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★ What You Need to Know About America’s Most Misunderstood Predator

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**THE FEELGOOD PLAN: Happier, Healthier & Slimmer in 15 Minutes a Day** By D. Wong & K. Faithfull-Williams. Packed 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

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**THE ENNEAGRAM OF EATING: How the 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 you. why we do what we do; and where each type fails at weight loss. 192 pages. Findhorn. Paperbound. Pub. at $16.99. Item #2808501 $13.95

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  - By Elliot 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. 8½x10½. Pub. at $39.95. Item #6775450
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### Health & Medical References

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  - By John D. Day et al. When Dr. Day was lecturing in China, he learned of a village free of disease, and where living past one hundred and in good health was not uncommon. After spending time there, his research revealed seven principles that work in tandem to create health, happiness, and longevity, which he shares in this fascinating guide. Color photos. 288 pages. Harper. Paperbound. Pub. at $16.99. Item #7931583
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- **100 PERFECT HAIR DAYS**
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  - By Mary Helen Leonard. A step-by-step guide that will help you systematically replace your commercial beauty products with a 100% natural routine. Discover the essential ingredients and tools you need; easy-to-follow, all-natural recipes to replace chemical-laden beauty products; helpful tips; personal stories; troubleshooting advice; and more, illus. in color. 128 pages. Spring House. 8x10. Paperbound. Pub. at $19.95. Item #6629599
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- **DRUG MUGGERS: Which Medications And Over-the-Counter Drugs Can Compromise Your Natural Health**
  - By Suzy Cohen. This comprehensive resource lists over 600 entries of disease, and where living past one hundred and in good health was not uncommon. After spending time there, his research revealed seven principles that work in tandem to create health, happiness, and longevity, which he shares in this fascinating guide. Color photos. 288 pages. Harper. Paperbound. Pub. at $16.99. Item #7931583
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- **UNRULY CURLS: How to Manage, Style and Love Your Curly Hair**
  - By Michael Price. Whether you have ringlets, waves or even kinky hair, this guide is your savior. Packed with essential tips for looking after your hair from the inside out, this is a fun celebration of curly hair. Well illus. in color. 112 pages. Hardie Grant. Pub. at $14.99. Item #864708
  - $6.95
TOO MUCH OF A GOOD THING By Lee Goldman. Dr. Goldman tells the story of how these four survival traits have evolved to the point at which they cause more than six times the number of deaths they currently prevent. He explains not only how our bodies have fallen out of sync with today’s world but also what we can do about it. 344 pages. Little, Brown. Pub. at $26.00

OVERDOSED AMERICA: The Broken Promise of American Medicine By John Abramson. Reveals the ways in which drug companies have misrepresented statistical evidence, misled doctors, and compromised our health. The good news is that the best scientific evidence shows that reclaiming responsibility for our own health is often far more effective than taking the latest blockbuster drug. 334 pages.

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THE DOCTOR’S GUIDE TO SURVIVING WHEN MODERN MEDICINE FAILS By Scott A. Johnson. Instead of running to the doctor every time you get sick, you can avoid the illness with the solutions offered here. Dr. Johnson tells you how to employ proven dietary supplements, ways to regularly cleanse your body of toxins, how to get the most out of physical activity, and more. 264 pages. Skyhorse. Paperbound. Pub. at $19.94

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THE TELOMERE EFFECT: A Revolutionary Approach to Living Younger, Healthier, Longer By E. Blackburn & J. Epel. Reveals that sleep quality, exercise, diet, and even certain chemicals profoundly affect our telomeres (which protect our genetic heritage), and that chronic stress, negative thoughts, strained relationships, and even the wrong neighborhoods can eat away at them. The authors show how you can make simple changes to keep your chromosomes and cells healthy. Illus. 398 pages. Grand Central. Paperbound. Pub. at $17.99

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**THE GUT WELLNESS GUIDE By A. Post & S. Cavalier. A friendly guide for anyone grappling with chronic pain, fatigue, gas, bloating, and other common disorders associated with the gut. Addressing a wide range of conditions, this guide presents simple ways to relieve the stress, tune into your body, and create a customized action plan to heal. 180 pages. North Atlantic. Pub. at $18.95

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**THE LUCKY YEARS: How to Thrive in the Brave New World of Health By David B. Agus..Agus offers a picture of the future of health and medicine—a new golden age where you can take full advantage of the latest science and technologies to customize your care. By understanding your DNA to increase a healthy lifespan; prolong natural fertility and have children in your forties; and lose weight effortlessly without a trendy diet. Illus. 272 pages. S&S. Paperbound. Pub. at $16.00


**THE PROBIOTIC CURE: Harnessing the Power of Good Bacteria for Better Health By Martie Whittekin. Research shows that a range of illnesses, from stomach ulcers to osteoporosis, can be caused by “H. pylori,” a nasty little bacteria found in the gut. In this guide, a certified clinical nutritionist offers the solution: an effective alternative approach employing good bacteria known as probiotics. 252 pages. Square One Publishers. Paperbound. Pub. at $16.95


THEmeldung TOXOUT: Getting Harmful Chemicals Out of Our Bodies and Our World By L. Louie & R. Smith. Gives practical and often surprising advice for removing toxic chemicals from our bodies and homes. With trademark humor, the authors give us the good news about what is in our control, the steps we can take to help our bodies remove our toxic burden—and what we can do to avoid it in the first place. 290 pages.
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- **SUSTAINABLE HEALTH: Simple Habits to Transform Your Life** by Susan L. Roberts. Offers a set of hassle-free tips and tools to help readers impact tangible experiences of living, such as sleeping, eating, working, socializing, and understanding one’s own body. Using the five elements of Traditional Chinese Medicine, Roberts has created a Healing Compass to lead readers on the path toward healing and fulfillment. Illus. 216 pages. Norton. Bx10. Paperback. Pub. at $17.95  
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- **EVERYDAY HEALING: Stand Up, Take Charge, and Get Your Health Back...One Day at a Time** by Janette Halls-Jaffe. Overcome 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 up the power of each step; tips for researching new treatment options; and much more. 223 pages. New Page Books. Paperback. Pub. at $15.99  
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  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.
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  By Pam Lobley. Facing summer with her two boys, Lobley asked them what they wanted to do. Their answer? “Why can’t we just play?” Here unfolds her touching and amusing account of the summer she gave her kids the gift of “boredom.” 170 pages. Familius. Paperback. Pub. at $15.95
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  By L. Schultemaker & W. Entwhistle. Shows how firstborn girls become who they are and offers insights that can allow them more freedom to move. Being an eldest daughter has certain advantages, but the overbearing sense of responsibility often gets in the way. 192 pages. Findhorn. Paperback. Pub. at $15.99
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- **THE MOMMY MOJO MAKEOVER:** 28 Tools to Reclaim Yourself & Reignite Your Relationship
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- **MOTHERS OF THE VILLAGE:** Why All Moms Need the Support of a Motherhood Community and How to Find It for Yourself
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THE GENTLE ART OF SWEDISH DEATH CLEANING: How to Free Yourself and Your Family from a Lifetime of Clutter By Margareta Magnusson, with Scandinavian humor and wisdom, Magnusson instructs readers to embrace minimalism. Her radical and joyous method helps families broach sensitive conversations and make the process of “cleaning out” uplifting instead of overwhelming. 117 pages. Scribner. Pub. at $18.99.

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QUESTION AUTHORITY TO THINK FOR YOURSELF  By Beverly A. Potter. Explains why we conform, and how to break out of conformity. It begins with questioning authority, including your own authority, beliefs, and assumptions you’ve accepted as facts. Potter offers techniques, with examples, of how to deflect attacks, side-tracks, and gut-downs that keep us from thinking for ourselves. Illus. 212 pages. Riverhead.  

THE BOOK OF DOING and BEING  by Barnett Barn. Shows how to unleash your creative energy with a treasury of techniques, processes, rituals, and tools. These more than forty exercises form a lattice-work on which your creativity can grow and flourish—Do and Be. 201 pages. Attra. Paperback. Pub. at $14.95.  

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L'ART DE LA SIMPLICITE: How to Live More with Less  by Dominique Loreau. Loreau takes you on a step by step journey to a clutter-free home, a calm mind, and an energized body. Free yourself of possessions you need, have more money to spend on life’s little luxuries, eat better and lose weight, and say goodbye to anxiety and negative relationships. 246 pages. St. Martin’s. Paperback. Pub. at $18.99.  

TAKE CONTROL OF YOUR LIFE: Rescue Yourself and Live the Life You Deserve  by J. Paul Nadeau. Combining his personal experiences and insights from many years in the field of law enforcement and hostage negotiations, Nadeau helps us overcome the self-sabotaging thoughts and attitudes that prevent us from becoming our best selves and fully achieving our dreams. 209 pages. HarperCollins. Paperback. Pub. at $17.95.  

DOWNSIZING THE FAMILY HOME: What to Save, What to Let Go  by Marni Jameson. Takes the reader through the difficult and emotional journey of downsizing your home or their parent’s home. The author shares hands-on wisdom, guidance and insightful advice. Chapters include Get the Right Mind Set; Endowment; Plan E for Estate Sale; The Really Tough Stuff, and more. 237 pages. Sterling. Paperback. Pub. at $16.95.  

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