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6729851 HORSES, HITCHES AND ROCKY TRAILS. By Joe Back. Originally published in 1959, this classic guide is the original reference on packing horses, equipment, balancing the load, wilderness. Amplified by brilliant line drawings, it features 284 pages. Falcon. Paperback. Pub. at $21.95 $12.95

★ 6962645 THE MODERN ROCKHOUNDING AND PROSPECTING HANDBOOK. By Garle Romane. Garage. This volume gives you the basic tools to transition from ‘pebble pup’ to expert rockhound, and explains everything you need including geology basics, identification tips, tools of the trade; how to record your findings, and how to set up a lab or gem shop. Illus. in color. 250 pages. Falcon. Paperback. Pub. at $19.95 $12.95

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★ 2842777 A FIELD GUIDE TO CAPE COD. By Patrick J. Lynch. An essential guide that presents an abundantly illustrated and fascinating account of the natural history of Cape Cod, its islands, its beaches, Block Island, the western coast of Rhode Island, and southeastern Long Island. A treasured resource for nature-loving local residents and visitors alike. 434 pages. Yale. Paperback. Pub. at $29.99 $19.95

★ 2793042 THE BOTANICAL BIBLE: Plants, Flowers, Art, Recipes & Other Home Remedies. By Holly N. Adams. This lavishly illustrated volume celebrates the beauty, diversity, and vitality of our botanical world. Packed with information and hands-on projects, it’s the ultimate reference guide for aspiring gardeners, botanists, homesteaders, and anyone seeking a more meaningful relationship with nature. 416 pages. Skyhorse. Paperback. Pub. at $18.95 $12.95


★ 2879383 KING SEQUOIA. By William C. Streever. This best-selling author offers ingenuous tips, tricks, and hacks that can keep you alive, well-fed, and dry, and can turn the roots of a giant sequoia at home, lost in the wilderness, or digging in for the long haul. Cover has metal corners. Fully illus. in color. Weldon Owen. Paperback. Pub. at $29.00 $17.95

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6802540 HOW TO STAY ALIVE IN THE WOODS. By Bradford Angier. 315 pages. Black Dog & Leventhal. Pub. at $19.95 $9.95

★ 6843880 THE NATURE OF NATURE. By Ivor Dardik with E.D. Lichter. 332 pages. Roche. Paperback. Pub. at $18.00 $12.95

★ 6972936 THE ORIGIN OF (ALMOST) EVERYTHING. By New Scientist. Well illus. in color. 256 pages. Nicholas Brealey. Pub. at $35.00 $13.95


★ 6817329 WERNER’S NOMENCLATURE OF COLORS, SECOND EDITION. By Patrick Syme, Smithsonian. Pub. at $14.95 $9.95


★ 6853633 COLLECTOR’S GUIDE TO SILICATES: Orbisilicates. By Robert J. Laut, Fully illus. in color. 240 pages. Schiffer. 8½x11¼. Paperback. Pub. at $45.00 $19.95


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954790 PARKE COUNTY: Indiana’s Covered Bridge Capital. By Mark and Virginia Mohr. Picturesque Parke County, Indiana, is home to beautiful manors, countless meandering streams, and 31 historic covered bridges, ranging from 43 to 315 feet long. Mohr has spent years in the area, capturing these spellbinding images of the bridges and nearby farms and the natural beauty of the area, season by season. 146 pages. 11¾x10¼. Paperbound. Pub. at $30.00. $5.95

694983 BROWN COUNTY MORNINGS. By Gary Moore. In this gorgeous collection of stunning photographs, Moore reveals the spirit of Brown County, Indiana, in the morning hours as it awakens to this new day. This treasure beckons visitors to enjoy this magical place at any time of day or year. 124 pages. 10¼x13½. Paperbound. Pub. at $40.00. $5.95

2849763 THE BLACK PLACE: Two Seasons. Photos. By Walter W. Nelson. Nelson went in search of the Black Place—the unpopulated badlands of the Navajo Reservation in northwest New Mexico—returning more than thirty times to photograph it, first in black and white with a large format camera, and over the last five years, in color with a digital camera. Experience the mystery and infinitude of this desolate place. Fully illus., some in color. 108 pages. Museum of New Mexico. 11¼x12¼. Pub. at $45.00. $5.95

488877 THE ARCTIC. By Dr. Henningsen that document the treasures of the Arctic. 10¼x10¼. Pub. at $40.00.

693495 EARTH FROM SPACE. By Yann Arthus-Bertrand. Aerial photographer and devoted environmental activist explores the impact of some of the most serious issues facing our planet today, all visible from space: deforestation, urban sprawl, intensive farming, pollution, natural disasters, and much more. Arthus-Bertrand raises the important question of how our future, and the planet’s beauty, will be showcased in the future. Fully illus. in color. 256 pages. Abrams. 10¼x10¼. Pub. at $50.00. $9.95

282243 WILD COASTS: A Celebration of the Places Where Land Meets Sea. By Kathleen Taylor. This delightful celebration of the wider aspects of Britain’s coasts and its inhabitants is brought to life in splendid photographs, while the text tells you what you’ll see and where—from Land’s End to John O’Groats via truly scenic routes. 208 pages. Bloomsbury. 8¼x10½. Pub. at $34.00. $8.95

6624871 ANSEL ADAMS: The National Park Service Photographs. By William Atherton. Ansel Adams (1902-1984) exerted the greatest single influence in the concept of an ideal American wilderness. Adams’s mastery of the manipulation of light and tonal values are evident in many of the dramatic, evocative photographs of the western American landscape he produced during his career, and are now national icons. 351 pages. Abbeville. 4¼x4¼. Pub. at $12.95. $9.95

2828541 THE SPIRIT OF THE MOUNTAINS. By International Mountain Summit. The stunning images in this volume of photographs worldwide in their many manifestations. Taken by 149 professional and amateur photographers as they ascend a summit, or captured by drone flying over impossibly peaks, these stunning photographs will enchant all those who approach the challenge of the climb and the thrill of reaching the top. 296 pages. Firefly. 9¼x11¼. Pub. at $40.00. $12.95

2795108 THE CHEESAPEAKE AND OHIO CANAL. By Gary Arndt. This 184-mile Chesapeake and Ohio Canal, from the streets of Georgetown to the railway depot at Harper’s Ferry, is one of America’s most important waterways. In more than 100 beautiful photographs, Arndt offers stunning views of this world including wildlife, houses, locks, and aqueducts left behind. Schiffer. 15¼x12¼. Pub. at $45.00. $22.95

**2982807 EMBRACING LIGHT: A Year in Acadia National Park & Mount Desert Island. By Scott Erskine. Acadia National Park and Mount Desert Island are visited by 2.5 million tourists every vacation season, but few know what the island and park are like during the rest of the year, the quiet season. For over a year, the author explored this “magic hour,” most often in the “magic hour”—twilight. 256 pages. Four Winds Trading. 11¾x8¼. Pub. at $49.95. **PRICE CUT to $31.95

2804715 THE GRAND CANYON: Between River and Rim. By John McBride. Among the most incredible collections of Grand Canyon photographs ever published, McBride captures the majesty of this iconic landscape in stunning, rarely seen images of such locations as Marble Canyon, Havasu Creek, Great Thumb Mesa, “Heli Alley,” and Mount Sylaca. An inspiration and reminder of why we should preserve such a cherished public space. 236 pages. Rizzoli. 13¼x10¼. Pub. at $50.00. $25.95

2971089 THE GRAND CANYON: Unseen Beauty. By Tom Blagden Jr. A stunning collection of more than 175 incredible images of such locations as Lava Falls Rapid, the Bridge of Sighs, Redwall Cavern, the Neverseen Canyon Little Colorado River, Elives Chasm and Havasu Canyon. This lavishly illustrated volume will inspire and remind you why we should preserve such a cherished natural wonder. 224 pages. Rizzoli. 10¼x10¼. Pub. at $50.00.

**284107X TREES: Between Earth and Heaven. Text by G. McNamara, photos by A. Wolfe. Through the vivid images of legendary photographer Art Wolfe, this exquisite volume focuses on both individual specimens and entire forests, and offers a sweeping yet intimate look at an arboreal world that spans six continents. Humans have always shared this planet with trees, this collection of works pays homage to that relationship. 320 pages. Earth Aware. 11¼x14¼. Pub. at $55.00. **PRICE CUT to $25.95

2971445 ENCOUNTERS WITH NATURE: 53 of the World’s Most-See Destinations. Ed. by Gianni Morelli. This lavishly illustrated volume will guide you through the discovery of astonishingly beautiful locations, where you can feel the enduring emotion of direct contact with nature, and where the sensation of this embrace is made real through unique and unforgettable experiences. 272 pages. White Star. 9¼x12. Pub. at $25.00. $19.95


2649801 EARTH NOW: American Photographers and the Environment. By Katherine Ware. 188 pages. Museum of New Mexico. 11¼x14¼. Pub. at $10.00. **PRICE CUT to $3.95

**672099 ANSEL ADAMS: The National Park Service Photographs. 160 pages. Abbeville. 10½x9. Pub. at $24.95. **PRICE CUT to $17.95

2815675 HERE COMES EVERYBODY: Chris Killip’s Irish Photographs. Shopworn. 96 pages. Thames & Hudson. 13¼x9¼. Pub. at $65.00. $19.95

6958281 UNEXPECTED IOWA: A Portfolio of Natural Landscapes. By R. Leonetti & C. Jordan. Fully illus. in color, 143 pages. Rizzoli. 13¼x10½. Pub. at $55.00. $25.95


**292737 THE SUPER METABOLISM DIET. By D. Zinzenko & K. Mayo. Whether you want to improve your health, your weight, or both, the key is increasing your energy levels, and this guide can help you become your happiest and healthiest self. All it takes is fourteen days. The key is firing up your favorite foods. This guide is complete and easy to follow, and it offers a step by step plan to navigate a new wheat-free lifestyle. 292 pages. Rodale. Paperbound. Pub. at $16.99. $5.95

3693732 WHEAT BELLY: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health. By William Davis. A provocative look at how eliminating wheat from our diets can help us lose weight, shrink unsightly bulges, and reverse a broad spectrum of health problems. Davis exposes the truth about modern-day wheat, deconstructing its history, and he offers a step by step plan to naviga

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2826070 THE CASE AGAINST SUGAR. By Gary Taubes. A groundbreaking expose that makes the case that sugar is the root of all evil, entwined in our lives, and making us very sick, arguing that sugar is at the root of many health related problems. This resource provides us with the perspective necessary to make informed decisions about sugar. 365 pages. Knopf. Pub. at $26.95. $9.95

2976625 THE POUND A DAY DIET: Lose Up to 5 Pounds in 5 Days by Eating the Foods You Love. By Lucy Dunn. A groundbreaking expose that makes the case that sugar is the root of all evil, entwined in our lives, and making us very sick, arguing that sugar is at the root of many health related problems. This resource provides us with the perspective necessary to make informed decisions about sugar. 365 pages. Knopf. Pub. at $26.95. $9.95

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3695204 PALM Sized PLAN. By Matt Lovell. A top U.K. sports nutritionist shares his secrets to fuel your body and fuel your dreams by preparing palm-sized portions of nutritious, and delicious, foods to balance your intake of proteins, fats, and carbohydrates. Burgers for Breakfast; Sardines on Toast; Pork & Prunes, and Pistachio Cake. Color photos. 224 pages. B.B.P. 8.94x11/4. Pub. at $40.00 $3.95

2851903 LEMONS ARE A GIRL'S BEST FRIEND: 60 Superfood Recipes to Look and Feel Your Best. By Janet Hayward. Collected over two decades of her own healthy eating and their healing properties, each with an easy to make beauty treatment for a healthy glow, and a delicious recipe that nourishes from the inside. 128 pages. Clarkson Potter. Pub. at $12.99 $4.95

2896728 THE MAGIC OF FOOD: Live Longer and Healthier—and Lose Weight—with the Synergistic Diet. By Michael T. Murray. A groundbreaking eating plan that identifies foods that act together to produce a total effect that is greater than the sum of the individual foods—what is known as a synergistic effect. As the foods work together, they improve your energy and your physical and mental health. Includes some recipes. 308 pages. Atria. Paperbound. Pub. at $16.00 $4.95

283149X DIABETIC LIVING EAT SMART, LOSE WEIGHT. Ed. by Anne Fletcher. Features more than 190 carb-counted recipes, pointers for making a weight-loss plan and sticking with it, ten correctly portioned meals with tips on how to fill your place, five days of complete meal plans, exercises and stretches that get you moving no matter your fitness level, and balanced nutrition models that teach you how to eat for all-day energy. Illus. in color. 252 pages. Paperbound. Pub. at $19.99 $4.95

2893716 THE SWEET POTATO DIET: The Super Carb-Cycling Program to Lose Up to 12 Pounds in 2 Weeks. By Michael Morgan. Morgan removes all the guesswork and takes away the fear from traditional carb cycling by simplifying it down to a step by step eating schedule—without food weighing or calorie counting. Includes 45 easy recipes that will leave your taste buds happy and your stomach satisfied. Well illus. in color. 307 pages. Da Capo. Pub. at $28.00 $5.95

2832772 NOURISHING FATS: Why We Need Animal Fats for Health and Happiness. By Sally Fallon. Drawing on extensive research, Michael Morgan shows how the fats—animal and vegetable—that we were born with to be lean and flexible, and how to find the motivation to get healthier and stronger, and how to refine the body you were born with to be lean and flexible, with step-by-step advice, meal plans, workout routines, and words of inspiration. Well illus. in color. 226 pages. Grand Central. Pub. at $30.00 $7.95

293935X HEALING THE VEGAN WAY. By Mark Reinfeld. Research shows that eating plant based foods can help lower your risk of heart disease, diabetes, cancer, obesity, and even mental health issues. This book will guide you through the many nutritional theories out there, offering a simple path through the confusion. Color photos. 377 pages. Da Capo. Paperbound. Pub. at $22.99 $7.95

2965690 THE COMPLETE GUIDE TO COCONUT OIL & KETTLEBELL: A Personalized 4-Week Food and Fitness Plan for Long-Term Health, Happiness, and Performance. By N. Tarr & S. Russo. This previously inaccessible whole-body program provides the knowledge and tools you need to be healthy inside and out including: two 4-week meal plans that incorporate shopping lists and helpful cooking instructions on how to bake bath, cook, meal prep, and stock the pantry; 75 delicious recipes; and three 4-week thirty-minute fitness plans tailored to beginner, intermediate, and advanced levels. Color photos. 354 pages. Morrow. Pub. at $29.99 $7.95

2969528 THE FOOD THERAPIST. By Shira Leichner. The author offers an easyto follow recipes aimed at rebalancing our hormones and conquering our cravings without deprivation. This title is a refreshing resource that helps us finally uncomplicate our relationship with food. We can then focus our efforts on making thoughtful and healthy choices. 238 pages. Grand Central. Pub. at $27.00 $9.95

1878581 THE COCONUT OIL MIRACLE, 5TH EDITION. By N. Tarr & S. Russo. Where you can control your body and health. Includes 45 easy recipes. The Experiment. Pub. at $16.95 $4.95

2908441 THE COMPLETE BOOK OF KETONES: A Practical Guide to Ketogenic Diets and Ketone Supplements. By Mary T. Newport. Far more than recipes and diet tips, the author provides a breakthrough of the science behind this (still relatively new) and offers strategies for increasing ketone levels, an overview of the different types of ketogenic diets and their benefits, a lot of keto supplements, and keto friendly recipes and ingredients. 456 pages. Turner Publishing Company. Paperbound. Pub. at $21.99 $16.95

295023X MEDICAL MEDIUM LIFE-CHANGING FOODS. By Anthony Williams. The Medical Medium teaches you how to unleash the hidden powers of fruits and vegetables and transform your life. In the process, Williams offers targeted foods and delicious recipes to bring into your life for relief from hundreds of symptoms and conditions including anxiety, autoimmune disorders, cancer, Lyme disease, depression and more. Illus. in color. 325 pages. Hay House. Pub. at $29.99 $21.95

3863961 LIVING WELL WITH HEMOCROMATOSIS. By Anna Khesin. Includes easy and effective nutritional tips and strategies for in creasing ketone levels, and an overview of the different types of ketogenic diets and their benefits, a lot of keto supplements, and keto friendly recipes and ingredients. 456 pages. Turner Publishing Company. Paperbound. Pub. at $19.99 $11.95

2927206 EAT TO BEAT DISEASE: The New Science of How Your Body Can Heal Itself. By William W. Li. Forget everything you thought you knew about your body and food, and discover the new science of how our bodies heal itself. This title is a refreshing resource that helps us finally uncomplicate our relationship with food. We can then focus our efforts on making thoughtful and healthy choices. 334 pages. Hay House. Pub. at $24.99 $15.95

2990903 ALWAYS DELICIOUS. By David & Dawn Ludwig. Shares over 175 easy to make and tasty recipes that don’t focus on calories, but target fat cells directly. With dishes like Spinach Feta Quiche; Coconut Chicken pot pie; and a Heavenly Desert, Dr. Ludwig takes you on an easy and delicious journey to eat! 252 pages. The Experiment. Pub. at $16.95 $12.95


2859071 FLAT BELLY BREAKTHROUGH: Lose up to...14 Pounds & 14 Inches in 14 Days. By Ellington Darden. Photos. 270 pages. Rodale. Pub. at $25.99 $3.95


**Healthy Cooking & Special Diets**


**Exercise & Fitness**

- **2864185 BALLET FOR LIFE: Exercises and Inspiration from the World of Ballet Beautiful.** By Mary Helen Bowers. Designed to give anyone a barrelinea body, the Ballet Beautiful system shows readers how to attain a ballet-inspired lean and powerful physique and graceful poise via exercises, posture lessons, wellness tips, and fashion and beauty advice that can be incorporated into everyday life. Fully illus., some in color. 128 pages. Dorling Kindersley. Paperbound. Pub. at $19.95

- **2840855 MEN’S HEALTH NATURAL BODYBUILDING.** By Tyler Blythe. A world natural bodybuilding champ and coach guides you step by step to the stage of your first amateur bodybuilding contest. Whether your goal is to win a pageant stage or at the beach, this massive volume will deliver the ripped physique and powerful self-confidence you’ve always wanted. Well illus. 348 pages. Rodale. Paperbound. Pub. at $24.99

- **2918544 RUNNING ANATOMY.** By J. Puleo & P. Milroy. Features 50 of the most effective strength exercises for runners, each with clear, step by step descriptions and full-color anatomical illustrations highlighting the muscles in action. Whether you’re a fitness runner or a competitive runner, this volume will ensure that you’re ready to deliver your personal best. 186 pages. Human Kinetics. Paperbound. Pub. at $21.95


- **2879670 THE FLEXIBLE BODY: Move Better Anywhere, Anytime in 10 Minutes a Day.** By Roger Frampton. Frampton shows you how in just 10 minutes a day you can build a fun and achievable home exercise routine tailored to your fitness and flexibility level. With mindful, conscious exercises you can do anywhere, core and full-body strength, increased flexibility and even lose weight, all without leaving the house. Well illus. in color. 160 pages. Pavilion. Paperbound. Pub. at $19.95

- **6243304 MENS HEALTH ULTIMATE DUMBBELL GUIDE: More Than 2,100 Different Dumbbell Exercises.** By Myatt Murphy. Provides a comprehensive list of dumbbell moves that can be combined to produce maximum results. Includes instructions for creating your own personalized combination of moves, as well as tips on buying dumbbells that suit your needs. Illus. 275 pages. Rodale. Paperbound. Pub. at $13.95

- **2835096 FOREVER PAINLESS: End Chronic Pain and Reclaim Your Life in 20 Minutes a Day.** By Miranda Esmonde-White. After explaining how pain functions in the body, Miranda then leads readers through nine styles of simple, gentle exercises designed to end chronic pain for good. Includes workouts targeted to permanently heal many types of pain, including low back pain, muscle, joint pain, and arthritis. Well illus. 275 pages. Rodale. Paperbound. Pub. at $21.95

- **2832234 TRAIN LIKE A FIGHTER: Get MMA Fit Without Taking a Hit.** By Dean Pohlm. Learn to train like a fighter, learn common fighter moves, and discover the equipment and nutrition that can help you achieve your body goals. Whether you’re a beginner or an expert, this 42-step by step exercises, 20 workouts that combine exercises into 3 circuits, and three monthly programs that combine routines into plans to enhance your results, the guide is applicable to any fitness level. Illus. in color. 268 pages. Alpha. Paperbound. Pub. at $19.95

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