

SCIENCE & HEALTH

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Archaeology



THE ROMAN INSCRIPTIONS OF BRITAIN, VOLUME II, FASCICULE 7 Ed. by S.S. Frere & R.S.O. Tomlin. Covers graffiti on samian ware (terra sigillata). The text gives transcriptions, descriptions, bibliography and notes for each entry. Illus. 152 pages. Sutton Publishing. 8½x11¼. Pub. at \$62.00

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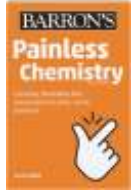
Chemistry & Physics



THE PHYSICS: Writings on Natural Philosophy By Aristotle. An investigation into the nature of being, of the world and its place in the universe. Although philosophically much broader, it provides the foundation for the later work of Galileo and Isaac Newton. 256 pages. Flame Tree. Paperbound. Pub. at \$12.99

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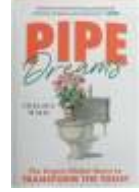
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DIGITAL MADNESS: How Social Media Is Driving Our Mental Health Crisis—and How to Restore Our Sanity By Nicholas Kardaras. Reveals the toxic impact of our tech obsession and corrosive social media. But there is a solution, and the author explains how classical philosophy that encourages resilience, critical thinking, and the pursuit of genuine purpose in your life can restore us to sanity. 272 pages. St. Martin's. Pub. at \$28.99

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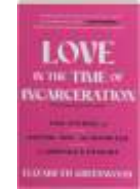
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THE SHADOW SYSTEM: Mass Incarceration and the American Family By Sylvia A. Harvey. A searing expose of the effects of the mass incarceration crisis on families, including the 2.7 million American children who have a parent locked up. An account of the way incarceration has impacted generations of American families; it delivers a galvanizing clarion call to fix this broken system. 278 pages. Bold Type. Pub. at \$28.00

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★LOVE IN THE TIME OF INCARCERATION: Five Stories of Dating, Sex, and Marriage in America's Prisons By Elizabeth Greenwood. Pulls back the curtain on the boyfriends, girlfriends, husbands, and wives supporting some of the 2.3 million Americans in prison. She sits across a visiting room table from a woman involved in a double homicide and walks a bride down the aisle at a prison wedding, and more. 263 pages. Gallery. Paperbound. Pub. at \$17.99

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ESSENTIAL KOREAN PHRASEBOOK AND DICTIONARY By S. Koh & G. Baik. Contains the practical everyday phrases and expressions needed for interactions in Korea in a way that's clear, concise, accessible and enjoyable. Whether you're a total beginner or have some experience with the language, this is a reference you'll turn to again and again. Illus. 191 pages. Tuttle. Paperbound. Pub. at \$9.95

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ON THE HAPPY LIFE, VOLUME 2: St. Augustine's Cassiciacum Dialogues By Michael P. Foley. St. Augustine and his mother, brother, son, and friends celebrate his 32nd birthday having a "feast of words" on the nature of happiness. They conclude that the truly happy life consists of "having God" through faith, hope, and charity. 184 pages. Yale. Pub. at \$60.00

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RADICAL MARKETS: Uprooting Capitalism and Democracy for a Just Society By E.A. Posner & E.G. Weyl. Many blame today's economic inequality, stagnation, and political instability on the free market. The solution is to rein in the market, right? This work turns this thinking on its head. Reveals bold new ways to organize markets for the good of everyone. 337 pages. Princeton. Pub. at \$29.95

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Medical Science

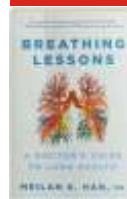


SWITCH CRAFT: The Hidden Power of Mental Agility By Elaine Fox. The four pillars—Mental Agility, Self-Awareness, Emotional Awareness, and Situational Awareness—teach us how to move beyond rigid thinking by adopting flexible patterns of thought. Filled with illuminating case studies and engaging stories that offer the essential tools we need to flourish in a chaotic world. 337 pages. Harper. Pub. at \$27.99

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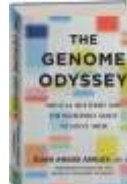
Medical Science



★**BREATHING LESSONS: A Doctor's Guide to Lung Health** By Meilan K. Han. An authoritative, accessible guide to how our lungs work and how best to protect them. Han takes readers on a fascinating tour of this neglected yet crucial organ. She argues powerfully for social policies that make preserving lung health a national priority. 176 pages. Norton. Paperbound. Pub. at \$16.95

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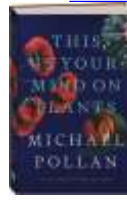
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THE GENOME ODYSSEY: Medical Mysteries and the Incredible Quest to Solve Them By Evan Angus Ashley. Dr. Ashley brings the breakthroughs of precision medicine to vivid life through the real diagnostic journeys of his patients and the tireless efforts of his fellow doctors and scientists to prevent, predict, and beat disease. Here he details the medicine behind genome sequencing with clarity and accessibility. 380 pages. Celadon. Pub. at \$28.99

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★**THIS IS YOUR MIND ON PLANTS** By Michael Pollan. Dives deep into three plant drugs—opium, caffeine, and mescaline—and throws the fundamental strangeness and arbitrariness of our thinking about them into sharp relief. Exploring and participating in the cultures that have grown up around these drugs while consuming them, Pollan reckons with the powerful human attraction to psychoactive plants. 274 pages. Penguin. Pub. at \$28.00

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HOW TO LEAD: Wisdom from the World's Greatest CEOs, Founders, and Game Changers By David M. Rubenstein. Learn the principles and guiding philosophies of Bill Gates, Jeff Bezos, Ruth Bader Ginsburg, Warren Buffett, Oprah Winfrey, and many others through revealing conversations about their remarkable lives and careers. Illus. 424 pages. S&S. Pub. at \$30.00

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AN UGLY TRUTH: Inside Facebook's Battle for Domination By S. Frenkel & C. Kang. Takes readers inside the complex court politics, alliances and rivalries within the company to shine a light on the fatal cracks in the architecture of the tech behemoth. A shocking conclusion: the missteps of the last five years were not an anomaly but an inevitability—this is how Facebook was built to perform. 351 pages. Harper. Paperbound. Pub. at \$18.99

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DECODING GREATNESS: How the Best in the World Reverse Engineer Success By Ron Friedman. A game changing approach to unlocking your greatness, using a secret strategy that's vaulted business titans and creative geniuses to the top of their profession. You'll learn how to take apart achievements you admire, pinpoint precisely what makes them work, and apply that knowledge to develop novel ideas and products that are uniquely your own. 262 pages. S&S. Paperbound. Pub. at \$17.99

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★**THE LAST AMERICAN CEO** By J. Vines & J. Cappy. The ultimate insider's view of one of the biggest global business deals in history—Chrysler's 1987 purchase of AMC from the French which single-handedly saved Chrysler from near-bankruptcy in the early 1990s and again in 2009. 24 pages of photos. 243 pages. Waldorf Publishing. Pub. at \$19.95

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Science Essays & Surveys



WHY YOU EAT WHAT YOU EAT: The Science Behind Our Relationship with Food By Rachel Herz. Weaves curious findings and compelling facts into a narrative that tackles important questions, revealing how psychology, neurology, and physiology shape our relationship with food, and how food alters the relationship we have with ourselves and each other. 352 pages. Norton. Pub. at \$25.95

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

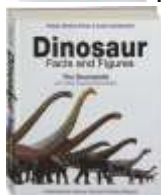


TRANSYLVANIAN DINOSAURS By D.B. Weishampel & C-M. Jianu. Brings together the latest information on the fauna, flora, geology, and paleogeography of the region, casting these ancient reptiles in their phylogenetic, paleoecological, and evolutionary contexts. What the authors find is that Transylvanian dinosaurs experienced a range of unpredictable successes as they evolved. Well illus. some in color. 301 pages. Johns Hopkins. Pub. at \$63.00
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ON ANIMALS By Susan Orlean. These are stories about how we live with animals and how they abide with us. Now, Orlean examines animal-human relationships through the compelling encounters she's had over the course of her celebrated career. These tales bring to life a range of creatures. 241 pages. Avid Reader. Pub. at \$28.00
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★**DINOSAUR FACTS AND FIGURES: The Sauropods and Other Sauropodomorphs** By R. Molina-Perez & A. Larramendi. An essential compendium of sauropod facts and figures—from the biggest and the oldest to the smallest and the rarest. It covers every known species and features more than 2,000 diagrams and technical drawings along with hundreds of full-color reconstructions of specimens. 272 pages. Princeton. 9"x12. Pub. at \$35.00
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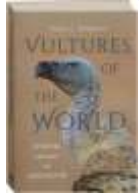
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Birds & Birding



ON RARE BIRDS By Anita Albus. Tells the compelling stories of 10 rare or extinct bird species, from the tragic demise of the once-abundant Passenger Pigeon to the shooting death of the last Carolina Parakeet in the wild, and from the startling natural defenses of the "willful Nightjar" to the diverse cultural significance of the Kingfisher. Well illus. most in color. 276 pages. Saraband.
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★**VULTURES OF THE WORLD: Essential Ecology and Conservation** By Keith L. Bildstein. Provides an engaging look at vultures and condors, seeking to help us understand these widely recognized but underappreciated birds. Bildstein's work is an inspirational and long overdue blend of all things vulture. He introduces readers to the essential nature of vultures and condors. Color photos. 244 pages. Comstock. Pub. at \$34.95
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Science & Nature for Children



KITCHEN SCIENCE FOR KIDS: Little Learning Labs By Liz Lee Heinecke. Offers 26 fun science activities for families to do together that are simple and inexpensive, like straw rockets, green slime, and paper bag volcanoes using everyday ingredients. Ages 6-10. Illus. in color. 80 pages. Quarry. Paperbound. Pub. at \$12.99
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★**AGE OF THE DINOSAURS: Curious Kids** By Text Jonny Marx, illus. by C. Engel. There are many incredible dinosaurs to meet in this pop-up jungle, from Ankylosaurus and Tyrannosaurus to Triceratops and Diplodocus. Learn fun facts about all of them as you engage the pop-up on each page! Ages 3-8. Fully illus. in color. Tiger Tales. Pub. at \$14.99
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BECOMING A YOGA INSTRUCTOR: Masters at Work By Elizabeth Greenwood. Find out what it really takes to become a yoga instructor. Whether you see yoga as a side gig or your life's calling, this is the perfect guide to help you make your fantasy a reality. Required reading for anyone considering this challenging yet rewarding path. 132 pages. S&S. Pub. at \$18.00
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BEYOND SOAP: The Real Truth About What You Are Doing to Your Skin and How to Fix It for a Beautiful, Healthy Glow By Sandy Skotnicki. In this surprising and remarkably practical resource, Dr. Skotnicki reveals the harmful effects of modern skincare habits and provides a step by step guide to preserve the microbiome, fight aging and develop beautiful, problem free skin. 296 pages. Penguin. Paperbound. Pub. at \$18.95
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Health & Medical References



IMMUNITY: The Science of Staying Well By Jenna Macciochi. The immune system is your constant guardian, fighting around the clock to protect you from disease. There's a lot you can do to strengthen this first line of defense against all kinds of threats, from COVID-19 to cancer. You're given a crash course on how the immune system actually works, and how to keep yours in shape. 332 pages. The Experiment. Paperbound. Pub. at \$16.95
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Health & Medical References



THE POWER OF STRETCHING: Simple Practices to Promote Wellbeing By Bob Doto. Accessible to anyone, stretching is quick and easy, can be done in more environments, and has proven to relieve pain, increase rates of recovery, as well as help manage stress and anxiety. Fully illus. 128 pages. Fair Winds. Pub. at \$16.99
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HEALING OURSELVES: Biofield Science and the Future of Health By Shamini Jain. Dr. Jain rejects the "either or" thinking that has placed conventional medicine at odds with so called alternative methods, and offers an integrated path based on sound specific evidence and personal empowerment. 298 pages. Sounds True. Pub. at \$25.99
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FIRST AID AT SEA, 8TH EDITION By D. Justins & C. Berry. This essential guide to first aid afloat is an essential part of any on-board medical kit. Its waterproof ring-bound pages, color-coded tabs and clear layout make it easy to use in an emergency. 31 pages. Adlard Coles. Spiralbound. Pub. at \$20.00
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★**YOUR BODY IS A SELF-HEALING MACHINE, BOOK 3: Understanding How Epigenetics Heals You** By Gigi Siton. Explains the basics of applied epigenetics and its practical use. Learn how you can reprogram epigenetics information to influence your gene expression—your decisions will positively or negatively update or downgrade your epigenome on each factor. Illus. 233 pages. Clovercroft. Paperbound. Pub. at \$14.99
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★**YOUR BODY IS A SELF-HEALING MACHINE, BOOK 1: Understanding Epigenetics, Why It Is Important to Know** By Gigi Siton. Discusses the basic concepts of epigenetics, applied epigenetics, and bio-individuality. Epigenetics is mainly from your free will and less from your inherent genetic traits, and the good news is that your gene expression can be turned off or on. Your choices will define your health or disease. 143 pages. Clovercroft. Paperbound. Pub. at \$14.99
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Health & Medical References



★**READER'S DIGEST HEALTH SECRETS FOR LONG LIFE** Reviewed by medical and nutritional experts, this guide offers essential information to boost your physical, mental and emotional health at every stage of life. Well illus. in color. 256 pages. Trusted Media Brands. Paperbound. Pub. at \$15.99
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Diseases & Disorders



★**HOW TO HELP SOMEONE WITH DEMENTIA** By M. Hamill & M. McCarthy. There can be fear and worry when a loved one receives a diagnosis of dementia. The authors believe that a relationship centered understanding of dementia can help to acknowledge the challenges of the condition, while enabling people to live well and with dignity. You and your loved one will gain the knowledge you need on your journey through dementia. 236 pages. Welbeck. Paperbound. Pub. at \$12.95

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HEART BREATH MIND: Train Your Heart to Conquer Stress and Achieve Success By Leah Lajos. Lajos's ten-week program recognizes the link between heart rate variability and resilience to create specific, clinically tested breathing techniques that allow you to control your body's physical response to stress. She pairs this with cognitive strategies to offer a two-tiered

process that will enable you to respond more flexibly to stressful situations. 279 pages. Mariner Books. Pub. at \$28.00

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New Age Spirituality



★**GOD IS A WOMAN: The Path to Singlediversity** By Edin Huskovic. You may discover by reading this work that your religious, spiritual, or national feelings cherished by you for years are shaken and questioned. All in all, it will not leave you feeling indifferent. 181 pages. Big Sandy Press. Paperbound. Pub. at \$17.00
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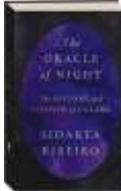
Inspiration, Motivation & Self-Discovery



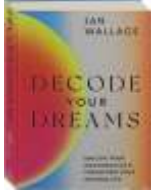
THE HAPPINESS BIBLE: The Definitive Guide to Sustainable Well-Being By Cheryl Rickman. Long-lasting happiness is an elusive condition, but not unreachable. It is a skill as much as a state, and it takes effort practice even. This guide works with the reader to explain how happiness works and evolves, where it comes from, and how it can be nurtured and maintained. Well

illus. in color. 400 pages. Firefly. Paperbound. Pub. at \$19.95
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Healing & the Mind



THE ORACLE OF NIGHT: The History and Science of Dreams By Sidarta Ribeiro. A groundbreaking history of the human mind told through our experience of dreams—from the earliest accounts to current scientific findings—and their essential role in the formation of who we are and the world we have made. 466 pages. Pantheon. Pub. at \$32.50
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DECODE YOUR DREAMS: Unlock Your Unconscious & Transform Your Waking Life By Ian Wallace. Dreams are powerful tools for processing our fears, desires, anxieties and dilemmas. Complete with over 90 dream scenarios, learn how to unlock the secrets of your unconscious and take transformative action. 191 pages. White Lion. Pub. at \$16.99

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Facing Illness & Death



WHAT DOES IT FEEL LIKE TO DIE? Inspiring New Insights into the Experience of Dying By Jennie Dear. As a long-time hospice volunteer, Dear has helped countless patients, families, and caregivers cope with the many challenges of the dying process. Inspired by her own personal journey with her mother's long-term illness, she demystifies the experience of dying for everyone whose

lives it touches. 246 pages. Citadel. Paperbound. Pub. at \$16.95
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★**FIND OUT ANYTHING FROM ANYONE, ANYTIME: Secrets of Calculated Questioning from a Veteran Interrogator** By J.O. Pyle & M. Karinch. The secret to finding out anything you want to know is amazingly simple: ask good questions. This guide will give you the power to determine when and how to control the conversation; recognize types of questions to avoid; identify

and practice good questioning techniques; and more. 281 pages. Career Press. Paperbound. Pub. at \$16.99

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FIFTY SHADES OF BONDAGE & SUBMISSION: 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 titillating torture for a spanking good time. Adults only. 128 pages. Carlton. Paperbound. Pub. at \$9.95
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Sexuality & Sexual Expression



★**YOUR BLUEPRINT FOR PLEASURE: Discover the 5 Erotic Types to Awaken—and Fulfill—Your Desires** By Jaiya. Jaiya has identified five Core Erotic Blueprint Types, and knowing yours and your partner's can help bridge any sexual incompatibility gaps and build a life that makes pleasure a priority. Also provides 50 exercises to master the turn-ons for all five Blueprint Types. Adults only. 304 pages. Union

Square & Co. Paperbound. Pub. at \$17.99
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Pregnancy, Childbirth & Parenting



AND THEN THEY STOPPED TALKING TO ME: Making Sense of Middle School By Judith Warner. Through the stories of kids and parents in the middle school trenches, this work reveals why these years are so painful, how parents unwittingly make them worse, and what we all need to do to grow up. 287 pages. Crown. Pub. at \$27.00

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★**BETTER PARENTING WITH THE ENNEAGRAM: 9 Types of Children & 9 Types of Parents** By Ann Gadd. Certified practitioner Gadd explores the nine Enneagram parenting types and the nine Enneagram child types, revealing each type's strengths and challenges, as well as exploring all 81 parent-child type combinations. This work is like having your own personal manual for yourself and your child.

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