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- General Health & Self-Help ..................... 42
- Healing & the Mind ................................. 37
- Health & Medical References .................. 27
- Healthy Cooking & Special Diets ............. 24
- Horses & Horsemanship .......................... 19
- Insects ................................................. 18
- Inspiration, Motivation & Self-Discovery ... 33
- Life Science .......................................... 4
- Mathematics ....................................... 16
- Medical Science .................................... 12
- Men’s Health & Self-Help ....................... 41
- Monographs on Architects ..................... 12
- More Works on Nature ......................... 21
- Nature Photography .............................. 23
- New Age Spirituality ............................. 32
- Nutrition & Weight Management ............ 23
- Paleontology & Evolution ...................... 3
- Philosophical Essays .......................... 11
- Philosophy .......................................... 10
- Pregnancy, Childbirth & Parenting ........... 40
- Psychology .......................................... 7
- Regional Architectural Styles ................. 12
- Relationships ....................................... 39
- Religion & Science ............................... 17
- Research Tools & Sourcebooks ............... 8
- Science & History .................................. 17
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OTHER ANIMALS

★ BY ELLIOTT ROSS. Ross studies species’ similarities and differences, their textures, and physiques while using drawing techniques he has developed within digital imaging. Fully illus. Schilt. 9½x12½. Pub. at $45.00 Item #66220X $5.95

LOOKING FOR THE SUMMER by Jim Brandenburg. Armed with a state of the art digital camera, Brandenburg finds and captures the joy of nature’s cyclical rhythms with unique artistry. Fully illus, in color. 159 pages. Creative Publishing Int’l. 10x8½. Paperbound. Pub. at $19.95 Item #5786379 $5.95

★ KENTUCKY’S NATURAL HERITAGE: An Illustrated Guide to Biodiversity Ed. by Greg Abernathy et al. Richly detailed and lavishly illustrated with more than 250 color photos, maps, and charts, this is the definitive compendium of Kentucky’s diverse vegetation, flora, and plant and animal life and presents a persuasive argument for conservation of the state’s biodiversity. 200 pages. UPKY. 10x13¼. Paperbound. Pub. at $35.00 Item #5962645 $24.95

★ THE WORLD’S MOST BEAUTIFUL NATIONAL PARKS by Elena Bianchi. Illustrated with spectacular photography, this volume is a tribute to the incredible natural wonders on Earth that are now protected by national parks in all seven continents. 272 pages. White Star. 9½x13. Pub. at $39.95 Item #5731205 $29.95

★ STORM CHASER: A Visual Tour of Severe Weather by David Mayhew. Mayhew takes you on an unforgettable photographic journey across the heartland of the United States to witness the power and beauty of tornadoes, lightning storms, and stunning storm and fair-weather cloud formations; then into Iceland to experience the majestic northern lights. Fully illus. in color. 127 pages. Amherst Media. Paperbound. Pub. at $24.95 Item #6674570 $17.95

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★ A BEAUTY COLLECTED: Captivating ABC Book to Discover the Beauty Around You by Rachel Garahan. Collection of the author’s favorite organic pieces that you may find in your backyard or on your plate. Some you may need to travel a long way to find. In any case, venture out and seek them, using this guide as a treasure-hunt list, encyclopedia, eye-spy, or simply as imagery to inspire whatever your dreams may be. Color photos. Familius. Pub. at $24.95 Item #6563364 $11.95

★ THE CENTRE CANNOT HOLD by David Gulden. Arresting images exhibit David Gulden’s exceptional photographic talent, as well as his bold reinvention of the craft. Set primarily in Kenya’s Aberdare National Park, his camera ensures African wildlife in dramatic black and white, forging a compelling commentary on the devastating effects of our shifting climate. Glitterati. 10x13¼. Pub. at $75.00 Item #6538969 $19.95

★ THE JUICE DIET by Christine Bailey. There are over 100 juices and smoothies that offer an effective way to jump start your diet and revitalize your body. Watch the weight drop off, simply by sipping such luscious concoctions as a Ginger Pear Cooler; Watermelon Reviver, Cucumber Cleanser; Mandarin and Mango Lassi; and more. Illus. in color. 160 pages. Duncan Baird. Paperbound. Pub. at $14.95 Item #2801172 $3.95

NUTRITION & WEIGHT MANAGEMENT

★ THE APPETITE SOLUTION: Lose Weight Effortlessly and Never Be Hungry Again by Joe Colletta. Hunger means something is off, and you can’t lose the weight you want while fighting through the pains. With this guide, weight loss expert Dr. Colletta presents a six week, three phase plan to help you diminish cravings while achieving your goal weight. Sets you free from hunger forever! 296 pages. HarperOne. Pub. at $26.99 Item #6809045 $4.95

★ A CONSUMER’S DICTIONARY OF FOOD ADDITIVES, REVISED 7TH EDITION by Ruth Winter. Gives you the facts about the safety and side effects of more than 12,000 ingredients, such as preservatives, food tainting pesticides, and animal drugs, that end up in food as a result of processing and curing, including more than 650 new chemicals now commonly used. 595 pages. Three Rivers. Paperbound. Pub. at $17.95 Item #7411979 $12.95

★ CHOOSE IT TO loose IT! The Ultimate Pocket Guide to Save 500 Calories a Day by Amy Brightfield. A real-world guide to eating out, shopping smart, and cooking better. Packed with quick tips, essential advice, and hundreds of easy food swaps to help you slim down and lose weight. Fully illus. in color. 256 pages. Oxmoor. Paperbound. Pub. at $17.95 Item #5984254 $4.95

★ THE FEELGOOD PLAN: Happier, Healthier & Slimmer in 15 Minutes a Day by D. Wong & K. Faithfull-Williams. Packaged with down to earth ideas to help you tune in to what really makes your body feel great, from 15-minute workouts that make you look and feel younger to healthier versions of all your favorite foods. Wong offers practical ideas to fit exercise into jam packed lives, conquer cravings, and stop emotional eating. Well illus. in color. 224 pages. Sterling. Pub. at $21.95 Item #6763456 $3.95

★ THE BELL BURN PLAN: Six Weeks to a Lean, Fit & Healthy Body by Traci D. Mitchell. Muffin tops, love handles, and pot bellies have finally met their match with this easy to follow diet and exercise program that will help you shed belly fat fast and for good in just three steps. Kick start it with a three day cleanse; eat right for your body type; and get moving. All the information you need to make the lifestyle changes that will shed fat fast. Well illus. 306 pages. Morrow. Paperbound. Pub. at $16.99 Item #5869399 $5.95

★ THE MASTER CLEANSE MADE EASY: Your No-Fail Guide to Feeling Great During and After You Detox by Robin Westen. With these helpful strategies, you’re sure to succeed on the Lemonade Diet cleanse and jump-start your healthy new lifestyle. They’ll lead you step by step through the process, revealing how easy it is to boost energy, power through your hunger, maintain mental clarity, and keep a positive attitude. 184 pages. Ulysses. Paperbound. Pub. at $14.95 Item #5713722 $3.95

THINNER IN 30: Small Changes That Add Up to Big Weight Loss in Just 30 Days by Jenna Wolfe with M. Murphy. Blending athletic wisdom and laugh out loud humor with easy to follow advice, Wolfe will help you discover just how easy it is to get healthy without having to deprive yourself or work out 12 hours a day. In this guide she puts the focus on small, bite-size tips which lead to long-term weight loss. Illus. 218 pages. Grand Central. Pub. at $26.00 Item #6681050 $5.95

★ THE BIGGEST LOSER: The Weight-Loss Program to Transform Your Body, Health, and Life Undoes a dramatic and life-changing weight-loss transformation with this valuable guide, based on the hit NBC show that inspired millions. Slim down with the Biggest Loser diet; sheds pounds with the exercise plan, and learn the motivations behind the show’s memorable cast members. Color photos. 192 pages. Rodale. Paperbound. Pub. at $21.95 Item #2729504 $4.95

★ THE ENNEAGRAM OF EATING: How the 9 Personality Types Influence Your Food, Diet, and Exercise Choices by Ann Gadd. This well-known Enneagram system of personality types offers insight into your personal approach to eating and exercise. Gadd reveals for each of the nine types, the emotional eating triggers; what exercise regime will inspire rather than tire; why we entertain the way we do; and where each type fails at weight loss. 192 pages. Findhorn. Paperbound. Pub. at $16.99 Item #7808501 $13.95

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★ THE BELLY BURN PLAN: Six Weeks to a Lean, Fit & Healthy Body by Traci D. Mitchell. Muffin tops, love handles, and pot bellies have finally met their match with this easy to follow diet and exercise program that will help you shed belly fat fast and for good in just three steps. Kick start it with a three day cleanse; eat right for your body type; and get moving. All the information you need to make the lifestyle changes that will shed fat fast. Well illus. 306 pages. Morrow. Paperbound. Pub. at $16.99 Item #5869399 $5.95
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<tr>
<td>6863933</td>
<td><strong>EAT WELL, LOOK GREAT: Nutrition and Lifestyle Beauty Secrets to Make You Feel Good from the Inside Out</strong></td>
<td>By Sarah Brewer. Dr. Brewer reveals her nutrition and lifestyle secrets for beating common beauty problems, based on the principals of nutritional medicine. Includes the information you need to make your beauty concerns a thing of the past and is packed with nutritional advice based on the latest scientific evidence. Illus. in color. 160 pages. Edisson Books Limited. Paperbound. Pub. at $17.95.</td>
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<td>6860071</td>
<td><strong>THE SALT FIX</strong></td>
<td>By James DiNicolantonio. The author shows the best ways to add salt back in your diet, offering his transformative five step program for recalibrating your salt thermostat to achieve your unique, ideal salt intake. Science has moved on from the low salt dogma, and so should you, your life may depend on it. 258 pages. Harmony. Pub. at $26.99.</td>
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<td><strong>MIND AND BODY: The Little Book of Home Remedies</strong></td>
<td>By Linda B. White et al. From fatigue, insomnia, and menopause to depression, stress, and brain health, this handy guide offers easy, effective recipes to help you manage your challenges naturally. 128 pages. Fair Winds Press. Pub. at $8.99.</td>
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<td><strong>THE EVERYTHING JUICING BOOK</strong></td>
<td>By Carole Jacobs et al. Whether you want to get more nutrients, cleanse your body of toxins, or prevent disease and live longer, juicing is the answer. This guide contains all the information you need to create 150 delicious and nutritious juices for optimum health, including Strawberry Peach Juice, Carrot Banana, Rice Pach, and many more. 291 pages. Adams Media. Paperback. Pub. at $16.95.</td>
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<td><strong>THE MIRACLE KIDNEY CLEANSE: An All-Natural, At-Home Flush to Purify Your Body</strong></td>
<td>By Lauren Felts. Shows you how to flush out toxins and maximize the benefits of the body’s natural cleansing system, including preventing painful kidney stones, boosting immune function, increasing energy, improving mood, curing low-back kidney pain, and more. 233 pages. Illus. Paperback. Pub. at $14.95.</td>
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<td><strong>THE EVERYTHING LOW-FODMAP DIET COOKBOOK</strong></td>
<td>By Colleen Francioli. With the 300 low-Fodmap recipes included, and an extensive meal plan, you’ll be able to identify your sensitivities, eliminate problem foods, and control IBS symptoms. Recipes include Mixed Berry Cobbler; Quinoa, Corn, and Zucchini Fritters; Roasted Parsnips with Rosemary; Citrus Flank Steak, and many more. Photos. 320 pages. Adams Media. Paperback. Pub. at $18.99.</td>
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<td><strong>THE AGE-DEFYING DIET</strong></td>
<td>By Caroline Apovian. An innovative and easy to follow program that outsmarts the body’s aging processes to reverse the metabolic clock. By combining her metabolism boosting diet with targeted strength training, readers will lose weight quickly, target trouble spots, boost energy, and restore health. Includes over 100 recipes, simple exercises and a helpful quiz to reveal your true metabolic age. Grand Central. Pub. at $27.00.</td>
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<td><strong>THE VIRGIN DIET: Drop 7 Foods, Lose 7 Pounds, Just 7 Days</strong></td>
<td>By J.J. Virgin. Fitness expert J.J. Virgin reveals the real secret behind weight gain–food intolerance. With this guide she’ll show you how to eat plenty of anti-inflammatory, healing foods that will never leave you feeling hungry or deprived. In just one week you can drop weight, lose belly bloat, gain energy, clear up inflammation, and feel younger. 334 pages. HarperCollins. Paperbound. Pub. at $16.99.</td>
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<td><strong>SHOULD I SCOOPOUT MY BAGEL? And 99 Other Answers to Your Everyday Diet and Nutrition Questions to Help You Lose Weight, Feel Great, and Live Healthy</strong></td>
<td>By Chris &amp; Heidi Powell. Find the tailor-made plans that focus on how these supershredders incorporated into a dynamic, flexible weight-loss plan that focuses on how to lose weight, lose belly bloat, gain energy, clear up inflammation, and feel younger. 334 pages. HarperCollins. Paperbound. Pub. at $16.99.</td>
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<td><strong>THE GENE THERAPY PLAN: Taking Control of Your Genetic Destiny with Diet and Lifestyle</strong></td>
<td>By Mitchell L. Gaynor. What if our diets could affect every aspect of our health by controlling the expression of our genes? This work presents the science behind these ideas and provides easy to follow meal plans and recipes to help them in practice. 346 pages. Viking. Pub. at $27.95.</td>
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<td><strong>SLIM DOWN NOW: Shed Pounds and Inches with Real Food, Fast by Cynthia Sass</strong></td>
<td>With the 300 low-Fodmap recipes included, and an extensive meal plan, you’ll be able to identify your sensitivities, eliminate problem foods, and control IBS symptoms. Recipes include Mixed Berry Cobbler; Quinoa, Corn, and Zucchini Fritters; Roasted Parsnips with Rosemary; Citrus Flank Steak, and many more. Photos. 320 pages. Adams Media. Paperback. Pub. at $18.99.</td>
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<td><strong>TURBO METABOLISM: 8 Weeks to a New You By Panakaj Vj.</strong></td>
<td>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. Paperback. Pub. at $16.95.</td>
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<td><strong>THE STASH PLAN</strong></td>
<td>By L. Prepon &amp; E. Troy. A revolutionary 21-day diet and lifestyle guide that combines modern nutritional science with Chinese Meridian Theory to detoxify the body and burn fat. Lays out how to cook and create a stash of proteins, carbs, and vegetables along with nutritional bone broths to enjoy throughout the week. Well illus. in color. 282 pages. Touchstone. Pub. at $26.00.</td>
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<td><strong>THE METABOLISM PLAN</strong></td>
<td>By Lyn-Genet Recitas. By following Recitas’s simple 30-day plan, customized to boost your metabolism and burn more fat, you will pinpoint which foods and exercises work best for your body and which are sabotaging your efforts to lose weight. Includes over 40 recipes. 292 pages. Grand Central. Pub. at $27.00.</td>
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<td><strong>NATALIE JILL’S 7-DAY JUMP START</strong></td>
<td>Unprocess your diet and revitalize your life with Jill’s easy-to-follow plan. Whether you have yo-yo-dieted for years or have tried to “eat healthy” without seeing results, her solutions will last a lifetime. Includes delicious recipes for all meals of the day; seven-minute exercises for a leaner, toned body; and more. Color photos. 301 pages. Da Capo. Pub. at $27.99.</td>
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<td><strong>THE METABOLIC APPROACH TO CANCER</strong></td>
<td>By N. Winters &amp; J.R. Kelley. Offers a comprehensive, nutrition-focused protocol to managing cancer. Cancer survivor, Dr. Nasha Winters identifies the ten key elements of a person’s terrain—including the mind, gut, skin, body, and more—and provides a sugar balance–as they relate to the cancer process, and prescribes The Optimal Terrain Ten Protocol approach, to slow cancer’s endemic spread. 377 pages. Chelsea Green. Pub. at $29.95.</td>
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<td>6860332</td>
<td><strong>THE MIND-GUT CONNECTION: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health</strong></td>
<td>By Emeran Mayer. Offers a cutting-edge view into this developing science, showing us the full impact of how the brain, gut, and microbiome communicate. With a few simple changes of our diet and lifestyle, we can enjoy a happier mind-set, enhanced immunity, a decreased risk of developing neurological diseases and even lose weight. 316 pages. HarperWave. Paperback. Pub. at $16.99.</td>
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<td>5988659</td>
<td>THE ALZHEIMER’S PREVENTION FOOD GUIDE</td>
<td>S.S. Linjaa &amp; S. Satia-Weite</td>
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<td>5881471</td>
<td>THE MEMORY DIET: More Than 150 Healthy Recipes for the Proper Care and Feeding of Your Brain</td>
<td>Judy &amp; Shari Zucker</td>
<td>Hatherleigh</td>
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**Exercise & Fitness**

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<tr>
<td>5752523</td>
<td>DVD YOGILATES, LEVEL 1: Beginners’ Workout</td>
<td>Jonathan Uria</td>
<td>Hatherleigh</td>
<td>$6.95</td>
<td>This is a beginning level yoga class that safely tones, stretches, and relaxes your whole body. You’ll love the music and soft setting as you move from core mat-work exercises to standing poses that improve leg strength, flexibility and balance. 45 minutes. Sterling.</td>
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<td>5500419</td>
<td>MOBILITY WORKOUT HANDBOOK</td>
<td>David Kirschen et al.</td>
<td>Hatherleigh</td>
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<td>Designed to help increase range of motion and allow for better performance at all levels of the fitness spectrum, these cutting edge training routines bring the leading concepts in injury prevention and mobility development to the everyday athlete. Illus. 214 pages. Hatherleigh. Paperbound. Pub. at $15.00</td>
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**Healthy Cooking & Special Diets**

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<tr>
<td>6845324</td>
<td>FIRST MILK DIET: Your Anti-Aging Secret</td>
<td>Anthony Kleinsmith</td>
<td>Hatherleigh</td>
<td>$3.95</td>
<td>Achieve the body of your dreams, enhanced sports performance and the health you deserve with the first food for all humans—colostrum. Along with complete information about this superfood, this guide includes delicious recipes to make this superfood part of your daily indulgence. Photos. 126 pages. Healthy Living. Paperbound. Pub. at $16.00</td>
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<tr>
<td>6615651</td>
<td>LIVING A REAL LIFE WITH REAL FOOD: How to Get Healthy, Lose Weight, and Stay Energized—the Kosher Way</td>
<td>Beth Warren</td>
<td>Hatherleigh</td>
<td>$19.95</td>
<td>Unique guide to healthy eating, delivered from the kosher perspective. Relying on science and her clients’ experiences, Warren shows that the best way to lose weight, build strength, and fight obesity-related diseases is to eat the natural, whole foods that have been pushed out of our national diet by foods and a broken food system. Color photos. 330 pages. Skyhorse. Pub. at $24.95</td>
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<td>3569141</td>
<td>GLUTEN-FREE EDGE: A Nutrition and Training Guide for Peak Athletic Performance and an Active Gluten-Free Life</td>
<td>Beth Warren</td>
<td>Hatherleigh</td>
<td>$5.95</td>
<td>A simple and inspiring guide to healthy eating, delivered from the kosher perspective. Relying on science and her clients’ experiences, Warren shows that the best way to lose weight, build strength, and fight obesity-related diseases is to eat the natural, whole foods that have been pushed out of our national diet by foods and a broken food system. Color photos. 330 pages. Skyhorse. Pub. at $24.95</td>
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Exercise & Fitness

KETTLEBELL KICKBOXING By Dasha Libin-Anderson. A celebrity personal trainer combines kettlebells and martial arts into one effective workout for women. She offers instructions for more than 200 exercises, four training plans, and 15-minute high-intensity interval training; a simple philosophy on food for a lifetime of clean eating, and more. Fully illus. in color. 302 pages. Skyhorse. Paperbound. Pub. at $19.99 Item #2791757 $4.95

SPARTAN WORKOUT: Get Action-Movie Ripped in 30 Days By Deve Randolph. In just one month, the high intensity workouts presented can give you the jaw-dropping physique of history’s greatest soldier. This guide takes you from merely being in shape to having the strength and endurance to withstand the ultimate test. Includes info on active rest and nutrition. Well illus. 158 pages. Ulysses. Paperbound. Pub. at $15.95 Item #5788722 $11.95

PIATES: Core Strength, Exercises & Daily Routines By C. Yabsley & K. Sunnasse. Pilates is an all around mind-body workout that will leave you standing tall, breathing better, and toned, strong and stable. Organized by type and difficulty with suggested routines of poses and stretches. Fully illus. in color. 176 pages. Flame Tree. Spiralbound. Pub. at $15.99 Item #6796192 $11.95

FROM SLIGHT TO MIGHT: Building Muscle for the Hardgainer By Hollis Lance Lieberman. A comprehensive guide to help you add the mass you’ve been seeking and continue to gain personal confidence in your body. Your mood will improve, your clothes will fit better, and you’ll feel like a better person by getting in shape and learning the right way to do it. Fully illus. in color. 160 pages. Skyhorse. 8x10. Paperbound. Pub. at $19.99 Item #6735193 $5.95

THE BELLY OFF! WORKOUTS: A 6-Week Detox Diet and Fitness Plan That Strips Away Fat–Fast! By Jeff Casari et al. With revolutionary workouts for both beginners and veterans, a handful of easy rules for healthy eating, and a detox plan that is both simple and safe, this program will help you lose ten, twenty, or more pounds in fewer than two months and turn your health around. Illus. Paperbound. Pub. at $23.99 Item #6500285 $5.95

EVERY WOMAN’S GUIDE TO FOOT PAIN RELIEF: The New Science of Healthy Feet By Kay Bowman. No matter what the cause of your foot pain, this guide has the answer on how to make your feet feel better. Bowman offers an innovative set of exercises to help those suffering from bunions, hammer toes, plantar fasciitis, tight calves and lower-leg muscle pain, poor posture and alignment, and other common ailments. Illus. 180 pages. BenBella. Paperbound. Pub. at $12.95 Item #5935040 $12.95

NO EXCUSES FITNESS By Donovan Green with R.M. Murphy. Armed with a simple motto—‘If you want to lose weight, then you can’t make any excuses for not sticking to the plan’—Green has designed the ideal workout program built upon what he calls the ‘Wellness Triad’, mental discipline, sound nutrition, and exercise. Get ready to melt away the pounds! Well illus. 211 pages. Hachette. Pub. at $27.00 Item #5756065 $3.95


BIG FIT GIRL: Embrace the Body You Have By Louise Green. After years of indulging bad habits and suffering low self-esteem as a result, Green determined to change her lifestyle and pursue athleticism despite her bad habits and suffering low self-esteem as a result, Green determined to change her life. Whether you’re hoping to alleviate specific problems or simply attempting to maintain your fitness with tailored nutritional and exercise advice, this blend of methods from yoga, Pilates, tai chi, and other disciplines will help you achieve your goals. Well illus. 160 pages. Ixia. Paperbound. Pub. at $14.95 Item #6777684 $5.95

DANCE MANUAL: The Complete Step-by-Step Guide By Keyna Paul. Dance is gaining recognition as a way for everyone to improve and maintain their physical health, as well as a sense of well-being. This manual includes the history and essence of the dance styles; dress codes and the reasons behind these; suggestions for music; basic moves and steps joined into a simple routine; and ideas for adapting dance styles for people who need to sit on a chair. Fully illus. in color. 194 pages. Haynes. 8x10x14. Pub. at $36.95 Item #929372X $15.95

THE PATH OF MODERN YOGA: History of an Embodied Spiritual Practice By Elliott Goldberg. Drawing on over ten years of research from rare primary sources and engaging with contemporary yoga scholarship, Goldberg presents an original, authoritative, provocative, and illuminating interpretation of the history of modern yoga. Photos. 496 pages. Inner Traditions. 8¼x10¼. Pub. at $39.95 Item #5775450 $29.95

BEAUTY & SKIN CARE

MAN VS. HAIR: 60 Tutorials for Handsome Hair & Stubble By Kieron Welz. Collection of 60 fashionable styles for men’s hair and facial hair. Step by step tutorials featuring simple how to illustrations take the guesswork out of styling, while on-trend fashion photography demonstrates how to wear each ‘do. 176 pages. Running Press. Paperback. Pub. at $19.99 Item #2814013 $5.95

YOGA AND BODY IMAGE: 25 Personal Stories About Beauty, Bravery & Loving Your Body By M. Klein & A. Guest-Jelley. Twenty-five contributors—including Alenis Morissette, celebrity yoga instructor Geanie Corne and author Dr. Sara Gottfried—discuss how yoga and body intersect. Through inspiring personal stories, you’ll discover how yoga not only affects your physical health, but also how you feel about your body. 265 pages. Llewellyn. Paperbound. Pub. at $17.99 Item #6717519 $6.95

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ASTROSEX: Sexual Secrets Revealed Through the Stars By Sarah Bartlett. You’ll find an in-depth description of male and female sexual preferences for each star sign with tips on erogenous zones, preferred positions, and favorite fantasies. With more than 350 atmospheric and sensual color photos, including steamy sex positions, this guide provides a visually seductive experience. Adults only. 240 pages. Skyhorse. Paperbound. Pub. at $14.95.

THE ORGASM ANSWER GUIDE By Barry R. Komisaruk et al. Addresses every aspect of orgasms: how they happen, why they don’t and what can be done to enhance sexual experiences. The authors provide clear and informed answers to more than 80 common questions, from “Can an orgasm cause a heart attack?” to “What is the G-spot?” Adults only. Illus. 151 pages. Johns Hopkins. Paperbound. Pub. at $20.95.

THE LOVERS’ GUIDE TO HOMEMADE VIDEO: Tips and Techniques for Making Your Own Erotic Movies By Serena Valles with C. Martinez. Inside every person dwells a being who feels curious about or enjoys watching him or herself naked in erotic situations. This guide will help you discover exciting, erotic possibilities, from filming to striptease, to creating a stimulating session of nude photography, and much more. Adults only. Well illus., most in color. 141 pages. Skyhorse. Paperbound. Pub. at $14.95.

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SLOW SEX: The Path to Fulfilling and Sustainable Sexuality By Diana Richardson. Exploring the healing, spiritual power of slow sex, this guide offers a step by step guide for committed couples to transform sex into a meditative, loving union of complementary energies. It explains how slow sex increases sensitivity and sexual vitality and how slow sex is loving sex. Adults only. 166 pages. Destiny. Pub. at $14.95.

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STAYING DRY: Last Straw Strategies-99 Tips to Bring You Back from the End of Your Rope By Michelle Kennedy. Offers 99 tips from parents who’ve been there—and who have lived to tell the tale. (And don’t forget the far, far fewer crib sheets afterward.) These potty training strategies worked for them and they will work for you. Features real-life accounts of ‘I laughed along the way. Fully illus. in color. 128 pages. Barron’s. 5x7. Paperbound. Pub. at $8.95.

THE LITTLE BOOK OF CELTIC NAMES By Loreto Todd. Some of the world’s most popular and attractive names are Celtic in origin. This collection reveals their meaning and history and includes a pronunciation guide. 96 pages. O’Brien Press. Pub. at $7.95.

THE TENDER TODDLER By Laura A. Jana. Helps parents recognize the connection that exists between their everyday parenting behaviors and their child’s ability—specifically, between birth and age five—to develop valuable 21st-century skills. Crossing both centuries and cultures, she reveals how cultivating these “QI skills” can help our children to thrive. 262 pages. Da Capo. Pub. at $27.00.

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