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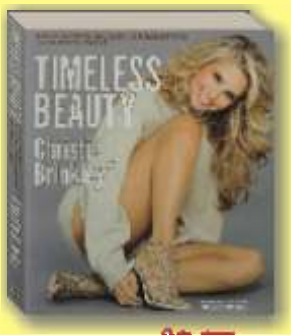
# Science & Health Bargain Books



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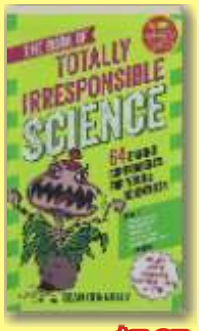

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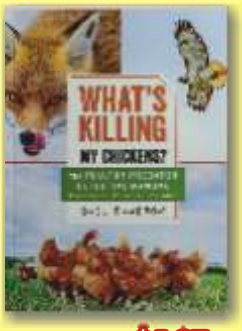

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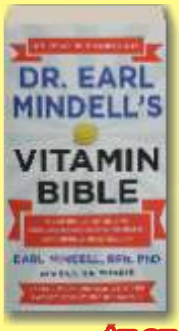

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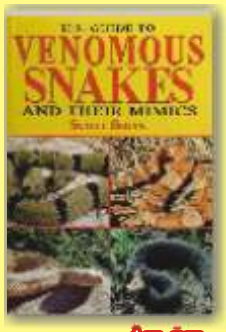

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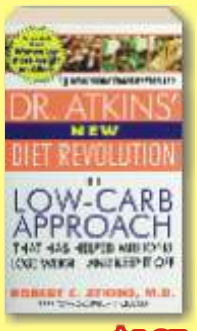

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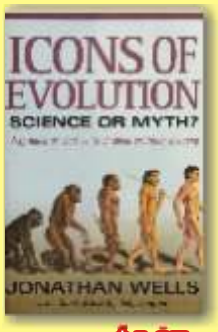

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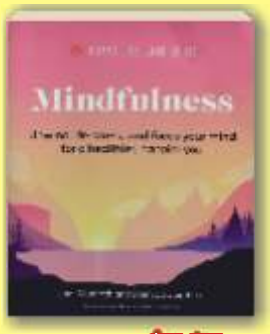

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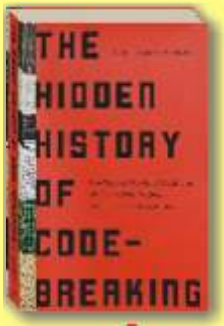

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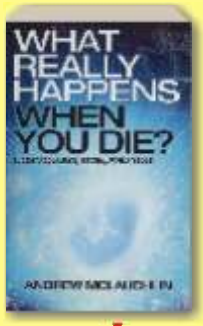

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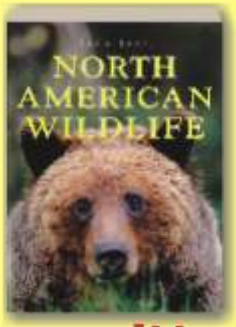

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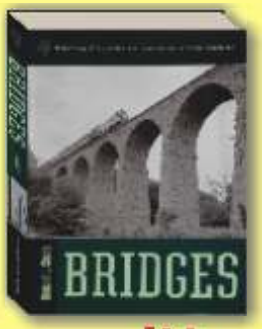

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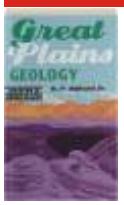
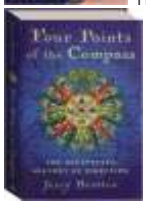
## Earth Science



★8998477 **GREAT PLAINS GEOLOGY.** By R.F. Diffendal Jr. Describes the distinct features of 57 geologic sites, including fascinating places such as Raton Pass in Colorado and New Mexico, the Missouri Breaks of Montana, and the Ashfall Fossil Beds in Nebraska. Fully illus. in color. 210 pages. Bison. Paperbound. **$15.95**

★9059229 **MYTHS OF GEOGRAPHY: Eight Ways We Get the World Wrong.** By Paul Richardson. Our maps may no longer be stalked by dragons and monsters, but our perceptions of the world are still shaped by geographic myths. Richardson challenges recent popular accounts of geographical determinism and shows that how the world is represented often isn't how it really is–that the map is not the territory. Illus. 303 pages. Hanover Square. Paperbound. Pub. at $19.99 **$14.95**

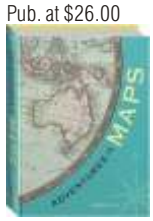
★9080651 **THE TURNING TIDE: A Biography of the Irish Sea.** By Jon Gower. A hymn to a sea passage of historical importance. Combining social and cultural history, travelogue and politics, Gower charts a sea which has carried both Vikings and saints; invasion forces, royals, and rebels; writers, musicians and fishermen. Photos, most in color. 308 pages. Harper. Paperbound. Pub. at $21.99 **$16.95**



★9059245 **FOUR POINTS OF THE COMPASS: The Unexpected History of Direction.** By Jerry Brotton. Leads us on a journey of directional discovery. Societies have understood and defined directions in very different ways based on their locations in time and space. Brotton reminds us how crucial the four cardinal directions have been to everyone who has ever walked our planet. 16 pages of color photos. 209 pages. Atlantic Monthly. Pub. at $27.00 **$19.95**

587114X **PREPARING DINOSAURS: The Work Behind the Scenes.** By Caitlin Donahue Wylie. An investigation of the work and workers in fossil preparation labs reveals the often unacknowledged creativity and problem-solving on which scientists rely. Illus. 251 pages. MIT Press. Paperbound. Pub. at $75.00 **$24.95**

★9063285 **EXTINCTIONS: From Dinosaurs to You.** By Charles Frankel. Can past mass extinctions teach us how to avoid future planetary disaster? The history of mass extinction together with the latest climate research, Frankel maintains, show us a way out. If we curb our destructive habits, particularly our drive to kill and consume other species, and work instead to conserve what biodiversity remains, the Earth might yet recover. Well illus. 280 pages. Univ of Chicago Press. Pub. at $26.00 **$19.95**



★9063110 **ADVENTURES IN MAPS.** By Debbie Hall. Features 20 awe-inspiring journeys, ranging in distances from a few miles to great treks across land, sea, air, and space. Some chart the route a traveler followed, while some are the fruits of exploration, and others were made to help future travelers find their way. Fully illus. in color. 218 pages. Bodleian Library. Pub. at $40.00 **$31.95**

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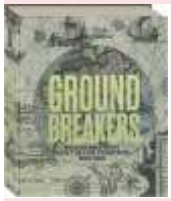
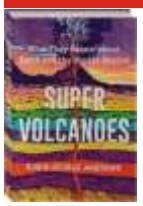
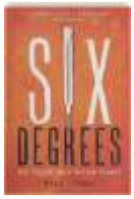


★**9039686 GROUNDBREAKERS: Remarkable Maps from the Low Countries, 1500-1900.** By Anne-Rieke van Schaik. Van Schaik immerses herself in the many stories behind the fascinating maps, prints, atlases, globes and instruments belonging to The Phoebus Foundation's collection. These objects testify to glorious moments and dark interludes in the history of the Low Countries. Fully illus. most in color. 304 pages. Hannibal. 10¼x11¾. Pub. at $65.00 **PRICE CUT to $44.95**

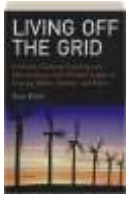
## Environment & Ecology



**9126694 SUPER VOLCANOES: What They Reveal About Earth and the Worlds Beyond.** By Robin George Andrews. Revels in the incomparable power of volcanic eruptions past and present, Earthbound and otherwise–and recounts the daring and sometimes death-defying careers of the scientists who study them. 312 pages. Norton. Pub. at $27.95 **$7.95**



**7802552 SIX DEGREES: Our Future on a Hotter Planet.** By Mark Lynas. Argues that by the end of this century, the planet will heat up between 1.4 and 5.8 degrees Celsius. While six degrees doesn't sound like much, a six degree rise in Earth's average temperature would be enough to reshape the world almost beyond recognition, as outlined here. 335 pages. National Geographic. Paperbound. Pub. at $16.95 **$4.95**



**7835248 LIVING OFF THE GRID: A Simple Guide to Creating and Maintaining a Self-Reliant Supply of Energy, Water, Shelter, and More.** By Dave Black. Offers a gamut of alternative ways to make life more efficient, economical, and Earth friendly. Valuable for the urban dweller concerned about the size of his carbon footprint and the rural self sufficiency enthusiast, the concepts presented here can save you money and help you be a better citizen of the planet. Illus. 280 pages. Skyhorse. Paperbound. Pub. at $12.95 **$6.95**

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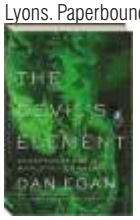
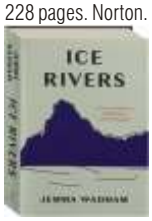
**9018166 THE SIXTH EXTINCTION: An Unnatural History.** By Elizabeth Kolbert. At once frank, entertaining, and deeply informed, Kolbert tells us why and how humans have altered life on the planet in a way that no species has before. Drawing on the work of scores of researchers, she shows that the next extinction event is likely to be man's most lasting legacy. Illus. 319 pages. Picador. Paperbound. Pub. at $18.99 **$6.95**

**9100563 WHAT WE KNOW ABOUT CLIMATE CHANGE.** By Kerry Emanuel. Emanuel outlines the basic science of global warming and how the current consensus has emerged. Although it is impossible to predict exactly when the most dramatic effects of global warming will be felt, he argues, we can be confident that we face real dangers. 69 pages. MIT Press. Paperbound. Pub. at $15.95 **$5.95**

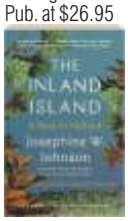
**9003207 YOSEMITE: The Embattled Wilderness.** By Alfred Runte. Follows Yosemite as the seat of controversy affecting the evolution of the national park, from its path-breaking establishment in 1864 as a grant to California, 1890 expansion into a national park, boundary reductions and loss of the Hetch Hetchy Valley, evolution of wildlife science, and more. Well illus. 282 pages. Lyons. Paperbound. Pub. at $24.95 **$4.95**



**9126473 THE DEVIL'S ELEMENT: Phosphorus and a World Out of Balance.** By Dan Egan. Phosphorus has played a critical role in some of the most lethal substances on earth: firebombs, rat poison, nerve gas. But it's also the key component of one of the world's most vital: fertilizer. Investigates the past, present, and future of what has been called "the oil of our time." 228 pages. Norton. Pub. at $30.00 **$5.95**



**6081835 ICE RIVERS: A Story of Glaciers, Wilderness, and Humanity.** By Jemma Wadham. The ice sheets and glaciers that cover one-tenth of Earth's land surface are today in grave peril. Wadham introduces majestic glaciers around the globe as individuals, each with their own unique character place in their community. A riveting blend of cutting-edge research and tales of encounters with polar bears and survival under the midnight sun. 16 pages of color photos. 219 pages. Princeton. Pub. at $26.95 **$4.95**



**9035443 THE INLAND ISLAND: A Year in Nature.** By Josephine W. Johnson. Originally published in 1969, this work is Johnson's chronicle of one year on the 37 acre farm in Ohio that she and her husband reverted to wilderness over several decades. In this account, she observes the changing landscape with a naturalist's precision and a poet's evocative language. Illus. 181 pages. Scribner. Paperbound. Pub. at $18.00 **$5.95**

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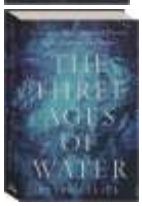

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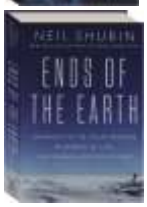

★**912697X ENDS OF THE EARTH: Journeys to the Polar Regions in Search of Life, the Cosmos, and Our Future.** By Neil Shubin. Shubin retraces his steps on a "dinosaur dance floor," showing us where these beasts had populated the once tropical lands at the poles. He takes readers meteor hunting, as meteorites preserved in the ice can be older than our planet and more. Illus. 273 pages. Dutton. Pub. at $32.00 **$23.95**

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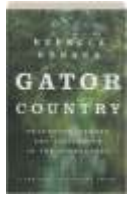

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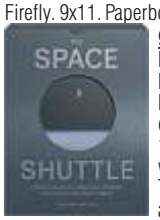

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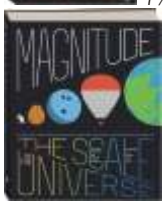

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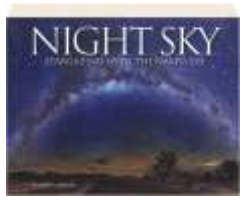

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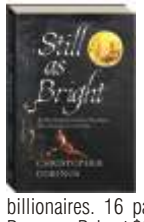

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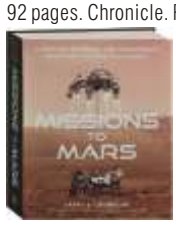

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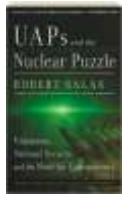

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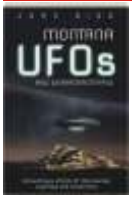

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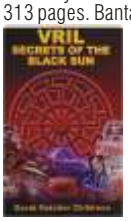

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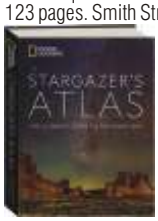

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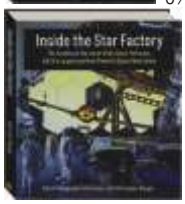

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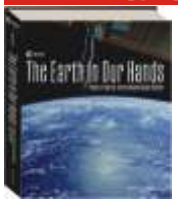

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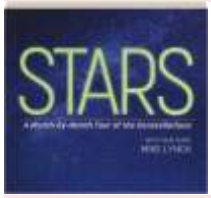

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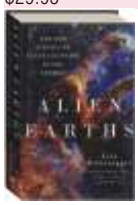

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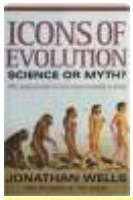


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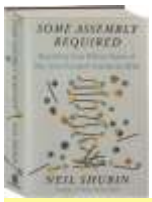


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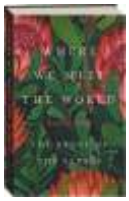

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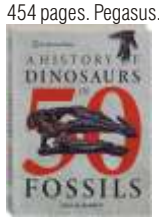


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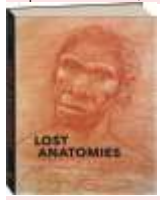


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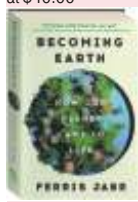


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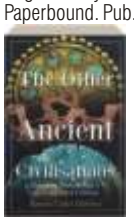


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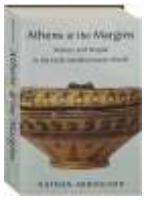


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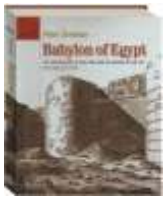


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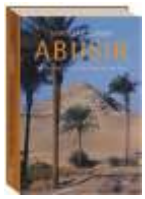


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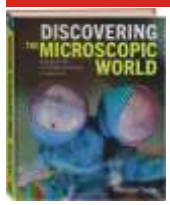


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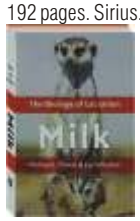


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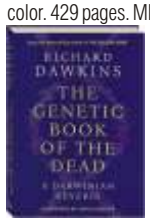


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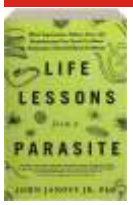

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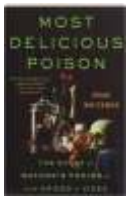

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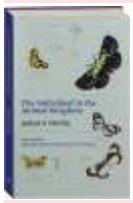

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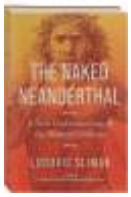

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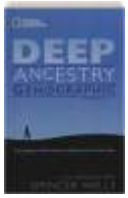

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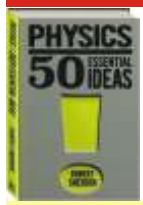

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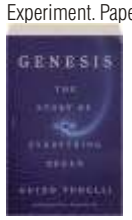

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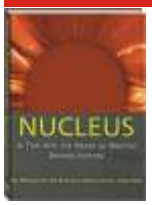


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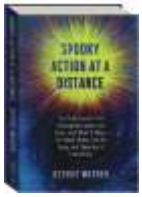


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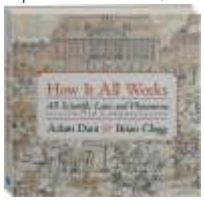


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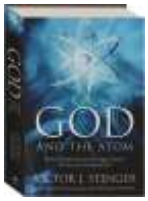


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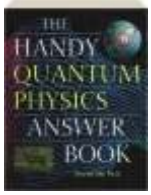


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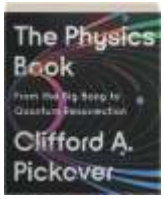


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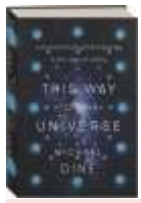


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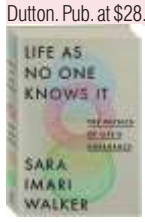


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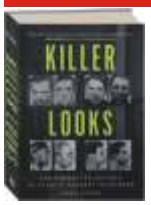

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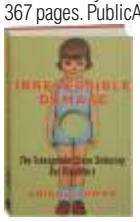

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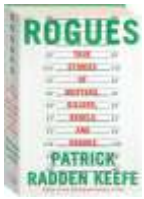

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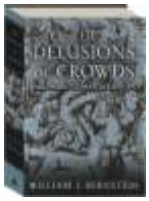

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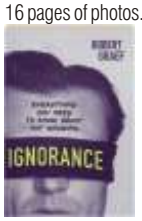

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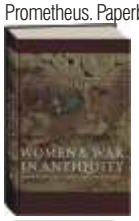

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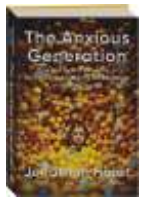

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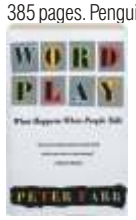

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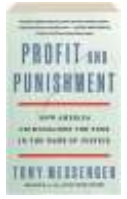

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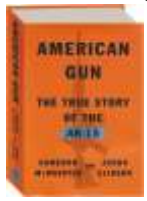
**★6262376 TITS UP: What Sex Workers, Milk Bankers, Plastic Surgeons, Bra Designers, and Witches Tell Us About Breasts.** By Sarah Thornton. Thorton draws insights from plastic surgeons, lactation consultants, body-positive witches, lingerie models, and "free the nipple" activists to explore the status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

**8794707 WOMB: The Inside Story of Where We All Began.** By Leah Hazard. A clear-eyed and inclusive examination of the cultural prejudices and assumptions that have made the uterus so poorly understood for centuries. This work takes a fresh look at an organ that brings us pain and pleasure–a small part of our bodies that has a larger impact than we ever thought possible. 316 pages. Ecco. Pub. at $29.99 **$6.95**



**5722640 AMERICAN GUN: The True Story of the AR-15.** By C. McWhirter & Z. Elinson. Explore American gun culture, revealing the broad appeal of the AR-15, the awful 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. FSG. Pub. at $32.00 **$7.95**

**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 **$5.95**

**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**

## Social Science

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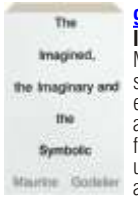
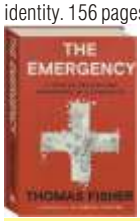
★**9124837 TECHNOLOGICAL SLAVERY, VOLUME ONE.** By Theodore John Kaczynski. Kaczynski argues that: the unfolding human and environmental cries are the direct, inevitable result of technology itself; many of the stresses endured in contemporary life are not normal to the human condition, but unique to technological conditions; wilderness and human life close to nature are realistic and supreme ideals; and more. 371 pages. Fitch & Madison. Paperbound. Pub. at $24.95 **$19.95**

**9106472 IGEN.** By Jean M. Twenge. Offers a portrait of a new generation growing up more slowly, but also more socially tolerant and safe, than any generation in history. Through her deep analysis of data, Dr. Twenge identifies iGen's surprising attitudes toward religion, sexuality, and politics as well as their unprecedented levels of anxiety and loneliness. 342 pages. Atria. Paperbound. Pub. at $20.00 **$5.95**



**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**



**9035303 THE EMERGENCY: A Year of Healing and Heartbreak in a Chicago ER.** By Thomas Fisher. Not only the story of a dramatic year in the life of a Chicago ER but the primer in health care that we all need. Full of heartbreaking stories, compelling personal narrative, and penetrating analysis, this is a mind-opening work that offers a fresh vision of health care as a foundation of social justice. 254 pages. One World. Pub. at $27.00 **$5.95**

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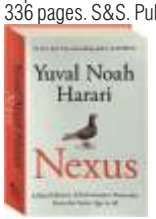

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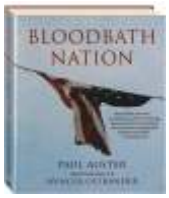

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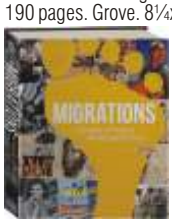

**544473X MIGRATIONS: A History of Where We All Come From.** By John Farndon et al. Tells the story of human movement throughout history, and tracks its lasting influence on cultures and societies around the globe. Combining striking images with sensitive narrative and intimate first hand accounts, it reveals where our ancestors came from and the ways they shaped the place we call home. Fully illus. some in color. 288 pages. Dorling Kindersley. 9½x11¼. Pub. at $40.00 **$16.95**

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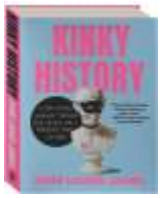

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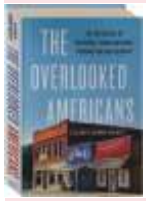

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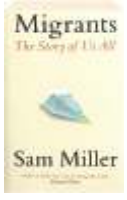

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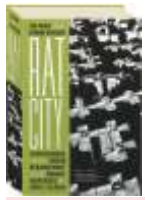
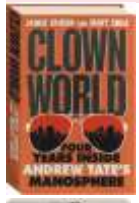


★**8794235 RAT CITY: Overcrowding and Urban Derangement in the Rodent Universes of John B. Calhoun.** By J. Adams & E. Ramsden. How a landmark experiment in rat behavior changed the way we think about cities. It follows Calhoun's struggle to solve the problem of crowding before America's cities drain 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 $19.95**



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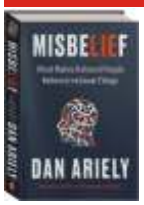
## Psychology

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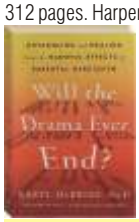


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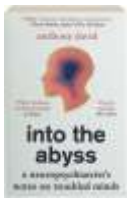


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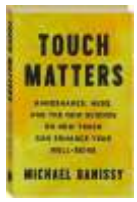


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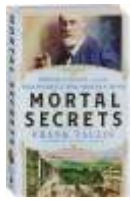


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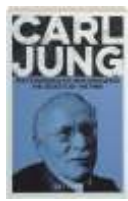


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# Psychology

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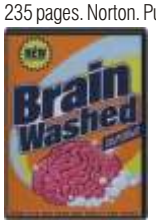


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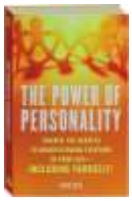


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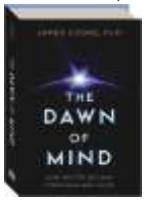


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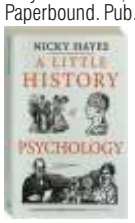


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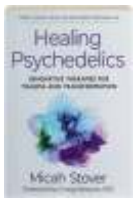


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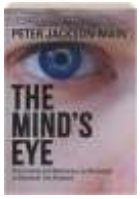


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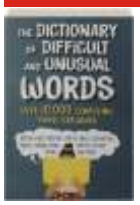

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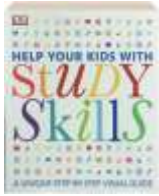

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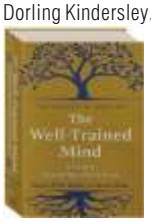

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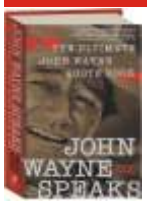

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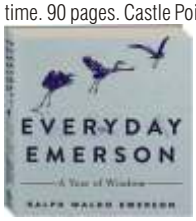

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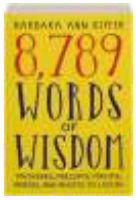

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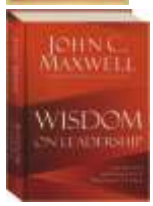

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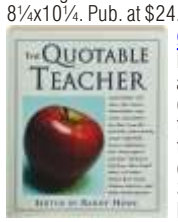

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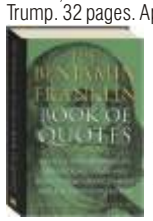

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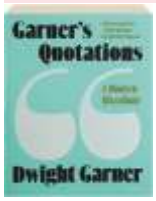


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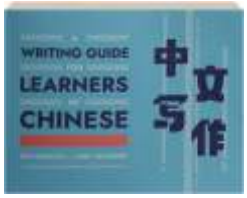


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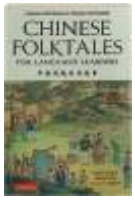


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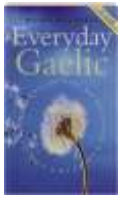


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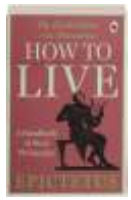


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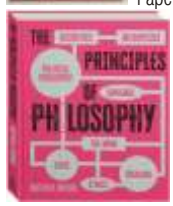


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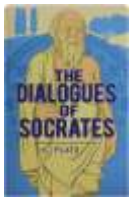

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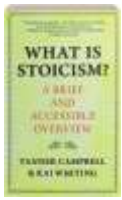

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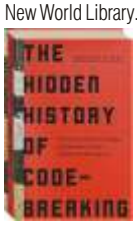

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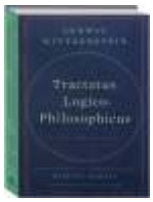

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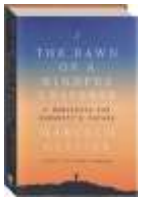

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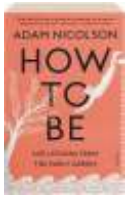

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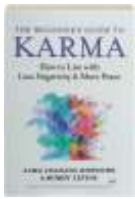

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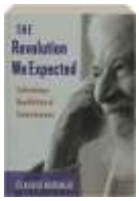

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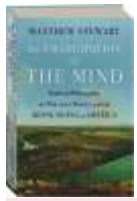

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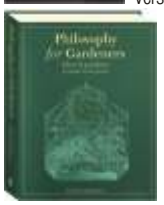

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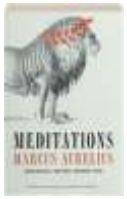

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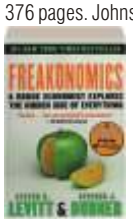

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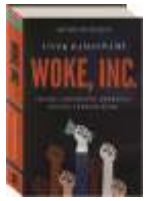

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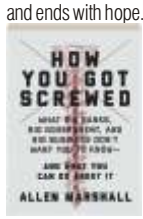

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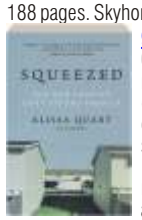

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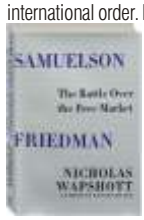

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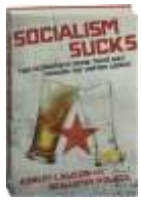

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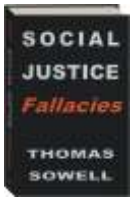

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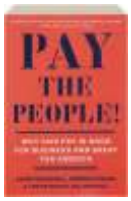

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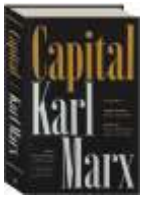

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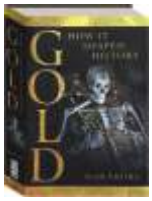

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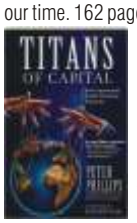

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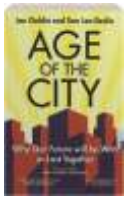

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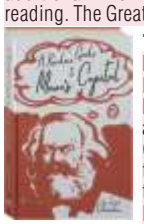

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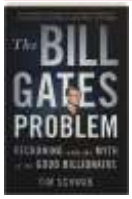

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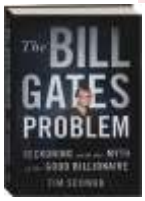

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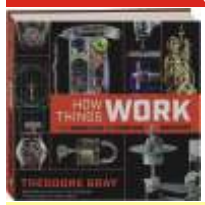

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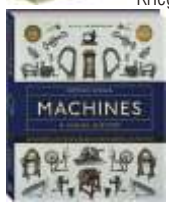

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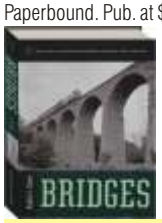

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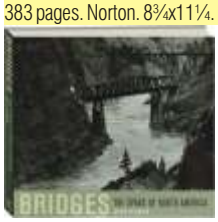

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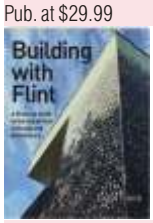

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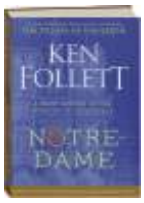

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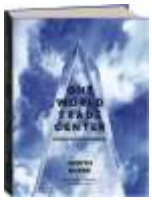

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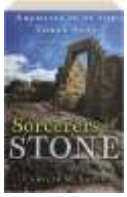

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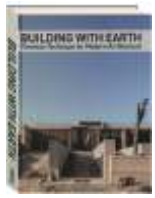

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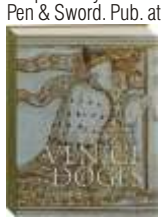

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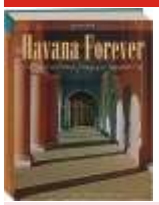

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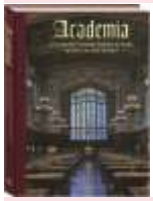

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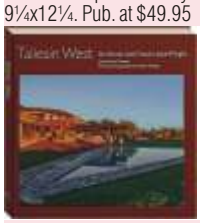

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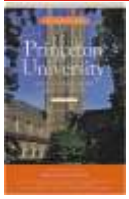

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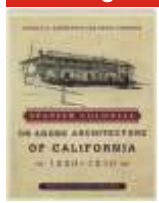

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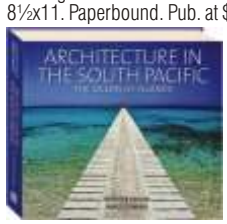

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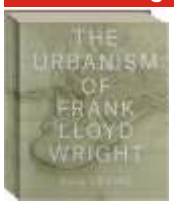

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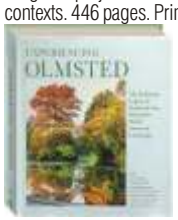

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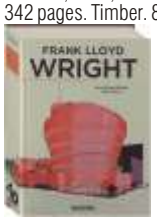

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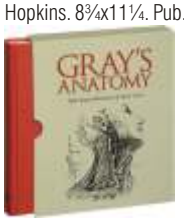

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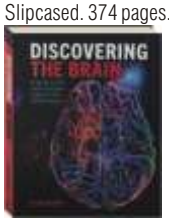

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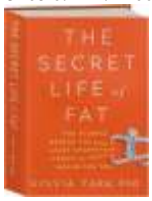

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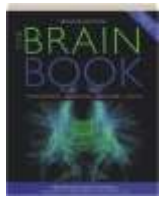

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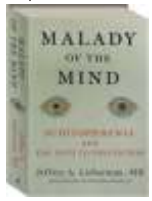

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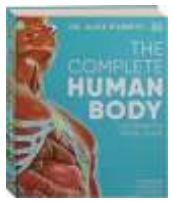

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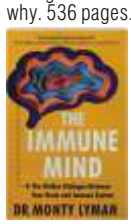

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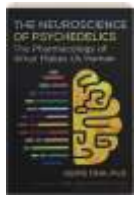

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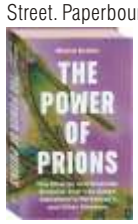

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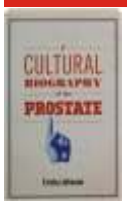

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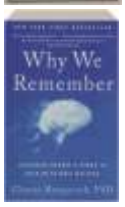

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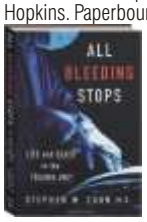

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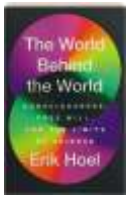

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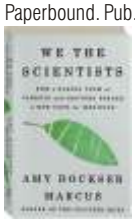

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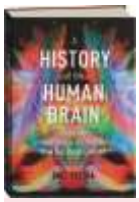

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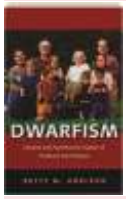

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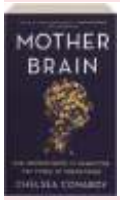

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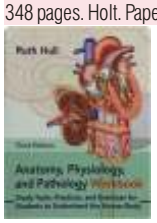

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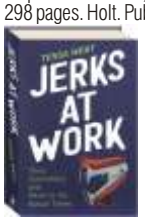

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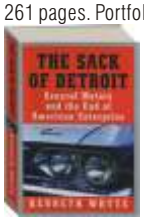

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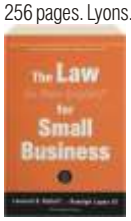

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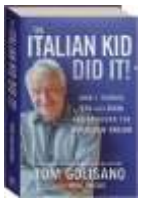

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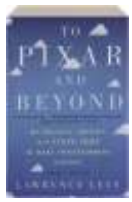

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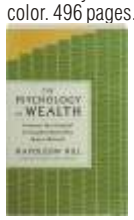

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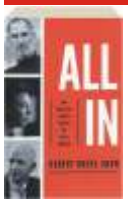

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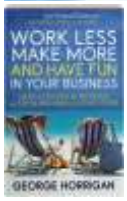

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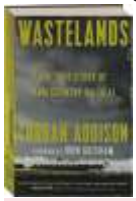

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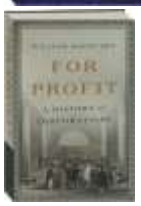

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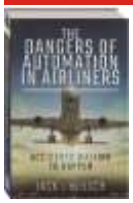

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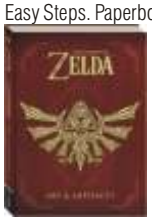

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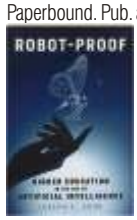

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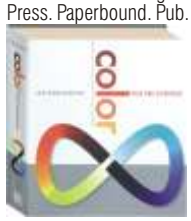

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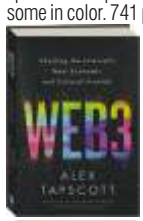

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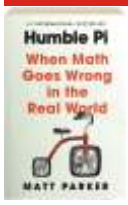

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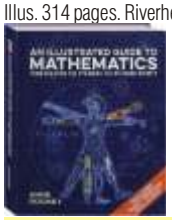

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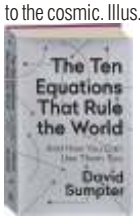

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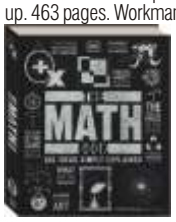

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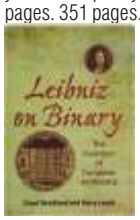

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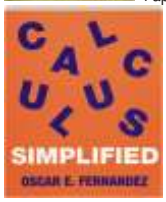

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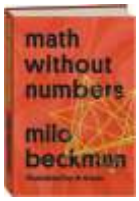

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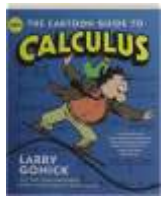

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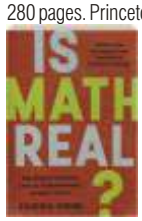

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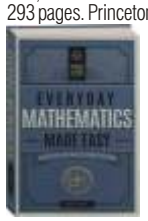

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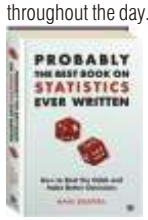

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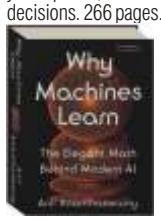

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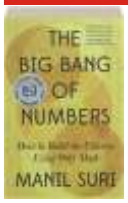


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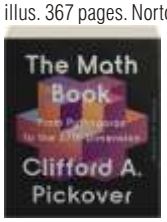


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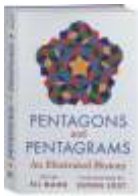


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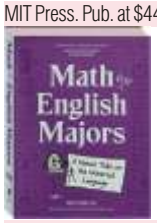


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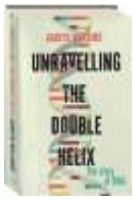


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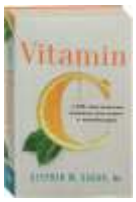


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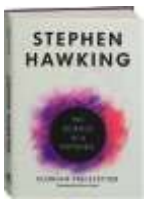


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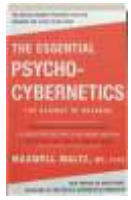


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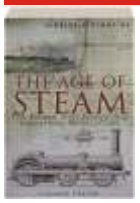

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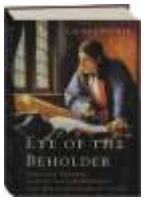

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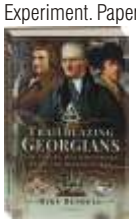

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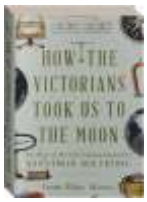

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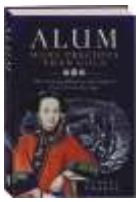

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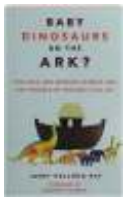

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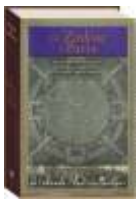

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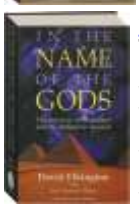

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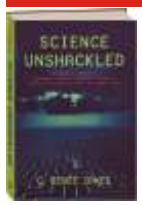

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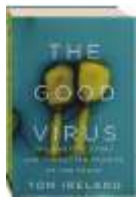

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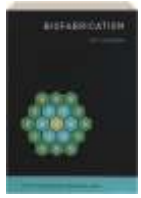

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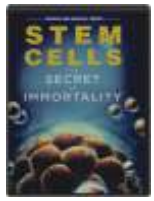

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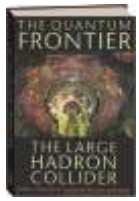

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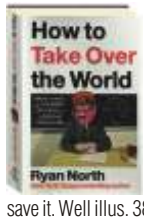

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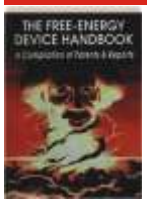

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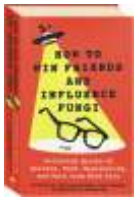

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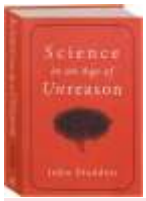

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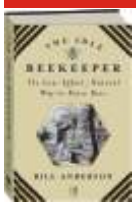
## Insects



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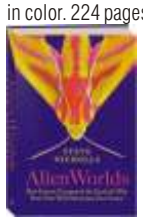

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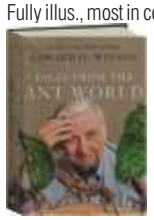

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## Insects

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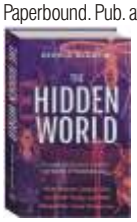

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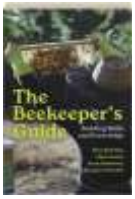

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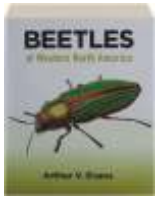

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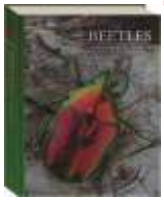

**9057870 THE LIVES OF BEETLES: A Natural History of Coleoptera.** By Arthur V. Evans. Individual chapters cover beetles' structure and function; evolution, diversity, classification, and distribution; communication, reproduction, and development; feeding habits; uses in medicine, science, and technology; and study and conservation. Fully illus. in color. 288 pages. Princeton. Pub. at $35.00 **$7.95**

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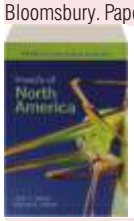

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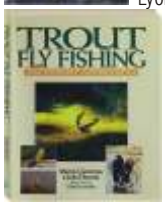


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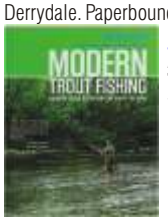


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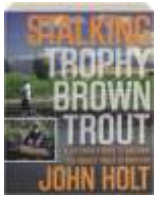


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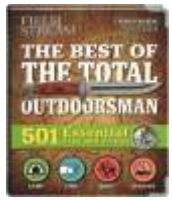
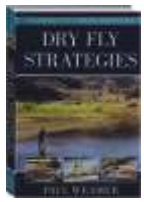
**9124896 SHOOTER'S BIBLE GUIDE TO SPORTING SHOTGUNS.** By Alex Brant. This will help new and experienced shooters make smart equipment purchases, including shotguns, optics, ammunition, and gear. Fully illus. in color. 231 pages. Skyhorse. 8x10½. Paperbound. Pub. at $19.99 **$6.95**




**9069100 *FIELD & STREAM* THE BEST OF THE TOTAL OUTDOORSMAN.** By T. Edward Nickens. Provides tried and true techniques that will expand the proficiency of the most grizzled experts. Collected here are 501 essential skills every outdoorsman should know. Cover has metal corners. Fully illus. in color. Weldon Owen. Paperbound. Pub. at $29.00 **$11.95**

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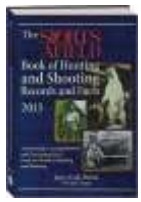
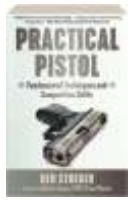


**9011811 THE *SPORTS AFIELD* BOOK OF HUNTING AND SHOOTING RECORDS AND FACTS 2015.** By Jens Erik Perto with J. Hogh. An entertaining and eclectic collection of remarkable feats, surprising facts, interesting trivia, and sensational coincidences from the world of big-game hunting, bird hunting, and shooting. Fully illus. 333 pages. Safari. Pub. at $39.95 **$7.95**

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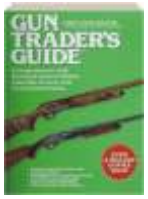

★9026371 **GUN TRADER'S GUIDE, FORTY-SIXTH EDITION.** Ed. by Robert A. Sadowski. For more than 50 years this has been the standard reference for collectors, dealers, and gun enthusiasts. It's the definitive source for making informed firearms purchases and sales. Well illus. 607 pages. Skyhorse. Paperbound. Pub. at $29.99 **$21.95**

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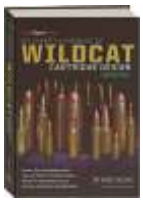

★699606X **RELOADER'S HANDBOOK OF WILDCAT CARTRIDGE DESIGN, 2ND EDITION.** By Fred Zeglin. No matter your reloading goals, this guide is the most comprehensive reference available for designing, building, loading and shooting wildcat cartridges. Calibers span the gamut, from the tiny .10 caliber to the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

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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, weather and wind. Fully illus. some in color. 196 pages. Paperbound. Pub. at $18.95 **PRICE CUT to $2.95**

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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 **PRICE CUT to $2.95**

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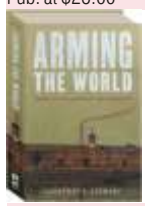
9003029 **THE TOP TEN GUIDE TO FLY FISHING.** By Jay Zimmerman. This lighthearted look at a serious sport will give beginners the value of solid instruction while providing seasoned fly fishers with the opportunity to quibble with the rankings. Well illus. 178 pages. Lyons. Paperbound. Pub. at $16.95 **PRICE CUT to $2.95**

9054553 **TRUE TALES FROM AN EXPERT FISHERMAN: A Memoir of My Life with Rod and Reel.** By John Bailey. Shares his horrifying brushes with espionage and death in the world's most inhospitable places, and introduces readers to a motley array of characters, as well as an immense variety of fish. Well illus. in color. 216 pages. IMM Lifestyle Books. Paperbound. Pub. at $19.99 **PRICE CUT to $3.95**

9039368 **TIGERS OF THE SEA: Shark Fishing Around the World.** By Hugh D. Wise. Explored the depths of the oceans in search of all types of sharks, many of which had yet to be discovered. A classic from 1937 that not only describes the biology and habitat of the various newly found species, but also provides information on tackle, bait, and methods for fishing for sharks. Well illus. 189 pages. Derrydale. 7½x10½. Paperbound. Pub. at $18.95 **PRICE CUT to $2.95**

7998694 **THE SHOTGUN CONSERVATIONIST: Why Environmentalists Should Love Hunting.** By Brant MacDuff. Tells the story how the author became a hunter and the colorful characters, big personalities, and firsthand research that changed MacDuff's mind. His journey led to a deeper understanding of how hunting protects public lands, supports sustainable ecosystems, encourages biodiversity, and can help bridge social and political divides. 255 pages. Timber. Pub. at $28.00 **PRICE CUT to $5.95**



★6077587 **ARMING THE WORLD: American Gun-Makers in the Gilded Age.** By Geoffrey S. Stewart. Tells the story of the American small arms industry from the early 1800s through the post-Civil War era. Almost from the beginning, the U.S. produced arms in new and radically different ways, relying on machinery to mass-produce guns when others still made them by hand. 16 pages of photos. 333 pages. Lyons. Pub. at $37.95 **PRICE CUT to $21.95**

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9039015 **THE FISHERMAN'S COMPANION, SECOND EDITION.** By Frank Holan. Fully illus. 150 pages. Alan C. Hood. Paperbound. Pub. at $12.95 **SOLD OUT**

★7897472 ***GUN DIGEST* 2024, 78TH EDITION.** Ed. by Philip P. Massaro. Fully illus. some in color. 622 pages. Gun Digest Books. 8¼x10¾. Paperbound. Pub. at $39.99 **$29.95**

7983212 **ANGLING THE WORLD: Ten Spectacular Adventures in Fly Fishing.** By Roy Tanami. Fully illus. in color. 180 pages. Lyons. 11x8½. Paperbound. Pub. at $24.95 **PRICE CUT to $3.95**

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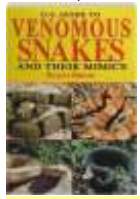
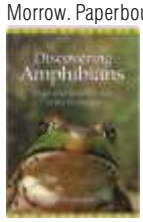


3747484 **U.S. GUIDE TO VENOMOUS SNAKES AND THEIR MIMICS.** By Scott Shupe. Shupe's expertise and knowledge of snakes is apparent in the thoughtful descriptions and handy hints on how to tell poisonous snakes from their harmless imitators. Includes full-color photos for definitive identification and accurate region by region range maps for each snake. 160 pages. Skyhorse. Paperbound. Pub. at $16.99 **$5.95**

9129898 **CHASING SHADOWS: Unraveling the Mysteries of the Great White Shark.** By Greg Skomal with R. Talbot. Dr. Greg Skomal, one of the leading great white shark experts in the United States, reveals the true nature of these mysterious apex predators, as well as the fascinating story behind their history and startling resurgence. 16 pages of photos. 354 pages. Morrow. Paperbound. Pub. at $18.99 **$5.95**



9030107 **DISCOVERING AMPHIBIANS: Frogs and Salamanders of the Northeast.** By John Himmelman. Provides a dazzling naturalist's handbook on amphibian behavior and physiology. Reveals how to identify and appreciate many types and create your own habitats for them. Fully illus. some in color. 208 pages. Down East. Paperbound. Pub. at $18.95 **$4.95**

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*DVD* 7975759 **BLACKFISH.** Widescreen. A documentary following the controversial captivity of killer whales, with a focus on Tilikum, and its dangers for both humans and whales. English SDH. 83 minutes. Magnolia. **$2.95**

9107290 **SEARCH FOR THE GREAT TURTLE MOTHER.** By Jack Rudloe. Recounts how Rudloe's fascination with sea turtles led him to journey to Central America and Malaysia to investigate the theory that magnetic forces help guide sea turtles in their migration, and to explore the Turtle Mother legend that shaped the attitudes of primitive cultures. Well illus. 263 pages. Great Outdoors. Paperbound. Pub. at $14.95 **$4.95**

*Blu-ray* 8228205 **BLACKFISH.** Widescreen. A documentary following the controversial captivity of killer whales, with a focus on Tilikum, and its dangers for both humans and whales. English SDH. 83 minutes. Magnolia. **$4.95**

*DVD* 8054797 **THE WHALE.** Narrated by Ryan Reynolds, *The Whale* tells the life-affirming true story of a young, wild killer whale–an orca–nicknamed Luna, who lost contact with his family on the coast of British Columbia and became famous around the world when he tried to make friends with human beings. CC. 85 minutes. Docurama. **$6.95**

7977700 **THE OFFICIAL U.S. ARMY ILLUSTRATED GUIDE TO VENOMOUS SNAKES, REVISED EDITION.** A full-color guide to these sometimes dangerous but often misunderstood creatures, filled with practical knowledge and interesting facts. A must-have for campers, climbers, hikers, and snake lovers. 105 pages. Lyons. Paperbound. Pub. at $19.95 **$5.95**

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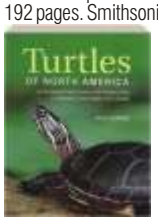

★1167685 **TURTLES OF NORTH AMERICA.** By Kyle Horner. Describes the 64 species of turtles that inhabit the continental United States and Canada and the ocean waters that surround them. For each turtle there are photographs and text that show how to identify each species and explains a little about its life history. A range map shows where each turtle may be found. 208 pages. Firefly. Paperbound. Pub. at $29.95 **$24.95**

★9120866 **INCREDIBLE LIZARDS: One Hundred Species From Around the World.** By Steve K. Wilson. A celebration of lizard-hood. Salutes a diversity of form and function unparalleled among terrestrial vertebrates, from apex predators capable of swallowing goats to limbless subterranean insectivores. Fully illus. in color. 216 pages. New Holland. 9¾x8¾. Pub. at $35.00 **$27.95**

★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. 8¼x10¼. Pub. at $40.00 **$31.95**

★8882118 **OUR SEA TURTLES, SECOND EDITION: A Practical Guide for the Atlantic and Gulf, from Canada to Mexico.** By Blair & Dawn Witherington. Reflects new discoveries and developments in turtle biology and conservation. An abundantly illustrated guide to our human experience with a majestic and intriguing group of marine animals. Dives deep into the lives of sea turtles, telling their story with unique perspectives and fascinating images. 282 pages. Pineapple Press. Paperbound. Pub. at $29.95 **$17.95**

8991464 **THE AMAZING WORLD OF FLYINGFISH.** By Steve N.G. Howell. This beautifully illustrated guide presents flyingfish as you've never seen them before. Includes more than 90 color photos, as well as concise text that explores the natural history of flyingfish, where to see them, how they fly and more. 45 pages. Princeton. Pub. at $12.95 **PRICE CUT to $2.95**

9040412 **GARTER SNAKES AND WATER SNAKES.** By David Perlowin. Filled with fascinating facts about the San Francisco garter and more. Brings the most up to date information to the fingertips of the herp enthusiast. Start learning all you need to know to properly care for your new or existing snakes. Well illus. in color. 88 pages. AVS. Paperbound. Pub. at $8.95 **PRICE CUT to $2.95**

★7986726 **SHARK: The World's Most Misunderstood Predator.** By Paul de Gelder. From shark-attack survivor to the shark's biggest activist, this is de Gelder's love letter to these unfairly vilified animals and his warning to the world about what will happen if we don't look out for them. Color photos. 232 pages. Mudlark. Paperbound. Pub. at $19.99 **PRICE CUT to $11.95**

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★791203X **THE LIVES OF SHARKS: A Natural History of Shark Life.** By Daniel C. Abel & R. Dean Grubbs. Sharks are the top predators in many marine ecosystems. Explore shark physiology, anatomy, behavior, ecology, and evolution, as well as conservation and the impact of human activity on shark populations. A comprehensive, authoritative, and inviting introduction to global shark life today. Color photos. 288 pages. Princeton. Pub. at $35.00 **PRICE CUT to $19.95**

4929055 **A FIELD GUIDE TO THE AMPHIBIANS AND REPTILES OF BALI.** By J. Lindley McKay. 138 pages. Krieger. 8½x11¼. Pub. at $42.00 **$1.95**

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 **$2.95**

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 **PRICE CUT to $2.95**

*Blu-ray* 7867743 **THE LONELIEST WHALE.** Widescreen. Bleecker Street. **SOLD OUT**

6994121 **HOW TO SPEAK WHALE: A Voyage into the Future of Animal Communication.** By Tom Mustill. Photos. 283 pages. Grand Central. Pub. at $2[illegible] **SOLD OUT**

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492892X **THE AMPHIBIANS AND REPTILES OF EL SALVADOR.** By Gunther Kohler et al. 238 pages. Krieger. 8¾x11¼. Pub. at $72.00 **PRICE CUT to $3.95**

★5522080 **FIELD GUIDE TO SHARKS, RAYS & CHIMAERAS OF THE EAST COAST OF NORTH AMERICA.** By D.A. Ebert & M. Dando. Fully illus. in color. 430 pages. Princeton. Paperbound. Pub. at $39.95 **PRICE CUT to $27.95**

★8180512 **PENGUINS: Chicks, Family, Types, Habitat.** By Tom Jackson. 224 pages. Amber. Paperbound. Pub. at $16.99 **PRICE CUT to $7.95**

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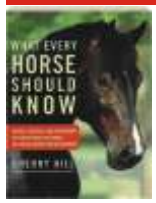
★7912048 **SEA MAMMALS: The Past and Present Lives of Our Oceans' Cornerstone Species.** By Annalisa Berta. Color photos. 224 pages. Princeton. Pub. at $29.95 **PRICE CUT to $9.95**

## Horses & Horsemanship



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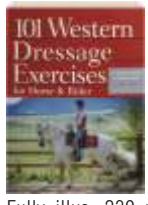

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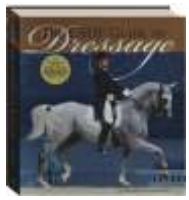

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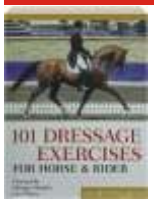

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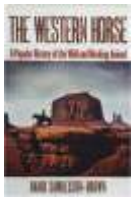

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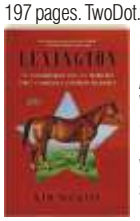

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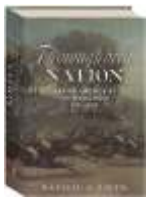

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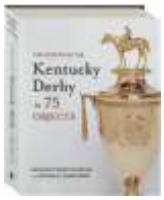

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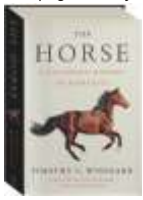

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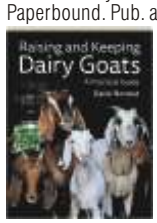

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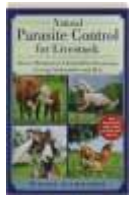

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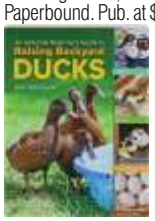


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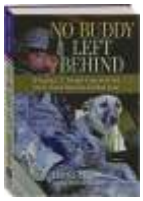


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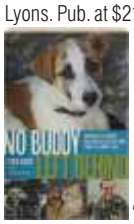


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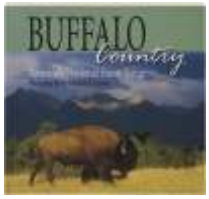


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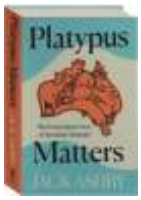


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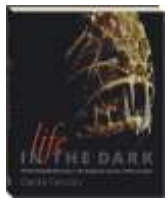
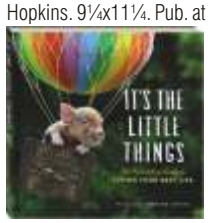



**9045678 LIFE IN THE DARK: Illuminating Biodiversity in the Shadowy Haunts of Planet Earth.** By Dante Fenolio. Shows the many ways that life forms have adapted to lightless environments. More than 200 mesmerizing color photographs shed new light on the world's fascinating creatures of darkness. 317 pages. Johns Hopkins. 9¼x11¼. Pub. at $39.95 **$7.95**



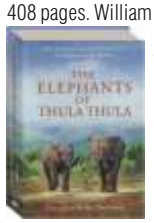

**9085866 IT'S THE LITTLE THINGS: The Pocket Pigs' Guide to Living Your Best Life.** By Text by E. Krasner-Zirlin et al, photos by R. Austin. Small in stature but mighty in joy, playful and unassuming, the Pocket Pigs of Pennywell Farm are paired with just the right quotes and thoughts to remind us to be grateful, stay curious, and be open to the magic of life. Fully illus. in color. 108 pages. Workman. Pub. at $12.95 **$4.95**

**7751699 PAWFECT LOVE: Life Is Best with a Love Like Yours.** Photos by Warren Photographic. Combines adorable photos of unlikely animal pairs with affectionate quotes. With over 150 pages of fur-cuteness, from a bunny snuggling with a duck to a kitty playing with a deer to a puppy having fun with a hamster, these furry pairs remind us that not being exactly the same is part of what makes a relationship great. 160 pages. Zondervan. Pub. at $14.99 **$4.95**

**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**

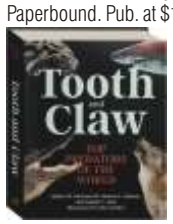
**9003223 IN WOLF COUNTRY.** By Jim Yuskavitch. Reveals the story of the first groups of wolves that emigrated from reintroduced areas in Idaho to re-colonize their former habitat in the Pacific Northwest. The political maneuvering and intense controversy that has defined wolves' recovery in the West makes this a compelling and timely read. Illus. 209 pages. Lyons. Paperbound. Pub. at $18.95 **$4.95**

**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**




**7975368 THE ELEPHANTS OF THULA THULA.** By Francoise Malby-Anthony. A powerful, gripping story about an extraordinary herd of elephants and the woman dedicated to keeping them safe. 16 pages of color photos. 310 pages. St. Martin's. Pub. at $29.99 **$6.95**

**7951310 THE WISDOM OF WOLVES: Lessons from the Sawtooth Pack.** By Jim & Jamie Dutcher. This compelling collection of stories will draw you into the natural world of the wolf, bringing a deeper understanding of the values we share with all living beings. Also illustrates the urgent issues surrounding the protection of wolves and other wildlife. Photos. 219 pages. National Geographic. Paperbound. Pub. at $16.99 **$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**



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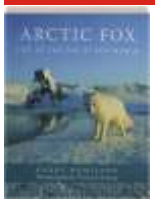
## Animals




**9064001 ARCTIC FOX: Life at the Top of the World.** By Garry Hamilton, photos by N. Rosing. Tells the fascinating story of the arctic fox, from its evolutionary beginnings to its current life in the far north: mating and raising a family, hunting and scavenging, its relationship with the polar bear and other arctic inhabitants, and the never-ending struggle for survival in a fragile vanishing environment. Color photos. 231 pages. Firefly. 8½x11. Paperbound. Pub. at $29.95 **$6.95**

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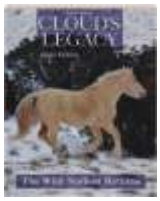
**7962118 WILD FAMILY: Seven Stories of Extraordinary Animal Friendship.** By Bhagavan Doc Antle with J.M. Greene. Reminds us that friendships aren't just for humans. When the struggles of living in the wild are removed, all kinds of animals can become best buds. This collection of extraordinary stories and amazing photographs chronicles seven such interspecies friendships. 64 pages. Earth Aware. Pub. at $16.99 **$5.95**

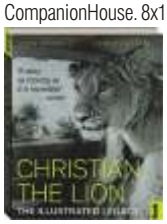
**8884412 DOES SOMEBODY NEED A HEDGEHUG?** By Anita Wood. A delightful collection of animal puns of encouragement and endearment for friends, family members or coworkers. Cheeky humor always has a place among friends! Color photos. Gibbs Smith. Pub. at $9.99 **$4.95**

**7747861 DEER: The Animal Answer Guide.** By G.A. Feldhamer & W.J. McShea. Offering vivid color photographs and an accessible and engaging question and answer format, this is the go-to resource guide on deer. Nature lovers, hunters, and anyone curious about deer will find this fact-filled volume both fascinating and full of surprises. 163 pages. Johns Hopkins. Paperbound. Pub. at $24.95 **$3.95**

**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**



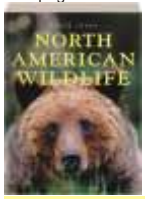

**9040773 CLOUD'S LEGACY, REVISED EDITION: The Wild Stallion Returns.** By Ginger Kathrens. This beautifully illustrated volume is sure to be a hit with anyone who has been following Cloud's story. And for new readers who are meeting Cloud for the first time, be prepared to fall in love with the majesty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




**9038965 CHRISTIAN THE LION: The Illustrated Legacy.** By John Rendall, photos by D. Cattani. In 1969, Harrods department store in London sold a three month old lion cub to two young Australians, John Rendall and Anthony (Ace) Bourke. They called him Christian. When Christian outgrew his London environment he was entrusted to the care of George Adamson in Kenya. The YouTube clip of their reunion, a year later, still inspires millions. Fully illus. some in color. 192 pages. Bradt. Pub. at $25.99 **$5.95**

***DVD* 9027866 DEADLIEST CRITTERS: Wild Things with Dominic Monaghan.** Widescreen. Take a walk on the wild side with Dominic Monaghan as he searches the globe for some of the deadliest critters alive. Starting in Guatemala, Monaghan faces off with the venomous beaded lizard. He then travels to Namibia, Ecuador, and finally to Vietnam. English SDH. Three hours. BBC. **$5.95**

**9053751 ANIMALS REVIEWED: Starred Ratings of Our Feathered, Finned, and Furry Friends.** By Association of Zoos & Aquariums. Zoos and aquariums poke affectionate fun at their animal friends giving this title five stars for cuteness and hilarity! Fully illus. in color. 180 pages. Timber. Paperbound. Pub. at $9.95 **$4.95**




**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**

**9000682 THE CHRISTMAS ANIMAL BOOK: Celebration.** By Clint Viebrock. Animals, great and small, wild and tame, play roles in Christmas contemplation and celebration as the artists of early last century saw it. In this collection of holiday cards of yore, Viebrock chronicles Christmas in the pasture, the forests and in the barnyard. Fully illus. in color. 64 pages. Red Rock. Pub. at $9.95 **$4.95**

**7744226 WHEN ANIMALS RESCUE: Amazing True Stories About Heroic and Helpful Creatures.** By Belinda Recio. Presents dozens of astonishing and heart-warming stories about animals, such as mice, horses, dolphins, and wolves, who engage in acts of helpful kindness. Tales of heroism, kindness, and compassion suggest we have far more in common with other animals than we once believed. Well illus., in color. 144 pages. Skyhorse. Pub. at $19.99 **$7.95**

***Blu-ray* 7988524 DINOTASIA.** Legendary filmmaker Werner Herzog conducts this immersive tour of the Mesozoic, lending his distinctive narrative voice to a unique transporting journey back in time. The depictions combine the latest scientific thinking with stories crafted in a purely visual style not seen since the classic era of silent cinema. 82 minutes. Flatiron. **$4.95**

**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 **$4.95**

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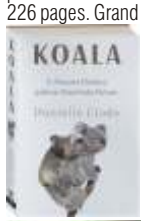
**910562X ALASKA'S PREDATORS: Their Ecology & Conservation.** By Bruce A. Wright. Celebrates 22 predators and provides insight into how they live and survive, and their essential function in Alaska's complex ecosystem. Covers three groups of predators–Terrestrial, Avian and Marine. Fully illus. in color. 120 pages. Hancock House. 8½x11. Paperbound. Pub. at $29.95 **$4.95**

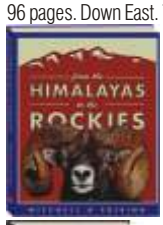
***DVD* 8899274 ANIMAL MIRACLES.** Oh, how they love to be at our side! These 14 remarkable stories defy logic, but prove that all of God's creatures can provide human blessings when we need it most. 150 minutes. Questar. **$5.95**

**9029370 ESTHER THE WONDER PIG: Changing the World One Heart at a Time.** By Steve Jenkins et al. In the summer of 2012 Jenkins and his partner agreed to adopt an adorable micro-piglet. But it turned out there was nothing "micro" about Esther. Within three years, Tiny Esther grew to a whopping 600 pounds. Follow Jenkins and Walter's heartwarming adventure from reluctant pig parents to farm-owning advocates for animals. Color photos. 226 pages. Grand Central. Paperbound. Pub. at $17.99 **$4.95**




**902607X KOALA: A Natural History and an Uncertain Future.** By Danielle Clode. Investigates the remarkable physiology of these charismatic creatures. Born the size of tiny "jellybeans," joeys face an uphill battle, from crawling into their mother's pouch to being weaned onto a toxic diet of gum-tree leaves, the koala's single source of food. 322 pages. Norton. Pub. at $27.95 **$6.95**

**7981007 BEARS BEHAVING BADLY.** By John McDonald, photos by P. Cyr. Tired of being thought of as shaggy, bumbling clowns, these bears are here to set the record straight. Includes more than 70 photographs of bears just doing their thing and being bears along with captions that reveal what they're thinking in the process. 96 pages. Down East. 7x7¼. Pub. at $14.95 **$5.95**




**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. 8¾x11¼. Pub. at $79.95 **$7.95**

**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**

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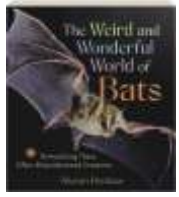
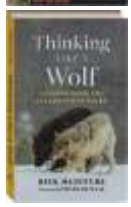



**★9127380 THE WEIRD AND WONDERFUL WORLD OF BATS: Demystifying These Often-Misunderstood Creatures.** By Alyson Brokaw. Brokaw provides a fresh introduction to these curious flying mammals, diving deeply into how they experience the world through unique senses, where and how they fly, their complex relationships with humans, and how we can learn from them. Fully illus. in color. 311 pages. Timber. Paperbound. Pub. at $27.99 **$21.95**

**8878935 THE MAGNIFICENT BEARS OF NORTH AMERICA: . . . And Where to Find Them.** By Keith Scott. The author tells many unforgettable stories of his encounters with grizzly bears in the wild. He also shares his knowledge of the continent's greatest carnivores and shows us their lives in page after page of stunning photographs. 158 pages. Hancock House. Paperbound. Pub. at $29.95 **SOLD OUT**




**★9060286 THINKING LIKE A WOLF: Lessons from the Yellowstone Packs.** By Rick McIntyre. Explore the world of wolf behavior in Yellowstone! Weaving an impressive web of politics, family cooperation and commitment, rivalry and resilience, this volume provides readers with a unique window into the fascinating inner workings of wolf packs. Color photos. 234 pages. Greystone. Pub. at $27.95 **$21.95**

## Animals

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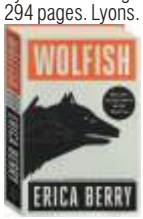
★8882096 **BEAR ATTACKS, THIRD EDITION: Their Causes and Avoidance.** By Stephen Herrero. For more than three decades, *Bear Attacks* has been the thorough and unflinching landmark study of the attacks made on humans by the great grizzly and the less aggressive, but occasionally deadly, black bear. This 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**



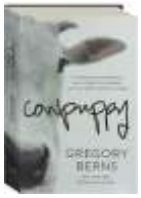
9073280 **WOLFISH: Wolf, Self, and the Stories We Tell About Fear.** By Erica Berry. Blends science, history, and cultural criticism in a years-long journey to understand our myths about wolves, and track one legendary wolf, OR-7, from the Wallowa Mountains of Oregon. 417 pages. Flatiron. Pub. at $29.99 **$5.95**

7783914 **DINOSAUR: The Definitive Visual Guide to Prehistoric Animals.** By Douglas Palmer et al. Featuring an incredible mix of digital reconstructions, extraordinary skeletons, and amazingly intricate fossils. This guide surveys millions of years of life on planet Earth. It uses the latest scientific knowledge to reconstruct hundreds of ancient species. Features gilt-edged pages. Fully illus. in color. 400 pages. Dorling Kindersley. 10x12. Pub. at $34.95 **$16.95**

9068066 **SAVE THE LIONS.** By Sarah L. Thomson. Filled with all the facts you need to know to become a lion expert. Where are lions found? What's it like to be a lion? Why are lions endangered, and who has been working hard to save them? Find out how you can help save the lions! Fully illus. 76 pages. Philomel. Pub. at $16.99 **$4.95**

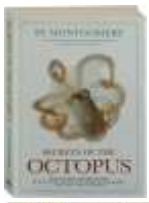
★9063153 **THE BOOK OF BARELY IMAGINED BEINGS: A 21st Century Bestiary.** By Caspar Henderson. A fascinating, beautifully produced modern-day menagerie. But whereas medieval bestiaries were often based on folklore and myth, the creatures that abound in this volume–from the axolotl to the zebrafish–are, 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**

★9062793 **UNCOVERING DINOSAUR BEHAVIOR: What They Did and How We Know.** By David Hone. Provides an unparalleled look at the engaging field of science, presenting the latest findings on dinosaur behavior and explaining how researchers interpret the often minimal and even conflicting information available to them. Fully illus. some in color. 207 pages. Princeton. Pub. at $29.95 **$24.95**



★900002X **COWPUPPY: An Unexpected Friendship and a Scientist's Journey into the Secret World of Cows.** By Gregory Berns. In this fascinating glimpse into the cognitive and emotional lives of cows, a neuroscientist weaves together his hands-on experiences with the growing herd on his farm, accessible scientific explanations of animal behavior, and evocative portraits of the animals at the center of his study. Color photos. 229 pages. Harper. Pub. at $29.99 **$21.95**

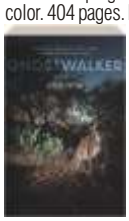
★9074554 **WHAT THE CHICKEN KNOWS: A New Appreciation of the World's Most Familiar Bird.** By Sy Montgomery. A charming and eye-opening exploration between humans and chickens. Montgomery takes us inside the flock and reveals all the things that make chickens such remarkable creatures. 16 pages of color photos. 70 pages. Atria. Pub. at $21.99 **$17.95**



★6075819 **SECRETS OF THE OCTOPUS.** By Sy Montgomery. Reveals an astonishing array of curious behaviors unique to these extraordinary animals. Join Montgomery on this marvelous marine adventure and meet some of the most beautiful and intriguing creatures on the planet. Fully illus. in color. 190 pages. National Geographic. Pub. at $30.00 **$21.95**

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**

★8794022 **INSECTS: Peterson Field Guides.** By D.J. Borror & R.E. White. Covers 579 families of insects and includes descriptions of other arthropods, providing identification keys and notes on habitats, with chapters on insect structure, growth and development, and developing and maintaining a collection. Well illus. many in color. 404 pages. Mariner. Paperbound. Pub. at $25.00 **$18.95**



★9011013 **GHOSTWALKER: Tracking a Mountain Lion's Soul Through Science and Story.** By Leslie Patten. To understand an animal no one sees, Patten conducted over 100 interviews with biologists, conservation groups, state wildlife managers, houndsmen, and professional trackers. Presents a complete picture of mountain lions in the West today, uncovering the intimacies of their secretive lifestyle as well as the issues they face in our changing world. Photos. 298 pages. Bison. Paperbound. **$21.95**

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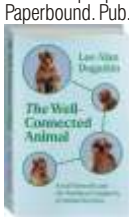
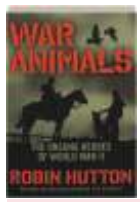
★9077375 **WHAT'S WILD: A Half Century of Wisdom From the Woods and Rivers of New England.** By Eric Orff. Orff's trademark humor and kind heart, coupled with a solid scientific foundation make him someone people like to listen to when they want to know what happening in the woods, rivers, and fields of New England. Wildlife is now more abundant across the region than since colonial times, thanks to Orff and people like him. Illus. 165 pages. Peter E. Randall. Paperbound. Pub. at $24.95 **$17.95**



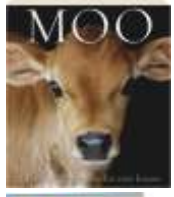
★9063668 **THE WELL-CONNECTED ANIMAL: Social Networks and the Wondrous Complexity of Animal Societies.** By Lee Alan Dugatkin. An engaging exploration of the wondrous social webs that permeate life in animal societies around the world. Uncovering social networks that existed long before the dawn of human social media. Color photos. 217 pages. Univ of Chicago Press. Pub. at $29.00 **$23.95**

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 **PRICE CUT to $5.95**



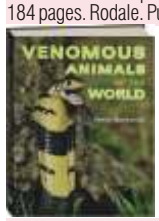
7879210 **WAR ANIMALS: The Unsung Heroes of World War II.** By Robin Hutton. Tells the heartwarming stories of the dogs, horses, mules, pigeons, and one cat, who did their bit for the war effort. American and British families volunteered beloved family pets and farm dogs to aid in the war effort. The shining loyalty and courage of these heroes is a testimony to the enduring bond between us and the animals we love. Illus. 428 pages. Regnery. Paperbound. Pub. at $16.99 **PRICE CUT to $3.95**

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. Regnery. Pub. at $29.99 **$6.95**



★9009116 **MOO: A Book of Happiness for Cow Lovers.** By Angus St. John Galloway. A celebration of these endearing animals, pairing memorable quotes and charming photographs of around 50 of the world's most popular cattle breeds to create a collection of words and images to treasure. 160 pages. Exisle. Paperbound. Pub. at $15.99 **PRICE CUT to $9.95**

1041207 **A HANDFUL OF HAPPINESS: How a Prickly Creature Softened a Prickly Heart.** By Massimo Vacchetta with A. Tomaselli. A veterinarian cares for an orphaned baby hedgehog and connects with her in a way he's never connected with any other animal. Through this life affirming story of a man and his hedgehog, we learn that there's no such thing as too small an act if it's done out of compassion and love. 16 pages of color photos. 184 pages. Rodale. Pub. at $22.99 **PRICE CUT to $4.95**



785675X **VENOMOUS ANIMALS OF THE WORLD.** By Steve Backshall. From the mighty King Cobra, which can reach over five meters in length, down to the diminutive but lethal Black Widow Spider, a natural history expert takes a fascinating look at more than 60 of the most venomous creatures across the world's continents. Well illus. in color. 160 pages. Johns Hopkins. 10x12¾. Pub. at $47.00 **PRICE CUT to $7.95**

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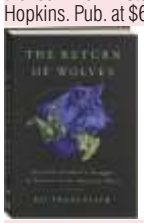
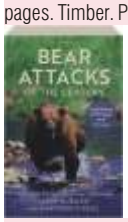
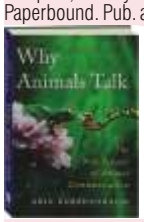


**799866X THE RETURN OF WOLVES: An Iconic Predator's Struggle to Survive in the American West.** By Eli Francovich. Finding promise in the practice of range riding, in which horseback riders patrol the land between wilderness and farms, diverting wolves from livestock without bloodshed, Francovich introduces readers to the many players involved in the fight for wolves while offering renewed hope for their survival. 238 pages. Timber. Pub. at $28.00 **PRICE CUT to $5.95**



★**8091633 BEAR ATTACKS OF THE CENTURY, SECOND EDITION: True Stories of Courage and Survival.** By L. Mueller & M. Reiss. Gathers stories of courage, chronicling the most horrific encounters between bears and people. With expert advice on avoiding attacks and information that may help both species leave an encounter unscathed, this work is required reading for hikers, hunters, campers, or anyone visiting bear country. 178 pages. Lyons. Paperbound. Pub. at $22.95 **PRICE CUT to $14.95**



★**8999376 WHY ANIMALS TALK: The New Science of Animal Communication.** By Arik Kershenbaum. A delightful and groundbreaking exploration of animal communication and its true meaning. Draws on extensive original research to reveal how many of the animal kingdom's most seemingly confusing or untranslatable signals are in fact logical and consistent and not that different from our own. Illus. 273 pages. Penguin. Pub. at $30.00 **PRICE CUT to $17.95**

★**8893934 WILD TREASURES: A Year of Extraordinary Encounters with Cornwall's Wildlife.** By Hannah Stitfall. Shares her incredible stories, beautiful photographs and often funny meetings with Cornwall's wildlife through the course of a year. From brown hares boxing, watching an otter cub hunt, to witnessing the unique bioluminescence of a glow-worm. 255 pages. Gaia. Pub. at $22.99 **PRICE CUT to $14.95**

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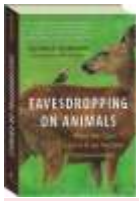
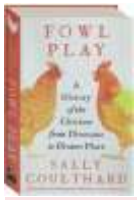
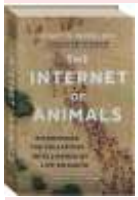


★**9043853 EAVESDROPPING ON ANIMALS: What We Can Learn from Wildlife Conversations.** By George Bumann. Tells the fascinating stories and insights the author has gained from studying wildlife around the world. Bumann shares tips, tricks, and advice for readers living in urban, suburban, and rural areas to have transformative wildlife encounters as you decode the secret conversations of wild animals all around you. 259 pages. Greystone. Pub. at $27.95 **PRICE CUT to $17.95**

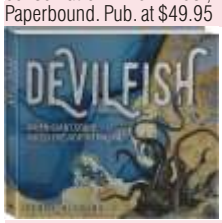


★**6998291 FOWL PLAY: A History of the Chicken from Dinosaur to Dinner Plate.** By Sally Coulthard. Charts the chicken's fascinating journey from dinosaur to domestication to exploitation, exploring every aspect of the history of *Gallus gallus domesticus.* From its importance to the ancient Egyptians, Greeks and Romans through to its darker modern-day fate as battery bird raised to satisfy society's unquenchable addiction to wings and nuggets. Illus. 278 pages. Head of Zeus. Pub. at $27.99 **PRICE CUT to $14.95**



★**1604295 THE INTERNET OF ANIMALS: Discovering the Collective Intelligence of Life on Earth.** By Martin Wikelski. A living map of animal movements made possible through a new satellite-based animal tracking system called International Cooperation for Animal Research Using Space, or ICARUS. Its founder Wikelski convincingly argues that animals possess a unique "sixth sense" that humans are only beginning to grasp. Illus. some in color. 244 pages. Greystone. Pub. at $28.95 **PRICE CUT to $14.95**

★**8871388 A FIELD GUIDE TO THE LARGER MAMMALS OF SOUTH AMERICA.** By R. Webb & J. Blincow. The species accounts include a description of key features and information on subspecies, comparisons with similar species that overlap in range, details of habitats in which the species occurs, a summary of its distribution in South America and information on its conservation. Well illus., in color. 488 pages. Princeton. Paperbound. Pub. at $49.95 **PRICE CUT to $29.95**



★**7978413 DEVILFISH: When Giant Squid Ruled the Northern Sea.** By Jenny Higgins. Higgins informs and delights with myths, facts, and stories of giant squid in the North Atlantic Ocean. Contains 11 pull-out facsimile archival documents and a stunning 3d giant squid pop up. Well illus. some in color. 88 pages. Boulder. 11¼x10¼. Pub. at $34.95 **PRICE CUT to $21.95**

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**9002987 TALES OF AN AFRICAN VET.** By Roy Aronson. 228 pages. Lyons. Paperbound. Pub. at $[illegible] **SOLD OUT**

**9034889 FUNNY FARM: My Unexpected Life with 600 Rescue Animals.** By Laurie Zaleski. 16 pages of color photos. 244 pages. St. Martin's. Pub. at $27.99 **$6.95**

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**1445189 ANIMAL LANGUAGES.** By Eva Meijer. Illus. 276 pages. MIT Press. Pub. at $27.95 **PRICE CUT to $4.95**

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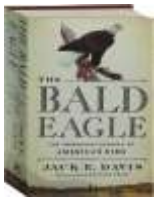

9019502 **THE BALD EAGLE: The Improbable Journey of America's Bird.** By Jack E. Davis. Follows the travels of this exclusively North American bird across five centuries, revealing how its history is entwined with our own. Davis contrasts the relatively peaceful coexistence between bald eagles and Indigenous peoples with the bleak years when Americans, through predator control then DDT pesticides, twice pushed eagles to the bring of extinction. 16 pages of photos, some in color. 417 pages. Liveright. Pub. at $29.95 **$6.95**

228751X *BIRDS & BLOOMS* **EVERYDAY NATURE SECRETS 2023: Discover the Hidden World in Your Backyard.** See nature as never before with fascinating facts about birds and other wildlife, real-life reader stories, expert advice and gorgeous photographs. 256 pages. RDA. Paperbound. Pub. at $24.99 **$5.95**

9131140 **THE HAWAIIAN GOOSE: An Experiment in Conservation.** By J. Kear & A.J. Berger. This timely and absorbing account chronicles the recent history of the Hawaiian Goose, or Nene, including its descent to near extinction, its eleventh-hour rescue, and its recent restoration to the wild. Well illus., most in color. 154 pages. Buteo. Pub. at $30.00 **$4.95**

9057722 **THE BIRD NAME BOOK.** By Susan Myers. An alphabetical reference work on the origins and meanings of common group bird names, from "accentor" to "zeledonia." Engaging facts and anecdotes, this volume presents a wealth of incisive entries alongside stunning photos and historic prints and watercolors. 416 pages. Princeton. Pub. at $39.95 **$7.95**

9001700 **PENGUINS IN THE WILD.** By David Tipling. Showcases 140 amazing photographs of the birds taken in the wild, and includes all of the world's seventeen penguin species, and chapters that cover every aspect of their lives and behavior. This stunning volume is a beautiful celebration of these magnificent birds. 160 pages. MIT Press. 11x9¾. Pub. at $19.95 **$5.95**

7841485 **IDENTIFYING AND FEEDING BIRDS: Backyard Bird Guides.** By Bill Thompson III. In an easygoing and lighthearted style, this guide covers all the elements needed to attract birds to a backyard (food, water, shelter) and address special cases and problems (keeping bees out of hummingbird feeders) and much more. Also profiles the 125 species most common at backyard feeders. Well illus. in color. 246 pages. HMH. Paperbound. Pub. at $20.00 **$5.95**

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8063133 **EUROPE'S BIRDS: An Identification Guide.** By Rob Hume et al. Covering more than 900 species, and illustrated with 4,700 photographs, this is the most comprehensive, authoritative and ambitious single-volume photographic guide to Europe's birds ever produced. Easy to use, this guide provides the information necessary for birdwatchers to name any bird they see. 640 pages. Princeton. Paperbound. Pub. at $29.95 **$6.95**

*DVD* 7765126 **RAPTOR FORCE: NATURE.** Revolutionary tiny cameras designed by engineer and falconer Rob MacIntyre allows you to take off with the biggest, fastest, and deadliest things on wings! Learn the secrets of nature's aerial killing machines and how they've master the art of soaring. 56 minutes. Questar. **$3.95**

★699542X **A LITTLE BOOK OF HUMMINGBIRDS.** By Tara Austen Weaver, illus. by E. Poole. This intimate and lavishly illustrated journey into the world of hummingbirds is a treasure for birdwatchers, gardeners, and anyone who loves these little natural wonders. 144 pages. Sasquatch. Pub. at $16.95 **$12.95**

7977484 **AN ETERNITY OF EAGLES: The Human History of the Most Fascinating Bird in the World.** By Stephen J. Bodio. Traces our love-hate relationship with these "living dinosaurs," from Neolithic rock art and Native American religion through the practices of Kazakh falconers who use them to hunt wolves, all the way to contemporary art and popular culture. Well illus. in color. 202 pages. Lyons. Pub. at $26.95 **$5.95**

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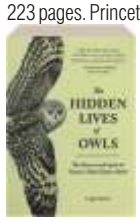

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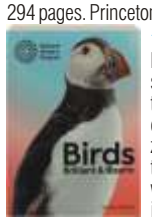

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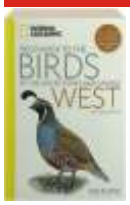

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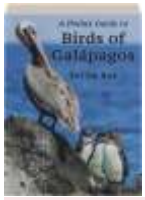

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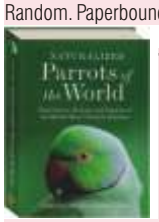

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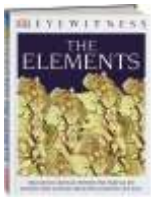


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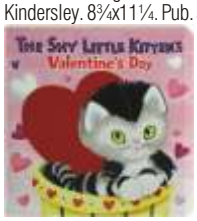


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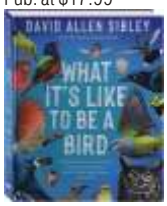


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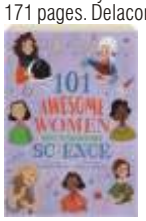


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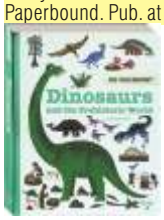


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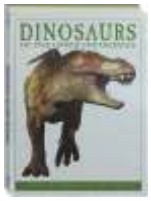
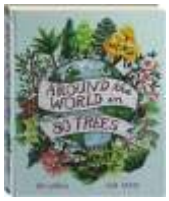
9128093 **WHAT DO WE KNOW ABOUT BIGFOOT?** By Steve Korte, illus. by M. Gutierrez. Dive into the facts behind the most well-known footage of the cryptid, the Patterson-Gimlin film, and learn about actual scientific studies conducted to learn whether or not Bigfoot actually exists. Ages 8-12. Fully illus. 107 pages. Penguin. Paperbound. Pub. at $6.99 **$4.95**




1207326 **DINOSAURS OF THE UPPER CRETACEOUS.** An illustrative guide of 25 of the best known dinosaurs of the period, providing up to date information with highly detailed computer generated artwork. Illustrated introductory spreads provide background information on the time periods in which the dinosaurs lived. Ages 8-11. Firefly. 8¼x11. Pub. at $16.95 **$5.95**




9100199 **AROUND THE WORLD IN 80 TREES.** By Ben Lerwill, illus. by K. Kajfez. Journey around the globe to gaze up at towering redwoods and find out which tree has fish swimming around its roots. View a stunning central gatefold that opens out to reveal 80 trees. Explore the life cycle of trees, how they communicate with each other and why they are vital to the Earth's health. Ages 8-10. Fully illus. in color. 72 pages. Welbeck. 9½x11¼. Pub. at $17.95 **$6.95**

908245X **THE SCIENCE BOOK.** By John Farndon et al. From the extreme ferocity of chemical reactions to the astounding vastness of the universe, discover the most extraordinary facts and stunning photographs with this ultimate guide to science. Ages 9-12. 160 pages. Miles Kelly. 8¼x10½. Pub. at $14.99 **$5.95**

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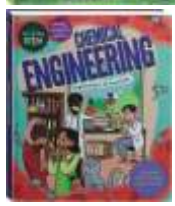
9006435 **CARRY ALONG DINOSAURS.** Children will love exploring the prehistoric dinosaurs in this delightfully illustrated carry along. Ages 1-6. Page Publications. Pub. at $9.99 **$5.95**

9120297 **YOUR BEDROOM IS A RAINFOREST!** By Hannah Sheldon-Dean. Discover everything you need to know about our amazing rainforests, from jungle creatures to conservation science and more! Includes more than 100 reusable glow-in-the-dark stickers. Ages 5-12. Fully illus. in color. 60 pages. Applesauce. 12x10½. Pub. at $24.95 **$6.95**

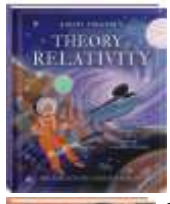
9127755 **BEYOND WORDS: What Wolves and Dogs Think and Feel.** By Carl Safina. A wolf pack reunites and they greet one another the way our dogs greet us when we come home. This is an extraordinary look at what makes these animals different from us. Ages 10 & up. Well illus. 170 pages. Square Fish. Paperbound. Pub. at $12.99 **$4.95**

908584X **I LOVE YOU MORE, BABYSAUR.** By Rose Rossner, illus. by J. Bianda. RAWR means "I love you" in dinosaur, and there's no better way to celebrate your little Hugasaurus than with this pun-tastic work! Ages 0-2. Fully illus. in color. Sourcebooks. Pub. at $8.99 **$4.95**




912991X **CHEMICAL ENGINEERING: Everyday STEM.** By Jenny Jacoby, illus. by L. Valentine. From raising agents in bread to life-saving medicine and eco-friendly fuel, chemical engineering has transformed our lives. With easy-to-understand text and lots of colorful artworks, photos, and diagrams, readers can best explore where we encounter chemical engineering and why it's even important at all. Ages 9-11. Fully illus. in color. 48 pages. Kingfisher. 9¼x11. Pub. at $17.99 **$5.95**

9129952 **CIVIL ENGINEERING: Everyday STEM.** By Jenny Jacoby, illus. by L. Valentine. Discover how civil and mechanical engineering helps us interact with society and see how engineering is helping save the environment. With easy-to-understand text and lots of colorful artworks, photos and diagrams, readers can best explore where we encounter engineering and why it's even important at all. Ages 9-12. 48 pages. Kingfisher. 9¼x11. Pub. at $17.90 **$5.95**




8092265 **ALBERT EINSTEIN'S THEORY OF RELATIVITY.** By Alex Woolf, illus. by J. Londono-Gaviria. Bringing Einstein's radical ideas to life, discover how he came to write the most famous equation in science and learn about Einstein's life, reactions to his ideas, and how scientists today still rely on his work. Ages 8-12. Well illus., in color. 64 pages. Arcturus. 9x11¼. **$8.95**

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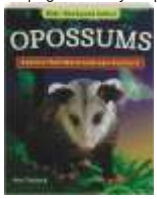
7598939 **EXPLORING THE WORLD OF HUMMINGBIRDS.** By Tracy C. Read. Offers young readers a fascinating and colorfully illustrated introduction to this unique bird and its lifestyle. Includes a section detailing the hummingbird's features, a look at their parenting habits, and more. Ages 8-11. 24 pages. Firefly. Paperbound. Pub. at $6.95 **$4.95**




★1090305 **OPOSSUMS: Kids' Backyard Safari.** By Ann Tatlock. Come along on a backyard safari to learn fun and interesting facts about opossums. Learn if opossums are seen more during the day or at night, where they can be found around the world, how they communicate, and how many teeth they have. Ages 4-8. Fully illus. in color. 32 pages. Curious Fox. Paperbound. **$5.95**

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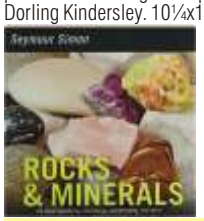
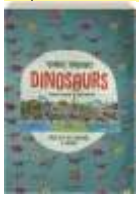
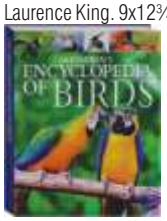
9078797 **SPACE! The Universe As You've Never Seen It Before.** Ed. by C. Heilman & M. Parrish. Covering the stars and planets, space exploration, and the night sky, this volume is packed with amazing facts and NASA images revealing the wonders of the cosmos–from black holes to the big bang to the planets. The computer-generated cutaways and photorealistic images are phenomenal. Ages 10-17. 208 pages. Dorling Kindersley. 10¼x12. Pub. at $24.99 **$11.95**



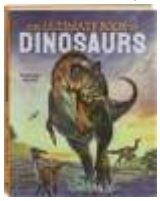

9094474 **ROCKS & MINERALS.** By Seymour Simon. Earth's crust contains many different kinds of rocks and minerals, such as granite, sandstone, basalt, quartz, and crystal. They give us clues to what happened millions and millions of years ago in Earth's history. Ages 6-10. Fully illus. in color. 48 pages. HarperCollins. 10x10. Paperbound. Pub. at $7.99 **$4.95**




9129502 **DINOSAURS: Terrific Timelines.** By Isabel Thomas, illus. by A. Van Ryn. Walk through the Triassic, Jurassic, and Cretaceous eras with 20 top dinosaurs from Allosaurus to Triceratops. Assemble the timeline, then create a prehistoric panorama by slotting in the press-out dinosaur figures. Find out more in the dinosaur factfiles! Ages 6 & up. Fully illus. in color. 32 pages. Laurence King. 9x12¾. Pub. at $19.99 **$6.95**



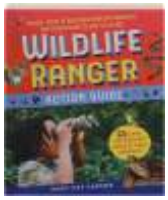

7877838 **CHILDREN'S ENCYCLOPEDIA OF BIRDS.** By Claudia Martin. Set off on an extraordinary tour of the world of birds–from powerful eagles and flocking flamingos, to beautiful hummingbirds and cleaver corvids. This visual encyclopedia brings together cutting-edge knowledge and awe-inspiring ideas with clarity and accuracy. Ages 3-6. 128 pages. Arcturus. 9¼x11¼. Pub. at $14.99 **$7.95**




791007X **THE ULTIMATE BOOK OF DINOSAURS.** By Claudia Martin. Come face to face with the most fearsome creatures ever to walk the Earth, in this extraordinary, eye-opening guide to dinosaurs. This meticulously researched project brings the most up to date paleontological data to life with clarity, passion, and intelligence. Ages 8-12. Fully illus. in color. 125 pages. Arcturus. 9x11¼. Pub. at $14.99 **$5.95**

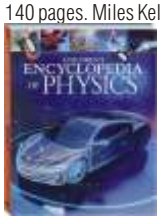
8092397 **DINOSAURS & PREHISTORIC LIFE: Curious Questions & Answers.** By C. de la Bedoyere et al, illus. by L. Martin et al. Humorous illustrations and astounding facts explore all that is strange, sensational and just plain peculiar about dinosaurs and prehistoric life. Ages 5 & up. 140 pages. 8¾x11¼. Pub. at $21.95 **$8.95**

908231X **THE EARTH BOOK.** By Camilla de la Bedoyere et al. From the formidable majesty of its physical features to the fierce power of its natural forces, discover the most extraordinary facts and stunning photographs with this ultimate guide to Earth. Ages 12 & up. 160 pages. Miles Kelly. 8¼x10¾. Pub. at $14.99 **$5.95**

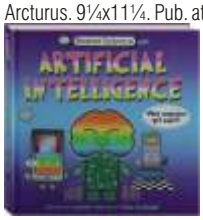



8997519 **WILDLIFE RANGER ACTION GUIDE: Track, Spot & Provide Healthy Habitat for Creatures Close to Home.** By Mary Kay Carson. Use the field guide pages to learn about which species you're likely to see in your area, then turn your backyard into a sanctuary by creating an animal-friendly habitat where wild residents can find food, water, shelter, and places to nest and raise their young. Ages 10 & up. Fully illus. in color. 176 pages. Storey. 8x10. Paperbound. Pub. at $18.95 **$4.95**

8092796 **SPACE: Curious Questions and Answers.** By S. Becklake et al, illus. by B. Bakos et al. Takes a sideways look at all that's wild, wonderful and downright weird about space that includes topics on astronauts, space machines, the solar system and more. Quirky colorful illustrations and playful text reveal amazing answers to curious questions. Ages 5 & up. 140 pages. Miles Kelly. 8¾x11¼. Pub. at $21.95 **$8.95**



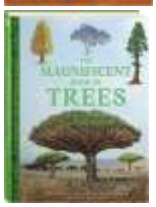

★9121730 **CHILDREN'S ENCYCLOPEDIA OF PHYSICS.** By Tom Jackson. Key concepts are brought to life, as well as awe-inspiring facts and informative diagrams. From the tiniest subatomic particles to the vast expanses of space, this work shines a light on the hidden laws that shape our world. Ages 8-12. Fully illus. in color. 128 pages. Arcturus. 9¼x11¼. Pub. at $16.99 **$12.95**




9129839 **ARTIFICIAL INTELLIGENCE: When Computers Get Smart.** By Tom Jackson. Come and meet the smartest artificial intelligences of the past, present, and future. Introduces pioneering AI machines such as Watson and Sophia and lifts the lid on how they work. Meet machines that look like humans, pit your wits against AlphaGo and Deep Blue, and seek advice from Recommendation Engine. Ages 9-11. Fully illus. in color. 64 pages. Kingfisher. Pub. at $12.99 **$5.95**

910593X **JOURNEY AROUND THE SUN: The Story of Halley's Comet.** By James Gladstone, illus. by Y. Eshet. Told from the perspective of the comet itself upon its return every 75 years or so. Through the lens, we learn not only about the comet, but also how human culture and technology strive toward a greater understanding of our universe. Ages 4-8. Owlkids. 9¼x12¼. Pub. at $17.95 **$4.95**

★9070591 **THE DINOSAUR BOOK: A Journey Through the Prehistoric World.** By Clare Hibbert. Inside you will find high-impact facts and stats, cutting-edge scientific knowledge, and exceptionally realistic art. Ages 8-12. 127 pages. Arcturus. 9x11. Paperbound. Pub. at $12.99 **$9.95**




★9065032 **THE MAGNIFICENT BOOK OF TREES.** By Tony Russell. From the familiar to the rare and the majestic to the peculiar, embark on a journey into the magnificent realm of trees as you explore some of the most fascinating species from across the world. Includes fascinating facts in an easy to read format. And spot the animals that call these trees their home. Ages 8-12. Fully illus., in color. Weldon Owen. 11x15. Pub. at $19.99 **$14.95**

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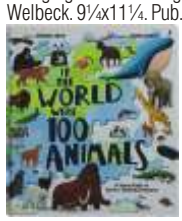


9065520 **IF THE WORLD WERE 100 ANIMALS: A Visual Guide to Earth's Amazing Creatures.** By Miranda Smith, illus. by A. Cushley. By focusing on just 100, we can see the rich diversity of life on our planet, what wondrous wildlife we might lose, and what needs to change to help save them. Ages 4-8. Fully illus. in color. Crown. 10x11. Pub. at $17.99 **$5.95**

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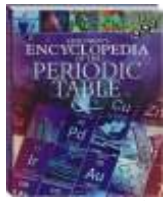
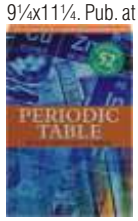



★9121749 **CHILDREN'S ENCYCLOPEDIA OF THE PERIODIC TABLE.** By Janet Bingham. Explores the elements of the Periodic Table, from the story of their discovery to how they have revolutionized our lives. Clear explanations and at-a-glance data make this an indispensable guide. Ages 8-12. Fully illus. in color. 128 pages. Arcturus. 9¼x11¼. Pub. at $14.99 **$11.95**

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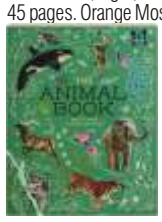


★9070494 **THE ANIMAL BOOK: Take a Walk on the Wild Side!** By M. Leach & M. Lland. Children can set off on an extraordinary guided tour of the animal kingdom with this comprehensive reference, brought to life with eye-opening full-color wildlife photography. Ages 8-12. 127 pages. Arcturus. 9x11. Paperbound. Pub. at $12.99 **$9.95**

## Science & Nature for Children

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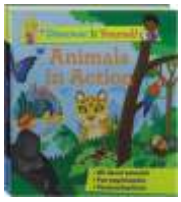
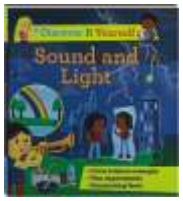
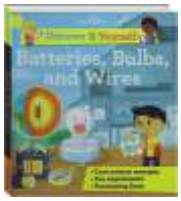



**9129812 ANIMALS IN ACTION: Discover It Yourself.** Illus. by Diego Vaisberg. Packed with scientific facts, experiments and activities linked to the world of animals, this STEM-focused guide will show readers how to test a hamster's IQ with a home-made maze, observe nocturnal animals, keep a diary of the changing seasons, and much more. Ages 6-9. Fully illus. in color. Kingfisher. 8¾x9½. Pub. at $16.99 **$5.95**




**912859X SOUND AND LIGHT: Discover It Yourself.** Illus. by Diego Vaisberg. Packed with activities and experiments to provide a practical, hands-on approach to science. Discover how to measure the distance to a storm; build your own instruments; make an eclipse; and more. Ages 7-9. Fully illus. in color. 32 pages. Kingfisher. 8¾x9½. Pub. at $16.99 **$5.95**

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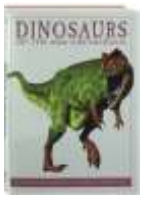


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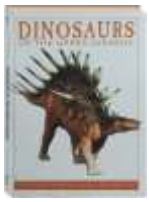


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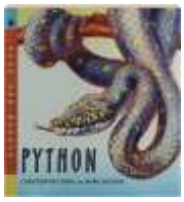


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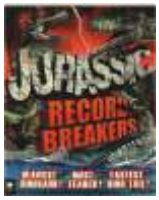


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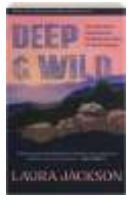


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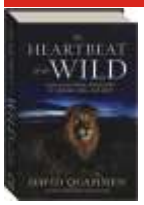

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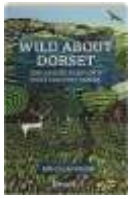

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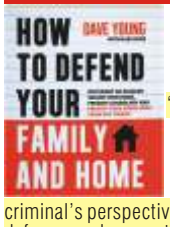

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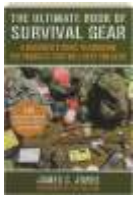

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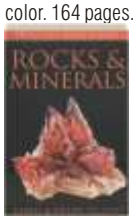

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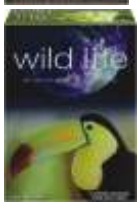

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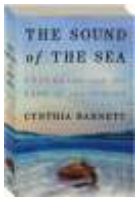

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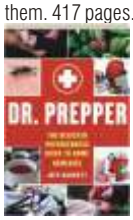

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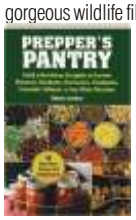

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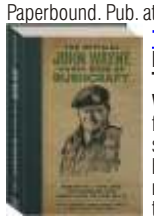

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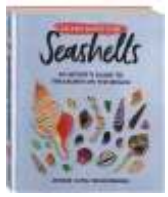

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★9091777 **DISASTER SURVIVAL 101: The Essential Guide to Preparing for–And Surviving–Any Emergency Scenario.** By Creek Stewart. Be prepared for any disaster and put your mind at ease with this step by step plan for surviving natural disasters, technological 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**

LIMITED QUANTITY 9119698 **SURVIVAL HACKS: Over 200 Ways to Use Everyday Items for Wilderness Survival.** By Creek Stewart. Would you survive in the wilderness? Learn to create a one-person emergency shelter from a trash bag or purify water using a plastic bottle and the sun. Be ready everywhere you go with everyday carry kits so you're never without the essential tools you need to survive. Illus. 256 pages. Adams Media. Paperbound. Pub. [illegible] **SOLD OUT**

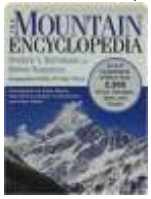
*Blu-ray* 7988877 **FLORIDA'S STATE PARKS.** Florida has one of the most diverse landscapes in America, from white sand beaches and spring-red rivers to mossy swamps and pine forests. Explore more than 15 of Florida's state parks, from Falling Waters State Park to John Pennekamp Coral Reef. Includes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

9107258 **THE REMARKABLE REEFS OF CUBA: Hopeful Stories from the Ocean Doctor.** By David E. Guggenheim. Reveals the hidden potential that Cuba's reefs may contain for the reefs of the world. While the past 60 years have seen the worst decline in ocean health in human history, Cuba's oceans and coral reefs remain remarkably healthy, a living laboratory never before seen by this generation of scientists. Color photos. 240 pages. Prometheus. Pub. at $27.95 **$6.95**

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**

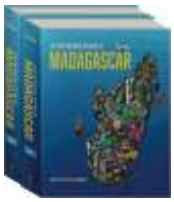
★9093710 **CHEROKEE NATIONAL FOREST: A History.** By Marci Spencer. Created in 1920, the 650,000-acre Cherokee National Forest lies north and south of the Great Smoky Mountains National Park. It pays tribute to the heritage in its name and protects an ancient Indigenous burial cave and a portion of the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

8125244 **LAPIDARIUM: The Secret Lives of Stones.** By Hettie Judah. Explores the unexpected stories behind 60 stones that have shaped and inspired human history, from Dorset fossil-hunters to Chinese philosophers, Catherine the Great to Michelangelo. Stone by stone, story by fascinating story, this work builds into a dazzling, epoch-spanning adventure through human culture, and beyond. Illus. in color. 336 pages. John Murray. Pub. at $30.00 **$12.95**



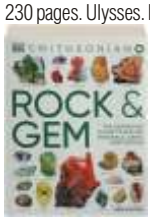
9036512 **THE MOUNTAIN ENCYCLOPEDIA: An A-Z Compendium of More Than 2,300 Terms, Concepts, Ideas, and People.** By F.V. Hartemann & R. Hauptman. This is the first English language A-to-Z compendium of all topics related to mountains, including geological, geographical, and zoological terms, as well as many entries on significant explorers, surveyors, mountaineers, rock climbers, and skiers. Color photos. 291 pages. Taylor Trade. 8½x11. Paperbound. Pub. at $29.95 **$7.95**

9078487 **POCKET GUIDE TO BIRDS OF AUSTRALIA.** By Peter Menkhorst et al. Explore this easy-to-use and beautifully color illustrated quick identification guide to all regularly occurring bird species in Australia. Covers more than 700 bird species that are residents of or regular visitors to the Australian mainland, Tasmania and surrounding waters. 252 pages. Princeton. Paperbound. Pub. at $27.95 **$9.95**

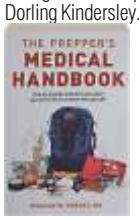


9057897 **THE NEW NATURAL HISTORY OF MADAGASCAR.** Ed. by Steven M. Goodman. This beautifully illustrated compendium covers the history of scientific exploration in Madagascar, as well as the islands geology and soils, climate, forest ecology, human ecology, marine and coastal ecosystems, plants, invertebrates,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

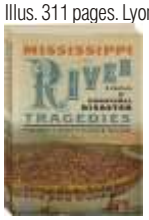
★7776527 **PREPPER'S LONG-TERM SURVIVAL GUIDE, SECOND EDITION.** By Jim Cobb. This volume will get you though when days become weeks, and then months, and then years. Offers advanced techniques and tactics necessary for surviving the most dire of situations, including: a wide range of methods to preserve and store food; updated water collection and storage techniques for drink and hygiene; and more. 230 pages. Ulysses. Paperbound. Pub. at $19.95 **$11.95**



★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**



★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**



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**

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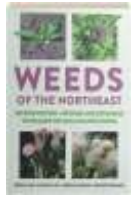
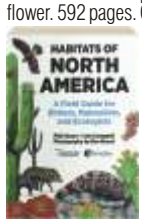


★8998590 **WEEDS OF THE NORTHEAST, SECOND EDITION REVISED.** By Joseph C. Neal et al. Provides illustrations for identification of more than 500 common and economically important weeds in the Northeast and in the Upper Midwest and Mid-Atlantic states. Includes descriptions of floral and vegetative characteristics, 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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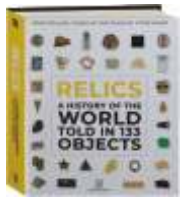

887896X **RELICS: A History of the World Told in 133 Objects.** By James B. Grove. Takes you on an amazing journey through history, from prehistoric life to the tombs of ancient Egypt to the first supercomputer. It also offers inspiration for your own collection of wonders from your backyard and beyond. Fully illus. in color. 304 pages. Weldon Owen. Pub. at $30.00 **$7.95**

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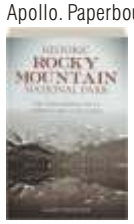
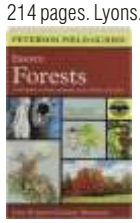


7978138 **HISTORIC ROCKY MOUNTAIN NATIONAL PARK: The Stories Behind One of America's Great Treasures.** By Randi Minetor. Captures fascinating moments and untold stories in the history of this magnificent national part, from the days when Paleo-Indians roamed between the mountain peaks to the settlement of the valleys by ranchers, hoteliers, and more. Illus. 214 pages. Lyons. Paperbound. Pub. [illegible] **SOLD OUT**



★8794006 **EASTERN FORESTS: Peterson Field Guides.** By John Kricher. A comprehensive field guide that identifies trees, birds, mammals, wildflowers, mushrooms, reptiles, butterflies, beetles, and other insects found in the forests of North America. This is the one field guide to carry! Well illus. many in color. 488 pages. HMH. Paperbound. Pub. at $21.99 **$16.95**

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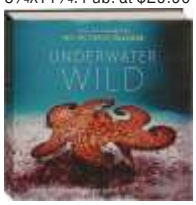

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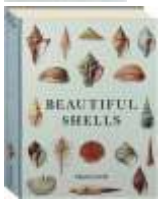

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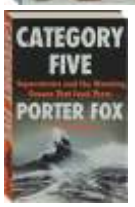

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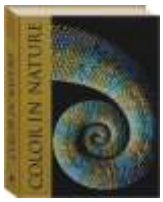
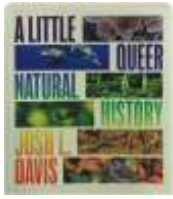
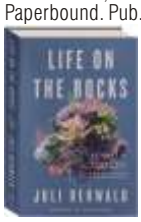


★**9064796 COLOR IN NATURE.** By Justin Marshall et al. Unlocks nature's colorful purpose, revealing how creatures see it as well as shedding light on the important part that color plays in animal behavior, from reproduction and communication to aggression and defense. Fully illus. in color. 288 pages. Princeton. Pub. at $35.00 **$27.95**



★**9063404 A LITTLE QUEER NATURAL HISTORY.** By Josh L. Davis. Beautifully illustrated and scientifically informed, a celebration of the astonishing diversity of sexual behavior and biology found in nature. For many organisms–animals, plants, and fungi included–sexual reproduction and sex determination rely on a complex interaction among genes, hormones, environment, and chance. 128 pages. Univ of Chicago Press. Paperbound. Pub. at $16.00 **$12.95**



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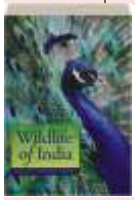
**6077242 WILDLIFE OF NEW ZEALAND, REVISED: A Field Guide.** By Julian Fitter. Includes up to date descriptions of all manner of birds, mammals, amphibians and reptiles, insects, seashore species, trees and shrubs, grasses, fungi, and lichen, and new sections look at fish and places to visit. Succinct text contains information on identification, distribution, and biology. Fully illus. in color. 304 pages. Princeton. Paperbound. Pub. at $26.95 **PRICE CUT to $3.95**



**6077234 WILDLIFE OF INDIA.** By Bikram Grewal et al. Begins with an overview of India's climate and geography, its wildlife habitats and how to enjoy them, and threats to wildlife. It concludes with a section on wildlife-watching in the national parks and wildlife sanctuaries, which offer the best chance of seeing many of the species described. Color photos. 400 pages. Princeton. Paperbound. Pub. at $24.95 **PRICE CUT to $3.95**

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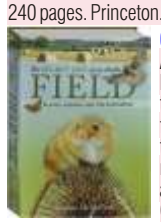

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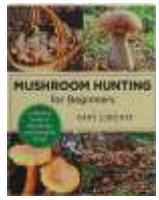

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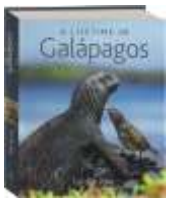

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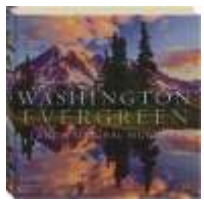

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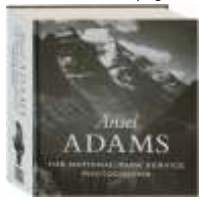

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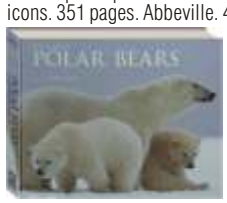

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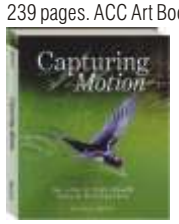

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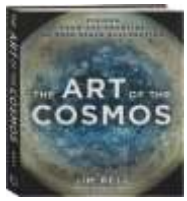

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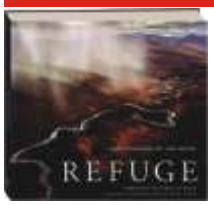


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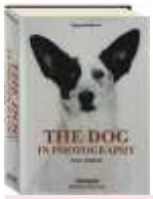


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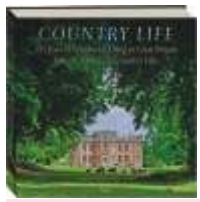


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**7992440 WILD BRITAIN, WILD IRELAND: Unique National Parks, Nature Reserves and Biosphere Reserves.** Text by Stephanie Fischer et al. 176 pages. Monaco. 9¼x11¾. Pub. at $35.00 **PRICE CUT to $7.95**

★**6082246 ALOFT: Canadian Rockies Aerial Photography.** By Paul Zizka. Fully illus. most in color. Rocky Mountain. 8½x11. Paperbound. Pub. at $35.00 **$21.95**

**4971078 THE HORSE: Its Nature, Revealed.** Text by E. Brengard, photos by S. Stuewer. 207 pages. Firefly. 9¼x12. Pub. at $29.95 **PRICE CUT to $5.95**

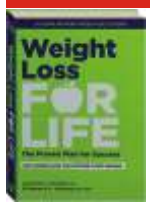
★**4993829 WE ANIMALS.** By Jo-Anne McArthur. Fully illus. most in color. 214 pages. Lantern Publishing. 10x8½. Paperbound. Pub. at $39.95 **PRICE CUT to $14.95**

★**7869428 STRANGE ANIMALS.** By Tom Jackson. Fully illus. in color. 224 pages. Amber. 9¼x12. Pub. at $29.99 **PRICE CUT to $17.95**

★**771470X THE BEAUTY OF UKRAINE: Landscape Photography.** Text by L. Bondar. photos by Y. Samuchenko. Fully illus. in color. 192 pages. te Neues. 9½x12. Pub. at $70.00 **PRICE CUT to $19.95**

★**7930070 BAIT THE TOAD.** By Kendra Powers. Color photos. Powers Squared. 6¼x4¼. Pub. at $14.95 **PRICE CUT to $3.95**

## Nutrition & Weight Management

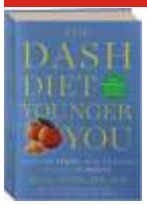



**9045848 WEIGHT LOSS FOR LIFE: The Proven Plan for Success.** By L.J. Cheskin & K.A. Gudzune. Provides you with all of the information you need on your weight loss journey. Leading experts in behavioral health, nutrition, exercise, and nursing help you develop a plan that works best for you, and that's not focused on just restricting calories and certain foods. 380 pages. Johns Hopkins. 7¼x10¼. Pub. at $29.95 **$5.95**

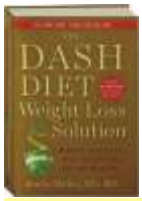
**8991286 NUTRITION IN CRISIS: Flawed Studies, Misleading Advice, and the Real Science of Human Metabolism.** By Richard David Feinman. Feinman paints a broad picture of the nutrition world that shows the beauty of the underlying biochemistry, the embarrassing failures of the medical establishment, and 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**

**9031308 THE POUND A DAY DIET: Lose Up to 5 Pounds in 5 Days by Eating the Foods You Love.** By Rocco DiSpirito. Rewrites every carb, fat, and calorie rule in the book! The 28-day program offered is based on the science of the calorie deficit and uses a fat-as-fuel approach. Rich in fiber and nutrients and carb-corrected to accelerate fat loss, it quickly depletes existing fat reserves. Features recipes and meal plans. 298 pages. Grand Central. Paperbound. Pub. at $18.00 **$4.95**

## Nutrition & Weight Management



**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 resigned 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**

**9000399 DR. ATKINS' NEW DIET REVOLUTION.** By Robert Atkins. With this guide, you get everything you need: medical and nutritional information, a carb gram counter, low-carb meal plans, and dozens of mouth-watering recipes for everything from appetizers to entrees to desserts. Start your new life today; become a healthier, fitter, happier you. 540 pages. Harper. Paperbound. Pub. at $8.99 **$4.95**

**7989571 INTERMITTENT FASTING FOR WOMEN.** By Lori Russell. A science backed fasting guide that's tailored to a woman's physiology, giving you a healthy alternative to stressful and ineffectual diet practices. You'll alternate periods of fasting with periods of nutritious eating to reset your metabolism, helping you lose weight, regulate your hormones, and slow down aging. 95 pages. Rockridge. Paperbound. Pub. at $12.99 **$2.95**

**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 **$5.95**

**9031413 THE SHIFT: How I Finally Lost Weight and Discovered a Happier Life.** By Tory Johnson. Follows Johnson on her weight-loss journey. She creates a plan, makes a list of things she is willing to sacrifice, and teaches herself the realities of self-discipline. She shares her experience overcoming the inevitable challenges along the way. She becomes healthier but also happier and shows you how, too! 277 pages. Hachette. Paperbound. Pub. at $16.00 **$4.95**

**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**

★**9107657 THE OZEMPIC REVOLUTION.** By Alexandra Sowa. The first comprehensive user guide to GLP-1s (such as Ozempic, Wegovy, and Zepbound), with an overview of how they work and possible side effects. Also including companion recipes, exercise guidance, and new habits to maintain lifelong health and keep weight off for good. 235 pages. Harvest. Pub. at $28.99 **$21.95**

**7751613 EAT FAT, GET THIN: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health.** By Mark Hyman. 386 pages. Little, Brown. Pub. at $28.00 **$5.95**

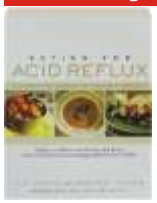
**9000178 THE 17 DAY KICKSTART DIET: A Doctor's Plan for Dropping Pounds, Toxins, and Bad Habits.** By Mike Moreno. 257 pages. Atria. Paperbound. Pub. at $18.99 **PRICE CUT to $3.95**

★**8007764 ZERO SUGAR/ONE MONTH.** By Becky Gillaspy. 176 pages. Dorling Kindersley. Paperbound. Pub. at $19.99 **PRICE CUT to $9.95**

★**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 **PRICE CUT to $4.95**

★**7932030 THE FUTURE OF NUTRITION.** By T. Colin Campbell with N. Disla. 305 pages. BenBella. Paperbound. Pub. at $19.95 **PRICE CUT to $7.95**

## Healthy Cooking & Special Diets



**9076166 EATING FOR ACID REFLUX: A Handbook and Cookbook for Those with Heartburn.** By J. Sklar & A. Cohen. Unique combination of handbook and cookbook for acid reflux written by authors who have experienced reflux and learned how to effectively control the problem. Includes essential information on GERD, mainstream and alternative therapies, and a hundred recipes. 273 pages. Da Capo. Paperbound. Pub. at $16.95 **$5.95**

**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**

**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**

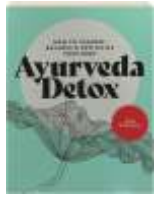
**9105123 THE FULL-BODY FAT FIX.** By Stephen Perrine. Discover a groundbreaking new way of eating that can reverse inflammation, heal your gut, and improve your overall health, fitness, and athletic performance–in just one week–while setting you on the path to easy, sustainable weight loss for life!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

**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 & Co. Pub. at $27.99 **$5.95**

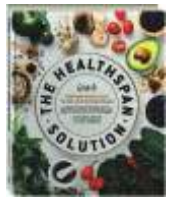
**5879787 THE SUGAR DETOX DIET FOR 50+: A Complete Guide to Quitting Sugar, Boosting Energy, and Feeling Great.** By Dana Elia. Explains how to safely and effectively eliminate excess sugar from your diet to boost energy, help with weight loss, and prevent harmful health conditions such as heart disease, 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 **$5.95**

**7950918 10-DAY CELERY JUICE CLEANSE.** By H. Ebelthite & 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 **$4.95**

**608186X THE NUTRITIONIST'S KITCHEN: Transform Your Diet and Discover the Healing Power of Whole Foods.** By Carly Knowles. Offers an approachable guide that includes the latest science and nutrition recommendations to help you restore balance and promote optimal health and wellness. Use the seasonal qualities chart to identify your unique constitution and align your diet and lifestyle more holistically with the current season. Includes 60 nutrient-dense recipes. Color photos. 256 pages. Roost. Paperbound. Pub. at $24.95 **$6.95**



**9071903 AYURVEDA DETOX: How to Cleanse, Balance and Revitalize Your Body.** By Anu Paavola. Packed with recipes, detox plans, routines and remedies, this work will help you cleanse your body of toxins and restore you to your natural state of health and happiness. Fully illus. in color. 176 pages. Welbeck. Paperbound. Pub. at $19.95 **$5.95**



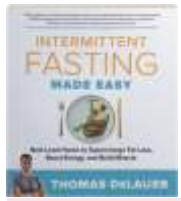
**9067582 THE HEALTHSPAN SOLUTION: How and What to Eat to Add Life to Your Years.** By J. Hever & R. Cronise. Learn how changing what you eat can dramatically improve your quality of life and result in sustainable, lasting health benefits. Based on research and longevity analysis, the authors introduce 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**

**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**

★**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 **$21.95**

**9126627 NATURAL BEAUTY RESET: The 7-Day Program to Harmonize Hormones & Restore Radiance.** By Trevor Cates. A revolutionary new path to optimize your health, balance hormones, and revitalize skin–including more than 80 food and DIY skincare recipes. Well illus. in color. 251 pages. BenBella. Paperbound. Pub. at $28.95 **$6.95**

★**9103678 HOW TO EAT: An Ancient Guide for Healthy Living.** Selected by Claire Bubb. A delicious feast of ancient Greek and Roman writings on living well by eating well. Illus. 242 pages. Princeton. Pub. at $17.95 **$13.95**



**5734894 INTERMITTENT FASTING MADE EASY: Next-Level Hacks to Supercharge Fat Loss, Boost Energy, and Build Muscle.** By Thomas DeLauer. Gives you an action plan for maximizing results, designed with busy people juggling family, career and everyday life in mind. Walks you through the best practices for each day of the key stages of intermittent fasting: the fasting window, breaking the fast, and eating window. Illus. 256 pages. Fair Winds. Paperbound. Pub. at $19.99 **PRICE CUT to $3.95**

**8992363 UNLOCK YOUR MACRO TYPE.** By Christine Hronec. Reveals the secret code of fat, and why you need to eat fat to burn fat; why drastic carb-cutting can backfire for many macro types; the essential macronutrient most people don't get enough of each day; the single biggest factor that dictates how to eat for your macro type; and more. Recipes and workouts included. 323 pages. Mariner. Pub. at $28.99 **PRICE CUT to $4.95**

**7982801 I'M SO EFFING HUNGRY: Why We Crave What We Crave–and What to Do About It.** By Amy Shah. A science-based plan designed to help you take charge of your health and your cravings, without feeling deprived. A 5-step plan to help you make peace with food and your body: replenish, rewire, reset, refresh, and retrain. 225 pages. Harvest. Pub. at $28.99 **PRICE CUT to $3.95**



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## Healthy Cooking & Special Diets

**8990689 28-DAY FAST START DAY-BY-DAY.** By Gin Stephens. Expert, lively, and fun information and day by day instructions give you what you need to know and when you need to know it. It's ideal for a refresh too: a happy and helpful jump start if you want to get back to an intermittent fasting lifestyle. 354 pages. St. Martin's. Paperbound. Pub. at $20.00 **PRICE CUT to $3.95**

**8054045 CLEAN(ISH): Eat (Mostly) Clean, Live (Mainly) Clean, and Unlock Your Body's Natural Ability to Self-Clean.** By Gin Stephens. You will learn how to shift your choices so you're not burdening your body with a bucket of chemicals, additives, and obesogens it wasn't designed to handle. You'll cut through the confusion, lose the fear, and embrace the freedom that comes from becoming clean(ish). 406 pages. St. Martin's. Paperbound. Pub. at $19.99 **PRICE CUT to $2.95**

**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 **$4.95**

**5734037 IMMUNITY FOOD FIX: 100 Superfoods and Nutrition Hacks to Reverse Inflammation, Prevent Illness, and Boost Your Immunity.** By Donna Beydoun Mazzola. Color photos. 188 pages. Fair Winds. Paperbound. Pub. at $26.99 **$5.95**

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

**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**

**1139797 THE MINIMUM METHOD: The Least You Can Do to Be a Stronger, Healthier, Happier You.** By Joey Thurman. Illus. 286 pages. BenBella. Pub. at $26.95 **$6.95**

**8038376 THE COCONUT OIL MIRACLE, 5TH EDITION.** By Bruce Fife. 286 pages. Avery. Paperbound. Pub. at $18.00 **$5.95**

**9047026 THE JUICE CLEANSE RESET DIET: 7 Days to Transform Your Body for Increased Energy, Glowing Skin, and a Slimmer Waistline.** By L.K. Farley & M. St. Clair. 218 pages. Ten Speed. Paperbound. Pub. at $15.99 **$5.95**

★**8894108 THE COMPLETE IBS DIET PLAN: Step-by-Step Meal Plans and Low-FODMAP Recipes for Relief and Healing.** By Amanda Foote. 152 pages. Rockridge. Paperbound. Pub. at $17.99 **$12.95**

**9066152 THE OFFICIAL MIND DIET: A Scientifically Based Program to Lose Weight and Prevent Alzheimer's Disease.** By Martha Clare Morris et al. 16 pages of color photos. 360 pages. Little, Brown. Pub. at $30.00 **SOLD OUT**

**4922212 WHAT TO EAT WHEN: A Strategic Plan to Improve Your Health & Life Through Food.** By Michael F. Roizen et al. Illus. 352 pages. National Geographic. Paperbound. Pub. at $16.99 **$4.95**

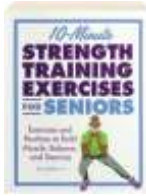
**8897336 THE FAT-LOSS PLAN: 100 Quick and Easy Recipes with Workouts.** By Joe Wicks. Well illus., in color. 240 pages. Pan Macmillan. Paperbound. **PRICE CUT to $3.95**

**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 $2.95**

★**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 $9.95**

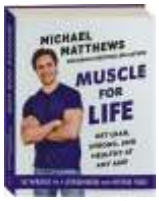
## Exercise & Fitness

**LIMITED QUANTITY 9123393 STRETCHING FOR A PAIN-FREE LIFE.** By J. Cybulski & B. Riley. The authors show you their most effective stretching routines, simple enough for anyone to do at home, that strengthen key areas of the body so you can move properly and live pain-free once more. Well illus. in color. 128 pages. Page Street. Paperbound. Pub. at $19.99 **SOLD OUT**

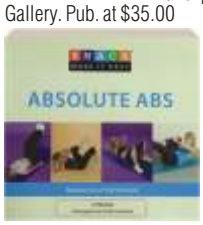


★**8794332 10-MINUTE STRENGTH TRAINING EXERCISES FOR SENIORS: Exercises and Routines to Build Muscle, Balance, and Stamina.** By Ed Deboo. Featuring step by step instructions, you'll learn how to build muscle mass, improve bone density, and feel great in only 10 minutes a day. Fully illus. in color. 154 pages. Callisto. Paperbound. Pub. at $14.99 **$11.95**

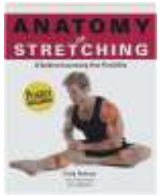
★*DVD* **887669X TAI CHI FOR SENIORS: Feel Good for Life!** Suitable for people of all ages and all fitness levels, this DVD is a gentle, easy, safe and effective introduction to the ancient art of Tai Chi. Master Chan's expert guidance takes you step by step through the Tai Chi form and techniques of breathing and elemental movement. 120 minutes. Total Content. Pub. at $14.95 **$7.95**



**224702X MUSCLE FOR LIFE: Get Lean, Strong, and Healthy at Any Age!** By Michael Matthews. A science-based blueprint for eating and exercising that anyone can follow at any age and fitness level. Gives you a plan for transforming your body faster than you ever thought possible. Will show you how to look, feel, and perform your best. Illus. 465 pages. Gallery. Pub. at $35.00 **$6.95**



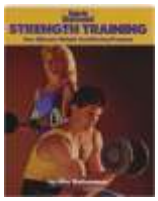
**9030212 KNACK ABSOLUTE ABS: Routines for a Fit & Firm Core.** By JJ Flizanes, photos by S. Fortunato. The abdominal region is one of the toughest areas of the body to keep in shape, especially as we age. This comprehensive guide contains all the information you need to kick belly fat once and for all. Includes everything from step by step exercises to the right diet. Fully illus. in color. 244 pages. Knack. Paperbound. Pub. at $19.95 **$4.95**



**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**

★*DVD* **9021191 SIT AND BE FIT: Ready, Set & Move! Workouts for Seniors.** These sit and be fit workouts feature Mary Ann Wilson, RN, from the popular public television series. Three complete workouts include "Stretching," "Healthy Aging," and "We've Gone Country"–all created to get anyone moving. 66 minutes. Total Content. Pub. at $14.95 **$7.95**

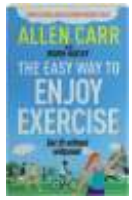
**9041680 YOGA CARDS: 60 Step-By-Step Cards for Guided Yoga Poses.** Introduces you to 60 yoga poses for soulful self-care. Shuffle through this deck for targeted stretches, morning salutations, midday pick me ups, and evening unwinds. Includes a 32-page booklet of guided yoga routines and a 60-card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



**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**

**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 **$5.95**

**7961448 THE FITNESS INSTRUCTOR'S HANDBOOK, 2ND EDITION: A Professional's Complete Guide to Health and Fitness.** By Morc Coulson. An essential guide for anyone working in, or wishing to enter the fitness industry. Clear, concise and accessible, covering every theoretical aspect of fitness instruction and places it in a practical context. Topics covered include theory of anatomy and physiology, core stability, and practical application of health and fitness. Well illus. 303 pages. Firefly. Paperbound. Pub. at $24.95 **$6.95**

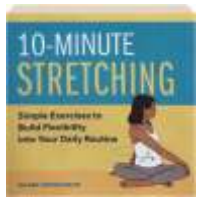


★**9092153 THE EASY WAY TO ENJOY EXERCISE: Get Fit Without Willpower.** By Allen Carr with R. Hayley. Whether you want to increase your physical stamina, improve your self-esteem, or support your mental health, everyone has a reason to exercise. By following a set of simple steps, this method breaks down the common mental barriers to exercising. 236 pages. Sirius. Paperbound. Pub. at $14.99 **$11.95**

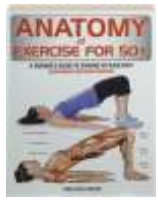
★*DVD* **8876576 THE DOCTOR'S WORKOUT FOR SENIORS.** Whether you have never exercised before, or already tried an exercise program but had trouble sticking with it, this instructional will teach you everything you need to know to get started (or re-started) through simple, step by step workout routines. 50 minutes. Total Content. Pub. at $9.95 **$7.95**

★**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**

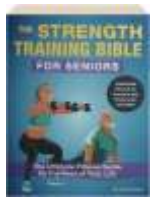
**9013474 THE RESISTANCE TRAINING REVOLUTION.** By Sal Di Stefano. Reveals how resistance training is the best form of exercise to burn fat, boost metabolism, and achieve health benefits you cannot obtain from other forms of exercise. Illus. 283 pages. Hachette. Pub. at $29.00 **$6.95**



★**8894051 10-MINUTE STRETCHING: Simple Exercises to Build Flexibility into Your Daily Routine.** By Hilery Hutchinson. Discover how easy it is to improve your flexibility, reduce pain, and eliminate stress. This illustrated guide provides you with essential stretches and simple routines for increasing your range of motion, supplementing physical therapy, and more. Features 60 individual stretches for your neck, feet, and everything in between. Well illus. in color. 266 pages. Rockridge. Paperbound. Pub. at $16.99 **$12.95**

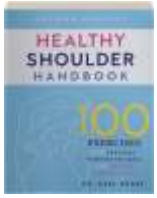


★**9067469 ANATOMY OF EXERCISE FOR 50+, SECOND EDITION.** By Hollis Lance Liebman. A detailed guide to attaining optimum physical fitness, showing exactly how to maintain and improve your physique with every passing day. You'll find 75 exercises, with step by step instructions from an experienced personal trainer. Fully illus. in color. 192 pages. Firefly. 8¾x11. Paperbound. Pub. at $24.95 **$19.95**



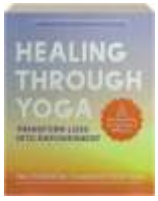
★**9014438 THE STRENGTH TRAINING BIBLE FOR SENIORS: The Ultimate Fitness Guide for the Rest of Your Life.** By Karl Knopf. Comprehensive and customizable total-body workouts for people 50 years and older. They provide everything you need to: build muscle & get stronger; foster core stability & flexibility; avoid injury; improve posture; develop low-back health; boost mind-body awareness; and more. Fully illus. 384 pages. VeloPress. 8½x10¾. Paperbound. Pub. at $21.95 **$16.95**

## Exercise & Fitness




★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**

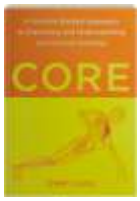
★9117261 **WEIGHT TRAINING FOR WOMEN: Exercises and Workout Programs for Building Strength with Free Weights.** By Brittany Noelle. Your guide to building strength with free weights. By walking you through the basics of developing a weightlifting program that helps you get stronger and healthier on your own terms. Plus, advice on proper nutrition, gym etiquette, pre and post-workout best practices, and more. Well illus. in color. 171 pages. Callisto. Paperbound. Pub. at $19.99 **$14.95**




9127909 **HEALING THROUGH YOGA: Transform Loss into Empowerment.** By Paul Denniston. Guides you through a cycle of compassionate transformation consisting of Awareness, Expressions, Connection, Surrender, and Evolution, with clear instructions for poses and exercises, flowing meditations, and routines designed to move you through each particular step. Fully illus. 264 pages. Chronicle. Paperbound. Pub. at $19.95 **$5.95**

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**

★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. 8½x10¾. Paperbound. Pub. at $41.99 **$31.95**

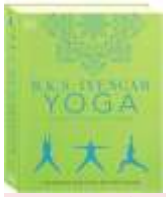



★8873798 **CORE: A Science-Backed Approach to Exercising and Understanding Our Central Anatomy.** By Owen Lewis. Makes it easy to understand the anatomy of the core region of the body, as well as key principles for more effective and safe exercises and training regimens. Fully illus. in color. 136 pages. North Atlantic. Paperbound. Pub. at $24.95 **SOLD OUT**

9129413 **BURN: The Burn Bootcamp 5-Step Strategy For Inner and Outer Strength.** By Devan & Morgan Kline. The founders of *Burn Boot Camp* offer a healthy lifestyle plan for people who struggle with their self-improvement–featuring 12 exclusive workouts and 50 recipes you can make in 10 minutes or less. Illus. 292 pages. Balance. Pub. at $30.00 **$6.95**

★9123938 **THE YOGI'S WAY: Transform Your Mind, Health, and Reality.** By Reema Datta. Datta's 12-week course is an accessible and practical method for cultivating mental and emotional well-being, physical health, and spiritual nourishment. She combines ancient yogic wisdom and practices with cutting-edge science and personal stories to offer insightful solutions to the challenges of modern life. Illus. 281 pages. New World Library. Paperbound. Pub. at $19.95 **$14.95**

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 $4.95**




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 though more than 50 poses step by step, including special sequences to alleviate ailments ranging form asthma to arthritis. Fully illus. in color. 432 pages. Dorling Kindersley. 8¾x11. Pub. at $40.00 **PRICE CUT to $14.95**

9038809 **10,000 STEPS A DAY TO YOUR OPTIMAL WEIGHT: Walk Your Way to Better Health.** By Greg Isaacs. 257 pages. Volt. 5x9¾. Paperbound. Pub. at $19.95 **$4.95**

7677782 **SCIENCE OF STRENGTH TRAINING: Understand the Anatomy and Physiology to Transform Your Body.** By Austin Current. Well illus. in color. 224 pages. Dorling Kindersley. Paperbound. Pub. at $19.99 **SOLD OUT**

7684282 **SCIENCE OF YOGA: Understand the Anatomy and Physiology to Perfect Your Practice.** By Ann Swanson. 216 pages. Dorling Kindersley. Paperbound. Pub. at $19.99 **$9.95**

7966350 **15-MINUTE PILATES: Four 15-Minute Workouts for Strength, Stretch, and Control.** By Alycea Ungaro. Fully illus. in color. 112 pages. Dorling Kindersley. Paperbound. Pub. at $15.00 **$5.95**

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

★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**

★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**

9029605 **THE LITTLE BOOK OF GOAT YOGA.** By Lainey Morse. Well illus. in color. 120 pages. Running Press. Paperbound. Pub. at $15.99 **PRICE CUT to $2.95**

9023550 **FLEX YOUR AGE: Defy Stereotypes and Reclaim Empowerment.** By Joan & Michelle MacDonald. Illus. in color. 224 pages. Dorling Kindersley. Pub. at $24.99 **PRICE CUT to $7.95**

★5879507 **THE ART OF YOGA SEQUENCING: Contemporary Approaches and Inclusive Practices for Teachers and Practitioners.** By Sage Rountree. Fully illus. 292 pages. North Atlantic. Paperbound. Pub. at $24.95 **SOLD OUT**

★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**

★8898979 **MOVEMENT FOR EVERY BODY: An Inclusive Fitness Guide for Better Movement.** By Marcia Dernie. Well illus. in color. 144 pages. North Atlantic. Paperbound. Pub. at $22.95 **PRICE CUT to $14.95**

★790682X **YOGA INVERSIONS: Your Guide to Going Upside Down.** By Kat Heagberg Rebar. Fully illus. in color. 206 pages. Shambhala. Paperbound. Pub. at $24.95 **PRICE CUT to $7.95**

★7786832 **FUNCTIONAL ANATOMY OF YOGA: A Guide for Practitioners and Teachers.** By David Keil. Fully illus. in color. 328 pages. Inner Traditions. Paperbound. Pub. at $29.99 **SOLD OUT**

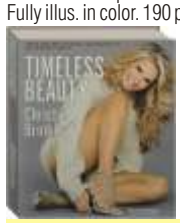
★7944721 **TIME TO REPAIR: How Yoga Can Restore Body and Mind in 5 Minutes a Day.** By Vicky Fox. Fully illus. 219 pages. Hammersmith. Paperbound. Pub. at $29.95 **PRICE CUT to $9.95**

★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 $9.95**

★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. 8½x10¾. Paperbound. Pub. at $24.99 **PRICE CUT to $11.95**

## Beauty & Skin Care

LIMITED QUANTITY 9097333 **COZY'S COMPLETE GUIDE TO GIRLS' HAIR: The Cutest Cuts and Sweetest Hairstyles to Do at Home.** By Cozy Friedman with S. Berk. Teaches you countless ways to tame your little girl's straight locks, flowing waves, or springy curls. Beginning with hair identification information and ending with do-it-yourself haircuts and styles, it's all here: the basic blowout, the best tools and products, instant fixes for bad hair days, and more. Fully illus. in color. 190 pages. Artisan. Pub. at $19.95 **$5.95**




7874545 **TIMELESS BEAUTY: Over 100 Tips, Secrets, and Shortcuts to Looking Great.** By Christie Brinkley with S. Wadyka. Sharing the secrets she's learned on what to eat, how to apply makeup like a pro, and how to keep your hair shiny and your face glowing, super-model Christie Brinkley will show you how to look like a knockout at any age. Fully illus. in color. 208 pages. Grand Central. 8½x10¼. Pub. at $30.00 **$6.95**

★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 Arnaudin. 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**

★9071814 **EXPOSING BAD PLASTIC SURGERY AND THE SECRET TO AVOIDING IT.** By Thomas J. Francel. Demystifying the plastic surgery experience with frank and authoritative information, The author reveals why so many fall prey to poor results, and empowers patients with the knowledge and tools to sidestep pitfalls, and become confident, well informed consumers. Illus. 255 pages. Morgan James. Paperbound. Pub. at $19.95 **$14.95**

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**

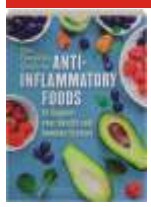
7878761 **YOUNGER: The Breakthrough Anti-Aging Method for Radiant Skin.** By Harold Lancer. Illus. 243 pages. Grand Central. Pub. at $28.00 **PRICE CUT to $3.95**

8996946 **THE BEAUTY SKETCHBOOK: Illustrate Your Own Modern Makeup Looks.** By R. Black & R. Yazdi. Fully illus. most in color. 160 pages. Abrams. 9¾x8¾. 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 **PRICE CUT to $7.95**

7998775 **WIGGING OUT: Fake Hair That Made Real History.** By Jessica Glasscock. 250 pages. Black Dog & Leventhal. Pub. at $30.00 **PRICE CUT to $7.95**

## Health & Medical References




LIMITED QUANTITY 9105433 **THE COMPLETE GUIDE TO ANTI-INFLAMMATORY FOODS: To Support Your Health and Immune System.** By Lizzie Streit. This easy introduction to the 50 best anti-inflammatory foods explains the role played by proper nutrition and other contributing lifestyle factors. Explains food interactions for medical conditions including heart problems, diabetes, thyroid issues, and more. Fully illus. in color. 160 pages. Chartwell. Paperbound. Pub. at $14.99 **SOLD OUT**

## Health & Medical References

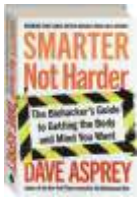
★4844165 **DR. EARL MINDELL'S VITAMIN BIBLE, REVISED.** with H. Mundis. This indispensable guide has been updated with the latest research, including three brand new chapters on how to use supplements to boost your immune system, which supplements are best for combating the effects of aging, and the myriad short and long term benefits of taking a CBD supplement. 644 pages. Grand Central. Paperbound. Pub. at $9.99 **$7.95**

9091858 **ARTHRITIS, SECOND EDITION: Reverse Underlying Causes of Arthritis with Clinically Proven Alternative Therapies.** By E. Kamhi & E.R. Zampieron. This reference guide presents noninvasive, natural approaches for diagnosing, treating, and preventing arthritis, all without the risk of pharmaceutical side effects. Also includes information on supplement therapy, massage and reflexology, organ detoxification regimes, and more. Illus. 387 pages. Celestial Arts. Paperbound. Pub. at $18.99 **$5.95**

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**

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 Goldiplops Zone. Fully illus. in color. 110 pages. Cider Mill. Pub. at $10.99 **$4.95**

7835280 **RANGER MEDIC HANDBOOK.** By U.S. Department of Defense. After decades of medic experience in war theaters throughout the world, the U.S. Army Rangers have distilled the critical components of lifesaving first aid into this official guide. Learn how to handle lacerations, contusions, burns, traumatic head injuries, amputations, and more. Skyhorse. Paperbound. Pub. at $16.99 **$6.95**

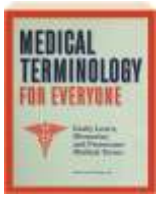


9080996 **SMARTER NOT HARDER: The Biohacker's Guide to Getting the Body and Mind You Want.** By Dave Asprey. Learn a system of targeted biohacks aimed at upgrading your metabolic, neurological, and epigenetic systems. Packed with practical, accessible information on better eating; smart workouts that give you more strength and energy in less time; and strategic therapies to reduce stress and boost resilience. 308 pages. Harper. Pub. at $32.00 **$5.95**

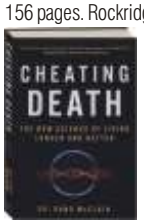
907385X **ANTI-INFLAMMATORY DIET SOLUTION: Heal Your Immune System, Boost Your Brain, Strengthen Your Heart.** By Stig Bengmark. Bengmark shares the results of his research along with all his best advice, easy to follow strategy guides, and practical recipes to help you make the right choices for you, your body, and your lifestyle. Color photos. 271 pages. Skyhorse. Pub. at $29.99 **$6.95**

775728X **WHAT'S WRONG WITH YOU? An Insider's Guide to Your Insides.** By Sarah Holper. Takes you on a tour through the human body, exploring the remarkable mechanisms behind your medical symptoms: from headache to itch via ringing ears and fluorescent urine. Packed with memorable patient encounters, bizarre medical history, cultural tangents and insider doctor secrets, this arms you with the knowledge you need to understand your body. 294 pages. Hardie Grant. Paperbound. Pub. at $19.99 **$7.95**

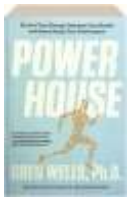
9037942 **WA: The Art of Balance–Live Healthier, Happier and Longer the Japanese Way.** By Kaki Okumura. Create a long, meaningful, and joyful life the Japanese way. This beautifully illustrated guide provides four simple and easy-to-adopt practices based on the Japanese lifestyle: Nourish, Move, Rest and Socialize. Revolutionize how you care for yourself and experience greater peace, fulfillment and contentment. 246 pages. Watkins. Pub. at $19.95 **$5.95**



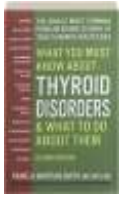
★8894132 **MEDICAL TERMINOLOGY FOR EVERYONE: Easily Learn, Memorize, and Pronounce Medical Terms.** By John Louis Temple. When it comes to communicating with your doctor, mastering healthcare terminology you might hear from them is essential. Knowing what these words mean can help you ask the right questions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



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**

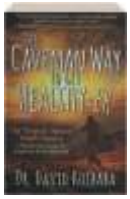


8889619 **POWERHOUSE: Protect Your Energy, Optimize Your Health and Supercharge Your Performance.** By Greg Wells. Wells shows you simple yet revolutionary ways of healing and boosting your mitochondria to repair and improve your whole body. These methods include quick and easy breathing exercises, as well as advice about supplements and ways to avoid damaging your mitochondria. As a result, you will feel less tired, experience better moods, and increase your hormonal health. 319 pages. Harper. Paperbound. Pub. at $20.99 **$5.95**



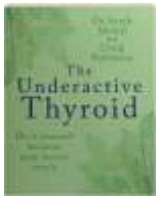
★5549574 **WHAT YOU MUST KNOW ABOUT THYROID DISORDERS & WHAT TO DO ABOUT THEM, SECOND EDITION.** By Pamela Wartian Smith. Begins by explaining how important the thyroid is in regulating the body's metabolism. Then goes on to discuss the most common thyroid-related disorders and symptoms. Features an 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**

★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**



★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 $19.95 **$14.95**

★9107436 **THE AGELESS REVOLUTION.** By Michael Aziz. Zeroes in on 10 hallmarks of aging to turn back time with a variety of weapons that target the malfunctions in our cells, mitochondria and DNA. Discover the secrets to prevention by losing weight, reversing disease, slowing the aging process and extending your lifespan. Look younger, live longer, and feel your best! 390 pages. Health Communications. Paperbound. Pub. at $17.95 **$12.95**



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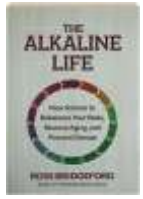
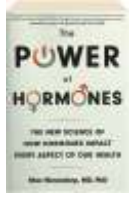


★1027395 **THE ALKALINE LIFE: New Science to Rebalance Your Body, Reverse Aging, and Prevent Disease.** By Ross Bridgeford. Provides the foundational principles and realistic blueprint for living a long-term alkaline lifestyle and targeting specific health issues such as: chronic fatigue; thyroid healing; immunity building; cardiovascular disease; type 2 diabetes; autoimmune conditions; and more. 328 pages. Hay House. Paperbound. Pub. at $18.99 **$13.95**



★8989362 **THE POWER OF HORMONES: The New Science of How Hormones Impact Every Aspect of Our Health.** By Max Nieuwdorp. Breaks down how hormones affect every system in the body, giving you the knowledge you need to get to the root of chronic health problems and set yourself up for long-lasting, sustainable wellness. Illus. 358 pages. S&S. Paperbound. Pub. at $19.99 **$14.95**

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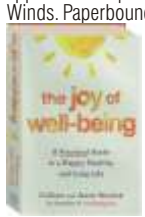

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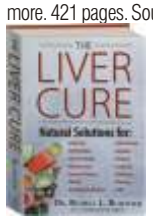

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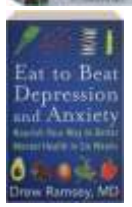

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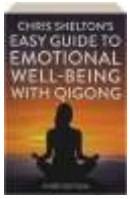

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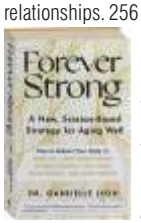

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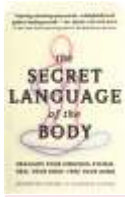

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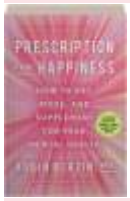

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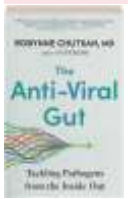

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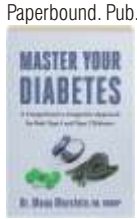

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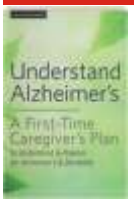

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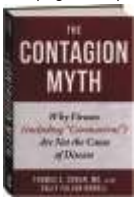

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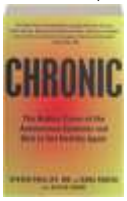

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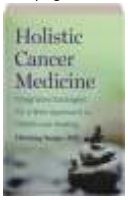

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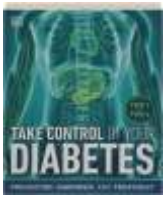

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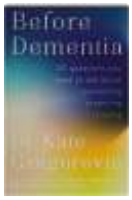
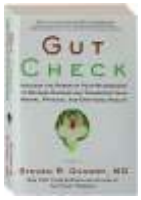


★899661X **BEFORE DEMENTIA: 20 Questions You Need to Ask About Preventing, Preparing, Coping.** By Kate Gregorevic. Explains the physical state of dementia, how to relate the diagnosis to real life, what questions to ask your doctor, what might be done to prevent the condition, and how we can make our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

★9116508 **WHAT MY DOCTORS DIDN'T TELL ME ABOUT CANCER: What You Can Do to Support and Enhance Your Cancer Treatment.** By Brian C. Holley. This is the story of one man who continues to live a happy and active lifestyle while living with cancer. Describing the many aspects of his regimen, what author Brian Holley calls MEDS: Mindfulness, Exercise, Diet, Support. Includes helpful practices and references full of information and support. 167 pages. O-Books. 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**

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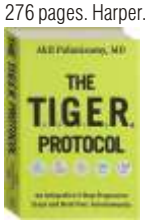
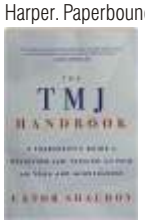
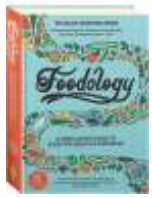


9066330 **THE TIGER PROTOCOL: An Integrative 5-Step Program to Treat and Heal Your Autoimmunity.** By Akil Palanisamy. This holistic approach will guide you as you build up your health, reduce the occurrence of flare-ups, attain remission with a minimum of medications, and feel better so that you can 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**

★6075541 **THE CANCER CODE: Understanding Cancer as an Evolutionary Disease.** By Jason Fung. Sheds light on the strange and fascinating story of cancer. Also explains the disease process itself–from the cancerous transformation of a normal cell to its progression and metastasis–and how factors like nutrition, obesity, and type 2 diabetes can influence risk. Illus. 360 pages. Harper. Paperbound. Pub. at $21.99 **SOLD OUT**



★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 **$17.95**



899711X **FOODOLOGY: A Food Lover's Guide to Digestive Health & Happiness.** By Saliha Mahmood Ahmed. A culinary journey that incorporates science, medical research and recipes to show us how the food we eat influences the way we feel. Illus. 334 pages. Yellow Kite. Pub. at $26.99 **PRICE CUT to $4.95**

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 **$4.95**

9030050 **BEATING PROSTATE CANCER WITHOUT SURGERY.** By James D. Priest. 172 pages. Fairview. Paperbound. Pub. at $14.95 **$5.95**

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7977255 **TAKE CONTROL OF YOUR CANCER RISK.** By John Whyte. Illus. 252 pages. Harper. Pub. at $27.99 **PRICE CUT to $3.95**

9045635 **HEPATITIS C: A Complete Guide for Patients and Families.** By Paul J. Thuluvath. 288 pages. Johns Hopkins. Pub. at $45.00 **PRICE CUT to $3.95**

★1177095 **SOUNDS LIKE MISOPHONIA: How to Stop Small Noises from Causing Extreme Reactions.** By Jane Gregory with A. Ahmad. 336 pages. Green Tree. Paperbound. Pub. at $22.00 **PRICE CUT to $14.95**

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★1105736 **DODGING DEMENTIA: Understanding MCI and Other Risk Factors.** By Mary Jordan with J. Thompson. 231 pages. Hammersmith. Paperbound. Pub. at $29.99 **PRICE CUT to $14.95**

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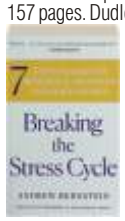
9058893 **THE PAIN SOLUTION: 5 Steps to Relieve and Prevent Back Pain, Muscle Pain, and Joint Pain Without Medication.** By Saloni Sharma. This work offers a personalized and innovative five-step pain relief program built on what Sharma calls "microboosts," little steps that add up to big results. This plan will enable you to: understand the unique factors contributing to your pain, develop a path to resuming your most cherished activities, and more. Illus. 239 pages. New World Library. Paperbound. Pub. at $17.95 **$4.95**

7807961 **LIVE PAIN-FREE: Eliminate Chronic Pain Without Drugs or Surgery.** By Lee Albert. Shows you how to quickly identify pain causing misalignments in your body and use simple techniques to get your body back into balance, out of pain and back to health. Most pain is the result of imbalances in a musculoskeletal system that is out of alignment. Albert's approach delivers simple, therapeutic techniques that anyone can do. 157 pages. Dudley Court. 8x10. Paperbound. Pub. at $29.95 **$6.95**



7982623 **BREAKING THE STRESS CYCLE: 7 Steps to Greater Resilience, Happiness, and Peace of Mind.** By Andrew Bernstein. Offers a complete reeducation in the nature of stress, and can permanently change the way you handle challenges in all areas of your life. Guided worksheets and coaching show you how to reframe your thinking on relationships, money, work-life balance, weight loss, discrimination, regret, grief, and more. 285 pages. Atria. Paperbound. Pub. at $17.00 **$3.95**

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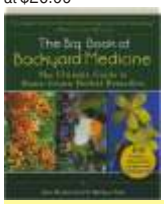
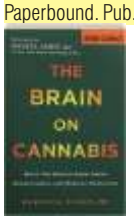


7716648 **THE BIG BOOK OF BACKYARD MEDICINE: The Ultimate Guide to Home-Grown Herbal Remedies.** By J. Bruton-Seal & M. Seal. The most thorough compilation of home cures yet, it brings alternative medicine back to the forefront. Anyone who wants to improve their health in a completely natural way will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



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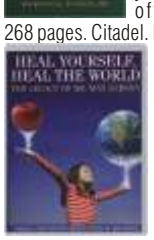

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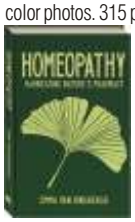

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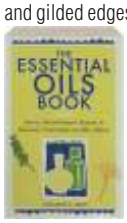

9070087 **THE ESSENTIAL OILS BOOK: Simple Aromatherapy Blends to Enhance Your Home and Well-Being.** By Colleen K. Dodt. Dozens of simple recipes for blending essential oils using the extracts of herbs, flowers, roots, barks and resins, for combating stress, PMS, sunburn and other conditions, scenting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

9063048 **MISSOURI'S EARLY HOME REMEDIES.** By Betty Hams. So, be it Aloe Vera plants in the window sills of Missouri or skunk oil rubbed on unwilling chests, the home remedies of the Show-Me state did their work. Fully illus. 181 pages. Quixote. Paperbound. Pub. at $9.95 **$4.95**

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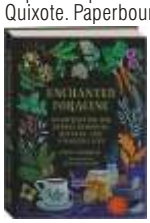

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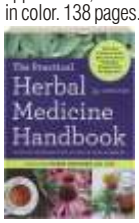

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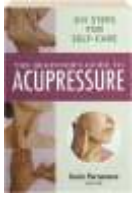

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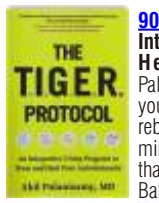

9082506 **THE TIGER PROTOCOL: An Integrative 5-Step Program to Treat and Heal Your Autoimmunity.** By Akil Palanisamy. This holistic approach will guide you as you reduce the occurrence of flare-ups, rebuild your health, attain remission with a minimum of medications, and feel better so that you can live life to the fullest. 384 pages. Balance. Paperbound. Pub. at $21.99 **$5.95**

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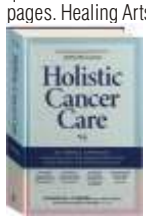

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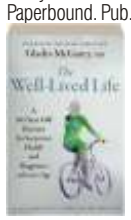

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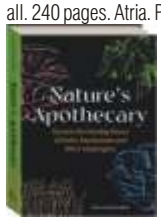

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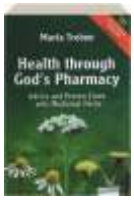

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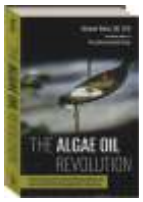

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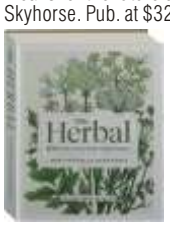

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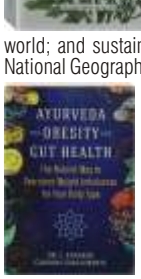

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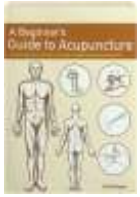

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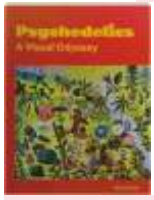

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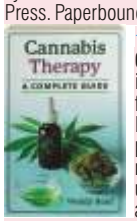

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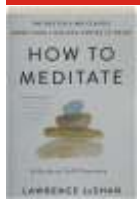

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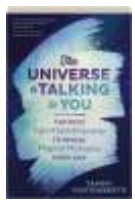

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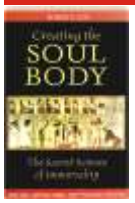
## New Age Spirituality



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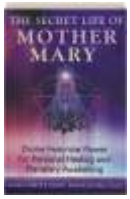

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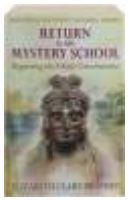

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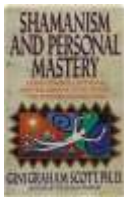

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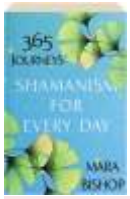

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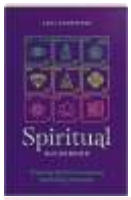

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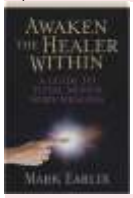

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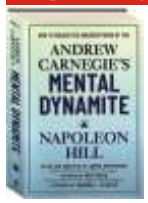

**8990697 ANDREW CARNEGIE'S MENTAL DYNAMITE: How to Unlock the Awesome Power of You.** By Napoleon Hill. Based on a series of booklets written by Hill, this work outlines the importance of three essential principles of success: self-discipline, learning from defeat, and the Golden Rule Applied. Contains excerpts of interviews with Carnegie that offers a wealth of inspiration on key subjects ranging from common causes of failure to the power of thought. 268 pages. Sterling. Pub. at $25.95 **$5.95**

**9089470 MINDFULNESS: Unwind, De-Stress, and Focus Your Mind for a Healthier, Happier You.** By L. Muelrath & D.S. Burk. Helps you understand and use the practice of mindfulness to ease psychological and physical issues, repair and improve relationships with others, and find meaning in life. Includes guidance on alleviating anxiety, depression, anger, and addiction. 324 pages. Dorling Kindersley. Paperbound. Pub. at $21.99 **$7.95**

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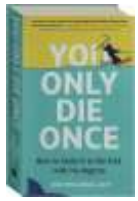
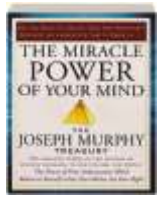
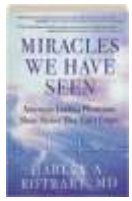


**9066470 YOU ONLY DIE ONCE: How to Make It to the End with No Regrets.** By Jodi Wellman. A real-life guide to making small changes that will reawaken your passion and curiosity. And a healthy dose of mortality that you need to start living like you've really only got one life. Fully illus. 334 pages. Little, Brown. Pub. at $30.00 **$5.95**



★**4619439 THE MIRACLE POWER OF YOUR MIND: The Joseph Murphy Treasury.** Collects 24 books and pamphlets, including enduring works like *The Power of Your Subconscious Mind* and *How to Attract Money.* Murphy, a minister and mystic, taught that within you dwells an awesome power that you can harness through your thoughts and emotive states. By attending to the forces of your mind, you can remake your world for the better. 929 pages. Tarcher/Penguin. 8¼x10½. Paperbound. Pub. at $30.00 **$17.95**

**7857209 THE LITTLE BOOK OF BOB: Life Lessons from a Streetwise Cat.** By James Bowen. In Bob the Cat, Bowen found a model for friendship, steadfastness, balance, and joy that we can all apply to our own lives. Here are heartfelt and wholesome thoughts about how to be kinder to ourselves and kinder to the world around us. 166 pages. St. Martin's. Pub. at $24.99 **$5.95**



**5879752 MIRACLES WE HAVE SEEN: America's Leading Physicians Share Stories They Can't Forget.** By Harley A. Rotbart. A work of inspiration and optimism, and a compelling glimpse into the lives of physicians–their humanity and determined devotion to their patients and their patients' families. It reminds us that what we don't know or don't understand isn't necessarily cause for fear, and can even be reason for hope. 354 pages. Health Communications. Paperbound. Pub. at $16.95 **$5.95**

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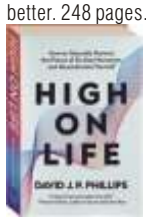

**9084169 HIGH ON LIFE: How to Naturally Harness the Power of Six Key Hormones and Revolutionize Yourself.** By David J.P. Phillips. Phillips guides you through ways to harness the immense power of your mind and optimize your body's chemical factory by diving deep into six neurochemicals and how they can transform your life from within. 254 pages. Pegasus. Pub. at $24.95 **$6.95**



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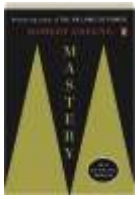
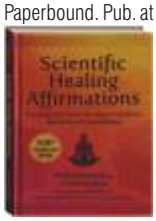


★**1923676 MASTERY.** By Robert Greene. The author of *The 48 Laws of Power; The 33 Strategies of War;* and *The Art of Seduction* here argues convincingly that the potential for Mastery lies within each of us, and guides us along the secret paths you must follow. He also profiles such Masters as Charles Darwin, Benjamin Franklin, Henry Ford, Carl Jung, and Albert Einstein. 336 pages. Penguin. Paperbound. Pub. at $25.00 **$17.95**



★**9003940 SCIENTIFIC HEALING AFFIRMATIONS: The Original Classic for Improving One's Mental and Physical State.** By Paramhansa Yogananda. First published in 1924. Describes the pathway to achieve wellness and clarity through a series of time-honored affirmations derived from Eastern spiritual philosophy. Far ahead of its time, it was the one of the first to highlight the scientific correlations between positivity and bolstering your mental, physical, and spiritual health. 111 pages. Clydesdale. Pub. at $12.99 **$9.95**

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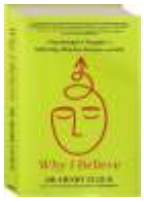

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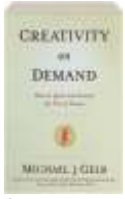

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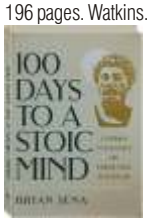

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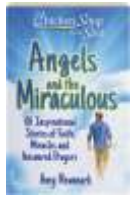

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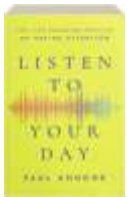

**9009809 LISTEN TO YOUR DAY: The Life-Changing Practice of Paying Attention.** By Paul Angone. Helps you overcome what's stealing your attention; discover new mindset models through which to view your everyday life; build better relationships through intentional practices of paying attention; form new practices of observation that add meaning and purpose to your life; and more. Illus. 205 pages. Baker Books. Paperbound. Pub. at $17.99 **$4.95**

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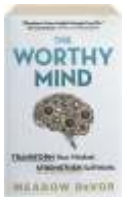

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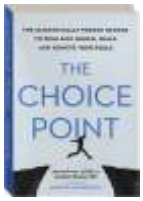

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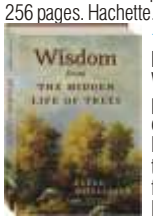

★**1194550 WISDOM FROM THE HIDDEN LIFE OF TREES.** By Peter Wohlleben. This collection of inspiring passages is lushly illustrated with paintings of forests and trees from around the world. Enchants readers by teaching us all how trees live–and how they're not so different from us. 144 pages. Greystone. Pub. at $15.95 **SOLD OUT**

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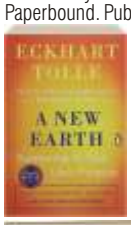
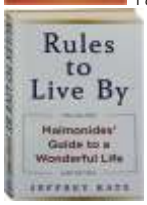


★**9125876 A NEW EARTH: Awakening to Your Life's Purpose.** By Eckhart Tolle. The author of *The Power of Now* guides readers on a journey beyond their own lives to reveal the opportunity to birth a new, more loving world. Examines how the very structure of the human mind can undergo an evolutionary transformation. 313 pages. Penguin. Paperbound. Pub. at $18.00 **$12.95**



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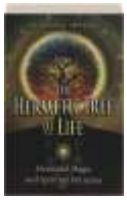

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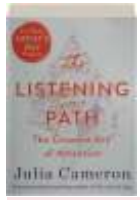

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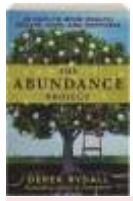

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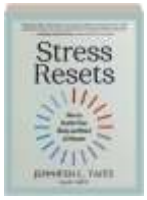


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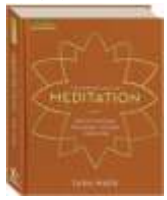


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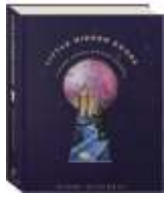

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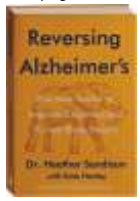


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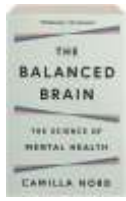


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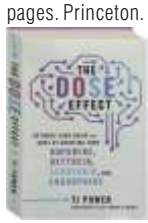


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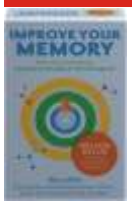


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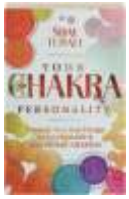


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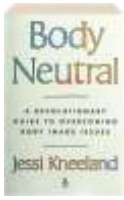


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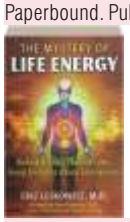


★6081967 **THE MYSTERY OF LIFE ENERGY: Biofield Healing, Phantom Limbs, Group Energetics & Gaia Consciousness.** By Eric Leskowitz. Explores the role of life energy in healing therapies and outlines its many manifestations at the individual, group, and global levels. Blending hard science with ancient healing wisdom, the author reveals how we can all thrive together by remembering our shared energetic roots and our interconnectedness through the global web of life energy. 310 pages. Inner Traditions. Paperbound. Pub. at $24.00 **PRICE CUT to $14.95**

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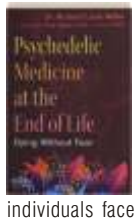


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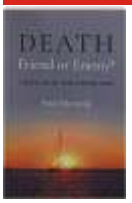
## Facing Illness & Death



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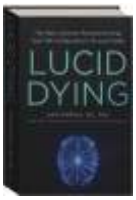
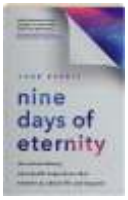


★8995702 **LUCID DYING: The New Science Revolutionizing How We Understand Life and Death.** By Sam Parnia. Parnia shows that the entity we refer to as consciousness–our Self–does not seem to become annihilated when we die. In fact, during death, our consciousness vastly expands and leads to a vivid experience that follows a very specific narrative arc. 342 pages. Hachette. Pub. at $32.00 **$23.95**



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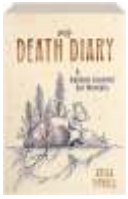

★9079300 **MY DEATH DIARY: A Guided Journal for Mortals.** By Anita Hannig. Rather than shield you from your mortality, this guided journal gives you the space and tools to explore your own relationship with it. Takes you gently by the hand and guides you down a path toward examining your own mortality. Illus. 138 pages. Sourcebooks. Paperbound. Pub. at $16.99 **$12.95**

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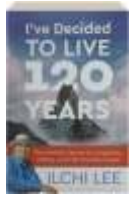

★8896577 **I'VE DECIDED TO LIVE 120 YEARS: The Ancient Secret to Longevity, Vitality, and Life Transformation.** By Ilchi Lee. Lee challenges you to radically rethink your ideas of aging, health, personal fulfillment, and what's possible in your lifetime. Well illus. in color. 304 pages. Best Life Media. Paperbound. Pub. at $19.95 **$15.95**

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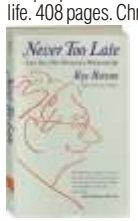

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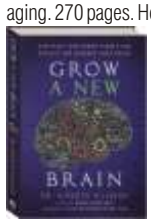

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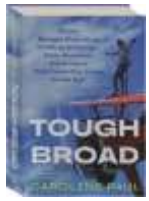

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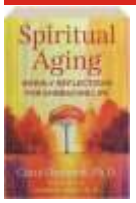
## Aging



★**909167X SPIRITUAL AGING: Weekly Reflections for Embracing Life.** By Carol Orsborn. Designed to be read weekly in two-year cycles, the 120 timeless readings in this work focus on the issues and concerns that arise among those who view aging as a path to spiritual culmination. 364 pages. Park Street. Paperbound. Pub. at $19.99 **$15.95**

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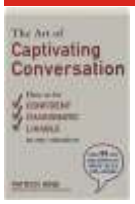
## Communication Skills



**905474X THE ART OF CAPTIVATING CONVERSATION: How to be Confident, Charismatic and Likable in Any Situation.** By Patrick King. Enhance your social skills and develop conversation starters by learning what makes a good interaction, as well as techniques to become more confident, charismatic, and likable. Be empowered to move out of your comfort zone to not only break the ice, but to engage in a meaningful and enriching conversation. 146 pages. Skyhorse. Paperbound. Pub. at $14.99 **$5.95**

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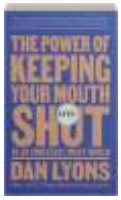

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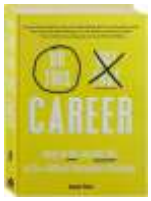

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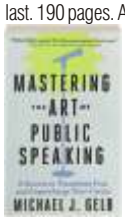

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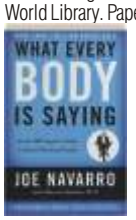

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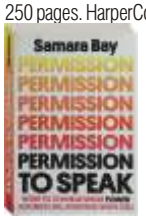

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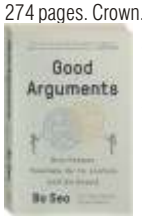

**9077863 GOOD ARGUMENTS: How Debate Teaches Us to Listen and Be Heard.** By Bo Seo. Drawing insights from its strategies, structure, and history, Seo proves that good faith debate, far from being a source of conflict, can enrich our daily lives and improve our communication with friends, family, and colleagues alike. Good arguments are more important than ever at a time when bad faith is all around us. 342 pages. Penguin. Pub. at $28.00 **$5.95**

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## Relationships

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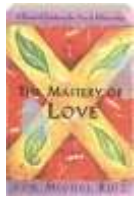
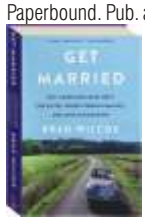


**9117539 THE MASTERY OF LOVE: A Practical Guide to the Art of Relationship, a Toltec Wisdom Book.** By Don Miguel Ruiz with J. Mills. Using insightful stories to bring his message to life, Ruiz shows us how to heal our emotional wounds, recover the freedom and joy that are our birthright, and restore the spirit of playfulness that is vital to loving relationships. 210 pages. Amber-Allen. Paperbound. Pub. at $14.00 **$5.95**



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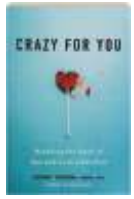

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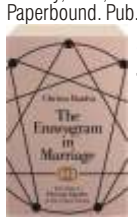

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**4913876 50 THINGS TO DO WITH A RABBIT & OTHER SEX TOYS.** By Daisy Valetta. Whether you're single or coupled up, the exciting range of sex toys available these days will tease and please you into the most mind-blowing orgasms imaginable. This guide will provide hours of entertainment and even includes a chapter for getting guys in on the action too. Adults only. Illus. in color. 95 pages. Carlton. Paperbound. Pub. at $9.95 **$2.95**

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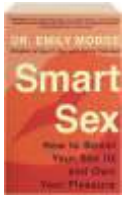
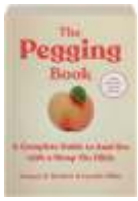


★**9120858 SMART SEX: How to Boost Your Sex IQ and Own Your Pleasure.** By Emily Morse. Drawing from science, research, and lived experience, and written in a voice that's entertaining and inclusive, this work will help you radically improve your sex life, your confidence, and your relationships, including your relationship with yourself. Illus. 299 pages. Park Row. Paperbound. Pub. at $21.99 **$16.95**



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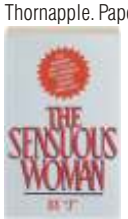

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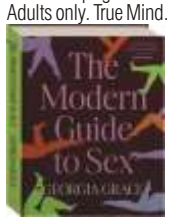

★**9124721 THE MODERN GUIDE TO SEX.** By Georgia Grace. The ultimate handbook for experiencing full-body pleasure, sexual confidence and fulfilling relationships. Includes a ribbon bookmark. Illus. in color. 271 pages. Harper. Pub. at $29.99 **$21.95**

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**8897603 G-STRINGS AND SYMPATHY: Strip Club Regulars and Male Desire.** By Katherine Frank. 332 pages. Duke. Paperbound. Pub. at $29.98 **$6.95**

**7876076 ACTION: A Book About Sex.** By Amy Rose Spiegel. Adults only. Illus. 217 pages. Grand Central. Paperbound. Pub. at $15.99 **$5.95**

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**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 $3.95**

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**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**

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**782470X THE WONDER DOWN UNDER: The Insider's Guide to the Anatomy, Biology, and Reality of the Vagina.** By E.S. Dahl & N. Brochmann. A comprehensive guide to a miraculous and complex part of the body that too few of us, regardless of gender, are all that familiar with. With wisdom, humor, and scientific aplomb, the authors take readers on a fascinating journey of female sexual organs and sexual health. Illus. 304 pages. Quercus. Pub. at $26.99 **$7.95**

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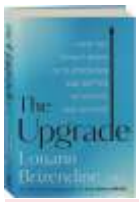

**5781779 THE UPGRADE: How the Female Brain Gets Stronger and Better in Midlife and Beyond.** By Louann Brizendine. Explains how a woman's brain gets "upgraded" in midlife, inspiring women to unlock their full potential. With guidance for navigating the perimenopausal and menopausal storm while it lasts, science-backed steps for preserving brain health for the rest of your life, this is a stunning roadmap, told through intimate stories. 310 pages. Harmony. Pub. at $27.99 **SOLD OUT**

**9031626 THE WONDER DOWN UNDER: The Insider's Guide to the Anatomy, Biology, and Reality of the Vagina.** By E. Stokken & N. Brochmann. Illus. 304 pages. Quercus. Paperbound. Pub. at $16.99 **$4.95**

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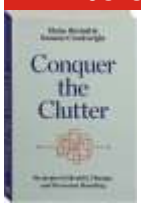
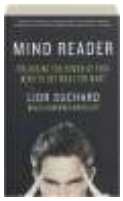
**8871264 WHAT ABOUT MEN? A Feminist Answers the Question.** By Caitlin Moran. 310 pages. Harper. Pub. at $29.99 **PRICE CUT to $3.95**

## General Health & Self-Help

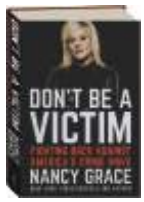


**9045554 CONQUER THE CLUTTER: Strategies to Identify, Manage, and Overcome Hoarding.** By E. Birchall & S. Cronkwright. Offers hope to anyone affected by hoarding disorder. Real life vignettes, combined with easy to use assessment and intervention tools, support those who hoard, and those who care about them. Includes numerous worksheets to assist individuals in determining the scope of their hoarding disorder and tackling the problem. 273 pages. Johns Hopkins. 7x10¼. Pub. at $57.00 **$5.95**

**9076131 DOOMSDAY PREPPERS COMPLETE SURVIVAL MANUAL.** By Michael S. Sweeney. How to survive earthquakes, volcanoes, tornadoes, and more, as seen on the National Geographic Channel, with profiles of your favorite real-life doomsday preppers. Color photos. 368 pages. National Geographic. Paperbound. Pub. at $19.95 **$5.95**



**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**



**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**

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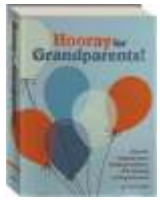

**9127917 HOORAY FOR GRANDPARENTS! Ideas for Keeping Close, Building Traditions, and Creating Lasting Memories.** By Jay Payleitner. A celebration of the importance of grandparents. Packed with 50 ways to be a fun, meaningful, and beloved presence in grandchildren's lives. 208 pages. Chronicle. Pub.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

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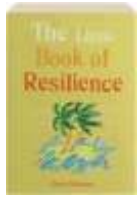

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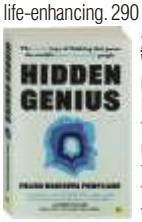

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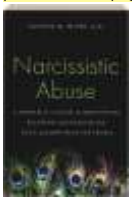

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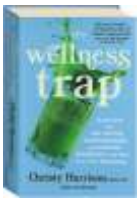

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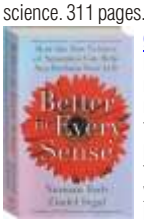

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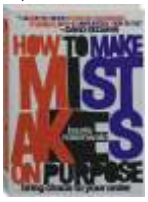

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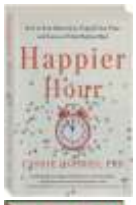

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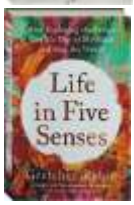

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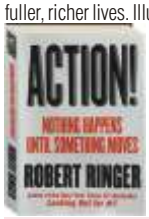

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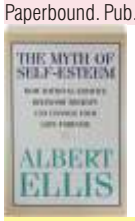

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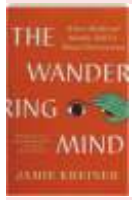

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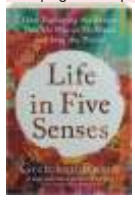

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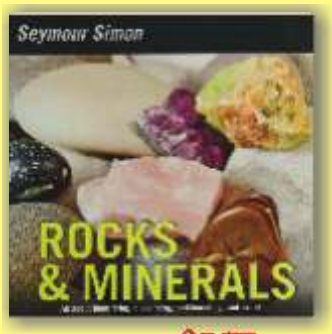


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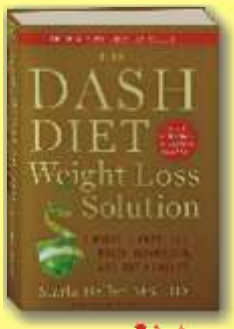


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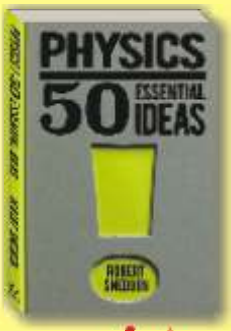


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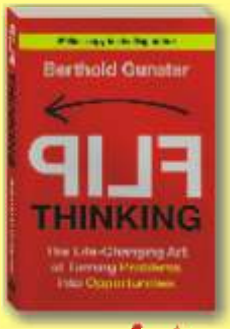


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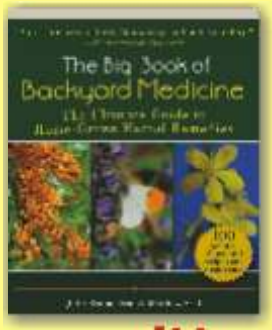


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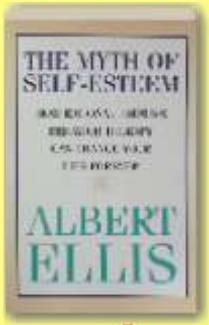


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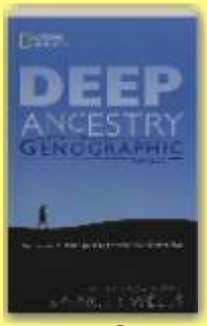


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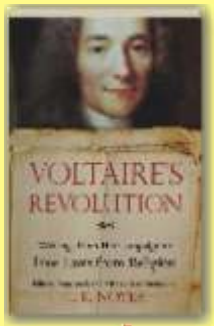


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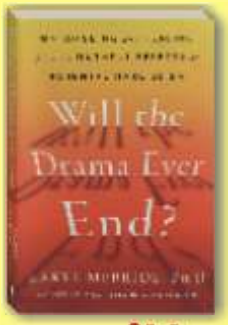


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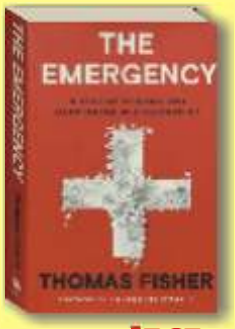


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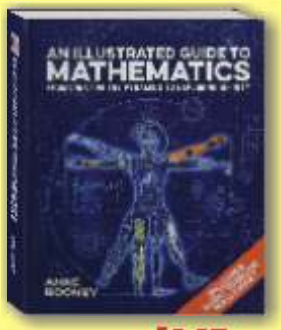


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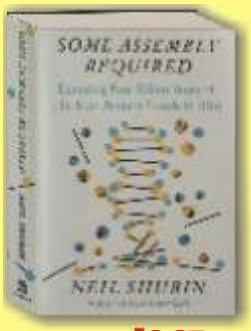


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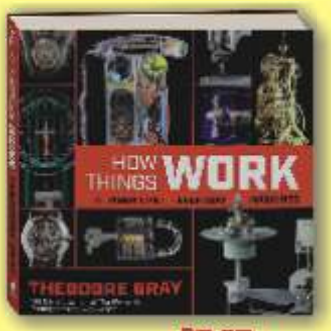


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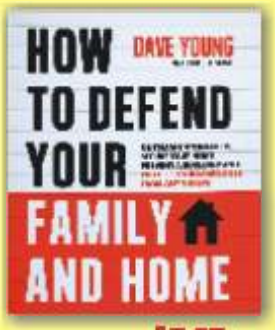


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