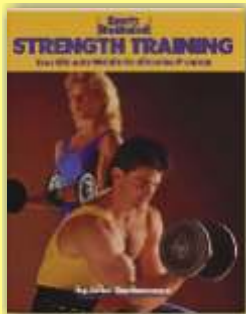
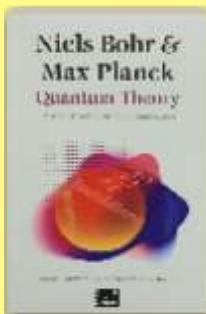


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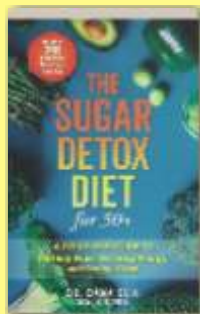
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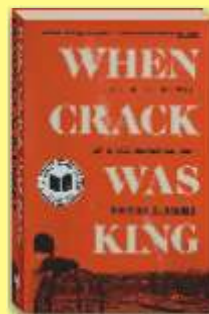
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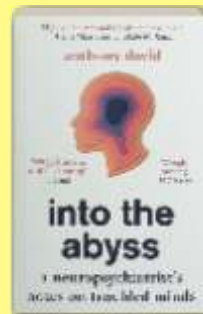
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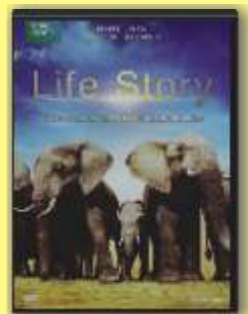
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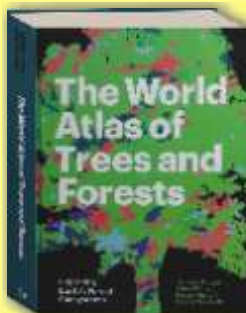
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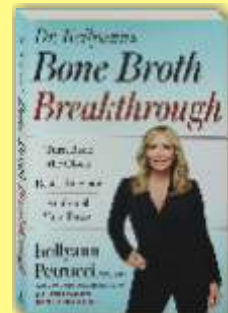
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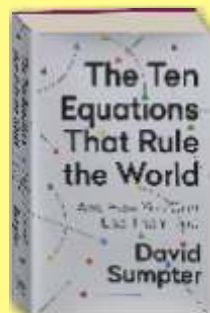
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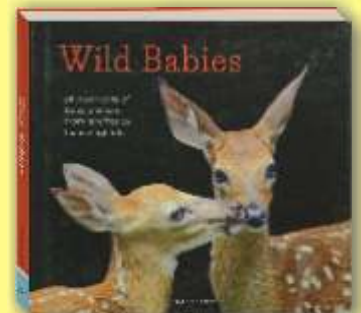
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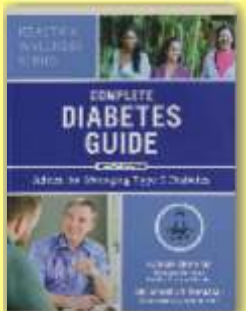
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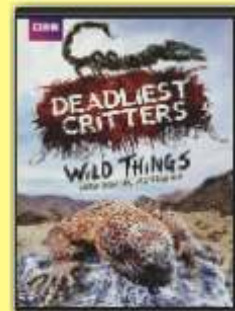
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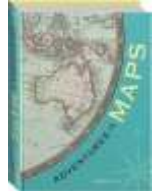
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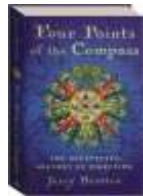
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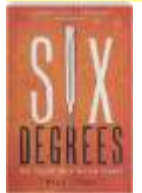
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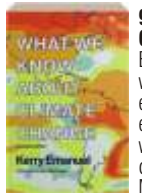


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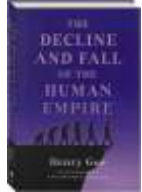
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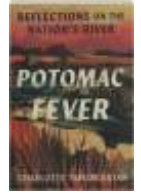
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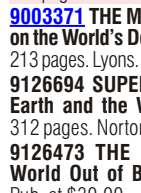
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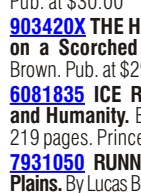
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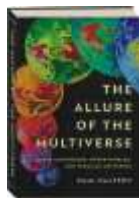
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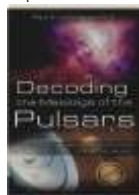
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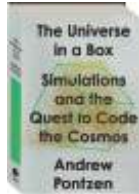
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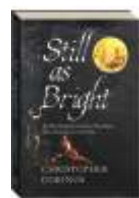


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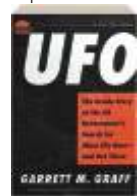
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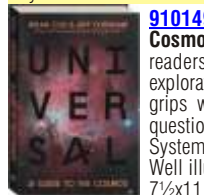
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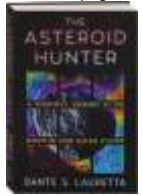
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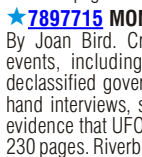
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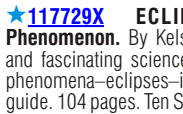
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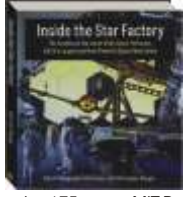
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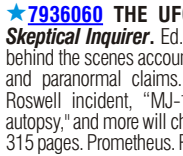
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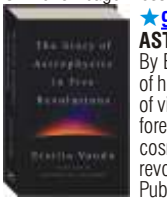
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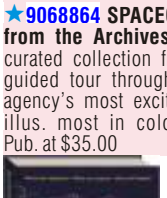
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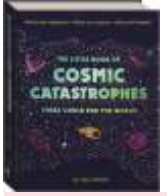
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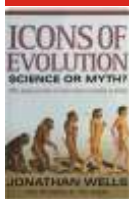
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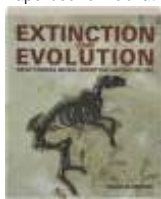
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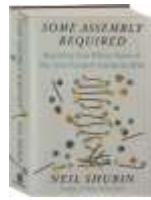


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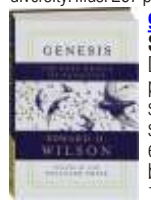


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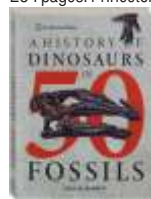
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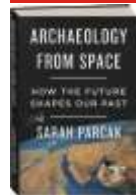
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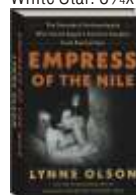
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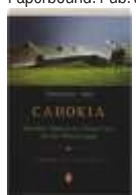
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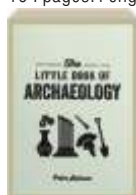


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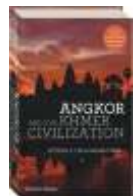
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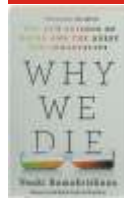
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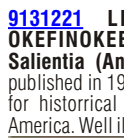




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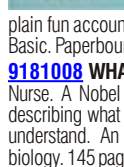
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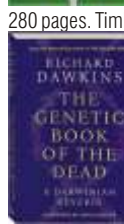
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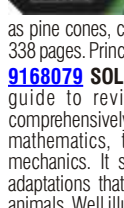
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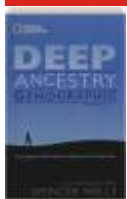
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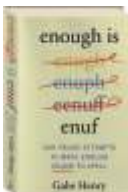
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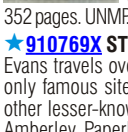
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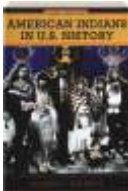
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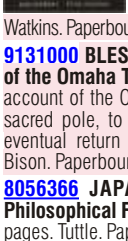
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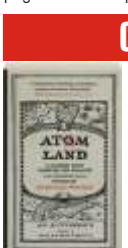
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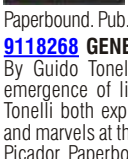
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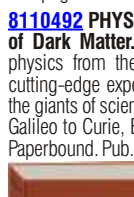
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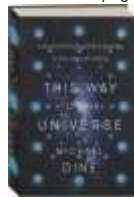
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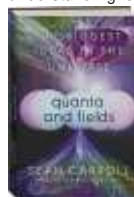


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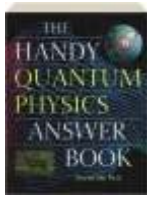
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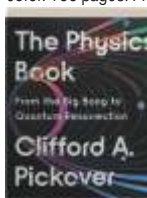
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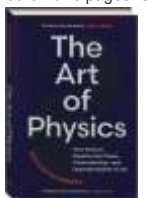
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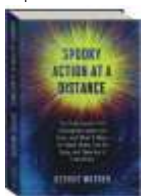


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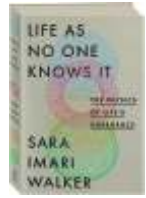
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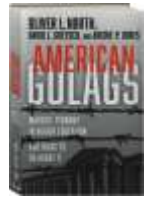


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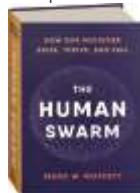


## Social Science



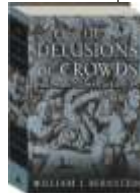
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**9172165 THE WHITE BONUS: Five Families and the Cash Value of Racism in America.** By Tracie McMillan. Brings groundbreaking insight into how, and to what degree, white racial privilege builds material advantage across class, time, and place. Rather than analyzing racism as a thing that gives less to people of color, McMillan studies how it gives more to people who are white and how it takes so much from so many. 444 pages. Holt. Pub. at \$32.99 **\$5.95**

**9156739 CODE DEPENDENT: Living in the Shadow of AI.** By Madhumita Murgia. Riveting story of what it means to be human in a world changed by artificial intelligence, revealing the perils and inequities of our growing reliance on automated decision-making. 309 pages. Holt. Pub. at \$29.99 **\$6.95**



**9138005 I'LL HAVE WHAT SHE'S HAVING: Mapping Social Behavior.** By Alex Bentley et al. Humans are social creatures which explains how ideas, behavior and culture spread through the simple means of doing what others do. The authors explore how we use the brains of others to think for us and as storage space for knowledge about the world, then expand from the individual to small groups to the complexities of populations. Illus. 146 pages. MIT Press. **\$5.95**

**★8478813 LITTLE GIRL LOST.** By Casey Watson. Six year old Amelie lives with her bipolar mother, Kelly. After Kelly attempts to burn down their home, it becomes clear that her daughter is in grave danger. When she arrives at the home of foster carer Watson, Amelie acts much younger than her age. 280 pages. Harper. Paperbound. Pub. at \$12.99 **\$9.95**



**9183167 PUNISHMENT WITHOUT CRIME: How Our Massive Misdemeanor System Traps the Innocent and Makes America More Unequal.** By Alexandra Natapoff. Every year, approximately 13 million Americans are charged with misdemeanor offenses. The author demonstrates how our enormous misdemeanor system is a powerful engine of error, injustice, and inequality. As a result, vast numbers of Americans, most of them poor and people of color, are stigmatized as criminals. 334 pages. Basic. Pub. at \$30.00 **\$4.95**

**9181814 WHY THE AMISH SING: Songs of Solidarity & Identity.** By D. Rose Elder. By making school visits, attending worship services, attending youth sings, and visiting private homes, Elder has had the rare opportunity to listen to Amish singing in its natural context. She combines one-on-one interviews with detailed observations of how song provides a window into Amish cultural beliefs and values. 193 pages. Johns Hopkins. Pub. at \$39.95 **\$4.95**



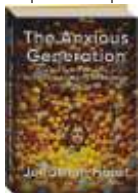
**9045856 WOMEN & WAR IN ANTIQUITY.** Ed. by J. Fabre-Serris & A. Keith. The sixteen scholarly essays reexamine classical sources to uncover the complex but unexplored relationship between women and war in ancient Greece and Rome. They reveal that women played a much more active role in battle than previously assumed. Illus. 341 pages. Johns Hopkins. Pub. at \$55.00 **\$5.95**

**9002723 CROSSING THE BRIDGE: Growing Up Norwegian-American in Depression & War 1925-1946.** By Earl A. Reitan. A narrative account of Lake Wobegon as it really was gives the reader an affecting glimpse into the lives of three generations crossing the bridge from 1800's Old World Norway into main-stream American life. Well illus. 143 pages. Lone Oak. Paperbound. Pub. at \$12.95 **\$2.95**



**★9204474 THE PRISON INDUSTRY: How It Works and Who Profits.** By Bianca Tylek. Maps the range of ways private corporations, often with their government partners, make money off incarceration. It further details the gross extraction of wealth from incarcerated people and their families, who have been brutalized by overpolicing, mass incarceration, and mass surveillance. 259 pages. New Press. Paperbound. Pub. at \$19.95 **SOLD OUT**

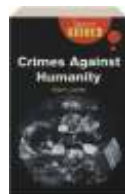
**9137173 MY COUSIN, MY HUSBAND: Clans and Kinship in Mediterranean Societies.** By Germaine Tillion. In this classic work, Tillion argues that the phenomenon of men killing their daughters, sisters, and wives over matters of sexual honor is not an aberration specific to Islam. Rather, it is part of a pagan Mediterranean legacy of marriage between first cousins that still affects both modern Christian and Muslim societies. 203 pages. Saqi Books. Paperbound. Pub. at \$21.95 **\$4.95**



**★5368731 THE ANXIOUS GENERATION: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness.** By Jonathan Haidt. Lays out the facts about the epidemic of teen mental illness that hit many countries at the same time. Haidt traces the problem to the rise of the "phone-based childhood" starting in the 2010s, and issues a call to action against this public health crisis. 385 pages. Penguin. Pub. at \$30.00 **\$21.95**

**★9203788 DIRTY BOOKS: Erotic Fiction and the Avant-Garde in Mid-Century Paris and New York.** By B. Reay & N. Attwood. From the 1930s to the 1970s, in New York and Paris, daring publishers and writers produced banned pornographic literature. The authors were young, iconoclastic writers, poets, and artists. This work tells the stories of these writers and their remarkable publishers. 297 pages. Manchester UP. Paperbound. Pub. at \$18.95 **SOLD OUT**

**9134174 THE MANIPULATORS: Facebook, Google, Twitter, and Big Tech's War on Conservatives.** By Peter J. Hasson. Provides a frightening look at the concentrated power of Big Tech, its extraordinary intellectual intolerance, and its determination to silence competing voices and even dictate our thoughts. This is a warning about rampant political censorship that will only get worse unless Big Tech meets big opposition. 229 pages. Regnery. Pub. at \$28.99 **\$5.95**



**9113517 CRIMES AGAINST HUMANITY: A Beginner's Guide.** By Adam Jones. How can we stop the world's worst atrocities? In this powerfully compelling examination, Jones outlines the history and current extent of key crimes against humanity and highlights the efforts of popular movements to suppress them. Essential reading for anyone interested in the well-being of humanity and its future. Photos. 176 pages. OneWorld. Paperbound. Pub. at \$14.95 **\$5.95**



**★9135073 THE INFRASTRUCTURE BOOK: How Cities Work and Power Our Lives.** By Sybil Derrible. Clean water, roads, public transit, electricity and gas, sewers, waste processing, even the internet, make cities work and powers our lives. Yet most people have little to no idea of how these systems operate. Explore the behind-the-scenes machinations of the foundational systems that make our societies function. 253 pages. Prometheus. Paperbound. Pub. at \$26.95 **\$19.95**

**9002804 THE RIGHT PEOPLE: A Portrait of the American Social Establishment.** By Stephen Birmingham. A journey through the customs and habits of the phenomenally wealthy, from the San Francisco elite to the upper crust of New York's Westchester County. Well illus. 360 pages. Lyons. Paperbound. Pub. at \$17.95 **\$4.95**



**9002782 REAL LACE: America's Irish Rich.** By Stephen Birmingham. How the Irish elite emerged out of poverty into positions of both social and business prominence in American history. Birmingham recounts the ultimate rags to riches story of the American Irish in a social history as entertaining as it is important. 322 pages. Lyons. Paperbound. Pub. at \$17.95 **\$4.95**



**9019294 THE GOLDEN DREAM: Suburbia in the 1970s.** By Stephen Birmingham. Birmingham investigates the nesting habits, enjoyments, and frustrations of American suburban life in the 1970s. Almost without exception, the suburbanites came to the suburbs with a dream. The reality they found was often less than what they envisioned, but occasionally it was more. 213 pages. Lyons. Paperbound. Pub. at \$17.95 **\$5.95**



**9167641 ON A MOVE: Philadelphia's Notorious Bombing and a Native Son's Lifelong Battle for Justice.** By Mike Africa Jr with D. Watkins. The incredible story of MOVE, the revolutionary Black civil liberties group that Philadelphia police bombed in 1985, killing 11 civilians—written by one of the few people born into the organization, raised during the bombing's tumultuous aftermath, and entrusted with repairing what was left of his family. 16 pages of photos, some in color. 287 pages. Mariner. Pub. at \$32.50 **\$7.95**

**9149139 DISMANTLING MASS INCARCERATION: A Handbook for Change.** Ed. by Premal Dharja et al. Surveys various approaches to confronting the carceral state, exploring bold but practical interventions. Rather than prescribing solutions, this work offers a forum for discussions—and disagreements—about how to best confront the harms of mass incarceration. 468 pages. FSG. Paperbound. Pub. at \$20.00 **\$5.95**



**★9111808 GENERATIONS: The Real Differences Between Gen Z, Millennials, Gen X, Boomers, and Silents.** By Jean M. Twenge. Twenge analyzes data from nearly 43 million people to reveal the surprising truth about generational differences in economic prosperity, racial attitudes, political views, and sexual expression. Illus. 554 pages. Atria. Paperbound. Pub. at \$21.99 **\$16.95**



**9188487 CHILDREN OF THE STATE: Stories of Survival and Hope in the Juvenile Justice System.** By Jeff Hobbs. For tens of thousands in juvenile detention, a mistake made at age thirteen or fourteen, often resulting from external factors coupled with a biologically immature brain, can impact the rest of their lives. With great empathy, Hobbs creates intimate portraits of their struggle to thrive within a system that sets them up to fail. 364 pages. Scribner. Paperbound. Pub. at \$19.99 **\$5.95**

**★6262376 TITS UP: What Sex Workers, Milk Bankers, Plastic Surgeons, Bra Designers, and Witches Tell Us About Breasts.** By Sarah Thornton. Thornton draws insights from plastic surgeons, lactation consultants, body-positive witches, lingerie models, and "free the nipple" activists to explore the status of breasts as emblems of femininity. Well illus. 321 pages. Norton. Pub. at \$28.99 **\$21.95**



## Social Science

**5871182 SLAB CITY: Dispatches from the Last Free Place.** By Charlie Hailey, photos by D. Wylie. Under the unforgiving sun of southern California's Colorado Desert lies Slab City, a community of squatters, artists, snowbirds, migrants, survivalists, and homeless people. Called by some "the last free place" and by other "an enclave of anarchy," Slab City is also the end of the road for many. Illus. in color. 175 pages. MIT Press. 7 1/2 x 9 1/4. Pub. at \$35.00 **\$9.95**

**8896232 RECKONING WITH POWER: Why the Church Fails When It's on the Wrong Side of Power.** By David E. Fitch. In a time when we see abuses of power everywhere, Fitch teaches us how to discern power and avoid its pitfalls. By learning from the church's historical triumphs and failures, we can relinquish worldly power and make space for God to disrupt and transform our culture for his kingdom. 221 pages. Brazos Press. Paperbound. Pub. at \$19.99 **\$3.95**

**5722640 AMERICAN GUN: The True Story of the AR-15.** By C. McWhirter & Z. Elinson. Explore American gun culture, revealing the appeal of the AR-15, the havoc it wreaks, and the politics of trying to protect everyday people from mass shootings. The result is a moral history of contemporary America's love affair with technology, freedom, profit, and weaponry. Photos. 473 pages. Crown. 8 1/2 x 11. Pub. at \$32.00 **SOLD OUT**

**8795088 SEX, GOD, AND THE BRAIN: How Sexual Pleasure Gave Birth to Religion and a Whole Lot More.** By Andrew Newberg. Newberg argues that our religious and spiritual experiences derive directly from our sexual being. While others have speculated on a connection between religion and sex, Newberg is the first to demonstrate that the underlying biological mechanism of religious, spiritual, and sexual experiences are identical. 211 pages. Turner. Paperbound. Pub. at \$16.99 **\$12.95**

**7998619 THE OVERLOOKED AMERICANS: The Resilience of Our Rural Towns and What It Means for Our Country.** By Elizabeth Currid-Halkett. Revealing rural America has not been left behind by the rest of the nation, the author traces how small towns are doing as well as, or better than cities by many measures, including home ownership, income, and employment, bringing to light that the nation is less fractured by geography than many believe. 416 pages. Basic. Pub. at \$32.00 **\$7.95**

**9080856 OPEN SEASON: Legalized Genocide of Colored People.** By Ben Crump. Whether with a bullet or a lengthy prison sentence, America is killing Black people and justifying it legally. While some deaths make headlines, most are personal tragedies suffered within families and communities. Explore a call to action for Americans to protect the rights of its citizens equally and without question. 272 pages. Amistad. Paperbound. Pub. at \$18.99 **\$5.95**

**914319X ON PRIVACY: Twenty Lessons to Live By.** By Lawrence Cappello. Twenty sharp, practical lessons that show why privacy matters, why it's vital for free societies, and why it's essential for a fulfilling life. Written for those who care about their privacy but aren't about to ditch their devices, learn realistic, actionable steps to safeguard your personal space in the digital age. 151 pages. Workman. 8 1/2 x 11. Pub. at \$15.00 **SOLD OUT**

**9095500 THE IMAGINED, THE IMAGINARY AND THE SYMBOLIC.** By Maurice Godelier. Godelier's work goes to the strategic heart of the social sciences, for to examine the nature and role of the imaginary and the symbolic is also to attempt to account for the basic components of all societies and ultimately of human existence. And these aspects in turn shape our social and personal identity. 156 pages. Verso. Paperbound. Pub. at \$29.95 **\$7.95**

**9124837 TECHNOLOGICAL SLAVERY, VOLUME ONE.** By Theodore John Kaczynski. Kaczynski argues that: the unfolding human and environmental crises are the direct, inevitable result of technology itself; many of the stresses endured in contemporary life are not normal to the human condition, but unique to technological conditions; wilderness and human life close to nature are realistic and supreme ideals; and more. 371 pages. Fitch & Madison. Paperbound. **\$19.95**

**9102175 ANTI-TECH REVOLUTION: Why and How.** By Theodore John Kaczynski. Taking a logical and intellectually rigorous approach, Kaczynski seamlessly systematizes a vast breadth of knowledge and elegantly reconciles the social sciences with biology to illustrate how technological growth in and of itself necessarily leads to disastrous disruption of global biological systems. 268 pages. Fitch & Madison. Paperbound. Pub. at \$19.95 **\$15.95**

**9071237 NEXUS: A Brief History of Information Networks from the Stone Age to AI.** By Yuval Noah Harari. Looks through human history to consider how the flow of information has shaped us, and our world. Taking us from the Stone Age, through the resurgence of populism today, Harari asks us to consider the complex relationship between information and truth, bureaucracy and mythology, wisdom and power. 492 pages. Random. Pub. at \$35.00 **\$26.95**

**9012567 BLOODBATH NATION.** By Paul Auster, photos by S. Ostrander. Traces centuries of America's use and abuse of guns, from the violent displacement of the native population to the forced enslavement of millions, to the bitter divide between embattled gun control and anti-gun control camps that has developed over the past 50 years and the mass shootings that dominate the news today. Fully illus. 190 pages. Grove. 8 1/2 x 10. Pub. at \$40.00 **\$9.95**

**9117377 DESIGN FOR A BETTER WORLD: Meaningful, Sustainable, Humanity Centered.** By Don Norman. Presents an eye-opening diagnosis of where we've gone wrong and a clear prescription for making things better. Emphasize quality of life, not monetary rewards; restructure how we live to better protect the environment; and focus on all of humanity. 364 pages. MIT Press. Pub. at \$29.95 **SOLD OUT**

**8998582 THE UNDERWORLD SEWER: A Proststitute Reflects on Life in the Trade, 1871-1909.** By Josie Washburn. A former madam offers a scorching examination of the social forces that have driven women to sell their bodies, and decries the cultural, political, and religious double-standards that these women face. Adults only. 342 pages. Bison. Paperbound. Pub. at \$22.95 **SOLD OUT**

**9195599 ANTISEMITISM: History & Myth.** By Robert Spencer. Historian Spencer reveals that in the years since the October 7th Hamas attack, the ancient evil of antisemitism has returned stronger than ever. 366 pages. Bombardier. Pub. at \$32.00 **\$23.95**

**9187448 THE CANCELING OF THE AMERICAN MIND.** By Greg Lukianoff & Rikki Schlott. Cancel culture is just one symptom of a much larger problem: using cheap rhetorical tactics to "win" arguments without actually winning arguments. Why refute your opponents when you can take away their platform or career? Learn to reclaim a free speech culture, with materials tailored for parents, business leaders, and more. 457 pages. S&S. Paperbound. Pub. at \$20.99 **\$15.95**

**9064206 GLAMOUR: An Extraordinary History—85 Years of Women Breaking Boundaries.** By Natasha Pearlman et al. Chronicled visually and narratively through historic and modern day *Glamour* covers, stunning photographs, editorial features, and never before seen correspondence, this extraordinary volume charts the evolution of the magazine from its inception just months before World War II to today, as an unparalleled testament to trailblazing women. 335 pages. Abrams. 9 1/4 x 11 1/4. **\$42.95**

**4993411 FOREVER BARBIE: The Unauthorized Biography of a Real Doll.** By M.G. Lord. Traces Barbie's development and transformation, through countless makeovers and career changes, into an international pop culture icon and now "traditional toy." Though not every doll in the line has been a hit, with pregnant Midge among the more intriguing disasters, Barbie's endurance speaks as much to Mattel's successful marketing as it does to our society's overall conflict toward femininity. Illus. 310 pages. Livright. Paperbound. Pub. at \$18.95 **\$11.95**

**9197885 TWO CHEERS FOR ANARCHISM: Six Easy Pieces on Autonomy, Dignity, and Meaningful Work and Play.** By James C. Scott. Engaging, high-spirited, and often funny defense of an anarchist way of seeing the world. Challenges readers to reconsider the value of hierarchy throughout public and private life. 169 pages. Princeton. Paperbound. Pub. at \$17.95 **\$13.95**

**9183841 IRRESISTIBLE: How Cuteness Wired Our Brains and Conquered the World.** By Joshua Paul Dale. Cuteness is an area where culture and biology become entangled. Dale explores how cute aesthetics spread around the globe, from Disney and teddy bears to Lolita fashion, and from the global success of Pokemon to the unstoppable rise of Hello Kitty. Illus. 278 pages. Profile. **\$5.95**

**9059253 IRRESISTIBLE: How Cuteness Wired Our Brains and Conquered the World.** By Joshua Paul Dale. This is the fascinating cultural history of cuteness, and a revealing look at how our most powerful psychological impulses have remade global style and culture. Well illus. 278 pages. Profile. Paperbound. Pub. at \$16.00 **\$11.95**

**9171193 THE HEART AND THE CHIP: Our Bright Future with Robots.** By D. Rus & G. Mone. Robotist Daniela Rus and science writer Gregory Mone provide an overview of the interconnected fields of robotics, artificial intelligence, and machine learning. They reframe the way we think about intelligent machines while weighing the moral and ethical consequences of their role in society. 259 pages. Norton. Paperbound. Pub. at \$17.99 **\$12.95**

**9144617 HAPPY MEAT, HUMANE ANIMAL RESEARCH, AND OTHER MYTHS.** By Peter Marsh. Discusses how different forms of prejudice are interconnected and why we will not be able to eradicate other forms of such violence without eradicating prejudice against animals, too. 135 pages. Lantern Publishing. Paperbound. Pub. at \$14.95 **\$11.95**

**9177612 ALL THIS SAFETY IS KILLING US: Health Justice Beyond Prisons, Police, and Borders.** Ed. by R. Mukerjee & C. Martinez. A multidisciplinary guide to abolition through the lens of healthcare and medicine. Featuring writings and artwork from more than ten incarcerated and post-detention activists. Illus. 349 pages. North Atlantic. Paperbound. Pub. at \$22.95 **\$17.95**

**9168575 AS GODS AMONG MEN: A History of the Rich in the West.** By Guido Alfani. Sweeping narrative illustrating how the rich historically justified themselves by helping their societies in times of crises, why they no longer do, and what that may mean for social stability. 420 pages. Princeton. Paperbound. Pub. at \$22.95 **\$18.95**

**9107142 KILLER LOOKS: The Forgotten History of Plastic Surgery in Prisons.** By Zara Stone. The story of the long-forgotten practice of providing free nose jobs, face-lifts, breast implants, and other physical alterations to prisoners. Stone draws on the intersectionality of socioeconomic success, racial bias, the prison industry complex and the fallacy of attractiveness to uncover the deeper truths. Well illus. 344 pages. Prometheus. Pub. at \$29.95 **PRICE CUT to \$3.95**

**8092028 HEROES IN THE NIGHT: Inside the Real Life Superhero Movement.** By Tea Krulos. Traces Krulos's journey into the strange subculture of real Life Superheroes, random citizens who have adopted comic book style personas and hit the streets to fight injustice. Some concentrate on humanitarian or activist activities, while others actively patrol their neighborhoods looking for crime to fight. Photos, some in color. 276 pages. Chicago Review. Paperbound. Pub. at \$16.95 **PRICE CUT to \$3.95**

**7999933 APOCALYPSE ANY DAY NOW: Deep Underground with America's Doomsday Preppers.** By Tea Krulos. A journalist travels the country to try to puzzle out America's obsession with the end of days. Along the way, he meets doomsday preppers as well as religious prognosticators and climate scientists. Frightening and funny, the ideas Krulos explores range from ridiculously outlandish to alarmingly near and present dangers. Illus., some in color. 236 pages. Chicago Review. Paperbound. Pub. at \$16.99 **\$5.95**

**9094520 THE UNBROKEN THREAD: Discovering the Wisdom of Tradition in an Age of Chaos.** By Sohrab Ahmari. We've pursued and achieved the modern dream of defining ourselves—but at what cost? Ahmari makes a compelling case for seeking the inherited traditions and ideals that give our lives meaning. 298 pages. Convergent. Pub. at \$27.00 **PRICE CUT to \$4.95**

**1044036 LOVE AND LET DIE: James Bond, the Beatles, and the British Psyche.** By John Higgs. An exploration of the unique connections between the two titans of the British cultural psyche, the Beatles and the Bond films. Told over a period of sixty dramatic years, this is an account of how two outsized cultural phenomena continue to define American aspirations, fantasies, and our ideas about ourselves. 515 pages. Pegasus. Pub. at \$29.95 **PRICE CUT to \$5.95**





## Social Science

**9013113 TWINKIND: The Singular Significance of Twins.** By William Viney. Describes how twins have featured prominently in scientific research across the centuries, as well as representation of twins in art, photography, and film—from the works of Roger Ballen to the cinema of Stanley Kubrick—and delves into the darker meanings ascribed to twins across millennia. Fully illus., some in color. 224 pages. Princeton. Pub. at \$35.00 **PRICE CUT to \$11.95**

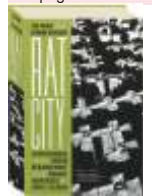


**★DVD 6995667 DO I LOVE YOU ROBOT, DO I?** Widescreen. Explores the most human-like robots and the advancements in technology blurring the lines between cyborg and human, including humans who are married to their electronic partners. Discusses the semantics, language, programming, personalities, and endless possibilities and reality that are developing faster due to cutting-edge science. 52 minutes. Dreamscape Media. Pub. at \$14.95 **PRICE CUT to \$7.95**

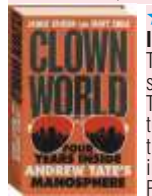


**★8095744 DEVIL'S CONTRACT: The History of the Faustian Bargain.** By Ed Simon. Takes us on a historical tour of the Faustian bargain, from the Bible to blues, and illustrates how the impulse to sacrifice our principles in exchange for power is present in all kinds of social ills, from colonialism to nuclear warfare, from social media to climate change to AI, and beyond. 303 pages. Melville House. Pub. at \$28.99 **PRICE CUT to \$17.95**

**9123636 THE REBEL CAFE: Sex, Race, and Politics in Cold War America's Nightclub Underground.** By Stephen R. Duncan. Subterranean nightspots in 1950s New York and San Francisco were social, cultural, and political hotspots for left-wing bohemians. Illus. 317 pages. Johns Hopkins. Pub. at \$57.00 **PRICE CUT to \$17.95**



**★8794235 RAT CITY: Overcrowding and Urban Derangement in the Rodent Universes of John B. Calhoun.** By J. Adams & E. Ramsden. How a landmark experiment in rat behavior changed the way we think about cities. It follows Calhoun's struggle to solve the problem of crowding before America's cities drain into the behavioral sink. Studying the effects of overcrowding in rats showed the results were cataclysmic. 16 pages of photos. 376 pages. Melville House. Pub. at \$32.50 **PRICE CUT to \$16.95**



**★903840X CLOWN WORLD: Four Years Inside Andrew Tate's Mansphere.** By J. Tahsin & M. Shea. The behind the scenes story of a four year investigation into Andrew Tate, exploring how a failed reality TV star turned accused organized criminal managed to become one of the most famous influencers in the world. 259 pages. Quercus. Pub. at \$28.00 **PRICE CUT to \$14.95**



**★DVD 9027505 MARK: A Call to Action.** Widescreen. The story Dr. Mark Bookman, a severely disabled Pennsylvania-born American who later resided in Tokyo full-time, becoming one of Japan's leading experts on accessibility and a policy consultant to governments and major corporations around the world. Not Rated. 85 minutes. Glide Fund. Pub. at \$19.95 **PRICE CUT to \$6.95**

**2176238 THREE WOMEN.** By Lisa Taddeo. 306 pages. S&S. Paperbound. Pub. at \$17.00 **\$5.95**

**9081194 CONDOM NATION: The U.S. Government's Sex Education Campaign from World War I to the Internet.** By Alexandra M. Lord. Illus. 224 pages. Johns Hopkins. Pub. at \$47.00 **SOLD OUT**

**8169721 THE NEXT CIVIL WAR: Dispatches from the American Future.** By Stephen Marche. Illus. 238 pages. Avid Reader. Paperbound. Pub. at \$17.99 **SOLD OUT**

**9073124 ROGUES: True Stories of Grifters, Killers, Rebels and Crooks.** By Patrick Radden Keefe. 348 pages. Doubleday. Pub. at \$30.00 **\$6.95**

**8892504 ANALOGIA: The Emergence of Technology Beyond Programmable Control.** By George Dyson. 32 pages of photos. 291 pages. FSG. Paperbound. Pub. at \$18.00 **\$5.95**

**9179399 FREE: Two Years, Six Lives, and the Long Journey Home.** By Lauren Kessler. 304 pages. Sourcebooks. Pub. at \$26.99 **\$4.95**

**9076190 EXCLUDED: How Snob Zoning, Nimbyism, and Class Bias Build the Walls We Don't See.** By Richard D. Kahlenberg. 338 pages. PublicAffairs. Pub. at \$30.00 **\$6.95**

**★6188176 DAMAGED.** By Cathy Glass. 339 pages. Harper. Paperbound. Pub. at \$12.99 **\$9.95**

**★7967985 LIFE BEFORE THE INTERNET: What We Can Learn from the Good Old Days.** By Michael Gentle. 132 pages. O-Books. Paperbound. Pub. at \$15.95 **PRICE CUT to \$9.95**

**9019723 THE ONCE AND FUTURE SEX: Going Medieval on Women's Roles in Society.** By Eleanor Janega. Illus. 256 pages. Norton. Pub. at \$30.00 **SOLD OUT**

**★8201129 DRAG: The Complete Story.** By Simon Doonan. Fully illus., many in color. 240 pages. Laurence King. Paperbound. Pub. at \$19.99 **\$12.95**

**8091994 FREEING DAVID MCCALLUM: The Last Miracle of Rubin "Hurricane" Carter.** By Ken Klonsky. 296 pages. Lawrence Hill. Paperbound. Pub. at \$16.99 **PRICE CUT to \$1.95**

**4991575 THERE ARE NO ACCIDENTS: The Deadly Rise of Injury and Disaster—Who Profits and Who Pays the Price.** By Jessie Singer. 336 pages. S&S. Pub. at \$27.99 **\$5.95**

**9113525 DANGEROUS TO KNOW: Women, Crime, and Notoriety in the Early Republic.** By Susan Branson. Illus. 182 pages. UPaP. Paperbound. Pub. at \$19.95 **PRICE CUT to \$3.95**

**544473X MIGRATIONS: A History of Where We All Come From.** By John Farnon et al. Fully illus. some in color. 288 pages. Dorling Kindersley. 9 1/2 x 1 1/4. Pub. at \$40.00 **\$16.95**

**4996623 HERBS AND ROOTS: A History of Chinese Doctors in the American Medical Marketplace.** By Tamara Venit Shelton. 344 pages. Yale. Pub. at \$27.00 **SOLD OUT**

**★8888450 KINKY HISTORY: A Rollicking Journey Through Our Sexual Past, Present, and Future.** By Esme Louise & Susan James. Adults only. 294 pages. Pub. at \$30.00 **\$21.95**

**★9013709 THE DAWN OF EVERYTHING: A New History of Humanity.** By D. Graeber & D. Wengrow. 692 pages. Picador. Paperbound. Pub. at \$25.00 **\$17.95**

**9033335 THE MUSEUM OF OTHER PEOPLE.** By Adam Kuper. Photos. 415 pages. Profile. **PRICE CUT to \$5.95**

**★7967268 MODERN SLAVERY.** By Guido Cuyvers. 229 pages. Vita Hestia. Pub. at \$29.99 **PRICE CUT to \$19.95**

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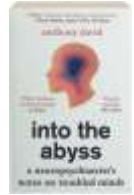
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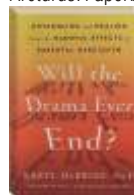


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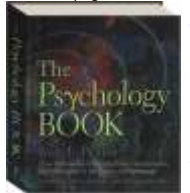


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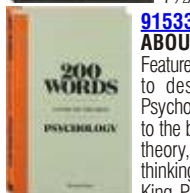
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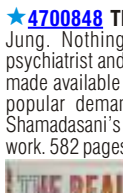


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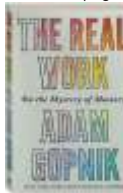
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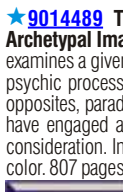
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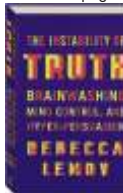
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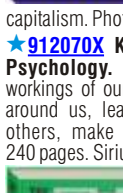
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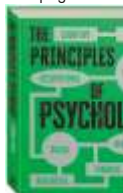
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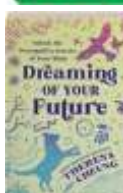
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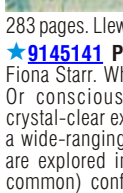
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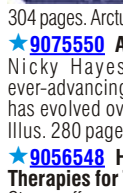
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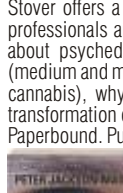
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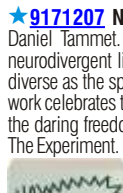
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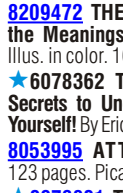
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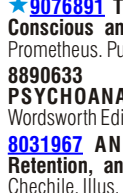
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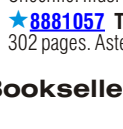
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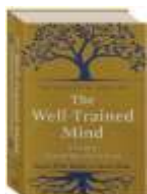
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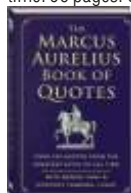


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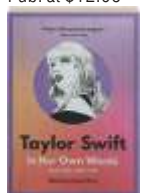
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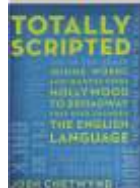
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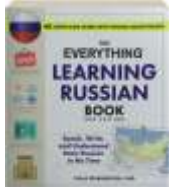


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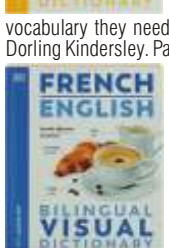
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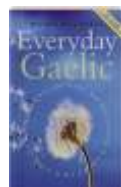
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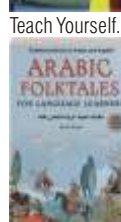
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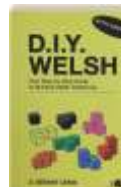
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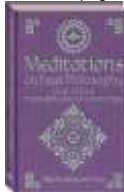
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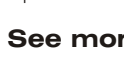
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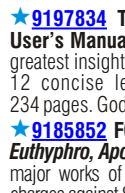


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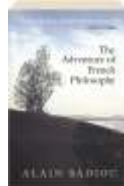
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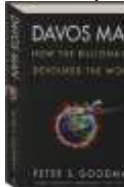
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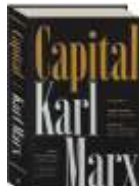
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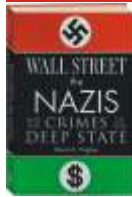
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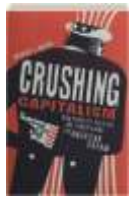
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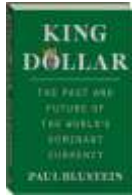
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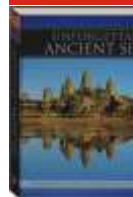
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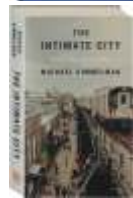
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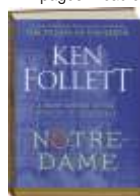
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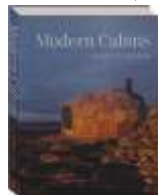
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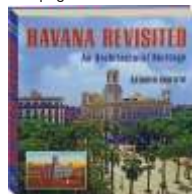
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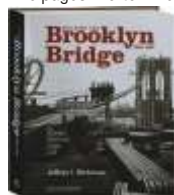


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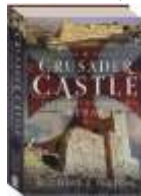


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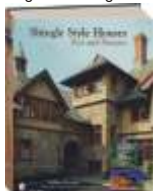
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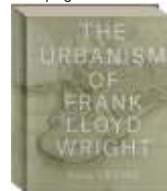
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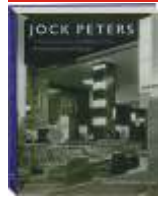


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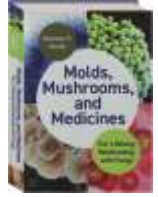
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## Medical Science



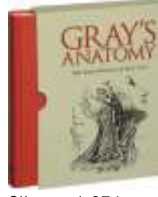
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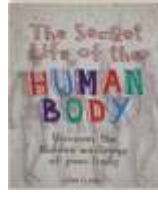


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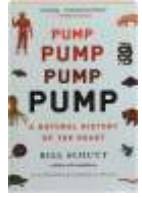
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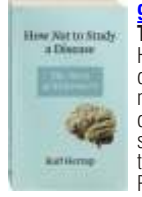
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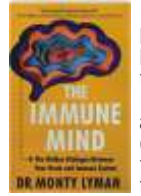
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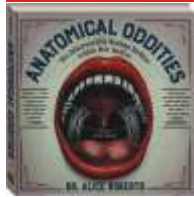
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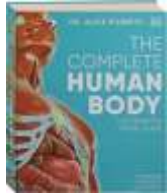




## Medical Science

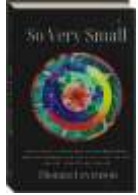


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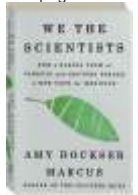


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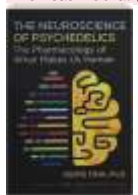
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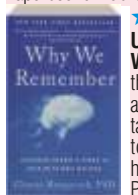
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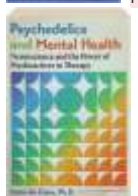
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## Business



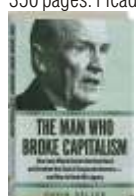
**9167692 QUIT: The Power of Knowing When to Walk Away.** By Annie Duke. We're terrible quitters when faced with tough decisions, and that is significantly holding us back. Duke explains why quitting is integral to success and provides strategies for determining when to hold 'em and when to fold 'em that will save you time, energy, and money. 308 pages. Portfolio. Pub. at \$12.00 **SOLD OUT**



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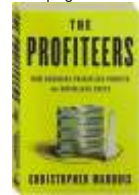


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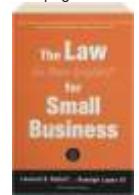


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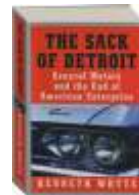
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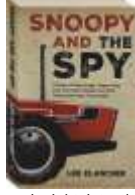
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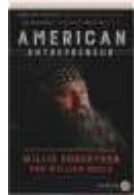
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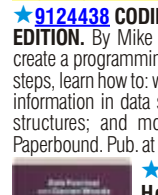
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## Computer Books



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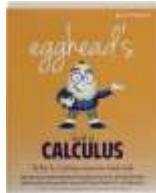
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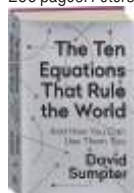
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## Mathematics

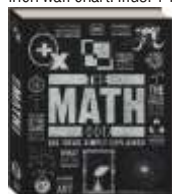


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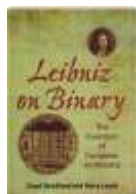
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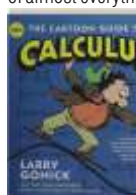
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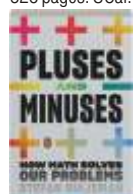


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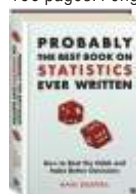
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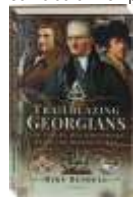
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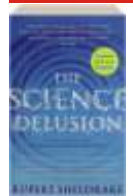
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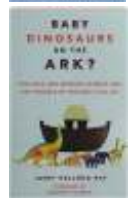
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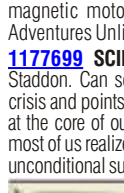
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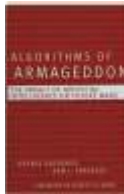


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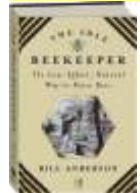
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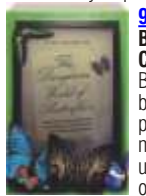
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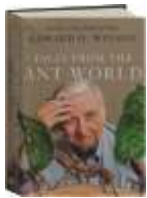


**9019138 THE DANGEROUS WORLD OF BUTTERFLIES: The Startling Subculture of Criminals, Collectors, and Conservationists.** By Peter Laufer. Laufer examines the allure of butterflies and recounts the constant role they have played throughout history and across cultures in mythology and art. But his research takes an unpredictable turn into the high-stake realms of organized crime, ecological devastation, species depletion, and integrity of museum collections, and chaos theory. 271 pages. Lyons. Paperbound. Pub. at \$16.95 **\$2.95**



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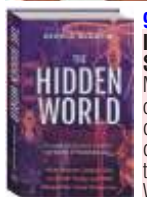
**★8795231 THE PRIVATE LIFE OF SPIDERS.** By Paul Hillyard. With more than 100 different families and 40,000 individual species, spiders are among the most successful creatures on Earth. Hillyard, a spider expert, takes the reader on a fascinating and richly illustrated tour of the lives of some of the world's most remarkable spiders. Fully illus. in color. 160 pages. Princeton. Paperbound. Pub. at \$19.95 **\$15.95**



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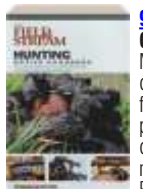


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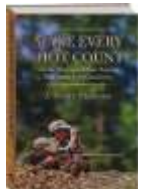
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**9011838 SPORTS ILLUSTRATED FLY FISHING.** By Bill Mason. Shows you what to look for in rods, reels, lines, leaders, and other equipment, 16 fly fishing techniques that can work for you, how to fly for salmon, steelhead, bass, and bonefish, permits, and more. Fully illus. some in color. 255 pages. Sports Illustrated. Paperbound. Pub. at \$14.95 **\$2.95**

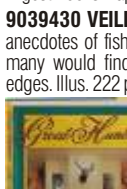


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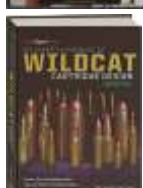
**★4928059 AR-15 SETUP, MAINTENANCE AND REPAIR.** By Patrick Sweeney. This is your one stop guide to repairing, maintaining and modifying America's favorite rifle. If you need to disassemble and maintain your AR rifle, or you're ready to swap barrels or handguards, add optics, or customize its stock, this manual tells you everything you need to know. Well illus. 320 pages. Gun Digest Books. 8 1/2 x 10 1/4. Paperbound. Pub. at \$35.99 **\$26.95**



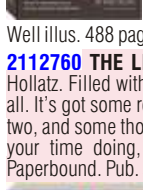
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**★3999564 LEVER-ACTIONS: A Tribute to the All-American Rifle.** By Compiled by the eds. of Gun Digest & RECOIL Magazine. Whether you're an enthusiast, collector, or hunter, this comprehensive guide drills down to the nitty gritty of these legendary firearms and maps their nearly limitless future. Fully illus. in color. 302 pages. Gun Digest Books. Paperbound. Pub. at \$39.99 **\$29.95**



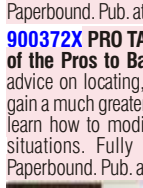
**★699606X RELOADER'S HANDBOOK OF WILDCAT CARTRIDGE DESIGN, 2ND EDITION.** By Fred Zeglin. No matter your reloading goals, this guide is the most comprehensive reference available for designing, building, loading and shooting wildcat cartridges. Calibers span the gamut, from the tiny .10 caliber to the brawny .50 caliber. There is something for every shooter! Well illus. 488 pages. Gun Digest Books. Pub. at \$64.99 **\$49.95**



**2112760 THE LI'L RED BOOK OF FISHERN' TIPS.** By Tom Hollatz. Filled with some good tips about fishin'. But, that's not all. It's got some recipes for fish, some observations, a poem or two, and some thoughts about some things you could be wastin' your time doing, besides fishin'. Illus. 110 pages. Quixote. Paperbound. Pub. at \$7.95 **PRICE CUT to \$2.95**



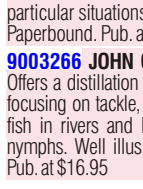
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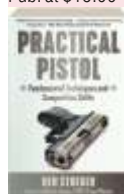
## Fishing & Hunting



**9003169 WESTERN FLY-FISHING STRATEGIES.** By Craig Mathews. One of the country's most innovative anglers shares his knowledge of the rivers of Yellowstone Park, southwest Montana, and eastern Idaho. Includes information on planning a trip, equipment and tackle, reading the waters, and weather and wind. Fully illus. some in color. 196 pages. Lyons. Paperbound. Pub. at \$18.95 **SOLD OUT**



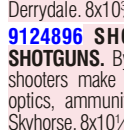
**8042128 BREAKTHROUGH MARKSMANSHIP: The Tools of Practical Shooting.** By Ben Stoeger. Provides the knowledge and guidance every shooter needs, containing proven techniques and refined drills together in a straightforward guide. Gives readers a better understanding of the ins and outs of practical shooting, allowing them to see their mistakes, fix them, and experience a breakthrough in their skills. 111 pages. Skyhorse. Paperbound. Pub. at \$15.99 **PRICE CUT to \$9.95**



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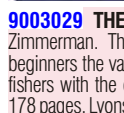
**9038841 AN AMERICAN ANGLER IN AUSTRALIA.** By Zane Grey. Grey fished everywhere, but he often found himself lured back to the Pacific, especially around Australia and New Zealand. Most of the fish caught in this volume in Australia are sharks, but you can't go fishing in Australia and not be teased by marlins. Features gold gilded page edges. 33 pages of photos. 115 pages. Derrydale. 8x10 1/4. Pub. at \$65.00 **SOLD OUT**



**9124896 SHOOTER'S BIBLE GUIDE TO SPORTING SHOTGUNS.** By Alex Brant. This will help new and experienced shooters make smart equipment purchases, including shotguns, optics, ammunition, and gear. Fully illus. in color. 231 pages. Skyhorse. 8x10 1/2. Paperbound. Pub. at \$19.99 **PRICE CUT to \$4.95**



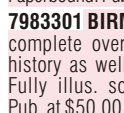
**9011811 THE SPORTS AFIELD BOOK OF HUNTING AND SHOOTING RECORDS AND FACTS 2015.** By Jens Erik Perto with J. Hogh. An entertaining and eclectic collection of remarkable feats, surprising facts, interesting trivia, and sensational coincidences from the world of big-game hunting, bird hunting, and shooting. Fully illus. 333 pages. Safari. Pub. at \$39.95 **PRICE CUT to \$5.95**



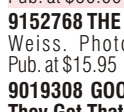
**9003029 THE TOP TEN GUIDE TO FLY FISHING.** By Jay Zimmerman. This lighthearted look at a serious sport will give beginners the value of solid instruction while providing seasoned fly fishers with the opportunity to quibble with the rankings. Well illus. 178 pages. Lyons. Paperbound. Pub. at \$16.95 **PRICE CUT to \$1.00**



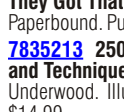
**9002820 A ROUGH-SHOOTING DOG: Reflections from Thick and Uncivil Sorts of Places.** By Charles Fergus. Fergus chronicles the training and first hunting season of his beloved canine friend and hunting companion, taking the reader into the field in pursuit of woodcock, pheasant, and grouse—noting that the two are a team and must work together to be successful hunters. Illus. 234 pages. Lyons. Paperbound. Pub. at \$16.95 **PRICE CUT to \$1.00**



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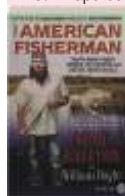
**7835213 250 AMAZING FISHING TIPS: The Best Tactics and Techniques to Catch Any and All Game Fish.** By Lamar Underwood. Illus. 162 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$6.95**

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## Marine Mammals, Fish & Reptiles



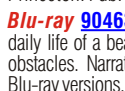
**9045686 MARSUPIAL FROGS: Gastrotheca & Allied Genera.** By William E. Duellman with L. Trueb. Reveals the many aspects of the lives of marsupial frogs and closely allied genera. Showing the diversity of the frogs' exotic color patterns and geographic distribution, more than 200 photographs, illustrations, and maps accompany the detailed text. 407 pages. Johns Hopkins. 7x10 1/4. Pub. at \$120.00 **\$5.95**



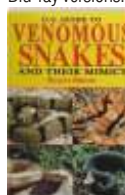
**9181083 SEA MAMMALS: The Past and Present Lives of Our Oceans' Cornerstone Species.** By Annalisa Berta. Features more than 50 individual species profiles and themed chapters on extinct species. Presents detailed accounts of these mammals' evolutionary path, anatomy, behavior, habitats, and conservation. Also offers insights into a broad variety of marine worlds today and in the future. Color photos. 224 pages. Princeton. Pub. at \$29.95 **\$6.95**



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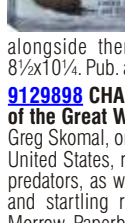
**9046356 TURTLE ODYSSEY.** Widescreen. Follow the daily life of a beautiful sea turtle named Bunji and all of her largest obstacles. Narrated by Russell Crowe. Includes UHD Blu-ray and Blu-ray versions. English SDH. 60 minutes. Shout! Factory. **\$5.95**



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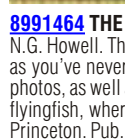
**9184244 RIPPLES ON THE RIVER: Celebrating the Return of the Otter.** By L. Campbell & A. Levin. Determined conservation efforts have resulted in an increased otter population in the United Kingdom, and a delighted public as the otters return to their former river systems. A lavish celebration of otters, their habitats, and the flora and fauna that exist alongside them. Color photos. 176 pages. Bloomsbury. 8 1/2 x 10 1/4. Pub. at \$28.00 **\$6.95**



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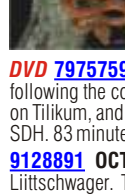
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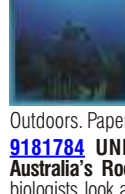
**9167951 BOAS AND PYTHONS OF THE WORLD.** By Mark O'Shea. A renowned snake expert takes readers on an exciting continent by continent journey to look at these snakes in their native habitats. Featuring over 150 photographs of more than 100 species, and intriguing stories from O'Shea's encounters with these snakes in the wild. 160 pages. Princeton. Paperbound. Pub. at \$19.95 **SOLD OUT**



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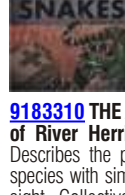
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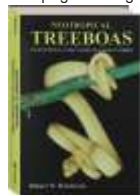


## Marine Mammals, Fish & Reptiles

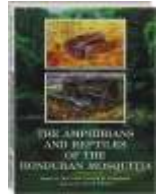
**918029X DISEASES OF AMPHIBIANS AND REPTILES.** By Gunther Kohler. Clear, basic information on how to care for amphibians and reptiles, from feeding and housing to general diagnostic techniques to emergencies and first aid. A valuable guide for both veterinarians and hobbyists. Color photos. 171 pages. Krieger. Pub. at \$35.00



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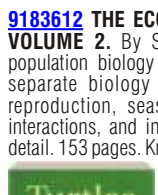
**9181482 NEOTROPICAL TREEBOAS: Natural History of the Corallus Hortulanus Complex.** By Robert W. Henderson. Treeboas occur over much of the neotropical mainland and on several islands. They are often conspicuous members of the neotropical snake fauna and are known for their irascible temperament and highly variable color patterns. This guide summarizes the natural history of each of the four species. Well illus., some in color. 197 pages. Krieger. 8 1/2 x 11 1/4. Pub. at \$42.00



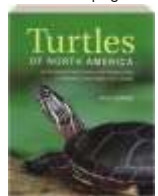
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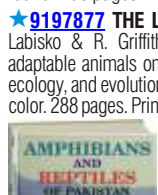
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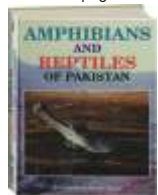
**9183612 THE ECOLOGY OF A SYMBIOTIC COMMUNITY, VOLUME 2.** By Sam Rountree Telford Jr. Describes the population biology of a Japanese lizard integrated with the separate biology of 20 symbiotic species. The growth, reproduction, seasonal activity, food habits, community interactions, and interpopulation variations are considered in detail. 153 pages. Krieger. 8 1/2 x 11 1/4. Pub. at \$55.00



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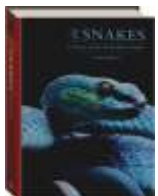


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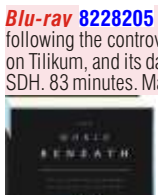
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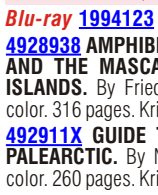
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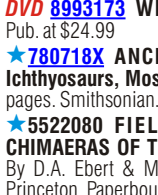
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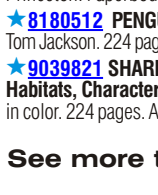
**9099662 THE WORLD BENEATH: The Life and Times of Unknown Sea Creatures and Coral Reefs.** By Richard Smith. The wondrous creatures inside are charmers and tricksters. You'll learn what they eat, how they play, and how they care for one another, live on one another, and mimic others when they're afraid. Fully illus. in color. 350 pages. Apollo. 8 1/2 x 10 1/4. Pub. at \$40.00



**Blu-ray 1994123 SHARK.** Widescreen. BBC Earth. 5.95  
**4928938 AMPHIBIANS AND REPTILES OF MADAGASCAR AND THE MASCARENE, SEYCHELLES, AND COMORO ISLANDS.** By Friedrich-Wilhelm Henkel et al. Well illus. in color. 316 pages. Krieger. Pub. at \$93.00



**492911X GUIDE TO THE REPTILES OF THE EASTERN PALEARCTIC.** By Nikolai N. Szczerbak. Well illus., many in color. 260 pages. Krieger. Pub. at \$69.00



**DVD 8993173 WHY SHARKS ATTACK: NOVA.** PBS. Pub. at \$24.99

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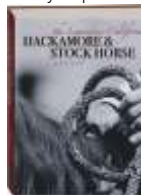
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**907404X THE LITTLE BOOK OF LORE FOR HORSE LOVERS: A Round Up of Equine Facts, Myths, and History.** By Mary Frances Budzik. Chock full of fun facts, trivia, and illustrations, this work will answer all the horse questions you could ever have. Such as: What should you keep in an equine first aid kit? Where did the word *flibbertigibbet* come from? 144 pages. Skyhorse. Pub. at \$11.99



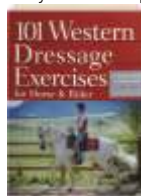
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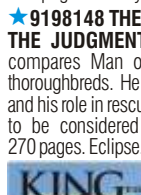
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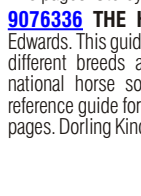
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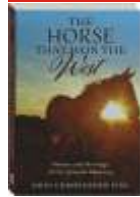
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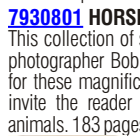
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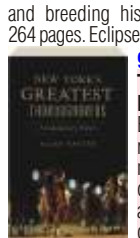
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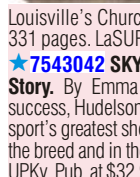
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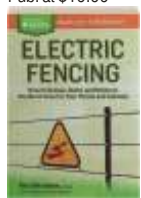
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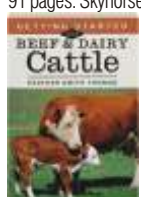
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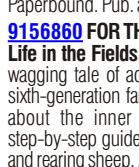
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## Farm & Domesticated Animals



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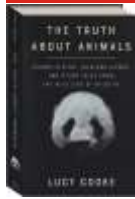
**9108467 WHAT'S KILLING MY CHICKENS? The Poultry Predator Detective Manual.** By Gail Damerow. Well illus. in color. 271 pages. Storey. Paperbound. Pub. at \$19.95 **\$4.95**

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## Animals



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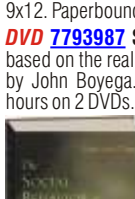
**Blu-ray 8997802 YELLOWSTONE: Battle for Life.** Widescreen. Join the charismatic cast of Yellowstone's wildlife as they turn to face extreme challenges of the seasons and discover what it takes to break temperatures 40 degrees below zero, to live through raging forest fires or to fight to the death for the right to breed. 150 minutes. BBC Earth. **\$4.95**



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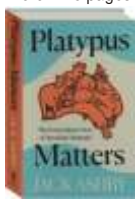
**9106618 NORTH AMERICAN WILDLIFE.** By David Jones. Journey into a world where the grizzly bear rules the clearings, the lynx silently stalks the forests, and the rattlesnake slithers through the deserts. Some of the most expansive parkland on earth protects these animals, and provides a dramatic backdrop for this close-up look at life in the wild. Color photos. 304 pages. Whitecap. 9x12. Paperbound. Pub. at \$29.95 **\$6.95**



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**8090734 PLATYPUS MATTERS: The Extraordinary Story of Australian Mammals.** By Jack Ashby. Scientifically informed and funny, a firsthand account of Australia's wonderfully unique mammals and how our perceptions impact their future. This celebration of Australian wildlife will open eyes and change minds about how we contemplate and interact with the natural world—everywhere. Photos, most in color. 369 pages. William Collins. **\$5.95**



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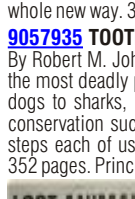
**9128816 MIND-BLOWING FACTS ABOUT THE PLANET'S STRANGEST ANIMALS.** By Kylie Keen. This collection of animal facts transports you across countries and continents to learn about the little-known creatures that call our planet home. Discover a plethora of animal behaviors, diets, habitats and more with over 60 fuzzy, scaly and feathered friends. Well illus. in color. 160 pages. Page Street. Paperbound. Pub. at \$23.99 **\$6.95**



**★9156321 SCAT FINDER: Identifying Mammal Scat in Eastern North America.** By Dorcas S. Miller. Learn to identify mammals and birds by their scat and other signs. This practical guide introduces 40 common mammals and 9 birds. Each entry includes information about the critter's diet, range and more—as well as tips for scat identification to get you started. Fully illus. 62 pages. Nature Study Guild. 5½x4. Paperbound. Pub. at \$7.95 **\$5.95**



**8056528 WILD SEX: The Science Behind Mating in the Animal Kingdom.** By Carin Bondar. An intriguing guide to the sex lives of the animal kingdom. Bondar presents razor-sharp penises, murderous carnal cannibals, and spontaneous chemical warfare in an epic battle between the sexes. Exhilarating, amusing, petrifying—and guaranteed to make you think about sex in a whole new way. 366 pages. Pegasus. Pub. at \$27.95 **\$5.95**



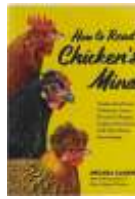
**9057935 TOOTH AND CLAW: Top Predators of the World.** By Robert M. Johnson III et al. A marvelously illustrated look at the most deadly predators on the planet—from big cats and wild dogs to sharks, reptiles and killer whales. Also describes the conservation successes and lays out some simple but crucial steps each of us can take to protect these magnificent beasts. 352 pages. Princeton. Pub. at \$45.00 **\$7.95**



**6077161 LOST ANIMALS: Extinction and the Photographic Record.** By Errol Fuller. A unique photographic record of extinction, presented by a world authority on vanished animals. Collected together for the first time, these photographs provide a tangible link to animals that have now vanished forever, bringing the past to life while delivering a warning for the future. 256 pages. Princeton. Paperbound. Pub. at \$24.95 **\$9.95**



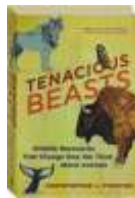
**9019693 MANY THINGS UNDER A ROCK: The Mysteries of Octopuses.** By David Scheel. A behavioral ecologist's riveting account of his decades-long obsession with octopuses: his discoveries, adventures, and new scientific understanding of their behaviors. Illus. 307 pages. Norton. Pub. at \$28.95 **\$6.95**



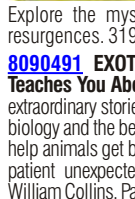
**★9124462 HOW TO READ A CHICKEN'S MIND: Understand How Chickens Learn, Perceive People, Express Emotions, and Pass Down Knowledge.** By Melissa Caughey. Caughey shares her years of experience and research about our feathered friends with this entertaining and informative exploration of what chickens think and feel. She offers insights into the range of feelings that chickens can express and their unexpected intelligence, personality types, and flock dynamics. Fully illus. in color. 128 pages. Storey. Paperbound. Pub. at \$18.99 **\$13.95**



**265198X CHICKEN WISDOM: 50 Inspirational Prints to Put You in a Fresh Frame of Mind.** By Melissa Caughey. Sage sentiments meet delightful chicken photography on 50 individual cards, and with a pull-out table-top frame included, you can display your favorite card or easily swap it out for one that fits the mood or suits the moment. Storey. Paperbound. Pub. at \$14.95 **\$5.95**



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**8090491 EXOTIC VETTING: What Treating Wild Animals Teaches You About Their Lives.** By Romain Pizzi. Pizzi shares his extraordinary stories as well as his insight into the amazing breadth of biology and the bewildering range of veterinary procedures needed to help animals get better. He also shares tips on where to run when the patient unexpectedly wakes up. Illus. most in color. 408 pages. William Collins. Paperbound. **\$5.95**



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**9040773 CLOUD'S LEGACY, REVISED EDITION: The Wild Stallion Returns.** By Ginger Kathrens. This beautifully illustrated volume is sure to be a hit with anyone who has been following Cloud's story. And for new readers who are meeting Cloud for the first time, be prepared to fall in love with the majesty of the Arrowheads and the wild horses who live there. 160 pages. CompanionHouse. 8x10. Paperbound. Pub. at \$19.99 **\$5.95**

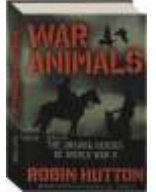


## Animals

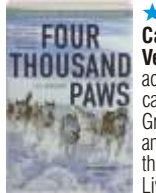
**9183426 BLOOD IVORY: The Massacre of the African Elephant.** By Robin Brown. Brown draws on his depth of knowledge and understanding of Africa and his career as a leading wildlife filmmaker to paint a vivid picture of the impact of hunting on Africa's elephant population. Photos. 320 pages. History Press. Paperbound. Pub. at \$24.99 **\$5.95**



**9045678 LIFE IN THE DARK: Illuminating Biodiversity in the Shadowy Haunts of Planet Earth.** By Dante Fenolio. Shows the many ways that life forms have adapted to lightless environments. More than 200 mesmerizing color photographs shed new light on the world's fascinating creatures of darkness. 317 pages. Johns Hopkins. 9 1/4 x 1 1/4. Pub. at \$39.95 **\$7.95**



**1177834 WAR ANIMALS: The Unsung Heroes of World War II.** By Robin Hutton. Tells the heartwarming stories of the dogs, horses, mules, pigeons, and one cat, who did their bit for the war effort. American and British families volunteered beloved family pets and farm dogs to aid in the war effort. The shining loyalty and courage of these heroes is a testimony to the enduring bond between us and the animals we love. Illus. 428 pages. Random House. Pub. at \$24.99 **SOLD OUT**



**9154353 FOUR THOUSAND PAWS: Caring for the Dogs of the Itidard-A Veterinarian's Story.** By Lee Morgan. The first account from a trail veterinarian, chronicling the canines who brave the challenges of "The Last Great Race on Earth." An intimate look inside the animal mind, from huskies of Itidards past to the intrepid dogs of today. Photos. 276 pages. Liveright. Paperbound. Pub. at \$18.99 **\$13.95**

**9136924 ZOOBORNS: The Newest, Cutest Animals from the World's Zoos and Aquariums.** By A. Bleiman & C. Eastland. Showcases the newest and cutest animal babies from zoos and aquariums worldwide, featuring fascinating animal facts and stories that illustrate the connections between zoo births and conservation initiatives. Fully illus. in color. 149 pages. S&S. Paperbound. Pub. at \$17.99 **\$12.95**



**9169075 REPTILES & AMPHIBIANS OF NEW ZEALAND: A Field Guide.** By Dylan van Winkel et al. Field guide to New Zealand's 123 species of reptiles and amphibians, featuring a comprehensive introduction to evolution, conservation, ecosystems and geographic history of these fascinating tetrapods. Packed with extraordinary full-color photographs! Color photos. 368 pages. Bloomsbury. Paperbound. Pub. at \$18.00 **\$4.95**



**4997409 THE PHOTO ARK VANISHING: The World's Most Vulnerable Animals.** By J. Sartore & E. Kolbert. In these vivid pages, Sartore singles out the species most likely to disappear in the next decades, as well as some that have already been lost. Alongside these indelible images are the words of

scientists and conservationists who are working to protect and restore populations of endangered species. 400 pages. National Geographic. 10 1/4 x 10. Pub. at \$40.00 **\$14.95**

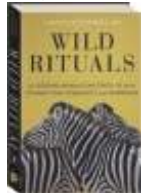
**9057773 CAT WARS: The Devastating Consequences of a Cuddly Killer.** By P.P. Marra & C. Santella. Tells the story of the threats free-ranging cats pose to biodiversity and public health throughout the world, and sheds new light on the controversies surrounding the management of the explosion of these cat populations. Traces the historical and cultural ties between humans and cats. 16 pages of color photos. 212 pages. Princeton. Pub. at \$24.95 **\$5.95**

**9030069 BISON: Falcon Pocket Guide.** By Jack Ballard. Presents readers with substantive, yet easily digestible, information on this majestic symbol of the American West. This handy field guide contains all you need to know to become familiar with these fascinating animals. Fully illus. in color. 85 pages. Falcon. 4 1/4 x 7. Paperbound. Pub. at \$12.95 **\$4.95**



**8041466 WILD ANIMALS I HAVE KNOWN.** By Ernest Thompson Seton. Through the fateful encounter with the wolf Lobo, Seton became a wildlife protector, individualizing animals and exploring their motivations, feelings, and personalities. Experience Seton's transformation with the stories of Lobo and other creatures and reconnect with the beauty of the wild. 186 pages. Gibbs Smith. Pub. at \$12.95 **SOLD OUT**

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**9189149 WILD RITUALS: 10 Lessons Animals Can Teach Us About Connection, Community, and Ourselves.** By Caitlin O'Connell. In a culture of technology where we live at a greater distance from nature and each other, this remarkable volume taps into the unspoken languages of creatures around the world. It journeys into the desert, tundra, and rainforest to reveal the importance of rituals and how they can help us find a more meaningful way of living. 16 pages of color photos. 223 pages. Chronicle. Pub. at \$26.95 **\$6.95**



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**9194096 BECOMING WILD: How Animals Learn to be Animals.** By Carl Safina. Reveals the rich cultures that survive in some of Earth's remaining wild places. By showing how sperm whales, scarlet macaws and chimpanzees teach and learn, Safina offers a fresh understanding of what is constantly going on beyond humanity and how we're all connected. Color photos. 368 pages. OneWorld. Paperbound. **\$6.95**



**9136754 COUGARS ON THE CLIFF: One Man's Pioneering Quest to Understand the Mythical Mountain Lion.** By Maurice Hornocker with D. Johnson. Recounts the early years of Hornocker's research, when he tracked mountain lions following a dog's nose and footprints in the snow, before telemetry was available. He was the first to learn that mountain lions living in stable populations limit their own numbers through territoriality and a concept he called "mutual avoidance." Well illus., some in color. 295 pages. Lyons. Paperbound. Pub. at \$24.95 **\$17.95**



**9153969 ON THE BACKS OF TORTOISES: Darwin, the Galapagos, and the Fate of an Evolutionary Eden.** By Elizabeth Hennessy. Tells the story of the island's namesakes—the giant tortoises—as coveted food sources, objects of natural history and famous icons of conservation and tourism. By doing so, Hennessy brings into stark relief the paradoxical, and impossible, goal of conserving species by trying to restore a past state of prehistoric evolution. Illus. 310 pages. Yale. Pub. at \$30.00 **\$7.95**

**9012184 FROM THE HIMALAYAS TO THE ROCKIES.** By R.M. Mitchell & M.R. Frisina. The authors classify every type of wild sheep of the New and the Old Worlds. Also included are hunting stories by Jack Atcheson Jr. and Sr., Soudy Golabchi, Robert Logan, and more. Fully illus. in color. 230 pages. Safari. 8 1/4 x 1 1/4. Pub. at \$79.95 **\$7.95**



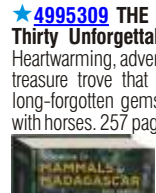
**7878729 WILD BABIES: Photographs of Baby Animals from Giraffes to Hummingbirds.** By Traer Scott. With more than 30 baby animal portraits, Scott provides a glimpse into the rarely seen world of newborn animals. Paired with informative captions, these photos highlight the formative moments of these infants' first weeks as they explore the thrilling world outside their nests, dens, and burrows. 136 pages. Chronicle. Pub. at \$24.95 **SOLD OUT**



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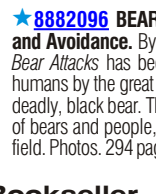
**9185313 WILD ANIMALS: Strange, Dangerous & Wonderful.** By T. Jackson & B. Madden. Presents an in-depth look at the natural world's most deadly, endangered, or just plain strange creatures, from poisonous spiders to aggressive caimans and man-eating sharks. Color photos. 288 pages. Amber. Pub. at \$29.99 **\$21.95**



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**8882096 BEAR ATTACKS, THIRD EDITION: Their Causes and Avoidance.** By Stephen Herrero. For more than three decades, *Bear Attacks* has been the landmark study of the attacks made on humans by the great grizzly and the less aggressive, but occasionally deadly, black bear. This is the sometimes horrific yet instructive story of bears and people, written by the leading scientific authority in the field. Photos. 294 pages. Lyons. Paperbound. Pub. at \$19.95 **\$14.95**





## Animals



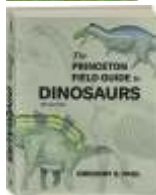
**★9063153 THE BOOK OF BARELY IMAGINED BEINGS: A 21st Century Bestiary.** By Caspar Henderson. A fascinating, beautifully produced modern-day menagerie. But whereas medieval bestiaries were often based on folklore and myth, the creatures that abound in this volume—from the axolotl to the zebrafish—are, with one exception, very much with us, albeit sometimes in depleted numbers. Fully illus. 427 pages. Univ of Chicago Press. Paperbound. Pub. at \$23.00 **\$16.95**

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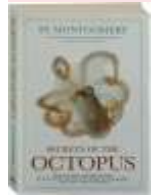
**9002863 SEA TURTLES: The Watcher's Guide.** By M. Timothy O'Keefe. Gives an overview of sea turtle life and also provides the specifics of appropriate personal conduct and behavior for human beings on turtle nesting beaches. Fully illus. 126 pages. Larsen's Outdoor. Paperbound. Pub. at \$17.95 **PRICE CUT to \$2.95**



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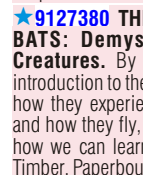
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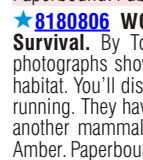
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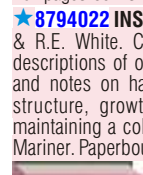
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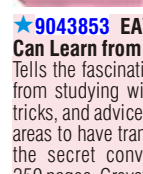
**9045619 ENTERTAINING ELEPHANTS: Animal Agency and the Business of the American Circus.** By Susan Nance. Examines elephant behavior, drawing on the scientific literature of animal cognition learning and communications, to offer a study of elephants as actors in American circus entertainment between 1800 and 1940. By developing a deeper understanding of behavior, the author asserts, we can more fully explain the common history of all species. Illus. 294 pages. Johns Hopkins. Pub. at \$60.00 **PRICE CUT to \$5.95**



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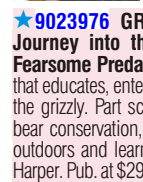
**★904115X PLAYING POSSUM: How Animals Understand Death.** By Susana Monso. Explores what the opossum and other creatures can teach us about how we and other species understand mortality, and demonstrates that the concept of death, far from being a uniquely human attribute, is widespread in the animal kingdom. Illus. 243 pages. Princeton. Pub. at \$29.95 **PRICE CUT to \$14.95**



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## Animals

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**★9071849 VANISHING TREASURES: A Bestiary of Extraordinary Endangered Creatures.** By Katherine Rundell. Takes us on a globe spanning tour of the world's most awe inspiring animals currently facing extinction. This collection of essays is a clarion call insisting that we look at the world around us with new eyes, to see the magic of the animals we live among, and how lucky we are to tread the same ground as such vanishing treasures. Illus. 208 pages. Doubleday. Pub. at \$26.00 **PRICE CUT to \$14.95**

**★9063668 THE WELL-CONNECTED ANIMAL: Social Networks and the Wondrous Complexity of Animal Societies.** By Lee Alan Dugatkin. An engaging exploration of the wondrous social webs that permeate life in animal societies around the world. Uncovering social networks that existed long before the dawn of human social media. Color photos. 217 pages. Univ of Chicago Press. Pub. at \$29.00 **PRICE CUT to \$19.95**

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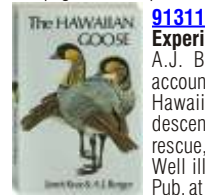


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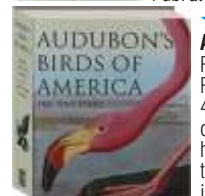


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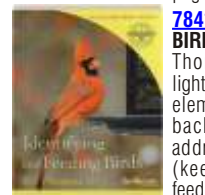


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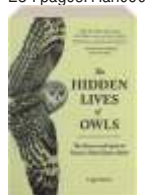




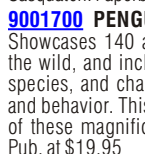
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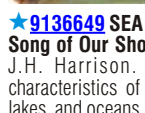
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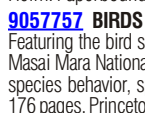
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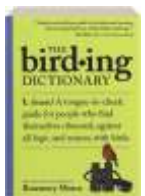
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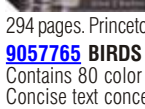
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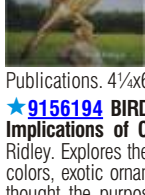
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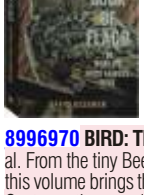
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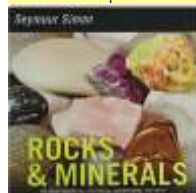
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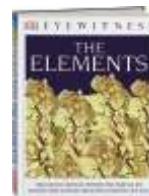


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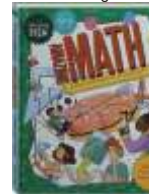
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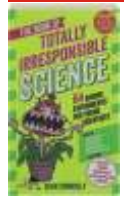
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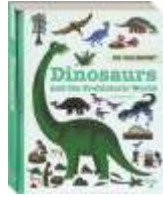




## Science & Nature for Children



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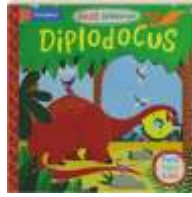
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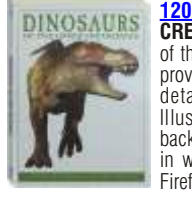
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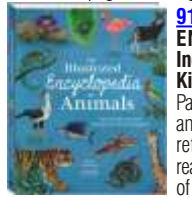


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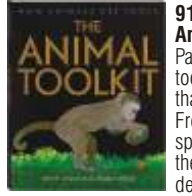
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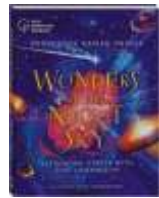
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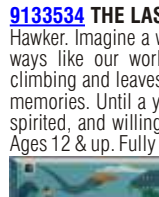
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## Science & Nature for Children



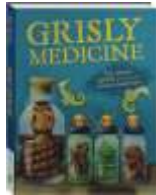
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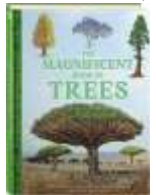
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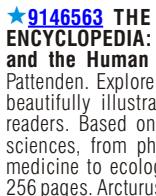
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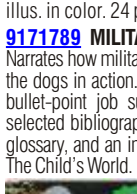
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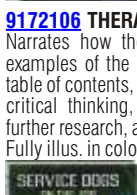
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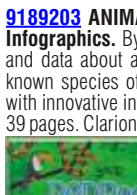
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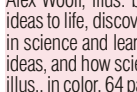
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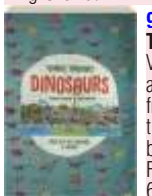
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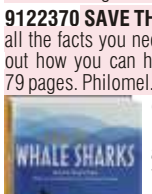
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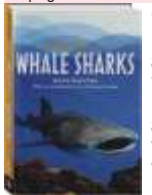
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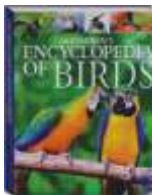
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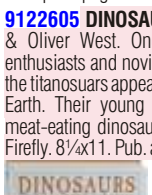
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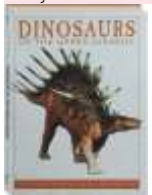
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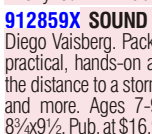
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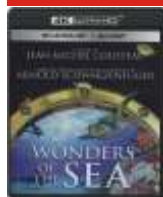
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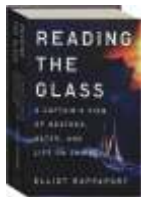
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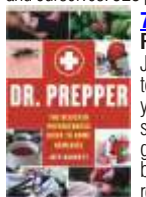
**DVD 902123X SPIRITS OF THE JAGUAR:** BBC Atlas of the Natural World. Fullscreen. In Central America and the Caribbean, everything is vibrant—from the tropical rain forests teeming with wildlife to the coral reefs to the volcanoes. This series reveals the dramatic relationships that exist here between the natural inhabitants, wildlife, and environment. CC. Over three hours. BBC. **\$5.95**



**9182063 CATEGORY FIVE: Superstorms and the Warming Oceans That Feed Them.** By Porter Fox. Superstorms, hurricanes, typhoons, and spiraling freak weather: the fall out of global warming is a real life natural thriller as captured in Fox's urgent and stunning story of chasing the world's most devastating storms. 270 pages. Little, Brown. Pub. at \$30.00 **\$6.95**



**9171975 READING THE GLASS: A Captain's View of Weather, Water, and Life on Ships.** By Elliot Rappaport. Offers a sailor's-eye view of the moving parts of our atmosphere and unveils its larger patterns: global winds, jet streams, air masses, storms, and the longer arc of our climate. Brilliantly blending science and memoir, it reveals how weather has shaped our oceans, our history, and ourselves. 323 pages. Dutton. Pub. at \$30.00 **\$6.95**



**793534X DR. PREPPER: The Disaster Preparedness Guide to Home Remedies.** By Jeff Garrett. When you never know what's going to happen, this comprehensive guide will give you the resources to plan ahead, assess your situation, find a solution, and help you keep going. Covers what to include in your survival bug-out bag; home treatments when emergency responders are not within reach; and much more. Illus. 197 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**



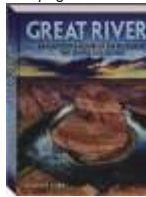
**907015X INSECTS, REVISED: A Golden Guide.** By H.S. Zim & C. Cottam. This handy guide to the most common, important and showy North American insects will help the novice begin a fascinating study. Includes: a key to insect groups, mature and immature forms, how insects grow and develop and more! Contains full color pictures, nontechnical language, and up-to-date range maps. 160 pages. St. Martin's. Paperbound. Pub. at \$8.99 **\$4.95**



**717663X ADVENTURES IN EDIBLE PLANT FORAGING: Finding, Identifying, Harvesting, and Preparing Native and Invasive Wild Plants.** By Karen Monger. Written with novice foragers in mind, this guide with recipes for soups, salads, muffins, desserts and more, is a must have for anyone looking to save money and plan their first expedition into foraging. Includes a glossary of botanical terms. Well illus. in color. 217 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$7.95**



**9123628 OUTDOOR LIFE HOW TO SURVIVE OFF THE GRID.** With Tim MacWelch. Filled with hundreds of practical hands-on tips for totally off the grid living—or if you're not quite ready to leave civilization yet, for turning any home into a sustainable haven. Separated into three advice-packed sections: *Get There; Live There; and Survive There.* Cover has metal corners. Fully illus. in color. 215 pages. Weldon Owen. Paperbound. Pub. at \$29.00 **\$9.95**



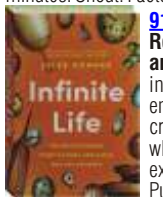
**9138498 GREAT RIVERS: An Illustrated History of the Waterways That Shaped Civilizations.** By Geordie Torr. The great rivers of the world have captured the human imagination and shaped our history. Explore the natural forces that have created these rivers, their impacts on the environment and the myriad ways they have affected societies and cultures. Fully illus. in color. 255 pages. Sirius. 9 7/16x11 1/4. Pub. at \$24.99 **SOLD OUT**



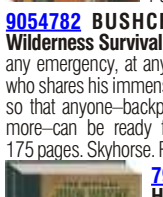
**DVD 7765207 LAND OF THE EAGLE: Atlas of the Natural World.** Widescreen. The story of how North America was discovered is told through two sets of eyes—the Native Americans and the European newcomers. This series is a magnificent ensemble of paintings, photographs, old songs played on period instruments, contemporary Native Americans voicing the words of their ancestors, and gorgeous wildlife filming. Over 6 hours on two DVDs. BBC. **\$5.95**



**Blu-ray 9046399 WONDERS OF THE ARCTIC.** Widescreen. The Arctic is the focal point of our changing planet, raising troubling questions about the impact of human activities on a fragile frontier. This program centers on the ongoing mission to explore and save the Arctic, brought to life in breathtaking footage and captivating stories. English SDH. 44 minutes. Shout! Factory. Pub. at \$19.99 **\$4.95**



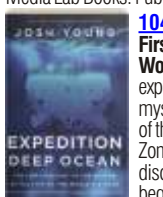
**9180729 INFINITE LIFE: The Revolutionary Story of Eggs, Evolution, and Life on Earth.** By Jules Howard. An investigation into the most unifying and enduring structure in the history of life, the crucial piece of evolutionary engineering to which every animal on the planet owes its existence: the egg. 258 pages. Pegasus. Pub. at \$29.95 **\$6.95**



**9054782 BUSHCRAFT BASICS: A Common Sense Wilderness Survival Handbook.** By Leon Pantenburg. Be ready for any emergency, at any time with the help of this survival instructor who shares his immense knowledge of bushcraft and survivalist skills so that anyone—backpackers, hunters, preppers, city dwellers, and more—can be ready for any possible emergency. Illus. in color. 175 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$5.95**



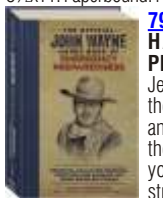
**799608X THE OFFICIAL JOHN WAYNE HANDBOOK OF BUSHCRAFT: Essential Tips and Techniques for Surviving in the Wild.** By B. Jensen & C. Freedman. Filled with fundamentals and advanced tactics, step by step instructions and helpful tips all informed by Green Beret training, this work presents more than 100 practical skills for surviving in the wild, from constructing your own tools and shelter to finding food and purifying water. Color photos. 256 pages. Media Lab Books. Pub. at \$16.99 **\$5.95**



**1041177 EXPEDITION DEEP OCEAN: The First Descent to the Bottom of All Five of the World's Oceans.** By Josh Young. The story of the exploration of some of the most unforgiving and mysterious places on our planet, including the site of the *Titanic* wreck and the little-understood Hadal Zone. The expedition mapped hidden landscapes, discovered previously unknown life forms, and began to piece together how life in the deep oceans affects our planet. 24 pages of color photos. 320 pages. Pegasus. Paperbound. Pub. at \$18.95 **\$5.95**



**9103740 THE HUDSON, THIRD EDITION: An Illustrated Guide to the Living River.** By Stephen P. Stanne et al. Since 1996, *The Hudson* has been an essential resource for understanding the full sweep of the great river's natural history and human heritage. Includes the latest information about the ongoing fight against pollution and environmental damage to the river, plus vibrant illustrations of the plants and wildlife that make this ecosystem so special. 267 pages. Rutgers. 8 1/2x11. Paperbound. Pub. at \$36.95 **\$6.95**



**7996098 THE OFFICIAL JOHN WAYNE HANDBOOK OF EMERGENCY PREPAREDNESS.** By C. Freedman & B. Jensen. This handy guide will help you face the unknown with confidence, composure and gumption, just like Duke. Includes just the thing you need to ensure the safety of yourself and your family should disaster strike with over 100 tips and techniques. Well illus. 248 pages. Media Lab. Pub. at \$16.99 **\$5.95**



**9037977 OUTDOOR LIFE THE ULTIMATE SURVIVAL MANUAL.** By Richard Johnson et al. You're lost in the woods without food or water. Confronted by a deadly blizzard. Whether it's in the wild, during a disaster, or in an urban crisis, this guide has you covered with all the strategies for survival. Fully illus. in color. Weldon Owen. Paperbound. Pub. at **SOLD OUT**



**★9091777 DISASTER SURVIVAL 101: The Essential Guide to Preparing for—and Surviving—Any Emergency Scenario.** By Creek Stewart. Be prepared for any disaster and put your mind at ease with this step by step plan for surviving natural disasters, technological and grid failures, attacks, hazards, and more including sheltering in place or evacuating as conditions dictate. Well illus. 255 pages. Adams Media. Paperbound. Pub. at \$18.99 **\$13.95**



**Blu-ray 7988877 FLORIDA'S STATE PARKS.** Florida has one of the most diverse landscapes in America, from white sand beaches and spring-red rivers to mossy swamps and pine forests. Explore more than 15 of Florida's state parks, from Falling Waters State Park to John Pennekamp Coral Reef. Includes Blu-ray and DVD versions. 80 minutes. Topics Entertainment. **\$5.95**



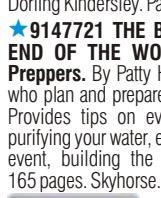
**9191836 BIG PACIFIC.** By Rebecca Tansley. The Pacific Ocean covers one-third of Earth's surface and contains half of the world's water. Illustrated in full color, this guide blends a wealth of stunning images with spellbinding storytelling to take you into a realm teeming with exotic life rarely witnessed up close. 239 pages. Princeton. 12x9 1/2. Pub. at \$29.95 **\$9.95**



**★3872076 THE PREPPER'S MEDICAL HANDBOOK: How to Provide Medical Care When You Can't Rely on Anyone but Yourself.** By William W. Forgey. Provides the basis of prevention, identification, and long-term management of survivable medical conditions that can be performed with minimal training. You'll learn to identify materials you will need and should stockpile, and discusses storage issues. Illus. 311 pages. Lyons. Paperbound. Pub. at \$19.95 **\$14.95**



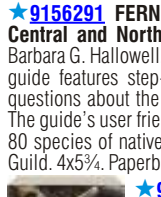
**★7874405 SMITHSONIAN ROCK & GEM: The Definitive Guide to Rocks, Minerals, Gems, and Fossils.** Ed. by Christine Heilman. Explore Earth's natural treasures, from their primeval origins to traditional uses and modern-day appeal with this illustrated guide to rocks, minerals, crystals, gems and more! Learn how to identify more than 450 rock and mineral specimens through beautiful photographs and key characteristics. 360 pages. Dorling Kindersley. Paperbound. Pub. at \$29.99 **\$21.95**



**★9147721 THE BEGINNER'S GUIDE TO SURVIVING THE END OF THE WORLD: A Doomsday Crash Course for Preppers.** By Patty Hahne. Whatever disaster occurs, the people who plan and prepare will be best equipped to weather the storm. Provides tips on everything from stocking up on medication, purifying your water, ensuring that your animals and pets survive the event, building the ideal bug out bag and much more! Illus. 165 pages. Skyhorse. Paperbound. Pub. at **SOLD OUT**



**9185135 THE PLANTS OF THE APPALACHIAN TRAIL: A Hiker's Guide to 398 Species.** By Kristen Wickert. Quickly find, identify, and learn about the amazing range of plants and fungi growing along the Appalachian Trail. Organized by type, color, and trail section. Fully illus. in color. 285 pages. Timber. Paperbound. Pub. at \$29.99 **\$7.95**



**★9156291 FERN FINDER: Identifying Native Ferns of Central and Northeastern North America.** By Anne C. & Barbara G. Hollowell. Learn to identify native ferns. This practical guide features step-by-step directions. Simply answer basic questions about the appearance of the fern frond and its parts. The guide's user friendly keys lead to ID details about more than 80 species of native ferns. Fully illus. 61 pages. Nature Study Guild. 4x5 1/4. Paperbound. Pub. at \$7.95 **\$5.95**



**★912828X ULTIMATE GUIDE TO WILDERNESS LIVING: Surviving with Nothing But Your Bare Hands and What You Find in the Woods.** By John & Geri McPherson. Packed with in-depth instruction and photos, this guide teaches the skills needed to survive and live in the wild using only those things found in the woods or in other natural landscapes. Learn how to ignite a fire with a two-stick hand drill, erect temporary and semi-permanent structures, and more. 320 pages. Ulysses. Paperbound. Pub. at \$19.95 **\$14.95**



**★9156305 LIFE ON INTERTIDAL ROCKS: Identifying Marine Life of the North Atlantic Coast.** Illus. by Cherie Hunter Day. Learn to identify marine life of the North Atlantic Coast. This practical guide introduces nearly 100 species of intertidal plants and animals, organized by zones/habitats and groups. Determine which zone and habitat you are in, then turn to the correct section to ID your find. Fully illus. 61 pages. Nature Study Guild. Paperbound. Pub. at \$7.95 **\$5.95**



**★7709528 THE MINERALS ENCYCLOPEDIA.** By Rupert Hochleitner. The essential guide to rare and beautiful minerals. Identify over 700 minerals, gems and rocks using the proven classification: streak color, degree of hardness and origin. Color photos. 446 pages. Firefly. Paperbound. Pub. at \$29.95 **\$24.95**





## More Works on Nature



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**9057897 THE NEW NATURAL HISTORY OF MADAGASCAR.** Ed. by Steven M. Goodman. This beautifully illustrated compendium covers the history of scientific exploration in Madagascar, as well as the islands geology and soils, climate, forest ecology, human ecology, marine and coastal ecosystems, plants, invertebrates, fishes, amphibians, reptiles, birds, and mammals. 2,246 pages in two volumes. Princeton. Pub. at \$175.00 **\$49.95**

**\*9093710 CHEROKEE NATIONAL FOREST: A History.** By Marci Spencer. Created in 1920, the 650,000-acre Cherokee National Forest lies north and south of the Great Smoky Mountains National Park. It pays tribute to the heritage in its name and protects an ancient burial cave and a portion of the Trail of Tears. Fully illus. some in color. 265 pages. History Press. Paperbound. Pub. at \$24.99 **\$17.95**

**9126686 THE SOUND OF THE SEA: Seashells and the Fate of the Oceans.** By Cynthia Barnett. A compelling history of seashells and the animals that make them, revealing what they have to tell us about nature, our changing ocean, and ourselves. Barnett blends cultural history and science to trace our long love affair with seashells and the hidden lives of the mollusks that make them. 417 pages. Norton. Pub. at \$27.95 **SOLD OUT**

**7871651 MISSISSIPPI RIVER TRAGEDIES: A Century of Unnatural Disaster.** By C.A. Klein & S.B. Zellmer. Engineers have done astounding things to bend the Mississippi River to their will: transforming over a thousand miles of rolling current into a placid staircase of water; imprisoning the mighty flow behind the walls of levees; even forcing one of the tributaries to flow uphill. Illus. 258 pages. NYUP. Pub. at \$40.00 **\$7.95**

**9057781 COMMON BEES OF WESTERN NORTH AMERICA.** By O.M. Carril & J.S. Wilson. Portable, full-color photographic guide to the most commonly seen species of the Western U.S. and Canada. Over 200 species are included, with multiple photographs, identification guides, and range maps for each. 415 pages. Princeton. Paperbound. Pub. at \$35.00 **\$7.95**

**\*9201823 BASIC ROCKHOUNDING & PROSPECTING: A Beginner's Guide.** By Garret Romaine. Aimed at anyone interested in learning the fundamentals of collecting rocks and minerals. Includes geology basics, identification techniques, areas to visit, basic geological history, and much more. Well illus. in color. 221 pages. Falcon. Paperbound. Pub. at \$24.95 **\$17.95**

**LIMITED QUANTITY \*9145109 GO FORTH AND FORAGE: A Guide to Foraging Over 50 of the Most Common Edible & Medicinal North American Mushrooms.** By Whitney Johnson. Identify, harvest and prepare 50 of the most common edible and medicinal North American mushrooms through all four seasons. Each species profile has color photos, identification advice to confirm edibility and tips on how to harvest responsibly. Includes recipes such as White and Black Trumpet Pizza and Cream of Wild Mushroom Soup. 191 pages. Cool Springs Press. Paperbound. Pub. at \$24.95 **SOLD OUT**

**7980981 AWAKENING FIRE: An Essential Guide to Waking Flame, Wood, and Ignition.** By Nate Summers. A one of a kind survival guide that unlocks the practical, ancient, and powerful art of making fire for a modern world that's forgotten this vital skill. Reclaim your birthright to light your own way, no matter where you live or adventure. Well illus. in color. 180 pages. Falcon. Paperbound. Pub. at \$22.95 **\$6.95**

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**\*9174249 BACKYARD GUIDE TO WILD EDIBLE PLANTS.** By M.P. Hernandez & H.W. Buzzard. Forage more than 100 delicious edible plants from your backyard using this beautifully illustrated guide. Turn your backyard into a bounty with tips for identifying wild plants, advice for beginner and experienced harvesters, and more than 600 ideas and recipes to bring the wild into the kitchen. 285 pages. National Geographic. Paperbound. Pub. at \$24.99 **\$17.95**

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**\*9181377 WILDERNESS SURVIVAL SKILLS FOR BEGINNERS: The Step-by-Step Guide to Survive the Great Outdoors.** By Jason Marsteiner. Shows you how to level up your survival skills. Get pro tips on navigation, finding food, building shelters, and basic first aid. Learn how to tackle any situation, such as chance encounters with wild animals or poisonous plants, and how to stay through any climate or terrain. Illus. in color. 203 pages. Callisto. Paperbound. Pub. at \$15.99 **\$11.95**

**\*9123873 THE MUSEUM OF THE WOOD AGE.** By Max Adams. Investigates the influence of six basic devices—lever, wedge, windlass, spring, cordage and float—and in so doing reveals the myriad of ways in which wood has been worked throughout human history. Tracing the path of human ingenuity across a half a million years of history. Well illus. 441 pages. Apollo. Paperbound. Pub. at \$19.99 **\$14.95**

**\*9201726 HOW TO SURVIVE AGAINST THE ODDS: Tales & Tips for Animal Attacks and Natural Disasters.** By Sean Evans. Inspired by Wonderly's hit podcast *Against the Odds*, learn how to survive whatever nature can throw at you through gut-twisting true stories of survival on the brink. Includes tips on how to endure being adrift at sea; mauled by a bear; buried by an earthquake; and more! Illus. 290 pages. Morrow. Pub. at \$26.00 **\$18.95**

**9181830 WORLD GUIDE TO TROPICAL DRIFT SEEDS AND FRUITS.** By J.V. Dennis & C.R. Gunn. This guide is for amateurs and professionals who find pleasure and excitement in beachcombing for stranded sea-beans on beaches ranging from Norway and Holland to South America, Africa, Southeast Asia, the Pacific Islands, South Florida, and the west coast of the United States. Fully illus. 240 pages. Krieger. **\$4.95**

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**\*8998590 WEEDS OF THE NORTHEAST, SECOND EDITION REVISED.** By Joseph C. Neal et al. Provides illustrations for identification of more than 500 common and economically important weeds in the Northeast and in the Upper Midwest and Mid-Atlantic states. Includes descriptions of floral and vegetative characteristics, giving anyone who works with plants the ability to identify weeds before they flower. 592 pages. Comstock. Paperbound. Pub. at \$32.95 **\$26.95**



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**7890427 UNDERWATER WILD: My Octopus Teacher's Extraordinary World.** By C. Foster & R. Frylinck. An immersive journey into the underwater world that inspired it—and holds transformative lessons for us all. The divers behind the film *My Octopus Teacher* reveal a new version of the sea, one full of wonder, new insights into marine biology, and life-changing teachings even for the most land-bound of us. Fully illus. in color. 324 pages. HMH. 12¼x12¼. Pub. at \$50.00 **\$19.95**



**\*9200681 SEA OF GRASS: The Conquest, Ruin, and Redemption of Nature on the American Prairie.** By D. Hage & J. Marcotty. Reveals humanity's relationship with this incredible land, offering analysis of the difficult decisions and opportunities facing agricultural and Indigenous communities. Also, a vivid portrait of a miraculous ecosystem that makes clear why the future of this region is of essential concern far beyond the heartland. 377 pages. Random. Pub. at \$32.00 **\$23.95**



**9199357 LOOKING UP: The True Adventures of a Storm-Chasing Weather Nerd.** By Matthew Cappucci. Combining reportage and accessible science with personal storytelling and infectious enthusiasm, this volume is a riveting ride through the state of our weather and a touching story about parents and mentors helping a budding scientist achieve his improbable dreams. 24 pages of color photos. 293 pages. Pegasus. Paperbound. Pub. at \$18.95 **\$5.95**

**\*9197745 ROCK IDOLS: A Guide to Dartmoor in 28 Tors.** By S. Pierce & A. Murdin. A celebration of Dartmoor's tors—fantastical yet natural outcrops of rock that have captivated imaginations for centuries—this work is more than just a guide; it blends stunning original artwork with personal reflection, local legends, and historical insight, and offers an immersive take on 28 of these iconic Devon landforms. Fully illus., most in color. 207 pages. Wild Things. Paperbound. Pub. at \$22.99 **\$18.95**

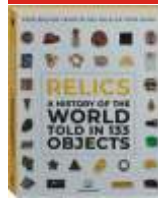


**\*9193731 LITTLE BEASTS: Art, Wonder, and the Natural World.** Ed. by Alexandra Libby et al. Blending lively and informative essays with beautiful illustrations, this volume traces the connections between artists, naturalists, and collectors in an age of scientific discovery and broadening horizons, inviting readers to look with wonder at nature's variety. Includes gilded edges. 223 pages. Princeton. Pub. at \$50.00 **\$39.95**

**\*9185909 A LITERARY FIELD GUIDE TO SOUTHERN APPALACHIA.** Ed. by Rose McLarney et al. Natural history writing is paired with contemporary poems by Mary Oliver, Ron Rash, Wendell Berry, and others in this stunning celebration of the local flora and fauna of Southern Appalachia. Well illus. 204 pages. UGaP. Paperbound. Pub. at \$21.95 **\$17.95**



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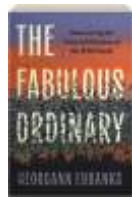
**9176152 RELICS: A History of the World Told in 133 Objects.** By James B. Grove. Takes you on an amazing journey through history, from prehistoric life to the tombs of ancient Egypt to the first supercomputer. It also offers inspiration for your own collection of wonders from your backyard and beyond. Fully illus. in color. 304 pages. Weldon Owen. Pub. at \$30.00 **PRICE CUT to \$11.95**



**9175717 DR. FUN GUY'S PASSPORT TO KINGDOM FUNGI: A Scientist's Guide to the Wild and Wonderful World of Mushrooms, Molds, and More.** By Gordon Walker. Learn the basics of fungal biology, ecology, foraging, and identification in this in-depth illustrated introduction written by a biochemist and lifelong mushroom enthusiast. Well illus. 311 pages. Ten Speed. Paperbound. Pub. at \$26.99 **PRICE CUT to \$19.95**



**9204393 MAMMALS OF COLORADO FIELD GUIDE, 2ND EDITION.** By Stan Tekiela. Identify 130 Colorado mammals with this easy-to-use field guide, organized by family and featuring full-color photographs and helpful information. 372 pages. Adventure Publications. Paperbound. Pub. at \$18.95 **PRICE CUT to \$13.95**



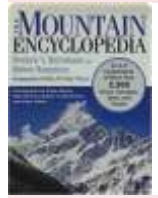
**9185844 THE FABULOUS ORDINARY: Discovering the Natural Wonders of the Wild South.** By Georgeann Eubanks. A tour of the seasonal joys found in Southeastern U.S. ecosystems. Explore purple martins in South Carolina, thirty acres of dimpled trout lilies in Georgia, glowing gnat larvae in Alabama, and much more in this lyrical account. Color photos. 244 pages. UNCP. Paperbound. **PRICE CUT to \$29.95**

**9002758 THE NATURE OF FLORIDA'S NEIGHBORHOODS.** By Cathie Katz. Fascinating facts about the plants, insects, spiders, birds, mammals, reptiles and amphibians that are likely to share your personal habitat in Florida. Fully illus. 64 pages. Atlantic. 8 1/2 x 11. Paperbound. Pub. at \$8.95 **PRICE CUT to \$1.95**

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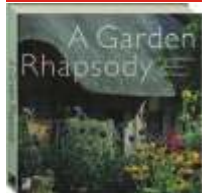
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## Nature Photography

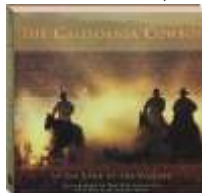


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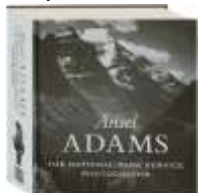


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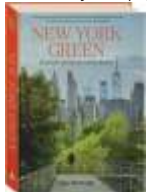
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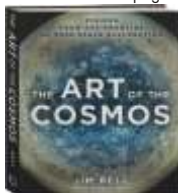
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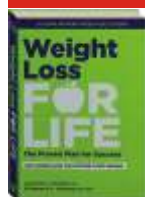
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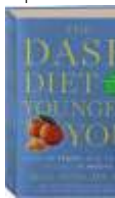
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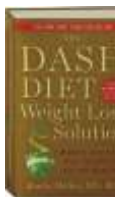
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**8991286 NUTRITION IN CRISIS: Flawed Studies, Misleading Advice, and the Real Science of Human Metabolism.** By Richard David Feinman. Feinman paints a broad picture of the nutrition world that shows the beauty of the underlying biochemistry, the 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. Illus. 291 pages. Chelsea Green. Paperbound. Pub. at \$24.95 **\$5.95**



**1999656 THE DASH DIET YOUNGER YOU: Shed 20 Years—and Pounds—in Just 10 Weeks.** By Marla Heller. Proven to lower blood pressure and cholesterol without medication, DASH (Dietary Approaches to Stop Hypertension) has now been completely redesigned to maximize its power to slow and even reverse aging. 252 pages. Grand Central. Pub. at \$26.00 **\$6.95**



**1999648 THE DASH DIET WEIGHT LOSS SOLUTION: 2 Weeks to Drop Pounds, Boost Metabolism, and Get Healthy.** By Marla Heller. Proven to lower blood pressure and cholesterol without medication, DASH (Dietary Approaches to Stop Hypertension) has now been specially formulated to boost metabolism, lower body fat, and turbocharge weight loss—in just two weeks! 246 pages. Grand Central. Pub. at \$29.00 **\$6.95**



**LIMITED QUANTITY ★9169369 BEAT UNWANTED WEIGHT GAIN: 7 Ways to Lose Pounds and Never Regain Them.** By John M. Poothullil. Based on decades of research into weight gain, obesity, and Type 2 diabetes, Dr. John presents seven powerful strategies to help you reconnect with your authentic weight. Learn to reconnect with your body's natural weight signals, break the cycle of overeating, change deep-rooted eating habits, the truth about carbs and more! 118 pages. Over and Above Creative. Paperbound. Pub. at \$14.95 **\$11.95**



**8887640 MINDLESS EATING: Why We Eat More Than We Think.** By Brian Wansink. A food psychologist revolutionizes our awareness of how much, what, and why we're eating, often without realizing it. His findings will astound you. Illus. 292 pages. Bantam. Paperbound. Pub. at \$17.00 **\$4.95**



**8797498 HOW TO LOSE WEIGHT FOR THE LAST TIME: Brain-Based Solutions for Permanent Weight Loss.** By Katrina Ubell. The missing piece of the most sought-after health goal, this work offers brain-based solutions for dropping pounds and keeping them off without suffering or sacrifice. 293 pages. Balance. Pub. at \$29.00 **PRICE CUT to \$3.95**

**9000178 THE 17 DAY KICKSTART DIET: A Doctor's Plan for Dropping Pounds, Toxins, and Bad Habits.** By Mike Moreno. 257 pages. Atria. Paperbound. Pub. at \$18.99 **PRICE CUT to \$1.95**

★**7943474 YOUR EVERYDAY NUTRITION: 100 Answers to the Most Common Questions About Losing Weight, Feeling Great, and Getting Healthy!** By I. Schapiro & H. Rich. 222 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$4.95**

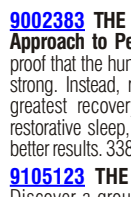
## Healthy Cooking & Special Diets



**7899041 TWO MEALS A DAY: The Simple, Sustainable Strategy to Lose Fat, Reverse Aging, & Break Free from Diet Frustration Forever.** By Mark Sisson with B. Kearns. You'll implement an eating style that's incredibly nourishing and easy to adhere to for a lifetime, dial-in a winning fitness routine, prioritize sleep and recovery, and learn powerful strategies for overcoming self-limiting beliefs and behavior patterns. 282 pages. Grand Central. Pub. at \$28.00 **\$6.95**



**9071911 BEYOND KETO: Burn Fat, Heal Your Gut, and Reverse Disease with a Mediterranean-Keto Lifestyle.** By Don Colbert. Blends the best of both worlds, the ketogenic and Mediterranean diets, and combines them with cutting-edge research on gut health. The key is eliminating foods that cause inflammation and insulin resistance. 240 pages. Siloam. Pub. at \$24.99 **\$5.95**



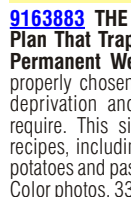
**9002383 THE PLANT-BASED ATHLETE: A Game-Changing Approach to Peak Performance.** By Matt Frazier et al. Reveals proof that the human body does not need meat, eggs, or dairy to be strong. Instead, research shows that a plant-based diet offers the greatest recovery times, cell oxidation, injury prevention, and restorative sleep, and allows athletes to train more effectively, with better results. 338 pages. Harper. Paperbound. Pub. at \$21.99 **\$5.95**



**9105123 THE FULL-BODY FAT FIX.** By Stephen Perrine. Discover a groundbreaking new way of eating that can reverse inflammation, heal your gut, and improve your overall health, fitness, and athletic performance—in just one week—while setting you on the path to easy, sustainable weight loss for life! 257 pages. St. Martin's. Pub. at \$30.00 **\$6.95**



**9094237 DR. KELLYANN'S BONE BROTH BREAKTHROUGH: Turn Back the Clock, Reset Your Scale, Replenish Your Power.** By Kellyann Petrucci. The definitive guide to the healing benefits of bone broth on weight loss, wrinkles, digestion, fatigue, libido, and stress. Offers 35 easy to make broth-based recipes that are customized to mitigate these issues as well as advice for building a "happy plate" at every meal and more. 290 pages. Rodale. Pub. at \$27.00 **\$5.95**



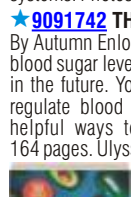
**9163883 THE POWER FOODS DIET: The Breakthrough Plan That Traps, Tames, and Burns Calories for Easy & Permanent Weight Loss.** By Neal D. Barnard et al. When properly chosen, certain foods cause weight loss without the deprivation and planning that most weight-loss regimens require. This simple-to-follow meal plan includes delicious recipes, including foods we have often been told to avoid, like potatoes and pasta, so you can eat real food and still lose weight. Color photos. 332 pages. Balance. Pub. at \$30.00 **\$6.95**



**8992347 SUGARLESS: A 7-Step Plan to Uncover Hidden Sugars, Curb Your Cravings, and Conquer Your Addiction.** By Nicole M. Avena. Through this plan, you'll: discover why sugar causes you to overeat; understand the long-term, adverse effects; identify places sugar might be hiding; adopt nutrition hacks focused on replacing sugar; learn to cope with cravings; manage withdrawal symptoms and more. Includes 30 sugar-free recipes. 310 pages. Union Square & Sons. **SOLD OUT**



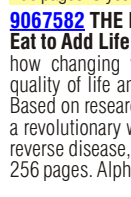
**9161856 GANDHI'S SEARCH FOR THE PERFECT DIET: Eating with the World in Mind.** By Nico Slate. Choosing what to eat was intimately tied to Gandhi's beliefs, his core values of nonviolence, religious tolerance, and rural sustainability. Vegetarianism, limiting salt and sweets, avoiding processed food and fasting, anticipated 21st century food debates and the need to build healthier and more equitable global food systems. Photos. 237 pages. UWaP. Pub. at \$29.95 **\$4.95**



★**9091742 THE BLOOD SUGAR BALANCING HANDBOOK.** By Autumn Enloe. A resource with proven strategies to optimize blood sugar levels all day long and prevent health complications in the future. You'll find practical solutions like dietary tips to regulate blood sugars, simple tools to balance your meals, helpful ways to improve energy and cravings, and more. 164 pages. Ulysses. Paperbound. Pub. at \$16.95 **\$12.95**



**5879787 THE SUGAR DETOX DIET FOR 50+: A Complete Guide to Quitting Sugar, Boosting Energy, and Feeling Great.** By Dana Elia. Explains how to safely and effectively eliminate excess sugar from your diet to boost energy, help with weight loss, and prevent harmful health conditions such as heart disease, diabetes, and high cholesterol. Inside you'll also find recipes for breakfast, lunch, dinner, and snack options. 255 pages. Ulysses. Paperbound. Pub. at \$16.95 **\$3.95**



**9067582 THE HEALTHSPAN SOLUTION: How and What to Eat to Add Life to Your Years.** By J. Hever & R. Cronise. Learn how changing what you eat can dramatically improve your quality of life and result in sustainable, lasting health benefits. Based on research and longevity analysis, the authors introduce a revolutionary way of eating designed to help you lose weight, reverse disease, and achieve optimal health. Well illus., in color. 256 pages. Alpha. Pub. at \$25.00 **\$9.95**





## Healthy Cooking & Special Diets



**7951671 GOOD SUGAR, BAD SUGAR: How to Power Your Body and Brain with Healthy Energy.** By Christopher Vasey. This practical guide explains how to successfully replace bad sugars with good sugars as well as how to reduce sugar cravings and break your sugar addiction. Offering a path out of sugar addiction and easy steps to power your brain and body with healthy energy, Dr. Vasey gives you the tools to take ownership of your own health. 168 pages. Inner Traditions. Paperbound. Pub. at \$14.99 **\$7.95**



**7950918 10-DAY CELERY JUICE CLEANSE.** By H. Ebelthely & K. Adams. Discover the amazing benefits of adding celery juice to your life with the included 3-day juice cleanse and a 7-day juice and soup cleanse, each packed with the healthy ingredients you need to make you feel like a new person. 96 pages. Aster. Paperbound. Pub. at \$6.99 **PRICE CUT to \$2.95**



**8882193 THE SCIENCE OF PLANT-BASED NUTRITION: How to Enhance the Power of Plants for Optimal Health.** By Rhiannon Lambert. Covering every conceivable topic—from vegan and plant-based diets, sustainability, physical and mental health outcomes, and nutrition across the lifespan—this guide offers clear answers with informative graphics, enabling you to make decisions that are best suited to your lifestyle about what, when, and how to eat responsibly. 224 pages. Dorling Kindersley. 8½x10¼. Pub. at \$30.00 **PRICE CUT to \$17.95**

**8990808 THE COLLAGEN DIET: A 28-Day Plan for Sustained Weight Loss, Glowing Skin, Great Gut Health, and a Younger You.** By Josh Axe. 290 pages. Little, Brown. Pub. at \$29.00 **\$5.95**

**8888132 THE HEALING POWERS OF SUPERFOODS: A Complete Guide to Nature's Favorite Functional Foods.** By Cal Orey. 16 pages of color photos. 316 pages. Citadel. Paperbound. Pub. at \$16.95 **SOLD OUT**

**9076166 EATING FOR ACID REFLUX: A Handbook and Cookbook for Those with Heartburn.** By J. Sklar & A. Cohen. 273 pages. Da Capo. Paperbound. Pub. at \$16.95 **\$5.95**

**7882440 THE GUT HEALTH COOKBOOK.** By Sofia Antonsson. Well illus. in color. 144 pages. Skyhorse. Paperbound. Pub. at \$18.99 **\$5.95**

**5734894 INTERMITTENT FASTING MADE EASY: Next-Level Hacks to Supercharge Fat Loss, Boost Energy, and Build Muscle.** By Thomas DeLauer. Illus. 256 pages. Fair Winds. Paperbound. Pub. at \$19.99 **\$3.95**

**8889880 UNLOCKING THE KETO CODE: The Revolutionary New Science of Keto That Offers More Benefits Without Deprivation.** By Steven R. Gundry. 262 pages. Harper Wave. Pub. at \$28.99 **\$6.95**

**9126627 NATURAL BEAUTY RESET: The 7-Day Program to Harmonize Hormones & Restore Radiance.** By Trevor Cates. Well illus. in color. 251 pages. BenBella. Paperbound. Pub. at \$28.95 **\$6.95**

**1997750 EAT REAL TO HEAL: Using Nutrient Dense Foods for Longevity and Happiness.** By Nicolette Richer. Photos. 254 pages. Mango. Paperbound. Pub. at \$19.99 **PRICE CUT to \$7.95**

**9103678 HOW TO EAT: An Ancient Guide for Healthy Living.** Selected by Claire Bubb. Illus. 242 pages. Princeton. Pub. at \$17.95 **PRICE CUT to \$9.95**

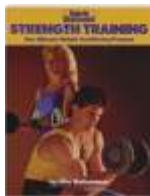
**8897336 THE FAT-LOSS PLAN: 100 Quick and Easy Recipes with Workouts.** By Joe Wicks. Well illus., in color. 240 pages. Pan Macmillan. Paperbound. **PRICE CUT to \$1.95**

**8997276 THE MACRO METHOD: The Science-Backed Approach to Lasting Weight Loss.** By H. Foster & A. Dowden. 218 pages. Aster. Paperbound. Pub. at \$12.99 **PRICE CUT to \$1.95**

## Exercise & Fitness



**LIMITED QUANTITY 915387X GET FIT WHERE YOU SIT: A Guide to the Lakshmi Voelker Chair Yoga Method.** By L. Voelker & L. Oppedijk. Offers 40 active and restorative poses, illustrated with 250 photos, along with breathing techniques and meditation practices—all adapted so that you don't have to leave your chair. Appropriate for new students or longtime practitioners. 231 pages. Shambhala. Paperbound. Pub. at \$24.95 **SOLD OUT**



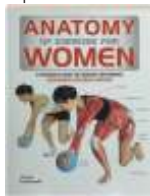
**9011846 SPORTS ILLUSTRATED STRENGTH TRAINING: Your Ultimate Weight Conditioning Program.** By John Garhammer. Improve your total fitness by incorporating strength training into your regular fitness program. Includes everything from information on how our bodies work to specific exercises. Fully illus. 204 pages. Sports Illustrated. Paperbound. Pub. at \$16.95 **\$4.95**

**9168702 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. 8½x10¼. Paperbound. Pub. at \$24.99 **SOLD OUT**



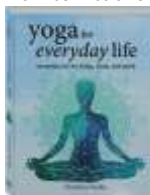
**887669X TAI CHI FOR SENIORS: Feel Good for Life!** Suitable for people of all ages and all fitness levels, this DVD is a gentle, easy, safe and effective introduction to the ancient art of Tai Chi. Master Chan's expert guidance takes you step by step through the Tai Chi form and techniques of breathing and elemental movement. 120 minutes. Total Content. Pub. at **SOLD OUT**

**7803303 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. SHOPWORN. Fully illus. in color. 160 pages. Thunder Bay. Paperbound. Pub. at \$14.99 **\$6.95**



**LIMITED QUANTITY 9202684 ANATOMY OF EXERCISE FOR WOMEN, SECOND EDITION: A Trainer's Guide to Exercise for Women.** Ed. by Lisa Purcell. Provides women of all ages with exercise programs for: Leaner Legs, Thighs and Glutes; Core Strength & Stability; All-Over Toner; and more. Exercises are displayed in detailed anatomical illustrations and concise how-to instructions, plus information on the muscles being worked. 192 pages. Firefly. 8½x11. Paperbound. Pub. at \$24.95 **SOLD OUT**

**9041680 YOGA CARDS: 60 Step-By-Step Cards for Guided Yoga Poses.** Introduces you to 60 yoga poses for self-care. Shuffle through this deck for targeted stretches, morning salutations, midday pick me ups, and evening unwinds. Includes a 32-page booklet of guided routines and a 60-card deck, organized into five categories. Well illus. in color. Cider Mill. Paperbound. Pub. at \$16.95 **\$5.95**



**9133879 YOGA FOR EVERYDAY LIFE: Remedies for the Body, Mind, and Spirit.** By Christine Burke. Burke gives you the power to heal and revitalize yourself—mind, body, and spirit! Includes yoga remedies for 40 specific conditions and concerns, as well as yoga sequences for everyday wellbeing. Features gilded page edges. Fully illus. in color. 176 pages. CICO Books. Pub. at \$16.99 **\$5.95**



**DVD 9064850 MOVING TO MOZART WITH ANN SMITH.** Fullscreen. Ann Smith's innovative exercise system has won her thousands of fans through sold-out classes, lectures and bestselling videos. Based on the stretches dancers use to stay limber and set to beautiful music, her exercises are safe and effective for all ages. 65 minutes. Total Content. Pub. at \$9.95 **\$7.95**

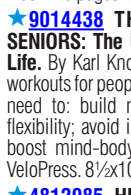


**7796137 SIMPLE EXERCISES TO STIMULATE THE VAGUS NERVE.** By Lars Lienhard et al. Guides you through more than 100 effective exercises to naturally and gently stimulate your vagus nerve and in turn help manage anxiety, depression, inflammation, sleep, and digestive disorders. Anyone can apply these powerful self-help techniques to natural vagus nerve stimulation and experience a more balanced and resilient mind and body. Well illus., in color. 320 pages. Healing Arts. Paperbound. Pub. at \$19.99 **\$14.95**

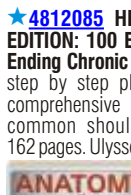
**9179550 RAGE YOGA: Unleash Your Inner Badass.** By Lindsay Istace. Embrace the misfits of the yoga world! This vinyasa discipline pairs well with a cold beer and is often practiced in alternative venues such as pubs and breweries. Blast your music, curse like a sailor as you learn how it came to be, and how it just might be the thing for you. Illus. 264 pages. Sourcebooks. Paperbound. Pub. at \$16.99 **\$5.95**



**7976984 T'AI CHI CLASSICS: Illuminating the Ancient Teachings on the Art of Moving Meditation.** By Waysun Liao. Exploring all the core aspects of T'ai Chi thought and practice, this guide explains how T'ai Chi exercises increase your inner vitality (ch'i), enliven energetic power (jing), and empower you to bring your energy to bear to overcome inner and outer obstacles in every sphere of life. Well illus. 210 pages. Shambhala. Paperbound. Pub. at \$21.95 **\$16.95**



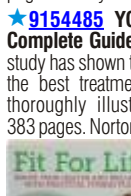
**9014438 THE STRENGTH TRAINING BIBLE FOR SENIORS: The Ultimate Fitness Guide for the Rest of Your Life.** By Karl Knopf. Comprehensive and customizable total-body workouts for people 50 years and older. They provide everything you need to: build muscle & get stronger; foster core stability & flexibility; avoid injury; improve posture; develop low-back health; boost mind-body awareness; and more. Fully illus. 384 pages. VeloPress. 8½x10¼. Paperbound. Pub. at \$21.95 **\$16.95**



**4812085 HEALTHY SHOULDER HANDBOOK, SECOND EDITION: 100 Exercises for Treating Common Injuries and Ending Chronic Pain.** By Karl Knopf. Packed with more than 300 step by step photos, this user-friendly reference features a comprehensive collection of corrective exercises for treating common shoulder injuries and ending chronic pain—fast! 162 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$11.95**



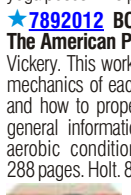
**9067469 ANATOMY OF EXERCISE FOR 50+, SECOND EDITION.** By Hollis Lance Liebman. A detailed guide to attaining optimum physical fitness, showing exactly how to maintain and improve your physique with every passing day. You'll find 75 exercises, with step by step instructions from an experienced personal trainer. Fully illus. in color. 192 pages. Firefly. 8½x11. Paperbound. Pub. at \$24.95 **\$19.95**



**9154485 YOGA FOR OSTEOPOROSIS, REVISED: The Complete Guide.** By Loren Fishman with C. Ardman. Study after study has shown that low-impact, bone-strengthening exercises are the best treatment for osteoporosis, with yoga being ideal. A thoroughly illustrated guide for beginners and experts alike. 383 pages. Norton. Paperbound. Pub. at \$29.99 **\$21.95**



**9169482 FIT FOR LIFE: Boost Your Health and Wellbeing with Practical Fitness Plans.** By Anna Blewett et al. You'll learn the importance of raising your heart rate with exercises that get you moving, like running, cycling, and swimming. You'll also find out why it is crucial to balance this with strength training, which is beneficial for muscles and bones. Includes diet tips and yoga poses! 128 pages. Sirius. Paperbound. Pub. at \$12.99 **\$5.95**



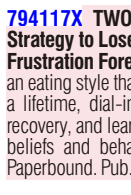
**7892012 BOOK OF BODY MAINTENANCE AND REPAIR: The American Physical Therapy Association.** By M. Moffat & S. Vickery. This work offers illustrated descriptions of the structure and mechanics of each major body part, explaining what can go wrong and how to properly care for that area. A middle section provides general information on posture, body mechanics, weight control, aerobic conditioning, and maintenance programs. Adults only. 288 pages. Holt. 8½x10¼. Paperbound. Pub. at \$41.99 **\$31.95**



**9066462 YOGA LIFE: Habits, Poses, and Breathwork to Channel Joy Amidst the Chaos.** By Brett Larkin. You'll learn a five-step method to design a personal practice that works for your schedule; how to adapt your practice to meet your physical, mental, and emotional needs more than a dozen yoga habits that will help you calm your mind and body, and more. Illus. 281 pages. Balance. Paperbound. Pub. at \$19.99 **\$5.95**



**9116281 NEW ANATOMY FOR STRENGTH & FITNESS TRAINING: An Illustrated Guide to Your Muscles in Action.** By Mark Vella. You can buff up your body with more than 75 selected exercises, grouped by body region and involving gym machines, free weights, body weight/stretching, yoga and Pilates. Each exercise is vividly illustrated by a full-color anatomical illustration of the targeted muscles, together with instructions on execution and technique. 168 pages. IMM Lifestyle Books. 9½x11¼. Spiralbound. Pub. at **SOLD OUT**



**794117X TWO MEALS A DAY: The Simple, Sustainable Strategy to Lose Fat, Reverse Aging, & Break Free from Diet Frustration Forever.** By Mark Sisson with B. Kearns. You'll master an eating style that's incredibly nourishing and easy to adhere to for a lifetime, dial-in a winning fitness routine, prioritize sleep and recovery, and learn powerful strategies for overcoming self-limiting beliefs and behavior patterns. Illus. 281 pages. Grand Central. Paperbound. Pub. at \$18.99 **PRICE CUT to \$2.95**



## Exercise & Fitness



**9126325 YOGA FOR MIND, BODY & SPIRIT: Poses, Meditations & Wisdom for Leading a Balanced Life.** By Rachel Scott. Collects a series of meditations and yoga poses that demonstrate how to embrace the pursuit of yoga in all aspects of life. Well illus. in color. 247 pages. Cider Mill. Pub. at \$19.95 **PRICE CUT to \$3.95**

**8996911 B.K.S. IYENGAR YOGA: The Path to Holistic Health.** Learn how you can use yoga to improve every aspect of your life with this definitive guide. Leads you through more than 50 poses step by step, including special sequences to alleviate ailments ranging from asthma to arthritis. Fully illus. in color. 432 pages. Dorling Kindersley. 8 1/2 x 11. Pub. at \$40.00 **PRICE CUT to \$11.95**

**9038809 10,000 STEPS A DAY TO YOUR OPTIMAL WEIGHT: Walk Your Way to Better Health.** By Greg Isaacs. 257 pages. Volt. 5x9 1/4. Paperbound. Pub. at \$19.95 **\$4.95**

**★DVD 8876681 TAI CHI FOR SENIORS 2: Easy Gentle Effective.** Total Content. Pub. at \$14.95 **SOLD OUT**

**★DVD 8876592 FLEXIBLE SENIORS.** Total Content. Pub. at \$16.95 **SOLD OUT**

**9030212 KNACK ABSOLUTE ABS: Routines for a Fit & Firm Core.** By JJ Flizanes, photos by S. Fortunato. Fully illus. in color. 244 pages. Knack. Paperbound. Pub. at \$19.95 **\$4.95**

**★DVD 9021191 SIT AND BE FIT: Ready, Set & Move! Workouts for Seniors.** Total Content. Pub. at \$14.95 **\$7.95**

**224702X MUSCLE FOR LIFE: Get Lean, Strong, and Healthy at Any Age!** By Michael Matthews. Illus. 465 pages. Gallery. Pub. at \$35.00 **\$6.95**

**★DVD 9064885 TAI CHI FOR BEGINNERS WITH MASTER JIAN LIUJUN.** Total Content. Pub. at \$14.95 **SOLD OUT**

**9013474 THE RESISTANCE TRAINING REVOLUTION.** By Sal Di Stefano. Illus. 283 pages. Hachette. Pub. at \$29.00 **\$6.95**

**★9136339 I KNOW I SHOULD EXERCISE BUT...: 44 Reasons We Don't Move & How to Get Over Them.** By D. Hill & K. Bowman. 239 pages. Uphill. Paperbound. Pub. at \$19.95 **\$14.95**

**9001093 HWPO: Hard Work Pays Off.** By Mat Fraser with S. Mestel. 308 pages. Rodale. Paperbound. Pub. at \$20.00 **\$5.95**

**★9092153 THE EASY WAY TO ENJOY EXERCISE: Get Fit Without Willpower.** By Allen Carr with R. Hayley. 236 pages. Sirius. Paperbound. Pub. at \$14.99 **\$11.95**

**★DVD 8876576 THE DOCTOR'S WORKOUT FOR SENIORS.** Total Content. Pub. at \$9.95 **\$7.95**

**★7804431 THE MIRACLE OF FLEXIBILITY: A Head-to-Toe Program to Increase Strength, Improve Mobility, and Become Pain Free.** By Miranda Esmonde-White. Fully illus. 459 pages. S&S. Pub. at \$35.00 **\$26.95**

**9129413 BURN: The Burn Bootcamp 5-Step Strategy For Inner and Outer Strength.** By Devan & Morgan Kline. Illus. 292 pages. Balance. Pub. at \$30.00 **PRICE CUT to \$4.95**

**★770366X THE ROOT OF CHINESE QIGONG, THIRD EDITION: Secrets for Health, Longevity, and Enlightenment.** By Jwing-Ming Yang. Illus. 318 pages. YMAA. Paperbound. Pub. at \$34.95 **\$21.95**

**★8898979 MOVEMENT FOR EVERY BODY: An Inclusive Fitness Guide for Better Movement.** By Marcia Dornie. Well illus. in color. 144 pages. North Atlantic. Paperbound. Pub. at \$22.95 **PRICE CUT to \$11.95**

**★4996011 THE HEART OF YOGA, REVISED EDITION: Developing a Personal Practice.** By T.K.V. Desikachar. Well illus. 244 pages. Inner Traditions. 8x10. Paperbound. Pub. at \$19.95 **\$12.95**

**★9123938 THE YOGI'S WAY: Transform Your Mind, Health, and Reality.** By Reema Datta. Illus. 281 pages. New World Library. Paperbound. Pub. at \$19.95 **PRICE CUT to \$11.95**

**★7910592 TEACH PEOPLE, NOT POSES: Lessons in Yoga Anatomy and Functional Movement to Unlock Body Intelligence.** By Mary Richards. Illus. 174 pages. Shambhala. Paperbound. Pub. at \$24.95 **PRICE CUT to \$6.95**

**★7976496 THE WELLNESS GUIDE: Embrace 100 Expressions of Positive Self-Care, from Meditation to Yoga, Superfoods to Journaling.** Ed. by R. Newcombe & C. Martin. Fully illus. in color. 303 pages. Thunder Bay. 8 1/2 x 10 1/4. Paperbound. Pub. at \$24.99 **PRICE CUT to \$9.95**

## Beauty & Skin Care

**★9123946 FACE MASSAGE FOR EVERYONE: A Practical Guide.** By Ksenija Selivanova. Shows you how to achieve a naturally beautiful complexion while minimizing the effects of the aging process with easy-to-follow, step-by-step daily routines. Fully illus. 205 pages. Hay House. Paperbound. Pub. at \$17.99 **\$12.95**



**9108769 PLANT-BASED BEAUTY: The Essential Guide to Detoxing Your Beauty Routine.** By Jess Arnaud. From how to make a radiant energy aromatic roller to why rosehip oil is so good for balancing your skin tone, this work will teach you to harness the power of plants for a natural, glowing you. Illus. in color. 160 pages. Aster. Pub. at \$16.99 **\$5.95**

**7874545 TIMELESS BEAUTY: Over 100 Tips, Secrets, and Shortcuts to Looking Great.** By Christie Brinkley with S. Wadyka. Fully illus. in color. 208 pages. Grand Central. 8 1/2 x 10 1/4. Pub. at \$30.00 **\$6.95**

**5879728 BREAK FREE FROM ECZEMA.** By Rachel Zohn. 240 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$5.95**

**7733143 THE WRINKLE CURE: Unlock the Power of Cosmeceuticals for Supple, Youthful Skin.** By Nicholas Perricone. 218 pages. Warner. Paperbound. Pub. at \$6.99 **\$4.95**

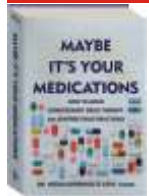
**8996946 THE BEAUTY SKETCHBOOK: Illustrate Your Own Modern Makeup Looks.** By R. Black & R. Yazdi. Fully illus. most in color. 160 pages. Abrams. 9 1/2 x 8 1/4. Paperbound. Pub. at \$19.99 **\$6.95**

**1999265 YOUR BEST SKIN: The Science of Skincare.** By Hannah English. Illus. in color. 224 pages. Hardie Grant. Pub. at \$22.99 **\$7.95**

**★9071814 EXPOSING BAD PLASTIC SURGERY AND THE SECRET TO AVOIDING IT.** By Thomas J. Francel. Illus. 255 pages. Morgan James. Paperbound. Pub. at \$19.95 **PRICE CUT to \$11.95**

**7878761 YOUNGER: The Breakthrough Anti-Aging Method for Radiant Skin.** By Harold Lancer. Illus. 243 pages. Grand Central. Pub. at \$28.00 **SOLD OUT**

## Health & Medical References



**9172351 MAYBE IT'S YOUR MEDICATIONS: How to Avoid Unnecessary Drug Therapy and Adverse Drug Reactions.** By Hedva Barenholtz Levy. Provides information, insider tips, and strategies that empower patients and caregivers to have important conversations. The go-to guide on how to use medications safely on the journey to healthy aging. 327 pages. Skyhorse. Pub. at \$28.99 **\$8.95**

**9119582 GUT HEALTH HACKS: 200 Ways to Balance Your Gut Microbiome and Improve Your Health!** By Lindsay Boyers. With straightforward, simple advice, Boyers teaches you how to keep your gut healthy and functioning at peak performance with these 200 health hacks. 223 pages. Adams Media. Paperbound. Pub. at \$16.99 **\$5.95**

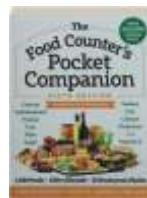


**9151664 THE INTEGRATIVE GUIDE TO GOOD HEALTH: Home Remedies Meet Alternative Therapies to Transform Well-Being.** By Brent A. Bauer et al. Achieve personal wellness through nontraditional medicine and home remedies by addressing the whole person—body, mind and spirit. Includes details on applying dozens of therapies, such as Pilates, solutions to manage common issues, including high blood pressure and steps for administering first aid. Well illus. in color. 416 pages. Mayo Clinic. 8x10. Paperbound. Pub. at \$26.99 **\$5.95**

**1043889 KNOW YOUR SHIT: What Your Crap Is Telling You.** By Shawn Shafner. This work lifts the lid off the potty taboo and breaks the stall door down in search of the Perfect Poo. Along the way, learn what happens inside your body to make poo, how the process can go wrong, and simple fixes to make sure you stay in the Goldilocks Zone. Fully illus. in color. 110 pages. Cider Mill. Pub. at \$10.99 **\$4.95**

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**9171479 THE BEGINNER'S GUIDE TO AYURVEDIC HOME REMEDIES: Ancient Healing for Modern Life.** By Susan Weis-Bohlen. Includes practical remedies for the most common modern ailments/health concerns, including immunity, quality sleep, hormone balance, pain relief, longevity, and aging well. Each remedy gives a three-part action plan of herbal remedies, food, and lifestyle practices to restore balance. Illus. in color. 192 pages. Fair Winds. Paperbound. Pub. at \$26.99 **\$6.95**

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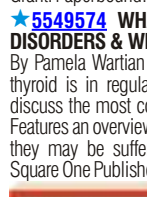
**★7779186 TOXIC SUPERFOODS: How Oxalate Overload Is Making You Sick—and How to Get Better.** By Sally K. Norton. If you're eating a healthy diet and you're still dealing with fatigue, inflammation, anxiety, recurrent injuries, or chronic pain, the problem could be your spinach, almonds, sweet potatoes, and other trusted plant foods. This guide shines light on how our modern diets are overloaded with oxalates and offers fresh solutions. Illus. 368 pages. Rodale. Paperbound. Pub. at \$17.99 **\$12.95**



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**★5549574 WHAT YOU MUST KNOW ABOUT THYROID DISORDERS & WHAT TO DO ABOUT THEM, SECOND EDITION.** By Pamela Wartian Smith. Begins by explaining how important the thyroid is in regulating the body's metabolism. Then goes on to discuss the most common thyroid-related disorders and symptoms. Features an overview of the disorder that can help readers determine if they may be suffering from the problem, and more. 340 pages. Square One Publishers. Paperbound. Pub. at \$18.95 **\$13.95**



**★8894132 MEDICAL TERMINOLOGY FOR EVERYONE: Easily Learn, Memorize, and Pronounce Medical Terms.** By John Louis Temple. When it comes to communicating with your doctor, mastering healthcare terminology you might hear from them is essential. Knowing what these words mean can help you ask the right questions and better understand your body, medical conditions, and any health guidance you receive. 156 pages. Rockridge. Paperbound. Pub. at \$14.99 **\$11.95**

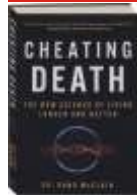


**9171665 HEALTHY NO MATTER WHAT: How Humans Are Hardwired to Adapt.** By A. Jadad & T. Jadad-Garcia. Provocative manifesto that teaches you how to take control of your health, no matter your age or circumstances, from an innovative doctor and his philosopher daughter. Illustrates how your natural gift of adaptability equips you to overcome any obstacle, provides actionable pointers, and shows how and when to use the medical system. 237 pages. Crown. Pub. at \$28.00 **\$5.95**





## Health & Medical References



**1137344 CHEATING DEATH: The New Science of Living Longer and Better.** By Rand McClain. Shares the best drugs and supplements, treatment methods, and devices, including little-known treatments that can reverse the effects of new and old injuries, emergent diagnostic and screening technologies that deter early-onset disease sooner, and more. Illus. 230 pages. BenBella. Pub. at \$24.95 **\$6.95**

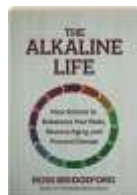


**8991332 THE VIRUS AND THE HOST.** By Chris Chlebowski. Emerging science about how toxic exposure, chronic inflammation, infections, and chronic diseases interact and predispose us to poor outcomes from acute viral infections such as COVID-19. Outlines the tools we need for better health: how to eat like your life depends on it; how to detoxify simply and safely at home; and more. 274 pages. Chelsea Green. Paperbound. Pub. at \$24.95 **\$3.95**

**8990751 BE HEALTHIER NOW: 100 Simple Ways to Become Instantly Healthier.** By Jacob Sager Weinstein. A collection of 100 things you can do this very moment to lead a healthier life. Includes tips on healthy eating and exercise, but it doesn't stop there. Remember the why of being healthy; treat happiness as a medical necessity; and work less to live longer. Well illus. in color. 136 pages. Odd Dot. Paperbound. Pub. at \$17.99 **SOLD OUT**



**★9067507 THE COMPLETE LYMPHEDEMA MANAGEMENT AND NUTRITION GUIDE.** By J. LaMantia & A. Dimenna. The authors explain the many different therapeutic approaches and offer nutritional recommendations. They have created the most comprehensive guide for lymphedema management available. Illus. 288 pages. Robert Rose. Paperbound. Pub. at \$24.95 **\$19.95**



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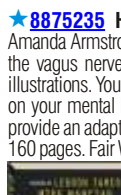


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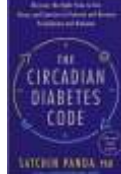
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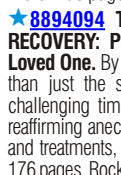
**★8875235 HEALING THROUGH THE VAGUS NERVE.** By Amanda Armstrong. Walks you through how the nervous system and the vagus nerve function, with approachable language and helpful illustrations. You'll find information on vagal tone and the impact it has on your mental health and everyday life. Then, a variety of practices provide an adaptable approach to improving nervous system function. 160 pages. Fair Winds. Paperbound. Pub. at \$22.99 **\$17.95**



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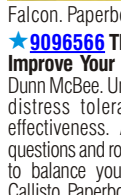
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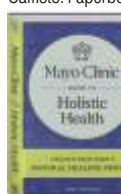
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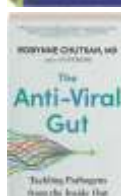
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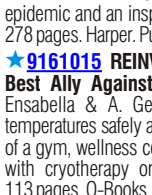
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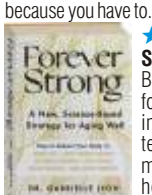
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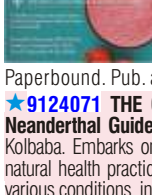
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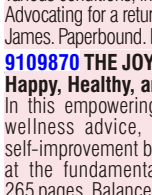
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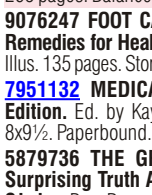
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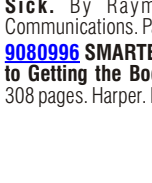
**★9124071 THE CAVEMAN WAY TO GET HEALTHY-ER: A Neanderthal Guide for Regaining Health Naturally.** By David Kolbaba. Embarks on a journey exploring 15 simple and effective natural health practices that can jump-start the healing process for various conditions, including obesity, diabetes, addiction, and cancer. Advocating for a return to more natural self-care. 265 pages. Morgan James. Paperbound. Pub. at \$22.95 **PRICE CUT to \$11.95**



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**907385X ANTI-INFLAMMATORY DIET SOLUTION: Heal Your Immune System, Boost Your Brain, Strengthen Your Heart.** By Stig Bengmark. Color photos. 271 pages. Skyhorse. Pub. at \$29.99 **\$6.95**

**7848382 THE SCIENCE OF NUTRITION.** By Rhiannon Lambert. Fully illus., in color. 224 pages. Dorling Kindersley. 8½x10¼. Pub. at \$30.00 **SOLD OUT**

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**908021X YOUR LIFE DEPENDS ON IT: What You Can Do To Make Better Choices About Your Health.** By Talya Miron-Shatz. 256 pages. Basic. Pub. at \$28.00 **PRICE CUT to \$4.95**

**★7991282 BEYOND LONGEVITY: A Proven Plan for Healing Faster, Feeling Better, and Thriving at Any Age.** By Jason Prall. 223 pages. Hay House. Paperbound. Pub. at \$18.99 **PRICE CUT to \$6.95**

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**★8890137 MED SPA MAYHEM: The Good, the Bad, and the Ugly Secrets of the Aesthetic Industry.** By Kate Dee. 177 pages. Advantage Media Group. Paperbound. Pub. at \$19.99 **PRICE CUT to \$6.95**

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**8996830 THE 21-DAY IMMUNITY PLAN: How to Rapidly Improve Your Metabolic Health and Resilience to Fight Infection.** By Aseem Malhotra. 100 pages. Yellow Kite. Paperbound. Pub. at \$17.99 **PRICE CUT to \$1.95**

**★9119949 LOW VISION MATTERS: A Practical Guide to Living with Low Vision & Blindness.** By L.J. Stevens & T. Blackman. **LARGE PRINT EDITION.** Learn helpful suggestions on how to handle emergencies, how to make your home safer, and how to travel outdoors. Clear descriptions of how to use the built-in programs available on smartphones, tablets, and computers to make communication with others easier, and more. Illus. 343 pages. Square One. 8x10. Paperbound. Pub. at \$21.99 **SOLD OUT**

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**9201505 52 WAYS TO BEAT DIABETES: Simple, Easy Tips to Stay Happy and Healthy.** By 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 **\$4.95**



**9200096 COMPLETE DIABETES GUIDE, SECOND EDITION: Advice for Managing Type 2 Diabetes.** By K. Graham & M. Shomali. Diabetes is a complicated disease, and this guide is written in straightforward, plain language that you can understand. It contains everything you need to know about Type 2 Diabetes, and offers reliable medical information and recommendations on preventing and reducing problems that can develop. Well illus. in color. 416 pages. Robert Rose. 8½x10¼. Paperbound. Pub. at \$27.95 **\$6.95**



**9029389 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**

**4260902 PREVENTING LYME & OTHER TICK-BORNE DISEASES.** By Alexis Chesney. Take a proactive approach to defending your health from the rise of Lyme disease and other tick-borne illnesses, with this essential reference. Learn strategies for preventing tick bites; six steps after you've been bitten; symptoms, testing, and treatment; and how to identify ticks and rashes. Illus. 191 pages. Storey. Paperbound. Pub. at \$16.95 **\$5.95**

**★9117237 UNDERSTAND ALZHEIMER'S: A First-Time Caregiver's Plan to Understand & Prepare for Alzheimer's & Dementia.** You'll find a wealth of practical and useful information to help you and your loved one deal with a diagnosis of Alzheimer's disease. Included are an in-depth explanation of the seven stages of Alzheimer's disease and what the diagnosis means; checklists for how to prepare for your loved one's surroundings for safety, ease of activities; and more. 131 pages. Calistoga. Paperbound. Pub. at \$11.99 **\$7.95**

**★9193545 THE AUTOIMMUNE CURE: Healing the Trauma and Other Triggers That Have Turned Your Body Against You.** By Sara Szal Gottfried. Gottfried reveals how trauma can rewrite your body to trigger autoimmune diseases—and provides a comprehensive plan to reset your immune system and finally heal. 282 pages. Harvest. Paperbound. Pub. at \$17.99 **\$12.95**

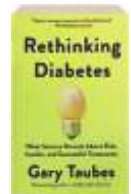
**7862067 CHRONIC: The Hidden Cause of the Autoimmune Epidemic and How to Get Healthy Again.** By Steven Phillips et al. Reveals striking evidence that a broad range of microbes, including the Lyme bacterium, cause a variety of recurrent conditions and autoimmune diseases. Explores the science behind common infections that are difficult to diagnose and treat, debunk widely held beliefs by doctors and patients alike, and provide solutions that empower sufferers to reclaim their lives. 286 pages. HMH. Paperbound. Pub. at \$16.99 **\$5.95**



**★6078486 POSTDIABETIC: An Easy-to-Follow 9-Week Guide to Reversing Prediabetes and Type 2 Diabetes.** By E. Edmeades & R. Ruiz. Over the course of nine weeks, you'll learn how to make subtle changes to your lifestyle and deep changes to your psychology. You'll look at what you eat, when you eat it, and why you eat it. You'll find out how to shift your metabolism from primarily sugar-burning to primarily fat-burning, learn more about seasonal eating, and reap the benefits of cyclical eating patterns. 199 pages. Hay House. Pub. at \$25.99 **\$18.95**

**1999192 TAKE CONTROL OF YOUR DIABETES: Prevention, Diagnosis, and Treatment.** By Rosemary Walker. Provides clear and simple diet, fitness, lifestyle, and medical advice—the support you need to live life to the fullest with type 1 or type 2 diabetes. Well illus. in color. 208 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$9.95**

**9031227 THE NEW SCIENCE OF OVERCOMING ARTHRITIS: Prevent or Reverse Your Pain, Discomfort, and Limitations.** By C. Thomas Vangness, Jr. with G. Placek. Incorporates the latest research and treatment strategies to offer a plan for overcoming the myriad challenges of this disabling disease. What's more, it provides younger generations with a game plan for minimizing and even avoiding the most debilitating aspects of arthritis. 225 pages. Da Capo. Paperbound. Pub. at \$15.99 **SOLD OUT**



**★909315X RETHINKING DIABETES: What Science Reveals About Diet, Insulin, and Successful Treatments.** By Gary Taubes. Explores the history underpinning the treatment of diabetes, types 1 and 2, elucidating how decades-old research that is rife with misconceptions has continued to influence the guidance physicians offer—at the expense of their patients' long-term well-being. 495 pages. Vintage. Paperbound. Pub. at \$20.00 **\$14.95**

**★899661X BEFORE DEMENTIA: 20 Questions You Need to Ask About Preventing, Preparing, Coping.** By Kate Gregorevic. Explains the physical state of dementia, how to relate the diagnosis to real life, what questions to ask your doctor, what might be done to prevent the condition, and how we can make our homes and society better for people with dementia. 313 pages. Health Communications. Paperbound. Pub. at \$16.95 **\$12.95**



**★1027182 GUT CHECK: Unleash the Power of Your Microbiome to Reverse Disease and Transform Your Mental, Physical, and Emotional Health.** By Steven R. Gundry with J. Lipper. Offers a definitive guide to the gut biome and its control over its home, us! Reveals the unimaginably complex and intelligent ecosystem determining our health and teaches us how to heal our cuts to prevent and reverse every type of disease. 320 pages. Harper Wave. Pub. at \$32.00 **\$23.95**

**★9165282 THE HOLISTIC PSORIASIS MANAGEMENT & NUTRITION GUIDE: Natural Solutions to Treat & Relieve Your Symptoms.** By Maria R. Robinson et al. Authored by leading experts in dermatology, naturopathy and functional nutrition, this comprehensive guide offers an extensive exploration of psoriasis and a holistic approach to its management. Embraces both innovative treatments and holistic approaches, empowering you with an integrative strategy for managing psoriasis symptoms. 272 pages. Robert Rose. Paperbound. Pub. at \$24.95 **\$19.95**



**9066330 THE TIGER PROTOCOL: An Integrative 5-Step Program to Treat and Heal Your Autoimmunity.** By Akil Palanisamy. This holistic approach will guide you as you build up your health, reduce the occurrence of flare-ups, attain remission with a minimum of medications, and feel better so that you can live life to the fullest. Gives you the tools you need to start on the path toward healing and freedom. 384 pages. Balance. Pub. at \$29.00 **\$5.95**



**9172866 A BODY MADE OF GLASS: A Cultural History of Hypochondria.** By Caroline Crampton. Crampton has drawn from her own experiences with health anxiety to write a revelatory exploration of hypochondria—a condition that, though often suffered silently, is widespread and rising. She deftly weaves together history, memoir, and literary criticism to make sense of this invisible and underexplored sickness. 321 pages. Ecco. Pub. at \$29.99 **\$5.95**

**★6994652 THE BACK STORY ON SPINE CARE.** By Drew Bednar. Foundational knowledge of surgical spine care isn't spreading to the medical community, let alone to patients, whose quality of life hangs in the balance. The author, an orthopedic specialist, presents case studies that illuminate the common issues plaguing patients, and their treatment. 300 pages. ECW Press. Paperbound. Pub. at \$21.95 **PRICE CUT to \$11.95**

**★9008985 THE TMJ HANDBOOK: A Therapeutic Guide to Relieving Jaw Tension and Pain with Yoga and Mindfulness.** By Cator Shachoy. Unpacks the physical, emotional, and energetic reasons why this pain can occur and become so debilitating—including injury, stress and tension, emotional trauma, grief and rage, and hormonal imbalances, among other causes. Well illus. 266 pages. Shambhala. Paperbound. Pub. at \$24.95 **PRICE CUT to \$14.95**

**8888906 RESTORING YOUR DIGESTIVE HEALTH: A Proven Plan to Conquer Crohn's, Colitis, and Digestive Diseases.** By J.S. Rubin & J. Brasco. 364 pages. Citadel. Paperbound. Pub. at \$17.95 **SOLD OUT**

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## Diseases & Disorders

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**★6998127 THE FUTURE OF ALZHEIMER'S: Finding Inspiration & Hope Through Expert Insight.** By Sharon Ricardi. 162 pages. Paperbound. Pub. at \$15.00 **PRICE CUT to \$5.95**

**6999034 ENDO UNFILTERED: How to Take Charge of Your Endometriosis and PCOS.** By Erin Barnett. Illus. 221 pages. Murdoch Books. Paperbound. Pub. at \$27.99 **PRICE CUT to \$1.95**

**★7939507 OVERCOMING CHRONIC DIGESTIVE CONDITIONS: Release the Visceral Layers of Post-Traumatic Gut Disorder.** By Nikki Kenward. 202 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **SOLD OUT**

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**EVERYDAY CALM** **LIMITED QUANTITY 9190015 EVERYDAY CALM: A 52-Week Inspiration and Mindfulness Journal to RESET, REFRESH, and LIVE BETTER.** Learn to relax with easy meditations, mindfulness techniques, and reflection prompts to relieve stress and anxiety, find rest, and live better with calm. This journal is easy, practical, and inspiring, encouraging you to embark on your path to daily wellness. 222 pages. Sourcebooks. Paperbound. Pub. at \$14.99 **SOLD OUT**

**9144781 BACK SENSE: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain.** By Ronald D. Siegel et al. Offers a revolutionary approach to halting the cycle of chronic back pain. Describes how tension leads to tight muscles, which in turn leads to back pain—an often overlooked cause. 246 pages. Broadway. Paperbound. Pub. at \$12.95 **\$5.95**

**★673698X 1,500 STRETCHES: The Complete Guide to Flexibility and Movement.** By Hollis Liebman. The go-to guide for everyone, from weekday commuters to weekend warriors. Organized by body part, it is the most extensive volume of stretches available anywhere. It targets every muscle in the body from the tiniest in the neck to the largest in the back and legs. Fully illus. in color. 739 pages. Black Dog & Leventhal. 8½x10. Pub. at \$40.00 **\$26.95**

**9164014 STRESS FRACTURE: Your Ultimate Guide to Beating Burnout.** By Jonathan Hoover. Combining psychological studies with biblical insight, use practical tools to assess your susceptibility to stress-induced breakdowns, learn highly effective coping strategies for preventing and overcoming burnout, improve the quality of your emotional experiences and relationships, and much more. 190 pages. Bethany House. Paperbound. Pub. at \$18.99 **\$5.95**

**★9060685 SOOTHE: Restoring Your Nervous System from Stress, Anxiety, Burnout, and Trauma.** By Nahid de Belgeonne. Stress is inevitable, but if left unprocessed it can accumulate in the body and dysregulate your nervous system. This guide reveals how to physically release the pent-up stressors that are holding you back by tapping into your senses, breath and movement. 276 pages. Penguin. Paperbound. Pub. at \$19.00 **\$14.95**

**9058893 THE PAIN SOLUTION: 5 Steps to Relieve and Prevent Back Pain, Muscle Pain, and Joint Pain Without Medication.** By Saloni Sharma. Illus. 239 pages. New World Library. Paperbound. Pub. at \$17.95 **SOLD OUT**

**7807961 LIVE PAIN-FREE: Eliminate Chronic Pain Without Drugs or Surgery.** By Lee Albert. 157 pages. Dudley Court. 8x10. Paperbound. Pub. at \$29.95 **\$6.95**

**★7912404 CHRONIC PAIN RESET: 30 Days of Activities, Practices, and Skills to Help You Thrive.** By Afton L. Hassett. 269 pages. Countryman. Pub. at \$28.00 **PRICE CUT to \$6.95**

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**8887772 THE BRAIN ON CANNABIS: What You Should Know About Recreational and Medical Marijuana.** By Rebecca Siegel. Delivers the most complete guide yet about the benefits and risks of using marijuana today. Based on the latest scientific research, this easy to read work busts all the myths and helps you navigate the sometimes confusing and often-changing world of marijuana. 268 pages. Citadel. Paperbound. Pub. at \$16.95 **\$4.95**



**LIMITED QUANTITY 9202803 ESSENTIAL OILS FOR HEALING, REVISED EDITION: Over 400 All-Natural Recipes for Everyday Ailments.** By Vannoy Gentles Fite et al. A comprehensive guide for anyone who wants to learn how to use essential oils. Ailments are listed in alphabetical order and accompanied by hundreds of recipes for re-creating them at home using essential oils. Tips on safe handling and usage, contraindications, and storage. 260 pages. St. Martin's. Paperbound. Pub. at \$26.00 **\$6.95**

**7716648 THE BIG BOOK OF BACKYARD MEDICINE: The Ultimate Guide to Home-Grown Herbal Remedies.** By J. Bruton-Seal & M. Seal. The most thorough compilation of home cures yet, it brings alternative medicine back to the forefront. Anyone who wants to improve their health in a completely natural way will find this resource to be an absolute must have. Well illus. in color. 446 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$9.95**

**DVD 7799799 HEAL YOURSELF, HEAL THE WORLD.** Fullscreen. Join Howard Straus (author, scientist, son of Charlotte Cerson and grandson of Dr. Max Gerson) for an in-depth examination of the Gerson Therapy—known worldwide as the all-natural solution for cancer and chronic disease. Not Rated. 96 minutes. Gerson Media. **\$3.95**

**8888116 THE HEALING POWERS OF ESSENTIAL OILS: A Complete Guide to Nature's Most Magical Medicine.** By Cal Orey. Follow your nose to nature's pharmacy: the garden, where the essence of flowers, fruits, and trees provide some of our most powerful and pleasurable sources of health and healing. Enjoy over 50 recipes for delicious dishes, discover dozens of home remedies, and more. 16 pages of color photos. 315 pages. Citadel. Paperbound. Pub. at \$16.95 **\$4.95**

**9167056 BREATHWORK FOR SELF-TRANSFORMATION: Harness Your Vital Energy for Health and Happiness.** By Konstantinos Tselios. Prana is the Sanskrit word for "breath" or "life-force", and its power can be felt when breathing properly. Provides ayurvedic advice and a whole host of practices to raise your pranic energy and positively impact your health and well-being. 127 pages. Sirius. Pub. at \$12.99 **\$5.95**

**9102841 HOLISTIC CANCER CARE.** By Chanchal Cabrera. A guide to using herb-based therapies in conjunction with conventional treatments. Putting the patient front and center, holistic therapies can boost the immune system, which can slow the spread of certain cancers, and in some cases, even enhance the cancer-killing effects of chemotherapy. 572 pages. Storey. Paperbound. Pub. at \$29.99 **\$7.95**

**7801440 THE COMPLETE REFLEXOLOGY TUTOR: Everything You Need to Achieve Professional Expertise.** By Ann Gillanders. The one-stop guide to self-healing and treating others with reflexology. Provides in-depth knowledge of the theory and practice of reflexology. Explains the origins and how it works. Clearly describes the anatomy and physiology of each of the body's systems with step by step instructions on how to work the associated reflex points and more. Fully illus. in color. 256 pages. Gaia. Paperbound. Pub. at \$26.99 **\$7.95**

**9180362 GEMMOTHERAPY: The Science of Healing with Plant Stem Cells.** By Roger Halfon. Gemmotherapy is the medical use of plant buds and young shoots that harness the healing power of trees and shrubs at the peak of energetic activity in their annual cycle. This guide describes the gemmotherapeutic uses and healing properties of 34 trees and plants, and includes a resource section, remedy protocols, and more. 120 pages. Healing Arts. Paperbound. Pub. at \$14.95 **\$4.95**

**9155015 PSILOCYBIN THERAPY: Understanding How to Use Nature's Psychedelics for Mental Health.** By JJ Pursell. Pursell breaks down how psychedelics work: their biochemical makeup, what makes them powerful, and the impact they have on the brain. Demystifies concepts like microdosing, gives metrics for assessing and managing potential risks and more. 239 pages. Timber. Pub. at \$32.00 **\$7.95**



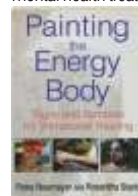
**9070087 THE ESSENTIAL OILS BOOK: Simple Aromatherapy Blends to Enhance Your Home and Well-Being.** By Colleen K. Dodt. Dozens of simple recipes for blending essential oils using the extracts of herbs, flowers, roots, barks and resins, for combating stress, PMS, sunburn and other conditions, scenting homes and offices, making environmentally safe cleaning products and more. Illus. 152 pages. Storey. Paperbound. Pub. at \$14.95 **\$5.95**



**8096813 PRESS HERE! Ayurvedic Head Massage for Beginners.** By Hillary Arrieta. A beginner's guide to achieving authentic beauty, rejuvenation, and stress-relief through an Ayurvedic Eastern massage technique anyone can do. Fully illus. in color. 128 pages. Fair Winds Press. Pub. at \$16.99 **\$4.95**

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**9108394 TRIPPY: The Peril and Promise of Medicinal Psychedelics.** By Ernesto Londono. A riveting look at the tremendous promise and inherent risks of the use of psychedelics in mental health treatment. 303 pages. Celadon. Pub. at \$29.99 **\$6.95**



**9181547 PAINTING THE ENERGY BODY: Signs and Symbols for Vibrational Healing.** By P. Neumayer & R. Stark. The authors explore simple methods for working with symbols for physical, emotional, and spiritual healing and illustrate the key symbols used in New Homeopathy. They combine traditional Chinese medicine, quantum physics, dowsing, and homeopathy to harness the power of symbols to initiate healing. Illus. 148 pages. Healing Arts. Paperbound. Pub. at \$16.95 **\$4.95**

**★9198571 HEALING HERBS: Your Plain & Simple Guide to Plant-Based Remedies for Common Ailments.** By Marlene Houghton. Your guide to over 100 plant-based remedies and recipes for common ailments. Includes a brief history of herbalism; recipes for aromatic herb baths, teas, and tonics; an overview of how herbs heal; practical applications; an herb dictionary; and more. Illus. 169 pages. Hampton Roads. Paperbound. Pub. at \$14.95 **\$11.95**



**★9102388 HOMEOPATHY AT HOME: Everyday Treatments for Common Complaints.** By Marcus Fernandez. This guide offers a comprehensive A-Z of homeopathic remedies for a wide range of complaints—from common colds, coughs, allergies and infections, to cuts, bruises, acne and PMS. Also provides useful substitutions that can easily be found in your kitchen or garden—so you'll always have a natural remedy at hand. 251 pages. Hay House. Paperbound. Pub. at \$14.99 **\$11.95**

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**9175385 FROM EARTH: Create Your Own Natural Apothecary.** By Charlotte Rasmussen. Guides you through the influences, medicinal properties, uses, and storage of botanicals. Create your own natural apothecary to treat various health issues, find inspiration for making your own skincare products, and general household preparations. Color photos. 202 pages. Rockpool. Pub. at \$22.95 **\$11.95**

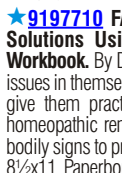
**★9165320 CURES OF IRELAND: A Treasury of Irish Folk Remedies.** By Cecily Gilligan. Though the Ireland of the 21st century is developing at lightning speed, these remarkable traditions continue to offer a glimpse into the country's rich cultural heritage. Given the tradition is largely an oral one, Gilligan has interviewed those who possess these miracle cures, and those who have benefited from their gifts. Illus. 303 pages. Rowman & Littlefield. Pub. at \$29.95 **\$21.95**



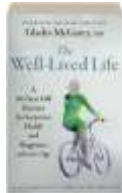
## Complementary & Alternative Medicine



**\*9060707 DELLA MEDICINA: The Tradition of Italian-American Folk Healing.** By Lisa Fazio. Discover the healing techniques and folk wisdom the author learned from her Italian grandparents and from healers in Southern Italy, including plant preparation methods, medicines, rituals, recipes, kitchen magic, and protective magic. Each plant's history, mythology and both practical and magical uses are also covered. Illus. 426 pages. Healing Arts. Paperbound. Pub. at \$24.99 **\$19.95**



**\*9197710 FACIAL DIAGNOSIS FOR EVERYONE: Practical Solutions Using Herbs, Cell Salts and Homeopathy-A Workbook.** By David R. Card. A guide to help people identify health issues in themselves and others from key facial indicators, and then to give them practical methods for addressing these issues, using homeopathic remedies, cell salts, and herbs. Also references other bodily signs to provide further tools. Illus. in color. 106 pages. Kalindi. 8 1/2 x 11. Paperbound. Pub. at \$24.95 **\$19.95**



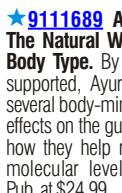
**\*6994636 THE WELL-LIVED LIFE: A 103-Year-Old Doctor's Six Secrets to Health and Happiness at Every Age.** By Gladys McGarey. McGarey shares her extraordinary stories and eternal wisdom, from her early childhood in India, to her life as a physician and mother of six children, to survival of both heartbreak and illness. She has a 10 year plan and an eye to a healthier and more joyful future for us all. 240 pages. Atria. Paperbound. Pub. at \$17.99 **\$12.95**



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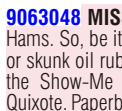
**\*911689 AYURVEDA FOR OBESITY AND GUT HEALTH: The Natural Way to Overcome Weight Imbalances for Your Body Type.** By L. Eduardo Cardona-Sanclemente. A scientifically supported, Ayurvedic approach to weight management. Presents several body-mind protocols and suitable food intakes, detailing their effects on the gut, microbiota, and the gut-heart-brain axis as well as how they help rebalance metabolism at the tissular, cellular, and molecular levels. Illus. 370 pages. Healing Arts. Paperbound. Pub. at \$24.99 **\$19.95**



**\*9187812 YOUR EXTRAORDINARY MIND: Psychedelics in the 21st Century and How to Use Them.** By Zach Leary. Psychedelic researcher and advocate Zach Leary, son of Timothy Leary, offers a necessary overview of psychedelics today, particularly LSD, psilocybin, MDMA, and ayahuasca, including what they are, how to use them safely, and crucially, how to integrate mind and spirit-altering experiences into the rest of our lives. 235 pages. Sounds True. Paperbound. Pub. at \$19.99 **\$14.95**

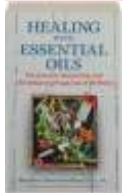


**\*7958579 NATIONAL GEOGRAPHIC HERBAL: 100 Herbs from the World's Healing Traditions.** By Mimi Prunella Hernandez. While plants hold remarkable curative powers, the workings of medicinal herbs are complex. In these pages you will find: 100 herb profiles; a wide array of species; useful kitchen and garden tips; wisdom from around the world; and sustainability tips. Fully illus. in color. 336 pages. National Geographic. Pub. at \$40.00 **\$29.95**



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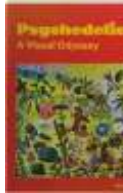
**9082506 THE TIGER PROTOCOL: An Integrative 5-Step Program to Treat and Heal Your Autoimmunity.** By Akil Palanisamy. This holistic approach will guide you as you reduce the occurrence of flare-ups, rebuild your health, attain remission with a minimum of medications, and feel better so that you can live life to the fullest. 384 pages. Balance. Paperbound. Pub. at \$21.99 **PRICE CUT to \$3.95**



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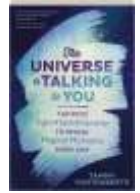
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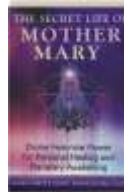




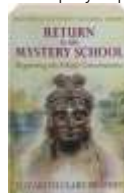
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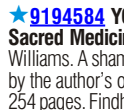
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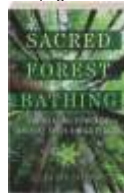
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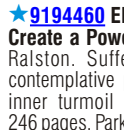
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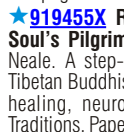
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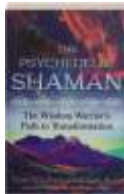
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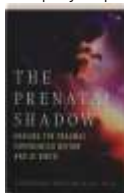
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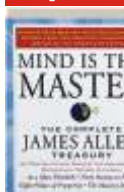
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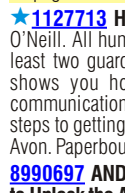
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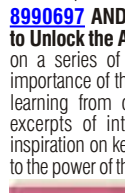
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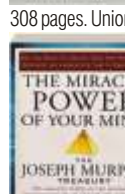
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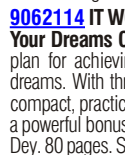
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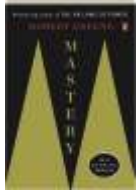
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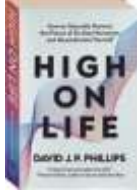


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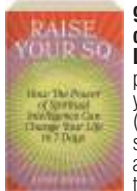


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**9197265 MOVE BY MOVE: Life Lessons On and Off the Chessboard.** By Maurice Ashley. A little work of life advice drawing on the timeless wisdom of chess from Maurice Ashley, the first African American Chess Grandmaster. For anyone interested in understanding how lessons from the most famous and long-lasting game of strategy can help you reach your personal and professional goals. 175 pages. Chronicle. Pub. at \$22.95 **\$5.95**



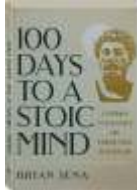
**9202234 THE ENERGY CLOCK: 3 Simple Steps to Create a Life Full of ENERGY—and Live Your Best Every Day.** By Molly Fletcher. Do you feel like you are always running low on energy? Adjust your mindset and accomplish more meaningful work with fewer distractions. It's a game-changing way to give more of yourself to what's more important and waste less time and resources on what's not. Illus. in color. 129 pages. Simple Truths. Pub. at \$16.99 **\$4.95**



**9153853 THE FIVE LONGINGS: What We've Always Wanted—And Already Have.** By David Richo. Discover how identifying what you want can reveal deep truths about yourself, and how working with those longings can lead to a happier, more satisfying life. Gain enlightening advice and practices for accessing just this kind of profound self-discovery, illustrated by a wealth of examples from depth psychology, religion, and literature. 180 pages. Shambhala. Paperbound. Pub. at \$21.95 **\$6.95**

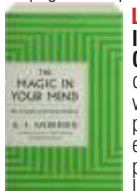


**9149325 HOW TO TAKE CARE: An A-Z Guide of Radical Remedies.** By E. Williams & K. Novotny. Learn how to trust your instincts, listen to your body, and practice small, easy steps to soothe anxiety, burnout, and symptoms of PTSD. Learn tangible steps to dispel shame, tell the truth, loosen the grip on whatever is holding you back, and more. Illus. Pub. at \$24.00 **\$5.95**



**★9092250 100 DAYS TO A STOIC MIND: A Roadmap to Resilience and Finding Peace in Discipline.** By Bryan Sena. A no-frills method of embodying the simple principles of Stoicism. Each page presents you with one essential piece of advice from a great Stoic thinker and arms you with a straightforward exercise to apply it. 208 pages. Castle Point. Pub. at \$18.00 **\$12.95**

**LIMITED QUANTITY ★9185615 FINDING YOUR WALDEN: How to Strive Less, Simplify More, and Embrace What Matters Most.** By Jen Tota McGivney. Thoreau lived during a time like ours, of rapid technological and economic changes, political division, and a pandemic. Thoreau reassessed his priorities: What does success really look like? What is my duty as an ethical citizen of a less-than-ethical world? How can I live a good life amid all of this? His solution: Pare down to trade up. 93 pages. Hampton Roads. Paperbound. Pub. at \$16.95 **\$12.95**



**LIMITED QUANTITY ★9166343 THE MAGIC IN YOUR MIND: The Complete and Original Edition.** By U.S. Andersen. This classic guide asserts that anything you can visualize, you can achieve. Andersen's philosophy is presented in this accessible, easy-to-follow mental training program that promises to make you the master of your fate. Includes *The Go-Getter* by Peter B. Kyne. 312 pages. St. Martin's. Paperbound. Pub. at \$19.00 **\$13.95**



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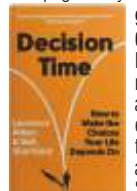
**9149589 STOIC AT WORK: Ancient Wisdom to Make Your Job a Bit Less Annoying.** By Annie Lawson, illus. by O. Davis. Offers modern rules based on ancient wisdom that aim to help anyone with a job manage the mind games, meltdowns, and the disturbing reality that we must work until we die. It is possible to transform work from a place of irritation to a place of joy. Illus. 217 pages. Murdoch Books. Paperbound. Pub. at \$14.95 **\$5.95**

**9102086 EAT YOUR WAY TO A SIX PACK: The Ultimate 75 Day Transformation Plan.** By Scott Harrison. The author's life-changing program *The Six Pack Revolution* has helped a community of tens of thousands of people across 57 countries gain confidence and achieve the best shape of their lives. This work puts it in print, with tailored recipes and meal planning, fitness challenges that are fun and empowering, and transformative mindset coaching. Well illus. in color. 208 pages. Dorling Kindersley. Paperbound. Pub. at \$24.99 **\$9.95**



**804192X I'M NOT A PHILOSOPHER, BUT I GOT THOUGHTS: Mini-Meditations for Saints, Sinners, and the Rest of Us.** By Kristin Chenoweth. Stroll alongside Chenoweth as she shares her most vulnerable and humorous stories in her never-ending pursuit to find the rainbows in every day. Before you know it, you'll be grinning faster than you can spell Oklahoma! Illus. in color. 204 pages. Harper. Pub. at \$22.99 **\$3.95**

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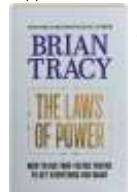


**9189955 DECISION TIME: How to Make the Choices Your Life Depends On.** By L. Alison & N. Shortland. Fight off the common enemies of making good decisions—inertia, procrastination, and indecision. The authors guide you through each step of the decision-making process, so next time you find yourself at a crossroads, you'll be able to confidently make your way. 248 pages. Sourcebooks. Paperbound. Pub. at \$16.99 **SOLD OUT**



**9091173 LOVE, MOM: Inspiring Stories Celebrating Motherhood.** By Nicole Saphier. Saphier shines a light on the magic of maternal love. Discover a remarkable collection of powerful first-person stories form the most extraordinary moms in the FOX News family and beyond. Photos, some in color. 226 pages. HarperCollins. Pub. at \$29.99 **\$6.95**

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**★9203907 THE LAWS OF POWER: How to Use Time-Tested Truths to Get Everything You Want.** By Brian Tracy. Learn to apply the success principles, or "universal laws," that have been the hallmark of all great achievers. Use the laws of correspondence, cause and effect, attraction, concentration, subconscious activity, and many others to attain goals that may look out of reach. 273 pages. G&D Media. Paperbound. Pub. at \$15.95 **SOLD OUT**

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**9057005 HELLO, UNIVERSE: Over 75 Quick Exercises to Manifest Your Dreams.** By Melanie Baker. Here are the tools you need to make your vision a reality. Over 75 simple prompts help you gain clarity, break down limiting beliefs, and shift your energy to make manifesting your heart's desires as easy as talking to an old friend. Fully illus. in color. 160 pages. Castle Point. Paperbound. Pub. at \$17.99 **\$5.95**

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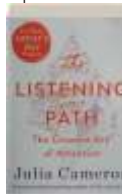
**1026844 DICK SUTPHEN'S HYPNOSIS.** By Roberta Sutphen. The powers of hypnosis are well known, but few know how to use them to improve life and win success. Hypnosis will help you make use of your limitless brain power. Your mind is by far your most valuable resource. Let this important and powerful work show you how to use it most effectively. 294 pages. G&D Media. Paperbound. Pub. at \$19.95 **\$11.95**



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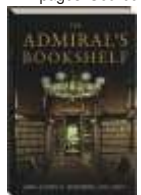
**9147764 TRY AGAIN: An Ex-Con's Path from Prison to Prosperity.** By Nick Marshall. Half cautionary tale and half inspirational memoir, explore the story of one man's climb back into society when the highs and lows of post-prison life kept kicking him down. Not just for those who have been incarcerated—it is for anyone looking to start anew when they are at their lowest, and it feels like change is utterly impossible. 296 pages. Viva Editions. Paperbound. Pub. at \$22.95 **\$17.95**

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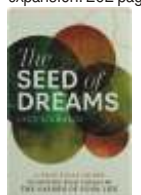


**9173072 LET IT GO: Free Yourself from Old Beliefs and Find a New Path to Joy.** By Chelene Knight. Reflective examination of Black self-love and joy that guides the reader to ditch old beliefs, achieve difficult unlearnings, redefine language, relationships, and love to find their own unique path to joy. Showcases the broad spectrum of Black realities and reveals the colorful kaleidoscope of joy and your own ways to find it. 267 pages. HarperCollins. Pub. at \$27.99 **\$4.95**



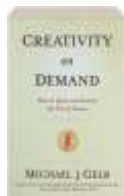
**9165614 THE ENNEAGRAM OF THE SOUL: A 40-Day Spiritual Companion for the 9 Types.** By Nhien Vuong. Nhien provides a path to wholeness for the self, enabling the reader to be steered gently yet firmly away from the trap of solely identifying with their personality type, so they can live more fully from their divine nature. 215 pages. Hampton Roads. Paperbound. Pub. at \$18.95 **\$13.95**

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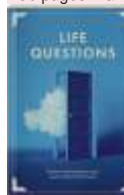
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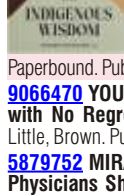
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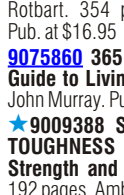
**798992X ZEN AND THE ART OF DEALING WITH DIFFICULT PEOPLE.** By Mark Westmoquette. Drawing on personal experiences of profound tragedy, Westmoquette stresses that the only way to grow is by facing our pain, acknowledging how we feel and committing to end the repeating pattern of suffering. By bringing awareness and kindness to these relationships, will naturally shift into something more inclusive. 196 pages. Watkins. Paperbound. Pub. at \$16.95 **SOLD OUT**



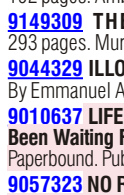
**8792097 HEALING THROUGH INDIGENOUS WISDOM: A 52-Week Guide.** By Valerie Ringland. Through a 52-week journey of reflections, practical exercises, Indigenous storytelling and knowledge-sharing, this guide will support you to respectfully connect with your own ancestors as well as ancestors of the lands where you live, whether you identify as Indigenous or not. 298 pages. Rockpool. Paperbound. Pub. at \$18.95 **PRICE CUT to \$11.95**



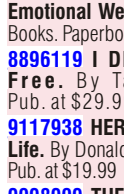
**9066470 YOU ONLY DIE ONCE: How to Make It to the End with No Regrets.** By Jodi Wellman. Fully illus. 334 pages. Little, Brown. Pub. at \$30.00 **\$5.95**



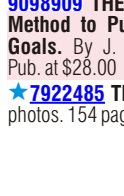
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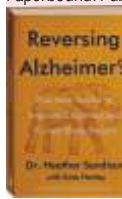


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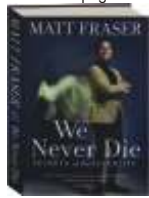
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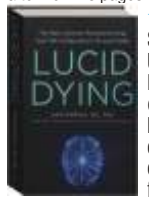


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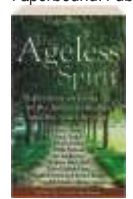
**★7854722 THE DENIAL OF DEATH.** By Ernest Becker. 314 pages. Free Press. Paperbound. Pub. at \$18.99 **PRICE CUT to \$6.95**

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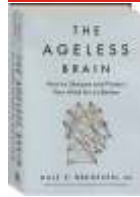


**7905084 THE NEW RULES OF AGING WELL: A Simple Program for Immune Resilience, Strength, and Vitality.** By F. Lipman & D. Claro. A radically simple program to reverse the symptoms we reflexively call "normal aging," including feeling achy, stiff, sluggish, weak, and vulnerable to chronic illness. Built on a series of lifestyle changes that energize the body and build and strengthen its immune system, this guide is based on ancient wisdom and science. 224 pages. Artisan. Pub. at \$24.95 **SOLD OUT**

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## Aging



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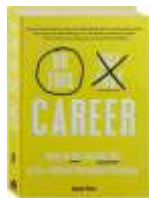
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**9094393 PERMISSION TO SPEAK: How to Change What Power Sounds Like, Starting With You.** By Samara Bay. In this revolutionary take on how to use your voice to get what you want, Bay offers a fresh perspective on public speaking and a new definition of what power sounds like: namely, you. A personal and cultural reckoning with what speaking in public is and what it can be. 274 pages. Crown. Pub. at \$28.00 **\$5.95**

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**★7999526 GETTING TO SORRY: The Art of Apology at Work and at Home.** By M. Ingall & S. McCarthy. 356 pages. Gallery. Paperbound. Pub. at \$19.99 **PRICE CUT to \$6.95**

## Relationships



**9041532 HOW TO MEET SOMEONE (NOT ONLINE): Everything You Need to Find Love and Create Meaningful Relationships in the Digital Age.** By Sharon Gilchrist O'Neill. Offers invaluable advice on meeting people face to face, whether you're looking for romance or a platonic friendship, and challenges you to ignore your screens and venture into the world beyond. With a little practice and confidence the possibilities are limitless. 61 pages. Cider Mill. Pub. at \$14.95 **SOLD OUT**

**7989555 HOW TO CULTIVATE BELONGING: A Guide to Improving Your Relationship and Connection with Others.** By Adele R. Ackert. Your guide to finding a place in the world, by working through what's holding you back and discovering ways to find purpose. With a little guidance, you'll learn how to notice and appreciate the unique traits you have to offer, and share them with the people who make you feel welcome and wanted. 158 pages. Rockridge. Paperbound. Pub. at \$15.99 **\$2.95**

**7983670 TOXIC FRIENDSHIPS: Knowing the Rules and Dealing with the Friends Who Break Them.** By S. Degges-White & J.P. Van Tieghem. 265 pages. Rowman & Littlefield. Pub. at \$48.00 **\$4.95**

**9066160 THE OTHER SIGNIFICANT OTHERS: Reimagining Life with Friendship at the Center.** By Rhaina Cohen. 308 pages. St. Martin's. Pub. at \$29.00 **\$5.95**

## Sexuality & Sexual Expression



**4760107 EXPLOSIVE SEX! Step-by-Step Techniques for the Hottest Sex Ever.** By Richard Emerson. Includes twenty-three penetrative sex position sequences that lead you step by step to earth shaking climaxes. Not only will you achieve finesse in the bedroom, you will also learn how to shed your inhibitions and discover your sexual "personality." Adults only. Fully illus. in color. 128 pages. Carlton. Paperbound. Pub. at \$16.95 **\$4.95**



**903143X SLUTEVER: Dispatches from a Sexually Autonomous Woman in a Post-Shame World.** By Karley Sciortino. Here *Vogue* columnist Sciortino is on a mission to reclaim the world "slut" to represent a person who seek out visceral experiences through sex, and who isn't ashamed of it. Sluts are special, and radical. And sluts are skilled at time management, because they can handle multiple partners and work life balance. 280 pages. Grand Central. Paperbound. Pub. at \$16.99 **\$4.95**

**777169X SATISFACTION GUARANTEED: 350 Best Sex Tips Ever.** By Lisa Sussman. A frank, practical, and humorous guide for the woman who demands concise and insightful advice about her sex life. This manual will tell you everything you need to keep sex sizzling. Whether you're interested in a marathon session or a spontaneous quickie, get ready for an action packed ride. Adults only. Well illus. in color. Carlton. Pub. at \$16.95 **\$4.95**



**7950977 BEEN THERE, DONE THAT: A Rousing History of Sex.** By Rachel Feltman. In this kaleidoscopic compendium of centuries-old erotica, science writer Feltman shows how much sex has changed, and how much it hasn't. With unstoppable curiosity, she debunks myths, breaks down stigma, and uses the long, outlandish history of sex to dissect present-day practices and taboos. 328 pages. Bold Type. Pub. at \$27.00 **\$6.95**



**7848684 WOMEN ON TOP OF THE WORLD: What Women Think About When They're Having Sex.** Ed. by Lucy-Anne Holmes. Fifty-one women, from all walks of life and from all over the world, reveal their most intimate and private thoughts about sex. This work pushes boundaries and explores female sexuality in new, honest, and exciting ways. Adults only. Well illus. in color. 224 pages. Running Press. Pub. at \$22.00 **\$6.95**

**★7991398 SLOW SEX SECRETS.** By Adam Tokunaga. Learn about the plague of "junk sex" and how to avoid it; the essential role of time; the building of sexual ki or energy; and the Adam Touch, the amazing technique that drives women wild. Adults only. Illus. 155 pages. Vertical. Paperbound. Pub. at \$13.95 **\$9.95**

**9144854 HOT SEX: How to Do It.** By Tracey Cox. Ultimate bedside companion packed with erotic yet practical tips for men and women. Adults only. 388 pages. Bantam. Paperbound. **SOLD OUT**

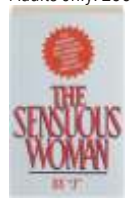


**★9117229 THIS BOOK IS GAY, REVISED.** By Juno Dawson. Inside you'll find the answers to all the questions you ever wanted to ask: from sex to politics, hooking up to stereotypes, coming out, and more. This uncensored exploration of sexuality and what it's like to grow up LGBTQIA+ also includes real stories from people across the gender and sexual spectrums. Illus. 308 pages. Sourcebooks. Paperbound. Pub. at \$12.99 **\$9.95**



**★5392543 JUICE: A History of Female Ejaculation.** By Stephanie Haerdle. For over 2000 years, vulval sex fluids were understood to be a natural part of female pleasure, only to become disputed or categorically erased in the twentieth century. Restores female gushes to their rightful place in our collective understanding so that they can once again be recognized, named, and experienced. Adults only. 219 pages. MIT Press. Paperbound. Pub. at \$19.95 **\$14.95**

**★3992055 A VISUAL HISTORY OF ORAL PLEASURE.** By Richard Battenberg. An incredible collection of scientific and literary texts combined with obscene illustrations and photos. Adults only. 256 pages. Goliath. Pub. at \$54.99 **\$35.95**



**★7991770 THE SENSUOUS WOMAN.** By J. The author opened the eyes—and minds—of millions of American women with her explicit step by step account of her pursuit of the ultimate in sexual pleasure. This work will teach every woman how to free her body, train her senses, and tap her own hidden erotic resources. 192 pages. Dell. Paperbound. Pub. at \$7.99 **\$5.95**

**★8576238 BUTT SERIOUSLY: The Definitive Guide to Anal Health, Pleasure, and Everything in Between.** By Evan Goldstein. Gives you the medically accurate, scientifically-backed information you need to keep your peach ready to take you to the height of sexual bliss. This first of a kind guide will teach you how to keep your anus healthy, maximize your pleasure, and bust the myths holding us back around anal sex. Adults only. 319 pages. Balance. Paperbound. Pub. at \$21.99 **\$16.95**





## Sexuality & Sexual Expression

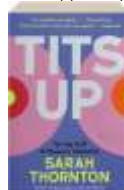
**9037683 A QUICK & EASY GUIDE TO CONSENT.** By Isabella Rotman. A quick, easy, and important educational comic guide to giving and receiving consent in sex, relationships, and other physical contact. Fully illus. 77 pages. Limerence. Paperbound. Pub. at \$7.99 **\$2.95**



**★DVD 4588630 THE LOVERS' GUIDE.** Explore your sexual self with this comprehensive collection, offering compelling advice from sex experts Dr. Sarah Brewer, Dr. Sarah Humphrey, Dr. Dawn Harper, and bestselling author Tracey Cox. Discover a world of erotic possibility with programs like *Secrets of Sensational Sex*; *What Women Really Want*; *Sex Play*; *Sexual Positions*; *Better Orgasms for Men*; *Better Orgasms for Women*; and more. "The ultimate sex and relationship guide"—*Cosmopolitan*. Eleven hours on 10 DVDs. Adults only. True Mind. Pub. at \$69.95 **\$49.95**

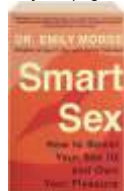


**★7826877 THE PEGGING BOOK: A Complete Guide to Anal Sex with a Strap-On Dildo.** By C.S. Beckett & L. Miller. Tackles all you've ever wanted to know about pegging. How do we do it? What are the right tools for the job? The authors answer questions and also talk about your safety, male anatomy, and the healthy benefits of being pegged. Adults only. Illus. 193 pages. Thornapple. Paperbound. Pub. at \$19.95 **\$15.95**



**★9193421 TITS UP: The Top Half of Women's Liberation.** By Sarah Thornton. Quick-witted and thought-provoking, this innovative investigation captures the spirit of this phrase in its excavation of the diverse truths of breasts, examining how women's chests are a locus for debates about gender, beauty, decency, and freedom. Illus. 321 pages. Norton. Paperbound. Pub. at \$19.99 **\$14.95**

**9184007 LOVE: The 'Kama Sutra' Erotic Technique.** By Vatsyayana. In the quest for understanding and mystery of love between a man and woman, Vatsyayana is the supreme guide. Presents his stimulating insights clearly and eloquently. Adults only. 95 pages. Profile. Paperbound. **\$5.95**



**★9120858 SMART SEX: How to Boost Your Sex IQ and Own Your Pleasure.** By Emily Morse. Drawing from science, research, and lived experience, and written in a voice that's entertaining and inclusive, this work will help you radically improve your sex life, your confidence, and your relationships, including your relationship with yourself. Illus. 299 pages. Park Row. Paperbound. Pub. at \$21.99 **PRICE CUT to \$14.95**

**★9124721 THE MODERN GUIDE TO SEX.** By Georgia Grace. The ultimate handbook for experiencing full-body pleasure, sexual confidence and fulfilling relationships. Includes a ribbon bookmark. Illus. in color. 271 pages. Harper. Pub. at \$29.99 **PRICE CUT to \$17.95**



**★9127526 COME TOGETHER: The Science (and Art!) of Creating Lasting Sexual Connections.** By Emily Nagoski. Nagoski breaks down the obstacles that impede us from enjoying sex—from stress and body image to relationship difficulties and gendered beliefs about how sex "should" be—and presents the best ways to overcome them. 344 pages. Ballantine. Paperbound. Pub. at \$20.00 **PRICE CUT to \$11.95**

**DVD 9004599 THE LOVERS' GUIDE 3D: Igniting Desire.** Adults only. Alive Mind. Pub. at \$24.95 **\$9.95**

**7906927 THE ART OF THE QUICKIE: Fast Sex, Fast Orgasm, Anytime, Anywhere.** By Joel D. Block. Adults only. Color photos. 128 pages. Quiver. Paperbound. Pub. at \$19.99 **\$5.95**

**★496800X A VISUAL HISTORY OF MASTURBATION.** By Richard Battenberg. Adults only. 256 pages. Goliath. Pub. at \$48.99 **\$29.95**

**★5328799 TANTRIC PATHWAYS TO SUPERNATURAL SEX: A Groundbreaking Look at the Chemistry of Sexual Electricity.** By S. Pokras & J. TallTrees. Adults only. Illus. 263 pages. Llewellyn. Paperbound. Pub. at \$21.99 **\$16.95**

**8897557 THE DECONSTRUCTION OF SEX.** By J.-L. Nancy & I. Goh. 113 pages. Duke. Paperbound. Pub. at \$23.95 **PRICE CUT to \$2.95**

**★1042882 THE SHORTEST HISTORY OF SEX: Two Billion Years of Procreation and Recreation.** By David Baker. Illus. 320 pages. The Experiment. Paperbound. Pub. at \$16.95 **\$7.95**

## Pregnancy, Childbirth & Parenting

**★9198458 THE #1 DAD BOOK: Be the Best Dad You Can Be in 1 Hour!** By James Patterson. The ideas in this short, accessible book will inspire you to become a better dad, no matter your age or the ages of your children. 177 pages. Little, Brown. Pub. at \$25.00 **\$17.95**

**9063099 YOU KNOW YOU'VE BEEN A STAY-AT-HOME MOM TOO LONG WHEN.** By J. Haas & S. Pessin, illus. by A. Abrams. A collection of humorous one-liners about staying at home with your children, rather than working outside the home. Fully illus. 113 pages. Quixote. Paperbound. Pub. at \$7.95 **PRICE CUT to \$2.95**



**9138412 CHICKEN SOUP FOR THE SOUL: Stay-at-Home Moms.** By Jack Canfield et al. A collection of 101 stories by and about mothers who stay at home or work from home, describing the decision they made to do so, their lives as moms who are at home, the ups and downs of raising their children and the benefits of staying home or working from home. Illus. 403 pages. Chicken Soup for the Soul. Paperbound. Pub. at \$14.95 **PRICE CUT to \$1.95**

**9041389 THE A TO Z OF GRANDPARENT NAMES: From Abba to Zumu.** By Katie Hankinson. 124 pages. Cider Mill. Pub. at \$16.95 **PRICE CUT to \$1.95**

**★8891257 THE BEST GRANDFATHER NAMES EVER: Choose Your Perfect Grandpa Name, from Papa to Nonno and Beyond!** By Cathy Livingstone. Illus. 103 pages. Sourcebooks. Paperbound. Pub. at \$12.99 **PRICE CUT to \$5.95**

## Women's Health & Self-Help



**LIMITED QUANTITY 9164057 TIRED OF BEING TIRED: Receive God's Realistic Rest for Your Soul-Deep Exhaustion.** By Jess Connolly. God has made you for a life of abundance, not exhaustion. Quit the unsustainable pace and receive God's gift of realistic rest. Discover how to find the source of your fatigue, learn scripts for saying no, plus strategies for protecting your peace, and gain practices for bringing realistic rest into your daily and weekly rhythms. 223 pages. Baker Books. Paperbound. Pub. at \$19.99 **\$5.95**

**9064060 YOUR VAGINA: Everything You Need to Know!** By Odile Bagot. A fully illustrated guide to help you discover all the major functions of the female genital system as well as common disorders and ailments. 126 pages. Firefly. Paperbound. Pub. at \$19.95 **\$5.95**

**9001549 A BOOB'S LIFE: How America's Obsession Shaped Me...and You.** By Leslie Lehr. Explores the surprising truth about women's most popular body part with vulnerable, witty frankness and true nuggets of American culture. Also explores both the joys and hazards inherent to living in a woman's body. Lehr deftly blends her personal narrative with national history. 371 pages. Pegasus. Paperbound. Pub. at \$17.95 **\$5.95**



**8994358 LADY SECRETS: Real, Raw & Ridiculous Confessions of Womanhood.** By Keltie Knight et al. A hilarious, embarrassing, and honest collection of secrets from ladies around the world, paired with confessionals from the authors. It's time to stop feeling ashamed of your unladylike habits and own the real, raw, and ridiculous things that make you authentically you. 249 pages. Rodale. Pub. at \$24.00 **\$5.95**



**9200800 BODY POSITIVE: A Guide to Loving Your Body.** By Emily Lauren Dick. Packed with introspective questions and gorgeous, un-retouched photographs that display the bodies of real, everyday women, this volume will teach young girls that every body is beautiful and happiness comes in all shapes and sizes. 238 pages. Familius. 8x10. Paperbound. Pub. at \$19.99 **\$5.95**

**★9198636 THE VAGINA BUSINESS: The Innovative Breakthroughs That Could Change Everything in Women's Health.** By Marina Gerner. An eye-opening look at the revolutions in technology and medical practices that are upending women's healthcare, including: a smart bra that predicts heart attacks, a saliva-based fertility tracker for home use, new healthcare apps, innovative pelvic floor devices, and much more. 410 pages. Sourcebooks. Paperbound. Pub. at \$17.99 **\$12.95**

**★9040129 MEDICAL GASLIGHTING: How to Get the Care You Deserve in a System That Makes You Fight for Your Life.** By Ilana Jacqueline. 249 pages. BenBella. Paperbound. Pub. at \$21.95 **\$16.95**

**8996938 BEAUTY 40+: 24 Beautiful Step-by-Step Looks.** By Boris Entrup. Fully illus. in color. 160 pages. Dorling Kindersley. Pub. at \$20.00 **SOLD OUT**

**1999230 WOMEN AND WATER: Stories of Adventure, Self-Discovery, and Connection in and on the Water.** By Gale Straub et al. Color photos. 240 pages. Chronicle. Pub. at \$24.95 **PRICE CUT to \$3.95**

## Men's Health & Self-Help



**LIMITED QUANTITY 9199985 YOUR PENIS: Everything You Need to Know About Your Friend!** By Michael Lenois. Dr. Lenois shares his knowledge as well as fun and interesting anecdotes from his practice, providing a thorough overview of this particular part of the human anatomy while also looking at its lighter side. Illus. 208 pages. Firefly. Paperbound. Pub. at \$19.95 **SOLD OUT**

**9097449 A FIELD GUIDE TO MEN'S HEALTH: Eat Right, Stay Fit, Sleep Well, and Have Great Sex—Forever.** By Jesse N. Mills. This guide shows—in the simplest and most effective way possible—how to manage the cornerstone of a healthy life while improving your chances for making it a long one too. Includes sections on cardiovascular health, diet and nutrition, movement, sexual health and lifestyle tips. 247 pages. Artisan. Paperbound. Pub. at \$19.95 **\$5.95**



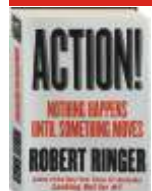
**★7912536 THE ULTIMATE GUIDE TO MALE SEXUAL HEALTH, SECOND EDITION: How to Stay Vital at Any Age.** By Dudley Seth Danoff. Uses straightforward, easy to understand terms to explain every aspect of men's sexual health. You'll discover the facts about BPH and prostate cancer, sexually transmitted diseases, male menopause, steroid use, and penile enhancement as well as the truth about "blue pills" and other cures for erectile dysfunction. Illus. 229 pages. Beyond Words. Paperbound. Pub. at \$18.99 **\$11.95**

**★8874867 WIKENIS: Dr. Nicola's Penis Book.** By N. Mondaini & P. Prezioso. A taboo-breaking guide to the male sexual and urinary system, raising awareness of anatomy, upkeep, and the emergencies that can occur throughout a lifetime. Illus. 209 pages. Open Road. Paperbound. Pub. at \$18.99 **\$15.95**

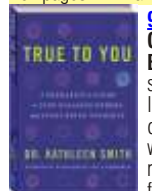


**★9200703 SWOLE: The Making of Men and the Meaning of Muscle.** By Michael Brodeur. Takes us into the unique culture centered around men's bodies, probing its limitations and the promise beyond: how men can love themselves while rejecting the aggression, objectification, and misogyny that have for so long accompanied the quest to become swole. 246 pages. Beacon. Paperbound. Pub. at \$18.95 **\$13.95**

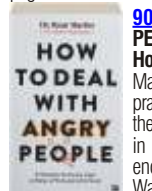
## General Health & Self-Help



**9036954 ACTION! Nothing Happens Until Something Moves.** By Robert Ringer. Ringer makes it clear that long-term happiness is a result of taking rational actions that are in accordance with universal principles. He not only gives you the tools to instantly implement his ideas and strategies, but to make positive changes that will elevate you to a new plateau in all areas of your life. Illus. 262 pages. M. Evans. Pub. at \$24.95 **\$2.95**



**9149643 TRUE TO YOU: A Therapist's Guide to Stop Pleasing Others and Start Being Yourself.** By Kathleen Smith. A relatable self-help guide for people who want to learn to live less focused on others' reactions and more confident in their own principles. Showing how we can find the freedom to develop richer relationships, pursue what's important to us, and feel steadier in this very anxious world. 277 pages. St. Martin's. Pub. at \$29.00 **\$5.95**

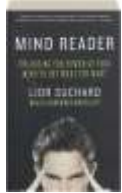


**9037888 HOW TO DEAL WITH ANGRY PEOPLE: 10 Strategies for Facing Anger at Home, at Work and in the Street.** By Ryan Martin. Drawing on examples, current research and practical exercises, this guide helps you understand the angry people in your life and interact with them in a way that protects you from their toxicity and encourages positive communications. 218 pages. Watkins. Paperbound. Pub. at \$16.95 **\$4.95**

**9045554 CONQUER THE CLUTTER: Strategies to Identify, Manage, and Overcome Hoarding.** By E. Birchall & S. Cronkright. Offers hope to anyone affected by hoarding disorder. Real life vignettes, combined with easy to use assessment and intervention tools, support those who hoard, and those who care about them. Includes numerous worksheets to assist individuals in determining the scope of their hoarding disorder and tackling the problem. 273 pages. Johns Hopkins. 7x10 1/4. Pub. at \$57.00 **\$5.95**

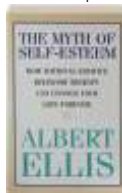


## General Health & Self-Help

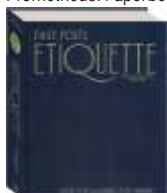


**6997198 MIND READER: Unlocking the Power of Your Mind to Get What You Want.** By Lior Suchard. A renowned entertainer and mentalist takes the reader on an incredible journey through the wonders of the human mind, sharing his remarkable personal story while offering invaluable advice. Lior Suchard's secrets and lessons, revealed here, will enable readers to unlock their untapped mental powers. 225 pages. Morrow. Paperbound. Pub. at \$15.99 **\$4.95**

**1041223 HOW TO CONTROL YOUR ANXIETY BEFORE IT CONTROLS YOU.** By Albert Ellis. Using the easy to master, proven precepts of Rational Emotive Behavior Therapy (REBT), this work not only helps you distinguish between healthy and unhealthy anxiety, but teaches you how to understand and dispute the irrational beliefs that make you anxious. 244 pages. Citadel. Paperbound. Pub. at \$15.95 **\$3.95**



**9012427 THE MYTH OF SELF-ESTEEM: How Rational Emotive Behavior Therapy Can Change Your Life Forever.** By Albert Ellis. Providing an explanation of self-esteem and self-acceptance, examining the thinking of great religious teachers, philosophers, and psychologists. Offering exercises and tools for achieving unconditional acceptance of ourselves and others, and life. 344 pages. Prometheus. Paperbound. Pub. at \$29.95 **SOLD OUT**



**9151311 EMILY POST'S ETIQUETTE, THE CENTENNIAL EDITION.** By L. Post & D.P. Senning. Provides guidance on entertaining, table manners and using titles and pronouns, to personal and professional communication etiquette. Rooted in a foundation of consideration and respect, this edition continues the legacy of upholding traditions while moving forward with the times. 408 pages. Ten Speed. Pub. at \$35.00 **\$11.95**

**9198725 REST RITUALS: Meditations & Practices for Restorative Sleep.** By Valerie Oula. Good sleep, the kind that leaves you with increased mental clarity, steady energy, and excitement for the day ahead, can be elusive. But it's achievable: Oula has put together over fifty rituals for winding down, drifting off, and improving the quality of your rest. 211 pages. Sterling. **SOLD OUT**



**★4998375 BECOMING BULLETPROOF: Life Lessons from a Secret Service Agent.** By Evy Poupouras. Former Secret Service agent, Evy Poupouras, shares lessons from protecting presidents, as well as insights and skills from the oldest and most elite security force in the world to help you prepare for stressful situations, instantly read people, influence how you are perceived, and live a more fearless life. Illus. 330 pages. Atria. Paperbound. Pub. at \$18.99 **\$13.95**



**1970909 DON'T BE A VICTIM: Fighting Back Against America's Crime Wave.** By Nancy Grace with J. Hassan. With insights on a wide range of potential threats, you'll be empowered to protect yourself and your children at home and in the world around you by becoming proactive. Grace's crime-fighting expertise will help keep you, your family, and anyone else you love out of harm's way. 368 pages. Grand Central. Pub. at \$28.00 **\$4.95**

**8089876 WHEN WE BECOME STRANGERS: How Loneliness Leaks into Our Lives, and What We Can Do About It.** By Maggie Hamilton. Explores our growing loneliness with care and rigor, and proposes practical solutions and an uplifting vision to combat the increasing social isolation in our families and communities. 337 pages. Murdoch Books. Paperbound. Pub. at \$25.99 **\$5.95**



**★9064974 DON'T BELIEVE EVERYTHING YOU THINK: Why Your Thinking is the Beginning & End of Suffering.** By Joseph Nguyen. Guides readers to a profound understanding of how destructive thinking patterns form, and how to break them for good. The result? The ability to become emotionally resilient and free from anxiety at any moment. 171 pages. Authors Equity. Pub. at \$22.00 **\$16.95**

**9127917 HOORAY FOR GRANDPARENTS! Ideas for Keeping Close, Building Traditions, and Creating Lasting Memories.** By Jay Payleitner. A celebration of the importance of grandparents. Packed with 50 ways to be a fun, meaningful, and beloved presence in grandchildren's lives. 208 pages. Chronicle. Pub. at \$18.95 **\$5.95**



**★608172X THE TOXIC MOLD SOLUTION: A Comprehensive Guide to Healing Your Home and Body from Mold.** By Laura Linn Knight. Shares the most up to date research into mold and mold toxicity, guidance from experts in the field, case studies from families healing from mold exposure, and Knight's own personal experiences with the devastating effects of mold. Along the way, you'll also discover a multitude of healing tools and exercises to help you. 177 pages. Ulysses. Paperbound. Pub. at \$16.95 **\$12.95**



**9026673 THE WISH LIST.** By Barbara Ann Kipfer. In a compulsively readable list, this quirky little guide sounds an irresistible call to get out there and start living. Contained within are wellspring of 6,000 wishes: large, small, artistic, athletic, practical, whimsical and fantastical. Jog yourself out of complacency and articulate unspoken desires! Illus. 422 pages. Workman. Paperbound. Pub. at \$9.95 **\$2.95**



**★7812019 NOBODY WANTS YOUR SH\*T: The Art of Decluttering Before You Die.** By Messie Condo. Dishes out the funny, unpretentious advice you need to hear most. You'll discover how to deal with your sh\*t like there's no tomorrow, live in the moment without the f\*cking mess, and make your life (and your eventual death) a hell of a lot easier. 173 pages. Skyhorse. **SOLD OUT**



**9188576 THE DRAMA FREE WORKBOOK: Practical Exercises for Managing Unhealthy Family Relationships.** By Nedra Glover Tawwab. Hands-on resource for understanding and working through challenging family dynamics. Offers powerful insights and thought-provoking questions to help you unpack what's really going on—and express your needs and expectations in a healthier way going forward. 194 pages. TarcherPerigee. Paperbound. Pub. at \$20.00 **\$5.95**



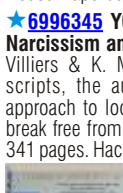
**9161317 DRAMA FREE: A Guide to Managing Unhealthy Family Relationships.** By Nedra Glover Tawwab. Offers clear advice for identifying dysfunctional family patterns and choosing the best path to break the cycle and move forward. Covering topics ranging from the trauma of emotional neglect, the legacy of addicted or absent parents, mental health struggles in siblings and other relatives, and more. 266 pages. Tarcher. Pub. at \$28.00 **\$5.95**



**★8998949 THE ART OF FRUGAL HEDONISM: A Guide to Spending Less While Enjoying Everything More.** By Annie Raser-Rowland with A. Grubb. Designed to help you target the most important habits of mind and action needed for living frugally but hedonistically. Apply the lot, and you'll wake up one day and realize that you're happier, wealthier, fitter, and more in lust with life than you'd ever thought possible. Well illus. 212 pages. Melliodora. Paperbound. Pub. at \$25.00 **\$19.95**



**★9181288 ACTIVATE YOUR FUTURE SELF: The Secret of Effortlessly Becoming the Happiest, Healthiest and Wealthiest You.** By Mimi Bouchard. This work will show you how to achieve that potential, quickly recover from setbacks and finally become who you've always wanted to be. Remember: to create the life you want, you must first become the kind of person that has it. 215 pages. Hay House. Paperbound. Pub. at \$17.99 **\$12.95**



**★6996345 YOU'RE NOT THE PROBLEM: The Impact of Narcissism and Emotional Abuse—and How to Heal.** By H. Villiers & K. McKenna. Using client narratives and sample scripts, the authors offer a compassionate, sympathetic approach to looking at our familial patterns—and how we can break free from these toxic relationships and reclaim our lives. 341 pages. Hachette. Paperbound. Pub. at \$21.99 **\$16.95**



**9199918 WELL AT WORK: Creating Wellbeing in Any Workspace.** By Esther M. Sternberg. Reveals how to optimize our workspaces for wellbeing across the seven domains of integrative health: stress and resilience, movement, sleep, relationships, environment, nutrition, spirituality, and even the air we breathe. 304 pages. Little, Brown. Pub. at \$29.00 **\$5.95**

**9079823 THE LITTLE BOOK OF RESILIENCE.** By Cheryl Rickman. We all encounter challenges in life, big and small. What we do next is what matters. Resilience helps us recover, rebuild and rise again. Full of practical advice and tools for anyone whose life isn't all plain sailing. Well illus. in color. 96 pages. Gaia. 4 1/4 x 6. Paperbound. Pub. at \$9.99 **PRICE CUT to \$3.95**

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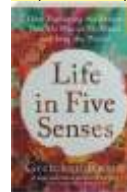
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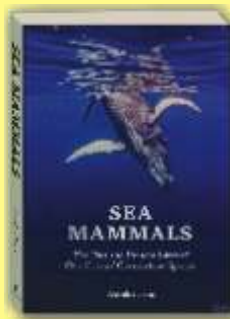
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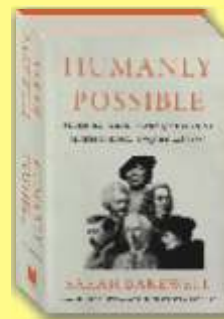
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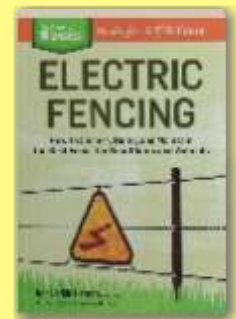
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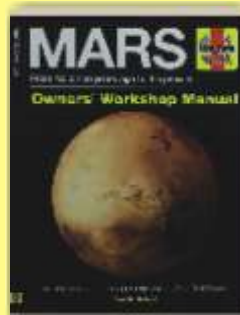
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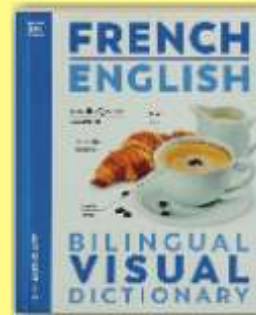
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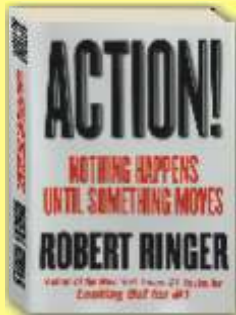
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