SCIENCE & HEALTH

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Earth Science

A SEA FULL OF TURTLES: The Search for Optimism in an Epoch of Extinction By Bill Streever. An inspired and impassioned story of adventure that explores the richness of marine life and charts a path of resilience and hope. 16 pages of color photos. 242 pages. Pegasus. Pub. at $28.95
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★**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
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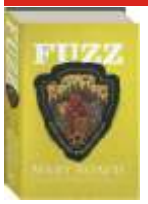

FUZZ: When Nature Breaks the Law By Mary Roach. What's to be done about a jaywalking moose? A bear caught breaking and entering? Enjoy as Roach tags along with animal-attack forensics investigators, human-elephant conflict specialists, bear managers, and "danger tree" faller blasters. When it comes to "problem" wildlife, she finds, humans are more often the problem and the solution. 308 pages. Norton. Pub. at $26.95
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DEMOCRACY IN A HOTTER TIME: Climate Change and Democratic Transformation Ed. by David W. Orr. Orr gathers leading scholars, public intellectuals, and political leaders to address the many problems confronting our current political systems. Few other works have taken a systems view of the effects of a rapidly destabilizing climate on our laws and governance, or offered such a diverse set of solutions. 281 pages. MIT Press. Pub. at $24.95
Item #9381198 **$5.95**

THE MAN WHO SWAM THE AMAZON: 3,274 Miles on the World's Deadliest River By M. Strel & M. Mohlke. Piranha, crocodiles, anaconda, river sharks, the sun, currents, river pirates and drug runners, and the insidious *candiru*, a fish feared by the natives more than piranhas. Martin Strel swam through it all, to call attention to the deforestation of the Amazon rainforest and river pollution. Photos. 213 pages. Lyons. Paperbound. Pub. at $16.95
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CULL OF THE WILD: Killing in the Name of Conservation By Hugh Warwick. How do we protect endangered native species? Which species do we prioritize? And how do we reckon with killing anything in the name of conservation? Taking a balanced approach to this emotive subject, Warwick talks to experts on all sides as he explores the impact of species control. 304 pages. Bloomsbury. Pub. at $28.00
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SAVING TIME: Discover a Life Beyond the Clock By Jenny Odell. This deeply hopeful volume tugs at the seams of reality as we know it, the way we experience time itself, and rearranges it, imagining a world not centered on work, the office clock, or the profit motive. If we can "save" time by imagining a life, identity, and source of meaning outside these things, time might also save us. Illus. 364 pages. Random. Pub. at $28.99
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HOLLYWOOD'S DIRTIEST SECRET: The Hidden Environmental Costs of the Movies By Hunter Vaughan. Offering a new history of the movies from an environmental perspective, Vaughan exposes the hidden environmental consequences of specific filmmaking practices, from water use to server farms, within a larger portrait of social perceptions and valuations of the natural world. Photos. 243 pages. Columbia. Paperbound. Pub. at $32.00
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LIVING ON EARTH: Forests, Corals, Consciousness, and the Making of the World By Peter Godfrey-Smith. Godfrey-Smith takes us on a grand tour of the history of life on Earth, both on land and in the sea. He considers the impact of language, culture, and writing and asks whether other animals might follow our evolutionary path. He then weighs our unique powers as they relate to factory farming, habitat preservation, climate change, and more. Color photos. 322 pages. FSG. Pub. at $29.00
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BELIEVERS: MAKING A LIFE AT THE END OF THE WORLD By Lisa Wells. Wells explores trailblazers dedicated to repairing the Earth and seemingly undaunted by the task ahead. They have had the same realization, have accepted that we are living through a global catastrophe, but are trying to answer the question: How do you make a life at the end of the world? 336 pages. Picador. Paperbound. Pub. at $18.00
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INTO THE CLEAR BLUE SKY: The Path to Restoring Our Atmosphere By Rob Jackson. From one of the world's leading climate scientists comes a heart-changing, thought-provoking work that offers a hopeful and attainable vision for restoring the atmosphere and ending the climate crisis. 277 pages. Scribner. Pub. at $29.99
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THE LOST CONTINENT: Coral Reef Conservation and Restoration in the Age of Extinction By David Alexander Baker. This poignant tribute to the beauty of coral reefs sheds light on the destruction of global reef ecosystems and the climate science behind the conservation efforts to save them. Well illus. in color. 207 pages. Imagine!. Pub. at $27.99
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THE RESCUE EFFECT: The Key to Saving Life on Earth By Michael Mehta Webster. Reveals the science behind nature's inherent resilience through compelling stories of species that are adapting to the changing world–including tigers in the jungles of India, cichlid fish in the great lakes of Africa, and corals in the Caribbean. Provides the cautious optimism we need to help save life on Earth. 295 pages. Timber. Pub. at $28.00
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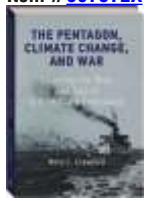

THE PENTAGON, CLIMATE CHANGE, AND WAR: Charting the Rise and Fall of U.S. Military Emissions By Neta C. Crawford. How the Pentagon became the world's largest single greenhouse gas emitter and why it's not too late to break the link between national security and fossil fuel consumption. Well illus. 386 pages. MIT Press. Pub. at $32.95
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★**WHITE LIGHT: The Elemental Role of Phosphorus–in Our Cells, in Our Food, and in Our World** By Jack Lohmann. When John Stevens Henslow discovered the potential of phosphorus as a fertilizer, little did he know his countrymen would soon be grinding up the bones of dead soldiers and mummified Egyptian cats to exploit their phosphate content and that he'd spawn a global mining industry that would change our diets, lifestyles and the face of the planet. Illus. 273 pages. Pantheon. Pub. at $30.00
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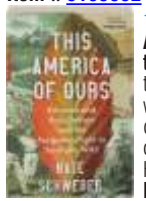

★**THIS AMERICA OF OURS: Bernard and Avis DeVoto and the Forgotten Fight to Save the Wild** By Nate Schweber. The untold story of the extraordinary fight to defend American wilderness from McCarthyism, and the radical couple who led the charge–and inspired a future of conservation. Photos. 334 pages. HarperCollins. Paperbound. Pub. at $21.99
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WHAT FUTURE: The Year's Best Ideas to Reclaim, Reanimate & Reinvent Our Future Ed. by T. Bosch & R. Scranton. An anthology collecting the most compelling, most deeply thought essays and articles about the future of life on our planet. Whether it is automation or climate change, gender or race, space travel or non-human rights, this work takes what is happening today, and asks: what next? 295 pages. Unnamed Press. Paperbound. Pub. at $18.99
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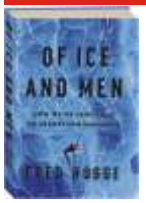

OF ICE AND MEN: How We've Used Cold to Transform Humanity By Fred Hogge. An exploration of humanity's relationship with ice since the dawn of civilization. Reminds us that only by understanding this unique substance can we save the ice on our planet–and perhaps ourselves. 256 pages. Pegasus. Pub. at $27.95

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CHASING ICEBERGS: How Frozen Freshwater Can Save the Planet By Matthew H. Birkhold. Delivers a kaleidoscopic history of humans' relationship with icebergs, and offers an urgent assessment of the technological, cultural, and legal obstacles we must overcome to harness this freshwater resource. 16 pages of photos, many in color. 228 pages. Pegasus. Pub. at $28.95

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★**TIR: The Story of the Welsh Landscape** By Carwyn Graves. Graves takes us on a tour of seven key characteristics of the Welsh landscape while examining the many ways humans interact with and understand the natural landscape around them. Further, he considers how this understanding can be used to combat climate change and improve wildlife populations and biodiversity. Color photos. 237 pages. Calon. Pub. at $24.00

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★**ALL MY RIVERS ARE GONE: A Journey of Discovery Through Glen Canyon** By Katie Lee. David Brower always regretted the Sierra Club's failure to save the Glen Canyon calling it "The Place No One Knew." But Lee was among a handful of people who knew the 170 miles of Glen Canyon very well and made 16 trips down the river. This work celebrates a great American landscape, mourns its loss, and challenges us to undo the damage and forever prevent such destruction in the future. 260 pages. Bower House. Paperbound. Pub. at $18.00

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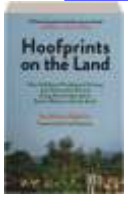

★**HOOFPRINTS ON THE LAND** By Ilse Kohler-Rollefson. Explores the deep and ancient working partnerships between people and animals. The author writes a passionate rallying cry for those invisible and forgotten herding cultures that exist all over the world, and how by embracing these traditional nomadic practices, we can help restore and regenerate the Earth. Color photos. 270 pages. Chelsea Green. Paperbound. Pub. at $22.95

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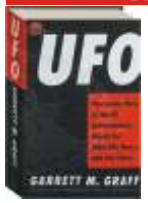

UFO: The Inside Story of the US Government's Search for Alien Life Here–And Out There By Garrett M. Graff. The first comprehensive and eye-opening exploration of our government's decades-long quest to solve one of humanity's greatest mysteries: Are we alone in the universe? 16 pages of photos, some in color. 518 pages. Avid Reader. Pub. at $32.50

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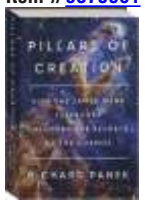

PILLARS OF CREATION: How the James Webb Telescope Unlocked the Secrets of the Cosmos By Richard Panek. The first-ever inside account of the James Webb Space Telescope reveals how it performs its miracles of science–and what its revolutionary images teach us about our universe. 16 pages of color photos. 238 pages. Little, Brown. Pub. at $29.00

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OUR MOON: How Earth's Celestial Companion Transformed the Planet, Guided Evolution, and Made Us Who We Are By Rebecca Boyle. Boyle takes readers on a dazzling lunar tour to reveal the intimate roles that our 4.51 billion-year-old companion has played in our biological and cultural evolution. 16 pages of photos, most in color. 313 pages. Random. Pub. at $28.99

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THE SECRET LIFE OF THE UNIVERSE: An Astrobiologist's Search for the Origins and Frontiers of Life By Nathalie A. Cabrol. One of the world's leading astrobiologists takes us on an awe-inspiring journey across the cosmos to investigate some of humanity's most profound questions: Are we alone in the universe? How did life on Earth begin? Well illus. some in color. 303 pages. Scribner. Pub. at $30.00

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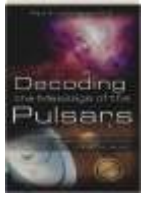

DECODING THE MESSAGE OF THE PULSARS By Paul A. LaViolette. Using extensive scientific data to corroborate his theory, the author shows that pulsars are distributed in the sky in a nonrandom fashion, often marking key galactic locations, and that their signals are of intelligent origin, warning about a past galactic core explosion disaster that could recur in the near future. Illus. 211 pages. Bear & Company. Paperbound. Pub. at $16.00

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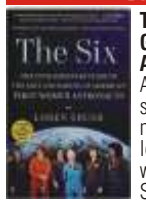

THE SIX: The Extraordinary Story of the Grit and Daring of America's First Women Astronauts By Loren Grush. In this account of America's first women astronauts comes a story that, at its heart, is about desire: not a nation's desire to conquer space, but the longing of six women to reach heights that were forbidden to them at the time. 244 pages. Scribner. Paperbound. Pub. at $20.99

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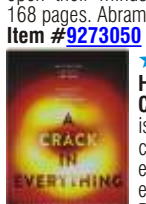

★**A CRACK IN EVERYTHING: How Black Holes Came in from the Cold and Took Cosmic Centre Stage** By Marcus Chown. What is space? What is time? Where did the universe come from? The answers to mankind's most enduring questions may lie in science's greatest enigma: black holes. 334 pages. Head of Zeus. Paperbound. Pub. at $19.99

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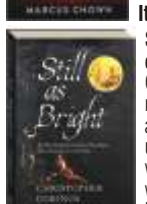

STILL AS BRIGHT: An Illuminating History of the Moon from Antiquity to Tomorrow By Christopher Cokinos. A thoughtful, deeply moving natural history. Cokinos takes readers on a lyrical journey that spans the human understanding of our closest celestial neighbor, whose multi-faceted appeal has worked on witches, scientists, poets, engineers, and even billionaires. 16 pages of photos, some in color. 421 pages. Pegasus. Pub. at $35.00

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Astronomy, Space Travel & Cosmology

STARBORN: How the Stars Made Us (And Who We Would Be Without Them) By Roberto Trotta. Reveals how stargazing has shaped the course of human civilization. The stars have served as our timekeepers, our navigators, our muses–they were once even our gods. Trotta pairs the history of our starstruck species with a world without stars where our understanding of science, art, and ourselves would be radically altered. 336 pages. Basic. Pub. at $30.00

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★**THE MOON'S GALACTIC HISTORY: A Look at the Moon's Extraterrestrial Past and Its Connection to Earth** By Constance Victoria Briggs. Follows the past and present research about the Moon's strange, enigmatic history, with a focus on an extraterrestrial presence. Additionally, Briggs discusses things observed on the Moon, including anomalous strange lights, unidentified flying objects, odd constructions, artifacts, symbols and more. Well illus. 308 pages. Adventures Unlimited. Paperbound. Pub. at $22.00

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★**MONTANA UFOS AND EXTRATERRESTRIALS** By Joan Bird. Critically examines significant Montana UFO events, including contact with extraterrestrials. Drawing on declassified government documents, historic reports, and first hand interviews, scientist and the author presents compelling evidence that UFOs have frequented Montana's big sky. Photos. 230 pages. Riverbend. Paperbound. Pub. at $19.95

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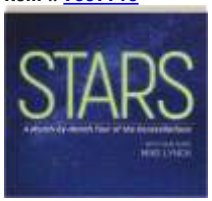

★**STARS: A Month-by-Month Tour of the Constellations** By Mike Lynch. Take a month by month approach to stargazing with this fun and informative beginner's guide to constellations, galaxies, and more. Well illus. in color. 56 pages. Adventure Publications. 10¼x9¼. Paperbound. Pub. at $14.95

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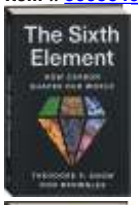

★**THE SIXTH ELEMENT: How Carbon Shapes Our World** By T.P Snow & D. Brownlee. Tells the story of carbon from a cosmic perspective, how it was born in the fiery furnaces of stars, what special chemical and physical properties it has, and how it forms the chemical backbone of the planets and all life as we know it. Illus. 254 pages. Princeton. Pub. at $27.95

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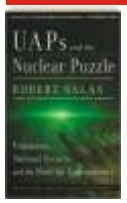
Astronomy, Space Travel & Cosmology



★**UAPS AND THE NUCLEAR PUZZLE: Visitations, National Security, and the Need for Transparency** By Robert Salas. Salas, a retired U.S.A.F. officer, witnessed firsthand a UAP (unidentified aerial phenomenon) while visiting and disabling nuclear missiles. He shares his experience as well as the many incidents of similar visits during the last 80 years that have been covered up. Illus. 229 pages. New Page Books. Paperbound. Pub. at $18.95

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★**HEART OF DARKNESS: Unraveling the Mysteries of the Invisible Universe** By J.P Ostriker & S. Mitton. Describing the incredible saga of humankind's quest to unravel the deepest secrets of the universe, the authors explain how scientists confront the mysteries of the ultimate causes of cosmic structure formation and the real nature and origin of dark matter and dark energy. 299 pages. Princeton. Paperbound. Pub. at $18.95

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★**WHO'S WHO IN THE MOON: From Abbot to Zupus a Guide to the Moon and the People On It** By B. Jones & K. Raynor. A visual guide for beginners and amateur astronomers, offering detailed images and biographical sketches of lunar features and their namesakes. 181 pages. White Owl. 8¾x11¼. Pub. at $39.95

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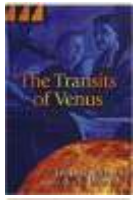

★**THE TRANSITS OF VENUS** By W. Sheehan & J. Westfall. The authors paint a picture of the history of this rare phenomenon. They interweave a discussion of its scientific significance with the stories of the people who went to great lengths to be a part of its legacy. Well illus. 407 pages. Prometheus. Paperbound. Pub. at $21.95

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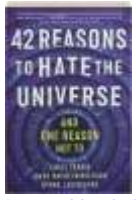

★ **42 REASONS TO HATE THE UNIVERSE: And One Reason Not To** By Chris Ferrie et al. A hilarious, no holds barred exploration of all the reasons we shouldn't exist–but somehow do anyway. Rooted in scientific research but written simply so that evolved apes such as ourselves can understand where the heck we came from and where we're likely going. 289 pages. Sourcebooks. Paperbound. Pub. at $17.99

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Airplanes & Airlines

★**BOEING 707: Owners' Workshop Manual** By Charles Kennedy. Gives readers a close-up look into the design, construction and operation of the all-American jetliner that became the face of 1960s air travel. The 707 gave birth to the term "jet set" in its early years of service, referring to the rich and famous who could fly to Rome for a party, or to Hawaii for a weekend. Fully illus., most in color. 188 pages. Haynes. 8½x11. Pub. at $36.95

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CREATURES BORN OF MUD AND SLIME: The Wonder and Complexity of Spontaneous Generation By Daryn Lehoux. Far from being a superstitious, gullible, or simplistic belief, spontaneous generation was a sophisticated and painstaking grounded fact that stood up to the best scientific testing. It's a compelling look at how we understand conceptions of scientific change, truth and progress. 177 pages. Johns Hopkins. Pub. at $47.00

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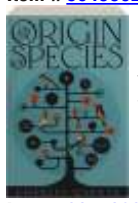

ON THE ORIGIN OF SPECIES By Charles Darwin. Discover the groundbreaking work that reshaped our understanding of life on Earth. This classic title unveils the revolutionary theory of evolution through natural selection, challenging conventional beliefs and igniting scientific and philosophical debates that resonate to this day. 430 pages. Page Publications. Paperbound. Pub. at $14.99

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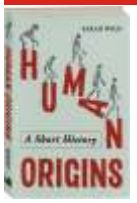

★**HUMAN ORIGINS: A Short History** By Sarah Wild. Breaks down the millions of years that make up our human story and explores the latest developments in evolutionary science to reveal a fascinating account of our existence. Illus. 224 pages. Michael O'Mara. Pub. at $19.99
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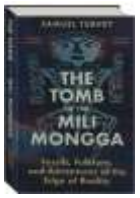

★**THE TOMB OF THE MILI MONGGA: Fossils, Folklore, and Adventures at the Edge of Reality** By Samuel Turvey. A fossil expedition becomes a thrilling search for a mythical beast deep in the Indonesian forest–and a fascinating look at how fossils, folklore, and biodiversity converge. Illus. 304 pages. Bloomsbury. Pub. at $28.00
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★**THE LITTLE BOOK OF ARCHAEOLOGY** By Peter Salmon. Novel. Archaeology isn't just about dusty artifacts and buried ruins–it's about understanding ourselves and our shared history. In this pocket-sized treasure trove, you'll uncover the secrets of archaeological discovery and exploration and learn how it can illuminate the past, inform the present, and shape the future. 141 pages. Summersdale. Paperbound. Pub. at $10.99
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WHAT IS LIFE? Five Great Ideas in Biology By Paul Nurse. A Nobel Prize-winning biologist takes up the challenge of describing what it means to be alive in a way that every reader can understand. An elegant explanation of the fundamental ideas in biology. 145 pages. Norton. Pub. at $20.00
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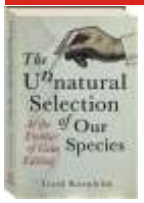

THE UNNATURAL SELECTION OF OUR SPECIES: At the Frontier of Gene Editing By Torill Kornfeldt. Kornfeldt has traveled all over the world to meet the people who are driving the genetic technology research forward. Here, she examines recent developments in gene editing and what still might be waiting around the corner. 218 pages. Hero. Pub. at $23.95
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★**THE GENETIC LOTTERY: Why DNA Matters for Social Equality** By Kathryn Paige Harden. Dismantles dangerous ideas about racial superiority and challenges us to grapple with what equality really means in a world where people are born different. Show why our refusal to recognize the power of DNA perpetuates the myth of meritocracy and argues that we must acknowledge the role of genetic luck if we are ever to create a fair society. Illus. 305 pages. Princeton. Paperbound. Pub. at $18.95
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THE INDIVIDUAL IN THE ANIMAL KINGDOM By Julian S. Huxley. We meet a youthful Huxley who uses his commanding knowledge of natural history to develop a nonreductionist account of life's complexity that aligns with seminal early insights by Darwin, Wallace, Weismann, and Wheeler. This work disappeared into oblivion despite its relevance for contemporary research on organismal complexity and major evolutionary transitions. Illus. 140 pages. MIT Press. Pub. at $25.00
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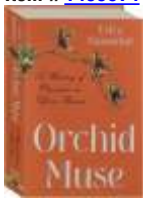

★**ORCHID MUSE: A History of Obsession in Fifteen Flowers** By Erica Hannickel. A kaleidoscopic journey into the world of nature's most tantalizing flower, and the lives it has inspired. Gathers irresistible tales of the orchid-smitten through history, while providing tips on cultivating the extraordinary flowers she features. Well illus., some in color. 306 pages. Norton. Pub. at $35.00
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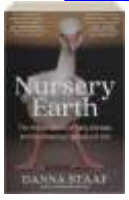

★**NURSERY EARTH: The Hidden World of Baby Animals and the Amazing Ingenuity of Life** By Danna Staaf. Makes the case that these young creatures are not just beings in progress but beings in their own right. Our planet needs them all: the maggots as much as the kittens! Well illus. some in color. 260 pages. The Experiment. Paperbound. Pub. at $17.95
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★**OTTER COUNTRY: An Unexpected Adventure in the Natural World** By Miriam Darlington. Mysterious, graceful, and ever-clever, otters have captivated our imaginations, despite the fact that few people have encountered one in the wild. Darlington captures the fascination she's had for these playful animals since childhood, and chronicles her immersive journey into their watery world. 294 pages. Tin House. Pub. at $27.95
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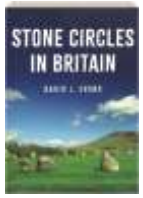
Anthropology



★**STONE CIRCLES IN BRITAIN** By David J. Evans. Evans travels over Scotland, Wales and England, surveying not only famous sites such as Stonehenge and Avebury but many other lesser-known stone circles. Fully illus. in color. 96 pages. Amberley. Paperbound. Pub. at $26.99
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WHY THE UNIVERSE EXISTS By *New Scientist*. Answers the ultimate existential question: why is there something rather than nothing? Discover how we are rewinding time to the first moments after the Big Bang, what strange particles could form dark matter, and whether the ghostly neutrino particles may hold answers to the greatest mysteries of the universe. Illus. 228 pages. Nicholas Brealey. Paperbound. Pub. at $18.95
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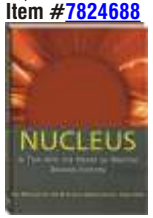

NUCLEUS, SECOND EDITION: A Trip into the Heart of Matter By Ray Mackintosh et al. Tells the story of the nucleus from the early experimental work of the quiet New Zealander Lord Rutherford to the huge atom-smashing machines of today and beyond. Anyone with even an passing interest in science will delight in this guide to the nuclear age. Well illus., some in color. 143 pages. Johns Hopkins. 8¼x11. Pub. at $35.00
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★**BETTER NOT BURN YOUR TOAST: The Science of Food and Health** By Joe Schwarcz. In a world of misinformation and noise, Dr. Joe is a reliable source of authentic, evidence-based health science, teaching you everything you didn't know you needed to know! If you have an appetite for digestible science, you will find plenty of tasty morsels here. 230 pages. ECW Press. Paperbound. Pub. at $19.95
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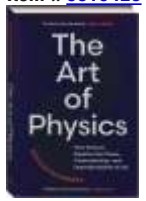

★**THE ART OF PHYSICS: How Science Explains the Chaos, Contradictions, and Unpredictability of Life** By Zahaan Bharmal. Drawing on quantum mechanics, thermodynamics, chaos and complexity theory, materials science, and more, this work reveals the hidden and sometimes beautiful ways in which physics can help us to make sense of an unpredictable world. 238 pages. Greystone. Pub. at $29.95
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Social Science

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WHY THE AMISH SING: Songs of Solidarity & Identity By D. Rose Elder. By making school visits, attending worship services, attending youth sings, and visiting private homes, Elder has had the rare opportunity to listen to Amish singing in its natural social and familial context. She combines one-on-one interviews with detailed observations of how song provides a window into Amish cultural beliefs and values. 193 pages. Johns Hopkins. Pub. at $39.95
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★**A FAMILY FRIEND** By Casey Watson. With his mother in and out of prison, Sammy has been in care since he was nine years old. One person is looking out for Sammy: his neighbor, "Uncle Kenny". But while Sammy may turn to Kenny for comfort, alarm bells soon ring for experienced foster carer Watson. Will she be able to save Sammy before it's too late? 281 pages. HarperElement. Paperbound. Pub. at $12.99
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CODE DEPENDENT: Living in the Shadow of AI By Madhumita Murgia. Riveting story of what it means to be human in a world changed by artificial intelligence, revealing the perils and inequities of our growing reliance on automated decision-making. 309 pages. Holt. Pub. at $29.99
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HOW TO TELL WHAT PEOPLE ARE THINKING: From the Bedroom to the Boardroom By Peter Collett. A trusted handbook for more than a decade, this guide to body language has been fully updated with the latest research. It includes insight into everything from Zoom meetings to the confounding world of online dating. Photos. Collins. Paperbound.
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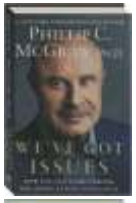

WE'VE GOT ISSUES: How You Can Stand Strong For America's Soul and Sanity By Phillip C. McGraw. Dr. Phil offers his insight on how to come home to our core values, fortify our families, and re-embrace self-determination and self-governance. 384 pages. Threshold. Pub. at $34.99
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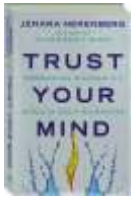

TRUST YOUR MIND: Embracing Nuance in a World of Self-Silencing By Jenara Nerenberg. An urgent examination of self-silencing culture and the toxic impact of groupthink, Nerenberg empowers readers with tools to understand the mind and navigate an increasingly polarized world, from campuses and workplaces to the media and beyond. 259 pages. Harper. Pub. at $28.99
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Social Science

BUTTS: A Backstory By Heather Radke. An entertaining, illuminating, and thoughtful investigation of why certain silhouettes come in and out of fashion–and how larger ideas about race, control, liberation, and power affect our most private feelings about ourselves and others. 310 pages. Avid Reader. Pub. at $28.99
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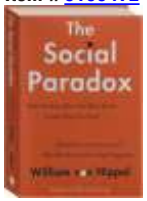

THE SOCIAL PARADOX: Autonomy, Connection, and Why We Need *Both* to Find Happiness By William von Hippel. A thought-provoking exploration into humans' two core evolutionary needs, for connection and autonomy, how the modern world has thrown them out of whack, and how we can rebalance them to improve our lives. 278 pages. Harper. Pub. at $30.00
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Social Science

★**HILLBILLY ELEGY: A Memoir of a Family and Culture in Crisis** By J.D. Vance. LARGE PRINT EDITION. Offers a passionate and personal analysis of a culture in crisis–that of poor, white Americans. The author uses his own story of growing up in a poor Rust Belt town to paint a searing portrait of what social, regional, and class decline feels like when you're born with it hanging around your neck. 359 pages. Harper. Paperbound. Pub. at $34.00
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RECKONING WITH POWER: Why the Church Fails When It's on the Wrong Side of Power By David E. Fitch. In a time when we see abuses of power everywhere, Fitch teaches us how to discern power and avoid its pitfalls. By learning from the church's historical triumphs and failures, we can relinquish worldly power and make space for God to disrupt and transform our culture for his kingdom. 221 pages. Brazos Press. Paperbound. Pub. at $19.99
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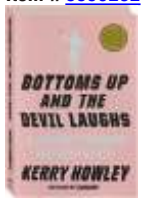

BOTTOMS UP AND THE DEVIL LAUGHS: A Journey Through the Deep State By Kerry Howley. A free fall into a world where everything is recorded and nothing is sacred, from a singular writer unafraid to ask essential questions about the strangeness and lack of privacy of modern life. 233 pages. Knopf. Pub. at $28.00
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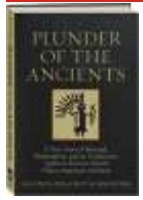
Social Science



PLUNDER OF THE ANCIENTS By Lucinda Delaney Schroeder. Offers a rare look inside the undercover investigation undertaken by special agent Lucinda Schroeder who exposed Indian Art thieves and dealers in Santa Fe who were exploiting sacred artifacts for huge sums of money. Illus. 248 pages. Lyons. Pub. at $22.95
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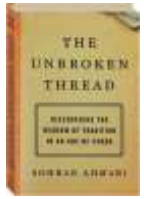

THE UNBROKEN THREAD: Discovering the Wisdom of Tradition in an Age of Chaos By Sohrab Ahmari. We've pursued and achieved the modern dream of defining ourselves–but at what cost? Ahmari makes a compelling case for seeking the inherited traditions and ideals that give our lives meaning. 298 pages. Convergent.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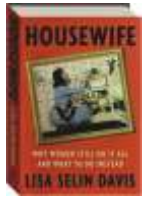

HOUSEWIFE: Why Women Still Do It All and What to Do Instead By Lisa Selin Davis. Discover the complete social history of the housewife archetype, from colonial America to the 20th century, and re-examine common myths about the "modern woman." 297 pages. Legacy Lit. Pub. at $30.00
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Social Science

★**DRAG: The Complete Story** By Simon Doonan. Drag is transformation, communication, and, above all, exaggeration, where gender non-conformity is the *plat du jour*. Observes an increasingly complex world by exploring drag's journey through history–from surprising, to the sophisticated, to the radical–from the heady days of Caligula right up to our gender-fluid present. Fully illus., many in color. 240 pages. Laurence King. Paperbound. Pub. at $19.99

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HOW TO BREAK UP WITH YOUR PHONE By Catherine Price. Walks readers through an effective and easy-to-follow 30-day plan that has already helped thousands of people worldwide break their phone addictions and feel more fully alive. Additionally, the author offers insight as to the extra safety this provides to people in an increasingly digital age. 184 pages. Ten Speed. Paperbound. Pub. at $13.99

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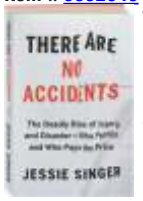

THERE ARE NO ACCIDENTS: The Deadly Rise of Injury and Disaster–Who Profits and Who Pays the Price By Jessie Singer. Recounts the surprising history of accidents and reveals how they've come to define all that's wrong with America. Singer argues that there are no such things as accidents. He uncovers just how the term "accident" itself protects those in power and leaves the most vulnerable people in harm's way. 336 pages. S&S. Pub. at $27.99

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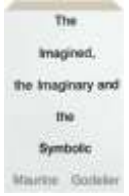

THE IMAGINED, THE IMAGINARY AND THE SYMBOLIC By Maurice Godelier. Godelier's work goes to the strategic heart of the social sciences, for to examine the nature and role of the imaginary and the symbolic is also to attempt to account for the basic components of all societies and ultimately of human existence.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

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★**PSYCHOLOGICAL DNA: A Cold Case Analysis of Who Killed Robert F. Kennedy** By John C. Brady II. A riveting exploration into the depths of Sirhan's psyche, decoding the psychological enigma of a man driven to assassination. This is a journey through the darkest corners of a would-be assassin's mind, unraveling a complex web of homicidal thoughts and shedding light on the psychodynamics that propel someone toward such extreme actions. 393 pages. Trine Day. Paperbound. Pub. at $29.95

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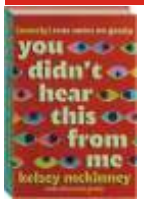
Social Science



YOU DIDN'T HEAR THIS FROM ME: (Mostly) True Notes on Gossip By Kelsey Mckinney. Explores the murkiness of everyday storytelling. Why is gossip considered a sin, and how can we better recognize when it's being weaponized? Why do we think we're entitled to every detail of a celebrity's personal life? And how do we define "gossip," anyway? 277 pages. Grand Central. Pub. at $30.00

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

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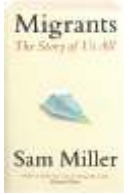

★**MIGRANTS: The Story of Us All** By Sam Miller. Shows us that it is only by understanding how migration and migrants have been viewed in the past, that we can re-set the terms of the modern-day debate about migration. Illus. 439 pages. Abacus. Paperbound. Pub. at $19.99

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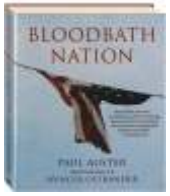

BLOODBATH NATION By Paul Auster, photos by S. Ostrander. Traces centuries of America's use and abuse of guns, from the violent displacement of the native population to the forced enslavement of millions, to the bitter divide between embattled gun control and anti-gun control camps that has developed over the past 50 years and the mass shootings that dominate the news today. Fully illus. 190 pages. Grove. 8¼x10. Pub. at $40.00

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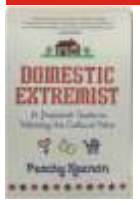
Social Science



★**DOMESTIC EXTREMIST: A Practical Guide to Winning the Culture War** By Peachy Keenan. With matchless insight and devastating humor, Keenan makes the case for domestic extremism–turning away from the diseased offerings of the elites, the media, Hollywood, your child's school, and Big Tech, and embracing a more human way of life. Mothers and fathers, regular American families, men and women, can win this battle together. 347 pages. Regnery. Paperbound. Pub. at $17.99

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THE MUSEUM OF OTHER PEOPLE By Adam Kuper. Traces the fascinating, complex and sometimes disturbing history of ethnographic collections; offers a considered, skeptical review of debates about restitution and the decolonization of scholarship; and makes the case for a cosmopolitan museum that values expertise, respects local knowledge and fosters international connections. Photos. 415 pages. Profile.

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

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★**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. Paperbound. Pub. at $17.99

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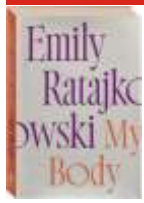
Social Science



MY BODY By Emily Ratajkowski. A profoundly personal exploration of feminism, sexuality, and power, of men's treatment of women and women's rationalizations for accepting that treatment. These essays chronicle moments from the author's life while investigating the fetishization of women's beauty, the obsession with and contempt for their sexuality, and more. 237 pages. Metropolis. Pub. at $26.00

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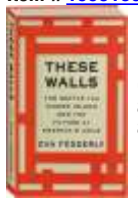

★**THESE WALLS: The Battle for Rikers Island and the Future of America's Jails** By Eva Fedderly. Part on the ground reporting, part deep social and architectural history, this work is an eye-opening look into how systems of inequity are constructed and a challenge to our long-held beliefs about what constitutes power and justice. 203 pages. Avid Reader. Pub. at $28.00

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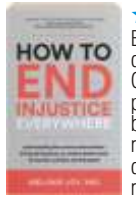

★**HOW TO END INJUSTICE EVERYWHERE** By Melanie Joy. Reveals the common denominator driving all forms of injustice. Offers a fascinating examination of the psychology and structure of unjust systems and behaviors. It also offers practical tools to help raise awareness of these systems and dynamics, reduce infighting, and build more resilient and impactful justice movements. 235 pages. Lantern Publishing. Paperbound. Pub. at $14.95

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

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Social Science

★**SECRETS OF SUCCESSFUL WOMEN INVENTORS** Ed. by Edith G. Tolchin. Reveals the real-life stories of 20 successful, modern-day women inventors–stories that describe the hard work, frequent struggles, and indomitable spirit. Also includes sound advice and guidance from several accomplished invention service providers to further help future inventors reach their fullest potential. 272 pages. Square One. Paperbound. Pub. at $19.95
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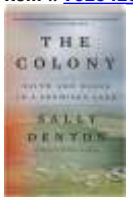

★**THE COLONY: Faith and Blood in a Promised Land** By Sally Denton. Picks up where the initial reporting of the November 2019 killings of nine women and children in northern Mexico ended and delves into the complex story of the Le Baron clan. Their homestead, Colonia LeBaron, is a portal into the past, a place that offers a glimpse into a polygamous community on arid and dangerous frontier in the mid-1800s through now. Illus. 274 pages. Liveright. Paperbound. Pub. at $17.95
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★**MOVING PAST MARRIAGE** By Jaclyn Geller. Using examples of myriad luminaries who never married, this work shows how nonmarital people have been a powerful creative force in history, contributing to science, art, religion, and literature, and often demonstrating great courage during times of war. Suggests how American society could be organized differently. 363 pages. Start. Paperbound. Pub. at $18.95
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★**THE TRILLION DOLLAR SILENCER: Why There Is So Little Anti-War Protest in the United States** By Joan Roelofs. Investigates the astounding lack of popular protest at the death and destruction that the military industrial complex is inflicting on people, nations, and the environment, and its budget-draining costs. Photos. 208 pages. Clarity. Paperbound. Pub. at $27.95
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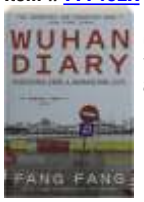

★**WUHAN DIARY: Dispatches from a Quarantined City** By Fang Fang. A fascinating eyewitness account of the events as they unfolded at the beginning of the pandemic. Captures the challenges of daily life and the changing moods and emotions of being quarantined without reliable information. 398 pages. HarperVia. Paperbound. Pub. at $17.99
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★**IRRESISTIBLE: How Cuteness Wired Our Brains and Conquered the World** By Joshua Paul Dale. This is the fascinating cultural history of cuteness, and a revealing look at how our most powerful psychological impulses have remade global style and culture. Well illus. 278 pages. Profile. Paperbound. Pub. at $16.00
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★**THE BEHAVIORAL CODE: The Hidden Ways the Law Makes Us Better...or Worse** By B. van Rooij & A. Fine. The authors reveal the behavioral code: the root causes and hidden forces that drive human behavior and our responses to society's laws. Using compelling examples they argue that law is destined to fail if it continues to rely on our intuitions rather than behavioral science. 302 pages. Beacon. Paperbound. Pub. at $18.95
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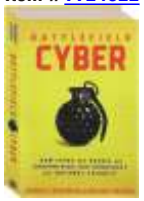

★**BATTLEFIELD CYBER: How China and Russia Are Undermining Our Democracy and National Security** By M.G. McLaughlin & W.J. Holstein. It will take many years and billions of dollars to even begin to secure our IT systems and prevent the slow rot that is destroying America. Using language that the layman can understand, this educates Americans about what has happened and inspires them to seek solutions. 285 pages. Prometheus. Pub. at $28.95
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★**DREAM HOARDERS** By Richard V. Reeves. A national conversation on the dangerous separation between the upper middle class and everyone else. Reeves explores the creation and perpetuation of opportunity hoarding, and what should be done to stop it. He offers specific steps toward reducing inequality and asks the upper middle class to pay for it. Illus. 198 pages. Brookings Institution. Paperbound. Pub. at $17.99
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★**MODERN SLAVERY** By Guido Cuyvers. Slavery is a phenomenon that appears not to interfere with the daily lives of most people. But in 2023 it still consists for a large group of people. For more then 50 million individuals worldwide, freedom does not exist. People are still being exploited and traded as commodities. This account will give you a glimpse of what slavery looks like today. 229 pages. Vita Histria. Pub. at $29.99
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Social Science

★**YOU BET YOUR LIFE: Your Guide to Deadly Risk** By Sheila & Joe Buff. Applies to you, the individual, the analytical approach insurance companies use to calculate risk: actuarial science. The result is a comprehensive, encyclopedic, real world assessment of more than 1,000 of the risks we take every day of our all too finite lives, from boarding an airplane to tempting a shark attack by dipping a toe in the ocean. 672 pages. Half Full Press. Pub. at $35.00
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★**WHAT KIND OF BIRD CAN'T FLY: A Memoir of Resilience and Resurrection** By Dorsey Nunn with L. Romney. Links the politics of Black Power to the movements for Black lives and dignified reentry today. Nunn's story underscores the power of coalition building, persistence in the face of backlash, and the importance of centering the voices of experience in the fight for freedom–and proves that jailbirds *can* fly. Photos. 349 pages. Heyday. Paperbound. Pub. at $24.00
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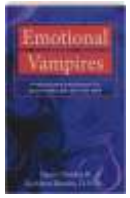
Psychology



EMOTIONAL VAMPIRES: Predators Who Want to Suck the Life Out of You By Daniel & Kathleen Rhodes. Emotional vampires are individuals we deal with in daily life who leave us feeling abnormally angry, confused, upset, or fatigued. These manipulative psychological leeches may be total strangers or our best friends, co-workers, or family members. They prey upon their victims with the aim of stealing emotional energy. 197 pages. Prometheus. Paperbound. Pub. at $19.95
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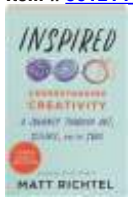

INSPIRED: Understanding Creativity By Matt Richtel. LARGE PRINT EDITION. About the science of creativity, distilling an explosion of exciting new research from across the world. Through narrative storytelling, the author marries these findings with timeless insights from the world's greatest creators as he deconstructs the authentic nature of creativity. 444 pages. Harper. Paperbound. Pub. at $31.99
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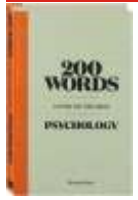
Psychology



200 WORDS TO HELP YOU TALK ABOUT PSYCHOLOGY By Michael Britt. Features definitions of 200 words frequently used to describe and discuss a smart subject. Psychology can be baffling, as well as fascinating, to the best of us. Britt guides you through gestalt theory, the placebo effect, prejudice, critical thinking and so much more. 143 pages. Laurence King. Pub. at $12.99
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THE PSYCHOLOGY BOOK: 250 Milestones in the History of Psychology By Wade E. Pickren. Chronicles the history of psychology through 250 landmark events, theories, publications, experiments, discoveries, and more. With gold gilded cover and page edges and a silk ribbon bookmark. Fully illus. most in color. 527 pages. Sterling. 7½x8¾. Pub. at $29.95
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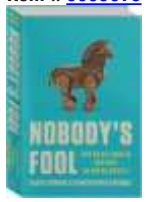

NOBODY'S FOOL: Why We Get Taken In and What We Can Do About It By D. Simons & C. Chabris. To know if you have been deceived, you must question what you believe–but we can't always question everything. This work addresses the more difficult and intriguing question: *When* should you question what you believe? 327 pages. Basic. Pub. at $30.00
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Psychology

IF NIETZSCHE WERE A NARWHAL: What Animal Intelligence Reveals About Human Stupidity By Justin Gregg. Asks whether we are in fact the superior species. As it turns out, the truth is stranger and far more interesting than we have been led to believe. Gregg highlights one feature seemingly unique to humans–our use of language, our rationality, and more, and compares it to our animal brethren. 308 pages. Little, Brown. Paperbound. Pub. at $19.99
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SELFLESS: The Social Creation of "You" By Brian Lowery. Argues that there is no real "self"–only a construct created by our interactions with others. This provocative work explores the surprisingly freeing and humbling implications of this theory. 259 pages. Harper. Pub. at $29.99
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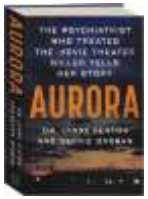

AURORA: The Psychiatrist Who Treated the Movie Theater Killer Tells Her Story By L. Fenton & K. Droban. The author's chilling account provides an intimate look at her life before and after the Aurora massacre, as well as alarming insight into the sinister patient who called himself "fear incarnate." Color photos. 289 pages. Berkley. Pub. at $27.00
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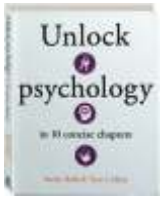

★**UNLOCK PSYCHOLOGY IN 10 CONCISE CHAPTERS** By E. Ralls & T. Collins. Unlock the wonders of the human brain in ten concise chapters with this essential introduction to psychology. Learn about the theories of Sigmund Freud, the research of Ivan Pavlov, the distinction between behavioural and cognitive psychology, and much more besides. Fully illus. in color. 128 pages. Sirius. Pub. at $16.99
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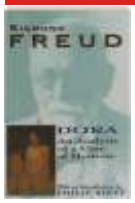
Psychology



DORA: An Analysis of a Case of Hysteria By Sigmund Freud. Freud pursues the secrets of Dora's psyche by using as clues her nervous mannerisms, her own reports on the peculiarities of her family, and the content of her dreams. He uses all his analytic genius and literary skill to reveal Dora's inner life and explain the motives behind her fixation on her father's mistress. 124 pages. Scribner. Paperbound. Pub. at $16.99
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★**THE NEW PSYCHOLOGY: The 50 Newest Concepts That Are Shaping How We Live and Work** By Adrian Furnham. An in-depth look at several of the newest issues in psychology and how they can influence our lives, at home and work–from AI and Ecopsychology to Wearables and W.E.I.R.D. people. Illus. 290 pages. Bloomsbury. Paperbound. Pub. at $24.00
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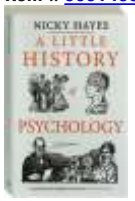
★**MY ALTERED STATES: A Doctor's Extraordinary Account of Trauma, Psychedelics, and Spiritual Growth** By Rick Strassman. Recounts dozens of Strassman's experiences of drug and non-drug altered states of consciousness from birth to early adulthood. Applies the lenses of four explanatory models–psychoanalysis, psychopharmacology, Zen Buddhism, and medieval Jewish metaphysics–in understanding how and why they occurred, and more. Illus. 298 pages. Park Street. Paperbound. Pub. at $19.99
Item #9091459 **PRICE CUT to $7.95**



★**A LITTLE HISTORY OF PSYCHOLOGY** By Nicky Hayes. Takes us on a journey through the ever-advancing study of psychology, showing how the field has evolved over time–and how much more we need to learn. Illus. 280 pages. Yale. Pub. at $26.00
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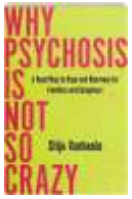
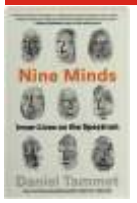


★**WHY PSYCHOSIS IS NOT SO CRAZY: A Road Map to Hope and Recovery for Families and Caregivers** By Stijn Vanheule. With a combination of theory from Freud to Lacan, present-day research, and compelling examples from the author's own patients and well-known figures, Vanheule explores psychosis in an engaging way that can benefit those suffering from it as well as the people who care for and interact with them. 219 pages. Other Press. Paperbound. Pub. at $16.99
Item #9024964 **$4.95**

Psychology



★**NINE MINDS: Inner Lives on the Spectrum** By Daniel Tammet. Tammet draws out the inner worlds of nine extraordinary, neurodivergent lives from around the globe. Telling stories as richly diverse as the spectrum itself, this perspective-altering, life-affirming work celebrates the power and beauty of the neurodivergent mind and the daring freedom with which they have built their lives. 269 pages. The Experiment. Paperbound. Pub. at $16.95
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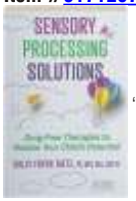

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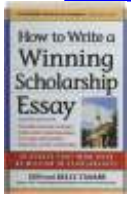

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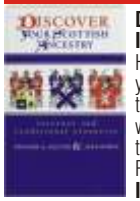

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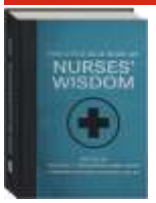

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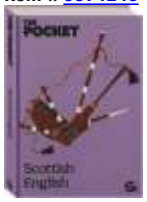

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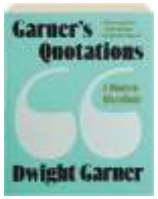

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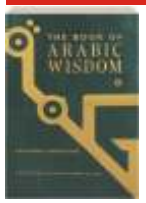

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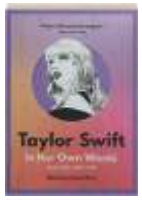

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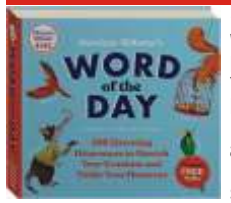

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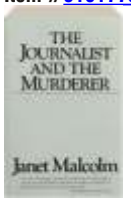

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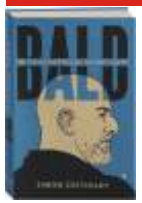

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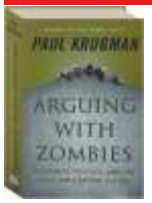

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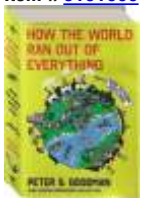

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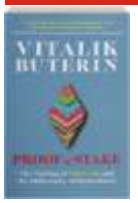

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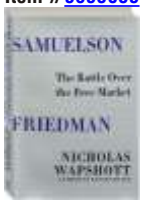

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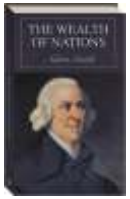

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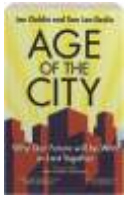
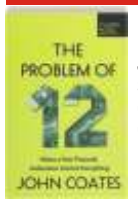


★**AGE OF THE CITY: Why Our Future Will Be Won or Lost Together** By I. Goldin & T. Lee-Devlin. The authors show why making our societies fairer, more cohesive and sustainable must start with our cities. Globalization and technological change have concentrated wealth into a small number of booming metropolises, leaving many smaller cities and towns behind and feeding populist resentment. 237 pages. Bloomsbury. Paperbound. Pub. at $18.00

Item #9107584 **PRICE CUT to $2.95**

Economics



★**THE PROBLEM OF 12: When a Few Financial Institutions Control Everything** By John Coates. A "problem of twelve" arises when a small number of institutions acquire the means to exert outsized influence over the politics and economy of a nation. This accumulation in the last few decades represents a transformation in how the American economy operates, a sea change that few of us have noticed and all of us need to consider. 188 pages. Columbia Global Reports. Paperbound. Pub. at $17.00

Item #7937857 **$12.95**

★**OUR LIVES IN THEIR PORTFOLIOS: Why Asset Managers Own the World** By Brett Christophers. Asset managers, Christophers shows, are unlike traditional owners of housing and other essential infrastructure. Buying and selling these life-supporting assets at a dizzying pace, the crux of their business model is not long-term investment and careful custodianship but making quick profits for themselves and the investors that back them. 310 pages. Verso. Paperbound. Pub. at $19.95

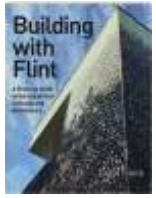
Item #8898987 **$5.95**

Engineering

THE FIRST OF EVERYTHING: A Celebration of Human Invention By Stewart Ross. A lively and highly readable account of the origins, invention and discovery of just about everything on the planet, ranging from the Big Bang to driverless cars. Illus. 280 pages. Michael O'Mara. Paperbound.

Item #7973357 **$6.95**

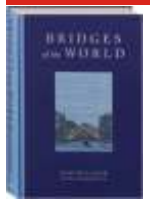
Engineering & Architecture



★**BUILDING WITH FLINT: A Practical Guide to the Use of Flint in Design and Architecture** By David Smith. Not only a comprehensive exploration of the history of flint and its traditional uses, properties and applications, but also an invaluable practical guide for practitioners currently working in the professions of construction, architecture and design. Fully illus. in color. 160 pages. Crowood. 7½x9¾. Paperbound. Pub. at $35.99

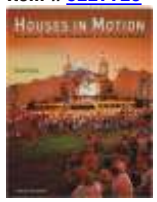
Item #8996466 **PRICE CUT to $6.95**

Architecture



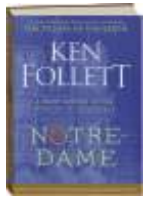
BRIDGES OF THE WORLD By G. Ascari & P. Valentinis. Bridges can either link or divide people and cultures; they are both strong and fragile, and this work features 50 of them from all over the world. It also collects stories that accompany these bridges, including the inspirational lives of those who designed, built, and crossed them. Fully illus. in color. Welbeck. Pub. at $14.95

Item #9227725 **$5.95**



HOUSES IN MOTION, SECOND EDITION By Robet Kronenburg. From prehistoric tents to the disaster-relief trailers of today, from military structures to canal boats, this unique study surveys numerous designs and innovations. 168 pages. Wiley. 8½x11. Paperbound. Pub. at $60.00

Item #9145419 **$4.95**

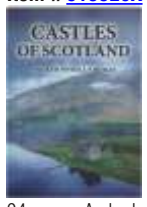


NOTRE-DAME: A Short History of the Meaning of Cathedrals By Ken Follett. The author describes the emotions that gripped him when he learned about the fire that threatened to destroy one of the greatest cathedrals in the world–the Notre-Dame de Paris. Follett then tells the story of the cathedral and he reveals the influence that the Notre-Dame had on cathedrals around the world. Illus. some color. 62 pages. Viking. 5¼x7½. Pub. at $17.00

Item #8992231 **$5.95**

WHITE CITY, BLACK CITY: Architecture and War in Tel Aviv and Jaffa By Sharon Rotbard. Today, the Hebrew city of Tel Aviv gleams white against the desert sky, its Bauhaus-inspired architecture betraying few traces of what came before it, the Arab city of Jaffa. Rotbard offers two intertwining narratives, that of colonized and colonizer and the decades-long campaign of architectural and cultural revision. Well illus. 244 pages. MIT Press. Paperbound.

Item #913820X **$3.95**

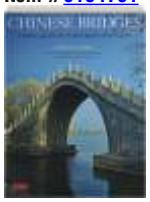


★**CASTLES OF SCOTLAND** By Andrew Powell-Thomas. The story of Scotland's castles is intricately woven into the country's history. These formidable structures have guarded the landscape since medieval times, and many of these structures are famous emblems of Scotland today. These iconic structures draw visitors from far and wide to explore a unique part of Scotland's heritage. Fully illus. in color. 94 pages. Amberley. Paperbound. Pub. at $25.99

Item #9304673 **$19.95**

Architecture

BUILDING AND DWELLING: Ethics for the City By Richard Sennett. Shows how Paris, Barcelona, and New York City assumed their modern forms; revises the reputations of Jane Jacobs, Lewis Mumford, and other key thinkers; and takes us on a tour of emblematic contemporary locations, from the backstreets of Medellin, Colombia, to the Google headquarters in Manhattan. 32 pages of photos, some in color. 343 pages. FSG. Pub. at $30.00
Item #9134751 **$4.95**



★**CHINESE BRIDGES: Living Architecture from China's Past** By Ronald G. Knapp, photos by A.C. Ong. Covers not only the various types of bridges and their distinctive architectural elements but also focuses on bridges as "living architecture," including the rituals involved in bridge construction and the use of bridges as the focus of life. Fully illus. in color. 272 pages. Tuttle. 9x11¾. Paperbound. Pub. at $16.95
Item #1041886 **$9.95**

★**WOODEN CHURCHES IN EASTERN EUROPE** By Siegfried von Quast. Their aesthetic appeal includes the surface-weathered material, deformed structures, color improvisations, recently ornamented sheet metal, inside wall paintings, altar and iconostasis furnishings derived from Renaissance and Baroque periods, but above all their location in the village surrounded by old trees, enclosures and graves without cemetery order. Fully illus. in color. 79 pages. Edition Axel Menges. 9¾x12. Pub. at $42.00
Item #6080545 **$14.95**

Architectural Surveys

PALACES FOR PIGS By Lucinda Lambton. Architecture for animals has been, and still continues to be, a tremendous British tradition, as this fully illustrated volume with striking images, complemented with engaging text shows. Lambton celebrates this tradition, telling the fascinating stories behind the buildings that housed animals and the monuments that commemorated them in death. Fully illus. in color. 256 pages. English Heritage. 7¾x10. Pub. at $50.00
Item #7963076 **$6.95**

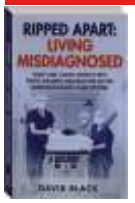
Regional Architectural Styles

SPANISH COLONIAL OR ADOBE ARCHITECTURE OF CALIFORNIA, 1800-1850 By D.R. Hannaford & R. Edwards. In California, authentic Spanish colonial houses were built with local materials, with construction and ornamentation traditional to settlers from both Spain and New England. This study gives architects, home builders, and historians a chance to view photos, sketches, and measured drawings of interior and exterior details. 110 pages. Taylor. 8½x11. Paperbound. Pub. at $24.95
Item #9039317 **PRICE CUT to $2.95**

★**THE CAPE COD COTTAGE** By William Morgan. In this photo essay–printed in beautiful black and white and accompanied by an insightful text–Morgan traces the entire history of the Cape Cod cottage, from its Colonial origins, to the suburban starter homes of midcentury America, to the creative interpretations of contemporary architects. 95 pages. Abbeville. 8¾x8¾. Pub. at $19.95
Item #9156364 **$14.95**

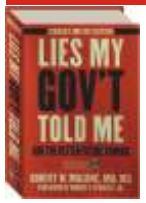
ARCHITECTURE IN THE SOUTH PACIFIC: The Ocean of Islands By J. Taylor & J. Conner. Recounts an important development in the making of the contemporary South Pacific–that of the new and diverse architecture, together with regional buildings of note, both historical and contemporary. Presented in full color, this volume will appeal to anyone interested in discovering the islands of the South Pacific. 356 pages. UHiP. 11x10. Pub. at $50.00
Item #9113398 **$11.95**

Medical Science



RIPPED APART: Living Misdiagnosed By David Black. This is the story of American hospitals, spotlighting what it is like for patients to suffer due to doctors' mistakes and their refusal to admit their wrongdoings. There is no politely written narrative, but rather, a personal story with a wider look at the failure of our health care system. Illus., most in color. 262 pages. Skyhorse. Pub. at $24.99
Item #9230297 **$5.95**

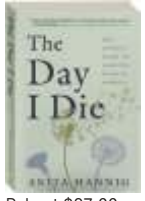
Medical Science



LIES MY GOV'T TOLD ME: And the Better Future Coming By Robert W. Malone. Guide for the times–breaking down the lies about COVID-19 and shedding light on why we came to believe them. Malone explores the connections between Pharma, government, and media, and tells us what can be done about it. 448 pages. Skyhorse. Pub. at $100.00
Item #9240330 **$6.95**

THE PRICE OF PANIC: How the Tyranny of Experts Turned a Pandemic into a Catastrophe By Douglas Axe et al. The human cost of the emergency response to COVID-19 has far outweighed the benefits. That's the sobering verdict of a trio of scholars–a biologist, a statistician, and a philosopher–in this comprehensive assessment of a horrible panic-induced disaster. 266 pages. Regnery. Pub. at $28.99
Item #9217002 **$5.95**

NIGHTMARELAND: Travels at the Borders of Sleep, Dreams, and Wakefulness By Lex Lonehood Nover. A mind-expanding exploration of sleep disorders and unusual dream states–the scientific explanations and the paranormal possibilities–bringing readers on an extraordinary journey through history, folklore, and science, to help us understand what happens when we sleep. Illus. 308 pages. TarcherPerigee. Paperbound. Pub. at $18.00
Item #927894X **$5.95**



THE DAY I DIE: The Untold Story of Assisted Dying in America By Anita Hannig. Brings us into the lives of ordinary Americans who go to extraordinary lengths to set the terms of their own death. Faced with a terminal diagnosis and unbearable suffering, they decide to seek medical assistance in dying, a legal option now available to one in five Americans. 297 pages. Sourcebooks. Pub. at $27.99
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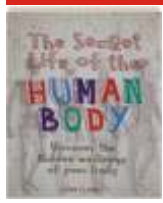
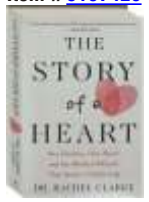
THE FORGOTTEN SENSE: The New Science of Smell and the Extraordinary Power of the Nose By Jonas Olofsson. A fascinating exploration of our most essential yet least understood sense by one of the world's leading researchers into the science of smell–enabling us to appreciate food and drink, warning us of dangers, and even influencing who we fall in love with. 218 pages. Mariner. Pub. at $28.00
Item #9247297 **PRICE CUT to $4.95**

Medical Science

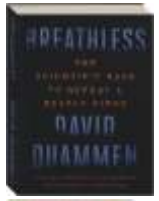


THE SECRET LIFE OF THE HUMAN BODY By John Clancy. Looks at how the seven octillion atoms that make up the human body are grouped into organs, tissues, nerves, fibers, fluids and more in such a way that the entire system runs smoothly without us ever knowing about it. Fully illus. in color. 192 pages. Firefly. Paperbound. Pub. at $24.95
Item #9167420 **PRICE CUT to $3.95**



THE STORY OF A HEART: Two Families, One Heart, and the Medical Miracle That Saved a Child's Life By Rachel Clarke. Nine-year-old Max Johnson had been in a hospital for nearly a year, valiantly fighting the virus that was causing his young heart to fail. When Max's parents received the call they had been hoping for, they knew it came at a terrible cost to another family–in what Clarke calls "the brutal arithmetic of transplant surgery." 232 pages. Scribner. Pub. at $28.99
Item #9273794 **$5.95**

THE SONG OF OUR SCARS: The Untold Story of Pain By Haider Warraich. A doctor's personal and unsparing account of how modern medicine's failure to understand pain has made care less effective. 307 pages. Basic. Pub. at $30.00
Item #9133747 **$6.95**



BREATHLESS: The Scientific Race to Defeat a Deadly Virus By David Quammen. The behind-the-scenes story of how scientists around the world cooperated to decipher the COVID-19 virus and make possible the vaccines to fight the pandemic. 406 pages. S&S. Pub. at $29.99
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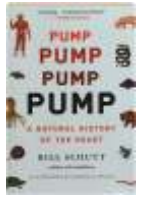

PUMP: A Natural History of the Heart By Bill Schutt. In this lively, unexpected look at the hearts of animals–from fish to bats to humans–American Museum of Natural History zoologist Bill Schutt tells an incredible story of evolution and scientific progress. Illus. 269 pages. Algonquin. Paperbound. Pub. at $17.99
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Medical Science

RUMBLES: A Curious History of the Gut–The Secret Story of the Body's Most Fascinating Organ By Elsa Richardson. Traveling from ancient Greece to Victorian England, 18th Century France to modern America, Richardson leads us on a lively tour of the gut, exploring all the ways that we have imagined, theorized, and probed the mysteries of the gastroenterological system. Photos. 326 pages. Pegasus. Pub. at $28.95

Item #9288902 **$6.95**

★**WHO'S YOUR DOCTOR? A Guide to Protect You From the Wrong One** By William Abramovits. Analytically walks readers through all of the different providers they may encounter in the healthcare system, discussing their credentials and education, and how to select a doctor to ensure they receive the best and most competent healthcare. 211 pages. Savio Republic. Paperbound. Pub. at $18.99

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DO I KNOW YOU? A Faceblind Reporter's Journey into the Science of Sight, Memory, and Imagination By Sadie Dingfelder. After receiving a midlife diagnosis of propagnosia–faceblindness–the author investigates the neuroscience of human consciousness while solving some long-running mysteries about her own life. 295 pages. Little, Brown. Pub. at $32.00

Item #919519X **PRICE CUT to $3.95**

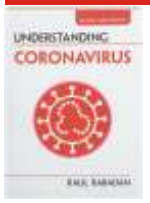
★**THE PFIZER PAPERS: Pfizer's Crimes Against Humanity** Ed. by Naomi Wolf wiith A. Kelly. Shows that Pfizer's mRNA COVID-19 vaccine clinical trial was deeply flawed and that they knew by November 2020 that its vaccine was neither safe nor effective. A look at how Big Pharma, the U.S. government, and healthcare entities are protected by the legal immunity of the Public Readiness and Emergency Preparedness Act, and more. Fully illus. in color. 386 pages. War Room. 8¾x11¼. Pub. at $39.99

Item #904986X **$31.95**

MORE THAN HOT: A Short History of Fever By Christopher Hamlin. Reviewing the representations of the condition from ancient times to the present, this is a history of the world through the lens of fever. This volume deals with the expression of fever, the efforts of medical scientists to classify it, and with fever's changing social, cultural, and political significance. Illus. 383 pages. Johns Hopkins. Paperbound. Pub. at $27.00

Item #908147X **$6.95**

Medical Science



★**UNDERSTANDING CORONAVIRUS, REVISED** By Raul Rabadan. Why is the information available about coronavirus/COVID 19 so confusing? This is a concise and accessible introduction to all the science and facts you need to understand how the virus works, how it spreads and how it compares to other respiratory viruses. This guide also covers how the virus mutates, information on the mutations, how the vaccine works and so much more. 146 pages. Cambridge. Paperbound. Pub. at $14.95

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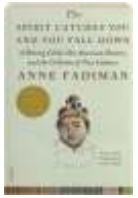
★**THE FUTURE OF THE BRAIN** Ed. by G. Marcus & J. Freeman. An unprecedented look at the quest to unravel the mysteries of the human brain that takes readers to the absolute frontiers of science. With original essays by leading researchers, this work sheds light on the breathtaking implications of brain science for medicine, psychiatry, and even human consciousness itself. Illus., in color. 284 pages. Princeton. Paperbound. Pub. at $18.95

Item #699668X **$14.95**

THERE PLANT EYES: A Personal and Cultural History of Blindness By M. Leona Godin. From Homer to Helen Keller, from *Dune* to Stevie Wonder, from the invention of braille to the science of echolocation, Godin explores the fascinating history of blindness, interweaving it with her own story of gradually losing her sight. 331 pages. Pantheon. Pub. at $28.00

Item #6994385 **$3.95**



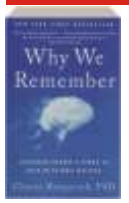
THE SPIRIT CATCHES YOU AND YOU FALL DOWN: A Hmong Child, Her American Doctors, and the Collision of Two Cultures By Anne Fadiman. Explores the clash between a small county hospital in California and a refugee family from Laos over the care of Lia Lee, a Hmong child diagnosed with severe epilepsy. Lia's parents and her doctors both wanted what was best for Lia, but the lack of understanding between them led to tragedy. 355 pages. FSG. Paperbound. Pub. at $17.00

Item #7801157 **$3.95**

HEARTWARMING: How Our Inner Thermostat Made Us Human By Hans Rocha Ijzerman. How can holding a warm mug of coffee affect our emotions? This work explores temperature through the long lens of evolution; like huddling penguins, we humans have long relied on one another to maintain our temperatures. Over millennia, this instinct for thermoregulation has shaped our lives and culture. 288 pages. Norton. Pub. at $26.95

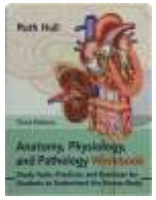
Item #926437X **PRICE CUT to $2.95**

Medical Science



★**WHY WE REMEMBER: Unlocking Memory's Power to Hold on to What Matters** By Charan Ranganath. Reveals the powerful role memory plays in nearly every aspect of our lives, from daily remembering tasks like recalling names and finding our keys to learning, decision-making, trauma, and healing. 291 pages. Vintage. Paperbound. Pub. at $19.00

Item #9127674 **$9.95**



★**ANATOMY, PHYSIOLOGY, AND PATHOLOGY WORKBOOK, THIRD EDITION** By Ruth Hull. Learn anatomy, physiology, and pathology of the human body with this fun and student-focused learning and coloring workbook–includes study tips and over 100 images. Solutions included. 336 pages. North Atlantic. Paperbound. Pub. at $21.95

Item #9020527 **$11.95**

★**THE SCIENCE OF WEIRD SHIT: Why Our Minds Conjure the Paranormal** By Chris French. French provides authoritative, evidence-based explanations for a wide range of superficially mysterious phenomena and then draws out lessons with wider applications to many other aspects of modern society where critical thinking is urgently needed. Illus., some in color. 374 pages. MIT Press. Paperbound. Pub. at $24.95

Item #9161104 **PRICE CUT to $7.95**

Business

GLADIATORS, PIRATES AND GAMES OF TRUST: How Game Theory, Strategy and Probability Rule Our Lives By Haim Shapira. Shapira shares humorous anecdotes and insightful examples to explain Game Theory, how it affects our daily lives, and how the different interactions between decision-makers can play out. 183 pages. Watkins. Paperbound. Pub. at $14.95

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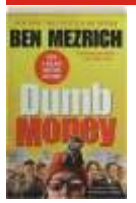
Business



DUMB MONEY By Ben Mezrich. Offers a gripping, beat-by-beat account of how a loosely affiliated group of private investors and internet trolls on a subreddit called WallStreetBets took down one of the biggest hedge funds on Wall Street, firing the first shot in a revolution that threatens to upend the establishment. 304 pages. Grand Central. Paperbound. Pub. at $19.95

Item #9367527 **$4.95**

TEACHING CREATIVE WORKSHOPS: In Person and Online By Patricia van den Akker. The ultimate guide for artists and makers to learn how to deliver outstanding in-person and online workshops, how to become a better and more confident teacher, and how to promote and launch your workshops to turn them into a profitable venture. Well illus. in color. 256 pages. Herbert. Paperbound. Pub. at $40.00

Item #9359753 **$9.95**

MAKE IT PROFITABLE! By Barbara Brabec. Emphasizes how creative people are using computers and the Internet to save time, cut costs, and increase profits. Illus. 333 pages. M. Evans. Paperbound. Pub. at $16.95

Item #9053441 **$2.95**

THE YELLOW PAD: Making Better Decisions in an Uncertain World By Robert E. Rubin. The former Secretary of the Treasury and co-chairman of Goldman Sachs shares thoughts on decision-making developed over more than six decades in markets, business, government, and politics, and offers readers an astute and original guide for navigating uncertain times. 302 pages. Penguin. Pub. at $32.00

Item #935350X **$6.95**

GRIT TO GREAT: How Perseverance, Passion, and Pluck Take You from Ordinary to Extraordinary By L. Kaplan Thaler & R. Koval. Offers insights form the front lines of the impact of perseverance, pluck, and focused attention on getting ahead, whether you are an entry-level employee, a budding entrepreneur, or an aspiring C-suite executive. 158 pages. Currency. Pub. at $19.95

Item #909749X **$5.95**

Business

BLOOD MONEY: The Story of Life, Death, and Profit Inside America's Blood Industry By Kathleen McLaughlin. A haunting, deeply personal investigation of an underground for-profit medical industry and the American underclass it drains for blood and profit. This captivating, anguished expose weaves together a personal battle to overcome illness while also facing her complicity in this wheel of exploitation. 225 pages. Atria. Paperbound. Pub. at $18.99

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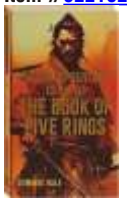

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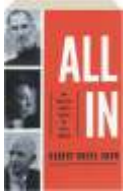

ALL IN: How Obsessive Leaders Achieve the Extraordinary By Robert Bruce Shaw. Shows leaders and aspiring leaders how obsession can fuel the most incredible success, while shining a light on how this same trait–when left unchecked and out of balance–can take a devastating toll on the leader themselves, on his or her family, and on their work colleagues. 220 pages. AMACOM. Paperbound. Pub. at $19.99

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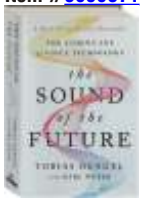

THE SOUND OF THE FUTURE: The Coming Age of Voice Technology By Tobias Dengel with K. Weber. Explores why voice technology is the next big thing, as big as mobile a decade ago and the internet in the '90s, fundamentally altering the way companies do business. 328 pages. PublicAffairs. Pub. at $30.00

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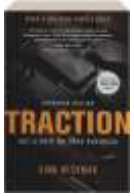

TRACTION: Get a Grip on Your Business By Gino Wickman. Entrepreneurs and business leaders face similar frustrations–personnel conflict, profit woes, and inadequate growth. Decisions never seem to get made, or fail to be properly implemented, but there is a solution. This is a practical method for achieving the business success you have always envisioned. 248 pages. BenBella. Paperbound. Pub. at $19.95

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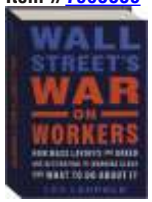

★**WALL STREET'S WAR ON WORKERS: How Mass Layoffs and Greed Are Destroying the Working Class and What to Do About It** By Les Leopold. Leopold explains why mass layoffs occur and how our current laws and regulations allow companies to turn these layoffs into short-term financial gains. Both groundbreaking and urgent, this work not only offers solutions that could halt mass layoffs but also offers new hope for workers everywhere. 226 pages. Chelsea Green. Pub. at $28.00

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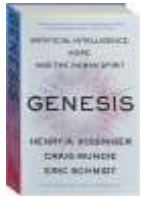

GENESIS: Artificial Intelligence, Hope, and the Human Spirit By Henry A. Kissinger et al. Mounts a profound exploration of the epochal challenges and opportunities presented by the revolution in artificial intelligence: a breakthrough that dramatically empowers people in all walks of life while also raising urgent questions about the future of humanity. 249 pages. Little, Brown. Pub. at $30.00

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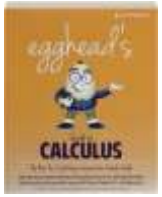

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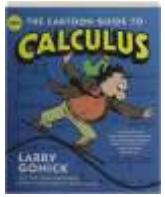

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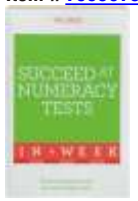

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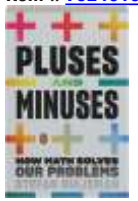

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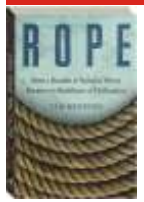

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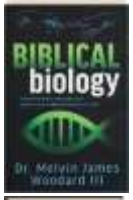

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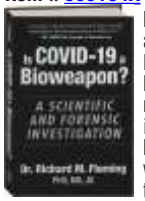

IS COVID-19 A BIOWEAPON? A Scientific and Forensic Investigation By Richard M. Fleming. By 1999, U.S. federal agencies began funding Gain of Function research, research that by its very nature is designed to increase the ability of pathogens to infect and harm people. In 2019, one of those pathogens was intentionally released upon the world in the Wuhan wet market. The key to proving and understanding this bioweapon is its spike protein. Illus. some in color. 162 pages. Skyhorse. Pub. at $24.99
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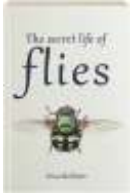

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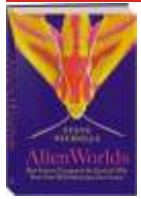

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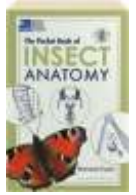

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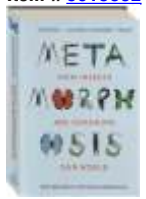
Item #9018832 **$5.95**

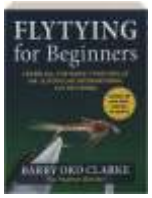


★**METAMORPHOSIS: How Insects Are Changing Our World** By E. McAlister & A. Washbourne. Featuring more than 80 color illustrations that highlight the impressive variety and vibrancy of everything from beetles to blowflies, this work covers contemporary topics that emphasize the intersections between insects, technology, and the future of the planet. 216 pages. Smithsonian. Pub. at $29.95
Item #6999255 **PRICE CUT to $3.95**

Fishing & Hunting

AMERICAN WHITETAIL, REVISED: Deer Hunting Tips and Resources By Terry F. Townsend. Townsend shares hundreds of valuable tips, tricks, facts, skills, observations and lessons learned from 35 years of experience hunting the whitetail deer. Fully illus. some in color. 508 pages. Derrydale. Paperbound. Pub. at $29.95
Item #9038876 **$5.95**

Fishing & Hunting



FLYTYING FOR BEGINNERS: Learn All the Basic Tying Skills VIA 12 Popular International Fly Patterns By Barry Ord Clarke. Exceptionally clear beginner's guide shows you exactly how to create 12 universal fishing flies, step-by-step. Includes the Zebra Midge; F-Fly; Pheasant Tail Nymph; Montana Nymph and more. Master the building blocks for which all successful fishing flies, even the most complex ones, are based. Fully illus. in color. 126 pages. Skyhorse. Paperbound. Pub. at $19.99

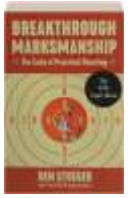
Item #913039X **$6.95**

★**JAPANESE BLACKSMITHING: Traditional Forging Methods for Knives, Swords, and Tools** By Rudolf Dick. Learn about the traditional methods used by Japanese tool, knife, and swordsmiths and get a rare and unique look inside their workshops. You'll find 10 typical forged products, ranging from straight razors to swords, illustrated with photographs that explain the techniques used to create classic Japanese forged pieces, and more. 158 pages. Schiffer.

Item #9084738 **$21.95**

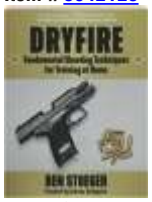
HUNTING: A Cultural History By J.E. Dizard & M.Z. Stange. Traces the evolution of hunting, from Stone Age hunting and gathering to today's regulated sport hunting. 239 pages. MIT Press. Paperbound. Pub. at $16.95

Item #9336656 **$5.95**



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

Item #8042128 **$9.95**



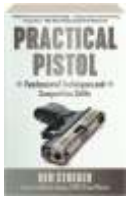
★**DRYFIRE: Fundamental Shooting Techniques for Training at Home** By Ben Stoeger. An indispensable guide, meticulously crafted for practical shooting competitors who are ready to push their abilities to the next level. Contains a wealth of comprehensive drills that refine technique and sharpen precision. Well illus. 131 pages. Skyhorse. 8½x11. Paperbound. Pub. at $21.99

Item #9252223 **$16.95**

Fishing & Hunting

OF KNIVES AND MEN: Great Knifecrafters of the World and Their Works By Francois-Xavier Salle. An invitation to take a journey, a world tour of the best fine art knifemakers of the last 30 years and their creations. Fully illus. in color. 240 pages. Firefly. 8½x11¼. Pub. at $35.00

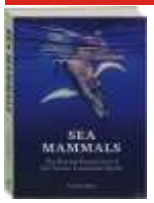
Item #912361X **$9.95**



★**PRACTICAL PISTOL: Fundamental Techniques and Competition Skills** By Ben Stoeger. How do you hold the gun? How do you shoot fast? The knowledge provided here answers these questions and many more, spanning from marksmanship fundamentals to shooting on the move and competition skills such as stage breakdown and managing match pressure. Color photos. 311 pages. Skyhorse. Paperbound. Pub. at $24.99

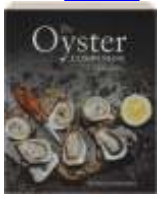
Item #8883289 **$14.95**

Marine Mammals, Fish & Reptiles



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

Item #9181083 **$6.95**



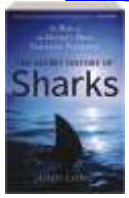
THE OYSTER COMPANION: A Shucker's Field Guide for Connoisseurs By Patrick McMurray. Rich in history and lore, anecdotes from the author's experience as a restaurateur and competitive shucker are woven together with practical information on everything from opening oysters with finesse to ordering hard-to-get bivalves online. Well illus. in color. 254 pages. Firefly. Paperbound. Pub. at $19.95

Item #9211675 **$6.95**

Marine Mammals, Fish & Reptiles

THE ALEWIVES' TALE: The Life History and Ecology of River Herring in the Northeast By Barbara Brennessel. Describes the plight of alewives and blueback herring, two fish species with similar life histories that are difficult to distinguish by sight. Collectively referred to as river herring, they have been economically crucial since colonial times as food, fertilizer, and bait. Photos. 162 pages. UMaP. Paperbound. Pub. at $24.95

Item #9183310 **$5.95**



★**THE SECRET HISTORY OF SHARKS: The Rise of the Ocean's Most Fearsome Predators** By John Long. From ancient megalodons to Great Whites, sharks have been fighting for their lives for 500 million years, and today are under dire threat. This work tells the untold story of how sharks emerged as Earth's ultimate survivors, outlasting multiple mass extinction events that decimated life on the planet. Illus. 467 pages. Ballantine. Paperbound. Pub. at $20.00

Item #9229663 **$14.95**

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

Item #9129898 **PRICE CUT to $3.95**

★**SHARKS & UNDERWATER PREDATORS: Young, Habitats, Characteristics, Anatomy** By Tom Jackson. There are more than 1,000 species of sharks and rays, with new species discovered every year. Through their evolution, sharks have shaped our oceans into the rich habitats we know today. Fully illus. in color. 224 pages. Amber. Paperbound. Pub. at $16.99

Item #9039821 **$12.95**

★**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

Item #9099662 **PRICE CUT to $21.95**

Marine Mammals, Fish & Reptiles

★**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

Item #7986726 **$7.95**

Horses & Horsemanship

★**HORSES IN ART** By Chiedza Mhondoro. Explores the long and rich trajectory of art that focuses on horses and equestrian art from their historic use in battle or as tools in agricultural labor, up to their representation as an allegory for wildness and power in modern art, to the current fascination with horse racing and breeding. Fully illus. in color. 159 pages. Tate. 6½x8.

Item #9273034 **$22.95**

DELAWARE PARK: Winners, Losers and Long Shots By Kenneth Baumgardt. The park was designed and built by Willie DuPont, a lean and wiry man for whom there was no sweeter music than "the pound of horses' hooves." In the decades that followed, Delaware Park became the home of Kelso, Secretariat and Barbaro, some of the greatest names in horse racing history. Fully illus. 124 pages. History Press. Paperbound. Pub. at $19.99

Item #7980078 **$5.95**

★**THE KINGMAKER: How Northern Dancer Founded a Racing Dynasty** By Avalyn Hunter. Tells the compelling story of the fiery colt who towered over both his peers and the humans who played supporting roles. Also chronicles Northern Dancer's ascendancy as the world's most coveted stallion and the founder of a Thoroughbred dynasty. More than 30 years after his death, his descendants continue to write racing and breeding history around the world. 16 pages of photos. 264 pages. Eclipse. Paperbound. Pub. at $26.95

Item #4995325 **$19.95**

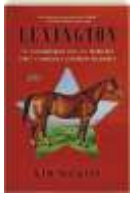
Horses & Horsemanship

HORSE/HUMAN: An Emotional Bond By Bob Tabor. This collection of stunning and powerful images is a testament to photographer Bob Tabor's profound understanding of and respect for these magnificent horses. His uniquely poignant photographs invite the reader to connect with these majestic and beautiful animals. 183 pages. Glitterati. 14¾x11¾. Pub. at $95.00

Item #7930801 **$14.95**

★**SKY WATCH: Chasing an American Saddlebred Story** By Emma Hudelson. Tracking the path of Sky Watch's success, Hudelson's work is a deeply personal homage to one of the sport's greatest show horses and the indelible impression he left on the breed and in the hearts of those who loved him. Illus. 245 pages. UPKy. Pub. at $32.95

Item #7543042 **$14.95**



★**LEXINGTON: The Extraordinary Life and Turbulent Times of America's Legendary Racehorse** By Kim Wickens. The dramatic true story of the champion Thoroughbred racehorse who gained international fame in the tumultuous Civil War-era South and became the most successful sire in American racing history. Illus. 401 pages. Ballantine. Paperbound. Pub. at $22.00

Item #539581X **$6.95**

Farm & Domesticated Animals

★**MY CHICKEN FAMILY: A Keepsake Album** By Melissa Caughey. This beautifully designed keepsake album is perfect for chronicling chicken-keeping adventures, tracking the growth from chick to flock elder–with spaces and prompts for distinctive personalities, names, photos, and amusing anecdotes. Well illus. in color. Storey. Pub. at $16.00

Item #8741875 **$3.95**

Farm & Domesticated Animals

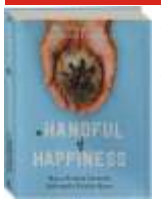
★**AN ABSOLUTE BEGINNER'S GUIDE TO RAISING BACKYARD DUCKS** By Gail Damerow. In this straightforward guide, poultry expert Damerow leads beginner duck keepers through all the basics, including: profiles of popular breeds; acquiring a starter flock; facilities and feeding; why ducks do what they do; managing for eggs and meat; and more. Fully illus. in color. 160 pages. Storey. Paperbound. Pub. at $16.99

Item #7898207 **$9.95**

★**THE SALT STONES: Seasons of a Shepherd's Life** By Helen Whybrow. In the heart of Vermont's Green Mountains, the author has restored an old two-hundred-acre farm, where she tends to a flock of Icelandic sheep. Her vivid, reflective prose explores the seasons and cycles of farming and shepherding. 285 pages. Milkweed Editions. Pub. at $26.00

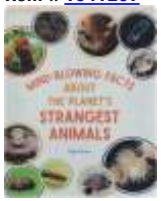
Item #9197842 **$18.95**

Animals



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

Item #1041207 **$2.95**



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

Item #9128816 **$6.95**

Animals

LONESOME FOR BEARS: A Woman's Journey in the Tracks of the Wilderness By Linda Jo Hunter. As caretakers and guides at Redoubt Bay Lodge in Alaska, Hunter and her husband lived side by side with brown bears, learning to understand their behavior and growing to miss their company when they left them behind at the end of each season. This account offers new insight into bear behavior. Color photos. 134 pages. Lyons. Paperbound. Pub. at $19.95

Item #9003312 **$5.95**

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

Item #9057773 **$5.95**

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

Item #9002863 **$2.95**

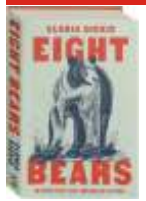
THE PRIDE OF A LION: What the Animal Kingdom Can Teach Us About Survival, Fear and Family By R. Magill & G. Cote. K'wasi was born to Asha at Zoo Miami in late 2013 and captured the heart of the nation as an incredibly cute lion cub. Sadly, he was orphaned in March 2014 when his mother tragically died. K'wasi's remarkable journey takes him from the untimely death of his mother to the magnificent star of Lion Country Safari. 160 pages. Mango. Pub. at $24.99

Item #9314903 **$6.95**

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

Item #9053751 **$4.95**

Animals



EIGHT BEARS: Mythic Past and Imperiled Future By Gloria Dickie. Today, most of the eight remaining bear species are threatened with extinction. Dickie embarks on a journey to explore each bear's story, delivering a clear warning for what we risk losing if we don't learn to live alongside the animals that have shaped our cultures, geographies, and stories. Illus. 250 pages. Norton. Pub. at $30.00

Item #9264299 **$6.95**

MEET THE NEIGHBORS: Animal Minds and Life in a More-Than-Human World By Brandon Keim. In a wonder-filled exploration of animals' inner lives, Keim takes us into courtrooms and wildlife hospitals, under backyard decks and into deserts, to meet the wild creatures who populate our communities and the philosophers, pest controllers, ecologists, wildlife doctors, and others who are reimagining our relationships to them. Illus. 355 pages. Norton. Pub. at $29.99

Item #9381260 **$6.95**

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

Item #9040773 **$3.95**

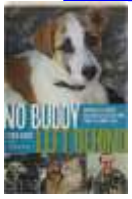
ESTHER THE WONDER PIG: Changing the World One Heart at a Time By Steve Jenkins et al. In the summer of 2012 Jenkins and his partner agreed to adopt an adorable micro-piglet. But it turned out there was nothing "micro" about Esther. Within three years, Tiny Esther grew to a whopping 600 pounds. Follow 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

Item #9029370 **$4.95**

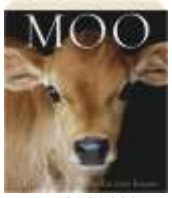
Animals

THE LITTLE BOOK OF DOG CARE: Expert Advice on Giving Your Dog Their Best Life By Ace Tilton Ratcliff. An essential guide to caring for your dog, filled with expert-backed tips and nuggets of advice to help every dog owner understand what their canine companion needs to be happy and healthy. 199 pages. Little Simon. Pub. at $21.99
Item #9236813 **PRICE CUT to $3.95**

★**CREATURES THAT EAT PEOPLE: Why Wild Animals Might Eat You** By Richard Freeman. Examines incredible, terrifying, and heartbreaking encounters of man coming face to face with snakes, Komodo dragons, polar bears, crocodiles and more. These real-life thrilling stories are cautionary tales, reminding us that humanity, mo matter what we've achieved, is still prey. 245 pages. Mango. Paperbound. Pub. at $24.99
Item #8204365 **$14.95**



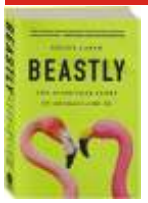
NO BUDDY LEFT BEHIND: Bringing U.S. Troops' Dogs and Cats Safely Home from the Combat Zone By Terri Crisp with C. Hurn. Terri and her team of volunteers have saved the lives of 282 dogs and 58 cats befriended by military personnel since February 2008. Her story unfolds here on the obstacles she faces to get the soldiers' "buddies" out of danger and bring them home to the people who love them. Illus. 246 pages. Lyons. Paperbound. Pub. at $14.95
Item #9003541 **$2.95**



★**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
Item #9009116 **$9.95**

★**THE GENIUS BAT: The Secret Life of the Only Flying Mammal** By Yossi Yovel. With nearly 1500 species, bats account for more than twenty percent of mammalian species. The author brings to vivid life these amazing creatures as well as the obsessive and sometimes eccentric people who study them: bat scientists. 309 pages. St. Martin's. Pub. at $32.00
Item #9293736 **$23.95**

Animals



BEASTLY: The 40,000-Year Story of Animals and Us By Keggie Carew. A deeply researched and intensely felt journey into the splendor and genius of animals and the long, complicated story of our interactions with them as humans. Our relationship with animals has shaped our planet and, if reimagined, could save it. Illus. 368 pages. Abrams. Pub. at $28.00
Item #1998056 **$7.95**

★**ANIMAL PALS THAT PROVE THAT LOVE IS REAL** A cheetah and a dog smooching. A pair of guinea pigs sharing snacks. A badger and a fox exploring the woods. This volume is a photo collection of animal friends that will warm your heart and remind you love is real (and that pandas are cute). Smith Street. Pub. at $14.95
Item #7793502 **$9.95**

PAWFECT LOVE: Life Is Best with a Love Like Yours 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
Item #7751699 **$4.95**

★**LIVING NIGHT: On the Secret Wonders of Wildlife After Dark** By Sophia Kimmig. Wherever we live, whether in the city, suburbs, or country, darkness conjures a hidden world of wildlife that most of us rarely glimpse. Introducing us to night's wild inhabitants, a wildlife biologist reveals what life for these nocturnal creatures is like in this parallel world and the ingenious ways they thrive after sunset. Illus. 245 pages. The Experiment. Pub. at $19.95
Item #9236643 **$14.95**

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
Item #799866X **$5.95**

Animals

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

★**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
Item #6998291 **$7.95**

★**BITE CLUB: Real-Life Attacks by Sharks and Other Killer Predators** By Douglas Wight. Meet brave people from around the world who have come face to face with sharks or other deadly predators and lived to tell the tale. And we learn of the group of survivors who are supporting each other to navigate, recover and grow from such a life-altering experience. Adults only. Photos. 286 pages. Ad Lib. Paperbound. Pub. at $16.99
Item #7897405 **$9.95**

★**ANIMAL STORIES: Lives at a Farm Sanctuary** By William Crain. In 2006, William "Bill" Crain and his wife, Ellen, purchased a run-down farm in upstate New York, and two years later opened Safe Haven Farm Sanctuary. It is now home to over 170 animals rescued from slaughter. Here Bill tells the story of 25 of their animals and their surprising behaviors. Illus. in color. 99 pages. Lantern Publishing. Paperbound. Pub. at $19.95
Item #4993640 **$11.95**

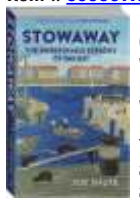
★**A FIELD GUIDE TO THE LARGER MAMMALS OF SOUTH AMERICA** By R. Webb & J. Blincow. The species accounts include a description of key features and information on subspecies, comparisons with similar species that overlap in range, details of habitats in which the species occurs, a summary of its distribution in South America and information on its conservation. Well illus., in color. 488 pages. Princeton. Paperbound. Pub. at $49.95
Item #8871388 **$19.95**

Animals

★**GRIZZLY CONFIDENTIAL: An Astonishing Journey into the Secret Life of North America's Most Fearsome Predator** By Kevin Grange. A fastpaced, gripping story that educates, entertains, and gives a sneak peek into the secret life of the grizzly. Part science, part travelogue, and a passionate plea for bear conservation, this is a lively account for anyone who loves the outdoors and learning about the natural world. Photos. 259 pages. Harper. Pub. at $29.99
Item #9023976 **PRICE CUT to $7.95**

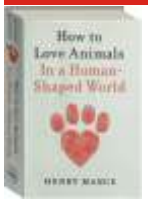
★**GHOSTWALKER: Tracking a Mountain Lion's Soul Through Science and Story** By Leslie Patten. To understand an animal no one sees, Patten conducted over 100 interviews with biologists, conservation groups, state wildlife managers, houndsmen, and professional trackers. Presents a complete picture of mountain 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. Pub. at $24.95
Item #9011013 **PRICE CUT to $9.95**

★**CHASING THE GHOST BEAR: On the Trail of America's Lost Super Beast** By Mike Stark. No animal shakes the human consciousness quite like a bear, and few compare to the giant short-faced bears that stalked North America during the Pleistocene. Stark's journey into the bear's enigmatic story–its life, disappearance, and rediscovery–and those trying to piece it together today. Photos. 227 pages. Bison. Paperbound. Pub. at $24.95
Item #899837X **$12.95**



★**STOWAWAY: The Disreputable Exploits of the Rat** By Joe Shute. Rats are creatures which inspire fear and fascination in equal measure. Their lives are more closely entwined with humans than any other animal, but they remain the most misunderstood of all species. This work asks: is there a better way to live alongside our ancient enemies in the modern age? 272 pages. Bloomsbury. Pub. at $26.00
Item #8881960 **$9.95**

Animals



HOW TO LOVE ANIMALS IN A HUMAN-SHAPED WORLD By Henry Mance. A personal journey into our evolving relationships with animals, and a thought-provoking look at how those bonds are being challenged and reformed. 389 pages. Viking. Pub. at $27.00
Item #798278X **$4.95**

★**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
Item #9063153 **$9.95**

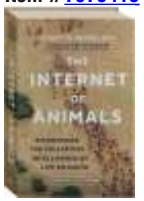
★**ADVENTURES WITH MR. X: An X-Traordinary Rooster!** By Rosalind Creasy with K. Axelrod. You're invited to travel along as Mr. X herds sheep in New Mexico; faces down lobsters in Maine and peahens in Texas; becomes a connoisseur of French fries at drive-up windows nationwide; poses for tourist photos in Times Square; and more. Fully illus. in color. 98 pages. Metamorphic. 8½x11. Paperbound. Pub. at $14.95
Item #9018263 **$2.95**

★**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
Item #9077375 **PRICE CUT to $6.95**

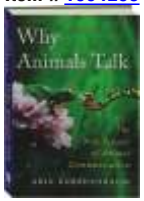
★**DANGEROUS ANIMALS OF SOUTHERN AND EASTERN AFRICA** By J. Williams & P. Goodwin. A comprehensive review of the seven animals officially described as 'dangerous' by the professional association of Field Guides in South Africa. Embraces the anatomical, physiological and behavioral aspects of the animals and more. Well illus. in color. 333 pages. Whittles. Paperbound. Pub. at $39.95
Item #899918X **$14.95**

Animals

★**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
Item #7978413 **$17.95**



★**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
Item #1604295 **$5.95**



★**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
Item #8999376 **PRICE CUT to $6.95**

★**TAKING STOCK: A Journey Among Cows** By Roger Morgan-Grenville. Since highland cattle ransacked his grandmother's vegetable patch when he was six, Morgan-Grenville has been fascinated with cows. So at the age of 61, with no farming experience, he signed on as a part-time laborer on a beef cattle farm to tell their side of the story. The result is this lyrical and evocative work. 339 pages. Icon. Pub. at $27.00
Item #7727526 **$9.95**

Birds & Birding

DVD **HUMMINGBIRDS–Magic in the Air: Nature** Using cameras able to capture 500 frames per second, the hummingbirds' magical world can finally be seen and appreciated. Amazing footage shows how these little powerhouses are far more than delicate nectar gatherers: they are also deadly predators. Narrated by F. Murray Abraham. 73 minutes. Questar. Pub. at $19.99
Item #9084274 **$5.95**

Birds & Birding

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
Item #228751X **$5.95**

COUNTRY BIRD: Explore the Charming Languange of Backcountry Birdsong By A.H. Vinet & J.H. Harrison. Pairs scientific insight on the sounds and songs unique to birds inhabiting rural areas of North America with a light-hearted narrative that reflects the personality and characteristics associated with country life. 128 pages. Epic Ink. Pub. at $12.99
Item #9143351 **$5.95**

★**BE MORE OWL: Life Lessons from Our Feathered Friends** By Alison Davies, illus. by E. Mayor. A celebration of the talents behind the talons and the many-feathered folklore that surrounds this most revered of birds. Lessons, exercises, and practical creative suggestions will all help you to find your wisdom and unleash your inner owl. Well illus. in color. 144 pages. Quadrille. Pub. at $12.99
Item #9290567 **$9.95**

★**BIRDS OF THE MESOZOIC** By J. Benito & R. Olive. A must-have for bird lovers and anyone interested in paleontology. Covers more than 200 kinds of Mesozoic birds. Detailed fact files provide information about each species, including its name, location, size, period, habitat, and general characteristics. Fully illus. in color. 272 pages. Princeton. Paperbound. Pub. at $27.95
Item #9062769 **PRICE CUT to $14.95**

★**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
Item #699542X **$9.95**

Birds & Birding

★**BACKYARD BIRDS EAST** By Eric Carlson, photos by B.E. Small. Designed for the absolute beginner, each featured species account includes the essential ID tips on how to name the birds you see throughout the year and attract them to your yard. Includes both males and females (when important) as well as juveniles. Fully illus. in color. 136 pages. Scott & Nix. Paperbound. Pub. at $16.95
Item #805116X **$6.95**

★**THE BIRDS IN THE OAKS: Secret Voices of the Western Woods** By Jack Gedney, illus. by A. Gedney. Introduces readers to the birds who burrow, forage, and soar among California's keystone trees and reveals to us the utter joy of birds, the superabundant world of oaks, and the innumerable interconnections these living beings create. Illus. 219 pages. Heyday. Pub. at $26.00
Item #9043845 **$7.95**

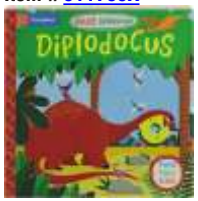
★**CITY BIRD: Explore the Charming Metropolitan Melodies of Our Feathered Friends** By A.H. Vinet & J.H. Harrison. In this city, adventure is just around the corner, and you never know who you might meet. If you spot a celebirdie with fetching plumage, this guide has you covered, offering tips and tricks to identify birds of all shapes, sizes and songs, plus space to keep track of your sightings. Fully illus. in color. 128 pages. Epic Ink. Pub. at $12.99
Item #902283X **$3.95**

★**BACKYARD BIRDS WEST** By Eric Carlson, photos by B.E. Small. Designed for the absolute beginner, each featured species account includes the essential ID tips on how to name the birds you see throughout the year and attract them to your yard. Includes both males and females (when important) as well as juveniles. Fully illus. in color. 136 pages. Scott & Nix. Paperbound. Pub. at $16.95
Item #8051178 **$9.95**

★**GOSHAWK SUMMER: The Diary of an Extraordinary Season in the Forest** By James Aldred. In early 2020, wildlife cameraman Aldred was commissioned to film the lives of a family of goshawks in the New Forrest. Then lockdown. Amidst the fragility and the fear, there were silver nights, tumbling fox cubs, calling curlew and, of course, the soaring goshawks. 234 pages. Elliott & Thompson. Paperbound. Pub. at $16.95
Item #7807104 **$11.95**

Science & Nature for Children

GOD MADE THE DINOSAURS By Michael & Caroline Carroll. Discover fun facts and scientific information about dinosaurs, fossils, and prehistoric life, all in a faith-based context. Ages 6-12. Fully illus. in color. 64 pages. Zondervan. 10½x8½. Paperbound. Pub. at $14.99
Item #911789X **$4.95**



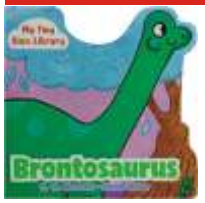
DIPLODOCUS Push, pull and slide the scenes to meet Diplodocus, one of the longest dinosaurs to walk the Earth! Follow her as she splashes in the water and munches her leafy lunch, before enjoying an afternoon nap. Ages 1-5. Fully illus. in color. Campbell Books. Pub. at $8.99
Item #9132678 **$4.95**

***GOOD HOUSEKEEPING* THE LITTLE LAB: Fantastic Science for Kids** By Margie Markarian with R. Rothman. Discover the wonders of science in exciting experiments that kids can do at home with easy-to-find materials. Young scientists will be engrossed by memorable, hands-on experiments and fun! Fully illus. in color. 127 pages. Hearst. Pub. at $23.00
Item #9252630 **$5.95**

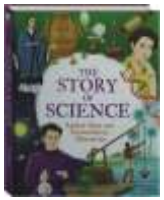
ONE NIGHT IN THE EVERGLADES By Laurel Larsen, illus. by J.M. Turley. Follow two scientists as they spend the night in the Everglades collecting water samples, photographing wildlife, and sloshing through marshes in an attempt to understand this mysterious ecosystem. Ages 8-12. Fully illus. in color. 30 pages. Moonlight. 10¾x9½. Pub. at $15.95
Item #9053522 **$2.95**

STARS: A Family Guide to the Night Sky By Adam Ford. Who isn't fascinated by the sheer size of the universe? Explore a straightforward guide to what and how we know it–from the Big Bang to star nurseries to the beginnings to life on Earth. Includes a season-by-season guide to stargazing, double-sided star chart and pull-out activities! Ages 8 to 12. Fully illus. in color. 48 pages. Shambhala. Pub. at $16.95
Item #915406X **$5.95**

Science & Nature for Children



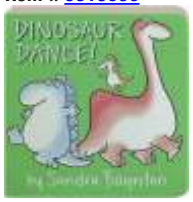
BRONTOSAURUS By J.D. Forester, illus. by S. Rebar. Playful rhymes and fun facts will teach little ones all about Brontosaurus, the "thunder lizard" dinosaur! Ages 1-3. Fully illus. in color. Grosset & Dunlap. Pub. at $7.99
Item #9346007 **$4.95**



THE STORY OF SCIENCE: Radical Ideas and Extraordinary Discoveries By Anne Rooney, illus. by P. Zambudio. From Ancient Egyptian medicine to green energy of the 21st century, this fully-illustrated title covers extraordinary discoveries and the trailblazing scientists who changed the world. Ages 8-12. 128 pages. Arcturus. 9x11¼. Pub. at $16.99
Item #9326081 **$5.95**

BUGS IN THE BACKYARD By Camilla de la Bedoyere. Find out what a fly likes to eat and how it digests its food; see what a robber fly's eye looks like under the microscope, and discover how slugs and snails produce sticky slime with this close-up peek at the alien-like beasties that are living right under your nose! Ages 8 & up. Fully illus. in color. 80 pages. Firefly. 8¾x11½. Paperbound. Pub. at $9.95
Item #9167064 **$4.95**

BECOMING A GOOD CREATURE By Sy Montgomery, illus. by R. Green. School is not the only place to find a teacher. Learn the many surprising lessons animals have to teach us about friendship, compassion, and how to be a better creature in the world. Some have had fur, feathers, or hooves. But they've all had one thing in common: a lesson to share. Ages 4-8. Fully illus. in color. HMH. 9¼x9¼. Pub. at $17.99
Item #9313990 **$5.95**

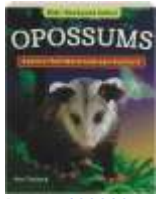


DINOSAUR DANCE! By Sandra Boynton. Join a lively prehistoric bunch as they get everyone's tails shaking and feet stomping when they perform a Dinosaur Dance! Ages 3 & under. Fully illus. in color. Boynton Bookworks. Pub. at $6.99
Item #9328505 **$4.95**

Science & Nature for Children

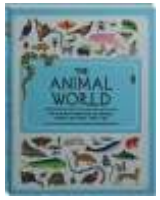
THE BIG BOOK OF SCIENCE & SPACE Packed with hundreds of amazing facts about everything from the wonders of outer space to dinosaurs, weather, environments, and more! Fun and useful information combined with stunning photographs and illustrations makes for hours of educational entertainment. Ages 4-6. Fully illus. in color. Kidsbooks. 8x10¾. Paperbound. Pub. at $9.99
Item #9314032 **$4.95**

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
Item #908231X **$5.95**



★**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.
Item #1090305 **$5.95**

SUPERVOLCANO ERUPTION: It's the End of the World! By Allan Morey. Find out what the world may look like if a supervolcano erupts. Young readers can discover the likelihood of it happening in the future and learn about the most active volcanic spots around the world. Ages 8-12. Fully illus. in color. 24 pages. Bellwether. Pub. at $26.95
Item #921657X **$5.95**

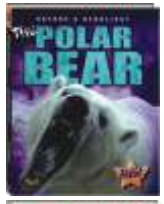


THE ANIMAL WORLD: The Amazing Connections and Diversity Found in the Animal Family Tree By Fay Evans et al, illus. by K. Oseid. Kids will love learning about how animals are related to each other, and the countless included illustrations bring the text to life in this enchanting look at the animal kingdom. Ages 7-10. 80 pages. Bonnier Books. 9¾x12¼. Pub. at $23.99
Item #936000X **$6.95**

Science & Nature for Children

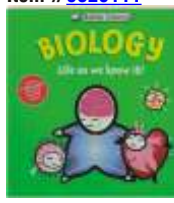
BIG WORDS FOR LITTLE PALEONTOLOGISTS: The Dino Dictionary Every Little Explorer Needs By Lisa M. Gerry. Featuring more than 50 wow-worthy words, with definitions and phonetic pronunciation, this info-packed picture guide will help your little explorer sound like a dinosaur expert in no time. They'll even learn the right tools to bring to an excavation site! Ages 3-7. Fully illus. in color. 31 pages. National Geographic. 9½x11. Pub. at $17.99
Item #9255745 **$5.95**

ARE BANANAS RADIOACTIVE? Questions and Answers About Surprising Science This fact-packed guide reveals the strange, surprising, and silly sides of science. Filled with dynamic, exciting illustrations. Ages 7 to 11. 128 pages. Arcturus. Paperbound. Pub. at $6.99
Item #9169423 **$2.95**



THE POLAR BEAR: Nature's Deadliest By Lisa Owings. The polar bear is the largest meat-eater living on land. It has an appetite for seals, walruses, and whales, but it is not picky when starving. Come face-to-face with a hungry polar bear and you are dead meat! Ages 8-12. Fully illus. in color. 24 pages. Bellwether. Pub. at $27.95
Item #9226176 **$5.95**

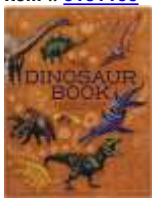
VISUAL TIMELINES SCIENCE: Inventions and Discoveries Year by Year By Anne Rooney, illus. by V. Tobacco. Young readers can take a thrilling ride through the history of science–a true-life tale full of twists and turns, unforgettable people, and unexpected revelations. Ages 8-12. Fully illus. in color. 128 pages. Arcturus. 9x11¼. Pub. at $16.99
Item #9326111 **$5.95**



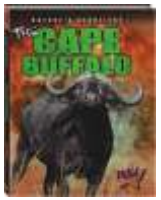
★**BIOLOGY: Basher Science** By Dan Green. Learn why mitochondria are the powerhouse of the cell, then zoom out and read fascinating facts about reptiles and jellyfish. Each part of the human body is spotlighted, from your brain to your toenails, helping readers understand how we see, move, digest food, and more! Grade 6 & up. Well illus. in color. 128 pages. Kingfisher. Paperbound. Pub. at $12.99
Item #9222847 **$9.95**

Science & Nature for Children

★**THE WORLD OF DINOSAURS STICKER POSTER** From the towering Tyrannosaurus to the winged Microraptor, kids match eye-catching dinosaur stickers to their places on the poster and discover fascinating facts about each prehistoric creature. The poster includes 50 dinosaur types and measures 15 by 38 inches. Ages 4-8. Storey. Paperbound. Pub. at $12.99
Item #9181199 **$7.95**



★**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
Item #9070591 **$9.95**



THE CAPE BUFFALO: Nature's Deadliest By Lisa Owings. Unpredictability is dangerous! That is why the Cape buffalo is an animal to avoid at all costs. Though this buffalo may appear mellow and seem to be minding its own business, it can charge at any moment. Ages 8-12. Fully illus. in color. 24 pages. Bellwether. Pub. at $27.95
Item #9225986 **$5.95**

★**PHYSICS: Basher Science** By Dan Green. Uncover the amazing science of physics, full of crazy concepts brought to life as wacky characters. From Gravity, the ultimate mover and shaker, to Higgs Boson, who's been playing hide-and-seek for fifty years, meet the incredible community that controls the universe. Grades 6 & up. Well illus. in color. 128 pages. Kingfisher. Paperbound. Pub. at $12.99
Item #9222685 **$9.95**

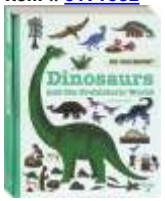
THE BEAST OF BITES By Coyote Peterson. Join Peterson as he tracks down some of the most gripping and sometimes horrifying biters on the planet and puts science to the test by actually letting them bite him! Ages 8-12. Fully illus. in color. 304 pages. Little, Brown. Pub. at $18.99
Item #9122249 **$4.95**

Science & Nature for Children

★**MAKE YOUR OWN STEGOSAURUS** Ed. by Kayla Dugger. Young paleontologists will love to learn about the incredible Stegosaurus as they build this easy-to-assemble model. The accompanying book is jam-packed with facts where each page looks at a different part of the Stegosaurus, building the reader's dinosaur know-how along the way. Ages 9-12. 30 pages. Dorling Kindersley. Pub. at $24.99
Item #9246363 **$17.95**

KILLER BEES: Nature's Deadliest Killer bees have the mob mentality. They attack in large groups and refuse to let up without a fight. A group of killer bees can remain wound up for up to 24 hours! Learn why you should never underestimate killer bees and their strength in numbers. Ages 8-12. Fully illus. in color. 24 pages. Bellwether. Pub. at $27.95
Item #9226109 **$5.95**

POLICE DOGS ON THE JOB By Brandon Terrell. Narrates how police dogs are trained and offers real-life examples of the dogs in action. Additional features include a table of contents, a bullet-point job summary, questions to spark critical thinking, a selected bibliography, sources to guide further research, a phonetic glossary, and an index. Ages 7-10. Fully illus. in color. 24 pages. The Child's World.
Item #9171932 **$3.95**

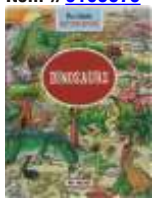


DINOSAURS AND THE PREHISTORIC WORLD: Do You Know? By Pascale Hedelin. When did dinosaurs roam the earth? What are fossils? How are dinosaur bones put together? Learn the answers to these questions and many more in this engaging and indispensable resource. Ages 5-8. Fully illus. in color. 94 pages. Twirl. Pub. at $16.99
Item #8796874 **PRICE CUT to $4.95**

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
Item #8092796 **$8.95**

Science & Nature for Children

PLEASE DON'T BITE ME: Insects That Buzz, Bite, and Sting By Nazzy Pakpour, illus. by O. Davey. Everyone has been bitten by a mosquito, stung by a wasp, or had something itchy hiding in their hair. But how much do you actually know about these annoying insects? Explore the lives of some of the most irritating buzzing, biting, and stinging insects. Ages 7 to 10. Fully illus. in color. 60 pages. Flying Eye. 9½x11½. Pub. at $20.99
Item #9163875 **$6.95**



★**DINOSAURS: My Little Wimmelbook** By Max Walther. From the famous Tyrannosaurus to the curious Triceratops, readers will be introduced to a cast of unique dino-kids as they go about their day swimming, flying, and stampeding through the dense jungle, by the seaside, up a bustling river, and more. Ages 4 & under. The Experiment. Pub. at $9.95
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THERAPY DOGS ON THE JOB By Marne Ventura. Narrates how therapy dogs are trained and offers real-life examples of the dogs in action. Additional features include a table of contents, a bullet-point job summary, questions to spark critical thinking, a selected bibliography, sources to guide further research, a phonetic glossary, and an index. Ages 7 to 10. Fully illus. in color. 24 pages. The Child's World.
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MY FIRST HORSE AND PONY BOOK By Judith Draper. Discover the different types of pony, and learn practical tips, including how to groom your horse and what to wear when you go riding. With helpful tips to ensure safety and clear step-by-step illustrations, this work will inspire and excite young readers. Ages 6-9. 48 pages. Kingfisher. 8¾x11. Pub. at $15.99
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★**DINOSAURS: First Fun Sticker Painting** Match the stickers to the correct art board, then attach the stickers to the board to "paint" 12 exciting, colorful scenes from the dinosaur age, featuring prehistoric fish, a stegosaurus, a triceratops, and even the great Tyrannosaurus rex! Ages 4-6. Fully illus. in color. 39 pages. Happy Fox. 9x9. Paperbound. Pub. at $9.99
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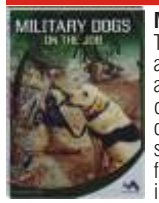
Science & Nature for Children



MILITARY DOGS ON THE JOB By Roxanne Troup. Narrates how military dogs are trained and offers real-life examples of the dogs in action. Additional features include a table of contents, a bullet-point job summary, questions to spark critical thinking, a selected bibliography, sources to guide further research, a phonetic glossary, and an index. Ages 7 to 10. Fully illus. in color. 24 pages. The Child's World.
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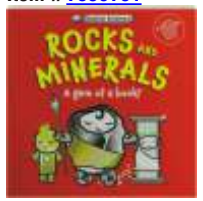
Item #903403X **$3.95**

★**WORLD OF POLLINATORS: A Guide for All Explorers** Ed. by Joseph Borden. Filled with important information about our world's pollinators and the impact they have in our environment. Engages and informs about pollinating insects, birds, and flowers and all their unique traits. Teaches you what pollen is, how it works, why some insects and birds are pollinators and some are not, and more. Ages 9 & up. Fully illus. in color. 144 pages. Creative Homeowner. 8x10. Paperbound. Pub. at $14.99
Item #7850751 **$9.95**



★**ROCKS AND MINERALS: Basher Science** By Dan Green. Unlock the mysteries of the ground beneath our feet, learn how the island of Surtsey was created from a volcanic eruption in just a few days, find out which mineral can be found on Mars, and learn how rocks and minerals form essential parts of our daily lives. Grades 6 & up. Well illus. in color. 128 pages. Kingfisher. Paperbound. Pub. at $12.99
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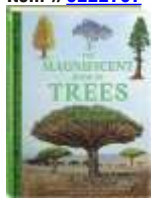

★**THE MAGNIFICENT BOOK OF TREES** By Tony Russell. From the familiar to the rare and the majestic to the peculiar, embark on a journey into the magnificent realm of trees as you explore some of the most fascinating species from across the world. Includes fascinating facts in an easy to read format.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

★**SPACE ACTIVITIES FOR KIDS: 50 Cosmic Crafts, Games, and Puzzles!** By Kylee Larson. Hands-on activities and puzzles will teach children all about the stars and planets. Build a model of the solar system, lead a Mars Rover through a maze, and so much more! Ages 4-8. Fully illus. in color. 125 pages. Callisto. Paperbound. Pub. at $14.99

Item #9202048 **$6.95**

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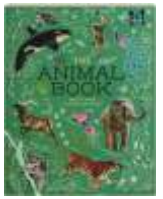

★**THE ANIMAL BOOK: Take a Walk on the Wild Side!** By M. Leach & M. Lland. Children can set off on an extraordinary guided tour of the animal kingdom with this comprehensive reference, brought to life with eye-opening full-color wildlife photography. Ages 8-12. 127 pages. Arcturus. 9x11. Paperbound.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

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THE SCIENCE OF SOUND By Clive Gifford. Build six models to complete your own STEM experiments with sound! Includes a 64-page book, 63-card model pieces, 1 tracing paper sheet, and 3 rubber bands. Ages 8 & up. Fully illus. in color. Silver Dolphin. 10½x9½. Paperbound. Pub. at $24.99

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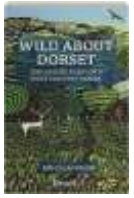
★**DINOSAURS: Talk Like an Expert** Ed. by Ellen-Therese Lamm, illus. by D. Long. Introduces hundreds of words you will need to talk like a dinosaur expert! Travel back in time millions of years and discover how these creatures lived, ate, fought, raised their young–and find out how paleontologists use the clues in fossils to make new breakthroughs. Ages 8 & up. Fully illus. in color. 64 pages. Merriam-Webster. Pub. at $16.99

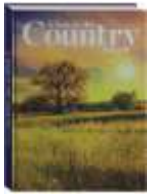
Item #7974116 **$9.95**

Essays on Nature



WILD ABOUT DORSET: The Nature Diary of a West Country Parish By Brian Jackman. Jackman charts one complete year in his home country–from the snowdrops of winter to the arrival of the swifts in spring, and from the winking glow-worms of summer to the harvesting squirrels of autumn. Fully illus. in color. 154 pages. Bradt. Paperbound. Pub. at $16.99

Item #9039481 **$2.95**



A YEAR IN THE COUNTRY 2023 This heartwarming volume is packed with first-hand, reader shared stories that pull you into "the good life." Lose yourself in scenic landscapes, try your hand at simple, homemade crafts, and treat your family to delicious down-home recipes. 192 pages. RDA Enthusiast. 8¼x11. Pub. at $24.99

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★**THEODORE ROOSEVELT'S WILDERNESS WRITINGS** Roosevelt was not only the most famous hunter in his generation, but among its best-informed and most popular outdoor writers. Collects his classic hunting and nature narratives, as well as his powerful writings on wilderness protection. 206 pages. Bison. Paperbound. Pub. at $21.95

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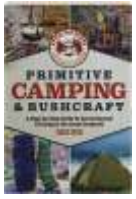

PRIMITIVE CAMPING & BUSHCRAFT: A Step-by-Step Guide to Surviving and Thriving in the Great Outdoors By Chris Speir. Provides readers with all of the information they need and ensures that each trip into the wild is taken with confidence in one's ability to overcome whatever challenge they may come across. Speir covers a wide range of topics, enhanced throughout with full-color photography. 254 pages. Media Lab. Paperbound. Pub. at $19.99

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Blu-ray **IMAX: Under the Sea** Widescreen. An underwater look at the diverse coastal regions of Southern Australia, New Guinea, and the Indo-Pacific areas, and the impact of global warming on the oceans. Narrated by Jim Carrey. English SDH. 41 minutes. Warner Bros. Enter.

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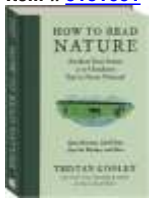
SEAWEEDS OF THE WORLD: A Guide to Every Order By John H. Bothwell. Makes sense of seaweeds' complicated world, differentiating between the three main groups–red, green, and brown–and delving into their complex reproductive systems. The result is an unprecedented, accessible, and in-depth look at a previously hidden ocean world. Fully illus., most in color. 240 pages. Princeton. Pub. at $29.95

Item #9181091 **$6.95**



★**HOW TO READ NATURE: Awaken Your Senses to the Outdoors You've Never Noticed** By Tristan Gooley. The author uses all of his senses to "read" everything that nature has to offer. Here he introduces us to his world, where the sky, sea, and land teem with marvels. He also shares 15 exercises to sharpen your senses: Learn how to taste direction, smell time, hear the weather, and more! 168 pages. The Experiment. Pub. at $17.95

Item #935767X **$13.95**

★**TURQUOISE: Identifying and Collecting the Southwest's Iconic Gemstone** By Dan R. Lynch with B. Lynch. A deep dive into why turquoise is such a remarkable gem and why people have mined, traded, and worn it for millennia. Fully illus. in color. 140 pages. Adventure Publications. Paperbound. Pub. at $15.95

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More Works on Nature

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

Item #9107258 **PRICE CUT to $2.95**

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

Item #8125244 **$9.95**

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

Item #9181830 **$4.95**

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

Item #9057781 **$5.95**

OUR ANCIENT LAKES: A Natural History By Jeffrey McKinnon. Introduces the remarkable living diversity of these aquatic bodies to the general reader and explains the surprising, often controversial, findings that the study of their faunas is yielding about the formation and persistence of species. Well illus. 315 pages. MIT Press. Pub. at $29.95

Item #9206647 **$8.95**

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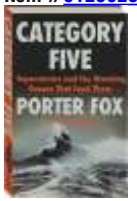
***OUTDOOR LIFE* HOW TO SURVIVE OFF THE GRID** Filled with hundreds of practical hands-on tips for totally off the grid living–or if you're not quite ready to leave civilization yet, for turning any home into a sustainable haven. Separated into three advice-packed sections: *Get There; Live There;* and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



CATEGORY FIVE: Superstorms and the Warming Oceans That Feed Them By Porter Fox. Superstorms, hurricanes, typhoons, and spiraling freak weather: the fall out of global warming is a real life natural thriller as captured in Fox's urgent and stunning story of chasing the world's most devastating storms. 270 pages. Little, Brown. Pub. at $30.00
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★**MAMMALS OF MICHIGAN FIELD GUIDE, 2ND EDITION** By Stan Tekiela. Make mammal identification simple and informative! This handy guide contains all 66 species of Michigan's mammals, fascinating facts, sighting tips, track patterns, naturalist tidbits, and more. Organized by family and features full-color photos. 312 pages. Adventure Publications. Paperbound. Pub. at $16.95
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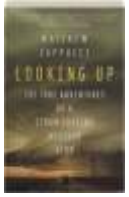
Item #9235604 **PRICE CUT to $11.95**



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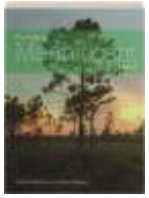

FLORIDA'S MAGNIFICENT LAND By J. Valentine & D.B. Means. Showcases several decades of exacting large-format landscape photography illustrating the best of what Florida has preserved and many places that need protecting for future generations. 64 pages. Pineapple Press. 9x12. Paperbound. Pub. at $14.95
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★**EPIC EARTH: A Wild Ride Through the History of Life on Our Planet** By Lindsay Nikole. Hold on tight for a bold and fascinating journey through time packed with bizarre creatures, jaw-dropping facts, and all the chaotic drama Earth has to offer. Well illus., most in color. 271 pages. Wellfleet. Paperbound. Pub. at $19.99
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★**CABINET OF NATURAL CURIOSITIES: 1734-1765** By Albertus Seba. A beautiful tribute to the abundance and diversity of Earth's creatures, great and small, as well as a fascinating record of some now-extinct animals. Fully illus. in color. 511 pages. Taschen. Pub. at $30.00
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★**CASCADES OF THE BIG SIOUX RIVER: A Natural & Cultural History** By Peter Carrels. Today's visitors of the Big Sioux River marvel that this rugged, dynamic setting survives in the heart of Sioux Falls, South Dakota. The author recounts the human activities that first disfigured and then later rescued this landmark, now known as Falls Park. Illus. 175 pages. History Press. Paperbound. Pub. at $24.99
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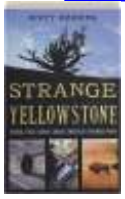

★**STRANGE YELLOWSTONE: Weird, True Stories About America's Premier Park** By Scott Herring. These surprising and sometimes eerie facts about Yellowstone cover both natural history and human history, and they are carefully researched, including interviews with park insiders. From bad behaving bears to bizarre landscapes, this work shows visitors hidden mysteries and strange surprises that lie behind the park's famous scenery. Illus. 282 pages. Riverbend. Paperbound. Pub. at $22.95
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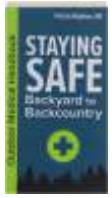
More Works on Nature



★**STAYING SAFE: Backyard to Backcountry** By Patrick Brighton. Learn what preventative steps can minimize your risk. Discover the recommended first aid responses to various wilderness illnesses, injuries, and emergencies–from sunburn to heart attack. Fully illus. in color. 194 pages. Adventure Publications. Paperbound. Pub. at $19.95
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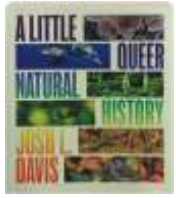

★**A LITTLE QUEER NATURAL HISTORY** By Josh L. Davis. Beautifully illustrated and scientifically informed, a celebration of the astonishing diversity of sexual behavior and biology found in nature. For many organisms–animals, plants, and fungi included–sexual reproduction and sex determination rely on a complex interaction among genes, hormones, environment, and chance. 128 pages. Univ of Chicago Press. Paperbound. Pub. at $16.00
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★**ALASKA: Travellers' Wildlife Guides** By D. Paulson & L. Beletsky. From the broad expanses of tundra in the Arctic National Wildlife Refuge and the rich seabird colonies of the Bering Sea to the glacier-bedecked snowy mountains and magnificent forests of the Southeast, wildlife viewing opportunities abound. Illus. in color. 426 pages. Interlink. Paperbound. Pub. at $30.00
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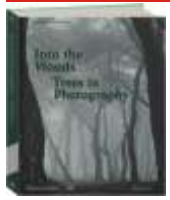
★**FUNGI COLLECTED IN SHROPSHIRE AND OTHER NEIGHBOURHOODS: A Victorian Woman's Illustrated Field Notes** By M.F. Lewis. Venture into the woods alongside a pioneering female mycologist. This one of a kind, keepsake volume celebrates the timeless fascination of fungi. Lewis's delicately drawn, boldly colored images evoke the strange and powerful beauty of this kingdom. 168 pages. Chronicle. Pub. at $22.95
Item #7950713 **$11.95**

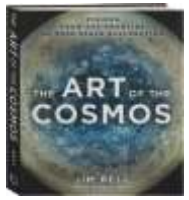
Nature Photography

UNDER CAPE COD WATERS By Ethan Daniels. Daniels captures the mystery and importance of the often overlooked natural communities along the Cape Cod coast. He reveals the vivid rhythms in detail: the arresting orange of a sponge, the silvery flash of fish scales, the bright blue of a crab claw, and more. Fully illus. in color. 151 pages. Union Park. 12¼x10¼. Pub. at $35.00
Item #910738X **$3.95**

Nature Photography



INTO THE WOODS: Trees in Photography By Martin Barnes. Surveying aesthetics, intent and approach, this beautiful volume explores the arboreal motif throughout the medium's history. Fully illus., some in color. 192 pages. Thames & Hudson. 8x10. Pub. at $34.95
Item #9168001 **$9.95**



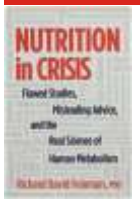
THE ART OF THE COSMOS: Visions from the Frontier of Deep Space Exploration By Jim Bell. Hundreds of space missions have captured stunning photographs of the cosmos. Many of these scientific images can be classified as art. This collection highlights more than 125 outstanding examples selected by Dr. Jim Bell, one of the foremost experts on space photography. 214 pages. Union Square & Co. 9½x11¼. Pub. at $35.00
Item #7982569 **$11.95**

DEVELOPING ANIMALS: Wildlife and Early American Photography By Matthew Brower. Brower looks back to the time when Americans started taking pictures of the animal kingdom, investigating the way photography changed our perception of animals. He goes further to argue that photography has been essential not only to the understanding of wildlife but also to the conceptual separation of humans and animals. Illus. 244 pages. UMnP. 6x9. Paperbound. Pub. at $25.00
Item #9145311 **$2.95**

★**THE COLORADO RIVER: Chasing Water** By Pete McBride. Through photography and essays, this volume is a celebration of one of Americas most valuable and iconic rivers and a warning demonstrating the river is a bellwether of overuse and climate change. 224 pages. Rizzoli. 13¼x10¾. Pub. at $60.00
Item #6995381 **$22.95**

THE HUNT: The Outcome Is Never Certain By A. Fothergill & H. Cordey. An unprecedented, close-up view of predators and their prey in life or death conflict, from the grasslands of East Africa to the icy Arctic. Fully illus. in color. 312 pages. Yale. 10¼x11¼. Pub. at $48.00
Item #6081827 **PRICE CUT to $11.95**

Nutrition & Weight Management



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

Item #8991286 **$3.95**

THE GENETICS OF HEALTH: Understand Your Genes for Better Health By Sharad P. Paul. We all want to be healthy and live well, so take charge of your health by learning the connection between our evolutionary past and our future well-being with this practical guide to personalized health and nutrition. 257 pages. Atria. Paperbound. Pub. at $18.00

Item #9209581 **$5.95**

ZERO SUGAR ONE MONTH: Reduce Cravings, Reset Metabolism, Lose Weight, Control Blood Sugar By Becky Gillaspy. Removing sugar from your diet requires action, and that requires 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

Item #9218009 **$8.95**

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

Item #9169369 **$11.95**

Nutrition & Weight Management

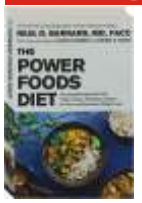
YOU CAN'T SCREW THIS UP By Adam Bornstein. What if the healthiest diet included the foods that were enjoyable and respectful of our stressful, overbooked lives? You couldn't screw it up! Here's a can't-miss plan that will build unbreakable habits by incorporating mindset changes, easy restaurant options, and more. 320 pages. Morrow. Paperbound. Pub. at $19.99

Item #9237186 **PRICE CUT to $3.95**

★**YOUR EVERYDAY NUTRITION: 100 Answers to the Most Common Questions About Losing Weight, Feeling Great, and Getting Healthy!** By I. Schapiro & H. Rich. Realistic in their approach without getting too technical, the authors give expert advice to readers and the tools to know what is truly important and relevant to their overall health. 222 pages. Skyhorse. Paperbound. Pub. at $19.99

Item #7943474 **$4.95**

Healthy Cooking & Special Diets



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

Item #9163883 **$6.95**

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

Item #7950918 **$2.95**

Healthy Cooking & Special Diets

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. Completely resets your system in just seven days to clear toxins and acidity, reduce cravings, and promote lasting weight loss. First, identify what type of cleanse you need based on your current dietary habits, and then choose from 60 delicious recipes to eat and drink your way to optimal health. 218 pages. Ten Speed. Paperbound. Pub. at $15.99

Item #9047026 **$5.95**

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

Item #9105123 **$4.95**

EXTRA EASY KETO: 7 Days to Ketogenic Weight Loss on a Low-Carb Diet By Stephanie Laska. Over seven days, Laska will lay out a workable plan in bite-sized pieces. With carb-counting cheat sheets and proven meal-planning tricks, this is doable for everyone! From cheesy casseroles to low-carb cheesecakes, fat-fueled, keto-friendly foods satisfy hunger, facilitate weight loss, and taste great. 234 pages. St. Martin's. Paperbound. Pub. at $18.00

Item #8008515 **$5.95**

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

Item #9161856 **$4.95**

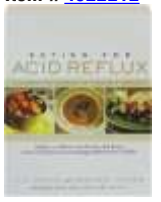
Healthy Cooking & Special Diets

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

Item #9067582 **$9.95**

WHAT TO EAT WHEN: A Strategic Plan to Improve Your Health & Life Through Food By Michael F. Roizen et al. Reveals that the internal clock that drives our lives–when we sleep and when we wake–also affects how we process food. In other words, when you eat is just as important as what you eat, and the authors give you a 31-day program that will show you a powerful new way to help you achieve your very best life. Illus. 352 pages. National Geographic. Paperbound. Pub. at $16.99

Item #4922212 **$4.95**



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

Item #9076166 **PRICE CUT to $3.95**

★**THE PLANT-BASED DIABETES COOKBOOK: 125+ Nourishing Recipes to Satisfy Every Taste Bud** By Jackie Newgent. With abundant tips and simple menus, you'll discover a flexible, diabetes friendly recipe guide that is not overly focused on calories, carb counting, or other strict parameters. There's no need to have a separate menu for your family and friends. Over 125 recipes that follow today's current nutrition guidelines, will bring good health to your life! 16 pages of color photos. 294 pages. Health Communications. Paperbound. Pub. at $18.95

Item #794344X **$13.95**

Healthy Cooking & Special Diets

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

Item #9126627 **$6.95**

UNLOCKING THE KETO CODE: The Revolutionary New Science of Keto That Offers More Benefits Without Deprivation By Steven R. Gundry. A revolutionary take on the keto diet. Grundy reveals the biological mechanism that make keto diets so successful: a cellular process known as "mitochondrial uncoupling." Grounded in cutting-edge science, this is the guide for all those who tried and failed on a keto diet. 262 pages. Harper Wave. Pub. at $28.99

Item #8889880 **$6.95**

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

Item #9103678 **$6.95**

Exercise & Fitness

THE *WOMEN'S HEALTH* FITNESS FIX By Jen Ator. You'll find all the tools you need for successful and lasting weight loss–no rigid, inflexible diet rules or demanding, time-consuming workout programs. These easy-to-follow strategies are practiced by the U.S.'s leading fitness experts, tested by the world's top researchers, and proven by everyday busy people across the U.S. Illus. 326 pages. Rodale. Paperbound. Pub. at $18.99

Item #9255923 **$5.95**

Exercise & Fitness

10,000 STEPS A DAY TO YOUR OPTIMAL WEIGHT: Walk Your Way to Better Health By Greg Isaacs. Walking not only fights the effects of aging, but it's safe, easy, inexpensive, and best of all it works! Includes a pedometer. 257 pages. Volt. 5x9¾. Paperbound. Pub. at $19.95

Item #9038809 **$4.95**

★**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

Item #9092153 **$11.95**

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

Item #9169482 **$3.95**

EAT LIKE A PIG, RUN LIKE A HORSE: How Food Fights Hijacked Our Health and the New Science of Exercise By Anastacia Marx de Salcedo. A fascinating journey that weaves together true confessions, mad(ish) scientists, and beguiling animal stories. The author shows that we need to move beyond our diet focused model to a new concept of metabolism as regulated by exercise. Suddenly the answer to good health is simple. Don't worry about what you eat. Worry about how much you move. 288 pages. Pegasus. Pub. at $27.95

Item #7788789 **$6.95**

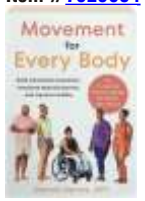
★**I KNOW I SHOULD EXERCISE BUT...: 44 Reasons We Don't Move & How to Get Over Them** By D. Hill & K. Bowman. Break down the common, everyday mental blocks to moving your body more, and transform your mind from adversary to ally in the quest to feel better in your body. You'll learn how to use the effective and practical tools of Acceptance and Commitment Therapy, psychological flexibility, and radical self-compassion. 239 pages. Uphill. Paperbound. Pub. at $19.95

Item #9136339 **$11.95**

Exercise & Fitness

SMALL CHANGES: A Rules-Free Guide to Add More Plant-Based Foods, Peace & Power to Your Life By Alicia Witt. Witt shows you how adopting the "small changes philosophy" allows you to find balance, eat healthier, and feel better physically and emotionally. See how small changes can usher in larger changes and transform your life. 16 pages of color photos. 270 pages. Harper. Pub. at $27.99

Item #7929684 **$5.95**



★**MOVEMENT FOR EVERY BODY: An Inclusive Fitness Guide for Better Movement** By Marcia Dernie. An inclusive guide to improving mobility, building strength, and increasing flexibility for every body and any size, shape, and ability. Well illus. in color. 144 pages. North Atlantic. Paperbound. Pub. at $22.95

Item #8898979 **$5.95**

★**INTELLIGENT FITNESS: The Smart Way to Reboot Your Body and Get in Shape** By Simon Waterson. Sharing his practical and highly accessible approach to reimagining your body, the author encourages you to focus on training, recovery, and nutrition to build on your performance, rather than aesthetic. An essential training manual for any age and fitness level. Photos, many in color with illus. 256 pages. Triumph. Paperbound. Pub. at $20.00

Item #1973568 **$11.95**

★**MOVEMENT MATTERS: Essays on Movement Science, Movement Ecology, and the Nature of Movement** By Katy Bowman. A collection of essays in which Bowman, a biomechanist, continues her groundbreaking investigation of the mechanics of our sedentary culture and the profound potential of human movement. Here she widens her "You are how you move" message and invites us to consider our personal relationship with sedentarism, privilege, and nature. Illus. 225 pages. Propriometrics. Paperbound. Pub. at $17.95

Item #3977943 **$9.95**

Beauty & Skin Care

THE WRINKLE CURE: Unlock the Power of Cosmeceuticals for Supple, Youthful Skin By Nicholas Perricone. This antioxidant plan revitalizes your skin from the outside and inside, reducing and effectively erasing wrinkles and blemishes, no matter your skin color or type, no matter your age! Find out about: Alpha Lipoic Acid-lines, wrinkles, under-eye puffiness, acne scars, and enlarged pores can disappear. 218 pages. Warner. Paperbound. Pub. at $6.99

Item #7733143 **$4.95**

Beauty & Skin Care

BEYOND BEAUTIFUL: Using the Power of Your Mind and Aesthetic Breakthroughs to Look Naturally Young and Radiant By Doris Day with J. Gould. Will teach you how to improve your self-perception, explain breakthrough treatments and products and when to use them, and give you a roadmap to become the most youthful, beautiful version of yourself! Learn how to: boost self-confidence; fight aging; tighten your chin and neck; treat acne and rashes; relieve stress; and more. Color photos. 248 pages. Center Street. Pub. at $28.00

Item #7846886 **$6.95**

BREAK FREE FROM ECZEMA By Rachel Zohn. This friendly guide offers a complete breakdown of what eczema is, how your unique genes and environment can affect your skin, and how to harness that important information for feeling better as soon as possible. You'll find practical tips on ways to manage eczema. 240 pages. Ulysses. Paperbound. Pub. at $15.95

Item #5879728 **$5.95**

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

Item #9108769 **$5.95**

THE BEAUTY SKETCHBOOK: Illustrate Your Own Modern Makeup Looks By R. Black & R. Yazdi. Provides inspiration and tips for experimenting with color palettes, concepts, and techniques. Start designing your own beauty looks with the included blank face charts throughout, waiting for your makeover! Fully illus. most in color. 160 pages. Abrams. 9¾x8¾. Paperbound. Pub. at $19.99

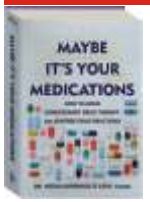
Item #8996946 **$4.95**

Health & Medical References

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

Item #9151664 **$5.95**

Health & Medical References



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

Item #9172351 **$8.95**

EAT EVERYTHING: How to Ditch Additives and Emulsifiers, Heal Your Body, and Reclaim the Joy of Food By Dawn Harris Sherling. Discover the practical, science-based way to reclaim your health through the power of real food. Dr. Sherling lays out the research on food additives and offers a straightforward guide to eating just about everything without pain, worry, or guilt. 273 pages. BenBella. Paperbound. Pub. at $21.95

Item #9249842 **$5.95**

★**THE OFFICIAL POCKET GUIDE TO DIABETES FOOD CHOICES, 6TH EDITION** By American Diabetes Association. This work provides basic nutritional values for evaluating the consumption of common foods relating to blood glucose management and overall health and wellness for people living with diabetes. 93 pages. American Diabetes Assoc. Paperbound. Pub. at $9.95

Item #9232788 **$7.95**

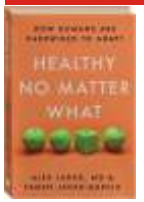
THE FOOD COUNTER'S POCKET COMPANION, 5TH EDITION By J. Stephenson & R. Lindberg. Knowing what's in your food and making sure to consume a balanced diet are keys to a healthy life. It can be tough to keep track of the nutritional content of each meal and snack; this work supplies authoritative data on the nutritional values of foods in a form that's quick and easy to reference. 174 pages. The Experiment. Paperbound. Pub. at $8.95

Item #9266968 **$3.95**

THE DOCTOR WILL SEE YOU NOW: Essays on the Changing Practice of Medicine By Cory Franklin. A quirky and eclectic collection of short pieces that explore the evolving patient-physician relationship; famous doctors and notorious patients; surprising hospital practices and the future of health care; medical reporting, research, ethics, drugs, and money; and the brave new world of neurology. 270 pages. Chicago Review. Paperbound. Pub. at $16.99

Item #7999976 **$3.95**

Health & Medical References



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

Item #9171665 **$5.95**

★**THE GUT: A Pocket Primer** By Amy Fleming. A succinct, vibrant, accessible exploration of the least-understood organ in the human body, broken down into 60 bite-sized relevant topics, including microbiomes, the large and small intestines, and intestinal bloat. Fully illus., most in color. 127 pages. Hoxton. Paperbound. Pub. at $12.95

Item #9369481 **PRICE CUT to $6.95**

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

Item #775728X **$7.95**

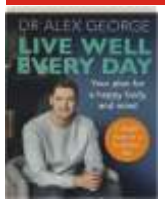
★**THE AGELESS REVOLUTION** By Michael Aziz. Zeroes in on 10 hallmarks of aging to turn back time with a variety of weapons that target the malfunctions in our cells, mitochondria and DNA. Discover the secrets to prevention by losing weight, reversing disease, slowing the aging process and extending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

Item #9107436 **$12.95**

THE CURE FOR EVERYTHING: Untangling Twisted Messages About Health, Fitness, and Happiness By Timothy Caulfield. Caulfield interviews experts, reviews research in-depth, and even tries out some of today's health fads himself to discover what works and what doesn't. He proves, alas, that there are no shortcuts to health and fitness, and offers up the scientifically sound, tough-love truth about how we can live longer, healthier lives. 234 pages. Beacon. Paperbound. Pub. at $17.00

Item #7966830 **$5.95**

Health & Medical References

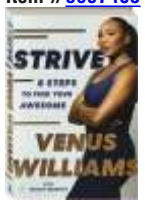


LIVE WELL EVERY DAY: Your Plan for a Happy Body and Mind By Alex George. George is on a mission to empower us to make our own health choices, take positive control and feel equipped and inspired to make those small changes today that energize and future-proof for life. Get the facts about the seven key factors that make the biggest different to your health and choose the simple steps you can take. Well illus. in color. 240 pages. Aster. Paperbound. Pub. at $22.99

Item #7802307 **$5.95**

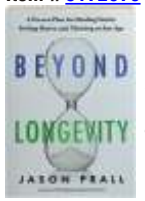
GAME PLAN: A Proven Approach to Work, Live, and Play at the Highest Level Possible–For as Long as Possible By Mike Mancias with M. Murphy. Over the course of three parts–the first focused on nutrition, the second on physical training, and the third on recovery–Mancias guides readers on their own journey to excellence. A comprehensive road map to peak performance. 279 pages. Morrow. Pub. at $29.99

Item #9097465 **$2.95**



STRIVE: 8 Steps to Find Your Awesome By Venus Williams with M. Murphy. Williams's winning combination of holistic and scientific approaches to wellness and performance focuses on making self-improvements reachable and sustainable. Learn how eight tiny but essential tenets can help turn smart choices into habits, forging a lifestyle you return to because you want to, not because you have to. 243 pages. Amistad. Pub. at $29.99

Item #9172076 **PRICE CUT to $2.95**



★**BEYOND LONGEVITY: A Proven Plan for Healing Faster, Feeling Better, and Thriving at Any Age** By Jason Prall. Features new science that updates the "blue zones" secrets to healthy, happy longevity with a flexible, holistic approach that incorporates epigenetics, nutrition, and mental health. 223 pages. Hay House. Paperbound. Pub. at $18.99

Item #7991282 **$6.95**

★**THE 12-WEEK DBT PLAN: Skills and Exercises to Improve Your Feelings, Habits, and Relationships** By Valerie Dunn McBee. Understand the four key principles of DBT: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. An easy-to-follow program of writing prompts, questions and routines make it easy to put DBT into practice every day to balance your emotions and achieve your goals. 176 pages. Callisto. Paperbound. Pub. at $19.99

Item #9096566 **$11.95**

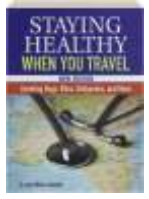
Health & Medical References

★**THE CAREGIVER'S GUIDE TO STROKE RECOVERY: Practical Advice for Caring for You and Your Loved One** By Lucille Jorgensen. A stroke changes the life of more than just the survivor. This guide will help you through these challenging times with knowledge, compassionate guidance, and reaffirming anecdotes. Includes support topics such as medications and treatments, financial and legal decisions, and work-life balance. 176 pages. Rockridge. Paperbound. Pub. at $15.99

Item #8894094 **$6.95**

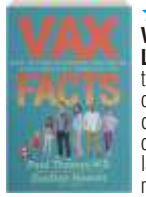
★**DOES COFFEE CAUSE CANCER? And 8 More Myths About the Food We Eat** By Christopher Labos. A refreshingly clarifying work about food, food myths, and how sloppy science perpetuates misconceptions about food. Does vitamin C prevent the common cold? Why were eggs once bad for you but now good for you again? Is red wine really good for your heart? and more. Illus. 290 pages. ECW Press. Paperbound. Pub. at $19.95

Item #7935374 **$14.95**



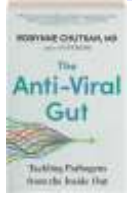
★**STAYING HEALTHY WHEN YOU TRAVEL: Avoiding Bugs, Bites, Bellyaches, and More** By Jane Wilson-Howarth. Packed with crucial advice on immunizations, medicines, traveling with children, flying, culture shock, ailments, accidents, and more, this volume covers everything you have and haven't thought of. Illus. in color. 320 pages. CompanionHouse. Paperbound. Pub. at $22.99

Item #8200149 **$6.95**



★**VAX FACTS: What to Consider Before Vaccinating at All Ages & All Stages of Life** By P. Thomas & D. Hoover. Covers each of the vaccines recommended by the CDC and doctors–during pregnancy, and from childhood through advanced adulthood–this detailed guide breaks down the ingredients, lack of safety testing, side effects, risks, and more. Illus. 360 pages. Morgan James. Paperbound. Pub. at $24.95

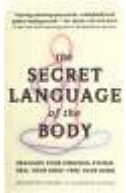
Item #9099638 **$14.95**



★**THE ANTI-VIRAL GUT: Tackling Pathogens from the Inside Out** By Robynne Chutkan. A plan for strengthening the incredible antiviral defenses located in your gut and resolving symptoms. Gives practical advice for balancing both your internal and external environment by optimizing diet, exercise, sleep, and time outdoors to boost your host defenses and overall health. 258 pages. Avery. Paperbound. Pub. at $20.00

Item #9008322 **$9.95**

Health & Medical References



★**THE SECRET LANGUAGE OF THE BODY: Regulate Your Nervous System, Heal Your Body, Free Your Mind** By J. Mann & K. Rabin. Outlines the three essential steps for resolving nervous system dysregulation. Become aware of your dysregulated responses in your mind and body; interrupt these unhelpful responses; and redesign and rewire them to transform your health and life. Illus. 340 pages. Harper. Paperbound. Pub. at $19.99
Item #109324X **$9.95**

THE HEALTH FIX: Transform Your Health in 8 Weeks By Ayan Panja. Will show you how to: tighten up on the eight key factors which affect your everyday health; improve your ability to control your habits and change behaviors; experience the subtle power of how, what and when; generate your own targeted lifestyle prescription; and more. 255 pages. Kyle Books. Pub. at $19.99
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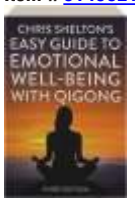
★**THE CIRCADIAN DIABETES CODE** By Satchin Panda. Avoid, manage and even reverse diabetes and prediabetes just by changing *when*, not *what*, you eat. Updated with the latest guidance about optimizing new medications including Ozempic and Wegovy. Identify your optimal eating zone, plan your meals according to your circadian rhythm, optimally time medication, as needed and more. 293 pages. Rodale. Paperbound. Pub. at $17.99
Item #9149821 **PRICE CUT to $6.95**



★**CHRIS SHELTON'S EASY GUIDE TO EMOTIONAL WELL-BEING WITH QIGONG, THIRD EDITION** Understand and incorporate the theories and practices of specific exercises focused on balancing your body's energy. This guide will certainly give your Qi a boost, and you will finish feeling revitalized and refreshed, rather than worked-out and exhausted. Illus. 182 pages. Radius. Paperbound. Pub. at $19.00
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★**THE GIFT OF THE NIGHT: A Six-Step Program for Better Sleep** By Philip Carr-Gomm. A fast and easy to follow six step program to help you you sleep better, combines knowledge from sleep science and cognitive behavioral therapy with techniques drawn from spiritual traditions and insights from the emerging field of psychedelic therapy, showing you how to truly benefit from everything the night offers to body and soul. 192 pages. Inner Traditions. Paperbound. Pub. at $18.99
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Health & Medical References

★**BASIC ILLUSTRATED WILDERNESS FIRST AID, Third Edition** By William W. Forgey. Information-packed tools in a heavily illustrated, richly designed, contemporary four-color format. Written for the novice but great as a handy reference for the veteran, these highly illustrated guides distill years of knowledge into affordable and portable packages. Illus. in color. 108 pages. Falcon. Paperbound. Pub. at $19.95
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★**REINVENTING COOL: How to Make Cold Your Best Ally Against Inflammation, Pain, and Aging** By M. Ensabella & A. Getzoff. Practical guide to help you use low temperatures safely and effectively, whether you are a team member of a gym, wellness center, or spa, are thinking of starting a business with cryotherapy or trying cryotherapy for the first time. Illus. 113 pages. O-Books. Paperbound. Pub. at $14.95
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★**GETTING HEALTHY IN TOXIC TIMES: An Ecological Doctor's Prescription for Healing Your Body and the Planet** By Jenny Goodman. With the right information, we can safeguard ourselves by minimizing our interactions with pollutants; ensuring our bodies have the right anti-toxin nutrients; taking collective action to fight for our health and that of the environment; and more. 259 pages. Chelsea Green. Paperbound. Pub. at $24.95
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★**NATURE'S WAY TO HEALING: A Long Covid Guide** By Lee Holmes. Offers a step by step approach to reduce the duration of Long Covid. Guides readers through a tried and tested practical plan with workbook tools including a symptom tracker, self-care checklist and pacing diary to monitor progress. Fully illus. in color. 248 pages. Rockpool. Paperbound. Pub. at $18.95
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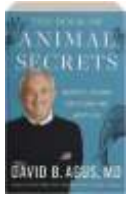
★**MED SPA MAYHEM: The Good, the Bad, and the Ugly Secrets of the Aesthetic Industry** By Kate Dee. An essential read for anyone considering med spa services, offering a much-needed and expert perspective on the balance between beauty and health. Dr. Dee's passionate advocacy for patient safety makes Med Spa Mayhem a pivotal work in understanding and navigating the complex world of medical spas. 177 pages. Advantage Media Group. Paperbound. Pub. at $19.99
Item #8890137 **$2.95**

Health & Medical References



★**THE BOOK OF ANIMAL SECRETS: Nature's Lessons for a Long and Happy Life** By David B. Agus. An ingenious guide to what our fellow animals can teach us about living longer, healthier, happier lives. Filled with lively storytelling and astonishing practical takeaways, this guide will have you rethinking what's possible for your health and wellbeing–now and for years to come. Illus. 388 pages. S&S. Paperbound. Pub. at $19.99
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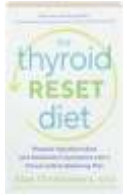
Diseases & Disorders



★**THE THYROID RESET DIET: Reverse Hypothyroidism and Hashimoto's Symptoms with a Proven Iodine-Balancing Plan** By Alan Christianson. An estimated twenty million Americans have some form of thyroid disease, and up to 60 percent of them are unaware of their condition. The author's cutting-edge research and clear results, coupled with an easy-to-follow diet plan, will help anyone struggling with thyroid disease. 286 pages. Rodale. Paperbound. Pub. at $17.99
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CHRONIC: The Hidden Cause of the Autoimmune Epidemic and How to Get Healthy Again By Steven Phillips et al. Reveals striking evidence that a broad range of microbes, including the Lyme bacterium, cause a variety of recurrent conditions and autoimmune diseases. Explores the science behind common infections that are difficult to diagnose and treat, debunk widely held beliefs by doctors and patients alike, and provide solutions that empower sufferers to reclaim their lives. 286 pages. HMH. Paperbound. Pub. at $16.99
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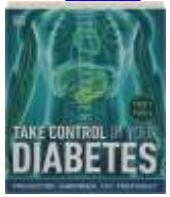

TAKE CONTROL OF YOUR DIABETES: Prevention, Diagnosis, and Treatment By Rosemary Walker. Provides clear and simple diet, fitness, lifestyle, and medical advice–the support you need to live life to the fullest with type 1 or type 2 diabetes. Well illus. in color. 208 pages. Dorling Kindersley. Paperbound.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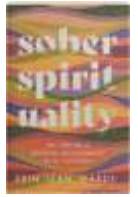
Diseases & Disorders



SOBER SPIRITUALITY: The Joy of a Mindful Relationship with Alcohol By Erin Jean Warde. Sobriety coach Warde invites you to bring mindfulness into your relationship with alcohol as a pathway of awakening to the beauty of our lives in mind, body, and soul. 177 pages. Brazos Press. Paperbound. Pub. at $18.99
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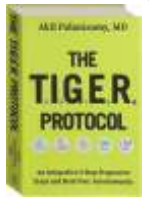

THE TIGER PROTOCOL: An Integrative 5-Step Program to Treat and Heal Your Autoimmunity By Akil Palanisamy. This holistic approach will guide you as you build up your health, reduce the occurrence of flare-ups, attain remission with a minimum of medications, and feel better so that you can live life to the fullest. Gives you the tools you need to start on the path toward healing and freedom. 384 pages. Balance. Pub. at $29.00
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THE END OF FOOD ALLERGY: The First Program to Prevent and Reverse a 21st-Century Epidemic By K. Nadeau & S. Barnett. The problem of food allergy is exploding around us. But this work offers the first glimpse of hope with a powerful message: you can work with your family and your doctor to eliminate your food allergy forever. 342 pages. Avery. Pub. at $28.00
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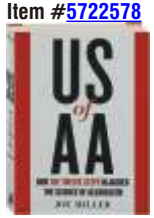

US OF AA: How the Twelve Steps Hijacked the Science of Alchoholism By Joe Miller. An expose full of secrecy, irony, liquor industry money, the shrillest of scare tactics, and, at its center, a grand deception. Shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire enterprise. 194 pages. Chicago Review. Pub. at $26.99
Item #7840519 **$6.95**

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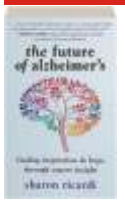
Diseases & Disorders



★**THE FUTURE OF ALZHEIMER'S: Finding Inspiration & Hope Through Expert Insight** By Sharon Ricardi. Offers an informative and inspirational look forward into the next 10 years of Alzheimer's treatment and beyond. Provides a valuable perspective on the current state of Alzheimer's care, what newly diagnosed individuals can expect, and the likelihood of a cure in our lifetime. 162 pages. Hatherleigh. Paperbound. Pub. at $15.00

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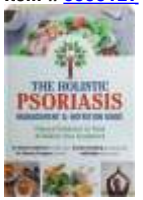
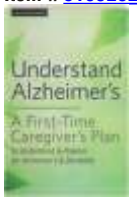


★**THE HOLISTIC PSORIASIS MANAGEMENT & NUTRITION GUIDE: Natural Solutions to Treat & Relieve Your Symptoms** By Maria R. Robinson et al. Authored by leading experts in dermatology, naturopathy and functional nutrition, this comprehensive guide offers an extensive exploration of psoriasis and a holistic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

Item #9165282 **$19.95**



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

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★**SOUNDS LIKE MISOPHONIA: How to Stop Small Noises from Causing Extreme Reactions** By Jane Gregory with A. Ahmad. Gregory takes you through step by step exercises to change your relationship with sounds and streamline your coping strategies. Alongside you on your journey is podcaster and misophone Adeel Ahmad, who carries out experiments and shares case studies from volunteers around the world. 336 pages. Green Tree. Paperbound. Pub. at $22.00

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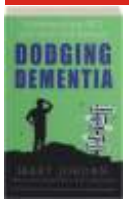
Diseases & Disorders



★**DODGING DEMENTIA: Understanding MCI and Other Risk Factors** By Mary Jordan with J. Thompson. Guides you through how to assess your personal risk based on the latest evidence. Shows the reader the many factors associated with developing dementia and the science behind our current understanding, including: diet, exercise, trauma, pharmaceuticals, genetics, social isolation, sleep, neurological deficits, and more. 231 pages. Hammersmith. Paperbound. Pub. at $29.99

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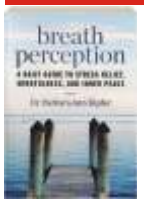
Stress & Pain Management



BREATH PERCEPTION: A Daily Guide to Stress Relief, Mindfulness, and Inner Peace By Barbara Ann Kipfer. Offers a daily guide to harnessing the amazing power of breath to help you sleep better at night, concentrate better at work, connect better with loved ones at home, and reduce overall stress. Includes 277 simple exercises for using breath to attain greater well-being. 306 pages. Helios. Paperbound. Pub. at $14.95

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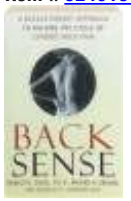

BACK SENSE: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain By Ronald D. Siegel et al. Offers a revolutionary approach to halting the cycle of chronic back pain. Describes how tension leads to tight muscles, which in turn leads to back pain–an often overlooked cause. 246 pages. Broadway.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

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HELP IN A HURRY: Simple Tips for Finding Peace when You're Overwhelmed, Anxious, or Stressed By Caroline Leaf. With evidence-based strategies to address our most common challenges, this practical guide offers the tools you need to prevent a descent into chaos and instead find strength amid the turmoil of daily life. Discover strategies that will help you cope in the moment, manage a chaotic mind, and start living each day with intention and inner peace. 230 pages. Baker Books. Pub. at $26.99

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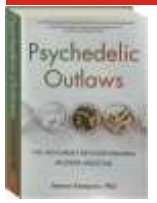
Stress & Pain Management



PSYCHEDELIC OUTLAWS: The Movement Revolutionizing Modern Medicine By Joanna Kempner. Kempner unearths how a group of ordinary people debilitated by excruciating pain developed their own medicine from home-grown psilocybin mushrooms–crafting near-clinical grade dosing protocols–and fought for recognition in a broken medical system. 362 pages. Hachette. Pub. at $32.00

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★**PAIN & PERFORMANCE: The Revolutionary New Way to Use Training as Treatment for Pain and Injury** By R. Whited & M. Fitzgerald. Presents a radically new way for athletes to understand and manage pain that exposes the shocking lack of evidence for modern medicine's approach to pain and injury management. Learning a simple, three-step process will start you on a path to better performance and a more fulfilling athletic journey with less downtime. 204 pages. 80/20. Paperbound. Pub. at $21.99

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

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CROSSING INTO MEDICINE COUNTRY: A Journey in Native American Healing By David Carson. Here is Carson's personal story of his initiation into the healing rites of the Choctaw with medicine woman Mary Gardener. Through her teachings and his own mind-bending experiences, he gives us a glimpse into an alternate reality. 304 pages. Council Oak. Paperbound. Pub. at $16.95

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CHI HEALTH CYCLE: The 24-Hour Plan to Restore Health Through Energy Flow By Jost Sauer. Based on the ancient health secrets of traditional Chinese medicine, this work shows you how to align your exercise, diet, and daily activities to the 24-hour cycle of chi–your vital life force– through twelve key organs in your body. 160 pages. Welbeck. Paperbound. Pub. at $16.95

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

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★**MEDICINAL LICHENS: Indigenous Wisdom and Modern Pharmacology** By Robert Dale Rogers. Used for millennia by Indigenous people, lichens are now being recognized by modern science for their unique medicinal potential, particularly against antibiotic-resistant bacteria, viruses, cancer, diabetes, and cardiovascular disease. Explores over 400 species of North American lichens. Fully illus. in color. 372 pages. Healing Arts. Paperbound. Pub. at $29.99

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CBD AND HEMP REMEDIES: A Quick & Easy Guide to Help You Destress, Relax, and Relieve Pain Using Cannabis Products By Sandra Hinchliffe. Guides you through the types of products available to you in mainstream stores and how to use each one. Introduces the beginner CBD/hemp user to 75 different ways they can use the products they've purchased. Includes recipes for massage oils, hand soaks, lotion bars, lip balms, salt scrubs, candies, and more. Well illus. in color. 176 pages. Skyhorse. Paperbound. Pub. at $16.99

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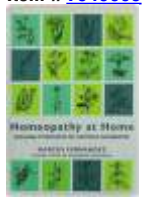

★**HOMEOPATHY AT HOME: Everyday Treatments for Common Complaints** By Marcus Fernandez. This guide offers a comprehensive A-Z of homeopathic remedies for a wide range of complaints–from common colds, coughs, allergies and infections, to cuts, bruises, acne and PMS. Also provides useful substitutions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

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THE ULTIMATE GUIDE TO CBD: Explore the World of Cannabidiol–Recipes for Self-Care, Beverages, Cooking, and More By Jamie Evans. Introduces the basics of using cannabidiol, including the current science in the field of CBD research and the differences between each application. You'll be able to explore CBD in a variety of ways with recipes relating to self-care, beverages, food, pet treats, and fitness. Fully illus. in color. 224 pages. Fair Winds. Paperbound. Pub. at $26.99
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MERRY JANE'S THE CBD SOLUTION: Wellness–How Cannabis, CBD, and Other Plant Allies Can Change Your Everyday Life By Merry Jane with L. Wilson. Walks you through CBD's history, science, medicinal benefits, and healing properties, demystifying how the nonintoxicating extract can help with pain, nausea, anxiety, stress, sleep, skin health, and more. Illus. in color. 208 pages. Chronicle. Pub. at $19.95
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★**DELLA MEDICINA: The Tradition of Italian-American Folk Healing** By Lisa Fazio. Discover the healing techniques and folk wisdom the author learned from her Italian grandparents and from healers in Southern Italy, including plant preparation methods, medicines, rituals, recipes, kitchen magic, and protective magic. Each plant's history, mythology and both practical and magical uses are also covered. Illus. 426 pages. Healing Arts. Paperbound. Pub. at $24.99
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★**PSYCHED: Seven Cutting-Edge Psychedelics Changing the World** By Amanda Siebert. Explores the history, culture, and potential of seven psychedelic substances. Siebert interweaves real-life stories, clinical research, and interviews with the world's leading psychedelics experts and cultural allies to offer a definitive guide to these cutting-edge treatments. 210 pages. Greystone. Paperbound. Pub. at $16.95
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Complementary & Alternative Medicine

★**ESSENCE AND EMBER: Gathering and Preparing Herbal, Resin, and Wood Incense** By Katja Peters. Whether with herbs, resins, or woods–burning incense allows us to reconnect with nature and provides a grounding counterbalance to our hectic everyday lives. Peters demonstrates how simple and effective it is to gather and burn incense and benefit from the healing powers of nature. Fully illus. in color. 128 pages. Schiffer. Pub. at $24.99
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★**QIGONG FOR WOMEN** By Dominique Ferraro. Gives step by step instructions for dozens of exercises that address the specific concerns of women, including stress relief, aging, physical toning, sexuality, and more. Fully illus. 158 pages. Healing Arts. 8x10. Paperbound. Pub. at $19.95
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★**CANNABIS THERAPY: A Complete Guide** By Wendy Read. In this in-depth guide to cannabis therapy, written for both health practitioners and those looking for self-care methods, Read provides a complete look at why marijuana medicine works, its medical and spiritual uses throughout history, and how to develop a personalized healing plan. 296 pages. Park Street. Paperbound. Pub. at $22.99
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★**MOTHERLAND HERBAL: The Story of African Holistic Health** By Stephanie Rose Bird. Discover how to garden and harvest in unison with the seasons and how to use herbalism and magic–derived from ancestral and spiritual helpers–to heal. Showcases an array of recipes and rituals that nourish every facet of life. Well illus. 438 pages. Harper. Paperbound. Pub. at $29.99
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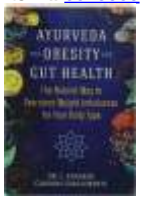

★**AYURVEDA FOR OBESITY AND GUT HEALTH: The Natural Way to Overcome Weight Imbalances for Your Body Type** By L. Eduardo Cardona-Sanclemente. A scientifically supported, Ayurvedic approach to weight management. Presents several body-mind protocols and suitable food intakes, detailing their effects on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

★**PANIC PROOF: The New Holistic Solution to End Your Anxiety Forever** By Nicole Cain. Unlike therapies that address only symptoms, Cain's protocol heals the root causes of anxiety and recalibrates the mind, body, and nervous system so that you can take back control of your life. Illus. 405 pages. Rodale. Paperbound. Pub. at $19.99
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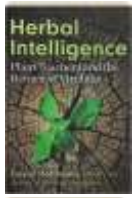
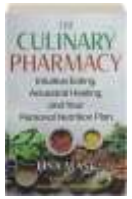


★**HERBAL INTELLIGENCE: Plant Teachers and the Return of Viriditas** By David Hoffmann. Providing a comprehensive guide to the dynamic new landscape of modern herbalism, Hoffmann explores how ancient healing modalities are once again becoming prominent. 238 pages. Healing Arts. Paperbound. Pub. at $21.99
Item #8996571 **$9.95**



★**THE CULINARY PHARMACY: Intuitive Eating, Ancestral Healing, and Your Personal Nutrition Plan** By Lisa Mase. Provides clear, easy to follow instructions for determining your unique constitution and how best to heal yourself. Discussing the energetics of food, Mase explains the importance of personalized nutrition based on genetics, epigenetics, intuitive eating, and seasonal, local foods. Illus. in color. 260 pages. Inner Traditions. Paperbound. Pub. at $24.99
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New Age Spirituality

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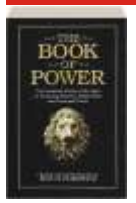

★**THE BOOK OF POWER: The Greatest Works of the Ages on Attaining Mastery, Magnetism, and Personal Power** Ed. by Mitch Horowitz. Presents some of the most important and practical works, from history and today, on attaining and wielding ethical power. Here is a collection that brings methods and actionable ideas into focus for how to increase your command of life. 465 pages. G&D Media. Paperbound. Pub. at $29.95
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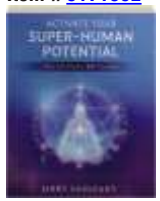

★**ACTIVATE YOUR SUPER-HUMAN POTENTIAL: The Ultimate 5D Toolkit** By Jerry Sargeant. Combining qigong, breathwork, meditation, exercise, nutrition, healing, light codes, and more, Sargeant has blended a unique recipe that offers you the opportunity to create a life of sovereignty and freedom. Are you ready to embark on a life-changing journey? Illus. 304 pages. Inner Traditions. 8x10. Paperbound. Pub. at $29.99
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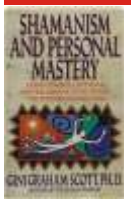

★**SHAMANISM AND PERSONAL MASTERY: Using Symbols, Rituals, and Talismans to Activate the Powers Within You** By Gini Graham Scott. Scott demystifies shamanism and shows how it can be an accessible means of uncovering and focusing personal power. She offers simple exercises and visualization techniques used to gain confidence and attain professional success and personal fulfillment. 384 pages. Paragon House. Paperbound. Pub. at $14.95

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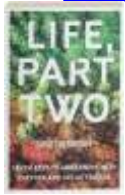

★**LIFE, PART TWO: Seven Keys to Awakening with Purpose and Joy as You Age** By David Chernikoff. In this guide Chernikoff distills lessons from across contemplative traditions to invite readers to embrace seven essential elements of conscious living–embracing the mystery, choosing a vision, cultivating intuitive wisdom, committing to inner work, suffering effectively, serving from the heart, and celebrating the journey. 186 pages. Shambhala. Paperbound. Pub. at $18.95

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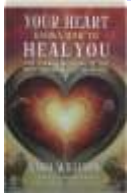

★**YOUR HEART KNOWS HOW TO HEAL YOU: The Sacred Medicine of the Four Chambers of the Heart** By Cissi Williams. An intuitive shamanic journey through the heart's chambers, inspired by the author's own brush with mortality after suffering a heart attack. 254 pages. Findhorn. Paperbound. Pub. at $19.99

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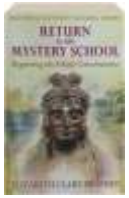

★**RETURN TO THE MYSTERY SCHOOL: Regaining the Edenic Consciousness** By Elizabeth Clare Prophet. Humanity stands at a crossroads where we see the serpentine logic of the fallen angels that caused the fall of Eden once again permeating today's culture. Maitreya comes to teach us to discern the truth from the lie by extracting the splintered momentums hidden in our consciousness. 248 pages. Summit. Paperbound. Pub. at $20.95

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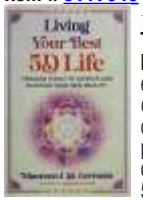

★**LIVING YOUR BEST 5D LIFE: Timeless Tools to Achieve and Maintain Your New Reality** By Maureen J. St. Germain. Sharing everything you need to know to successfully cross over from 3D to 5D, St. Germain discusses how to truly transform beliefs and paradigms that hold the soul in the denser dimensions. Explores practices for thinking in 5D, shares meditations to help you upgrade your MerKaBa, and examines how to clear and clean your 12 DNA strands and your chakras. Illus. 148 pages. Bear & Company. Paperbound. Pub. at $16.00

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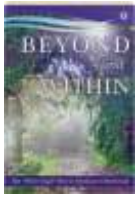

★**BEYOND AND WITHIN: The White Eagle Way to Meditate Effortlessly** Ed. by Anna Hayward. The perfect guide to meditating the White Eagle's way. It is helpful at all stages of developing the meditation practice, because it deals with its subject topic by topic and problem by problem, except that it does not see these as problems but as possibilities to explore. 240 pages. White Eagle. Paperbound. Pub. at $14.95

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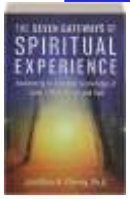

★**THE SEVEN GATEWAYS OF SPIRITUAL EXPERIENCE: Awakening to a Deeper Knowledge of Love, Life Balance, and God** By Jonathan H. Ellerby. Guiding us in how to recognize and integrate the spiritual experiences that are already a part of our life and those that we may yet pursue, Ellerby provides a map for navigating sacred encounters and prepares us to face life with passion, purpose, and resilience. 173 pages. Inner Traditions. Paperbound. Pub. at $18.99

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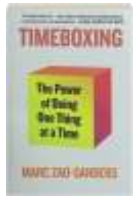

TIMEBOXING: The Power of Doing One Thing at a Time By Mark Zao-Sanders. A comprehensive guide to carefully and intentionally selecting what to do, specifying start and finish times, focusing solely on that single activity, and getting it done to an acceptable standard within that timeframe. 310 pages. St. Martin's. Paperbound. Pub. at $16.00

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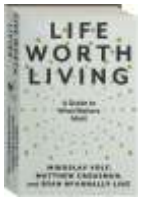

LIFE WORTH LIVING: A Guide to What Matters Most By Miroslav Volf et al. What makes a good life? This question is inherent to the human condition, asked by people across generations, professions, and social classes. The authors provide readers with jumping-off points, road maps, and habits of reflection for determining where their lives hold meaning and where things need to change. 315 pages. Open Field. Pub. at $29.00

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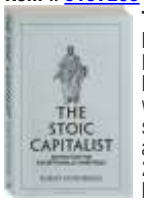

THE STOIC CAPITALIST: Advice for the Exceptionally Ambitious By Robert Rosenkranz. The Stoic ideal of a well-lived life has been around since 300BC, but what can we learn from it 2,300 years later? This work shows how its teachings can lead to a life of accomplishment, fulfillment, and impact. 262 pages. Bloomsbury. Pub. at $28.00

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Inspiration, Motivation & Self-Discovery

AN EDITED LIFE: Simple Steps to Streamlining Your Life, at Work and at Home By Anna Newton. Declutter every aspect of your life–from your wardrobe, schedule and kitchen cupboards to your workspace, social life and beauty regime–with this realistic guide to getting neat and keeping things that way. 256 pages. Quadrille. Pub. at $22.99

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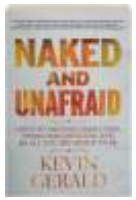

NAKED AND UNAFRAID By Kevin Gerald. Break down the five keys to overcoming fear of criticism to live our best life: risking exposure, abandoning smallness, pushing past criticism, owning our story, and fighting for our future. Highlighting the inspiring breakthroughs of cultural heroes who were bold enough to risk transforming their lives and impacting the world. 261 pages. FaithWords. Paperbound. Pub. at $16.99

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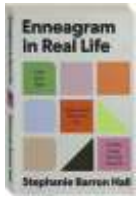

ENNEAGRAM IN REAL LIFE: Find Your Type, Understand Who You Are, & Take Steps Toward Growth By Stephanie Barron Hall. Shows you how to use the Enneagram as a tool for self-discovery and a practical way to achieve growth. Includes relatable stories from real clients, tangible growth practices, frameworks, and actionable advice you can use to incorporate the Enneagram's transformative power into all aspects of life. 304 pages. Harper. Pub. at $24.99

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THE MAGIC OF KNOWING WHAT YOU WANT: A Practical Guide to Unearthing the Wisdom of Your Desires By Tracey Gee. Through interactive exercises, relatable case studies, and thoughtful questions, Gee helps you discover what you truly want in and from life, teaches you how to turn those desires into action, and shows you that a thriving, abundant existence is closer than you think. 238 pages. Revell. Paperbound. Pub. at $18.99

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

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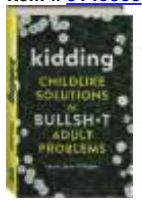

KIDDING: Childlike Solutions to Bullsh*t Adult Problems By Laura Jane Williams. Consider this a permission slip to relax, laugh, and finally find happiness. Equal parts hilarious, irreverent, and inspiring, learn how to connect with your inner child to make your mundane, complicated adult life simpler and happier. 200 pages. Running Press. Pub. at $17.00

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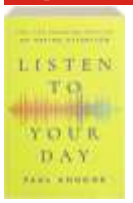

LISTEN TO YOUR DAY: The Life-Changing Practice of Paying Attention By Paul Angone. Helps you overcome what's stealing your attention; discover new mindset models through which to view your everyday life; build better relationships through intentional practices of paying attention; form new practices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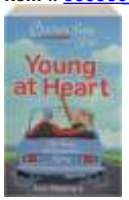

★**CHICKEN SOUP FOR THE SOUL: Young at Heart** By Amy Newmark. These 101 stories from dynamic, active people who are still young at heart prove the adage that age is just a number. Whether they're relaxing at home or hitting the road, married or single, working or retired, these folks do it all. 339 pages. Chicken Soup for the Soul. Paperbound. Pub. at $16.99
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HOW WE HEAL: Uncover Your Power and Set Yourself Free By Alexandra Elle. A life-changing guide to nurturing your spirit and reclaiming your job. Discover essential techniques for self-healing, including journaling rituals, empowering exercises, and restorative meditations. Illus. 207 pages. Chronicle. Pub. at $24.95
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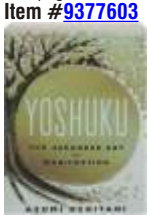
THE KARMA OF SUCCESS: Spiritual Strategies to Free Your Inner Genius By Liz Tran. Tran will teach you the Four Pillars of Spiritual Strategy: inquiring inward, manifesting mindfully, enriching your energy, and becoming brilliant. You will also be guided by stories of business leaders, tech visionaries, and regular people who have learned to access their intuition to unlock their full potential. Illus. 237 pages. Portfolio. Pub. at $28.00
Item #9377603 **$5.95**



★**YOSHUKU: The Japanese Art of Manifesting** By Azumi Uchitani. A beautifully illustrated guide to the ancient Japanese art of manifesting and pre-celebration, providing practical advice on how to slow down, tune into the rhythms of the universe, and achieve your goals. 217 pages. HarperOne. Paperbound. Pub. at $18.99
Item #930875X **$14.95**

Inspiration, Motivation & Self-Discovery

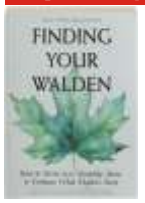
CREATIVITY BEGINS WITH YOU: 31 Practical Workshops to Explore Your Creative Potential By A. Neal & D. Star. Can creativity be "taught"? Or is it simply innate? Find your creativity through your own unique identity and experience, fight those negative voices, get out of your habitual comfort zones and play. Part practical workshop, part provocative guide, this invaluable companion is for any student working across the creative disciplines. Well illus. in color. 240 pages. Laurence King. Paperbound. Pub. at $24.99
Item #9153462 **$3.95**

★**ATTRACT IT ALL: The Real Secret to Manifestation** By Tsikki Thau. The author unveils the secret to attracting your heart's desires, offering a magical blend of ancient and modern techniques. Featuring Thau's powerful original exercises and real success stories, this transformative work provides the tools to revolutionize your life, manifest wealth, receive love, and cultivate lasting happiness. 278 pages. Llewellyn. Paperbound. Pub. at $17.99
Item #9358153 **$12.95**

★**DISCOVER YOUR SOUL MISSION: Calling on Angels to Manifest Your Life Purpose** By Kathryn Hudson. Guiding many in the quest for meaning and purpose, Hudson shares how to move from feeling out of place or out of sorts with where we are in our lives to moving intentionally into fulfillment and knowing that we are exactly where we are meant to be. 205 pages. Findhorn. Paperbound. Pub. at $16.99
Item #1990683 **$9.95**

THE WAY HOME: Discovering the Hero's Journey to Wholeness at Midlife By Ben Katt. A work for those struggling to find their way back to themselves, especially at midlife. An accessible, ten-step program to help readers move beyond their limitations, find fulfillment, and make the greatest possible contribution to their community and world. 265 pages. St. Martin's. Paperbound. Pub. at $19.00
Item #9056165 **$1.95**

Inspiration, Motivation & Self-Discovery



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

QUITTING: A Life Strategy By Julia Keller. Reminds us that, in order to live meaningful, satisfying lives, sometimes we have to say no. With Keller's guidance, readers will learn the art of the quasi-quit, see how quitting makes space for key breakthroughs, navigate the relationship between quitting and our public lives, manage quitter's guilt, and more. 222 pages. Hachette. Pub. at $29.00
Item #9009892 **$3.95**

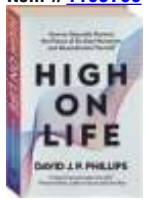
EAT YOUR WAY TO A SIX PACK: The Ultimate 75 Day Transformation Plan By Scott Harrison. The author's life-changing program *The Six Pack Revolution* has helped a community of tens of thousands of people across 57 countries gain confidence and achieve the best shape of their lives. This work puts it in print, with tailored recipes and meal planning, fitness challenges that are fun and empowering, and transformative mindset coaching. Well illus. in color. 208 pages. Dorling Kindersley. Paperbound. Pub. at $24.99
Item #9102086 **$7.95**

LOVE, MOM: Inspiring Stories Celebrating Motherhood By Nicole Saphier. Saphier shines a light on the magic of maternal love. Discover a remarkable collection of powerful first-person stories form the most extraordinary moms in the FOX News family and beyond. Photos, some in color. 226 pages. HarperCollins. Pub. at $29.99
Item #9091173 **$4.95**

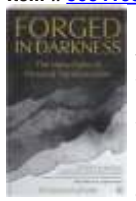
LET IT GO: Free Yourself from Old Beliefs and Find a New Path to Joy By Chelene Knight. Reflective examination of Black self-love and joy that guides the reader to ditch old beliefs, achieve difficult unlearnings, redefine language, relationships, and love to find their own unique path to joy. Showcases the broad spectrum of Black realities and reveals the colorful kaleidoscope of joy and your own ways to find it. 267 pages. HarperCollins. Pub. at $27.99
Item #9173072 **$2.95**

Inspiration, Motivation & Self-Discovery

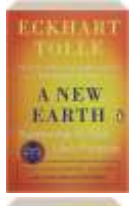
★**THE 1% WELLNESS EXPERIMENT: Micro-gains to Change Your Life in 10 Minutes a Day** By Gabrielle Treanor. Using the concept of micro-gains, tiny changes that add up to a big impact, this work invites you to enter into a month-long experiment with yourself. Includes establishing boundaries and saying no, overcoming comparison and handling anxiety, dealing with perfectionism and creating habits. 236 pages. Welbeck. Paperbound. Pub. at $14.95
Item #1105760 **$7.95**



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
Item #9084169 **$6.95**



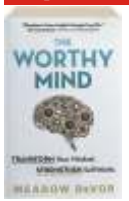
FORGED IN DARKNESS: The Many Paths of Personal Transformation By Joanna LaPrade. The author urges us to explore mythic archetypes that can teach us to stop rejecting the darkness inherent in life and be present for the transformation it makes available to us. By noticing the archetypes manifesting around you, in thoughts and memories, dreams and images, allow them to guide you toward the changes you need. Illus. 314 pages. Watkins. Paperbound. Pub. at $19.95
Item #9153861 **$5.95**



★**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
Item #9125876 **$9.95**

NO REGRETS: How to Live Today for Tomorrow's Emotional Well-Being By Bill Howatt. Using a combination of self-assessments, reflections, and exercises, Howatt teaches you how to build a framework for positive change. You'll learn to master the five key ingredients in any recipe for a better life. 274 pages. Page Two Books. Paperbound. Pub. at $17.95
Item #9057323 **$3.95**

Inspiration, Motivation & Self-Discovery



★**THE WORTHY MIND: Transform Your Mindset, Strengthen Self-Worth** By Meadow DeVor. Shares life-changing insights that allow you to finally step into your own worthiness, showing you how to: question the arbitrary rules you've put in place for your life; identify and confront your defense mechanisms; care for yourself just as you care for others; discover your lost self; and more. 214 pages. Sourcebooks. Paperbound. Pub. at $16.99

Item #8891591 **$12.95**

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

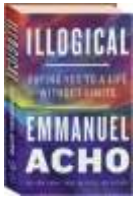
Item #8792097 **$5.95**

MAKE YOUR OWN SUNSHINE: Inspiring Stories of People Who Find Light in Dark Times By Janice Dean. These are the kinds of stories we need right now. Dean shares inspiring stories that will lift your spirit and touch your heart. Good people are all around us doing selfless deeds. She made it her mission to uncover and document these stories of good will in order to inspire us and give us optimism. 220 pages. Harper. Pub. at $26.99

Item #4859456 **$6.95**

★**MONEY LOVES ME: The Spiritual Guide to Manifesting Abundance** By Farah Orths. Learn to manifest prosperity by aligning with the spiritual energy of money. Transform scarcity and self-doubt into natural abundance. 220 pages. Hay House. Paperbound. Pub. at $19.99

Item #9201890 **$14.95**



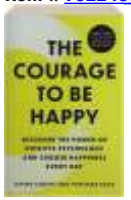
ILLOGICAL: Saying Yes to a Life Without Limits By Emmanuel Acho. With a step by step guide to finding our callings and shifting our mindsets, and enlivened by stories from Acho's life and the lives of other pioneers, this work asks us to replace the limits set for us, and the ones we set for ourselves, with a world of possibility. Our horizons are endless. 244 pages. Flatiron. Pub. at $27.99

Item #9044329 **$3.95**

Inspiration, Motivation & Self-Discovery

★**THE GIFT OF FAILURE** By Dan Bongino. Reflecting on all of the hurdles and pitfalls Bongino had encountered that wound up motivating him, he digs in to deliver a rich, wild and rewarding collection that will fire you up, make you think and maybe even help you take something positive from your own failures. After all, as Bongino dutifully documents, they are gifts. Color photos. 154 pages. Liberatio Protocol. Pub. at $28.99

Item #7922485 **$6.95**



★**THE COURAGE TO BE HAPPY: Discover the Power of Positive Psychology and Choose Happiness Every Day** By I. Kishimi & F. Koga. Reveals a liberating new way to think, empowering you to let go of the past, stop worrying about what you "should" do, and use this freedom to create the life you truly desire. Discover the courage to choose happiness. 275 pages. Atria. Paperbound. Pub. at $18.99

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YOUR TIME TO THRIVE By M. Khidekel & the eds. of Thrive Global. Brings together science, storytelling, ancient wisdom, and advice from inspiring people from all walks of life to create a revolutionary behavior change system that will help you improve your health, happiness, and sense of purpose–immediately. 251 pages. Hachette. Pub. at $28.00

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★ **21 DAY ABUNDANCE CHALLENGE: Plan for a Prosperous Future** By Gill Hasson. Evolve from a scarcity mindset to an abundant mindset in a 21 day program of reflective exercises, meditations, support and encouragement. Full of practical tips and techniques to attract new opportunities. Learn how to identify what really matters and set goals accordingly; how to manifest your dreams into reality; and more. 192 pages. John Murray. Paperbound. Pub. at $19.99

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Healing & the Mind

DREAMS: Your Personal Guide By Angela Mogridge. What are dreams, and what do they mean? This guide presents scientific and spiritual theories, along with a comprehensive dictionary of dream symbols and situations, and their corresponding interpretations. Illus. 144 pages. Wellfleet. Pub. at $19.99

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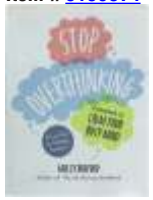
Healing & the Mind

THE DREAM BOOK: The Modern Mystic's Guide to Understanding Dreams By Raphael. Dreams can be wild, beautiful, and sometimes just bizarre, but what do they *mean*? This guide includes two ways to make sense of your dreams. First, guided by your intuition, you'll learn to create a unique cipher that will point to the meaning of the dream. The second part features a dictionary of symbols and their meanings. 250 pages. St. Martin's. Paperbound. Pub. at $11.99

Item #9150374 **$4.95**



STOP OVERTHINKING: A Workbook to Calm Your Busy Mind By Molly Burford. Learn to manage stress in healthier, more productive ways, with over 120 exercises to help you break out of the overthinking spiral and redirect your thoughts. 175 pages. Adams Media. Paperbound. Pub. at $17.99

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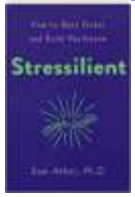
THIS IS HOW YOU GROW AFTER TRAUMA: Simple Strategies for Resilience, Confidence, Healing and Hope By Olivia Remes. Guide for navigating life's challenges, offering everyday techniques and exercises to overcome setbacks and achieve positive change. Whether you're dealing with job uncertainty, ill health, relationship problems, financial or mental health struggles, or the loss of a loved one, find meaning amidst the chaos and reset your life. 194 pages. Sourcebooks. Pub. at $22.99

Item #937888X **$5.95**

THE LITTLE BOOK OF SELF-HEALING: 150+ Practices for Healing Your Mind, Body, and Soul By Nneka M. Okona. Self-healing helps you tune into the needs of your mind, body, and spirit to fully understand what you need for optimal health and wellness. Discover 200 practices that will help you learn to recognize the signs your body gives you and achieve the right balance for your mental and physical needs. 191 pages. Adams Media. Pub. at $14.99

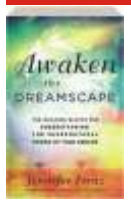
Item #9374175 **$5.95**



STRESSILIENT: How to Beat Stress and Build Resilience By Sam Akbar. Akbar educates worried readers on how to calm themselves by understanding how your brain is wired and why its natural genius at problem-solving doesn't help when it comes to stress. Creating space between you and your thoughts; defusing "thought bombs"; training yourself to stop trying to shut down real pain; and more. 183 pages. St. Martin's. Paperbound. Pub. at $18.00

Item #8089647 **$5.95**

Healing & the Mind



AWAKEN THE DREAMSCAPE: The Building Blocks for Understanding the Supernatural Power of Your Dreams By Jennifer Eivaz. Our dreams are the gateway to the supernatural realm, where God reveals his plans and purposes. When we disregard God's nightly communication, we miss out on all He wants to impart. Diving deep into the supernatural side of your dreams, Eivaz offers a thorough, practical guide to navigating the vital, God-given dreamscape. 173 pages. Chosen Books. Paperbound. Pub. at $16.99

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OVERCOMING RELATIONSHIP ANXIETY By Courtney Pare. From constantly doubting your partner's interest to overanalyzing every interaction, persistent relationship anxiety is a significant challenge. Discover a unique, personalized path to heal unhealthy habits and reclaim happiness. 240 pages. Adams Media. Paperbound. Pub. at $17.99

Item #9337830 **$5.95**

THE 10 BEST-EVER ANXIETY MANAGEMENT TECHNIQUES By Margaret Wehrenberg. Drawing on fresh insights into the anatomy of the anxious brain, Wehrenberg gets to the biologically based heart of the problem and offers readers practical, effective tips to manage their anxiety on a day to day basis. 232 pages. Norton. Paperbound. Pub. at $19.95

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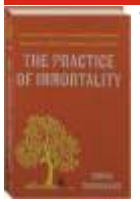
INSOMNIA DOC'S GUIDE TO RESTFUL SLEEP: Remedies for Insomnia and Tips for Good Sleep Health By Kristen Casey. Mental wellness can greatly affect our quality of sleep; anxiety, depression, and fatigue may cause struggles with making choices that promote healthy sleep hygiene. Dr. Casey teaches you how to improve your mental health through better sleep for more restful nights. 248 pages. Mango. Paperbound. Pub. at $19.99

Item #9267476 **$5.95**

MANTRA MEDITATION: The Life-Changing Secret of Connection, Joy and Calm By Radhika Das. Guides you through Vedic chants that can be practiced in solitude or with community and explores how these powerful tools can be integrated into your everyday life as you tap into a state of joy, clarity, and boundless love. Features practical exercises like simple postures, breathing techniques, and meditations. 203 pages. Sterling. Pub. at $16.99

Item #9378480 **$5.95**

Healing & the Mind



THE PRACTICE OF IMMORTALITY By Ishan Shivanand. Grounded in the traditions of yoga, meditation, martial arts, storytelling, and herbal medicine, Shivanand developed the Yoga of Immortals (YOI) protocol, designed to combat stress, anxiety, and depression and to create healthy individuals and communities. The author shares these lessons and encourages us to take a step back. 266 pages. Balance. Pub. at $28.00

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★**HOW TO CHANGE: A Practical Guide to CBT** By E.I. Foreman & C. Pollard. Provides activities and experiments to explore and challenge, stories and exercises to provide perspective, and a clear framework to encourage and guide you, using the same tools employed by Cognitive Behavioral Therapy practitioners. Manage recurrences of negative thinking and behaviors, and develop strong coping strategies. 238 pages. Icon. Paperbound. Pub. at $16.99

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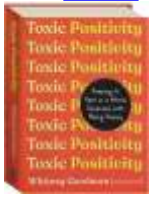
★**The ANXIETY WORKBOOK: A 7-Week Plan to Overcome Anxiety, Stop Worrying, and End Panic** By Arlin Cuncic. Helps you uncover the source of your anxiety, and develop personalized solutions to combat it. With a 7-week program that includes step by step strategies to manage anxiety, relieve stress, depression, panic, and worry, this is a proactive and personal resource to help you become less anxious and more confident. 216 pages. Callisto. Paperbound. Pub. at $17.99

Item #8794383 **$12.95**

WALKING THROUGH DARKNESS: A Nature-Based Path to Navigating Suffering and Loss By S. Ingerman & L. Roberts. Through teachings from the land, the sky, the sea, and the spiritual world, this sensitive and empowering guide opens us to our spiritual light so that we can face our greatest challenges with courage and love–no matter what they are. Illus. 186 pages. Sterling. Paperbound. Pub. at $16.99

Item #9167854 **$3.95**



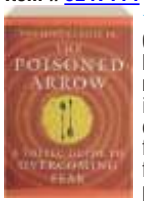
TOXIC POSITIVITY: Keeping It Real in a World Obsessed with Being Happy By Whitney Goodman. A powerful guide to owning our emotions–even the difficult ones–in order to show up authentically in the world. Presents simple ways to experience and work through difficult emotions. 295 pages. Tarcher. Pub. at $26.00

Item #8166935 **$5.95**

Healing & the Mind

BRAVE NEW YOU: Strategies, Tools, and Neurohacks to Live More Courageously Every Day By Mary Poffenroth. Combines the latest research in biology and psychology to help readers identify the hidden sources of struggle while teaching them to use neurohacks that will give them all the tools and strategies they need to live a fuller, happier life. 246 pages. Workman. Pub. at $28.00

Item #9247114 **PRICE CUT to $4.95**



★**THE POISONED ARROW: A Toltec Guide to Overcoming Fear** By Don Miguel Ruiz. When the world wounds us with a metaphorical arrow, the fear it leaves behind is like a poison. In this transformative guide to overcoming fear, you will learn to recognize fear's hidden influence, break free from fear-based agreements, and reclaim your power as the artist of your life. 228 pages. Hierophant. Paperbound. Pub. at $19.99

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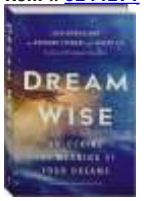
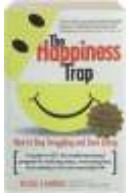


★**DREAM WISE: Unlocking the Meaning of Your Dreams** By Lisa Marchiano et al. Three Jungian analysts transform the most useful dream work concepts and principles into a unique series of 69 "keys" to unlock the meaning of your dreams. It's a trustworthy map for exploring the vast reaches of your dreams and a faithful compass to your true becoming. 335 pages. Sounds True. Pub. at $29.99

Item #9071725 **$11.95**



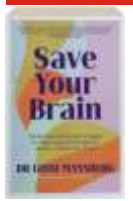
THE HAPPINESS TRAP: How to Stop Struggling and Start Living By Russ Harris. Free yourself from stress, anxiety and depression by learning the insights and techniques of ACT (Acceptance and Commitment Therapy). By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. 246 pages. Shambhala. Paperbound. Pub. at $16.95

Item #9154140 **$4.95**

★**PARANOIA: A Journey into Extreme Mistrust and Anxiety** By Daniel Freeman. For decades, conventional wisdom held that paranoia was only experienced by people with severe mental health problems and little could be done to rectify its disastrous effects. Paranoia gives us a front row seat as Freeman turns the traditional view on its head. 307 pages. William Collins. Paperbound. Pub. at $19.99

Item #9165827 **PRICE CUT to $9.95**

Healing & the Mind



SAVE YOUR BRAIN By Ginni Mansberg. Presents the very latest research on how to protect your most valuable asset–your clever, vulnerable, powerful brain. As the health of our brains increasingly takes center stage, Mansberg gives up to the minute advice and strategies you can implement now to protect your brain as you age. 274 pages. Murdoch Books. Paperbound. Pub. at $25.00

Item #8166412 **$5.95**

★**HEALING ANCESTRAL FAMILY PATTERNS: A Practical Guide to Ending the Cycle of Intergenerational Trauma** By Steven Farmer. Using modern therapeutic techniques and ancient shamanic practices, this guide offers a clear path to ancestral healing. Whether you're seeking to address deep-seated trauma, understand your family's history, or simply connect more deeply with your roots, you can transform your ancestral patterns into sources of strength and resilience. 221 pages. Hierophant. Paperbound. Pub. at $19.99

Item #9185623 **$14.95**

★**ANSWERS IN THE DARK: Grief, Sleep and How Dreams Can Help You Heal** By Delphi Ellis. In this work Ellis connects the dots between sleep, dreams and our mental health. She particularly highlights the impact of grief and loss on our well-being, which can ultimately affect the quality of our night-time rest, even if no one has died. 212 pages. O-Books. Paperbound. Pub. at $18.95

Item #1953184 **$7.95**

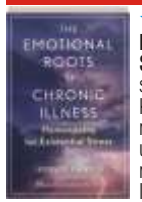
★**NIGHTMARES: Your Guide to Interpreting Your Darkest Dreams** By J.M. DeBord. Helps you understand why you have nightmares and what they mean. This informative book looks at the meaning of common symbols and themes in nightmares and dark dreams. Teaches you not only how to interpret the content of nightmares but also why you have them in the first place and how to stop them. 285 pages. Visible Ink. Paperbound. Pub. at $19.95

Item #7755821 **$14.95**

★**HURT, HEALING, HEALED: Release Limiting Beliefs, Fears & Blocks to Supercharge Your Manifestation** By Emma Mumford. Simple and accessible techniques include: working through sources of pain in your past; exploring and raising your inner vibration and energy; reconnecting to your true self with unconditional love; exploring your personal history and rewriting limiting beliefs; and more. 211 pages. Watkins. Paperbound. Pub. at $16.95

Item #7734115 **$5.95**

Healing & the Mind



★**THE EMOTIONAL ROOTS OF CHRONIC ILLNESS: Homeopathy for Existential Stress** By Jerry M. Kantor. Revealing that the subconscious mind is amenable to change, Kantor shows how to accurately select remedies to defuse the energetic charge of unresolved existential stress and thus quell the root causes of chronic illness. 208 pages. Inner Traditions. Paperbound. Pub. at $24.99

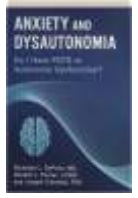
Item #7939485 **$6.95**

★**FIND YOUR PATH THROUGH IMPOSTER SYNDROME: Powerful Techniques to Help You See Your Worth** By Jess Henley. We all go through times when we feel a bit out of our depth, but when imposter syndrome strikes, it can be hard to know what to do. Explore what imposter syndrome is and how it may be affecting you, so that you can make the adjustments you need to live a healthier, more confident life. 159 pages. Leaping Hare. Paperbound. Pub. at $10.99

Item #911209X **$3.95**

★**LIFE TIME: Your Body Clock and Its Essential Roles in Good Health and Sleep** By Russell Foster. By dismantling long-standing myths and citing cutting-edge science, Foster empowers readers to get back into rhythm and live healthier, sharper lives: scheduling meals; timing medications to increase their effectiveness; getting better sleep through exposure to natural light; and much more. 466 pages. Yale. Paperbound. Pub. at $20.00

Item #7929552 **$9.95**



★**ANXIETY AND DYSAUTONOMIA: Do I Have POTS or Autonomic Dysfunction?** By Nicholas L. DePace et al. Presenting discussions with patients and doctors side by side to help physicians see how to convey information to their patients and patients to learn what physicians need to know to tailor therapy to their individual needs. An essential resource for anyone concerned with anxiety and anxiety-like disorders. Well illus. in color. 169 pages. Skyhorse. Paperbound. Pub. at $17.99

Item #1207474 **$4.95**

Healing & the Mind

★**HOW TO UNDERSTAND AND DEAL WITH STRESS** By Katy Georgiou. Easy-to-read guide to help you understand and overcome stress, filled with helpful tips and actionable advice. Understand the science behind stress and equip yourself with practical steps to alleviate symptoms. Includes holistic remedies, medical treatments and therapies available to you. 126 pages. The Experiment. Paperbound. Pub. at $9.95

Item #9036849 **$3.95**

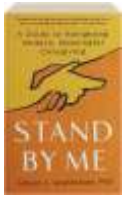
Facing Illness & Death

DO I HAVE TO WEAR BLACK TO A FUNERAL? 112 Etiquette Guidelines for the New Rules of Death By Florence Isaacs. Answers questions about grief, funerals, different religious ceremonies, and more, offering practical guidelines for modern situations, and, yes, advice on what to wear. Offers fresh insights, plus an etiquette map of the right things to do and say. 176 pages. Countryman. Paperbound. Pub. at $14.95

Item #9264280 **PRICE CUT to $2.95**

SO SORRY FOR YOUR LOSS: How I Learned to Live with Grief, and Other Grave Concerns By Dina Gachman. Through a mix of personal storytelling, reporting, and insight from experts, Gachman gives readers a fresh, deeply felt take on grief in all its many forms. 229 pages. Union Square & Co. Paperbound. Pub. at $17.99

Item #8892946 **$5.95**



STAND BY ME: A Guide to Navigating Modern, Meaningful Caregiving By Allison J. Applebaum. Draws on more than a decade of clinical and research experience and Dr. Applebaum's personal journey as the primary caregiver for her own father, legendary musician Stanley Applebaum. Offering critical insight and takeaways, this is a rich resource of invaluable information and expert advice for caregivers. 333 pages. S&S. Paperbound. Pub. at $19.99

Item #9359729 **$5.95**

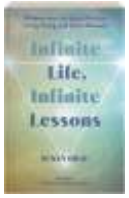
Facing Illness & Death

AT HEAVEN'S DOOR: What Shared Journeys to the Afterlife Teach About Dying Well and Living Better By William J. Peters with M. Kinsella. An exploration with rich and powerful personal stories and convincing research of the many ways the living can and do accompany the dying on their journey into the afterlife. 248 pages. S&S. Paperbound. Pub. at $17.99

Item #8876169 **$3.95**

WILL THE CIRCLE BE UNBROKEN? Reflections on Death, Rebirth, and Hunger for a Faith By Studs Terkel. Explores with unrivaled compassion and wisdom the indelible reactions of a wide variety of people to mortality, the experience of death, and the possibility of life afterward. 407 pages. New Press. Paperbound. Pub. at $18.95

Item #8996407 **$5.95**



★**INFINITE LIFE, INFINITE LESSONS: Wisdom from the Spirit World on Living, Dying, and the In-Between** By Susan Grau. Whether you're grappling with the loss of a loved one, seeking answers to life's mysteries, interested in near-death experiences, or looking to deepen your spiritual awareness, this touching work provides the clarity, wisdom, and solace needed for your journey, gently reminding readers goodbye is not the end. 255 pages. Hay House. Paperbound. Pub. at $18.99

Item #9242325 **$13.95**

ALWAYS A SIBLING: The Forgotten Mourner's Guide to Grief By Annie Sklaver Orenstein. A practical, compassionate guide to sibling loss, with research, stories, and strategies for "forgotten mourners" as they move through the stages of grief towards finding meaning. 355 pages. Hachette. Pub. at $30.00

Item #9300198 **$6.95**

★**THE TOP TEN THINGS DEAD PEOPLE WANT TO TELL YOU: Answers to Inspire the Adventure of Your Life** By Mike Dooley. Dooley explores our most pressing and profound questions about the afterlife–and this life–by adopting the perspective of those who have made the transition to the next phase. Among the revelations and insights they share are, we were ready, you are not; there's no such thing as a devil or hell; and more. 209 pages. Hay House. Paperbound. Pub. at $16.99

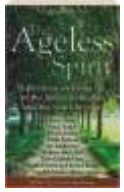
Item #199798X **$9.95**

Facing Illness & Death

★**SPIRITUAL REVELATIONS FROM BEYOND THE VEIL: What Humanity Can Learn from the Near Death Experience** By Douglas Charles Hodgson. Concentrates on the important messages brought back from beyond the veil for humanity's knowledge and benefit. Some of the learnings, observations and insights from the Other Side presented in this work are truly remarkable, and some test the limits of human, Earthly comprehension. 135 pages. O-Books. Paperbound. Pub. at $15.95

Item #7995482 **$6.95**

Aging



THE AGELESS SPIRIT: Reflections on Living Life to the Fullest in Midlife and Years Beyond Ed. by Connie Goldman. People over the age of 70 talk about how they remain vital. The result is a treasure of humor and profundity by some of the most fascinating and gifted men and women of our time. Well illus. 339 pages. Fairview. Paperbound. Pub. at $14.95

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TRUE AGE: Cutting-Edge Research to Help Turn Back the Clock By Morgan Levine. What if there was a way to measure our biological age, and what if there were strategies to slow down–or even reverse–the aging process? Dr. Levine answers these questions and more with groundbreaking work from her lab at Yale. 294 pages. Avery. Paperbound. Pub. at $18.00

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★**HOW WE AGE: The Science of Longevity** By Coleen T. Murphy. Discover how recent breakthroughs in longevity research offer clues about human aging. 440 pages. Princeton. Paperbound. Pub. at $22.95

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Aging

★**GROW HEALTHIER AS YOU GROW OLDER BY THE FATHER OF AEROBICS** By Kenneth H. Cooper. It's never too late to extend your life expectancy! The tips, tricks, and small lifestyle adjustments in this work will allow you to make the most of your remaining years. Age fast or age slow–it's up to you! 16 pages of photos, most in color. 302 pages. Savio Republic. Pub. at $28.99

Item #9232036 **$21.95**

★**AGELESS AGING: A Woman's Guide to Increasing Healthspan, Brainspan, and Lifespan** By Maddy Dychtwald. Presents a pioneering new way for women to age–an ascent that includes feeling youthful and vital while gaining wisdom, resilience, and experience. This work provides a holistic, actionable plan that will help women make use of all the tools available to them as they grow older. 353 pages. Mayo Clinic. Paperbound. Pub. at $18.99

Item #928513X **PRICE CUT to $9.95**

★**THE SCIENCE AND TECHNOLOGY OF GROWING YOUNG** By Sergey Young. A leader in the emerging field of longevity offers his perspectives on what cutting edge breakthroughs are on the horizon, as well as the practical steps we can take now to live healthily to 100 and beyond. 269 pages. BenBella. Paperbound. Pub. at $18.95

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★**DAYLIGHT SAVING TIME: The Power of Growing Older** By David W. Berner. Through the lessons of seasonal change, the natural world, literature, and spirituality, Berner gives us a kind of instructional on the art of growing older, challenging us to accept aging's transformative powers. 143 pages. O-Books. Paperbound. Pub. at $16.95

Item #8093334 **$4.95**

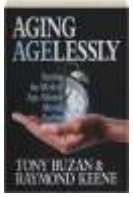
★**AGE STRONGER: Prevent Pain, Preserve Mobility, Age Resiliently** By Matt Wiest. Looking to feel stronger and more flexible as you age? This guide is your program for doing just that, complete with photo-illustrated step-by-step instructions. 175 pages. Fair Winds. Paperbound. Pub. at $26.99

Item #9196471 **$11.95**

Aging

★**LET'S TALK ABOUT AGING PARENTS: A Real-Life Guide to Solving Problems with 27 Essential Conversations** By Laura Tamblyn Watts. Caring for an aging parent can raise a host of tricky questions, but these conversation-starting scripts, plus expert advice, will help you and your parent find answers. 244 pages. The Experiment. Paperbound. Pub. at $18.95

Item #2328100 **$3.95**



★**AGING AGELESSLY: Busting the Myth of Age-Related Mental Decline** By T. Buzan & R. Keene. Enables you to become a much better thinker and communicator as you progress through life. You will be able to remember names, facts, and figures using easy to learn memory techniques; read more rapidly and with greater retention; learn principles and techniques used by great minds in the business, sports, creative worlds; and more. Illus. 244 pages. G&D Media. Paperbound. Pub. at $19.95

Item #7930054 **$6.95**

★**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

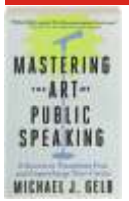
Item #909167X **PRICE CUT to $4.95**

Communication Skills

UNLOCKING SECRETS: How to Get People to Tell You Everything By David Craig. Craig has simplified the psychological methods by criminal investigators and covert operatives to persuade others to reveal their secrets. These methods could be used to assist people working with patients, clients, children, or friends who carry a difficult secret. 150 pages. Skyhorse. Paperbound. Pub. at $14.99

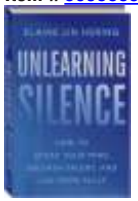
Item #6898882 **$3.95**

Communication Skills



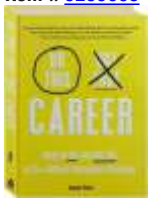
MASTERING THE ART OF PUBLIC SPEAKING: 8 Secrets to Transform Fear and Supercharge Your Career By Michael J. Gelb. Learn to clarify and shape your message so that your audience, no matter how big or small, in person or virtual, will care about it. Once the message is clear, you'll be able to convey it in memorable, creative and effective ways. Rediscover your natural gift for communication while strengthening confidence and presence! 216 pages. New World Library. Paperbound. Pub. at $17.95

Item #9058885 **$3.95**



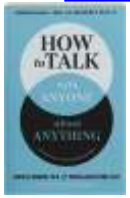
UNLEARNING SILENCE: How to Speak Your Mind, Unleash Talent, and Live More Fully By Elaine Lin Hering. Having a seat at the table doesn't mean that your voice is welcome. Knowing something is wrong doesn't mean it's easy to speak up, and there are incentives for many of us to stay silent. This paradigm-shifting work looks at the influence of silence and how we can begin to dismantle it. 266 pages. Penguin. Pub. at $29.00

Item #9239065 **$5.95**



DO THIS, NOT THAT: Career–What to Do (and NOT DO) in 75+ Difficult Workplace Situations By Jenny Foss. A step-by-step guide on what to do–and what NOT to do–in the workplace featuring clear instructions and helpful scripts so you can deal with any unexpected situation at work. You'll find more than 75 common workplace issues that cover everything from your first day on the job to your last. 190 pages. Adams Media. Pub. at $15.99

Item #9070060 **$4.95**



★**HOW TO TALK WITH ANYONE ABOUT ANYTHING: The Practice of Safe Conversations** By H. Hendrix & H.L. Hunt. Offers the keys to unlocking the ability to connect with others in a new and profoundly different way. As more of us hone that ability, we can bring about a societal shift away from our current focus on the "self" and our differences, towards true connection and a celebration of our diversities. 274 pages. Thomas Nelson. Paperbound. Pub. at $19.99

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Communication Skills

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

Item #9094393 **$3.95**

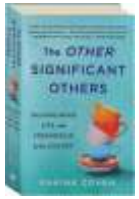
NO WILL SET YOU FREE By Michael J. Tougias. "No" can come in many shapes and sizes, yet saying it can be difficult. We may think it's selfish, but this simple word is necessary to thrive in life. This informative work helps you discover and follow your true desires, find more time to invest in those you love, and pursue your real interests. 211 pages. Mango. Pub. at $24.95

Item #9267514 **PRICE CUT to $4.95**

Relationships

MATCHMAKER MATCHMAKER: Find Me a Love That Lasts By Aleeza Ben Shalom. In her perspective-shifting title, the author guides readers through her highly original perspective on dating, revealing the surprising ways in which a person's dating habits directly influence their chances of finding lasting love. 277 pages. Union Square & Co. Pub. at $28.99

Item #9236864 **$5.95**



THE OTHER SIGNIFICANT OTHERS: Reimagining Life with Friendship at the Center By Rhaina Cohen. Challenges us to ask what we want from our relationships–not just what we're supposed to want–and transforms how we define a fulfilling life. 308 pages. St. Martin's. Pub. at $29.00

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Relationships

LABOR OF LOVE: The Invention of Dating By Moira Weigel. Since time immemorial, we have been told that "people don't date anymore." Dating is always dying, but this does not mean that love is dead; it always has been tied to work. This title brings over 100 years of history with the contemporary landscape to offer a perspective on how we date the ways we do. 292 pages. FSG. Pub. at $26.00

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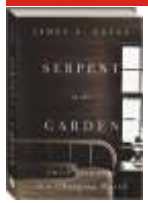
★**MANSLATIONS: Decoding the Secret Language of Men** By Jeff Mac. Men sometimes seem impossible to understand. But it turns out they're about as easy to read as coloring books. This guide will share what men say, who they are, and why they behave the way they do. Plus, the two key questions that will help unlock the meaning behind even the most confusing male actions. 208 pages. Sourcebooks. Paperbound. Pub. at $18.99

Item #4926625 **$11.95**

Sexuality & Sexual Expression



SERPENT IN THE GARDEN: Amish Sexuality in a Changing World By James A. Cates. The first examination of the complexity of sexual identity, philosophy, and behavior in Amish culture. 204 pages. Johns Hopkins. Pub. at $42.00

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269 AMAZING SEX TIPS & TRICKS FOR HER By A. Hooper & P. Hodson. Explore hundreds of titillating, teasing, and tantalizing tricks and create the most mind-blowing orgasmic experiences you and your partner will ever have. Illus. 148 pages. Sourcebooks. Paperbound. Pub. at $11.99

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

Item #777169X **$4.95**

Sexuality & Sexual Expression

OVER 100 TRULY ASTONISHING SEX TIPS Ed. by Lisa Sussman. With over 100 tips which range from naughty and kinky to romantic and passionate, the fabulous guide will tell you what you need to know to keep your sex life sizzling forever. Adults only. 144 pages. Carlton. Pub. at $9.95
Item #9267522 **$5.95**

★**SLOW SEX SECRETS** By Adam Tokunaga. Learn about the plague of "junk sex" and how to avoid it; the essential role of time; the building of sexual ki or energy; and the Adam Touch, the amazing technique that drives women wild. Adults only. Illus. 155 pages. Vertical. Paperbound. Pub. at $13.95
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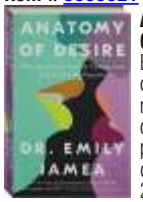
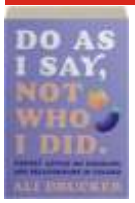
★**THE HITE REPORT: A Nationwide Study of Female Sexuality** By Shere Hite. A reproduction of the classic text with a new introduction by the author. Published in 1976, it was a sexual revolution in 600 pages. To answer sensitive questions dealing with the most intimate details of women's sexuality, Hite's innovation was simple–she asked women, a lot of them, everything–and published the results. 509 pages. Seven Stories. Paperbound. Pub. at $29.95
Item #9363521 **$22.95**



ANATOMY OF DESIRE: Five Secrets to Create Connection and Cultivate Passion By Emily Jamea. Combining over fifteen years of clinical experience with groundbreaking research into the science of flow, this study delivers a fresh perspective on the untapped potential of our sex lives, intimate partner connections, and personal wellbeing. 291 pages. Flatiron. Pub. at $28.99
Item #9238352 **$6.95**

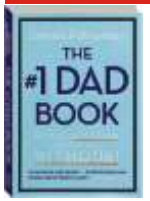
Sexuality & Sexual Expression



★**DO AS I SAY, NOT WHO I DID: Honest Advice on Hookups and Relationships in College** By Ali Drucker. Consent is essential, that's Sex 101. And if you ask Ali Drucker, young women also deserve more, like time to explore what turns them on, space to voice their needs, self-compassion after a hookup goes sideways, and yes (obviously): pleasure! 262 pages. The Experiment. Paperbound. Pub. at $16.95
Item #1906070 **$5.95**

★**THE SHORTEST HISTORY OF SEX: Two Billion Years of Procreation and Recreation** By David Baker. Chasing down our evolutionary family tree, from the first aquatic creatures to primate societies, Baker sheds light on our baffling array of passions, impulses, and fetishes, and guides us toward a clear understanding of one of the deepest, most abiding forces of human nature. Illus. 320 pages. The Experiment. Paperbound. Pub. at $16.95
Item #1042882 **$7.95**

Pregnancy, Childbirth & Parenting



★**THE #1 DAD BOOK: Be the Best Dad You Can Be in 1 Hour!** By James Patterson. The ideas in this short, accessible book will inspire you to become a better dad, no matter your age or the ages of your children. 177 pages. Little, Brown. Pub. at $25.00
Item #9198458 **$13.95**

THE FERTILITY DOCTOR'S GUIDE TO OVERCOMING INFERTILITY By Mark P. Trolice. Readers will give themselves the best possible odds for getting pregnant and having a baby with this concise, expert, and encouraging companion. This work provides ample grounds for optimism and hope, empowering readers as they take this journey. 216 pages. Harvard Common. Paperbound. Pub. at $24.99
Item #9235450 **$3.95**

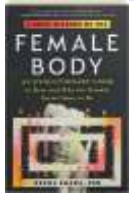
Women's Health & Self-Help

I'M SO EFFING TIRED: A Proven Plan to Beat Burnout, Boost Your Energy, and Reclaim Your Life By Amy Shah. Women of all ages are suffering from an epidemic of fatigue and burnout. Shah has created this program so readers can regain energy and reclaim their lives. The key is tapping into the powerful energy trifecta: the complex relationship between your gut, your immune system, and your hormones. 325 pages. Mariner. Paperbound. Pub. at $16.99
Item #9237585 **$3.95**

HOW TO STOP FEELING LIKE SH*T: 14 Habits That Are Holding You Back from Happiness By Andrea Owen. A straight shooting self-improvement guide for women, that offers frank advice about the most common self-destructive behaviors women engage in. Owen crystallizes what's behind several invisible, undermining habits, from catastrophizing and people pleasing to listening to the imposter complex or to one's inner critic. 227 pages. Seal. Paperbound. Pub. at $17.99
Item #7998473 **$5.95**

BREASTS: An Owner's Guide By Philippa Kaye. Every question answered about our most mythologized body part. Offers straightforward advice, explaining every what, why, and how of your mammaries, helping you improve your self-care routine both today and tomorrow. Illus. in color. 208 pages. Dorling Kindersley. Pub. at $19.99
Item #9217363 **$7.95**

THE WOMAN'S BOOK OF COURAGE: Meditations for Empowerment & Peace of Mind By Sue Patton Thoele. Loving reflections provide wisdom and encouragement to help overcome anxiety, gain self-esteem, acknowledge your own excellence, and improve relationships. Women dealing with transition or recovery, or those wishing to enhance personal power, will find themselves turning to these meditations over and over again. 271 pages. Conari Press. Paperbound. Pub. at $18.95
Item #9266895 **PRICE CUT to $3.95**

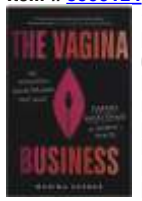


A BRIEF HISTORY OF THE FEMALE BODY: An Evolutionary Look at How and Why the Female Form Came to Be By Deena Emera. Draws on Emera's vast expertise as a biologist, mother of four children, and her love of teaching to look far into our evolutionary past, illuminating how and why the female form has transformed over millions of years. Illus. 359 pages. Sourcebooks. Paperbound. Pub. at $18.99
Item #9190937 **$7.95**

Women's Health & Self-Help

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

★**YOUR PERIOD HANDBOOK: Natural Solutions for Stress Free Menstruation** By Natasha Richardson. Includes practical recipes for herbal teas, tinctures, bath-potions and a section on herbal monographs giving a comprehensive overview of relevant herbs and their uses. Invaluable for anyone suffering from menstrual problems and a useful addition for practitioners with an interest in this field. 255 pages. Aeon. Paperbound. Pub. at $22.95
Item #3906124 **$5.95**



★**THE VAGINA BUSINESS: The Innovative Breakthroughs That Could Change Everything In Women's Health** By Marina Gerner. An eye-opening look at the revolutions in technology and medical practices that are upending women's healthcare, including: a smart bra that predicts heart attacks, a saliva-based fertility tracker for home use, new healthcare apps, innovative pelvic floor devices, and much more. 410 pages. Sourcebooks. Paperbound. Pub. at $17.99
Item #9198636 **PRICE CUT to $5.95**

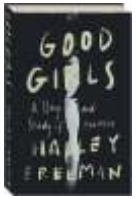
Men's Health & Self-Help

★**WIKIPENIS: Dr. Nicola's Penis Book** By N. Mondaini & P. Prezioso. A taboo-breaking guide to the male sexual and urinary system, raising awareness of anatomy, upkeep, and the emergencies that can occur throughout a lifetime. Illus. 209 pages. Open Road. Paperbound. Pub. at $18.99
Item #8874867 **$12.95**

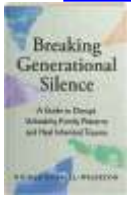
General Health & Self-Help

THE LIFE-CHANGING MAGIC OF QUITTING ALCOHOL By Sharon Hartley. Inspires you to challenge the assumption that life is best lived with a drink in hand. With understanding and empathy, she invites you to commit to 100 days without alcohol, the turning point where many people report feeling generally happier as they discover healthier ways to unwind and manage stress. 247 pages. Aurum. Paperbound. Pub. at $15.99
Item #9359168 **$5.95**

ALLERGIC: Our Irritated Bodies in a Changing World By Theresa MacPhail. An important, deeply researched exploration of allergies, from their first medical description in 1819 to the cutting-edge science that is illuminating the changes in our environment and lifestyles that are making so many of us sick. 344 pages. Random. Pub. at $28.99
Item #9295038 **$5.95**



GOOD GIRLS: The Story and Study of Anorexia By Hadley Freeman. An incisive work that details Freeman's experiences with anorexia and how she overcame it. She interviews doctors to learn how treatment for the illness has changed since she was hospitalized in 1995 and what discoveries have been made about the illness, including its connection to autism, OCD, and metabolic rate. 271 pages. S&S. Pub. at $27.99
Item #9359079 **$5.95**

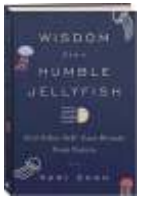


BREAKING GENERATIONAL SILENCE: A Guide to Disrupt Unhealthy Family Patterns and Heal Inherited Trauma By Nicole Russell-Wharton. A guide to disrupt toxic family patterns and heal from inherited trauma so that you can break the cycle of silence for generations to come. Your pain was never asked for, but it is yours to heal, and the author provides gentle words of aid to help you along your journey of healing and understanding. 255 pages. Sounds True. Paperbound. Pub. at $20.99
Item #9351051 **$4.95**

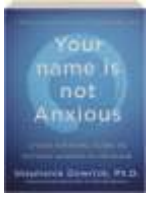
★**THE COMPLETE MOLD DETOX: The Definitive Guide to Healing Your Body from Mold Illness and Mycotoxins** By Becky Campbell. Understand the many symptoms of mold illness and accurately identify toxic mold in your home, office, and more. Learn easy ways to start detoxification and use food as medicine to aid your healing. Gain the tools to get yourself and your home tested for harmful mold, and learn how to contain and mitigate mold damage. Illus. in color. 208 pages. Page Street. Paperbound. Pub. at $23.99
Item #9222863 **$17.95**

General Health & Self-Help

THE ASSET MINDSET: A Special Forces Perspective for Achieving Success By Daniel Fielding. A personal development work that can change your life and help you obtain elite levels of success. 153 pages. Gallery. Pub. at $25.99
Item #9360026 **$5.95**



WISDOM FROM A HUMBLE JELLYFISH: And Other Self-Care Rituals from Nature By Rani Shah. Packed with simple lessons and essential wisdom from our plant and animal friends on how to unplug, recharge, and live well. Including the efficiency of the jellyfish; the resilience of the porcupine; the optimism of the sunflower; and the serenity of the sloth. Illus. in color. 126 pages. Dey Street. Pub. at $16.99
Item #1162861 **$5.95**

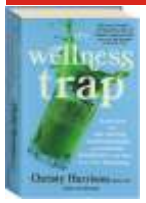


YOUR NAME IS NOT ANXIOUS: A Very Personal Guide to Putting Anxiety in Its Place By Stephanie Dowrick. Based on a rare depth of research and insight, this work offers an informed, compassionate perspective to help readers facing the loss of confidence and resilience that comes with chronic or acute anxiety. Even in the most difficult circumstances, immediate and positive change is possible. 289 pages. St. Martin's. Paperbound. Pub. at $20.00
Item #9359850 **$5.95**

★**DITCH YOUR SH*T: Decluttering Your Mindset to Declutter Your Home** By Kate Evans. Teaches that decluttering yourself will lead to overcoming the barriers that have stopped you from decluttering your home, so that you can create sustainable change. 227 pages. Turner. Paperbound. Pub. at $19.99
Item #9285164 **$14.95**

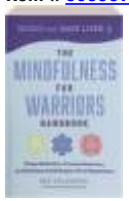
BEAT INSOMNIA WITH NLP: Neurolinguistic Programming Techniques to Improve Your Sleep By Adrian Tannock. This practical guide to using NLP techniques to sleep better will help you master your biological clock and transform your relationship with sleep. Help you optimize your behaviors, your thoughts and your feelings so they are sleep-promoting. 160 pages. Teach Yourself. Paperbound. Pub. at $19.99
Item #7846878 **$7.95**

General Health & Self-Help



THE WELLNESS TRAP: Break Free From Diet Culture, Disinformation, and Dubious Diagnoses–and Find Your True Well-Being By Christy Harrison. Delves into the persistent, systemic problems with the wellness industry, offering insight into its troubling pattern of cultural appropriation and its destructive views on mental health, and shedding light on how a growing distrust of conventional medicine has led ordinary people to turn their backs on science. 311 pages. Little, Brown. Pub. at $29.00
Item #9066403 **$3.95**

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

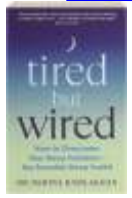


THE MINDFULNESS FOR WARRIORS HANDBOOK: Stress Reduction, Trauma Recovery, and Resilience Building for First Responders By Kim Colegrove. First responders have the difficult job of running toward danger while the rest of us run away; no training prepares them for what they see and endure. This work provides evidence-based practices to help first responders and families deal with stress, regulate emotion, and improve overall health. 223 pages. Mango. Paperbound. Pub. at $19.99
Item #9267506 **$2.95**

THE DRAMA FREE WORKBOOK: Practical Exercises for Managing Unhealthy Family Relationships By Nedra Glover Tawwab. Hands-on resource for understanding and working through challenging family dynamics. Offers powerful insights and thought-provoking questions to help you unpack what's really going on–and express your needs and expectations in a healthier way going forward. 194 pages. TarcherPerigee. Paperbound. Pub. at $20.00
Item #9188576 **PRICE CUT to $3.95**

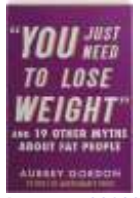
General Health & Self-Help

HOW TO MAKE MISTAKES ON PURPOSE: Bring Chaos to Your Order By Laurie Rosenwald. A fresh guide to discovery, with clearly marked directions and witty prompts, this is a work about living a productive, individualistic life. Whatever your job, it gives you a way to zig while everyone around you can only zag. Fully illus. most in color. 153 pages. Hachette. Pub. at $24.00
Item #9083146 **$3.95**



★**TIRED BUT WIRED: How to Overcome Your Sleep Problems** By Nerina Ramlakhan. Offers proven solutions that can help everyone, from anxiety ridden teens and burnt out executives to busy parents balancing the demands of work and children, to get better sleep. Practical and realistic, here is advice that works with your lifestyle to cultivate good sleep habits and banish bedtime blues, for a better night's sleep, every night. 238 pages. Souvenir. Paperbound. Pub. at $16.95
Item #7922426 **$9.95**

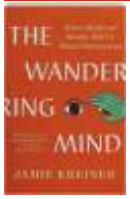
★**WISE AS FU*K: Simple Truths to Guide You Through the Sh*tstorms of Life** By Gary John Bishop. Will challenge you to put your hands on the wheel of your own life. Dig into four powerful fundamentals of being a human being–love, loss, fear, and success–to reveal truths that inspire and invigorate an otherwise stodgy existence. 215 pages. HarperOne. Pub. at $22.99
Item #5879183 **$6.95**



★**"YOU JUST NEED TO LOSE WEIGHT:" And 19 Other Myths About Fat People** By Aubrey Gordon. Equips readers with the facts and figures to reframe myths about fatness in order to dismantle the anti-fat bias ingrained in how we think about and treat fat people. An essential tool for having effective conversations around fat acceptance and fat justice. 205 pages. Beacon. Paperbound. Pub. at $15.95
Item #7790899 **$3.95**

★**SH!T YOU NEED TO KNOW THAT NOBODY BOTHERED TO TELL YOU: A Perpetual Guide to Life for Everyone** By Clark Merrill. We all make mistakes! We can identify missed opportunities, gaps of knowledge, and common sense, that if we had it would have saved us tons of grief and time. With humor, mixed with great advice, let Merrill be your mentor for all stages of life. 172 pages. G&D Media. Paperbound. Pub. at $19.95
Item #7937903 **$9.95**

General Health & Self-Help

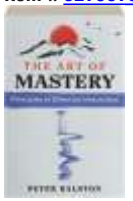


★**THE WANDERING MIND: What Medieval Monks Tell Us About Distraction** By Jamie Kreiner. We imagine early monks as master concentrators, yet their battles against distraction were, in fact, never-ending. Delving into the experiences of Christian monks living from 300 to 900 CE, this work shows that these men and women were obsessed with distraction in ways that seem modern, and the techniques they devised to defeat it. 274 pages. Liveright. Paperbound. Pub. at $18.99

Item #8031851 **$11.95**

★**LESSONS FROM THE AFTERLIFE: A Deep Knowledge Meditation Guidebook** By Matthew McKay. In this guided workbook, McKay offers a step by step process to unleash the unconscious and intuitive wisdom held in the awareness of your soul. He explains how to use Deep Knowledge Meditation to access all of your soul's accumulated knowledge, everything you have learned across all of your incarnations. 120 pages. Park Street. Paperbound. Pub. at $16.99

Item #3279979 **$7.95**



★**THE ART OF MASTERY: Principles of Effective Interaction** By Peter Ralston. Revealing the elements that lead to masterful interactive skills, this guide shows how to do the work of personal transformation necessary to access mastery as a real, functional experience, providing an opportunity for deeper insights into yourself and life. 232 pages. Park Street. Paperbound. Pub. at $19.99

Item #7836481 **$9.95**

★**YOUR BIG LEAP YEAR** By Gay Hendricks. A 366-day guidebook to maximizing wealth, love, and creativity. Breaks the larger goals down into smaller daily steps, helping readers move into immediate action and stop delaying their dreams. 415 pages. St. Martin's. Paperbound. Pub. at $20.00

Item #119450X **$3.95**