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4912425 PLANT-BASED INTERMITTENT FASTING. By Libby Limon. Whether you’re a long-time vegan or an omnivore who wants a healthy detox, here are two accessible fourteen-day programs to kick-start your weight loss, restore health, and achieve the optimal well-being—all without going hungry. Color photos. 144 pages. Tiller Publishing. Paperbound. Pub. at $17.99

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4386416 BRAIN FOOD: The Surprising Science of Eating for Cognitive Power. By Lisa Mosconi. Includes comprehensive lists of what to eat and what to avoid, a detailed quiz that tells you what you need to eat, and much more. Proven, safe, and effective strategies for raising your metabolism and for helping you lose weight, reverse diabetes and fatigue. 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. Credentialed. Pub. at $19.95

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4702987 REVERSE SARCOPEANIA. By Joseph Tieri. Provides you with strategies to combat sarcopenia–age-related weakening of the muscle–including progressive resistance exercises which not only slow the progression of sarcopenia but can even reverse it. This guide gives you all the tools you need to combat the disease. Well illus. in color. 128 pages. Ulysses. Paperback. Pub. at $15.95. $9.95

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4912285 GRIT & GRACE. By Emily McGraw with A. Greene. McGraw came to a crossroads in his life and career where he realized that unless he made his physical health a priority, he would put his personal and professional success at risk. Here he shares his transformation story along with encouragement, inspiration, and advice to help readers become strong, healthy, and mind-body. Well illus. 287 pages. Harper Wave. Paperback. Pub. at $29.99. $7.95

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