
HEALTHY LIVING

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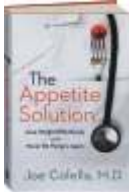
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Nutrition & Weight Management



THE APPETITE SOLUTION: Lose Weight Effortlessly and Never Be Hungry Again By Joe Collella. Hunger means something is off, and you can't lose the weight you want while fighting through the pangs. With this guide, weight-loss specialist Dr. Collella presents a six week, three phase plan to help you diminish cravings while achieving your goal weight. Sets you free from hunger forever! 296 pages. HarperOne. Pub. at \$26.99

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THE 21-DAY BELLY FIX By Tasneem Bhatia. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz presents a simple plan that aims to reprogram your digestive system, help fight disease, and strip away pounds in just 21 days. 242 pages. Zinc Ink. Paperbound. Pub. at \$20.00

Item #6714773

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CHOOSE IT TO LOSE IT! The Ultimate Pocket Guide to Save 500 Calories a Day! By Amy Brightfield. A real-world guide to eating out, shopping smart, and cooking better. Packed with quick tips, essential advice, and hundreds of easy food swaps to help you slim down and lose weight. Fully illus. in color.

256 pages. Oxmoor. Paperbound. Pub. at \$17.95

Item #5984254

\$4.95



THE FEELGOOD PLAN: Happier, Healthier & Slimmer in 15 Minutes a Day By D. Wong & K. Faithfull-Williams. Packed with down to earth ideas to help you tune in to what really makes your body feel great, from 15-minute workouts that make you look and feel younger to healthier versions of all your favorite foods. Wong offers practical ideas to fit exercise into jam packed lives, conquer cravings, and stop emotional eating. Well illus. in color. 224 pages. Sterling. Pub. at \$21.95

Item #6763456

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Nutrition & Weight Management



THE BELLY BURN PLAN: Six Weeks to a Lean, Fit & Healthy Body By Traci D. Mitchell. Muffin tops, love handles, and pot bellies have finally met their match with this easy to follow diet and exercise program that will help you shed belly fat fast and for good in just three steps. Kick start it with a three day cleanse; eat right for your body type; and get moving. All the information you need to make the lifestyle changes that will shed fat fast. Well illus. 306 pages. Morrow. Paperbound. Pub. at \$16.99

Item #5809398

\$5.95



THE MASTER CLEANSE MADE EASY: Your No-Fail Guide to Feeling Great During and After You Detox By Robin Westen. With these helpful strategies, you're sure to succeed on the Lemonade Diet cleanse and jump-start your healthy new lifestyle. They'll lead you step by step through the process, revealing how easy it is to boost energy, power through your hunger, maintain mental clarity, and keep a positive attitude. 184 pages. Ulysses. Paperbound. Pub. at \$14.95

Item #5713722

\$3.95



LOSE WEIGHT HERE: The Metabolic Secret to Target Stubborn Fat and Fix Your Problem Areas By Jade & Keoni Teta. Break the diet cycle, become a diet detective, and target your problem areas! This revolutionary approach to weight loss and lean muscle toning works with the metabolism—through hormonal balance and strategic calorie reduction—to produce permanent weight loss and sustainable results. Illus. 240 pages. Rodale. Pub. at \$25.99

Item #4526848

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THINNER IN 30: Small Changes That Add Up to Big Weight Loss in Just 30 Days By Jenna Wolfe with M. Murphy. Blending athletic wisdom and laugh out loud humor with easy to follow advice, Wolfe will help you discover just how easy it is to get healthy without having to deprive yourself or work out 12 hours a day. In this guide she puts the focus on small, bite-size tips which lead to long-term weight loss. Illus. 218 pages. Grand Central. Pub. at \$28.00

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Nutrition & Weight Management



THE BIGGEST LOSER: The Weight-Loss Program to Transform Your Body, Health, and Life Undergo a dramatic and life-changing weight-loss transformation with this valuable guide, based on the hit NBC show that inspired millions. Slim down with the *Biggest Loser* diet; shed pounds with the exercise plan; and learn the motivations behind the show's memorable cast members. Color photos. 192 pages. Rodale. Paperbound. Pub. at \$21.95

Item #2729504

\$4.95



EAT WELL, LOOK GREAT: Nutrition and Lifestyle Beauty Secrets to Make You Feel Good from the Inside Out By Sarah Brewer. Dr. Brewer reveals her nutrition and lifestyle secrets for beating common beauty problems, based on the principals of nutritional medicine. Includes the information you need to make your beauty concerns a thing of the past and is packed with nutritional advice based on the latest scientific evidence. Illus. in color. 160 pages. Eddison Books Limited. Paperbound. Pub. at \$17.95

Item #6863833

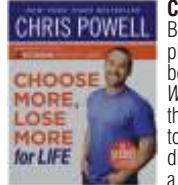
\$9.95



BEAT CHRONIC DISEASE: The Nutrition Solution By Fleur Brown. Explains how to apply the principles of functional nutrition to understand and overcome your health problems, based on Brown's extensive clinical experience, and illustrated by detailed case histories. 260 pages. Hammersmith Books. Paperbound. Pub. at \$19.95

Item #6847870

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CHOOSE MORE, LOSE MORE FOR LIFE By Chris & Heidi Powell. Find the tailor-made plan for you to lose weight and shape your body for life. With the help of ABC's *Extreme Weight Loss* star, Chris Powell, you'll find all the information you need to choose the plan to get started and see immediate results. Four different options are offered for carb-cycling along with twenty new Nine-Minute Missions, workouts that pack maximum results into minimal time. Well illus. 289 pages. Hachette. Paperbound. Pub. at \$16.00

Item #5806879

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Nutrition & Weight Management



★ YOUR NUTRITION SOLUTION TO A HEALTHY GUT By Kimberly A. Tessmer. Designed for anyone suffering from a gut-related disorder, this guide provides both a treatment and preventative nutritional plan you can live with for a lifetime. It features the latest medical information; tips on nutritional intake and necessary lifestyle changes; and easy to follow meal plans. 223 pages. New Page Books. Paperbound. Pub. at \$13.99

Item #2768356

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★ SHOULD I SCOOP OUT MY BAGEL? And 99 Other Answers to Your Everyday Diet and Nutrition Questions to Help You Lose Weight, Feel Great, and Live Healthy By I. Schapiro & H. Rich. Drawing on 25 years of combined experience, the authors tackle some of the most common health and diet questions posed today: *Is a wrap better for you than a bagel sandwich?; Is it time to get on the gluten-free bandwagon?; If you eat well, what's the point of a multivitamin?; and more.* 225 pages. Skyhorse. Paperbound. Pub. at \$15.99

Item #4559193

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Healthy Cooking & Special Diets



THE GUT BALANCE REVOLUTION: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good! By Gerard E. Mullin. Mullin shares the first proven, science-based program to restore and retain weight loss by achieving a balanced gut flora. He reveals how to stifle the fat-forming, disease-promoting gut bacteria; reseed your gut with good fat-burning ones; and fertilize those friendly flora with the right foods to reboot, rebalance, and renew your health—and lose weight for good. 409 pages. Rodale. Paperbound. Pub. at \$16.99

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THE SALT FIX By James DiNicolantonio. The author shows the best ways to add salt back in your diet, offering his transformative five step program for recalibrating your salt thermostat to achieve your unique, ideal salt intake. Science has moved on from the low salt dogma, and so should you, your life may depend on it. 258 pages. Harmony. Pub. at \$26.99

Item #6948790

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Healthy Cooking & Special Diets



THE SCIENCE OF SKINNY By Dee McCaffrey. By applying what she learned in the lab to what was on her plate, this organic chemist and nutritionist developed a way of eating for life. The secret? Eating foods in their closest to natural form possible, avoiding refined foods, artificial sweeteners, and chemical food additives. Here she offers the science behind that philosophy. 430 pages.

Da Capo. Paperbound. Pub. at \$16.99

Item #6926177

\$4.95

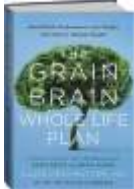


EAT CLEAN, STAY LEAN: 300 Real Foods and Recipes for Lifelong Health and Lasting Weight Loss By the eds. of *Prevention* with W. Bazilian. Eating healthy really means eating clean, or choosing whole foods sourced from the earth with the least processing and fewest possible ingredients that

sound like hair dye. This visual guidebook to better health, delicious food, and a slimmer you will show you how to make 50 smarter choices in the supermarket and 150 cleaner fast meals at home. 294 pages. Rodale. Paperbound. Pub. at \$21.99

Item #6722555

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THE GRAIN BRAIN WHOLE LIFE PLAN By David Perlmutter with K. Loberg. This official guide to Dr. Perlmutter's revolutionary approach to vibrant health includes his three-step protocol; practical advice on nutrition and sleep, stress management, and exercise; and a fourteen day meal plan with recipes. 294 pages. Little, Brown. Pub. at \$28.00

Item #6780008

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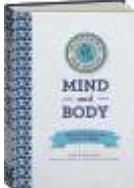


FOODS TO FIGHT CANCER By R. Beliveau & D. Gingras. This cutting edge science on diet and cancer focuses on foods rich in anticancer compounds including garlic, green tea, sardines, flaxseeds, tomatoes, turmeric, cranberries, and red wine. This resource offers guidelines on how to include these healing foods into your diet. Illus. in color. Dorling

Kindersley. Paperbound. Pub. at \$19.95

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MIND AND BODY: The Little Book of Home Remedies By Linda B. White et al. From fatigue, insomnia, and menopause to depression, stress, and brain health, this handy guide offers easy, effective recipes to help you manage your challenges naturally. 128 pages. Fair Winds Press. Pub. at \$8.99

Item #671224X

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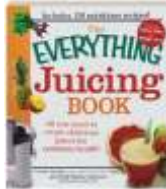
Healthy Cooking & Special Diets



THE VIRGIN DIET COOKBOOK By JJ Virgin. Internationally recognized nutrition expert brings her groundbreaking health and weight-loss program into your kitchen. These tasty, easy to make recipes are free of gluten, soy, dairy, eggs, corn, peanuts, sugar, and artificial sweeteners. 16 pages of color photos. 400 pages. Grand Central. Pub. at \$28.00

Item #6593518

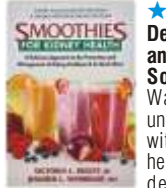
\$3.95



THE EVERYTHING JUICING BOOK By Carole Jacobs et al. Whether you want to get more nutrients, cleanse your body of toxins, or prevent disease and live longer, juicing is the answer. This guide contains all the information you need to create 150 delicious and nutritious juices for optimum health, including Strawberry Patch Juice, Carrot Banana, Peach Pineapple, and many others. 291 pages. Adams Media. Paperbound. Pub. at \$16.95

Item #4609891

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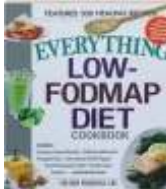


★ **SMOOTHIES FOR KIDNEY HEALTH: A Delicious Approach to the Prevention and Management of Kidney Problems & So Much More** By V.L. Hulett & J.L. Waybright. This guide pairs easy to understand dietary information and guidance with luscious kidney-friendly smoothies, helping you gain control over your health deliciously. 223 pages. Square One

Publishers. Paperbound. Pub. at \$16.95

Item #2763206

\$11.95



THE EVERYTHING LOW-FODMAP DIET COOKBOOK By Colleen Francioli. With the 300 low-Fodmap recipes included, and an extensive meal plan, you'll be able to identify your sensitivities, eliminate problem foods, and control IBS symptoms. Recipes include Mixed Berry Cobbler; Quinoa, Corn, and Zucchini Fritters; Roasted Parsnips with Rosemary; Citrus Flank Steak; and many more. Photos. 320 pages. Adams Media. Paperbound. Pub. at \$18.99

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THE AGE-DEFYING DIET By Caroline Apovian. An innovative and easy to follow program that outsmarts the body's aging processes to reverse the metabolic clock. By combining her metabolism boosting diet with targeted strength training, readers will lose weight quickly, target trouble spots, boost energy, and restore health. Includes over 100 recipes, simple exercises and a helpful quiz to reveal your true metabolic age.

Illus. 326 pages. Grand Central. Pub. at \$27.00

Item #5765765

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Healthy Cooking & Special Diets



THE VIRGIN DIET: Drop 7 Foods, Lose 7 Pounds, Just 7 Days By JJ Virgin. Fitness expert JJ Virgin reveals the real secret behind weight gain—food intolerance. With this guide she'll show you how to eat plenty of anti-inflammatory, healing foods that will never leave you feeling hungry or deprived. In just one week you can drop weight, lose belly bloat, gain energy, clear up inflammation, and feel younger.

334 pages. HarperCollins. Paperbound. Pub. at \$16.99

Item #6622194

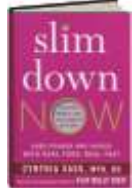
\$5.95



THE GENE THERAPY PLAN: Taking Control of Your Genetic Destiny with Diet and Lifestyle By Mitchell L. Gaynor. What if our diets could affect every aspect of our health by controlling the expression of our genes? This work presents the science behind these ideas and provides easy to follow meal plans and recipes to help put them in practice. 346 pages. Viking. Pub. at \$27.95

Item #5983738

\$5.95



SLIM DOWN NOW: Shed Pounds and Inches with Real Food, Real Fast By Cynthia Sass. Sass reveals the scientifically demonstrated power of pulses (including filling and satisfying lentils, beans, and chickpeas), which she has incorporated into a dynamic, flexible weight-loss plan that focuses on how these supershredders can ultimately transform your body. Photos. 327 pages. HarperOne. Pub. at \$26.99

Item #5750628

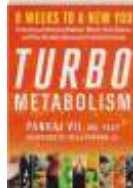
\$4.95



★ **TELL ME WHAT TO EAT IF I HAVE ACID REFLUX, REVISED EDITION: Nutrition You Can Live With** By Elaine Magee. Updated to include the latest research and dozens of delicious new recipes, this guide shows the 60 million Americans who suffer from heartburn how the condition begins, how they can find relief, and how they can keep it at bay for good. 192 pages. New Page Books. Pub. at \$12.99

Item #2692511

PRICE CUT to \$2.95



★ **TURBO METABOLISM: 8 Weeks to a New You** By Pankaj Vij. A concise guide that distills a mass of medical research into a simple effective program for vibrant health. The author provides practical advice, case studies of ordinary people, and brief sections that debunk common medical myths. 288 pages. New World Library. Paperbound. Pub. at \$16.95

Item #6806333

\$12.95

Healthy Cooking & Special Diets



THE STASH PLAN By L. Prepon & E. Troy. A revolutionary 21-day diet and lifestyle guide that combines modern nutritional science with Chinese Meridian Theory to detoxify the body and burn fat. Learn how to cook and create a stash of proteins, carbs, and vegetables along with nutritional bone broths to enjoy throughout the week. Well illus. in color.

282 pages. Touchstone. Pub. at \$26.00

Item #6578381

\$5.95



THE METABOLISM PLAN By Lyn-Genet Recitas. By following Recitas's simple 30-day plan, customized to boost your metabolism and burn more fat, you will pinpoint which foods and exercises work best for your body and which are sabotaging your efforts to lose weight. Includes over 40 recipes. 292 pages. Grand Central. Pub. at \$27.00

Item #678013X

\$3.95



NATALIE JILL'S 7-DAY JUMP START Unprocess your diet and revolutionize your life with Jill's easy-to-follow plan. Whether you have yo-yo dieted for years or have tried to "eat healthy" without seeing results, her solutions will last a lifetime. Includes delicious recipes for all meals of the day; seven-minute exercises for a leaner, toned body; and more. Color

photos. 301 pages. Da Capo. Pub. at \$27.99

Item #6560377

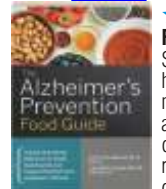
\$2.95



★ **THE METABOLIC APPROACH TO CANCER** By N. Winters & J.H. Kelley. Offers a comprehensive, nutrition-focused protocol to managing cancer. Cancer survivor, Dr. Nasha Winters identifies the ten key elements of a person's terrain—including the microbiome, the immune system, and blood sugar balance—as they relate to the cancer process, and prescribes The Optimal Terrain

Item #6590861

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★ **THE ALZHEIMER'S PREVENTION FOOD GUIDE** By S.S. Linja & S. Safaii-Waite. Handbook for making brain healthy dietary choices and incorporating mind nourishing foods into your diet, easily and without stress. While there is no known cure for Alzheimer's, dietary changes can reduce the risk of developing this punishing disease. Illus. in color. 176 pages.

Rockridge. Paperbound. Pub. at \$14.99

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Healthy Cooking & Special Diets



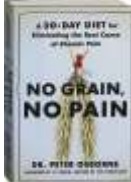
ACADEMY OF NUTRITION AND DIETETICS EASY GLUTEN-FREE: Expert Nutrition Advice with More Than 100 Recipes By T. Thompson & M. Brown. Provides cutting-edge nutritional advice and more than 100 easy to follow recipes for making healthy gluten-free whole grain dishes, packed with flavor and variety. Recipes include Sweet Potato Quesadillas; Quinoa with Roasted Garlic and Shrimp; Oatmeal Pear Spice Muffins and more. 271 pages. HMH. Paperbound. Pub. at \$15.95

Item #4530020 \$5.95



THE COMPLETE IDIOT'S GUIDE TO THE COCONUT OIL DIET By M. Blanco & J. Pendleton. Filled with up to date evidence and expert advice on the use of coconut oil to fight disease, this intriguing guide gives you everything you need to know to work this healthful oil into your diet. Includes nearly 50 delicious recipes. 306 pages. Alpha. Paperbound. Pub. at \$16.95

Item #1866435 \$5.95



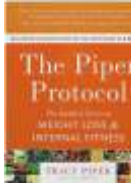
NO GRAIN, NO PAIN By Peter Osborne with O.B. Buehl. A 30-day diet for eliminating the root cause of chronic pain; includes the science behind the program, a day-by-day meal plan to make the transition to a grain-free diet easier, dozens of recipes, and valuable resources to support your grain-free lifestyle for the long haul. 352 pages. Touchstone. Pub. at \$27.00

Item #6598153 \$5.95



FOODS TO FIGHT CANCER: What to Eat to Reduce Your Risk By R. Beliveau & D. Gingras. Two-thirds of all cancers can be avoided through simple changes in lifestyle, including dietary habits. Nature supplies us with an abundance of foods rich in molecules with very powerful anticancer properties. Discover which everyday foods are scientifically proven to contain anticancer properties. Fully updated to include the very latest oncological research. Well illus. in color. 240 pages. Dorling Kindersley. Paperbound. Pub. at \$22.95

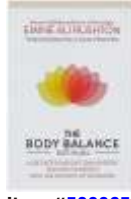
Item #6592201 \$17.95



THE PIPER PROTOCOL: The Insider's Secret to Weight Loss and Internal Fitness By Tracy Piper with E. Adamson. Includes step by step instructions, more than sixty delicious recipes for cleansing and rejuvenating foods, powerful home remedies, and the inspiration to put it all into practice. Piper's cleanse program offers an amazing promise—lose up to 25 pounds in the first month. 16 pages of color photos. 336 pages. Morrow. Paperbound. Pub. at \$17.99

Item #6547656 \$2.95

Healthy Cooking & Special Diets



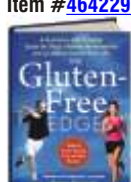
THE BODY BALANCE DIET PLAN By Emine Ali Rushton. Decoding the 5,000-year-old science of life known as Ayurveda, Rushton shows you how simple and practical a body-balancing, seasonal lifestyle can be. Beat stress, lose weight and feel energized and positive with this personalized eating plan. 228 pages. Watkins. Paperbound. Pub. at \$12.99

Item #5988659 \$3.95



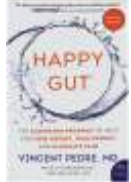
FIRST MILK DIET: Your Anti-Aging Secret By Anthony Kleinsmith. Achieve the body of your dreams, enhanced sports performance and the health you deserve with the first food for all humans—colostrum. Along with complete information about this superfood, this guide includes delicious recipes to make this superfood part of your daily indulgence. Photos. 126 pages. Healthy Living. Paperbound. Pub. at \$16.00

Item #4642295 \$12.95



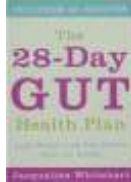
THE GLUTEN-FREE EDGE: A Nutrition and Training Guide for Peak Athletic Performance and an Active Gluten-Free Life By P. Bronski & M.M. Jory. Whether you've been diagnosed with gluten intolerance or simply want to get ahead of the competition, this guide will help you gain an edge in sports and life by going gluten-free. 374 pages. Rodale. Pub. at \$24.95

Item #3561941 \$3.95



HAPPY GUT: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain By Vincent Pedre. Takes readers step by step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Complete with recipes and meal plans. 28-day cleanse, helpful yoga postures, and more. Illus. 387 pages. Morrow. Paperbound. Pub. at \$16.99

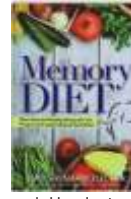
Item #5996899 \$9.95



THE 28-DAY GUT HEALTH PLAN: Lose Weight and Feel Better from the Inside By Jacqueline Whitehart. Does your weight seem unaffected by what you eat and how often you exercise? This 28-day plan that anyone can follow will help you find and banish your food triggers and balance your digestive system for permanent weight loss. Includes over 80 simple gut-healthy recipes. 242 pages. Thorsons. Paperbound. Pub. at \$15.99

Item #6909612 \$11.95

Healthy Cooking & Special Diets



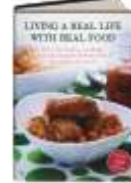
★THE MEMORY DIET: More Than 150 Healthy Recipes for the Proper Care and Feeding of Your Brain By Judi & Shari Zucker. Introduces a powerful, plant based diet that can slow down or even eliminate cognitive decline. This collection of recipes is based on the Mediterranean Intervention Neurodegenerative Delay (MIND) Diet and includes delicious meals like: Sage Cannellini Beans with Mushrooms and Hazelnuts; and Polenta with Acorn Squash and Walnuts. 222 pages. New Page Books. Paperbound. Pub. at \$15.99

Item #4645324 \$9.95



★THE HEALTHY COCONUT By Jenni Madison. A simple and inspiring guide to incorporating the amazing benefits of coconut into your daily lifestyle. Features more than 100 cleansing, nourishing and beautifying recipes bursting with coconut goodness and superfood nutrition like Thai Style Coconut & Vegetable Soup; Coconut Bread with Chia Jam; and Raw Vegan Tuna Salad. Well illus. in color. 242 pages. Rockpool. 8x10. Paperbound. Pub. at \$26.95

Item #6615651 \$19.95



LIVING A REAL LIFE WITH REAL FOOD: How to Get Healthy, Lose Weight, and Stay Energized—the Kosher Way By Beth Warren. Unique guide to healthy eating, delivered from the kosher perspective. Relying on science and her clients' experiences, Warren shows that the best way to lose weight, build strength, and fight obesity-related diseases is to eat the natural, whole foods that have been pushed out our national diet by fads and a broken food system. Color photos. 330 pages. Skyhorse. Pub. at \$24.95

Item #4594150 \$5.95



★USING THE GAPS DIET: 175 Recipes for Gaining Control of Your Gut Flora By Signe Gad. Used for a range of modern chronic diseases that have their roots in compromised intestinal flora, GAPS is free of sugar, starch, and processed food including additives and is for those living with chronic diseases like diabetes, behavioral disorders, depression and excess weight. With 175 recipes and information on the GAPS protocol, you can heal your gut and gain control of your health. 288 pages. Robert Rose. Paperbound. Pub. at \$24.95

Item #6923836 \$19.95

Healthy Cooking & Special Diets



THE SHRED POWER CLEANSE: Eat Clean, Get Lean, Burn Fat By Ian K. Smith. More than a classic detox plan, this Power Cleanse is detox taken to a new level, so you can jump-start big change. On this plan you will eat clean, crunchy, fresh food; drink your favorite detox smoothie, taken from the 9 included recipes; and snack as an unskippable part of the Power Cleanse. Learn simple detoxifying exercise regimens and get a Weekend Power Tune-up Bonus as well. Color photos. 206 pages. St. Martin's. Pub. at \$22.99

Item #5881471 \$8.95

Exercise & Fitness



101 MUSCLE-SHAPING WORKOUTS & STRATEGIES FOR WOMEN: Muscle & Fitness Hers Fully illustrated with step by step instructions, plus tips from trainers for improving your form and increasing the challenge. This comprehensive guide will teach women how to take their workouts to the next level. 175 pages. Triumph. 7 1/2 x 9 1/4. Paperbound. Pub. at \$14.95

Item #6830412 \$3.95



COMPLETE GUIDE TO YOGA, PILATES, MEDITATION & STRESS RELIEF Exercise and relaxation techniques are the natural way to combat life's stresses, enhance your sense of well-being, and allow you to enjoy life to the fullest. This guide is the ideal introduction to four of the most popular therapies used today. Fully illus. in color. 256 pages. Parragon. Paperbound. Pub. at \$12.95

Item #5943523 \$3.95



DVD YOGILATES, LEVEL 1: Beginners Workout By Jonathan Urla. This is a beginning level yoga class that safely tones, stretches, and relaxes your whole body. You'll love the music and loft setting as you move from core mat-work exercises to strengthen your back and abs, to standing poses that improve leg strength, flexibility and balance. 45 minutes. Sterling.

Item #5500419 \$4.95

Exercise & Fitness



THE MEN'S HEALTH GYM BIBLE, SECOND EDITION By M. Murphy & M. Mejia. The authors walk you through a typical gym and give you hundreds of exercises for free weights, stability balls, cardio equipment like treadmills and stationary bikes and much more. Packed with hundreds of photos that demonstrate proper technique for every exercise, this guide is a must have for every gym membership. 330 pages. Rodale. 8½x10¼. Paperbound. Pub. at \$22.99

Item # **6765572** **\$7.95**



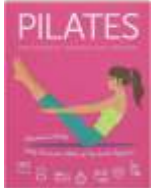
KETTLEBELL KICKBOXING By Dasha Libin Anderson. A celebrity personal trainer combines kettlebells and martial arts into one effective workout for women. She offers instructions for more than 200 exercises; four-week fitness plans and 15-minute high-intensity interval training; a simple philosophy on food for a lifetime of clean eating; and more. Fully illus. in color. 302 pages. Skyhorse. Paperbound. Pub. at \$19.99

Item # **2791757** **\$4.95**



BLACK BELT FITNESS FOR LIFE By Tae Sun Kang. Through the practice of Grandmaster Kang's 7-week plan you will gain: an improved physique, better concentration, and strength to overcome any challenge. Each week offers new skills that culminate in mastery of the techniques necessary to exercise and eat right for life. Illus. 160 pages. Tuttle. Paperbound. Pub. at \$12.95

Item # **6614817** **\$4.95**



★PILATES: Core Strength, Exercises & Daily Routines By C. Yabsley & K. Sunnasee. Pilates is an all around mind-body workout that will leave you standing tall, breathing better, and toned, strong and stable. Organized by type and difficulty with suggested routines of poses and stretches. Fully illus. in color. 176 pages. Flame Tree. Spiralbound. Pub. at \$15.99

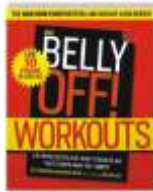
Item # **6796192** **\$11.95**



FROM SLIGHT TO MIGHT: Building Muscle for the Hardgainer By Hollis Lance Liebman. A comprehensive guide to help you add the mass you've been seeking and continue to gain personal confidence in your body. Your mood will improve, your clothes will fit better, and you'll feel like a better person by getting in shape and learning the right way to do it. Fully illus. in color. 160 pages. Skyhorse. 8x10. Paperbound. Pub. at \$19.99

Item # **6735193** **\$5.95**

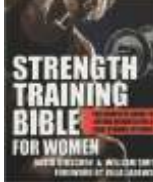
Exercise & Fitness



THE BELLY OFF! WORKOUTS: A 6-Week Detox Diet and Fitness Plan That Strips Away Fat-Fast! By Jeff Csatari et al. With revelatory workouts for both beginners and veterans, a handful of easy rules for healthy eating, and a detox plan that is both simple and safe, this program will help you lose ten, twenty, or more pounds in fewer than two months and turn your health around. Illus.

304 pages. Rodale. Paperbound. Pub. at \$23.99

Item # **6500285** **\$5.95**



STRENGTH TRAINING BIBLE FOR WOMEN By D. Kirschen & W. Smith. Created specifically for women, it is the comprehensive, easy to understand guide to mastering the basics of weight lifting and barbell training. Combines the best elements of strength training and weight lifting in a program you can do at home or in the gym. Created to help you reach the

next level in fitness. Well illus. in color. 276 pages. Hatherleigh. 8x10. Paperbound. Pub. at \$21.95

Item # **6901220** **\$7.95**



NO EXCUSES FITNESS By Donovan Green with R.M. Murphy. Armed with a simple motto—"If you want to lose weight, then you can't make any excuses for not sticking to the plan"—Green has designed the ideal workout program built upon what he calls the "Wellness Tripod": mental discipline, sound nutrition, and exercise. Get ready to melt away the pounds! Well

illus. 211 pages. Hachette. Pub. at \$27.00

Item # **5756065** **\$3.95**



★FELON FITNESS: How to Get a Hard Body Without Doing Hard Time By T. Teufel & W.S. Kroger. Jacked inmates and certified trainer Teufel and counselor Kroger have locked down an exercise regimen that's guaranteed to show real results. So if you're fresh meat looking to tone up, you will be yard-ready in less than a three-month stint. Well

illus. 214 pages. Adams Media. Paperbound. Pub. at \$15.95

Item # **3412393** **\$11.95**

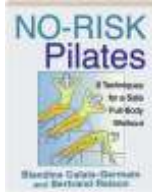


★RESTORING FLEXIBILITY: A Gentle Yoga-Based Practice to Increase Mobility at Any Age By Andrea Gilats. This guide's safe, age-appropriate, customizable approach to yoga-based exercise is specifically designed to restore your flexibility, mobility and agility while ensuring a longer life and more independent lifestyle. Illus. 137 pages.

Ulysses. Paperbound. Pub. at \$15.95

Item # **4524098** **\$9.95**

Exercise & Fitness



NO-RISK PILATES: 8 Techniques for a Safe Full-Body Workout By B. Calais-Germain & B. Raison. The Pilates method aligns the body; builds long muscles; and develops core abdominal strength. This guide demonstrates how to minimize risk of injury with proper form and maximize physical benefit. Drawings. 118 pages. Healing Arts. 8x10.

Paperbound. Pub. at \$19.95

Item # **6771823** **\$5.95**



★BIG FIT GIRL: Embrace the Body You Have By Louise Green. After years of indulging bad habits and suffering low self-esteem as a result, Green determined to change her lifestyle and pursue athleticism despite her larger-than-model size. As her successes mounted, so did her confidence and happiness. She encourages women of all sizes to pursue fitness, offering practical advice,

tips, nutrition information, and more. Photos. 236 pages. Greystone. Paperbound. Pub. at \$16.95

Item # **5974135** **\$12.95**



★BARIATRIC FITNESS FOR YOUR NEW LIFE By Julia Karlstad. Bariatric surgery is a highly effective way to take control of your weight. But it's only one part of the solution. The helpful advice and proven fitness program in this guide provides the tools you need to make sure your bariatric surgery produces sustained weight loss. Well illus. 152 pages.

Ulysses. Paperbound. Pub. at \$15.95

Item # **2782421** **\$11.95**



ENERGY EVERY DAY: Your Personal Plan for More Energy and Better Health By Ron Woods et al. Whether you're a student or CEO, small business owner or homemaker, you'll learn how to incorporate physical activity into your daily routine for better health and increased energy. Create a personal energy plan specific to you by evaluating your lifestyle and identifying opportunities to add energy boosting activities

to your day with this step by step program. Well illus. in color. 236 pages. Human Kinetics. Paperbound. Pub. at \$19.95

Item # **5793610** **\$3.95**

Exercise & Fitness



★STRENGTH TRAINING: Staying Fit & Fabulous By Cris Caivano. This guide holds the key to feeling and looking great as you age. Whether you're hoping to alleviate specific problems or simply attempting to maintain your fitness with tailored nutritional and exercise advice, this blend of methods from yoga, Pilates, tai chi, and other disciplines will help you achieve your goals. Well illus.

160 pages. Ixia. Paperbound. Pub. at \$14.95

Item # **6777848** **\$5.95**



★DANCE MANUAL: The Complete Step-by-Step Guide By Keyna Paul. Dance is gaining recognition as a way for everyone to improve and maintain their physical health, as well as a sense of well-being. This manual includes the history and essence of the dance styles; dress codes and the reasons behind these; suggestions for music; basic moves and steps joined into a simple routine; and

ideas for adapting dance styles for people who need to sit on a chair. Fully illus. in color. 194 pages. Haynes. 8½x10¼. Pub. at \$36.95

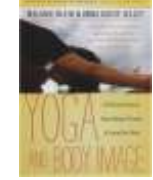
Item # **592572X** **\$15.95**



★BODY TRANSFORMATION MANUAL By Sean Lerwill. This manual gives you the information to get the exercise bit right, as well as how to manage the nutrition, sleep and stress that goes into the other, arguably more important, two-thirds. Includes a step by step workout plan; basic nutritional information; male and female specifics; and much more. Fully illus. in color. 170 pages.

Haynes. 8x10¼. Pub. at \$36.95

Item # **2735075** **PRICE CUT to \$2.95**

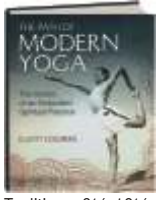


★YOGA AND BODY IMAGE: 25 Personal Stories About Beauty, Bravery & Loving Your Body By M. Klein & A. Guest-Jelley. Twenty-five contributors—including Alanis Morissette, celebrity yoga instructor Seane Corne and author Dr. Sara Gottfried—discuss how yoga and body intersect. Through inspiring personal stories, you'll discover how yoga not only affects your physical

health, but also how you feel about your body. 265 pages. Llewellyn. Paperbound. Pub. at \$17.99

Item # **6717519** **\$6.95**

Exercise & Fitness



★**THE PATH OF MODERN YOGA: The History of an Embodied Spiritual Practice** By Elliott Goldberg. Drawing on over ten years of research from rare primary sources and engaging with contemporary yoga scholarship, Goldberg presents an original, authoritative, provocative, and illuminating interpretation of the history of modern yoga. Photos. 496 pages. Inner Traditions. 8 1/4 x 10 1/4. Pub. at \$39.95

Item # [5775450](#)

\$29.95

Beauty & Skin Care



RADICAL BEAUTY: How to Transform Yourself from the Inside Out By D. Chopra & K. Snyder. Feel more beautiful, healthy, and energized than you have in years! Now a revolutionary new way of helping you realize the true beauty that is your birthright. This resource guide offers a new, exciting, practical, and holistic program to help transform you from the inside out. Color photos. 340 pages. Harmony. Pub. at \$26.99

Item # [6948758](#)

\$4.95



MAN VS. HAIR: 60 Tutorials for Handsome Hair & Stubble By Kieron Webb. Collection of 60 fashionable styles for men's hair and facial hair. Step by step tutorials featuring simple how to illustrations take the guesswork out of styling, while on-trend fashion photography demonstrates how to wear each 'do. 176 pages. Running Press. Paperbound. Pub. at \$19.99

Item # [2814013](#)

\$5.95



SKIN CLEANSE: The Simple, All-Natural Program for Clear, Calm, Happy Skin By Adina Grigore. This guide demonstrates that the secret to beautiful, stress free skin is simple: it's an inside job. Using a holistic program designed to heal skin from the inside out, the author begins with healthy eating and exercise and from there shows you how to overhaul your beauty routine. Drawings. 238 pages. HarperCollins. Pub. at \$24.99

Item # [459021X](#)

\$3.95

Beauty & Skin Care



BOHO BRAIDS: 40 Modern, Free-Spirited Hairstyles By H.M. Garrett & K. Rossi. Features hundreds of how-to photos to guide you every step of the way with accessory ideas to make the style your own. Capture the BoHo spirit with these 40 DIY tutorials. 192 pages. Alpha. Paperbound. Pub. at \$16.95

Item # [6934404](#)

\$5.95



CURLS, CURLS, CURLS! By Samantha Harris. Features step by step tutorials for sixty fabulous styles such as a Faux Curly Bob, Twisted Chignon, trendy Halo Bun or Low Twisted Curls. Your one-stop guide to fresh and fabulous curly hair. Fully illus. in color. 192 pages. Chronicle. Paperbound. Pub. at \$19.95

Item # [6899846](#)

\$8.95



BEAUTY REWIND: A Makeup Guide to Looking Your Best at Any Age By Taylor Chang-Babaian. The essential guide for looking and feeling your best at every age. From skin-care treatments to emphasizing your best features, the celebrity make-up artist gives you all the tools you need to age gracefully and beautifully. Fully illus. in color. 176 pages. Perigee. 8 1/4 x 10 3/4. Paperbound. Pub. at \$21.95

Item # [5945143](#)

\$4.95



UNRULY CURLS: How to Manage, Style and Love Your Curly Hair By Michael Price. Whether you have ringlets, waves or even kinky hair, this guide is your savior. Packed with essential tips for looking after your hair from the inside out, this is a fun celebration of curly hair. Well illus. in color. 112 pages. Hardie Grant. Pub. at \$14.99

Item # [6864708](#)

\$6.95



★**THE NATURAL BEAUTY SOLUTION** By Mary Helen Leonard. A step-by-step guide that will help you systematically replace your commercial beauty products with a 100% natural routine. Discover the essential ingredients and tools you need; easy-to-follow, all-natural recipes to replace chemical-laden beauty products; helpful tips; personal stories; troubleshooting advice; and more. Illus. in color. 128 pages. Spring House. 8x10. Paperbound. Pub. at \$19.95

Item # [6625959](#)

\$14.95

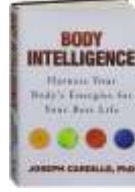
Health & Medical References



THE GUT MAKEOVER: 4 Weeks to Nourish Your Gut, Revolutionize Your Health, and Lose Weight By Jeannette Hyde. Reveals the secret to gut health, that by just eating an abundance of real food it could end our costly dependence on antacids, sleeping pills, blemish creams, mood stabilizers, and a never ending cycle of diets. 250 pages. Green Tree. Paperbound. Pub. at \$20.00

Item # [6843697](#)

\$3.95



BODY INTELLIGENCE: Harness Your Body's Energies for Your Best Life By Joseph Cardillo. Using the latest science and technologies combined with proven methods, this volume shows how to tap your individual energetic sweet spots. Packed with exercises, self-tests, and step-by-step instructions, this comprehensive guide provides all the interactive tools for beginner and experienced energy-balancing practitioner alike. 260 pages. Atria. Pub. at \$24.00

Item # [5957206](#)

\$3.95



CLEAN: The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself By Alejandro Junger with A. Greeven. Designed to be easily incorporated into your busy schedule, while providing all the practical tools necessary to support and rejuvenate your body, Dr. Junger's program is nothing short of transformative. Nagging health problems will disappear, extra weight will drop away, and more. 332 pages. HarperOne. Paperbound. Pub. at \$16.99

Item # [6559794](#)

\$5.95

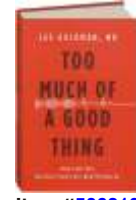


★**DESIGNED TO MOVE: The Science-Backed Program to Fight Sitting Disease & Enjoy Lifelong Health** By Joan Vernikos. The human body is designed to move, not stay still for hours at a time. Dr. Vernikos presents a simple, easy-to-follow, science-based movement program to help you regain your good health and stay healthy for life. Her program offers a variety of easy, low-impact exercises that can improve your strength, balance, mood, and long term health. 126 pages. Quill Driver Books. Paperbound. Pub. at \$12.95

Item # [6617425](#)

\$9.95

Health & Medical References



TOO MUCH OF A GOOD THING By Lee Goldman. Dr. Goldman tells the story of how these four survival traits have evolved to the point at which they cause more than six times the number of deaths they currently prevent. He explains not only how our bodies have fallen out of sync with today's world but also what we can do about it. 344 pages. Little, Brown. Pub. at \$28.00

Item # [5962102](#)

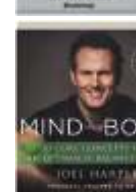
\$4.95



EXERCISES FOR CANCER WELLNESS By William Smith with J. Brielyn. A guide to making positive life changes during and after cancer treatment, helping to lessen the risks of recurrence or relapse, while increasing your strength and energy. Photos. 101 pages. Hatherleigh. Paperbound. Pub. at \$15.00

Item # [5956439](#)

\$4.95



MIND YOUR BODY: 4 Weeks to a Leaner, Healthier Life By Joel Harper. A personal trainer to the stars, Harper explores the crucial connection between meals, moves, and mindset. He provides a "whole-istic" three-step program that will help you quadruple your weight loss, maximize your workouts, and boost your happiness and energy levels in just fifteen minutes a day. Well illus. 233 pages. HarperOne. Paperbound. Pub. at \$15.99

Item # [5913403](#)

\$3.95



IS GWYNETH PALTROW WRONG ABOUT EVERYTHING? By Timothy Caulfield. Provides an entertaining look into the celebrity world while debunking the celebrity message, including vivid accounts of Caulfield's experiences trying out for *American Idol*, having his skin resurfaced, and doing the Gwyneth Paltrow Clean Cleanse. 254 pages. Beacon. Pub. at \$24.95

Item # [6954170](#)

\$4.95

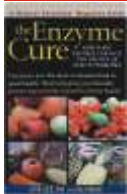


★**KETO FOR CANCER: Ketogenic Metabolic Therapy as a Targeted Nutritional Strategy** By Miriam Kalamian. The author has drawn on a decade of experience to lay out comprehensive guidelines on how to adopt the ketogenic diet as a metabolic therapy for cancer. Kalamian addresses the nuts and bolts of the diet, an invaluable resource for both beginners and seasoned users as well as health-care professionals. 374 pages. Chelsea Green. Paperbound. Pub. at \$29.95

Item # [6717365](#)

\$19.95

Health & Medical References

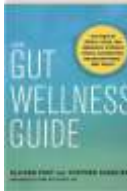


★**THE ENZYME CURE: How Plant Enzymes Can Help You Relieve 36 Health Problems** By Lita Lee with L. Turner. Presents a low cost self-help enzyme therapy that can change your life for the better by rebalancing your hormones and reversing such conditions as allergies, intestinal disorders, kidney stones, asthma, diabetes, and weight problems. 296 pages. Square One Publishers.

Paperbound. Pub. at \$18.95

Item #6753612

\$13.95



★**THE GUT WELLNESS GUIDE** By A. Post & S. Cavaliere. A user friendly guide for anyone grappling with chronic pain, fatigue, gas, bloating, and other common disorders associated with the gut. Addressing a wide range of conditions, this guide presents simple ways to relieve the stress, tune into your body, and create a customized action plan to heal. 180 pages. North Atlantic.

Paperbound. Pub. at \$18.95

Item #6965148

\$13.95



★**FOREST BATHING: How Trees Can Help You Find Health and Happiness** By Qing Li. As a society we suffer from nature deficit disorder. The author shows how forest bathing can reduce your stress levels and blood pressure, strengthen your immune and cardiovascular systems, boost your energy, mood, creativity, and concentration, and even help you lose weight and live longer.

Color photos. 310 pages. Viking. Pub. at \$20.00

Item #6874401

\$14.95



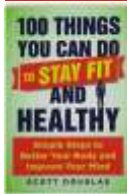
★**THE HEALING POWERS OF VINEGAR, REVISED THIRD EDITION: A Complete Guide to Nature's Most Remarkable Remedy** By Cal Orey. Drawing on the latest scientific studies and interviews with top health researchers, this comprehensive guide reveals how apple cider and red wine vinegars, as well as balsamic, fruit, rice, and herb-infused vinegars can help you stay healthy. Includes

recipes and hints for using vinegar for everything from making countertops sparkle to cleaning up kids and pets. Illus. 360 pages. Kensington. Paperbound. Pub. at \$15.00

Item #5794099

\$11.95

Health & Medical References



★**100 THINGS YOU CAN DO TO STAY FIT AND HEALTHY: Simple Steps to Better Your Body and Improve Your Mind** By Scott Douglas. Each short section in this guide features a simple and easy-to-implement practice that will improve your fitness and general health in an instant and, when continued, will elevate your well-being permanently. For example; don't

drive distracted, do push-ups, read food labels, know your heart rate, and more. Well illus. in color. 165 pages. Skyhorse. Paperbound. Pub. at \$14.99

Item #5915597

\$11.95



★**THE LUCKY YEARS: How to Thrive in the Brave New World of Health** By David B. Agus. Agus offers a picture of the future of health and medicine—a new golden age where you can take full advantage of the latest science and technologies to customize your care. Imagine being able to edit your DNA to increase a healthy lifespan; prolong natural fertility and have children in your forties; and

lose weight effortlessly without a trendy diet. Illus. 272 pages. S&S. Pub. at \$27.00

Item #6624324

\$3.95

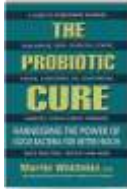


★**EMT-BASIC EXAM REVIEW, THIRD EDITION** By Peter A. DiPrima, Jr. An indispensable study guide to help you think through pre-hospital medicine while covering every topic you must know on exam day. Includes a clinical scenario followed by a bulleted overview of key topics in each chapter; valuable exam preparation tips; and a 150 question practice exam. Everything you

need to boost your test score. Illus. 412 pages. McGraw-Hill. 8½x10¾. Paperbound. Pub. at \$39.00

Item #6551270

\$12.95



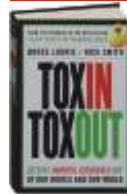
★**THE PROBIOTIC CURE: Harnessing the Power of Good Bacteria for Better Health** By Martie Whittekin. Research shows that a range of illnesses, from stomach ulcers to osteoporosis, can be caused by "H. pylori," a nasty little bacteria found in the gut. In this guide, a certified clinical nutritionist offers the solution: an effective alternative approach employing good bacteria known as probiotics.

252 pages. Square One Publishers. Paperbound. Pub. at \$16.95

Item #5826446

\$12.95

Health & Medical References



★**TOXIN TOXOUT: Getting Harmful Chemicals Out of Our Bodies and Our World** By B. Lourie & R. Smith. Gives practical and often surprising advice for removing toxic chemicals from our bodies and homes. With trademark humor, the authors give us the good news about what is in our control, the steps we can take to help our bodies remove our toxic burden—and what we can do to avoid it in the first place. 290 pages.

Knopf. Pub. at \$27.95

Item #5947448

\$6.95



★**UNZIP YOUR GENES: 5 Choices to Reveal a Radically Radiant You** By Jennifer Stagg. Your health is not completely predetermined by your genes. By understanding your unique gene structure, you can view your body in an innovative way that allows you to take control of your health and future and bring balance back in your life. Stagg provides an actionable plan to radically transform your

health. 232 pages.

Item #681526X

\$11.95



★**7 DAYS TO LIVE FOREVER: The Fountain of Health Plan for Reversing the Clock** By William Smith. Distilling leading science and research on healthy living, this guide shows how implementing seven key principles will turn back the clock and help you live a long, vital life—physically, mentally, and spiritually. 138 pages. Hatherleigh. Paperbound. Pub. at \$15.00

Item #5716179

\$9.95



★**THE ULTIMATE OBAMACARE HANDBOOK, 2015-2016 EDITION** By Kimberly Amadeo. Refutes the myths about the Affordable Care Act with research-based evidence. It reveals the seven reasons why health care costs so much, as well as how the ACA attacks those costs. You'll learn who really gets benefits from subsidies and who pays for them. Most importantly, this

handbook uncovers how the ACA might save you and your family money. 227 pages. Skyhorse. 8½x10. Paperbound. Pub. at \$19.99

Item #3656209

\$13.95



★**THE LUCKY YEARS: How to Thrive in the Brave New World of Health** By David B. Agus. Agus offers a picture of the future of health and medicine—a new golden age where you can take full advantage of the latest science and technologies to customize your care. Imagine being able to edit your DNA to increase a healthy lifespan; prolong natural fertility and have children in your forties; and

lose weight effortlessly without a trendy diet. Illus. 272 pages. S&S. Paperbound. Pub. at \$16.00

Item #591051X

\$7.95

Health & Medical References



★**THE CONCISE BOOK OF DRY NEEDLING: A Practitioner's Guide to Myofascial Trigger Point Applications** By John Sharkey. This concise and comprehensive reference for therapists in training provides accurate and essential criteria for the identification and subsequent treatment of myofascial trigger points

through the exclusive use of a fine, filiform needle. Fully illus. in color. 260 pages. North Atlantic. 8½x10¾. Paperbound. Pub. at \$29.95

Item #5930766

\$11.95



★**EVERYDAY HEALING: Stand Up, Take Charge, and Get Your Health Back...One Day at a Time** By Janette Hillis-Jaffe. Overcome chronic illness with the daily action steps listed in this guide, helping readers to eliminate old habits and establish new paths to health. Includes personal stories and medical studies to demonstrate up the power of each step; tips for researching new

treatment options; and much more. 223 pages. New Page Books. Paperbound. Pub. at \$15.99

Item #573123Z

\$9.95

Diseases & Disorders



★**DIAGNOSIS: Cancer—Your Guide to the First Months of Healthy Survivorship** By Wendy Schlessel Harpham. First published in 1992, this classic work by a physician survivor has been updated to reflect the latest information on diagnosis and treatment. Covers all the important topics that will get you through the months of turmoil, while nourishing hope. 262 pages. Norton. Paperbound. Pub. at \$14.95

Item #6773273

\$3.95



★**SHARKS GET CANCER, MOLE RATS DON'T** By James S. Welsh. This exploration of new directions in cancer research focuses on the important role of the immune system in combating the disease. Integrating the animal kingdom, extraordinary human cases, and even embryology, Dr. Welsh offers a compelling account of tumor immunology and the promises of immunotherapy. 12 pages of photos, some

color. 406 pages. Prometheus. Paperbound. Pub. at \$19.00

Item #6789714

\$3.95

Diseases & Disorders



THE AUTOIMMUNE WELLNESS HANDBOOK: A DIY Guide to Living Well with Chronic Illness By M. Trescott & A. Alt. Provides a comprehensive guide to living healthfully with autoimmune disease, and introduces a complementary solution that focuses on seven key steps to recovery. Includes a 4-week meal plan and a 12-week lifestyle plan. Color photos.

288 pages. Rodale. Paperbound. Pub. at \$25.99

Item #6855474

\$6.95



★RECLAIMING LIFE AFTER TRAUMA: Healing PTSD with Cognitive-Behavioral Therapy and Yoga By D. Mintie & J.K. Staples. Drawing on many years of clinical work and their experience administering the successful Integrative Trauma Recovery Program, the authors help readers understand PTSD as a mind-body disorder from which we can use our own minds and bodies to recover,

and present powerful tools that target the negative emotions and self-sabotaging behaviors that accompany the disorder. Illus. 180 pages. Healing Arts. Paperbound. Pub. at \$16.99

Item #6921906

\$13.95



★WHAT YOU MUST KNOW ABOUT THYROID DISORDERS & WHAT TO DO ABOUT THEM By Pamela Wartian Smith. Discusses the most common thyroid-related disorders and symptoms, beginning each discussion with an overview of the disorder that helps readers determine if they may be suffering from the problem. Explains causes and common symptoms, diagnostic tests,

and both conventional and alternative treatment options. 217 pages. Square One Publishers. Paperbound. Pub. at \$16.95

Item #4615409

\$9.95

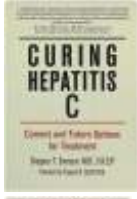


★LIVE AND LAUGH WITH DEMENTIA, 2ND EDITION By Lee-Fay Low. All about how to make life with dementia as positive as possible to maximize quality of life for all involved. This guide enables families to help their loved one maintain relationships with others, and also maintain their self identity through easy to understand activities. 242 pages. Exisle. Paperbound. Pub. at \$14.99

Item #6889700

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Diseases & Disorders



CURING HEPATITIS C By Gregory T. Everson. Provides the latest information to guide you through the diagnosis and treatment of hepatitis C with an indispensable and comprehensive overview of everything you need to know to take the right steps toward a cure. 179 pages. Hatherleigh. Paperbound. Pub. at \$9.95

Item #6654622

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ON THEIR OWN: Creating an Independent Future for Your Adult Child with Learning Disabilities and ADHD By Anne Ford with J.R. Thompson. Drawing from her personal experience and her work as a nationally recognized learning-disabled activist, Ford has written an indispensable family guide to the many challenges of preparing adult children with LD for the future. Addressing a wide range of

topic such as social skills and dating; sibling relationships; and estate planning, Ford helps you figure out how—and how much—to let go. 301 pages. Newmarket. Paperbound. Pub. at \$16.95

Item #581247X

\$3.95



★TELL ME WHAT TO EAT IF I HAVE INFLAMMATORY BOWEL DISEASE: Nutritional Guidelines for Crohn's Disease and Colitis By Kimberly A. Tessmer. Beginning with an overview of both conditions (as well as Irritable Bowel Syndrome, or IBS), this guide provides diet recommendations, mouthwatering recipes, and practical advice to help you limit the impact of these painful

conditions and their unwanted symptoms. 187 pages. New Page Books. Paperbound. Pub. at \$12.99

Item #2692538

PRICE CUT TO \$3.95

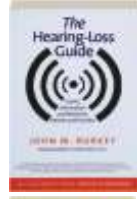


THIS IS CANCER By Laura Holmes Haddad. Written by a cancer survivor so other patients and families would have the guide they need, and created for those who prefer their pathos with humor, reality, and a touch of flair. Haddad provides an overview of a cancer diagnosis from treatment to exercise, parenting, and the myriad emotions you'll feel along the way. 317 pages. Seal. Paperbound. Pub. at \$15.00

Item #682613X

\$2.95

Diseases & Disorders



★THE HEARING-LOSS GUIDE: Useful Information and Advice for Patients and Families By John M. Burkey. Presents clear basic facts on hearing impairment and treatments, followed by candid personal recommendations from people who are coping successfully with hearing difficulties. 265 pages. Yale. Paperbound. Pub. at \$18.00

Item #6686745

\$11.95



★UNDERSTANDING TYPE 2 DIABETES By Merlin Thomas. Learn what type 2 diabetes is and how it comes about; what the right diet is and how to achieve it; how exercise can improve and maintain your health; the medical aspects of care, including the best ways to control your waistline, blood glucose, blood pressure and cholesterol levels, and more. 324 pages. Exisle. Paperbound. Pub. at \$14.99

Item #663401X

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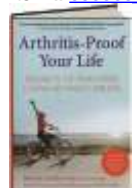


★ 25 WOMEN WHO SURVIVED CANCER: Notable Women Share Inspiring Stories of Hope Ed. by Mark Evan Chimsky. An inspiring collection of 25 personal stories about how to cope with, and prevail over, cancer. Notable women such as Robin Roberts, Joan Lunden, Fran Drescher, Liz Lange, and more, write with moving candor about how they faced cancer without letting it define their lives or conquer

their spirits. Illus. 256 pages. Sellers. Paperbound. Pub. at \$16.95

Item #6593631

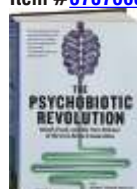
\$4.95



★ARTHRITIS-PROOF YOUR LIFE: Secrets to Pain-Free Living Without Drugs By Michelle Schoffro Cook. Offers you the tools you need to enjoy pain-free living and an improved quality of life. Discover new and advanced natural treatments, including potent phytonutrients that combat joint damage, and enzyme therapy to alleviate both pain and inflammation. 222 pages. Humanix. Pub. at \$24.99

Item #5787505

\$17.95



★THE PSYCHOBOTIC REVOLUTION: Mood, Food, and the New Science of the Gut-Brain Connection By Scott C. Anderson et al. Pairing cutting-edge science with practical advice, the authors share the newest discoveries of how the population inside your intestines can cause—and cure—depression, anxiety, and other nervous system disorders. Reshape your understanding of the links

between body and mind as well as mental health, diet, and optimal well-being. 319 pages. National Geographic. Pub. at \$26.00

Item #6752969

\$18.95

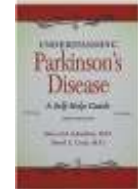
Diseases & Disorders



PHYSICAL ASPECTS OF CARE: Pain and Gastrointestinal Symptoms Ed. by Judith A. Paice. Provides an overview of the principles of symptom assessment and management, including: pain, fatigue, nausea and vomiting, constipation, diarrhea, obstruction, and ascites, and also a quick reference for daily practice. 148 pages. Oxford. Paperbound. Pub. at \$29.95

Item #6673589

\$5.95



★UNDERSTANDING PARKINSON'S DISEASE, THIRD EDITION: A Self-Help Guide By S.H. Schechter & D.L. Cram. The authors draw from their perspectives—as a specialist and a PD patient—to enlighten and encourage readers. Among the topics they cover are how PD is diagnosed, symptoms and stages of PD, the emotional side of PD, choosing the right health-care team and more.

Illus. 156 pages. Addicus. Paperbound.

Item #5987989

\$17.95



THE AUTOIMMUNE CONNECTION, SECOND EDITION REVISED: Essential Information for Women on Diagnosis, Treatment, and Getting on with Your Life By R. Baron-Faust & J.P. Buyon. The essential information you need on diagnosis and treatment of autoimmune medical conditions. This guide explains the links between autoimmune diseases and offers up to date

information on diagnosis, treatments, and why women with one autoimmune disease may be at risk for others. 508 pages. McGraw-Hill. Paperbound. Pub. at \$22.00

Item #5984173

\$6.95



DIABETES 911: How to Handle Everyday Emergencies By L.A. Fox & S.L. Weber. Teaches you how to respond swiftly to life-threatening emergencies. Get emergency tips for hypoglycemia, insulin pump emergencies, and natural disasters, and learn how to handle everyday emergencies, such as travel, depression, and sick days. 136 pages. American Diabetes Assoc. Paperbound. Pub. at \$9.95

Item #4617304

\$3.95



★I HAVE CANCER, NOW WHAT? 12 Things You, Your Spouse, and Your Family Must Know in Your Battle with Cancer By Carson & Cindy Boss. Offers information on how to deal with the shock and fear of diagnosis; how to talk to your spouse and extended family; how to choose the best doctors and what questions to ask; the real costs of cancer, both financial and emotional; how to manage full-time jobs and

much more. 145 pages. Familius. Paperbound. Pub. at \$15.99

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Diseases & Disorders



★**THE THYROID CONNECTION: Why You Feel Tired, Brain-Fogged, and Overweight—and How to Get Your Life Back** By Amy Myers. Myers teaches you how to take your health into your own hands and work with your doctor to get the right tests and diagnosis. She explains how to recognize the symptoms that could signal thyroid dysfunction, work with your doctor to ensure proper diagnosis, and make sure you're on the right treatment plan. The ultimate road map back to your happiest, healthiest self. 425 pages. Little, Brown. Pub. at \$28.00
Item #5969883



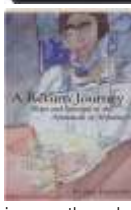
★**INSULIN PUMPS AND CONTINUOUS GLUCOSE MONITORING, 2ND EDITION: A User's Guide to Effective Diabetes Management** By Francine R. Kaufman with E. Westfall. This revised edition gives you practical advice and important information on the basics of daily insulin pump use from setting bolus and basal rates; to managing exercise, eating, and travel days; to understanding the role of CGM technology. 256 pages. American Diabetes Assoc. Paperbound. Pub. at \$18.95
Item #6747116



★**UNEXPECTED RECOVERIES: Seven Steps to Healing Body, Mind & Soul When Serious Illness Strikes** By Tom Monte. This guide combines modern medical know-how, ancient healing practices, and a healing diet to provide a comprehensive and practical guidebook for physical, emotional, and spiritual recovery. It takes aim at such conditions as cancer, heart disease, chronic pain, and more. 242 pages. Square One Publishers. Paperbound. Pub. at \$17.95
Item #5949971

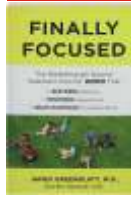


★**THE LANGUAGE OF LIGHT: A History of Silent Voices** By Gerald Shea. A comprehensive history of deafness, signed languages, and the unresolved struggles of the Deaf to be taught in their unspoken tongue. Illus. 266 pages. Yale. Pub. at \$26.00
Item #6686826

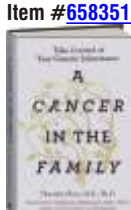


★**A RETURN JOURNEY: Hope and Strength in the Aftermath of Alzheimer's** By Sue Petrovski. Based on her own journals kept during her mother's eight-year illness, and on her correspondence with other caregivers, Petrovski clearly and wisely explains that in Alzheimer's care, there are no "right" ways, no "best" decisions, no "perfect" answers. There is simply the journey through the disease with loved ones, and back again. 188 pages. Purdue University. Paperbound. Pub. at \$19.99
Item #6675816

Diseases & Disorders



★**FINALLY FOCUSED** By J. Greenblatt & B. Gottlieb. Offers a breakthrough treatment plan for ADHD. Discover natural and medical methods for treating nutritional deficiencies or excesses, dysbiosis (a microbial imbalance inside the body), sleeping difficulties, and food allergies—all of which can cause or worsen ADHD symptoms. 264 pages. Harmony. Paperbound. Pub. at \$17.00
Item #6583512



★**A CANCER IN THE FAMILY: Take Control of Your Genetic Inheritance** By Theodora Ross. A go-to resource for anyone who worries that cancer runs in the family. Drawing on her own family's story, along with the latest science in cancer genetics, Ross will empower you to face your genetic heritage without fear, and to make the right decisions for your family's health. 286 pages. Avery. Pub. at \$25.00
Item #670462X



★**INSIGHT INTO DEPRESSION: Waverley Abbey Insight Series** By C. Ledger & W. Bray. Offers a holistic and God-centered approach to moving through and beyond depression, combining warmth and reassurance with practical suggestions and sane biblical insight. 126 pages. CWR. Pub. at \$14.99
Item #6776299

Stress & Pain Management



★**THE TOUCH REMEDY** By Michelle Ebbin. A fresh, contemporary approach to natural health covering acupressure, reflexology, infant massage and cranial-sacral therapy. The quick two to three minute solutions can be done anytime, anywhere for back pain, headache, fatigue and anxiety. 246 pages. Harper. Paperbound. Pub. at \$24.99
Item #6852963

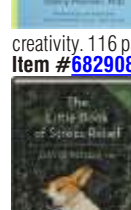
Stress & Pain Management



★**MEQUILIBRIUM: 14 Days to Cooler, Calmer, and Happier** By Jan Bruce et al. Teaches you how to *shift* your response to stress—because getting rid of stress is just not a reality. In just 14 days, you'll learn a new way to respond and in turn a new way to live by creating a new internal operating system. Stress less by doing more and peacefully coexist with your stressors while being more productive and more in control each day. 235 pages. Harmony. Pub. at \$26.00
Item #5766249



★**THE ART OF BREATHING: The Secret to Living Mindfully** By Danny Penman. Provides information on letting go, finding peace, and practicing mindfulness in a messy world, simply by taking the time to breathe mindfully. With these simple exercises, Penman teaches you how to dissolve anxiety, stress, and unhappiness, enhance your mind, and unleash your creativity. 116 pages. Conari Press. Paperbound. Pub. at \$14.95
Item #6829082



★**THE LITTLE BOOK OF STRESS RELIEF, THIRD EDITION** By David Posen. A practical and entertaining guide organized into 52 short chapters, each filled with stories providing clear information and advice for reducing stress. Each chapter ends with a brief "prescription" for taking action. 286 pages. Firefly. Paperbound. Pub. at \$14.95
Item #6728952

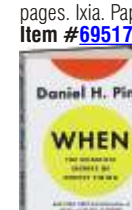


★**OVERCOMING ACUTE AND CHRONIC PAIN: Keys to Treatment Based on Your Emotional Type** By M.S. Micozzi & S.M. Dibra. For those seeking drug-and-surgery-free alternatives or complements to conventional pain management, the authors explain that how you react to emotional and physical stresses affects which complementary treatments will work best for you. Whether acupuncture, biofeedback, hypnosis, massage, chiropractic, yoga, herbs, or essential oils, your emotional type is key to successful results. 276 pages. Healing Arts. Paperbound. Pub. at \$18.95
Item #5936926

Stress & Pain Management



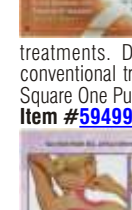
★**THE ART OF MINDFUL RELAXATION: The Heart of Yoga Nidra** By Ed Shapiro. Most of us experience some degree of stress and many are too frustrated and exhausted to deal effectively with life's pressures. Consumed by the mind's chatter, we cannot appreciate the beauty and wonder of creation. Shapiro offers an in-depth and easy to follow path to profound relaxation and relief. 100 pages. Ixia. Paperbound. Pub. at \$12.95
Item #6951716



★**WHEN: The Scientific Secrets of Perfect Timing** By Daniel H. Pink. We all know that timing is everything but we assume that timing is an art. Here, Pink makes clear that timing is really a science. He distills cutting edge research and data and synthesizes them into a fascinating narrative packed with irresistible stories and practical takeaways. 258 pages. Riverhead. Pub. at \$28.00
Item #6874525



★**RELIEVING PAIN NATURALLY: Safe and Effective Alternative Approaches to Treating and Overcoming Chronic Pain** By S. Goldfarb & R.W. Waddell. Begins by examining 37 of the most common chronic pain-related conditions, from abdominal pain and sciatica to arthritis and tendonitis. Each disorder is explained, along with alternative pain treatments. Discusses 27 drug-free therapies, including conventional treatments and alternative modalities. 280 pages. Square One Publishers. 8½x11. Paperbound. Pub. at \$18.95
Item #5949947



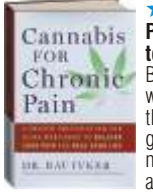
★**ACUPRESSURE TAPING: The Practice of Acutaping for Chronic Pain and Injuries** By H-U. Hecker & K. Liebchen. The authors show how many bodily dysfunctions can be self-treated through this innovative method, presenting therapeutic as well as preventive techniques for addressing acute and chronic pain, from back pain and tennis elbow to menstrual pain and tension headaches. Well illus. in color. 122 pages. Healing Arts. 8x10. Paperbound. Pub. at \$16.95
Item #5936659

Stress & Pain Management



★**RUNNING IS MY THERAPY: Relieve Stress and Anxiety, Fight Depression, Ditch Bad Habits, and Live Happier** By Scott Douglas. The key to running's therapeutic power lies in its lasting physiological effects, inducing changes in brain structure and chemistry that other forms of exercise don't. Douglas presents proven methods so that we can all use running to improve our mental health and live happier—in and out of running shoes. Illus. 288 pages. The Experiment. Pub. at \$19.95

Item #6911870 **\$14.95**



★**CANNABIS FOR CHRONIC PAIN: A Proven Prescription for Using Marijuana to Relieve Your Pain and Heal Your Life** By Rav Ivker. From a holistic family physician who has treated thousands of patients comes the first authoritative and comprehensive guide for treating chronic pain with medical marijuana. Embracing a new age of acceptance, Dr. Ivker answers questions and dispels misconceptions to get you the relief you need. 346 pages. Touchstone. Pub. at \$26.99

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★**BIG YOGA FOR LESS STRESS: A Simple Guide to Reducing Everyday Anxiety** By Meera Patricia Kerr. Whether it's relationships, work, politics, or life in general, we seem to be overwhelmed by stress. This guide will teach you how to find calm, tranquility, and a peaceful mind in a world full of pressures, worries, and tension. Well illus. 157 pages. Square One Publishers. Paperbound. Pub. at \$17.95

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Complementary & Alternative Medicine



THE COMPLETE BOOK OF ENERGY MEDICINES: Choosing Your Path to Health By Helen E. Dziemidko. A comprehensive look at energy medicines combining a medical doctor's scientific viewpoint with an exhaustive knowledge of these methods. Dziemidko guides the reader through over 50 complementary therapies and the 20 most common chronic ailments for which they are effective. Illus., some in color. 192 pages. Healing Arts. Paperbound. Pub. at \$18.00

Item #6771815 **\$4.95**

Complementary & Alternative Medicine



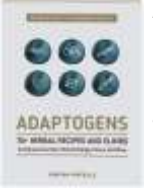
COCONUT OIL FOR HEALTH: 100 Amazing and Unexpected Uses for Coconut Oil By Britt Brandon. From whitening teeth to improving digestion to alleviating arthritis pain, you will discover all the benefits that a simple jar of coconut oil can bring. Featuring step-by-step instructions and plenty of helpful tips, this guide will show you how to use the all-natural product in your daily health and beauty routine. 125 pages. Adams Media. Paperbound. Pub. at \$12.99

Item #6628710 **\$4.95**



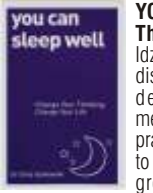
★**NATURAL ALTERNATIVES TO NEXIUM, MAALOX, TAGAMET, PRILASEC & OTHER ACID BLOCKERS, SECOND EDITION** By Martie Whittekin. If you are suffering from heartburn, acid reflux, or other gastric ailments, popular medications may mask symptoms, but they don't treat the underlying cause of the problems. This guide offers safe, more effective alternatives that provide both immediate and long-term relief. 262 pages. Square One Publishers. Paperbound. Pub. at \$7.95

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ADAPTOGENS: 75+ Herbal Recipes and Elixirs to Improve Your Skin, Mood, Energy, Focus, and More By Agatha Noveille. Reveals a class of herbs that improve your body's reaction to emotional and physical stress while increasing your energy, stamina, endurance, and mental clarity. Details the health and wellness benefits to 23 of adaptogenic herbs, plus a wealth of recipes for extracts and elixirs. 224 pages. Adams Media. Paperbound. Pub. at \$16.99

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YOU CAN SLEEP WELL: Change Your Thinking, Change Your Life By Chris Idzikowski. A leading expert on sleep and its disorders, Dr. Idzikowski shares his specially devised, tried and tested exercises, meditations and visualizations, as well as his practical tips on herbalism and aromatherapy to help you combat sleep problems and enjoy greater energy at home, work and play. 156 pages. Watkins. Paperbound. Pub. at \$9.95

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★**COMPLETE SELF MASSAGE WORKBOOK: Over 100 Simple Techniques for Re-Energizing Body and Mind** By Kristine Kaoverii Weber. Offers 100 quick and effective exercises, organized by symptom, for re-energizing body and mind with the power of touch. Drawing on Swedish massage, acupressure, and reflexology techniques, self massage is an invaluable remedy for a variety of issues. Illus. in color. 96 pages. Collins & Brown. Paperbound. Pub. at \$12.95

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★**WHAT YOU MUST KNOW ABOUT VITAMINS, MINERALS, HERBS & MORE** By Pamela Wartian Smith. Explains how you can restore and maintain health through the wise use of nutrients. Presents the individual nutrients necessary for good health, then offers personalized nutritional programs for people with a wide variety of health concerns. 433 pages. Square One Books. Paperbound.

Pub. at \$15.95
Item #6753868 **\$11.95**



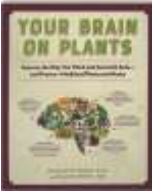
★**APPLE CIDER VINEGAR MIRACLE HEALTH SYSTEM** By Paul C. & Patricia Bragg. Presents a rejuvenating approach to purifying your body, inside and out, using simple ingredients and practices. Illus. 156 pages. Health Science. Paperbound. Pub. at \$9.95

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★**GEM WATER: How to Prepare and Use More Than 130 Crystal Waters for Therapeutic Treatments** By M. Gienger & J. Goebel. Explains all you need to know about the correct way to prepare Gem Water and provides important information on which crystals should and shouldn't be used in the process. Illus. in color. 94 pages. Findhorn. Paperbound. Pub. at \$11.95

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★**YOUR BRAIN ON PLANTS: Improve the Way You Think and Feel with Safe—and Proven—Medicinal Plants and Herbs** By Nicolette & Elaine Perry. This practical, authoritative, and beautiful guide introduces you to more than 50 medicinal plants that offer natural, safe ways to optimize your brain health. Make at home recipes for foods, teas, tinctures, balms, and cordials demonstrate how simple it is to benefit from everything these plants have to offer. Well illus. in color. 243 pages. The Experiment. Paperbound. Pub. at \$16.95

Item #6950809 **\$12.95**

Complementary & Alternative Medicine



★**HEALTHY BONES & JOINTS: A Storey Medicinal Herb Guide** By David Hoffmann. Hoffmann offers ways to use easy herbal remedies and simple lifestyle changes to prevent and fight bone and joint diseases. You will discover how nature's own medicine chest can help you enjoy a healthier life and get stronger bones and joints. 122 pages. Storey. Paperbound. Pub. at \$12.95

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★**WHAT YOU MUST KNOW ABOUT FOOD AND SUPPLEMENTS FOR OPTIMAL VISION CARE: Ocular Nutrition Handbook** By Jeffrey Anshel. For decades, studies have demonstrated that certain foods and supplements play a major role in the treatment of eye problems. This concise and easy-to-use guide provides a wealth of information on these powerful substances, helping you to promote optimal vision through mindful eating. 170 pages. Square One Publishers. Paperbound. Pub. at \$16.95

Item #5826470 **\$12.95**



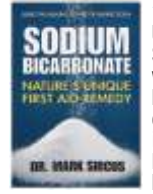
WISDOM OF THE PLANT DEVAS: Herbal Medicine for a New Earth By Thea Summer Deer. Each plant has a story to share with us, a healing story to guide us in trying times, a spirit medicine for the New Earth that is presently unfolding. Reveals a new dimension in herbal medicine, one where the plant's spirit is consulted for guidance and healing beyond the physical. Illus. in color. 205 pages. Bear & Company. Paperbound. Pub. at \$16.00

Item #6837190 **\$6.95**



★**HEALING OILS: 500 Formulas for Aromatherapy** By Carol & David Schiller. Provides a comprehensive guide to creating your own aromatic oils. Using essential oils extracted from a variety of plant life, you can make over 500 different formulas that cater to a multitude of needs and applications, from air and carpet fresheners to hair care formulas and massage oils. Illus. in color. 192 pages. Sterling. Paperbound. Pub. at \$14.95

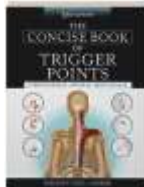
Item #4560671 **\$9.95**



★**SODIUM BICARBONATE: Nature's Unique First Aid Remedy** By Mark Circus. Shows how this common compound—along with magnesium, potassium, and calcium bicarbonates—may be used in the alleviation, or possibly even prevention, of many forms of illness. 199 pages. Square One Publishers. Paperbound. Pub. at \$16.95

Item #2763214 **\$11.95**

Complementary & Alternative Medicine



★**THE CONCISE BOOK OF TRIGGER POINTS, 3RD EDITION: A Professional and Self-Help Manual** By Simeon Niel-Asher. Completely updated with current research, evidence, and advanced techniques for manual therapy practitioners, this compact reference guide explains how to treat chronic pain through trigger points—tender, painful nodules that

form in muscle fibers and connective tissue. Illus. in color. 235 pages. North Atlantic. 8x11. Paperbound. Pub. at \$29.95
Item # [7642202](#) **\$19.95**



★**HERBAL ANTIVIRALS: Natural Remedies for Emerging & Resistant Viral Infections** By Stephen Harrod Buhner. Profiles the plants that have proven most effective in fighting viral infections and provides in-depth instructions for preparing and using formulations to address the most common infections and to strengthen your immunity safely and naturally. 408 pages. Storey. Paperbound. Pub. at \$24.95

Item # [5679869](#) **\$16.95**



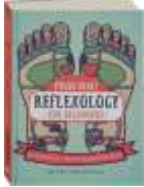
★**THE MIRACLE OF REGENERATIVE MEDICINE: How to Naturally Reverse the Aging Process** By Elisa Lottor. Harnessing the advances of the new paradigm of medicine—which focuses on the regenerative abilities of the body rather than symptom management—Lottor explains how each of us can turn on the body's self-healing abilities, prevent illness before it starts, and reverse the aging

process. 308 pages. Healing Arts. Paperbound. Pub. at \$18.95
Item # [6775527](#) **\$14.95**



★**ZINC-CARNOSINE: Nature's Safe and Effective Remedy for Ulcers** By Georges M. Halpern. If you or a loved one suffers from ulcers, you know that the cures can often be as problematic as the condition itself. Discover how zinc-carnosine offers a safe and effective treatment to millions of sufferers. 42 pages. Square One Publishers. Paperbound. Pub. at \$5.95

Item # [4615425](#) **\$3.95**



★**PRESS HERE! REFLEXOLOGY FOR BEGINNERS** By Stefanie Sabounchian. This contemporary take on an old practice makes reflexology accessible. Known and practiced by many cultures, this holistic healing pathway gets impressive results by applying massage pressure techniques to the feet. Helps relieve pain, alleviate stress, reduce anxiety, prevent ailments, and improve vitality. Fully illus. in

color. 128 pages. Fair Winds Press. Pub. at \$16.99
Item # [6889808](#) **\$12.95**

Complementary & Alternative Medicine



★**THE HUMMING EFFECT: Sound Healing for Health and Happiness** By Jonathan & Andi Goldman. The authors provide conscious humming and breathing exercises that promote beneficial effects, from lowering blood pressure and heart rate to stimulating the release of vital hormones such as melatonin and nitric oxide, that in turn will provide you with physical health, happiness and a general sense of well being.

130 pages. Healing Arts. Paperbound. Pub. at \$14.95
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★**HOW TO HEAL YOURSELF WHEN NO ONE ELSE CAN: A Total Self-Healing Approach for Mind, Body & Spirit** By Amy B. Scher. Shows you how to achieve complete and permanent healing by loving, accepting, and being yourself no matter what. Scher presents an easy to understand, three-part approach to removing blockages, changing your relationship with stress, and coming into alignment with who you truly are. 272 pages. Llewellyn. Paperbound. Pub. at \$17.99

Item # [592779X](#) **\$12.95**



★**BRAVE NEW WEED: Adventures into the Uncharted World of Cannabis** By Joe Dolce. Offers a fresh take on the new world of cannabis and all the promise that this much-maligned plant holds. Enlightening, entertaining, and thought-provoking, this account will surprise and educate advocates on both sides of the cannabis debate. 275 pages. HarperWave. Pub. at \$25.99

Item # [6762905](#) **\$5.95**



★**AN HERBALIST'S GUIDE TO FORMULARY: The Art & Science of Creating Effective Herbal Remedies** By Holly Bellebuono. Organized by body systems this detailed guide shows how to design a holistic treatment for acute and chronic conditions. With Bellebuono's guidance, healing-arts practitioners can turn formulary into a rewarding and practical skill. 363 pages. Llewellyn. Paperbound. Pub. at \$19.99

Item # [6739393](#) **\$14.95**



★**SACRED HERBS: Your Guide to 40 Medicinal Herbs and How to Use Them for Healing and Well-Being** By Opal Streisand. Learn how to harness the magical healing power of plants with this concise guide. Each herb's properties are described and illustrated in color photographs, so you can discover what herbs are capable of and how to use them to enhance your health.

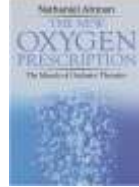
128 pages. Sterling. Pub. at \$14.95
Item # [6814786](#) **\$11.95**

Complementary & Alternative Medicine



★**WHAT YOU MUST KNOW ABOUT HOMEOPATHIC REMEDIES** By Earl Mindell. If you are one of the millions of people who are turning to homeopathic products for relief, here is a simple way to find and use the best formula for your needs. Mindell answers a range of pressing questions about homeopathy, giving you access to its myriad health benefits. 90

pages. Square One Publishers. Paperbound. Pub. at \$9.95
Item # [6781403](#) **\$7.95**



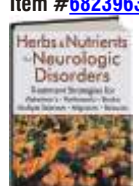
★**THE NEW OXYGEN PRESCRIPTION: The Miracle of Oxidative Therapies** By Nathaniel Altman. Scientists now agree that most disease states are caused by oxygen starvation at a cellular level. Altman explores the effectiveness of oxidative therapies for treating a wide range of conditions, including heart disease, herpes, diabetes, candida, macular degeneration and many other

diseases. 496 pages. Healing Arts. Paperbound. Pub. at \$19.95
Item # [6594441](#) **\$15.95**



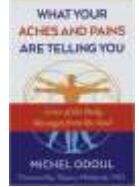
★**MOUNTAIN STATES MEDICINAL PLANTS: Identify, Harvest, and Use 100 Wild Herbs for Health and Wellness** By Briana Wiles. An essential companion for finding, identifying, harvesting, and safely using the most important wild medicinal plants of Colorado, Idaho, Montana, Nevada, Utah, Wyoming, the eastern sides of Oregon and Washington, and southern Alberta and

Saskatchewan. Well illus. in color. 296 pages. Timber. Paperbound. Pub. at \$27.95
Item # [6823963](#) **\$21.95**



★**HERBS & NUTRIENTS FOR NEUROLOGIC DISORDERS** By S.J. Kurn & S. Shook. Details safe and easy strategies for incorporating herbs, antioxidants, and nutritional supplements into the standard conventional treatments for six common neurological disorders: Alzheimer's, Parkinson's, multiple sclerosis, stroke, migraine, and seizures. 244 pages. Healing Arts. Pub. at \$29.95

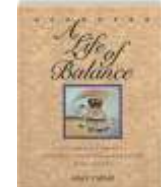
Item # [5730422](#) **\$19.95**



★**WHAT YOUR ACHE AND PAINS ARE TELLING YOU: Cries of the Body, Messages from the Soul** By Michel Odoul. Offering keys to decipher what the body is trying to tell us, the author shows that we can learn to see physical ailments not as something caused by chance or fate but as a message from our heart and soul. By releasing the energies and patterns they point to, we can return to a state of health. 194 pages.

Healing Arts. Paperbound. Pub. at \$16.95
Item # [6794297](#) **\$13.95**

Complementary & Alternative Medicine



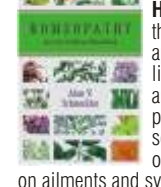
★**AYURVEDA: A Life of Balance** By Maya Tiwari. A profound but practical testament to the healing power of balanced living, this complete guide to Ayurvedic nutrition and body types reveals how these ancient principles can help you achieve the highest levels of physical, emotional, and spiritual well-being. Includes recipes. 354 pages. Healing Arts. 8 1/4x10 3/4.

Paperbound. Pub. at \$24.95
Item # [6775462](#) **\$19.95**



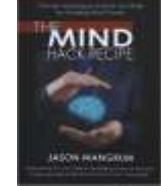
★**DVD ESSENTIAL MASSAGE & AROMATHERAPY** Discover how massage and aromatherapy can be used to alleviate the symptoms of stress, tension and fatigue, and even prevent or heal the symptoms of certain illnesses and disorders. A professional teaches you the techniques of massage; how to use essential oils; and the basics of blending and recipes. 30 minutes. IMC.

Item # [596556X](#) **\$3.95**



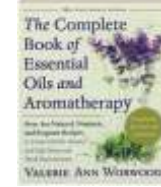
★**HOMEOPATHY: An A to Z Home Handbook** By Alan V. Schmukler. Discusses the history and science of this holistic healing approach and provides a comprehensive A to Z list of proven remedies that are safe for people and animals. Unique in offering remedies to prevent and alleviate both common and serious ailments. Schmukler presents a variety of methods for finding the right remedy based

on ailments and symptoms. 351 pages. Llewellyn. Paperbound. Pub. at \$19.99
Item # [5927781](#) **\$14.95**



★**THE MIND HACK RECIPE** By Jason Mangrum. Mangrum reveals the specifics of how to hack into the brain's function as the door to higher awareness. Using the techniques outlined you will gain power over obstacles to success, happiness and health and bring about a higher spiritual awareness. 111 pages. Morgan James. Paperbound. Pub. at \$12.95

Item # [6637841](#) **\$6.95**



★**THE COMPLETE BOOK OF ESSENTIAL OILS AND AROMATHERAPY, REVISED** By Valerie Ann Worwood. Contains more than 800 easy to follow recipes for essential oil treatments. Worwood provides tools to address a huge variety of health issues, including specific advice for children, women, men, and seniors. She also offers her expertise in the use of essential oils in beauty

and spa treatments, plus profiles of 125 essential oils, 37 carrier oils, and more. 683 pages. New World Library. Paperbound. Pub. at \$26.95
Item # [5928184](#) **\$19.95**

Complementary & Alternative Medicine



★**SECRETS OF REIKI** By A. Charlish & A. Robertshaw. This comprehensive guide will teach you how to use reiki's hands-on techniques to access the universal life energy within us all and bring peace and balance to the mind, body and spirit. Fully illus. in color. 224 pages. Ivy Press. Paperbound. Pub. at \$12.99

Item # [6952720](#) **\$9.95**



★**CHINESE HOLISTIC MEDICINE IN YOUR DAILY LIFE: Combine Acupressure, Herbal Remedies & Qigong for Integrated Natural Healing** By Steven Cardoza. Reveals a self-care approach for treating specific ailments and enhancing wellness. Learn how to integrate acupressure, herbalism, Qigong, diet, and lifestyle so that you can achieve

optimal health outcomes. The ancient wisdom and practical techniques in this guide will help prevent the onset of disease, improve your day to day wellness, and promote longevity. Illus. 402 pages. Llewellyn. Paperbound. Pub. at \$24.99

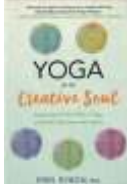
Item # [592714](#) **\$17.95**



★**ORTHOMOLECULAR NUTRITION FOR EVERYONE: Megavitamins and Your Best Health Ever** By Helen Saul Case. The evidence from nearly 80 years of research proves that nutritional therapy works. Orthomolecular nutrition uses vitamins, minerals, and nutritional supplements to prevent and cure real diseases. This guide addresses common questions about supplementation including dosing, safety, and

exactly what the vitamins do for you. 460 pages. Basic Health. Paperbound. Pub. at \$24.99

Item # [6626009](#) **\$17.95**



★**YOGA FOR THE CREATIVE SOUL: Exploring the Five Paths of Yoga to Reclaim Your Expressive Spirit** By Erin Byron. Combines expressive arts and yoga therapy into a valuable guide to healing emotional wounds and creating a joyous life. Through drawing, writing, and dancing—as well as yoga postures, meditation, relaxation, and more—it will help you to cultivate your true intentions and live your

deepest values. 221 pages. Llewellyn. Paperbound. Pub. at \$17.99

Item # [6768423](#) **\$9.95**

Complementary & Alternative Medicine



★**KAVA-KAVA: Sacred Brew** By E.F. Steinmetz. The root of the kava plant has been used for centuries by Pacific Islanders to heal, in religious rituals, for relaxation, and a healthy alternative to alcohol. The author provides an in-depth look at the history, botany, chemistry, culture, and use of kava's sacred brew. Illus. in color. 115 pages. Ronin. Paperbound. Pub. at \$15.95

Item # [6623468](#) **\$11.95**



★**ECSTATIC SOUL RETRIEVAL: Shamanism and Psychotherapy** By Nicholas E. Brink. Sharing the wisdom of shamanic healing, Brink creates an accessible link between psychotherapy and the ritualized ecstatic trance postures. Using three in-depth case studies, he demonstrates how these practices can be used to resolve a variety of common psychological issues, and to

improve your connection to Mother Earth. 195 pages. Bear & Company. Paperbound. Pub. at \$16.00

Item # [6548237](#) **\$9.95**



★**THE HEALING INTELLIGENCE OF ESSENTIAL OILS: The Science of Advanced Aromatherapy** By Kurt Schnaubelt. Laying to rest old arguments over essential oils' alleged toxicity, Schnaubelt presents simple recipes and protocols for treating and preventing common ailments, such as colds, flu, herpes, and candida, as well as for pain

management. He reveals how essential oils can ameliorate the debilitating side effects of chemotherapy, as well. 233 pages. Healing Arts. 8x10. Paperbound. Pub. at \$19.95

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Eastern Traditions and Practices

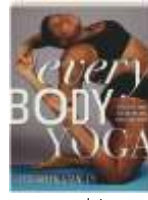


★**POWER YOGA, 2ND EDITION: An Individualized Approach to Strength, Grace, and Inner Peace** By Ulrica Norberg. Gorgeous color photography depicting yoga poses makes this both a remarkably practical and truly inspiring guide. Norberg offers a fresh and positive approach to yoga as exercise and as a vibrant part of a fulfilling lifestyle.

128 pages. Skyhorse. Paperbound. Pub. at \$14.95

Item # [6936644](#) **\$3.95**

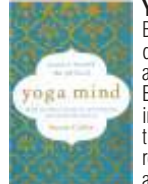
Eastern Traditions and Practices



★**EVERY BODY YOGA: Let Go of Fear, Get on the Mat, Love Your Body** By Jessamyn Stanley. Breaking all the stereotypes, Jessamyn gives an original guide that makes yoga accessible to every body, regardless of age, ability, body type, or experience. After sharing her own story and yoga philosophy, she provides

easy-to-follow directions for 50 basic yoga poses and ten sequences to practice at home. Color photos. 222 pages. Workman. Paperbound. Pub. at \$16.95

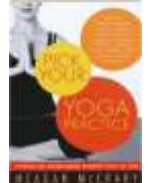
Item # [6843484](#) **\$4.95**



★**YOGA MIND: Journey Beyond the Physical** By Suzan Colon. A thirty day program designed to create subtle yet powerful shifts in awareness and attitudes that will lead to real, lasting change. Each day focuses on an essential component to increase self-awareness and inner balance to use throughout your day. Use yoga to cultivate resilience in challenging times, reduce stress, and enrich your relationships. 274 pages.

Scribner. Paperbound. Pub. at \$16.00

Item # [2807815](#) **\$4.95**



★**PICK YOUR YOGA PRACTICE** By Meagan McCrary. On the surface it may appear that yoga is yoga, but take a closer look and you'll discover different yoga systems and lineages. This guide describes the most prominent yoga styles in depth. Those new to yoga will discover they have options, while experienced practitioners will expand their understanding of yoga. 221 pages. New

World Library. Paperbound. Pub. at \$15.95

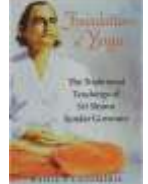
Item # [6719929](#) **\$4.95**



★**GENTLE YOGA FOR OSTEOPOROSIS** By Laurie Sanford. Whether you are looking to prevent the onset of osteoporosis or aim to reduce your symptoms, this is your complete guide to relieving pain and stress through the gentle benefits of yoga. Includes an overview of causes and symptoms; helpful diet and lifestyle tips; fully illustrated instruction for yoga basics; and more. 85 pages.

Hatherleigh. Paperbound. Pub. at \$12.50

Item # [5985013](#) **\$4.95**



★**FOUNDATIONS OF YOGA: The Traditional Teachings of Sri Shyam Sundar Goswami** By Basile P. Catomeris. Offers Yoga practitioners and teachers a way to enrich and advance their physical Yoga practice through a deeper understanding of physiology, psychology, philosophy, and spirituality centered on Vedic and Tantric principles. Illus. 126 pages. Inner Traditions. Paperbound. Pub. at \$14.95

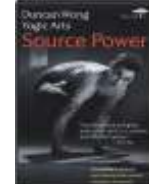
Item # [6772099](#) **\$2.95**

Eastern Traditions and Practices



★**YOGA ASANAS** By Louis Frederic. The author presents in this guide a natural method of physical and mental training and an introduction into breathing. He has conceived this progressive method of yoga as a true discipline of the body adapted to western life. Fully illus. 166 pages. Union Yoga. Paperbound.

Item # [6934145](#) **\$4.95**



★**DVD SOURCE POWER: Duncan Wong Yogic Arts** Widescreen. Wong highlights the central tenets of Korean Buddhist Gung Fu, Ashtanga Yoga, and Thai bodywork in a vigorous program geared toward intermediate to advanced levels. Driven by the notion of warrior's consciousness, it will teach you to link movements in a constant flow, maintaining sharp mental focus

throughout. In B&W. Over 3 hours. Acacia.

Item # [6671756](#) **\$5.95**



★**THE FENG SHUI COMPANION: A User-Friendly Guide to the Ancient Art of Placement** By George Birdsall. Just the simple change in the placement of furniture or the addition of a plant to a room can have a noticeable impact on an individual's life. Birdsall provides clear instructions for creating a place in which you want to spend time rather than one in which you are constantly ill at ease. Illus.

206 pages. Destiny. Paperbound. Pub. at \$12.95

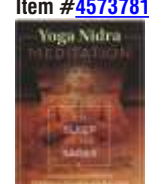
Item # [6647774](#) **\$4.95**



★**YOGA FOR FIBROMYALGIA: Move, Breathe, and Relax to Improve Your Quality of Life** By Shoosh Lettick Croizer. A comprehensive program of 26 yoga poses, breathing techniques, and guided visualization and relaxation sessions that can be practiced regardless of age or yoga experience. Included is a "Living with Fibromyalgia" section which discusses

lifestyle concerns, such as sleep, nutrition, exercise, and managing daily movement. Illus. in color. 128 pages. Rodmell. Paperbound. Pub. at \$14.95

Item # [4573781](#) **\$3.95**



★**YOGA NIDRA MEDITATION: The Sleep of the Sages** By Pierre Bonnasce. Known as the "yoga of conscious sleep," yoga nidra is an ancient Indian practice that allows you to consciously explore the states of wakefulness, dream, and deep sleep. The author shows how sleep can be an opportunity to practice a form of yoga that changes your nights as well as your days. 150 pages. Inner Traditions.

Paperbound. Pub. at \$16.95

Item # [675127X](#) **\$13.95**

Eastern Traditions and Practices



MINDFUL YOGA, MINDFUL LIFE: A Guide for Everyday Practice By Charlotte Bell. An inspiring guide for anyone seeking to live a yogic life. The author shows by example how to be a yogi in the particularity of your own life. Bell suggests how to bring mindfulness into asana, and her recommended daily practices, or reflections, will reveal new inner landscapes. 178 pages. Rodmell.

Paperbound. Pub. at \$14.95

Item # [457334X](#)

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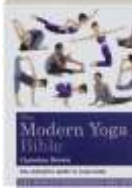


A PRACTICAL GUIDE TO CUPPING THERAPY: A Natural Approach to Heal Through Traditional Chinese Medicine By Wu Zhongchao. As a form of alternative medicine, cupping therapy delivers healing effects by improving blood circulation, helping to manage pain and inflammation, boosting skin health, improving digestion, and eliminating cold and dampness in the

body. This resource guide introduces the reader to the fundamental principles of cupping. Fully illus. in color. 232 pages. Better Link. Pub. at \$24.95

Item # [6898947](#)

\$17.95

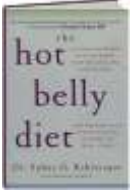


★THE MODERN YOGA BIBLE By Christina Brown. Discover modern yoga practices and techniques to increase flexibility and strength, relieve stress and calm the mind. Includes step by step instructions, and advice for beginners as well as expert tips for yogis wishing to deepen their practice. Fully illus. in color. 400 pages. Walking Stick Press.

Paperbound. Pub. at \$21.99

Item # [5905257](#)

\$16.95



THE HOT BELLY DIET By Suhas G. Kshirsagar with K. Loberg. Combining principles of Eastern medicine with modern science, Dr. Kshirsagar presents a diet and total body health plan centered on digestive balance and metabolic transformation. He contends that many physical problems, from weight gain to depression, share a surprising common denominator: a weak digestive "fire." 289 pages. Atria. Pub. at \$26.00

Item # [5871352](#)

\$5.95



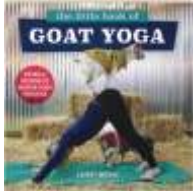
★HANDBOOK OF CHINESE MEDICINE AND AYURVEDA: An Integrated Practice of Ancient Healing Traditions By Bridgette Shea. Explains the foundational principles of both Chinese medicine and Ayurveda in detail, providing the reader with a working understanding of both disciplines. Sharing case studies, Shea provides a comprehensive guide for self-healing of body, mind, and spirit and a

practitioners resource. Illus. 372 pages. Healing Arts. Pub. at \$29.99

Item # [6946925](#)

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Eastern Traditions and Practices



★THE LITTLE BOOK OF GOAT YOGA By Lainey Morse. Brings the goat yoga experience straight to you, complete with gentle sequence you can do with or without hooved companions. It's animal therapy in a book—and quite possibly the cutest way yet to get fit! Well illus. in color. 120 pages. Running Press. Paperbound. Pub. at \$15.99

Item # [2828693](#)

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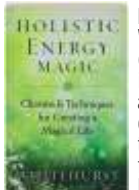
★DECORATING WITH THE FIVE ELEMENTS OF FENG SHUI By Tisha Morris. Follow the three-step formula to incorporate feng shui into your life. With a room-to-room guide for using the five elements, instructions for healing spaces both inside and outside, and much more, this text will help you find harmony in your body, your home, and the world. 234 pages.

Llewellyn. Paperbound. Pub. at \$16.99

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New Age Spirituality



HOLISTIC ENERGY MAGIC By Tess Whitehurst. Access your natural abilities to create positive change and manifest success in every area of your life. Interweaving both ancient and modern spiritual techniques, this empowering guide provides instructions for tool-free magic and important insights into the foundations of personal power. 272 pages. Llewellyn. Paperbound. Pub. at \$16.99

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WHEEL OF INITIATION: Practices for Releasing Your Inner Light By Julie Tallard Johnson. Drawing upon the life experiences of those who have successfully navigated the Wheel of Initiation, Johnson demonstrates that once fears, assumptions, and ingrained beliefs are confronted and transformed, initiates emerge ready to reenter society with renewed energy and vision. 306 pages. Bear

& Company. Paperbound. Pub. at \$18.00

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New Age Spirituality



★ANIMAL TOTEMS AND THE GEMSTONE KINGDOM: Spiritual Connections of Crystal Vibrations and Animal Medicine By Margaret Ann Lembo. Every animal has a story to help you find inner peace, knowledge, and wisdom. The Associated gemstone for each animal totem is a further indication of the energy of the animal as symbolism and a teaching on your sacred journey. This guide

shows you 88 gems, stones, and crystals and 88 different animal allies, and details the spiritual connections. Illus. in color. 222 pages. Findhorn. Paperbound. Pub. at \$19.99

Item # [6921671](#)

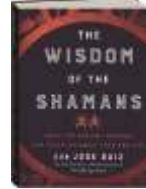
\$15.95



★ANGEL RELATIONSHIPS: A Match Made in Heaven By Annette Bruchu. By using the exercises, meditations, and visualizations provided in this guide, you can connect to the angels and receive divine guidance for earthly challenges. Learn who the angels are and how you can change and grow to bond with your Guardian Angel and other heavenly beings. 128 pages. Schiffer. Paperbound.

Item # [6917062](#)

\$14.95



★THE WISDOM OF THE SHAMANS: What the Ancient Masters Can Teach Us About Love and Life By Don Jose Ruiz. For generations, Toltec shamans have passed down their wisdom through teaching stories. The purpose of this is to implant a seed of knowledge in the mind of the listener, where it can ultimately sprout and blossom into a better way of life. The author shares some of

the most popular stories from his family's oral tradition and offers corresponding lessons. 144 pages. Hierophant. Pub. at \$19.95

Item # [6880703](#)

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★THE CHAKRA PROJECT: How the Healing Power of Energy Can Transform Your Life By Georgia Coleridge. With dozens of colorful and inspiring photos along with simple, accessible exercises, this guide will help you to connect with your chakras, get to know each one and help you to heal them if they are unbalanced or blocked. 192 pages. Sterling Ethos. Pub. at \$19.95

Item # [6943063](#)

\$14.95

New Age Spirituality



★12 MAGIC WANDS: The Art of Meeting Life's Challenges By G.G. Bolich. Explaining what magic is and where it abides, Bolich offers twelve magic "wands" that can transform your life for the better. Throughout this guide the author presents inspiring true stories of people who have used the magic in their lives to both help themselves and point the way for others. 236 pages. Square One

Books. Paperbound. Pub. at \$15.95

Item # [6753515](#)

\$11.95



★LIGHTWORKER: Understand Your Sacred Role as Healer, Guide, and Being of Light By Sahvanna Arienta. A Lightworker's mission is to lend his or her light energy to a planet heavy with fear and negativity. Are you a Lightworker? Find out with this empowering guide, leading readers on a journey to the origin of the soul—and down a path to their own wondrous and healing gifts. 251 pages. New

Page Books. Paperbound. Pub. at \$15.99

Item # [5731275](#)

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MANIFESTING MICHELANGELO: The Story of a Modern-Day Miracle That May Make All Change Possible By Joseph Pierce Farrell with P. Occhiogrosso. On the evening at the dawn of the new millennium, the author made a remarkable discovery: he had the power to unlock his heart's desires simply by combining intention with a profound connection to a higher source. This is his account of that life-altering realization. 239 pages. Atria. Pub. at \$25.00

Item # [5659248](#)

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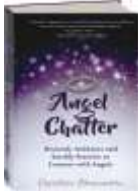
★CANNABIS AND SPIRITUALITY: An Explorer's Guide to an Ancient Plant Spirit Ally Ed. by Stephen Gray. Revealing the potential of "the people's plant" to enhance a wide range of spiritual practices, such as meditation, yoga, chanting, shamanism and more, this guide shows how cannabis is an effective ally on the awakening journey, unlocking the receptive energy in us all and

helping us to feel connected to nature, to each other, and to ourselves. 274 pages. Park Street. Paperbound. Pub. at \$16.95

Item # [5889405](#)

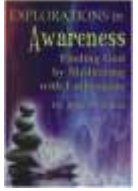
\$9.95

New Age Spirituality



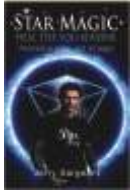
★ **ANGEL CHATTER: Heavenly Guidance and Earthly Practice to Connect with Angels** By Christine Alexandria. Whatever faith we personally subscribe to, angels cross those boundaries and find their way into our lives. They remind us that we are not alone; that we are all guided and protected from another world. In her new informative, quirky, and practical guide, the author shares her profound

knowledge of angels. Illus. 224 pages. Helios. Pub. at \$16.99
Item #6733700 \$9.95



★ **EXPLORATIONS IN AWARENESS: Finding God by Meditating with Entheogens** By John W. Aiken. Sixties historians and folks who meditate and experiment with altered states will enjoy this guide which reveals much about the early days of psychedelic facilitated spiritual experiences. Illus. 193 pages. Ronin. Paperbound. Pub. at \$17.95

Item #5889413 \$6.95



★ **STAR MAGIC-HEAL THE YOU-NIVERSE: Rooted in Love, Not in Logic** By Jerry Sargeant. Star Magic contains codes of Consciousness that were present on earth in ancient Egyptian times. Through a series of major life events, Sargeant has reawakened this transformational ancient energy and shows you how to unleash the full human potential of every living being. Illus.

251 pages. Findhorn. Paperbound. Pub. at \$18.99
Item #6788351 \$15.95



★ **THE BODY DEVA: Working with the Spiritual Consciousness of the Body** By Mary Mueller Shutan. In this step by step guide to understanding and working with the body deva, Shutan explains how our bodies store the traumatic energies, emotions, physical issues, and restricting beliefs that cause us pain and have us feel disconnected. Discover what lies unhealed with her help and

evolve beyond these limitations into greater health. 205 pages. Findhorn. Paperbound. Pub. at \$16.99

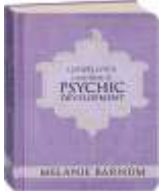
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★ **LOVE YOUR INNER GODDESS: Express Your Divine Feminine Spirit** By Alana Fairchild. Awaken and express your divine feminine spirit with these fun, quick and enjoyable techniques to nourish your soul and enhance your emotional wellbeing. Includes a CD with a guided meditation to get you started. Illus. 96 pages. Blue Angel. Pub. at \$23.95

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New Age Spirituality



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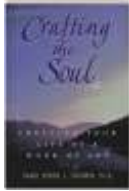
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★ **CREATING THE WORK YOU LOVE: Courage, Commitment, and Career** By Rick Jarow. Presents an alternative approach to the job search. Start with the values that make each individual's life worthwhile. Using the exercises the author provides and clarifying the issues related to particular energy centers in the body you can map a pathway from the inner to the outer world and

create a bridge between personal priorities and daily activities. 214 pages. Destiny. Paperbound. Pub. at \$14.95

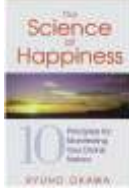
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★ **CRAFTING THE SOUL: Creating Your Life as a Work of Art** By Byron L. Sherwin. Examines what many of the greatest thinkers of the past have had to say about the meaning of life, then takes contemporary culture head-on, demonstrating how many facets of modern life prevent one from ever creating a spiritual existence. Sherwin then offers strategies for infusing your life with spirituality. 225 pages.

Park Street. Paperbound. Pub. at \$14.95

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around us. 179 pages. Destiny. Paperbound. Pub. at \$14.95

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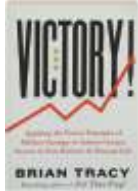


★ **THE INVISIBLE PLAYER: Consciousness as the Soul of Economic, Social, and Political Life** By Mario Kamenetzky. Guides you through the development of human consciousness, showing how our consciousness has been shaped toward the pursuit of power and wealth rather than the enjoyment of life and love. Kamenetzky offers a blueprint for reclaiming our psychological, sexual, and political health to

create a more joyful future. Illus. 320 pages. Park Street. Paperbound. Pub. at \$16.95

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VICTORY! Applying the Proven Principles of Military Strategy to Achieve Greater Success in Your Business & Personal Life By Brian Tracy. Tracy demonstrates that the same key concepts that helped leaders triumph in military campaigns throughout history can also be applied to professional and personal success. Tracy presents twelve core strategies of great commanders and shows you how to

implement them in almost any situation and emerge victorious. 298 pages. TarcherPerigee. Paperbound. Pub. at \$17.00

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find the peace, healing, and growth you desire. 7 hours on seven CDs. S&S Audio. Pub. at \$29.99

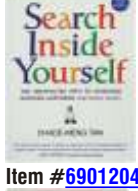
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Editions. Paperbound. Pub. at \$14.95

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★ **SEARCH INSIDE YOURSELF** By Chade-Meng Tan. The author has distilled emotional intelligence into a set of practical and proven tools and skills that anyone can learn and develop. This guide teaches you how to become more optimistic and resilient, to build fulfilling relationships, or to just be successful. Illus. 268 pages. HarperOne. Paperbound. Pub. at \$16.99

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★ **SUPERBETTER: The Power of Living Gamefully** By Jane McGonigal. Reveals a decade's worth of scientific research into the ways all games change how we respond to stress, challenge, and pain. McGonigal explains how we can cultivate new powers of recovery and resilience in everyday life simply by adopting a more "gameful" mindset, tapping into the same psychological strengths

we naturally display when we play games. 466 pages. Penguin. Paperbound. Pub. at \$17.00

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WHAT ARE YOU WAITING FOR? Learn How to Rise to the Occasion of Your Life By Kristen Moeller. Through candid stories and insightful life lessons, Moeller helps you explore the pervasive human tendency to wait as life goes by and to look outside yourself for answers. Everything you need for happiness and fulfillment is right inside this guide. 268 pages. Viva Editions.

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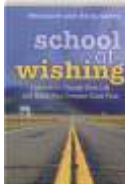
Inspiration, Motivation & Self-Discovery



HERE'S A BRILLIANT IDEA: 104 Activities to Unleash Your Creativity By The Brothers McLeod. Jump-start your idea factory (that brain thing you think with sometimes) with imagination experiments, collaborative doodles, play-with-a-friend word games, character blanks, story prompts, writing exercises, sketch ideas, and more. Well illus. Plume. Paperbound. Pub. at \$14.00

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SCHOOL OF WISHING: Lessons to Change Your Life and Make Your Dreams Come True By Brainard & Delia Carey. A spiritual guide to a life of wishing positively, an homage to the greatest wishers throughout history and literature, and a revelation in the value of asking for something important. Includes an eleven day educational course in the practice of wishing, designed to introduce your mind to alternative processes and to open your soul to possibilities. Photos. 171 pages. Skyhorse. Paperbound. Pub. at \$12.95

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GIVE AND TAKE: Why Helping Others Drives Our Success By Adam Grant. In today's dramatically reconfigured world, success is increasingly dependent on how we interact with others. In this exhilarating and groundbreaking guide, Grant makes the case that giving is the secret to getting ahead, offering advice on the dangers and rewards of giving more than you get. 308 pages. Penguin. Paperbound. Pub. at \$17.00

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★HO'OPONOPONO: The Hawaiian Forgiveness Ritual as the Key to Your Life's Fulfillment By Ulrich E. Dupree. Ho'oponopono is the Hawaiian ritual of forgiveness. It follows the notion that we can only influence problems in the external world if we heal the corresponding inner resonance. It relies on four magic sentences—"I am sorry. Please forgive me. I love you. Thank you." Dupree explains it in a simple way for everyone. Well illus. in color. 96 pages. Earthdancer. Paperbound. Pub. at \$9.95

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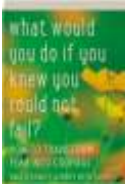
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UNLOCK YOUR CONFIDENCE By Gary Wood. Offers a complete step by step personal empowerment course using tried and tested tools and techniques; quizzes; and exercises to help you to understand where you are now in life, where you want to be, and how to get there. 248 pages. Watkins. Paperbound. Pub. at \$17.95

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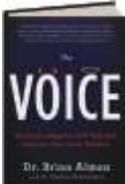
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WIN AT LOSING: How Our Biggest Setbacks Can Lead to Our Greatest Gains By Sam Weinman. Seeking out the perspectives of men and women who have turned significant setbacks into meaningful comebacks, Weinman is able to illustrate in this inspirational guide, how we can not only overcome defeat but grow stronger from the experience of losing. 242 pages. TarcherPerigee. Pub. at \$26.00

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THE VOICE: Overcome Negative Self-Talk and Discover Your Inner Wisdom By Brian Alman with S. Montgomery. With this guide, let Dr. Brian Alman teach you how to hear your true, authentic Voice, your deep intuition. The author has developed the revolutionary "Find Your Voice" process, and shares in this volume the three steps needed to overcome negative self-talk. 170 pages. Sterling. Pub. at \$19.95

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Inspiration, Motivation & Self-Discovery



THIS LIFE IS JOY By Roger Teel. Teel shows us how every moment, experience, and person can be an opening for our souls. Organized in three easy-to-use parts, this volume tells a fable that puts our spiritual journey into context and discusses the seven spiritual principles that are universal to the world's wisdom traditions. 336 pages. Tarcher/Penguin. Pub. at \$25.95

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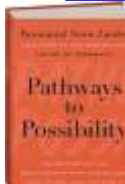
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THE FREEMIND EXPERIENCE: The Three Pillars of Absolute Happiness By Tom Fortes Mayer. Combining teachings from the world's ancient wisdom traditions with the most effective rapid behavior change techniques, hypnotherapist Mayer presents the three pillars upon which all lasting happiness and success can be built: peace, power, and purpose. 262 pages. Watkins. Paperbound. Pub. at \$16.95

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PATHWAYS TO POSSIBILITY By Rosamund Stone Zander. The author invites readers into an exhilarating realm of true maturity and fulfillment, where limitless growth becomes possible. It expands our notions of who we are and reveals our extensive capacity for growth and change, demonstrating how easily we can affect others and the world at large. 251 pages. Viking. Pub. at \$26.00

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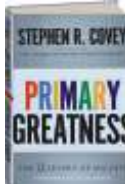
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EXIT: The Endings That Set Us Free By Sara Lawrence-Lightfoot. Lawrence-Lightfoot trains her lens on the myriad exits we make in life. She finds wisdom and perspective in the possibility of moving on. It marks the start of a new conversation: to discover how to make our exits with purposefulness, dignity, and grace. 259 pages. FSG. Pub. at \$26.00

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PRIMARY GREATNESS By Stephen R. Covey. Covey lays out the 12 levers of success that will lead to a life of primary greatness: Integrity, Contribution, Priority, Sacrifice, Service, Responsibility, Loyalty, Reciprocity, Diversity, Learning, Teaching, and Renewal. He defines each of these 12 qualities and how they provide the leverage to make your daily life truly "great." 194 pages. S&S. Pub. at \$24.95

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CREATE NOW! By Marlo Johnson. Do you feel ready to create something amazing? Follow the simple series of Q & A's inside these pages, and kickstart your artistic process, push through creative blocks, and get on your way to making your best work. 112 pages. Chronicle. Paperbound. Pub. at \$12.95

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★LUCID LIVING: Experience Your Life Like a Lucid Dream By Tim Freke. Freke distills the deepest teachings of the world's wisdom traditions into eight powerful insights to show that life is like a dream and you are the dreamer. 97 pages. Watkins. Paperbound. Pub. at \$7.95

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STARTING OVER: 25 Rules When You've Bottomed Out By Mary Lee Gannon. Whether you've been laid off, are looking for ways to network a new business venture, or you're switching professions because of your employer's downsizing, Gannon offers proven tips, insightful strategies and new methods for reclaiming your life. An insightful guide that contains valuable information on how you can in the professional world. 207 pages. New Horizon. Paperbound. Pub. at \$14.95

reinvent yourself

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DON'T THINK TWICE: Adventure and Healing at 100 Miles Per Hour By Barbara Schoichet. Within six months, Barbara Schoichet lost everything—her job, her girlfriend of six years and her mother to cancer—and she turned fifty. She pursues a unique method of coping—she takes a three-day motorcycle course, buys a Harley on e-Bay and then flies to New York to drive it home to Los Angeles, alone. An incredible journey to recapture her life. 322 pages. Putnam. Pub. at \$26.00

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BIG MIRACLES: The 11 Spiritual Rules for Ultimate Success By Joanna Garzilli. Teaches you exactly how to make huge positive changes in your life and replace anxiety with tranquility, self-doubt with self-acceptance, and insecurity with certainty about your life purpose. Your personal guide to creating the miracles you never thought possible. 281 pages. Harper. Pub. at \$26.99

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CARPE DIEM: Seizing the Day in a Distracted World By Roman Krznaric. We've all heard the saying "seize the day." But what does it really mean? The author unpacks the catchphrase and delivers a rousing call to action for anyone who wants to improve their lives—or our world. He offers a wide range of approaches to the daunting challenge of leading a meaningful life. 276 pages.

TarcherPerigee. Paperbound. Pub. at \$16.00

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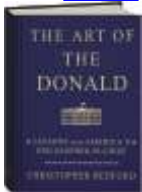
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BECOMING WISE: An Inquiry into the Mystery and Art of Living By Krista Tippett. The author has interviewed the most extraordinary voices examining the great questions of meaning for our time. Here, she distills the insights from these conversations into a coherent narrative journey. The enduring question of what it means to be human has become inextricable from the question of who we are to each other. 288 pages. Penguin. Pub. at \$28.00

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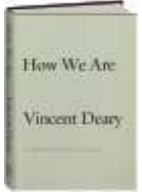
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THE ART OF THE DONALD: Lessons from America's Philosopher-in-Chief By Christopher Bedford. A collection of maxims and rules distilled from a reporter's experience of a world leader, offering motivational advice on how to lead in your own community. Personal campaign-trail anecdotes and lessons from Trump's business career provide real skills you can use on a daily basis. 258 pages. Threshold Editions. Pub. at \$19.99

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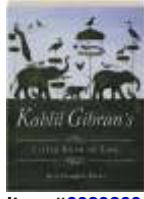


HOW WE ARE By Vincent Deary. Presents the first part of the monumental *How to Live* trilogy, a profound and ambitious series that gets to the heart of what it means to be human: how we are, how we break, and how we mend. This volume explores the power of habit and the difficulty of change. Photos. 262 pages. FSG. Pub. at \$25.00

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Inspiration, Motivation & Self-Discovery



★KAHLIL GIBRAN'S LITTLE BOOK OF LIFE By Neil Douglas-Klotz. Discover the essential wisdom of what it means to be alive with over one hundred fables, aphorisms, parables, stories, and poems in that visionary voice of comfort, love, and tolerance. An ideal volume for every season of one's life. 198 pages. Hampton Roads. Paperbound. Pub. at \$15.95

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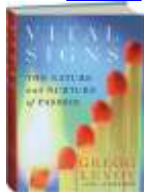
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UNMISTAKABLE: Why Only Is Better Than Best By Srinivas Rao. Strip away conventional expectations and create your most meaningful, joyful, and unique work with the help of this guide. Whether you're a business owner, artist, or someone who wants to leave your mark on the world, these stories will inspire you to create your own path. 213 pages. Portfolio. Pub. at \$25.00

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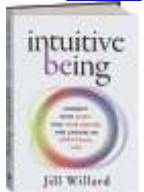
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VITAL SIGNS: The Nature and Nurture of Passion By Gregg Levoy. Examines the endless, yet endlessly fruitful, tug-of-war between passion and security in our lives, and shows how to stay engaged with the world and resist the downward-pulling forces that can drain our aliveness. Levoy will show you that passion can be cultivated; how passion is a risk; that passion breeds passion; and how passion is intimately related to health. 494 pages. Tarcher/Penguin. Pub. at \$28.95

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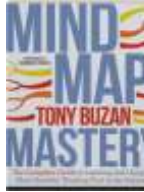
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INTUITIVE BEING: Connect with Spirit, Find Your Center, and Choose an Intentional Life By Jill Willard. Willard guides the reader through her simple, empowering approach for learning how to listen to that "knowing" that we all have—how to unlock intuition and its life-changing effects. She illuminates the intimate connection between our inner voice and spirit, showing how that connection is crucial to better decision-making, informed choices, and ultimate abundance in every area of our lives. 247 pages. HarperCollins. Pub. at \$25.99

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★MIND MAP MASTERY By Tony Buzan. Packed full of Mind Map workouts and mnemonic exercises, it includes a clear explanation of the Laws of Mind Mapping and guidance on what is a Mind, well as illustrated techniques for Mind Mapping at every level. 224 pages. Watkins. Paperbound. Pub. at \$19.95

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Inspiration, Motivation & Self-Discovery



DISCOVERING YOUR SOUL SIGNATURE: A 33-Day Path to Purpose, Passion & Joy By Panache Desai. The author, a contemporary thought leader, invites us on a 33-day path of meditations: short passages to be read at morning, noon, and night that are designed to dismantle the emotional burden that holds us back and open us up to enjoying life's boundless possibilities. 235 pages. Spiegel & Grau. Pub. at \$24.00

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THE E-WORD: Ego, Enlightenment & Other Essentials By Cate Montana. Through stories and practices Montana strips the ego bare and liberates the soul in highly entertaining, relatable ways, showing how even self-improvement techniques can chase away the very fulfillment and wisdom we seek. The ultimate how-to guide for discovering the "real you" within. 219 pages. Atria. Pub. at \$24.00

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WINNING PLAYS: Tackling Adversity and Achieving Success in Business and in Life By Matt Mayberry. This inspirational and motivational volume full of prescriptive advice, presents Mayberry's strategies to survive and thrive in the real world, no matter what gets thrown your way. Just as no football team can be successful without a solid game plan, you can't be successful without one either. 260 pages. Center Street. Pub. at \$27.00

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CODE TO JOY: The Four-Step Solution to Unlocking Your Natural State of Happiness By George Pratt et al. Combining six decades of clinical experience with cutting-edge research, Dr. Pratt and Dr. Peter Lambrou have developed a revolutionary program for rediscovering (and never letting go of) your innate happiness in four simple, proven steps. 248 pages. HarperOne. Pub. at \$25.99

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★GRIT: The Power of Passion and Perseverance By Angela Duckworth. In a guide for anyone striving to succeed, Duckworth shows that the secret to outstanding achievement is not talent but a special blend of passion and persistence. Drawing on her own powerful story, she describes her early eye opening experiences that led to the hypothesis of what really drives success. 349 pages. Scribner. Paperbound. Pub. at \$17.99

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Inspiration, Motivation & Self-Discovery



★SPIRIT HEALING: How to Make Your Life Work By Mary Dean Atwood. Reveals the centuries-old practices of tribal shamans and, in keeping with Native Tradition, uses symbolic stories to illustrate the power of their techniques. Offers detailed guidance to help you alter your patterns, eliminate mind-cluttering worries, and embark upon a life-altering vision quest to find your higher self. 224 pages. Sterling. Paperbound. Pub. at \$12.95

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★A POCKETFUL OF SEEDS: When We Sow, Life Happens By Debbie Johnson. Each entry in this inspirational collection combines a compelling story with an action—a seed to be sown that day. Some daily seeds will fill you with delight, like calling an elderly friend, and some will call for sacrifice. All will make the world a better place, because one thing is infinitely true: when seeds are sown, life happens. 335 pages. Deep River Books. Paperbound. Pub. at \$16.99

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★HAPPINESS HACKS: 100% Scientific! Curiously Effective! By Alex Palmer. Could you be happier at work, in love, in life? Here are hundreds of shortcuts to brighten your day and boost your mood and the science behind how they work. Whether you're seeking better health, stronger friendships, or that elusive "happy face," these simple tips are proven to help. 176 pages. The Experiment. Paperbound. Pub. at \$12.95

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STOP. BREATHE. CHILL By Beth Stebner. Discover how to focus on the present and stop freaking out about the future. Tackles the sort of stuff life throws at us every day, whether it's a situation with friends, issues with family, or the pressures of school. 223 pages. Adams Media. Paperbound. Pub. at \$13.99

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JUMPSTART YOUR GROWTH By John C. Maxwell. Shares the secrets to maximizing your personal and professional potential in just 90 days. Each day's lesson offers insight, inspiration, and instruction with prompts for application and action, with space to document the progress you make along your journey. 188 pages. Center Street. Pub. at \$10.00

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Inspiration, Motivation & Self-Discovery



THE POWER OF WHEN By Michael Breus. Uses the exciting new science of chronobiology to show how micro-adjustments in our day to day lives can have us living happily and healthfully in no time. Breus provides the ultimate "life hack" to help you achieve your goals. 370 pages. Little, Brown. Pub. at \$28.00

Item #6780288 \$5.95



★THE TOP 1%: Habits, Attitudes & Strategies for Exceptional Success By Dan Strutzel. Strutzel will show you why most of what you think you know about the Top 1% is a myth. You'll learn that most people who achieve great success are motivated more by serving others, than by how many zeros they have in their bank account. He will not only show you how to earn an income like the Top 1%, but he'll show you

how to reach the Top 1% of the other vitally important areas of your life. 224 pages. Gildan. Pub. at \$27.00

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★MAKE PEACE WITH YOUR MIND By Mark Coleman. Offering constructive insights into what creates, drives, and disarms the critic, Coleman helps readers understand and free themselves from the inner critic using the tools of mindfulness and compassion. Includes simple practices anyone can use to live a free, happy, and flourishing life. 238 pages. New World Library. Paperbound. Pub. at \$15.95

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THE MYSTICAL BACKPACKER By Hannah Papp. When she realized she was living a life without direction or inspiration, Papp quit her job and embarked on a three-month journey across Europe in search of herself. Part travel story and part guidebook, this inspiring work illustrates how you too can start your modern-day vision quest. 244 pages. Atria. Paperbound. Pub. at \$16.00

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★UNFU*K YOURSELF: Get Out of Your Head and into Your Life By Gary John Bishop. Through decades of working with people as a personal development coach, Bishop has discovered that the barrier to living your best life is one thing only—you. A handbook for the resigned and defeated, Bishop will help you unleash your greatness. 209 pages. HarperOne. Pub. at \$19.99

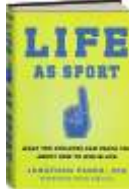
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Inspiration, Motivation & Self-Discovery



IT'S OKAY TO LAUGH: (Crying Is Cool Too) By Nora McInerney Purmort. A love letter to life in all its messy glory, Purmort puts a young, fresh twist on the subjects of mortality and resilience. What does it actually mean to live your "one wild and precious life" to the fullest? And she answers the question: How do you keep going when life kicks you in the junk? 274 pages. Dey Street. Pub. at \$25.99

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LIFE AS SPORT By Jonathan Fader. The author shares the skills that he teaches professional athletes, to enhance motivation, set productivity goals, sharpen routines, manage stress, and clarify thought processes, and applies them to your real world situations. Helps you to pursue your own goals with an enriched intensity and to unlock what has always been there. 244 pages. Da Capo. Pub. at \$24.99

Item #6741665 \$6.95



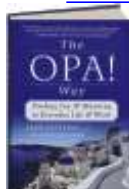
IT'S NOT ROCKET SCIENCE By Mary Spio. Spio shares the secrets to cultivating curiosity, creativity, compassion, audacity, focus and tenacity—to change the game and change the world. Using her own hard-won lessons she delivers actionable insights to help you discover your greatness. 243 pages. Perigee. Paperbound. Pub. at \$16.00

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★THE CROSSROADS OF SHOULD AND MUST: Find and Follow Your Passion By Elle Luna. Whether you are just starting out or starting over, the most life-affirming thing you can do is to honor the voice inside that says you have something special to give. Offers a series of doorways designed so that you can choose which way your journey will go. Illus. in color. 164 pages. Workman. Pub. at \$16.95

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THE OPA! WAY: Finding Joy & Meaning in Everyday Life & Work By A. Pattakos & E. Dundon. Provides a breakthrough approach and practical tools to renew your outlook and rejuvenate your life while demystifying the subject of meaning by sharing insights, stories, and three core lessons: connect meaningfully with others, engage with deeper purpose, and embrace life with attitude. 256

pages. BenBella. Pub. at \$24.95

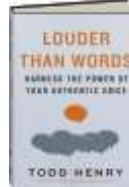
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Inspiration, Motivation & Self-Discovery



★THE WISDOM OF FLORENCE SCOVILL SHINN Collects four works of one of America's most beloved and bestselling inspirational authors, which provide a complete guide for learning how to turn defeat into victory, lack into prosperity, fear into faith, and resentment into love. 355 pages. Touchstone. Paperbound. Pub. at \$16.99

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LOUDER THAN WORDS: Harness the Power of Your Authentic Voice By Todd Henry. How do you set yourself apart in such a noisy, crowded world? Henry reveals the key is to develop your authentic voice. He offers strategies to help you identify what you truly stand for, develop a clear vision, and learn to express your ideas effectively in your medium of choice. 212 pages. Portfolio. Pub. at \$27.95

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HOW SUCCESSFUL PEOPLE WIN By John C. Maxwell. LARGE PRINT EDITION. You can't succeed without setbacks but there are ways to learn from any situation and Maxwell shows you the eleven traits needed to turn loss into gain. 188 pages. Center Street. Pub. at \$12.00

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★CLEARING CLUTTER: Physical, Mental, Spiritual By Alexandra Chauran. A perfect guide to letting go of unnecessary attachments and living in peace and tranquility. With simple steps, you can create change and achieve balance in your life. Through easy yet powerful exercises and techniques, clutter can be permanently cleared. Llewellyn. Paperbound. Pub. at \$15.99

Item #5881749 \$7.95



THE HAPPINESS PROJECT By Gretchen Rubin. In this lively and compelling account, Rubin chronicles her adventures during the twelve months she spent test-driving the wisdom of the ages, current scientific research, and lessons from popular culture about how to be happier. 316 pages. Harper. Paperbound. Pub. at \$14.99

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Inspiration, Motivation & Self-Discovery



THE HAPPINESS OF PURSUIT: Finding the Quest That Will Bring Purpose to Your Life By Chris Guillebeau. Anyone can bring meaning into his or her life by undertaking a quest. Here, compulsive goal-seeker Chris shares stories of the many "questers" he has met in his lifetime, revealing a direct link between embarking on a quest and achieving long-term happiness. 292 pages. Harmony. Pub. at \$25.00

Item #5783739 \$4.95



★ASK BABA YAGA: Otherworldly Advice for Everyday Troubles By Taisia Kitaiskaia. In Slavic fairy tales, the witch Baba Yaga provided guidance. In our contemporary world, she answered questions in *The Hairpin* for years. Collected here are her most poignant, surreal, and humorous exchanges, along with new questions and answers for those seeking her mystical advice. Illus.

141 pages. Andrews McMeel. Paperbound. Pub. at \$14.99

Item #6712398 \$11.95



ACORN By Yoko Ono. Avant-garde icon Yoko Ono offers enchanting and thought-provoking exercises that open readers' eyes—and all their senses—to more creative and mindful ways of relating to themselves, each other, and the planet they cohabit. Illustrated with 100 black and white line drawings by Ono. Algonquin. Pub. at \$18.95

Item #6551416 \$6.95



★THE ART OF GOOD HABITS: Health, Love, Presence & Prosperity By Nathalie W. Herrman. Presents a step by step action plan to achieve your goals and maintain them for continued success. Gain empowerment and control over life's challenges with effective exercises and easy to understand principles. With the four-pillar system—honesty, willingness, awareness, and appreciation—you'll unlock the power of enlightened living. 248 pages. Llewellyn. Paperbound. Pub. at \$16.99

Item #5881706 \$9.95

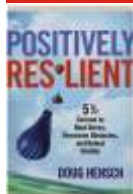


★FULLY ENGAGED: Using the Practicing Mind in Daily Life By Thomas M. Sterner. In the follow-up to his inspiring *The Practicing Mind*, Sterner explores specific techniques, such as thought awareness training and setting goals with accurate data, that will not only help you reach your life goals—they will keep you engaged throughout every moment of the process. 102 pages. New World Library.

Paperbound. Pub. at \$15.95

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Inspiration, Motivation & Self-Discovery



★ **POSITIVELY RESILIENT: 5 1/2 Secrets to Beat Stress, Overcome Obstacles, and Defeat Anxiety** By Doug Hensch. Takes a different look at what turns out to be a much richer and deeper concept than just bouncing back from adversity. Hensch helps you discover how any efforts toward personal change can be enhanced using simple steps; how our emotions help us to navigate our environment; why true support and connection are critical to being resilient; and much more. 189 pages. Career Press. Paperbound. Pub. at \$15.99

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★ **EVERYTHING IN ITS PLACE: The Power of Mise-en-Place to Organize Your Life, Work, and Mind** By Dan Charnas. Culled from dozens of interviews with culinary professionals, including such renowned chefs as Thomas Keller and Alfred Portale, this essential guide offers a simple system to focus your actions and accomplish your work. This journey will show you how

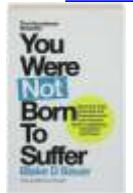
mise-en-place can have a place in your life and not just in the kitchen. 292 pages. Rodale. Paperbound. Pub. at \$14.99

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★ **COMMIT TO WIN: How to Harness the Four Elements of Commitment to Reach Your Goals** By Heidi Reeder. Busts the many myths swirling around commitment and its critical role in success. Breaking down true commitment into four variables—Treasures, Troubles, Contributions and Choices—Reeder offers a powerful strategy for building your commitment level to match your aims. 243 pages. Hudson Street. Pub. at \$25.95

Item #5863511 \$4.95



★ **YOU WERE NOT BORN TO SUFFER, REVISED** By Blake D. Bauer. If you're ready to enjoy your life, feel passionate about your work and create fulfilling relationships, this guide will show you how to live authentically, love wholeheartedly and finally value yourself enough to put everyday health and happiness at the centre of your life. 333 pages. Watkins. Paperbound. Pub. at \$16.95

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Inspiration, Motivation & Self-Discovery



★ **TEACH YOURSELF SECRETS OF HAPPY PEOPLE** By Matt Avery. Don't let another moment pass you by without ensuring that you are truly happy—instead, get started right away with implementing the techniques and strategies in this guide to make a positive and potentially life-changing difference to the way you live. 242 pages. McGraw-Hill. Paperbound. Pub. at \$17.00

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Frederick Fell. Paperbound. Pub. at \$14.95

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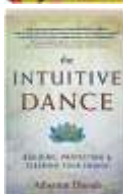
★ **MY F*CKING AWESOME BUCKET LIST** If the average bucket list isn't enough to contain your ambitions, this interactive volume will take you to the limit. Offers prompts and ideas that will inspire you to live your life to the fullest, like "What World Record Do You Want to Break?" or "Do Something Crazy in the Name of Charity!" Cider Mill. Paperbound. Pub. at \$12.95

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★ **BE INSPIRED** Full of inspirational quotes from famous people such as Charlie Chaplin, Oscar Wilde, Henry Ford, Maya Angelou and many others. Illus. Familius. Pub. at \$14.99

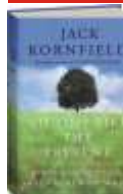
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★ **THE INTUITIVE DANCE: Building, Protecting & Clearing Your Energy** By Atherton Drenth. Stop letting the negative voice in your mind create stress and instead start moving toward peace and harmony. Using practical exercises and easy-to-follow techniques, Drenth helps you dance with your ego to find inner calm. 248 pages. Llewellyn. Paperbound. Pub. at \$16.99

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★ **NO TIME LIKE THE PRESENT: Finding Freedom, Love, and Joy Right Where You Are** By Jack Kornfield. Through his signature warmhearted, tender, and humorous stories, with their aha moments and unexpected outcomes, Kornfield shows how we can free ourselves and serve the world. Each chapter presents a path to a different kind of freedom: freedom from fear; freedom to start over, to love, to be yourself; freedom to stand up; and freedom to be happy. 302 pages. Atria. Pub. at \$25.00

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★ **DRUGS OF THE DREAMING** By G. Toro & B. Thomas. The authors demonstrate that onirogens (plant and animal substances that have long been used to facilitate powerful and productive dreaming) enhance the comprehensibility and facility of the dream/dreamer relationship and hold a powerful key for discerning the psychological needs and destinies of dreamers today. 150 pages. Park Street. Paperbound. Pub. at \$12.95

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★ **THE STRESSED SEX: Uncovering the Truth About Men, Women, and Mental Health** By Daniel & Jason Freeman. Utilizes a groundbreaking combination of epidemiological analysis and evidence based science to investigate the influence of gender on major psychological disorders from depression and anxiety to eating disorders, anti-social behavior, and autism. 267 pages. Oxford. Pub. at \$27.95

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★ **THE INTELLIGENT BODY: Reversing Chronic Fatigue and Pain from the Inside Out** By Kyle Davies. A new paradigm is needed where we understand the mind and body as an interconnected flowing system. This paradigm embraces the self-healing, self-correcting, and self-creating natures of our connected mind-body system. In this fascinating volume, Davies explains the origins of chronic symptoms and outlines the road to recovery by embracing the full importance of the mind-body connection. 286 pages. Norton. Pub. at \$25.95

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Healing & the Mind



★ **OUTSMARTING ALZHEIMER'S: What You Can Do to Reduce Your Risk** By Kenneth S. Kosik with A. Bowman. Offers 80 simple lifestyle prescriptions that will help to slow the progression of Alzheimer's symptoms as much as possible. Includes a personalized three-week plan to help you put these prescriptions into action, plus more than 40 brain-boosting recipes and almost 30 brain-training games. 302 pages. Reader's Digest. Pub. at \$24.99

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★ **THE ART OF DREAM INTERPRETATION: A Practical Guide to Understanding Your Unconscious** By Lona Eversden. Unlock the secrets of your unconscious mind with this detailed guide to understanding your dreams. An illustrated directory of symbols will lead you through the most common dream images, illuminating the messages, implications, and hidden emotions they contain. 144 pages. Sterling. Pub. at \$14.95

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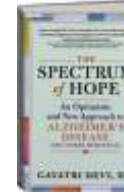
★ **YOUR RESONANT SELF: Guided Meditations and Exercises to Engage Your Brain's Capacity for Healing** By Sarah Peyton. Peyton helps readers learn to read the signs of their bodies and understand how physiology can be signaling to them that something is amiss. With easy to follow exercises, this volume synthesizes the latest developments in neuroscience, trauma treatment, and the power of empathy into an effective healing method that literally rewires our brain. 339 pages. Norton. Pub. at \$24.95

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★ **PSYCHIC DREAMWALKING: Explorations at the Edge of Self** By Michelle Belanger. As you practice the art of dreamwalking, learn the meaning of dreams, the connection between dreams, spirits and telepathy, how to recall your dreams more vividly, and how to dream lucidly. 208 pages. Weiser. Paperbound. Pub. at \$17.95

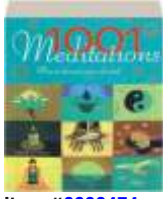
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★ **THE SPECTRUM OF HOPE: An Optimistic and New Approach to Alzheimer's Disease and Other Dementias** By Gayatri Devi. Dr. Devi rewrites the story of Alzheimer's by sharing her experiences with patients who exhibit a variety of symptoms. Through these studies, she advocates for early diagnosis and treatment plans, revealing how appropriate action can help patients to live productive, fulfilling lives with the disease. 324 pages. Workman. Pub. at \$26.95

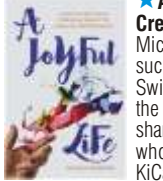
Item #6734243 \$19.95

Healing & the Mind



★ **1001 MEDITATIONS: How to Discover Peace of Mind** By Mike George. Small in size but big on insight, this little guide presents a unique blend of step-by-step meditations, visualizations, affirmations, and meditative quotations to help you on your quest to discover inner peace. Illus. in color. 384 pages. Shelter Harbor. Paperbound. Pub. at \$11.95

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★ **A JOYFUL LIFE: How to Use Your Creative Spirit to Manage Depression** By Michele Swiderski. Through simple practices such as journaling, meditation, and crafting, Swiderski was able to rediscover the power of the creative spirit to rebuild her life. Here she shares her hard-won wisdom to guide others who are mired in depression. 199 pages. KiCam Projects. Paperbound. Pub. at \$18.95

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★ **DREAMWAYS OF THE IROQUOIS: Honoring the Secret Wishes of the Soul** By Robert Moss. The ancient Iroquois people believed that dreams are experiences of the soul. This guide is at once a spiritual odyssey, a tribute to the deep wisdom of the First Peoples, and a healing guide to our lives through dreamwork. 278 pages. Destiny. Paperbound. Pub. at \$16.95

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★ **DREAMS THAT CAN SAVE YOUR LIFE: Early Warning Signs of Cancer and Other Diseases** By L. Burk & K. O'Keefe-Kanavos. Showcasing the important role of dreams and their power to detect and heal illness, the authors share amazing research and true stories of physical and emotional healings triggered by dreams. Alongside these stories of survival and faith, the authors also include an introduction to dream journaling and interpretation. 288 pages. Findhorn. Paperbound. Pub. at \$17.99

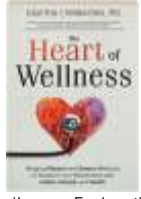
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★ **LLEWELLYN'S LITTLE BOOK OF DREAMS** By Michael Lennox. Discover the basics of dream interpretation, the historical and contemporary understanding of sleep and the mind, and how to use common dream archetypes to improve your life. 241 pages. Llewellyn. Pub. at \$12.99

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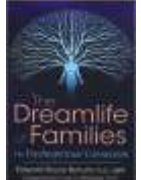
Healing & the Mind



★ **THE HEART OF WELLNESS: Bridging Western and Eastern Medicine to Transform Your Relationship with Habits, Lifestyle, and Health** By Kavitha Chinnaiyan. Integrating modern medicine and the ancient wisdom of Yoga, Vedanta, and Ayurveda, Dr. Chinnaiyan's remarkable approach to health will transform your relationship with habits, lifestyle, and

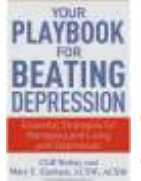
disease. Explore the mind-body connection and your true nature so that you can end suffering and embrace the unlimited bliss of who you are. 270 pages. Llewellyn. Paperbound. Pub. at \$19.95

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★ **THE DREAMLIFE OF FAMILIES: The Psychospiritual Connection** By Edward Bruce Bynum. Integrating traditional dream analysis with family psychology, clinical science, and parapsychology, the author details how our personal unconscious is interwoven into our larger family unconscious. He reveals how dreams can be healing factors as well as diagnostic signals, detailing how dreamwork can aid in both family and couples therapy. 276 pages. Inner Traditions. Paperbound. Pub. at \$18.95

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★ **YOUR PLAYBOOK FOR BEATING DEPRESSION: Essential Strategies for Managing and Living with Depression** By C. Richey & M.E. Garrison. This thorough guide will help you understand, manage, and live with depression. With the information included here, Richey and Garrison offer a tool that will put you on the path to recovery. And as you gain insight into proven and effective treatments, you will be most out of life while living with depression. 163 pages. New Chapter. Paperbound. Pub. at \$19.95

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★ **DREAMING ON BOTH SIDES OF THE BRAIN: Discover the Secret Language of the Night** By Doris E. Cohen. Guides you through the fertile nighttime landscape to unlock the secrets of your personal dream language. Cohen will help you interpret the meaning of your dreams and harness the power of your brain to uncover a life of greater richness and meaning. 170 pages. Hampton Roads. Paperbound. Pub. at \$16.95

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★ **BLUE SKY, WHITE CLOUDS: A Book for Memory-Challenged Adults** By Eliezer Sobel. While caring for his mother during the advanced stages of Alzheimer's disease, Sobel made an incredible discovery: she could still read. This revelation led to the creation

of this picture book for adults, bringing together beautiful photographs with simple text for a pleasant tale for grown-ups. Fully illus. in color. 28 pages. Rainbow Ridge. 11x9. Pub. at \$19.95

Item #4615301 **\$11.95**

Facing Illness & Death



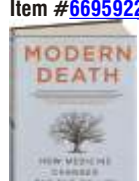
★ **THE GOOD DEATH: An Exploration of Dying in America** By Ann Neumann. In these pages, Neumann brings us intimate portraits of the nurses, patients, bishops, bioethicists, and activists who are shaping the way we die. She presents a fearless examination of how we approach death, and how those of us close to dying loved ones live in death's wake. 240 pages. Beacon. Pub. at \$26.95

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★ **THROUGH THE FLAMES** By Allan Lokos. Lokos shares his terrifying story of being on board a plane when it crashed and exploded in flames. He was severely burned and told by many doctors that he would not survive. In this inspiring account of his against-all-odds recovery, he uses his experience to examine the challenge of human suffering and to address the question of how we can survive in the midst of pain and uncertainty. 242 pages. Tarcher/Penguin. Pub. at \$25.95

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★ **MODERN DEATH: How Medicine Changed the End of Life** By Haider Warraich. Takes a broad look at how we die today, from the cellular level up to the very definition of death itself. Dr. Warraich provides an enriched understanding of how dying today differs from the past, what our ancestors got right, and how trends and events have transformed this most final of human experiences. 324 pages. St. Martin's. Pub. at \$26.99

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★ **WORDS AT THE THRESHOLD: What We Say as We're Nearing Death** By Lisa Smartt. Collecting over 100 case studies through interviews and transcripts, Smartt shows how the language of the dying can point the way to a transcendent world beyond our own. 196 pages. New World Library. Paperbound. Pub. at \$15.95

Item #597429J **\$3.95**



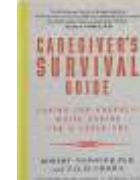
★ **THE BLACK MIRROR: Looking at Life Through Death** By Raymond Tallis. In this beautifully written personal meditation on life and living, Tallis reflects on the fundamental fact of existence: that it is finite. The author invites readers to look back on their lives from a unique standpoint, one's own future corpse. From that view, the preciousness of life can be seen with new intensity. 344 pages. Yale. Pub. at \$30.00

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★ **THE WIDOWER'S TOOLBOX: Repairing Your Life After Losing Your Spouse** By Gerald J. Schaefer with T. Bekkers. A compassionate guide that equips the widower who loses his wife with the tools to deal effectively with his sorrow and tackle the important tasks and issues surrounding the death of his spouse. Includes such topics as: Picking up the pieces, healing from within, giving back to others and loving again. 254 pages. New Horizon. Paperbound. Pub. at \$14.95

Item #5698456 **\$4.95**



★ **CAREGIVER'S SURVIVAL GUIDE: Caring for Yourself While Caring for a Loved One** By R. Yonover & E. Crowe. Based on Yonover's personal experiences, he offers guidance and advice on how to deal with heavy news; handling day to day challenges; taking stock of finances; adapting and enjoying life; fighting for your rights and more. Illus. 144 pages. Skyhorse. Paperbound. Pub. at \$14.99

Item #6958990 **\$11.95**



★ **DEATH'S SUMMER COAT** By Brandy Schillace. What led us to this point where we sanitize death and make it foreign and unfamiliar? Schillace looks at what we can learn from the incredibly diverse ways in which humans have dealt with mortality in different times and places in our collective history. Illus. 266 pages. Pegasus. Pub. at \$26.95

Item #6747507 **\$2.95**

Facing Illness & Death



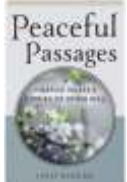
WALKING ON EGGSHELLS: Caring for a Critically Ill Loved One By Amy Sales. Addresses many critical issues that caregivers and their loved ones face. Gives caregivers helpful, therapeutic ways to cope with the difficult realities, and shows them how to resume and recreate fulfilling lives, despite the emotional pain they are experiencing and all the chores and roles they must assume.

227 pages. New Horizon. Paperbound. Pub. at \$14.95
Item #[5698421](#) **\$4.95**



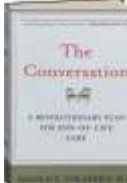
★BACK SURGERY: Is It Right for You? By Edwin Haronian. This guide looks at common back conditions and their treatments, both surgical and nonsurgical, and answers all your important questions about treating back problems. Should you elect surgery, important pre- and post-op suggestions are provided. Also offers a proven program to prevent back problems in the future.

178 pages. Square One Publishers. Paperbound. Pub. at \$15.95
Item #[4615298](#) **\$7.95**



★PEACEFUL PASSAGES: A Hospice Nurse's Stories of Dying Well By Janet Wehr. The author shares stories of her experiences in witnessing death during her 15 years as a hospice nurse. Her first-hand account gives illuminating and comforting insight into the spiritual aspect of what occurs in the transition between life and death, highlighting the importance of the mind-body-spirit connection.

211 pages. Quest Books. Paperbound. Pub. at \$16.95
Item #[5998166](#) **\$12.95**



THE CONVERSATION: A Revolutionary Plan for End-of-Life Care By Angelo E. Volandes. Through the stories of seven patients with seven very different end-of-life experiences, Dr. Volandes demonstrates that what people with serious illnesses—who are approaching the end of their lives—need most is not new technologies but a conversation between their families and

physician. 220 pages. Bloomsbury. Pub. at \$26.00
Item #[6708560](#) **\$3.95**



★LIFE TO DEATH: Harmonizing the Transition—A Holistic and Meditative Approach for Caregivers and the Dying By R.W. Boerstler & H.S. Kornfeld. Combines common sense with a holistic approach to issues surrounding death and dying. Topics covered range from the practical aspects of daily care, grief counseling, and family dynamics to philosophical issues concerning spirituality, the

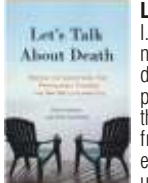
afterlife, and current debates about health care and social responsibility. 240 pages. Healing Arts. Paperbound. Pub. at \$14.95
Item #[5868963](#) **\$7.95**

Facing Illness & Death



★MAKING FRIENDS WITH DEATH By Laura Pritchett. A lighthearted, irreverent exploration of the one thing that is certain in all lives—death. Interspersed with a variety of workbook-like exercises, it will prove to be a go to companion for anyone who would rather be able to great death as an old friend, rather than a spooky stranger. 250 pages. Viva Editions. Paperbound. Pub. at \$16.95

Item #[6711235](#) **\$12.95**



LET'S TALK ABOUT DEATH By S. Gordon & I. Kacandes. For years, the authors shared a no-holds-barred discussion about death and dying, addressing their views on complicated personal and interpersonal issues to which there are no "right" answers. The result is this frank, personal, and probing work that encourages us to engage that most uncomfortable of topics. 252 pages.

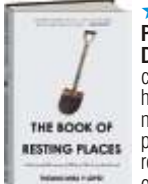
Prometheus. Paperbound. Pub. at \$17.00

Item #[5985307](#) **\$4.95**



STUMBLING STONES: A Path Through Grief, Love and Loss By Aindre Grant. Offers stories, consolations and understandings of the difficulties that are held within loss. Grant's passage through grief, the people she met along the way and the tales she heard all offer ways to navigate the tricky path of sorrow and loss, and help shine a light into the darkness. 117 pages. Hardie Grant. Pub. at \$19.95

Item #[5913659](#) **\$6.95**

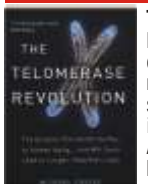


★THE BOOK OF RESTING PLACES: A Personal History of Where We Lay the Dead By Thomas Mira y Lopez. A singular collection of essays that weaves together history, mythology, journalism, and personal narrative into the author's search for a place to process grief. Lopez examines overlooked resting places and what they tell us about ourselves and the passing of those we love.

194 pages. Counterpoint. Pub. at \$26.00

Item #[6739496](#) **\$18.95**

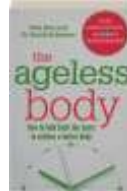
Aging



THE TELOMERASE REVOLUTION By Michael Fossel. Dr. Fossel draws on decades of experience at the forefront of aging research to take the reader on an enthralling scientific journey, offering startling insights into the nature of human aging. 221 pages. Atlantic. Paperbound.

Item #[6700470](#) **\$5.95**

Aging



THE AGELESS BODY: How to Hold Back the Years to Achieve a Better Body By P.Bee & S. Schenker. From Jennifer Lopez to Helen Mirren, a new breed of 40 and 50-plus women are redefining not just what an ageless body looks like but what's entailed in achieving it. The new goals and rules in this guide reveal how you too can build a healthier, better looking and better functioning body—for life. Illus., some in color.

262 pages. Bloomsbury. Paperbound. Pub. at \$14.00

Item #[6762654](#) **\$2.95**



THE LONGEVITY BOOK By Cameron Diaz & S. Bark. Offers an all encompassing, holistic look at how the female body ages and what we can all do to age better. 259 pages. Harper. Pub. at \$27.99

Item #[6866298](#) **\$5.95**



★AN END TO AGEING? Remedies for Life Extension By Stephen Fulder. Shows you where extra energy can come from no matter what your present age, plus how to achieve dynamic vitality and live a longer and healthier life. 112 pages. Destiny. Paperbound.

Item #[5868823](#) **\$5.95**



CORTISOL CONTROL AND THE BEAUTY CONNECTION By Shawn Talbott. With this program you won't just look better—you'll feel better, mentally and physically. Explained step by step in easy to follow chapters, Dr. Talbott's FACE Program is a balanced combination of diet, exercise and supplements that improves cellular health and develops radiance and beauty. 218 pages. Hunter House. 4½x7.

Paperbound. Pub. at \$9.95

Item #[2763443](#) **PRICE CUT to \$1.95**



LIFE REIMAGINED: The Science, Art, and Opportunity of Midlife By Barbara Bradley Hagerty. Explodes the myth of the midlife crisis and redraws the future for people in their forties, fifties, and sixties. Arguing that midlife can in fact be the peak of your existence, she reveals the period as a time of renewal, renegotiation, and a refocus of energies. 451 pages. Riverhead. Pub. at \$28.00

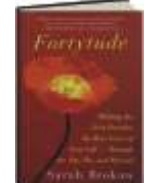
Item #[670512X](#) **\$4.95**

Aging



THE LONGEVITY BOOK By Cameron Diaz & S. Bark. An informative and empowering guide to the aging process, why we age in the first place and how it will affect us emotionally and physically. Here Diaz creates a road-map for abundant health, happiness and resilience as we grow older. Photos. 257 pages. Thorsons. Paperbound. Pub. at \$19.99

Item #[6621953](#) **\$9.95**



FORTYTUDE: Making the Next Decades the Best Years of Your Life—Through the 40s, 50s, and Beyond By Sarah Brokaw with M. Fox. In a reassuring voice, Brokaw shows women how they can learn to embrace and fully enjoy their forties, fifties, and beyond. She illustrates how five core values are a necessary component to success: grace (living with integrity), connectedness, accomplishment, adventure (seeking challenges outside the comfort zone), and spirituality.

270 pages. Hyperion. Pub. at \$23.99

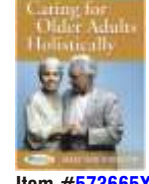
Item #[5807018](#) **\$4.95**



CRACKING THE AGING CODE: The New Science of Growing Old—and What It Means for Staying Young By J. Mitterdorff & D. Sagan. Making the case that aging is not something that "just happens," nor is it the result of wear and tear or a genetic inevitability, the authors argue that aging is a war waged from within that has a fascinating evolutionary purpose—to stabilize

populations which are threatened by cyclic swings that can lead to extinction. 326 pages. Flatiron Books. Pub. at \$27.99

Item #[6576222](#) **\$5.95**



CARING FOR OLDER ADULTS HOLISTICALLY, FIFTH EDITION By Mary Ann Anderson. Step by step, Anderson helps you to master the knowledge and skills you need to be a gerontological nurse, while also honing the leadership, management, and delegation abilities essential to your professional success. Illus. in color. 408 pages. F.A. Davis. Paperbound. Pub. at \$45.95

Item #[573665X](#) **\$4.95**



★IF IT'S NOT TOO MUCH TROUBLE By Ann Benton. A Christian perspective on caring for your aged parent, with practical tools for caregivers. Benton brings out the positive benefits of caring for those unable to look after themselves in a light-hearted, poignant, and straightforward manner. 148 pages. Christian Focus. Paperbound. Pub. at \$12.99

Item #[585668X](#) **\$9.95**

Aging



YOUR BEST AGE IS NOW By Robi Ludwig. Contradicting long-ingrained beliefs, Robi Ludwig draws on myth-busting data from scientific research and her experience as a therapist to show that midlife is not the beginning of your decline—it's actually a time to pursue your dreams. 248 pages. HarperOne. Pub. at \$25.99

Item #6768075 \$4.95



YOUNGER: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years By Sara Gottfried. Details a seven week revolutionary program that empowers you to make the critical choices necessary to not just look young, but also feel young and live longer. By addressing five key factors, Gottfried's program delivers an accessible plan to make it possible to change the way you age and to remain healthy and energetic. Illus. 354 pages. HarperOne. Pub. at \$27.99

Item #6747396 \$9.95



WHAT MAKES OLGA RUN? By Bruce Grierson. A tremendously inspiring portrait of an unlikely friendship and an eye-opening gathering of everything longtime runners and late-blooming fitness enthusiasts alike need to know to keep moving fast, thinking sharp, and living well, far into old age. 241 pages. Holt. Pub. at \$25.00

Item #5961041 \$3.95

Communication Skills



WHEN STRANGERS MEET By Kio Stark. Teaches readers how to start talking to strangers, and includes adventurous challenges for those who dare. Stark reveals the hidden processes by which we decide whom to greet and trust in passing, and the unwritten rules by which these encounters operate. 107 pages. S&S. Pub. at \$16.99

Item #6850065 \$4.95

Communication Skills



THE SMALL BIG: Small Changes That Spark Big Influence By Steve J. Martin et al. Three heavyweights from the world of persuasion science and practice describe a set of minor changes that research shows can skyrocket anyone's influence. Written as an entertaining string of more than 50 insights from persuasion science, it is an indispensable guide for anyone who wishes to change the behavior of others effectively, efficiently, and ethically. 268 pages. Grand Central. Pub. at \$28.00

Item #4570774 \$4.95



TRUTH & LIES: What People Are Really Thinking By M. Bowden & T. Thomson. A fresh, insightful, myth busting guide to reading body language in the post digital age. The authors illustrate the essential points of body language in key situations with examples from everyday life, leavened with humor and insights that you can use to your advantage in virtually any situation. 378 pages. HarperCollins. Paperbound. Pub. at \$17.99

Item #6885942 \$12.95



EFFECTIVE NEGOTIATIONS IN EASY STEPS By Tony Rossiter. Whether you're in the office or at home, you conduct negotiations every day. This guide offers practical help for handling each process of successful negotiations: working out your ideal and fallback positions; overcoming barriers; dealing with mistakes and difficult people; and more. Illus. in color. 148 pages. In Easy Steps. Paperbound. Pub. at \$14.99

Item #4577973 \$4.95

Relationships



THE FINE ART OF FLIRTING By Joyce Jillson. Whether you're a shy beginner or an advanced coquette, Jillson's flirting tips and secrets will soon have you charming the socks off everyone. 169 pages. S&S. Paperbound. Pub. at \$13.00

Item #6708749 \$3.95

Relationships



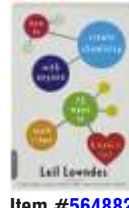
RED FLAGS: How to Spot Frenemies, Underminers, and Toxic People in Your Life By Wendy L. Patrick. Shares simple strategies that anyone can use to spot deceptive and downright dangerous people who use ingratitude and social convention to draw in and lull victims. Readers will learn how to avoid selective attention; observe people over time; cybersleuth for telling information; and more. 306 pages. St. Martin's. Pub. at \$26.99

Item #4541111 \$6.95



GETTING BACK OUT THERE By Susan J. Elliott. Based on years of research and work with her own clients, Elliott offers a proven plan that will help you examine past relationships for unfinished business and negative patterns; identify warning signs and red flags; work through rejection, rebounding, and other bumps in the road; and decide when to take a relationship to the next level—and when to say goodbye. 271 pages. Da Capo. Paperbound. Pub. at \$14.99

Item #5812038 \$4.95



HOW TO CREATE CHEMISTRY WITH ANYONE By Leil Lowndes. Drawing on the latest findings in cognitive science, Lowndes shows both men and women how to spark that elusive feeling of chemistry with almost anyone—and sustain it when the relationship moves to the next level, from marriage to parenthood and beyond. 255 pages. Da Capo. Paperbound. Pub. at \$16.00

Item #5648823 \$4.95



FLINGS, FROLICS, AND FOREVER AFTERS: A Single Woman's Guide to Romance After Fifty By K.E. Chaddock & E.C. Egan. For women seeking all types of male companionship, this guide offers an eight-step plan to living a life of romance after fifty. Featuring real-life stories, practical checklists, revealing questionnaires, and informative sidebars, it will motivate you to get up, get out, and get the guy. 244 pages. Ten Speed. Paperbound. Pub. at \$14.95

Item #6750702 \$4.95



THE POWER PARADOX: How We Gain and Lose Influence By Dacher Keltner. Power is ubiquitous—but totally misunderstood. Turning conventional wisdom on its head, Keltner presents the very idea of power in a whole new light, demonstrating not just how it is a force for good in the world, but how—via compassion and selflessness—it is attainable for each and every one of us. Photos. 196 pages. Penguin. Pub. at \$26.00

Item #6930271 \$5.95

Relationships



LOVE ILLUMINATED: Exploring Life's Most Mystifying Subject (with the Help of 50,000 Strangers) By Daniel Jones. The editor of the *New York Times*' "Modern Love" column uses his unique perspective to tease apart life's most mystifying subject. Drawing from the 50,000 tales of love that have crossed his desk, he traces the arc of human relationships through ten phases, from the pursuit of new love to the wisdom of love matured. 214 pages. Morrow. Pub. at \$25.99

Item #4565622 \$4.95



EMOTIONAL UNAVAILABILITY By Bryn C. Collins. Using case studies, quizzes, and jargon-free, easy to understand concepts, Collins profiles the most common types of emotionally unavailable partners, then offers the skills you need to change these painful associations. 292 pages. McGraw-Hill. Paperbound. Pub. at \$15.95

Item #6864198 \$5.95



GRACIOUS: A Practical Primer on Charm, Tact, and Unsinkable Strength By Kelly Williams Brown. Whether it's standing up for what you believe in while also listening to other points of view, making a surprise guest feel welcome, or just maintaining your serenity while waiting in an endless queue—graciousness is a quality that everyone could use a little help with. 238 pages. Rodale. Pub. at \$22.99

Item #6843646 \$6.95



HOW TO WOO A JEW: The Modern Jewish Guide to Dating and Mating By Tamar Caspi. Your very own Jewish Carrie Bradshaw takes you through each facet of the dating world, from traditional Jewish matchmaking and mixers to modern online dating portals, from honing your Jewdar to kosher sex. Whatever *mishegas* you've made of your love life, Caspi has words of wisdom to help you find your Jewish soul mate. 274 pages. Seal. Paperbound. Pub. at \$17.00

Item #5807131 \$3.95



MR DARCY'S GUIDE TO COURTSHIP: The Secrets of Seduction from Jane Austen's Most Eligible Bachelor By Fitzwilliam Darcy. Jane Austen's most famous (and most fancied) hero reveals the secrets of his success with the opposite sex and offers hints to both ladies and gentlemen on the rules of courtship: making oneself agreeable, identifying an appropriate partner, escaping the attentions of rogues and fortune-hunters. Illus. 224 pages. Old House. Paperbound. Pub. at \$14.95

Item #3638529 \$4.95

Relationships



SLEEPING BETTER TOGETHER: How Both of You Can Get a Better Night's Rest By Gerhard Klosch et al. Drawing on years of research, the authors provide an overview of sleep patterns, and provide remedies for common disorders. Tackling gender specific issues from pre-bedtime rituals to the emotional and sexual aspects of sharing a bed, they show couples how to achieve a great night's sleep—together.

158 pages. Hunter House. Paperbound. Pub. at \$15.95
Item # **273334X** **\$4.95**



I SAW YOUR FUTURE AND HE'S NOT IT: A Psychic's Guide to True Love By Louise Helene with K.O. Sullivan. Discover the answers to love's biggest questions in this essential guide to relationships, and find the empowerment you need to take control of your love life. With simple exercises designed to help you develop your own psychic edge, you'll successfully navigate the murky waters of love and romance. 244 pages.

Llewellyn. Paperbound. Pub. at \$15.99
Item # **588181J** **\$11.95**



NEGOTIATING WITH YOUR EX: Divorce Is Only the Beginning By Brad McRae. A respected authority on conflict resolution and negotiation provides a definitive guide on creating a win-win situation with your former partner. McRae outlines how to avoid the pitfalls that can beset those who think a divorce is an end and not simply a chapter in the relationship. 203 pages. Self-Counsel

Press. Paperbound. Pub. at \$21.95
Item # **272085X** **PRICE CUT to \$4.95**



HO'OPONOPONO AND FAMILY CONSTELLATIONS: A Traditional Hawaiian Healing Method for Relationships, Forgiveness and Love By Ulrich E. Dupree. There are many relationships in your life—with your family, with your past and future, with your work colleagues and with your body. All the problems in this world are based on relationships. As Dupree explains, it helps us to

experience love and inner peace through the feeling within our hearts, that we are all interconnected. Well illus. in color. 160 pages. Earthdancer. Paperbound. Pub. at \$16.99

Item # **6783457** **\$9.95**

Sexuality & Sexual Expression



SPECTACULAR SEX MOVES SHE'LL NEVER FORGET By Sonia Borg. Teaches men the ultimate positions and techniques to take sex for her from okay to "oh YES!" Offers incredible scenarios with step by step instructions for helping her achieve orgasm. You'll always know what to do next, and with each move you'll find an erotic variation for every mood, from torrid

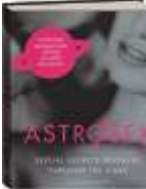
to tender. Adults only. Well illus. in color. 160 pages. Quiver. Paperbound. Pub. at \$19.99

Item # **2691094** **\$4.95**



101 THINGS TO DO WITH A VIBRATOR By Marisa Bennett. Explores the hottest love secrets, electrified! From small buzzing eggs to full-size, humming, swiveling, and tickling vibrators, this volume examines not just the kinds of sex toy options but all of the sexy, sweet, and naughty things to do once you have them. Adults only. Illus. in color. 165 pages. Skyhorse. Pub. at \$14.95

Item # **4616960** **\$4.95**



ASTROSEX: Sexual Secrets Revealed Through the Stars By Sarah Bartlett. You'll find an in-depth description of male and female sexual preferences for each star sign with tips on erogenous zones, preferred positions, and favorite fantasies. With more than 350 atmospheric and sensual color photos, including steamy sex positions, this guide provides a visually seductive

experience. Adults only. 240 pages. Skyhorse. Pub. at \$19.95
Item # **6734871** **\$4.95**



50 SHADES OF BONDAGE & DISCIPLINE: A Beginner's Guide to BDSM By Renee Dubois. Fire up your sex life by learning the ropes, getting into some power play and trying teasing titillation for a spanking good time. Kit includes a 128-page guide and an imitation silk restraint/blindfold. Adults only. Drawings. Carlton. Pub. at \$16.95

Item # **6813488** **\$3.95**



THE SEX MYTH: The Gap Between Our Fantasies and Reality By Rachel Hills. Drawing together emotionally intimate and intellectually provocative stories, Hills lays bare the Sex Myth—the defining significance we invest in sexuality that once meant we were dirty if we did have sex, and now means we are defective if we don't do it enough. 267 pages. S&S. Paperbound. Pub. at \$16.00

Item # **6849776** **\$3.95**

Sexuality & Sexual Expression



MALE MULTIPLE ORGASM By Somraj Pokras. This guide reveals how to be an amazing sexual partner: sensitive, passionate, and long-lasting. Its simple step by step exercises train you to have as many orgasms as you want as long as you choose while giving your partner absolute pleasure again and again. Adults only. 196 pages. Amorata Press. Paperbound. Pub. at \$13.95

Item # **4387317** **\$9.95**



I LOVE FEMALE ORGASM: An Extraordinary Orgasm Guide By D. Solot & M. Miller. The authors share all that they've learned about the female orgasm—plus give you a sneak peek behind bedroom doors as women and men share their favorite moves, mistakes to avoid, and best "oh, yeah!" moments. Adults only. 286 pages. Da Capo.

Paperbound. Pub. at \$16.99

Item # **4532783** **\$5.95**



THE LOVERS' GUIDE TO HOMEMADE VIDEO: Tips and Techniques for Making Your Own Erotic Movies By Serena Valles with C. Martinez. Inside every person dwells a being who feels curious about or enjoys watching him or herself naked in erotic situations. This guide will help you discover exciting, erotic possibilities, from filming to striptease, to creating a stimulating session of nude photography, and much more. Adults only. Well illus., most in color. 141 pages. Skyhorse. Paperbound. Pub. at \$14.95

Item # **5940834** **\$3.95**



THE NEW JOY OF SEX, COMPACT EDITION By Alex Comfort. Comfort has completely revised and reorganized this landmark discussion of sex that was the hallmark of the sexual revolution when first published in 1972. This 1993 edition addresses today's concerns about sex and health, and brings out even more clearly that there really is no good sex without love. Adults only. Well illus. in color. 224 pages. Crown. Pub. at \$12.95

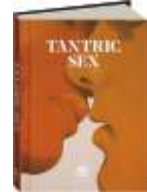
Item # **5868378** **\$2.95**



THE ORGASM ANSWER GUIDE By Barry R. Komisaruk et al. Addresses every aspect of orgasms: how they happen, why they don't and what can be done to enhance sexual experiences. The authors provide clear and informed answers to more than 80 common questions, from "Can an orgasm cause a heart attack?" to "What is the G spot?" Adults only. Illus. 151 pages. Johns Hopkins. Paperbound.

Pub. at \$20.95
Item # **5579988** **\$5.95**

Sexuality & Sexual Expression



TANTRIC SEX Calm your mind through simple meditation and intensify your senses—which will allow you to escape into more intimate, mindful, and sensuous sex than ever before—with these tantric sex techniques. Adults only. Photos. 40 pages. Quiver. Pub. at \$9.99

Item # **6774253** **\$7.95**



ORGASM By Susan Crain Bakos. Packed with 50 sexy games you can try with your partner, overnight companion, or on your own, this guide will help you achieve multiple, extended, toe-curling orgasms. Adults only. Color photos. 112 pages. Quiver. Pub. at \$9.99

Item # **6734723** **\$7.95**



KIT THE KAMA SUTRA SEDUCTIONS DECK: Exploring Love, Sexual Pleasure, and Mutual Gratification By Sephera Giron. Featuring 64 cards, each containing an erotic pose from the sacred art of the Kama Sutra, this take-anywhere deck is sure to bring you pleasure beyond your wildest dreams! Detailed instructions explain just how to maneuver into each position. Perfect for anyone looking to add

some fiery flavor to the bedroom. Adults only. Quiver. Pub. at \$15.99
Item # **5896134** **\$6.95**



SLOW SEX: The Path to Fulfilling and Sustainable Sexuality By Diana Richardson. Exploring the healing, spiritual power of slow sex, this guide offers a step by step guide for committed couples to transform sex into a meditative, loving union of complementary energies. It explains how slow sex increases sensitivity and sexual vitality and how slow sex is loving sex. Adults only. 168 pages. Destiny.

Paperbound. Pub. at \$14.95
Item # **5803268** **\$7.95**



THE ART OF SEX Hip and sexy, this is the perfect inspirational sketchbook to spice up anyone's bedroom. Featuring sketches from renowned artist Tom Slaughter, along with collections of words and quotes meant to provoke sexy exploration, it will bring out your inner artist's steamy side. Adults only. 192 pages. Rock Point. Paperbound. Pub. at \$17.99

Item # **3555178** **\$4.95**

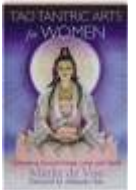
Sexuality & Sexual Expression



★ **WOW: Discovering Your Ultimate Orgasm** By Jenny Block. This field guide to ecstasy tells you how to find the ultimate orgasm; how to get it; and how to enjoy a full and sexually satisfying life. Adults only. 204 pages. Cleis. Paperbound. Pub. at \$15.95
Item #3603415 **\$5.95**



★ **THE GAY MAN'S KAMA SUTRA** By Terry Sanderson. Applies the spirit and intention of the original *Kama Sutra*—the expression of uninhibited pleasure through sex—to the lives of 21st-century gay men. Every aspect of gay sex is explored, and important issues such as finding a partner, emotional problems and safe sex are also included. Adults only. Illus., many color. 144 pages. Carlton. Paperbound. Pub. at \$12.95
Item #3580849 **\$6.95**



★ **TAO TANTRIC ARTS FOR WOMEN: Cultivating Sexual Energy, Love, and Spirit** By Minke de Vos. A detailed guide to cultivating female sexual energy which allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness. Illus. 368 pages. Destiny. Paperbound. Pub. at \$19.95
Item #5742099 **\$7.95**

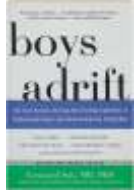


★ **TANTRIC SEX AND MENOPAUSE: Practices for Spiritual and Sexual Renewal** By D. Richardson & J. McGeever. Providing a guide for women who are approaching, experiencing or have gone through menopause, the authors show how a more informed tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, and embrace her natural sexual response and reconnect with her inner self. Illus. 206 pages. Destiny. Paperbound. Pub. at \$16.99
Item #686192X **\$9.95**



★ **SEX AFTER SERVICE: A Guide for Military Service Members, Veterans, and the People Who Love Them** By Drew A. Helmer. Sexual health is a difficult topic for many people to discuss and remedy when problems arise. The unique circumstances of veterans and military personnel warrant a special look at the subject that considers their special life issues. Here, Helmer offers an overview of sexual health and addresses common questions. 166 pages. Rowman & Littlefield. Paperbound. Pub. at \$14.95
Item #5824443 **\$6.95**

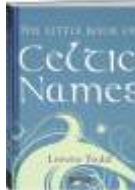
Pregnancy, Childbirth & Parenting



BOYS ADRIFT, REVISED EDITION By Leonard Sax. Delving into the scientific literature and drawing on more than twenty years of clinical experience, Dr. Sax explains why boys and young men are under-performing in school and disengaged at home. He shows how social, cultural, and biological factors have created an environment toxic to boys, and offers tips for parents. 341 pages. Basic. Paperbound. Pub. at \$16.99
Item #6925723 **\$4.95**



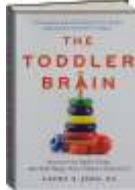
★ **STAYING DRY: Last Straw Strategies—99 Tips to Bring Your Back from the End of Your Rope** By Michelle Kennedy. Offers 99 tips from parents who've been there—and who have lived to tell the tale (and launder far, far fewer crib sheets afterward). These potty training strategies worked for them and they will work for you. Features real-life accounts of experiences that will help you laugh along the way. Fully illus. in color. 128 pages. Barron's. 5x7. Paperbound. Pub. at \$8.95
Item #3610365 **\$3.95**



★ **THE LITTLE BOOK OF CELTIC NAMES** By Loreto Todd. Some of the world's most popular and attractive names are Celtic in origin. This collection reveals their meaning and history and includes a pronunciation guide. 96 pages. O'Brien Press.
Item #6761283 **\$4.95**



★ **ACUPOINT AND TRIGGER POINT THERAPY FOR BABIES AND CHILDREN: A Parent's Healing Touch** By Donna Finando. Presents an in-depth explanation of each condition, providing information on causative factors, dietary and behavior recommendations, point techniques that can offer relief, and when to seek medical help—offering a comprehensive model for the care and nurturing of children. Illus. 232 pages. Healing Arts. 8 1/2 x 11. Paperbound. Pub. at \$19.95
Item #2847396 **\$5.95**



★ **THE TODDLER BRAIN** By Laura A. Jana. Helps parents recognize the connection that exists between their everyday parenting behaviors and their child's ability—specifically, between birth and age five—to develop valuable 21st-century skills. Crossing both centuries and cultures, she reveals how cultivating these "QI skills" can help our children to thrive. 262 pages. Da Capo. Pub. at \$27.00
Item #6789730 **\$7.95**

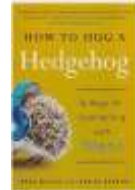
Pregnancy, Childbirth & Parenting



★ **A PARENT'S GUIDE TO RIDING LESSONS: Everything You Need to Know to Survive and Thrive with a Horse-Loving Kid** By Elise Gaston Chand. Explains the ins and outs and the ups and downs of your child riding and competing. Chand calms your fears concerning safety and expense and answers your questions about instructors and etiquette. Illus. 180 pages. Storey. Paperbound. Pub. at \$14.95
Item #5881382 **\$4.95**



★ **PARENTING HYPERACTIVE PRESCHOOLERS: Clinician Guide** By Elizabeth A. Harvey et al. Provides a 14-week parent training and emotion socialization program that aims to help preschoolers who have symptoms of ADHD by teaching parents new ways of interacting with their children. 233 pages. Oxford. Paperbound. Pub. at \$55.00
Item #6673570 **\$4.95**



★ **HOW TO HUG A HEDGEHOG: 12 Keys for Connecting with Teens** By B. Wilcox & J. Robbins. Nobody said that parenting would be easy, especially with teenagers! Using the keys provided in this guide you will learn to communicate with your teenagers and help them overcome adversity, and support them as they build healthy self-esteem. 159 pages. Familius. Paperbound. Pub. at \$14.95
Item #6563511 **\$11.95**



★ **WILL MY KID GROW OUT OF IT? A Child Psychologist's Guide to Understanding Worrisome Behavior** By Bonny J. Forrest. An indispensable guide to the most common mental, behavioral, and developmental issues that kids, from newborn through high school, may be struggling with. Helps worried parents assess whether their child's behavior is typical for his or her age or a sign that professional attention may be warranted. 278 pages. Chicago Review. Paperbound. Pub. at \$18.95
Item #6966667 **PRICE CUT to \$2.95**



★ **THE CONSCIOUS PARENT'S GUIDE TO RAISING GIRLS** By E.V.S. Karres & R. Branstetter. With patience and everyday mindfulness, you can guide your daughter from childhood through those challenging developmental years. This easy to use guide explains how you can help her. 239 pages. Adams Media. Paperbound. Pub. at \$14.99
Item #6925774 **PRICE CUT to \$2.95**

Pregnancy, Childbirth & Parenting



★ **THE BELLY STICKER BOOK** Share all your baby's first moments with these 48 removable belly stickers. Just peel and stick on baby's shirt and snap a picture. Easy to stick on and peel off clothing. My first Halloween; I can wave bye-bye; 6 months; bad hair day; and many more. Fully illus. in color. 102 pages. Duopress. Paperbound. Pub. at \$11.95
Item #6814794 **\$8.95**



★ **THE CONSCIOUS PARENT'S GUIDE TO RAISING BOYS** By C.L. Erwin & J. Costa. With patience and everyday mindfulness, you can guide your son from childhood through those challenging developmental years. This easy to use guide explains how you can help him. 223 pages. Adams Media. Paperbound. Pub. at \$14.99
Item #6925766 **PRICE CUT to \$2.95**



★ **THE BEST-KEPT SECRETS OF PARENTING: 18 Principles That Can Change Everything** By B. Wilcox & J. Robbins. Wilcox and Robbins share with you some of the most important principles to parenting for anyone who cares about putting family first. Packed with real-world experiences and heartwarming stories that will help your family envision a happier tomorrow. 173 pages. Familius. Paperbound. Pub. at \$14.95
Item #6563392 **\$5.95**

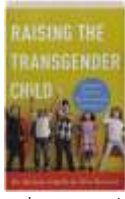


★ **HOW TO TEACH YOUR BABY TO READ** By Glenn & Janet Doman. Shows just how easy and pleasurable it is to teach a young child to read by providing skills that are basic to academic success. It explains how to begin and expand the reading program, how to make and organize necessary materials, and how to more fully develop your child's reading potential. 262 pages. Square One Publishers. Paperbound. Pub. at \$13.95
Item #5829410 **\$4.95**



★ **THE TRANSGENDER CHILD: A Handbook for Families and Professionals** By S. Brill & R. Pepper. Offers an extensive understanding of gender-variant and transgender youth, answering a variety of important questions. Covering developmental, legal, medical, and school issues, it is a comprehensive, first of its kind guidebook for the unique challenges of raising children outside of the pink or blue box. 252 pages. Cleis. Paperbound. Pub. at \$16.95
Item #5998336 **\$6.95**

Pregnancy, Childbirth & Parenting

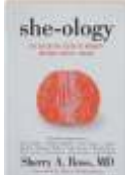


★ **RAISING THE TRANSGENDER CHILD** By M. Angello & A. Bowman. Offers much-needed answers to all the questions parents and other adults ask about raising and caring for transgender and gender-diverse children. With specific and actionable advice, experts help readers champion and celebrate gender diversity while at the same time shedding fear, anger, sadness and embarrassment. 275 pages. Seal. Paperbound. Pub. at \$17.00
Item #5866561 \$12.95



★ **WHY CAN'T WE JUST PLAY? What I Did When I Realized My Kids Were Way Too Busy** By Pam Lobley. Facing summer with her two boys, Lobley asked them what they wanted to do. Their answer? "Why can't we just play?" Here unfolds her touching and amusing account of the summer she gave her kids the gift of "boredom." 170 pages. Familius. Paperbound. Pub. at \$15.95
Item #6563752 \$9.95

Women's Health & Self-Help



★ **SHE-OLGY: The Definitive Guide to Women's Intimate Health. Period** By Sherry A. Ross. Describes the state of the vagina at every age and stage of a woman's life. From first periods to postpartum to menopause, from the serious to the celebratory to the surprising, this guide will make you feel a part of the vagina dialog. Illus. 294 pages. Post Hill. Paperbound. Pub. at \$16.99
Item #6949681 \$4.95

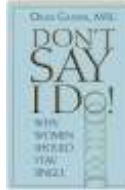


★ **HE'S A STUD, SHE'S A SLUT AND 49 OTHER DOUBLE STANDARDS EVERY WOMAN SHOULD KNOW** By Jessica Valenti. A highly personal, funny, and sometimes moving examination of fifty double standards pervasive in our society, with a range of creative potential responses suggested. Attitude adjustment, anyone? 219 pages. Seal. Paperbound. Pub. at \$15.00
Item #4552717 \$4.95

Women's Health & Self-Help



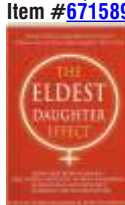
★ **THE ESTROGEN WINDOW** By Mache Seibel. A definitive guide on hormonal health for menopausal women. Dr. Seibel explains the right time and method to begin estrogen replacement, which can significantly improve women's health. He reveals how previous studies were inaccurately analyzed leading to a culture of fear and confusion about hormone replacement. 238 pages. Rodale. Pub. at \$25.99
Item #6708706 \$2.95



★ **DON'T SAY I DO! Why Women Should Stay Single** By Orna Gadish. Reveals that the rules of the game have changed drastically; our lifestyles have loosened and become hectic and diverse. Gadish's intensive research from the female perspective uses real women's stories and gives the tools, strategies and tips to encourage sexual, psychological and financial independence. 244 pages. New Horizons. Paperbound. Pub. at \$14.95
Item #5698243 \$4.95



★ **THE ESTROGEN FIX: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced** By Mache Seibel. Proves that every woman has an ideal time to more safely begin estrogen replacement. When administered at this time, estrogen can lower your risk for breast cancer, heart disease, Alzheimer's, diabetes, osteoporosis and more while minimizing your symptoms. 237 pages. Rodale. Paperbound. Pub. at \$15.99
Item #6715893 \$2.95



★ **THE ELDEST DAUGHTER EFFECT** By L. Schuitemaker & W. Enthoven. Shows how firstborn girls become who they are and offers insights that can allow them more freedom to move. Being an eldest daughter has certain advantages, but the overbearing sense of responsibility often gets in the way. 192 pages. Findhorn. Paperbound. Pub. at \$15.99
Item #6788319 \$2.95



★ **ROAR** By Stacy T. Sims. Offers a comprehensive, physiology-based nutrition and training guide specifically designed for women. Includes goal-specific meal plans and nutrient-packed recipes to optimize body composition, as well as exercises that build lean muscle, strengthen bone, and boost power and endurance. Illus. 292 pages. Rodale. Paperbound. Pub. at \$18.99
Item #6782124 \$4.95

Women's Health & Self-Help



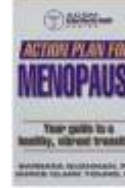
★ **HOT PANTS! Do It Yourself Gynecology and Herbal Remedies** By I. Gauthier & L. Vinebaum. Offers basic sexual health information along with tried and true herbal treatments for common gynecological problems. 96 pages. Microcosm. 5x6 3/4. Paperbound. Pub. at \$9.95
Item #2771659 PRICE CUT to \$2.95



★ **WOMEN'S WAYS OF KNOWING, TENTH ANNIVERSARY EDITION** By Mary Field Belenky et al. Explains why women still feel silenced in their families and schools, and explores how the authors' collaboration and research developed. Here they also address many of the questions that they have been asked repeatedly in the year since this volume was originally published. 256 pages. Basic. Paperbound. Pub. at \$19.99
Item #676665X \$2.95

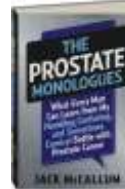


★ **ADVICE TO SINGLE WOMEN** By Haydn Brown. Originally published in 1899, it explores the perilous fashion for tight-lacing corsets and the dangers of contemporary cosmetics, in contrast to the benefits of healthy exercise and the emerging trend for rational dress, weighs the merits of matrimony and much more. 118 pages. British Library.
Item #5826594 \$3.95



★ **ACTION PLAN FOR MENOPAUSE: Your Guide to a Healthy, Vibrant Transition** By B. Bushman & J.C. Young. Learn the best and safest exercises for perimenopause, menopause, and postmenopause and how diet, medication, and exercise interact to affect symptoms. Use one of the provided programs or tailor one to your own needs with workouts to gain strength, flexibility, and stamina. Well illus. 225 pages. Human Kinetics. Paperbound. Pub. at \$17.95
Item #5793505 \$3.95

Men's Health & Self-Help



★ **THE PROSTATE MONOLOGUES** By Jack McCallum. Attacks attacks the nitty-gritty questions about prostate cancer that men think about, but are afraid to ask, with honesty and humor. McCallum manages the impossible, sifting through mountains of data, conflicting 'expert' opinion, the personal and biomedical, all in an engaging manner that is just serious and funny enough to do the trick. 219 pages. Rodale. Pub. at \$24.99
Item #596184X \$2.95

Men's Health & Self-Help



★ **MEN'S SOCIETY: A Guide** Ed. by Erin Canning. Provides guidance for young men in how to navigate life intelligently, politely, and stylishly. This collection of practical information advises you on all aspects of living your best life. Color photos. 151 pages. Rock Point. Pub. at \$17.00
Item #6952690 \$12.95



★ **SIT DOWN, BE QUIET: A Guide to Modern Yoga and Living Mindfully in the Real World** By Michael James Wong. This guide is a rallying call for men to step in and start taking control of their health and mental well being. Through practicing yoga, working inside as well as out, and adopting a mindful approach to the everyday, you can take the first steps to a healthier, happier life in the here and now. Well illus. in color. 224 pages. Thorsons. Paperbound. Pub. at \$19.99
Item #6865445 \$14.95

General Health & Self-Help

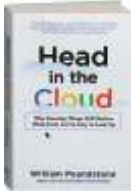


★ **I SEE RUDE PEOPLE: One Woman's Battle to Beat Some Manners into Impolite Society** By Amy Alkon. The author ensures that all these rude people get their comeuppance: lax parents, Internet bullies, rude drivers, telemarketing executives, the loud jerk on a cell phone, and many others. She also delves into the anthropology, psychology, and behavioral science to figure out why people are rude. 215 pages. McGraw-Hill. Paperbound. Pub. at \$16.95
Item #5938694 \$3.95



★ **THE BOOK OF ITALIAN WISDOM** By Antonio Santì. Ranging from the deeply personal, spiritual, and philosophical to the witty, urbane, and downright hilarious, the quips in this book reflect on virtually every subject: from science and movies to business, sports, friends, and more. 212 pages. Kensington. Pub. at \$15.95
Item #4537661 \$2.95

General Health & Self-Help

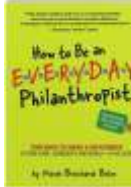


HEAD IN THE CLOUD: Why Knowing Things Still Matters When Facts Are So Easy to Look Up By William Poundstone. Poundstone shows that many areas of knowledge correlate with the quality of our lives—wealth, health, and happiness—and even with politics and behavior, and examines what Americans know and don't know. A witty, practical guide to succeeding in a culturally

illiterate age. 340 pages. Little, Brown. Pub. at \$26.00

Item #6780016

\$2.95



HOW TO BE AN EVERYDAY PHILANTHROPIST By Nicole Bouchard Boles. Featured are 330 unexpected ideas for making a difference that have nothing to do with the size of your bank account. Get generous, get creative, use your belongings, use your family, use your talents or use your computer. You can make a difference. 214 pages. Workman. Paperbound.

Pub. at \$10.95

Item #5870127

\$4.95



14,000 THINGS TO BE HAPPY ABOUT, REVISED By Barbara Ann Kipfer. Now revised with 2,000 new entries, this compact and uplifting volume offers a quirky, compulsive, enchanting list of all the little things that make us happy: Babies burping, rabbit tracks in the snow, caramel gelato, summer storms, comfy chairs in large bookstores, scarecrows, and more. 611 pages. Workman. 4x6.

Paperbound. Pub. at \$9.95

Item #6708242

\$3.95

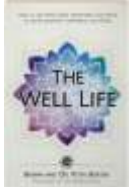


★ GET ANYONE TO DO ANYTHING: Never Feel Powerless Again—with Psychological Secrets to Control and Influence Every Situation By David J. Lieberman. Packed with psychological tactics designed to make everything go *your* way. Avoid being taken advantage of and end verbal conflicts, and lead, influence, or motivate just about anyone. 184 pages. St. Martin's. Paperbound. Pub. at

\$14.95

Item #2590670

\$9.95



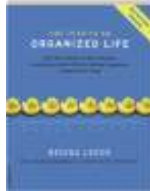
THE WELL LIFE: How to Use Structure, Sweetness, and Space to Create Balance, Happiness, and Peace By Briana & Peter Borten. Focuses on three fundamental principles of a satisfying life: sweetness, the importance of feeding your life, body, and soul; how structure can give you more spontaneity; and how to carve out purposeful space, which allows for perspective. By embracing these, you will be

able to let go of the stress and tension that gets in the way of being happy. 288 pages. Adams Media. Paperbound. Pub. at \$15.99

Item #682630X

\$4.95

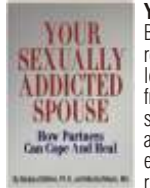
General Health & Self-Help



ONE YEAR TO AN ORGANIZED LIFE By Regina Leeds. Let Regina show you her unique week by week, month by month plan to forever streamline all aspects in your life. She helps you break down tasks and build routines over time so that life becomes simple, not overwhelming. 309 pages. Da Capo. Paperbound. Pub. at \$16.95

Item #6766404

\$4.95



YOUR SEXUALLY ADDICTED SPOUSE By B. Steffens & M. Means. This insightful resource is essential for spouses, partners or loved ones involved with someone suffering from a sexual addiction and includes: positive steps for recovery from the trauma, healing affirmations, strategies leading to empowerment, and a reference guide for readers, mental health professionals and clergy who are counseling those affected. 257 pages. New Horizon. Paperbound. Pub. at \$14.95

Item #5698499

\$4.95



★ THE GENTLEMEN'S BOOK OF ETIQUETTE: A Manual of Politeness from a Gentler Time By Cecil B. Hartley. Originally published in 1873. Suggestions for the best way to behave, as well as how *not* to behave, include conduct in the street, making calls, and dating. These and other etiquette tips provide intriguing glimpses of nineteenth-century society in addition to a wealth of timeless counsel on behaving with sincerity, dignity, and kindness in our own day and age. 332 pages. Dover. Paperbound. Pub. at \$14.95

Item #5971748

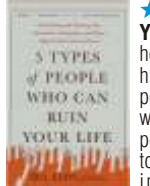
\$3.95



THE EVERYTHING GUIDE TO ANGER MANAGEMENT By R. Puff & J. Seghers. With practical advice for calming and controlling anger, along with a proven step by step plan for lasting change, this guide teaches you how to handle your anger. 288 pages. Adams Media. Paperbound. Pub. at \$17.99

Item #6825206

\$5.95



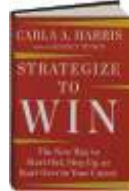
★ 5 TYPES OF PEOPLE WHO CAN RUIN YOUR LIFE By Bill Eddy. An essential guide to help you escape negative relationships, build healthy connections, and safeguard your personal life in the process. Learn to spot warning signs of the five high-conflict personalities in others and in yourself and how to safely avoid or end dangerous and stressful interactions with HCPs. 197 pages.

TarcherPerigee. Paperbound. Pub. at \$16.00

Item #681249X

\$11.95

General Health & Self-Help



STRATEGIZE TO WIN By Carla A. Harris. With her trademark straightforward, galvanizing advice, Harris identifies and clarifies issues that are often murky, offering lessons on choosing the right career when you are starting out; positioning yourself for the role that you want; tuning in to unspoken cues; and thriving through change. Essential reading for those looking to stay ahead of the curve.

243 pages. Penguin. Pub. at \$25.95

Item #5921538

\$2.95



BUSY: How to Thrive in a World of Too Much By Tony Crabbe. To succeed and be happy in a world of too much, we have to do things differently and we have to think differently. Crabbe provides surprising yet practical strategies that will help you regain a sense of mastery over your life, flourish in your career and improve your life satisfaction. 278 pages. Grand Central. Pub. at \$28.00

Item #5806836

\$3.95



PROCRASTINATE ON PURPOSE: 5 Permissions to Multiply Your Time By Rory Vaden. Presents a bold new approach for getting things done, revealing the five "permissions" we can grant ourselves in order to achieve better results while creating more margin in our daily lives. 236 pages. Perigee. Paperbound. Pub. at \$16.95

Item #5775213

\$4.95



★ SUPERCHARGE YOUR INTELLIGENCE TODAY! By Paul McKenna. Using a groundbreaking system to teach you how to apply the strategies of some of history's greatest geniuses and the latest research into the science of the brain, McKenna shows you how you can live an extraordinarily effective and creative life. Illus. 273 pages. Hay House. Paperbound. Pub. at \$14.99

Item #2837161

\$11.95



THE BEST ADVICE IN SIX WORDS: Writers Famous and Obscure on Love, Sex, Money, Friendship, Family, Work, and Much More Ed. by Larry Smith. Larry Smith is back with a poignant collection of universal wisdom, life lessons, and caution thrown to the winds that will put a smile on your face, six words at a time.

With contributions from celebrities and everyday people, readers will be pulled into the sometimes hilarious, often serious, minimalist musings. 229 pages. St. Martin's. Pub. at \$12.99

Item #5797608

\$4.95

General Health & Self-Help



CREATIVITY: The Perfect Crime By Philippe Petit. A born rebel, Petit is self taught, cultivating the attitudes, resources and techniques to tackle even seemingly impossible feats. His outlaw sensibility spawned a unique approach to the creative process which he shares with the reader, revealing unconventional ways of creating art. Illus. 212 pages. Riverhead.

Pub. at \$27.95

Item #5720974

\$5.95



ORGANIZE TOMORROW TODAY: 8 Ways to Retrain Your Mind to Optimize Performance at Work and in Life By Jason Selk et al. 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. Pub. at \$21.99

Item #6669174

\$6.95



★ PLANTS THAT SPEAK, SOULS THAT SING: Transform Your Life with the Spirit of Plants By Fay Johnstone. Provides a compassionate yet practical road map for restoring our sacred relationship with nature. Sharing her passion for the plant world, Johnstone shows how to confidently meet, explore, and build relationships with key plant allies to enjoy a more balanced connection with yourself and the world. 158 pages. Findhorn. Paperbound. Pub. at \$14.99

Item #6921884

\$11.95



★ CHANCING IT: The Laws of Chance and How They Can Work for You By Robert Matthews. An award-winning scientist and writer shows you how to understand the laws of probability and use them to your advantage. He gives you access to some of the most potent intellectual tools ever developed and explains how to use them to guide your judgments and decisions. 290 pages. Skyhorse. Pub. at \$24.99

Item #6789366

\$17.95



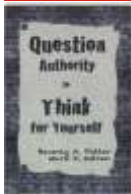
★ THE BOOK OF NO, SECOND EDITION: 365 Ways to Say It and Mean It—and Stop People-Pleasing Forever By Susan Newman with C. Schreil. Refusing someone is rarely easy. Often, it's downright uncomfortable. But constantly saying yes causes anxiety, anger, stress, regret, and feelings of powerlessness. This new, enhanced edition is filled with research and timely scenarios that offer more ways to say

no without feeling guilty or damaging your relationships. 265 pages. Turner. Paperbound. Pub. at \$16.99

Item #6786456

\$12.95

General Health & Self-Help



★**QUESTION AUTHORITY TO THINK FOR YOURSELF** By Beverly A. Potter. Explains why we conform, and how to break out of conformity to think for yourself. It begins with questioning authority, including your own authority, beliefs, and assumptions you've accepted as facts. Potter offers techniques, with examples, of how to deflect attacks, side-tracks, and put-downs that keep us from thinking for ourselves. Illus.

192 pages. Ronin. Paperbound. Pub. at \$14.95

Item #[6623581](#)

\$6.95



HOW TO BEHAVE By Thomas Low Nichols. Originally published in 1873, and offering an entertaining and whimsical insight into society in the late 19th century, this etiquette guide walks the reader through the basics of gentility. From "care of the person" to finding one's vocation, from love to deportment, Nichols offers expert advice on how to conduct every aspect of daily life. 160 pages. Amberley. Pub. at \$16.00

Item #[5884136](#)

\$2.95



THE BOOK OF DOING AND BEING By Barnet Bain. Shows how to unleash your creative energy with a treasury of techniques, processes, rituals, and tools. These more than forty exercises form a latticework on which your creativity can grow and flourish—Do and Be. 201 pages. Atria. Paperbound. Pub. at \$16.00

Item #[6843301](#)

\$3.95

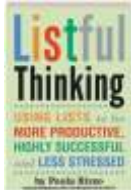


AWAKENING THE HEROES WITHIN By Carol S. Pearson. Writing for individuals seeking to realize their full potential, and professionals seeking to empower others, Pearson shows how life journeys differ by the age, gender, and cultural background of the seeker. She includes exercises to help the reader understand and awaken the inner capacities of their psyches.

333 pages. HarperOne. Paperbound. Pub. at \$19.00

Item #[6765750](#)

\$5.95



★**LISTFUL THINKING: Using Lists to Be More Productive, Highly Successful and Less Stressed** By Paula Rizzo. What do Sir Richard Branson, Martha Stewart, Ellen DeGeneres and Madonna have in common? Each is a list maker, and history shows that change creators like these make to-do lists and check them often. Here, Rizzo shows you how to employ this simple tool in your own

life to save time; be more organized; reduce stress and more. 155 pages. Viva Editions. Paperbound. Pub. at \$15.95

Item #[5998115](#)

\$11.95

General Health & Self-Help



★**L'ART DE LA SIMPLICITÉ: How to Live More with Less** By Dominique Loreau. Loreau takes you on a step by step journey to a clutter-free home, a calm mind, and an energized body. Free yourself of possessions you don't need, have more money to spend on life's little luxuries, eat better and lose weight, and say goodbye to anxiety and negative relationships.

246 pages. St. Martin's. Pub. at \$19.99

Item #[591129X](#)

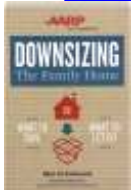
\$14.95



★**THE BIG BOOK OF 30-DAY CHALLENGES: 60 Habit-Forming Programs to Live an Infinitely Better Life** By Rosanna Casper. Change isn't always easy, but with this fun guide packed with powerful ideas for improving your life, you can do it! Comprises dozens of practical tips, helpful resources and secret tricks that will keep you motivated and committed through 30 days—and beyond. Well illus. in color. 128 pages. Ulysses. Paperbound. Pub. at \$16.95

Item #[6747078](#)

\$9.95



★**DOWNSIZING THE FAMILY HOME: What to Save, What to Let Go** By Marni Jameson. Takes the reader through the difficult and emotional journey of downsizing their home or their parent's home. The author shares hands-on wisdom, guidance and insightful advice. Chapters include Get the Right Mind Set; Endowment; Plan E for Estate Sale; The Really Tough Stuff; and more.

237 pages. Sterling. Paperbound. Pub. at \$16.95

Item #[669490X](#)

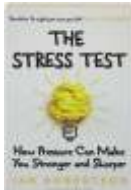
\$9.95



WINNERS: And How They Succeed By Alastair Campbell. Campbell draws on the wisdom of an astonishing array of talented people from elite athletes to media mavens, from rulers of countries to rulers of global business empires to find out if the winning mindset is something we can all develop. 449 pages. Pegasus. Pub. at \$27.95

Item #[5821029](#)

\$5.95



★**THE STRESS TEST: How Pressure Can Make You Stronger and Sharper** By Ian Robertson. Why is it that some people react to seemingly trivial setbacks with distress, while others power through life-changing tragedies showing barely any emotional upset whatsoever? Learn how the right level of challenge and stress can help people to flourish and achieve more than they ever thought

possible. 241 pages. Bloomsbury. Paperbound. Pub. at \$17.00

Item #[6842445](#)

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