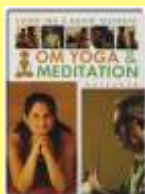


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August 16, 2019



DVD 3686329 OM YOGA & MEDITATION WORKSHOP. By C. Lee & D. Nichtern. This package offers everything you need to practice yoga and meditation at home as a path toward cultivating a more wakeful and compassionate existence. Includes a DVD with 4 yoga and 5 meditation sessions, each about fifteen minutes, a music CD, and a booklet explaining OM yoga and meditation. Dharma Moon. Pub. at \$24.98 **\$3.95**

2781131 UNMENTIONABLE: The Victorian Lady's Guide to Sex, Marriage, and Manners. By Therese Oneill. Your guide to the secrets of life as a Victorian lady, giving you detailed advice on how to maintain your youth, how to please your husband, and how to manage your monthly unwellness, and much more. A scandalously honest and humorous guide to the secrets of Victorian womanhood. Illus. 307 pages. Little, Brown. Pub. at \$25.00 **\$6.95**



2911582 THE EVERYTHING GUIDE TO LYME DISEASE. By Rafal Tokarz. If you're suffering from Lyme disease, you need clear, easy to understand information. Written by a leading expert in infectious diseases, this is a comprehensive resource for living with Lyme disease. Learn about all aspects of the disease, how to prevent it, and how to find the best medical care. 256 pages. Adams Media. Paperbound. Pub. at \$18.99 **\$4.95**

2825171 HOW TO FAKE REAL BEAUTY. By Ramy Gafni. The power of makeup goes a long way toward helping you fake anything: a clean complexion; fuller lips; brighter eyes; whatever you want! The makeup guru shares his secrets to enhancing a woman's natural beauty while "faking" what she doesn't have. Fully illus. in color. 151 pages. Running Press. Paperbound. Pub. at \$19.00 **\$4.95**

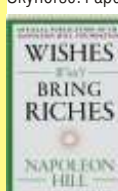


2945592 REBOOT YOUR BRAIN. By Gary Null. This study shows how memory loss, depression, anxiety, dementia, and other mental conditions can be reversed without drugs. Null describes each condition and prescribes the appropriate mix of diet, exercise, lifestyle modifications, and nutritional supplements to restore maximum mental health. 450 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$4.95**



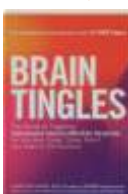
6669263 THE TEST BOOK. By M. Krogerus & R. Tschappeler. This collection of 64 of the world's most useful evaluation tests offers a quick, fun way to figure yourself out. From describing a Rorschach ink blot to seeing how our workout stacks up against a Navy SEALs, you'll analyze every trait you need to thrive, and you'll discover skills you never knew you had. 195 pages. Norton. Pub. at \$17.95 **\$5.95**

6861601 DON'T EAT THIS IF YOU'RE TAKING THAT: The Hidden Risks of Mixing Food and Medicine. By Madelyn & John Fernstrom. Takes the mystery out of food and medication interactions. This easy to use guide details foods that can interfere with the action of the medication you are taking—whether taken for short or long term. Dr. Fernstrom explains exactly what foods to avoid when and why. 213 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$4.95**



2962756 WISHES WON'T BRING RICHES. By Napoleon Hill. When making a plan, the application of faith, enthusiasm, and the action you take to implement it are the three keys to achieving your goals. In this concise yet comprehensive guide, Hill will teach you how to transform belief into action and faith into real-life plans. 284 pages. TarcherPerigee. Paperbound. Pub. at \$16.00 **\$4.95**

2863790 BRAIN TINGLES. By Craig Richard. With this guide, it's now possible to stimulate and share those feel good tingles known as ASMR (autonomous sensory meridian response) for life. No special training or fancy equipment required. You'll learn the most common auditory, visual, and tactile triggers—and the result? Calm! 239 pages. Adams Media. Paperbound. Pub. at \$16.99 **\$5.95**



2910047 LIFE LESSONS FROM THE OLDEST & WISEST. By David Romanelli. This title is packed with unexpected and unforgettable advice from elders all around us! The author is on a journey to meet and listen to the stories of elder Americans who have seen and lived it all! We are reminded that the elders' history and wisdom are our most precious resources. Let us cherish them, before it's too late. 168 pages. Skyhorse. Pub. at \$15.99 **\$5.95**

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Nutrition & Weight Management

LIMITED QUANTITY 2949636 THE CARB SENSITIVITY PROGRAM. By Natasha Turner. A naturopathic doctor shares a remarkable discovery, revealing which carbs pack on the pounds and which ones actually help you lose weight. Her unique carb rehab program will repair your metabolism so you can eat carbs again—without gaining weight. Includes recipes. 472 pages. Rodale. Paperbound. Pub. at \$17.99 **\$3.95**

2902737 THE SUPER METABOLISM DIET. By D. Zincenko & K. Mayo. Whether you want to improve your body, your health, or your energy levels, this guide can help you become your happiest and healthiest self. And all it takes is fourteen days. The key is firing up your metabolism. The author reveals the ground breaking new secrets that will help you lose up to a pound a day and stay lean for life. Illus. 261 pages. Ballantine. Pub. at \$28.00 **\$5.95**

2976625 THE POUND A DAY DIET: Lose Up to 5 Pounds in 5 Days by Eating the Foods You Love. By Rocco DiSpirito. A low calorie, six meal per day formula that is proven to boost metabolism and shed fat fast. It's designed to help you lose five pounds a week while enjoying all your favorite foods. This guide is complete with menu plans, store bought meal alternatives, and fast and healthy cooking techniques. Illus. 298 pages. Grand Central. Pub. at \$26.00 **\$4.95**

2959593 THE THYROID DIET: Manage Your Metabolism for Lasting Weight Loss. By Mary J. Shomon. Identifies the many frustrating impediments to weight loss, and offers solutions—both conventional and alternative—to help. Aids many previously unsuccessful dieters in getting diagnosed and treated, and posits that proper thyroid treatment might be the key to losing weight. 384 pages. Harper. Paperbound. Pub. at \$15.99 **\$3.95**

★ **2804425 JUMP START KETOSIS: Intermittent Fasting for Burning Fat and Losing Weight.** By Kristen Mancinelli. Intermittent fasting will put your body into a state of ketosis where it burns fat for energy. It's a very safe way to lose body fat while retaining muscle. Details everything you need to know to start intermittent fasting, and offers practical advice on how to integrate it into your life. 202 pages. Ullysses. Paperbound. Pub. at \$14.95 **\$11.95**

6824935 BUDDHA'S DIET. By T. Cottrell & D. Zigmond. Modern science confirms what Buddha knew all along. It's not what you eat that's important, it's when you eat. You just have to follow a few guidelines that Buddha provided and are illuminated in this volume, and you will feel better, stop obsessing about food—and lose weight. 240 pages. Running Press. Pub. at \$16.95 **\$4.95**

2858916 THE DNA RESTART. By Sharon Moalem. The author turns traditional dietary advice on its head with groundbreaking research that demonstrates that we all require different diets tailored to our own unique genes. It provides a step by step guide to the diet and lifestyle perfect for your genetic makeup. This volume is certain to change how we view our diets, health, and longevity. 271 pages. Rodale. Pub. at \$26.99 **\$5.95**

2845849 TIGHTEN YOUR TUMMY IN 2 WEEKS. By Ellington Darden. This five-step system for flat-tummy success is based on a scientific formula that was tested on two panels of women at Gainesville Health & Fitness. They include a carbohydrate-rich eating plan; two 30-minutes exercise sessions a week; extra rest at night and a nap during the day; superhydration; and a tummy-tightening trick called the inner-abs vacuum, performed twice before every meal. Illus. 238 pages. Rodale. Pub. at \$26.99 **\$4.95**

6913377 THE ACID ALKALINE BALANCE DIET, REVISED EDITION. By Felicia Drury Kliment. Promotes a sensible food-combination program along with alternative therapies to balance the positively and negatively charged acidic particles in the body. This plan can be used to cure a wide range of medical problems including arthritis, heart disease, lung disorders, obesity, and more. 242 pages. McGraw-Hill. Paperbound. Pub. at \$16.95 **\$4.95**

2905809 THE ALL-DAY FAT-BURNING DIET. By Yuri Elkaim. Presents Elkaim's unique 5-day Food-Cycling Formula, setting your metabolism up to lose up to five pounds a week. Based on a blend of nutritional expertise, fitness experience, and cutting-edge research, this four-pronged approach features: the cycling of calories and carbs; a food plan that reduces fat; a unique way to exercise; and a method to improve the body's ability to repair. Illus. 316 pages. Rodale. Pub. at \$26.99 **\$5.95**

2858746 ALWAYS EAT DESSERT: And 6 More Weight Loss and Lifestyle Habits I Learned in the Convent. By Mary Lou Reid. The key to losing weight is to make your eating plan your own. My Convent Diet is neither trendy nor a magic bullet, and for most it takes some trial and error, but it works! The secret is *not* to diet, but to change your way of looking at food. Illus. 203 pages. Post Hill. Paperbound. Pub. at \$16.99 **\$4.95**

2827220 THE WELL PATH: Lose 20 Pounds, Reverse the Aging Process, Change Your Life. By Jame Heskett. Dr. Heskett shares her proven, holistic plan that has changed the lives of thousands of women, helping them to lose weight and look and feel younger. Her sixty-day C.H.A.N.G.E. regimen, introduced in this volume, is a series of small steps that may be easily integrated into daily life. 294 pages. Harper. Pub. at \$27.99 **\$4.95**

★ **6539882 SUPER IMMUNITY: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free.** By Joel Fuhrman. A leading expert and board-certified medical specialist in prevention and reversing disease offers a comprehensive guide to superior health. Based on the latest scientific research, he shows us how we can become almost totally resistant to colds, influenza, and other infections. 295 pages. HarperOne. Paperbound. Pub. at \$15.99 **\$11.95**

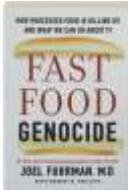
★ **2981777 EAT LESS: The Easiest Way to Lose Weight and Keep it off for Life.** By Jeremy Jackson-Sytner et al. If you're overweight or just eat too much, you'll want to devour this guide. Informative and motivational, this title offers practical advice on the life changing benefits that simply eating less food and the right food can bring. Illus. 126 pages. Urbane. Paperbound. Pub. at \$14.95 **\$11.95**

Nutrition & Weight Management



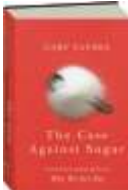
★**684121X SUICIDE BY SUGAR: A Startling Look at Our #1 National Addiction.** By N. Appleton & G.N. Jacobs. Once associated only with cavities and simple weight gain, sugar is now linked to a host of devastating health conditions, including cancer, epilepsy, dementia, hypoglycemia, obesity, and more. The authors provide shocking information about the amount of sugar found in many popular foods and beverages. 180 pages. Square One Books. Paperbound. Pub. at \$15.95 **\$11.95**

★**2913771 NUTRITION IN CRISIS: Flawed Studies, Misleading Advice, and the Real Science of Human Metabolism.** By Richard David Feinman. Feinman paints a broad picture of the nutrition world that shows the beauty of the underlying biochemistry, the embarrassing failures of the medical establishment, and what's wrong with the constant reports that the foods we've been eating for centuries represent a threat rather than a source of pleasure. 291 pages. Chelsea Green. Paperbound. Pub. at \$24.95 **\$19.95**



★**2793075 FAST FOOD GENOCIDE: How Processed Food Is Killing Us and What We Can Do About It.** By Joel Fuhrman with R.B. Phillips. A nutritional researcher and leading voice in the health field explains why the problem of poor nutrition is deeper, more serious, and more pervasive than anyone imagined, and reveals the solution that's been hiding in plain sight: a nutrient-dense, healthful diet that can save lives. 342 pages. HarperOne. Paperbound. Pub. at \$15.99 **\$11.95**

★**6778399 THE CASE AGAINST SUGAR.** By Gary Taubes. From the author of *Why We Get Fat* comes a groundbreaking and urgent expose that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. 365 pages. Anchor. Paperbound. Pub. at \$16.00 **\$11.95**



2826070 THE CASE AGAINST SUGAR. By Gary Taubes. A groundbreaking expose that makes the convincing case that sugar is the tobacco of the new millennium; backed by powerful lobbies, entrenched in our lives, and making us very sick, arguing that sugar is at the root of many health related problems. This resource provides us with the perspective necessary to make informed decisions about sugar. 365 pages. Knopf. Pub. at \$26.95 **\$5.95**



★**7411979 A CONSUMER'S DICTIONARY OF FOOD ADDITIVES, REVISED 7TH EDITION.** By Ruth Winter. Gives you the facts about the safety and side effects of more than 12,000 ingredients, such as preservatives, food tainting pesticides, and animal drugs, that end up in food as a result of processing and curing, including more than 650 new chemicals now commonly used. 595 pages. Three Rivers. Paperbound. Pub. at \$17.95 **\$12.95**

2902583 BRAIN-POWERED WEIGHT LOSS. By Eliza Kingsford with D. Yost. Kingsford takes you on an 11-step weight-loss journey that will show you how to identify the 10 diet demons and the psychological food triggers that persuade you to overeat. You will finally be able to end yo-yo dieting and become a Long-Term Weight Controller. 232 pages. Rodale. Pub. at \$26.99 **\$5.95**

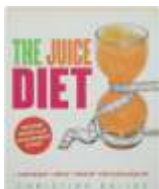


2839849 25 DAYS: A Proven Program to Rewire Your Brain, Stop Weight Gain, and Finally Crush the Habits You Hate—Forever. By Drew Logan with M. Murphy. The author outlines a unique, multifaceted approach that helps you rewrite your neurological patterning, what lies underneath those habits that get in your way, so that the brain's neural pathways, biochemistry, and hormones work together effectively. It is one of the easiest diets to follow, this guide will show how to be leaner and fitter. 273 pages. S&S. Pub. at \$25.99 **\$8.95**

★**279313X EAT REAL TO HEAL: Using Food as Medicine to Reverse Chronic Diseases from Diabetes, Arthritis to Cancer and More.** By Nicolette Richer. Shows you the organic, plant-based foods you should be eating to fortify and detoxify. Focusing on diet, nutrition, detoxification, and self-awareness, this guide teaches you how to power up your immune system to help fight chronic diseases and even cancer. Illus. 199 pages. Mango. Paperbound. Pub. at \$18.99 **\$13.95**



1874020 THE BIGGEST LOSER COMPLETE CALORIE COUNTER. By Cheryl Forberg et al. Millions of viewers have been inspired to change their lives by the incredible transformations on *The Biggest Loser*, and you can too. This guide provides calorie measurements and full nutritional analysis for more than 5,000 foods. 226 pages. Rodale. Paperbound. Pub. at \$7.99 **\$2.95**



2801728 THE JUICE DIET. By Christine Bailey. There are over 100 juices and smoothies that offer an effective way to jump start your diet and revitalize your body. Watch the weight drop off, simply by sipping such luscious concoctions as a Ginger Pear Cooler; Watermelon Reviver, Cucumber Cleanser; Mandarin and Mango Lassi; and more. Well illus. in color. 160 pages. Duncan Baird. Paperbound. Pub. at \$14.95 **\$3.95**



★**2808501 THE ENNEAGRAM OF EATING: How the 9 Personality Types Influence Your Food, Diet, and Exercise Choices.** By Ann Gadd. This well-known Enneagram system of personality types offers insight into your personal approach to eating and exercise. Gadd reveals for each of the nine types: the emotional eating triggers; what exercise regime will inspire rather than tire; why we entertain the way we do; and where each type fails at weight loss. 192 pages. Findhorn. Paperbound. Pub. at \$16.99 **\$13.95**

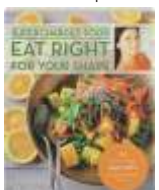


★**2780240 BECOMING AGELESS: The Four Secrets to Looking and Feeling Younger Than Ever.** By Strassman Zelnick with Z. Zeigler. This science-backed three-month plan will give you the essentials you need to live happier, leaner, and more muscular for the rest of your life. Take inventory of what you want out of life; learn to ward off illness; develop inner peace and stronger bonds with friends and family; and melt the pounds away by eating delicious foods and doing fast and fun workouts. Illus. 239 pages. Galvanized. Pub. at \$26.00 **\$18.95**

6899757 COMPLETE FAMILY NUTRITION. By Jane Clarke. Offers clear, practical, and positive advice you can trust on the questions so many parents ask. Learn which key nutrients growing children need and how to achieve a healthy weight and what the difference between food allergy and food intolerance is. Clarke gives tried and tested tips for small changes that can make a big difference. Illus. in color. 256 pages. Dorling Kindersley. Pub. at \$25.00 **\$11.95**



6802400 EXTREME TRANSFORMATION: Lifelong Weight Loss in 21 Days. By Chris & Heidi Powell. The hosts of the hit TV show *Extreme Weight Loss* share their proven, life-changing, step-by-step guide for losing weight and keeping it off. With their help, readers will see the hidden path of transformation; be guided through fast and fun exercises; and enjoy dozens of gourmet recipes. Illus. 308 pages. Hachette. Paperbound. Pub. at \$15.99 **\$2.95**



2896214 EAT RIGHT FOR YOUR SHAPE. By Lee Holmes. By identifying your unique body type, or *doshā*, and keeping it in balance, you'll find the key to maintaining your weight and overall health. An extensive introductory section to Ayurveda, the Indian healing system, features tips, tables of dosha-specific foods, and meal plans as well as yoga exercises illustrated with step by step photos, and 120 recipes. 272 pages. Fair Winds. Paperbound. Pub. at \$24.99 **PRICE CUT to \$4.95**



★**DVD 2905779 ASK ME ANYTHING? Sexy Food Therapy.** It's time to get healthy with Melissa Ramos from sexy food therapy. If you want to feel like a million bucks by choosing a smart, digestive friendly diet and incorporate natural ingredients into your daily beauty regime—then this is the program for you! Melissa answers questions about health, diet, and natural beauty products. 24 minutes. TMW Media Group. **PRICE CUT to \$9.95**



5825717 THE POUND A DAY DIET: Lose Up to 5 Pounds in 5 Days by Eating the Foods You Love. By Rocco DiSpirito. Rewrites every carb, fat, and calorie rule in the book! The 28-day program offered is based on the science of the calorie deficit and uses a fat-as-fuel approach. Rich in fiber and nutrients and carb-corrected to accelerate fat loss, it quickly depletes existing fat reserves. Features recipes and meal plans. 298 pages. Grand Central. Paperbound. Pub. at \$18.00 **\$4.95**



2823586 CHOLESTEROL CURES, REVISED: The Breakthrough Menu Plan to Slash Cholesterol. By the eds. of Rodale Health Books. Specific foods and nutritional supplements, along with certain physical activities and other lifestyle factors, have a direct correlation to healthy cholesterol levels. By implementing them with this plan, you may be able to lower your cholesterol without drugs—safely, effectively, and for life. 328 pages. Rodale. Paperbound. Pub. at \$18.99 **\$5.95**

Nutrition & Weight Management

6866077 THE DIET TRAP SOLUTION. By J.S. Beck & D.B. Busis. This accessible and highly practical guide enables us to stay on the healthy diet of our choice and not only loose weight, but keep it off once and for all. 248 pages. HarperOne. Pub. at \$27.99 **PRICE CUT to \$1.95**

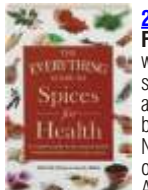
Healthy Cooking & Special Diets



2859971 FLAT BELLY BREAKTHROUGH: Lose up to...14 Pounds & 14 Inches in 14 Days. By Ellington Darden. A revolutionary shape-up program that targets the stubborn tummy rolls, thick thighs, and saggy butts. Using tricks like negative-accentuated exercise; the inner-abs vacuum; superhydration and brisk evening walks; more sleep; and a diet plan with built-in portion control, you'll see and feel a tighter belly in two weeks. Photos. 270 pages. Rodale. Pub. at \$25.99 **\$3.95**



6980090 GOOD CLEAN FOOD: Shopping Smart to Avoid GMOs, rBGH, and Products That May Cause Cancer and Other Diseases. By S. Epstein & B. Leibson. Between GMOs, hormones, and pesticides, it sometimes feels like our food has become so artificial that shopping smart is impossible. This practical, positive guide provides all of the information you need to make healthy food choices for you and your family. Photos. 166 pages. Skyhorse. Pub. at \$24.95 **\$4.95**



2845245 THE EVERYTHING GUIDE TO SPICES FOR HEALTH. By Michelle Robson-Garth. This guide will show you the benefits of dozens of herbs and spices which have long been celebrated for their antioxidant and anti-inflammatory properties. Health boosting recipes like, Szechuan Pepper Chicken & Noodle Soup, and Spiced Coconut & Date Bliss Balls, offer ways to promote overall wellness. 288 pages. Adams Media. Paperbound. Pub. at \$16.99 **\$4.95**



2931745 THE ULTIMATE PH SOLUTION: Balance Your Body Chemistry to Prevent Disease and Lose Weight. By Michelle Schoffro Cook. Discover how to control the level of acid in your body and reclaim your health with the simple, step by step program laid out here. Includes real life success stories of people who have overcome disease and lost weight by balancing their pH levels. 202 pages. Collins. Paperbound. Pub. at \$14.99 **\$4.95**



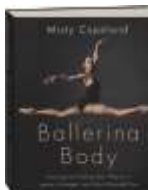
283149X DIABETIC LIVING EAT SMART, LOSE WEIGHT. Ed. by Anne Ficklen. Features more than 190 carb-counted recipes, pointers for making a plan and sticking with it, ten correctly portioned meals with tips on how to fill your place, five days of complete meal plans, exercises and stretches that get you moving no matter your fitness level, and balanced nutrition models that teach you how to eat for all-day energy. Illus. in color. 252 pages. HMH. Paperbound. Pub. at \$19.99 **\$4.95**



2918870 THE NEW FAT FLUSH FOODS. By Ann Louise Gittleman. Contains the very latest cutting-edge diet and detox revelations about the most highly revered superfoods; from your favorite comfort foods from childhood to new foods you will be anxious to try. In addition you will discover expanded eating and storage tips and fresh Paleo, Ketogenic, vegan, and gluten-free options. 256 pages. McGraw-Hill. Paperbound. Pub. at \$18.00 **\$4.95**



2851903 LEMONS ARE A GIRL'S BEST FRIEND: 60 Superfood Recipes to Look and Feel Your Best. By Janet Hayward. Collected here are 30 superfoods highlighted for their healing properties, each with an easy to make beauty treatment for a healthy glow, and a delicious recipe that nourishes from the inside. 128 pages. Clarkson Potter. Pub. at \$12.99 **\$4.95**



2875268 BALLERINA BODY: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You. By Misty Copeland. In her first health and fitness guide, Copeland shows you how to find the motivation to get healthier and stronger, and how to refine the body you were born with to be lean and flexible, with step by step advice, meal plans, workout routines, and words of inspiration. Well illus., many in color. 226 pages. Grand Central. Pub. at \$30.00 **\$7.95**

2823772 NOURISHING FATS: Why We Need Animal Fats for Health and Happiness. By Sally Fallon Morell. Drawing on extensive research, Morell offers the science behind why animal fats are vital for fighting infertility and inflammation, improving mood, and relieving chronic disease and allergies. She features easy solutions in the form of some delicious recipes, for adding these essential fats back into your diet. Celebrate the return of egg yolks and butter back into your life! 256 pages. Grand Central. Paperbound. Pub. at \$24.99 **\$6.95**



2865777 ACADEMY OF NUTRITION AND DIETETICS COMPLETE FOOD & NUTRITION GUIDE, 5TH EDITION. By Roberta L. Duyff. Comprehensive and easy to use, this edition is packed with flexible guidelines, real world tips, and simple tools. It's designed to help you make informed, appealing food and beverage choices that personalize your own path to healthy eating and active living. 802 pages. HMH. Paperbound. Pub. at \$30.00 **\$7.95**

1878581 THE COCONUT OIL MIRACLE, 5TH EDITION. By Bruce Fife. Learn how to use coconut oil to: lose weight; beautify skin and hair; prevent heart disease, cancer, and diabetes; strengthen the immune system; and more. Includes 50 delicious recipes. 286 pages. Avery. Paperbound. Pub. at \$18.00 **\$5.95**

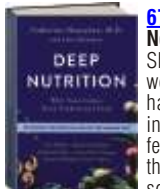


6836550 THE COMPLETE IDIOT'S GUIDE TO FLOUR-FREE EATING. By K.W. Berkowitz & S.V. James. Forget the flour! Packed with alternative choices and more than 125 flour- and sugar-free recipes for everything from breakfast to dessert, this helpful guide gives you the tools you need to kick out the flour and make room for more healthful food choices. 263 pages. Alpha. Paperbound. Pub. at \$16.95 **\$4.95**

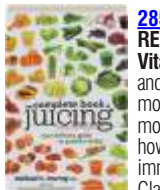


2965690 THE COMPLETE GUIDE TO FOODS THAT HARM, FOODS THAT HEAL: Health Guide and Cookbook. This easy to use guide includes specific recipes to try and additional tips on what, how, and when to eat to maximize the healing benefits of your meals. Includes 170 foods; one hundred health conditions; 250 delicious recipes; meal plans for one hundred ailments; and an all-new overview of nutrition and food safety. Illus. in color. 372 pages. Reader's Digest. 8x10 1/4. **\$9.95**

6949452 FLAT FOOD, FLAT STOMACH: The Law of Subtraction. By Paul Shavelson with C. Carfora. Take the journey of one man's quest for washboard abs and learn the simple steps you can take for a more flattering you. With a shift in thinking, and with simple food choices and easy exercises, you can transform the way you think about food and flatness. 253 pages. Post Hill. Paperbound. Pub. at \$16.00 **\$4.95**



6763219 DEEP NUTRITION: Why Your Genes Need Traditional Food. By Catherine & Luke Shanahan. Researching diets from around the world, Dr. Cate identified four common nutritional habits that have produced strong, healthy, intelligent children and active elders: fresh food, fermented and sprouted foods, meat cooked on the bone, and organ meats. Here she combines science with common sense to illustrate this "Human Diet." 487 pages. Flatiron Books. Pub. at \$27.99 **\$6.95**



285161X THE COMPLETE BOOK OF JUICING, REVISED: Your Delicious Guide to Youthful Vitality. By Michael T. Murray. Completely revised and updated, this essential guide to juicing includes more than 200 irresistible recipes that use today's most popular superfruits and vegetables. Discover how juice can help you lose weight, boost your immunity and energy, and even heal you! 370 pages. Clarkson Potter. Paperbound. Pub. at \$14.99 **\$5.95**

2965216 HOW WE EAT WITH OUR EYES AND THINK WITH OUR STOMACH: The Hidden Influences That Shape Your Eating Habits. By M. Muhl & D. von Kopp. Through over 40 compelling questions, the authors explore how our eating decisions tread the line between conscious and subconscious, enabling us to be more intelligent about food. With expert insights you'll begin to see the innumerable influences behind your diet and cravings. Learn what and why you eat, when and how you do—before you next sit down to eat! 252 pages. The Experiment. Pub. at \$16.95 **\$4.95**

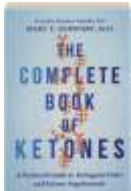


2864606 THE GREEK DIET. By M. Loi & S. Toland. Features easy to follow meal plans that are structured around the twelve Pillar Foods of the Mediterranean diet to jump-start your weight loss and improve your overall health, along with 100 authentic Greek recipes that include Greek Fish Stew; Tahini Vegetable Soup; and Spring Stuffed Leg of Lamb. 16 pages of color photos. 294 pages. Morrow. Paperbound. Pub. at \$19.99 **\$5.95**

Healthy Cooking & Special Diets



★2959186 THE HORMONE RESET DIET. By Sara Gottfried. If you struggle with stress eating, insatiable hunger, sugar cravings, stubborn fat, and food addiction then Dr. Gottfried can help you drop unwanted pounds, detox your body, and double your energy with this healing diet. 322 pages. HarperOne. Paperbound. Pub. at \$17.99 **\$5.95**



★2908441 THE COMPLETE BOOK OF KETONES: A Practical Guide to Ketogenic Diets and Ketone Supplements. By Mary T. Newport. Far more than recipes and diet tips, the author provides a breakdown of the science behind ketogenics. This guide also gives strategies for increasing ketone levels, an overview of the different types of ketogenic diets and their benefits, a list of ketone supplements, and keto friendly recipes and ingredients. 456 pages. Turner Publishing Company. Paperbound. Pub. at \$21.99 **\$16.95**

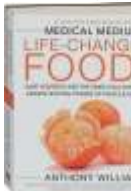
★2869179 FAT FOR FUEL: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy. By Joseph Mercola. A leading natural-health practitioner explains how nearly all disease is caused by defective metabolic processes. He then reveals what's causing your metabolism to go haywire: damage in the mitochondria. By giving your body the proper fuel, Dr. Mercola argues you can take control of your health, and a cyclical ketogenic diet is the way to support this healing. 339 pages. Hay House. Paperbound. Pub. at \$16.99 **\$12.95**



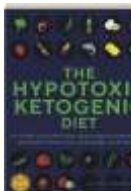
★2839067 THE COLLAGEN DIET. By Pamela Schoenfeld. Packed with proven techniques, helpful strategies and delicious recipes, this resource offers simple steps to boost your body's natural collagen production. Schoenfeld explains everything you need to know about collagen including how much to consume daily and which foods naturally contain it. 234 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$11.95**



2979195 NOURISH YOUR BRAIN COOKBOOK: Discover How to Keep Your Brain Healthy with 60 Delicious Recipes. By Rika K. Keck. Our food choices can affect our mental capacity and even our emotions. Discover what foods will increase energy levels, improve your mood, help you focus, and sharpen your memory. Features 60 recipes, including vegetarian and vegan options for breakfast, lunch and dinner, sides and snacks, smoothies, desserts and treats. Well illus. in color. 160 pages. CICO Books. Paperbound. Pub. at \$19.95 **\$5.95**

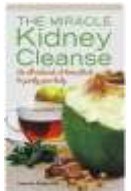


★2958023 MEDICAL MEDIUM LIFE-CHANGING FOODS. By Anthony William. The Medical Medium teaches you how to unleash the hidden powers of fruits and vegetables and transform your life in the process. William offers targeted foods and delicious recipes to bring into your life for relief from hundreds of symptoms and conditions including anxiety, autoimmune disorders, cancer, Lyme disease, thyroid disease, and more. Well illus. in color. 325 pages. Hay House. Pub. at \$29.99 **\$21.95**



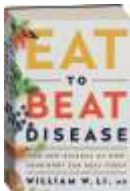
★2920182 THE HYPOTOXIC KETOGENIC DIET. By Olivia Charlet. Low in carbohydrates and rich in good fats, the ketogenic diet offers the perfect formula for healthy eating for optimum well being. This essential guide answers all your questions and shows you how to get started, featuring key foods and their benefits, creative recipes and ideas for meal plans. Start transforming your life today! Well illus. in color. 128 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$11.95**

6859054 GLUTEN EXPOSED. By P.H.R. Green & R. Jones. Provides an in-depth examination of every symptom and condition associated with gluten, what it does and what it doesn't do. The authors offer clear, welcome guidance and a practical road map that can help anyone achieve a healthier, symptom-free life. 352 pages. Morrow. Pub. at \$25.99 **\$4.95**



★5788668 THE MIRACLE KIDNEY CLEANSE: An All-Natural, At-Home Flush to Purify Your Body. By Lauren Felts. Shows you how to flush out toxins and maximize the benefits of the body's natural cleansing system, including preventing painful kidney stones; boosting immune function; increasing energy; improving mood; curing low-back kidney pain; and more. 233 pages. Ulysses. Paperbound. Pub. at \$14.95 **\$11.95**

★2971240 THE BAD FOOD BIBLE. By Aaron Carroll. As this physician explains, avoiding certain "bad" foods may actually hurt us. Distilling troves of studies on dietary health, Carroll rehabilitates some of our most demonized ingredients—meat, alcohol, gluten, and salt—and shows that you can eat, drink, and relax. 234 pages. Mariner Books. Paperbound. Pub. at \$14.99 **\$11.95**



★2927926 EAT TO BEAT DISEASE: The New Science of How Your Body Can Heal Itself. By William W. Li. Forget everything you thought you knew about your body and food, and discover the new science of how your body heals itself. With this guide you'll learn to identify the strategies and dosages for using food to transform your resilience and health. Dr. Li's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense system. 468 pages. Grand Central. Pub. at \$30.00 **\$21.95**



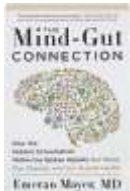
★2919885 GROW A NEW BODY: How Spirit and Power Plant Nutrients Can Transform Your Health. By Alberto Villoldo. Drawing on more than 25 years of experience as a medical anthropologist, Villoldo shows you how to detoxify your brain and gut with superfoods; techniques for working with your luminous energy fields to heal your body; and tools like the medicine wheel that will shed disempowering stories from the past and pave the way for rebirth. Includes a 7-day meal plan. 293 pages. Hay House. Paperbound. Pub. at \$16.99 **\$12.95**

2817098 HOT DETOX: A 21-Day Anti-Inflammatory Program to Heal Your Gut and Cleanse Your Body. By Julie Daniluk. Discover a revolutionary breakthrough in how you can fire up your digestive power and cleanse and heal your body. Includes over 140 delicious recipes. Fully illus. in color. Collins. Paperbound. **\$7.95**



★6786413 THE APPLE CIDER VINEGAR CURE. By Madeline Given. Gives all the information you need to know about the benefits of apple cider vinegar. Provides instructions on over 20 healing home remedies and 25 natural body and hair care treatments. The author also brings this probiotic powerhouse to your plate with 75 delicious, nourishing recipes for every meal of the day. Illus. in color. 216 pages. Sonoma Press. Paperbound. Pub. at \$16.99 **\$12.95**

★6794343 KETO: The Complete Guide to Success on the Keto Diet, Including Simplified Science and No-Cook Meal Plans. By Maria & Craig Emmerich. Takes you on a journey that helps you lose weight, build muscle, and live the life nature intended you to live. Includes a detailed explanation of the science behind the diet; an overview of the nutrients needed for optimal wellness; tips for correcting common keto mistakes; and two no-cook meal plans. 320 pages. Victory Belt. Paperbound. Pub. at \$29.95 **\$21.95**



★6910475 THE MIND-GUT CONNECTION: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health. By Emeran Mayer. Offers a cutting-edge view into this developing science, showing us the full impact of how the brain, gut, and microbiome communicate. With a few simple changes of our diet and lifestyle, we can enjoy a happier mind-set, enhanced immunity, a decreased risk of developing neurological diseases and even lose weight. 316 pages. HarperWave. Paperbound. Pub. at \$16.99 **\$12.95**

★2836777 EAT BETTER, LIVE LONGER: Understand What Your Body Needs to Stay Healthy. By S. Brewer & J. Kellow. Explore the ten key principles for a long and healthy life, built on evidence from long-lived communities around the world, and discover which foods are longevity wonderfoods, or belong to supergroups, and why they've earned this status. Includes 110 nutrient-packed recipes. Illus. in color. 224 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$14.95**



★286276X ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells & Lose Weight Permanently. By David Ludwig. Turns dieting on its head with a three-phase program that ignores calories and directly targets fat cells. The included recipes and meal plan feature luscious and healthy high-fat foods, savory proteins, and natural carbs. The result? Fat loss and loss of cravings. 357 pages. Grand Central. Paperbound. Pub. at \$16.99 **\$12.95**

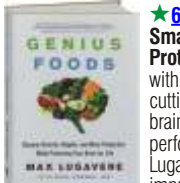
★2858169 THE HEALING POWERS OF SUPERFOODS: A Complete Guide to Nature's Favorite Functional Foods. By Cal Orey. With over 50 recipes for both cooked and raw dishes, this down to earth guide will show you how to get healthy and stay healthy with body friendly superfoods. It will take you to a world of wellness that starts at home with our favorite foods from Mother Nature, enjoyed in a new way with an exciting twist. 16 pages of color photos. 316 pages. Citadel. Paperbound. Pub. at \$16.95 **\$12.95**

Healthy Cooking & Special Diets



Stew; Frittata with Ham and White Sweet Potato; and Maple Meatloaf Muffins. Also included are meal plans and food rotation schedules to accommodate any diet. Well illus. In color. 360 pages. HarperOne. Pub. at \$31.99

★2920859 HASHIMOTO'S FOOD PHARMACOLOGY: Nutrition Protocols and Healing Recipes to Take Charge of Your Thyroid Health. By Izabella Wentz. Combines Dr. Wentz's revolutionary and proven approach to reversing thyroid symptoms with over 125 delicious, easy to use recipes that delight the taste buds while they heal the body, including Winter Oxtail and Maple Meatloaf Muffins. Also included are meal plans and food rotation schedules to accommodate any diet. Well illus. In color. 360 pages. HarperOne. Pub. at \$31.99



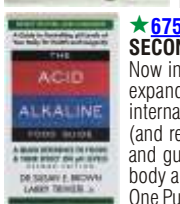
that can boost your memory and improve mental clarity and where to find them. 388 pages. HarperWave. Pub. at \$27.99

★6847900 GENIUS FOODS: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life. By Max Lugavere with P. Grewal. This powerful new guide offers a cutting edge yet practical road map to eliminating brain fog and optimizing the brain's health and performance today and decades into the future. Lugavere shares invaluable insights into how to improve your brain power including the nutrients that can boost your memory and improve mental clarity and where to find them. 388 pages. HarperWave. Pub. at \$27.99

★2910314 CLEAN EATING, DIRTY SEX. By L. Davis & E. Macdonald. Filled with delicious recipes, humorous stories, and science based advice from more than fifty health experts, this is your ultimate guide to a healthier and sexier you! This resource provides all the tools to inspire a healthy lifestyle change, and the advice given will help improve your health physically, emotionally, and sexually. Well illus. In color. 213 pages. Skyhorse. Pub. at \$22.99



★2793652 THE GUT PLAN DIET. By A. Hamilton & H. Ebelthite. Discover the secret to weight loss and how to improve your gut health with this 21-day plan. First give your digestion a rest and then gradually build up your gut health while following a delicious menu plan. Includes 75 recipes that are quick and easy and delicious. 144 pages. Aster. Paperbound. Pub. at \$16.99



★6753531 THE ACID ALKALINE FOOD GUIDE, SECOND EDITION. By S.E. Brown & L. Trivieri, Jr. Now in its second edition, this bestseller has been expanded to include many more domestic and international foods. Updated information explores (and refutes) the myths about pH balance and diet, and guides you to supplements that can help your body achieve a healthy pH level. 212 pages. Square One Publishers. Paperbound. Pub. at \$8.95

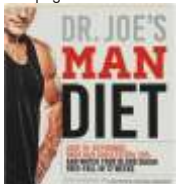


★2788969 BOTTOM LINE'S GUIDE TO HEALING FOODS. Nearly every health problem, from diabetes and allergies to Alzheimer's and high blood pressure, can be helped by eating the right foods, and avoiding the wrong ones. Some of these dietary changes could totally eliminate your need for medications or dietary supplements. This is your handy guide to the superfoods you need for optimal health. 248 pages. Bottom Line. Paperbound. Pub. at \$15.95



★2859017 THE HORMONE BOOST. By Natasha Turner. This volume provides an extensive, scientific overview of the six hormones that influence weight loss. With more than 60 recipes and a simple Pick 4 guide to creating meals, smoothies, and salads, this guide makes getting the right balance of carbs, fat, and protein easy. Rather than merely targeting weight loss it also promotes total wellness. 343 pages. Rodale. Pub. at \$26.99

6959873 THE COMPLETE ACNE HEALTH & DIET GUIDE: Naturally Clear Skin Without Antibiotics. By Makoto Trotter. The Vibrant Skin Diet Plan outlined in this guide works with your body to create an internal state that is less inflamed and more balanced. All of the approaches are gentle and support your whole body. Includes the most current information on managing acne, from the role of diet to conventional treatments. 384 pages. Robert Rose. Paperbound. Pub. at \$24.95



★6903932 DR. JOE'S MAN DIET. By Joseph Feuerstein with G. Pritchard. Lower your bad cholesterol, maintain your blood sugar, lose weight and regain control of your health in 12 weeks with Dr. Joe's plan. This lifestyle makeover and eating plan details what to eat and when from breakfast, lunch and dinner to snacks, salads and soups and includes flavorful recipes. Color photos. 208 pages. Page Street. Paperbound. Pub. at \$21.99



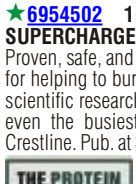
photos. 360 pages. BenBella. Paperbound. Pub. at \$21.95

★2849585 WHAT THE HEALTH: The Startling Truth Behind the Foods We Eat. By Kip Andersen et al. This stand-alone companion to the documentary of the same name, takes readers on a science-based tour of the hazards posed by consuming animal products and what happens when we stop. There's a health revolution brewing, and this volume is your invitation to join. Includes 50 plant based recipes to get you started. Color



252 pages. Hammersmith Books. Paperbound. Pub. at \$22.50

★2887134 THE INFECTION GAME: Life Is an Arms Race. By S. Myhill & C. Robinson. Shows us how we can maximize our defenses and martial our weapons so that we are ready to defeat the infectious organisms we encounter every day and in epidemic situations. You'll discover how to understand your enemy; understand your immune system; be at the ready with your battle first-aid box; and follow the key strategies for defense and counter-attack.

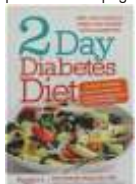


★6954502 100 OF THE MOST EFFECTIVE WAYS TO SUPERCHARGE YOUR METABOLISM. By Cynthia Phillips et al. Proven, safe, and effective strategies for raising your metabolism and for helping to burn off calories and fat. All are grounded in the latest scientific research, and all are practical and easy to incorporate into even the busiest of schedules. Well illus. In color. 240 pages. Crestline. Pub. at \$14.99

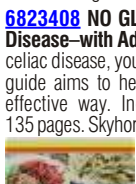
★6912257 THE PROTEIN PACING DIET: The Scientific Breakthrough for Boosting Metabolism, Losing Fat and Gaining Lean Muscle. By Nicole Stawicki. Packed with 40 delicious, high-protein recipes as well as helpful tips, shopping lists and schedules, this guide makes it easy for you to incorporate the protein pacing diet into your lifestyle. Lose Weight, gain lean muscle, burn fat, regulate blood sugars and improve your heart health following this protocol. 170 pages. Ulysses. Paperbound. Pub. at \$14.95



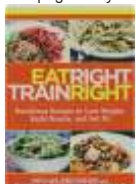
protocol. 170 pages. Ulysses. Paperbound. Pub. at \$14.95



594709X 2 DAY DIABETES DIET. By Erin Palinski-Wade et al. Based on science, this two-day diet makes it easy to prevent, treat, or even reverse type 2 diabetes. No forbidden foods, no carb-counting. Just restrict what you eat for two days a week and on those days follow the "Power Burn" program. Features more than 150 meal options and tension taming exercises to help you ward off cravings. Well illus. In color. 313 pages. Reader's Digest. Paperbound. Pub. at \$15.99



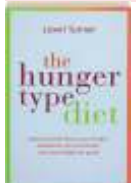
6823408 NO GLUTEN, NO PROBLEM: A Handy Guide to Celiac Disease—with Advice and 80 Recipes. By Carola Manez. If you have celiac disease, you will know how difficult life without gluten can be. This guide aims to help you live a gluten-free life in the simplest, most effective way. Includes simple gluten-free recipes. Color photos. 135 pages. Skyhorse. Paperbound. Pub. at \$14.99



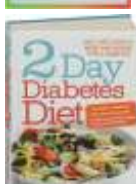
6980007 EAT RIGHT, TRAIN RIGHT: Nutritious Recipes to Lose Weight, Build Muscle, and Get Fit. By N. Ericsson & C.P. Reimhult. Provides over ninety nutritious recipes to fuel your body and help you reach your training goals. Ericsson presents the reader with full menus, practical shopping lists, and tips for creating healthy on-the-go lunches. Color photos. 192 pages. Skyhorse. Paperbound. Pub. at \$14.95



6610439 THE MEN'S HEALTH DIET: The 6-Week Plan to Flatten Your Stomach & Fuel Your Muscles! By Stephen Perrine et al. The ultimate guide to getting the strong hard body and the lean flat belly you've always wanted. Following the seven simple strategies emphasized in this guide you will experience rapid and effortless weight loss. Illus. 328 pages. Rodale. Pub. at \$31.95

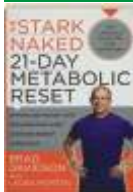


6576923 THE HUNGER TYPE DIET. By Lowri Turner. Based on cutting-edge research and results from her own clients, Turner shows you how to identify what is driving your overeating—from cravings, to tiredness, to stress. Then she shows you how to eat to rebalance your hormones to reduce your appetite, so that you can lose weight quickly and keep it off. 336 pages. Nourish. Paperbound. Pub. at \$12.95



187439X 2 DAY DIABETES DIET: Diet Just 2 Days a Week and Dodge Type 2 Diabetes. By Erin Palinski-Wade et al. Based on groundbreaking science, this program makes it easy to prevent, treat, or even reverse type 2 diabetes with no forbidden foods and no carb-counting. Just restrict what you eat for two days a week. On those days, follow the "Power Burn" program to melt belly fat and lower blood sugar. Illus. In color. 314 pages. Reader's Digest. Pub. at \$24.99

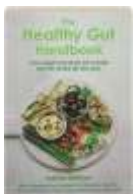
Healthy Cooking & Special Diets



6901212 THE STARK NAKED 21-DAY METABOLIC RESET. By Brad Davidson with L. Morton. You'll feel the incredible impact of this groundbreaking two tiered program to reset and optimize your metabolism. Including step by step meal plans and easy to follow recipes, this simple and effective plan will have you looking and feeling your best. 306 pages. HarperOne. Paperbound. Pub. at \$16.99 **PRICE CUT to \$3.95**



★6841198 DEADLY HARVEST: The Intimate Relationship Between Our Health and Our Food. By Geoff Bond. This groundbreaking book examines how the foods we eat today have little in common with the foods of our ancestors, and why this is important to our health. Also offers a proven program to enhance health, combat illness, and improve longevity. 325 pages. Square One Books. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**



★6858767 THE HEALTHY GUT HANDBOOK. By Justine Pattison. A practical guide to boosting your gut health, losing weight, and choosing foods that make you feel and look great. It includes a 28 day plan to kick start a healthy gut, and helpful tips on how to maintain this way of eating for life. Includes over 80 tasty and simple recipes. Color photos. 310 pages. Seven Dials. Paperbound. Pub. at \$22.99 **PRICE CUT to \$6.95**

Exercise & Fitness

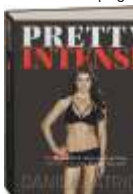


2892596 EAT BACON, DON'T JOG: Get Strong, Get Lean, No Bullshit. By Grant Petersen. Forget every assumption you might have about diet and exercise. In more than 100 short, compelling essays, this unique fitness guide shows why eating fat makes us thin, cardio makes us stressed and hungry, and not all calories are created equal—with the latest science to back it up. 223 pages. Workman. Paperbound. Pub. at \$13.95 **\$5.95**



1898353 THE BURST! WORKOUT: The Power of 10-Minute Interval Training. By Sean Foy. By spending just 10 targeted minutes a day you will reap all the benefits of a regular exercise regimen, with improved fitness markers across the board—weight, blood pressure, energy, flexibility, and much more. Features three four-week programs, with over 90 exercises, all illustrated with step by step photographs. 245 pages. Workman. Paperbound. Pub. at \$14.95 **\$6.95**

6762603 4-MINUTE FIT: The Metabolism Accelerator for the Time Crunched, Deskbound, and Stressed-Out. By Siphwe Baleka with L.J. Wertheim. You need just a few minutes a day and Baleka will show you how to incorporate his flexible, powerful plan into your life with this 13-week metabolism-spiking program. There are no more excuses about time, equipment, food plans, or money. Photos. 224 pages. Touchstone. Paperbound. Pub. at \$16.99 **\$4.95**



2902710 PRETTY INTENSE. By Danica Patrick with S. Perrine. Now you can follow Danica Patrick's prescription for developing unstoppable physical, mental, and emotional strength. This guide is a diet, exercise, and lifestyle plan that anyone can follow and succeed with. Get ready to change your body, your mind, and your life! Well illus., most in color. 304 pages. Avery. Pub. at \$30.00 **\$7.95**



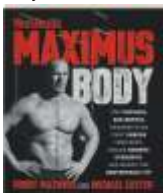
6832199 100 BEST YOGA & PILATES. Compiled by Gillian Haslam. The perfect guide to beginning and maintaining a life with these ancient practices, encouraging physical well-being and a gateway to inner calm for mind, body, and spirit. Includes a comprehensive introduction; exercises and positions for beginner through advanced; the correct breathing techniques; and how to achieve emotional and spiritual balance. Fully illus. in color. 320 pages. Parragon. Paperbound. **\$3.95**



★689674X YOGA FITNESS FOR MEN. By Dean Pohlman. Discover why professional athletes and coaches consider yoga the key to maximizing athletic potential and developing injury resistance. This volume helps you build lean, strong muscles, become more agile and flexible, and reduce daily aches and pains. Fully illus. in color. 192 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$14.95**



2864185 BALLET FOR LIFE: Exercises and Inspiration from the World of Ballet Beautiful. By Mary Helen Bowers. Designed to give anyone a ballerina body, the Ballet Beautiful system shows readers how to attain a ballerina's lean and powerful physique and graceful poise via exercises, posture lessons, wellness tips, and fashion and beauty advice that can be incorporated into everyday life. Fully illus., some in color. 189 pages. Rizzoli. Pub. at \$39.95 **\$14.95**

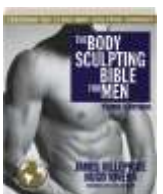


★6896685 MEN'S HEALTH MAXIMUS BODY. By B. Maximus & M. Easter. You'll learn the cutting-edge fitness strategies, workouts, and training plans used to radically transform A-list actors and actresses, elite special forces soldiers, all-star athletes, and average men and women into some of the most insanely fit people the world has ever seen. Includes thousands of ways to burn fat, add lean muscle, and much more. Fully illus. 276 pages. Rodale. Paperbound. Pub. at \$21.99 **\$16.95**

★2840855 MEN'S HEALTH NATURAL BODYBUILDING BIBLE. By Tyler English. A world natural bodybuilding champ and coach guides you step by step to the stage of your first amateur bodybuilding competition. Whether your goal is to turn heads onstage or at the beach, this massive volume will deliver the ripped physique and powerful self-confidence you've always wanted. Well illus. 348 pages. Rodale. 8 1/2 x 10 3/4. Paperbound. Pub. at \$24.99 **\$17.95**



★2850451 STRENGTHEN YOUR BACK. Ed. by Jill Hamilton. An essential self-help guide to a stronger back and better posture. Packed with step by step exercises, it will help you build a stronger back and neck to lessen pain and weakness and reduce the risk of future injury. Fully illus. in color. 128 pages. Dorling Kindersley. Paperbound. Pub. at \$12.99 **\$9.95**



6789498 THE BODY SCULPTING BIBLE FOR MEN, THIRD EDITION. By J. Villepigue & H. Rivera. The best training schedule out there, now with updated and revised material. Inside you'll find all the original detailed exercises that made it a bestselling phenomenon, plus new Rapid Body Sculpting Workouts and Bodyweight Workouts; six new diet plans; and even more tips and helpful information. Well illus. 451 pages. Hatherleigh. 8x10. Paperbound. Pub. at \$24.95 **\$6.95**

★2879670 THE FLEXIBLE BODY: Move Better Anywhere, Anytime in 10 Minutes a Day. By Roger Frampton. Shows you how in just 10 minutes a day you can build a fun home exercise routine tailored to your fitness and flexibility level. With mindful, conscious movement, you will gain phenomenal core and full-body strength, increased flexibility and even lose weight, all without leaving the house. Well illus. in color. 160 pages. Pavilion. Paperbound. Pub. at \$19.95 **\$14.95**

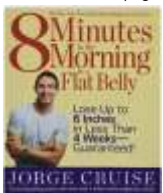


★2797208 WARRIOR WORKOUTS, VOLUME 3. By Stewart Smith. Features over 100 of the most popular workouts from Smith's extensive collection of fitness training programs, including *Maximum Fitness*, *Navy SEAL Weight Training Workout*, and *Tactical Fitness*. With this guide you'll get into the best shape of your life—the way the professionals do it! 195 pages. Hatherleigh. Paperbound. Pub. at \$15.00 **\$11.95**



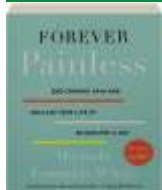
2918544 RUNNING ANATOMY. By J. Puleo & P. Milroy. Features 50 of the most effective strength exercises for runners, each with clear, step by step descriptions and full-color anatomical illustrations highlighting the muscles in action. Whether you're a fitness runner or a competitive runner, this volume will ensure that you're ready to deliver your personal best. 188 pages. Human Kinetics. Paperbound. Pub. at \$21.95 **\$6.95**

2897490 PUMPED: Straight Facts for Athletes About Drugs, Supplements, and Training. By Cynthia Kuhn et al. Provides cutting-edge scientific information in a clear, accessible style giving you everything you need to know for optimum performance and a healthy body. What's safe? What works? And what's a waste of money? This guide has the answers. 190 pages. Norton. Paperbound. Pub. at \$14.95 **\$4.95**

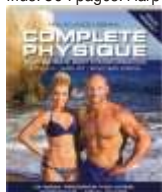


5752523 8 MINUTES IN THE MORNING TO A FLAT BELLY. By Jorge Cruise. Uses the Jorge Cruise secret to restore your metabolism by creating new lean muscles that burn fat and shrink the size of your belly. Each day you'll do a routine that is specialized to sculpt your belly and takes just eight minutes. SHOPWORN. Well illus. 185 pages. Rodale. Paperbound. Pub. at \$16.99 **\$6.95**

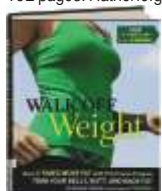
Exercise & Fitness



★**2835096** **FOREVER PAINLESS: End Chronic Pain and Reclaim Your Life in 30 Minutes a Day.** By Miranda Esmonde-White. After explaining how pain functions in the body, Miranda then leads readers through a series of simple, gentle exercises designed to end chronic pain for good. Includes workouts targeted to permanently heal many types of musculoskeletal pain including back, neck and shoulders, knees, feet and ankles, and hips. An all-natural solution to chronic pain! Well illus. 304 pages. HarperWave. Paperbound. Pub. at \$21.99 **\$16.95**



2884038 **COMPLETE PHYSIQUE: Your Ultimate Body Transformation.** By Hollis Lance Liebman. This all in one 12 week program is designed to help you obtain and maintain the body you've always wanted. Covers every aspect of total body fitness, including peaking tips for getting yourself into top condition; how to burn fat while building lean muscle; diet and nutrition information; and more. Fully illus. in color. 192 pages. Hatherleigh. 8x10. Paperbound. Pub. at \$21.95 **\$6.95**



5884888 **WALK OFF WEIGHT: Burn 3 Times More Fat with This Proven Program.** By Michele Stanten. Slim down and firm up with this revolutionary walking program for permanent weight loss. Over the course of 8 weeks, you'll learn innovative interval walking and workout techniques that will blast fat and tone all your trouble spots. Well illus. in color. 342 pages. Rodale. Pub. at \$29.99 **\$5.95**



2829975 **BIKE FOR LIFE, REVISED EDITION.** By Roy M. Wallack. Features cutting-edge workout strategies for achieving best ever fitness at any age; new workout methods that will make you fly up the hills; anti-aging plan to revive muscularity, strength, and reaction time; strategies to fix cyclist's knee and biker's back; and much more. Illus. 363 pages. Da Capo. Paperbound. Pub. at \$19.99 **\$5.95**



DVD 681008X MILTON BERLE'S LOW IMPACT/HIGH COMEDY WORKOUT. America's beloved Uncle Miltie (aka "Mr. Television") brings a hefty helping of humor to this comprehensive senior exercise program. Led by senior fitness expert Merrily Smith and designed for ages 50-100, it blends exercise and laughter for the most enjoyable workout you've ever had! Includes four bonus episodes of *The Milton Berle Show*. 62 minutes. Mill Creek. Pub. at \$14.98 **\$3.95**

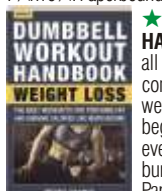
★**2837234** **TRAIN LIKE A FIGHTER: Get MMA Fit Without Taking a Hit.** By Cat Zingano. Find out why you should train like a fighter, learn common fighter moves, and discover the equipment and nutrition that can help you achieve your fitness goals. Includes 42 step by step exercises, 20 workouts that combine exercises into 3 circuits, and three monthly programs that combine routines into plans to enhance your strength, power, and stability. Fully illus. in color. 192 pages. Alpha. Paperbound. Pub. at \$19.95 **\$14.95**



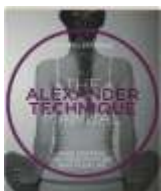
★**2836858** **GYM-FREE AND RIPPED: Weight-Free Workouts That Build and Sculpt.** By Nathan Jendrick. A fitness trainer shows you how to trim and tone your body without stepping foot in a gym or blowing your budget on bulky and expensive home machines. With step by step illustrated instructions, Jendrick gives you powerful workouts that really get results. 271 pages. Alpha. Paperbound. Pub. at \$17.95 **\$12.95**



★**6727646** **MOVING STRETCH: Work Your Fascia to Free Your Body.** By Suzanne Wylde. A powerful program of resistance stretching that not only strengthens and frees the body, but reconditions the body's fascia; rejuvenates the tissue; releases adhesions; relieves pain; and increases flexibility. Features easy step-by-step illustrated instructions for people who want to feel more upright, taller, more youthful and energized. 224 pages. North Atlantic. 7 3/4x10 1/4. Paperbound. Pub. at \$24.95 **\$17.95**



★**6932304** **DUMBBELL WORKOUT HANDBOOK: Weight Loss.** By Michael Volkmar. An all new collection of dumbbell workouts, providing a complete fitness program using dumbbells to lose weight while improving total body fitness. With beginner and advanced workout circuits perfect for every fitness level, this is the complete guide to burning fat with dumbbells. 136 pages. Hatherleigh. Paperbound. Pub. at \$15.00 **\$11.95**



★**6829066** **THE ALEXANDER TECHNIQUE MANUAL: Take Control of Your Posture and Your Life.** By Richard Brennan. The Alexander Technique is a highly effective way of releasing muscular tension throughout your body. In this concise guide you will learn new ways of sitting, standing and moving that will put less stress on your muscles, bones and joints, and achieve a more relaxed muscular system. Color photos. 144 pages. Eddison Books Ltd. Paperbound. Pub. at \$19.95 **\$14.95**



★**2919753** **BADASS BOXING WORKOUTS.** By Jennifer Dugwen Chieng. Pump up your fitness routine by following the former Olympic boxer's badass boxing regimen. These exercises really pack a punch, so you'll find yourself gaining stability, muscle tone, stamina and self-improvement, all while morphing your body and kicking ass. Well illus. in color. 128 pages. Ulysses. Paperbound. Pub. at \$16.95 **\$12.95**

★**2869160** **EXERCISES FOR CARDIAC RECOVERY: The Strong Heart Fitness Program for Life After Heart Attack & Heart Surgery.** By William Smith et al. Includes a detailed overview of how exercise can improve your heart health; clear, informative photos of safe, effective exercises; detailed instructions on how to perform each movement; a complete fitness approach to building a better cardiovascular system, and a training log to track your progress. 93 pages. Hatherleigh. Paperbound. Pub. at \$15.00 **\$11.95**



2896230 **EVERYDAY HEALTH AND FITNESS WITH MULTIPLE SCLEROSIS.** By David Lyons with J. Sloane. Offers a fitness plan for every person who wants to conquer a disease or disability. Even if you've never worked out before, this guide will help you to get moving and make stronger, healthier choices. Fully illus. in color. 192 pages. Fair Winds Press. Paperbound. Pub. at \$27.99 **\$6.95**

★**6961215** **NEW ANATOMY FOR STRENGTH & FITNESS TRAINING: An Illustrated Guide to Your Muscles in Action.** By Mark Vella. Boost your performance with more than 75 selected workouts, grouped by body region and involving gym machines, free weights, body weight and stretching, yoga, Pilates, and more. Includes a comparison of training options from CrossFit and P90X to Zumba, SoulCycle, TRX, Orangetheory, and more. Fully illus. in color. 168 pages. IMML Lifestyle Books. 8 1/2x11. Paperbound. Pub. at \$19.99 **\$14.95**



★**2849704** **101 BEST JUMP ROPE WORKOUTS.** By Buddy Lee. Just ten minutes of jumping rope can provide the same cardiovascular benefits as running a mile in 12 minutes, or two full sets of tennis. Designed by the world's top expert in jump rope conditioning, these 101 targeted programs let you experience real results and lasting fitness. Illus. 289 pages. Hatherleigh. Paperbound. Pub. at \$15.00 **\$11.95**



6903983 **ESSENTIAL STRENGTH TRAINING SKILLS.** By Len Williams et al. Build a better body and improve muscle definition, strength, and endurance with this essential pocket-sized guide. The authors profile more than 100 of the most effective exercises and stretches and offer flexible programs for men and women of all abilities. Fully illus. in color. 176 pages. Dorling Kindersley. Paperbound. Pub. at \$14.95 **\$6.95**



6895344 **RUNNING WITH MINDFULNESS.** By William Pullen. Letting your mind wander as you take a long walk, a slow jog, or a brisk run can give you a powerful, uplifting feeling. Some call it a runner's high, others attribute it to endorphins. In this interactive workbook, Pullen teaches you how to channel that exhilarating energy and use it to make positive changes in your life. 211 pages. Plume. Paperbound. Pub. at \$16.00 **\$4.95**

2918684 **ANATOMY & 100 STRETCHING EXERCISES FOR TENNIS.** Text by Guillermo Seijas. This thorough reference includes detailed explanations, full-color photographs and illustrations, step by step descriptions of each exercise and technique, and its impact on anatomy. 152 pages. Barron's. 8 1/2x11. Paperbound. Pub. at \$19.99 **\$6.95**



693997X **THE COMPLETE GUIDE TO NAVY SEAL FITNESS, THIRD EDITION.** By Stewart Smith. Provides beginner, intermediate, and advanced-level workouts for upper body, lower body, and ab PT, with details on soft-sand running, the combat swimmer stroke, pull-ups, dips, and rope-climbing methods. 201 pages. Hatherleigh. Paperbound. Pub. at \$24.95 **\$6.95**

Exercise & Fitness



★**2943646 YOGA FOR EVERYONE: 50 Poses for Every Type of Body.** By Dianne Bondy. No matter how you look, or what you feel like, you can do yoga. This renowned teacher has modified fifty popular yoga poses for those who are big, small, pregnant, elderly or with disabilities; to help you enjoy practicing yoga. Fully illus. in color. 256 pages. Alpha. Paperbound. Pub. at \$19.99 **\$14.95**



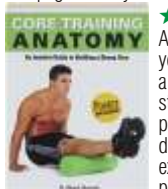
★**5844231 THE MEN'S HEALTH BIG BOOK OF EXERCISES, REVISED.** By Adam Campbell. The most comprehensive collection of exercises ever created, this workout guide is a body-shaping power tool for both beginners and longtime lifters alike. Updated and revised to include 114 new fat loss exercises; more than 40 new workouts; a "Create Your Own Circuit" guide; and more. Well illus. in color. 551 pages. Rodale. Paperbound. Pub. at \$26.99 **\$19.95**



★**692123X HEALTHY BACK ANATOMY.** By Philip Striano. Take the first steps to a better back with this instructive guide that shows just how your spine works and what muscles and ligaments affect it. Includes clear step by step instructions for each of a wide variety of exercises that stretch, strengthen, and stabilize these important muscles and ligaments. Includes full-color poster with a detailed guide to anatomy. 160 pages. Thunder Bay. Paperbound. Pub. at \$14.99 **\$11.95**



★**6731554 ANATOMY OF MUSCLE BUILDING: A Trainer's Guide to Increasing Muscle Mass.** By Craig Ramsay. A respected trainer guides you through some of the best exercises for building and toning key muscle groups. Each exercise is presented with clear step by step instructions, full-color photography, and detailed anatomical illustrations that allow you to see just which muscles you are exercising. 160 pages. Firefly. 8 1/2 x 11. Paperbound. Pub. at \$24.95 **\$19.95**



★**6921124 CORE TRAINING ANATOMY.** By Abigail Ellsworth. Learn which muscles make up your core and how they all work together, then learn a wide variety of exercises that both stabilize and strengthen these important muscles. Full-color photographs and step by step illustrations demonstrate how target muscles work in each exercise. Includes sample workouts and a full-color poster with a detailed guide to anatomy. 160 pages. Thunder Bay. Paperbound. Pub. at \$14.99 **\$11.95**



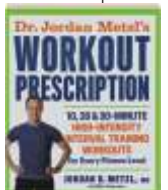
★**2840782 CARDIO CORE 4X4: The 20-Minute, No-Gym Workout That Will Transform Your Body!** By J. Cardello & P. Williams. A fun, effective strength and cardio workout, this program blends elements of Pilates, yoga, boxing, wrestling, martial arts—even break dancing. And there is no equipment required, so you can train anywhere, anytime. In just twenty minutes a day, you can transform your body in as little as 5 weeks. Illus. in color. 228 pages. Rodale. Paperbound. Pub. at \$21.99 **\$16.95**



★**2975580 JUST YOUR TYPE: The Ultimate Guide to Eating and Training Right for Your Body Type.** By Phil Catudal with S. Colino. The author explains you should work with your natural born body type and do the optimal combination of cardio, strength training, and flexibility exercises and consume the right proportion of macro nutrients for your physique. This guide helps anyone create an individualized workout that's tailored to their body shape and composition. 223 pages. Da Capo. Paperbound. Pub. at \$18.99 **\$13.95**



★**6936857 THE U.S. NAVY SEAL GUIDE TO FITNESS AND NUTRITION.** Ed. by Patricia A. Deuster et al. Covers all the basics of physical fitness, as well as advice for the specific challenges encountered in extreme conditions and mission related activities. Topics include running for fitness, calisthenics, nutritional considerations for endurance activities, and much more. Illus. 496 pages. Skyhorse. 8 1/2 x 10 3/4. Paperbound. Pub. at \$16.95 **\$4.95**

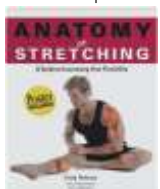


★**2845547 DR. JORDAN METZL'S WORKOUT PRESCRIPTION.** With M. Zimmerman. Learn how to do high-intensity workouts in just 30 minutes a day with Dr. Metzl's plan. Ranging from ten to 30 minutes, they can be done anytime, anywhere, using minimal equipment. This plan delivers maximum results in minimum time and is equally effective for men and women, children and adults. Fully illus. in color. 273 pages. Rodale. Paperbound. Pub. at \$24.99 **\$4.95**

★**6852815 THE MELT METHOD.** By Sue Hitzmann. MELT is a breakthrough self-treatment system that helps to eliminate chronic pain; erase the signs of aging; and feel fantastic in just 10 minutes a day. Also addresses sleep difficulties, weight gain, midday fatigue and more. Illus. 307 pages. HarperOne. Paperbound. Pub. at \$18.99 **\$4.95**



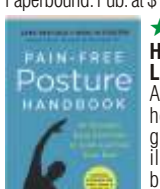
★**5935040 EVERY WOMAN'S GUIDE TO FOOT PAIN RELIEF: The New Science of Healthy Feet.** By Katy Bowman. No matter what the cause of your foot pain, this guide has the answer on how to make your feet feel better. Bowman offers an innovative set of exercises to help those suffering from bunions; hammer toes; plantar fasciitis; tight calves and lower-leg muscle pain; poor posture and alignment; and other common ailments. Illus. 180 pages. BenBella. Paperbound. Pub. at \$16.95 **\$12.95**



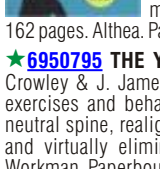
★**6637248 ANATOMY OF STRETCHING: A Guide to Increasing Your Flexibility.** By Craig Ramsay. Former Broadway dancer Craig Ramsay guides you through a "Stretching Session" which targets all of the major muscle groups, and he includes a full-color poster of the "Quick Stretch Program" for those who don't have time for a full session. Special sections include expectant mothers, partners, and the office. Fully illus. in color. 160 pages. Thunder Bay. Paperbound. Pub. at \$14.99 **\$11.95**



★**4615360 HIGH PERFORMANCE VISION: How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game.** By Donald S. Teig. In addition their physical skills, most athletes also possess another advantage: good vision. Sports-vision specialist Teig shares his approach to visual enhancement. His training program can optimize your eyesight and allow you to achieve new heights of athletic success. Outlines at-home and in-office eye exercises. Illus. 155 pages. Square One Publishers. Paperbound. Pub. at \$17.95 **\$12.95**



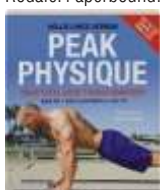
★**6786022 PAIN-FREE POSTURE HANDBOOK: 40 Dynamic Easy Exercises to Look and Feel Your Best.** By L. Pavilack & N. Alstedter. Featuring everyday exercises for the home, workplace and on the go, this portable guide offers expert advice; easy to follow illustrations; posture-building techniques; and breathing exercises that keep you moving—properly—throughout the day. 162 pages. Althea. Paperbound. Pub. at \$15.99 **\$11.95**



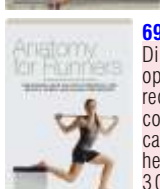
★**6950795 THE YOUNGER NEXT YEAR BACK BOOK.** By C. Crowley & J. James. Here is a step by step program of simple exercises and behavioral changes that will help readers find a neutral spine, realign their core, learn healthy new ways to move and virtually eliminate back pain. Illus. in color. 250 pages. Workman. Paperbound. Pub. at \$15.95 **\$12.95**



★**2928663 THE MEN'S HEALTH BIG BOOK OF 15-MINUTE WORKOUTS.** Selene Yeager. Offers 85 superfast workouts and 433 ultra-effective exercises for one hard body. You'll find total-body workouts using barbells, dumbbells, kettlebells, sandbags—even exercises you can do at home with no equipment in just 15 minutes or less! Fully illus. in color. 404 pages. Rodale. Paperbound. Pub. at \$26.99 **\$7.95**



★**6855784 PEAK PHYSIQUE: Your Total Body Transformation.** By Hollis Liebman. Offering you multiple tools to achieve physical excellence, this guide features a fully illustrated, step by step progressive exercise plan of resistance training and cardio, which works whether you are male or female, novice or experienced gym-goer. Includes advice on nutrition. 160 pages. Bloomsbury. 8x10. Paperbound. Pub. at \$19.95 **\$2.95**

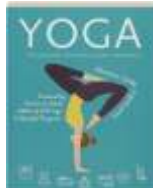


★**6936113 ANATOMY FOR RUNNERS.** By Jay Dicharry. Offers expert advice on how to achieve optimal athletic potential and set new personal records without the risk of getting hurt. Dicharry combines his knowledge in the fields of clinical care, biomechanical analysis, and coaching to help you avoid common injuries. Color photos. 309 pages. Skyhorse. Paperbound. Pub. at \$14.95 **PRICE CUT TO \$2.95**

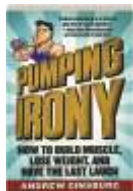


★**DVD 6599311 YOGA FOR BUSY MOMS: Mind Massage.** Learn how to release emotional and physical tension from the body through a variety of yoga poses. Livia Taylor will show you how to calm your mind and recover from a busy day; how to improve awareness of your body; how to achieve greater clarity, focus, strength, balance, and flexibility; and more. 30 minutes. TMW Media Group. **\$4.95**

Exercise & Fitness



★6796206 YOGA: Relaxation, Postures & Daily Routines. By C. Yabsley & D. Smith. Includes step by step instructions for all key poses, from standing, floor-based and twists, to back bending, balances and inversions. It is an all around mind-body workout that will leave you energized, relaxed, toned and just generally feeling great. Fully illus. in color. 176 pages. Flame Tree. Spiralbound. Pub. at \$15.99 **PRICE CUT to \$9.95**



6823467 PUMPING IRONY: How to Build Muscle, Lose Weight, and Have the Last Laugh. By Andrew Ginsburg. A fitness expert presents a workout and diet program that helps you lose weight, build muscle, and sculpt a unique body. By combining extensive fitness knowledge with engaging humor, this guide makes the notion of going to the gym a fun and exciting one. Drawings & photos. 210 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$2.95**



283054X REBOUND. By Peter Park et al. Reap the benefits of Rebound, a five-part program designed to get you back to living without limits. Learn how to retrain faulty movement patterns that might be the root of your aches and pains, while also regaining strength and cardio fitness. Includes chapters on nutrition and soft tissue and foam roller work. Color photos. 267 pages. Da Capo. Paperbound. Pub. at \$24.99 **PRICE CUT to \$5.95**

6948332 THE 3D BODY REVOLUTION. By Donald Driver. Featuring a guide to clean eating, twenty-five recipes targeted to caloric needs, and illustrated exercises, this volume will propel you through three customized levels, whatever your starting point, and get you the results you want. 215 pages. Harmony. Pub. at \$28.00 **PRICE CUT to \$1.95**

Beauty & Skin Care



2930188 THE ART OF HAIR. By Rubi Jones. Offers over 40 gorgeous, versatile, and easy to execute hairstyles for everyday living or special occasions. Features hairstyles such as ponytails, braids, buns and chignons, and twists and rolls. Fully illus. in color. 144 pages. Weldon Owen. Pub. at \$16.95 **\$4.95**



2911167 TIMELESS BEAUTY: Over 100 Tips, Secrets, and Shortcuts to Looking Great. By Christie Brinkley with S. Wadyka. Sharing the secrets she's learned on what to eat, how to apply makeup like a pro, and how to keep your hair shiny and your face glowing, super-model Christie Brinkley will show you how to look like a knockout at any age. Fully illus. in color. 208 pages. Grand Central. 8 1/2 x 10 1/4. Pub. at \$30.00 **\$6.95**



2838079 10-MINUTE HAIRSTYLES: 50 Step-by-Step Looks. By Andre Martens. Go ahead and turn a few heads with these stunning hairstyles! Includes 50 gorgeous "do's" from boho braids to chic chignons, with detailed step by step photographs and instructions that show you how to create every look with ease. 143 pages. Dorling Kindersley. Pub. at \$15.00 **\$6.95**



2818361 THE BIG BOOK OF BRAIDING. By Peter Hagelstam et al. Inside this guide are step by step photographs and instructions on how to create more than fifty fabulous braids, from the Dutch braid and fishtail to the feather braid and ladder, as well as modern takes on such classics as the French braid and the side braid. Gives you everything to create hair magic. 208 pages. HarperDesign. 8 1/2 x 11. Paperbound. Pub. at \$19.99 **\$5.95**



2864614 HAIRSTYLED: 75 Ways to Braid, Pin & Accessorize Your Hair. By Anne Thounieux. Your guide to gorgeous hair every day. You don't need to be a professional to have showstopping hair. Presents 75 deceptively simple techniques for creating your favorite high fashion hairstyles. Chapters dedicated to a variety of hair lengths help you update your look whether you have a pixy cut or long hair. Fully illus. in color. 208 pages. Crown. Paperbound. Pub. at \$19.99 **\$6.95**

285225X PURE SKIN: Discover the Japanese Ritual of Glowing. By Victoria Tsai. Shares generations-old, time-tested Japanese skin care traditions with you. All you need is two minutes and four steps: purify, polish, plump, and nourish. Illus. 128 pages. Clarkson Potter. Pub. at \$18.00 **\$6.95**



279375X LOVE THOSE EYES: Alluring Eye-Makeup Looks for Every Occasion. By Sarah Jane Ellis. The 50 eye makeup looks in this beautiful volume are created for all of life's meaningful moments—fun looks when you want to mix things up, light looks to brighten up your day and dramatic looks for turning heads. And when you want to party? Look no further—you will rock it! Well illus., most in color. 144 pages. ILEX. Paperbound. Pub. at \$12.99 **\$4.95**



2808994 HOW TO WEAR MAKEUP: 75 Tips + Tutorials. Text by M. Wagoner, illus. by J. van den Hoek. Packed with tutorials to perfect any beauty routine. With advice on skincare, the best products to include in your bag, exotic makeup executions, and bespoke beauty suggestions, this beautiful guide is a must have for anyone seeking fresh ways to enhance their everyday look. Drawings. 128 pages. Abrams. Paperbound. Pub. at \$12.95 **\$5.95**



6715478 NATURAL HAIR COLORING: How to Use Henna and Other Pure Herbal Pigments for Chemical-Free Beauty. By Christine Shahin. Offers formulas for a broad range of hues from blond to black, along with guidance on how to cover gray and achieve unique color effects using all natural herbs—a healthy alternative to synthetic hair colorants. Well illus. in color. 184 pages. Storey. Paperbound. Pub. at \$18.95 **\$6.95**



2793741 LOVE THAT HAIR: Head-Turning Styles for Every Occasion. By Hayley Mallinder. The 32 styles in this beautiful volume give you the repertoire you need to make every day a good hair day—whether you desire cute braids, seductive swirls or fierce fishtails. The author helps you to become your very own super stylist. Have fun, feel good and turn those heads! Well illus. 144 pages. ILEX. Paperbound. Pub. at \$12.99 **\$4.95**



6899676 BRAIDS, BUNS, AND TWISTS! Step-by-Step Tutorials for 82 Fabulous Hairstyles. By Christina Butcher. Features simple how-to illustrations that take the guesswork out of styling, while fashion photographs demonstrate how to tailor and accessorize each hairdo. Butcher offers advice for different hair types and lengths plus product tips and fun variations. 192 pages. Chronicle. Paperbound. Pub. at \$19.95 **\$8.95**



2918730 THE BARBER BOOK. Ed. by Giulia Pivetta. A fun and instructive guide to the most popular men's hairstyles of the 20th century, with a focus on personalities, culture and fashions, and cultural events that inspired each look. Includes a directory of the world's finest barber shops. Well illus., most in color. 192 pages. Phaidon. Pub. at \$24.95 **\$11.95**

6899412 100 PERFECT HAIR DAYS. By Jenny Strebe. Learn 100 fabulous looks with this essential beauty guide from a seasoned hairstylist that includes step by step illustrations, and inspiring fashion photographs that make it easy to replicate professional-level styles at home. 192 pages. Chronicle. Paperbound. Pub. at \$19.95 **\$8.95**



★278792X PURE SKIN CARE: Nourishing Recipes for Vibrant Skin & Natural Beauty. By Stephanie L. Tourles. Feed your skin, feet, and hands with these easy to create all natural cleansers, toners, masks, steams, scrubs, moisturizers, and balms. Tourles, a holistic esthetician, offers 78 of her all time favorite recipes that nourish, protect, and pamper your outer layer from head to toe. Well illus. in color. 248 pages. Storey. Spiralbound. Pub. at \$19.95 **\$14.95**



★2791234 TIMELESS: Recreate the Classic Makeup and Hairstyles from 100 Years of Beauty. By Louise Young with L. Sheppard. A beauty bible for the golden ages of style, this is the definitive step by step guide to the most iconic looks of a century. Young, a TV and film makeup artist, and Sheppard, a film-industry hairstylist, have created an accurate, practical guide to the most classic looks of all time—Jazz Age bobs, Victory Rolls, and more. Fully illus. in color. 256 pages. Running Press. Pub. at \$30.00 **\$21.95**

Beauty & Skin Care



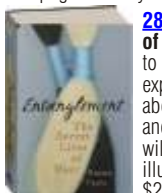
★**287234X VITAL SKINCARE: Natural Healthy Skin in Just 5 Minutes a Day.** By Laura Pardoe. This guide helps you understand why it is essential to look after your skin, to know the products and practices for healthy skin, and to learn how to add vitality using homegrown and local natural ingredients. Packed with over 100 recipes using herbs, from toners and cleansers, to day and night moisturizers, hand creams and more. Well illus. in color. 196 pages. Permanent. Paperbound. Pub. at \$28.95 **\$23.95**



★**2916150 A PRACTICAL GUIDE TO WIG MAKING AND WIG DRESSING.** By Melanie Bouvet. With style inspiration ranging from the seventeenth to the twentieth century, this is a valuable guide for hair and make-up students, aspiring wig technicians, and for more experienced practitioners looking to expand and refresh their approach. Fully illus. in color. 191 pages. Crowood. 8½x10¼. Paperbound. Pub. at \$49.95 **\$39.95**



2793644 GORGEOUS SKIN IN 30 DAYS. By Erica Agyal. You'll find information on all the latest antioxidants, vitamins, minerals and supplements to slow down the aging process and to improve the texture, tone and health of your skin. Includes valuable lifestyle management tools and relaxation techniques to help you maintain your health, beauty, and vitality. Illus. in color. 321 pages. Hamlyn. Paperbound. Pub. at \$19.99 **\$6.95**



2858533 ENTANGLEMENT: The Secret Lives of Hair. By Emma Tarlo. From fashion and beauty to religion, politics and cultural identity, Tarlo explores just how much our locks and curls tell us about who we are. Full of surprising revelations and penetrating insights, this fascinating narrative will change the way you see hair forever. Well illus., some in color. 407 pages. Oneworld. Pub. at \$22.99 **\$4.95**



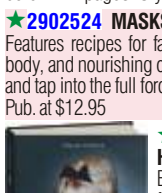
2830418 MAKE YOUR OWN PURE MINERAL MAKEUP: 79 Easy Hypoallergenic Recipes for Radiant Beauty. By Heather Anderson. Make your own mineral makeup and discover how easy it is to get exactly the shade you want and know what you're wearing on your face. Anderson shares 79 recipes that are specially formulated to be long-lasting and effective even on the most sensitive skin. Well illus. in color. 256 pages. Storey. Paperbound. Pub. at \$19.95 **\$7.95**



290117X PRETTY SICK: The Beauty Guide for Women with Cancer. By Caitlin M. Kiernan. This trusted resource covers every cosmetic issue, from skin care, to hair care, wig shopping, nail maintenance, makeup tricks, and much more—specifically for women with cancer and in remission. The fact is when you look good on the outside, you feel better on the inside. Color illus. 272 pages. Grand Central. Paperbound. Pub. at \$19.99 **\$4.95**



★**6753493 TWIST ME PRETTY BRAIDS: 45 Step-by-Step Tutorials for Beautiful, Everyday Hairstyles.** By Abby Smith. Discover how to dress up your hair with these creative and exciting styles. Features instructions for beautiful braids for any occasion like the Looped Accent Braid; Pull-Through Ponytail; Corset Braid; Mixed Crown Braid; and many more. Fully illus. in color. 127 pages. Ulysses. Paperbound. Pub. at \$16.95 **\$12.95**



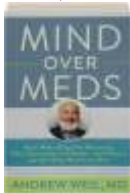
★**2902524 MASKS & SCRUBS: Whole Beauty.** By Shiva Rose. Features recipes for face masks, hair treatments, exfoliants for face and body, and nourishing oils so you can give yourself a spa-like treat at home and tap into the full force of female energy. Color photos. 96 pages. Artisan. Pub. at \$12.95 **PRICE CUT to \$7.95**



★**6664237 LADIES' HAIRCULT: Women's Hairstyles and Culture from 1920 to 1980.** By Giulia Pivetta. Describes the evolution of female hairstyles through illustrations, vintage photos, and contemporary pictures of the most popular hairdos in fashion between 1920 and 1980. 239 pages. 24 ORE Cultura. Pub. at \$35.00 **\$11.95**

Health & Medical References

2931583 THE LONGEVITY PLAN: Seven Life-Transforming Lessons from Ancient China. By John D. Day et al. When Dr. Day was lecturing in China, he learned of a village free of disease, and where living past one hundred and in good health was not uncommon. After spending time there, his research revealed seven principles that work in tandem to create health, happiness, and longevity, which he shares in this fascinating guide. Color photos. 288 pages. Harper. Paperbound. Pub. at \$16.99 **\$5.95**

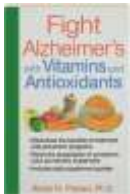


2885018 MIND OVER MEDS: Know When Drugs Are Necessary, When Alternatives Are Better—and When to Let Your Body Heal on Its Own. By Andrew Weil. This best selling author and doctor alerts readers to the problem of over-medication and outlines when medicine is necessary and when it is not. Dr. Weil examines how we came to be so drastically over-medicated, and provides reliable integrative-medicine approaches to treating common ailments. 290 pages. Little, Brown. Paperbound. Pub. at \$16.99 **\$4.95**

3405516 SPECIAL OPERATIONS FORCES MEDICAL HANDBOOK, SECOND EDITION. By John Albano et al. This handbook is a product of top medical officers from the U.S. Army, Navy, Marines and Air Force, and covers everything from basic first aid to field obstetrics and veterinary medicine. Prepares you for any medical crisis, whether you're in the midst of battle, scuba diving on vacation, or on a hike in the woods. Illus. Skyhorse. Paperbound. Pub. at \$16.95 **\$6.95**



2878496 THE SECRET LANGUAGE OF DOCTORS. By Brian Goldman. Pulls back the curtain to reveal some of medicine's darkest modern secrets, and decodes the colorful and clandestine expressions doctors employ to describe difficult patients, situations, and medical conditions—and sometimes even other colleagues. 351 pages. Triumph. Paperbound. Pub. at \$16.95 **\$4.95**



LIMITED QUANTITY 2961156 FIGHT ALZHEIMER'S WITH VITAMINS AND ANTIOXIDANTS. By Kedar N. Prasad. In this practical guide, a leading researcher in cancer, heart disease, and diabetes prevention reveals the latest discoveries on the use of antioxidants to prevent and treat Alzheimer's disease. Includes a guide to daily supplements. Illus. 194 pages. Healing Arts. Paperbound. Pub. at \$14.95 **\$5.95**

2965054 THE BRAIN WARRIOR'S WAY: Ignite Your Energy and Focus, Attack Illness and Aging, Transform Pain into Purpose. By Daniel G. & Tana Amen. Studies have shown that your habits turn on or off certain genes that make illness and early death more or less likely. In this guide the Amen's will take you through the process and give you the tools to take control of your life, giving you what you need to win the fight to master your brain and to live better. Illus. 358 pages. Berkley. Paperbound. Pub. at \$18.00 **\$3.95**



★**6828752 THE HEALING POWERS OF HONEY.** By Cal Orey. Drawing on the latest honeybuzz and interviews with medical doctors, beekeepers, and researchers, the author reveals 30 healing varieties, tells you how to incorporate honey into heart-healthy recipes and provides more than 50 home cures. Also includes beauty treatments and household uses. 394 pages. Kensington. Paperbound. Pub. at \$7.99 **\$5.95**

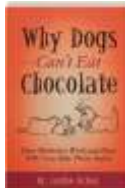
5813697 RANGER MEDIC HANDBOOK. By U.S. Department of Defense. After decades of medic experience in war theaters throughout the world, the U.S. Army Rangers have distilled the critical components of lifesaving first aid into this official guide. Learn how to handle lacerations, contusions, burns, traumatic head injuries, amputations, and more. Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**



2945894 THE WILDERNESS FIRST AID HANDBOOK. By Grant S. Lipman. An essential guide for every back pocket or backpack, offering step by step guidance for most wilderness emergencies including allergic reactions; altitude sickness; bites and stings; blisters; breathing problems; fractures and dislocations; head injuries; hypothermia; and toxic plants. Illus. in color. 120 pages. Skyhorse. Paperbound. Pub. at \$14.95 **\$4.95**

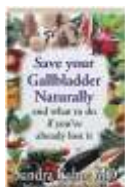
2891328 THE FOUNTAIN: A Doctor's Prescription to Make 60 the New 30. By Rocco Monto. Debunking long-held diet and fitness myths, while highlighting safe, effective therapies backed by cutting-edge research, Dr. Monto includes the diet, supplements, exercise, mental training, and new medications to help us all live longer, happier, healthier, and more productive lives. An essential toolkit that will redesign lifestyles and transform the way we look at aging. Illus. 266 pages. Rodale. Pub. at \$26.99 **\$8.95**

Health & Medical References



2966530 WHY DOGS CAN'T EAT CHOCOLATE.

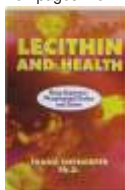
By Louise Achey. If you want to make sense of all the information about your medicine that's available from your doctor, pharmacist, and other sources, this is the resource you have been waiting for. Keep your pet safe from chocolate poisoning and discover what your doctor and pharmacist want you to know about your medications and how to take them safely. 141 pages. Morgan James. Paperbound. Pub. at \$16.95 **\$4.95**



★4635841 SAVE YOUR GALLBLADDER NATURALLY: And What to Do If You've Already Lost It.

By S. Cabot & M. Jasinska. Provides a comprehensive step by step plan for dissolving gallstones and improving gallbladder function. Whether you've already had your gall bladder removed, or you're simply wondering how to handle the frightening and painful threats of gallbladder problems, this guide is for you. 128 pages. SCB International. Paperbound. Pub. at \$14.99 **\$11.95**

★6878423 THE HEALTHIEST PEOPLE ON EARTH: Your Guide to Living 10 Years Longer with Adventist Family Secrets and Plant-Based Recipes. By John Howard Weeks. Reveals the secrets of how anyone, anywhere can create their own "Blue Zone" (one of five regions on Earth where people live measurably longer than average). Filled with tips and tricks, happy home remedies, and 50 plant-based recipes, this guide will be your first step on the journey to a longer, healthier life. 267 pages. BenBella. Paperbound. Pub. at \$16.95 **\$12.95**



★6753671 LECITHIN AND HEALTH: Brain Nutrients—Phosphatidyl Choline and Serine.

By Frank Orthoefer. Takes a comprehensive and scientific look at why we should consider supplementing our diets with lecithin. Includes important new research on phosphatidyl choline and serine, including possible benefits toward Alzheimer's, Parkinson's, and other degenerative diseases of the nervous system. 83 pages. Vital Health. Paperbound. **\$6.95**



DVD 5722063 MAYO CLINIC WELLNESS SOLUTIONS FOR IRRITABLE BOWEL SYNDROME.

The Mayo Clinic teams up with the health and wellness experts of GAIAM to provide a groundbreaking integrated health action plan designed specifically to relieve the symptoms of IBS. Separated into three parts: *Understanding Your Condition*; *Eat Well to Feel Well*; and *Soothing Therapies*. Includes a 52-page *My Stress Solution* booklet. 89 minutes. Gaiaam. **\$3.95**

6924409 PROBIOTICS FOR HEALTH: 100 Amazing and Unexpected Uses for Probiotics. By Jo A. Panyko. Shows you all the ways the amazing live microorganisms can improve how you feel and how you look. Featuring step by step instructions and plenty of simple tips, this guide offers 100 remarkable probiotic uses. 139 pages. Adams Media. Paperbound. Pub. at \$12.99 **\$5.95**



4573153 DAVIS'S POCKET GUIDE TO HERBS AND SUPPLEMENTS.

By Catherine Ulbricht. Rely on this handy, portable resource to provide the information you need to know about the risks and benefits of herbals, supplements, vitamins, and nutraceuticals. More than 600 entries organized alphabetically by most common name, with adverse drug reactions and life-threatening side effects highlighted. 261 pages. F.A. Davis. Paperbound. Pub. at \$26.95 **\$6.95**

★6847161 60 WAYS TO LOWER YOUR CHOLESTEROL. By Robert D. Lesslie. Learn what your cholesterol numbers really mean and what you can do to improve them; which foods to enjoy and which to avoid; the truth about exercise, sleep, and stress; and how to know if you need medication and if so, which kind. 204 pages. Harvest House. Paperbound. Pub. at \$12.99 **\$9.95**

★6847153 60 WAYS TO LOWER YOUR BLOOD SUGAR. By Dennis Pollock. Gives you sixty practical tips, ideas, and actions you can take to reduce your carb intake without resorting to a dreary diet; start exercising in ways that fit into real life; and stay motivated as you regain your health and see long-term benefits. 192 pages. Harvest House. Paperbound. Pub. at \$12.99 **\$9.95**



★6827756 MITOCHONDRIA AND THE FUTURE OF MEDICINE: The Key to Understanding Disease, Chronic Illness, Aging, and Life Itself.

By Lee Know. The author tells the epic story of mitochondria—the often overlooked powerhouses of our cells—and the vital role they play in medicine and the fight against disease. He offers cutting edge information on supplementation and lifestyle changes for mitochondrial optimization and how to implement their use successfully. 257 pages. Chelsea Green. Paperbound. Pub. at \$24.95 **\$19.95**



2860015 HYPE: A Doctor's Guide to Medical Myths, Exaggerated Claims, and Bad Advice—How to Tell What's Real and What's Not. By Nina Shapiro with K. Loberg. An engaging and informative look at the real science behind our most common beliefs and assumptions about health. There is a lot of misinformation thrown around these days, especially online. The author distinguishes the falsehoods from the

evidence-backed truth and discusses her dramatic new definition of a "healthy life." 284 pages. St. Martin's. Pub. at \$26.99 **\$9.95**



★283717X THE TELOMERE MIRACLE: Scientific Secrets to Fight Disease, Feel Great, and Turn Back the Clock on Aging.

By Ed Park. In this instructive volume, Dr. Park explores the revolutionary idea that disease and aging in humans all arises from one single source: genetic errors caused by shortening of telomeres, or the sequences of DNA at the ends of our chromosomes. He reveals that inside your

cells, your body already has the necessary tools to repair itself. Illus. 323 pages. Hay House. Pub. at \$25.99 **\$18.95**



2859041 IF OUR BODIES COULD TALK: A Guide to Operating and Maintaining a Human Body.

By James Hamblin. In this original and illuminating volume, Hamblin explores the stories behind health questions that never seem to go away—and that tend to be mischaracterized and oversimplified by marketing and news media. He covers topics such as sleep, aging, diet, and much more. Illus. in color. 371 pages. Doubleday. Pub. at \$26.95 **\$5.95**



6943926 OUTDOOR MEDICAL EMERGENCY HANDBOOK: First Aid for Travelers, Backpackers, Adventurers.

By S. Briggs & C. Mackenzie. Be prepared for any medical emergency in the wilderness. Whether you're trekking in Peru, taking your family camping in Yellowstone Park or making an assault on the Himalayas, this comprehensive guide is an essential aid to anyone traveling in potentially risky environments. Illus. in color. 240 pages. Firefly. Paperbound. Pub. at \$19.95 **\$6.95**



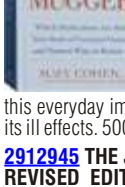
★2784742 EVERYTHING YOU KNOW ABOUT THE HUMAN BODY IS WRONG.

By Matt Brown. Nothing in the world is more familiar than your own body, or is it? Actually the human body is deeply mysterious. This myth busting compendium is packed with facts about your anatomy, how it works, how it doesn't and answers essential questions. Illus. 160 pages. Batsford. Pub. at \$12.95 **\$9.95**



6710743 DRUG MUGGERS: Which Medications Are Robbing Your Body of Essential Nutrients—and Natural Ways to Restore Them.

By Suzy Cohen. Prescription and over-the-counter drugs help millions with devastating diseases and chronic conditions. But they can also deplete the body of vitamins, minerals, and hormones—an effect Dr. Cohen calls "drug-mugging." Here she demystifies this everyday impact, and provides the tools you need to counteract its ill effects. 500 pages. Rodale. Pub. at \$31.95 **\$7.95**



2912945 THE JUICE LADY'S GUIDE TO JUICING FOR HEALTH, REVISED EDITION.

By Cherie Calbom. Practical A-to-Z guide, arranged by disorder, to the prevention and treatment of the most common health disorders. She'll show you how to use fresh juice to lose weight, boost energy, and achieve the glow of health. 404 pages. Avery. Paperbound. Pub. at \$18.00 **\$5.95**



★2788950 BOTTOM LINE'S GUIDE TO ERASING DIABETES.

Diabetes researchers and specialists, including top natural health practitioners, created this unique volume. Whether you have prediabetes or full blown type 2, you'll learn natural, life saving methods to take control of your blood sugar, your health and your life. 245 pages. Bottom Line. Paperbound. Pub. at \$15.95 **\$11.95**



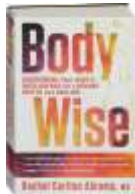
★6912354 WHEN THERE IS NO DOCTOR: Preventive and Emergency Home Healthcare in Challenging Times.

By Gerard S. Doyle. This smartly designed guide is full of medical tips and emergency suggestions. At a time when our health system has become particularly susceptible to strain, this volume should always be within reach. Covers preparation, planning, preventative medicine, natural medicine, and much more. 194 pages. Process Media. Paperbound. Pub. at \$16.95 **\$12.95**



Health & Medical References

★**2969947** **OUTDOOR MEDICINE: Adventure Skills Guides.** By Patrick Brighton. Organized by type of injury for quick reference to the information you need, this pocket-sized guide includes strategies based on first-hand experience and medical research. Fully illus. in color. 32 pages. Adventure Publications. Spiralbound. Pub. at \$9.95 **\$7.95**



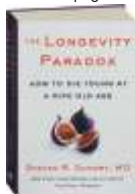
2858835 BODYWISE. By Rachel Carlton Abrams. Shares her integrative program, used with thousands of patients in her clinic, for healing the body both physically and emotionally. Also explains how you can evaluate your own body wisdom, including stress, sleep, libido, pain, anxiety and depression, plus allergies and autoimmune issues. 268 pages. Rodale. Pub. at \$24.99 **\$5.95**



6833071 STAYING ALIVE. By Matthew Hahn. The ultimate medical survival guide for the twenty-first-century patient. Drawing on his extensive experience, Hahn teaches you to recognize medical emergencies in time. He then follows up with advice on taking advantage of available preventive care and changing your lifestyle to avoid these emergencies in the future. Photos. 269 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$5.95**

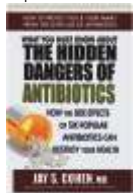


★**2889447 THE DENTAL DIET: The Surprising Link Between Your Teeth, Real Food, and Life-Changing Natural Health.** By Steven Lin. Merging dental and nutritional science, Dr. Lin lays out a dietary program that prevents painful cavities and dental treatment and gives you the resources to raise kids who develop naturally straight teeth. His 40-day meal plan is complete with the Dental Diet food pyramid, exercises, recipes, and cooking techniques. Illus. 321 pages. Hay House. Paperbound. Pub. at \$17.99 **\$12.95**



★**2919192 THE LONGEVITY PARADOX: How to Die Young at a Ripe Old Age.** By Steven R. Gundry. A cutting-edge plan for living a long healthy life by a world-renowned cardiac surgeon. Dr. Gundry outlines a lifestyle plan to improve gut health and keep you brimming with vitality for decades to come. With actionable advice on everything from diet to cognitive health to skin care to fitness, he arms readers with the tools to prevent and reverse disease. 373 pages. HarperWave. Pub. at \$28.99 **\$21.95**

★**6851363 THE END OF HEART DISEASE: The Eat to Live Plan to Prevent and Reverse Heart Disease.** By Joel Fuhrman. You don't need expensive, life-altering medications or rounds of ineffective surgery. The solution is to eat better, and end heart disease. Offers a nutritional plan and recipes. 430 pages. HarperOne. Paperbound. Pub. at \$15.99 **\$11.95**



★**6863965 WHAT YOU MUST KNOW ABOUT THE HIDDEN DANGERS OF ANTIBIOTICS.** By Jay S. Cohen. Explains how these antibiotics work, and particularly, how they cause injury. He then presents alternatives that can help reduce pain and clear up persistent antibiotic-based health issues. If you are wondering why you have experienced severe reactions to your antibiotics, this text will give you the answers you want as well as the help and guidance you need. 133 pages. Square One Publishers. Paperbound. Pub. at \$15.95 **\$11.95**

★**6982409 DO YOU REALLY NEED THAT PILL?** By Jennifer Jacobs. A silent epidemic in the United States is imperiling our health and threatens to bankrupt our healthcare system. Today, one third of all adults take two or more prescription drugs, and half of all seniors take more than five daily. This study tackles the epidemic overuse of prescription drugs. 313 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$11.95**



★**6673155 THE MAGNESIUM MIRACLE, SECOND EDITION.** By Carolyn Dean. Updated and revised with the latest research, this guide explains the vital role that magnesium plays in your body and life. Discover magnesium's amazing but largely unsung uses: lowering cholesterol, reducing the risk of heart disease, easing anxiety and depression, alleviating insomnia, and more. 553 pages. Ballantine. Paperbound. Pub. at \$20.00 **\$14.95**



★**673295X THE ORGANIC CHEMISTRY OF MEDICINAL AGENTS.** By Adam Renfro. No other text helps you master complex chemistry topics like this indispensable study resource. Uses real world examples to deliver a concise, accessible overview of key organic chemistry concepts which helps you understand the mode of action, therapeutic applications, and limitations of various pharmaceutical agents. 210 pages. McGraw-Hill. 8 1/4x10 1/2. Paperbound. Pub. at \$85.00 **\$19.95**



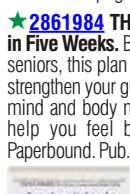
5899729 THE BIG 5: Five Simple Things You Can Do to Live a Longer, Healthier Life. By Sanjiv Chopra with D. Fisher. Based on many scientific tests, trials, and studies, Chopra has compiled five simple actions that will enhance health and lengthen life. He explains the benefits of coffee drinking, adequate vitamin D intake, exercise, eating nuts, and meditation. 210 pages. St. Martin's. Pub. at \$24.99 **\$8.95**



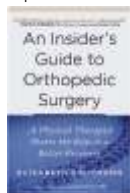
★**6787487 THE TELOMERE EFFECT: A Revolutionary Approach to Living Younger, Healthier, Longer.** By E. Blackburn & E. Epel. Reveals that sleep quality, exercise, diet, and even certain chemicals profoundly affect our telomeres (which protect our genetic heritage), and that chronic stress, negative thoughts, strained relationships, and even the wrong neighborhoods can eat away at them. The authors show how you can make simple changes to keep your chromosomes and cells healthy. Illus. 398 pages. Grand Central. Paperbound. Pub. at \$17.99 **\$12.95**



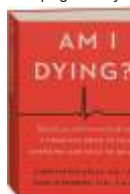
★**2820536 THE MICROBIOME BREAKTHROUGH: Harness the Power of Your Gut Bacteria to Boost Your Mood and Heal Your Body.** By Raphael Kellman. If you suffer from chronic pain, fatigue, gastrointestinal, thyroid, or unexplained health issues, take heart. The path to healing starts in your microbiome. Dr. Kellman's breakthrough program offers proven natural solutions that can help you not only reduce symptoms but also improve your vitality, cognitive function, and zest for life. 310 pages. Da Capo. Paperbound. Pub. at \$15.99 **\$11.95**



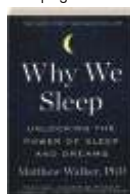
★**2861984 THE DR. SEARS T5 WELLNESS PLAN: Five Changes in Five Weeks.** By W. Sears & E.S. Basile. A guide for all ages, children to seniors, this plan will decrease inflammation, protect your brain and heart, strengthen your gut, and balance your hormones. This five-step, five-week mind and body makeover will help change your body's biochemistry to help you feel better and look better. Illus. 410 pages. BenBella. Paperbound. Pub. at \$16.95 **\$12.95**



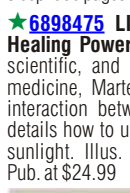
★**6788246 AN INSIDER'S GUIDE TO ORTHOPEDIC SURGERY: A Physical Therapist Shares the Keys to a Better Recovery.** By Elizabeth Kaufmann. A must-read for successful orthopedic surgery, providing an excellent introduction to hip and knee replacement. Offering all the advice you need without all the jargon, this thorough, accessible, and practical guide will make you an informed patient in no time. 168 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$12.95**



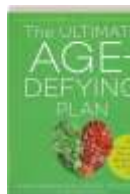
★**2862727 AM I DYING?! A Complete Guide to Your Symptoms--and What to Do Next.** By C. Kelly & M. Eisenberg. A comprehensive and lighthearted resource for your inner hypochondriac, with advice on when to chill out, make a doctor's appointment, or go to the hospital. Drs. Kelly and Eisenberg walk you through the most common symptoms and provide conversational guidance on what to do. 337 pages. Morrow. Pub. at \$25.99 **\$18.95**



★**6921744 WHY WE SLEEP: Unlocking the Power of Sleep and Dreams.** By Matthew Walker. An exploration of sleep that explains how we can harness its transformative power to change our lives for the better. Walker vividly demonstrates the vital importance of sleep—which enhances our ability to learn and to make decisions, re-calibrates our emotions, restocks our immune system, and regulates our appetite—and offers advice on how to get better sleep. 360 pages. Scribner. Paperbound. Pub. at \$17.00 **\$12.95**

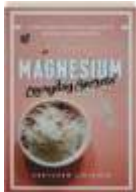


★**6898475 LIGHT THERAPIES: A Complete Guide to the Healing Power of Light.** By Anadi Martel. Covering the historic, scientific, and spiritual aspects of light and its role in energy medicine, Martel explores the vibrational nature of light and the interaction between light, biology, and consciousness. Here he details how to use light therapy daily and get optimal benefits from sunlight. Illus. in color. 368 pages. Healing Arts. Paperbound. Pub. at \$24.99 **\$19.95**



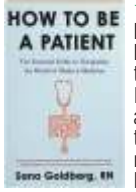
★**2897733 THE ULTIMATE AGE-DEFYING PLAN: The Plant-Based Way to Stay Mentally Sharp & Physically Fit.** By Mark Reinfeld et al. With 175 easy recipes, all with seven ingredients or less, and practical advice from the authors, this is your go-to guide to achieving and maintaining health and longevity. Learn to support mental sharpness; cultivate cardiovascular health; strengthen your bones; and more. 16 pages of color photos. 328 pages. Da Capo. Paperbound. Pub. at \$22.99 **\$17.95**

Health & Medical References



★2972425 MAGNESIUM: Everyday Secrets. By Gretchen Lidicker. Enjoy thirty recipes for bringing magnesium into the kitchen and your beauty routine. Discover an array of healthy desserts, smoothies, bath bombs, and body oils, including: End of Day Foot Soak; Rose Oil Body Wash; Pumpkin Spice Latte; and Magnesium Spritz. Well illus. in color. 176 pages. Countryman. Paperbound. Pub. at \$14.95 **\$11.95**

★297097X ANTICANCER LIVING: Transform Your Life and Health with the Mix of Six. By L. Cohen & A. Jefferies. An accessible, prescriptive guide to wellness based on the latest scientific findings. The authors outline a path to radically transform health, delay or prevent many cancers, support conventional treatments, and significantly improve quality of life. 416 pages. Penguin. Paperbound. Pub. at \$17.00 **\$12.95**



★2919176 HOW TO BE A PATIENT: The Essential Guide to Navigating the World of Modern Medicine. By Sana Goldberg. Walks readers through the complicated and uncertain medical landscape, and empowers them with the information and tools they need to come to good decisions with their providers and sidestep the challenging realities of modern medicine. 432 pages. HarperWave. Paperbound. Pub. at \$17.99 **\$13.95**



★5981875 FUNCTIONAL ANATOMY OF THE PELVIS AND THE SACROILIAC JOINT: A Practical Guide. By John Gibbons. A step by step guide to assessing the pelvis and sacroiliac joint, exploring all aspects of this crucial area, and providing detailed information about how to recognize pain and dysfunctional patterns that arise from the pelvic girdle. Offers techniques to identify and correct impaired patterns, as well as functional exercises that promote recovery. Well illus. in color. 288 pages. North Atlantic. 8 1/2 x 10 3/4. Paperbound. Pub. at \$34.95 **\$26.95**

★2972018 DOCTOR YOU: Introducing the Hard Science of Self-Healing. By Jeremy Howick. This resource arms readers with scientific evidence that will empower them to make sensible choices about what drugs to take, what drugs to give their children, and when to simply let the body do its thing and heal itself. 303 pages. Quercus. Paperbound. Pub. at \$16.99 **\$12.95**

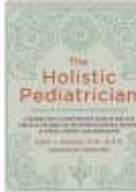


6766412 OVERDOSED AMERICA: The Broken Promise of American Medicine. By John Abramson. Reveals the ways in which drug companies have misrepresented statistical evidence, misled doctors, and compromised our health. The good news is that the best scientific evidence shows that reclaiming responsibility for your own health is often far more effective than taking the latest blockbuster drug. 334 pages. HarperPerennial. Paperbound. Pub. at \$14.99 **\$4.95**

5770319 THE DOCTOR'S GUIDE TO SURVIVING WHEN MODERN MEDICINE FAILS. By Scott A. Johnson. Instead of running to the doctor every time you get sick, you can avoid the illness with the solutions offered here. Dr. Johnson tells you what to eat, how to employ proven dietary supplements, ways to regularly cleanse your body of toxins, how to get the most out of physical activity, and more. 264 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$5.95**

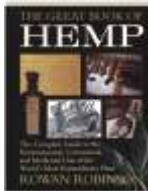


6944299 THE COMPLETE IDIOT'S GUIDE TO DETOXING YOUR BODY. By Delia Quigley. Guides you through the detox process, with tips on cleansing foods, spa baths, and more. Begins with simple tips to help you figure out when it's time to detox, and includes a 5-week, step by step program to steer you through detox preparation, fasting, and reintroduction to foods. 323 pages. Alpha. Paperbound. Pub. at \$18.95 **\$6.95**

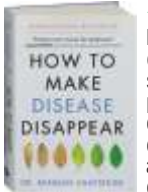


2864649 THE HOLISTIC PEDIATRICIAN, TWENTIETH ANNIVERSARY REVISED EDITION. By Kathi J. Kemper. A comprehensive guide to integrative medicine for children, fully updated and revised to reflect the numerous recent advances in this field. Based on scientific evidence and written in commonsense language this reference is the first place any parent should turn for authoritative and empowering advice on all aspects of their children's health. 476 pages. Harper. Paperbound. Pub. at \$19.99 **\$6.95**

6904521 THE ONLY CLEANSE: A 14-Day Natural Detox Plan to Jump-Start a Lifetime of Health. By Samantha Heller. The only evidence based approach you need to fire up your body's purification systems, boost energy, and dodge disease. Heller offers an easy to follow multi-phased plan designed to nourish, energize, and revitalize your body and your mind. 304 pages. Countryman. Pub. at \$24.95 **\$7.95**



★5802946 THE GREAT BOOK OF HEMP. By Rowan Robinson. Provides a complete guide to the environmental, commercial, and medicinal uses of the world's most extraordinary plant. Robinson reveals hemp's hidden history, and calls on contemporary and ancient wisdom to highlight its incredible potential. Well illus. 248 pages. Park Street. 8x10. Paperbound. Pub. at \$22.95 **\$18.95**



★6925189 HOW TO MAKE DISEASE DISAPPEAR. By Rangan Chatterjee. Based on cutting-edge research and fascinating case studies from real patients, Dr. Chatterjee offers a practical and revolutionary path to avoiding disease and embracing health. His simple plan evolves around four pillars: relaxation, food, sleep and movement. By making small changes in each of these key areas, you can create and maintain good health. Illus. 231 pages. HarperOne. Pub. at \$27.99 **\$21.95**

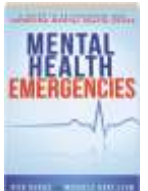


★2854848 SUSTAINABLE HEALTH: Simple Habits to Transform Your Life. By Susan L. Roberts. Offers a set of hassle-free tips and tools to help readers impact tangible experiences of living, such as sleeping, eating, working, socializing, and understanding one's own body. Using the five elements of Traditional Chinese Medicine, Roberts has created a Healing Compass to lead readers on the path toward healing and fulfillment. Illus. 216 pages. Norton. 8x10. Paperbound. Pub. at \$17.95 **\$12.95**



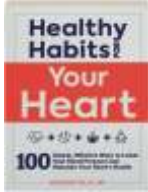
6949401 DON'T LET YOUR DOCTOR KILL YOU: How to Beat Physician Arrogance, Corporate Greed and a Broken System. By Erika Schwartz with M.J. Peltier. Dr. Schwartz believes that today's patient is but a leaf blowing in the wind of group-think protocols, corrupt medical societies, insurance companies on the take, and billions of dollars in marketing and lobbying pressure from drug companies. She offers a simple process that takes the patient from being a victim to being in charge of his health. 247 pages. Post Hill. Pub. at \$25.00 **\$5.95**

689268X COMPLETE GUIDE TO PRESCRIPTION & NONPRESCRIPTION DRUGS, 2018-2019, REVISED. By H. Winter Griffith. Newly revised and expanded edition giving you the information you need and can depend on by one of America's most trusted family physicians. 1080 pages. TarcherPerigee. Paperbound. Pub. at \$30.00 **\$7.95**



2864835 MENTAL HEALTH EMERGENCIES: A Guide to Recognizing and Handling Mental Health Crises. By N. Benas & M. Hart. Offers a comprehensive quick-reference guide to common mental and emotional health crises—from depression, substance abuse, and PTSD to psychosis and suicide—and provides overviews of recommended recovery procedures. 162 pages. Hatherleigh. Paperbound. Pub. at \$15.00 **\$4.95**

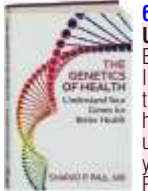
6802184 U.S. ARMY FIRST AID MANUAL. Here is the U.S. Army's declassified official manual on administering first aid to soldiers who suffer from every conceivable injury or illness. Illus. Skyhorse. Paperbound. Pub. at \$14.95 **PRICE CUT to \$2.95**



★2848937 HEALTHY HABITS FOR YOUR HEART. By Monique Tello. Keep your heart healthy by developing good habits that will last a lifetime. With this guide you'll learn strategies for maintaining a healthy heart, whether you want to keep up a healthy lifestyle or change some bad practices, and you'll also learn easy tips for making these new behaviors stick. 272 pages. Adams Media. Paperbound. Pub. at \$15.99 **PRICE CUT to \$9.95**



★7665520 BEYOND BUDDS: Marijuana Extracts—Hash, Vaping, Dabbing, Edibles & Medicines. By Ed Rosenthal with D. Downs. A new world of marijuana enjoyment is in full bloom, from pure medicines and inhaled vapors to tinctures and topicals infused with cannabis. This guide provides the information you need to make and enjoy these products, offering plenty of tips and full color photos. Well illus. in color. 230 pages. Quick American. Paperbound. Pub. at \$24.95 **\$13.95**



6912702 THE GENETICS OF HEALTH: Understand Your Genes for Better Health. By Sharad P. Paul. In a revolutionary guide to living well, Dr. Paul pinpoints the key genes that make or break your best efforts at good health, and offers you a blueprint on how to use your newfound self-knowledge to live your healthiest life. 258 pages. Atria. Pub. at \$26.00 **PRICE CUT to \$4.95**

Health & Medical References



★**2840367 HANDS ON: Basic Clinical Skills for Students and Practitioners of Complementary and Alternative Medicine.** By Nic Rowley. Presents a concise approach to clinical examination in a practical and straightforward manner, and includes step by step illustrations of a variety of examination techniques, together with checklists designed to help students and practitioners elicit clinical information from their patients quickly and efficiently. 176 pages. Aeon. Paperbound. Pub. at \$19.95

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DVD 5857341 MAYO CLINIC WELLNESS SOLUTIONS FOR HIGH BLOOD PRESSURE. Offers a health action plan designed specifically to help you control high blood pressure. Changing the way you live can change the way you feel. Presented in three parts: Understanding Your Condition, Eat Well to Feel Well, and Soothing Therapies. Includes a 52-page Mayo Clinic *My Stress Solution* booklet. 93 minutes. Gaia. Pub. at \$19.98

\$5.95

6939961 THE COMPLETE BOOK OF BONE HEALTH. By Diane L. Schneider. Compiles the latest information about bolstering bones, from prevention to treatment, in an easy to understand resource. 491 pages. Prometheus. Paperbound. Pub. at \$21.00

\$6.95



6879713 MISTREATED: Why We Think We're Getting Good Health Care—and Why We're Usually Wrong. By Robert Pearl. Explains why subconscious misperceptions are so common in medicine, and shows how modifying the structure, technology, financing, and leadership of health care could improve quality outcomes. Dr. Pearl provides a roadmap for a better, healthier future. 309 pages. PublicAffairs. Pub. at \$28.00

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★**682868X SUSTAINABLE MEDICINE: Whistle-Blowing on 21st-Century Medical Practice.** By Sarah Myhill. Based on the premise that 21st century, profit-driven Western medicine is failing to address the root causes of disease, Dr. Myhill aims to empower people to heal themselves by addressing the underlying causes of their illness. She presents a logical progression from identifying symptoms to offering a toolbox of treatment strategies. 246 pages. Chelsea Green. Paperbound. Pub. at \$19.95

\$15.95

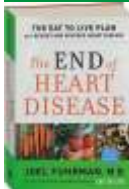
★**6814743 COCONUTS FOR YOUR HEALTH: Nature's Most Delicious & Effective Remedy.** By Larry Trivieri, Jr. Today medical researchers have rediscovered the many health benefits of this tropical fruit. Each chapter presents a description of the problem, how coconut works to combat the condition, and important considerations during treatment. Also included is a resource section that guides you to available coconut-based products. 195 pages. Square One Publishers. Paperbound. Pub. at \$15.95

PRICE CUT to \$5.95

★**6617174 BEST HOSPITALS, 2017 EDITION.** Your guide to top care includes exclusive rankings on hospitals and smart ways to lose weight, as well as information on children's health, health care in the future, advancements in treatments and more. Well illustrated. In color. 188 pages. U.S. News & World Report. 8x10 1/4. Paperbound. Pub. at \$19.95

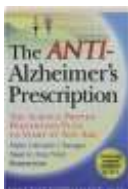
\$7.95

Diseases & Disorders



LIMITED QUANTITY 2963906 THE END OF HEART DISEASE. By Joel Fuhrman. Heart disease *can* be prevented and even reversed without dangerous surgeries. Dr. Fuhrman presents his safe Nutritarian plan, proven to lower cholesterol and blood pressure, reduce weight, heal obstructive coronary artery disease, and even eradicate advanced heart disease. Includes a complete meal plan and recipes. 430 pages. HarperOne. Pub. at \$28.99

\$7.95



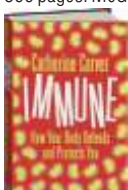
2973170 THE ANTI-ALZHEIMER'S PRESCRIPTION: The Science-Proven Prevention Plan to Start at Any Age. By Vincent Fortanasce. The author has developed the 4-Step Anti-Alzheimer's plan to show us how taking care of ourselves now can keep us sharp and independent as we age. For millions of men and women at risk for developing this debilitating illness and those who love them, this resource is a lifesaving breakthrough. 335 pages. Gotham. Paperbound. Pub. at \$15.00

\$4.95



2867729 THE COMPLETE THYROID BOOK, SECOND EDITION. By K. Ain & M.S. Rosenthal. Combining the expertise of two pioneers in the field, this guide provides all the essential information for the diagnosis of and treatment options for thyroid disease. This guide provides a comprehensive look at tests, scans, and state of the art therapies and treatments for every type of thyroid condition. 366 pages. McGraw-Hill. Paperbound. Pub. at \$19.95

\$5.95



LIMITED QUANTITY 2912902 IMMUNE: How Your Body Defends and Protects You. By Catherine Carver. Draws on everything from Ancient Egyptian medical texts to cutting-edge medical science, and takes you on an adventure packed with weird and wonderful revelations about your own internal defensive system like: What is pus? Why is cancer so hard for our immune system to fight? and much more. Illus. 304 pages. Bloomsbury. Pub. at \$27.00

\$6.95



2840022 HARNESSING HOPE: Take Control of Your Life and Master Depression. By Jan Marsh. Offering real hope to anyone suffering from depression, the author explains depression in a approachable language and shows how simple lifestyle changes can make a difference. These strategies can be used alongside other treatments to be a pathway out of depression. This is the essential guide for those experiencing depression. 151 pages. Exisle. Paperbound. Pub. at \$12.95

\$3.95



6979920 BUGS, BOWELS, AND BEHAVIOR: The Groundbreaking Story of the Gut-Brain Connection. Ed. by Teri Arranga et al. Informs you of the myriad of additional factors impacting the health of the gastrointestinal tract and how that, in turn, can have far-reaching and significant effects in other systems of the body—even adversely affecting development and how people think. 285 pages. Skyhorse. Paperbound. Pub. at \$17.95

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2823918 WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT FIBROMYALGIA, REVISED THIRD EDITION. By R.P. St. Amand & C.C. Marek. After more than a decade in which thousands of fibromyalgia sufferers' lives have changed for the better, Dr. St. Amand, an experienced endocrinologist and UCLA associate professor, has revised and updated his effective protocol for reversing fibromyalgia. This breakthrough program uses a safe and readily available medication. 414 pages. Grand Central. Paperbound. Pub. at \$18.00

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7639112 SLEEP TO SAVE YOUR LIFE: The Complete Guide to Living Longer and Healthier Through Restorative Sleep. By Gerard T. Lombardo. Explains how your genes, environment, job, habits, and physiology may be hampering your sleep—and what you can do at home or in therapy to get the sleep you need. Filled with self-assessments, strategies, and techniques used to help thousands of patients. 308 pages. HarperCollins. Paperbound. Pub. at \$14.95

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★**281370X THE TRUTH ABOUT CANCER: What You Need to Know About Cancer's History, Treatment, and Prevention.** By Ty M. Bollinger. Delves into the history of medicine as well as cutting edge research showing the efficacy of dozens of unconventional cancer treatments that go well beyond chemotherapy, radiation, and surgery. You'll read about the politics of cancer; facts and myths about its causes; and the range of tools available to treat it. 318 pages. Hay House. Paperbound. Pub. at \$18.99

\$13.95



2965119 THE EVIL HOURS: A Biography of Post-Traumatic Stress Disorder. By David J. Morris. Some twenty-seven million Americans are believed to be PTSD survivors, yet to many of us, the disorder remains shrouded in mystery, secrecy, and shame. Through interviews with people living with PTSD, and forays into the rich scientific, literary, and cultural history of the condition, Morris has written the essential account of an illness that will speak to everyone. 338 pages. HMH. Pub. at \$27.00

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Diseases & Disorders



★**2883759** **NATURAL STRATEGIES FOR CANCER PATIENTS, REVISED.** By Russell L. Blaylock. This updated edition offers the latest cutting-edge information on how and why cancer develops, why conventional treatments fail, and the critical role inflammation plays in all stages of this deadly disease. With the right combination of diet and nutrition, patients can develop their built-in immune mechanisms to stop the growth of cancer cells. 362 pages. Citadel. Paperbound. Pub. at \$16.95 **\$12.95**



★**2950103** **NATURAL STRATEGIES FOR CANCER PATIENTS.** By Russell L. Blaylock. Shows you how easy it can be to fortify your nutritional status during the critical time period of your chemotherapy and/or radiation treatments for your cancer. You'll also get important information on dealing with the special problems faced by cancer patients, including fatigue, hair and weight loss, digestive problems, and other debilitating side effects. 364 pages. Kensington. Paperbound. Pub. at \$15.00 **\$3.95**

2918889 **FROM HORMONE HELL TO HORMONE WELL.** By C.W. Randolph, Jr. & G. James. This world-renowned expert has used bio-identical hormone replacement therapies to safely and effectively treat thousands of women and men for decades. With this guide he'll help you make lifestyle choices to naturally support your body's optimum hormonal equilibrium at any age and end the suffering caused by hormone imbalances. 240 pages. HCl Press. Paperbound. Pub. at \$17.95 **\$4.95**



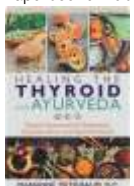
★**290876X** **WHAT YOU MUST KNOW ABOUT HASHIMOTO'S DISEASE.** By B. Henderson & A. Futterman. Written in easy to follow language, this title provides an insider's view of what you need to know about Hashimoto's disease. A serious autoimmune disorder, this disease is multifaceted and complex. This guide offers patients an invaluable resource that they may rely on at every stage of the journey in managing Hashimoto's disease. 257 pages. Square One Publishers. Paperbound. Pub. at \$16.95 **\$12.95**



6934811 **NO ONE CARES ABOUT CRAZY PEOPLE: The Chaos and Heartbreak of Mental Health in America.** By Ron Powers. Braided into this vivid social history is the moving saga of Powers's own family—his bright and buoyant sons, Kevin and Dean, both of whom struggled mightily with schizophrenia, and his wife Honoree Fleming whose knowledge of human biology and loving maternal instincts proved inadequate against schizophrenia's hellish power. 360 pages. Hachette. Pub. at \$28.00 **\$6.95**

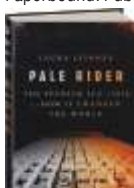


★**6785573** **COULD IT BE B12? SECOND EDITION: An Epidemic of Misdiagnoses.** By S.M. Pacholok & J.J. Stuart. A modern classic that has literally saved lives and the only complete and authoritative guide to vitamin B12 deficiency. Newly revised, updated, and expanded with the latest scientific findings, it reveals how standard medical practice has misdiagnosed this disorder, and how you can protect yourself. 322 pages. Quill. Paperbound. Pub. at \$16.95 **\$12.95**

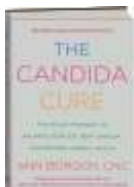


★**293194X** **HEALING THE THYROID WITH AYURVEDA: Natural Treatments for Hashimoto's, Hypothyroidism, and Hyperthyroidism.** By Marianne Teitelbaum. An easy to follow, comprehensive guide for those concerned with thyroid health based on the treatment of thousands of patients. The author also shares success stories of thyroid healing and the scientific studies that support her Ayurvedic thyroid protocols. 264 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$13.95**

★**2889595** **52 WAYS TO BEAT DIABETES: Simple, Easy Tips to Stay Happy and Healthy.** By the eds. of Bottom Line Inc. Whether you're hoping to live better with diabetes, or you're facing the first shock of a diagnosis, the authors are here to help you start your journey toward tackling it. 145 pages. Sourcebooks. Paperbound. Pub. at \$9.99 **\$7.95**

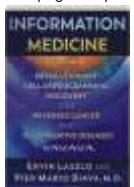


2830507 **PALE RIDER: The Spanish Flu of 1918 and How It Changed the World.** By Laura Spinney. The Spanish flu of 1918-1920 was one of the greatest human disasters of all time, infecting a third of the people on Earth, with a death toll between 50 and 100 million people. In this gripping narrative history, Spinney traces the overlooked pandemic to reveal how the virus traveled the globe, exposing mankind's vulnerability. Photos. 332 pages. PublicAffairs. Pub. at \$28.00 **\$8.95**



2827611 **THE CANDIDA CURE: The 90-Day Program to Balance Your Gut, Beat Candida, and Restore Vibrant Health.** By Ann Boroch. Since its initial publication in 2008, this has been the number one resource in candida treatment. Now Boroch's original 90-day plan includes a quick-start cleanse, success stories, and all-new recipes and eating plans to give those in need even more tools to heal their gut and banish candida for good. 290 pages. HarperWave. Pub. at \$27.99 **\$7.95**

★**6863949** **PROSTATE CANCER BREAKTHROUGHS: The New Options You Need to Know About.** By Jay S. Cohen. A step by step look at the entire diagnostic process, up to and including the diagnosis. Dr. Cohen then provides new information on PSA testing, targeted biopsy, and groundbreaking prostate cancer treatments, providing you with the information you need to know to make the choices that are right for you. 138 pages. Square One Publishers. Paperbound. Pub. at \$15.95 **\$11.95**



★**2931958** **INFORMATION MEDICINE: The Revolutionary Cell-Reprogramming Discovery That Reverses Cancer and Degenerative Diseases.** By E. Laszlo & P.M. Biava. Unveiling the holistic future of medicine, the authors show how we will no longer need to approach the treatment of cancer and other degenerative diseases as a "fight," but as a restoration of our cells' original programming. As you'll discover in this informative work, with the advent of information medicine, we now have the power to program ourselves to heal. 208 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$13.95**

2902702 **THE OTHER SIDE OF IMPOSSIBLE.** By Susannah Meadows. The author tells real life stories of seven families who were determined to solve the unsolvable, when faced with a difficult health condition. It is a fascinating, moving, and inspiring story of people fighting the battle for healing in today's world and tomorrow's. 302 pages. Random. Pub. at \$28.00 **\$5.95**



★**283698X** **MEDICAL MEDIUM THYROID HEALING.** By Anthony William. Reveals an entirely new take on the epidemic of thyroid illness, empowering readers to become their own thyroid experts, and explains in detail what the source problem really is, including what's going on with inflammation, autoimmune disease, and dozens more symptoms and conditions. Includes healing recipes and cleanses. Color photos. 280 pages. Hay House. Pub. at \$27.99 **\$21.95**

★**2827921** **MEDICAL MEDIUM LIVER RESCUE.** By Anthony William. Nearly every health challenge has an origin in an overloaded liver and can improve and heal when you harness the force of this humble organ. With this informative volume, William offers detailed guidance and recipes, showing you how to sleep well, balance blood sugar, lower blood pressure, lose weight, and look and feel younger. Illus. in color. 461 pages. Hay House. Pub. at \$34.99 **\$26.95**



6949320 **THE CELLULITE MYTH: It's Not Fat It's Fascia.** By Ashley Black with J. Hunt. Unveils never-before-known secrets to obliterating cellulite and changing your personal health trajectory. Ninety percent of all women struggle with cellulite, but with this guide you will discover a radical paradigm shift in health and beauty. Illus. 224 pages. Post Hill. Paperbound. Pub. at \$16.99 **\$4.95**

CD 2979314 **THE THYROID CONNECTION.** By Amy Myers. Read by Hilary Bogert. 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. Over ten hours on 9 CDs. Little, Brown. Pub. at \$30.00 **\$7.95**



★**6570542** **THE AUTOIMMUNE SOLUTION: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases.** By Amy Myers. Dr. Myers, a renowned leader in functional medicine, offers her medically proven approach to prevent and reverse a wide range of inflammatory-related symptoms and diseases, including allergies, asthma, obesity, cardiovascular disease, fibromyalgia, lupus, IBS, chronic headaches, and Hashimoto's thyroiditis. 390 pages. HarperOne. Paperbound. Pub. at \$15.99 **\$11.95**

★**2979977** **BEAT AUTOIMMUNE: The 6 Keys to Reverse Your Condition and Reclaim Your Health.** By Palmer Kippola. Learn the tools needed to beat autoimmune disease. This guide is the first to explore all six of the critical lifestyle factors that are the root causes of autoimmune conditions—and the sources of regaining health: Foods, infections, gut health, hormone imbalances, toxins and stress. 365 pages. Citadel. Paperbound. Pub. at \$15.95 **\$11.95**

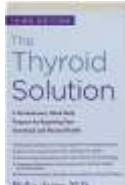
Diseases & Disorders

2902680 THE MOUTH-BODY CONNECTION. By Gerald P. Curatola with D. Reverand. A 28 day program to create a healthy mouth, reduce inflammation, and help prevent disease throughout the body. Offers four weeks of meal plans and 50 recipes that will convince you that eating for balance can be a treat. 308 pages. Center Street. Pub. at \$27.00 **\$6.95**



6800130 AFTER CANCER CARE: The Definitive Self-Care Guide to Getting and Staying Well for Patients After Cancer. By Gerald M. Lemole et al. In this comprehensive, research-backed guide the authors fill the post-treatment gap and offer you holistic information to thrive after cancer treatment and recovery. They break down hard science into palatable, practical takeaways for you to enjoy many years of cancer-free serenity. 288 pages. Rodale. Paperbound. Pub. at \$17.99 **\$3.95**

Paperbound. Pub. at \$17.99



6940579 THE THYROID SOLUTION, THIRD EDITION. By Ridha Arem. A must-read for anyone who suffers from thyroid disease, this groundbreaking guide offers Dr. Arem's practical program for maintaining thyroid health through diet, exercise, and stress control—and through his revolutionary medical plan, which combines two types of hormone treatments. 467 pages. Ballantine. Paperbound. Pub. at \$20.00 **\$5.95**

2884240 THE IBS ELIMINATION DIET AND COOKBOOK: The Proven Low-FODMAP Plan for Eating Well and Feeling Great. By Patsy Catsos. Overcome IBS by discovering your dietary triggers, then apply the tools in this complete guide and cookbook. Using Patsy's established, step by step elimination diet, you'll build a personalized, doable, and fulfilling diet around nutritious, delicious foods that will let you feel your best. 16 pages of photos. 286 pages. Harmony. Paperbound. Pub. at \$18.00 **\$6.95**



★5881633 CANCER HATES TEA: A Unique Preventive and Transformative Lifestyle Change to Help Crush Cancer. By Maria Uspenski. After her own battle with cancer, Uspenski researched tea and discovered hundreds of studies that showed how powerful a five-cup-a-day steeping habit could be. Tea is an invaluable ally, and this three-week plan brings this restorative and great-tasting beverage to your arsenal. Includes recipes. Well illus. in color. 208 pages. Page Street. Paperbound. Pub. at \$21.99 **\$16.95**

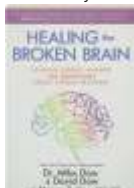
great-tasting beverage to your arsenal. Includes recipes. Well illus. in color. 208 pages. Page Street. Paperbound. Pub. at \$21.99

★6854044 THE LYME SOLUTION: A 5-Part Plan to Fight the Inflammatory Auto-Immune Response and Beat Lyme Disease. By Darin Ingels. Ingels shares his revolutionary approach to treating and healing acute and chronic Lyme. Drawing on his experience as a naturopathic physician, as well as his own experiences as a Lyme patient, he provides a path to wellness by fortifying the microbiome, enhancing the immune system, and strengthening the body's ability to heal from within. 372 pages. Avery. Pub. at \$27.00 **\$19.95**



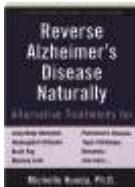
★6896626 PREDIABETES: A Complete Guide. By Jill Weisenberger. In this volume, Weisenberger gives you advice on taking small, manageable steps to get on the path to good health and diabetes prevention. She provides tips on planning meals, increasing physical activity, eating mindfully, managing emotions, sleeping well and more. 294 pages. American Diabetes Assoc. Paperbound. Pub. at \$16.95 **\$12.95**

6912478 CATCHING BREATH: The Making and Unmaking of Tuberculosis. By Kathryn Lougheed. The story of one of the world's oldest diseases. The author looks at the hidden biology behind the interaction of TB with its human host, and shows how drug resistance, the HIV epidemic, poverty and inequality work together to ensure that TB remains the world's most serious health problem. 272 pages. Bloomsbury. Pub. at \$27.00 **\$6.95**



★2836866 HEALING THE BROKEN BRAIN: Leading Experts Answer 100 Questions About Stroke Recovery. By Mike Dow et al. Collects the top 100 questions that survivors and their families ask, with answers from the top physicians and therapists in the country, and featuring takeaway points at the end of each chapter to help simplify everything. Gain the information, inspiration, advice and support you need to navigate your journey through stroke recovery. 221 pages. Hay House. Paperbound. Pub. at \$16.99 **\$12.95**

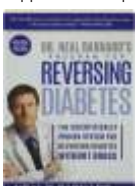
★6932460 REVERSE THYROID DISEASE NATURALLY. By Michelle Honda. Provides all the information you need to identify, treat, and eventually reverse your thyroid disease, all using wholesome natural medicine and dietary changes. Includes step by step, do it yourself instructions to help you treat and reverse your thyroid conditions and restore your health. 110 pages. Hatherleigh. Paperbound. Pub. at \$15.00 **\$11.95**



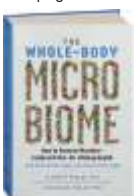
★2844842 REVERSE ALZHEIMER'S DISEASE NATURALLY. By Michelle Honda. This guide provides all the information you need to identify, treat, and reduce your risk of Alzheimer's disease, all using natural medicine and dietary changes. This account presents an all in one healing protocol to help you restore your clarity, boost retention, and achieve a better quality of life. 161 pages. Hatherleigh. Paperbound. Pub. at \$15.00 **\$11.95**



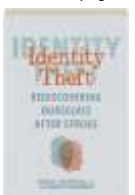
★2836947 THE KEFIR SOLUTION: Natural Healing for IBS, Depression and Anxiety. By Shann Nix Jones. Cutting-edge scientific research has found that IBS is nearly always connected to anxiety and depression through something called the gut-brain axis. Heal the gut and you can heal the brain—and vice versa. Combining common sense with uncommon science, Jones shares stories, tips and recipes to help you gain better gut health and a happier life. 251 pages. Hay House. Paperbound. Pub. at \$16.99 **\$12.95**



★6824013 DR. NEAL BARNARD'S PROGRAM FOR REVERSING DIABETES, REVISED EDITION. Tackle diabetes and its complications for good with this newly updated edition of Dr. Barnard's groundbreaking program. Dr. Barnard has shown that it is often possible to improve insulin sensitivity and tackle type 2 diabetes by following his step by step plan which includes recipes, an exercise guide and more. 264 pages. Rodale. Paperbound. Pub. at \$18.99 **\$13.95**



★287783X THE WHOLE-BODY MICROBIOME: How to Harness Microbes-Inside and Out-for Lifelong Health. By B. Brett Finlay & J.M. Finlay. Learn the secret to lifelong health: the teeming world of microbes inside and all around us. Meet your whole body microbiome, an invisible ecosystem with the power to: potentially change the trajectory of nine out of ten leading causes of death, block the path of harmful bacteria and viruses that make you sick, and more! 313 pages. The Experiment. Pub. at \$24.95 **\$18.95**



★2970074 IDENTITY THEFT: Rediscovering Ourselves After Stroke. By Debra E. Meyerson with D. Zuckerman. Focuses on the less frequently documented emotional journey in recovery from a stroke, centering on the author's experience following her severe stroke, and her efforts to recover. She provides a valuable look at the broad possibilities for successfully navigating the recovery and rebuilding one's identity and a rewarding life after a trauma like stroke. 280 pages. Andrews McMeel. Paperbound. Pub. at \$16.99 **\$12.95**

★2866862 RISING ABOVE LYME DISEASE. By Julia Greenspan. Through the comprehensive whole-body approach that Greenspan offers, and by focusing on the very personal ways in which the disease may affect one's life, she argues that it is possible to find relief, become your best advocate, and ultimately, rise above Lyme. 256 pages. Fair Winds. Paperbound. Pub. at \$24.99 **\$17.95**



★6828671 DIAGNOSIS AND TREATMENT OF CHRONIC FATIGUE SYNDROME AND MYALGIC ENCEPHALITIS. By Sarah Myhill. Dr. Myhill examines the essential role our mitochondria play in the production and management of energy at the cell level and why it is key to understanding and overcoming Chronic Fatigue Syndrome and the inflammation that often accompanies it: Myalgic Encephalitis. Her approach offers those suffering from CFS/ME a roadmap to recovery. 413 pages. Chelsea Green. Paperbound. Pub. at \$24.95 **\$19.95**



6789501 THE CANCER REVOLUTION: A Groundbreaking Program to Reverse and Prevent Cancer. By Leigh Erin Connealy. Chemotherapy and radiation have their place in cancer treatment, but in many cases, they simply aren't enough. This guide will equip you with impactful, achievable lifestyle choices that fight the root of the disease, and that offer hope for recovery and a cancer-free life. 328 pages. Da Capo. Pub. at \$25.99 **\$7.95**



6949576 THE NEW HORMONE SOLUTION. By Erika Schwartz. Discover how to identify the symptoms of hormone imbalance at different stages of your life and what the safe and easy options are for treatment. Dr. Schwartz shows you how to take ownership of your health and avoid becoming a victim of money-hungry systems. 271 pages. Post Hill. Paperbound. Pub. at \$16.00 **\$4.95**

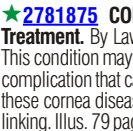
Diseases & Disorders



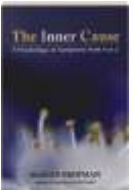
6800408 THE FIBRO FIX: Get to the Root of Your Fibromyalgia and Start Reversing Your Chronic Pain and Fatigue in 21 Days. By David Brady. A comprehensive 21-day program which will help you determine if in fact you're suffering from actual fibromyalgia or from one of a myriad of other conditions often diagnosed as fibromyalgia. The plan offers three steps which include detoxification, dietary changes, and movement. Solutions include both medical and natural approaches, based on your specific root cause. Photos. 278 pages. Rodale. Paperbound. Pub. at \$16.99 **\$5.95**



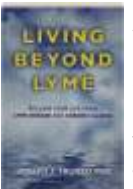
★2836890 HOW TO HEAL HASHIMOTO'S: An Integrative Road Map to Remission. By Marc Ryan. Offers a practical approach that treats the whole body, by figuring out what is breaking down and then developing a plan for fixing it. Using an autoimmune diet, lifestyle changes like meditation and qi gong, and other natural interventions, Ryan shows you how to allow your body to return to balance. You can regain your health! Illus. 372 pages. Hay House. Paperbound. Pub. at \$18.99 **\$13.95**



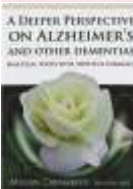
★2781875 CORNEAL CROSS-LINKING: A Patient's Guide to Treatment. By Lawrence M. Hopp. Do you have thinning of the corneas? This condition may result from a disorder called keratoconus, or it may be a complication that can develop after LASIK surgery. Dr. Hopp discusses how these cornea diseases develop and how they are treated with cornea cross linking. Illus. 79 pages. Addicus. Paperbound. Pub. at \$19.95 **\$15.95**



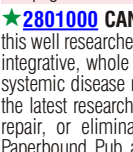
★6894461 THE INNER CAUSE: A Psychology of Symptoms from A to Z. By Martin Brofman. The author explores the underlying message of the symptoms discussed in the A to Z guide, which chakras are involved, how you may be affected, and which issues you might need to look at to resolve the tension or stress. Brofman provides invaluable insight into how we can effectively support our healing process physically, emotionally, and spiritually. 270 pages. Findhorn. Paperbound. Pub. at \$17.99 **\$13.95**



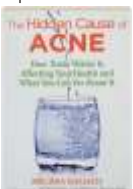
★6964397 LIVING BEYOND LYME: Reclaim Your Life from Lyme Disease and Chronic Illness. By Joseph J. Trunzo. This volume helps patients side-step the often frustrating controversy surrounding Lyme Disease. Instead it focuses on living meaningfully, using mindfulness and Acceptance and Commitment Therapy (ACT) approaches. A scientifically driven approach, that can help people change their experience of their illness. 167 pages. Changemakers Books. Paperbound. Pub. at \$22.95 **PRICE CUT to \$13.95**



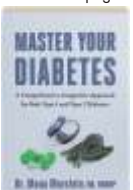
★6793959 A DEEPER PERSPECTIVE ON ALZHEIMER'S AND OTHER DEMENTIAS: Practical Tools with Spiritual Insights. By Megan Carnarius. Clearly outlines the different stages of dementia and highlights many practical aspects of dementia care, suggesting accessible tools for family and professionals alike. Carnarius also addresses the more subtle spiritual dimensions of this illness and offers new insights into areas not previously explored. 182 pages. Findhorn. Paperbound. Pub. at \$18.99 **PRICE CUT to \$12.95**



★2801000 CANCER AS A WAKE-UP CALL. By M. Laura Nasi. In this well researched, inspiring, and easy to read guide, Dr. Nasi offers an integrative, whole person approach to cancer and explains how it is a systemic disease manifesting a global condition locally. Nasi draws on the latest research on the PNIE network to help our systems recognize, repair, or eliminate cancer cells. Illus. 350 pages. North Atlantic. Paperbound. Pub. at \$21.95 **\$16.95**



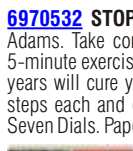
★6894453 THE HIDDEN CAUSE OF ACNE: How Toxic Water Is Affecting Your Health and What You Can Do About It. By Melissa Gallico. Offering a guide to freeing yourself from adult acne, Gallico shows that it is possible to heal your skin even when dermatologists and their prescriptions have failed. The author exposes corrupt science used to convince people of fluoride's health benefits and examines the systemic toxicity of fluoride, including its anti-thyroid effects. 261 pages. Healing Arts. Paperbound. Pub. at \$16.99 **\$13.95**



★6718647 MASTER YOUR DIABETES: A Comprehensive, Integrative Approach for Both Type 1 and Type 2 Diabetes. By Mona Morstein. Shows how people with Type 1 and Type 2 diabetes can gain and maintain control of their blood sugar levels, preventing and even reversing existing diabetic complications. An indispensable resource, this volume will empower readers to take control of their condition and continue living full, active, and healthy long lives. 543 pages. Chelsea Green. Paperbound. Pub. at \$29.95 **\$19.95**



6722849 THE THYROID CURE: The Functional Mind-Body Approach to Reversing Your Autoimmune Condition. By Michelle Corey. Discover how to take control of your diet and lifestyle to lose weight, regain energy, balance blood swings, eliminate achy joints, and do away with brain fog. This guide shows you how to assess your autoimmune health and understand the underlying cause of your condition; naturally detox your body; and more. 496 pages. Rodale. Pub. at \$26.99 **\$7.95**



6970532 STOP SNORING THE EASY WAY. By M. Dilkes & A. Adams. Take control of your life and stop snoring with Dr. Mike's 5-minute exercise. His tried and tested method developed over many years will cure your snore. So join the army of people taking small steps each and every day to stop snoring the easy way! 78 pages. Seven Dials. Paperbound. **\$5.95**



5780365 LIVING WELL WITH HEART FAILURE, THE MISNAMED, MISUNDERSTOOD CONDITION. By E.K. Kasper & M. Knudson. Gives an honest account of this misunderstood disease; explains the complex science of heart failure; and looks critically at the care available. With this comprehensive guide those diagnosed with heart failure will learn how to effectively manage the disease. Illus. 272 pages. Johns Hopkins. Paperbound. Pub. at \$19.95 **\$7.95**



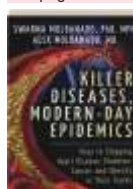
6825214 THE EVERYTHING GUIDE TO HASHIMOTO'S THYROIDITIS. By Aimee McNew. Discover the causes and symptoms of this autoimmune condition, as well as the link between gut health and thyroid health, and learn what foods can help improve your condition. Includes meal plans, 200 nutritious recipes, and easy tips for transitioning to the Paleo lifestyle. 287 pages. Adams Media. Paperbound. Pub. at \$18.99 **\$5.95**



★188512X THE AUTOIMMUNE SOLUTION: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases. By Amy Myers. Dr. Myers, a leader in functional medicine, offers her medically proven approach to prevent and reverse a wide range of inflammatory-related symptoms and diseases, including allergies, asthma, obesity, cardiovascular disease, fibromyalgia, lupus, IBS, chronic headaches, and Hashimoto's thyroiditis. 390 pages. HarperOne. Pub. at \$27.99 **\$11.95**



★2789361 TWISTING FATE: My Journey with BRCA—from Breast Cancer Doctor to Patient and Back. By Pamela N. Munster. From a woman who has lived through it herself, this is a personal and practical guide to the medical and emotional facets of this life-changing diagnosis. Weaving together her personal story with groundbreaking research on the BRCA, Munster offers us an inspiring guide to living with the uncertainties of cancer. 261 pages. The Experiment. Pub. at \$24.95 **PRICE CUT to \$13.95**



★6791611 KILLER DISEASES, MODERN-DAY EPIDEMICS: Keys to Stopping Heart Disease, Diabetes, Cancer, and Obesity in Their Tracks. By Swarna & Alex Moldanado. Explores the evidence based connection between lifestyle choices and these killer chronic diseases, and provides insight into choices that will hold the disease at bay and effective uses of recommended preventative services for early detection and intervention. 238 pages. Basic Health. Paperbound. Pub. at \$19.99 **PRICE CUT to \$9.95**

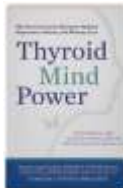


6912486 CELIAC DISEASE, REVISED EDITION: A Hidden Epidemic. By P.H.R. Green & R. Jones. Celiac disease is an autoimmune disorder that affects nearly one in every hundred people, but which for the most part goes undiagnosed and untreated. This book is a must-read for anyone with gluten intolerance, food sensitivities, a "nervous" stomach, or chronic fatigue. 333 pages. HarperCollins. Pub. at \$25.99 **\$4.95**

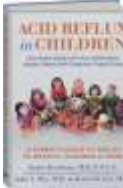


5987709 WHAT IF IT'S NOT ALZHEIMER'S? THIRD EDITION: A Caregiver's Guide to Dementia. Ed. by Gary & Lisa Radin. Offers a comprehensive guide to dealing with frontotemporal degeneration (FTD), one of the largest groups of non-Alzheimer's dementias. This updated edition offers new ideas for caregivers to implement, reveals new discoveries of how genes and proteins are linked to the causes of dementia, and more. 444 pages. Prometheus. Paperbound. Pub. at \$19.00 **\$4.95**

Diseases & Disorders



3568210 THYROID MIND POWER: The Proven Cure for Hormone-Related Depression, Anxiety, and Memory Loss. By Richard Shames et al. This ground-breaking guide offers new hope for millions suffering as a result of improper diagnosis and inadequate treatment of thyroid issues. It pinpoints the connection between thyroid imbalance and conditions such as depression, anxiety, irritability, and more; and offers simple proven remedies. SHOPWORN. 298 pages. Rodale. Paperbound. Pub. at \$17.99 **\$4.95**



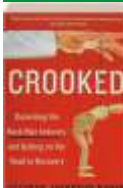
***6989718 ACID REFLUX IN CHILDREN: How Healthy Eating Can Fix Your Child's Asthma, Allergies, Obesity, Nasal Congestion, Cough & Croup.** By Jamie Koufman et al. Offers parents an inside track on how to diagnose their children's respiratory reflux and manage it naturally without medications. This guide also provides a roadmap to show how the diet and lifestyle of the entire family can be improved, along with over 80 recipes to get you started eating well. 254 pages. Katalitix. Pub. at \$24.99 **\$13.95**

***6776353 OUT OF THE SHADOWS: Revealing the Path to Recovery.** By Mark Litzinger with S. Hamaker. Depression had its claws in Litzinger for years but by taking the hands offered to him from family, friends, and medical professionals, he was able to climb back into his life. In this guide he helps you understand the disease and develop a plan for getting the best care to overcome it. 209 pages. RML Press. Paperbound. Pub. at \$16.95 **PRICE CUT to \$2.95**

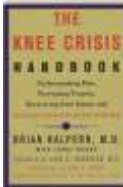


***5914094 REMEMBERING WHAT MATTERS: Stories from an Amazing Place Reveal the Unexpected Lessons of Dementia.** By Suzy LaForge. Amazing Place is an adult day center for those with mild to moderate dementia; this volume conveys some attendees' stories, conveying that those with dementia still have much to contribute and can still live meaningful lives. Well illus. in color. 72 pages. Bright Sky. Pub. at \$25.00 **PRICE CUT to \$6.95**

Stress & Pain Management



293146X CROOKED: Outwitting the Back Pain Industry and Getting on the Road to Recovery. By Cathryn Jakobson Ramin. The result of six years of investigative reporting this timely volume offers a startling look at back pain medicine, and provides practical advice and solutions. Ramin interviewed scores of spine surgeons, pain management doctors, exercise physiologists, chiropractors and more—and here she shows in detail how to avoid therapeutic dead ends. 409 pages. Harper. Paperbound. Pub. at \$16.99 **\$5.95**



***2840839 THE KNEE CRISIS HANDBOOK: Understanding Pain, Preventing Trauma, Recovering from Injury, and Building Healthy Knees for Life.** By Brian Halpern with L. Tucker. Whether you're young and actively involved in sports, an enthusiastic weekend warrior, or someone who's simply getting older and whose body is changing, this reference will show you how to take care of your knees. Learn what to do if you sustain an injury, how to prevent a repeat injury, and how to help avoid injury in the first place. Illus. 320 pages. Rodale. Paperbound. Pub. at \$19.99 **\$14.95**



2786427 5-MINUTE CALM. Whether you're facing a frazzled morning at home, a hectic day at work, or a daunting project deadline, this on the go stress-reducing guide can help you find a moment of quiet and get back to your day with a clear mind and a peaceful soul. 288 pages. Adams Media. Paperbound. Pub. at \$14.99 **\$4.95**

***1730037 HEALTHY SHOULDER HANDBOOK.** By Karl Knopf. End pain, regain range of motion and prevent re-injury. This friendly guide offers 100 exercises for treating and preventing frozen shoulder, rotator cuff and other common injuries. 300+ photos. 160 pages. Ulysses. Paperbound. Pub. at \$14.95 **\$9.95**



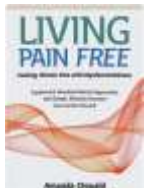
***6988253 INSTANT RELAXATION: Exercises and Guidance for Everyday Wellness.** By Sarah Brewer. Drawn from traditions of both East and West, 12 step by step exercises—from simple meditations to gentle stretches, from visualizations to breathing techniques—show you how to put relaxation into practice simply and effectively for rapid stress relief. Illus. 127 pages. Watkins. Paperbound. Pub. at \$8.95 **\$6.95**



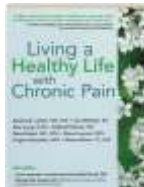
***DVD 6760465 SAY GOODBYE TO WRIST PAIN.** Hand surgeon Dr. Alexander Haselkorn and fitness expert Roberta Bergman work together to provide an accessible program to alleviating your wrist pain once and for all. Through exercises and ergonomic techniques, it covers pain related to carpal tunnel, arthritis, and fractures. 60 minutes. Dreamscape Media. Pub. at \$24.95 **\$17.95**



***5873851 FOREVER PAINLESS: End Chronic Pain and Reclaim Your Life in 30 Minutes a Day.** By Miranda Esmonde-White. With workouts targeted to permanently heal many types of musculoskeletal pain—including back, neck, and shoulders, knees, hips, feet, and ankles—Miranda offers an all-natural solution to chronic pain that can be achieved in as little as 30 minutes a day. Well illus. 302 pages. HarperWave. Pub. at \$27.99 **\$21.95**



***6812627 LIVING PAIN FREE: Healing Chronic Pain with Myofascial Release.** By Amanda Oswald. An indispensable self-help guide for anyone experiencing chronic pain from conditions including migraines and headaches, repetitive strain injury (RSI), jaw (TMJ) pain, frozen shoulder, neck and back pain, chronic pelvic pain, scar tissue, and systemic pain conditions such as fibromyalgia. Color photos. 240 pages. North Atlantic. Paperbound. Pub. at \$19.95 **\$14.95**



***2782049 LIVING A HEALTHY LIFE WITH CHRONIC PAIN.** By Sandra M. LeFort et al. This guide is designed to help you manage your pain so that you can get on with living a satisfying, fulfilling life. Chronic pain includes many types of conditions from a variety of causes. Like all people with chronic pain, you face challenges every day. This resource helps you discover strategies and skills that will make a difference. 366 pages. Bull Publishing. 8 1/2x11. Paperbound. Pub. at \$24.95 **PRICE CUT to \$15.95**

6913180 STACK YOUR BONES: 100 Simple Lessons for Realigning Your Body and Moving with Ease. By Ruthie Fraser. Movement teacher Ruthie Fraser helps you unwind and realign through 100 simple lessons in Structural Integration. By becoming more aware of your body—its habits, structure, and needs—you can relieve pain and move with ease once again. Illus. 240 pages. The Experiment. Pub. at \$18.95 **\$5.95**



***5842743 END EVERYDAY PAIN FOR 50+.** By Joseph Tieri. Provides a step-by-step approach for quick relief and lasting solutions. Fix your body's alignment through simple stretching and movement, no matter what part of your body is hurting. Includes a complete 10-minute a day program to correct previous damage, and develop healthier joints. Well illus. 130 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$7.95**



5895243 THE YOGA BACK BOOK: The Natural Solution to Freedom from Pain. By Stella Weller. A complete guide to restorative and preventive back care based on yoga stretches, exercises, and other relaxation techniques. Offers a gentle and effective way of making a healthy back a reality for anyone, even life-long sufferers of chronic back pain. Well illus. 191 pages. Conari Press. Paperbound. Pub. at \$19.95 **\$6.95**



***2837021 THE PAIN CURE RX: The Yass Method for Diagnosing and Resolving Chronic Pain.** By Mitchell Yass. Looks at the most common areas where people experience pain and lays out simple tests that examine things like range of motion, walking patterns, and posture; and teaches you to use this information to determine whether your pain is muscular or structural. If the pain is muscular, you can use the step by step exercises and routines Dr. Yass offers to get the pain resolution you're looking for. Illus. 253 pages. Hay House. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**

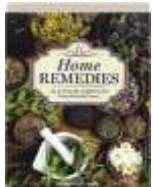


2897407 THE MAYO CLINIC GUIDE TO STRESS-FREE LIVING. By Amit Sood. Dr. Sood reveals how the mind's instinctive restlessness and shortsightedness generate stress and anxiety, and presents strategies for living a peaceful life. Learn to develop deep and sustained attention; practice gratitude, compassion and acceptance; cultivate nurturing relationships; and more. 308 pages. Da Capo. Paperbound. Pub. at \$19.99 **\$5.95**

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2895552 HOME REMEDIES: An A-Z Guide of Quick and Easy Natural Cures. By Meredith Hale. Offers hundreds of ways to ease, alleviate, and eliminate common ailments simply and effectively using common foods, plants, and some unexpected items such as tennis balls, towels, and toothpaste. Well illus. in color. 224 pages. Wellfleet. Paperbound. Pub. at \$14.99 **\$4.95**



2962985 THE COMPLETE REFLEXOLOGY TUTOR: Everything You Need to Achieve Professional Expertise. By Ann Gillanders. A one-stop guide to self-healing and treating others with reflexology. Explains the origins of reflexology and how it works, and provides relief for over 70 common ailments. Fully illus. in color. 256 pages. Gaia. Paperbound. Pub. at \$24.99 **\$7.95**



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★4615387 NATURAL ALTERNATIVES TO LIPITOR, ZOCOR & OTHER STATIN DRUGS. By Jay S. Cohen. Explains the problems caused by statin drugs and offers easy to follow strategies that will allow you to benefit from effective natural alternatives. Discusses the science behind these alternatives along with the proven effectiveness and suggested dosage. 136 pages. Square One Publishers. Paperbound. Pub. at \$7.95 **\$5.95**



★1791761 THE MAGNESIUM SOLUTION FOR HIGH BLOOD PRESSURE: How to Use Magnesium to Help Prevent & Relieve Hypertension Naturally. By Jay S. Cohen. Provides you and your doctor with all the information needed to understand why magnesium is essential for helping to prevent and treat high blood pressure. Dr. Cohen has made the evidence-based research on magnesium's safety and effectiveness highly readable and usable by anyone. 82 pages. Square One Publishers. Paperbound. **\$4.95**

★2866420 THE HEALING POWERS OF VINEGAR, REVISED THIRD EDITION. By Cal Orey. Revised and updated, this go-to volume draws on the latest scientific studies and interviews with top health researchers to reveal how apple cider and red wine vinegars can help you stay healthy. 481 pages. Kensington. Paperbound. Pub. at \$7.99 **\$5.95**



663818X THE HEALING POWERS OF VINEGAR, REVISED. By Cal Orey. In this resource, you'll find dozens of home remedies for treating allergies, arthritis, sunburn, sore throats and more. Find out how vinegar's curative powers can help prevent age-related diseases like cancer, heart disease, and bone loss. You'll also find a wealth of natural beauty treatments and household hints. 332 pages. Kensington. Paperbound. Pub. at \$14.00 **\$3.95**

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2912686 APPLE CIDER VINEGAR HANDBOOK: Recipes for Natural Living. By Amy Leigh Mercree. Learn about the healing powers of this useful addition to the pantry and tasty ingredient in cooking. Mercree shows you why this inexpensive liquid is a necessity in your home and how to use it to achieve optimum health. Color photos. 240 pages. Sterling. Paperbound. Pub. at \$14.95 **\$4.95**

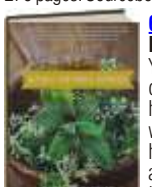


2863898 THE SIMPLE GUIDE TO NATURAL HEALTH: Tonics, Oils, Balms. By Melanie St. Ours. Packed with more than 150 homemade remedies that use natural ingredients to help you and your loved ones. These all-natural remedies can handle anything—from promoting self care, to strengthening your body, to creating a nurturing home environment—all without the need for dangerous chemicals. 256 pages. Adams Media. Pub. at \$18.99 **\$5.95**

★6876854 THE VITAMIN CURE: Clinically Proven Remedies to Prevent and Treat 75 Chronic Diseases and Conditions. By Monte Lai. A comprehensive guide with information on 27 vitamins and essential elements; how to safely and effectively treat major killers and nagging chronic health issues; why antioxidants are so crucial for successful aging; therapies to treat and prevent Alzheimer's, heart disease, cancer, hypertension, diabetes; and more. 565 pages. Humanix. Paperbound. Pub. at \$19.99 **\$14.95**



★2889005 OVER-THE-COUNTER NATURAL CURES: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for Under \$10. By Shane Ellison. An insider's guide for families who want to live naturally, vibrantly healthy lives. This newly updated edition will show you: the age defying algae that erases wrinkles. Why your thyroid hormones are out of whack and how to fix them. The rare mineral that fends off depression and anxiety and much more! 276 pages. Sourcebooks. Paperbound. Pub. at \$16.99 **\$12.95**



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2945053 BACKYARD MEDICINE FOR ALL: A Guide to Home-Grown Herbal Remedies. By J. Bruton-Seal & M. Seal. Many of us have forgotten that the wealth of plants that grow around us have a variety of medicinal uses. This field guide takes you to roadsides, cities, and into your own backyard to profile 50 plants that can be used to cure all sorts of common ailments, from fever to headaches to insomnia. Well illus. in color. 224 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$4.95**



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2907631 INDIAN WISDOM AND ITS GUIDING POWER. By Brad & Sherry Steiger. There is an enormous amount of archetypal power and energy to be gained from an exploration of American Indian medicine. In this volume, the authors include personal exercises which allow the reader to go deep within and find the balance and strength of the "wise ones," so desperately needed in our world of separation and discord. Illus. 168 pages. Schiffer. Paperbound. Pub. at \$12.95 **\$6.95**



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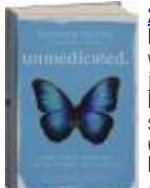
6628826 GINGER FOR HEALTH: 100 Amazing and Unexpected Uses for Ginger. By Britt Brandon. Offers 100 all-natural ginger solutions that help increase metabolism, support weight loss, promote healthy skin, and much more. It shows you how to use the plant in your daily health and beauty routine, from creating a nutritious detox smoothie to moisturizing dry hair to smoothing fine lines and wrinkles. 126 pages. Adams Media. Paperbound. Pub. at \$12.99 **\$4.95**



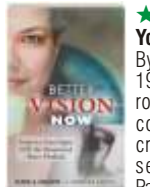
2964708 ACTIVATED CHARCOAL FOR HEALTH. By Britt Brandon. Discover everything that activated charcoal—a medical-grade powder most commonly made from coconut shells—can do, from combating chronic diseases to providing relief for common ailments. Learn how to integrate activated charcoal into your life so you can reap its myriad benefits daily! 126 pages. Adams Media. Paperbound. Pub. at \$12.99 **\$4.95**



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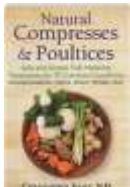
2891603 PEACE, LOVE AND HEALING. By Bernie S. Siegel. Offers the revolutionary message that we have an innate ability to heal ourselves. Dr. Siegel highlights current research on the relationships among consciousness, psychosocial factors, attitude and immune function. 295 pages. Harper. Paperbound. Pub. at \$14.99 **\$4.95**



2798972 CBD OIL: Everyday Secrets. By Gretchen Lidicker. A nonintoxicating compound found in the cannabis plant, CBD is gaining popularity with top doctors, athletes, and celebrities praising it for its anti-inflammatory and anti-anxiety properties—and you won't get high. This guide covers all the ins and outs of CBD oil and 30 recipes for snacks, smoothies, and tonics. Color photos. 192 pages. Countryman. Paperbound. Pub. at \$14.95 **\$11.95**

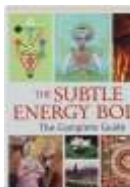


2781352 NATURAL ANTIBIOTICS AND ANTIVIRALS: 18 Infection-Fighting Herbs and Essential Oils. By Christopher Vasey. Presents 18 of the most potent antibiotics and antiviral herbs from around the world and one beehive remedy, propolis. The author details how to use them effectively as mother tinctures and essential oils as well as what illnesses each is best suited to treat. This guide gives each of us the ability to fight infections naturally. 200 pages. Healing Arts. Paperbound. Pub. at \$14.99 **\$11.95**



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6768385 THE BODY HEALS ITSELF: How Deeper Awareness of Your Muscles and Their Emotional Connection Can Help You Heal. By Emily A. Francis. Your ideal guide to understanding the link between your emotions and muscles, explaining how to recognize and release stored emotions to let go of pain. You'll discover which emotions are often paired with a specific muscle area, and how muscles speak of everything from past traumas to current celebrations. Illus. 269 pages. Llewellyn. Paperbound. Pub. at \$21.99 **\$16.95**



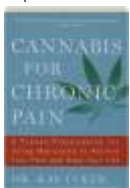
6793215 THE SUBTLE ENERGY BODY: The Complete Guide. By Maureen Lockhart. Ancient traditions of both the East and West have long maintained that the human being is a complex of material and nonmaterial systems, or energy bodies. The "subtle body" is an energetic, psycho-spiritual entity of several layers, as examined here. Well illus., many in color. 370 pages. Inner Traditions. 8 1/2 x 11. Paperbound. Pub. at \$29.95 **\$7.95**



2872110 THE COCONUT OIL COMPANION: Methods and Recipes for Everyday Wellness. By Pamela Braun. Everyone is discovering the versatility of coconut oil. A healthy replacement for animal fats in cooking, and a natural choice for beautifying masks and creams, it comes in handy for everything from unsticking zippers to seasoning cast iron. This ultimate guide includes 80 recipes, remedies, and tips. Color photos. 190 pages. Countryman. Paperbound. Pub. at \$14.95 **\$4.95**



6753698 MAGNIFICENT MAGNESIUM: Your Essential Key to a Healthy Heart & More. By Dennis Goodman. Many drugs are designed to relieve symptoms of heart disease, but none of them eliminates the root cause of the problem. This guide reveals how a simple all-natural mineral can improve the function of your heart and help you regain control of your health. 174 pages. Square One Publishers. Paperbound. Pub. at \$14.95 **\$11.95**



6919731 CANNABIS FOR CHRONIC PAIN: A Proven Prescription for Using Marijuana to Relieve Your Pain and Heal Your Life. By Rav Ivker. Cannabis has been used as a safe and effective prescription for treating common ailments throughout history, and the author makes the case that using medical marijuana for chronic pain is a safe, fast acting, and nonaddictive alternative. This guide prescribes the specific cannabis and holistic treatment for your chronic pain. 346 pages. Touchstone. Paperbound. Pub. at \$16.00 **\$11.95**

2924374 MAGIC MUSHROOMS: Shamanic Plant Medicine. By Ross Heaven. Part of the series of references that act as an introduction to specific teacher plants used by shamans in a variety of cultures to facilitate spirit communion, healing, divination and personal discovery. 122 pages. Moon Books. Paperbound. Pub. at \$11.95 **\$8.95**

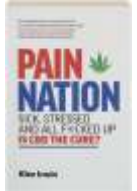


2874512 THE FOUNDATIONS OF IRIDOLOGY: The Eyes as the Key to Your Genetic Health Profile. By Gastau Pau. The author details the chromatic scale and signs expressed in the eyes and how to use them to identify organs and their functions as well as susceptibility to specific ailments. Pau shows how the eyes reveal both our internal state and future health and have a much broader role in the body that we are only now just discovering. Well illus. in color. 148 pages. Healing Arts. 8 3/4 x 11 1/4. Pub. at \$40.00 **\$31.95**

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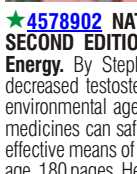
★**2816849** **HEALING SECRETS OF THE NATIVE AMERICANS.** By Porter Shimer. Uncover the secrets Native Americans have known and practiced for generations, and learn to harness the bountiful gifts of nature to heal the body, mind, and spirit. 208 pages. Black Dog & Leventhal. Pub. at \$14.99 **\$11.95**



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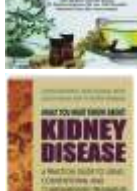
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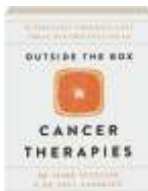
★**2969351** **THE COMPLETE HERBAL TUTOR, REVISED EDITION: The Definitive Guide to the Principles and Practices of Herbal Medicine.** By Anne McIntyre. Provides in-depth knowledge of the practice and theory of herbal medicine, including everything you need to know about its history, how it works, how to grow, gather and prepare herbs, and how to use them to create an herbal prescription. Well illus. in color. 369 pages. Aeon. Paperbound. Pub. at \$30.00 **\$21.95**



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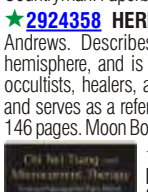
★**3401901** **WHAT YOU MUST KNOW ABOUT KIDNEY DISEASE: A Practical Guide to Using Conventional and Complementary Treatments.** By Rich Snyder. After the initial diagnosis of kidney disease, patients and families usually have a myriad of questions about treatment options. This guide is designed not only to answer all your questions, but also to provide up-to-date information you need to evaluate and choose both conventional treatments and complementary therapies. 186 pages. Square One Publishers. Paperbound. Pub. at \$17.95 **\$12.95**



★**2982048** **OUTSIDE THE BOX CANCER THERAPIES.** By M. Stengler & P. Anderson. With integrative and holistic healing being sought after and supported by more and more of the general public and medical community for various elements of everyday life, it only makes sense to explore these therapies. Naturopathic doctors Stengler and Anderson combine their expertise to focus on the most critical components of integrative oncology care. 351 pages. Hay House. Paperbound. Pub. at \$17.99 **\$12.95**



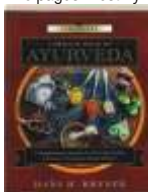
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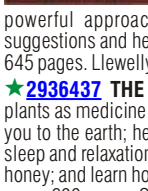
★**2924358** **HERBS OF THE SOUTHERN SHAMAN.** By Steve Andrews. Describes psychoactive herbs that grow in the southern hemisphere, and is written primarily for herbalists, witches and pagans, occultists, healers, and therapists. Includes a bibliography and glossary and serves as a reference for anyone interested in shamanism and herbs. 146 pages. Moon Books. Paperbound. Pub. at \$16.95 **\$12.95**



★**6970125** **CHI NEI TSANG AND MICROCURRENT THERAPY: Energy Massage for Pain Relief, Self-Healing, and Rejuvenation.** By M. Chia & A. Sieburth. With illustrated, step by step instructions, this guide explains how to use microcurrent therapy during massage and describes the basic techniques of CNT massage. Also see how CNT microcurrent therapy is beneficial for general physical health and for a host of specific ailments. 179 pages. Destiny. Paperbound. Pub. at \$16.99 **\$13.95**



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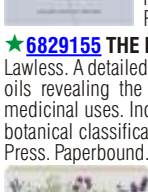
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★**6743919** **CBD: A Patient's Guide to Medical Cannabis.** By L. Leinow & J. Birnbaum. Practical, accessible guide to using CBD-dominant cannabis, providing a wealth of information for both first-time explorers and experienced patients who want to know more about safely treating a number of health conditions with low to no psychoactivity or negative side effects. 317 pages. North Atlantic. Paperbound. Pub. at \$21.95 **\$16.95**

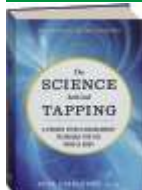


★**6829155** **THE ENCYCLOPEDIA OF ESSENTIAL OILS.** By Julia Lawless. A detailed and systematic survey of more than 190 essential oils revealing the common and uncommon oils and their many medicinal uses. Includes a therapeutic index, a botanical index, and botanical classifications, plus safety information. 232 pages. Conari Press. Paperbound. Pub. at \$21.95 **\$16.95**



★**290022X** **THE ESSENTIAL AROMATHERAPY GARDEN: Growing and Using Scented Plants and Herbs.** By Julia Lawless. Features detailed profiles of over fifty aromatic plants, with information on their cultivation as well as a description of their scent and how they can be used for aromatherapy, decoration, cooking, and health. Well illus. in color. 176 pages. Hampton Roads. Paperbound. Pub. at \$21.95 **\$16.95**

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★**2953064 THE SCIENCE BEHIND TAPPING: A Proven Stress Management Technique for the Mind & Body.** By Peta Stapleton. Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform beliefs, and reprogram yourself for greater happiness and success. EFT can be used for a whole host of ailments, including anxiety, weight issues, depression, trauma, and more. Get ready to learn more about EFT and its incredible possibilities. 288 pages. Hay House. Pub. at \$25.99 **\$18.95**

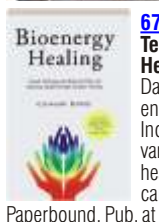


★**2902532 MASTER RECIPES FROM THE HERBAL APOTHECARY.** By JJ Pursell. A comprehensive resource of more than 375 tested herbal remedies to heal yourself and your loved ones with safe, natural treatments. These tinctures and salves address a wide range of health concerns for men and women of all ages including colds, flu, headaches, insomnia, digestive issues, muscle discomfort and more. Color photos. 292 pages. Timber. Paperbound. Pub. at \$24.95 **\$17.95**

★**2800705 HERBAL FORMULARIES FOR HEALTH PROFESSIONALS, VOLUME 2: Circulation and Respiration.** By Jill Stansbury. An encyclopedic guide to using herbal therapies with a focus on circulation and respiration, offering formulas and support information for treating vascular, pulmonary, and respiratory conditions. Organized by body system, these formularies are also a tutorial for budding herbalists. Illus. 246 pages. Chelsea Green. 8½x10¼. Pub. at \$44.95 **\$35.95**



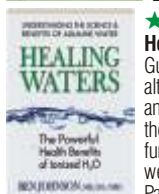
★**2965879 SKOGLUFF.** By Jørn Viumdal. A must-have guide that will explain how to transform any wall into a *skogluff* wall to help remove toxins from the air created by the machines and the people around us. Inside you'll find detailed explanations of plants that are low-cost and improve health by releasing increased oxygen into the air around you. Illus. in color. 287 pages. HarperDesign. Pub. at \$25.99 **\$18.95**



★**673491X BIOENERGY HEALING: Simple Techniques for Reducing Pain and Restoring Health Through Energetic Healing.** By Csongor Daniel. Learn how to feel, see, and manipulate the energy fields of the body in order to induce healing. Includes step by step instructions for treating various conditions and diseases such as: arthritis; headaches; pain; chronic fatigue; stress; insomnia; cancer; and much more. Illus. 241 pages. Helios. Paperbound. Pub. at \$17.99 **\$4.95**



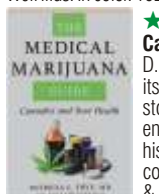
★**6905102 AURUM MANUS: The Golden Hands Method of Crystal-based Holistic Massage.** By Ricky Welch. The heart of the Aurum Manus therapy is the unique massage technique developed by the author. Using warmed oils and small spheres of elected crystals, vital points and energy meridians on the body are simulated in specific combinations, and the results are truly amazing! 144 pages. Earthdancer. Paperbound. Pub. at \$20.95 **\$3.95**



★**6753647 HEALING WATERS: The Powerful Health Benefits of Ionized H2O.** By Ben Johnson. Guides you to oxygen-rich ionized water: H2O that is altered through electrolysis. Filled with antioxidants and alkalizing minerals, ionized water not only provides the body with the substance that is essential to all functions, but also restores maximum health and well-being. 124 pages. Square One Publishers. Paperbound. Pub. at \$15.95 **\$11.95**



★**6823912 THE HANDMADE APOTHECARY: Healing Herbal Remedies.** By V. Chown & K. Walker. Offers advice on growing and foraging with modern scientific understanding, for a truly holistic approach to herbal medicine. Packed with invaluable information about our body systems, the benefits of each herb, and includes recipes for balms, oils, tinctures, teas, creams, vinegars, and syrups. Well illus. in color. 192 pages. Sterling. Pub. at \$17.95 **\$12.95**



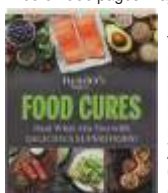
★**281031X THE MEDICAL MARIJUANA GUIDE: Cannabis and Your Health.** By Patricia C. Frye with D. Smitherman. Educates readers about cannabis and its medicinal qualities, using humorous and touching stories from the many situations Dr. Frye has encountered in her practice over the years. Learn the history of cannabis and how it is used by the medical community and patients today. 225 pages. Rowman & Littlefield. Paperbound. Pub. at \$19.95 **\$14.95**



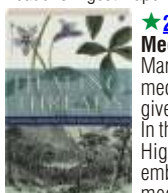
★**2787431 COMPLETE WELLNESS: Enjoy Long-Lasting Health and Well-Being with Lifestyle Strategies and More Than 800 Easy Natural Remedies.** By Susan Curtis et al. Harness the restorative powers of herbs, essential oils, and natural foods to achieve whole body health and harmony. This guide will help you discover the natural ingredients to help you reach the peak of wellness in every area of your body. Make the most of all nature's resources to heal and rejuvenate body and mind. Illus. in color. 304 pages. Dorling Kindersley. 8½x10¼. Pub. at \$30.00 **\$21.95**



★**2836602 ALCHEMY OF HERBS: Transform Everyday Ingredients into Foods & Remedies That Heal.** By Rosalee de la Foret. Shows you how to transform common ingredients into foods and remedies that heal. In addition to dozens of inspiring recipes, this informative volume examines the history and modern-day use of 29 popular herbs, supporting their healing properties with both scientific studies and in-depth research into herbal energetics. Well illus. in color. 355 pages. Hay House. Paperbound. Pub. at \$24.99 **\$17.95**



★**2909006 FOOD CURES: Heal What Ails You with Delicious Superfoods!** Ed. by Marianne Wait. The definitive, hands-on guide to healing, treating, and preventing 56 ailments and health complaints. Included are 75 delicious recipes the whole family will love including Zucchini Frittata; Salmon Cake Sandwiches; Chicken in Garlic Sauce; Chock-Full Chocolate Chip Cookies; and more. A science-based handbook that brings healing right to your plate! Illus. in color. 352 pages. Reader's Digest. Paperbound. Pub. at \$19.99 **\$14.95**



★**2906325 HEALING THREADS: Traditional Medicines of the Highlands and Islands.** By Mary Beith. Traces the history of Highland folk medicine from the earliest times in Part I, and Part II gives a directory of remedies, cures and practices. In this fascinating volume Beith links the threads of Highland medicine across time and space to embrace the wider contexts of European orthodox medicine, Celtic art, and rituals. 294 pages. Birlinn. Paperbound. Pub. at \$18.95 **\$13.95**

★**6607314 MIDWEST MEDICINAL PLANTS: Identify, Harvest, and Use 109 Wild Herbs for Health and Wellness.** By Lisa M. Rose. An essential guide for finding, identifying, harvesting, and safely using the most important wild medicinal plants in the Midwest area of the United States. Fully illus. in color. 312 pages. Timber. Paperbound. Pub. at \$27.95 **\$21.95**



★**6923135 THE 30-DAY THYROID RESET PLAN: Disarming the 7 Hidden Triggers That Are Keeping You Sick.** By Becky Campbell. This plan offers a well rounded, holistic treatment that addresses lifestyle, diet, environmental toxins and more. The author then provides her all natural treatment plan, which includes a highly effective and easy to follow 30 day reset diet, so you can find which foods work for your body and which do not. Well illus. in color. 208 pages. Food Street. Paperbound. Pub. at \$22.99 **PRICE CUT to \$13.95**



★**2810247 ESSENTIAL OILS FOR EMOTIONAL WELLBEING: More Than 400 Aromatherapy Recipes for Mind, Emotions & Spirit.** By Vannoy Gentles Fite. Featuring more than 400 step by step recipes, this guide makes it easy for you to take control of your wellness and spiritual journey. Learn about therapeutic properties, warnings, storage, and using essential oils for specific issues with the author's guidance. 399 pages. Llewellyn. Paperbound. Pub. at \$37.99 **\$27.95**



★**2840278 BLACKTHORN'S BOTANICAL MAGIC: The Green Witch's Guide to Essential Oils for Spellcraft, Ritual & Healing.** By Amy Blackthorn. Discover the rich history and lore of scent-related magic and its use in prayer, meditation, and shamanic journeying. This reference includes over 135 recipes and craft projects for a wide variety of purposes and clear instructions for creating your own botanical magic starter kit. Illus. 319 pages. Weiser. Paperbound. Pub. at \$22.95 **PRICE CUT to \$13.95**

★**5936683 AROMATHERAPY WORKBOOK.** By Marcel Lavabre. Practical guide to the use of more than 70 essential oils, classified by botanical name, with detailed discussions of specific actions and their energetic and spiritual properties. 182 pages. Healing Arts. 8x10. Paperbound. Pub. at \$18.95 **\$14.95**

Complementary & Alternative Medicine

★**2866846 SUPER POWDERS.** By Katrine van Wyk. Adaptogens: berries, mushrooms, herbs, and other plants that can help the body (and mind) adapt to stress. In this guide you'll discover everything you need to know to make adaptogens part of your wellness routine. Well illus. in color. 192 pages. Countryman. Pub. at \$21.95 **PRICE CUT to \$12.95**



★**2850397 HEALING PLANTS OF THE CELTIC DRUIDS.** By Angela Paine. Covers a wide range of Celtic medicinal plants which are native to Britain, as well as a few plants, such as Sage and Rosemary, which were introduced by the Romans. Paine offers a botanical description of each plant, an outline of their chemical constituents, and advice on ways to grow, harvest, preserve and use each plant. Illus. 291 pages. Moon Books. Paperbound. Pub. at \$27.95 **\$21.95**



★**4587057 STONE MEDICINE: A Chinese Medical Guide to Healing with Gems and Minerals.** By Leslie J. Franks. Detailing the therapeutic properties of more than 200 gems, stones, minerals, and crystals, Franks reveals how these pieces can access our deepest layers and initiate deep, lasting change. Her comprehensive guide to this unique Chinese medicine features an extensive look at 15 forms of quartz, followed by chapters on transformative stones, protective stones, nourishing stones, and more. 32 pages of color photos. 488 pages. Healing Arts. 8 3/4 x 11 1/4. Pub. at \$60.00 **PRICE CUT to \$34.95**

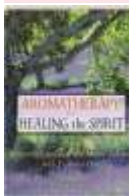


★**358576X THE SUPPLEMENT HANDBOOK.** By Mark Moyad with J. Lee. Whether you're an alternative medicine convert or an interested supplement novice, this comprehensive, evidence-based guide is sure to become a must-have reference in your home. Here, Dr. Moyad uses his 25 years experience to guide you through treatment options for more than 100 common conditions. 502 pages. Rodale. Paperbound. Pub. at \$24.99 **\$6.95**



★**6562213 THE BEST MEDICINE IS YOU: A Doctor's Advice on the Body's Natural Healing Powers.** By Frederic Saldmann. Verifies the common sense of folk medicine with the latest medical research to reveal simple do-it-yourself remedies. Saldmann reveals how to activate your body's natural healing powers and address common ailments from allergies and sleep disorders to cardiovascular problems and excess weight. 195 pages. Collins. Paperbound. Pub. at \$17.99 **\$6.95**

★**2902540 MEDITATION & MINDFULNESS: Whole Beauty.** By Shiva Rose. Learn how to create a sacred space for yourself, how to start a meditation practice, and how to use and benefit from Ayurvedic practices, like oil pulling and dry brushing. Color photos. 96 pages. Artisan. Pub. at \$12.95 **PRICE CUT to \$7.95**



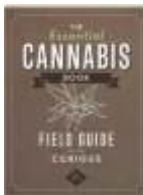
★**6891802 AROMATHERAPY FOR HEALING THE SPIRIT: Restoring Emotional and Mental Balance with Essential Oils.** By Gabriel Mojay. Focuses on the spiritual and psychological benefits of essential oils. Building on the link between fragrance and mood, this guide allows you to use aromatherapy to alleviate tension, anxiety, and depression. Provides the psychological and therapeutic properties of forty essential oils. Illus., many in color. 192 pages. Healing Arts. Paperbound. Pub. at \$19.95 **PRICE CUT to \$12.95**



★**2829118 ESSENTIAL OILS FOR MINDFULNESS AND MEDITATION: Relax, Replenish, Rejuvenate.** By Heather Godfrey. Introduces readers to the Serenity Essential Oils, and provides an easy chart to help you select the oil that is right for you. Godfrey also offers a guide to integrating essential oils into mindful and meditative practice, and shows how each of us has the ability to generate a worry-free state of mind. Color illus. 146 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**

★**2836874 HERBAL REMEDIES HANDBOOK.** By Andrew Chevallier. With more than 140 plant profiles, and remedies for more than fifty common conditions, you can take charge of your health naturally with tried and true plant based treatments. Includes crucial safety and dosage information. Fully illus. in color. 288 pages. Dorling Kindersley. Paperbound. Pub. at \$18.99 **PRICE CUT to \$9.95**

★**675368X MAGNET THERAPY: A Natural Solutions Definitive Guide.** By William H. Philpott et al. Offers a self-help guide to magnets, which have been clinically proven to relieve 35 health problems, among them arthritis, cancer, diabetes, heart disease, pain, respiratory problems, and more. Illus. 245 pages. Square One Publishers. Paperbound. Pub. at \$17.95 **PRICE CUT to \$9.95**

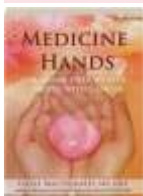


★**282213X THE ESSENTIAL CANNABIS BOOK: A Field Guide for the Curious.** By Rob Mejia. As the acceptance and availability of medical and recreational cannabis rapidly increase, more and more adults are curious to know what's fact, fiction, or simply cliché. Combined with personal and illuminating stories, the valuable guidance in this title will sooth your curiosity and clarify your perception of cannabis. Illus. in color. 184 pages. Spring House. Paperbound. Pub. at \$24.95 **PRICE CUT to \$13.95**



★**692798X HERBS AND SPICES: Natural Alternatives for Healthy Living.** By Cinzia Trenchi. Herbs and plants don't just provide shade and lighten the mood with their flowers and fruit; they have also been used for centuries in the preparation of remedies for ailments of varying gravity. Filled with recipes and interesting ideas, Trenchi will guide you step by step through the preparation of home-made remedies. Well illus. in color. 160 pages. White Star. Pub. at \$16.95 **PRICE CUT to \$9.95**

★**6941605 AROMATHERAPY WITH ESSENTIAL OIL DIFFUSERS: For Everyday Health & Wellness.** By Karin Parramore. In this perfect companion to your favorite diffuser, Parramore teaches you how to diffuse essential oils, from ammi to ylang ylang, to treat various health conditions and enhance your environment. Learn to use natural scents derived from plants to improve your physical, mental and emotional health. Illus. 216 pages. Robert Rose. Paperbound. Pub. at \$19.95 **PRICE CUT to \$9.95**



★**6788343 MEDICINE HANDS, 3RD EDITION: Massage Therapy for People with Cancer.** By Gayle MacDonald. Teaches bodywork practitioners, oncology professionals, patients and family how massage can safely support patients as they receive treatment and during their recovery process. Illus. in color. 316 pages. Findhorn. Paperbound. Pub. at \$39.95 **PRICE CUT to \$9.95**

★**6936873 UNFOLDING SELF: The Practice of Psychosynthesis.** By Molly Young Brown. Each chapter features exercises that readers can use for themselves and with clients to nurture them toward greater health, creativity, and fulfillment using the principles and techniques of psychosynthesis. 228 pages. Allworth. Paperbound. Pub. at \$17.95 **PRICE CUT to \$2.95**



★**6775543 REIKI ENERGY MEDICINE: Bringing Healing Touch into Home, Hospital, and Hospice.** By Libby Barnett et al. Highlighting Reiki's transition into mainstream health care, this concise but informed introduction reveals how you can employ this simple, effective and ancient method to stimulate the natural healing potential of your body and enhance the efficacy of conventional treatment. 126 pages. Healing Arts. Paperbound. Pub. at \$14.95 **PRICE CUT to \$5.95**



★**6854753 HERBAL FORMULARIES FOR HEALTH PROFESSIONALS, VOLUME 1: Digestion and Elimination.** By Jill Stansbury. An in-depth guide to using herbal therapies in treating conditions of the organs of digestion and elimination. Dr. Stansbury draws on her decades of clinical experience and her extensive research to provide a wide range of herbal formulas for common health issues and diagnoses as well as less common conditions. A comprehensive reference for health professionals. 344 pages. Chelsea Green. 8x10 1/4. Pub. at \$59.95 **\$47.95**



★**5911575 THE HEALING ART OF ESSENTIAL OILS: A Guide to 50 Oils for Remedy, Ritual, and Everyday Use.** By Kac Young. A comprehensive guide to 50 carefully selected oils, providing a master class in uses, blending, history, and spiritual benefits. Learn how to use oils for physical and emotional healing. Prepare oils for relaxation, stress relief, and treating ailments. You'll even find supernatural uses, such as in love spells, and how to create rituals with oils. 372 pages. Llewellyn. Paperbound. Pub. at \$21.99 **PRICE CUT to \$7.95**



★**6803776 TOTAL LIFE CLEANSE: A 28-Day Program to Detoxify and Nourish the Body, Mind, and Soul.** By Jonathan Glass. Integrating the ancient wisdom of Yoga, Ayurveda, and traditional Chinese medicine with naturopathic principles and contemporary nutritional science, Glass presents a practical 28-day program, divided into four phases, designed to initiate and maximize detoxification of your body, mind, and spirit. Photos. 434 pages. Inner Traditions. Paperbound. Pub. at \$24.95 **PRICE CUT to \$14.95**

Eastern Traditions and Practices



6802761 WORKING WITH CHI: Practical Ways to Harness Healing Energy. By Madonna Gauding. Provides practical ways to harness chi, the vital life-force that runs through every living thing. When the flow of chi is in balance, it can reduce stress, focus concentration, build spiritual awareness, and improve physical well-being. Well illus. in color. 128 pages. Godsfield. Paperbound. Pub. at \$14.99 **\$4.95**

2928264 THE THREE SECRETS OF REIKI TAO TE QI: The Original Teachings of Master Huang Zhen Huo. By Idris Lahore. Recognized for its support of self-healing and overall well-being, Reiki is now used in hospitals around the world. This guide covers the first, second, and third degree Reiki training courses and initiations as first taught by the Chen Yen masters of China. Also offers chapters on Reiki as a spiritual path, the ethical principles of Reiki, and Reiki's relationship to ancestral healing. Illus. 214 pages. Healing Arts. 8x10. Paperbound. Pub. at \$19.95 **\$4.95**



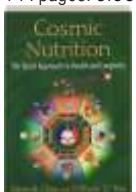
6988261 INSTANT TAI CHI: Exercises and Guidance for Everyday Wellness. By Ronnie Robinson. Explores the history and philosophy behind this ancient Chinese exercise, as well as its different styles and basic practices, and then offers step by step instructions for the core Tai Chi postures and sequences. Illus. 127 pages. Watkins. Paperbound. Pub. at \$8.95 **\$6.95**



6979831 ANATOMY, STRETCHING & TRAINING FOR YOGA. By A. Auman & L. Purcell. Provides expert advice on how to achieve perfect flexibility while minimizing injury, with tools and training on finding the best equipment; warm-up stretches and why they are important; corrective exercises to improve your balance and flexibility; and more. Well illus. in color. 160 pages. Skyhorse. Paperbound. Pub. at \$19.95 **\$4.95**

2966271 RESTORING YOUR LIFE ENERGY. By Waysun Liao. This program of simple movements and meditations taught by a renowned teacher of the Chinese movement arts of t'ai chi and chi gung will restore both your body and mind. Illus. 140 pages. Shambhala. Paperbound. Pub. at \$16.95 **\$5.95**

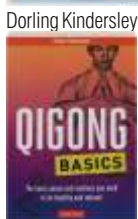
293017X THE POWER OF BREATH AND HAND YOGA. By Christine Burke. The author shows how using only your breath and your hands, you can heal both physical and emotional conditions and improve your overall well being. Well illus. in color. 144 pages. CICO Books. Pub. at \$14.95 **\$11.95**



2961059 COSMIC NUTRITION: The Taoist Approach to Health and Longevity. By M. Chia & W.U. Wei. The human body, like all phenomena in nature, possesses the inherent power of self-regeneration when the conditions of true health are adopted. Here, a Taoist Master and a Universal Tao teacher reveal the secret to true health and longevity: keeping all four bodies—physical, emotional, mental, and spiritual—vibrant and balanced. Color photos. 407 pages. Destiny. Paperbound. Pub. at \$24.95 **\$7.95**



287606X SCIENCE OF YOGA: Understand the Anatomy and Physiology to Perfect Your Practice. By Ann Swanson. Reveals the benefit of Yoga with annotated illustrations that show the mechanics, the angles, the effects on blood flow and respiration, the key muscle and joint actions working below the surface of each pose, safe alignment, and much more in this fascinating reference. 216 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$14.95**



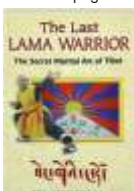
280445X QIGONG BASICS. By Ellae Elinwood. Get your Qigong training off to the right start! Whether you're just getting started, or you've already been training, this resource guide offers an easy, and yet comprehensive introduction to the sport that makes you feel more confident and enables you to become successful in Qigong more quickly. Illus. 192 pages. Tuttle. Paperbound. Pub. at \$9.99 **\$7.95**



680361X CLUTTER INTERVENTION: How Your Stuff Is Keeping You Stuck. By Tisha Morris. Using step by step instructions and easy to understand explanations, Morris shows you how to move into a new phase of life by ridding yourself of all that's holding you back. Learn about the psychological, emotional, and energetic components underlying your possessions, and discover ways to clear out the negative items. 182 pages. Llewellyn. Paperbound. Pub. at \$17.99 **\$13.95**



2979950 ACUPRESSURE WITH ESSENTIAL OILS: A Self-Care Guide to Enhance Your Health and Lift Your Spirit. By Merina Ty-Kisera. Discover the healing powers of essential oils paired with ancient acupressure techniques. This guide empowers the readers to reclaim their health with tips, routines, and strategies that support everything from relieving chronic tension, to coping with digestive ailments to treating cold and flu symptoms. Illus. 296 pages. North Atlantic. Paperbound. Pub. at \$17.95 **\$12.95**



6647847 THE LAST LAMA WARRIOR: The Secret Martial Art of Tibet. By Yogi Tchozhar Pa. Translated from the French. Senguei Ngaro consists of a series of 86 movements and 10 techniques inspired by animal behavior. It offers both a formidable art of combat and, when combined with its advanced meditation on the ultimate nature of spirituality, a means of spiritual advancement. Photos, some in color. 208 pages. Destiny. Paperbound. Pub. at \$19.95 **\$5.95**

685317X CLEAR YOUR CLUTTER WITH FENG SHUI, REVISED. By Karen Kingston. Kingston's unique approach lies in understanding that clutter is stuck energy that has far-reaching physical, mental, emotional, and spiritual effects. So clear your clutter and transform your life. 213 pages. Harmony. Pub. at \$14.99 **\$4.95**



2928043 THE AYURVEDIC SELF-CARE HANDBOOK: Holistic Healing Rituals for Every Day and Season. By Sarah Kucera. Feeling burned-out, unmotivated, or stuck? This handbook is here to help you with more than 100 daily and seasonal Ayurvedic rituals, each taking ten minutes or less to reconnect you with nature's rhythms, and to unlock better health. Get back in sync with nature and rediscover your potential to feel good! 290 pages. The Experiment. Paperbound. Pub. at \$16.95 **\$12.95**

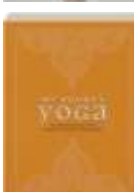


6934153 YOGA WEEK BY WEEK. By Selvarajan Yesudian. The exercises are arranged in weekly groups to provide a carefully graded course of Yoga. They are described in detail and illustrated with figure diagrams. The author includes poems, drawings, and quotations from Yogi masters and philosophers to help bring about the integration of body, mind, and spirit. 243 pages. Harmony. Paperbound. **\$4.95**

6903479 MY POCKET TAI CHI. In our busy modern society, it is important to make time to catch your breath and recharge. This guide helps you quiet the noise and achieve serenity at home, at the park, and anywhere else you may go—in just minutes. Illus. 160 pages. Adams Media. Paperbound. Pub. at \$14.99 **\$11.95**



2838249 THE COMPLETE YOGA TUTOR: A Structured Course to Achieve Professional Expertise. By Mark Kan. This concise manual on Hatha Yoga demonstrates how this ancient science will show you the way to radiant health, perfect mind control and peace within one's self, the world, and nature. Well illus. in color. 256 pages. Gaia. 7 3/4x10 1/4. Paperbound. Pub. at \$24.99 **\$8.95**



6840604 MY POCKET YOGA: Anytime Exercises That Refresh, Refocus, and Restore. Throughout your day, you'll be able to choose from more than 50 breathing exercises and easy to follow poses, complete with illustrations. These quick yet powerful exercises allow you to be more mindful, increase your awareness, and find center in any situation. 176 pages. Adams Media. Paperbound. Pub. at \$13.99 **\$4.95**



672650X THE TAI CHI SPACE: How to Move in Tai Chi and Qi Gong. By Paul Cavel. Designed to teach the fundamentals that drive and underpin internal arts training at all levels and stages of development. Each of the 42 principals are aimed at conveying how internal arts techniques function in ways that help you embed them and feel them come alive, regardless of the specific forms you train in. Illus. 122 pages. Aeon. Paperbound. Pub. at \$19.95 **\$14.95**



4525205 2,100 ASANAS: The Complete Yoga Poses. By Daniel Lacerda. An unprecedented collection of yoga poses, as well as a work of art that showcases the beauty and athleticism of the human form in the practice of yoga. This volume is a must-have for yogis of all levels and dedicated to any type of practice. 736 pages. Black Dog & Leventhal. Pub. at \$35.00 **\$24.95**

Eastern Traditions and Practices

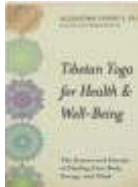


★**6984606 THE PRACTICE OF PURE AWARENESS: Somatic Meditation for Awakening the Sacred.** By Reginald A. Ray. Perhaps the most precious teaching Tibet has to offer the modern world is the practice of meditation. Ray presents the essence of this tradition through the somatic practice of Pure Awareness—a unique kind of meditation that is thoroughly grounded in the body and in ordinary experience. 286 pages. Shambhala. Paperbound. Pub. at \$18.95 **\$13.95**

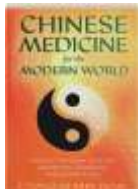


★**2790351 PICTORIAL ATLAS OF ACUPUNCTURE.** By Yu-Lin Lian et al. Provides beginners with an overview of the most important acupuncture points, and experienced practitioners will also learn about seldom used acupuncture points, extending their knowledge. This resource features a sensible balance between the most important indications and practical needs. Fully illus. in color. 351 pages. h.f. ullmann. Pub. at \$29.99 **\$21.95**

★**6818498 AWAKENING YOUR IKIGAI: How the Japanese Wake Up to Joy and Purpose Every Day.** By Ken Mogi. Ikigai is a Japanese phenomenon commonly understood as “your reason to get up in the morning.” Introduces the five pillars of Ikigai to help you make the most of each day and become your most authentic self. 210 pages. The Experiment. Pub. at \$16.95 **\$12.95**



★**2837196 TIBETAN YOGA FOR HEALTH & WELL-BEING.** By Alejandro Chaoul. Focuses on the five principal breath-energies of Tibetan medicine and yoga and how special body movements for each engage the five chakras in our body. Chaoul provides a contextual understanding of the history and lineage of Tibetan yoga so that you will fully be able to remove obstacles from your life and welcome in well-being. Illus. 97 pages. Hay House. Paperbound. Pub. at \$17.99 **\$12.95**



★**2894017 CHINESE MEDICINE FOR THE MODERN WORLD: Ancient Wisdom to Stop Worrying, Hurrying, and Overeating.** By E. Douglas Kihn. A unique and comprehensive guide that revolutionizes the way Chinese medicine is used and taught in the twenty-first century. Kihn discusses six common syndromes with a focus on the three internal problems of liver qi stagnation, heart heat, and spleen damp. His exceptional guide will help you understand and utilize the amazing possibilities of Chinese medicine for current times. 271 pages. Llewellyn. Paperbound. Pub. at \$22.99 **\$17.95**

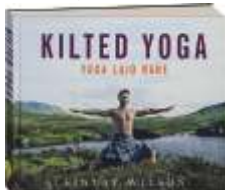


★**2946602 100 NATURAL FOODS: A Practical Guide to Health with Traditional Chinese Medicine.** By Yang Li. Food therapy has been used in traditional Chinese medicine (TCM) for years to prevent and treat diseases. Inside this modern guide, the author presents nearly 100 foods and describes their properties and cooking technique, making it easy to fully acquire the practical knowledge of food therapy. Well illus. in color. 192 pages. Shanghai Press. Paperbound. Pub. at \$19.95 **\$14.95**

2918757 BHAKTI YOGA. By Edwin F. Bryant. A comprehensive study that establishes a baseline for understanding *bhakti yoga*. Features an extensive introduction to the definition and practices of *bhakti*, and a glossary, endnotes, and bibliography. 650 pages. North Point. Paperbound. Pub. at \$35.00 **\$14.95**



★**2819236 YOUR SPINE, YOUR YOGA: Developing Stability and Mobility for Your Spine.** By Bernie Clark. Focusing on the axial body, from the tip of the tailbone to the top of the skull, this resource guide will explain how your body is unique and how this uniqueness affects your yoga practice. Offers alternative perspectives and prescriptions for a yoga practice that is spine sparing and strength building, based upon your uniqueness. Illus. 325 pages. Wild Strawberry. 8½x11. Paperbound. Pub. at \$26.95 **\$19.95**



★**2936313 KILTED YOGA: Yoga Laid Bare.** By Finlay Wilson. This guide is for everybody; you don't even need to own a kilt! The poses and sequences will guide you through the basics towards a stronger practice while you lose yourself in the wilds of Scotland. Reconnect with the natural world and learn the fundamentals of yoga in four simple sequences. Well illus. in color. 160 pages. Yellow Kite. Pub. at \$15.99 **\$11.95**



★**2866692 LIVING REIKI: Heal Yourself & Transform Your Life.** By Melissa Tipton. Provides tools and practices designed to shed the filters and obstructions created by your ego. The more you release these obstructions, the more you can see who you really are. Using fearless self-inquiry and personal transformation, you'll unravel the secret ways of the healer within. 290 pages. Llewellyn. Paperbound. Pub. at \$18.99 **\$13.95**

★**6877001 FENG SHUI AND MONEY, SECOND EDITION: A Nine-Week Program for Creating Wealth Using Ancient Principles and Techniques.** By Eric Shaffer. This newly revised edition includes updated information on topics such as: insights into your “money script”; easy ways to shift the financial flow in your life; feng shui “cures” for energetic and financial leaks; success stories from feng shui students and clients; and new material that focuses on the metaphysical and nondual aspects of feng shui. 228 pages. Allworth. Paperbound. Pub. at \$19.99 **\$14.95**



★**2936259 ENERGY MEDICINE: The Science and Mystery of Healing.** By Jill Blakeway. A rigorous and fascinating look at the role of energy in our lives—and how we can harness its power to heal ourselves. This study offers an exclusive, one of a kind exploration and analysis of this powerful work and offers readers an evidence based case for the efficacy of this ancient healing practice. 248 pages. Harper Wave. Pub. at \$27.99 **\$21.95**

2791471 THE COMPLETE YOGA OF EMOTIONAL-SEXUAL LIFE. By Avatar Adi Da Samraj. Centered in the understanding that love breaks the heart, the emotional-sexual practices taught by the author show that learning how to have intimacy without ego-based attachment is where profound Yoga practice begins. 164 pages. Inner Traditions. Paperbound. Pub. at \$14.95 **\$4.95**



DVD 6671489 AWAKENING LEVEL: Duncan Wong Yogic Arts. Widescreen. Wong highlights the central tenets of Korean Buddhist Gung Fu, Ashtanga Yoga, and Thai bodywork in a vigorous, flow-based program that focuses on core conditioning. Perfect for beginner to intermediate levels, it covers wrist and shoulder sections; warrior salutations; and hip openers. In B&W. 121 minutes. Acacia. **\$5.95**

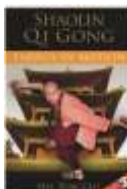


6983308 BIG GAL YOGA. By Valerie Sagun. In this complete guide, the author provides both inspiration and customized instructions for all sizes and shapes, along with passionate encouragement to help readers discover newfound confidence through the transformative power of yoga. Well illus. in color. 202 pages. Seal. Paperbound. Pub. at \$18.99 **\$4.95**



★**2813785 IKIGAI: Discover Your Reason for Being.** By Justyn Barnes. Embrace the ancient Japanese philosophy of Ikigai and discover a renewed sense of purpose. By finding your reason for being, you can be mindful of the small pleasures in each day and build a more enjoyable and fulfilling life. Keep mentally and physically active to balance the stresses of everyday life. Color photos. 160 pages. Sterling Ethos. Pub. at \$14.95 **\$11.95**

★**2808102 TEN ZEN SECONDS: Twelve Incantations for Purpose, Power & Calm.** By Eric Maisel. The basis of this method lies in using a single deep breath as a container for a specific thought. Blending Eastern principles of breath awareness and mindfulness with Western principles of positive psychology, this guide presents meditative incantations that offer powerful antidotes to stress, procrastination, and anxiety. 241 pages. kta. Paperbound. Pub. at \$14.95 **\$11.95**



★**5902177 SHAOLIN QI GONG: Energy in Motion.** By S. Xinggui & E. Vogl. Explains the fundamental principle of Qi Gong, the art of mastering energy (qi) and moving it through the body, and provides clear demonstrations of all the positions and movements. Includes a 53-minute DVD of the exercises performed. Fully illus. in color. 154 pages. Destiny. Paperbound. Pub. at \$19.95 **\$15.95**

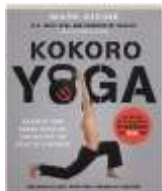


★**2858150 THE MOTHER MANTRA: The Ancient Shamanic Yoga of Non-Duality.** By Selene Calloni Williams. Hidden at the heart of nearly all spiritual and esoteric traditions lies the powerful teachings of the Mother Mantra. In this spiritual and philosophical guide, the author shares the healing practices and spiritual exercises of the Mother Mantra tradition. Illus. 154 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$13.95**

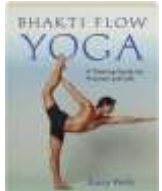
Eastern Traditions and Practices



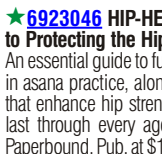
★**6919642 KOMBUCHA: Healthy Beverage and Natural Remedy.** By Gunther W. Frank. Kombucha, the fermented tea drink that has been consumed for thousands of years, is said to have a range of health benefits. Discover everything you need to know about the beverage and its ancient traditions. A must read for all kombucha fans and those who want to know more of this amazing remedy. Illus. 232 pages. Ennsthaler. Paperbound. Pub. at \$15.95 **\$12.95**



★**4636317 KOKORO YOGA: Maximize Your Human Potential and Develop the Spirit of a Warrior.** By Mark & Catherine Divine. Get an unbeatable full body workout through body weight functional movements that can be done at home or on the go to increase flexibility while building long, lean muscle mass by following Coach Divine's yoga sequences. Fully illus. 266 pages. St. Martin's. Paperbound. Pub. at \$17.99 **\$12.95**



★**6944825 BHAKTI FLOW YOGA: A Training Guide for Practice and Life.** By Rusty Wells. The wildly popular San Francisco-based yoga teacher brings all his warmth and enthusiasm to this guide to Bhakti Flow Yoga (the yoga of devotion) and Vinyasa Flow. It is a style of yoga that emphasizes a seamless connection between the breath and the movements of the body. Well illus. 238 pages. Shambhala. 8½x11. Paperbound. Pub. at \$22.95 **\$9.95**



★**6923046 HIP-HEALTHY ASANA: The Yoga Practitioner's Guide to Protecting the Hips and Avoiding SI Joint Pain.** By Charlotte Bell. An essential guide to fully understanding, preventing, and relieving hip pain in asana practice, along with practice tips, modifications, and sequences that enhance hip strength and stability for a sustainable practice that can last through every age and stage of life. Illus. 110 pages. Shambhala. Paperbound. Pub. at \$18.95 **\$13.95**



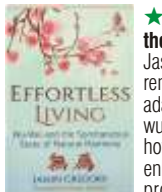
★**2804409 ILLUSTRATED MOXIBUSTION THERAPY.** By Duan Xuezhong. Moxibustion is a time tested technique that is very simple to use. You just need a few basic tools and this resource will guide you through the simple application of warmth to acupoints, using moxa leaves. Use moxibustion to treat an illness or as a preventative therapy to keep your body healthy. Get started with this easy to learn therapy! Fully illus. in color. 144 pages. Better Link. Pub. at \$24.95 **\$17.95**



★**6910157 SHINRIN YOKU: The Japanese Art of Forest Bathing.** By Yoshifumi Miyazaki. Forest bathing, the Japanese practice of seeking a deep and meditative connection with nature, is where nature meets the science of wellness. Research shows it can boost the immune system and energy levels, lower stress and blood pressure, and improve mood and sleep. Explains the health benefits and how to get the most out of walks. 191 pages. Timber. Pub. at \$16.95 **\$12.95**



★**2813742 WOOD BECOMES WATER, 20TH ANNIVERSARY EDITION: Chinese Medicine in Everyday Life.** By Gail Reichstein. In this groundbreaking work, Reichstein explores how ancient Chinese medicine can be an integral part of our lives today. Using the Five Element system of Chinese cosmology as a key—she unlocks the ancient mysteries of Chinese medicine and applies them to our everyday health and well being concerns. Illus. 215 pages. Kodansha. Paperbound. Pub. at \$22.95 **\$17.95**

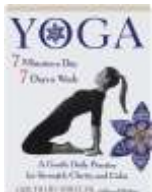


★**6836259 EFFORTLESS LIVING: Wu-Wei and the Spontaneous State of Natural Harmony.** By Jason Gregory. Reveals the wisdom utilized by renowned sages, artists, and athletes who have adapted “being in the zone” or “wu-wei.” As an avid wu-wei practitioner, Gregory provides keen insight on how you can experience the beauty of achieving an enlightened, effortless mind while reveling in the process of life's unfolding. 187 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$13.95**

★**6867049 KINTSUGI WELLNESS: The Japanese Art of Nourishing Mind, Body, and Spirit.** By Candice Kumai. Candice guides you through her favorite Japanese traditions and practices for cultivating inner strength and living a gracious life. She also shares heartwarming stories and mouth watering recipes. Fully illus. in color. 318 pages. HarperWave. Pub. at \$29.99 **\$21.95**



★**6967523 MUDRAS: Yoga in Your Hands.** By Gertrud Hirschi. Includes easy techniques that can recharge your personal energy reserves and improve your quality of living. Use these mysterious healing gestures to calm the stress, aggravations and frustrations of every day life. They can be practiced sitting, lying down, or standing, at any time and place! Illus. 224 pages. Coronet. Paperbound. **\$7.95**



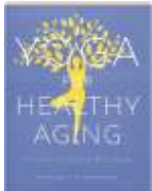
★**6726518 YOGA 7 MINUTES A DAY, 7 DAYS A WEEK: A Gentle Daily Practice for Strength, Clarity, and Calm.** By Gertrud Hirschi. Features gentle daily exercises—each including a mantra, a meditation, and a mudra—that focus on various parts of the body. By the end of the week, you will have experienced full-body yoga, and every part of your body will feel energized and strong. Illus. 147 pages. Conari Press. Paperbound. Pub. at \$14.95 **\$11.95**



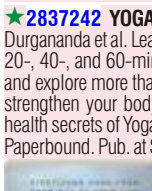
★**6824277 A LIFE WORTH BREATHING: A Yoga Master's Handbook of Strength, Grace, and Healing.** By Max Strom. Teaches us why practicing our breathing is so important, and how it, in tandem with the physical practice of yoga and spiritual meditation, raises us to a more powerful level of awareness. Follow this path to unite with the loving and peaceful powers of the universe and awaken into the highest of human consciousness. 214 pages. Skyhorse. Paperbound. Pub. at \$14.95 **PRICE CUT to \$2.95**



★**2851563 BEYOND THE MAT: Achieve Focus, Presence, and Enlightened Leadership Through the Principles and Practice of Yoga.** By Julie Rosenberg. Reveals how the essential lessons of the four thousand year old Yoga Sutras contain a relevant framework in which to thrive both personally and professionally in the modern world, including: principles for achieving work/life balance; practices to manage time; breath-control exercises; and power poses that can be done at home, work, or on the go. Illus. 238 pages. Da Capo. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**



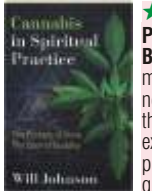
★**6778674 YOGA FOR HEALTHY AGING: A Guide to Lifelong Well-Being.** By B. Bell & N. Zolotow. The definitive resource on how to use yoga to foster your physical, mental, and emotional health for a lifetime. Two respected teachers explain how yoga can address concerns related to strength, flexibility, balance, cardiovascular health and more, and provide a real-world yoga program to suit your needs. Well illus. 321 pages. Shambhala. 8½x11. Paperbound. Pub. at \$24.95 **PRICE CUT to \$11.95**



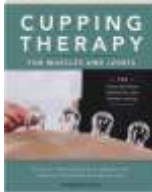
★**2837242 YOGA: Your Home Practice Companion.** By Swami Durgananda et al. Learn the twelve classic asanas; choose from a range of 20-, 40-, and 60-minute programs designed for any level of experience; and explore more than thirty nutritious recipes that will help to purify and strengthen your body, in this complete lifestyle guide that unlocks the health secrets of Yoga. Fully illus. in color. 256 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **PRICE CUT to \$11.95**



★**6972667 CLOSE TO OM: Stretching Yoga from Your Mat to Your Life.** By Andrea Marcum. A practical and philosophical yoga guide that promotes and teaches mindfulness in both your yoga practice and in your everyday life, allowing you to create the life you want. Showcasing her signature approachable style, Marcum combines the teaching of poses with the exploration of yoga philosophy. Color photos. 214 pages. St. Martin's. Paperbound. Pub. at \$19.99 **PRICE CUT to \$4.95**



★**6970117 CANNABIS IN SPIRITUAL PRACTICE: The Ecstasy of Shiva, the Calm of Buddha.** By Will Johnson. With the end of marijuana prohibition on the horizon, people are now openly seeking a spiritual path that embraces the benefits of cannabis. Drawing on decades of experience, Johnson examines Eastern spiritual perspectives on cannabis and offers specific guidelines and exercises. 136 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**

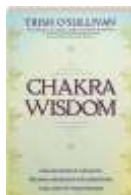


★**2799804 CUPPING THERAPY FOR MUSCLES AND JOINTS.** By Kenneth Choi. Discover what cupping is, how it works, and which cupping techniques would be best for you. You will learn the science behind the suction and the many conditions and ailments it can alleviate, including: lower back strain, tennis elbow, allergies, insomnia, anxiety and stress, and more. Well illus. in color. 128 pages. Ulysses. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**

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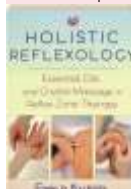


★6880665 FENG SHUI: Plain & Simple. By Sarah Bartlett. Provides easy to use tips and techniques for improving the energy in your life. You'll learn to harmonize and lay out spaces in your home to enhance your personal energy, improve your overall well being, and bring good fortune and balance into your life. Illus. 149 pages. Hampton Roads. Paperbound. Pub. at \$14.95 **PRICE CUT to \$7.95**



★2848791 CHAKRA WISDOM: Healing Negative Thoughts, Feelings, and Beliefs with Meditation, Yoga, and the Traya Process. By Trish O'Sullivan. With therapeutic chakra work, yoga, and meditation, Traya is a powerful practice for nourishing and deepening your spiritual connection. With O'Sullivan's expert guidance you will move through emotional and spiritual blocks and achieve new experiences of personal fulfillment. Illus. 252 pages. Llewellyn. Paperbound. Pub. at \$17.99 **PRICE CUT to \$9.95**

★6964125 YOGA: A Guide to the Teachings and Practices. By David Frawley. A compelling introduction to the holistic practice of yoga that provides the essential tools readers need to embark on a spiritual quest to deepen their yoga practice. Illus. 112 pages. Mandala. Paperbound. Pub. at \$12.99 **PRICE CUT to \$7.95**



★280851X HOLISTIC REFLEXOLOGY: Essential Oils and Crystal Massage in Reflex Zone Therapy. By Ewald Kliegel. Examining the history and evolution of reflexology, the author reveals not only the ancient Eastern medical practices that played a role in reflexology's genesis but also its ancient European roots. Kliegel provides a truly holistic and integrative approach and reveals many different hands-on paths to healing. Illus. in color. 182 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **PRICE CUT to \$12.95**

6933378 CENTERING DOWN. By Dona Holleman. Supports yoga practitioners of all levels, to become centered and grounded in their yoga practice. Includes informative descriptions and step by step photos of various yoga positions. 153 pages. Pandion Enterprises. Paperbound. **PRICE CUT to \$2.95**



★6988245 INSTANT CHAKRA HEALING: Exercises and Guidance for Everyday Wellness. By Jennie Harding. An accessible guide that explains the location and importance of the chakras, and explores how they can be used to attain health, harmony and happiness. Illus. 128 pages. Watkins. Paperbound. Pub. at \$8.95 **PRICE CUT to \$4.95**



★698827X INSTANT YOGA: Exercises and Guidance for Everyday Wellness. By Tara Fraser. Specially selected step by step postures and movements present the many benefits that yoga can bring. These fully illustrated postures are complemented by advice on meditation, diet and lifestyle. 127 pages. Watkins. Paperbound. Pub. at \$8.95 **PRICE CUT to \$4.95**



6905072 YOGA BODIES: Real People, Real Stories & the Power of Transformation. By Lauren Lipton. Proving there are as many different ways to experience yoga as there are people who practice it, Lipton artfully captures yoga's multifaceted essence and the inspiring ways it can bring about personal transformation by presenting more than 80 practitioners' stories—real people who share how yoga has touched their lives for the good. Color photos. 160 pages. Chronicle. 8 1/2 x 10 1/4. Pub. at \$24.95 **PRICE CUT to \$7.95**



★6887198 THE YOGA HEALING HANDBOOK. By Sally Parkes. Discover more than 50 postures and routines, clearly explained in easy to follow instructions accompanied by step by step photography. Includes practical tips and options for easier modifications and more difficult variations. 224 pages. Chartwell. Pub. at \$14.99 **\$9.95**

★6789137 YOGA RISING: 30 Empowering Stories from Yoga Renegades for Every Body. By Melanie C. Klein. A collection of personal essays meant to support your journey toward self-acceptance and self-love, featuring 30 contributors who share inspiring stories of major turning points in their lives. 318 pages. Llewellyn. Paperbound. Pub. at \$17.99 **PRICE CUT to \$5.95**

New Age Spirituality



689478X DISCOVERING YOUR SOUL'S PURPOSE, SECOND EDITION: Finding Your Path in Life, Work, and Personal Mission the Edgar Cayce Way. By Mark Thurston. Presents a new edition of the classic guide to using Edgar Cayce's spiritual and psychological insights to find your own authentic mission in life. Thurston revises the mystic's teachings for the 21st century, helping you to find greater purpose in your relationships, career, and more. 273 pages. Tarcher/Perigee. Paperbound. Pub. at \$16.00 **\$4.95**



6567193 CALL ON YOUR ANGELS. By Claire Nahmad. Angels cannot communicate with us unless we raise our level of consciousness. Nahmad explains how you can do this and how it will help you to call on the angels in every life situation. Includes practical exercises and techniques to help you enhance your contact with angels. 219 pages. Watkins. Paperbound. Pub. at \$14.95 **\$3.95**

2961512 THE SACRED POWER IN YOUR NAME: Using Your Name for Personal Empowerment and Healing. By Ted Andrews. Includes entries for nearly two hundred names with meanings, affirmations, sound and chakra elements, and meditations. Your name is your direct link to the infinite possibilities of the universe. With this reference you'll discover new wonders as you uncover the true power of your name. 342 pages. Llewellyn. Paperbound. Pub. at \$16.99 **\$6.95**



282714X UNPLUG: A Simple Guide to Meditation for Busy Skeptics and Modern Soul Seekers. By Suze Yalof Schwartz. The proven secret to being more effective and living a happier, healthier life is to hurry up and slow down—to unplug. Schwartz shares the life-changing benefits you will experience, informs you about the proven science of how meditation literally changes your brain, and provides techniques and tips to incorporate meditation into your daily life. 212 pages. Harmony. Pub. at \$22.99 **\$4.95**

★2790750 SECRETS OF SELF HYPNOSIS: Harnessing the Enormous Potential of the Mind. By C.L. Weschcke & J.H. Slate. Tap into the power of your subconscious mind and realize your full potential with this easy to follow guide to self-hypnosis. Achieve your goal with the clear scripts and techniques for trance, meditation, and sleep, and begin to transform into the person you're meant to be. 241 pages. Llewellyn. Paperbound. Pub. at \$16.99 **\$12.95**



2949792 FEAR LESS: Living Beyond Fear, Anxiety, Anger, and Addiction. By Dean Sluyter. Shows how to use simple meditative techniques and subtle tweaks of body, mind, and voice to open your life to deep, relaxed confidence. Sluyter draws on ancient enlightenment teachings and contemporary research, laying out easy to follow steps for working better, loving more, and living happier. Illus. 315 pages. Tarcher/Perigee. Paperbound. Pub. at \$16.00 **\$4.95**

★6950728 QUANTUM CONSCIOUSNESS: Journey Through Other Realms. By Peter Smith. Deepen your understanding of quantum physics and expanded states of awareness with this enlightening guide that helps you pull science and spirituality closer together. This fascinating volume invites you to tour alternate realities, parallel lives, interdimensional consciousness, the eternal state, and even the very fabric of the universe. 203 pages. Llewellyn. Paperbound. Pub. at \$18.99 **\$14.95**



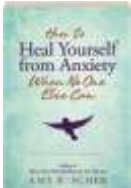
★2790734 PRACTICAL GUIDE TO CREATIVE VISUALIZATION: Manifest Your Desires. By M. Denning & O. Phillips. Learn how to manifest your desires with this practical guide that tells you how to get what you want using the power of creative visualization: New opportunities? Better health? Improved memory? More money or a bigger home? All are possible. 211 pages. Llewellyn. Paperbound. Pub. at \$15.99 **\$11.95**

★2790742 PRACTICAL GUIDE TO PSYCHIC SELF-DEFENSE: Strengthen Your Aura. By M. Denning & O. Phillips. With this detailed guide you can energize your aura to safeguard your psychic and physical well-being and radiate new confidence, vitality, and strength. The authors offer step by step techniques to strengthen, protect, revitalize, and defend yourself. 235 pages. Llewellyn. Paperbound. Pub. at \$13.99 **\$10.95**

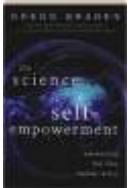


★2808528 THE MIRACLE CLUB: How Thoughts Become Reality. By Mitch Horowitz. In this "manual for miracles," Horowitz provides focused exercises and concrete tools for change and looks at ways to get more out of prayer, affirmation, and visualization. He also provides the first serious reconsideration of New Thought philosophy since the death of William James in 1910 and encourages readers to join him in pursuing miracles. 182 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$13.95**

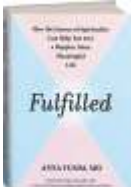
New Age Spirituality



★**2894041** **HOW TO HEAL YOURSELF FROM ANXIETY WHEN NO ONE ELSE CAN.** By Amy B. Scher. Guides you through a series of transformative tools and easy to follow exercises that can change your life. Utilizing Scher's powerful self-created techniques, as well as her own version of tapping and the widely popular Emotional Freedom Technique (EFT), you will learn how to let go of unresolved emotional baggage so you can become the best version of yourself. 241 pages. Llewellyn. Paperbound. Pub. at \$17.99 **\$13.95**



★**2914212** **THE SCIENCE OF SELF-EMPOWERMENT: Awakening the New Human Story.** By Gregg Braden. New discoveries have led to more unanswered questions, created deeper mysteries, and brought us to the brink of forbidden territory when it comes to explaining our origin and existence. Beyond a reasonable doubt, Braden reveals that we're not what we've been told, and much more than we've ever imagined. 295 pages. Hay House. Paperbound. Pub. at \$16.99 **\$12.95**

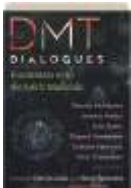


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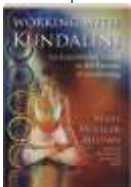
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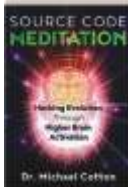
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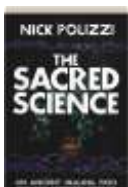
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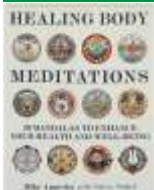


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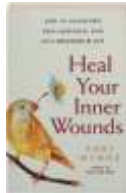


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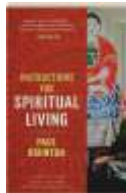
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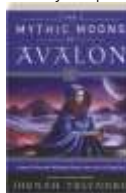


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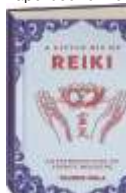


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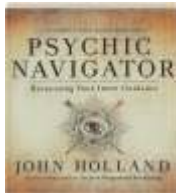
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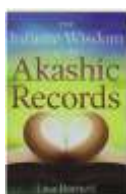
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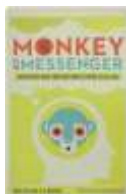
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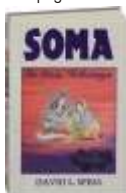
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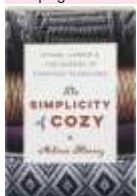
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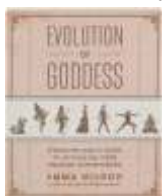


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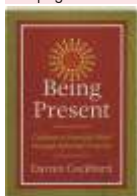
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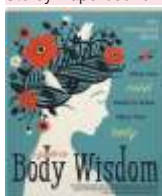
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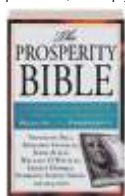
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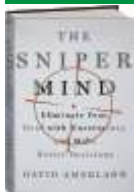


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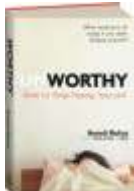
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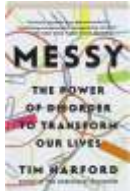


2921162 EAT THAT FROG! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time. By Brian Tracy. This title shows you how to organize each day so you can zero in on critical tasks and accomplish them efficiently and effectively. The author cuts to the core of what is vital to effective time management: decision, discipline, and determination. This life changing guide will ensure that you get more of your important tasks done today. 119 pages. Berrett-Koehler. Paperbound. Pub. at \$15.95 **\$4.95**



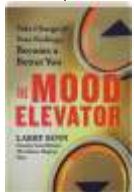
2786621 HOW TO BE A BETTER PERSON: 400+ Simple Ways to Make a Difference in Yourself—and the World. By Kate Hanley. Whether sharing a better you with the rest of the world or developing your inner self, you'll find that self-improvement ripples across your entire life. This little guide offers over 400 small actions that add up to a big change in how you feel inside—and how the world will see you as well. 224 pages. Adams Media. Paperbound. Pub. at \$14.99 **\$4.95**

2934779 THE SELF-CARE SOLUTION. By Suzy Reading. Designed to help and restore your day to day energy reserves so that you will have the strength and spirit to excel with whatever life brings. Includes the Vitality Wheel—a complete body and mind self-care toolkit that will boost your health, happiness and resourcefulness. Illus. in color. 224 pages. Aster. Paperbound. Pub. at \$14.99 **\$4.95**



6895158 MESSY: The Power of Disorder to Transform Our Lives. By Tim Harford. Celebrates messiness in our lives: why it's important, why we resist it, and why we should embrace it. Harford argues that the qualities we value—creativity, responsiveness, resilience—are integral to the disorder, confusion, and disarray that produce them. 292 pages. Riverhead. Paperbound. Pub. at \$16.00 **\$4.95**

2840243 WHAT'S YOUR CREATIVE TYPE? Harness the Power of Your Artistic Personality. By Meta Wagner. Legendary artists don't just possess talent, they also understand their creative motivations. Whether you write, paint, film, act, dance, develop software, or even play the ukulele, this guide teaches you to discover your motivation and fulfill your creative potential. 217 pages. Seal. Paperbound. Pub. at \$15.99 **\$3.95**



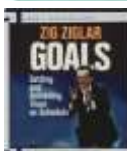
2884380 THE MOOD ELEVATOR: Take Charge of Your Feelings, Become a Better You. By Larry Senn. In this very practical guide the author provides an operating manual to help you live as your best self. He shows how to interrupt negative thought patterns that keep you stuck on a lower floor, depressed, stressed, anxious, judgmental, and move higher by cultivating mental attitudes like curiosity and gratitude. 213 pages. Berrett-Koehler. Paperbound. Pub. at \$18.95 **\$5.95**



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2827182 WAKE UP TO THE JOY OF YOU. By Agapi Stassinopoulos. With warmth and wisdom, inspirational force Agapi Stassinopoulos guides you through fifty-two weeks of letting go of what doesn't work for you and finding what does. Use this informative volume as a tool to unlock your goodness, and wake up to the joy of you. 303 pages. Harmony. Pub. at \$18.00 **\$4.95**



2909227 THE JOY OF HYGGE. By J. Jackson & E. Larsen. Hygge is a Danish word that describes the feeling of being cozy, comfortable, and at peace with the world. This little volume is packed with recipes to warm you on a winter's evening, craft ideas for decorating your home, and inspirational suggestions for enjoying the magic of everyday pleasures. Well illus. in color. 144 pages. Skyhorse. Pub. at \$14.99 **\$4.95**



★6353282 ARREST-PROOF YOURSELF, SECOND EDITION. By D.C. Carson & W. Denham. An ex-cop reveals how easy it is for anyone to get arrested, how even a single arrest could ruin your life, and what to do if approached by the police. It tells you everything you need to know about how cops operate, the little things that can get you in trouble, and much more. Illus. 376 pages. Chicago Review. Paperbound. Pub. at \$16.95 **\$12.95**



6757049 WORDS OF LOVE: Quotations from the Heart. Compiled by Allen Klein. This collection of over 500 of the best things ever said on matters of the heart features the wit, wisdom and insight of everyone from Sophocles to Cher. These words will touch your heart, bring a smile to your face, and make you want to share the love. 147 pages. Viva Editions. Paperbound. Pub. at \$14.95 **\$3.95**



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5895022 QUANTUM AFFIRMATIONS: The New Energy Science of Conscious Manifestation. By Monte Farber. Offers an all-inclusive, integrative approach to life and the manifesting of love, happiness, prosperity, and success. Based on the principles of quantum mechanics, Farber presents a simple fivefold technique for visualizing and creating the future you want to live in. 200 pages. Weiser. Paperbound. Pub. at \$16.95 **\$5.95**

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2905884 COMING ALIVE: 4 Tools to Defeat Your Inner Enemy, Ignite Creative Expression & Unleash Your Soul's Potential. By B. Michels & P. Stutz. Provides four vital tools for tapping into the Life Force that resides within each of us—a wellspring of positive energy that is the source of creativity, renewal, confidence, and engagement. Drawing insight from their decades of psychotherapeutic practice, the authors have created a paradigm-shifting guide to achieving optimal mental health and spiritual well-being. 303 pages. Spiegel & Grau. Pub. at \$28.00 **\$5.95**



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★2876159 CLOSE YOUR EYES, GET FREE: Use Self-Hypnosis to Relax, Reduce Stress, Quit Bad Habits, and Focus. By Grace Smith. Forget what you thought you know about hypnosis and learn why it is the hottest "new" technique for personal development. The author shares her groundbreaking self-hypnosis techniques. You'll learn how the deeply relaxed state of hypnosis will allow you to access old patterns of behavior in order to transform them once and for all. 276 pages. Da Capo. Paperbound. Pub. at \$15.99 **\$11.95**



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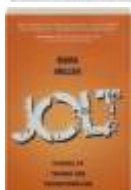


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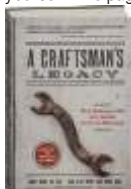


6953654 UNTHINK: Rediscover Your Creative Genius. By Erik Wahl. Rediscovering your creativity will change everything from how well you do your job to how you find fulfillment at home. In this compact volume, Wahl, an artist and entrepreneur, pushes the boundaries of traditional thought patterns to unleash the creative genius that resides in all of us. 224 pages. Crown. Pub. at \$25.00 **\$4.95**



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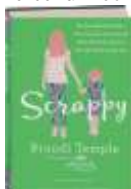


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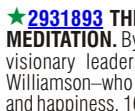
Inspiration, Motivation & Self-Discovery



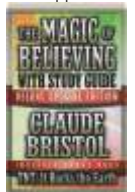
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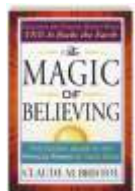
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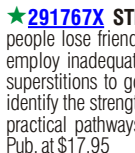
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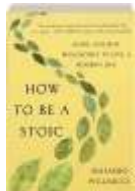
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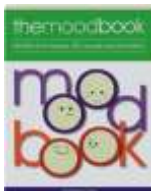
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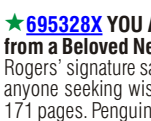
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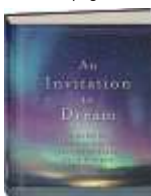
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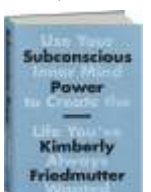
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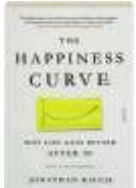


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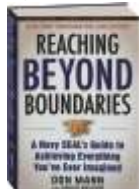
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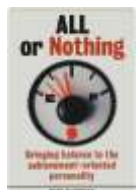


★**2939444** **THE MISSION OF A LIFETIME: Lessons from the Men Who Went to the Moon.** By Basil Hero. Now in their emeritus years, the twelve remaining lunar explorers for the first time reveal the true source of courage, leadership, and the quiet patriotism that it took to accomplish their missions. Brimming with exclusive interviews and powerful reflections this volume serves as a timely reminder to keep pushing the boundaries, have faith in yourself, and shoot for the moon. Illus. 278 pages. Grand Central. Pub. at \$22.00 **\$16.95**

★**2936461** **THIS IS NOT THE LIFE I ORDERED: 60 Ways to Keep Your Head Above Water When Life Keeps Dragging You Down.** By Deborah Collins Stephens et al. If you've ever felt overworked, overwhelmed, or just plain unlucky, this collection of lessons and insights is for you. Through this collection of stories, wisdom, and practical advice, readers will meet four ordinary women who have faced extraordinary life challenges. 207 pages. Conari Press. Paperbound. Pub. at \$16.95 **\$12.95**

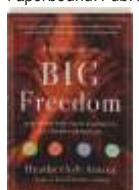


★**2934612** **PAUSE.** By Danielle Marchant. Using nature, creativity, and your inner spirit, this guide shows you the practices you need to do to allow the energy to flow freely once again. There are exercises to ground you, give access to your intuition, to breathe deeply and allow your monkey mind to settle. When you pause to take care of yourself and your own life, you become the person you're meant to be. 224 pages. Aster. Paperbound. Pub. at \$14.99 **\$4.95**



★**2921812** **ALL OR NOTHING: Bringing Balance to the Achievement-Oriented Personality.** By Mike McKinney. High achievers are often praised for their dedication, determination and drive. A single minded approach can be viewed as the only way to succeed. What if you feel as if your life is spiraling out of balance? This is a must read for those searching for a way to bring balance to their achievement oriented personality. 215 pages. Exisle. Paperbound. Pub. at \$24.99 **\$6.95**

★**2942364** **LIVING A LIFE OF HARMONY: Seven Guidelines for Cultivating Peace and Kindness.** By Darren Cockburn. Gives readers 7 easy to practice guidelines that help gain a deeper understanding of the universal process of life as well as provide a set of tools to help us deal with life's ups and downs more skillfully. Practiced together, these guidelines provide a simple yet powerful compass to direct you to a peaceful mind and harmonious living. 192 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$13.95**



★**2939207** **A LITTLE BOOK ON BIG FREEDOM: Discover the Four Elements of Transformation.** By HeatherAsh Amara. Packed with exercises and meditations at the end of each chapter, this volume offers a clear path to finding your own Big Freedom, one that involves tearing down any inner walls made of fear, judgment, or regret, and building a profound friendship with your truest self. 142 pages. Hierophant. Paperbound. Pub. at \$16.95 **\$12.95**



★**2913186** **THINK BETTER, LIVE BETTER: A Victorious Life Begins in Your Mind.** By Joel Osteen. LARGE PRINT EDITION. The way you think has incredible power over your destiny. In this inspiring analysis, Osteen offers a life-changing strategy for reprogramming your mind to enable you to reach new levels of achievement and purpose. Offers tools to delete defective thinking, take control of your thoughts, and live a victorious life. 260 pages. FaithWords. Pub. at \$26.00 **\$10.95**

★**2864711** **JOY ON DEMAND.** By Chade-Meng Tan. Learning to cultivate joy is the fundamental secret to success and in this follow-up to *Search Inside Yourself*, Tan shows us how anyone, no matter where they are, can access this source of happiness. Illus. 261 pages. HarperOne. Paperbound. Pub. at \$15.99 **\$4.95**



★**6934773** **MAYBE IT'S YOU: Cut the Crap, Face Your Fears, Love Your Life.** By Lauren Handel Zander. If you're hungry for the results-oriented, no-nonsense advice that will not only get you inspired, but will also provide a step by step plan for getting it done, then this guide is for you. With her take-no-prisoners approach to personal accountability, Lauren's proven program will finally get you out of your own way. 242 pages. Hachette. Pub. at \$28.00 **\$6.95**



★**5970334** **THE SMARTEST THINGS EVER SAID.** Ed. by Steven D. Price. Offers over 1,000 quotations, culled from some of the world's most celebrated minds. Topics reflect the range of human existence, hopes, and achievement, such as love and friendship; success and ways to achieve it; the life of the mind, and more. 382 pages. Lyons. Paperbound. Pub. at \$12.95 **\$9.95**

★**691294X** **MAKE TROUBLE.** By John Waters. When John Waters delivered his subversive advice to the graduates of the Rhode Island School of Design, the speech went viral for its spot-on observations on life as a creative person. Here he boils that wisdom into a concise but inspiring book, joining his wisdom with the demented illustrations of Eric Hanson. 71 pages. Algonquin. Pub. at \$14.95 **\$4.95**



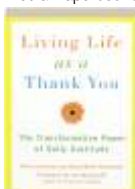
★**2794225** **THE ART OF SIGNIFICANCE: Achieving the Level Beyond Success.** By Dan Clark. One of the world's leading inspirational speakers and leadership trainers shares his Laws of Significance, which will teach you to connect your head and heart, manage your priorities, and live an extraordinary life that matters to your family, friends, coworkers, community, and country. 244 pages. Portfolio. Pub. at \$25.95 **\$4.95**

★**6806074** **WABI SABI: The Art of Everyday Life.** By Diane Durston. The gems of wisdom collected in this little book inspire us to discover the humble beauty in our daily lives. Illus. 368 pages. Storey. Paperbound. Pub. at \$8.95 **\$6.95**



★**6826180** **TREAT IDEAS LIKE CATS.** By Zachary Petit. Discover insight and advice on the creative process from dozens of innovative writers, designers, and artists, including Ray Bradbury, Pablo Picasso, Ernest Hemingway, Andy Warhol, and more. HOW Books. Paperbound. Pub. at \$17.99 **\$4.95**

★**6868185** **STRESS LESS: Stop Stressing, Start Living.** By Kate Hanley. Open up to any page and discover an easy-to-prompt, such as a breathing exercise, a visualization, or a simple yoga pose that will give your mind, body, and heart a moment of peace in a world of chaos. Adams Media. Paperbound. Pub. at \$13.99 **\$4.95**



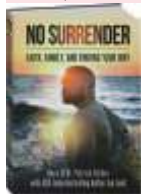
★**6756859** **LIVING LIFE AS A THANK YOU: The Transformative Power of Daily Gratitude.** By N. Lesowitz & M.B. Sammons. Living as if each day is a thank you can help transform fear into courage, anger into forgiveness, and isolation into belonging. Presented in this guide is a comprehensive approach for incorporating gratitude into your life and reaping its many benefits. 252 pages. Viva Editions. Paperbound. Pub. at \$15.95 **\$3.95**



★**6843506** **EVERYTHING I NEED TO KNOW I LEARNED IN THE TWILIGHT ZONE.** By Mark Dawidziak. A lighthearted collection of life lessons, ground rules, inspirational thoughts, and stirring reminders found in Rod Serling's timeless fantasy series. This unauthorized tribute is a celebration of the classic anthology show and a kind of fifth-dimension self-help guide, with each lesson supported by the morality tales told by Serling and his writers. Photos. 320 pages. St. Martin's. Pub. at \$26.99 **\$6.95**

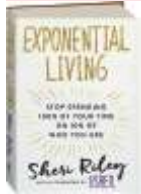
Inspiration, Motivation & Self-Discovery

6907083 THE PAPERCLIP TEST. By Mario Gmur. We've all absent-mindedly bent a paperclip. Gmur, a psychologist, uses these miniature metallic sculptures to pick the lock of the psyche. This little volume is an innovative personality quiz that's part Rorschach test, part horoscope, and all fun. Illus. in color. 203 pages. HMH. Pub. at \$14.99 **PRICE CUT to \$1.95**



6949584 NO SURRENDER: Faith, Family, and Finding Your Way. By Patrick Bisher with J. Land. Bisher takes the lessons he learned on and off the battlefield and applies them to everyday life. In this stimulating volume he offers inspiration to all who've faced the kind of adversity he has. He'll show you how to lead a better, more productive life. 190 pages. Post Hill. Pub. at \$27.00 **PRICE CUT to \$3.95**

★6876765 THE THINGS TREES KNOW. By Douglas Wood. Through insightful text and lovely pen and ink illustrations, the author presents a whispering grove full of wisdom. Walk this wooded trail and find a shaft of sunlight, a ray of hope, and perhaps the answer to a question or two. 59 pages. Adventure Publications. Pub. at \$9.95 **PRICE CUT to \$5.95**



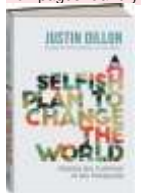
2826186 EXPONENTIAL LIVING: Stop Spending 100% of Your Time on 10% of Who You Are. By Sheri Riley. Constantly striving to achieve one goal after another, have left many of us feeling anything but happy. Sharing the secret that helped her regain her sense of self and purpose, the author offers nine principles to help the busiest goal orientated people integrate their professional success with whole life success. 333 pages. Berkley. Pub. at \$26.00 **PRICE CUT to \$3.95**

★6984371 ROOTED IN PEACE: An Inspiring Story of Finding Peace Within. By Greg Reitman. Providing advice from environmentalists, spiritual teachers, and those who deeply understand the links between head and heart, this guide shares inspiration for engaging with your own sense of inner peace. Join Reitman as he shares the power in taking notice of the world in which we live. 203 pages. Llewellyn. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**



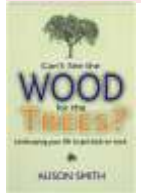
★2888866 KEEP IT SIMPLE: Unclutter Your Mind to Uncomplicate Your Life. By Joe Calloway. Cluttered processes and over complications are the enemies of control in your life and in your business. The author is an expert on simplification across all aspects of your life. By using this guide as pillars, you'll finally streamline your life, reduce stress, and achieve the goals you have been dreaming of. Well illus., most in color. 106 pages. Sourcebooks. Pub. at \$16.99 **PRICE CUT to \$9.95**

6859046 THE GIFT OF ANGER: And Other Lessons from My Grandfather Mahatma Gandhi. By Arun Gandhi. Each chapter of this beautiful work contains a singular, timeless lesson for today's turbulent age. These lessons strike a universal chord about self-discovery, identity, anger, depression, loneliness, friendship, and family—perfect for anyone searching for a way to effect healing change in a fractured world. 292 pages. Gallery. Pub. at \$24.00 **PRICE CUT to \$7.95**

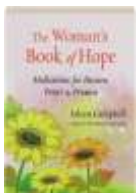


6949150 A SELFISH PLAN TO CHANGE THE WORLD: Finding Big Purpose in Big Problems. By Justin Dillon. What if your search for meaning could solve the world's problems? Drawing upon his own unlikely transformation from touring musician to founder of a global movement, Dillon reveals the secret to a life of deep and lasting significance: the discovery that our need for meaning is inextricably linked to the needs of the world. 239 pages. Thomas Nelson. Pub. at \$24.99 **PRICE CUT to \$4.95**

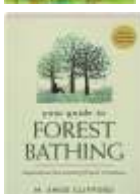
★2903237 FIFTEEN PATHS: How to Tune Out Noise, Turn on Imagination and Find Wisdom. By David Weitzner. An indispensable guide on how we can improve civic participation, expand inclusiveness in the world of economics, express our hopes and fears in the spiritual realm and build a shared culture of wisdom. 272 pages. ECW Press. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**



★6970109 CAN'T SEE THE WOOD FOR THE TREES? Landscaping Your Life to Get Back on Track. By Allison Smith. Offering an effective, easy process based on the power of Metaphors, Smith introduces her method as a means to bring clarity to a problem, highlight alternative perspectives, and allow solutions to emerge organically, from within ourselves. 208 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **PRICE CUT to \$11.95**



★2840537 THE WOMAN'S BOOK OF HOPE: Meditations for Passion, Power & Promise. By Eileen Campbell. A collection of daily meditations designed to help restore a woman's sense of hopefulness and purpose. The perfect antidote for despair, it teaches women to practice hope and take concrete steps in the face of pain and despair to make their lives happier. 245 pages. Conari Press. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**



★6848206 YOUR GUIDE TO FOREST BATHING: Experience the Healing Power of Nature. By M. Amos Clifford. Simply being present in the natural world with all four senses fully alive can have a remarkable healing effect. Inspired by the Japanese tradition of *shinrin-yoku*, this guide will help you explore the natural world in a way you may never have thought possible. 170 pages. Conari Press. Paperbound. Pub. at \$14.95 **PRICE CUT to \$9.95**

★6920756 RISE ABOVE: My 500 Days of Faith, Forgiveness, & Fighting Back. By Steve Zakuani. When a broken leg nearly ended his career, Zakuani was forced to grapple with who he was when his identity in soccer and his personal goals were shaken. Drawn from his journals kept during recovery, this story will show you how to face tragedy with a positive mindset, how to set goals that are bigger than your adversity, and how to remain hopeful in your darkest moments. 221 pages. Kirkdale. Paperbound. Pub. at \$18.99 **PRICE CUT to \$9.95**



★6791522 SUCK IT UP SUNSHINE: Living Through Chronic Disease. By Megan McIntyre. When doctors diagnosed McIntyre with a rare disorder, her life became more about living every moment to the fullest. Writing about her experiences, she hopes her encouraging story will resonate in the hearts of people of all abilities. 190 pages. Sands. Paperbound. Pub. at \$17.99 **PRICE CUT to \$7.95**



6659896 WHEN HAPPINESS IS NOT ENOUGH. By Chris Skellett. A psychologist of over 30 years argues that, in order to live a fulfilling life, we must strike a considered balance between pleasure and achievement. By applying this principle in your own life, he suggests, you can enhance your personal relationships; experience greater fulfillment at work; and more. 229 pages. Exisle. Paperbound. Pub. at \$19.95 **PRICE CUT to \$4.95**

2884593 UNCLUTTER YOUR MIND: One-Minute Tips. By Donna Smallin. Offers 500 simple yet powerful ways to discover, clarify, and remember what's important to you. Includes tips on identifying your authentic voice, centering yourself, learning to let go, and much more. 282 pages. Storey. Paperbound. Pub. at \$10.95 **\$4.95**



★277688X A MESSAGE TO GARCIA AND OTHER WRITINGS. By Elbert Hubbard. Recounts a soldier's unquestioning acceptance and fulfillment of his orders. Set in the days of mounting tension that would soon culminate in the Spanish American War, it follows an able young lieutenant as his mission becomes an imperishable tale of courage, initiative, and resourcefulness. 114 pages. Ixia. Paperbound. **\$6.95**



2811766 IF YOU FEEL TOO MUCH. By Jamie Tworowski. A celebration of hope, wonder, and what it means to be human. From personal stories of struggling on days most people celebrate to words of strength and encouragement in moments of loss, the essays in this volume invite readers to believe that it's okay to admit to the pain and okay to ask for help. 206 pages. TarcherPerigee. Pub. at \$18.00 **PRICE CUT to \$2.95**

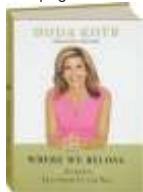
6815359 HELL WEEK: Seven Days to Be Your Best Self. By Erik Bertrand Larssen. Larssen's groundbreaking program shows you how to apply his principles to everyday life. Offering tools and pragmatic, inspirational advice, including ways to incorporate exercise, time management, and focused meditation into your daily routine. This volume will inspire you to be the best you can be in all aspects of your life. 214 pages. Gallery. Pub. at \$26.00 **PRICE CUT to \$3.95**



6930921 THE 3 CHOICES: Simple Practices to Transform Pain into Power. By Jorge Cruise. It took losing everything for Jorge to realize that he was living a life that wasn't true to himself. He spent years trying to discover and then accept his authentic self, a journey that culminated in his discovery of the three simple choices that lead to a happy life. Now, with Jorge as your guide, you too can easily find your happy life. 160 pages. Hay House. Pub. at \$19.99 **PRICE CUT to \$4.95**

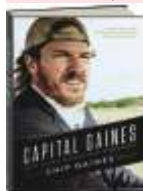
Inspiration, Motivation & Self-Discovery

6843581 FLOURISH: A Visionary New Understanding of Happiness and Well-Being. By Martin E.P. Seligman. With interactive exercises to help readers explore their own attitudes and aims, Seligman offers the reader a guide to get the most out of life. 349 pages. Atria. Paperbound. Pub. at \$17.00 **\$3.95**

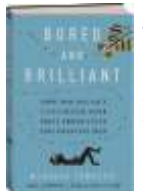


S&S. Pub. at \$24.95

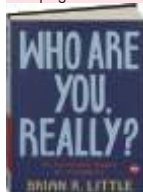
6801595 WHERE WE BELONG: Journeys That Show Us the Way. By Hoda Kotb with J. Lorenzini. Explores the challenging journeys of people who found their true calling in life. The compelling stories include an investment banker who became a minister; a young woman whose passion took her to Harvard Medical School; and a "no-kids" guy who now helps children all over the world. Photos. 252 pages. S&S. Pub. at \$24.95 **PRICE CUT to \$3.95**



★6723748 CAPITAL GAINES: Smart Things I Learned Doing Stupid Stuff. By Chip Gaines. In this faith-fueled account of a man on a mission, Gaines reveals how fearless dedication and love for both business and family can redefine modern success. His personal, often humorous journey will arm you with the off-the-wall strategies and the boldness you need to find success in your own life. 190 pages. Thomas Nelson. Pub. at \$24.99 **\$7.95**



6989233 BORED AND BRILLIANT: How Spacing Out Can Unlock Your Most Productive and Creative Self. By Manoush Zomorodi. In 2015, Zomorodi led tens of thousands of listeners through an experiment to help them unplug from their devices, get bored, and jump start their creativity. This guide builds on that experiment to show us how to rethink our gadget use to live better and smarter in this new digital ecosystem. 192 pages. St. Martin's. Pub. at \$26.99 **PRICE CUT to \$7.95**



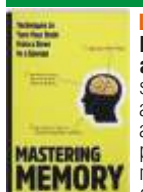
★6668399 WHO ARE YOU, REALLY? The Surprising Puzzle of Personality. By Brian R. Little. Journey beyond the nature-nurture debate and discover an exciting third aspect to the human condition—the pursuit of personal projects. These are the endeavors big and small that give us a sense of meaning in our everyday lives, and end up shaping who we are. 105 pages. S&S. Pub. at \$16.99 **PRICE CUT to \$6.95**



★679971X THE MISSING ELEMENT: Inspiring Compassion for the Human Condition. By Debra Silverman. Discover a new way to understand yourself and others using the wisdom of the ancients and your natural ability for compassion. Fusing psychology and spirituality, Silverman offers ways to embrace and make peace with ourselves so that we can become more powerful and effective human beings. 160 pages. Findhorn. Paperbound. Pub. at \$16.99 **PRICE CUT to \$6.95**

Findhorn. Paperbound. Pub. at \$16.99

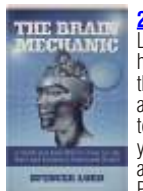
Healing & the Mind



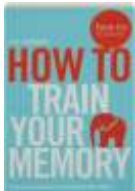
LIMITED QUANTITY 2964198 MASTERING MEMORY: Techniques to Turn Your Brain from a Sieve to a Sponge. By Chester Santos. Presents strategies for mastering memory in a lively and accessible way, while focusing on practical applications useful to your career, education, and personal life. Whether you want to remember names, learn a new language, impress potential clients, or simply improve your brain, this guide will turn your memory into a powerful tool. 143 pages. Puzzlewright. Paperbound. Pub. at \$12.95 **\$4.95**



★6178138 HOW TO REMEMBER ANYTHING: The Proven Total Memory Retention System. By Dean Vaughn. His program gives you the power to harness your brain's capacity for memory. Follow his ten-step system and soon you'll be able to remember anything—names & faces, vocabulary, numbers, appointments, dates, your schedule...anything. 242 pages. St. Martin's. Paperbound. Pub. at \$14.95 **\$9.95**



291879X THE BRAIN MECHANIC. By Spencer Lord. A concise, entertaining, and easy to use handbook that demystifies cognitive behavioral therapy. With simple exercises, clear explanations, and helpful insight, the author makes it easy for you to fit this technique into your daily life to improve your mood, broaden your communication skills, and enrich your relationships. 128 pages. HCI Press. Paperbound. Pub. at \$12.95 **\$4.95**



2868571 HOW TO TRAIN YOUR MEMORY: Concise Introductions to the Topics That Matter. By Phil Chambers. Do you want to recall passwords with ease, have facts and figures at your fingertips or even learn a foreign language? Make those ambitions a reality with the help of this practical guide to enhancing both short term and long term memory. 177 pages. Pan. Paperbound. Pub. at \$12.95 **\$4.95**

★2813580

HOW YOUR MIND CAN HEAL YOUR BODY. By David R. Hamilton. There is no longer any doubt that the way we think affects our bodies: countless scientific studies have shown this to be true. Hamilton explores the effect of visualization, belief and positive thinking on the body, and shows how using our imagination can stimulate our own defenses. 302 pages. Hay House. Paperbound. Pub. at \$16.99 **\$12.95**

6983472

HOW HEALING WORKS: Get Well and Stay Well Using Your Hidden Power to Heal. By Wayne Jonas. The author draws on forty years of research and patient care to explain how 80 percent of healing arises from outside the doctor's office. Dr. Jonas lays out a revolutionary approach to healing and health, detailing how we can tap in to our natural ability to heal and transform our day to day wellness. 326 pages. Lorena Jones. Pub. at \$24.99 **\$7.95**



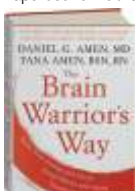
★2790068 BE YOUR OWN DREAM INTERPRETER: Uncover the Real Meaning of Your Dreams and How You Can Learn from Them. By Tony Crisp. If you want to understand more about your own and others' behavior and gain greater insight into your inner self, this fact packed guide will provide a wealth of fascinating information to help you unlock the power of your dreams. Includes an A-Z directory of dream themes and images. Maximize your dream power. CICO Books. Pub. at \$9.95 **\$7.95**



2934426 THE MIND MANUAL. By Andy Gibson. An accessible guide to how your mind works, from knowing what's going through your own mind, to making sense of the behavior of others. Based on proven insights, this practical guide will improve your well-being, your ability to cope with stress, and your understanding of self and others. Illus. in color. 192 pages. Hamlyn. Paperbound. Pub. at \$14.99 **\$4.95**

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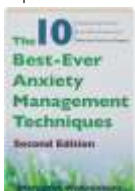
MEMORY POWER 101: A Comprehensive Guide to Better Learning for Students, Businesspeople, and Seniors. By W.R. Klemm. The author explains the different kinds of memories and how they are stored and accessed in everyday situations. He offers advice on learning how to focus and pay attention so that key pieces of information are more easily used. Includes over 200 well-researched tips. 298 pages. Skyhorse. Paperbound. Pub. at \$14.95 **\$4.95**



2811723 THE BRAIN WARRIOR'S WAY. By Daniel G. & Tana Amen. You can master your brain and body for the rest of your life with this scientifically designed program. The Amens will guide you through the process and give you the tools to take control. So if you're serious about your health, either out of desire or necessity, it's time to arm yourself and head into battle. 358 pages. New American Library. Pub. at \$27.00 **\$5.95**

6912915

LIVING IN A MINDFUL UNIVERSE: A Neurosurgeon's Journey into the Heart of Consciousness. By E. Alexander & K. Newell. The authors share how we can tap into our greater mind and the power of the heart to enhance healing, relationships, creativity, guidance, and all aspects of our lives. The reader will gain the power to access that infinite source of knowing and learn that the key of unlocking the power of the universe is inside you. 272 pages. Rodale. Paperbound. Pub. at \$17.99 **\$4.95**



★6887538 THE 10 BEST-EVER ANXIETY MANAGEMENT TECHNIQUES, SECOND EDITION. By Margaret Wehrenberg. If you are one of over 40 million Americans who suffer from anxiety, this volume may be for you. Drawing on fresh insights into the anatomy of the anxious brain, Dr. Wehrenberg gets to the biologically-based heart of the problem and offers readers practical, effective tips to manage their anxiety on a day by day basis. 280 pages. Norton. Paperbound. Pub. at \$19.95 **\$14.95**

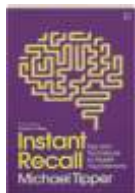


★2916134 NEVER EAT SHREDDED WHEAT: Weird Ways to Remember Things. By James M. Russell. Offers a cornucopia of mnemonics, including well-known examples you might remember from school, some of which have been in use for centuries, as well as more recent ones, ranging across history, science, grammar, music, business, art, math and more. 191 pages. Michael O'Mara. Pub. at \$16.95 **\$13.95**

Healing & the Mind



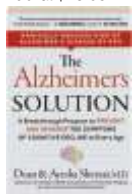
★**2887355** **THE DREAM BIBLE: The Definitive Guide to over 300 Dream Symbols.** By Brenda Mallon. A comprehensive directory to the universal symbols and themes that appear in our dreams, including information on the history and traditions of analysis, and practical guidance on interpretation techniques. Fully illus. in color. 400 pages. Sterling Ethos. Paperbound. Pub. at \$14.95 **\$11.95**



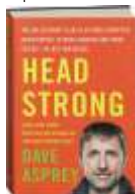
★**2866455** **INSTANT RECALL: Tips and Techniques to Master Your Memory.** By Michael Tipper. Guides you through Tipper's tried and tested techniques to boost your powers of memorization and recall to astonishing new levels. Discover the capabilities of your memory and stretch them further with the help of this silver medal winner of the World Memory Championships. 158 pages. Watkins. Paperbound. Pub. at \$14.95 **\$11.95**



6826229 UNDERSTANDING DEPRESSION: A Complete Guide to Its Diagnosis and Treatment. By D.F. Klein & P.H. Wender. This updated and expanded second edition evaluates available pharmaceutical and psychological treatments; contains excerpts from real patient histories; explores the causes of depression; and includes self-tests to determine the need to seek a psychological evaluation. 207 pages. Oxford. Paperbound. Pub. at \$13.95 **\$4.95**

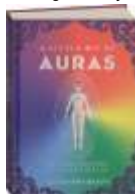


★**2888629** **THE ALZHEIMER'S SOLUTION: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age.** By Dean & Ayesha Sherazi. Based on the largest clinical and observational study to date, the authors reveal the brain as a living universe directly influenced by nutrition, exercise, stress, sleep, and engagement. They offer a comprehensive five-part program for preventing Alzheimer's disease, as well as day to day guides for improving cognitive function. 356 pages. HarperOne. Paperbound. Pub. at \$17.99 **\$12.95**

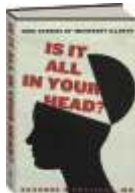


★**2859998** **HEAD STRONG: The Bulletproof Plan to Activate Untapped Brain Energy to Work Smarter and Think Faster—in Just Two Weeks.** By Dave Asprey. Following Asprey's program which combines the latest insights from neuroscience with a hacker-inspired focus on fast results, you will learn how to take your mental performance to the next level. A better brain and a happier, more productive life is within reach with this guide. 338 pages. HarperCollins. Pub. at \$27.99 **\$9.95**

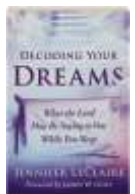
6808131 THE NOTE FROM HEAVEN: How to Sing Yourself to Higher Consciousness. By Githa Ben-David. A sacred and simple healing tool for liberating your true voice and reconnecting with your higher Self. The author presents an innovative method using regressive cell-singing, one of the most direct ways to get in contact with the subconscious mind, that can help release blocked energy imprisoned in the singer's body. 252 pages. Watkins. Paperbound. Pub. at \$15.95 **\$3.95**



★**6855296** **A LITTLE BIT OF AURAS: An Introduction to Energy Fields.** By Cassandra Eason. An introduction to understanding auras; colored energy fields that surround people, animals, crystals, and even places. The author explains a variety of techniques for sensing, seeing, and interpreting the aura, and how you can cleanse, heal, strengthen, and protect the aura. Illus. in color. 110 pages. Sterling Ethos. Pub. at \$9.95 **\$7.95**



6983537 IS IT ALL IN YOUR HEAD? True Stories of Imaginary Illness. By Suzanne O'Sullivan. A neurologist's insightful and compassionate look into the misunderstood world of psychosomatic disorders, told through individual case histories. The author takes us on a journey through the world of psychosomatic illness and encourages us to look at the intimate connection between mind and body. 291 pages. Other Press. Pub. at \$26.95 **\$6.95**



★**2850273** **DECODING YOUR DREAMS: What the Lord May Be Saying to You While You Sleep.** By Jennifer LeClaire. Reveals how God does indeed speak through dreams and why it is so important to understand what He's saying. In this informative guide, LeClaire teaches how to recognize the way God speaks through dreams by showing how heroes of the Bible acknowledged dreams; by revealing the true source of dreams; and by explaining dream classifications. 189 pages. Emanate Books. Paperbound. Pub. at \$16.99 **\$12.95**



★**6820123** **BORDERLINE PERSONALITY DISORDER DEMYSTIFIED, REVISED EDITION: An Essential Guide for Understanding and Living with BPD.** By Robert O. Friedel et al. Shares the latest findings on the course and causes of the disorder, as well as up-to-date information on diagnosis and an overview of cutting edge treatment options. For those who have been diagnosed and those who think they may have the illness, and for the family and friends who love and support them. 296 pages. Da Capo. Paperbound. Pub. at \$16.99 **\$12.95**

★**6594174** **THE DREAM INTERPRETATION DICTIONARY: Symbols, Signs, and Meanings.** By J.M. DeBord. Explores the messages delivered by the unconscious mind during sleep by illuminating the meanings behind the dreams, decoding clues, explaining symbols, and revealing the universal meanings of each. DeBord examines how dreams connect to daily life and represent personal situations, and how they can build self-awareness, spark inspiration, or warn us of danger ahead. 464 pages. Visible Ink. Paperbound. Pub. at \$21.95 **\$16.95**



★**2827433** **AARP MEMORY ACTIVITY BOOK.** By Helen Lambert. Physical exercise, mental activities, and social interaction may help maintain your brain health and slow the progress of many kinds of dementia, including Alzheimer's disease. This resource guide is packed with more than 70 activities to stimulate the brain, from nature walks and exercise to arts, crafts, and games. Fully illus. in color. 224 pages. Dorling Kindersley. 8 1/2 x 11. Paperbound. Pub. at \$24.99 **\$17.95**

★**2896796** **THE SMALL GUIDE TO ANXIETY.** By G. Small & G. Vorgan. Anxiety shouldn't stand in the way of your happiness, and in this guide Dr. Small, a leading expert on brain health, shows how to gain back your control. 194 pages. Humanix. Paperbound. Pub. at \$15.99 **\$11.95**

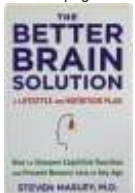


★**2976250** **MEMORY COACH: Train and Sustain a Mega-Memory in 40 Days.** By Gareth Moore. Moore has developed a program of techniques, exercises and tips that will help you ensure that your memory never lets you down again. From remembering PIN numbers to building memory palaces, this volume will help you train your memory and keep it sharper. 192 pages. Michael O'Mara. Paperbound. Pub. at \$16.95 **\$13.95**



★**2939819** **TAME YOUR ANXIETY: Rewiring Your Brain for Happiness.** By Loretta Breuning. This guide does not tell you to imagine yourself on a tropical beach. That's the last thing you want when you feel like a lion is chasing you. Instead, you will learn to ask your inner mammal what it wants and how you can get it. You don't have to wait for a perfect world to feel good; you can feel good right now. 147 pages. Rowman & Littlefield. Paperbound. Pub. at \$18.95 **\$13.95**

★**2913844** **ONE SIMPLE THING: A New Look at the Science of Yoga and How It Can Transform Your Life.** By Eddie Stern. Drawing on modern neuroscience, ancient wisdom, and decades of practice and teaching, Stern reveals how what we do—from diet to chanting, from postures to meditation, from ethical practices to breathing techniques—affects who we become, and how a steady routine of activities and attitudes can transform our bodies, our emotions and our experience of life. 303 pages. North Point. Pub. at \$26.00 **\$18.95**



★**2869128** **THE BETTER BRAIN SOLUTION: A Lifestyle and Nutrition Plan.** By Steven Masley. A step by step guide that lays out a four-pillar diet and lifestyle approach to improving brain health, focusing on food, nutrients, exercise, and stress management. Dr. Masley provides the tools you need to fight back and change the way you eat and live, so you can reverse elevated blood sugar levels and improve cognitive performance. 367 pages. Vintage. Paperbound. Pub. at \$16.95 **\$12.95**



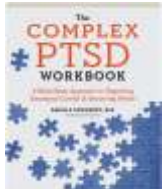
★**6965245** **PRACTICAL MEDITATION: A Simple Step-by-Step Guide.** By Giovanni Dienstmann. Want to improve your concentration, reduce stress, and enhance your emotional well being? Meditation is scientifically proven to do all this, and more. Explore a variety of meditation techniques, so you can find the practices that work for you. 192 pages. Dorling Kindersley. Paperbound. Pub. at \$17.99 **\$13.95**

★**2789337** **YOU CAN FIX YOUR BRAIN.** By Tom O'Bryan. This fascinating guide will enable and empower you to take concrete steps that will make an immediate difference in your brain's vitality, clarity, and energy. Using a holistic, step by step approach to integrative medicine, Dr. O'Bryan covers the full spectrum from prevention to treatment and offers a collection of 50 healthy recipes. 400 pages. Rodale. Pub. at \$26.99 **\$19.95**

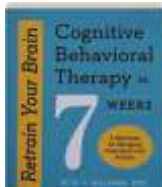
Healing & the Mind



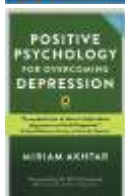
★**2789942** **BOTTOM LINE'S GUIDE TO BRAIN-BUILDING SECRETS.** The leading brain health and memory experts bring you their essential secrets to maintain a vibrant memory and minimize your risk of ever developing dementia or having a stroke. You'll learn surprising causes of memory loss, and how to get your memory back. The best workouts to keep your brain "buff." And much more. 250 pages. Bottom Line. Paperbound. Pub. at \$15.95 **\$11.95**



★**6785557** **THE COMPLEX PTSD WORKBOOK: A Mind-Body Approach to Regaining Emotional Control & Becoming Whole.** By Arielle Schwartz. Helps you navigate the complicated and overwhelming terrain of complex PTSD. The exercises and examples included in this workbook will safely guide you to explore the emotions and manifestations of your own PTSD. With Schwartz's help, you may discover a life of wellness and freedom. 189 pages. Althea. Paperbound. Pub. at \$15.99 **\$11.95**

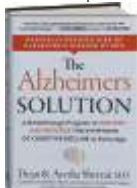


★**6791662** **RETRAIN YOUR BRAIN: Cognitive Behavioral Therapy in 7 Weeks.** By Seth J. Gillihan. A simple, practical seven-week plan that offers real, tangible relief from anxiety and depression. Using this workbook, you can create a CBT (Cognitive Behavioral Therapy) toolkit that you can rely on to apply to your real-life challenges, time and time again. 236 pages. Rockridge. Paperbound. Pub. at \$15.99 **\$11.95**



★**6874487** **POSITIVE PSYCHOLOGY FOR OVERCOMING DEPRESSION, REVISED EDITION.** By Miriam Akhtar. Offers a groundbreaking approach to depression based on the study of what makes us feel good, function well and flourish. Discover how a wide range of scientifically grounded strategies can help prevent future bouts with depression, and how to put Akhtar's techniques into practice. 241 pages. Watkins. Paperbound. Pub. at \$14.95 **\$11.95**

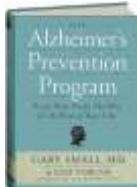
6808212 **YOU CAN LEARN TO REMEMBER: Change Your Thinking, Change Your Life.** By Dominic O'Brien. Shows you how to train your brain to peak performance and develop the ability to instantly recall details. Drawing upon the extraordinary skills of a memory master and featuring 25 exercises, this essential guide provides a repertoire of proven and effective ways to enhance your memories. 160 pages. Watkins. Paperbound. Pub. at \$9.95 **\$3.95**



2860287 **THE ALZHEIMER'S SOLUTION: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age.** By Dean & Ayesha Sherzai. Based on the largest clinical and observational study to date, the authors reveal the brain as a living universe directly influenced by nutrition, exercise, stress, sleep, and engagement. They offer a comprehensive five-part program for preventing Alzheimer's disease, as well as day-to-day guides for improving cognitive function. 352 pages. HarperOne. Pub. at \$28.99 **\$8.95**



5924588 **THE PAST LIFE PERSPECTIVE: Discovering Your True Nature Across Multiple Lifetimes.** By Ann C. Barham. A fascinating glimpse at past life regression therapy where everyday people are able to experience prior lifetimes all the way through to their deaths, tapping into abiding spiritual truths and answering essential questions about human existence. 237 pages. Atria. Pub. at \$25.00 **\$4.95**



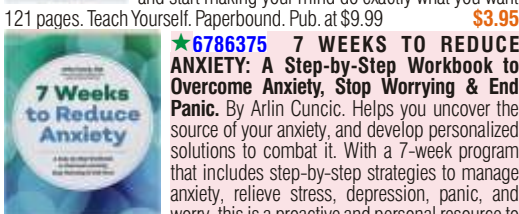
5928699 **THE ALZHEIMER'S PREVENTION PROGRAM: Keep Your Brain Healthy for the Rest of Your Life.** By G. Small & G. Vorgan. Presents an easy to follow regimen based on the latest, comprehensive research on Alzheimer's disease, especially the critical connection between lifestyle and susceptibility. It includes quizzes, self-evaluations, memory training, nutrition and exercise tips, and much more. Illus. 281 pages. Workman. Pub. at \$24.95 **\$4.95**



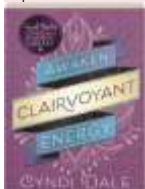
6817920 **GRAIN BRAIN: The Surprising Truth About Wheat, Carbs, and Sugar—Your Brain's Silent Killers.** By David Perlmutter with K. Loberg. With a blend of cutting-edge research, real-life stories of transformation, and accessible, practical advice, this guide teaches you how to take control of your "smart genes," regain wellness, and enjoy lifelong health and vitality. Includes a 4 week plan to achieve optimum health along with meal plans and recipes. 323 pages. Little, Brown. Pub. at \$28.00 **\$6.95**



★**5969832** **TEACH YOURSELF SUCCESSFUL MEMORY TECHNIQUES IN A WEEK.** By J. Hancock & C. Buggy. A simple and straightforward guide to getting your memory functioning on full power, giving you everything you really need to know in just seven short chapters. From exploring how your memory works, to adapting your learning techniques to match, you'll activate the full power of your brain and start making your mind do exactly what you want. 121 pages. Teach Yourself. Paperbound. Pub. at \$9.99 **\$3.95**



help you become less anxious and more confident. 216 pages. Althea. Paperbound. Pub. at \$17.99 **PRICE CUT to \$9.95**



★**6832873** **AWAKEN CLAIRVOYANT ENERGY.** By Cyndi Dale. Attract more of what you love into your life, travel between lifetimes, connect with the deceased or a child yet to be born, and much more by using your clairvoyant talents. The author reveals the secrets of clairvoyant energy and provides step by step instructions for six different clairvoyant styles. 264 pages. Llewellyn. Paperbound. Pub. at \$14.99 **PRICE CUT to \$7.95**



★**6882013** **THE FABRIC OF DREAMS.** By Katherine Taylor Craig. Science, history, symbolism, and collective wisdom combine for a fascinating blend of scholarship and spirituality in this exploration of ancient and modern dream lore and dream interpretation. A republication of the work originally published in 1918. 380 pages. Dover. Paperbound. Pub. at \$16.95 **PRICE CUT to \$7.95**

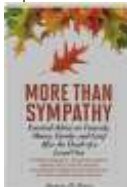
★**594998X** **WHAT YOU MUST KNOW ABOUT MEMORY LOSS & HOW YOU CAN STOP IT.** By Pamela Wartian Smith. Smith explains why we forget things and what we can do to not only reverse the problem, but also enhance our ability to focus, concentrate, and comprehend. 223 pages. Square One Publishers. Paperbound. Pub. at \$15.95 **\$5.95**

★**6930824** **REST: Why You Get More Done When You Work Less.** By Alex Soojung-Kim Pang. Drawing on rigorous scientific evidence and revelation historical examples, this title overturns everything our culture has taught us about work and shows that only by resting better can we start living better. 310 pages. Basic. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**

Facing Illness & Death



2930641 **FROM HERE TO ETERNITY: Traveling the World to Find the Good Death.** By Caitlin Doughty. A global journey that introduces how other cultures care for the dead with compelling, powerful rituals almost entirely unknown in America. Doughty contends that the American funeral industry sells a particular and peculiar set of "respectful" rites and argues that our expensive, impersonal system fosters a corrosive fear of death that hinders our ability to cope and mourn. Illus. 248 pages. Norton. Pub. at \$24.95 **\$5.95**



6980384 **MORE THAN SYMPATHY: Essential Advice on Funerals, Money, Family, and Grief After the Death of a Loved One.** By Steven D. Price. This guide offers everything you need to do after a relative or friend dies, from arranging the funeral to dealing with the financial and emotional aftermath. Price provides straightforward and reassuring advice that is both practical and comforting at this difficult time. 175 pages. Skyhorse. Paperbound. Pub. at \$14.95 **\$4.95**



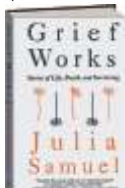
2918420 **THE LAST LECTURE.** By Randy Paus with J. Zaslow. The author, a computer science professor at Carnegie Mellon, was asked to give a talk where he was to consider his demise and ruminate on what matters most. He didn't have to imagine, since he had recently been diagnosed with terminal cancer. His inspiring speech is presented here. Photos. 206 pages. Hachette. Pub. at \$22.00 **\$6.95**

2865939 **DEATH: An Oral History.** By Casey Jarman. In this illuminating collection of oral history style interviews, Jarman talks to a funeral industry watchdog about the often shady history of the death trade. In these moving, enlightening, and often funny conversations, the end is only the beginning. 352 pages. Zest. Pub. at \$22.99 **\$7.95**

Facing Illness & Death



2897245 DEATH'S SUMMER COAT: What the History of Death and Dying Teaches Us About Life and Living. By Brandy Schillace. The reality of death is something we must all confront throughout our lives, and yet we have grown used to denying its existence, treating it as an enemy to be beaten back with medical advances. In this empowering work, Schillace shows how talking about death, and the rituals associated with it, can help provide answers to our most painful questions. Illus. 266 pages. Pegasus. Paperbound. Pub. at \$16.95 **\$4.95**



2892642 GRIEF WORKS: Stories of Life, Death, and Surviving. By Julia Samuel. Helps us stop feeling awkward and uncertain about the complexities of death and move toward talking honestly and openly with family and friends when support is needed. This extraordinary resource shows us how to live, learn, and in time, grow from great loss. 261 pages. Scribner. Pub. at \$26.00 **\$6.95**



★2854201 WHERE DID YOU GO? A Life-Changing Journey to Connect with Those We've Lost. By Christina Rasmussen. Sharing an inspiring message of hope, optimism, and love, this is a transporting step by step guide to journeying to the other side, from one of our most trusted voices on life after loss. Bridging the gap between the metaphysical and the measurable, it will change the way we grieve, the way we live, and how we define our potential. 229 pages. HarperOne. Pub. at \$25.99 **\$18.95**

697466X HEALTHY HEALING: A Guide to Working Out Grief Using the Power of Exercise and Endorphins. By Michelle Steinke-Baumgard. Offers a revolutionary solution to everyone struggling with loss. The author gives us a fitness and nutrition plan that empowers you to move forward during this difficult time. You'll learn how to channel your pain into something productive and turn a tragedy into something that inspires extraordinary change. 285 pages. HarperOne. Paperbound. Pub. at \$17.99 **\$5.95**



★2862832 WITH THE END IN MIND: Dying, Death, and Wisdom in an Age of Denial. By Kathryn Mannix. With changes in the way we understand medicine come changes in the way we understand death. Once a familiar, peaceful, and gentle transition, death has come to be something from which we shield our eyes. Dr. Mannix shares beautifully crafted stories from a lifetime of caring for the dying and makes a compelling case for the therapeutic power of death with openness. 341 pages. Little, Brown. Paperbound. Pub. at \$17.99 **\$12.95**



★2896699 ON DEATH & DYING: What the Dying Have to Teach Doctors, Nurses, Clergy & Their Own Families. By Elisabeth Kubler-Ross. This profound narrative gives readers an understanding of how imminent death affects the patient, the professionals who serve that patient, and the patient's family. Along with understanding, Dr. Kubler-Ross brings hope to all who are involved. 275 pages. Scribner. Paperbound. Pub. at \$17.00 **\$12.95**



★6939430 BEFORE I GO: The Essential Guide to Creating a Good End of Life Plan. By Jane Duncan Rogers. Addresses the emotional, spiritual and practical aspects of end of life planning to help you make well-informed decisions about your end of life care and prepare well for your death. With your wishes clearly defined, you gain the freedom to continue living your life to the fullest. 192 pages. Findhorn. Paperbound. Pub. at \$16.99 **\$13.95**



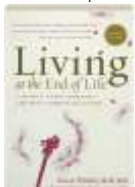
★2868881 TRANSCENDENCE: Finding Peace at the End of Life. By J. Phillip Jones. This study views life as pilgrimage culminating in the Great Transition at death. Drawing on insights from the ancient sages of India as well as modern hospice experiences, Jones explores a spiritual art of dying in which death is the last and most powerful rite of passage. Photos. 104 pages. Mandala. Paperbound. Pub. at \$12.99 **\$9.95**



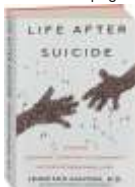
★6945392 NATURAL CAUSES. By Barbara Ehrenreich. Drawing on varied sources, from personal experience to sociological trends, Ehrenreich examines the ways in which we obsess over death, our bodies, and our health. Both funny and caustic, she then tackles the seemingly unsolvable problem of how we might better prepare ourselves for the end. 234 pages. Twelve. Pub. at \$27.00 **\$19.95**



★2877775 REIMAGINING DEATH: Stories and Practical Wisdom for Home Funerals and Green Burials. By Lucinda Herring. Offers stories and guidance for home funeral vigils, advance after death care directives, green burials, and conscious dying. When we bring art and beauty, meaningful rituals, and joy to ease our loss and sorrow, we are greening the gateway of death and returning home to ourselves, to the wisdom of our bodies, and to the earth. 16 pages of color photos. 272 pages. North Atlantic. Paperbound. Pub. at \$21.95 **\$16.95**



★678142X LIVING AT THE END OF LIFE: A Hospice Nurse Addresses the Most Common Questions. By Karen Whitley Bell. Presents a comforting guide to the challenges faced by someone coping with declining health—and by those who love and care for them. This second edition includes two new sections: one on ensuring quality care while coping with decline; the other on the challenges of living with a treatable but incurable illness. 262 pages. Sterling. Paperbound. Pub. at \$12.95 **\$9.95**



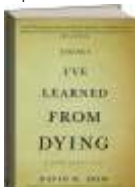
★2965844 LIFE AFTER SUICIDE: Finding Courage, Comfort & Community After Unthinkable Loss. By Jennifer Ashton. In this affecting story of personal loss and of the indefinite process of recovery, Dr. Ashton utilizes community and conversation to elucidate the process of grieving and finding peace after suicide. Both a memoir and a practical guide to helping others through this tragedy, she offers support, advice, and hope to those whose wounds will always be raw. 276 pages. Morrow. Pub. at \$24.99 **\$17.95**



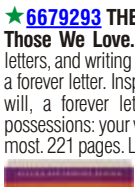
★2939304 DIGITAL LEGACY PLAN: A Guide to the Personal and Practical Elements of Your Digital Life Before You Die. By A. Crocker & V. McLeod. Offers solutions for the practical, social, emotional, and technical aspects of your digital legacy. They include best practices for online memorials, social media and mourning, and digital etiquette in death. Tools and resources are included throughout this guide to help you navigate digital estate planning and empower your estate's executor. 120 pages. Self-Counsel Press. Paperbound. Pub. at \$16.95 **\$13.95**



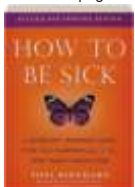
6892728 DYING WELL: Peace and Possibilities at the End of Life. By Ira Byock. Dr. Byock brings us to the homes and bedsides of families with whom he has worked, telling stories of love and reconciliation in the face of tragedy, pain, and conflict. He provides a blueprint for families, showing them how to deal with doctors, how to talk to friends and relatives, and how to make the end of life as meaningful and precious as the beginning. 299 pages. Riverhead. Paperbound. Pub. at \$17.00 **\$3.95**



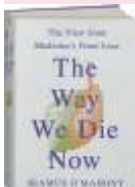
680540X THINGS I'VE LEARNED FROM DYING: A Book About Life. By David R. Dow. In a poignant, lyrical account of how illness and loss can ravage a family, Dow examines the heart-wrenching reality of death and the questions it evokes. With grace and intelligence, he offers readers hope without cliché and affirms our basic human needs by giving voice to the anguish we all face. 273 pages. Twelve. Pub. at \$25.00 **PRICE CUT to \$1.95**



★6679293 THE FOREVER LETTER: Writing What We Believe for Those We Love. By Elana Zaiman. With empowering stories, sample letters, and writing tips, Zaiman guides you through the process of creating a forever letter. Inspired by the centuries-old Jewish tradition of the ethical will, a forever letter is a perfect way to share your most precious possessions: your values, wisdom, and love with people who matter to you most. 221 pages. Llewellyn. Paperbound. Pub. at \$16.99 **\$9.95**



★2796139 HOW TO BE SICK, REVISED EDITION: A Buddhist-Inspired Guide for the Chronically Ill and Their Caregivers. By Toni Bernhard. In 2001, Bernhard got sick, and to her and her partner's bewilderment, stayed that way. In spite of her many physical and energetic restrictions, Toni learned how to live a life of equanimity, compassion, and joy, and she shares her journey here to inspire anyone who might be sick or in pain. 219 pages. Wisdom Publications. Paperbound. Pub. at \$17.95 **PRICE CUT to \$9.95**

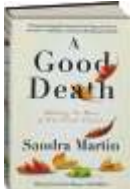


6827470 THE WAY WE DIE NOW: The View from Medicine's Front Line. By Seamus O'Mahony. Dying has become medicalized and sanitized, but doctors cannot prescribe a "good death." Dr. O'Mahony asks us to consider how we have gotten to this age of spiritual poverty and argues that giving up our fantasies of control over death can help restore its significance. 292 pages. St. Martin's. Pub. at \$26.99 **PRICE CUT to \$4.95**

Facing Illness & Death



6580408 GOOD TO GO: A Guide to Preparing for the End of Life. By Jo Myers. One of the few things in life that's certain is death, and here's a realistic, practical, and even humorous guide about preparing for it. From cremation to funeral plans, and from choosing executors to dealing with family relationships, it covers it all. 212 pages. Sterling. Paperbound. Pub. at \$14.95 **\$4.95**

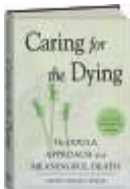


6742742 A GOOD DEATH: Making the Most of Our Final Choices. By Sandra Martin. In taking on our ultimate human right, the award-winning journalist charts the history of the right-to-die movement in Canada and abroad through the personal stories of brave campaigners. She asks the tough question none of us can avoid: How do we want to die? HarperCollins. Pub. at \$25.99 **\$2.95**

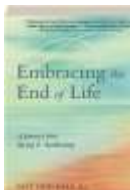


6846335 WHEN IS BUDDY COMING HOME? A Parent's Guide to Helping Your Child with the Loss of a Pet. By Gary Kurz. The author provides thoughtful guidance on soothing a child's heartbreak after the passing of a beloved four-legged friend—affirming that through their unconditional love, every one of them has a unique place in heaven. 260 pages. Citadel. Paperbound. Pub. at \$12.95 **PRICE CUT to \$1.95**

★5936969 PROFOUND HEALING: The Power of Acceptance on the Path to Wellness. By Cheryl Canfield. At the age of 41, Canfield was diagnosed with advanced cancer. Against medical advice, she rejected proposed surgery and prepared to die. In the process, she cured herself. This down-to-earth account of her journey encompasses self-help practices of wellness that others can utilize as a source of hope, inspiration, and practical advice. 242 pages. Healing Arts. Paperbound. Pub. at \$16.95 **\$11.95**

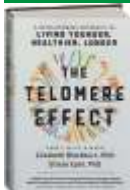


★5997895 CARING FOR THE DYING: The Doula Approach to a Meaningful Death. By Henry Fersko-Weiss. Death is like a dark and painful secret—it challenges how we think about ourselves and makes us feel vulnerable. Sharing beautiful, life-affirming stories, Fersko-Weiss encourages us to face our fears and engage in an open, honest dialog in this uplifting work. 222 pages. Conari Press. Pub. at \$24.95 **PRICE CUT to \$4.95**



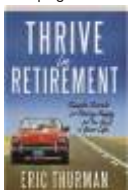
★6679285 EMBRACING THE END OF LIFE: A Journey into Dying & Awakening. By Patt Lind-Kyle. Lind-Kyle shares the idea of death as a journey of three steps—resistance, letting go, and transcendence. Offering dozens of exercises, practices, and meditations, she helps you experience your truest, most expansive self. 350 pages. Llewellyn. Paperbound. Pub. at \$22.99 **PRICE CUT to \$13.95**

Aging

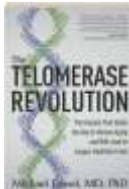


6966993 THE TELOMERE EFFECT: A Revolutionary Approach to Living Younger, Healthier, Longer. By E. Blackburn & E. Epel. A groundbreaking look at telomeres' role in the aging process, engaging readers to reassess how they live their lives on a daily basis. A Nobel Prize-winning scientist and a trailblazing health psychologist explain how we age at a cellular level, and reveal how simple changes can keep our chromosomes and cells healthy, ensuring longer and more meaningful lives. 398 pages. Grand Central. Pub. at \$28.00 **\$6.95**

6972446 AGELESS SOUL: The Lifelong Journey Toward Meaning and Joy. By Thomas Moore. Reveals a fresh, optimistic, and rewarding path toward aging, a journey that need not be feared, but rather should be embraced and cherished. Aging is the process by which one becomes a more distinctive, complex, loving and connected person. Guides readers to feel fulfilled as they grow older. 294 pages. St. Martin's. Pub. at \$26.99 **\$6.95**



★2904551 THRIVE IN RETIREMENT: Simple Secrets for Being Happy for the Rest of Your Life. By Eric Thurman. Takes the mystery and fear out of aging and empowers you to enter this important stage of life with purpose, pleasure, and peace. Common-sense wisdom and credible research reveal how to extend your life and increase your happiness. Review your bucket list and make thriving on your aging adventure the number one item. 224 pages. WaterBrook. Paperbound. Pub. at \$15.99 **\$11.95**

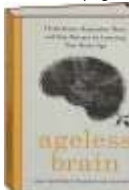


★2857561 THE TELOMERASE REVOLUTION: The Enzyme That Holds the Key to Human Aging and Will Lead to Longer, Healthier Lives. By Michael Fossel. Dr. Fossel, who has been on the forefront of aging research for decades, takes us on a detailed but highly accessible scientific journey, providing startling insights into the nature of human aging. Illus. 223 pages. BenBella. Paperbound. Pub. at \$16.95 **\$12.95**



6912559 CRACKING THE AGING CODE. By J. Mittelendorf & D. Sagan. Presents a fresh, new approach to an age-old problem that is provocative, entertaining, and pioneering, and will challenge the way we understand aging, death, and just what makes us human. Since aging is a war waged from within that has a fascinating evolutionary purpose, we have to approach the disease of old age with a different attitude. 326 pages. Flatiron Books. Paperbound. Pub. at \$16.99 **\$4.95**

★2869845 ANTI-AGING HACKS: 200+ Ways to Feel—and Look—Younger. By Karen Asp. Wrinkles, sunspots, aches, and ailments, aging is not something most people look forward to. Forget what you think you know about aging and get ready to turn back the clock! In this guide you'll find more than 200 hacks to keep your health and looks intact. 254 pages. Adams Media. Paperbound. Pub. at \$15.99 **\$11.95**



2883899 AGELESS BRAIN: Think Faster, Remember More, and Stay Sharper by Lowering Your Brain Age. By the eds. of *Prevention* & J. VanTine. Offers a plan to sharpen your memory and mind so that at 60, you have the quick, agile brain you had at 50. Based on groundbreaking scientific research, this plan is filled with brain healthy foods, exercises, and easy ways that you can positively impact your most vital organ every day. Illus. 344 pages. Rodale. Pub. at \$26.99 **\$8.95**

6987702 LET'S BE LESS STUPID. By Patricia Marx. Tackling the most difficult facet of aging—the mind's decline—with humor, Marx tries to answer questions such as: If there are more neural connections in your brain than stars in the Milky Way, then why did you put the butter dish in your nightstand drawer? 188 pages. Twelve. Paperbound. Pub. at \$14.99 **\$3.95**



5960932 STAGES OF SENIOR CARE: Your Step-by-Step Guide to Making the Best Decisions. By Paul & Lori Hogan. This essential resource guide discusses whether at-home care is right for you; pros and cons of retirement communities, adult care centers, non-medical caregivers, assisted living facilities, nursing homes, and hospices; the costs of senior care options and support networks; and more. Photos. 292 pages. McGraw-Hill. Paperbound. Pub. at \$18.95 **\$5.95**



★2788977 BOTTOM LINE'S GUIDE TO HEALTHY AGING. Features actionable and life saving information you can use to keep you living a long, happy and active life. The best wisdom from the leading anti-aging experts to keep you out of a nursing home and enjoying your life! You'll learn about five surprising foods that help you live longer, and twelve things that make you look older. Plus much more. 250 pages. Bottom Line. Paperbound. Pub. at \$15.95 **\$11.95**

★2908719 GUARDIANSHIPS AND THE ELDERLY: The Perfect Crime. By Sam Sugar. The author sheds light on a system that allows those in control to take full advantage of their elderly "wards of state" legally and under the watchful eyes of judges. This helpful resource presents ways families can fight guardianship, and prevent unjust crime to their elderly loved ones. 226 pages. Square One Publishers. Paperbound. Pub. at \$19.95 **\$14.95**



★2854686 AGING IN PLACE: Navigating the Maze of Long-Term Care. By Mary Mashburn. Offers individuals and their loved ones useful information to make decisions that will give them peace and strength as they face the challenges of aging, and the roadblocks and pitfalls families might encounter. Mashburn provides information on local and national resources as well. 111 pages. Morgan James. Paperbound. Pub. at \$12.95 **\$9.95**

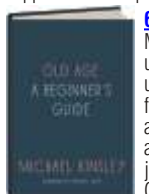


★2946475 NATURAL CAUSES: An Epidemic of Wellness, the Certainty of Dying, and Killing Ourselves to Live Longer. By Barbara Ehrenreich. This work examines the ways we obsess over death, our bodies, and our health. Both funny and caustic, the author tackles the seemingly unsolvable problem of how we might better prepare ourselves for the end, while still reveling in the lives that remain to us. 247 pages. Twelve. Paperbound. Pub. at \$16.99 **\$12.95**

Aging



happier lives. 290 pages. HarperCollins. Pub. at \$28.99 **\$21.95**



6935893 OLD AGE: A Beginner's Guide. By Michael Kinsley. In this series of essays, Kinsley uses his own battle with Parkinson's disease to unearth answers we all confront as we take our first steps into old age. The result is a fresh assessment of the baby boomer generation, and a cheerful and funny account of one man's journey toward the finish line. 160 pages. Crown. Pub. at \$18.00 **\$4.95**



Paperbound. Pub. at \$19.99 **\$14.95**

★2888912 NATURAL AND HOME REMEDIES FOR AGING WELL. By Bottom Line Inc. This is an extensive guide for men and women looking to make the most out of their lives. Whether you're hoping to stay fit and lean, looking to avoid or treat a condition, or simply wanting occasional substitutes to traditional medical options, this resource helps you take charge of your health. 364 pages. Sourcebooks. Paperbound. Pub. at \$21.95 **\$16.95**



★6753876 WHERE SHOULD I LIVE WHEN I RETIRE? A Guide to Continuing-Care Communities. By Bernice Hunt. Clearly shows the advantages and disadvantages of Continuing-Care Retirement Communities (CCRCs). Learn what to look for, what to steer clear of, what you have a right to expect, how you can understand contracts, and how you can best make the transition when you move. 103 pages. Square One Books. Paperbound. Pub. at \$13.95 **\$9.95**

6849741 SENIOR MOMENTS: Looking Back, Looking Ahead. By Willard Spiegelman. Gathers more than six decades of lessons from Spiegelman's storied career as a writer and professor, this series of discrete essays is a joyous, thoughtful reflection on growing older—that unavoidable and universal fate. 190 pages. FSG. Pub. at \$24.00 **PRICE CUT to \$2.95**

6850138 THE WONDER OF AGING. By Michael Gurian. A comprehensive and comforting road map of what to expect in the second half of your life, and how to celebrate it. Gurian provides exercises to help you design your present and future and through this practical and meditative guide, he shows how we can become *elders*. 313 pages. Atria. Paperbound. Pub. at \$16.00 **PRICE CUT to \$3.95**



★6729568 SHELVED: A Memoir of Aging in America. By Sue Matthews Petrovski. Petrovski reflects on her move into a senior living community while considering the benefits and deficits of America's corporate for-profit model of elder care. She argues for the cultural value of our elders, and offers a cogent, well-informed critique of elder care options in this country. 178 pages. Purdue University. Pub. at \$25.95 **PRICE CUT to \$9.95**

★6847633 MY SENIOR MOMENTS HAVE GONE HIGH-TECH. By Karen O'Connor. Have you forgotten your password? Deleted important files? Sent email to the wrong person? If so, you're going to get some inspiration out of this collection of short stories, insightful Scriptures, technology tips, and brief prayers. 185 pages. Harvest House. Paperbound. Pub. at \$12.99 **PRICE CUT to \$7.95**



★4641566 THE FAMILY CAREGIVER'S MANUAL: A Practical Planning Guide to Managing the Care of Your Loved One. By David Levy. Provides a model for effective planning and decision-making, focusing on the nonclinical aspects of caregiving—legal, financial, emotional, social—which are often neglected by medical professionals. Evaluate priorities, understand options, and face bedrock issues so caregivers can make decisions for their loved ones while balancing their own needs. 278 pages. Central Recovery Press. Paperbound. Pub. at \$24.95 **\$9.95**

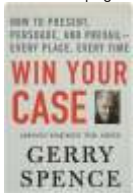
Communication Skills



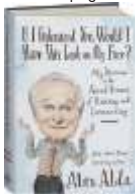
6975216 WINNING ARGUMENTS: What Works and Doesn't Work in Politics, the Bedroom, the Courtroom, and the Classroom. By Stanley Fish. A powerful tool for students, teachers, lawyers, managers—indeed, anyone looking to persuade their opponent. The author reveals how successful argument can be used to win over popular opinion. 212 pages. Harper. Paperbound. Pub. at \$14.99 **\$4.95**



more. 222 pages. Skyhorse. Paperbound. Pub. at \$14.95 **\$4.95**



★6825422 WIN YOUR CASE: How to Present, Persuade, and Prevail—Every Place, Every Time. By Gerry Spence. A renowned and successful trial lawyer shares how to win in any arena—the courtroom, the boardroom, the sales call, the salary review, the town council meeting—using successful courtroom methods he has developed over more than half a century. An indispensable guide to success in every walk of life. 287 pages. St. Martin's. Paperbound. Pub. at \$17.99 **\$12.95**



2938421 IF I UNDERSTOOD YOU, WOULD I HAVE THIS LOOK ON MY FACE? My Adventures in the Art and Science of Relating and Communicating. By Alan Alda. Alda's warm, witty, and informative chronicle of how he found inspiration in everything from cutting-edge science to classic acting methods to help people communicate and relate to one another more effectively. Here he describes ways we can build empathy, nurture our innate mind-reading abilities, and improve the way we talk to others. He includes empathy-boosting games and exercises. 213 pages. Random. Pub. at \$28.00 **\$5.95**

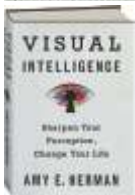


6972721 DE-ESCALATE: How to Calm an Angry Person in 90 Seconds or Less. By Douglas E. Noll. Based on the author's practical real-world experience as a lawyer turned peacemaker and master mediator, this timely and prescriptive guide provides listening and communication skills that solve the problem of what to do to diffuse emotionally volatile situations—at home, at work, or anywhere! 228 pages. Atria. Paperbound. Pub. at \$16.00 **\$4.95**

2913097 PRE-SUASION: A Revolutionary Way to Influence and Persuade. By Robert Cialdini. The author illuminates how the best communicators capitalize on "privileged moments for change," in which audiences become receptive to a message before they experience it. Optimal persuasion is achieved through optimal pre-suasion. All that's required is to alter the audience's focus of attention just before requesting a relevant action. 413 pages. S&S. Paperbound. Pub. at \$17.00 **\$4.95**



2818906 SPEAK LIKE CHURCHILL, STAND LIKE LINCOLN. By James C. Humes. Explores how great leaders through the ages used simple yet incredibly effective tricks to speak, persuade, and win throngs of fans and followers. You'll want to master these tips and tricks, whether you are speaking to a small nation or a large staff meeting. 208 pages. Three Rivers. Paperbound. Pub. at \$14.95 **\$4.95**



6956629 VISUAL INTELLIGENCE: Sharpen Your Perception, Change Your Life. By Amy E. Herman. An engrossing guide to seeing and communicating more clearly, from the groundbreaking course that helps FBI agents, cops, CEOs, ER doctors, and others save money, reputations, and lives. Shows you how to see what matters most to you more clearly than ever before. Illus. in color. 316 pages. HMH. Pub. at \$28.00 **\$9.95**

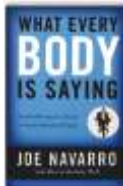


2841835 KNACK BODY LANGUAGE: Techniques on Interpreting Nonverbal Cues in the World and Workplace. By Aaron Brehove. This is the ideal go-to handbook on the physiology and psychology of what the human body and its expressions reflect. Essential for anyone going to an interview, a business meeting, or a date. Fully illus. in color. 228 pages. Globe Pequot. Paperbound. Pub. at \$19.95 **\$4.95**

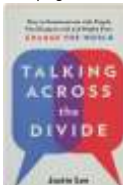
Communication Skills



★**2829223** **TREATING PEOPLE WELL: How to Master Social Skills and Thrive in Everything You Do.** By L. Berman & J. Bernard. An indispensable primer on what we all want to know: how to walk into a roomful of strangers and make friends, how to deal with a difficult colleague, and how to navigate the treacherous waters of social media. Necessary reading for everyone who wants to succeed in the modern world. Color photos. 226 pages. Scribner. Paperbound. Pub. at \$17.00 **\$12.95**



★**1703943** **WHAT EVERY BODY IS SAYING: An Ex-FBI Agent's Guide to Speed-Reading People.** By Joe Navarro with M. Karlins. Read this book and send your nonverbal intelligence soaring. You will discover: the ancient survival instincts that drive body language, why the face is the *least* likely place to gauge true feelings, simple nonverbals that establish trust & instantly communicate authority, and more. Photos. 250 pages. Collins. Paperbound. Pub. at \$19.99 **\$13.95**

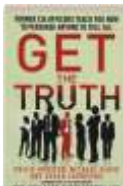


297651X **TALKING ACROSS THE DIVIDE: How to Communicate with People You Disagree with and Maybe Even Change the World.** By Justin Lee. How to use empathy, storytelling, and strategic dialogue to break through the barriers that make people resistant to differing views. This guide presents fresh insights to understand people outside of your own echo chamber, giving you the tools you need to make a difference in an us vs them world. 259 pages. TarcherPerigee. Paperbound. Pub. at \$16.00 **\$4.95**

4616995 **CONVERSATION STARTERS: 1,000 Creative Ways to Talk to Anyone About Anything.** By Kim Chamberlain. This guide's 1,000 conversation-starting topics offer easy ways to move away from traditional talking themes as well as the opportunity to develop and enhance speaking and listening skills. 164 pages. Skyhorse. Paperbound. Pub. at \$14.95 **\$4.95**



CD 6554717 **GET THE TRUTH: Former CIA Officers Teach You How to Persuade Anyone to Tell All.** By Philip Houston et al. Read by Jeff Gurner. Written by two former CIA officers and complimented with the insights of an internationally recognized attorney, this invaluable guide arms readers with the skills necessary for getting the truth from relatives, co-workers and others—every time. Over seven hours on 6 CDs. Macmillan Audio. Pub. at \$29.99 **\$6.95**



6817211 **GET THE TRUTH: Former CIA Officers Teach You How to Persuade Anyone to Tell All.** By Philip Houston et al. Written by two former CIA officers and complimented with the insights of an internationally recognized attorney, this invaluable guide arms readers with the skills necessary for getting the truth from relatives, co-workers and others—every time. 272 pages. Icon. Paperbound. **\$3.95**

CD 6946305 **HOW TO WIN FRIENDS & INFLUENCE PEOPLE.** By Dale Carnegie. Read by Andrew MacMillan. Celebrates the 75th anniversary edition of this self help classic. This audio collector's edition also includes vintage recordings of Dale Carnegie sharing his timeless wisdom in his own words. Eight hours on 10 CDs. S&S Audio. Pub. at \$49.99 **\$11.95**

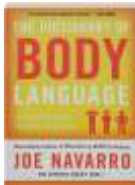


6750621 **CONVERSATIONALLY SPEAKING, REVISED THIRD EDITION.** By Alan Garner. Based on research studies and Garner's own experience, this guide will show you how to get more out of everyday conversations with family, friends, and coworkers. Learn how to ask questions that promote conversation; interest people in what you have to say; handle criticism constructively; and more. 210 pages. McGraw-Hill. Paperbound. Pub. at \$16.95 **\$4.95**

★**2874741** **30 DAYS TO TAMING YOUR TONGUE.** By Deborah Smith Pegues. Filled with humor and a bit of refreshing sass, you will discover how to overcome the hasty tongue, gossiping tongue, belittling tongue and many more. 141 pages. Harvest House. Paperbound. **\$4.95**

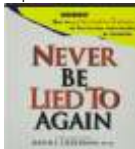


★**2967197** **YOU'RE LYING! Secrets from an Expert Military Interrogator to Spot the Lies and Get to the Truth.** By Lena Sisco. The author, who has interrogated numerous members of Al Qaeda and the Taliban, offers an easy five-step program on how to accurately detect verbal and non-verbal deceptive tells, how to conduct an effective line of questioning, and what to do after you identify the lies we all face every day. Illus. 224 pages. Career Press. Paperbound. Pub. at \$15.99 **\$11.95**



★**6977197** **THE DICTIONARY OF BODY LANGUAGE: A Field Guide to Human Behavior.** By Joe Navarro. Joe Navarro has spent a lifetime observing others. For twenty five years as a Special Agent of the FBI, he interrogated spies and other dangerous criminals, mastering the art of nonverbal communication. Moving from head to toe, Navarro shows the hidden meanings behind what we do. 198 pages. Morrow. Paperbound. Pub. at \$15.99 **\$9.95**

2884569 **TELL ME ABOUT YOURSELF: Six Steps for Accurate and Artful Self-Definition.** By Holley M. Murchison. This guide helps you craft and deliver comprehensive and compelling introductions and personal stories for yourself, your team, or your company. In an ever changing innovative economy and a climate that demands we put our best foot forward to create change, there's no better time to learn how to articulate your usefulness to the world. 103 pages. Berrett-Koehler. Paperbound. Pub. at \$15.95 **\$4.95**



CD 6834019 **NEVER BE LIED TO AGAIN.** By David J. Lieberman. Read by the author. Chock-full of colorful examples and engaging scenarios to help give you that extra edge. Use these groundbreaking techniques to take control of every personal and business situation, and never be lied to again. Over one hour on 2 CDs. S&S Audio. Pub. at \$19.95 **\$5.95**



★**2887452** **READ AND SEND THE RIGHT SIGNALS: A Practical Guide to Body Language.** By Glenn Wilson. Full of real-world and pop-cultural examples, practical tips and strategies, and underpinned by principles from psychological and social experiments, you'll learn how to "read" the body language of others and how to project the right signals so you can put your best face—and body—forward. 204 pages. Icon Books. Paperbound. Pub. at \$9.95 **\$7.95**



★**6844715** **THE COMPLETE BOOK OF QUESTIONS: 1001 Conversation Starters for Any Occasion.** By Garry Poole. One big compilation of questions you can use to launch great conversations in almost any context. And many of these questions are likely to trigger other questions you may wish to discuss. Think of this guide as a tool to spark interaction, and how to know and understand others, and yourself better. 156 pages. Zondervan. Paperbound. Pub. at \$12.99 **\$9.95**

★**6927874** **CAPTIVATE: The Science of Succeeding with People.** By Vanessa Van Edwards. Offers fourteen essential social skills that govern the first five minutes, first five hours, and first five days of any relationship and includes shortcuts, systems, and secrets for taking charge of your interactions. 342 pages. Portfolio. Paperbound. Pub. at \$17.00 **\$12.95**



2905833 **CAPTIVATE: The Science of Succeeding with People.** By Vanessa Van Edwards. Reveals shortcuts, systems, and secrets for taking charge of your interactions at work, at home, and in any social situation. A comprehensive, science-backed, real-life manual on how to captivate anyone—and a completely new approach to building connections. 307 pages. Portfolio. Pub. at \$27.00 **\$6.95**

★**2787415** **ANIMAL COMMUNICATION MADE EASY.** By Pea Horsley. Teaches you the essentials of animal communication to enable you to communicate intuitively with the animals you love. Communicating with animals is fun, profound and healing. It's the best thing you can do for both yourself and your animals, and will transform how you experience life. 243 pages. Hay House. Paperbound. Pub. at \$15.99 **\$11.95**

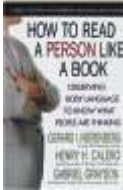


★**2853760** **SAY WHAT YOU MEAN: A Mindful Approach to Nonviolent Communication.** By Oren Jay Sofer. Offers simple yet powerful practices to develop healthy, effective, and satisfying ways of communicating. The techniques featured will help you to feel confident during conversation; stay focused; listen for the authentic concerns behind someone's words; reduce anxiety; and find nourishment in day to day interactions. 286 pages. Shambhala. Paperbound. Pub. at \$16.95 **\$12.95**



★**6889832** **READ PEOPLE: Build + Become.** By Rita Carter. Using a unique, visual approach to explore the science of behavior, this guide shows how understanding why people act in certain ways will make you more adept at communicating, more persuasive and a better judge of the motivations of others. Learn to recognize the patterns of behavior that shape how we act and communicate. Illus. in color. 157 pages. Aurum. Pub. at \$16.99 **\$12.95**

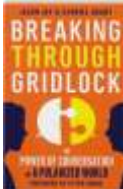
Communication Skills



★6753663 HOW TO READ A PERSON LIKE A BOOK: Observing Body Language to Know What People Are Thinking. By Gerard I. Nierenberg et al. Designed to teach you how to interpret and respond to the nonverbal signals of business associates, friends, loved ones, and even strangers. Whether in an office, on a date, or on a family outing, the simple technique of reading body language is a unique skill that offers real and important benefits. Illus. 118 pages. Square One Publishers. Paperbound. Pub. at \$13.95 **\$9.95**



★2942666 STOP TALKING, START INFLUENCING. By Jared Cooney Horvath. In this exciting new study, Horvath breaks fresh ground on the vital topic of influence. By combining cutting edge brain research with proven behavioral science, it outlines 12 scientific principles of how to impart knowledge in a way that truly sticks with and impacts others. 294 pages. Exisle. Paperbound. Pub. at \$24.99 **\$17.95**



2959003 BREAKING THROUGH GRIDLOCK. By J. Jay & G. Grant. What if our divergent values provided healthy fuel for dialogue and innovation instead of gridlock and polarization? The authors invite us into a spirit of serious play, laughing at ourselves while moving from self-reflection to action. It will empower us to share what really matters, with anyone, anywhere, so that we can create positive change. 216 pages. Berrett-Koehler. Paperbound. Pub. at \$19.95 **\$5.95**



★277769X WE NEED TO TALK: How to Have Conversations That Matter. By Celeste Headlee. Today most of us communicate from behind electronic screens, and studies show that Americans feel less connected and more divided than ever before. What we need is to start talking to one another. The author outlines strategies to make you a better conversationalist and offers steps to improve communication skills. 244 pages. HarperWave. Paperbound. Pub. at \$16.99 **\$12.95**

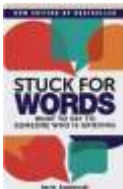


★2916118 MIME THE GAP: Techniques in Mime and Movement. By Richard Knight. Explores the physicality of movement in storytelling, offering new ideas about acting and performance, while encouraging a contemporary resurgence of this traditional performance art. With detailed step by step instructions for basic to advanced mime illusions, the guide also addresses the fundamental principles of physical articulation. Well illus. 143 pages. Crowood. Paperbound. Pub. at \$39.95 **\$29.95**



6654827 MAKING THE CASE. By Kimberly Guilfoyle. Guilfoyle interweaves stories and anecdotes from her life and career with practical advice that can help you win arguments, get what you want, help others along the way, and come out ahead in any situation. She shows you how to organize your thoughts and plans, have meaningful discussions with people around you, and achieve goals in all aspects of your life. 212 pages. Harper. Paperbound. Pub. at \$15.99 **\$4.95**

6867499 THE CREATIVITY CHALLENGE. By Tanner Christensen. Features 150 challenges, exercises, and prompts to help you push past the way you normally see the world and uncover all new possibilities and ideas. 208 pages. Adams Media. Paperbound. Pub. at \$14.99 **\$4.95**



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★6974112 CHANGING SEASONS: A Language Arts Curriculum for Healthy Aging. By Denise L. Calhoun. A language based, interdisciplinary program to help older adults improve their communication skills. Each activity reveals new, creative, and fun ways to get individuals to speak, think, write, engage with others, and use their imagination. Illus. 139 pages. Purdue UP. Paperbound. Pub. at \$24.95 **PRICE CUT to \$13.95**



2863847 HOW TO OVERCOME SHYNESS. Discover how to be more successful and comfortable in social situations—no matter what the scenario. Easy-to-adapt strategies and real life stories from other shy people will give you great tools for future interactions. From dating to work to large social events and parties, you can overcome your shyness! 159 pages. Adams Media. Pub. at \$14.99 **\$4.95**

2836432 RECONCILABLE DIFFERENCES: Connecting in a Disconnected World. By D. Markova & A. McArthur. Brimming with anecdotes and advice not only from the authors' files but also from their own experiences as a mother and daughter in law who are like night and day, this is your guidebook for making profoundly positive change with those you care about. 234 pages. Spiegel & Grau. Pub. at \$27.00 **PRICE CUT to \$2.95**



★6812740 WHAT PATIENTS SAY, WHAT DOCTORS HEAR. By Danielle Ofri. Explores the high-stakes world of doctor-patient communication that we all must navigate. Reporting on the latest research studies and interviewing scholars, doctors, and patients, Dr. Ofri reveals how better communication can lead to better health for all of us. 242 pages. Beacon. Paperbound. Pub. at \$16.00 **PRICE CUT to \$7.95**

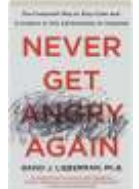
6940625 WHAT PATIENTS SAY, WHAT DOCTORS HEAR. By Danielle Ofri. Though the gulf between what patients say and what doctors hear is often wide, Dr. Ofri proves that it doesn't have to be. Through the powerfully resonant human stories compiled in this volume she explores the high-stakes world of doctor-patient communication that we all must navigate, and reveals how better communication can lead to better results. 242 pages. Beacon. Pub. at \$24.95 **PRICE CUT to \$5.95**



690338X FISH CAN'T CLIMB TREES: Capitalize on Your Brain's Unique Wiring to Improve the Way You Learn and Communicate. By Helyn Connerr. Everything you need in order to improve your learning and help you communicate is in your hands. This guide will help to uncover and claim your hidden but authentic mental strengths. It will help you learn to converse with other people, and resolve tensions and heal difficult relationships. 288 pages. Watkins. Paperbound. Pub. at \$15.95 **PRICE CUT to \$1.95**

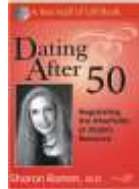
Relationships

6776183 WHAT WOMEN WANT. By T. Max & G. Miller. An evidence-driven, seriously funny playbook that will teach you how to become a more sexually attractive and romantically successful man, the right way. Offers straightforward advice and effective ways to pursue the win-win relationships you want with the women who are best for you. Previously published as *Male*. 374 pages. Little, Brown. Paperbound. Pub. at \$17.99 **\$4.95**



★2908271 NEVER GET ANGRY AGAIN: The Foolproof Way to Stay Calm and in Control in Any Conversation or Situation. By David J. Lieberman. The author has written a clear assessment of the roots of anger, and delivers simple, practical, and proven strategies to nip anger in the bud. His advice helps readers reexamine their perspective, ego, and expectations, and combines those insights with helpful exercises and thought triggers for an anger free life. 225 pages. St. Martin's. Paperbound. Pub. at \$16.99 **\$12.95**

6882293 THE PEOPLE CODE/THE CHARACTER CODE, 30TH ANNIVERSARY. By Taylor Hartman. In these two volumes, Dr. Hartman introduces the Color Code Personality Profile, explaining why people do what they do by identifying four basic personality types and showing you how to use "color profiles" to cultivate rich and balanced character relationships. 486 pages. Scribner. Paperbound. Pub. at \$24.99 **\$4.95**

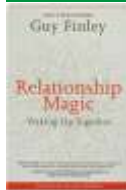


★2779161 DATING AFTER 50: Negotiating the Minefields of Midlife Romance. By Sharon Romm. Dating can be scary if you haven't dated in a long time. Romm will walk you through the safest and most efficient ways to find dates and to begin dating again. But, the advice doesn't end with the first or even the second date. Dr. Romm helps you negotiate the many aspects of an ensuing relationship. 200 pages. Quill Driver Books. Paperbound. Pub. at \$14.95 **\$11.95**

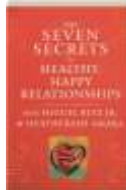


2878011 IF WE'RE TOGETHER, WHY DO I FEEL SO ALONE? By Holly Parker. Living with an emotionally absent partner can be overwhelming. Constantly overcoming the silent distance can leave you with the sense that the give and take in your relationship has disappeared. But in this volume you'll discover that even a broken relationship can be reinvigorated. 299 pages. NAL. Paperbound. Pub. at \$16.00 **\$3.95**

Relationships



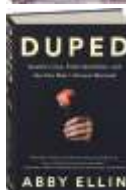
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2845709 THE PRESENT HEART: A Memoir of Love, Loss, and Discovery. By Polly Young-Eisendrath. In this thoughtful meditation on the human experience, the author shows how our most intimate relationships, often the source of our greatest pain, can prove to be our path to spiritual enlightenment, and offers a new perspective on how to maintain relationships under all circumstances. 188 pages. Rodale. Pub. at \$24.99 **\$4.95**



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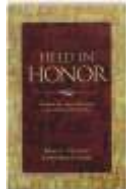


6842240 WHY WON'T YOU APOLOGIZE? By Harriet Lerner. A renowned psychologist and bestselling author shows us how a meaningful apology restores trust, while silence and defensiveness can cause excruciating pain. Lerner shares stories from her clinical work and personal life to offer insight, advice, and compassion to both the offended and the offender. 195 pages. Touchstone. Pub. at \$24.00 **PRICE CUT to \$3.95**

6949002 CHANGES THAT HEAL. By Henry Cloud. Never before has an expert defined the steps toward self-fulfillment and satisfying relationships with such clear, insightful, and easy-to-follow guidelines. Dr. Henry Cloud combines his expertise, well-developed faith, and keen understanding of human nature in a four-step program of healing and growth. 267 pages. Zondervan. Paperbound. Pub. at \$16.99 **\$5.95**



2779897 LEAN ON ME: Finding Intentional, Vulnerable, and Consistent Community. By Anne Marie Miller. Takes the reader along as she sets out to dig below the superficial, and explore what choices are necessary to find intentional, vulnerable, and consistent community. With Miller's narrative and practical insights you'll feel more equipped in your quest for these types of relationships. 198 pages. Thomas Nelson. Paperbound. Pub. at \$15.99 **PRICE CUT to \$3.95**

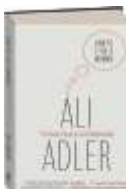


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5959853 THE ORAL SEX POSITION GUIDE. Text by Emily Dubberley. These 69 positions make fellatio and cunnilingus fun, fantastic, and unforgettable. From mild to head-over-heels wild, each move teaches you how to take your oral sex skills to the next level, with benefits like maximum clitoral stimulation, easy deep-throating, and pleasurable anal play. Adults only. Color photos. 144 pages. Quiver. Paperbound. Pub. at \$19.99 **\$5.95**

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6953727 ACTION: A Book About Sex. By Amy Rose Spiegel. Finally a book about sex you won't feel embarrassed to own. Spiegel dissects threesomes, cellycacy as a display of autonomy, consent, safety, group sex, gender, and the best breakfast to make for a one-night stand. She even includes how-tos on picking people up without being a skeezer. Adults only. Illus. 217 pages. Grand Central. Paperbound. Pub. at \$15.99 **\$3.95**

2979128 THE LESBIAN SEX HAIKU BOOK (WITH CATS!). By Anna Pulley. What is it that two women do together exactly? Let this collection of enlightening and hilarious haiku, paired with outlandish cat illustrations be your guide to lesbian sex, dating rituals, and relationships. 150 pages. Flatiron. Pub. at \$14.99 **\$4.95**



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★**6793517 GUIDE TO GETTING IT ON! NINTH EDITION.** By Paul Joannides. Down to earth, fun to read, and packed with helpful and titillating illustrations, this guide is your best ally when it comes to having really good sex. "In our vast library of sex books, this is by far and away the most human, enlightening, and entertaining read of the lot!"—*Cosmopolitan Magazine UK*. Adults only. 624 pages. Goofy Foot Press. Paperbound. Pub. at \$19.95 **\$14.95**



676116X LESBIAN SEX BIBLE. By Diana Cage. A fresh, funny, irreverent, and inclusive look at lesbian sexuality, encouraging women to talk freely about sex and to deepen their sexual knowledge. Filled with explicit techniques and tips for the hottest sex imaginable while also providing frank advice about lesbian dating and relationships, gender, identity, and sexual culture. Adults only. Well illus. in color. 192 pages. Quiver. Pub. at \$27.99 **\$7.95**

6873588 A CALL GIRL'S BEST SEX TIPS. By Renee Dubois. Here are more than 500 professional erotic tips guaranteed to please your guy. From novel sex positions to tantalizing touches and rubs, you'll learn what he likes and how to make it better. Adults only. 256 pages. Carlton. Paperbound. Pub. at \$14.95 **\$4.95**



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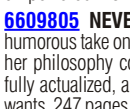


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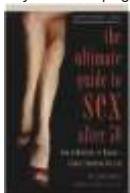


6609805 NEVER SLEEP ALONE. By Alex Schiller. Dr. Schiller's humorous take on "to find The One, you must become The One," offering her philosophy consisting of nine Never Sleep Alone principles that, if fully actualized, are guaranteed to transform you into The One everyone wants. 247 pages. Gallery. Paperbound. Pub. at \$14.99 **\$3.95**



6735304 HOW TO DRIVE YOUR MAN WILD IN BED. By Tina Robbins. Sex is one of the great joys in life. Whether you've been bored in bed or consider yourself a great lover, you can be better. Robbins has looked into the sex lives of men to reveal their deeply guarded desires. Here is the biological and psychological information that can make you the best he's ever had. Adults only. Illus. 165 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$4.95**

★**6731244 A FRENCHWOMAN'S GUIDE TO SEX AFTER SIXTY.** By Marie de Hennezel. Drawing on interviews with older French women and men, the author offers a plethora of advice on how to enjoy a rich and satisfying sex life in your sixties, seventies, and beyond. 199 pages. Greystone. Paperbound. Pub. at \$17.95 **\$12.95**



★**5998360 THE ULTIMATE GUIDE TO SEX AFTER 50: How to Maintain—or Regain—a Spicy, Satisfying Sex Life.** By Joan Price. In this definitive guide to great senior sex, Price will help you deepen your pleasure for a lifetime. She offers clear and reliable information, helpful tips and thoughtful interviews that disclose what works for *real* people—couples, singles and widowed, across all orientations. Adults only. 396 pages. Cleis. Paperbound. Pub. at \$22.95 **\$17.95**

Sexuality & Sexual Expression

2864363 CARNAL KNOWLEDGE: Baxter's Concise Encyclopedia of Modern Sex. By John Baxter. The author explains it all in this decadently definitive A to Z work on the many ins and outs of sex, guaranteed to tantalize, edify, and titillate whether you're a novice or an expert in the arts of eros. Adults only. Well illus. 382 pages. HarperPerennial. Paperbound. Pub. at \$15.99 **\$4.95**



6808077 THE LITTLE BOOK OF SEX SECRETS: Red-Hot Confessions, Fantasies, Techniques & Discoveries. By Nicole Bailey. This sizzling little book is packed with eye-opening techniques, tell-all anecdotes, and raunchy sexual confessions that would make even the naughtiest bedroom adventurer blush. Adults only. Well illus., many in color. 144 pages. Duncan Baird. Pub. at \$9.95 **\$3.95**



6761194 THE SEX BIBLE FOR PEOPLE OVER 50: The Complete Guide to Sexual Love for Mature Couples. By Laurie Beitto. Addresses the common physical and sexual issues that couples 50 and older encounter and gives you practical, real-life advice for working with them via modified positions, non-intercourse techniques, extended foreplay, and sex toys. Adults only. Well illus. in color. 159 pages. Quiver. Pub. at \$19.99 **\$4.95**

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★6584446 BECOMING CLITERATE: Why Orgasm Equality Matters—and How to Get It. By Laurie Mintz. Explores the way everyday sexism has made its way into our bedrooms. Dr. Mintz provides fascinating information about the female anatomy and offers concrete advice on how to feel entitled to your own pleasure. With her help you will develop sexual communication skills that will lead to the best conversations—and sex—you've ever had. 277 pages. HarperOne. Pub. at \$26.99 **\$7.95**



675662X BEST SEX WRITING OF THE YEAR, VOLUME 1: On Consent, BDSM, Porn, Race, Sex Work and More. Ed. by Jon Pressick. Ranging from discussions on consent and disability, to the shocking response to the Steubenville rape case, to our seemingly insatiable love of sex toys, this collection of essays challenges and satisfies. Authors include Mollena Williams, Joan Price, Ember Swift and more. Adults only. 224 pages. Cleis. Paperbound. Pub. at \$16.95 **\$3.95**

6813542 FANTASY SEX. By Lisa Sweet. Introduces you to the thrill of trying on characters that up the erotic edge by adding costumes to the drama. Over 30 sizzling scenarios and imaginative dressing up scenes include Angels & Demons; Hot Cop; and Prepare for Take-Off and more. Adults only. 128 pages. Carlton. Pub. at \$12.95 **PRICE CUT to \$1.95**

6849512 THE GREAT WORK OF THE FLESH: Sexual Magic East and West. By Sarane Alexandrian. This extensive study of sex magic in the Eastern and Western Mystery traditions charts its presence across religion and society, explaining how a couple can extract from each other by way of virility and femininity, multiplying their energies tenfold and merging the carnal and spiritual worlds. Adults only. 226 pages. Destiny. Paperbound. Pub. at \$16.95 **PRICE CUT to \$2.95**



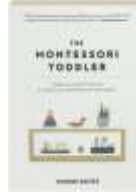
★6919782 THE INTIMACY SOLUTION: Life Lessons in Sex and Love. By Erika Schwartz. Walks us through the "seasons" of our continuous sexual development, helping readers view sexuality through the lenses of biology, learned behaviors, personal truth, and culture. Dr. Schwartz uncovers the mystery behind the driving forces of sexuality and their impact at every stage in our lives. 320 pages. Post Hill. Paperbound. Pub. at \$16.00 **PRICE CUT to \$7.95**

★6910033 GET ON TOP: Of Your Pleasure, Sexuality & Wellness. By Meika Hollender with A. Zissu. Teaches women everything they need to know about their bodies, while changing the way they think about them, offering an actionable guide for women to take control of their sexual health. 242 pages. S&S. Paperbound. Pub. at \$16.00 **PRICE CUT to \$7.95**



★6752829 GOOD SEX: Getting Off Without Checking Out. By Jessica Graham. A straightforward and informative guide that shows you how to bring mindfulness into sex. From a sex-positive and nontraditional stance Graham explores nonmonogamy, the benefits of pornography, sexual trauma, consent, and much more. 285 pages. North Atlantic. Paperbound. Pub. at \$16.95 **PRICE CUT to \$7.95**

Pregnancy, Childbirth & Parenting



★2913275 THE MONTESSORI TODDLER: A Parent's Guide to Raising a Curious and Responsible Human Being. By Simone Davies. With its bright, airy design and colorful illustrations and photographs that reveal the five principles for feeding your child's natural curiosity, this reference captures the feelings and conveys the values of a real Montessori classroom—which you can now bring to your own home. 248 pages. Workman. Paperbound. Pub. at \$19.95 **\$14.95**



★6943004 HOW TO NOURISH YOUR CHILD THROUGH AN EATING DISORDER. By C. Crosbie & W. Sterling. In this essential guide, the authors introduce an all new strategy you can use to help your child at home. Crosbie and Sterling coach you through every aspect of meeting your child's nutritional needs, using just one tool, a ten inch plate. This intuitive, visual method is the best way to support your child on the path of recovery. Color photos. 300 pages. The Experiment. Paperbound. Pub. at \$16.95 **\$12.95**

★2956020 YOUR FUTURE FAMILY: The Essential Guide to Assisted Reproduction. By Kim Bergman. A leading authority in the field of third-party reproduction—and a mother herself through assisted reproduction—provides the answers you need and a clear and easy to follow road map for navigating the journey. 138 pages. Conari Press. Paperbound. Pub. at \$14.95 **\$11.95**



★6911633 BOOST YOUR BREAST MILK: An All-in-One Guide for Nursing Mothers to Build a Healthy Milk Supply. By Alicia C. Simpson. Every mom wants to produce enough nutritious milk for her tiny one, but many worry they might not be able to. In this guide you'll find the most up to date practices that support a healthy milk supply for baby and a healthy mom. 243 pages. The Experiment. Paperbound. **PRICE CUT to \$11.95**



★DVD 6871887 THE BUSINESS OF BEING BORN/MORE BUSINESS OF BEING BORN. Widescreen. Two classic childbirth documentaries are presented by Ricki Lake and Abby Epstein, inspired by their own birth experiences. They offer insight into the process of childbirth and the various options available when preparing for this special event. CC. Six hours on 2 DVDs. Kino Lorber. Pub. at \$29.95 **PRICE CUT to \$17.95**

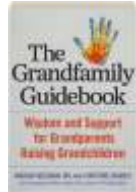


★6910130 DIFFERENTLY WIRED: Raising an Exceptional Child in a Conventional World. By Deborah Reber. Weaving together personal stories and a tool kit of expert advice, it's a how to, a manifesto, and a reassuring companion for parents who can so often feel that they have no place to turn. The author has 18 paradigm shifting ideas which includes how to accept and lean in to your role as a parent. 278 pages. Workman. Pub. at \$26.95 **PRICE CUT to \$14.95**



6983588 LOOKING OUT FOR NUMBER TWO: A Slightly Irreverent Guide to Poo, Gas, and Other Things That Come Out of Your Baby. By Bryan Vartabedian. This accessible manual tackles everything from standard questions about burping positions and bowel movements to hot bottom issues like the role of microbiome in the development of allergies and the debate over breast milk versus formula. Throughout the author soothes parent's concerns and answers their urgent question: "Is this normal?" 336 pages. Harper. Paperbound. Pub. at \$16.99 **PRICE CUT to \$2.95**

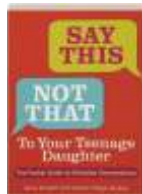
★6981550 THE PREGNANCY BELLY STICKER BOOK. A collection of belly stickers dedicated to pregnancy and beyond. Includes stickers that chart the pregnancy week by week, plus other fun announcements and milestones. Also includes stickers for family members before and after the baby is born. It is a great way to capture and share this joyful time for the whole family. Includes 48 stickers. Fully illus. in color. Duopress. Paperbound. Pub. at \$11.95 **PRICE CUT to \$5.95**



★6982301 THE GRANDFAMILY GUIDEBOOK: Wisdom and Support for Grandparents Raising Grandchildren. By A. Adesman & C. Adamec. Offers expert medical advice, helpful insights gleaned from other grandparents, and data mined from the 2016 Adesman Grandfamily Study. You'll also find hands on tips, including how to cope with difficult birth parents, challenges with school and social life, problem behaviors, and your own self care. 392 pages. Hazelden. Paperbound. Pub. at \$17.95 **PRICE CUT to \$9.95**

Pregnancy, Childbirth & Parenting

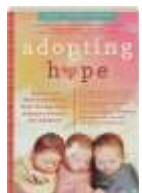
6853129 THE AWAKENED FAMILY: A Revolution in Parenting. By Shetali Tsabary. Takes you on a journey to transcending your fears and illusions around parenting and help you become the parent you always wanted to be. Offers hands-on strategies and real-life examples. 348 pages. Viking. Pub. at \$27.00 **PRICE CUT to \$3.95**



★6861997 SAY THIS, NOT THAT TO YOUR TEENAGE DAUGHTER. By I. Kukoff & J.Y. Huddy. A convenient, pocket-sized guide to asking and answering questions, starting conversations, and filling in the silence with your teen. From moodiness and heartbreak to social media and phone addiction, there's no topic this essential guide doesn't cover. 242 pages. Andrews McMeel. Paperbound. Pub. at \$12.99 **PRICE CUT to \$5.95**



★6911846 RAISING A HEALTHY, HAPPY EATER: A Parent's Handbook. By N. Fernando & M. Potock. The authors explain how to expand your family's food horizons, avoid the picky eater trap, identify special feeding needs, and put joy back into mealtimes. Learn the way to lead your baby, toddler, or young child on the path to adventurous eating. Illus. 276 pages. The Experiment. Paperbound. Pub. at \$15.95 **PRICE CUT to \$7.95**



★6984320 ADOPTING HOPE: Stories and Real-Life Advice from Birthparents, Adoptive Parents, and Adoptees. By Lorri Antosz Benson. Embarking on an adoption journey can be daunting, but now you are not alone! This collection of true, beautiful accounts takes an honest look at the processes, the struggles, and the undeniable joys that come with adoption. 246 pages. Familius. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**

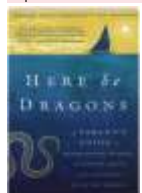


★6939090 THE BUSY PARENT'S GUIDE TO MANAGING ANXIETY IN CHILDREN AND TEENS: A Quick Read for Powerful Solutions! By Laurie Hollman. Dealing with anxiety, from separation anxiety to full-blown panic attacks just adds to the list of stresses most parents have. This little volume provides a quick read when you need remedies to anxiety. The principles teach parents how to respond in a way that is easy to implement every day. 88 pages. Familius. Paperbound. Pub. at \$9.99 **PRICE CUT to \$3.95**



★6865267 FEED THE BABY HUMMUS: Pediatrician-Backed Secrets from Cultures Around the World. By Lisa Lewis. A practical and comprehensive guide to baby's first year, this resource teaches parents to confidently incorporate various multicultural practices into their own caretaking plan. Offers a variety of cross cultural parenting information and baby care guidance. 288 pages. Familius. Paperbound. Pub. at \$18.99 **PRICE CUT to \$6.95**

★6563759 UNTYING PARENT ANXIETY YEARS 5-8: 18 Myths That Have You in Knots—and How to Get Free. By Lisa Sugarman. Drawing on her life as the perfectly imperfect mother of two, Sugarman unravels some of the biggest myths facing parents and offers advice and strategies to help soothe anxious moms and dads. 188 pages. Familius. Paperbound. Pub. at \$16.99 **PRICE CUT to \$2.95**



★6563503 HERE BE DRAGONS: A Parent's Guide to Rediscovering Purpose, Adventure, and the Unfathomable Joy of the Journey. By K. Harbaugh & A. Kelly-Harbaugh. Harbaugh and Kelly-Harbaugh challenge one another to find balance between work and family life. Filled with tender moments and plenty of laughs, and offers a life raft to the rest of us in choppy waters. 204 pages. Familius. Paperbound. Pub. at \$16.95 **PRICE CUT to \$2.95**

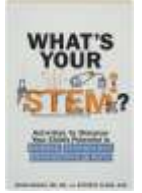
6849938 VITAMIN N. By Richard Louv. A comprehensive, and practical guidebook for the whole family and the wider community, including tips not only for parents eager to share nature with their kids but also for those seeking nature-smart schools, medical professionals, and even careers. Photos. 277 pages. Algonquin. Paperbound. Pub. at \$15.95 **PRICE CUT to \$1.95**



★6984312 THE 5 FOUNDATIONS OF SUCCESSFUL TEENS: How to Ignite Your Underperforming Teen's Self-Reliance and Academic Success. By Mark J. Luciano. Research has repeatedly shown that an alarming percentage of students achieve below their academic ability. Luciano provides insights from his own family therapy practice and the latest research to help your teen discover new found courage and independence. 165 pages. Familius. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**



★6939082 THE BUSY PARENT'S GUIDE TO MANAGING ANGER IN CHILDREN AND TEENS: A Quick Read for Powerful Solutions! By Laurie Hollman. Dealing with anger, from constant arguments to temper tantrums just adds to the list of stresses most parents have. This little volume provides a quick read when you need remedies to angry reactions, teaching parents how to respond in a way that is easy to implement every day. 100 pages. Familius. Paperbound. Pub. at \$9.99 **PRICE CUT to \$5.95**

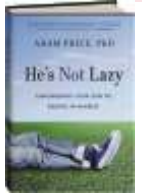


6868266 WHAT'S YOUR STEM? Activities to Discover Your Child's Potential in Science, Technology, Engineering, & Math. By R. Sawah & A. Clark. Encourage your family to explore the world through 50 easy to follow activities like a Water Rocket Launch, a Balloon-Powered Car, Racing Juice Can and so much more. Illus. 256 pages. Adams Media. Paperbound. Pub. at \$15.99 **PRICE CUT to \$2.95**

★6865739 SCREEN-FREE FUN: 400 Activities for the Whole Family. By Shannon Philpott-Sanders. Looking to spend time together as a family? Inside this guide you can choose just the right activity to do with options like crafting veggie dolls; hosting a water balloon toss; creating keepsake treasure boxes; and more. Each of the 400 activities gives your family fun, low or no cost ways to enjoy spending time together. 224 pages. Adams Media. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**



6547044 LEARNING WITHOUT TEARS. By Helyn Connerr. Provides a remarkable new system for discovering the learning style of every child. Connerr opens new pathways of communication that will allow you to unlock each child's true potential. She offers specific suggestions about really communicating with each other and creatively resolving family conflict. Illus. 214 pages. Watkins. Paperbound. Pub. at \$14.95 **PRICE CUT to \$2.95**



★6689140 HE'S NOT LAZY: Empowering Your Son to Believe in Himself. By Adam Price. Price, a renowned expert on ADHD and learning disabilities, explains how to help a boy who is not lazy, but rather, is conflicted about trying his best. He will guide you to discover hidden obstacles to your son's success, set expectations, and empower him to accept responsibility for his own future. 272 pages. Sterling. Pub. at \$19.95 **PRICE CUT to \$11.95**

★6563708 STRESSED OUT! FOR PARENTS: How to Be Calm, Confident, and Focused. By Ben Bernstein with M. Packard. Dr. Bernstein's tools will help you reduce your stress and become calm, confident and focused when the dishes are mounting, the kids are screaming, and you wonder just what you signed up for. 180 pages. Familius. Paperbound. Pub. at \$16.95 **PRICE CUT to \$6.95**

Women's Health & Self-Help



2938812 THE WOMEN'S HEALTH LITTLE BOOK OF EXERCISES. By Adam Campbell. An essential, portable workout guide for any woman who wants to lose weight, tone trouble spots, or build strength. You will learn how to perfectly execute the best fat-torching, muscle-toning moves ever choreographed. Fully illus. in color. 236 pages. Rodale. Paperbound. Pub. at \$17.99 **\$4.95**



★6664415 YOUR BONES: How You Can Prevent Osteoporosis & Have Strong Bones for Life—Naturally. By Lara Pizzomo with J.V. Wright. The authors uncover the real culprits responsible for the osteoporosis epidemic. This scourge is afflicting people—especially women—in ever-growing numbers. They argue that osteoporosis drugs like Fosamax or Boniva are dangerous, and offer a natural way to sustained bone health. Illus. 496 pages. Praktikos Books. Paperbound. Pub. at \$12.00 **\$8.95**

★2889412 THE WONDER DOWN UNDER: The Insider's Guide to the Anatomy, Biology, and Reality of the Vagina. By E.S. Dahl & N. Brochmann. A comprehensive guide to a miraculous and complex part of the body that too few of us, regardless of gender, are all that familiar with. With wisdom, humor, and scientific aplomb, the authors take readers on a fascinating journey of female sexual organs and sexual health. Illus. 304 pages. Quercus. Paperbound. Pub. at \$16.99 **\$12.95**



2905272 BE FIERCE: Stop Harassment and Take Your Power Back. By Gretchen Carlson. When star news anchor, journalist, mother of two, and former Miss America, Carlson spoke up about sexual harassment, she had no idea what lay ahead. But now, inspired by her actions, the floodgates have opened and thousands of women are joining her on what women can do to empower and protect themselves. 244 pages. Center Street. Pub. at \$27.00 **\$4.95**

Women's Health & Self-Help

6979858 ASK YOUR GYNECOLOGIST. By R.S. Thornton & K. Schramm. Everything you need to know, but were afraid to ask! This guide gives valuable insight and advice about everything related to gynecology, including vaginal bleeding, family planning, pelvic infections, endometriosis, fibroids, breast cancer, and menopause. 421 pages. Skyhorse. Paperbound. Pub. at \$18.95 **\$4.95**



***2853833 A WOMAN'S GUIDE TO CANNABIS: Using Marijuana to Feel Better, Look Better, Sleep Better—and Get High Like a Lady.** By Nikki Furrer. This comprehensive guide will demystify the world of weed and show you how to find exactly what you're looking for—whether that's freedom from aches and pains or a fit of the giggles. Find out how to determine your ideal dose, and even how *not* to get high but still reap all the amazing health benefits. Color illus. 218 pages. Workman. Paperbound. Pub. at \$16.95 **\$12.95**

2979160 MAYO CLINIC THE MENOPAUSE SOLUTION. By Stephanie S. Faubion. This essential guide debunks the myth that what works for one will work for all. With an in-depth look at lifestyle strategies, over the counter medications, nutritional supplements and hormone therapy, you'll find a reliable and balanced approach for taking charge of your own health. Illus. in color. 336 pages. Oxmoor. Pub. at \$26.95 **\$6.95**



***6787479 HOW TO STOP FEELING LIKE SHIT: 14 Habits That Are Holding You Back from Happiness.** By Andrea Owen. Crystallizes what's behind the 14 silent habits that hold women back from experiencing life to the fullest. Owen kick's women's gears out of autopilot and empowers them to create happier, more fulfilling lives. 197 pages. Seal. Paperbound. Pub. at \$16.99 **\$12.95**



***6865321 PREGNANCY, OMG! The First-Ever Photographic Guide for Modern Mamas-to-Be.** By Nancy Redd. With warmth, humor, and candor, and partnered with the advice of medical experts, this resource guide tackles embarrassing, confusing, and less widely discussed issues that many pregnant women face while offering practical tips and techniques to ease even the strangest problems. Provides women the resources they need for a healthy pregnancy. Well illus. in color. 206 pages. St. Martin's. Paperbound. Pub. at \$19.99 **\$14.95**



***2804638 THE BODY IN BALANCE.** By the eds. of *Prevention* & F. Hou. Containing qigong exercises with photographic instructions, breathing techniques, a seasonal fasting plan, and 50 delicious healing recipes—women seeking natural solutions to help them sleep soundly, strengthen their immune system, thrive during childbearing years, and take menopause in stride will find answers in this guide. 295 pages. Rodale. Paperbound. Pub. at \$19.99 **\$14.95**

2900815 HORMONAL: The Hidden Intelligence of Hormones. By Martie Haselton. Offers women deep new insights into their bodies, brains, relationships, and affairs, allowing them to make better-informed choices about sex, marriage, friendship, contraception, and more. Above all this guide is a clarion call to appreciate and embrace the genius of female biology. 278 pages. Little, Brown. Pub. at \$28.00 **PRICE CUT to \$3.95**



2900769 HI GORGEIOUS! Transforming Inner Power into Radiant Beauty. By K.Z. Jones. Drawing from her personal journey to self-acceptance and comprised of a unique combination of cross-barrier, body-positive wellness and style advice, this volume is a one of a kind beauty guide that will speak to all women. An inspiring and informative guide to empower women to convey their best self to the world. Well illus. in color. 191 pages. Running Press. Paperbound. Pub. at \$22.99 **PRICE CUT to \$2.95**



***6898416 WOMEN'S HEALTH VAGINA UNIVERSITY.** Sheila Curry Oakes. Teaches the modern woman everything she needs to know about her most intimate parts—even if she is uncomfortable saying “vagina” out loud. The authors dispel the myths, unpack the lies, explain laws, and define words that confuse and limit women. Illus. 290 pages. Rodale. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**

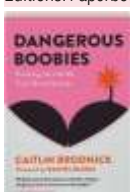
2883392 SAY GOODBYE TO SURVIVAL MODE. By Crystal Paine. Today you can find life changing freedom from the pressure to “do it all.” You can take care of your family and take joy in the moments you share together. This guide offers a clear path to a life filled with joy and purpose for any woman who's ready to take the first step. 242 pages. Thomas Nelson. Pub. at \$22.99 **PRICE CUT to \$3.95**



***2840308 THE CIRCLE OF NINE: An Archetypal Journey to Awaken the Divine Feminine Within.** By Cherry Gilchrist. Juggling career, marriage, and family with creative and spiritual pursuits is the life of modern women. Drawing from historical research, Gilchrist helps to unravel the mystery of the divine feminine and reveal our true potential, offering an empowering guide for all of us. 252 pages. Weiser. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**



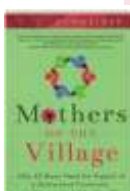
***6861148 THE MOMMY MOJO MAKEOVER: 28 Tools to Reclaim Yourself & Reignite Your Relationship.** By Dana B. Myers. An uplifting guide designed to inspire mothers to rediscover their sensual self-confidence, reconnect with their bodies, and reignite the spark in their relationships. Myers offers 28 inspiring and practical tools, interactive exercises, and real-life anecdotes that'll leave women feeling like a happier, sexier mama. 316 pages. Viva Editions. Paperbound. Pub. at \$17.95 **PRICE CUT to \$5.95**



6901077 DANGEROUS BOOBIES. By Caitlin Brodnick. The author was tested for the BRCA1 gene mutation and tested positive. She then had a preventative double mastectomy. This account goes in depth into her experience from testing to surgery and on to recovery. With a warm, funny, and approachable voice, Brodnick tells readers the full story. 243 pages. Seal. Paperbound. Pub. at \$16.99 **PRICE CUT to \$2.95**



6701043 A LADY AT THE TABLE. By Sheryl Shade et al. An entertaining read that will give any woman the knowledge she needs to maneuver any dining situation—from a casual meal at home to a seven course dinner at a fine restaurant. It includes how to set a table, how to pronounce more than 100 different food names, how to use obscure eating utensils, and more. 200 pages. Thomas Nelson. Pub. at \$29.99 **PRICE CUT to \$5.95**

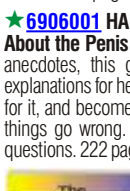


***6563597 MOTHERS OF THE VILLAGE: Why All Moms Need the Support of a Motherhood Community and How to Find It for Yourself.** By C.J. Schneider. So many mothers feel like something is out of joint, like something is missing. The truth is we are all just missing each other. Discover how to connect with others and to learn to work with each other to find a piece of yourself that has been missing all along. 202 pages. Familius. Paperbound. Pub. at \$16.95 **PRICE CUT to \$2.95**

Men's Health & Self-Help



2918358 HOW'S IT HANGING? Expert Answers to the Questions Men Don't Always Ask. By N. Baum & S. Miller. This easy to read guide to men's health will help men make informed decisions about their medical care. Instead of suffering in silence, they will be more likely to discuss these issues and seek help when needed. They will be better patients, able to communicate with their physicians about what's going on “down there.” 277 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$5.95**



***6906001 HAPPY DOWN BELOW: Everything You Want to Know About the Penis and Other Bits.** By Oliver Gralla. Packed with colorful anecdotes, this guidebook offers practical tips and clear, accessible explanations for helping men better understand the male body, learn to care for it, and become more comfortable speaking about it with doctors when things go wrong. Provides simple, researched based answers to men's questions. 222 pages. Greystone. Paperbound. Pub. at \$16.95 **\$12.95**



***7307985 THE VIAGRA ALTERNATIVE: The Complete Guide to Overcoming Erectile Dysfunction Naturally.** By Marc Bonnard. Offers information on natural, safe, and long time-cures, as well as analyses of Viagra and its competitors. By exploring the range of options outlined and decoding which is best for them, men need no longer rely on a little pill to take control of their sexual lives. 224 pages. Healing Arts. Paperbound. Pub. at \$16.95 **\$11.95**

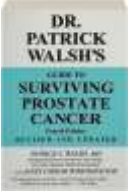


***2796252 THE OFFICIAL JOHN WAYNE HANDY BOOK FOR MEN.** By James Ellis. Filled with step by step advice and real-world examples, this guide illustrates dozens of hard-hitting and practical skills, from surviving in the wild to negotiating a raise. This helpful compendium is everything you need to live a life that would make the Duke proud! Illus. 256 pages. Media Lab Books. Pub. at \$16.99 **\$12.95**

Men's Health & Self-Help



★**6595898** **ROSEMARY GLADSTAR'S HERBAL HEALING FOR MEN: Remedies & Recipes.** Provides in-depth profiles of 30 herbs to explain how to effectively use each to combat ailments both chronic and acute. Includes diet and lifestyle tips; and 51 recipes for tonics, salves, sweets, and more, to address men's most pressing health concerns like impotence, heart health, blood pressure, prostate health and depression. Fully illus. in color. 216 pages. Storey. Paperbound. Pub. at \$16.95 **\$12.95**



★**6900860** **DR. PATRICK WALSH'S GUIDE TO SURVIVING PROSTATE CANCER, FOURTH EDITION REVISED.** Janet Farrar Worthington. Prostate cancer is a different disease in every man, which means that the right treatment varies for each man. Giving you a second opinion from the world's top experts in surgery, pathology, urology, and radiation and medical oncology, this volume helps you determine the best plan for you. 524 pages. Grand Central. Paperbound. Pub. at \$20.99 **\$15.95**



6953328 **MANMADE: The Essential Skincare & Grooming Reference for Every Man.** By Chris Salgado. Find your true style and learn the tips, techniques, and life hacks that will help you effortlessly transition from outdoor excursions to polished gatherings. The complete resource for helping men look and feel their absolute best. Illus., most in color. 240 pages. Crown. Pub. at \$30.00 **\$5.95**



★**2862247** **HOW MEN AGE: What Evolution Reveals About Male Health and Mortality.** By Richard G. Bribiescas. Explores how natural selection has shaped male aging, how evolutionary theory can inform our understanding of male health and well-being, and how older men may have contributed to the evolution of some of the very traits that make us human. 177 pages. Princeton. Paperbound. Pub. at \$17.95 **\$13.95**

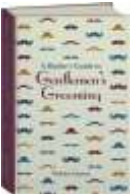
672261X **MAN UP!** By Paul O'Donnell. Packed with 367 skillful tips for the modern guy, with advice, tips, and tricks from a team of experts. Tips run the gamut from how to mix up a killer punch for a party to how to throw a punch when there's no other way out, you'll be in the know in no time at all. Illus. 325 pages. Artisan. Paperbound. Pub. at \$14.95 **\$5.95**



5873444 **MATE: Become the Man Women Want.** By T. Max & G. Miller. Miller and Max have spent the last twenty plus years learning what women really want from their men, why they want it, and how men can deliver it. This guide is just an honest, straightforward talk about the most ethical, effective way to pursue the win-win relationships you want with the women who are best for you. Also published as *What Women Want*. 374 pages. Little, Brown. Pub. at \$27.00 **\$5.95**



6918174 **THIS WILL MAKE A MAN OF YOU.** By Frank Miniter. A must-read for every young man looking for a way to become a man, for any middle-aged family man seeking adventure, and for all the other types of men in-between. Through his own search, Miniter provides readers with sage advice on how they can accomplish their own feats of manliness by using an ancient formula. 173 pages. Skyhorse. Pub. at \$22.99 **PRICE CUT to \$2.95**



6762921 **A BUTLER'S GUIDE TO GENTLEMEN'S GROOMING.** By Nicholas Clayton. Clayton, a professional English butler, shares his professional expertise on comportment, dress and personal hygiene. A must-have guide packed with tips and tricks to help you prepare for any formal or informal event, and look your best. Illus. 160 pages. Batsford. Pub. at \$12.95 **PRICE CUT to \$2.95**

General Health & Self-Help



2882116 **THE MINDFULNESS BIBLE.** By Patricia Collard. Mindfulness is the easy, accessible way to gently let go of stress and live in the moment. Evolving from Buddhist philosophy and academic research into stress reduction, mindfulness can free us from stress and overthinking. Includes over 50 easy exercises, daily and weekly practices, and the latest in mindfulness research. Well illus. in color. 400 pages. Walking Stick Press. Paperbound. Pub. at \$21.99 **\$5.95**



5687942 **SOMEONE'S WATCHING YOU!** By Forest Lee. Somewhere in D.C., a vast computer complex churns through quintillions of data bytes about every American, living or dead. *And one of them is you!* From microchips in your underwear to satellites monitoring your every move, find out who's tracking you and what you can do about it. 245 pages. Adams Media. Paperbound. Pub. at \$14.95 **\$2.95**



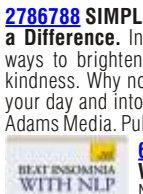
6917941 **HOW TO BECOME A HUMAN BULLSHIT DETECTOR.** By David Craig. Craig provides an easy-to-follow guide on applying lie-detection skills to your everyday life. He delivers simple but effective tips and techniques we can use to see behind the facade and find our way to the truth. 132 pages. Racehorse. Paperbound. Pub. at \$12.99 **\$4.95**



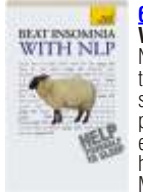
3339882 **THE CIA LOCKPICKING MANUAL.** Teaches you what you need to know on the spot. By learning the theories of lockpicking, proper terminology for both tools and locks, and the techniques that the locksmiths in the country know, soon you'll be able to get yourself into your house, office desk, or car without your keys. Well illus. in color. 54 pages. Skyhorse. Pub. at \$12.95 **\$5.95**



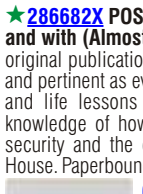
6892558 **THE ART OF CREATIVE THINKING: 89 Ways to See Things Differently.** By Rod Judkins. Presents examples of creative thinkers from the worlds of writing, music, architecture, painting, technology, and more, and sheds light on their process showing how each of us can learn from them to improve our lives and our work. 199 pages. Perigee. Paperbound. Pub. at \$16.00 **\$4.95**



2786788 **SIMPLE ACTS OF KINDNESS: 500+ Ways to Make a Difference.** Inside this little volume you'll find hundreds of ways to brighten someone's day and inspire others to spread kindness. Why not add some compassion, love, and gratitude to your day and into the days of the people around you? 208 pages. Adams Media. Pub. at \$14.99 **\$4.95**



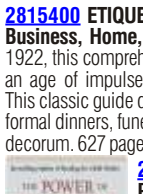
6836828 **TEACH YOURSELF BEAT INSOMNIA WITH NLP.** By Adrian Tannock. By using Neuro-Linguistic Programming (NLP) techniques, people can hugely improve their sleeping experience. This book is full of practical, NLP-based guidance, which will help everyone from serious sufferers to those who have occasional problems. 160 pages. McGraw-Hill. Paperbound. **\$3.95**



★**286682X** **POSSUM LIVING: How to Live Well Without a Job and with (Almost) No Money.** By Dolly Freed. Forty years after its original publication, this guide remains as fascinating, inspirational, and pertinent as ever. This new edition includes reflections, insights, and life lessons from an older and wiser Dolly Freed, whose knowledge of how to live like a possum has given her financial security and the confidence to try new ventures. 221 pages. Tin House. Paperbound. Pub. at \$15.95 **\$11.95**



6949088 **HOW TO LIVE IN FEAR: Mastering the Art of Freaking Out.** By Lance Hahn. With the empathy and patience of a fellow anxiety sufferer, Hahn guides you through the first steps of learning to cope with fear, panic, or anxiety. Whether you are wrestling with fear or know someone who is, he will give you the tools to take your first steps forward. 204 pages. Thomas Nelson. Paperbound. Pub. at \$16.99 **\$3.95**



2815400 **ETIQUETTE: The Original Guide to Conduct in Society, Business, Home, and More.** By Emily Post. Originally published in 1922, this comprehensive volume offers tips and tricks long forgotten in an age of impulse, social awkwardness, and conversational disrepair. This classic guide details how to carry oneself in any situation: weddings, formal dinners, funerals, and dances among others, that require a certain decorum. 627 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$4.95**



291851X **THE POWER OF HUMILITY: Choosing Peace over Conflict in Relationships.** By Charles L. Whitfield et al. Using case studies, cutting-edge clinical research and compelling narrative, the authors show you how to harness the power of humility in your own life—at home, at work and in your community. By doing so you will be able to speak your mind, get things accomplished more harmoniously and feel more satisfied with yourself and your relationships. 182 pages. HCI Press. Paperbound. Pub. at \$14.95 **\$4.95**



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General Health & Self-Help



2918633 VALUES FROM THE FRONT PORCH: Remembering the Wisdom of Our Grandmothers. By Jane Middleton-Moz. Uplifting and hopeful, this exploration of traditional grandmotherly guidance provides lessons we can incorporate in our own lives to create stronger and more joyful families and communities. 220 pages. HCI Press. Paperbound. Pub. at \$12.95 **\$4.95**

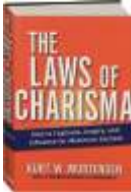
2965615 BULL'S-EYE: The Power of Focus. By Brian Tracy. How do you develop a lifelong habit of high achievement? The answer is focus, clarity, and concentration. Tracy outlines the key steps you can take to develop these most important mental skills—all you'll ever need to achieve success. 100 pages. Sourcebooks. Pub. at \$14.99 **\$4.95**



2965763 JUST SHUT UP AND DO IT! 7 Steps to Conquer Your Goals. By Brian Tracy. There are no limits on what you can be, do, and have, except for the limits you mentally place on yourself. In this simple guide, Tracy will show you how to take action—the most important way to winning, happiness, and success in life. 143 pages. Sourcebooks. Pub. at \$15.95 **\$4.95**



6825613 MANIFESTING MADE EASY: How to Harness the Law of Attraction to Get What You Really Want. By Jen Mazer. Are you living the life you want? If the answer is no the truth may surprise you. Mazer teaches you how to free yourself from limiting beliefs and embrace the idea of "acting as if" to attract what you desire—love, happiness, good health, or career success. 224 pages. Adams Media. Paperbound. Pub. at \$16.99 **\$4.95**



2918439 THE LAWS OF CHARISMA. By Kurt W. Mortensen. Imagine your success in life once you develop the ability to ride that charismatic wave of positivity, momentum, and goodwill. This guide, filled with practical tools, exercises and assessments, will give you the guidance, wisdom, and confidence you'll need to transform yourself and your entire life. 214 pages. AMACOM. Pub. at \$21.95 **\$6.95**

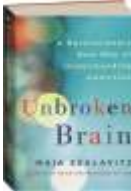


2891646 SMALL MOVE, BIG CHANGE: Using Microresolutions to Transform Your Life Permanently. By Caroline L. Arnold. A guide to turning broad personal goals into small but powerful behavioral changes that lead to permanent self-improvement. Arnold sites new scientific findings on the dynamics of personal change and offers engaging, real-world examples that prove how microresolutions succeed by instantly altering our routines. 238 pages. Penguin. Paperbound. Pub. at \$16.00 **\$4.95**



2872951 1001 LITTLE WELLBEING MIRACLES: Simple Secrets for Staying Happy and Relaxed. By Esme Floyd. This title is crammed full of expert advice on dealing with life's dilemmas. With easy to follow solutions and tips that will help you take control of all aspects of your well being and boost your quality of life. This guide will get your health and happiness back in balance. Illus. 224 pages. Carlton. Paperbound. Pub. at \$12.95 **\$3.95**

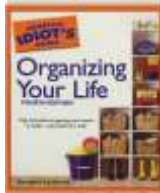
2902648 FIVE LESSONS: A Master Class. By Neville. Neville provides his most direct, and clear lessons on using your mind to create the life you want. 210 pages. TarcherPerigee. Paperbound. Pub. at \$14.00 **\$3.95**



2901366 UNBROKEN BRAIN: A Revolutionary New Way of Understanding Addiction. By Maia Szalavitz. Explains why addiction is so varied, why it can seem like more of a choice than an illness, why it typically strikes the young, and why a surprising number of people outgrow it without treatment. Szalavitz argues that when addiction is seen as a learning disorder, the reasons for the failure of current treatments becomes clear. 336 pages. St. Martin's. Pub. at \$27.99 **\$5.95**

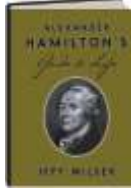


★2903385 LIVING IN FLOW: The Science of Synchronicity and How Your Choices Shape Your World. By Sky Nelson-Isaacs. When we align with circumstance, circumstance aligns with us. Using a cutting-edge scientific theory of synchronicity, Nelson-Isaacs presents a model for living "in the flow"—a state of optimal functioning, creative thinking, and seemingly effortless productivity. 300 pages. North Atlantic. Paperbound. Pub. at \$19.95 **\$14.95**

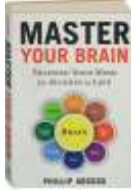


Paperbound. Pub. at \$16.95

2791463 THE COMPLETE IDIOT'S GUIDE TO ORGANIZING YOUR LIFE, FOURTH EDITION. By Georgene Lockwood. Offers tips and tricks to getting your house in order—one room at a time—helpful ideas for getting your kids' stuff organized, suggestions for using computer software to keep your finances in order, ideas for beating debt and making tax time a breeze, and more. 394 pages. Alpha. **\$4.95**



2794209 ALEXANDER HAMILTON'S GUIDE TO LIFE. By Jeff Wilser. Two centuries after his death, Alexander Hamilton is shining once more under the world's spotlight—and we need him now more than ever. This volume unlocks the man's core principles, teaching us lessons on everything from war and wealth to romance and leadership. Illus. 318 pages. Three Rivers. Pub. at \$17.00 **\$4.95**



2871297 MASTER YOUR BRAIN: Training Your Mind for Success in Life. By Phillip Adcock. With this guide you can better understand the behavior of your bosses and colleagues and positively influence the feelings and behavior of others. Pulling from wide-ranging research on the brain and the latest discoveries in psychology and neuroscience, this resource gives you a systematic approach to getting the most from your mind. 266 pages. Sterling. Pub. at \$19.95 **\$4.95**



★4567633 THE LIFE-CHANGING MAGIC OF TIDYING UP: The Japanese Art of Decluttering and Organizing. By Marie Kondo. Despite efforts to declutter, do papers still accumulate, and clothes still pile up? The KonMari Method, presented here, with its revolutionary category by category system, leads to lasting results. The author's detailed guidance will help you clear your clutter and enjoy the unique magic of a tidy home. 214 pages. Ten Speed. **\$11.95**

Pub. at \$16.99

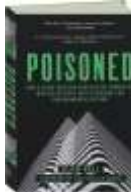
2935538 THE KEYS. By D.J. Khaled with M.H.K. Choi. This music-industry mogul, executive, megaproducer and recording artist offers the "keys" to success in this helpful guide: stay away from them, secure the bag, respect the code, believe in the hustle, and win, win, win no matter what. 212 pages. Crown. Pub. at \$18.00 **\$4.95**

6936741 STICK IT TO THE MAN. By Ronald Lewis. Don't be a sissy! With the help of this brilliant guide to outwitting and outplaying the lopsided world of the law and power, you can take charge instead of being taken advantage of. Contains hundreds of tips to fight back against greedy corporations. Illus. in color. 185 pages. Skyhorse. Paperbound. Pub. at \$12.95 **\$4.95**



CD 2886545 THINK LIKE A CHAMPION. By Donald J. Trump. Read by Skipp Suduth, with an introduction by Donald Trump. A personally selected collection of short, engaging, educational and informative essays that give a clear window into the mind and heart of this extraordinary and successful man. Four hours on 4 CDs. S&S Audio. Pub. at \$29.99 **\$7.95**

698374X STUFF EVERY GRADUATE SHOULD KNOW. By Alyssa Favreau. Just because you have a diploma in hand doesn't mean you know everything! This ultimate pocket size guide for life after school is filled with information for every step of the road to adulthood, including: finding your first apartment, writing the perfect resume, surviving living with your parents, and more. 143 pages. Quirk. Pub. at \$9.95 **\$3.95**



281563X POISONED: How a Crime-Busting Prosecutor Turned His Medical Mystery into a Crusade for Environmental Victims. By Alan Bell. Both a riveting medical mystery and a cautionary tale, this stunning examination puts a human face on the hidden truths behind toxic dangers assaulting us in our everyday environments, and offers practical ways to protect ourselves and our children. 262 pages. Skyhorse. Pub. at \$25.99 **\$5.95**

★2958716 THE MAGIC OF BELIEVING: The Classic Guide to Unlocking the Power of Your Mind. By Claude M. Bristol. A successful businessman reveals the secrets behind harnessing the unlimited energies of the subconscious. A republication of the work originally published in 1948. 169 pages. Ixia. Paperbound. **\$7.95**

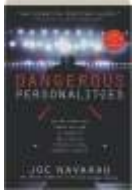


6983480 HOW TO EAT A LOBSTER AND OTHER EDIBLE ENIGMAS EXPLAINED. By Ashley Blom. Whether you need to give a toast or you're confronted with a kumquat, this guide will show you how to navigate a meal gracefully and with minimal splatter. You'll learn the answers to 50 food etiquette questions you've been afraid to ask. 159 pages. Quirk. Pub. at \$12.99 **\$4.95**

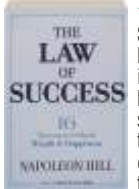
General Health & Self-Help



★**2928094 OWN IT: Make Your Anxiety Work for You.** By Caroline Foran. After suffering crippling panic attacks for years and trying everything, the author discovered there's no such thing as a stress-free life. She armed herself with the right tool kit, and stopped spending her days running from anxiety. In this guide she shares her hard-earned knowledge and kick-*ss* strategies to *Own It* instead. 258 pages. The Experiment. Paperbound. Pub. at \$15.95 **\$11.95**



★**6794645 DANGEROUS PERSONALITIES: An FBI Profiler Shows You How to Identify and Protect Yourself from Harmful People.** By Joe Navarro with T.S. Poynter. Learn how to spot and avoid the four most common dangerous personalities. A 25-year FBI agent and criminal profiler reveals critical warning signs and provides useful checklists to help you recognize people with the potential to hurt you and your family physically, emotionally, or financially. 240 pages. Rodale. Paperbound. Pub. at \$16.99 **\$12.95**

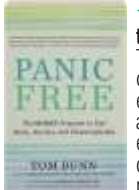


★**688203X THE LAW OF SUCCESS: 16 Secrets to Unlock Wealth & Happiness.** By Napoleon Hill. After querying dozens of prosperous individuals about how they achieved their success, Hill (1883-1970) distilled their responses into a series of principles that promote self-confidence, thrift, imagination, enthusiasm, self-control, concentration, and cooperation. A republication of the work originally published in 1937. 567 pages. Ixia. Paperbound. Pub. at \$14.95 **\$11.95**



★**6788424 THE GENTLE ART OF SWEDISH DEATH CLEANING: How to Free Yourself and Your Family from a Lifetime of Clutter.** By Margareta Magnusson. With Scandinavian humor and wisdom, Magnusson instructs readers to embrace minimalism. Her radical and joyous method helps families broach sensitive conversations and make the process of "cleaning out" uplifting instead of overwhelming. 117 pages. Scribner. Pub. at \$18.99 **\$13.95**

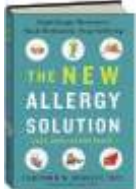
2959178 HINTS ON ETIQUETTE: A Shield Against the Vulgar. Walks the reader through the finer details of dining, smoking, dancing, flirting, card-playing, walking and talking in the nineteenth century. 92 pages. Pushkin. Paperbound. Pub. at \$9.95 **\$3.95**



★**2952424 PANIC FREE: The 10-Day Program to End Panic, Anxiety, and Claustrophobia.** By Tom Bunn. After years of working to help sufferers of panic and anxiety, the author discovered a highly effective solution that utilizes a part of the brain not affected by stress hormones that bombard a person experiencing panic. This process requires just ten days and includes specific instructions and daily practices for dealing with common panic triggers. 217 pages. New World Library. Paperbound. Pub. at \$15.95 **\$11.95**



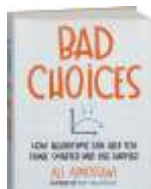
6810519 HOW TO BE ALIVE: A Guide to the Kind of Happiness That Helps the World. By Colin Beavan. In a guide to finding fulfillment in a troubled world, Beavan nudges us toward achieving a new kind of Good Life—a life where feeling good and doing good intersect. Drawing on literature, philosophy, and true stories, he shows us how to help the world, and in turn help ourselves. 438 pages. Dey Street. Pub. at \$25.99 **\$4.95**



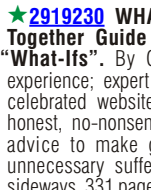
6953379 THE NEW ALLERGY SOLUTION: Supercharge Resistance, Slash Medication, Stop Suffering. By Clifford W. Bassett. Leading allergy expert Dr. Clifford W. Bassett shares the collaborative, whole-body approach he has used for twenty years in his Manhattan practice. *The New Allergy Solution* is the definitive guide to becoming an informed advocate for your own health, and finding the effective, lasting treatment that is right for you. 325 pages. Avery. Pub. at \$26.00 **\$4.95**



★**6988342 NLP MADE EASY: How to Use Neuro-Linguistic Programming to Change Your Life.** By Ali Campbell. Explains how all our behavior is a product of our state of mind. Presenting techniques for making small changes on the inside that will make a huge difference on the outside, Campbell will show you how to change your emotional state quickly and easily, overcome fears, communicate easily, and much more. 197 pages. Hay House. Paperbound. Pub. at \$14.99 **\$11.95**



6953743 BAD CHOICES: How Algorithms Can Help You Think Smarter and Live Happier. By Ali Almossawi. Once you recognize what makes a method faster and more efficient, you'll become a more nimble, creative thinker, ready to face new challenges. Almossawi will open the world of algorithms to all readers, making this a go-to for fans of quirky, accessible science references. Drawings. 145 pages. Viking. Pub. at \$20.00 **\$4.95**



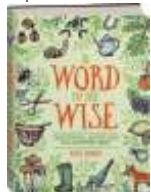
★**2919230 WHAT MATTERS MOST: The Get Your Sh*t Together Guide to Wills, Money, Insurance, and Life's "What-ifs".** By Chanel Reynolds. Drawing on her firsthand experience; expert advice; and the unparalleled resources of her celebrated website, *Get Your Sh*t Together*, Reynolds offers an honest, no-nonsense guide. She provides step by step practical advice to make getting your "stuff" together easy, to avoid unnecessary suffering and confusion when life suddenly goes sideways. 331 pages. HarperWave. Pub. at \$25.99 **\$19.95**



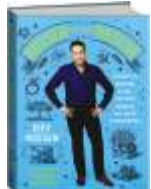
6909396 FASTER THAN NORMAL: Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain. By Peter Shankman. An invaluable handbook for anyone who wants to drive their faster-than-normal brain at maximum speed—without crashing. Filled with life-changing habits and supportive self-care advice and includes insights in how to harness your creative energy to generate and execute ideas, direct your hyperfocus to get things done, and more. 239 pages. Tarcher/Penguin. Paperbound. Pub. at \$16.00 **\$4.95**



★**6829538 WRITING DOWN YOUR SOUL: How to Activate and Listen to the Extraordinary Voice Within.** By Janet Conner. Lays out four simple steps: show up, open up, listen up, and follow up. Stick to this approach and miracles will start to happen. It's all there, you just have to know how to activate it. 255 pages. Conari Press. Paperbound. Pub. at \$18.95 **\$13.95**



★**2931915 A WORD TO THE WISE: Traditional Advice and Old Country Ways.** By Ruth Binney. Discover that it's never too late to learn from a proverb or an old wives' tale. This is a captivating collection of age-old expressions and customs, and its insights cover everything from health tips and kitchen tricks to gardening know-how and hints for predicting the weather. 223 pages. Dover. Pub. at \$14.95 **\$11.95**



6913105 ROSSEN TO THE RESCUE: Secrets to Avoiding Scams, Everyday Dangers, and Major Catastrophes. By Jeff Rossen. Includes daring experiments, expert advice, and game plans for handling all the wild cards in life, big and small, while sharing personal, and sometimes embarrassing, anecdotes. Overflowing with tips and tricks, this guide is full of enough hacks to keep you and your family safe—and it just might save your life. 245 pages. Flatiron Books. Pub. at \$24.99 **\$5.95**



6973027 INSTANT ANALYSIS. By David J. Lieberman. Guide to understanding and changing the 100 most common, annoying, puzzling, self-defeating behaviors and habits. 304 pages. St. Martin's. Paperbound. Pub. at \$16.99 **\$4.95**



6892590 BOB FELLER'S LITTLE BLUE BOOK OF BASEBALL WISDOM. With B. Rocks. A true American icon, Feller grew up a hardworking farm boy in Iowa and was signed by the Cleveland Indians at age 16. The youngest player ever inducted to the National Baseball Hall of Fame, he is also the longest living member. Here he distills 90 years of hard earned experience into nine essential tenets for success—on or off the diamond. 162 pages. Triumph. Pub. at \$22.95 **\$4.95**



★**2879468 HOW TO BE BETTER AT (ALMOST) EVERYTHING.** By Pat Flynn. This bestselling author, fitness expert, entrepreneur, and professional business coach shares the secrets to learning (almost) every skill, from marketing and music to relationships and martial arts, teaching you how to combine interests to achieve greatness in any field. Make your personal and professional goals a reality, starting today. 218 pages. BenBella. Pub. at \$22.00 **\$16.95**



2884119 DRUNKS: An American History. By Christopher M. Finan. We have come to understand that alcoholism is a treatable illness. But in the beginning our nation condemned drunks for moral weakness. Finan reveals the history of our struggle with alcoholism and the emergence of a search for sobriety that began among Native Americans in the colonial period. Illus. 326 pages. Beacon. Pub. at \$29.95 **\$8.95**

General Health & Self-Help



★**2898985** **THE ADDICTION SOLUTION: Treating Our Dependence on Opioids and Other Drugs.** By Lloyd I. Sederer. This is a practical guide to understanding the world of drug use, abuse, and treatment. This volume brings together scientific and clinical knowledge, policy suggestions, and case studies, paving a way toward recovery and health for families and communities suffering from addiction. 226 pages. Scribner. Paperbound. Pub. at \$16.00 **\$11.95**

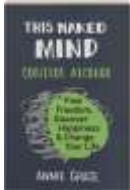


★**2928051** **THE BIG BOOK OF LESS: Finding Joy in Living Lighter.** By I. Smit & A. van der Hulst. A thoughtful and surprising guide that shows us how to get to less stuff, less stress, less distraction, and less everything. And to help, the guide includes special paper goodies like a one-thought a day diary, a foldout tiny house, and art posters that depict a beautiful picture of what it means to do less, not more. Well illus. in color. 218 pages. Workman. Pub. at \$27.50 **\$19.95**

2823837 THE RANGER WAY: Living the Code on and off the Battlefield. By Kris Tanto Paronto. Known from the book and movie *13 Hours* detailing his experiences as a U.S. Army Ranger in Benghazi, Paronto uses his experiences to show you how to define your mission, set goals that are in alignment with your values, and develop a plan that will maximize your chances for success. You will discover why being of service to others and being willing to sacrifice will help you succeed in accomplishing your mission. 244 pages. Center Street. Pub. at \$26.00 **\$6.95**



★**286911X** **THE ALCOHOL EXPERIMENT: A 30-Day, Alcohol-Free Challenge to Interrupt Your Habits and Help You Take Control.** By Annie Grace. Through her methodical research of the latest neuroscience and her own journey, Grace has cracked the code on habit change by addressing the specific ways habits form. This unprecedented method has now helped thousands redefine their relationship to drinking painlessly and without misery. 239 pages. Avery. Paperbound. Pub. at \$18.00 **\$12.95**



★**2840928** **THIS NAKED MIND: Control Alcohol.** By Annie Grace. Many people question whether drinking has become too big a part of their lives, and worry that it may be affecting their health. This work clearly presents the psychological and neurological components of alcohol use based on the latest science. Packed with surprising insight, this work could possibly give you the freedom from alcohol you seek. 243 pages. Avery. Paperbound. Pub. at \$18.00 **\$12.95**

★**2898918** **CHILDLESS LIVING: The Joys and Challenges of Life Without Children.** By Lisette Schuitemaker. Not having children is on the rise, yet being childless is a subject not much talked about. The author celebrates those who are brave enough to follow the lesser known path of non-parenting. This is a resource for everyone who has not gone the way of parenthood and for all those who are still contemplating this essential life choice. 237 pages. Findhorn. Paperbound. Pub. at \$16.99 **\$13.95**



286021X SOON: An Overdue History of Procrastination, from Leonardo and Darwin to You and Me. By Andrew Santella. While others are busy leaning in, crushing it, and trying to work smarter, faster, and better, Santella stops to ask why so many of our greatest inventors, artists, and scientists have led double lives as committed procrastinators. 197 pages. Dey Street. Pub. at \$25.99 **\$9.95**



★**2804247** **QUIT SMOKING BOOT CAMP: The Fast Track to Quitting Smoking Again...for Good.** By Allen Carr. This guide is a revolutionary and concise version of the world famous *Easyway* method, delivered in short, punchy segments to help you quit with the minimum of fuss, with minimal effort, in a reassuringly regimented and speedy way. Four days is all it takes to transform your life easily and immediately! 254 pages. Arcturus. Paperbound. Pub. at \$14.99 **\$11.95**



★**6945627** **THE WORLD ACCORDING TO MISTER ROGERS: Important Things to Remember.** By Fred Rogers. Offers a timeless collection of wisdom on love, friendship, respect, individuality, and honesty from the man who was a friend and neighbor to generations of Americans. 197 pages. Hachette. Pub. at \$17.00 **\$12.95**

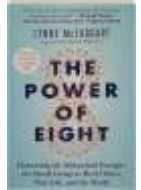


★**295267X** **HOW TO KEEP YOUR COOL.** By Seneca. The philosopher's thoughts on anger have never been more relevant than today, when uncivil discourse has increasingly infected public debate. Whether seeking personal growth or political renewal, readers will find in Seneca's wisdom, a valuable antidote to the ills of an angry age. This volume is presented in English with the original Latin on facing pages. 220 pages. Princeton. Pub. at \$16.95 **\$13.95**



★**5835887** **THE SECRET.** By Rhonda Byrne. Fragments of a Great Secret have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. In this guide, you'll learn how to use The Secret in every aspect of your life: money, health, relationships, happiness, and in every interaction you have. 202 pages. Atria. Pub. at \$23.95 **\$17.95**

★**2862700** **THE HAPPINESS PARADOX: The Very Things We Thought Would Bring Us Joy Actually Steal It Away.** By Richard Eyre. Providing a mind-changing exploration of the inherent problems with our fixation on material possessions, control over our lives, and independence from others, Eyre responds with a unique and engaging counterpoint on how to switch to the joy-giving alternatives of serendipity, stewardship and interdependence, and thus live a more verdant and abundant life. 294 pages. Familius. Paperbound. Pub. at \$18.99 **\$14.95**



★**2796171** **THE POWER OF EIGHT: Harnessing the Miraculous Energies of a Small Group to Heal Others, Your Life, and the World.** By Lynne McTaggart. With inspiration from the riveting stories of hundreds of people who have experienced life-altering transformations, along with a complete how-to of McTaggart's techniques, you will learn to harness the collective energies of *The Power of Eight* and unleash the power you hold inside to heal your own life. 315 pages. Atria. Paperbound. Pub. at \$17.00 **\$12.95**

295916X **THE HAPPINESS TRACK: How to Apply the Science of Happiness to Accelerate Your Success.** By Emma Seppala. Featuring practical strategies we can use in our daily lives, Seppala will show you the fulfilling, rewarding, and anxiety-free life that is within your reach. 214 pages. HarperOne. Paperbound. Pub. at \$15.99 **\$4.95**



★**6881696** **THE GREEN BURIAL GUIDEBOOK: Everything You Need to Plan an Affordable, Environmentally Friendly Burial.** By Elizabeth Fournier. Provides comprehensive and compassionate guidance, covering everything from green burial planning and home funeral basics to legal guidelines and outside the box options, such as burials at sea. These practices consider both the environmental well being of the planet and the economic well being of loved ones. 195 pages. New World Library. Paperbound. Pub. at \$15.95 **\$11.95**

★**2873249** **OUT OF YOUR COMFORT ZONE: Breaking Boundaries for a Life Beyond Limits.** By Emma Mardlin. Whether you experience an intense, irrational fear or phobia that plagues you, look back on a lifetime of anxiety, lack confidence, or seek a deeper self-awareness to create phenomenal change, this guide offers a range of comprehensive resources to help you fully transform your fears, discover your true self, and achieve everything you really want in life. 176 pages. Findhorn. Paperbound. Pub. at \$16.99 **\$13.95**



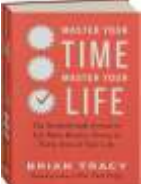
★**295320X** **A QUICK & EASY GUIDE TO QUEER & TRANS IDENTITIES.** By M. G. & J.R. Zuckerberg. Covering essential topics like sexuality, gender identity, coming out, and navigating relationships, this guide explains the spectrum of human experience through informative comics, interviews, activities, and imaginative examples. A great starting point for anyone curious about queer and trans life, and helpful for those already on their own journeys! 112 pages. Oni Press. Paperbound. Pub. at \$9.99 **\$7.95**

★**2953773** **THE GROWTH MINDSET EDGE: Your Guide to Developing Grit.** By Jackie Beere. Learn why self-sabotage is so common, who you truly are, where your inner strength lies and how to control your thoughts through purposeful thinking. Beere also offers practical tips, actionable advice and helpful tools to continue developing grit long after you've finished reading. 226 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$11.95**



★**2963558** **THE BULLET JOURNAL METHOD.** By Ryder Carroll. This title is much more than organizing your notes and to do lists. It's about weeding out distractions and focusing your time and energy in pursuit of what's truly meaningful, in both your work and your personal life. It's about spending more time with what you care about, by working on fewer things. 310 pages. Portfolio. Pub. at \$26.00 **\$18.95**

General Health & Self-Help



2826887 MASTER YOUR TIME, MASTER YOUR LIFE: The Breakthrough System to Get More Results, Faster, in Every Area of Your Life. By Brian Tracy. Provides simple steps we can use to figure out when we will be most productive for a specific task and when we should move on to the next item on our list, outlining a framework for optimal productivity that will change lives forever. 226 pages. TarcherPerigee. Pub. at \$22.00 **\$4.95**

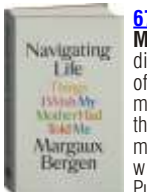


2786583 HAPPINESS HACKS. Who doesn't want to be happy? From little pick me ups to discovering new ways to spread the love, this collection of over 300 hacks will have you looking on the bright side—one hack at a time. Try offering to pet sit, interview happy people, daydreaming, or practicing a random act of kindness! 256 pages. Adams Media. Paperbound. Pub. at \$15.99 **\$4.95**

2876302 THE ART OF THE GOOD LIFE: 52 Surprising Shortcuts to Happiness, Wealth, and Success. By Rolf Dobelli. A toolkit designed for practical living, in this guide you'll find fifty-two ideas—from mastering the “5-second no” to wielding ignorance as an asset—that are aimed to optimize your well-being. These tips may not guarantee you a “good life” but they'll give you a better chance at living your best life. 260 pages. Hachette. Pub. at \$25.00 **\$6.95**

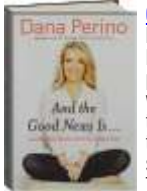


676360X THE GOOD NEWS ABOUT WHAT'S BAD FOR YOU/THE BAD NEWS ABOUT WHAT'S GOOD FOR YOU. By Jeff Wilser. Told with wit, charm, and a large dose of humor, the author of this good news/bad news text sprints through a broad range of topics from coffee to green tea, tequila to Vitamin Water, and apologizing and swearing to the merits of procrastination and the downsides of yoga. 360 pages. Flatiron Books. Pub. at \$19.99 **\$5.95**

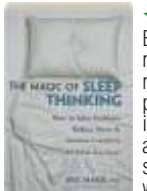


6797989 NAVIGATING LIFE: Things I Wish My Mother Had Told Me. By Margaux Bergen. A diamond-sharp, gut-wrenchingly honest collection of hard-earned and invaluable lessons that is one mother's effort to equip her daughter for survival in the real world. It will challenge you to lead a more meaningful life and to tackle the bumps along the way with ingenuity. 245 pages. Penguin. Pub. at \$26.00 **\$4.95**

6899536 THE ART OF GRACE: On Moving Well Through Life. By Sarah L. Kaufman. Guided by the muse of Cary Grant, Kaufman illustrates the importance of grace in the small moments of everyday life. Here she inspires us to walk taller, spend time on unnecessary kindnesses, and celebrate the grace notes in our lives, and those of others. 310 pages. Norton. Pub. at \$24.95 **\$8.95**

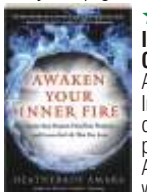


6805078 AND THE GOOD NEWS IS...: Lessons and Advice from the Bright Side. By Dana Perino. From her years as the presidential press secretary to George W. Bush to her debates with colleagues on Fox News, Dana Perino reveals the lessons she's learned that have guided her through life, kept her level-headed and led her to success. 16 pages of color photos. 241 pages. Twelve. Pub. at \$26.00 **\$4.95**

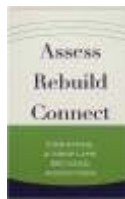


★6854796 THE MAGIC OF SLEEP THINKING. By Eric & Natalya Maisel. Grounded in current brain research, the authors introduce a simple but revolutionary program that shows how to solve problems and increase creativity by learning to tune into your brain's deepest intuitions. With self-inquiry, and with new bedtime and morning routines and some lifestyle changes, you can tackle anxiety, weight gain, anger management issues and more. 225 pages. Ixia. Paperbound. Pub. at \$14.95 **\$11.95**

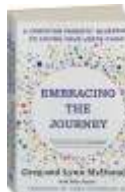
★6962564 THE IMPORTANCE OF BEING FUNNY: Why We Need More Jokes in Our Lives. By Al Gini. For Gini, humor is more than just foolish fun: it serves as a safety valve for dealing with reality that gives us the courage to endure that which we cannot understand or avoid. He argues that joke telling can act as both a sword and a shield to defend us from reality. 141 pages. Rowman & Littlefield. Pub. at \$19.95 **\$14.95**



★6829112 AWAKEN YOUR INNER FIRE: Ignite Your Passion, Find Your Purpose, and Create the Life That You Love. By HeatherAsh Amara. Introduces you to the fundamentals of your Inner Fire, and explains how the four major aspects of your being—the mental, spiritual, emotional, and physical—all interact with this powerful energy. Amara invites you to take a new perspective on who you are and how you relate to the world. 158 pages. Hierophant. Paperbound. Pub. at \$17.95 **\$13.95**



★6977480 ASSESS, REBUILD, CONNECT: Creating a New Life Beyond Addiction. By Adams Recovery Center. A down to earth tool for creating a new life beyond addiction based on decades of clinical experience. Providing a trusted companion through pre-treatment, treatment, and aftercare this guide will empower you to live the life everyone deserves. 141 pages. KiCam Projects. Paperbound. Pub. at \$12.95 **\$9.95**

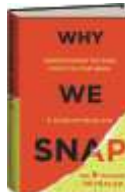


★2908964 EMBRACING THE JOURNEY: A Christian Parents' Blueprint to Loving Your LGBTQ Child. By Greg McDonald et al. Even in the earliest days of their journey, the McDonalds clung to two absolutes: they would love God, and they would love their son. Written in unvarnished, honest, and a reassuring voice, this is a practical guide for parents and a road map to learning to love God, the people He created, and the church: even when they seem to be at odds. 227 pages. Howard. Pub. at \$26.00 **PRICE CUT to \$14.95**

6481183 SOLDIER OF FORTUNE GUIDE TO HOW TO DISAPPEAR AND NEVER BE FOUND. By Barry Davies. An expert British S.A.S. soldier divulges the secret ways to disappear without a trace that only a military-trained soldier could know. You'll learn about companies to call in order to erase all records, how to give false information, how to disappear in our social media environment, and more. Well illus., some in color. 205 pages. Skyhorse. Paperbound. Pub. at \$14.95 **\$5.95**

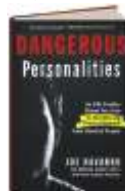


5518733 MODERN SURVIVAL: How to Cope When Everything Falls Apart. By Barry Davies. The most current, comprehensive disaster survival guide for the modern world. Teaches you how to survive the elements when all else fails. From a small civil flare-up to World War III, this guide prepares you so that you are not only able to survive, but to thrive after the dust has settled. Color photos. 300 pages. Skyhorse. Paperbound. Pub. at \$16.95 **\$5.95**



6681131 WHY WE SNAP. By R. Douglas Fields. We all have a rage circuit we can't fully control once it's engaged. We all wish to believe we are in control of our actions, but the right trigger in the right circumstance can unleash a fit of rage in almost anyone. Here Dr. Fields reveals and details the nine triggers that cause us to snap and how we can defuse them. 408 pages. Dutton. Pub. at \$28.00 **\$5.95**

5840937 I, SPY: How to Be Your Own Private Investigator. By Daniel Ribacoff. Have you ever wanted to be your own private eye? With decades of experience in public safety, private investigation, and credibility assessment, Ribacoff will teach you the dos and don'ts of surveillance; how to track down anyone anywhere; how to tell if someone is lying; how to go off-grid; and more. 220 pages. St. Martin's. Pub. at \$25.99 **\$9.95**



★7663455 DANGEROUS PERSONALITIES: An FBI Profiler Shows You How to Identify and Protect Yourself from Harmful People. By Joe Navarro with T.S. Poynter. Learn how to spot and avoid the four most common dangerous personalities. A 25-year FBI agent and criminal profiler reveals critical warning signs and provides useful checklists to help you recognize people with the potential to hurt you and your family physically, emotionally, or financially. 242 pages. Rodale. Pub. at \$25.99 **\$16.95**



6918034 LUCK: Understanding Luck and Improving Your Odds. By B. Dolnick & A.H. Davidson. Authors Dolnick and Davidson investigate both ancient and modern scientific approaches to luck. You'll learn how ancient practices such as I Ching, astrology, tarot, and numerology have been used by even the most learned scholars to understand luck. 242 pages. Skyhorse. Paperbound. Pub. at \$16.99 **PRICE CUT to \$2.95**

6719864 MANNERS FOR SCHOOLBOYS. By J. Robinson. Published in 1829, it offers advice to young gentlemen in all situations. Timeless tips on tidiness, behavior and self knowledge combine with the amusing social etiquette of two centuries ago in this entertaining and amusing guide. 104 pages. British Library. Pub. at \$14.95 **PRICE CUT to \$1.95**



6855458 THE 30-DAY SOBRIETY SOLUTION: How to Cut Back or Quit Drinking in the Privacy of Your Own Home. By J. Canfield & D. Andrews. A groundbreaking program for recovery that was researched, tested, and improved over eight years. It will lead you step by step through the process of overcoming excessive drinking and give you the tools to stop for good, even if you have tried before and failed. It's a simple, straightforward action plan that works. 563 pages. Atria. Paperbound. Pub. at \$18.00 **PRICE CUT to \$1.95**

General Health & Self-Help

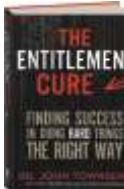


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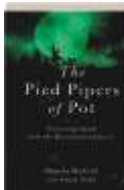
6827217 CAN'T JUST STOP: An Investigation of Compulsions. By Sharon Begley. A meticulously researched examination of the compulsions that exist at either end of a broad continuum. These disorders may look profoundly different, but are all ways of dealing with varying degrees of anxiety. Begley offers ways to realistically grapple with it in ourselves, and in those we love. 296 pages. S&S. **PRICE CUT to \$4.95**



289145X LIFE IN A BUSTLE: Advice to Youth. From essays on dieting in the 1860s to instructions for gentlemen on trout fishing, from advice on the ill health caused by the "modern" craze of bicycling to travelogues from Norway, the advice offered here is as relevant today as they were more than a century ago. Illus. 95 pages. Pushkin. Paperbound. Pub. at \$10.95 **PRICE CUT to \$2.95**



6774733 THE ENTITLEMENT CURE: Finding Success in Doing Hard Things the Right Way. By John Townsend. Whether you are struggling with your own sense of entitlement or dealing with someone who acts entitled, this fascinating discussion will equip you to turn away from a life of mediocrity by showing you how to become successful, resolve obstacles in life, and help those around you. 276 pages. Zondervan. Pub. at \$22.99 **\$5.95**



Paperbound. Pub. at \$16.99

★6779515 THE PIED PIPERS OF POT: Protecting Youth from the Marijuana Industry. By Pamela McCall with E. Todd. A startling and scientifically substantiated call to arms against the legalization of pot. Inside, you will discover eye-opening proof of the dangers that high-potency marijuana products pose to our young people, as well as evidence debunking many of its so-called health benefits. 302 pages. Grafton and Scratch. **PRICE CUT to \$9.95**



★6753728 NEVER SMOKE AGAIN: The Top 10 Ways to Stop Smoking Now & Forever. By Grant Cooper. Begins by taking a long, hard look at cigarettes, at why you smoke them, and how they keep you coming back for more. It then presents ten chapters, each of which focuses on one of the top ten techniques for quitting smoking. 150 pages. Square One Publishers. Paperbound. Pub. at \$13.95 **PRICE CUT to \$7.95**

2891557 ON CORPULENCE: Feeding the Body and Feeding the Mind. By W. Banting & L. Carroll. Features two articles: the *Letter on Corpulence*, written in 1864 by William Banting, and *Feeding the Mind*, by Lewis Carroll, written in 1907. Illus. 62 pages. Pushkin. Paperbound. Pub. at \$10.95 **PRICE CUT to \$2.95**



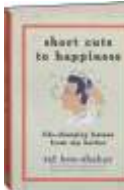
in reducing the risks of addiction and overdose. Illus. 232 pages. North Atlantic. Paperbound. Pub. at \$15.95

★692302X BREAKING THE CYCLE OF OPIOID ADDICTION: Supplement Your Pain Management with Cannabis. By Uwe Blesching. Clearly and thoroughly lays out the overwhelming benefits of using cannabis to manage the craving and withdrawal symptoms of opioid addiction, and especially to address the pain that leads to drug use and addiction in the first place. Blesching presents a convincing case for the powerful benefits of cannabis **PRICE CUT to \$7.95**



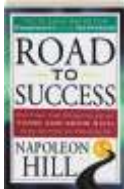
Paperbound. Pub. at \$17.95

★6829201 THE GRATITUDE FORMULA: A 7-Step Success System to Create a Life That You Love. By May McCarthy. Offers a definable, practical system that you can put to use every day to achieve success in your relationships, career, finances, health, personal pursuits, spiritual growth, and virtually any other aspect of your life. Simple and clear, if you follow the system daily, you can begin to receive abundance and create a life you love. 172 pages. Hierophant. **PRICE CUT to \$9.95**



Experiment. Pub. at \$18.95

★278906X SHORT CUTS TO HAPPINESS: Life-Changing Lessons from My Barber. By Tal Ben-Shahar. Distills two years of the author's revelatory talks with his longtime neighborhood barber, Avi, who along with cutting hair dispenses wisdom. Each brief chapter reminds us how easy it is to find common ground on the things that matter most and how good it is to talk with a tried and true friend. 160 pages. The **PRICE CUT to \$9.95**



6680801 ROAD TO SUCCESS: The Classic Guide for Prosperity and Happiness. By Napoleon Hill. The principals of Napoleon Hill's (1883-1970) guide *Think and Grow Rich*, first published in 1937, are still relevant today. When you have the "how-to," it becomes easier to follow the signposts in life that deliver you to your destination of success and happiness. 239 pages. TarcherPerigee. Paperbound. **SOLD OUT**



Adams Media. Paperbound. Pub. at \$15.99

2786680 THE KIDULT HANDBOOK. By Nicole Booz. With this fun handbook, it's never been easier to feel like a kid again. The author includes 160 activities that encourage you to look at life with a fresh eye—and play, for instance: cloud gazing, and playing LEGOs; outdoor movies with friends; and screen-free activities such as board games, arts and crafts and listening to vinyl records. 192 pages. **PRICE CUT to \$2.95**

6843751 I HOPE I SCREW THIS UP. By Kyle Cease. Comedian and transformational speaker Kyle Cease disarms readers as he leads them to their own personal breakthroughs, helping them to recognize that actual happiness and fulfillment are available to them—not in some distant future—but right now. Photos. 246 pages. S&S. Pub. at \$26.00 **\$2.95**



194 pages. HMH. Paperbound. Pub. at \$14.95

690727X SPARTAN UP! A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life. By Joe De Sena with J. O'Connell. The driving force behind the 26.2-mile Spartan Race, De Sena overcame his obstacles—working his way from Queens to Wall Street to extreme athlete by adhering to a simple philosophy: commit to a goal, put in the work, and get it done. His experiences works for you in this inspirational guide. **PRICE CUT to \$2.95**



Pub. at \$14.99

2786540 FIDGET! 101 Ways to Boost Your Creativity and Decrease Your Stress. By Heather Fishel. Provides a plethora of inventive ways to tap, doodle, click, and trick your mind into focusing. It's been proven that your random pen clicking and gum chewing actually can translate into increased productivity and less stress. 128 pages. Adams Media. Paperbound. **PRICE CUT to \$2.95**

★6847471 HAND MADE: The Modern Guide to Made-from-Scratch Living. By Melissa K. Norris. Offers down to earth tips and guidance to help you learn how to bake old-fashioned recipes with quick, stress-free steps; grow, harvest, and preserve culinary and medicinal herbs; and simplify your routine and declutter your home with room by room guides and Depression-era wisdom. Illus. 254 pages. Harvest House. Paperbound. Pub. at \$15.99 **\$9.95**



HarperCollins. Paperbound. Pub. at \$17.99

★6922805 TAKE CONTROL OF YOUR LIFE: Rescue Yourself and Live the Life You Deserve. By J. Paul Nadeau. Combining his personal experiences and insights from many years in the field of law enforcement and hostage negotiations, Nadeau helps us overcome the self-sabotaging thoughts and attitudes that prevent us from becoming our best selves and fully achieving our dreams. 209 pages. **PRICE CUT to \$9.95**



treatment programs and medications. 286 pages. The Experiment. Paperbound. Pub. at \$16.95

★6882749 OVERCOMING OPIOID ADDICTION: The Authoritative Medical Guide for Patients, Families, Doctors, and Therapists. By Adam Bisaga with K. Chernyaev. Provides a comprehensive medical guide for opioid use disorder (OUD) sufferers, their loved ones, clinicians, and other professionals. The authors expertly present urgently needed information and guidance including a chapter tailored to families with crucial life saving information about **PRICE CUT to \$9.95**

5910803 THE MATHENY MANIFESTO. By Mike Matheny with J.B. Jenkins. The tough-love philosophy Matheny expressed in a letter to the parents of a Little League team he coached, is built on in this great entertaining and inspirational guide. He first diagnoses the problem at the heart of youth sports and then offers a hopeful path forward. 221 pages. Crown. Pub. at \$24.00 **PRICE CUT to \$1.95**



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★6563430 DEPLOYED: The Survival Guide for Families at War. By Stanley Hall. Professional on-base counselor Dr. Stanley Hall gives answers and directions in finding more happiness and success in your military family. Learn all about coping with PTSD, working through alcoholism and addictions, surviving the separation, being married in the military, understanding anger, abuse, and killing and much more. 203 pages. **PRICE CUT to \$3.95**

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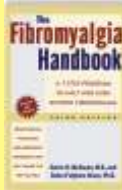
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6763472 THE FIBROMYALGIA HANDBOOK, THIRD EDITION REVISED. By H.H. McIlwain & D.F. Bruce. A proven 7-step Treatment Program that includes the latest in medications that may lessen the symptoms of fibromyalgia. Includes specific exercises to reduce deep muscle pain, to increase strength and energy, and to alleviate stress and anxiety and a discussion of complementary therapies. 308 pages. Holt. Paperbound. Pub. at \$21.99 **\$4.95**

2925311 SECRETS OF DRAGON GATE:

Ancient Taoist Practices for Health, Wealth, and the Art of Sexual Yoga. By S. Liu & J. Blank. From

simple breathing exercises that make you feel healthier and more alive to advanced sexual yoga, this guide to the Dragon Gate School of Taoism holds the key to your unique path to health, wealth, and spiritual fulfillment. 214 pages. Tarcher/Penguin. Paperbound. Pub. at \$16.95 **\$5.95**



★2840987 AGING FOR BEGINNERS. By Ezra Bayda with E. Hamilton. With techniques that are both simple and richly unfolded, this guide will help readers learn the subtle art of being with pain; uncover the fears that amplify suffering; tap into transformative power and curiosity; and connect to a life of satisfaction and equanimity. 205 pages. Wisdom Publications. Paperbound. Pub. at \$17.95 **\$13.95**

2948958 COACH WOODEN'S FORGOTTEN TEAMS:

Stories and Lessons from John Wooden's Summer Basketball Camps. By Pat

Williams with J. Denney. Rediscover the man, the coach, and the legend you thought you knew with this one of a kind volume that shares inspiring stories, along with six fundamental lessons from Coach Wooden, for a life of success and impact on others. 196 pages. Revell. Pub. at \$16.99 **\$4.95**

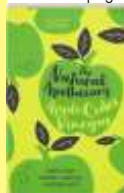
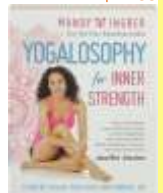


★5988670 MAKE YOUR BED: Little Things That Can Change Your Life...and Maybe the World. By William H. McRaven. On May 21, 2014, Admiral McRaven addressed the graduating class of the University of Texas at Austin, sharing ten principles he learned during Navy SEAL training that anyone can use to change themselves and the world for the better. 128 pages. Grand Central. Pub. at \$18.00 **\$12.95**

2811863 YOGALOSOPHY FOR INNER STRENGTH:

12 Weeks to Heal Your Heart and Embrace Joy. By Mandy Ingber. A

twelve-week wellness program that includes five exercise routines for strength, happiness, and cardiovascular health, as well as meditations, recipes, playlists, and rituals designed to support the healing of the heart and build lasting resilience. Well illus. in color. 352 pages. Seal. Paperbound. Pub. at \$24.00 **\$4.95**



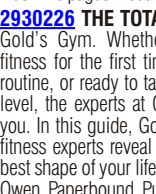
★292658X APPLE CIDER VINEGAR: The Natural Apothecary. By Penny Stanway. Apple cider vinegar has long been revered for its health benefits, including as an aid to weight loss, regulating blood sugar and gut health, as well as its many uses around the home. This handbook is packed with hundreds of practical tips, tricks, and recipes for home, health and beauty. 124 pages. Nourish. Paperbound. Pub. at \$12.95 **\$9.95**



★6243304 MEN'S HEALTH ULTIMATE DUMBBELL GUIDE:

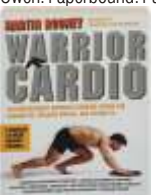
More Than 21,000 Moves Designed to Build Muscle, Increase Strength, and Burn Fat. By Myatt Murphy.

Comprehensive list of dumbbell moves that can be combined to produce maximum results. Includes instructions for creating your own personalized combination of moves, as well as tips on buying dumbbells that suit your needs. Illus. 275 pages. Rodale. Paperbound. Pub. at \$19.95 **\$12.95**



2930226 THE TOTAL FITNESS MANUAL.

By Gold's Gym. Whether you're just getting into fitness for the first time, looking to mix up your routine, or ready to take your program to the next level, the experts at Gold's Gym have a plan for you. In this guide, Gold's Gym's top trainers and fitness experts reveal the secrets to getting in the best shape of your life! Well illus. in color. Weldon Owen. Paperbound. Pub. at \$29.00 **\$6.95**



6906281 WARRIOR CARDIO.

By Martin Rooney. Offers a fitness and diet program that will help you "bring out the warrior within." Includes an easy to follow workout

and diet plan that efficiently burns fat and builds muscle in less time than you ever thought possible. Well illus. in color. 401 pages. Morrow. 8 1/2 x 11. Paperbound. Pub. at \$29.99 **\$9.95**

2960907 THE AWAKENED DREAMER: How to Remember & Interpret Your Dreams.

By Kala Ambrose. Remember your dreams, interpret what they're telling you, and use them to get what you want with this easy-to-use guide. You'll explore dreams and sleep phenomena of all kinds, including recurring dreams, prophetic dreams, teaching dreams, lucid dreams, nightmares, day dreams and more. 224 pages. Llewellyn. Paperbound. Pub. at \$15.99 **\$5.95**



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