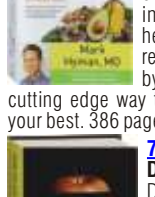
**1977857 EXTRAORDINARY LEAVES.** text by D. Schrader, photos by S. Green-Armytage. 272 pages. Firefly. 9 1/2 x 11 1/4. Pub. at \$45.00 **\$16.95**



**7869630 GARDENS OF THE NATIONAL TRUST.** By Stephen Lacey. Fully illus. in color. 416 pages. National Trust. Pub. at \$40.00 **\$31.95**



**7792425 BACK ROADS OF THE PACIFIC NORTHWEST: Washington and Oregon.** By David Skernick. 176 pages. Schiffer. 8 1/2 x 9 1/2. **\$25.95**



**7713193 FROM ABOVE: The Story of Aerial Photography.** Text by G. Padley, photos by E. McCabe. Laurence King. 10 1/2 x 12. Pub. at \$55.00 **\$14.95**



**7832192 HIGHER: The Lore, Legends, and Legacy of Cannabis.** By Dan Michaels. 314 pages. Ten Speed. Pub. at \$40.00 **\$27.95**



**4923782 BAOBAB.** Photos by Beth Moon. Photos, some in color. 120 pages. Abbeville. 15 1/4 x 10 1/4. Pub. at \$49.95 **\$29.95**



**7760590 GALAPAGOS, SECOND EDITION: A Natural History.** By J. Kricher & K. Loughlin. Color photos. 496 pages. Princeton. 6 1/4 x 8 1/2. Paperbound. Pub. at \$39.95 **\$21.95**



**4939859 MEMORIES OF AUSTRALIA: Abandoned Buildings and Their Stories.** By Matt Bushell. Fully illus. in color. 240 pages. Schiffer. 11x9 1/4. Pub. at \$39.99 **PRICE CUT to \$14.95**



**7788843 ANCIENT TREES: Portraits of Time.** By Beth Moon. 104 pages. Abbeville. 11 1/4 x 11 1/4. **SOLD OUT**

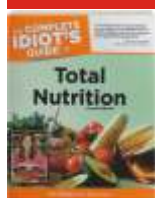


**4982304 ACROSS THE ARCTIC OCEAN: Original Photographs from the Last Great Polar Journey.** By W. Herbert & H. Lewis-Jones. Photos, most in color. 240 pages. Thames & Hudson. 9x11. Pub. at \$39.95 **\$7.95**



**4908430 FORGOTTEN NOVA SCOTIA.** By T. Pritchard & I. Bulmer. 127 pages. MacIntyre Purcell. 10x8 1/4. Pub. at \$29.95 **\$17.95**

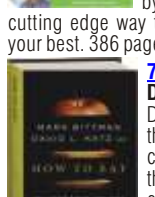
## Nutrition & Weight Management



**1910019 THE COMPLETE IDIOT'S GUIDE TO TOTAL NUTRITION, FOURTH EDITION.** By Joy Bauer. Describes myriad ways to treat your body well, through great eating, exercises you can stick with, and making smart choices at the supermarket or fast food counter. Illus. 436 pages. Alpha. Paperbound. Pub. at \$18.95 **\$4.95**



**7751613 EAT FAT, GET THIN: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health.** By Mark Hyman. A revolutionary diet program based on the latest science showing the importance of fat in weight loss and overall health. Offering practical tools, meal plans, recipes, and shopping lists, as well as step by step, easy to follow advice, this is the cutting edge way to lose weight, prevent disease, and feel your best. 386 pages. Little, Brown. Pub. at \$28.00 **\$5.95**



**7852169 HOW TO EAT: All Your Food and Diet Questions Answered.** By M. Bittman & D.L. Katz. These best-selling authors answer the common dietary questions of all people concerned about their health, and throughout they filter nutrition science through a lens of common sense, delivering their straightforward advice with a healthy dose of wit. 242 pages. HMH. Pub. at \$17.99 **\$4.95**



## Nutrition & Weight Management



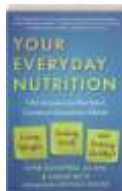
**1960350 THE WAR AGAINST VIRUSES: How the Science of Optimal Nutrition Can Help You Win.** By Aileen Burford-Mason. In this work Burford-Mason addresses how readers can help reduce the risk and severity of COVID-19 infection. But this goes much further than that and shows how staying well in general and avoiding chronic disease is possible with optimal nutrition. 212 pages. Harper. Paperbound. **\$3.95**



**781562X THE PERMANENT WEIGHT LOSS PLAN: A 10-Step Approach to Ending Yo-Yo Dieting.** By J. Asher & J. Rivera. It's all about stopping the shame associated with body size, recognizing instances of disordered eating, learning what behaviors contribute to lasting weight loss, and making use of proven strategies. Escape the comfort food cycle of hell; eat food that nourishes your intestinal microbiome and brain; commit to an exercise regimen you can enjoy; and more. 350 pages. Skyhorse. Paperbound. Pub. at \$18.99 **\$4.95**



**★7932030 THE FUTURE OF NUTRITION.** By T. Colin Campbell with N. Disla. Cuts through the noise with an in-depth analysis of our historical relationship to the food we eat, the source of our present information overload, and what our current path means for the future, both for individual health and society as a whole. 305 pages. BenBella. Paperbound. Pub. at \$19.95 **\$14.95**



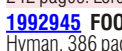
**★7943474 YOUR EVERYDAY NUTRITION: 100 Answers to the Most Common Questions About Losing Weight, Feeling Great, and Getting Healthy!** By I. Schapiro & H. Rich. Realistic in their approach without getting too technical, the authors give expert advice to readers and the tools to know what is truly important and relevant to their overall health. 222 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$14.95**



**7804547 EAT IT! The Most Sustainable Diet and Workout Ever Made.** By J. Syatt & M. Vacanti. Personal trainers explain how you can enjoy your favorite foods without guilt while losing weight, getting stronger and improving your health. 223 pages. Harper. Pub. at \$27.99 **PRICE CUT to \$3.95**



**7784554 JUST EAT: One Reporter's Quest for a Weight-Loss Regimen That Works.** By Barry Estabrook. Join the bestselling author of *Tomatoland*, as he tries the most popular diets of our time, investigating the diet gurus, sorting out the contradictory advice, and examining the science behind the programs to reveal how we should—and shouldn't—be dieting. 242 pages. Lorena Jones. Pub. at \$26.00 **PRICE CUT to \$4.95**



**1992945 FOOD: What the Heck Should I Eat?** By Mark Hyman. 386 pages. Little, Brown. Pub. at \$30.00 **\$5.95**

## Healthy Cooking & Special Diets



**LIMITED QUANTITY 7922019 THE HEALING POWERS OF SUPERFOODS: A Complete Guide to Nature's Favorite Functional Foods.** By Cal Orey. With over 50 recipes for both cooked and raw dishes, this down to earth guide will show you how to get healthy and stay healthy with body friendly superfoods. It will take you to a world of wellness that starts at home with our favorite foods from Mother Nature, enjoyed in a new way with an exciting twist. 16 pages of color photos. 316 pages. Citadel. Paperbound. Pub. at \$16.95 **\$5.95**



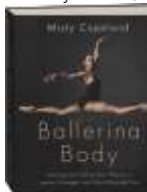
**7951671 GOOD SUGAR, BAD SUGAR: How to Power Your Body and Brain with Healthy Energy.** By Christopher Vasey. This practical guide explains how to successfully replace bad sugars with good sugars as well as how to reduce sugar cravings and break your sugar addiction. Offering a path out of sugar addiction and easy steps to power your brain and body with healthy energy, Dr. Vasey gives you the tools to take ownership of your own health. 168 pages. Inner Traditions. Paperbound. Pub. at \$14.99 **\$7.95**



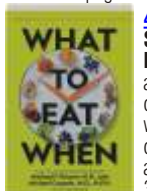
**1970224 THE FASTING FIX: Eat Smarter, Fast Better, Live Longer.** By Andreas Michalsen with S. Kirschner-Brouns. In this work Michalsen lays out the clear, indisputable science that fasting, when combined with a healthy diet, is the key to healing chronic illnesses and living longer. Learn which foods to eat and which to avoid. And learn the specific fasting program, therapeutic fasting, intermittent fasting, or a combination of both, that will benefit you the most. 422 pages. Penguin. Pub. at \$28.00 **\$5.95**



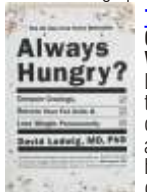
**7876580 KETO FOR LIFE: Reset Your Biological Clock in 21 Days and Optimize Your Diet for Longevity.** By Mark Sisson with B. Kearns. Discover how to escape carbohydrate dependency once and for all and incorporate the most potent ketogenic superfoods and supplements available to boost brain function and protect against heart disease, dial in your sleep habits and recovery patterns for an immediate energy boost, and successfully manage modern-life stressors. Includes more than 80 delicious keto recipes. 16 pages of color photos. 304 pages. Harmony. Pub. at \$27.99 **\$6.95**



**7876157 BALLERINA BODY: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You.** By Misty Copeland. In her first health and fitness guide, Copeland shows you how to find the motivation to get healthier and stronger, and how to refine the body you were born with to be lean and flexible, with step by step advice, meal plans workout routines, and words of inspiration. Well illus., many in color. 226 pages. Grand Central. Pub. at \$32.00 **\$7.95**



**4922212 WHAT TO EAT WHEN: A Strategic Plan to Improve Your Health & Life Through Food.** By Michael F. Roizen et al. Reveals that the internal clock that drives our lives—when we sleep and when we wake—also affects how we process food. In other words, when you eat is just as important as what you eat, and the authors give you a 31-day program that will show you a powerful new way to help you achieve your very best life. Illus. 352 pages. National Geographic. Paperbound. Pub. at \$16.99 **\$4.95**



**7914660 ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells & Lose Weight Permanently.** By David Ludwig. Dr. Ludwig turns dieting on its head with a three-phase program that ignores calories and directly targets fat cells. The included recipes and meal plan feature luscious and healthy high-fat foods, savory proteins, and natural carbs. The result? Fat loss and loss of cravings. 357 pages. Grand Central. Paperbound. Pub. at \$18.99 **\$5.95**



**7957416 21-DAY KETO MAGIC: Eat Healthy, Burn Fat, Lose Weight, and Keep It Off.** By Michael Mosley. The secret to this new approach is that it combines keto with intermittent fasting, which means you go into ketosis faster while also being able to enjoy delicious Mediterranean-style food. Includes protein-rich, low-carb recipes and easy to follow menus. 288 pages. Little, Brown. Pub. at \$29.00 **\$5.95**

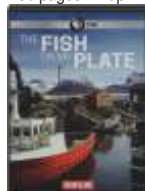


**4960246 THE CELERY JUICE BOOK: And Other Plant-Powered, Cold-Pressed, Nutrition-Packed Recipes!** By Melissa Pettito. Juicing, blending, and using celery juice and celery stocks in your day to day life can lead to weight loss, balanced blood sugar levels, additional energy, and help strengthen your body against a variety of chronic illnesses. Discover the best practices; how to make celery juice from a blender; green juice and smoothies recipes; and snacks, broths, soups, and mains recipes. Color photos. 160 pages. Chartwell. Pub. at \$16.99 **\$4.95**



**7884788 VEGAN INTERMITTENT FASTING: Lose Weight, Reduce Inflammation, and Live Longer—the 16:8 Way.** By P. Bracht & M. Flatt. In this completely plant-based program and guide to 16:8 fasting, you'll unlock all the benefits of fasting while still eating the foods you love without feeling hungry. Included are over 100 balanced, plant-powered recipes and guided exercises to boost your fasting plan's effectiveness. Color photos. 278 pages. The Experiment. Paperbound. Pub. at \$19.95 **\$5.95**

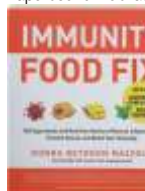
**7853203 THE CASE FOR KETO: Rethinking Weight Control and the Science and Practice of Low-Carb/High-Fat Eating.** By Gary Taubes. Reveals why the established rules about eating healthfully might be the wrong approach to weight loss for most people, and how low-carbohydrate, high-fat ketogenic diets can help many of us achieve and maintain a healthy weight for life. Illus. 289 pages. Knopf. Pub. at \$26.95 **\$5.95**



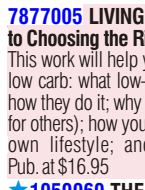
**DVD 7765894 THE FISH ON MY PLATE: Frontline.** Widescreen. As part of his quest to investigate the health of the ocean—and his own—Greenberg spends a year eating seafood at breakfast, lunch, and dinner, eating over 700 fish meals in hopes to improve his health through a dramatic increase in his Omega-3 levels. English SDH. 90 minutes. PBS. **\$5.95**



**★794344X THE PLANT-BASED DIABETES COOKBOOK: 125+ Nourishing Recipes to Satisfy Every Taste Bud.** By Jackie Newgent. With abundant tips and simple menus, you'll discover a flexible, diabetes friendly recipe guide that is not overly focused on calories, carb counting, or other strict parameters. There's no need to have a separate menu for your family and friends. Over 125 recipes that follow today's current nutrition guidelines, will bring good health to your life! 16 pages of color photos. 294 pages. Health Communications. Paperbound. Pub. at \$18.95 **\$13.95**



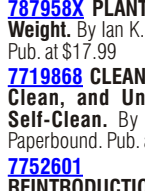
**★1973908 IMMUNITY FOOD FIX: 100 Superfoods and Nutrition Hacks to Reverse Inflammation, Prevent Illness, and Boost Your Immunity.** By Donna Boudon Mazzola. Studies have shown that nutrition impacts immunity and disease development. Food is less expensive than medication, free of side effects and, unlike supplements, has the most complete form of the nutrient. So start boosting your immunity as soon as your next meal. Color photos. 188 pages. Fair Winds. 8x9. Paperbound. Pub. at \$26.99 **\$19.95**



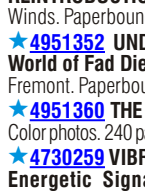
**7877005 LIVING LOW CARB, REVISED: The Essential Guide to Choosing the Right Low-Carb Plan for You.** By Jonny Bowden. This work will help you understand the most critical aspects of living low carb: what low-carb diets actually do to and for your body, and how they do it; why some programs work for some people (and don't for others); how you can adapt what you discover in this work to your own lifestyle; and more. 364 pages. Sterling. Paperbound. Pub. at \$16.95 **PRICE CUT to \$3.95**



**★1959069 THE ANTI-INFLAMMATION DIET: How to Feel Better and Live Longer.** By Janet Lee. Color photos. 143 pages. Centennial. Paperbound. Pub. at \$14.99 **\$11.95**



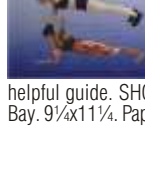
**190955X FAST THIS WAY: Burn Fat, Heal Inflammation, and Eat Like the High-Performing Human You Were Meant to Be.** By Dave Asprey. 272 pages. Harper. Pub. at \$28.99 **\$6.95**



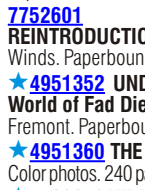
**★1935534 THE 14-DAY NEW KETO CLEANSE.** By JJ Smith. Color photos. 205 pages. S&S. Paperbound. Pub. at \$18.99 **\$7.95**



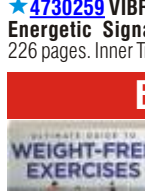
**787958X PLANT POWER: Flip Your Plate, Change Your Weight.** By Ian K. Smith. 242 pages. St. Martin's. Paperbound. Pub. at \$17.99 **\$5.95**



**7719868 CLEAN(ISH): Eat (Mostly) Clean, Live (Mainly) Clean, and Unlock Your Body's Natural Ability to Self-Clean.** By Gin Stephens. 406 pages. St. Martin's. Paperbound. Pub. at \$19.99 **\$5.95**



**7752601 THE AUTOIMMUNE PROTOCOL REINTRODUCTION COOKBOOK.** By Kate Jay. 208 pages. Fair Winds. Paperbound. Pub. at \$26.99 **\$2.95**



**★4951352 UNDIETING: Freedom from the Bewildering World of Fad Diets.** By Lisa Kilgour. Color photos. 192 pages. Fremont. Paperbound. Pub. at \$16.95 **\$3.95**



**★4951360 THE VERTICAL DIET.** By S. Efferding & D. McCune. Color photos. 240 pages. Paperbound. Pub. at \$26.95 **\$11.95**



**★4730259 VIBRATIONAL NUTRITION: Understanding the Energetic Signature of Foods.** By Candice Covington. 226 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$7.95**

## Exercise & Fitness



**7834861 ULTIMATE GUIDE TO WEIGHT-FREE EXERCISES.** By Hollis Liebman et al. Includes more than 150 exercises that you can do anytime, anywhere. Step by step instructions and detailed illustrations guide you through each exercise so that you can perform them safely and with confidence. All the major muscle groups are covered in this helpful guide. SHOPWORN. Color photos. 400 pages. Thunder Bay. 9 1/4 x 11 1/4. Paperbound. Pub. at **SOLD OUT**



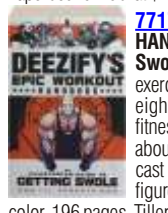
## Exercise & Fitness



**7713436 TRAIN LIKE A FIGHTER: Get MMA Fit Without Taking a Hit.** By Cat Zingano. Find out why you should train like a fighter, learn common fighter moves, and discover the equipment and nutrition that can help you achieve your fitness goals. Includes 42 step by step exercises, 20 workouts that combine exercises into 3 circuits, and three monthly programs that combine routines into plans to enhance your strength, power, and stability. Color photos. 192 pages. Alpha. Paperbound. Pub. at \$19.95 **\$5.95**



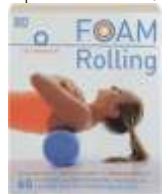
**7776764 15-MINUTE BETTER BACK.** By Suzanne Martin. Fit exercise into your busy life with these short but effective back-strengthening programs. Follow these routines for just 15 minutes regularly, anytime, anywhere, to make a difference. Feel results fast, strengthen back muscles, banish aches and pains, and improve your core. Color photos. 112 pages. Dorling Kindersley. Paperbound. Pub. at \$15.00 **\$5.95**



**7717210 DEEZIFY'S EPIC WORKOUT HANDBOOK: An Illustrated Guide to Getting Swole.** By Fil Ruberto. Featuring more than 100 exercises, custom body building routines, and an eight-week fitness plan, this handbook tells fitness fanatics everything they need to know about getting those gains. You'll be inspired by a cast of characters, including Vikings, historical figures, and mythological creatures. Fully illus. in color. 196 pages. Tiller. Paperbound. Pub. at \$19.99 **\$5.95**



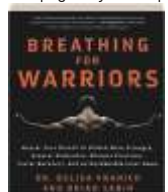
**7964773 PILATES EXPRESS: Get Maximum Results in Minimum Time.** By Lynne Robinson. Suitable for all fitness levels, these 10-minute mini workouts are each designed for a different part of your day—morning, midday and evening. As well as increasing your strength and flexibility, there are dedicated exercises to boost your immune system, improve the efficiency of your breathing, and more. Fully illus. in color. 208 pages. Kyle Books. Paperbound. Pub. at \$24.99 **\$7.95**



**7825579 FOAM ROLLING: Relieve Pain, Prevent Injury, Improve Mobility.** By Sam Woodworth. Your body is designed to be a remarkable and limber movement machine, but activities of daily living and overuse can cause pain, poor posture, and limited mobility. The foam roller and other tools help you release the tension in your body's connective tissues and restore your muscles to the optimal efficiency for which they're designed. Well illus., in color. 191 pages. Dorling Kindersley. Paperbound. Pub. at \$19.95 **\$6.95**



**7836902 BUILDING THE ELITE ATHLETE.** By the eds. of *Scientific American*. Science increasingly informs athletic training, and technology is used everyday to maintain physical performance. Presents clear, accessible prose about present—and future—advances that will enhance not only athletic performance, but also the vitality of the rest of the population. 192 pages. Lyons. Paperbound. Pub. at \$19.95 **\$5.95**



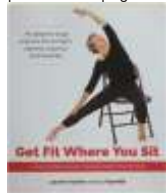
**3875741 BREATHING FOR WARRIORS.** By B. Vranich & B. Sabin. Whether you are a professional athlete, a first responder, or someone whose occupation requires physical skills and stamina, Dr. Vranich's series of exercises—which restores and reinforces how we're actually supposed to breathe—will teach you how to keep your body, and your mind, in prime condition. Illus. 260 pages. St. Martin's. Paperbound. Pub. at \$18.99 **\$13.95**



**4534212 BODYWEIGHT WORKOUTS FOR MEN: 75 Anytime, Anywhere Exercises to Build a Better Body.** By Sean Bartram. Work all your major muscle groups and blast off extra pounds with exercises that require only the weight of your body—no bulky machines, no special equipment, no expensive gym memberships. Includes 75 strengthening and toning exercises in 36 hardcore routines. 224 pages. Dorling Kindersley. Paperbound. Pub. at \$21.99 **\$13.95**



**1940775 FITNESS FOR EVERYONE: 50 Exercises for Every Type of Body.** By Louise Green. No matter what you look like or how you feel, you can exercise. Whether you want to target muscles in your upper or lower body, strengthen your cardio, or develop balance and stamina, the 50 exercises and their modifications in this work offer you all the variety you need to create a fitness routine that works best for you. Color photos. 256 pages. Alpha. Paperbound. Pub. at \$19.99 **\$5.95**



**LIMITED QUANTITY 7933509 GET FIT WHERE YOU SIT: A Guide to the Lakshmi Voelker Chair Yoga Method.** By L. Voelker & L. Oppedijk. Offers 40 active and restorative poses along with breathing techniques and meditation practices, all adapted so that you don't have to leave your chair. Fully illus. 231 pages. Shambhala. Paperbound. Pub. at \$19.95 **SOLD OUT**

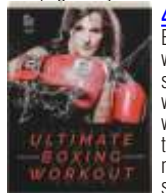


**7815662 STRENGTH TRAINING FOR WOMEN: Training Programs, Food, and Motivation for a Stronger, More Beautiful Body.** By Olga Ronnberg. Follow more than 40 step by step exercises the build and fine-tune muscles and burn calories. Define your strength training goals according to your body type. Understand the benefits of low and high intensity cardio training. Balance training and nutrition with 16 supplementary recipes and more. Fully illus. in color. 144 pages. Skyhorse. 8x10 1/4. Pub. at \$17.99 **\$5.95**

**7838077 MAKE THE POOL YOUR GYM, 2ND EDITION: No-Impact Water Workouts for Getting Fit, Building Strength, and Rehabbing from Injury.** By Karl Knopf. Water exercise has been proven to build strength, improve cardiovascular fitness, and burn calories for people of all ages—all without the strain and trauma of land-based activities. With step by step instructions this flexible training tool will introduce you to the no-impact, total-body benefits of water exercise. Fully illus. 104 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$11.95**



**4812085 HEALTHY SHOULDER HANDBOOK, SECOND EDITION: 100 Exercises for Treating Common Injuries and Ending Chronic Pain.** By Karl Knopf. Packed with more than 300 step by step photos, this user-friendly reference features a comprehensive collection of corrective exercises for treating common shoulder injuries and ending chronic pain—fast! 162 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$11.95**



**4973852 ULTIMATE BOXING WORKOUT.** By Andy & Jamie Dumas. Boxing is the ideal workout for fitness and conditioning. Stamina, strength, speed, endurance and more are all within your reach. These exhilarating interval workouts teach you the foundations of boxing training, body awareness, proper execution of movements all resulting in a challenging and safe exercise program. Fully illus. in color. 176 pages. Mosaic. 8 1/2x10 3/4. Paperbound. Pub. at \$19.95 **\$5.95**

**7778007 TRAIN LIKE A BODYBUILDER AT HOME.** By Erin Stern. Training like a bodybuilder is about training hard and also training smart. All you need is determination, some simple equipment, and a space in your home to make it happen. Stern will show you how to forget about the gym and train right in your own home through 65 exercises and over 100 variations, and training programs. Fully illus. in color. 192 pages. Alpha. Paperbound. Pub. at \$19.99 **\$14.95**

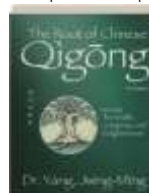


**7788789 EAT LIKE A PIG, RUN LIKE A HORSE: How Food Fights Hijacked Our Health and the New Science of Exercise.** By Anastacia Marx de Salcedo. A fascinating journey that weaves together true confessions, mad(ish) scientists, and beguiling animal stories. The author shows that we need to move beyond our diet focused model to a new concept of metabolism as regulated by exercise. Suddenly the answer to good health is simple. Don't worry about what you eat. Worry about how much you move. 288 pages. Pegasus. Pub. at \$27.95 **\$6.95**

**6771572 EVEN THE STIFFEST PEOPLE CAN DO THE SPLITS.** By Eiko. Whether you spend your days running marathons or slouching over a keyboard, you can benefit from stretching and the increased flexibility that comes along with it. With only 5 minutes of stretching a day, you will experience a host of health benefits such as better circulation, fewer joint injuries, improved balance, and more. Well illus. in color. 154 pages. Rodale. Pub. at \$18.99 **\$13.95**



**7929684 SMALL CHANGES: A Rules-Free Guide to Add More Plant-Based Foods, Peace & Power to Your Life.** By Alicia Witt. Witt shows you how adopting the "small changes philosophy" allows you to find balance, eat healthier, and feel better physically and emotionally. See how small changes can usher in larger changes and transform your life. 16 pages of color photos. 270 pages. Harper. Pub. at \$27.99 **\$9.95**



**770366X THE ROOT OF CHINESE QIGONG, THIRD EDITION: Secrets for Health, Longevity, and Enlightenment.** By Jwing-Ming Yang. Presents ancient Qigong concepts in a logical way for the western mind, which helps practitioners stay on the right path while deepening their knowledge and skills. Teaches sitting and standing meditation, demonstrates Qi massage techniques, examines the Qi pathway, correct breathing methods and more. Illus. 318 pages. YMAA. Paperbound. Pub. at \$34.95 **\$26.95**



**7723830 THE RESISTANCE TRAINING REVOLUTION: The No-Cardio Way to Burn Fat and Age-Proof Your Body—in Only 60 Minutes a Week.** By Sal Di Stefano. The author reveals how resistance training is the best form of exercise to burn fat, boost metabolism, and achieve health benefits you cannot obtain from other forms of exercise. Photos. 283 pages. Hachette. Paperbound. Pub. at \$17.99 **\$12.95**

**LIMITED QUANTITY 7951183 THE RESISTANCE TRAINING REVOLUTION.** By Sal Di Stefano. Reveals how resistance training is the best form of exercise to burn fat, boost metabolism, and achieve health benefits you cannot obtain from other forms of exercise. Illus. 283 pages. Hachette. Pub. at \$29.00 **SOLD OUT**



**4903668 MARTIAL ARTS AND THE MIRROR IMAGE.** By Phillip Starr. Pulling from self-image psychology and Qigong to offer readers a unique set of physical exercises that can be applied to any martial art tradition, as well as our everyday lives. Like two mirrors facing each other, the physical body both reflects and changes the mind, and vice versa: as we adjust the way we move, we adjust the way we think about ourselves, our lives, and our environments. Photos. 205 pages. Blue Snake Books. Paperbound. Pub. at \$19.95 **\$14.95**



**7964684 MOON YOGA: Poses, Flows and Rituals to Help You Move with the Moon.** By Lisa Hood. Insightful guidance on the lunar cycle and its effects on us as human beings will teach you how to practice yoga in sync with the moon's energy—from yin poses and yoga flows to individual poses for each full moon throughout the year. Illus. in color. 128 pages. Godsfield. Pub. at \$14.99 **\$5.95**



**7944721 TIME TO REPAIR: How Yoga Can Restore Body and Mind in 5 Minutes a Day.** By Vicky Fox. Shows how to promote recovery and repair after illness, surgery or injury through building a personalized yoga practice that can take just five minutes a day. Fully illus. 219 pages. Hammersmith. Paperbound. Pub. at \$29.95 **\$24.95**



**790682X YOGA INVERSIONS: Your Guide to Going Upside Down.** By Kat Heagberg. An easy to follow, biomechanically sound, inclusive, step by step approach to anyone who wants to try being upside down. Includes downward dog and dolphin variations to set you up for success; innovative prop tips; handstand preps and drills; tips for stepping, jumping, hopping, and pressing into handstand; and more. Fully illus. in color. 206 pages. Shambhala. Paperbound. Pub. at \$24.95 **\$17.95**



**7910592 TEACH PEOPLE, NOT POSES: Lessons in Yoga Anatomy and Functional Movement to Unlock Body Intelligence.** By Mary Richards. Offers advice, techniques, observations, and practices to give teachers and yoga therapists the tools they need to move beyond the popular ideas of "should" on the mat. Includes numerous exercises to address physical and structural imbalances such as: "Tighten the Course" for deep core training; "Forearm Plank" to develop full-body strength and stability; and more. Illus. 174 pages. Shambhala. Paperbound. Pub. at \$24.95 **\$17.95**





## Exercise & Fitness



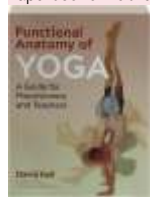
**4793684 THE MICRO-WORKOUT PLAN.** By Tom Holland. Perfect for busy people who don't have time for the gym. In this guide, Holland shares the knowledge he's gained from 30 years in the fitness industry and he explains why micro-workouts succeed, and offers a manageable method for fitness well-being. Includes a step by step photographic section of 80 exercises teaching proper form. 210 pages. Sterling. Paperbound. Pub. at \$22.95 **PRICE CUT to \$4.95**



**7801351 BE THE FITTEST: Your Ultimate 12-Week Guide to Training Smart, Eating Clever and Learning to Listen to Your Body.** By Tyrone Brennand. Brennand shares his ground-breaking workouts and easy recipes so that anyone can learn to *Be the Fittest* in 12 weeks. Workout plans from beginner to advanced. Sixty recipes, meal plans, and nutritional tricks. Essential yoga poses, breathwork exercises, and self-care advice. Well illus. in color. 224 pages. Quadrille. Paperbound. Pub. at \$23.99 **PRICE CUT to \$4.95**



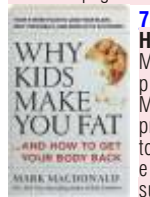
**★7854374 THE 90-DAY WEIGHT TRAINING PLAN: An Effective Workout and Nutrition Program to Build Muscle and Maximize Energy.** By Julie Germaine Coram. Learn how to properly challenge your body during weight training. A customizable program that makes nutrition simple, with easy to understand, week by week guides that explain carb timing, appropriate protein intake, and the right food choices to build lean muscle mass. 188 pages. Callisto. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**



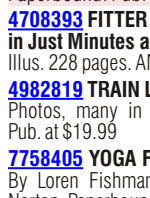
**★7786832 FUNCTIONAL ANATOMY OF YOGA: A Guide for Practitioners and Teachers.** By David Keil. Writing in an accessible, conversational tone, the author outlines how practitioners and yoga teachers alike can utilize a deeper understanding of how their anatomy and its movement and function to deepen their yoga practice, increase confidence, prevent injury, and better understand their students and their challenges. Fully illus. in color. 328 pages. Inner Traditions. Paperbound. Pub. at \$29.99 **PRICE CUT to \$19.95**



**★7832133 BUILT TO MOVE: The 10 Essential Habits to Help You Move Freely and Live Fully.** By Kelly & Juliet Starrett. Designed to improve the way your body feels and boost the overall quality of your life, no matter how you spend your time. Easy mobilization practices to increase range of motion and avoid injury. Simple guidelines for improving nutrition and sleep. Practices to help you breathe properly, and more. Illus. 318 pages. Knopf. Pub. at \$28.00 **PRICE CUT to \$14.95**



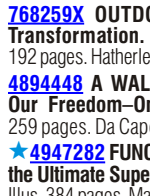
**7854315 WHY KIDS MAKE YOU FAT: And How to Get Your Body Back.** By Mark Macdonald. The proven weight-loss program designed for busy parents. Macdonald created this proven eight-week program specifically geared toward parents to help them shed the weight, gain new energy, and—most important—create sustainable habits. Illus. 308 pages. Harper. Paperbound. Pub. at \$16.99 **PRICE CUT to \$3.95**



**4708393 FITTER FASTER: The Smart Way to Get in Shape in Just Minutes a Day.** By Robert J. Davis with B. Kolowich, Jr. Illus. 228 pages. AMACOM. Paperbound. Pub. at \$16.95 **\$4.95**



**4982819 TRAIN LIKE AN ACTION HERO.** By Dolph Lundgren. Photos, many in color. 192 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$4.95**



**7758405 YOGA FOR WEIGHT LOSS: The Complete Guide.** By Loren Fishman with C. Ardman. Well illus. 159 pages. Norton. Paperbound. Pub. at \$20.00 **\$5.95**



**768259X OUTDOOR PHYSIQUE: Your Portable Body Transformation.** By Hollis Lance Lieberman. Color photos. 192 pages. Hatherleigh. 8x10. Paperbound. Pub. at \$21.95 **\$2.95**



**4894448 A WALKING LIFE: Reclaiming Our Health and Our Freedom—One Step at a Time.** By Antonia Malchik. 259 pages. Da Capo. Pub. at \$28.00 **\$6.95**



**★4947282 FUNCTIONAL TRAINING AND BEYOND: Building the Ultimate Superfunctional Body and Mind.** By Adam Sinicki. Illus. 384 pages. Mango. Paperbound. Pub. at \$18.95 **\$9.95**

**★1973568 INTELLIGENT FITNESS: The Smart Way to Reboot Your Body and Get in Shape.** By Simon Waterson. Photos, many in color with illus. 256 pages. Triumph. Paperbound. Pub. at \$20.00 **\$11.95**

**★7739842 QIGONG MEDITATION, SECOND EDITION: Embryonic Breathing.** By Yang, Jwing-Ming. 395 pages. YMAA. Paperbound. Pub. at \$36.95 **SOLD OUT**

**1979310 BE PARA FIT: The 4-Week Formula for Elite Physical Fitness.** By Sam McGrath. Fully illus., most in color. 176 pages. Osprey. Paperbound. Pub. at \$20.00 **SOLD OUT**

**4958527 EMBODYING THE YOGA SUTRA: Support, Direction, Space.** By R. Roy & D. Charlton. Illus. 342 pages. Weiser. Paperbound. Pub. at \$24.95 **SOLD OUT**

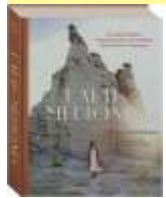
**395885X RESYNC YOUR LIFE: 28 days to a Stronger, Leaner, Smarter, Happier You.** By Samir Becic. Illus. 245 pages. Thomas Nelson. Pub. at \$24.99 **\$5.95**

**7802536 SECRET YOGA CLUB: Self-Empowerment Through the Magic of Yoga.** By Gabrielle Hales. Well illus. in color. 224 pages. Aster. Pub. at \$26.99 **\$6.95**

## Beauty & Skin Care



**7874545 TIMELESS BEAUTY: Over 100 Tips, Secrets, and Shortcuts to Looking Great.** By Christie Brinkley with S. Wadyka. Sharing the secrets she's learned on what to eat, how to apply makeup like a pro, and how to keep your hair shiny and your face glowing, super-model Christie Brinkley will show you how to look like a knockout at any age. Fully illus. in color. 208 pages. Grand Central. 8½x10¼. Pub. at \$30.00 **\$6.95**



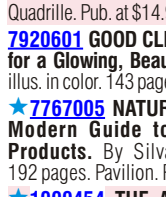
**7860854 EARTH MEDICINES: Ancestral Wisdom, Healing Recipes, and Wellness Rituals from a Curandera.** By Felicia Cocotzin Ruiz, photos by N. Hedayatzadeh. The author's healing recipes and rituals draw on the power of Water, Air, Earth, and Fire, a reminder that the elements are the origins of everything and can heal not only our body but our mind and spirit as well. Promote beauty inside and out with Mineral-Rich Hair Moisturizer, Botánica Face Steam Ritual, Fierce Tigris Body Balm, and more. Well illus. in color. 212 pages. Roost. Pub. at \$24.95 **\$7.95**



**7846886 BEYOND BEAUTIFUL: Using the Power of Your Mind and Aesthetic Breakthroughs to Look Naturally Young and Radiant.** By Doris Day with J. Gould. Will teach you how to improve your self-perception, explain breakthrough treatments and products and when to use them, and give you a roadmap to become the most youthful, beautiful version of yourself! Learn how to: boost self-confidence; fight aging; tighten your chin and neck; treat acne and rashes; relieve stress; and more. Color photos. 248 pages. Center Street. Pub. at \$28.00 **\$6.95**



**7762615 NATURAL BEAUTY WITH COCONUT OIL: 50 Homemade Beauty Recipes Using Nature's Perfect Ingredient.** By Lucy Bee. Bee has put together all her favorite recipes, tips and ideas for combining coconut oil with cupboard staples and other natural ingredients to make beauty products that really work. Well illus. in color. 96 pages. Quadrille. Pub. at \$14.99 **SOLD OUT**



**7920601 GOOD CLEAN BEAUTY: Over 100 Natural Recipes for a Glowing, Beautiful You.** By C. Bercaw & I. Bercaw. Fully illus. in color. 143 pages. Rock Point. Pub. at \$23.00 **\$5.95**

**★7767005 NATURAL SKINCARE FOR ALL SEASONS: A Modern Guide to Growing & Making Plant-Based Products.** By Silvana de Soissons. Well illus. in color. 192 pages. Pavilion. Pub. at \$29.99 **\$17.95**

**★1990454 THE ART OF EXTREME WIG STYLING.** By Regan Cerato. Color photos. 104 pages. C&T. 8x10. Paperbound. Pub. at \$24.95 **PRICE CUT to \$9.95**

**★4882032 DON'T GET SUNBURNED: 50 Ways to Save Your Skin.** By Buck Tilton. 86 pages. Mountaineers. Paperbound. **\$6.95**

**★1906712 NATURAL BEAUTY BASICS: Create Your Own Cosmetics and Body Care Products.** By Dorie Byers. Illus. 198 pages. Square One Publishers. Paperbound. Pub. at \$14.95 **SOLD OUT**

**★4938089 SHAKESPEAREAN WIG STYLING: A Practical Guide to Wig Making for the 1500s-1600s.** By Brenda & Lizzee Leedham. Color photos. 144 pages. Crowood. 8½x10¼. Paperbound. Pub. at \$37.95 **PRICE CUT to \$9.95**

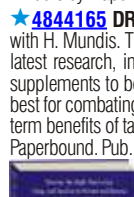
## Health & Medical References



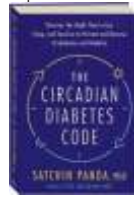
**LIMITED QUANTITY 7907753 IMMUNITY: The Science of Staying Well.** By Jenna Macciocchi. The immune system is your constant guardian, fighting around the clock to protect you from disease. There's a lot you can do to strengthen this first line of defense against all kinds of threats, from COVID-19 to cancer. You're given a crash course on how the immune system actually works, and how to keep yours in shape. 332 pages. The Experiment. Paperbound. Pub. at \$19.95 **SOLD OUT**



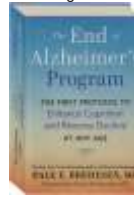
**1910221 THE MEDICAL CHECKUP BOOK: Understand the Tests You Need to Keep Your Body and Mind Healthy.** By Jess Baker et al. An essential guide to understanding and maintaining your health, covering the most common medical tests and health assessments available. Written by experts and packed with user-friendly information and practical lifestyle advice, this is the ultimate resource for anyone interested in advocating for their health. Well illus. in color. 192 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$7.95**



**★4844165 DR. EARL MINDELL'S VITAMIN BIBLE, REVISED.** With H. Mundis. This indispensable guide has been updated with the latest research, including three brand new chapters on how to use supplements to boost your immune system, which supplements are best for combating the effects of aging, and the myriad short and long term benefits of taking a CBD supplement. 644 pages. Grand Central. Paperbound. Pub. at \$9.99 **\$7.95**



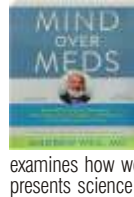
**7945965 THE CIRCADIAN DIABETES CODE: Discover the Right Time to Eat, Sleep, and Exercise to Prevent and Reverse Prediabetes and Diabetes.** By Satchin Panda. Science shows that a simple approach that aligns your daily lifestyle—when you eat, sleep, and exercise—with your body's inherent circadian rhythm can be just as effective. Following this program can enhance every other aspect of your health, from losing weight to boosting immunity. 267 pages. Rodale. Pub. at \$27.99 **\$6.95**



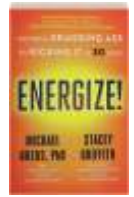
**7857748 THE END OF ALZHEIMER'S PROGRAM: The First Protocol to Enhance Cognition and Reverse Decline at Any Age.** By Dale E. Bredesen. What we call Alzheimer's disease is actually a protective response to a wide variety of insults to the brain: inflammation, insulin resistance, toxins, infections, and inadequate levels of nutrients, hormones, and growth factors. Figure out which of these that need to be addressed and continue by giving a personalized lifestyle plan, and more. Illus. 336 pages. Avery. Pub. at \$28.00 **\$6.95**



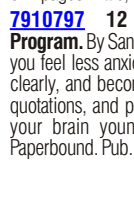
**7830734 THE SLEEP PRESCRIPTION: 7 Days to Unlocking Your Best Rest.** By Aric A. Prather. Prather shares the powerful solutions that he uses to help his patients at the clinic achieve healing and restorative sleep. Going beyond the obvious remedies, he shares surprisingly simple yet deeply effective techniques that will help you life back and let sleep work its magic. 196 pages. Penguin. Paperbound. Pub. at \$15.00 **\$5.95**



**CD 7964668 MIND OVER MEDS: Know When Drugs Are Necessary, When Alternatives Are Better—and When to Let Your Body Heal on Its Own.** By Andrew Weil. Read by the author. Alerts readers to the problem of over-medication and outlines when medicine is necessary and when it is not. Weil examines how we came to be so drastically over-medicated and presents science that proves drugs aren't always the best option. Seven hours on 6 CDs. Little, Brown. Pub. at \$30.00 **\$6.95**



**LIMITED QUANTITY 7949308 ENERGIZE! Go from Dragging Ass to Kicking It in 30 Days.** By M. Breus & S. Griffith. Using scientifically proven principles of chronobiology and biological body type, the authors offer an easy to understand, personalized program of small daily movements, sleep and intermittent fasting schedules, and mood hacks that will give you incredible energy, promote happiness, and fight off fatigue for good. 342 pages. Little, Brown. Paperbound. **SOLD OUT**



**7910797 12 WEEKS TO A SHARPER YOU: A Guided Program.** By Sanjay Gupta. The 12 week program is designed to help you feel less anxious, sleep better, improve your energy, think more clearly, and become more resilient to daily stress. Full of strategies, quotations, and prompts, this is the only guide you'll need to keep your brain young and healthy at any age! 190 pages. S&S. Paperbound. Pub. at \$20.00 **\$5.95**



## Health & Medical References



**775728X WHAT'S WRONG WITH YOU? An Insider's Guide to Your Insides.** By Sarah Holper. Takes you on a tour through the human body, exploring the remarkable mechanisms behind your medical symptoms: from headache to itch via ringing ears and fluorescent urine. Packed with memorable patient encounters, bizarre medical history, cultural tangents and insider doctor secrets, this arms you with the knowledge you need to understand your body. 294 pages. Hardie Grant. Paperbound. Pub. at \$19.99 **\$7.95**



**7779186 TOXIC SUPERFOODS: How Oxalate Overload Is Making You Sick—and How to Get Better.** By Sally K. Norton. If you're eating a healthy diet and you're still dealing with fatigue, inflammation, anxiety, recurrent injuries, or chronic pain, the problem could be your spinach, almonds, sweet potatoes, and other trusted plant foods. This guide shines light on how our modern diets are overloaded with oxalates and offers fresh solutions. Illus. 368 pages. Rodale. Paperbound. Pub. at \$17.99 **\$12.95**



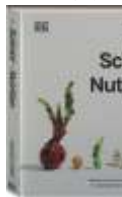
**7846975 BUILD YOUR BRAIN POWER: Think Yourself Smart.** By S. Wootton & T. Horne. Sharpen up, improve your performance at work and hone your thinking skills in all areas. Challenges you to think on your feet with hundreds of puzzles, quizzes and problem-solving games, while giving you advice on diet, exercise and lifestyle choices. Illus. 333 pages. Teach Yourself. Paperbound. Pub. at \$16.99 **\$6.95**



**7873344 IF YOUR MOUTH COULD TALK: An In-Depth Guide to Oral Health and Its Impact on Your Entire Life.** By Kami Hoss. Your mouth is the gateway to your body and the most critical organ for improving your health. From its microbiome to its shape, it impacts your physical and mental well-being in countless ways. Hoss connects the dots between oral health and whole-body health, offering a road map to a longer, more successful future for you and your family. 238 pages. BenBella. Pub. at \$26.95 **\$6.95**



**7969198 IMMUNE RESILIENCE: The Breakthrough Plan to Protect Your Body and Fight Disease.** By Romilly Hodges. Offers a fascinating tour of the incredible ways our bodies protect us against disease, with assessments throughout. Also outlines a personalized, step by step program blending defense-building foods with lifestyle strategies, including important advice on movement, sleep, and stress relief. Illus. 390 pages. Avery. Pub. at \$28.00 **\$6.95**



**7848382 THE SCIENCE OF NUTRITION.** By Rhiannon Lambert. Providing clear answers backed up by the very latest research, this work has the answers to all your nutritional questions, covering every conceivable topic, from gut bacteria to weight management to heart health and immune support to plant-based eating and intermittent fasting and everything inbetween. Fully illus., in color. 224 pages. Dorling Kindersley. 8 1/2 x 10 1/4. Pub. at \$30.00 **\$12.95**



**7878532 SIT TO GET FIT: Change the Way You Sit in 28 Days for Health, Energy and Longevity.** By Suzy Reading. With good posture, breathing, easy exercises and restorative movement, when we improve how we sit we can expect less pain, increased flexibility, confidence, positive attitude, more energy, better sleep and improved focus and clarity. Fully illus., in color. 160 pages. Aster. Pub. at \$14.99 **\$5.95**



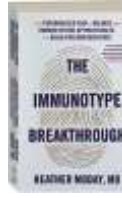
**7863438 THE NATURAL SLEEPER: A Bedside Guide to Complementary and Alternative Solutions for Better Sleep.** By Julie Wright. A one-stop guide that explores ancient, traditional, and contemporary practices, including: breathwork, acupressure, sound therapy, herbal remedies, and many more. Aims to help readers check in with themselves, take charge, commit to change, and embark on an explorative journey to find out what works for them to design their own sleep routines and rituals. Well illus. in color. 192 pages. Tiller. Paperbound. Pub. at \$18.99 **\$5.95**

**7802315 LIVING YOGA: 52 Weeks of Inspiration to Center and Enhance Everyday Life.** By Rachel Scott. Through 52 contemplations, explore how yoga's ancient ideas can help you gain a clearer sense of self, as well as help you lead a more vibrant life. Yoga is not just about poses; you will experience how the rich philosophical depths of yoga can support your life and well-being off the mat. 224 pages. Cider Mill. Paperbound. Pub. at \$14.95 **\$4.95**



**7966830 THE CURE FOR EVERYTHING: Untangling Twisted Messages About Health, Fitness, and Happiness.** By Timothy Caulfield. Interviews experts, reviews research in-depth, and even tries out some of today's health fads himself to discover what works and what doesn't. Proves, alas, that there are no shortcuts to health and fitness, and offers up the scientifically sound, tough-love truth about how we can live longer, healthier lives. 234 pages. Paperbound. Pub. at \$17.00 **\$5.95**

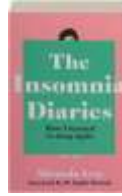
**7961847 FOOD AS MEDICINE: A Handbook of Natural Nutrition.** By Kirsten Hartvig. You will learn how foods stimulate the body's natural self-healing ability, and you will gain understanding of the role of specific nutrients in treating everyday ailments, aches and pains. 207 pages. Aeon. Paperbound. Pub. at \$25.00 **\$17.95**



**7957688 THE IMMUNOTYPE BREAKTHROUGH.** By Heather Moday. A revolutionary program to help your unique immunotype and balance your immune system for optimal health and longevity. By identifying your personal immunotype, you can intervene by making individualized, natural lifestyle changes to ensure your system functions optimally. 280 pages. Little, Brown. Pub. at \$28.00 **\$5.95**



**7729022 GUT RENOVATION: Unlock the Age-Defying Power of the Microbiome to Remodel Your Health from the Inside Out.** By Roshini Raj with S. Buff. Uses the idea of a home renovation to show how different parts of the body and aspects of your life can be "renovated" in order to optimize your microbiome's functionality. It shows how you can turn back the biological clock and revamp the way you live the rest of your life. 276 pages. Morrow. Pub. at \$27.99 **\$6.95**



**7826427 THE INSOMNIA DIARIES: How I Learned to Sleep Again.** By Miranda Levy. Tells the story of one woman's experience of devastatingly disruptive insomnia, its effect on every aspect of her life and how she ultimately learned to sleep again. Part memoir, part reportage and with contributions from experts in the field, this will resonate with anyone who has ever struggled to get a good night's sleep. 294 pages. Aster. Paperbound. Pub. at \$12.99 **\$5.95**

**792978X THE LIVER CURE.** By Russell Blaylock with C. Libov. This work provides a comprehensive plan for protecting your body's ability to filter out harmful toxins and improve symptoms of many harmful conditions, from cancer, fatty liver, and cirrhosis to autoimmune diseases, inflammation, and diabetes. 356 pages. Humanix. Pub. at \$27.99 **\$21.95**



**7957637 EVERY DEEP-DRAWN BREATH: A Critical Care Doctor on Healing, Recovery, and Transforming Medicine in the ICU.** By Wes Ely. The author's groundbreaking investigations advanced the understanding of post-intensive care struggles and introduced crucial changes that reshaped treatment. Shows that there are ways to bring humanity into the ICU and that "technology plus touch" is a proven path toward returning ICU patients to the lives they had before their hospital stays. 332 pages. Scribner. Pub. at \$27.00 **\$6.95**



**7881193 MAYBE IT'S YOUR MEDICATIONS: How to Avoid Unnecessary Drug Therapy and Adverse Drug Reactions.** By Hedva Barenholtz Levy. Provides information, insider tips, and strategies that empower patients and caregivers to have important conversations. Addresses the questions consumers want to ask about their medications and brings to light other questions they should be asking but may not know how. The go-to guide on how to use medications safely on the journey to healthy aging. 327 pages. Skyhorse. Pub. at \$28.99 **\$21.95**

**7882017 LET IT GO: Breathe Yourself Calm.** By Rebecca Dennis. Find out how you can, literally, breathe yourself calm. Dip in and out of bite-sized chapters full of simple, impactful breathing exercises to boost your health and happiness. Includes help with: anxiety and stress, energy, sleep, trauma, and more. 300 pages. Ebury. Paperbound. Pub. at \$22.99 **\$18.95**



**793726X BURN: New Research Blows the Lid Off How We Really Burn Calories, Stay Healthy, and Lose Weight.** By Herman Pontzer. This work reveals how human metabolism really works so that we can finally manage our weight and improve our health. We burn calories within a very narrow range: nearly 3,000 calories per day, no matter our activity level. At the same time, we must exercise to keep our body systems and signals functioning optimally, even if it won't make us thinner. Illus. 373 pages. Avery. Paperbound. Pub. at \$18.00 **\$9.95**



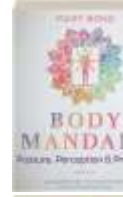
**7814526 BURN: New Research Blows the Lid Off How We Really Burn Calories, Lose Weight, and Stay Healthy.** By Herman Pontzer. Reveals how human metabolism really works so that we can finally manage our weight and improve our health. Examining such diet trends as paleo, keto, anti-gluten, anti-grain, intermittent fasting, and even veganism, Pontzer discusses how all diets succeed or fail. At the same time, we must exercise to keep our body systems and signals functioning optimally. Illus. 373 pages. Avery. Pub. at \$27.00 **\$5.95**



**7935374 DOES COFFEE CAUSE CANCER? And 8 More Myths About the Food We Eat.** By Christopher Labos. A refreshingly clarifying work about food, food myths, and how sloppy science perpetuates misconceptions about food. Does vitamin C prevent the common cold? Why were eggs once bad for you but now good for you again? Is red wine really good for your heart? and more. Illus. 290 pages. ECW Press. Paperbound. Pub. at \$19.95 **\$14.95**



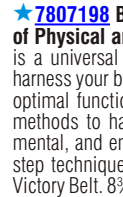
**7817673 CHEATING DEATH: The New Science of Living Longer and Better.** By Rand McClain. Shares the best drugs and supplements, treatment methods, and devices—approaches that are backed by extensive research as well as McClain's own work with his patients—including: little-known treatments that can reverse the effects of new and old injuries; emergent diagnostic and screening technologies that deter early onset disease sooner; and more. Illus. 230 pages. BenBella. Pub. at \$24.95 **\$17.95**



**7958331 BODY MANDALA: Posture, Perception & Presence.** By Mary Bond. Presents more than 50 self-explorations that allow you to transform your sensory experience, expand your awareness, and make embodiment—your own complex body—the focus of contemplative practice. Well illus. 274 pages. Inner Traditions. 8x10. Paperbound. Pub. at \$24.99 **\$19.95**



**7939493 THE GIFT OF THE NIGHT: A Six-Step Program for Better Sleep.** By Philip Carr-Gomm. A fast and easy to follow six step program to help you sleep better, combines knowledge from sleep science and cognitive behavioral therapy with techniques drawn from spiritual traditions and insights from the emerging field of psychedelic therapy, showing you how to truly benefit from everything the night offers to body and soul. 192 pages. Inner Traditions. Paperbound. Pub. at \$18.99 **\$14.95**



**7807198 BODY BY BREATH: The Science and Practice of Physical and Emotional Resilience.** By Jill Miller. Breath is a universal vital sign displaying your health, and you can harness your breath so that every aspect of you rebounds toward optimal function. Gives you all of the scientifically-supported methods to harvest the power of breath for optimal physical, mental, and emotional health. Presents more than 100 step by step techniques and practices. Well illus. in color. 480 pages. Victory Belt. 8 1/2 x 11. Pub. at \$69.95 **\$54.95**



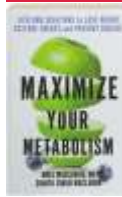
**7748183 MOVE THE BODY, HEAL THE MIND: Overcome Anxiety, Depression, and Dementia and Improve Focus, Creativity, and Sleep.** By Jennifer Heisz. Heisz shares her paradigm-shifting research on how exercise affects the brain, finding that intervals of intense workouts, even leisurely walks, can help stop depression and dementia, lessen anxiety and ADHD, and encourage better sleep, creativity, and resilience. Illus. 240 pages. Mariner. Pub. at \$27.00 **PRICE CUT to \$4.95**

**784218X THE BREATHABLE BODY: Transforming Your World and Your Life, One Breath at a Time.** By Robert Litman. You can change your life by changing how you breathe. Learn techniques to support your body and alleviate respiratory ailments, insomnia, digestive difficulties, anxiety and more. 272 pages. Hay House. Paperbound. Pub. at \$17.99 **PRICE CUT to \$9.95**

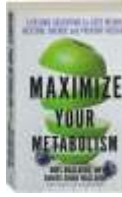




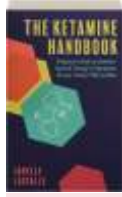
## Health & Medical References



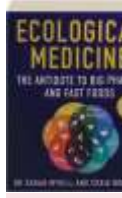
**\*7829302 MAXIMIZE YOUR METABOLISM: Lifelong Solutions to Lose Weight, Restore Energy, and Prevent Disease.** By Noel & Sunita Singh Maclaren. The authors share their revolutionary new approach to mastering your metabolism that combines medical and behavioral insights in order to help balance your weight, boost your energy, and improve your cognitive abilities. With this matrix, you will learn how to manage these 10 elements to help achieve robust health and an overall sense of wellbeing in as little as six months. 326 pages. Grand Central. Pub. at \$18.99 **PRICE CUT to \$9.95**



**\*795882X MAXIMIZE YOUR METABOLISM: Lifelong Solutions to Lose Weight, Restore Energy, and Prevent Disease.** By Noel & Sunita Singh Maclaren. The authors have identified several key components—including genetic legacies, appetite signals, and sleep patterns—to develop a 10 part Metabolic Matrix. With this matrix, you will learn how to manage these 10 elements to help achieve robust health and an overall sense of wellbeing in as little as six months. 326 pages. Grand Central. Pub. at \$28.00 **\$6.95**



**\*7888082 THE KETAMINE HANDBOOK.** By Janelle Lassalle. Understand exactly what ketamine is and how it could make an impact in your life. Written with easy, simple to understand terminology, this work aims to answer important questions like: What's the history of ketamine? Can KAP (ketamine-assisted psychotherapy) address conditions like anxiety, depression, chronic pain, PTSD, and trauma? 151 pages. Ulysses. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**



**\*779634X ECOLOGICAL MEDICINE, SECOND EDITION: The Antidote to Big Pharma and Fast Foods.** By S. Myhill & C. Robinson. With completely revised chapters on iodine, vitamin C, the paleo-ketogenic diet, and eye problems, plus new detail throughout drawn from experience during the Covid-19 pandemic, this work represents the most comprehensive and up to date account of Dr. Myhill's approach to empowering us all to take charge of our own health. Hammersmith. Paperbound. Pub. at \$45.00 **PRICE CUT to \$24.95**

**4716388 THE EXPERT GUIDE TO SLEEPING WELL.** By Chris Idzikowski. 242 pages. Watkins. Paperbound. Pub. at \$14.95 **\$2.95**

**7779380 TAKE CARE OF YOURSELF, 10TH EDITION: The Complete Illustrated Guide to Medical Self-Care.** By J.F. Fries & D.M. Vickery. 386 pages. Da Capo. Paperbound. Pub. at \$19.99 **\$5.95**

**7853424 THE POWER OF STRETCHING: Simple Practices to Promote Wellbeing.** By Bob Doto. Fully illus. 128 pages. Fair Winds. Pub. at \$16.99 **SOLD OUT**

**7802846 DON'T EAT THIS IF YOU'RE TAKING THAT: The Hidden Risks of Mixing Food and Medicine.** By Madelyn & John Fernstrom. 213 pages. Skyhorse. Paperbound. Pub. at \$17.99 **SOLD OUT**

**4707842 EAT FOR LIFE.** By Joel Fuhrman. 394 pages. HarperOne. Pub. at \$28.99 **\$7.95**

**\*4759060 SAY GOODBYE TO KNEE PAIN.** By J.A. Hannafin & M. Betancourt. 327 pages. Pocket. Paperbound. Pub. at \$9.95 **SOLD OUT**

**7842309 CHAKRAS, FOOD, AND YOU: Tap Your Individual Energy System for Health, Healing, and Harmonious Weight.** By C. Dale & D. Childs. 304 pages. St. Martin's. Pub. at \$19.99 **\$5.95**

**\*7819226 NIACIN, SECOND EDITION REVISED: The Real Story.** By Abram Hoffer et al. 507 pages. Basic Health. Paperbound. Pub. at \$17.99 **\$12.95**

**773722X HEALTHY HEART, HEALTHY BRAIN.** By Bradley Bale et al. Illus. 455 pages. Little, Brown. Pub. at \$20.00 **SOLD OUT**

**\*3926699 HUMAN HEALTH AND ITS MAINTENANCE WITH THE AID OF MEDICINAL PLANTS.** By Julian Barker. 561 pages. Aeon. Pub. at \$60.00 **\$44.95**

**7881681 WHAT'S EATING US: Women, Food, and the Epidemic of Body Anxiety.** By Cole Kazdin. 248 pages. St. Martin's. Pub. at \$27.99 **PRICE CUT to \$3.95**

**\*1950886 MASTER YOUR STRESS, RESET YOUR HEALTH: The Personalized Program to Calm Anxiety, Boost Energy, and Beat Burnout.** By Doni Wilson. 270 pages. BenBella. Paperbound. Pub. at \$16.95 **\$7.95**

**7857152 HANGER MANAGEMENT: Master Your Hunger and Improve Your Mood, Mind, and Relationships.** By Susan Albers. 254 pages. Little, Brown. Pub. at \$28.00 **PRICE CUT to \$4.95**

**\*781920X PRESCRIPTION FOR HAPPINESS: How to Eat, Move, and Supplement for Peak Mental Health.** By Robin Berzin. 294 pages. S&S. Paperbound. Pub. at \$17.99 **PRICE CUT to \$7.95**

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**\*768469X MINDFUL MEDICINE: 40 Simple Practices to Help Healthcare Professionals Heal Burnout & Reconnect to Purpose.** By Jan Chozen Bays. 230 pages. Shambhala. Paperbound. Pub. at \$18.95 **PRICE CUT to \$5.95**

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**1931814 THE 6 KEYS: Unlock Your Genetic Potential for Ageless Strength, Health, and Beauty.** By Jillian Michaels with M. Murphy. 296 pages. Little, Brown. Paperbound. Pub. at \$17.99 **\$2.95**

**\*4937295 READER'S DIGEST HEALTH SECRETS FOR LONG LIFE.** Well illus. in color. 256 pages. Trusted Media Brands. Paperbound. Pub. at \$15.99 **\$9.95**

**7802307 LIVE WELL EVERY DAY: Your Plan for a Happy Body and Mind.** By Alex George. Well illus. in color. 240 pages. Aster. Paperbound. Pub. at \$22.99 **\$5.95**

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**\*4943724 SPLITTING: The Inside Story on Headaches.** By Amanda Ellison. 234 pages. Green Tree. Paperbound. Pub. at \$15.00 **\$7.95**

**\*3877132 SEE BETTER NOW, SECOND EDITION: LASIK, Lens Implants, and Lens Exchange.** By R.K. Maloney & N. Shamie. 153 pages. Addicus. Paperbound. Pub. at \$15.00 **SOLD OUT**

**\*4723740 YOUR BEST YEAR AHEAD: Small, Easy Steps to Wellness.** By Cris Beer. 338 pages. Rockpool. Paperbound. Pub. at \$18.95 **\$9.95**

## Diseases & Disorders

**7948891 FOODS THAT COMBAT DIABETES: The Nutritional Way to Wellness.** By Maggie Greenwood-Robinson. Offers many type-2 diabetes sufferers a natural and effective way to control the levels of insulin in their bodies without injections and medication, and helps those who are genetically or constitutionally at risk to avoid the disease. 288 pages. HarperCollins. Paperbound. Pub. at \$6.99 **\$4.95**

**7771940 THE THYROID RESET DIET: Reverse Hypothyroidism and Hashimoto's Symptoms with a Proven Iodine-Balancing Plan.** By Alan Christianson. Backed by new research showing that proper dietary iodine intake can start to reverse thyroid disease in a little as four weeks, Dr. Christianson's diet plan contains the optimal amount of iron and dietary iodine to control thyroid hormones, effectively resetting the thyroid. 286 pages. Rodale. Pub. at \$26.99 **\$6.95**

**7862067 CHRONIC: The Hidden Cause of the Autoimmune Epidemic and How to Get Healthy Again.** By Steven Phillips et al. Reveals striking evidence that a broad range of microbes, including the Lyme bacterium, cause a variety of recurrent conditions and autoimmune diseases. Explores the science behind common infections that are difficult to diagnose and treat, debunk widely held beliefs by doctors and patients alike, and provide solutions that empower sufferers to reclaim their lives. 286 pages. HMH. Paperbound. Pub. at \$16.99 **\$5.95**

**7840519 US OF AA: How the Twelve Steps Hijacked the Science of Alcoholism.** By Joe Miller. An expose full of secrecy, irony, liquor industry money, the shirrled of scare tactics, and, at its center, a grand deception. Shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire enterprise. 194 pages. Chicago Review. Pub. at \$26.99 **\$6.95**



**7862172 GETTING YOUR BRAIN & BODY BACK: Everything You Need to Know After Spinal Cord Injury, Stroke, or Traumatic Brain Injury.** By Bradford C. Berk with M.W. Murphy. Make the fullest possible recovery after neurological injury with this guide by a doctor and spinal cord injury survivor who's been there. Dr. Berk's candid advice on medical treatment and daily living—plus insights from the brightest minds in the field—will help get you or your loved one back to life. Illus. 310 pages. The Experiment. Paperbound. Pub. at \$19.95 **\$6.95**



**7857241 THE NOCTURNAL BRAIN: Nightmares, Neuroscience, and the Secret World of Sleep.** By Guy Leschziner. With compassionate stories of his patients and their conditions, Dr. Leschziner reveals the neuroscience behind our sleeping minds and explores the many biological and psychological factors that allow us to find the rest necessary to maintain our health and also improve our cognitive abilities and overall happiness. Illus. 353 pages. St. Martin's. Pub. at \$28.99 **\$6.95**



**4964217 MEMORY'S LAST BREATH: Field Notes on My Dementia.** By Gerda Saunders. In 2010, just before her sixty-first birthday, Saunders was given the diagnosis of dementia. Facing "the premature death of the mind," she took to jotting down notes about her daily misadventures. This memoir is an astonishing window into a life distorted by dementia. Photos. 272 pages. Hachette. Paperbound. Pub. at \$15.99 **\$4.95**

**7843445 DEMENTIA: Everything Your Doctor Doesn't Have Time to Tell You.** By Matt Piccaver. Tells you everything you need to know about dementia and its various forms. It will help you to understand what happens to the brain when it develops dementia, and what the treatment possibilities are. It explains what to expect from symptoms, suggests several non-pharmacological approaches to managing the condition and covers practicalities. 99 pages. Sheldon. Paperbound. Pub. at \$14.00 **SOLD OUT**



**7816421 THE VACCINE COURT 2.0, REVISED: The Dark Truth of America's Vaccine Injury Compensation Program.** By Wayne Rohde. The National Vaccine Injury Compensation Program was supposed to offer a no-fault alternative to the traditional injury claims filed in state or federal courts and was to provide compensation for those who have been injured by vaccines. Rohde takes a hard look at the program and sheds light on families struggling to navigate their way through it. 266 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$3.95**

**\*7852045 THE IODINE BALANCING HANDBOOK: Optimize Your Diet, Regulate Thyroid Hormones, and Transform Your Total-Body Health.** By Malini Ghoshal. By stimulating the thyroid glands to produce certain hormones, iodine can affect every aspect of your health, from the heart and brain to your energy and weight. A guide to achieving the proper balance needed to naturally treat a wide range of chronic illnesses, including: Hyperthyroidism, Graves' disease, Heart disease, and more. 152 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$11.95**



**4971027 CHRONIC HEARTBURN: Managing Acid Reflux and GERD Through Understanding, Diet and Lifestyle.** By B.E. Wendland & L.M. Ruffolo. A comprehensive resource for fully understanding the medical reasons behind chronic heartburn, this resource also provides practical coping strategies, featuring dietary advice based on the most current medical research, more than 100 recipes and all the key issues of interest to those with chronic heartburn. 253 pages. Robert Rose. Paperbound. Pub. at \$24.95 **\$5.95**



**\*2870428 OVERCOMING POSITIONAL VERTIGO.** By Carol A. Foster. Benign paroxysmal positional vertigo, or BPPV, is the medical term for dizziness caused by loose crystals in the inner ear. This study provides an in depth guide to the diagnosis of BPPV, the specifics of treatments and maneuvers, and simple, preventative measures readers can take to help avoid recurrence. Photos. 198 pages. Bull Publishing. Paperbound. Pub. at \$21.95 **\$13.95**

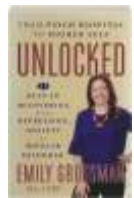
**\*3748170 WHAT YOU MUST KNOW ABOUT DRY EYE: How to Prevent, Stop, or Reverse Dry Eye Disease.** By Jeffrey Anshel. If you are one of the millions of people who suffer from dry eye, you know that this disorder can affect both your feeling of well-being and your ability to function. Anshel tells you how to relieve this common condition while improving and safeguarding your vision. 136 pages. Square One Publishers. Paperbound. Pub. at \$16.95 **\$12.95**



## Diseases & Disorders



**7743890 THE CALCIUM CONNECTION: The Little-Known Enzyme at the Root of Your Cellular Health.** By Brunde Broady et al. The accessible, information-packed format teaches you all about Calcium ATPase: how it works, what happens when it goes awry, and easy practical methods to bring it back into balance and protect it—and your overall health. 236 pages. Skyhorse. Pub. at \$24.99 **\$6.95**



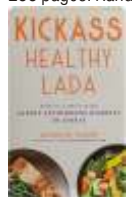
**7930143 UNLOCKED: 25 Keys to Recovering from Depression, Anxiety or Bipolar Disorder.** By Emily Grossman. Shows you that the challenge of mental illness can actually help you to discover and live your life purpose. Through a series of spiritual lessons this will help you to discover strategies such as: finding a authentic spiritual practice; learning to trust your instincts; developing critical coping skills; and more. 220 pages. G&D Media. Paperbound. Pub. at \$19.95 **\$14.95**



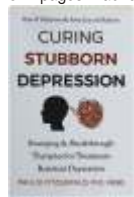
**7939507 OVERCOMING CHRONIC DIGESTIVE CONDITIONS: Release the Visceral Layers of Post-Traumatic Gut Disorder.** By Nikki Kenward. Sharing visualization exercises and a hands on process of listening to the gut layer by layer, the author helps readers unwind stagnant cellular patterns, discover the dynamic intelligence in every cell, and transforms Post-Traumatic Gut into Post-Traumatic growth. 202 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **\$15.95**



**7817304 TRAVELERS TO UNIMAGINABLE LANDS: Stories of Dementia, the Caregiver, and the Human Brain.** By Dasha Kiper. Dementia disorders transform the minds of those with the disease and the minds of those who care for them. Reveals the neurological obstacles to caregiving, not only enumerating the terrible pressures the disease exerts on our closest relationships but offering solace and perspective as well. 233 pages. Random. Pub. at \$28.00 **\$17.95**



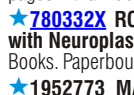
**7964552 KICKASS HEALTHY LADA: How to Thrive with Latent Autoimmune Diabetes in Adults.** By Jacqueline Haskins. Provides critical information and insights, including a detailed breakdown of the different diabetes diagnoses; what makes LADA different and how to find the best treatment team; an explanation of insulin: what it is, what it does, and how to know when we need more of this natural hormone; and more. 371 pages. Hachette. Paperbound. Pub. at \$19.99 **\$5.95**



**7964927 CURING STUBBORN DEPRESSION: Emerging & Breakthrough Therapies for Treatment-Resistant Depression.** By Paul B. Fitzgerald. Seeks to not only explain the underlying causes of this persuasive form of depressive disorder, but to shine a light on a number of non-traditional treatments, new therapies and clinical developments, offering hope to those who feel like they have none. 213 pages. Hatherleigh. Paperbound. Pub. at \$17.95 **\$12.95**



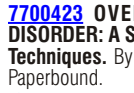
**1932691 FAST ASLEEP: Improve Brain Function, Lose Weight, Boost Your Mood, Reduce Stress, and Become a Better Sleeper.** By Michael Mosley. Color photos, illus. 295 pages. Atria. Pub. at \$27.00 **SOLD OUT**



**780332X ROCK STEADY: Healing Vertigo or Tinnitus with Neuroplasticity.** By Joey Remenyi. 298 pages. Page Two Books. Paperbound. Pub. at \$18.00 **\$12.95**



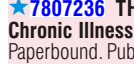
**1952773 MAYO CLINIC THE ESSENTIAL DIABETES BOOK: A Complete Guide to Prevent, Manage and Live Well with Diabetes.** By M. Regina Castro. Illus. in color. 320 pages. Mayo Clinic. Paperbound. Pub. at \$29.99 **SOLD OUT**



**7700423 OVERCOMING OBSESSIVE COMPULSIVE DISORDER: A Self-Help Guide Using Cognitive Behavioral Techniques.** By D. Veale & R. Willson. 451 pages. Robinson. Paperbound. **\$3.95**



**7750455 SMART MEDICINE FOR YOUR EYES, SECOND EDITION: A Guide to Natural, Effective, and Safe Relief of Common Eye Disorders.** By Jeffrey Anshel. 431 pages. Square One. Paperbound. Pub. at \$29.99 **SOLD OUT**



**7807236 THE INVISIBLE KINGDOM: Reimagining Chronic Illness.** By Meghan O'Rourke. 324 pages. Riverhead. Paperbound. Pub. at \$18.00 **PRICE CUT to \$7.95**

**7757905 THE LONG HAUL: Solving the Puzzle of the Pandemic's Long Haulers and How They Are Changing Healthcare Forever.** By Ryan Prior. 336 pages. Post Hill. Pub. at \$28.00 **\$17.95**

**6888216 THE DIABETES CODE: Prevent and Reverse Type 2 Diabetes Naturally.** By Jason Fung. 265 pages. Greystone. Paperbound. Pub. at \$19.99 **SOLD OUT**

**7742290 MASTERING DIABETES.** By Cyrus Khambatta et al. 384 pages. Avery. Paperbound. Pub. at \$19.99 **SOLD OUT**

**3997294 THE CORONAVIRUS PREVENTION HANDBOOK: 101 Science-Based Tips That Could Save Your Life.** Ed. by Wang Zhou. 108 pages. Skyhorse. Paperbound. Pub. at \$12.99 **\$7.95**

**493315X THE THYROID CURE: Take Control of Your Metabolism.** By Janet Lee. Well illus. in color. 144 pages. Centennial. Paperbound. Pub. at \$14.99 **\$11.95**

**3895351 PANDEMIC SURVIVAL: It's Why You're Alive.** By A. Love & J. Drake. Illus. in color. 122 pages. Tundra. 8 1/2 x 10 1/4. Pub. at \$22.95 **\$13.95**

**4978854 OVERCOMING MULTIPLE SCLEROSIS HANDBOOK: Roadmap to Good Health.** Ed. by G. Jelinek & S. Neate. 366 pages. Paperbound. Pub. at \$19.99 **SOLD OUT**

**3963578 PREVENTING LYME & OTHER TICK-BORNE DISEASES.** By Alexis Chesney. Illus. 191 pages. Storey. Paperbound. Pub. at \$16.95 **SOLD OUT**

**4957598 STRANGE BEDFELLOWS: Adventures in the Science, History, and Surprising Secrets of STDs.** By Ina Park. 353 pages. Flatiron. Paperbound. Pub. at \$19.99 **\$7.95**

**3828239 BE A SURVIVOR, THIRD EDITION: Lung Cancer Treatment Guide.** By Vladimir Lange. 161 pages. Lange Productions. Paperbound. Pub. at \$24.95 **\$14.95**

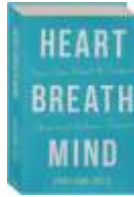
## Stress & Pain Management



**4903749 PAIN FREE, REVISED SECOND EDITION: A Revolutionary Method for Stopping Chronic Pain.** By Pete Egoscue. Starting today, you don't have to live in pain. That is the revolutionary message of The Egoscue Method, a breakthrough system for eliminating musculoskeletal pain without drugs, surgery, or expensive physical therapy. A step by step guide designed to return the body to its balanced. Photos. 290 pages. Bantam. Paperbound. Pub. at \$18.00 **\$9.95**



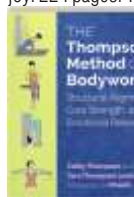
**LIMITED QUANTITY 7955596 THE LITTLE BOOK OF BREATHWORK.** By Jo Peters. With an overview of the history of breathwork and step by step instructions for carrying out different breathing techniques safely, this work provides everything you need to embark on your journey to feeling great every day. 125 pages. Summersdale. Paperbound. Pub. at \$9.99 **SOLD OUT**



**790150X HEART BREATH MIND: Train Your Heart to Conquer Stress and Achieve Success.** By Leah Lagos. Lagos's ten-week program recognizes the link between heart rate variability and resilience to create specific, clinically tested breathing techniques that allow you to control your body's physical response to stress. She pairs this with cognitive strategies to offer a two-tiered process that will enable you to respond more flexibly to stressful situations. 279 pages. Mariner Books. Pub. at \$28.00 **\$5.95**



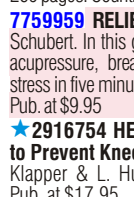
**7863500 OUTSMART YOUR PAIN: Mindfulness and Self-Compassion to Help You Leave Chronic Pain Behind.** By Christiane Wolf. Shows the way with 20 easy guided meditations and self-compassion practices. By separating your pain from the stressful thoughts and troubled feelings that come with it, you can lay down your burden and live with joy. 224 pages. The Experiment. Pub. at \$16.95 **\$6.95**



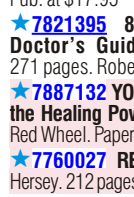
**7736096 THE THOMPSON METHOD OF BODYWORK: Structural Alignment, Core Strength, and Emotional Release.** By C. Thompson & T.T. Lewis. Developed by Cathy Thompson through her many years as a bodywork therapist, the Thompson Method incorporates Zen shiatsu, Roling, yoga, and Gestalt psychotherapy to heal pain in the physical body both through bodywork and by recognizing the emotional blockages that often underlie chronic pain, tension, and poor alignment. Offers 90 corrective alignment exercises. Illus. in color. 318 pages. Healing Arts. 8x10. Paperbound. Pub. at \$35.00 **\$11.95**



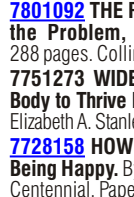
**7912404 CHRONIC PAIN RESET: 30 Days of Activities, Practices, and Skills to Help You Thrive.** By Alton L. Hassett. Will help you evaluate your pain and its triggers, offering straightforward and often fun strategies to improve it. Using the principles of cognitive-behavioral therapy, you'll try one new strategy each day for 30 days, from paced breathing and healthy sleep hacks to mindful walking and acts of kindness. 269 pages. Countryman. Pub. at \$28.00 **\$21.95**



**7759959 RELIEVE STRESS: 20 Quick Techniques.** By Katrin Schubert. In this guide you will learn 20 easy techniques, including acupressure, breathing exercises, and guided imagery, to relieve stress in five minutes or less. Illus. 111 pages. Hazelden. Paperbound. Pub. at \$9.95 **PRICE CUT to \$2.95**



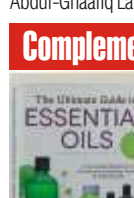
**2916754 HEAL YOUR KNEES, REVISED EDITION: How to Prevent Knee Surgery & What to Do if You Need It.** By R. Klapper & L. Huey. Illus. 304 pages. M. Evans. Paperbound. Pub. at \$17.95 **SOLD OUT**



**7821395 8 STEPS TO CONQUER CHRONIC PAIN: A Doctor's Guide to Lifelong Relief.** By Andrea Furlan. 271 pages. Robert Rose. Paperbound. Pub. at \$24.95 **\$19.95**



**7887132 YOUR GUIDE TO FOREST BATHING: Experience the Healing Power of Nature.** By M. Amos Clifford. 186 pages. Red Wheel. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**



**7760027 REST IS RESISTANCE: A Manifesto.** By Tricia Hersey. 212 pages. Pub. at \$27.00 **PRICE CUT to \$11.95**



**7801092 THE POWER OF PRESSURE: Why Pressure Isn't the Problem, It's the Solution.** By Dane Jensen. Illus. 288 pages. Collins. Pub. at \$23.70 **\$5.95**



**7751273 WIDEN THE WINDOW: Training Your Brain and Body to Thrive During Stress and Recover from Trauma.** By Elizabeth A. Stanley. 486 pages. Penguin. Pub. at \$27.00 **SOLD OUT**



**7728158 HOW TO BEAT STRESS: The Scientific Guide to Being Happy.** By Alyssa Shaffer. Fully illus. in color. 192 pages. Centennial. Paperbound. Pub. at \$16.99 **\$3.95**



**771288X WHAT YOUR DOCTOR DIDN'T TELL YOU: How Complementary and Alternate Medicine Can Help Your Pain.** By Karima Hirani. Photos. 148 pages. Pub. at \$24.99 **\$11.95**



**7708424 EVERYDAY VITALITY: Turning Stress into Strength.** By Samantha Boardman. 256 pages. Penguin. Paperbound. Pub. at \$18.00 **\$7.95**



**4712560 AN ANATOMY OF PAIN: How the Body and the Mind Experience and Endure Physical Suffering.** By Abdul-Ghaaliq Lalkhen. 244 pages. Scribner. Pub. at \$28.00 **\$9.95**

## Complementary & Alternative Medicine



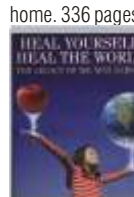
**7907206 THE ULTIMATE GUIDE TO ESSENTIAL OILS: A Complete Reference to the Amazing Healing Powers of Essential Oils.** By Kymberly Keniston-Pond. Essential oils have been praised for their ability to lift moods, treat common health ailments, and enhance one's appearance. Featuring step by step instructions and plenty of helpful tips, this edition offers essential oil recipes that help promote healthy skin, hair and nails, boost memory retention and concentration and more. 16 pages of color photos. 336 pages. Adams Media. Pub. at \$26.95 **\$5.95**



**DVD 7799780 THE GERSON MIRACLE.** Introduces you to the physician who developed the Gerson Therapy more than 75 years ago—a therapy that has proven to cure cancer and most other chronic and degenerative diseases. Nine current and former patients speak passionately through their first-person stories. Not Rated. 91 minutes. Gerson Media. **\$5.95**



**7826400 HEALTHY AT HOME: Get Well and Stay Well Without Prescriptions.** By Tieraona Low Dog. The author, an expert in natural medicine, collects her favorite remedies and recipes—the ones she has used in her own home for years—and shares them, along with wise, practical advice on when to call the doctor and when to stay put and use your own resources to get healthy at home. 336 pages. National Geographic. Pub. at \$26.00 **\$5.95**



**DVD 7799799 HEAL YOURSELF, HEAL THE WORLD.** Fullscreen. Join Howard Straus (author, scientist, son of Charlotte Gerson and grandson of Dr. Max Gerson) for an in-depth examination of the Gerson Therapy—known worldwide as the all-natural solution for cancer and chronic disease. Not Rated. 96 minutes. Gerson Media. **\$5.95**





## Complementary & Alternative Medicine



**7884516 HOME APOTHECARY WITH ASHLEY ENGLISH: All You Need to Know to Create Natural Health and Body Care Products.** English shares all she's learned about creating a natural home apothecary and a carefully curated collection of her tried and true recipes. Using equipment and ingredients that are easy to find, tackle a dry scalp with the help of a simple apple cider vinegar rinse, whip up a gentle four-ingredient hand sanitizer and much more. Well illus. in color. 118 pages. Lark. Pub. at \$19.95 **\$5.95**

**7940009 CBD AND HEMP REMEDIES: A Quick & Easy Guide to Help You Destress, Relax, and Relieve Pain Using Cannabis Products.** By Sandra Hinchliffe. Guides you through the types of products available to you in mainstream stores and how to use each one. Introduces the beginner CBD/hemp user to 75 different ways they can use the products they've purchased. Includes recipes for massage oils, hand soaks, lotion bars, lip balms, salt scrubs, candies, and more. Well illus. in color. 176 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$6.95**



**7840357 GUT HEALTH & PROBIOTICS: The Science Behind the Hype.** By Jenny Tschiesche. A simplified explanation of probiotics and what they can do for and to the human body. Takes readers on a quest to understand what both probiotics and prebiotics can do for their long term gut health and how this might affect a broad range of body systems from skin health to mental health. Illus. in color. 142 pages. White Owl. Paperbound. Pub. at \$24.95 **\$6.95**



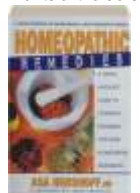
**7836511 12 ESSENTIAL OILS OF THE BIBLE: Ancient Healing Oils and Their Contemporary Uses.** By K. Opitz-Kreher & J. Huber. The essential oils in this guide are cassia, galbanum, myrrh, myrtle, spikenard, onycha, sandalwood, frankincense, hyssop, cedar, cistus, and cypress. Each oil is described, beginning with Bible verse that refer to it, followed by historical information about the oil, its botanical and chemical components, its uses in folk medicine, and its modern application for healing and well-being. Well illus. in color. 96 pages. Earthdancer. Paperbound. Pub. at \$14.99 **\$11.95**



**7934831 HERBS AND SPICES: Natural Alternatives for Healthy Living.** By Cinzia Trenchi. Herbs and plants don't just provide shade and lighten the mood with their flowers and fruit; they have also been used for centuries in the preparation of remedies for ailments. Filled with recipes and interesting ideas, Trenchi will guide you step by step through the preparation of home-made remedies. Well illus. in color. 160 pages. White Star. Pub. at \$16.95 **\$5.95**



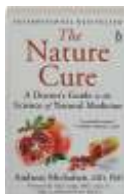
**DVD 7731671 THE BEAUTIFUL TRUTH.** After the accidental and tragic death of his mother, 15-year old Garrett was withdrawn from school for home schooling. Garrett's first assignment was to read a book written by Dr. Max Gerson, which maintains that there is a direct link between diet and a cure for cancer. Garrett embarks on a cross-country road trip to investigate the merits of the Gerson Therapy. 92 minutes. **\$5.95**



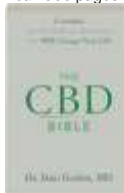
**7842600 HOMEOPATHIC REMEDIES: A Quick and Easy Guide to Common Disorders and Their Homeopathic Treatments.** By Asa Herschoff. Begins by explaining what homeopathy is—its principles, its view of disease, and its emphasis on symptom observation. Then discusses how preparations should be used—how they are made, how potency is measured, and how they should be taken. Your guide to the gentle art of healing. Illus. 319 pages. Avery. Paperbound. Pub. at \$17.00 **\$6.95**



**7868944 THE HEALING POWER OF THE BREATH: Simple Techniques to Reduce Stress and Anxiety, Enhance Concentration and Balance Your Emotions.** By R.P. Brown & P.L. Gerberg. Here's a drug-free solution to common stress and mood problems, developed by two physicians. This alternative approach works through a range of simple breathing techniques drawn from yoga, Buddhist meditation, the Chinese practice of qigong, Orthodox Christian monks, and other sources. 168 pages. Shambhala. Paperbound. Pub. at \$19.95 **\$8.95**



**1971360 THE NATURE CURE: A Doctor's Guide to the Science of Natural Medicine.** By Andreas Michalsen. Sunlight, forest bathing, fasting, cold-water baths, bloodletting, leeches, cupping—these ways of healing have been practiced in different cultures around the world for centuries. Here Dr. Michalsen shares the culmination of his years of research and offers practical guidance in what your body needs to heal. 330 pages. Penguin. Paperbound. Pub. at \$18.00 **\$4.95**



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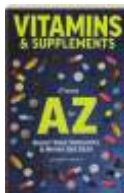
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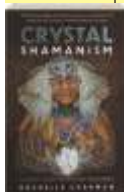
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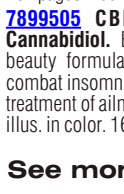
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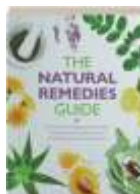
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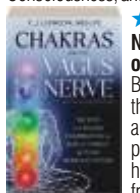
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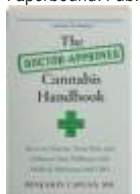
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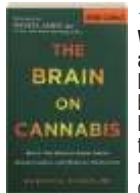
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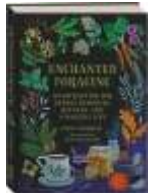
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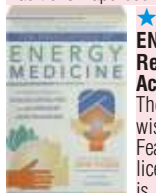
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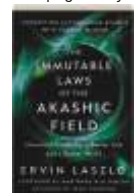
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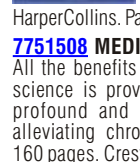
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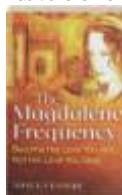




## New Age Spirituality



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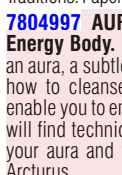
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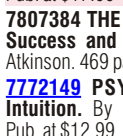
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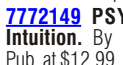
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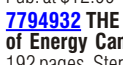
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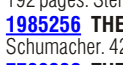
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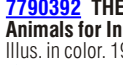
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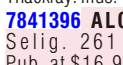
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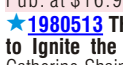
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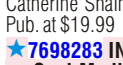
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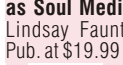
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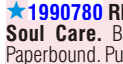
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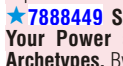
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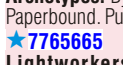
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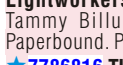
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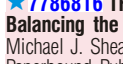
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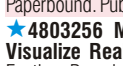
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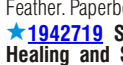
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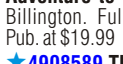
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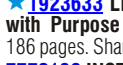
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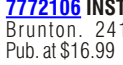
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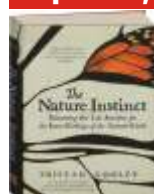


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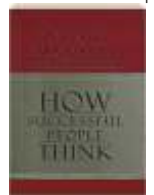
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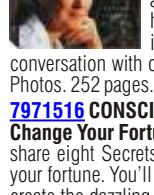
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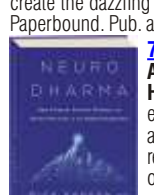
**789449X I AM THE STORM: Inspiring Stories of People Who Fight Against Overwhelming Odds.** By Janice Dean. Dean shares how she decided to go up against New York's most powerful political dynasty and tells the stories of others who stood like David against Goliath, choosing to fight for what was right rather than take the easy path. These stories will reveal what it takes for real people to go through life's storms. Color photos. 234 pages. HarperCollins. Pub. at \$28.99 **\$5.95**



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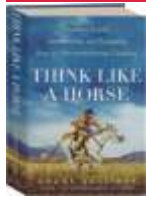
**7971516 CONSCIOUS LUCK: Eight Secrets to Intentionally Change Your Fortune.** By G. Hendricks & C. Kline. The authors share eight Secrets that will allow you to intentionally change your fortune. You'll learn how to take control of your destiny and create the dazzling life of your dreams. 180 pages. St. Martin's. Paperbound. Pub. at \$18.00 **\$5.95**



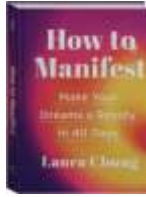
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## Inspiration, Motivation & Self-Discovery



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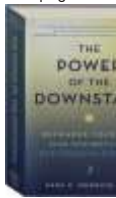
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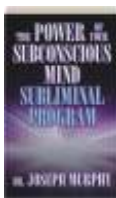


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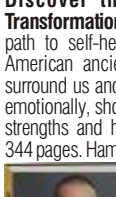
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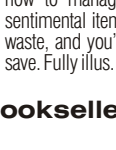
**7941153 THE SWEET SPOT: The Pleasures of Suffering and the Search for Meaning.** By Paul Bloom. Suffering has its rewards. Pain can distract us from our anxieties and help us transcend the self. Feeling of fear and sadness are part of the pleasure of immersing ourselves in play and fantasy, and can provide certain moral satisfactions. Shows us how a life without chosen suffering would be empty—and, worse than that, boring. 272 pages. Ecco. Paperbound. Pub. at \$19.99 **\$5.95**



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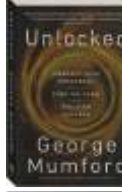
## Inspiration, Motivation & Self-Discovery



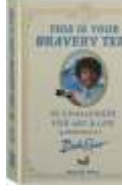
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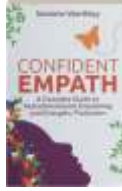
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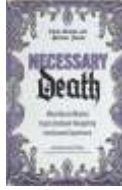
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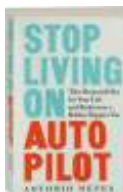
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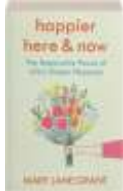
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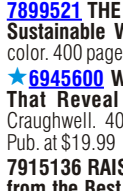
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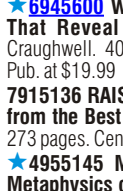
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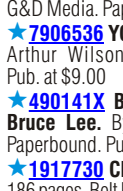
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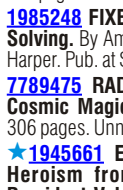
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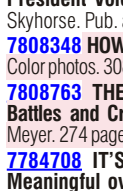
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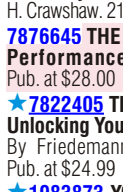
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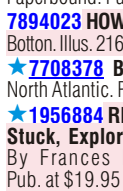
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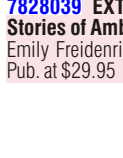
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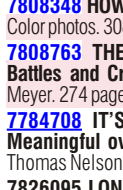
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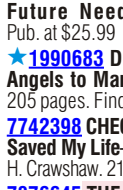
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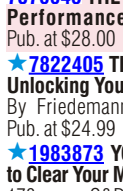
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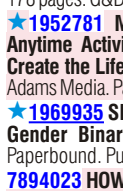
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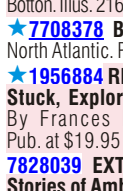
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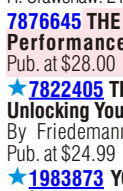
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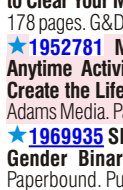
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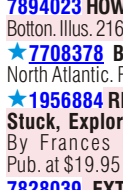
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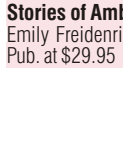
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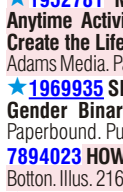
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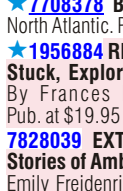
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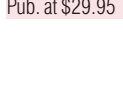
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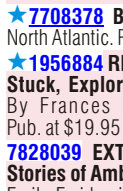
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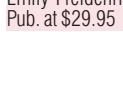
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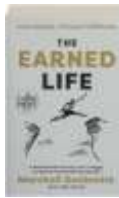


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★ **7929552 LIFE TIME: Your Body Clock and Its Essential Roles in Good Health and Sleep.** By Russell Foster. By dismantling long-standing myths and citing cutting-edge science, Foster empowers readers to get back into rhythm and live healthier, sharper lives: scheduling meals; timing medications to increase their effectiveness; getting better sleep through exposure to natural light; and much more. 466 pages. Yale. Paperbound. Pub. at \$20.00 **\$15.95**



★ **7965699 TRAIN YOUR BRAIN: Memory.** By Gareth Moore. Uses puzzles, tests and carefully constructed challenges to maintain and sharpen your mind's memory skills. Each chapter focuses on a different aspect of memory, from acrostics and number phrases to creative images and memory palaces. Fully illus. in color. 224 pages. Welbeck. Paperbound. Pub. at \$14.95 **\$11.95**



★ **7955057 THE LANGUAGE OF BREATH: Discover Better Emotional and Physical Health Through Breathing and Self-Awareness.** By Jesse Coomer. Shows how we can learn to respond to and interact with the language of our breath to achieve better health, decreased anxiety, and improved overall wellness. A vital tool for self-discovery, transformation, and reclaiming agency amidst the strains and stresses of modern-day life. 218 pages. North Atlantic. Paperbound. Pub. at \$19.95 **\$14.95**



★ **7939485 THE EMOTIONAL ROOTS OF CHRONIC ILLNESS: Homeopathy for Existential Stress.** By Jerry M. Kantor. Revealing that the subconscious mind is amenable to change, Kantor shows how to accurately select remedies to defuse the energetic charge of unresolved existential stress and thus quell the root causes of chronic illness. 208 pages. Inner Traditions. Paperbound. Pub. at \$24.99 **\$19.95**



★ **7966458 BRAIN REBOOT: New Treatments for Healing Depression.** By Michael Henry. Introduces three treatments proven to help with severe depressions: ketamine, transcranial magnetic stimulation (TMS), and electroconvulsive therapy (ECT). When all else have failed, they have provided a "brain reboot" to help you regain your life. 257 pages. Hachette. Pub. at \$29.00 **\$6.95**



★ **7874960 THE SELF-HEALING MIND: An Essential Five-Step Practice for Overcoming Anxiety and Depression, and Revitalizing Your Life.** By Gregory Scott Brown. A holistic approach to emotional and psychological healing that focuses on how evidence-based self-care strategies can be used to improve and sustain mental health. Brown's personal and professional experience has taught him that lifestyle interventions are also key to sustainable mental wellness. 285 pages. Harper. Pub. at \$27.99 **PRICE CUT to \$3.95**



★ **7795610 THE POWER OF GUIDED MEDITATION: Simple Practices to Promote Wellbeing.** By Jessica Crow. This guide is organized into three parts that invite you into a relationship with your body and mind through a nonjudgmental lens. As you build up your meditation practice, you will find that these benefits extend into every area of your life. 128 pages. Fair Winds. Pub. at \$16.99 **PRICE CUT to \$3.95**



★ **7828233 GETTING IT DONE WHEN YOU'RE DEPRESSED, SECOND EDITION: 50 Strategies for Keeping Your Life on Track.** By J.A. Fast & J.D. Preston. 310 pages. Alpha. Paperbound. Pub. at \$15.99 **\$5.95**

★ **4898575 THE COMPLETE GUIDE TO DREAM INTERPRETATION.** By Marsha Trimble Dunstan. 336 pages. Baker Books. Paperbound. Pub. at \$17.99 **\$4.95**





## Healing & the Mind

**7948115 THE ORACLE OF NIGHT: The History and Science of Dreams.** By Sidarta Ribeiro. 466 pages. Pantheon. Pub. at \$32.50

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**★7854498 MEMORY ACTIVITY BOOK: 100+ Brain Exercises to Supercharge Your Memory.** By Alexis Olson. 130 pages. Callisto. Paperbound. Pub. at \$9.95

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**★4875575 THE DAILY LAWS: 366 Meditations on Power, Seduction, Mastery, Strategy, and Human Nature.** By Robert Greene. 453 pages. Viking. Pub. at \$30.00

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**7718950 52 SMALL CHANGES FOR THE MIND.** By Brett Blumenthal. 320 pages. Chronicle. Paperbound. Pub. at \$16.95

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**1966693 SMARTER TOMORROW: How 15 Minutes of Neurohacking a Day Can Help You Work Better, Think Faster, and Get More Done.** By Elizabeth R. Ricker. 356 pages. Little, Brown. Pub. at \$28.00

**\$4.95**

**★7807511 LLEWELLYN'S COMPLETE DICTIONARY OF DREAMS.** By Michael Lennox. 277 pages. Llewellyn. 8x10. Paperbound. Pub. at \$25.99

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**7717164 AWAKENING TO THE FIFTH DIMENSION: Discovering the Soul's Path to Healing.** By Kimberly Meredith. 265 pages. St. Martin's. Pub. at \$21.99

**\$6.95**

**★7824335 THE KETAMINE BREAKTHROUGH: How to Find Freedom from Depression, Lift Anxiety, and Open Up to a New World of Possibilities.** By M. Dow & R. Levy. 220 pages. Hay House. Paperbound. Pub. at \$17.99

**\$12.95**

**★7739850 QIGONG MEDITATION, SECOND EDITION: Small Circulation.** By Yang, Jwing-Ming. 408 pages. YMAA. Paperbound. Pub. at \$36.95

**\$27.95**

**7763794 STATE CHANGE: End Anxiety, Beat Burnout, and Ignite a New Baseline of Energy and Flow.** By Robin Berzin with S. Toland. 294 pages. S&S. Pub. at \$28.00

**\$3.95**

**★195718X A SENSE OF SELF: Memory, the Brain, and Who We Are.** By Veronica O'Keane. Illus. 268 pages. Norton. Paperbound. Pub. at \$17.95

**\$5.95**

**★1953184 ANSWERS IN THE DARK: Grief, Sleep and How Dreams Can Help You Heal.** By Delphi Ellis. 212 pages. O-Books. Paperbound. Pub. at \$18.95

**PRICE CUT to \$7.95**

**★7804245 21 DAYS TO DECODE YOUR DREAMS: Unlock the Signs, Symbols, and Meanings of Your Dreams.** By Leon Nacson. 173 pages. Hay House. Paperbound. Pub. at \$14.99

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**★7734115 HURT, HEALING, HEALED: Release Limiting Beliefs, Fears & Blocks to Supercharge Your Manifestation.** By Emma Mumford. 211 pages. Watkins. Paperbound. Pub. at \$16.95

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**★777256 INITIATION INTO DREAM MYSTERIES: Drinking from the Pool of Mnemosyne.** By Sarah Janes. 180 pages. Destiny. Paperbound. Pub. at \$18.99

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**★1942697 THE COURAGEOUS PATH TO HEALING: When Commitment to Yourself & Your Recovery Becomes Your Greatest Teacher.** By Jennifer Kraitsoulas. 212 pages. Llewellyn. Paperbound. Pub. at \$16.99

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**★DVD 789497X THE LOVE DESTINATION: Guided Meditation.** Widescreen. Dreamscape Media. Pub. at \$14.95

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**★7755821 NIGHTMARES: Your Guide to Interpreting Your Darkest Dreams.** By J.M. DeBord. 285 pages. Visible Ink. Paperbound. Pub. at \$19.95

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**★7773889 THE STRESS PRESCRIPTION: 7 Days to More Joy and Ease.** By Elissa Epel. 240 pages. Penguin. Paperbound. Pub. at \$15.00

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**★4960998 THE LITTLE BOOK OF DREAMS.** By Lisa Dyer. 192 pages. Orange Hippo. Pub. at \$5.95

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**7735065 DRUGS OF THE DREAMING.** By G. Toro & B. Thomas. 149 pages. Park Street. Paperbound. Pub. at \$12.95

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**★4704908 MEMORY CRAFT: Improve Your Memory with the Most Powerful Methods in History.** By Lynne Kelly. 16 pages of color illus. 306 pages. Pegasus. Paperbound. Pub. at \$16.95

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**7772750 PRECOGNITIVE DREAMWORK AND THE LONG SELF: Interpreting Messages from Your Future.** By Eric Wargo. 308 pages. Inner Traditions. Paperbound. Pub. at \$18.99

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**★7733933 THE ANXIETY ANTIDOTE: How Awareness and Action Can Lead to Self-Control and Inner Peace.** By Kamran Bedi. 216 pages. Watkins. Paperbound. Pub. at \$16.95

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**★1975730 A BETTER BRAIN FOR BETTER AGING: The Holistic Way to Improve Your Memory, Reduce Stress, and Sharpen Your Wits.** By Sondra Kornblatt. Illus. 215 pages. Conari Press. Paperbound. Pub. at \$19.95

**\$11.95**

**★1974017 DREAM GUIDANCE: Connecting to the Soul Through Dream Incubation.** By Machiel Klerk. 161 pages. Hay House. Paperbound. Pub. at \$14.99

**\$5.95**

**★7740050 HOW TO BUILD A HEALTHY BRAIN: Reduce Stress, Anxiety and Depression and Future-Proof Your Brain.** By Kimberley Wilson. Illus. 359 pages. Yellow Kite. Paperbound. Pub. at \$17.99

**\$9.95**

## Facing Illness & Death



**LIMITED QUANTITY 7927746 WHAT DOES IT FEEL LIKE TO DIE? Inspiring New Insights into the Experience of Dying.** By Jennie Dear. As a long-time hospice volunteer, Dear has helped countless patients, families, and caregivers cope with the many challenges of the dying process. Inspired by her own personal journey with her mother's long-term illness, she demystifies the experience of dying for everyone whose lives it touches. 246 pages. Citadel. Paperbound. Pub. at \$16.95

**\$5.95**



**7797273 DEATH: The Scientific Facts to Help Us Understand It Better.** By R. Beliveau & D. Gingras. Sprinkled with humor and the wisdom of great thinkers, this work reflects on our philosophical, scientific and spiritual understanding of death. Chapters cover diverse topics such as consciousness and the soul; terminal illness and dying slowly; how the body dies; murder and execution; and more. Well illus., many in color. 264 pages. Firefly. Paperbound. Pub. at \$29.95

**\$5.95**



**7957475 BITTERSWEET: How Sorrow and Longing Make Us Whole.** By Susan Cain. Explores why we experience sorrow and longing, and how embracing the bittersweetness at the heart of life is the true path to creativity, connection, and transcendence. The author shows how a bittersweet state of mind is the quiet force that helps us transcend our personal and collective pain. Photos. 310 pages. Crown. Pub. at \$28.00

**\$6.95**



**7882955 MY TWO ELAINES: Learning, Coping, and Surviving as an Alzheimer's Caregiver.** By Martin J. Schreiber with C. Breitenbuecher. An intimate love story that offers practical advice, support and hope. Captures the full spectrum of emotions that caregivers often experience. The author hopes that sharing his own journey will help other caregivers and their loved ones live the best lives possible in the face of this relentless illness. 167 pages. Harper. Pub. at \$27.99

**\$9.95**



**★785546X THE AFTERLIFE BOOK: Heaven, Hell, and Life After Death.** By M.D. Jones & L. Flaxman. Packed with facts and thought-provoking insights, this work thoroughly reviews ideas of heaven, reincarnation, Christian and other religious beliefs; cremation, burial, and historic death rituals; accounts of near-death experiences; and more. Well illus. 323 pages. Visible Ink. Paperbound. Pub. at \$22.95

**\$17.95**



**7958846 MINDFULNESS AND THE JOURNEY OF BEREAVEMENT: Restoring Hope After Death.** By Peter Bridgewater. Explores how denial, anger, bargaining, depression and acceptance are all natural stages of the grief cycle, and shows how we can gain insight into our feelings, nourish our needs, and face the future positively, with hope and mindfulness through the life-changing process of grieving. 143 pages. Leaping Hare. Paperbound. Pub. at \$12.99

**\$5.95**



**★7925883 I'M NOT A MOURNING PERSON: Braving Loss, Grief, and the Big Messy Emotions That Happen When Life Falls Apart.** By Kris Carr. Includes tools and practices to help you tend to your most painful wounds with fierce grace. When your life has been turned upside down, whether by the dissolution of a relationship or marriage; the end of a job or career; or the grief of illness or death, it may be easier to bury the feelings, but you can be free from the fear of pain. 211 pages. Hay House. Pub. at \$19.99

**\$14.95**



**★7731531 SIX FEET OVER: Science Tackles the Afterlife.** By Mary Roach. What happens when we die? What will it feel like? Roach consults scientists, schemers, engineers, and mediums, all trying to prove (or disprove) that life goes on after we die. Photos. 309 pages. Norton. Paperbound. Pub. at \$16.95

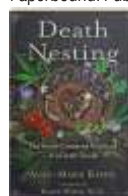
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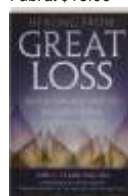
**★7916205 HOPE FOR THE BEST, PLAN FOR THE REST: 7 Keys for Navigating a Life-Changing Diagnosis.** By S. Winemaker & H. Seow. Drawing on the authors' decades spent researching and caring for thousands of seriously ill patients they reveal the seven keys for a better illness experience. With real-life stories, tips, and exercises to improve your journey right from diagnosis, these compassionate experts empower you with practical tools. 253 pages. Page Two Books. Paperbound. Pub. at \$19.95

**\$14.95**



**★7900384 DEATH NESTING: The Heart-Centered Practices of a Death Doula.** By Anne-Marie Keppel. Providing support for caregivers and loved ones as well, Anne-Marie explores self-care methods for moving with grief, ideas for "things to do" when there is nothing to do, and mindfulness practices for contemplating your own mortality. She also offers visualizations and techniques for talking with children about death and dying. 176 pages. Inner Traditions. Paperbound. Pub. at \$18.00

**\$14.95**



**7917805 HEALING FROM GREAT LOSS: Facing Pain and Grief to Recover Your Authentic Self.** By Ann J. Clark. Chronicles the author's journey back to herself and provides a road map for understanding and healing from a great loss, in which we have lost our sense of identity and/or life direction. It is envisioned as the soul's invitation to return to the purpose we have set for this life, after we have lost our way. 185 pages. Llewellyn. Paperbound. Pub. at \$16.99

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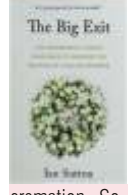


**★7935560 THE HOMES OF THE SOUL: A Short Guide to the Real Possibility of Life After Death.** By Jennifer Vanbergen. A compelling and thoughtful discussion on the possibility of life after death. Using the works of numerous renowned thinkers, this work compares Carl Jung's theories of the psyche to a modern, quantum theory of consciousness. The result is a short guide to the real possibility of life after death. Illus. 153 pages. Aeon. Paperbound. Pub. at \$19.99

**\$14.95**

**★7854722 THE DENIAL OF DEATH.** By Ernest Becker. First published in 1974, tackles man's refusal to acknowledge his own mortality, sheds new light on the nature of humanity, and answers the "why" of existence. 314 pages. Free Press. Paperbound. Pub. at \$18.99

**\$13.95**



**★7820151 THE BIG EXIT: The Surprisingly Urgent Challenge of Handling the Remains of a Billion Boomers.** By Ian Sutton. Someday soon we'll see the greatest explosion of deaths in history, and we aren't ready for it. Cemeteries are full and new ones aren't being created. Also, burying bodies in the ground is bad for the environment. Burning them, is even worse, which rules out cremation. So what should you do? 217 pages. Sutherland House. Paperbound. Pub. at \$19.95

**PRICE CUT to \$9.95**

**7846614 LANGUAGES OF LOSS: A Psychotherapist's Journey Through Grief.** By Sasha Bates. A powerful insight into what it is to lose someone you love, but importantly, alongside this, a practical and objective view on how to help someone who is grieving, and help them find hope even among all the pain. 266 pages. Yellow Kite. Paperbound. Pub. at \$17.99

**PRICE CUT to \$3.95**



**★7890583 THE IN-BETWEEN: Unforgettable Encounters During Life's Final Moments.** By Hadley Vlahos. Vlahos recounts the most impactful experiences she's had with the people she's worked with—from the woman who never once questioned her faith until she was close to death, to the older man seeing visions of his late daughter, to the young patient who laments that she spent too much of her short life worrying about what others thought of her—while also sharing her own journey. 259 pages. Ballantine. Pub. at \$27.00

**PRICE CUT to \$14.95**



**★7707851 WE NEVER DIE: Secrets of the Afterlife.** By Matt Fraser. Revealed through never before told stories and Fraser's conversations with the dearly departed, the wisdom is perfect for anyone seeking uplifting answers about life's biggest questions. Discover the healing and fulfillment that await us and our loved ones in the afterlife—plus how these truths can bring us comfort, meaning, and guidance in our earthly lives. 216 pages. Gallery. Pub. at \$27.99

**PRICE CUT to \$17.95**



## Facing Illness & Death



**★7714963 THE LONG COVID SELF-HELP GUIDE: Practical Ways to Manage Symptoms.** By Emily Fraser et al. Filled with case studies and was written with the involvement of real Long Covid sufferers. The focus is on self-management with a simple, consistent message about improving symptoms. Each chapter takes a different issue in turn and offers clear guidance on key areas such as breathlessness, psychological aspects, brain fog, fatigue, returning to exercise and returning to work. 200 pages. Green Tree. Paperbound. Pub. at \$22.00 **PRICE CUT to \$12.95**

**★7724616 DEATH INTERRUPTED: How Modern Medicine Is Complicating the Way We Die.** By Blair Bigham. 289 pages. Walrus. Paperbound. Pub. at \$17.99 **PRICE CUT to \$5.95**

**★1942700 FROM GRIEF TO HEALING: A Holistic Guide to Rebuilding Mind, Body & Spirit After Loss.** By Amanda Mackenzie. Illus. 290 pages. Llewellyn. Pub. at \$18.99 **\$9.95**

**★7735227 LIFE IS SHORT: An Appropriately Brief Guide to Making It More Meaningful.** By Dean Rickles. 114 pages. Princeton. Pub. at \$22.95 **\$11.95**

**★7736738 SOULBROKEN: A Guidebook for Your Journey Through Ambiguous Grief.** By Stephanie Sarazin. 275 pages. Balance. Paperbound. Pub. at \$17.99 **PRICE CUT to \$5.95**

**★7699824 THE INEVITABLE: Dispatches on the Right to Die.** By Katie Engelhart. 338 pages. St. Martin's. Paperbound. Pub. at \$18.99 **PRICE CUT to \$5.95**

**7802277 THE KNOCK AT THE DOOR: Three Gold Star Families Bonded by Grief and Purpose.** By Ryan Manion et al. 16 pages of color photos. 276 pages. Center Street. Pub. at \$28.00 **\$4.95**

**★7711158 THIS PARTY'S DEAD: Grief, Joy and Spilled Rum at the World's Death Festivals.** By Erica Buist. 309 pages. Unbound. Paperbound. Pub. at \$17.95 **\$7.95**

**★1984322 WHATSAPPS FROM HEAVEN: Bereavement in the Twenty-First Century.** By Louise Hamlin. 90 pages. O-Books. Paperbound. Pub. at \$12.95 **\$9.95**

**★1983237 LIGHT AFTER LOSS: A Spiritual Guide for Comfort, Hope, and Healing.** By Ashley Davis Bush. 181 pages. Viva Editions. Paperbound. Pub. at \$17.95 **\$5.95**

**★773666 NAVIGATING GRIEF AND LOSS: 25 Buddhist Practices to Keep Your Heart Open to Yourself and Others.** By Kimberly Brown. 189 pages. Prometheus. Paperbound. Pub. at \$19.95 **\$11.95**

**★7706030 EVERYTHING IS TEMPORARY: Illustrated Contemplations on How Death Shapes Our Lives.** By Iris Gottlieb. Fully illus. 175 pages. Tarcher. Paperbound. Pub. at \$17.00 **\$5.95**

**★1968165 HOW TO SURVIVE LOSING A LOVED ONE.** By K.J. Taylor & C. Pearson. 340 pages. Robinson. Paperbound. Pub. at \$19.99 **PRICE CUT to \$11.95**

## Aging



**7701705 AGELESS: The New Science of Getting Older Without Getting Old.** By Andrew Steele. Charts the astounding progress science has made in recent years to secure biological immortality for humans: to help us become old without getting frail, to live longer without ill health or disease. Helps us see most illnesses can be prevented by treating the aging process. 334 pages. Doubleday. Pub. at \$29.00 **\$5.95**



**7702027 THE AGE FIX: A Leading Plastic Surgeon Reveals How to Really Look 10 Years Younger.** By Anthony Youn with E. Adamson. Youn's customizable Age Fix routine will help improve the health of your skin and with the diet based prescription to rejuvenate your appearance and overall health from the inside out. Revealing how labels lie, how the foods you eat can be more effective than the creams you buy, and most important, why surgery is (usually) *not* the best option. 244 pages. Grand Central. Paperbound. Pub. at \$17.99 **\$4.95**



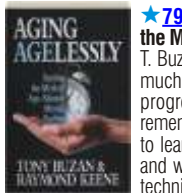
**7739052 THE SCIENCE AND TECHNOLOGY OF GROWING YOUNG.** By Sergey Young. The prospect of living to 200 years old isn't science fiction anymore. A leader in the emerging field of longevity offers his perspective on what cutting-edge breakthroughs are on the horizon, as well as the practical steps we can take now to live healthily to 100 and beyond. 255 pages. BenBella. Pub. at \$27.95 **\$7.95**



**1906860 100 MOST EFFECTIVE WAYS TO STOP AGING AND STAY YOUNG.** By Julia Maranan. Gives simple, scientifically based solutions for beating all aspects of aging from wrinkles to weight gain to strategies for preventing age related illnesses like osteoporosis and cognitive decline. All are safe, effective, practical, and easy to incorporate into any lifestyle. Illus. in color. 239 pages. Crestline. Pub. at \$14.99 **\$7.95**



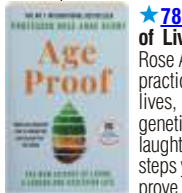
**794022X NECESSARY CONVERSATIONS, SECOND EDITION: Between Families and Their Aging Parents.** By Gerald W. & L. Marlene Kaufman. The authors urge aging people, their adult children, family members, and other caretakers to talk directly with each other about the decisions that lie ahead as they age. Focuses on four primary areas: parents' finances; parents' medical care; parents' living arrangements; and driving. 189 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$6.95**



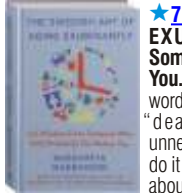
**★7930054 AGING AGELESSLY: Busting the Myth of Age-Related Mental Decline.** By T. Buzan & R. Keene. Enables you to become a much better thinker and communicator as you progress through life. You will be able to remember names, facts, and figures using easy to learn memory techniques; read more rapidly and with greater retention; learn principles and techniques used by great minds in the business, sports, creative worlds; and more. Illus. 244 pages. G&D Media. Paperbound. Pub. at \$19.95 **\$14.95**



**★7909691 DON'T ACT YOUR AGE: How Twenty Minutes a Day Will Restore Vitality and Add Years to Your Life.** By Jim Sargent. Told with good humor and personal experience, Sargent illustrates how 20 minutes a day will change your life in this informative, instructional and motivational work. He shares his philosophy and advice in this easy to follow guide to a longer and more meaningful life. Illus. 147 pages. Rare Bird. Paperbound. Pub. at \$16.95 **\$12.95**

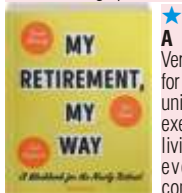


**★7869622 AGE PROOF: The New Science of Living a Longer and Healthier Life.** By Rose Anne Kenny. Distilling scientific theory into practical advice that we can apply to our everyday lives, Kenny examines the impact that food, genetics, friendships, purpose, sex, exercise and laughter have on how our cells age. Discover the steps you can take to stay younger for longer and prove that you are just as young as you feel. Illus. 328 pages. Lagon. Paperbound. Pub. at \$17.99 **\$13.95**



**★7777345 THE SWEDISH ART OF AGING EXUBERANTLY: Life Wisdom from Someone Who Will (Probably) Die Before You.** By Margareta Magnusson. Introduces the word to the Swedish tradition of *dostadning*, or "death cleaning"—clearing out your unnecessary belongings so others don't have to do it for you. The author reveals her discoveries about aging and offers advice on how to age gracefully. 141 pages. Scribner. Pub. at \$19.99 **\$14.95**

**7881495 THE GREAT AGE REBOOT: Cracking the Longevity Code for a Younger Tomorrow.** By Michael F. Roizen. As the human lifespan expands and more people are living to 100 years and beyond, explains how to prepare for a longer future. 320 pages. National Geographic. Pub. at \$28.00 **PRICE CUT to \$4.95**



**★7874324 MY RETIREMENT, MY WAY: A Workbook for the Newly Retired.** By Veronica McCain. Helps you dig deep to plan for a successful, fulfilling retirement. Create a unique roadmap to retirement with guided exercises, explore innovative advice for living your best retirement life, and find everything you need to make smart, confident decisions. 168 pages. Zeitgeist. Paperbound. Pub. at \$17.99 **PRICE CUT to \$9.95**

**7775822 SUCCESSFUL AGING: A Neuroscientist Explores the Power and Potential of Our Lives.** By Daniel J. Levitin. 498 pages. Dutton. Pub. at \$30.00 **\$6.95**

**★7836503 SHILAJIT: The Ayurvedic Adaptogen for Anti-Aging and Immune Power.** By Wolfgang Windmann. Well illus. in color. 160 pages. Earthdancer. Paperbound. Pub. at \$17.99 **\$13.95**

**★7773935 AARP CHECKLIST FOR MY FAMILY, SECOND EDITION: A Guide to My History, Financial Plans, and Final Wishes.** By Sally Balch Hurme. 270 pages. American Bar Association. Paperbound. Pub. at \$19.95 **SOLD OUT**

**★7788010 JELLYFISH AGE BACKWARDS: Nature's Secrets to Longevity.** By Nicklas Brendborg. 268 pages. Little, Brown. Pub. at \$29.00 **\$21.95**

**★199073X THE INNER WORK OF AGE: Shifting from Role to Soul.** By Connie Zweig. 394 pages. Park Street. Paperbound. Pub. at \$19.99 **\$11.95**

**★1944045 TRUE AGE: Cutting-Edge Research to Help Turn Back the Clock.** By Morgan Levine. 294 pages. Avery. Pub. at \$27.00 **PRICE CUT to \$14.95**

**787328X AGEISM UNMASKED: Exploring Age Bias and How to End It.** By Tracey Gendron. 180 pages. Steerforth. Pub. at \$19.95 **\$5.95**

## Communication Skills



**6898882 UNLOCKING SECRETS: How to Get People to Tell You Everything.** By David Craig. Craig has simplified the psychological methods by criminal investigators and covert operatives to persuade others to reveal their secrets. These methods could be used to assist people working with patients, clients, children, or friends who carry a difficult secret. 150 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$5.95**

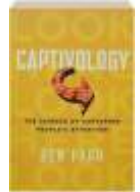


**4873033 BODY LANGUAGE 101.** By David Lambert. Offers a practical introduction to the conscious and unconscious body language people use to express mood, attitude, and status. Nonverbal communication from around the world is examined and interpreted. Illus. in color. 192 pages. Skyhorse. Paperbound. Pub. at \$12.95 **\$5.95**

**1917919 THE ART OF READING MINDS: Understand Others to Get What You Want.** By Henrik Fexeus. This work teaches you how to use non-verbal communication, body language and suggestion techniques to find out what another person thinks and feels, and how you can create an impact on that individual's thoughts and beliefs. Photos. 238 pages. Yellow Kite. Paperbound. **\$4.95**

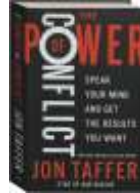


**7836988 11 STEPS TO GETTING WHAT YOU WANT: Persuasion and Influence in the 21st Century.** By Charles U. Larson. Many people are either uneasy or actually afraid of influencing or trying to persuade others on a range of topics. Helps the reader overcome fear and uneasiness when it comes to persuading others to alter their behaviors or beliefs by offering scientifically proven communication strategies and tactics with sample "scripts" that can easily be altered for various situations. 169 pages. Rowman & Littlefield. Pub. at \$31.00 **\$6.95**



**1988352 CAPTIVOLGY: The Science of Capturing People's Attention.** By Ben Parr. Employing the latest scientific research and inspiring stories, Parr offers a new understanding of how attention works. He reveals seven captivation triggers: psychological techniques that help you capture attention by appealing to fundamental aspects of human nature. 250 pages. HarperOne. Paperbound. Pub. at \$16.99 **\$4.95**

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**7775725 THE POWER OF CONFLICT: Speak Your Mind and Get the Results You Want.** By Jon Taffer. Provides you with the rules to argue smarter, uphold your values, and keep the conversation real. This step by step guide starts with the inception of the conflict and carries through the difficult conversation's conclusion, arming readers with the skills and confidence to fight for their principles. 209 pages. Morrow. Pub. at \$27.99 **\$7.95**



**7777051 SAY LESS, GET MORE: Unconventional Negotiation Techniques to Get What You Want.** By Fotini Iconomopoulos. Shows you how to take the fear out of getting what you want, explains why "splitting the difference" is not a good idea and debunks other common myths and tactics along the way. The author will help you figure out your ideal starting position and how to manage the negotiation process, including who should make the first move, and more. Illus. 316 pages. Collins. Pub. at \$22.99 **PRICE CUT to \$4.95**





## Communication Skills



**★7819773 FAILURE TO COMMUNICATE: Why We Misunderstand What We Hear, Read, and See.** By Roger Kreuz. "Why didn't they understand me? I was as clear as I could be." Everyone has had this thought at one time or another. Features dozens of examples and provides explanations based on what researchers have discovered about how communication works—and why so often fails. 275 pages. Prometheus. Pub. at \$26.95 **PRICE CUT to \$11.95**



**★7868642 GOOD ARGUMENTS: How Debate Teaches Us to Listen and Be Heard.** By Bo Seo. Drawing insights from its strategies, structure, and history, proves that good faith debate, far from being a source of conflict, can enrich our lives and improve our communication with friends, family, and colleagues alike. Good arguments are more important than ever at a time when bad faith is all around us. 342 pages. Penguin. Paperbound. Pub. at \$18.00 **PRICE CUT to \$9.95**

**480824X THE TRUTH DETECTOR: An Ex-FBI Agent's Guide for Getting People to Reveal the Truth.** By Jack Schafer with M. Karlins. 268 pages. Atria. Paperbound. Pub. at \$18.00 **\$5.95**

**7678940 BODY READING PLAIN & SIMPLE.** By Sasha Fenton. Well illus. 140 pages. Hampton Roads. Paperbound. Pub. at \$14.95 **\$3.95**

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**7743874 BODY LANGUAGE FOR WOMEN: Learn to Read People Instantly and Increase Your Influence.** By Donna Van Natten. Photos. 194 pages. Paperbound. Pub. at \$14.99 **\$3.95**

**★4988701 STOLEN FOCUS: Why You Can't Pay Attention—and How to Think Deeply Again.** By Johann Hari. 345 pages. Crown. Pub. at \$28.00 **\$11.95**

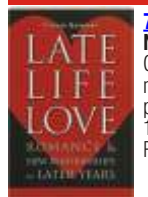
**★7737947 CONNECTED FATES, SEPARATE DESTINIES: Using Family Constellations Therapy to Recover from Inherited Stories and Trauma.** By Marine Selenee. 197 pages. Hay House. Paperbound. Pub. at \$16.99 **PRICE CUT to \$5.95**

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**★1926381 HOW TO COMMUNICATE EFFECTIVELY WITH ANYONE, ANYWHERE: Your Passport to Connecting Globally.** By R. Sanchez & D. Bullock. Fully illus. 264 pages. Career Press. Paperbound. Pub. at \$18.95 **\$11.95**

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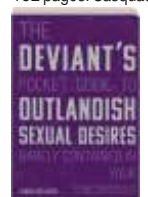
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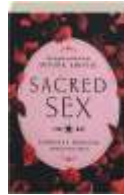
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## Sexuality & Sexual Expression



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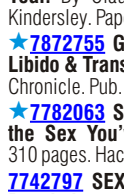
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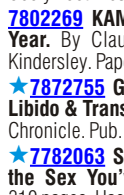
**7869045 THE CBD SOLUTION: Sex.** By Merry Jane with A. Manta. Connect with your body as the ultimate act of self-care, and change the way you think about sex with yourself and others. Guides you through the ins and outs of assembling a CBD tool kit for reinvigorating your pleasure journey, rituals, and body love, and provides recipes for your next date night, and more. 208 pages. Chronicle. Pub. at \$19.95 **PRICE CUT to \$7.95**



**1907786 SEX: A Philosophical Primer.** By Irving Singer. 135 pages. Rowman & Littlefield. Paperbound. Pub. at \$34.00 **\$2.95**



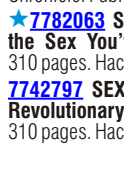
**★4956397 GUIDE TO GETTING IT ON! 10TH EDITION.** By Paul Joannides. illus. by D. Gross Sr. Adults only. 808 pages. Goofy Foot Press. Paperbound. Pub. at \$27.95 **\$14.95**



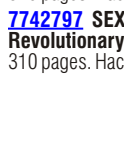
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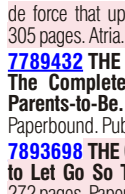
**7898878 LICENSE TO PARENT: How My Career as a Spy Helped Me Raise Resourceful, Self-Sufficient Kids.** By Christina & Ryan Hillsberg. Using honest and relatable parenting anecdotes, the Hillsbergs share their family's approach to raising confident, resilient children, giving practical takeaways rooted in CIA tradecraft along the way. 275 pages. Putnam. Pub. at \$26.00 **\$6.95**



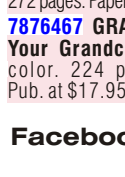
**7938969 STAR CHILD: Joyful Parenting Through Astrology.** By Briana Saussy. Help your child make the most of their unique gifts, challenges, and potentials with this guide to parenting by the stars. Use Astrology to better understand your children and become more joyful and effective parents as a result. Illus. 289 pages. Sounds True. Paperbound. Pub. at \$19.99 **\$7.95**



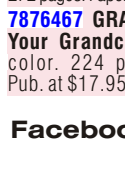
**782906X TO RAISE A BOY: Classrooms, Locker Rooms, Bedrooms, and the Hidden Struggles of American Boyhood.** By Emma Brown. Combines assiduous reporting, cutting-edge scientific research, and boys' powerful testimonials to expose the crisis in young men's emotional and physical health. Connects the dots between educators, researchers, policy makers, and mental health professionals in this tour de force that upends everything we thought we knew about boys. 305 pages. Atria. Paperbound. Pub. at \$18.00 **PRICE CUT to \$3.95**



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**★4913353 PARENTING WITHOUT GOD, SECOND EDITION.** By Dan Arel. 151 pages. PM Press. Paperbound. Pub. at \$15.95 **\$3.95**

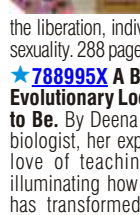
## Women's Health & Self-Help



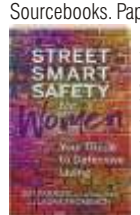
**782470X THE WONDER DOWN UNDER: The Insider's Guide to the Anatomy, Biology, and Reality of the Vagina.** By E.S. Dahl & N. Brochmann. A comprehensive guide to a miraculous and complex part of the body that too few of us, regardless of gender, are all that familiar with. With wisdom, humor, and scientific aplomb, the authors take readers on a fascinating journey of female sexual organs and sexual health. Illus. 304 pages. Quercus. Pub. at \$26.99 **\$7.95**



**7896611 THE SEX LIVES OF AFRICAN WOMEN: Self-Discovery, Freedom, and Healing.** By Nana Darko Sekyiamah. In these confessional pages, women control their own bodies and desires, work toward healing their painful pasts, and learn to assert their sexual power. Weaving a rich tapestry of experiences with a sex positive outlook, this work is an empowering, subversive volume that celebrates the liberation, individuality, and joy of African women's multifaceted sexuality. 288 pages. Astra House. Pub. at \$28.00 **\$6.95**



**★788995X A BRIEF HISTORY OF THE FEMALE BODY: An Evolutionary Look at How and Why the Female Form Came to Be.** By Deena Emera. Draws on Emera's vast expertise as a biologist, her experience as a mother of four children, and her love of teaching to look far into our evolutionary past, illuminating how and, more importantly, why the female form has transformed over millions of years. Illus. 359 pages. Sourcebooks. Paperbound. Pub. at \$18.99 **\$13.95**



**★7925352 STREET SMART SAFETY FOR WOMEN: Your Guide to Defensive Living.** By J. Farrow & L. Frombach. Written by women for women, this work offers tips on defensive living that will increase readers' reliance on the one thing that can protect them most: their safety intuition. Focuses on understanding underlying behavior issues and providing early warning signs of a potential domestic abuser. 326 pages. Health Communications. Paperbound. Pub. at \$17.95 **\$12.95**



**7964544 IT'S PROBABLY NOTHING: The Stress-Less Guide to Dealing with Health Anxiety, Wellness Fads, and Overhyped Headlines.** By Casey Gueren. Fine-tune your B.S. detector and spot the wellness industry's sneaky tricks. Get answers to your health questions without spiraling down search holes. Manage health stress and learn to listen to your body (just enough). Decode the latest overhyped health headlines, and more. 218 pages. Running Press. Paperbound. Pub. at \$19.99 **\$6.95**





## Women's Health & Self-Help



**7957955 THE SPARK FACTOR: The Secret to Supercharging Energy, Becoming Resilient, and Feeling Better Than Ever.** By Molly Maloof. This innovative program offers lifestyle changes that target the unique biology of women and provide immediate and long-term benefits. Once we become aware of our physical needs, we can give ourselves the resources to become more connected, nourished, safe, and strong—at both the micro- and the macro-level. 312 pages. Harper. Pub. at \$32.00 **\$6.95**



**7821824 BREASTS: An Owner's Guide.** By Philippa Kaye. Every question answered about our most mythologized body part. Offers straightforward advice, explaining every what, why, and how of your mammaries, helping you improve your self-care routine both today and tomorrow. Illus. in color. 208 pages. Dorling Kindersley. Pub. at \$19.99 **PRICE CUT to \$11.95**

**1935232 THE VAGINA BOOK: An Owner's Manual for Taking Care of Your Down There.** By Jenn Conti. Fully illus. in color. 240 pages. Chronicle. Pub. at \$24.95 **\$5.95**

**7809514 VAGINA OBSCURA: An Anatomical Voyage.** By Rachel E. Gross. 307 pages. Norton. Paperbound. Pub. at \$17.95 **PRICE CUT to \$9.95**

**7810415 F\*CK LIKE A GODDESS: Heal Yourself, Reclaim Your Voice, Stand in Your Power.** By Alexandra Roxo. 222 pages. Sounds True. Paperbound. Pub. at \$19.99 **\$14.95**

**7841620 VAGINA PROBLEMS: Endometriosis, Painful Sex, and Other Taboo Topics.** By Lara Parker. 224 pages. St. Martin's Griffin. Paperbound. Pub. at \$16.99 **PRICE CUT to \$2.95**

**7708246 MY BROKEN VAGINA: And How I Tried to Fix It.** By Fran Bushe. Illus. 253 pages. Hodder. Paperbound. Pub. at \$17.99 **\$7.95**

**7779038 WHEN SEX HURTS, REVISED: Understanding and Healing Pelvic Pain.** By Andrew Goldstein et al. 378 pages. Hachette. Paperbound. Pub. at \$19.99 **PRICE CUT to \$9.95**

**7878885 PRIESTESS PATH: 13 Powerful Lessons to Build Your Inner Strength.** By Stacey Demarco. 212 pages. Rockpool. Paperbound. Pub. at \$18.95 **PRICE CUT to \$9.95**

**7735324 MENOPAUSE BOOTCAMP: Optimize Your Health, Empower Your Self, and Flourish as You Age.** By Suzanne Gilberg-Lenz with M. Korn. 276 pages. Harper Wave. Pub. at \$28.99 **PRICE CUT to \$9.95**

**7718225 DR. SONIA'S GUIDE TO NAVIGATING PELVIC PAIN: Result-Oriented Strategies for Better Quality of Life.** By Sonia Bahlani. Illus. 210 pages. Countryman. Paperbound. Pub. at \$18.95 **PRICE CUT to \$5.95**

**7686706 NEW HANDBOOK FOR A POST-ROE AMERICA: The Complete Guide to Abortion Legality, Access, and Practical Support.** By Robin Marty. 247 pages. Seven Stories. Paperbound. Pub. at \$17.95 **PRICE CUT to \$3.95**

**1950614 SECOND SPRING: The Self-Care Guide to Menopause.** By Kate Codrington. 398 pages. HQ. Paperbound. Pub. at \$19.95 **PRICE CUT to \$5.95**

**4698053 BODY POSITIVE: A Guide to Loving Your Body.** By Emily Lauren Dick. 238 pages. Familius. 8x10. Paperbound. Pub. at \$19.99 **\$14.95**

**3965406 VAGINA: A Re-Education.** By Lynn Enright. 229 pages. Atlantic. Paperbound. Pub. at \$15.95 **\$6.95**

**7762356 SELF SOURCE-ERY: Come to Your Senses, Trust Your Instincts, Remember Your Magic.** By Lisa Lister. 251 pages. Hay House. Paperbound. Pub. at \$16.99 **\$9.95**

**7714858 THE EMPOWERMENT CYCLE: Know Your Flow.** By Sharon Wood. Well illus. in color. 182 pages. Rockpool. Paperbound. Pub. at \$18.95 **\$11.95**

**3906124 YOUR PERIOD HANDBOOK: Natural Solutions for Stress Free Menstruation.** By Natasha Richardson. 255 pages. Aeon. Paperbound. Pub. at \$22.95 **\$5.95**

## Men's Health & Self-Help



**7875851 THE MASCULINITY MANIFESTO: How a Man Establishes Influence, Credibility & Authority.** By Ryan Michler. A step by step guide to restoring masculinity in a culture that works tirelessly to eradicate it. Michler's message is clear: men are not to be feared and shunned but honored and respected. If you want to fulfill your role as protector, provider, and president, confidently leading yourself and your family, you'll find this resource essential. 210 pages. Salem Books. Pub. at \$26.99 **\$7.95**



**7832273 MAXIMIZE YOUR MALE HORMONES: Symptoms, Causes, and Treatments of Men's Most Common Health Disorders.** By Pamela Wartian Smith. A clear guide for men to understand, identify, and treat the many common sources of ailments and problems including: fatigue, depression, anxiety, stress, diabetes, male infertility, and more. You will learn that there is a good deal that you can do to help control or even eliminate many of these disorders by understanding your hormones. 234 pages. Square One. Paperbound. **SOLD OUT**



**7840985 WHITMAN ON WELLNESS: Poetry & Prose for a Healthy Life.** By Walt Whitman writing as M. Velsor. Extols the virtues of self-care for the human body, dispensing tips on men's health including diet, exercise, physical beauty, sex, habit, vitality, and a host of other subjects. This volume juxtaposes excerpts of his well-known verse with his lesser-known prose and is illustrated with Victorian line drawings. 92 pages. Dover. Pub. at \$14.95 **PRICE CUT to \$9.95**

**7680007 BACKBONE: The Modern Man's Ultimate Guide to Purpose, Passion, and Power.** By David H. Wagner. 288 pages. Watkins. Paperbound. Pub. at \$15.95 **\$3.95**

**4853539 YOUR PENIS: Everything You Need to Know About Your Friend!** By Michael Lenois. Illus. 208 pages. Firefly. Paperbound. Pub. at \$24.95 **SOLD OUT**

**1991841 THE TESTOSTERONE SYNDROME: The Critical Factor for Energy, Health, & Sexuality—Reversing the Male Menopause.** By E. Shippen & W. Fryer. 230 pages. M. Evans. Paperbound. Pub. at \$16.95 **SOLD OUT**

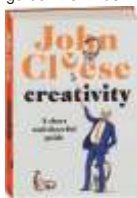
## General Health & Self-Help



**LIMITED QUANTITY 7916906 WAYS TO FALL ASLEEP: 100 Hacks for When You Can't Get to Sleep.** Ed. by Sarah Kennedy. In this handy little guide you'll find a whole range of tips, tricks and relaxing activities to help you switch off and unwind so you can go to sleep. 100 pages. Pyramid. Pub. at \$9.99 **\$5.95**



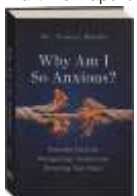
**7929641 MARTHA STEWART'S ORGANIZING: The Manual for Bringing Order to Your Life, Home & Routines.** By the eds. of Martha Stewart Living. Learn how to declutter drawers; stay on top of your finances; plan family meals; clean more efficiently; eat what's in season; maximize closet storage; schedule strategically; plant your garden; manage home improvements; and much more with this practical guide. Well illus. in color. 288 pages. HMH. Pub. at \$30.00 **\$9.95**



**7857632 CREATIVITY: A Short and Cheerful Guide.** By John Cleese. Drawing on his lifelong experience as a writer, Cleese shares his insights into the nature of the creative process and offers advice on how to get your own inventive juices flowing. 105 pages. Crown. Pub. at \$14.00 **\$5.95**



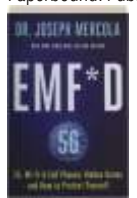
**7860544 DREAM BIG: Overcoming Fear and Achieving Success.** By Napoleon Hill. The ideas in this volume were chosen to give time-honored advice on such topics as finding your definite aim in life, turning failure and adversity into blessings, protecting yourself from negative influences, overcoming our own self-defeating attitudes and overcoming fear. 102 pages. St. Martin's. Paperbound. Pub. at \$9.99 **\$4.95**



**7916949 WHY AM I SO ANXIOUS? Powerful Tools for Recognizing Anxiety and Restoring Your Peace.** By Tracey Marks. Will help you understand how and why anxiety occurs, and how you can take charge of your mental health to create a plan that will empower you to take back control of your life. Includes helpful explanations of all the most common forms of anxiety and their origins, simple worksheets and exercises that will help you develop your personal "toolkit" for combating your anxiety, and more. 326 pages. Dorling Kindersley. Pub. at \$24.99 **\$6.95**



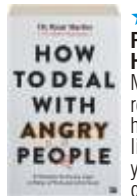
**LIMITED QUANTITY 7914601 WHAT TO DO WHEN YOU'RE NEW: How to Be Comfortable, Confident, and Successful in New Situations.** By Keith Rollag. You'll learn not only why we feel uneasy in new situations, but what you can do to become a more comfortable and effective newcomer. With practice, anyone can get better at being new with strategies, tools and exercises you'll find in this practical guide to help you. 230 pages. AMACOM. Paperbound. Pub. at \$17.95 **\$5.95**



**4879082 EMF\*D: 5G, Wi-Fi & Cell Phones—Hidden Harms and How to Protect Yourself.** By Joseph Mercola. The hazards of electronic pollution may once have been the stuff of science fiction, but now we know they're all too real. And with the advent of 5G ultra-wideband technology, the danger is greater than ever. The coming 5G technology will be pervasive and powerful, and it will also be one of the largest public-health experiments in history—with no opting out. 339 pages. Hay House. Paperbound. Pub. at \$17.99 **\$12.95**



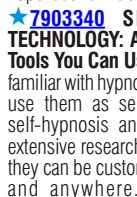
**7916108 LIGHTLY: How to Live a Simple, Serene, & Stress-Free Life.** By Francine Jay. Whether you want to strip down your life to a backpack or free up some space in your closet, overhaul your schedule or gain back an hour in the evening, this work helps you identify what you treasure, while letting what's unnecessary fall away. 254 pages. HMH. Pub. at \$19.99 **\$6.95**



**7851944 HOW TO DEAL WITH ANGRY PEOPLE: 10 Strategies for Facing Anger at Home, at Work and in the Street.** By Ryan Martin. Drawing on real-life examples, current research and practical exercises, this guide helps you understand the angry people in your life and interact with them in a way that protects you from their toxicity and encourages positive communications. 218 pages. Watkins. Paperbound. Pub. at \$16.95 **\$12.95**



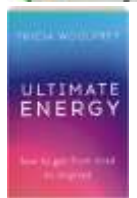
**7846878 BEAT INSOMNIA WITH NLP: Neurolinguistic Programming Techniques to Improve Your Sleep.** By Adrian Tannock. This practical guide to using NLP techniques to sleep better will help you master your biological clock and transform your relationship with sleep. Help you optimize your behaviors, your thoughts and your feelings so they are sleep-promoting. 160 pages. Teach Yourself. Paperbound. Pub. at \$19.99 **\$7.95**



**7903340 SELF-HYPNOSIS AND SUBLIMINAL TECHNOLOGY: A How-to Guide for Personal-Empowerment Tools You Can Use Anywhere!** By Eldon Taylor. Most people are familiar with hypnosis and subliminal technology but are reluctant to use them as serious self-help tools. The truth is that both self-hypnosis and subliminal communication are backed by extensive research that demonstrates their efficacy. Once learned, they can be customized for any situation and used almost anytime and anywhere. 202 pages. Hay House. Paperbound. Pub. at \$17.99 **\$12.95**



**7848072 MR. BODDINGTON'S ETIQUETTE: Charm and Civility for Every Occasion.** From daily niceties to the hard to remember rules of polite society, Mr. Boddington provides all the answers for impeccable etiquette advice, on the proper way to comport oneself on any occasion, with his signature wit and charm. 224 pages. Chronicle. Pub. at \$18.95 **\$7.95**



**7824645 ULTIMATE ENERGY: How to Get from Tired to Inspired.** By Tricia Woolfrey. Living with brain fog can make even the simplest task challenging. But you can overcome fatigue if you follow the simple strategies in this work. It covers everything you need to maximize your energy, strength and vitality in all areas of your life. 214 pages. John Murray. Paperbound. Pub. at \$12.99 **\$5.95**



**7688210 DON'T BE A VICTIM: Fighting Back Against America's Crime Wave.** By Nancy Grace with J. Hassan. With insights on a wide range of potential threats, you'll be empowered to protect yourself and your children at home and in the world around you by becoming proactive. Grace's crime-fighting expertise will help keep you, your family, and anyone else you love out of harm's way. 396 pages. Grand Central. Paperbound. Pub. at \$18.99 **\$3.95**



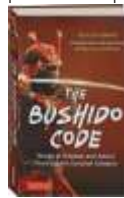
## General Health & Self-Help



**1970909 DON'T BE A VICTIM: Fighting Back Against America's Crime Wave.** By Nancy Grace with J. Hassan. With insights on a wide range of potential threats, you'll be empowered to protect yourself and your children at home and in the world around you by becoming proactive. Grace's crime-fighting expertise will help keep you, your family, and anyone else you love out of harm's way. 368 pages. Grand Central. Pub. at \$28.00 **\$4.95**

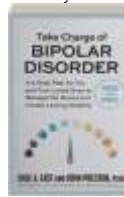


**7700415 OVERCOMING INSOMNIA AND SLEEP PROBLEMS: A Self-Help Guide Using Cognitive Behavioural Techniques.** By Colin A. Espie. Poor sleep is one of the most common health problems and can leave you feeling exhausted and stressed. While prescribed medications and over the counter remedies rarely offer lasting benefits, Cognitive Behavioral Therapy can help enormously and is the treatment of choice for insomnia. Use CBT strategies to help you overcome sleep problems. 235 pages. Robinson. Paperbound. **\$6.95**



**★7847823 THE BUSHIDO CODE: Words of Wisdom and Advice from Japan's Greatest Samurai.** By Tadashi Kamiko. This collection of wisdom from Japan's greatest Samurai warriors has tremendous relevance for us today. Much of the advice relates to aspects of daily life—such as not envying the belongings of others, eating well but lightly, and taking care of your appearance. 192 pages. Tuttle. **SOLD OUT**

**7957815 PEAK MIND: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day.** By Amishi P. Jha. Reveals remarkably easy to adapt, flexible, 12 minutes a day exercises to lift the mental fog, de-clutter the mind, and strengthen focus so that you can experience more of your life. 358 pages. HarperOne. Pub. at \$28.99 **\$6.95**



**★7850964 TAKE CHARGE OF BIPOLAR DISORDER, REVISED.** By J.A. Fast & J. Preston. A comprehensive program to help those with bipolar disorder—and those who care about them—gain permanent control over their lives. A personal treatment plan incorporating: medications and bipolar-safe supplements; lifestyle changes that help manage bipolar symptoms naturally; behavior modifications that reduce and prevent symptoms; and more. 317 pages. Balance. Paperbound. Pub. at \$18.99 **\$13.95**



**7824424 ORGANIZE TOMORROW TODAY: 8 Ways to Retrain Your Mind to Optimize Performance at Work and in Life.** By J. Selk & T. Bartow. Two of the top minds in human performance come together to deliver the pathway to extreme success. The secret, they argue, isn't doing more. It's doing less, but with more confidence, focus, and priorities in check. 211 pages. Da Capo. Paperbound. Pub. at \$14.99 **\$5.95**



**7678185 THE NOTICER RETURNS: Sometimes You Find Perspective, and Sometimes Perspective Finds You.** By Andy Andrews. Through a chance encounter at a local bookstore, Andy is reunited with the man who changed everything for him—Jones, also known as “The Noticer.” As the story unfolds, Jones uses his unique talent of noticing little things that make a big difference. 227 pages. Thomas Nelson. Pub. at \$19.99 **\$2.95**

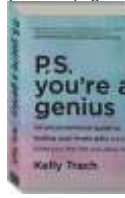


**7789092 THE GREATEST YOU: Face Reality, Release Negativity, and Live Your Purpose.** By Trent Shelton with L. Aronica. Walks you on a journey to become the best hope-filled version of yourself. Takes you through the necessary steps to become everything you are meant to be, including: facing the reality of your circumstances and realizing your purpose in life, breaking free from toxic environments, forgiving those—including yourself—who have harmed you, and more. 205 pages. Thomas Nelson. Pub. at \$26.99 **\$7.95**

**★7791666 THE LONG GRIEF JOURNEY: How Long-Term Unresolved Grief Can Affect Your Mental Health and What to Do About It.** By P.D. Blair & B.M. Hansen. For the people who are past the acute pain and effects of a loss and are now learning to live beyond that. If you feel stuck after experiencing the death of a loved one, even if much time has passed, this is for you. Education and actionable exercises show how to embrace life again, while still cherishing the past. 390 pages. Sourcebooks. Paperbound. Pub. at \$16.99 **\$9.95**



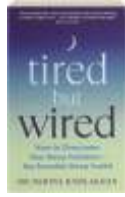
**★7931867 SURROUNDED BY ENERGY VAMPIRES: How to Slay the Time, Joy, and Soul Suckers in Your Life.** By Thomas Erikson. Will help you recognize and deal with the three most common vampires who exist to take, not give: time suckers; joy suckers; and soul suckers. Aside from human vampires there are also habit vampires. Social media addiction, negative thinking, and more can suck the life right out of you! 348 pages. St. Martin's. Paperbound. Pub. at \$20.00 **\$14.95**



**787491X P.S. YOU'RE A GENIUS.** By Kelly Trach. Takes you on a self-reflective journey to find your own gifts (especially when you don't feel “gifted” at all), asking questions like: How are your idols a reflection of your own genius? What are you great at that nobody taught you how to do? You'll unlock the gumption to go after what you really want and ditch the mindset blocks holding you back. 212 pages. BenBella. Pub. at \$24.00 **\$5.95**



**★7933568 LIFE IS HARD: How Philosophy Can Help Us Find Our Way.** By Kieran Setiya. Offers guidance for coping with pain and making new friends, for grieving the lost and failing with grace, for confronting injustice and searching for meaning in life. Setiya acknowledges that the best is often out of reach. Instead, he asks how we can weather life's adversities, finding hope and living well when life is hard. 222 pages. Riverhead. Paperbound. Pub. at \$18.00 **\$12.95**



**★7922426 TIRED BUT WIRED: How to Overcome Your Sleep Problems.** By Nerina Ramlakhan. Offers proven solutions that can help everyone, from anxiety ridden teens and burnt out executives to busy parents balancing the demands of work and children, to get better sleep. Practical and realistic, here is advice that works with your lifestyle to cultivate good sleep habits and banish bedtime blues, for a sleep, every night. 238 pages. Souvenir. Paperbound. Pub. at \$16.95 **\$12.95**



**7944640 UNDOING DRUGS: How Harm Reduction Is Changing the Future of Drugs and Addiction.** By Maia Szalavitz. Developed and championed by an outcast group of people who use drugs and by former users and public health geeks, harm reduction offers guidance on how to save lives and improve health. And it provides a way of understanding behavior and culture that has relevance far beyond drugs. 372 pages. Hachette. Paperbound. Pub. at \$17.99 **\$5.95**



**7954298 THE GREAT MONEY RESET: Change Your Work, Change Your Wealth, Change Your Life.** By Jill Schlesinger. Shows us how to take advantage of the seismic change unfurling all around us to make big life improvements. Whether it's negotiating a better deal with your boss, starting or selling a business, moving to a new locale, retraining for a new career, taking time off to find yourself, or retiring early. 274 pages. St. Martin's. Pub. at \$28.99 **\$6.95**

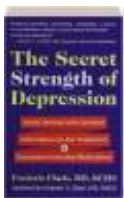


**7882548 MAKE SPACE: A Minimalist's Guide to the Good and the Extraordinary.** By Regina Wong. Offers you the tools to achieve the liberating mindset of a non-cluttered life by marrying minimalist philosophy with practical action points to unlock simple living. You'll learn how to declutter your home; design and maximize minimalist budgets; clear the mind of negative distractions; and avoid emotional drains. 181 pages. Skyhorse. Pub. at \$16.99 **PRICE CUT to \$3.95**

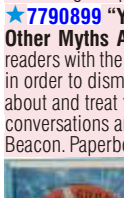


**7880472 GUY TALK: Growing Up.** By Lizzie Cox, illus. by D. Weighill. Growing up can be a roller coaster ride, but it's a whole lot easier if you know what to expect. With advice on everything from shaving to your social life, this guide will tell you everything you need to know. Well illus. 64 pages. QEB Publishing. Paperbound. Pub. at \$14.95 **PRICE CUT to \$2.95**

**785997X MED SCHOOL CONFIDENTIAL.** By R.H. Miller & D.M. Bissell. Takes the reader step by step through the entire med school process—thinking about, applying to, and choosing a medical school and program; not only surviving but excelling in the four-year curriculum, internships, residencies, and fellowships; choosing a specialty; and finding the perfect job. 282 pages. St. Martin's. Paperbound. Pub. at \$21.99 **PRICE CUT to \$3.95**



**★787300X THE SECRET STRENGTH OF DEPRESSION, FIFTH EDITION.** By Frederic Flach. With clear, reassuring language, this volume has provided home for millions of depression sufferers worldwide. A true self-help classic, this timeless work—updated with the latest information on depression treatment—still offers invaluable insight 30 years after its original publication. 284 pages. Hatherleigh. Paperbound. Pub. at \$18.00 **PRICE CUT to \$9.95**



**★7790899 “YOU JUST NEED TO LOSE WEIGHT.” And 19 Other Myths About Fat People.** By Aubrey Gordon. Equips readers with the facts and figures to reframe myths about fatness in order to dismantle the anti-fat bias ingrained in how we think about and treat fat people. An essential tool for having effective conversations around fat acceptance and fat justice. 205 pages. Beacon. Paperbound. Pub. at \$15.95 **PRICE CUT to \$7.95**



**★7886497 PRETTY SURE YOU'RE FINE: The Health and Wellness Guide for Hypochondriacs, Overthinkers, and Worriers.** By David Vienna. Packed with amusing yet comforting advice on topics from physical fitness and nutrition to motivation and work-life balance, this is the place to turn when you need to quit worrying about the little stuff. So far now, go ahead and skip the workout, break out the snacks, open this work, and relax. 144 pages. Chronicle. Pub. at \$16.95 **PRICE CUT to \$9.95**

**7794436 IN CASE YOU GET HIT BY A BUS: How to Organize Your Life Now for When You're Not Around Later.** By Abby Schneiderman et al. Illus. 244 pages. Workman. Paperbound. Pub. at \$17.95 **\$5.95**

**★6359752 YOUR BLOOD NEVER LIES: How to Read a Blood Test for a Longer, Healthier Life.** By James B. LaValle. 351 pages. Square One Publishers. Paperbound. Pub. at \$16.95 **\$11.95**

**7762852 TABLE MANNERS: How to Behave in the Modern World and Why Bother.** By Jeremiah Tower. Illus. 148 pages. FSG. Pub. at \$20.00 **\$4.95**

**4885791 BECOMING A LIFE COACH: Masters at Work.** By Tom Chiarella. 137 pages. S&S. Pub. at \$18.00 **\$3.95**

**7717377 LIFE SKILLS.** By Nic Compton et al. Well illus. 352 pages. Chartwell. Paperbound. Pub. at \$14.99 **SOLD OUT**

**★7836481 THE ART OF MASTERY: Principles of Effective Interaction.** By Peter Ralston. 232 pages. Park Street. Paperbound. Pub. at \$19.99 **\$15.95**

**7789572 THURSDAY IS THE NEW FRIDAY: How to Work Fewer Hours, Make More Money and Spend Time Doing What You Want.** By Joe Sanok. 246 pages. HarperCollins. Pub. at \$27.99 **\$2.95**

**★7788177 THE URGE: Our History of Addiction.** By Carl Erik Fisher. 376 pages. Penguin. Paperbound. Pub. at \$18.00 **\$9.95**

**★787233X FOUR THOUSAND WEEKS: Time Management for Mortals.** By Oliver Burkeman. 287 pages. Picador. Paperbound. Pub. at \$18.00 **PRICE CUT to \$9.95**

**7870256 DESIGNING YOUR WORK LIFE: How to Thrive and Change and Find Happiness at Work.** By B. Burnett & D. Evans. 292 pages. Knopf. Pub. at \$27.95 **PRICE CUT to \$4.95**

**★195069X COPING WITH BLUSHING.** By Robert J. Edelmann. Illus. 98 pages. Sheldon. Paperbound. Pub. at \$14.99 **\$5.95**

**★1957317 THE SEVEN WAYS OF AYURVEDA: Discover Your Dosha, Tap into Your Strengths—and Thrive in Work, Love, and Life.** By Sarah Kucera. 238 pages. The Experiment. Pub. at \$19.95 **PRICE CUT to \$5.95**

**★7747357 AN INTRODUCTION TO COPING WITH PARANOID THOUGHTS.** By K. Pownell & M. Sarsam. Illus. 80 pages. Robinson. Paperbound. Pub. at \$15.99 **PRICE CUT to \$5.95**

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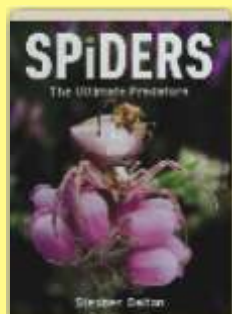
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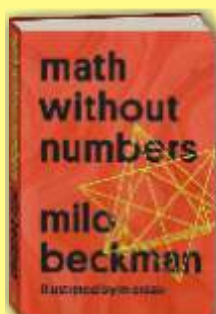
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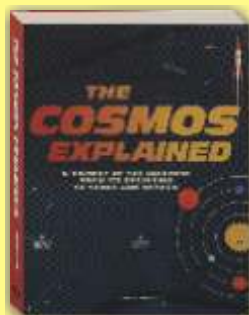
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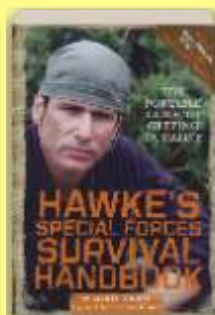
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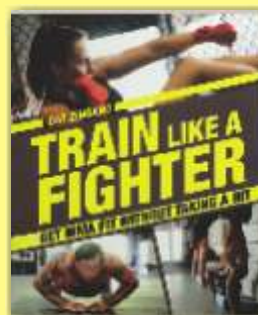
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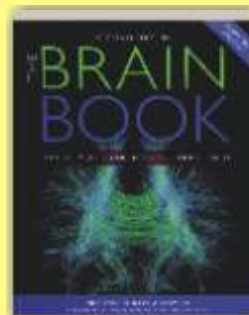
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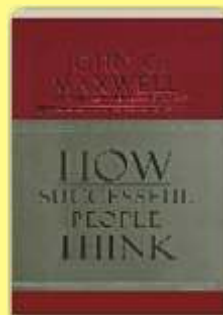
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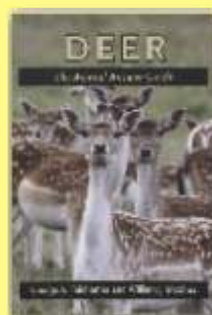
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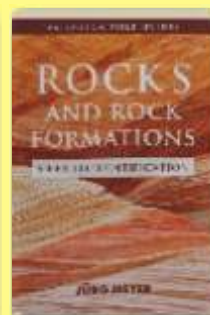
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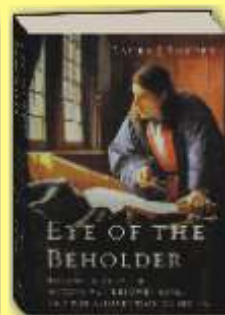
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