# SCIENCE & HEALTH

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Earth Science

★ METEORITES By Bruce L. Stinchcomb. Over 500 full-color images and engaging text provide insight into these interesting collectibles from out of this world. These rocks tell tales to those who know how to read them: nebulas, novas, supernovas, red giants, and impacting celestial bodies. Readers can explore metallic, stony-iron, and stony meteorites, meteorite falls, meteorites, and rare meteorites. 160 pages. Item #037808X $21.95

★ EVERYTHING YOU KNOW ABOUT PLANET EARTH IS WRONG By Matt Brown. The human race has living on planet Earth pretty well worked out. Or have we? Actually, there is plenty still to explore on our constantly changing planet and much remains unexplained—from the location of Mexico to measuring earthquakes on the Richter scale, things are never quite what they seem. Illus. 160 pages. Batsford. Pub. at $12.95 Item #2863715 $9.95

★ ON THE TRAIL OF STARDUST By Jon Larsen. Stardust—known as micrometeorites—is the oldest matter anywhere. Larsen reveals the techniques he has developed so you too can discover stardust as near as your own roof! The guide explains the best places to look and offers step by step photo sequences of the methods he has developed to assemble his collection. Well illus. in color. 144 pages. Voyageur. Paperbound. Pub. at $19.99 Item #2942631 $14.95

Coral: A Pessimist in Paradise By Steve Jones. While writing this book, Steve Jones had beside him the coral brooch that his sea captain grandfather brought back across the Indian Ocean beside him the coral brooch that his sea captain grandfather brought back across the Indian Ocean. Differences arise when Westerners try to “fix” complex, messy situations in the developing world, acting with the best intentions yet potentially overlooking the wishes of the people who live there. 287 pages. Metropolitan Pub. at $50.00 Item #6850073 $6.95

LIGHTING THE WORLD: Transforming Our Energy Future by Bringing Electricity to Everyone By Jim Rogers with S.P. Williams. Describes how an international coalition can come together to secure financing, spearhead the newest and cleanest technologies, and work with the governments, entrepreneurs, and NGOs already on the ground to ensure that everyone has access to a steady and reliable supply of power. 245 pages. St. Martin’s. Pub. at $26.99 Item #5724023 $3.95

Environment & Ecology

WEIRD LIFE: The Search for Life That Is Very, Very Different from Our Own By David Toomey. Takes readers to the edges of organic chemistry, planetary science, nuclear physics and cosmology to consider incredible organisms, some observed, others only theorized, that challenge our definition of life. Photos. 268 pages. Norton. Paperbound. Pub. at $15.95 Item #6975186 $4.95

PRECICYCLE! By Paul Peacock. Take a trip down the supermarket aisles and discover how you can make at home the items you find on the shelves for a fraction of the cost: butter, baked beans, cheese, bacon, beer, deodorant, shampoo, furniture polish, and lots more! 224 pages. The Good Life Press. Paperbound. Pub. at $9.99 Item #6659721 $3.95


WHITE MAN’S GAME: Saving Animals, Rebuilding Eden, and Other Myths of Conservation in Africa By Stephanie Hanes. A eye-opening expose of the problems that arise when Westerners try to “fix” complex, messy situations in the developing world, acting with the best intentions yet potentially overlooking the wishes of the people who live there. 287 pages. Metropolitan Pub. at $50.00 Item #6850073 $6.95

JOURNEY OF THE UNIVERSE By B.T. Swimm & M.E. Tucker. An epic story of the emergence of the universe and of the community of life, with a new vision for how we might bring forth a vibrant Earth Community. This study transforms how we understand our origins and envision our future. 175 pages. Yale. Pub. at $27.00 Item #5699224 $6.95

Environment & Ecology

★ DVD WHAT IS KILLING LAKE WINNIPEG & HOW TO SAVE IT Can we save one of the world’s largest freshwater lakes? This documentary program reveals how a perfect storm of agriculture, hydro practices, sewage run-off, flooding and marsh destruction have devastated Lake Winnipeg in Manitoba, Canada. 44 minutes. TMW Media Group. $3.95

THE BURNING ANSWER By Keith Barnham. Uncovers the connections between physics and politics that have resulted in our dependence on a high-carbon lifestyle, which only the solar revolution can now overcome. Barnham provocatively and passionately outlines actions that all of us can take to make an impact now and on future generations. 368 pages. Pegasus. Pub. at $27.95 Item #6765858 $4.95


★ BURN: Using Fire to Cool the Earth By A. Bates & K. Draper. This title looks beyond renewable biomass and carbon capture energy systems to offer a bigger bolder vision for the next phase of human progress; one where we utilize low tech cost effective strategies and the most innovative emerging technologies from around the world to transition carbon from a wasted resource to a drawn down superhero. 278 pages. Chelsea Green. Pub. at $24.95 Item #2898756 $19.95

Environment & Ecology

GAIA CALLS: South Sea Voices, Dolphins, Sharks & Rainforests By Wade Doak. One of the world’s leading marine explorers takes you on a journey from his first discovery of the sunken treasure of the Elginante to his very personal discovery of the oneness of the natural world and all life upon it. 16 pages of photos, most in color. 262 pages. Divine Arts. Paperbound. Pub. at $16.95 Item #569826X $3.95

COASTAL GOVERNANCE By Richard Burroughs. Provides a cogent overview of the policies and management techniques affecting U.S. shores. Burroughs explores why some policies have succeeded while others have failed, and examines new approaches that could make our coasts healthier. 242 pages. Island Press. Paperbound. Pub. at $30.00 Item #4568044 $6.95

Astronomy, Space Travel & Cosmology


The Unknown Universe: A New Exploration of Time, Space, and Cosmology By Stuart Clark. A groundbreaking guide to the universe and how our latest deep-space discoveries are forcing us to revisit what we know, and what we don’t know. 205 pages. Pegasus. Pub. at $27.95 Item #6886258 $7.95
**DECODING THE MESSAGE OF THE PULSARS**
By Paul A. LaViolette. Using extensive scientific data to corroborate his theory, the author shows that pulsars are distributed in the sky in a nonrandom fashion, often marking key galactic locations, and that their signals are of intelligent origin warning about a past galactic core explosion disaster that could recur in the near future.


**LEAVING ORBIT: Notes from the Last Days of American Spaceflight**
By Margaret Lazarus Dean. In a time of austerity and in the wake of high-profile disasters like Challenger, the dream of spaceflight has ended. Dean attended the last three space shuttle launches in order to bear witness to the end of an era, and try to find the answer to what it means that a spacefaring nation won’t be going to space anymore. 317 pages. Graywolf. Paperback. Pub. at $16.00. Item #6904386 $6.95

**YOU ARE HERE: Around the World in 92 Minutes**
By Chris Hadfield. Featuring the astronaut’s favorite images, this collection of spectacular photographs is divided by continent and represents one (idealized) orbit of the International Space Station. This planetary photo tour provides a breathtakingly beautiful perspective on the wonders of the world.

200 pages. Little, Brown. 8¼x8¼. Pub. at $26.00. Item #5888907 $6.95

**HOW TO MAKE A SPACESHIP: A Band of Makers and Their Wild Ambition to Build the World’s First Space Station**
By Stuart Clark. Will it soar? Could it work? This behind-the-scenes account of the Birthright space station project tells the story of the dreamers and doers behind an ambitious plan to construct America’s own space station.

116 pages. PI Press. Paperback. Pub. at $15.95. Item #6644504 $6.95

**APOLLO 8: The Thrilling Story of the First Mission to the Moon**
By Jeffrey Kluger. From Mission Control to the astronauts’ homes, from the test labs to the launch pad, the full story of Apollo 8 has never been told. Here is the tale of a mission that was both a calculated risk and a wild crapshoot, a stirring account of how three American heroes forever changed our view of the home planet. 16 pages of photos, many in color. 307 pages. Picador. Paperback. Pub. at $18.00. Item #682951 $12.95

**BINOCULAR HIGHLIGHTS, SECOND EDITION: 109 Celestial Sights for Binocular Users**
By Gary Seronik. A guide to 109 different celestial sights, from softly glowing clouds of gas and dust to unusual stars, slumping stars, and vast star cities (galaxies), all visible in binoculars—and the author explains what to look for when choosing binoculars for stargazing. You equipment to enjoy the wonders of the night sky! Fully illus. in color. 112 pages. Sky & Telescope. Hardcover. Item #6877346 $17.95

**THE MOBIUS STRIP: Dr. August Mobius’s Marvelous Band in Mathematics, Games, Literature, Art, Technology, and Cosmology**
By Clifford A. Pickover. Lavishly illustrated, this perspective on the wonders of the world.


**GOLDLOCKS AND THE WATER BEARS**
By Louisa Preston. What might life look like on other worlds? Preston gives us a tale of the origins and evolution of life on Earth, and the quest to find it on other planets, on moons, in other galaxies, and throughout the Universe.

224 pages. Bloomsbury. Pub. at $27.00. Item #6610285 $7.95

**STARUS: 50 Years of Man in Space**
By Garik Israeli an et al. Neil Armstrong, Buzz Aldrin, Bill Anders, Yuri Baturin, and others tell their personal stories about the first space walk, the lunar landing, the heroic recovery of Apollo 13, and much more. A thrilling celebration of a critical moment in human history that captures our first steps into space and ultimately takes us. Fully illus. in color. 224 pages. Shelter. Hardcover. Item #6606717 $29.95

**NASA HUBBLE SPACE TELESCOPE EDITION: 1990 ONWARDS**
By David Baker. Features the detailed story of how the Telescope was designed and built, how it operates, what it can do and how it does it. Fully illus. in color. 181 pages. Haynes. 8¼x10¼. Pub. at $36.95. Item #5752213 $17.95

**NASA LANGLEY RESEARCH CENTER: The First Century**
By Amy Waters Yarsinske. In its first century, NASA Langley Research Center (LaRC) has had a remarkable history that has stood out for its outstanding achievements in flight and space exploration. With a centennial theme of “inventing the future”, NASA LaRC is poised to enter its second century of ingenuity and invention. Well illus., some in color. 300 pages. Palace. Paperback. Pub. at $24.99. Item #5775493 $11.95

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By Thomas Levenson. For more than 50 years, the world’s top scientists searched for the “missing” planet Vulcan, whose existence was mandated by Isaac Newton’s theories of gravity. Now, that all but forgotten quest for the planet that never existed unfolded in this captivating work of science history. Illus. 229 pages. Random. Paperback. Pub. at $16.00. Item #6965903 $24.95

**PHOTOGRAPHING THE DEEP SKY: Images in Space and Time**
By Chris Baker. Takes the reader on a journey through space and time to the Deep Sky, far beyond our Solar System, in an awe-inspiring wondrous pictorial tour. With a concise, clear discussion on the background of astronomical science, this is a volume to celebrate the beauty and fascination of space.

171 pages. White Owl. Pub. at $32.95. Item #5751520 $9.95

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By Anne Rooney. An accessible account of discoveries from the times of Ptolemaic star-gazers to current space missions that shows how we have come to know so much about the universe. Since the invention of the telescope, the wonders of space have multiplied ever and enthralling us. Well illus. in color. 208 pages. Sienna. Paperback. Pub. at $12.99. Item #5981468 $6.95

**IS THERE LIFE ON MARS?**
The 20 Big Universe Questions By Stuart Clark. Will help you to answer 20 of the most perplexing and fascinating questions about the universe, distilling the wisdom and research of scientists operating at the cutting edge of their field, it’s a stimulating and challenging guide to the wonders of the universe. Photos. 298 pages. Quercus. Paperback. Pub. at $14.95. Item #5981468 $5.95
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★ EVERYTHING YOU KNOW ABOUT SPACE IS WRONG By Matt Brown. From close encounters to life on Mars, this light-hearted guide to the galaxy will boldly go where no guide has gone before, and change the way you view the universe forever. Illus. 160 pages. Batsford. Pub. at $12.95

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POWERED PARACHUTE FLYING HANDBOOK By the Federal Aviation Administration. Offers everything you need to know about powered parachuting today: the aerodynamics of flight, what types of engines are used in powered parachuting; preflight checklists; basic flight maneuvers; and so much more. Whether novice or experienced, there is a wealth of information for anyone interested in powered parachuting. Color illus. Skyhorse. 8½x11. Paperbound. Pub. at $24.95

THE DASSAULT ADVENTURE: A First Century of Aviation This lavishly illustrated volume tells the story of how, starting with a wooden propeller designed during the First World War, a world-class aerospace company with expertise in strategic technologies emerged and prospered, and is now celebrating its hundredth anniversary. 128 pages. Abrams. 15x11½. Pub. at $37.50

RUSSIAN AIRLINERS OUTSIDE RUSSIA By D. Komissarov & Y. Gordon. Some 400 color photographs, with extended and informative captions, form a comprehensive guide to the changing usage of Russian airliners in the post-Soviet era. Russian aircraft remain an important part of the ad hoc freight charter scene and dominate niche markets like the carriage of oversized cargo. 160 pages. Midland Publishing. 8½x11. Paperbound. Pub. at $36.95

Palaeontology & Evolution

SEVEN SKELETONS: The Evolution of the World’s Most Famous Human Fossils By Lydia Pyne. Over the last century, the search for human ancestors has spanned four continents and resulted in the discovery of hundreds of fossils. Drawing from paleoanthropology, interviews, museum exhibitions, science fiction, and even poetry, Pyne brings to life each fossil. Photos. 276 pages. Viking. Pub. at $26.95

THE ANCESTOR’S TALE: REVISED: A Pilgrimage to the Dawn of Evolution By R. Dawkins & Y. Wong. In the decade since this elegantly wrought tale appeared, a wealth of new discoveries has significantly broadened and refined our understanding of the four-billion-year journey that produced all life on Earth. Dawkins and Wong have updated and revised this classic tale to include these fresh developments. 32 pages of color photos. 771 pages. HMH. Paperbound. Pub. at $18.95

Archeology

THE MATERIALITY OF MAGIC Ed. by C. Houbrook & N. Armitage. Features nine essays that address the value of the material record as a resource in investigations into magic, ritual practices, and popular beliefs. The chronological and geographic focuses of the papers vary from prehistory to the present-day, including numerous interpretations of fossils and ritual deposits in Bronze Age Europe, and more. Illus. 184 pages. Oxbow. Paperbound. Pub. at $49.99

Archeology

SVETI PAVAO SHIPWRECK By Carlo Beltrame. et al. Presents the archaeological results of the underwater excavation and analysis of the unusually well-preserved wreck of a 16th-century Venetian merchantman in the Sveti Pavao Channel, off the southern shore of the island of Mljet, Croatia. Well illus., some color. 180 pages. Oxbow. 8½x11¼. Paperbound. Pub. at $59.99

FINGERPRINTING THE IRON AGE Ed. by C.N. Popa & S. Stoddart. Employing an array of approaches to identify and ethnicity in ancient history, these 24 essays focus on southeastern Europe. They engage the debate on how to integrate material culture, prothistoric evidence, and the impact of recent nationalist agendas into the study of ethnic groups in the region during the Iron Age. Illus. 428 pages. Oxbow. Pub. at $75.00

NISHAPUR REVISITED: Stratigraphy and Ceramics of the Qohandeh By R. Rante & A. Collinet. Nishapur in Iran was an important Silk Road city, providing links to regions both east and west. After an introduction to the site and the American and Iranian excavations, this volume presents stratigraphy and pottery, particularly from the Qohandeh, or “oldest part of the site. Well illus., some color. 8½x12. Pub. at $59.99

EMBODIED KNOWLEDGE: Historical Perspectives on Belief and Technology Ed. by M.L.S. Sørensen & K. Rebay-Salisbury. Focuses on two different kinds of practices–belief and technology–that are usually presented as opposites, with technology generally approached as non-discursive “know-how” and beliefs as abstract thought. This social archaeology aims to challenge this academic study of distinction. Illus. 154 pages. Oxbow. 8½x11¼. Pub. at $49.99

PILGRIMAGE IN EARLY CHRISTIAN JORDAN By Burton MacDonald. A literary and archaeological guide focusing on early Christian pilgrimage in Jordan, the region east of the Jordan River. After an introduction to each site, its biblical significance, and a citation of relevant biblical sources with commentary, MacDonald lists the literary sources that pertain to early Christian pilgrimage activity. 202 pages. Oxbow. Pub. at $39.99
**Archeology**

- **THE SUN TEMPLE OF KONARK** by Anil Dey. The result of extensive research by the author into not only the history and legends related to the temple, but also the legends on the temple, he questions several of the established theories regarding construction. Includes 21 detailed architectural drawings and over 415 photos. 467 pages. Niyoji. 7½x11½. Pub. at $40.00 $14.95

**Life Science**

- **LIFE ON THE EDGE: The Coming of Age of Quantum Biology** by J. McFadden & J. Al-Khalili. Reveals how quantum mechanics can answer the probing questions of the universe. Guiding the reader through the rapidly unfolding discoveries of the past few years, McFadden and Al-Khalili communicate the excitement of the explosive new field of quantum biology and its potentially revolutionary applications, while offering insights into the biggest puzzle of all: What is life? Illus. 354 pages. Crown. Pub. at $28.00 $24.95

- **THE ACCIDENTAL BOTANIST: The Structure of Plants Revealed by Robbie Honey**. Features more than 90 specimens of flowers collected from as far afield as the Malaysian rain forests, the African veldt, and an English churchyard. Each specimen is de-constructed and photographed in full-color, giving traditional botany a contemporary new edge. 160 pages. Clearview Books. 8x10¼. Pub. at $30.00 $21.95

- **UNBIASED STEREOMETRY: A Concise Guide** by Peter R. Mouton. The most complete up to date resource on the science of unbiased stereology. Those new to bio science research as well as experienced practitioners will find that Mouton’s explanations are the perfect companion for stereology courses and workshops. Ills. 177 pages. Johns Hopkins. Paperback. Pub. at $24.95 $17.95

- **BRIDGE OF WORDS: Esperanto and the Dream of a Universal Language** by Esther Schor. Plunges into the mechanics of creating a language from scratch, one based on rational systems that would be easy to learn, politically neutral, and allow all to speak to all. 364 pages. Holt. Pub. at $32.00 $29.95

- **PHYSICISTS TAKE HOLD OF THE WORLD** by Martin H. Krieger. Make concepts of physics easier to grasp by relating them to everyday knowledge. Addressing some of the mysteries and metaphors that physicists use to explain the physical world, Krieger describes the conceptual world of physics by means of analogies to economics, anthropology, theater, carpentry, and machine tool design. 218 pages. INP. Paperback. Pub. at $24.00 $16.95

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- **THE EQUATIONS OF LIFE: How Physics Explains Our Lives from Laziness to Love** by Kunal K. Das. Learn how quantum physics affects your daily life and discover practical ways to put that knowledge to good use! Join a theoretical physicist on this surprising and enlightening adventure as he applies the laws of physics to our daily lives and gives us the tools to better understand ourselves. Illus. 310 pages. Skyhorse. Pub. at $22.95 $19.95

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- **RESTLESS CREATURES: The Story of Life in Ten Movements** by Matt Wilkinson. This guide to the historical understanding on how life on Earth was shaped by the simple need to move from point A to point B. Wilkinson shows how the physical challenges of moving from place to place—when coupled with the implacable logic of natural selection—offer a uniquely powerful means of illuminating the living world. Photos. 308 pages. Basic. Pub. at $28.99 $16.95

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THE HEART HEALERS: The Misfits, Mavericks, and Rebels Who Created the Greatest Medical Breakthrough of Our Lives  By James Forrester. World-renowned cardiologist James Forrester tells the story of the medical mavericks who defied the wisdom of the day to begin conquering heart disease. He chronicles a history of science as compelling as any thriller, populated with visionaries who took risks with their own lives and the lives of others to heal the most elemental of human organs—the heart. Photos. 388 pages. St. Martin’s. Pub. at $27.99 Item #5849330 $3.95

MEDECINE AND HEALING IN THE ANCIENT MEDITERRANEAN WORLD  Ed. by Demetrios Michaelides. Features 42 essays covering many aspects of medicine in the Mediterranean world during Antiquity and early Byzantine times, bringing together both internationally established specialists on the history of medicine and researchers in the early stages of their career. Illus. 354 pages. Oxbow. 8 ½x11 ½. Pub. at $95.00 Item #2835940 $19.95

WHAT THE F: What Swearing Reveals About Our Language, Our Brains, and Ourselves  By Benjamin K. Bergen. Bergen, a linguist and professor of cognitive science, shares with us an informative history and study of swearing. He elaborates on how specific words evolved to be “swear” words, and answers questions like, why does one word usage describe something vulgar where another usage does not? Photos. 277 pages. Basic. Pub. at $27.99 Item #6808264 $7.95

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<td>#6836992</td>
<td><strong>POCKETFUL OF POULTRY—Chickens, Ducks, Geese, Turkeys</strong> By Carol Ekarius. Barnyard birds have a special knack for making us smile. Enjoy their charm and discover interesting facts about a variety of fabulous fowl in this fun and informative handbook. Well illus. in color. 272 pages. Storey. Paperbound. Pub. at $10.95.</td>
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TIDES AND THE OCEAN: Water’s Movement Around the World, from Waves to Whirlpools By William Thomson. The author’s lyrical look at the sea’s cycles, interspersed with little known facts, gorgeous graphics and delightful tales of surfing the waves and charting the tides. Gives the reader unusual tidal maps, as well as other graphics and advice. A visual exploration of the ebbs and flows of the world’s seas along its shores, 208 pages. Black Dog & Leventhal. 9½x11. Pub. at $27.99

NATURAL HISTORIES: 25 Extraordinary Species That Have Changed Our World By B. Westwood & S. Moss. From David Attenborough on gorillas to Molly Python on dinosaurs, Moss and Westwood show how our relationships with twenty-five species have permanently changed the way we see the world. Full of science, history, pop culture and folklore, they bring us face to face with nature, in all its wonder, complexity and photos. 424 pages. John Murray. Paperbound. Pub. #68462B3

FEATHERS: The Evolution of a Natural Miracle By Thor Hanson. They’ve decorated queens, jesters, plague doctors, Aztec priests, and the fabled birds of paradise. They silence the flight of owls, give shimmer to hummingbirds, and keep penguins dry below the ice. They are at the root of biology’s most enduring debate: whether birds are dinosaurs. Yet their story has never been fully told, until now. Illus. 336 pages. Basic. Paperbound. Pub. at $15.99

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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. Paperback. Pub. at $16.99.


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**SHOULD I SCOOP OUT MY BAGEL? And 99 Other Answers to Your Everyday Diet and Nutrition Questions to Help You Lose Weight, Feel Great, and Live Healthy** By I. Schapiro & H. Rich. Drawing on 25 years of combined experience, the authors tackle some of the most common health and diet questions posed today. Is a wrap better for you than a bagel sandwich? Is it safe to go on the gluten-free bandwagon? If you eat well, what's the point of a multivitamin? And more. 225 pages. Skyhorse. Paperbound. Pub. at $15.99  
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**THE COMPLETE IDIOT'S GUIDE TO FLOUR-FREE EATING** By K.W. Berkowitz & S.V. James. Forget the flour! Packed with alternative choices and more than 125 flour- and sugar-free recipes for everything from breakfast to dessert, this helpful guide gives you the tools you need to kick out the flour and make room for more healthful food choices. 263 pages. Alpha.  
Paperbound. Pub. at $16.95  
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**THE SALT FIX** 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 salt is 200 pages. Harmony. Pub. at $26.99  
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**THE GREEK DIET** By M. Loli & S. Toland. Features easy to follow meal plans that are structured around the twelve Pillar Foods of the Mediterranean diet to jump-start your weight loss and improve your overall health, along with 100 authentic Greek recipes that include Greek Fish Stew; Tahini Vegetable Soup; and Spring Stuffed Leg of Lamb. 16 pages of color photos. 294 pages. Morrow. Paperbound. Pub. at $19.99  
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**EAT CLEAN, STAYLEAN: 300 Real Foods and Recipes for Lifelong Health and Lasting Weight Loss** By the eds. of Prevention with W. Bazilian. Eating healthy really isn’t hard. Getting it right is often about choosing whole foods sourced from the earth with the least processing and fewest possible ingredients that sound like heirloom. This guidebook to better health, delicious food, and a slimmer you will show you how to make 50 smarter choices in the supermarket and 150 cleaner fast meals at home. 294 pages. Rodale. Paperbound. Pub. at $21.95  
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**NO GLUTEN, NO PROBLEM: A Hands-on Guide to Celiac Disease--with Advice and 80 Recipes** By Carlota Manez. If you have celiac disease, you will know how difficult life without gluten can be. This guide aims to help you live a gluten-free life in the simplest, most effective way. Includes simple gluten-free recipes. Color photos. 135 pages. Skyhorse. Paperbound. Pub. at $14.99  
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**SLIM DOWN NOW: Shed Pounds and Inches with Real Food, Real Fast** By Cynthia Sass. Sass reveals the scientifically demonstrated power of pulses (including filling and satisfying lentils, beans, and chickpeas), which she has incorporated into a dynamic, flexible weight-loss plan that focuses on how these superfoods can ultimately transform your body. Photos. 327 pages. HarperOne. Pub. at $26.99  
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**GROW A NEW BODY: How Spirit and Power Plant Nutrients Can Transform Your Health** By Alberto Villoldo. Drawing on more than 25 years of experience as a medical anthropologist, Villoldo shows you how to detoxify your brain and gut with superfoods, techniques for working with your luminous energy fields to heal your body; and tools like the medicine wheel that will shed stories from the past and pave the way for disempowering rebirth. Includes a 7-day meal plan. 293 pages. Hay House. Paperbound. Pub. at $16.99  
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**THE VIRGIN DIET: Drop 7 Foods, Lose 7 Pounds, Just 7 Days** By JJ Virgin. Fitness expert JJ 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  
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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  
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THE GUT: The Inside Story of Your Body’s Most Important Organ by Jordan Rubin and Jonathan C. Wright. Provides a wealth of information about what it means to own a healthy gut. The good news is that the best scientific evidence shows that reclaiming responsibility for your own health is often far more effective than taking the latest blockbuster drug. 334 pages. HarperPerennial. Paperback. Pub. at $14.99. Item #5956439 $4.95

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**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. Core One Publishers. Paperback. Pub. at $16.95. Item #5826446. $12.95

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**The Concise Book of Dry Needling: A Practitioner’s Guide to Myofascial Trigger Point Applications** By John Sharky. 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. 260 pages. North Atlantic. 8¼x10¾%. $29.95. Item #930766. $11.95

**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 path toward healing and fulfillment. Illus. 8x10. Paperback. Pub. at $17.95. Item #6799920. $11.95

**Everyday Healing: Stand Up, Take Charge, and Get Your Health Back…One Day at a Time** By Janette Hillis-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. Item #9731232. $9.95

**Living Well with Heart Failure, The Misnamed, Misunderstood Condition** By E.K. Kaiser & M. Knudson. Gives an honest account of this misunderstood disease; explains the complex science of heart failure; and looks critically at the care available. With this comprehensive guide those diagnosed with heart failure will learn how to effectively manage the disease. Johns Hopkins. Paperback. Pub. at $19.95. Item #5780586. $7.95

**The Cancer Revolution: A Groundbreaking Program to Reverse and Prevent Cancer** By Leigh Erin Conneally. Chemotherapy and radiation have their place in cancer treatment, but in many cases, they simply aren’t enough. This guide will equip you with impactful, achievable lifestyle choices that fight the root of the disease, and that offer hope for recovery and a cancer-free life. 328 pages. Da Capo. Pub. at $25.99. Item #6789501. $7.95

**The Everything Guide to Hashimoto’s Thyroiditis** By Aimee McNew. Discover the causes and symptoms of this autoimmune condition, as well as the link between gut health and thyroid health, and what foods can help improve your condition. Includes meal plans, 200 nutritious recipes, and easy tips for transitioning to the Paleo lifestyle. Adams Media. Paperback. Pub. at $18.99. Item #6825214. $5.95

**Fibromyalgia and Starting Reversing Your Chronic Pain and Fatigue in 21 Days** By David Brady. A comprehensive 21-day program which will help you determine if in fact you’re suffering from actual fibromyalgia or from one of a myriad of other conditions often diagnosed as fibromyalgia. The plan offers three steps which include detoxification, dietary changes, and movement. Solutions include both medical and natural approaches, based on your specific root cause. Photos. 278 pages. Rodale. Paperback. Pub. at $16.99. Item #6800408. $5.95

**Thyroid Mind Power: The Proven Cure for Hormone-Related Depression, Anxiety, and Memory Loss** By Richard Shankers et al. This groundbreaking guide offers new hope for millions suffering as a result of improper diagnosis and inadequate treatment of thyroid issues. It pinpoints the connection between thyroid imbalance and conditions such as depression, anxiety, irritability, and more, and offers simple proven remedies. SHOPWORN. 298 pages. Rodale. Paperback. Pub. at $17.99. Item #3568210. $4.95

**Prostate Cancer Breakthroughs: The New Options You Need to Know About** By Jay S. Cohen. A step by step look at the entire diagnostic process, up to and including the diagnosis. Dr. Cohen then provides new information on PSA testing, targeted biopsy, and groundbreaking prostate cancer treatments, providing you with the information you need to know to make the choices that are right for you. First published in 1992, this classic work by a physician survivor has been updated to reflect the latest information on diagnosis and treatment. Covers all the important topics that will get you through the months of turmoil, while nourishing hope. 262 pages. Norton. Paperback. Pub. at $14.95. Item #6773273. $3.95

**The Fibro Fix: Get to the Root of Your Fibromyalgia and Start Reversing Your Chronic Pain and Fatigue in 21 Days** By Dr. Cohen. A comprehensive 21-day program which will help you determine if in fact you’re suffering from actual fibromyalgia or from one of a myriad of other conditions often diagnosed as fibromyalgia. The plan offers three steps which include detoxification, dietary changes, and movement. Solutions include both medical and natural approaches, based on your specific root cause. Photos. 278 pages. Rodale. Paperback. Pub. at $16.99. Item #6863499. $11.95
Diseases & Disorders

SHARKS GET CANCER, MOLE RATS DON'T
By James S. Welsh. This exploration of new discoveries in cancer research focuses on the important role of the immune system in combating the disease. Integrating the animal kingdom, extraordinary human cases, and even embryology, Dr. Welsh offers a compelling account of tumor immunology and the promises of immunotherapy. 12 pages of photos, some color. 406 pages. Prometheus. Paperbound. Pub. at $19.00.

THE AUTOMUNE WELLNESS HANDBOOK: A DIY Guide to Living Well with Chronic Illness

THE WHOLE-BODY MICROBIOME: How to Harness Microbes—Inside and Out—for Lifelong Health
By B. Brett Finnly & J.M. Finnly. Learn the secret to lifelong health: the teeming world of microbes inside and all around us. Meet your whole body microbiome, an invisible ecosystem with the power to: potentially change the trajectory of nine out of ten leading causes of death; block the path of harmful bacteria and viruses that make you sick, and more! 313 pages. The Experiment. Pub. at $24.95.

LIVE AND LAUGH WITH DEMENTIA, 2ND EDITION
By Lee-Fay Low. All about how to make life with dementia as positive as possible to maximize quality of life for all involved. This guide enables families to help their loved one maintain relationships with others, and also maintain their self identity through easy to understand activities. 242 pages. Exisle. Paperback. Pub. at $14.99.

CURING HEPATITIS C
By Gregory T. Everson. Provides the latest information to guide you through the diagnosis and treatment of hepatitis C with an indispensable and comprehensive overview of everything you need to know to take the right steps toward a cure. 179 pages. Hatherleigh. Paperback. Pub. at $9.95.

ON THEIR OWN: Creating an Independent Future for Your Adult Child with Learning Disabilities and ADHD
By Anne Ford with J.R. Thompson. Drawing from her personal experience and her work as a nationally recognized learning-disabled activist, Ford has written an indispensable family guide to the many challenges of preparing adult children with LD for the future. Addressing a wide range of topics such as social skills and dating; sibling relationships; and estate planning, Ford helps you figure out how-and how much-to let go. 301 pages. Newmarket. Paperback. Pub. at $16.95.

THE INNATE CAUSE: A Psychology of Symptoms from A to Z
By Martin Brofman. The author explores the underlying message of the symptoms discussed in the A to Z guide, which chakras are involved, how you may be affected, and which issues you might need to look at to resolve the tension or stress. Brofman provides invaluable insight into how we can effectively support our healing process physically, emotionally, and spiritually. 270 pages. Findhorn. Paperback. Pub. at $17.99.

By Scott C. Anderson et al. Pairing cutting-edge science with practical advice, the authors share the newest discoveries of how the population inside your intestines can cause—and cure—depression, anxiety, and other nervous system disorders. Reshape your understanding of the links between body and mind as well as mental health, diet, and optimal well-being. 319 pages. National Geographic. Pub. at $26.00.

OUT OF THE SHADOWS: Revealing the Path to Recovery
By Mark Litzsinger with S. Hamaker. Depression had its claws in Litzsinger for years but by taking the hands offered to him from family, friends, and medical professionals, he was able to climb out of the shadow and back into his life. In this guide he helps you understand the disease and develop a plan for getting the best care to overcome it. 209 pages. RML Press. Paperback. Pub. at $16.95.

25 WOMEN WHO SURVIVED CANCER: Notable Women Share Inspiring Stories of Hope

CORNEAL CROSS-LINKING: A Patient’s Guide to Treatment
By Lawrence M. Hopp. Do you have thinning of the cornea? This condition may result from a disorder called keratoconus, or it may be a complication that can develop after LASIK surgery. Dr. Hopp discusses how these cornea diseases develop and how they are treated with cornea cross linking. Illus. 79 pages. Addicks. Paperback. Pub. at $19.95.

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By Pam Wartian Smith. Discusses the most common thyroid-related disorders and symptoms, beginning each discussion with an overview of the disorder that helps readers determine if they may be suffering from the problem. Explains causes and common symptoms, diagnostic tests, and both conventional and alternative treatment options. 217 pages. Square One Publishers. Paperback. Pub. at $16.95.

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