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7751613 EAT FAT, GET THIN: Why the Future of Weight Loss is in the Key Ingredients of Ketone and Vibrant Health. By Mark Hyman. A revolutionary diet program based on the latest science showing the importance of fat in weight loss and overall health. Offering practical tools, meal plans, recipes, and shopping lists, as well as step by step, easy to follow advice, this is the cutting edge way to lose weight, prevent disease, and feel your best. 388 pages. $19.99. Hardcover. Pub. at $29.95.

7852168 HOW TO EAT: All Your Food and Diet Questions Answered. By M. Bittman & D.L. Katz. These best-selling authors answer the common dietary questions people have about their health, and throughout they filter nutrition science through a lens of common sense, delivering their straightforward advice with a healthy dose of humor. 242 pages. HMH. $14.95.

8009929 THE SHIFT: 7 Powerful Mindset Changes for Lasting Weight Loss. By Gary Foster. Shows you how to—and why you should—treat yourself in a way that feels safer and primes you for likelier success. Flips old-fashioned weight-loss theory on its head, training you to recognize when your thinking is taking you away from your goals, to focus on action rather than feeling. More than the number on the scale. Illus. 228 pages. St. Martin’s. Pub. at $28.99.

8007764 ZERO SUGAR/ONE MONTH. By Becky Gillespy. Removing sugar from your diet requires vision, motivation, and a new perspective. This 30 day guide gives you the necessary elements. Whether you’re looking to eliminate sugar from your diet altogether or simply lessen your dependence on sugar, this resource is for you. 176 pages. Dorling Kindersley. Paperbound. Pub. at $19.99.

7932030 THE FUTURE OF NUTRITION. By T. Colin Campbell with Crystal R. Phyde. Cuts through the confusion with an in-depth analysis of our historical relationship to the food we eat, the source of our present information overload, and what our current path means for the future, both for individual health and society as a whole. 305 pages. BenBella. $19.95. Paperback. Pub. at $19.95.

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