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# SCIENCE & HEALTH

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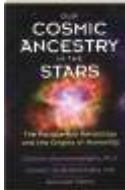


**DARWIN'S FIRST THEORY: Exploring Darwin's Quest to Find a Theory of the Earth** By Rob Wesson. Darwin traveled in South America on board the HMS *Beagle* as a geologist on a mission to examine the land. Retracing his footsteps, Wesson hunts for fossils in Uruguay and Argentina, and explores sites of long vanished glaciers in Scotland and Wales. As he follows Darwin's path, he experiences the land as Darwin did and tackles the same questions Darwin had about our ever-changing Earth. 32 pages of illus., most in color. 457 pages. Pegasus. Paperbound. Pub. at \$18.95  
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**LIVING IN THE ANTHROPOCENE: Earth in the Age of Humans** Ed. by W.J. Kress & J.K. Stine. Explores the causes and implications of the Anthropocene, or Age of Humans, from multiple points of view including anthropological, scientific, social, artistic, and economic. Discusses environmental and biological systems that have been changed and affected; the causes of Anthropocene; and how societies are responding to these changes. Color photos. 198 pages. Smithsonian. Paperbound. Pub. at \$21.95  
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## Astronomy, Space Travel & Cosmology



**HELLO, IS THIS PLANET EARTH? My View from the International Space Station** By Tim Peake. These stunning photographs capture the majesty of the cosmos and the splendor of the planet we call home. Photographed by British astronaut Tim Peake, you'll feel closer to our planet than you ever have before. 240 pages.  
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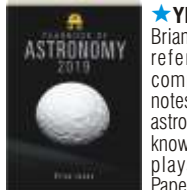
**THE PENGUIN BOOK OF OUTER SPACE EXPLORATION** Ed. by John Logsdon. The captivating story of how the United States sent humans to explore outer space told through a treasure trove of historical documents. These pages unfold with enthralling artifacts of space history, including the original call for astronaut applications and firsthand accounts of space flight. 374 pages. Penguin.  
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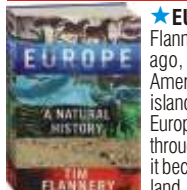
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**YEARBOOK OF ASTRONOMY 2019** By Brian Jones. An essential and inspirational reference filled with sky charts and comprehensive jargon-free monthly sky notes, for anyone lured by the magic of astronomy and who wants to extend their knowledge of the Universe and the wonders it plays host to. 328 pages. White Owl. Paperbound. Pub. at \$28.95  
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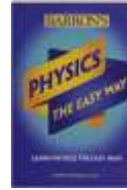
## Paleontology & Evolution



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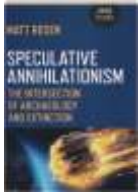


★ **ENGLISH FOR EVERYONE: English Idioms** By Thomas Booth. Presents more than 1,000 idioms and expressions in context, with clear, simple definitions and attractive illustrations. Work through the tightly focused practice exercises and make your English more fluent and natural. 256 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99

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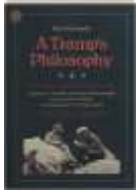


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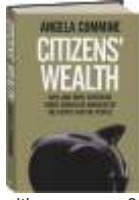


★ **A TRAMP'S PHILOSOPHY: Sagacious Twaddle, and Occasional Insight by One with Erudition and Experience in Peregrination** By Bart Kennedy. Included are insights on everything from religion to civilization to crime to Kennedy's ineffable logic for rejecting modern society. Published in 1908, the essays are organized by the themes that Kennedy revisited throughout his writing career: Society, Art and Beauty, Crime, Politics, and Work. Photos. 278 pages. Feral House. Paperbound. Pub. at \$19.95

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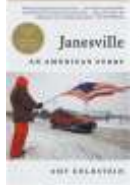
## Economics



**CITIZENS' WEALTH: Why (and How) Sovereign Funds Should Be Managed by the People for the People** By Angela Cummine. By exploring global experiences of sovereign fund management, from Britain to Alaska, Norway to New Zealand and Singapore to Chile, Cummine sets out how these funds can reflect, promote and protect the interests and values of their citizen-owners. 280 pages. Yale. Pub. at \$35.00

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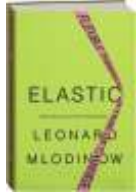


**THE BERLAGE AFFAIR** By Vedran Mimica. This collection of essays from Mimica are well positioned to offer a synthetic overview in a debate about the contemporary city taking into account economy, ecology, sociology, art, civil engineering, history, literature, politics, religion and ideology. Illus. in color. 367 pages. ACTAR. 6 1/2 x 9. Paperbound. Pub. at \$34.95

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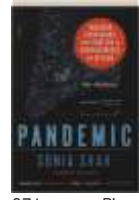


**ELASTIC: Flexible Thinking in a Time of Change** By Leonard Mlodinow. Out of the explanatory instincts that allowed our ancestors to prosper hundred of thousands of years ago, humans developed a cognitive style that the author terms elastic thinking. Mlodinow gives us the essential tools to harness the power of elastic thinking that will help us thrive in the modern world. 252 pages. Pantheon. Pub. at \$28.95

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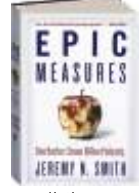
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★ **THE SECRET LANGUAGE OF ANATOMY** By Cecilia Brassett et al. An initiation into the mysterious subject of anatomical terminology. Beautifully crafted illustrations uncover the intimate relationship between the parts of the human body and the evocative names given to them by anatomists. Complete with a guide to anatomical prefixes and suffixes. 176 pages. North Atlantic. Pub. at \$19.95

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## Science Essays & Surveys

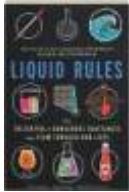


★**PANIC IN LEVEL 4: Cannibals, Killer Viruses, and Other Journeys to the Edge of Science** By Richard Preston. A grand tour through the eerie and unforgettable universe of the author, filled with incredible characters and mysteries that refuse to leave one's mind. Here are dramatic true stories that portray the frightening forces and constructive discoveries that are currently roiling and reordering our world. 194 pages.

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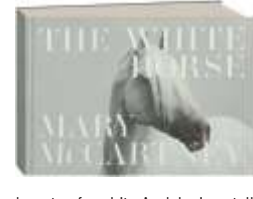


★**JUSTIFY: 111 Days to Triple Crown Glory** By Lenny Shulman. The author provides an insider's look of Justify's rise to greatness. Through extensive interviews and first hand accounts, readers will discover the cast of characters who were crucial to this Thoroughbred's success. This account is an illuminating look at the modern Thoroughbred industry and a compelling story. Color photos. 251 pages. Triumph. Pub. at \$26.95

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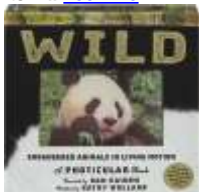


**BIRDS, BEES AND EDUCATED FLEAS: An A-Z Guide to the Sexual Predispositions of Animals from Aardvarks to Zebras** By Bruce Montague. An amusing A-to-Z of the courtship and mating habits of animals, featuring fascinating, if sometimes arcane, revelations like: how bats get it on while hanging upside down; why hens are happy to lay unfertilized eggs; how barnacles reproduce

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**★THE BOOK OF POTENTIALLY CATASTROPHIC SCIENCE** By Sean Connolly. Contains detailed information about the most dangerous scientific discoveries of all time. Includes 50 experiments: the Jell-O Earthquake, Slow-Motion Fireworks, the Marshmallow Hadron Collider and more. These experiments may get messy! Ages 12 & up. Illus. 306 pages. Workman. Pub. at \$14.95

Item #6805582

\$11.95

## Essays on Nature



**★A LAST WILD PLACE** By Mike Tomkies. A celebration of nature at its most rugged and spectacular in all Britain, Tomkies reveals through his quest our urgent need to become re-tuned to natural rhythms if mankind is to regain a measure of health and sanity in a world bent on self destruction. Originally published in 1984. 24 pages of color photos. 177 pages. Whittles. Paperbound. Pub. at \$24.95

Item #690291X

\$5.95

## More Works on Nature



**★ON THE MESA** By John Nichols. An autobiographical celebration of life in a fragile and marginal place. On the deserted sagebrush plain just west of his home in Taos, New Mexico, Nichols finds a healing serenity and an astonishing variety of life and mood that casual observers rarely notice. Photos. 193 pages. Gibbs Smith. Paperbound. Pub. at \$13.95

Item #3744647

\$9.95



**★EXPLORE THE NORTHEAST NATIONAL MARINE SANCTUARIES WITH JEAN-MICHEL COUSTEAU** Ed. by Maia McGuire. Examines three unique underwater marvels in the eastern U.S. ThunderBay, in Lake Huron, is the home of over 50 shipwrecks awaiting divers, and Stellwagen Bank off New England has over 130 species and over 50 shipwrecks.

Monitor National Marine Sanctuary is dedicated to the ironclad USS *Monitor*. Well illus. in color. 165 pages. Ocean. Paperbound. Pub. at \$19.95

Item #594984X

\$11.95

## Nutrition & Weight Management



**COMPLETE FAMILY NUTRITION** By Jane Clarke. Offers clear, practical, and positive advice you can trust on the questions so many parents ask. Learn which key nutrients growing children need and how to achieve a healthy weight and what the difference between food allergy and food intolerance is. Clarke gives tried and tested tips for small changes that can make a big difference. Illus. in color. 256 pages. Dorling Kindersley. Pub. at \$25.00

Item #6899757

\$5.95

## Healthy Cooking & Special Diets



**FEED YOUR BRAIN: 7 Steps to a Lighter, Brighter You!** By Delia McCabe. You can improve memory and focus, reduce stress and anxiety, and think more clearly, simply by enjoying a diet rich in the right nutrients. This unique seven-step plan will help you modify your eating habits quickly and easily. Part One explains the science, and Part Two provides delicious, simple recipes to form

the basis of your new diet. Well illus. in color. 286 pages. Exisle. Paperbound. Pub. at \$29.99

Item #3147789

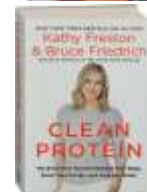
\$5.95



**31-DAY FOOD REVOLUTION** By Ocean Robbins. Your guide to liberation from a toxic food world. Robbins reveals how specific ingredients and methods could be making you sick, and he shows you what to do about it, in just 31 days. Change your health for the better and your body will thank you for the rest of your life. 363 pages. Grand Central. Pub. at \$28.00

Item #383428X

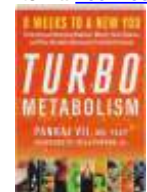
\$5.95



**CLEAN PROTEIN** By K. Freston & B. Friedrich. Complete with delicious recipes and a detailed guide to food planning, this resource explains everything you need to know in order to get lean, gain energy, and stay mentally sharp. You'll finally understand in simple terms why protein is essential, how much you should get, and where to find the best sources of it. 271 pages. Hachette. Pub. at \$27.00

Item #2997703

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**★TURBO METABOLISM: 8 Weeks to a New You** By Pankaj Vij. A concise guide that distills a mass of medical research into a simple effective program for vibrant health. The author provides practical advice, case studies of ordinary people, and brief sections that debunk common medical myths. 288 pages. New World Library. Paperbound. Pub. at \$16.95

Item #6806333

\$5.95



**★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 #3820025

\$9.95

## Healthy Cooking & Special Diets



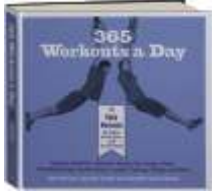
★ **THE SHRED POWER CLEANSE: Eat Clean, Get Lean, Burn Fat** By Ian K. Smith. More than a classic detox plan, this Power Cleanse is detox taken to a new level, so you can jump-start big change. On this plan you will eat clean, crunchy, fresh food; drink your favorite detox smoothie, taken from the 9 included recipes; and snack as an unskippable part of the Power Cleanse. Learn simple detoxifying exercise regimens and get a

Weekend Power Tune-up Bonus as well. Color photos. 206 pages. St. Martin's. Pub. at \$22.99

Item #5881471

\$8.95

## Exercise & Fitness



★ **365 WORKOUTS A DAY** By Blair Morrison. The ultimate collection of fast-paced exercise programs based on high-intensity interval training. Includes step by step photos for 40 fundamental movements; 365 WODs; a choice between beginner, intermediate, and advanced difficulty levels for

each WOD; and workouts designed for the gym, at home, and on the road. 208 pages. New Burlington. Pub. at \$15.00

Item #3917339

\$4.95



★ **ALIGNMENT MATTERS, REVISED EDITION: The First Five Years of Katy Says** By Katy Bowman. Contains the first five years of posts from her blog called *Katy Says*, organized to function as a primer to alignment and better movement, and also to Bowman's more complex books. Couch potatoes, professional athletes, and everyone in between all have something to learn about movement and will gain a better

understanding of the incredible, complex and fascinating human body. Illus. 446 pages. Propriometrics. Paperbound. Pub. at \$19.95

Item #3977870

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## Health & Medical References

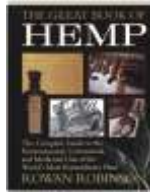


★ **BEST HOSPITALS, 2017 EDITION** Your guide to top care includes exclusive rankings on hospitals and smart ways to lose weight, as well as information on children's health, health care in the future, advancements in treatments and more. Well illus. in color. 188 pages. U.S. News & World Report. 8x10 1/4. Paperbound. Pub. at \$19.95

Item #6617174

\$7.95

## Health & Medical References

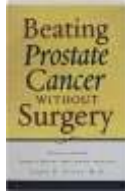


★ **THE GREAT BOOK OF HEMP** By Rowan Robinson. Provides a complete guide to the environmental, commercial, and medicinal uses of the world's most extraordinary plant. Robinson reveals hemp's hidden history, and calls on contemporary and ancient wisdom to highlight its incredible potential. Well illus. 248 pages. Park Street. 8x10. Paperbound. Pub. at \$22.95

Item #5802946

\$18.95

## Diseases & Disorders



★ **BEATING PROSTATE CANCER WITHOUT SURGERY** By James D. Priest. When Dr. Priest was diagnosed with prostate cancer, he documented his experiences in a daily journal and quickly learned that, although urologists often recommend surgical removal of the prostate, other treatments for prostate cancer can be as effective. He includes twenty articles on important aspects of prostate cancer (published

in 2005). 172 pages. Fairview. Paperbound. Pub. at \$14.95

Item #3954587

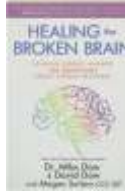
\$4.95



★ **THE HYPOCHONDRIAC'S POCKET GUIDE TO HORRIBLE DISEASES YOU PROBABLY ALREADY HAVE** By Dennis DiClaudio. Because this is so portable, you can have it with you at all times so at the slightest onset of an unmistakably fatal-feeling itchy rash, you can simply whip out your trusty guide, conveniently diagnose yourself, and then let the worrying begin. 208 pages. Becker & Mayer. Paperbound. Pub. at \$14.99

Item #3755878

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★ **HEALING THE BROKEN BRAIN: Leading Experts Answer 100 Questions About Stroke Recovery** By Mike Dow et al. Collects the top 100 questions that survivors and their families ask, with answers from the top physicians and therapists in the country, and featuring takeaway points at the end of each chapter to help simplify everything. Gain the information, inspiration, advice and

support you need to navigate your journey through stroke recovery. 221 pages. Hay House. Paperbound. Pub. at \$16.99

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## Diseases & Disorders

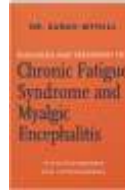


★ **THE HIDDEN CAUSE OF ACNE: How Toxic Water Is Affecting Your Health and What You Can Do About It** By Melissa Gallico. Offering a detailed guide to freeing yourself from persistent adult acne, Gallico shows that it is possible to heal your skin even when dermatologists and their prescriptions have failed. The author exposes corrupt science used to convince people of fluoride's

health benefits and examines the systemic toxicity of fluoride, including its anti-thyroid effects. 261 pages. Healing Arts. Paperbound. Pub. at \$16.99

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★ **DIAGNOSIS AND TREATMENT OF CHRONIC FATIGUE SYNDROME AND MYALGIC ENCEPHALITIS** By Sarah Myhill. Dr. Myhill examines the essential role our mitochondria play in the production and management of energy at the cell level and why it is key to understanding and overcoming Chronic Fatigue Syndrome and the inflammation that often accompanies it: Myalgic Encephalitis.

Her approach offers those suffering from CFS/ME a roadmap to recovery. 413 pages. Chelsea Green. Paperbound. Pub. at \$24.95

Item #6828671

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★ **A RETURN JOURNEY: Hope and Strength in the Aftermath of Alzheimer's** By Sue Petrovski. Based on her own journals kept during her mother's eight-year illness, and on her correspondence with other caregivers, Petrovski clearly and wisely explains that in Alzheimer's care, there are no "right" ways, no "best" decisions, no "perfect" answers. There is simply the

journey through the disease with loved ones, and back again. 188 pages. Purdue University. Paperbound. Pub. at \$19.99

Item #6675816

\$7.95

## Stress & Pain Management



★ **THE MINDFLOW METHOD: How You Can Achieve Anything by Not-Wanting and Not-Doing** By Tom Moegele. Your key to finally overcoming anxiety, combating stress, and tackling emotional blocks, thereby releasing an infinite source of life energy. Through a powerful yet simple combination of movements, you can trigger energy shifts and reconnect to the natural flow of life. 189 pages.

Hay House. Paperbound. Pub. at \$15.99

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## Stress & Pain Management



★ **DVD GREAT RIVERS AND LAKES** There is nothing more soothing for the soul than walking or sitting by a beautiful lake or river listening to the water lap the shore while skipping stones. For everyone who doesn't have the luxury of living near these bodies of water, you can relax and unwind while viewing some of the most stunning rivers and lakes, all while listening to stress

relieving music. 70 minutes. WWMM. Pub. at \$19.99

Item #3033775

\$14.95

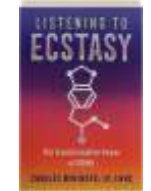
## Complementary & Alternative Medicine



★ **THE ESSENTIAL OILS COMPLETE REFERENCE GUIDE** By KG Stiles. Explore the world of natural, nontoxic essential oils for all aspects of your life. Stimulate your senses and soothe your body and soul with the popular practices using this comprehensive guide. Well illus. in color. 464 pages. Page Street. Paperbound. Pub. at \$30.00

Item #3962776

\$7.95



★ **LISTENING TO ECSTASY: The Transformative Power of MDMA** By Charles Winger. In this memoir and guide to safe use of MDMA, Winger, a licensed psychoanalyst and mental health counselor, details the countless ways that Ecstasy has helped him become a better therapist and husband. He explains how he and his wife found Ecstasy to be the key to renewing and enriching their lives

as they entered their senior years. 238 pages. Inner Traditions. Paperbound. Pub. at \$18.99

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★ **THE CHELATION REVOLUTION: The Breakthrough Detox Therapy** By Gary Greenberg. Full of hope-inspiring case histories, expert findings, and a practical guide on how and where to find treatment, Greenberg shows how chelation therapy can alleviate suffering and pain from numerous medical conditions and lead to a healthier, happier and longer life. 188 pages. Humanix. Pub. at \$24.99

Item #3958280

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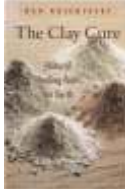
## Complementary & Alternative Medicine



★**HOMEOPATHIC MEDICINE FOR MENTAL HEALTH** By Trevor Smith. A guide to remedies that can restore calm and happiness offering highly sensitive and expert advice on alleviating mental and emotional distress. These recommended homeopathic treatments will facilitate the natural healing process and lead to greater self-awareness and a feeling of well-being. 208 pages. Healing Arts.

Paperbound. Pub. at \$18.95  
Item # [2983443](#)

**\$14.95**



★**THE CLAY CURE: Natural Healing from the Earth** By Ran Knishinsky. An exceptional source of minerals, clay has been ingested as a nutritional supplement and detoxifier throughout the world for thousands of years. This guide reveals the benefits of trusting that ancient wisdom and using clay powders, capsules, or liquid gels. 104 pages. Healing Arts. Paperbound. Pub. at \$10.95

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**\$8.95**

## Eastern Traditions and Practices



**THE HOT BELLY DIET** By Suhas G. Kshirsagar with K. Loberg. Combining principles of Eastern medicine with modern science, Dr. Kshirsagar presents a diet and total body health plan centered on digestive balance and metabolic transformation. He contends that many physical problems, from weight gain to depression, share a surprising common denominator: a weak digestive "fire." 289 pages. Atria. Pub. at \$26.00

Item # [5871352](#)

**\$5.95**

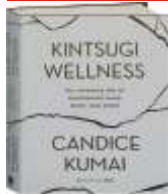


★**SHINRIN YOKU: The Japanese Art of Forest Bathing** By Yoshifumi Miyazaki. Forest bathing, the Japanese practice of seeking a deep and meditative connection with nature, is where nature meets the science of wellness. Research shows it can boost the immune system and energy levels, lower stress and blood pressure, and improve mood and sleep. Explains the health benefits and how to get the most out of walks. 191 pages. Timber. Pub. at \$16.95

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## Eastern Traditions and Practices



★**KINTSUGI WELLNESS: The Japanese Art of Nourishing Mind, Body, and Spirit** By Candice Kumai. Candice guides you through her favorite Japanese traditions and practices for cultivating inner strength and living a gracious life. She also shares heartwarming stories and mouth watering recipes. Fully illus. in color. 318 pages.

HarperWave. Pub. at \$29.99

Item # [6867049](#)

**\$17.95**

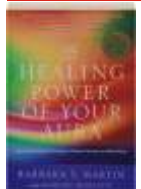


★**YOGA RISING: 30 Empowering Stories from Yoga Renegades for Every Body** By Melanie C. Klein. A collection of personal essays meant to support your journey toward self-acceptance and self-love, featuring 30 contributors who share inspiring stories of major turning points in their lives. 318 pages. Llewellyn. Paperbound. Pub. at \$17.99

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## New Age Spirituality

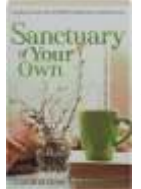


★**THE HEALING POWER OF YOUR AURA: How to Use Spiritual Energy for Physical Health and Well-Being** By Barbara Y. Martin with D. Moraitis. With insight and clarity, the author demonstrates how your aura is the spiritual support system to your physical body and shows you how to tune into your own energy field to help you restore your body to its natural state of health and well-being.

Includes specific healing meditations for more than 80 types of physical conditions. Illus. in color. 261 pages. Spiritual Arts Institute. Paperbound. Pub. at \$18.95

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★**SANCTUARY OF YOUR OWN: Create a Haven Anywhere for Relaxation & Self-Renewal** By Caroline Dow. Bring a sense of harmony and balance to your environment so that no matter where you are, you can connect with spirit. Dow shares insightful techniques for transforming any space into a haven designed to help you achieve serenity and joy. 319 pages. Llewellyn. Paperbound. Pub. at \$17.99

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**\$13.95**

## New Age Spirituality



★**12 MAGIC WANDS: The Art of Meeting Life's Challenges** By G.G. Bolich. Explaining what magic is and where it abides, Bolich offers twelve magic "wands" that can transform your life for the better. Throughout this guide the author presents inspiring true stories of people who have used the magic in their lives to both help themselves and point the way for others. 236 pages. Square One Books. Paperbound. Pub. at \$15.95

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★**PLEIADIAN-EARTH ENERGY ASTROLOGY: Charting the Spirals of Consciousness** By Pia Orleane et al. With the wisdom of the Pleiadian-Earth energy system, the authors show how we can each discover our specific gifts, work through the challenges of our own shadows, and individually and collectively evolve into a higher vibrational species. 336 pages. Bear & Company. Paperbound. Pub. at \$20.00

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**\$12.95**

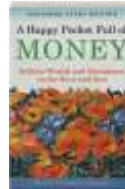


★**ENERGY HEALING FOR RELATIONSHIPS** By K. Sherwood & S. Wittmann. Discover more than one hundred accessible exercises for building skills like centering your awareness in your non-physical field and increasing your empathy for yourself and your loved ones. A comprehensive guide to getting the most out of your relationships for a life filled with emotional nourishment and spiritual well-being. Illus. 286 pages. Llewellyn. Paperbound. Pub. at \$19.99

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## Inspiration, Motivation & Self-Discovery



★**A HAPPY POCKET FULL OF MONEY: Infinite Wealth and Abundance in the Here and Now** By David Cameron Gikandi. True wealth is about discovering value within yourself and value within other people. It is about a kind of conscious living that incorporates gratitude, a belief in abundance, and the experience of joy. The author creates a model that shows readers how to create abundance by saving, giving, offering charity, and building happy relationships. 289 pages. Hampton Roads. Paperbound. Pub. at \$16.95

Item # [2966913](#)

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## Inspiration, Motivation & Self-Discovery



★**LIVING A LIFE OF HARMONY: Seven Guidelines for Cultivating Peace and Kindness** By Darren Cockburn. Gives readers 7 easy to practice guidelines that help gain a deeper understanding of the universal process of life as well as provide a set of tools to help us deal with life's ups and downs more skillfully. Practiced together, these guidelines provide a simple yet powerful compass to direct you to a peaceful mind and harmonious living. 192 pages. Inner Traditions. Paperbound. Pub. at \$16.99

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**\$9.95**



★**STINKIN' THINKIN'** By Dr. Gary S. Goodman. Most people lose friends, happiness, and career opportunities because they employ inadequate thinking skills and allow biases, false beliefs, and superstitions to govern their behavior. This unique guide will help you identify the strengths and limitations of your thinking styles and give you practical pathways to success. 258 pages. G&D Media. Paperbound. Pub. at \$17.95

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## Aging



**THE LONGEVITY BOOK** By Cameron Diaz & S. Bark. An informative and empowering guide to the aging process, why we age in the first place and how it will affect us emotionally and physically. Here Diaz creates a road-map for abundant health, happiness and resilience as we grow older. Photos. 257 pages. Thorsons. Paperbound. Pub. at \$19.99

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★**WHERE SHOULD I LIVE WHEN I RETIRE? A Guide to Continuing-Care Communities** By Bernice Hunt. Clearly shows the advantages and disadvantages of Continuing-Care Retirement Communities (CCRCs). Learn what to look for, what to steer clear of, what you have a right to expect, how you can understand contracts, and how you can best make the transition when you move. 103 pages. Square One Books. Paperbound. Pub. at \$13.95

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**\$7.95**

## Communication Skills



★**HOW TO TALK LIKE YOU KNOW WHAT YOU'RE TALKING ABOUT** By Matthew Doucet. Bouncing between eye-opening looks at historical figures, enlightening outlines of poorly understood matters, and references that will reward a deeper dive; a brief spin through this volume will allow you to dazzle any room with just a few informative nuggets. 190 pages. Cider Mill. Pub. at \$9.95

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## Relationships



**RENOVATE YOUR RELATIONSHIPS: A Proven Guide to Setting Boundaries and Building Bridges with Those Who Matter Most** By Scott Vaudrey. Gives you groundbreaking practical tools you need to bring healing and new life to even your most difficult relationships. Scott unearths the root causes of relational breakdowns and gives you the confidence you need to move into life giving patterns of loving others and yourself well. 253 pages. Thomas Nelson. Paperbound. Pub. at \$17.99

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\$4.95

## Sexuality & Sexual Expression

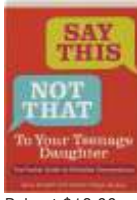


**THE SEX ISSUE** By the eds. of GOOP. An informative and revelatory read that gets at everything we've always wondered about sex and relationships. Throughout this conversation, you'll find goopasutra-style takes on the reality of experiences ranging from plain vanilla to menage a trois, plus personal anecdotes from the GOOP team. 278 pages. Grand Central. Pub. at \$26.00

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\$5.95

## Pregnancy, Childbirth & Parenting



★**SAY THIS, NOT THAT TO YOUR TEENAGE DAUGHTER** By I. Kukoff & J.Y. Huddy. A convenient, pocket-sized guide to asking and answering questions, starting conversations, and filling in the silence with your teen. From moodiness and heartbreak to social media and phone addiction, there's no topic this essential guide doesn't cover. 242 pages. Andrews McMeel. Paperbound.

Pub. at \$12.99

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★**THE BUSY PARENT'S GUIDE TO MANAGING ANGER IN CHILDREN AND TEENS: A Quick Read for Powerful Solutions!** By Laurie Hollman. Dealing with anger, from constant arguments to temper tantrums just adds to the list of stresses most parents have. This little volume provides a quick read when you need remedies to angry reactions, teaching parents how to respond in a way that is easy to implement every day. 100 pages. Familius. Paperbound. Pub. at \$9.99

Item #[6939082](#)

\$5.95

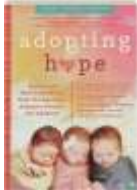


★**BOOST YOUR BREAST MILK: An All-in-One Guide for Nursing Mothers to Build a Healthy Milk Supply** By Alicia C. Simpson. Every mom wants to produce enough nutritious milk for her tiny one, but many worry they might not be able to. In this guide you'll find the most up to date practices that support a healthy milk supply for baby and a healthy mom. 243 pages.

The Experiment. Paperbound. Pub. at \$18.95

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★**ADOPTING HOPE: Stories and Real-Life Advice from Birthparents, Adoptive Parents, and Adoptees** By Lorri Antosz Benson. Embarking on an adoption journey can be daunting, but now you are not alone! This collection of true, beautiful accounts takes an honest look at the processes, the struggles, and the undeniable joys that come with adoption. 246 pages.

Familius. Paperbound. Pub. at \$16.99

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★**THE 5 FOUNDATIONS OF SUCCESSFUL TEENS: How to Ignite Your Underperforming Teen's Self-Reliance and Academic Success** By Mark J. Luciano. Research has repeatedly shown that an alarming percentage of students achieve below their academic ability. Luciano provides insights from his own family therapy practice and the latest research to help your teen discover new found courage and independence. 165 pages.

Familius. Paperbound. Pub. at \$16.99

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## Women's Health & Self-Help



★**HOW TO STOP FEELING LIKE SHIT: 14 Habits That Are Holding You Back from Happiness** By Andrea Owen. Crystallizes what's behind the 14 silent habits that hold women back from experiencing life to the fullest. Owen kick's women's gears out of autopilot and empowers them to create happier, more fulfilling lives. 197 pages. Seal. Paperbound. Pub. at \$16.99

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★**THE YONI EGG: Reveal and Release the Sacred Feminine Within** By Lilou Mace. In this step by step guide you'll learn how to use yoni eggs: egg-shaped stones used internally to help tone the pelvic floor and vaginal muscles as well as increase sensitivity, enhance intimate awareness, release emotional traumas, and open access to the sacred feminine within. Illus. in color.

176 pages. Destiny. Paperbound. Pub. at \$19.99

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\$9.95

## General Health & Self-Help



**STEALING YOUR LIFE: The Ultimate Identity Theft Prevention Plan** By Frank W. Abagnale. The charismatic forger immortalized in the film *Catch Me If You Can* exposes the astonishing tactics of today's identity theft criminals, and offers powerful strategies to thwart them based on his second career as an acclaimed fraud fighting consultant. 242 pages. Broadway. Paperbound. Pub. at \$15.99

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★**THE BOOK OF ICHIGO ICHIE: The Art of Making the Most of Every Moment, the Japanese Way** By H. Garcia & F. Miralles. Learn to make every moment a once in a lifetime experience with this definitive guide to the Japanese art of *ichigo ichie*. 196 pages. Penguin. Pub. at \$22.00

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\$16.95

## General Health & Self-Help



★**THE ARTIST'S GUIDE TO PUBLIC ART, SECOND EDITION: How to Find and Win Commissions** By Lynn Basa. This guide shows artists how to cut through the red tape and win commissions that are rewarding both financially and artistically. The author covers all the steps in chapters packed with details on working with contracts, conflicts, controversies, communities, committees, and can confidently pursue your public art project.

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★**THE STRESS TEST: How Pressure Can Make You Stronger and Sharper** By Ian Robertson. Why is it that some people react to seemingly trivial setbacks with distress, while others power through life-changing tragedies showing barely any emotional upset whatsoever? Learn how the right level of challenge and stress can help people to flourish and achieve more than they ever thought possible. 241 pages. Bloomsbury. Paperbound. Pub. at \$17.00

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