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3966755 BASIC HEALTH PUBLICATIONS USER’S GUIDE TO HEALTHY DIGESTION. By Victoria Dolby Toews. Digestive problems affect nearly every one at one time or another. In this easy to read, informative guide, the author describes the most common digestive problems and diseases and recommends safe dietary, herbal, and nutritional remedies to improve digestive health. 92 pages. Basic Health. Paperbound. Pub. at $4.95 $2.95

3969055 PARKINSON’S DISEASE GUIDE FOR THE NEWLY DIAGNOSED. By Peter LeWitt. This extensive, up-to-date guide is your resource for maintaining realistic optimism while living with Parkinson’s disease—with helpful information from how to build a community and patient-caregiver relationships, to assembling your primary care team and more. 114 pages. Rockridge. Pub. at $21.95 $16.95

3954676 BUILDING AN AGELESS MIND: Preventing and Fighting Brain Aging and Disease. By Michael S. Okun et al. In a groundbreaking, evidence-based practical solution, the authors provide practical solutions, including specific directives to assist individuals in changing the course of cognitive decline as a result of neurodegenerative disease or the effects of one of the most profound brain aging-related illnesses of our time, Alzheimer’s disease, and provides ways to protect against it. Illus. 239 pages. Rowman & Littlefield. Pub. at $34.95 $24.95


3940646 THE END OF ALZHEIMER’S: The First Program to Prevent and Reverse Cognitive Decline. By Dale E. Bredesen. 308 pages. Avery. Pub. at $27.00 $19.95


Stress & Pain Management

3964728 MEDITATION FOR DAILY STRESS: 10 Practices for Immediate Well-being. By Mitch Pascual. A guide to groundbreaking meditation techniques for finding peace, quiet, and centeredness in our daily lives. Pascual prescribes a series of visualization and breathing practices that can be used throughout the day to unplug from the moment, before stress takes hold.

3974537 BREATHE: The Simple, Revolutionary 14-Day Program to Improve Your Mental and Physical Health. By Mitch Pascual. Combines anatomy and fitness with positive imagery and mindfulness and gives you tools to heal from the inside out. Easy to follow exercises will increase energy, mental clarity and calmness. Illus. 224 pages. St. Martin’s. Pub. at $16.95 $9.95

467295 LIVING WITH PARKINSON’S DISEASE: A Complete Guide for Patients and Caregivers. By Michael S. Okun et al. In a groundbreaking, evidence-based guide, the author addresses Parkinson’s related issues and symptoms along with emerging therapies. It offers patients and caregivers the necessary roadmap to manage and still find joy and fulfillment in their lives. 256 pages. Robert Rose. Paperbound. Pub. at $17.95 $9.95

3961851 CROHN’S AND COLITIS FIX: 10 Week Plan for Reversing IBD Symptoms and Getting Rid of Fatigue. By Inna Lukyanovsky. For the chronic patient looking for more than just the traditional approach to managing and eliminating Crohn’s or colitis symptoms. The author offers a groundbreaking meal plan that has worked with Crohn’s and colitis clients wanting a more holistic approach. 166 pages. Snowy. Pub. at $27.00 $19.95

3948123 HELLO I WANT TO DIE PLEASE FIX ME: Depression in Everyday People. By Anna Mehler Paperny. Depression is a havoc-wreaking illness that masquerades as personal failing and hijacks your life. Here Paperny tracks her own personal experience, and as a Doctor of Pharmacy who has worked with patients with depression, she offers patients and caregivers the necessary roadmap to manage and still find joy and fulfillment in their lives. 256 pages. Robert Rose. Paperbound. Pub. at $17.95 $9.95

2013626 COMBATTLE Book of CBD for SELF-CARE: 175+ Ways to Sooth, Support, & Restore Yourself with CBD. By Sophie Saint Thomas. Discover more than 175 different ways to take time to care for your body and restore yourself from the daily stressors; make and use a CBD bath bomb, do a body scan for mental self-care; prevent burnout; and more. 224 pages. Adams Media. Pub. at $14.99 $9.95
Stress & Pain Management

★ 396945 TRIGGER POINT THERAPY MADE SIMPLE: Serious Pain Relief in 4 Easy Steps. By Richard Brand. Whether you're recovering from an injury, dealing with a chronic condition, or experiencing daily headaches, trigger point therapy can offer help. This series explains how to discover and release tender points in your back, neck, and shoulders, and includes step-by-step instructions and tips on medical diagnoses, surgery, physical therapy, and the many groundbreaking treatments today. 208 pages. Averill. Paperback. Pub. at $16.95 $12.95

★ 3921490 USE THIS Handy Manual for Neck and Back. By Vienna Dunham Schmidt. This little volume shares Schmidt's tried and true pain-relieving techniques in an easy to follow format. You can discover how to correct tension, stabbing or burning pain, and knots in your neck and back, and what to do to eliminate the pain. Illus. 113 pages. Morgan James. Paperback. Pub. at $12.95

★ 3971147 CONQUER FOOT PAIN: The Art of Eliminating Pain So You Can Walk Through Life Again. By Julie Renee Smith. For more than twenty years the author, a massage therapist, has helped thousands of people relieve their foot pain. With just a few minutes a day, you can discover what is actually causing your feet to hurt so you can "walk through life" day, you can discover what is actually causing your feet to hurt so you can "walk through life". 168 pages. Morgan James. Paperback. Pub. at $16.99 $12.95

★ 3984508 THE SOMATIC THERAPY WORKBOOK. By Livia Shapiro. Trauma, daily stressors, anxiety, and even depression can manifest in the body as well as the mind. Somatic psychology supports your mind-body connection and helps you release pain, anxiety, and stress. This method for personal growth and healing is both safe and approachable and this workbook will help guide you through it. 151 pages. Ulysses. Paperback. PRICE CUT to $9.95


Complementary & Alternative Medicine

3789152 HOME REMEDIES: How to Use Kitchen Staples to Treat Common Ailments. By J. Bruton-Seal & M. Seal. Get natural healing for sore joints, cramps, high cholesterol, and more with these foolproof recipes using household ingredients found in your kitchen. Learn how: Tension wards off symptoms of menopause, garlic reduces cholesterol levels, ginger treats a cold, sore glands are eased with honey, and 208 pages. Skyhorse. Paperback. Pub. at $16.99 $6.95

3854140 DR. CHASE’S OLD-TIME HOME REMEDIES. By Alvin Wood Chase. Learn all about original medicinal and household practices from the 1800s and early 1900s. This collection provides an in-depth look into more than eight hundred wildly varied and fascinating "recipes" which helped, and can still help, people with everything from headaches to sprains to diabetes. 288 pages. Dorling Kindersley. Paperback. Pub. at $19.99 $6.95

3895505 LOWER BLOOD PRESSURE WITHOUT DRUGS, THIRD EDITION. By Roger Mason. In this updated edition, Mason provides a uniquely nutritional approach to lowering blood pressure. Special chapters address important topics such as supplements, exercise, hormonal balance, and more. Illus. 176 pages. Inner Traditions. Paperback. Pub. at $14.99 $11.95

3891160 MORE HYPNOTIC INDUCTIONS. By George Gafner. Whether you are a beginner or seasoned hypnotherapist, this guide provides a copious selection of creative inductions to get you and your client started on their path to effective treatment. 140 pages. Norton. Paperback. Pub. at $21.95 $9.95

HEALING HERBAL INFUSIONS. By Colleen Coddick. Save money and avoid chemicals by using your own cures for burns, cuts, scabs, dry skin, flaky scalp and even a baby's diaper rash. Plus, so much more with 75 recipes and methods featured in this guide. Color photos. 208 pages. Page Street. Paperback. Pub. at $21.95 $6.95

584892X THE MEDICINAL POWER OF CANNABIS: Using a Natural Herb to Heal Arthritis and Other Ailments. By John Hicks. This revolutionary guide reveals an area of holistic health that many medical practitioners have overlooked: the natural healing potential of cannabis, also known as CBD. Like marijuana, CBD comes from the cannabis plant, and it has been shown to help with anxiety; seizures; Alzheimer’s; and more. 196 pages. Skyhorse. Paperback. Pub. at $14.99 $6.95

4808355 EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT MARIJUANA: But Were Too Stoned to Ask. By Tim Pitchler. With the help of this small volume you’ll hear tales from history’s greatest tokers; learn how to bake cannabis cookies; discover a world of stoner culture; and more. 96 pages. Adams Media. Paperback. Pub. at $9.95 $4.95

4976998 HERBAL REMEDIES HANDBOOK. By Andrew Chevallier. With more than 140 plant profiles, and remedies for more than seventy common conditions, you can take control naturally with tried and true plant based treatments. Includes crucial safety and dosage information. Fully illus. in color. 288 pages. Dorling Kindersley. Paperback. Pub. at $17.99 $7.95

3983758 ESSENTIAL OILS FOR HEALTH. By Kymberly Keniston-Pond. Featuring step by step instructions and plenty of helpful tips, this guide offers 100 essential oil recipes that help promote health, hair, skin, mood, and lot more. Illus. 151 pages. Adams Media. Paperback. Pub. at $12.99 $4.95

★ 4698045 101 AMAZING USES FOR CINNAMON: Boost Your Memory, Fight the Common Cold, Improve Your Complexion, and 98 More! By Nancy Chen. Discover the many ways this simple spice can improve your health, your home, and of course, your food. From improving memory to aiding digestion to supporting a healthy garden, add some spice to your life with cinnamon. 174 pages. Familius. Paperback. Pub. at $11.99 $4.95

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★ 4698096 A BEGINNER’S GUIDE TO ESSENTIAL OILS. By Lisa Butterworth. Provides an easy read overview of more than forty essential oils and how to use them, offering simple, accessible, and affordable ways to support your mental and physical health. Fully illus. in color. 160 pages. Harmony. Paperback. Pub. at $16.99 $15.95

★ 4717302 MEDICINAL HERBS FOR IMMUNE DEFENSE: 104 Trusted Recipes for Fighting Colds, Flu, FEVERS & More. By J.J. Pursell. Provides more than 100 trusted remedies that will boost your immune system, with recipes tailored to defend against colds, flu, bronchitis, coughs, and more. Illus. in color. 218 pages. Timber. Paperback. Pub. at $14.95 $11.95

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3947726 DON'T JUST SIT THERE! 44 Insights to Get Your Meditation Practice Off the Cushion and into the Real World. By Beth Simkin. 223 pages. Aria. Pub. at $17.99. PRICE CUT to $9.95


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6669263 THE TEST BOOK. By M. Krogerus & R. Schappler. 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 work values stack up, you'll analyze your talents and identify your needs. Then, you'll discover your unique self.

4669524 YOU ARE WHAT YOU BELIEVE: Simple Steps to Transform Your Life. By John G. Senior. A new way to look at reality through a new and simple model, how we get to the point where our behaviors aren't resulting in our needs being met, and then describes the steps we must take to identify and rectify the beliefs leading to our painful behavior. 95 pages. Berrett-Koehler. Paperback. Pub. at $11.95. 

4755278 A MONK'S GUIDE TO HAPPINESS: Meditation in the 21st Century. By Gelong Thubten. Offers a shortcut to lasting happiness by helping you radically change how you relate to your thoughts and emotions. You'll learn how to discover that you are designed for happiness, and have greater compassion for yourself and others. 238 pages. St. Martin's. Pub. at $19.99. 

466957X MORE THAN HAPPINESS: Buddhist and Stoic Wisdom for a Sceptical Age. By Antonia Macaro. The author delves into Buddhism and Stoicism, focusing on the elements that fit with our sceptical age, and those that create a more immediate impact on how we live. Macaro gets us to question our assumptions, reminding us that we have long been misunderstood and ignored. The author is on a journey to meet and listen to the stories of older Americans who have seen and lived it all. We are reminded that the elders' histories, wisdom, and wealth of resources, let us cherish them, before it's too late. 168 pages. Skyhorse. Pub. at $15.95. 

4692837 PERMISSION GRANTED: Be Who You Were Made To Be And Let Go Of The Rest. By Ned Morgan. This book provides the tools you need to fix yourself is exhausting. But being yourself is both possible and life-giving. The key is a simple heart shift from chasing after perfection to connecting with what's real within you, the world, and your place in it. Wilkins explores how to get back to the things that matter most. 218 pages. Zondervan. Paperback. Pub. at $17.99. 


4567101 FIVE THIEVES OF HAPPINESS. By Don G. OINLINE. This thoughtful and inspiring volume describes the disguises the five thieves wear—control, conceit, coveting, consumption, and comfort—the ways we fall for them, and how to lock them out once and for all. 140 pages. Berrett-Koehler. Paperback. Pub. at $15.95. 

4661534 IT'S THE LITTLE THINGS: The Little Talks Guide to Living Your Best Life. By E. Krasner-Zilin et al. photos by R. Austin. Small in stature but mighty in joy, playful and unassuming, the author travels through a world of paired together to help you live the best life you can. 

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4713923 SUBCONSCIOUS POWER: Use Your Inner Mind to Create the Life You've Always Dreamed of. By Friedmutter. Are you living a life that falls short of what you truly desire? The author explains it is possible to design the life of your dreams, and get up. Whether you’re eight or eighty, struggling in math class or dealing with change, these words of wisdom are a reminder that “you can” fully illus. in color. Grosset & Dunlap. Pub. at $12.99. 

4735611 GOOD CHEMISTRY: The Science of Connection, from Soul to Psychedelics. By Julie Holland. A psychologist and psychedelic researcher explores the science of connection, why we need it, how we’ve lost it, and how we may regain it. She describes the power of the right path by forging true and deeper attachments to our own souls, to one another, and even to our planet. helping us realize our fuller potential. 290 pages. Harper. Pub. at $27.99. 

4769123 I REALLY DIDN’T THINK THIS THROUGH. By Beth Evans. Maybe you’re kind of nervous around people, anxiety seems to be on speed dial. A lot of us feel this way. Along the way Evans has learned some very powerful ways of understanding and coping with the process of anxiety and becoming an adult less hellish and shares them here with you. Drawings, 172 pages. Morrow. Paperback. Pub. at $14.99. 

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4812098 DIDN'T SEE THAT COMING: Putting Life Back Together When Your World Falls Apart. By Rachel Hollis. With her signature humor, heartfelt honesty, and true-life stories, this exploration of how to embrace the difficult periods in life for what they are to teach us how to teach us to re-frame our future and build new identities. Inspirational and aspirational, she delivers hope that darkness is a journey and it’s up to you to live a beautiful life and lighten the dark. 272 pages. Portfolio. Pub. at $25.00. 

4846583 ALWAYS BE YOURSELF, UNLESS YOU CAN BE A UNICORN. By Eunice Horne. Turn your gray days into multi-colored caramels with this little collection of quotes to help you be yourself and celebrate your awesomeness. Included are uplifting quotes by Oprah Winfrey, Taylor Swift, Beyonce, Jennifer Lawrence, Eleanor Roosevelt, and many more. Illus. 384 pages. Sourcebooks. Paperback. Pub. at $16.99. 

399383X MY MORNING ROUTINE: How Successful People Start Every Day Inspired. By B. Spall & Xander. This guide will show you how to get into a routine that works for you so that you can develop the habits that move you forward. The choices you make throughout the day depend on the intentions you set in the morning. Illus. 272 pages. Portfolio. Pub. at $25.00. 


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3850085 WHEN BRAINS DREAM: Exploring the Science & Mystery of Sleep. By A. Zadra & R. Stickgold. Making an elegant and engaging case for why the human brain needs sleep. Zadra and Stickgold offer compelling answers to age-old questions about the mysteries of sleep, and deliver an eye-opening exploration of what dreams are, where they come from, what they mean, and why we have them. 321 pages. Norton. Pub. at $27.95

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5895367 HEALING & THE MIND: Learning from the Unwell. By Kathryn Mannix. With changes in the way we understand death–or even, under questioning everything you always believed about this difficult subject, maybe even finding peace in the knowledge that our loved ones never truly leave us. 257 pages. Atria. Pub. at $16.99
Communication Skills


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Strange Affairs. Pub. at $27.00 $6.95


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388200X SWEARING IS GOOD FOR YOU: The Amazing Science of Bad Language. By Emma Byrne. Examines the latest research to show how swearing can be good for you. With humor and colorful language, Byrne explains all the research behind how swearing, why we do it, and what it tells us about ourselves. She presents a lighthearted but convincing case for the foulmouthed. 232 pages. Norton. Pub. at $25.95 $4.95

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4741374 HYPERFOCUS: How to Manage Your Attention in a World of Distraction. By Chris Bailey. An antidote for your distracted mind, based on the most recent neuroscience research, brimming with profound insights into how you can best achieve a greater sense of purpose and productivity throughout the day. 241 pages. Vintage. Paperbound. Pub. at $17.00 $5.95

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4727487 THE BIG BOOK OF LESS: Finding Joy in Living Lighter. By I. Abir. A thought-provoking and surprising guide that shows us how to get to less stuff, less stress, less distraction, and less everything. And to how, by changing our perspective on things good and bad like a one-thought a day diary, a forefront 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 $7.95

4727485 LIVING LIFE MUSICAL: How to Live, Love, and Lead Like a Star. By Tim Federle. You don’t need to be a recovering theater major to find this guide useful. Federle offers 50 tips he learned back in the day to live between gigs with witty chapters such as “Dance Like Everyone’s Watching” and “Save the Drama for the Stage.” 179 pages. Running Press. Pub. at $18.00 $4.95
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