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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 $17.95

- **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. Paperback. 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. Paperback. Pub. at $10.95. Item #2983265 $8.95
**Eastern Traditions and Practices**

- **HOW TO MEDITATE LIKE A BUDDHIST**
  By Cynthia Kane. Kane demystifies the ancient practice of meditation and gently teaches you everything you need to know about building a practice that works for you, including detailed guidance on posture, breathing, mindset, overcoming common obstacles, and more. 144 pages. Hierophant. Paperbound. Pub. at $14.95

- **THE HOT BELLY DIET**
  By Suhas G. Kshirsagar with K. Lobberg. 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

- **SHIHRIN YOKU: The Japanese Art of Forest Bathing**
  By Yoshitumi 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. Timber. Pub. at $16.95

- **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 happy, healthy life. She also shares heartwarming stories and mouth watering recipes. Fully illus. in color. 318 pages. Bear & Company. Pub. at $20.00

- **YOGA RISING: 30 Empowering Stories from Yoga Renegades for Every Body**

**New Age Spirituality**

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  By Caroline Dow. Bring a sense of harmony and balance to your environment so that no matter where you are, you can connect with your higher self. Over 200 inspiring techniques for transforming any space into a haven prepared to help you achieve serenity and joy. 319 pages. Llewellyn. Paperbound. Pub. at $17.95

- **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 easy-to-learn techniques 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 $13.95

- **PLEIADIAN-EARTH ENERGY ASTROLOGY: Charting the Spirals of Consciousness**
  By Pia Orlean 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 vibration species. 336 pages. Bear & Company. Pub. at $19.99

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  By Darren Cockburn. Guides 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 peaceful mind and harmonious living. 192 pages. Inner Traditions. Paperbound. Pub. at $16.99

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  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. 256 pages. G&D Media. Paperbound. Pub. at $17.95

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  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

**Aging**

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★ THE BUSY PARENT’S GUIDE TO MANAGING ANGER IN CHILDREN AND TEENS: A Quick Read for Powerful Solutions! By Laurie Hoffman. 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. Paperback. Pub. at $9.99

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