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LIVING A REAL LIFE WITH REAL FOOD: How to Get Healthy, Lose Weight, and Stay Energized – the Kosher Way By Beth Warren. 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 fasts and a broken food system. Color photos. 330 pages. Skyhorse. Pub. at $24.95. Item #6594130

THE HEALTHY COCONUT By Jenni Madison. A simple and inspiring guide to incorporating the amazing benefits of coconut into your daily lifestyle. Features more than 100 cleansing, nourishing and beautifying recipes bursting with coconut goodness and superfood nutrition like Thai Style Coconut & Vegetable Soup; Coconut Bread with Chia Jam; and Raw Vegan Tuna Salad. Well illus. in color. 242 pages. Rockpool. $19.95. Item #615651

USING THE GAPS DIET: 175 Recipes for Gaining Control of Your Gut Flora By Signe Gad. Used for a range of modern chronic diseases that have their roots in compromised intestinal flora, GAPS is free of sugar, starch, and processed food including additives and is for those living with chronic diseases like diabetes, behavioral disorders, depression and excess weight. With 175 recipes and information on the GAPS protocol, you can heal your gut and gain control of your health. 288 pages. Robert Rose. Paperbound. Pub. at $24.95. Item #6928306

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 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 #6981471

Exercise & Fitness

101 MUSCLE-SHAPING WORKOUTS & STRATEGIES FOR WOMEN: Muscle & Fitness Her Fully illustrated with step by step instructions, plus tips from trainers for improving your form and increasing the challenge. This comprehensive guide will teach women how to take their workouts to the next level. 175 pages. Triumph. 7 x9½. Paperbound. Pub. at $14.95. Item #6830412

DVD YOGILATES, LEVEL 1: Beginners Workout By Jonathan Urala. This is a beginning level yoga class that safely tones, stretches, and relaxes your whole body. You’ll love the music and loft setting as you move from core mat-work exercises to strengthen your back and abs, to standing poses that improve leg strength, flexibility and balance. 45 minutes. $3.95. Item #6735193

MOBILITY WORKOUT HANDBOOK By David Kirschen et al. 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. Item #6840590

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-week fitness plans and 15-minute high-intensity interval training; a simple philosophy on food for clean eating; and more. Fully illus. in color. 302 pages. Skyhorse. Paperbound. Pub. at $19.99. Item #6791767

PILATES: 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

FROM SLIGHT TO MIGHT: Building Muscle for the Hardgainer By Hollis Lance Liebman. A comprehensive guide to help you add the mass you’ve been seeking and continue to gain personal confidence in your body. This book 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. 8 x10. Paperbound. Pub. at $19.99. Item #6796192

THE BELLY OFF! WORKOUTS: A 6-Week Detox Diet and Fitness Plan That Strips Away Fat-Fast! By Jeff Csato et al. With revolatory 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. 211 pages. Hachette. Pub. at $27.00. Item #7560305

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 #7560305

STAYING YOUNG WITH INTERVAL TRAINING By Joseph Tieri. Research shows that high-intensity interval training improves heart and cellular health, prevents disease and enhances athletic performance for older adults—regardless of age. With this guide you can quickly gain greater flexibility; muscle and core strength; increased energy; optimal health and a leaner physique with fat-burning stamina. Well illus. 136 pages. Ulysses. Paperbound. Pub. at $15.99. Item #7867114

ENERGY EVERY DAY: Your Personal Plan for More Energy and Better Health By Ron Woods et al. Whether you’re a student or CEO, small business owner or homemaker, you’ll learn how to incorporate physical activity into your daily routine for better health and increased energy. Create a personal energy plan specific to you by evaluating your lifestyle and identifying opportunities to add energy boosting activities to your day with this step by step program. Well illus. in color. 236 pages. Human Kinetics. Paperbound. Pub. at $19.95. Item #5793610

STRENGTH TRAINING: Stay Fit & Fabulous By Cris Canavo. This guide holds the key to feeling and looking great as you age. 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 #6777848

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. 8½ x11½. Pub. at $36.95. Item #925727X

BARRIATRIC FITNESS FOR YOUR NEW LIFE By Julia Kardast. Bariatric surgery is a highly effective way to take control of your weight. But it’s only one part of the solution. The helpful advice and proven fitness program in this guide provides the tools you need to make sure your bariatric surgery produces sustained weight loss. Well illus. 152 pages. Ulysses. Paperbound. Pub. at $19.95. Item #7782421

ENERGY EVERY DAY: Your Personal Plan for More Energy and Better Health By Ron Woods et al. Whether you’re a student or CEO, small business owner or homemaker, you’ll learn how to incorporate physical activity into your daily routine for better health and increased energy. Create a personal energy plan specific to you by evaluating your lifestyle and identifying opportunities to add energy boosting activities to your day with this step by step program. Well illus. in color. 236 pages. Human Kinetics. Paperbound. Pub. at $19.95. Item #5793610

NEW LIFE 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. 8½ x11½. Pub. at $36.95. Item #925727X

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<td><strong>THE PATH OF MODERN YOGA: The History of an Embodied Spiritual Practice</strong> 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</td>
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<td><strong>BEAUTY REWIND: A Makeup Guide to Looking Your Best at Any Age</strong> By Taylor Chang-Babarian. The essential guide for looking and feeling your best at every age. From skin-care treatments to emphasizing your best features, the celebrity makeup artist gives you all the tools you need to age gracefully and beautifully. Fully illus. in color. 176 pages. Perigee. 8¼x10¼. Pub. at $21.95</td>
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<td><strong>UNRULY CURLS: How to Manage, Style and Love Your Curly Hair</strong> By Michael Price. Whether you have ringlets, waves or even kinky hair, this guide is your companion. Packed with essential tips for looking after your hair from the inside out, this is a “whole-istic” three-step program that will help you maintain your natural beauty and create a customized action plan to heal. 180 pages. North Atlantic. Pub. at $28.00</td>
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<td><strong>FOREST BATHING: How Trees Can Help You Find Health and Happiness</strong> By Qing Li. As a society we suffer from nature deficit disorder. The author shows how forest bathing can reduce your stress levels and blood pressure, strengthen your immune and cardiovascular systems, boost your energy, mood, creativity, and concentration, and even help you lose weight and live longer. 110 pages. Viking. Pub. at $20.00</td>
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  By Jennifer Stagg. Your health is not completely predetermined by your genes. By understanding your unique gene structure, you can view your body in an innovative way that allows you to take control of your health and future and bring balance back in your life. Stagg provides an actionable plan to radically transform your health.  
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  By John Sharkey. This concise and comprehensive reference for therapists in training provides accurate and essential criteria for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine, filiform needle. Fully illus. in color. 260 pages. North Atlantic. 8½x10. Paperback. Pub. at $29.95  
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  By Janette Hillis-Jaffe. Conquer chronic illness with the daily action steps listed in this guide, helping readers to eliminate old habits and establish new paths to health. Includes personal stories and medical studies to demonstrate the power of each step, tips for researching new treatment options, and much more.  
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<td>SECRETS OF REIKI By A. Charltish &amp; A. Robertshaw. This comprehensive guide will teach you how to use reiki’s hands-on techniques to access the universal life energy within us all and bring peace and balance to the mind, body, and spirit. Fully illus. 224 pages. Ivy Press. Paperbound. Pub. at $12.99</td>
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<td>224 pages</td>
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<tr>
<td>5928184</td>
<td>CHINESE HOLISTIC MEDICINE IN YOUR DAILY LIFE: Combinative Acupressure, Herbal Remedies &amp; Qigong for Integrated Natural Healing By Steven Cardozo. Reveals a self-care approach for treating specific ailments and enhancing wellness. Learn how to integrate acupressure, herbalism, Qigong, diet, and lifestyle so that you can achieve optimal health outcomes. The ancient wisdom and practical techniques in this guide will help prevent the onset of disease, improve your day to day wellness, and promote longevity. Illus. 402 pages. Llewellyn. Paperbound. Pub. at $24.99</td>
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<td>6952720</td>
<td>ORTHOMOLECULAR NUTRITION FOR EVERYONE: Megavitamins and Your Best Health Ever By Helen Saul Case. The evidence from nearly 80 years of research proves that nutritional therapy works. Orthomolecular nutrition uses vitamins, minerals, and nutritional supplements to prevent and cure real diseases. This guide addresses common questions about supplementation including dosing, safety, and exactly what the body needs. 460 pages. Basic Health. Paperbound. Pub. at $24.99</td>
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**Complementary & Alternative Medicine**

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<td>6549237</td>
<td>THE HEALING INTELLIGENCE OF ESSENTIAL OILS: The Science of Advanced Aromatherapy By Kurt Schnaubelt. Laying to rest old arguments over essential oils’ alleged toxicity, Schnaubelt presents simple recipes and protocols for treating and preventing common ailments, such as colds, flu, herpes, and candida, as well as for pain management. He reveals how essential oils can ameliorate the debilitating side effects of chemotherapy, as well. 233 pages. Healing Arts. 8x10. Paperbound. Pub. at $19.95</td>
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<td>6936644</td>
<td>KAVA-KAVA: Sacred Brew By E.F. Steinmetz. The root of the kava plant has been used for centuries by Pacific Islanders to heal, in religious rituals, for relaxation, and a healthy alternative to alcohol. The author provides an in-depth look at the history, botany, chemistry, culture, and use of kava’s sacred brew. Illus. in color. 115 pages. Ronin. Paperbound. Pub. at $15.95</td>
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<td>115 pages</td>
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<td>2807815</td>
<td>ECSTATIC SOUL RETRIEVAL: Shamanism and Psychotherapy By Nicholas E. Brink. Sharing the wisdom of shamanic healing, Brink creates an accessible link between psychotherapy and the ritualized ecstatic trance postures. Using three in-depth case studies, he demonstrates how these practices can be used to resolve a variety of common psychological issues, and to improve your connection to Mother Earth. 195 pages. Bear &amp; Company. Paperbound. Pub. at $16.00</td>
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**Eastern Traditions and Practices**

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<td>65719928</td>
<td>THE PAIN-FREE BACK: 54 Simple Qigong Movements for Healing and Prevention By Yang, Jing-Ming. Most adults experience low back pain at some point in their lives, but there is hope. Committing to a series of simple exercises, you can prevent and heal injuries to maintain a healthy back for a lifetime. You will regain pain-free motion with qigong, a Chinese art that promotes healing and flexibility. Illus. Paperbound. Pub. at $16.95</td>
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<td>181 pages</td>
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<td>6573781</td>
<td>YOGA NIDRA MEDITATION: The Sleep of the Sages By Pierre Bonnasse. Known as the “yoga of conscious sleep,” yoga nidra is an ancient Indian practice that allows you to consciously explore the states of wakefulness, dream, and deep sleep. The author shows how sleep can be an opportunity to practice a form of yoga that changes your nights as well as your days. 150 pages. Inner Traditions. Paperbound. Pub. at $16.95</td>
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<td>YOGA FOR THE CREATIVE SOUL: Exploring the Five Paths of Yoga to Reclaim Your Expressive Spirit By Erin Byron. Combines expressive arts and yoga therapy into a valuable guide to healing emotional wounds and creating a joyous life. Through drawing, writing, and dancing—as well as yoga postures, meditation, relaxation, and more—it will help you to cultivate your true intentions and live your deepest values. 22 pages. Llewellyn. Paperbound. Pub. at $17.95</td>
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<td>65171756</td>
<td>POWER YOGA, 2ND EDITION: An Individualized Approach to Strength, Grace, and Inner Peace By Ulla Norberg. Gorgeous color photographs depicting yoga poses makes this both a remarkably practical and truly inspiring guide. Norberg offers a fresh and positive approach to yoga as exercise and as a vibrant part of a fulfilling lifestyle. 128 pages. Skyhorse. Paperbound. Pub. at $14.95</td>
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<td>6547774</td>
<td>YOGA FOR FIBROMYALGIA: Move, Breathe, and Relax to Improve Your Quality of Life By Shoosh Lettick Crozier. A comprehensive program of 26 yoga poses, breathing techniques, and guided visualization and relaxation sessions that can be practiced regardless of age or yoga experience. Included is a “Living with Fibromyalgia” section which discusses lifestyle concerns, such as sleep, nutrition, exercise, and managing daily movement. Illus. in color. 128 pages. Rodmell. Paperbound. Pub. at $14.95</td>
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<td>675127X</td>
<td>YOGA ASANAS By Louis Frederic. The author presents in this guide a natural method of physical and mental training and an introduction into breathing. He has conceived this progressive method of yoga as a true discipline of the body adapted to western life. Fully illus. 166 pages. Union Yoga. Paperbound. Pub. at $9.95</td>
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MINDFUL YOGA, MINDFUL LIFE: A Guide for Everyday Practice By Charlotte Bell. An inspiring guide for anyone seeking to live a yogic life. The author shows by example how to be a yogi in the particularity of your own life. Bell suggests how to bring mindfulness into asana, and her recommended daily practices, or reflections, will reveal new inner landscapes. 178 pages. Rodmell.

Paperbound. Pub. at $14.95

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THE MODERN YOGA BIBLE By Christina Brown. Discover modern yoga practices and techniques to increase flexibility and strength, relieve stress and calm the mind. Includes step by step instructions, and advice for beginners as well as expert tips for yogis wishing to deepen their practice. Fully illus. in color. 400 pages. Walking Stick Press.

Paperbound. Pub. at $21.99

Item #5905297  $16.95

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

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FOUNDATIONS OF REIKI RYOHU: A Manual of Shoden and Okuden By Nicholas Pearson. Offering Reiki tools to transform your life from the inside out, the author shows how Reiki Ryoho is a healing system that focuses on the inner and spiritual aspects of your being first, allowing you to polish the heart so it reflects the shining light of the soul. 340 pages. Healing Arts. Paperbound. Pub. at $24.99

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THE LITTLE BOOK OF GOAT YOGA By Laneay Morse. Brings the goat yoga experience straight to you, complete with gentle sequence you can do with or without hooved companions. It’s animal therapy in a book—and possibly the cutest way yet to get fit! Well illus. in color. 120 pages. Running Press. Paperbound. Pub. at $15.99

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DECORATING WITH THE FIVE ELEMENTS OF FENG SHUI By Tisha Morris. Follow the three-step formula to incorporate feng shui into your life. With a room-to-room guide for using the five elements, instructions for healing spaces both inside and outside, and much more, this text will help you find harmony in your body, your home, and the world. 234 pages. Schiffer.


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HOLISTIC ENERGY MAGIC By Tess Whitehurst. Access your natural abilities to create positive change and manifest success in every area of your life. Interweaving both ancient and modern spiritual techniques, this empowering guide provides instructions for tool-free magic and important insights into the foundations of personal power. 272 pages. Llewellyn. Paperbound. Pub. at $16.99

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WHEEL OF INITIATION: Practices for Releasing Your Inner Light By Julie Tallard Johnson. Drawing upon the life experiences of those who have successfully navigated the Wheel of Initiation, Johnson demonstrates that once fears, assumptions, and ingrained beliefs are confronted and transformed, initiates emerge ready to reenter society with renewed energy and vision. 356 pages. Bear & Company. Paperbound. Pub. at $18.00

Item #6772811  $5.95

ANIMAL TOTEMs AND THE GEMSTONES KINGDOM: Spiritual Connections of Crystal Vibrations and Animal Medicine By Margaret Ann Lembo. Every animal has a story to help you find inner peace, knowledge, and wisdom. The Associated gemstone for each animal totem is a further indication of the energy of the animal as symbolism and a teaching on your sacred journey. This guide shows you 88 gems, stones, and crystals and 88 different animal allies, and details the spiritual connections. Illus. in color. 222 pages. Findhorn. Paperbound. Pub. at $19.99

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LIGHTWORKER: Understand Your Sacred Role as Healer, Guide, and Being of Light By Salivanna Arienta. A Lightworker’s mission is to lend his or her light energy to a planet heavy with fear and negativity. Are you a Lightworker? Find out with this empowering guide, leading readers on a journey to the origin of the soul—and down a path to their own wondrous and healing gifts. 251 pages. Findhorn.


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ANGEL RELATIONSHIPS: A Match Made in Heaven By Annette Bruchu. By using the exercises, meditations, and visualizations provided in this guide, you can connect to the angels and receive divine guidance for earthly challenges. Learn who the angels are and how you can change and grow to bond with your Guardian Angel and other heavenly beings. 128 pages. Schiffer. Paperbound.

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NEW WISDOM OF THE SHAMANS: What the Ancient Masters Can Teach Us About Love and Life By Don Jose Ruiz. For generations, Toltec shamans have passed down their wisdom through teaching stories. The purpose of this is to implant a seed of knowledge in the mind of the listener, where it can ultimately sprout and blossom into a better way of life. The author shares some of the most popular stories from his family’s oral tradition and offers corresponding lessons. 144 pages. Heron. Paperbound.

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THE CHAKRA PROJECT: How the Healing Power of Energy Can Transform Your Life By Georgia Colenidge. With dozens of colorful and inspiring photos along with simple, accessible exercises, this guide will help you to connect with your chakras, get to know each one and help you to heal them if they are unbalanced or blocked. 192 pages. Sterling. Ethos. Pub. at $19.95

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12 MAGIC WANDS: The Art of Meeting Life’s Challenges By G.G. Bollich. Exploring what magic is and where it abides, Bollich 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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LIGHTWORKER: Understanding Your Sacred Role as Healer, Guide, and Being of Light By Salivanna Arienta. A Lightworker’s mission is to lend his or her light energy to a planet heavy with fear and negativity. Are you a Lightworker? Find out with this empowering guide, leading readers on a journey to the origin of the soul—and down a path to their own wondrous and healing gifts. 251 pages. Findhorn.


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ANGEL CHATTER: Heavenly Guidance and Earthly Practice to Connect with Angels By Christine Alexandria. Whatever faith we personally subscribe to, angels cross those boundaries and find their way into our lives. They remind us that we are not alone; that we are all guided and protected from another world. In her new informative, quirky, and practical guide, the author shares her profound knowledge of angels. Illus. 224 pages. Helios. Paperbound. Pub. at $17.95

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THE BODY DEVA: Working with the Spiritual Consciousness of the Body By Mary Mueller Shuten. In this step by step guide to understanding and working with the body deva, Shuten explains how our bodies store the traumatic energies, emotions, physical issues, and restricting beliefs that cause us pain and have us feel disconnected. Discover what lies unhealed with her help and evolve beyond these limitations into greater health. 205 pages.


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**SEARCH INSIDE YOURSELF** By Chade-Meng Tang. The author has distilled emotional intelligence into a set of practical and proven tools and skills that anyone can learn and develop. This guide teaches you how to become more optimistic and resilient, to build fulfilling relationships, or to just be successful. Illus. 268 pages. HarperOne. Paperbound. Pub. at $16.99 Item #6901204

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**SUPERBETTER: The Power of Living Gamely** By Jane McGonigal. Reveals a decade’s worth of scientific research into the ways all games change how we respond to stress, challenge, and pain. McGonigal explains how we can cultivate new powers of recovery and resilience in everyday life simply by adopting a more “gameful” mindset, tapping into the same psychological strengths we naturally display when we play games. 466 pages. Penguin. Paperbound. Pub. at $17.00 Item #6893171

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**WHAT ARE YOU WAITING FOR? Learn How to Rise to the Occasion of Your Life** By Kristen Moeller. Through candid stories and insightful life lessons, Moeller helps you explore the pervasive human tendency to wait for the “perfect” time to act and to look outside yourself for answers. Everything you need for happiness and fulfillment is right inside this guide. 268 pages. Viva Editions. Paperbound. Pub. at $15.95 Item #6757014

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**THE VOICE: Overcome Negative Self-Talk and Discover Your Inner Wisdom**
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WE ARE EACH OTHER’S

THE POWER OF THE PRAYER SILENCE

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<tr>
<th>Title</th>
<th>Author</th>
<th>Publisher</th>
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<tr>
<td>THE LONGEVITY BOOK</td>
<td>By Cameron Diaz &amp; S. Bark. Offers an all encompassing, holistic look at how the female body ages and what we can all do to age better. 259 pages.</td>
<td>Harper. Pub.</td>
<td>$27.99</td>
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<tr>
<td>CRACKING THE AGING CODE: The New Science of Growing Old—and What It Means for Staying Young</td>
<td>By J. Mitteldorf &amp; D. Sagan. Making the case that aging is something that “just happens,” nor is it the result of wear or tear or a genetic inevitability.</td>
<td>HarperOne. Pub.</td>
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By Tony Rossetter.
Whether you're in the office or at home, you conduct negotiations every day. This guide offers practical help for handling each process of successful negotiations: working out your ideal and fallback positions; overcoming barriers; dealing with mistakes and difficult people; and more. Illus. in color. 148 pages. In Easy Steps. Paperback. Pub. at $14.95. Item #4577973 $4.95

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