

# SCIENCE & HEALTH

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## Environment & Ecology



**SUPERCITIES ON, UNDER, AND BEYOND THE EARTH: Housing, Feeding, Powering, and Transporting the Urban Crowds of the Future** By Jeff Dondero. Dondero imagines the Super Cities of the future and explores the ways in which they can be sustainably built; how transportation will move masses of people without cars; how people will be fed and where the waste will go; and how we will move to cities underground, under the sea, in the atmosphere, into space, and on to other planets. 283 pages. Rowman & Littlefield. Pub. at \$32.00

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## Astronomy, Space Travel & Cosmology

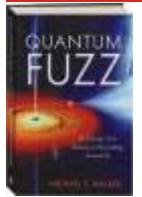


★**SPACE SHUTTLE STORIES: Firsthand Astronaut Accounts from All 135 Missions** By Tom Jones. Each flight profile includes data about the mission, crew, launch, landing, duration, and highlights, followed by an immersive astronaut narrative. Fully illus. in color. 320 pages. Smithsonian. 8 1/4 x 10 3/4. Pub. at \$35.00

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## Chemistry & Physics



**QUANTUM FUZZ: The Strange True Makeup of Everything Around Us** By Michael S. Walker. Veteran physicist Walker uses illuminating analogies and jargon-free language to illustrate the basic principles of the subatomic world and show how they explain everything from the chemistry around us to the formation of galaxies. Illus. some in color. 448 pages. Prometheus. Pub. at \$28.00

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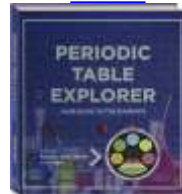
## Chemistry & Physics



**FANTASTIC NUMBERS AND WHERE TO FIND THEM: A Cosmic Quest from Zero to Infinity** By Antonio Padilla. An irreverent cosmic tour of nine of the most extraordinary numbers in physics, offering a startling picture of how the universe works. A lively, entertaining, and even funny exploration of the most fundamental units of the universe. Illus. 340 pages. FSG. Pub. at \$30.00

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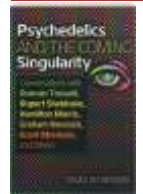
★**PERIODIC TABLE EXPLORER: Your Guide to the Elements** By Adrian Dingle. An ideal resource for students and those who want to learn more about the elements. In addition to the 128-page volume that discusses the history, properties, and practical uses of each element in detail, readers can use the included die-cut rotating

wheel as a study aid, along with a removable full-color poster of the periodic table. Fully illus., many in color. 128 pages. Thunder Bay. 9 1/4 x 10 3/4. Pub. at \$24.99

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## Social Science



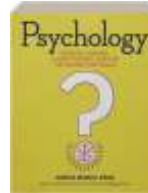
★**PSYCHEDELICS AND THE COMING SINGULARITY** By David Jay Brown. Leading minds discuss psychedelics, shamanism, human evolution, and the ecological crisis. Explores the possibility of human extinction, Simulation Theory, Virtual Reality and lucid dreaming, space migration, DMT research, and advanced robotics. Delves deep into the relationship between psychedelics and

ecological awareness. Illus. 390 pages. Park Street. Paperbound. Pub. at \$29.99

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## Psychology



★**PSYCHOLOGY: Essential Thinkers, Classic Theories, and How They Inform Your World** By Andrea Bonior. Looks at the biggest names, ideas, and studies in the history of psychology and translates their meaning to everyday situations and relationships. Illus. in color. 229 pages. Callisto. Paperbound. Pub. at \$14.99

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## Words & Language

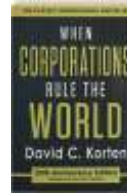


**QUOTES FROM GOATS** By Dan Monteiro. Pairs irresistible photographs of everyone's favorite barnyard animal with inspiring quotations that resonate with both goats and humans. St. Martin's. Pub. at \$9.99

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## Economics



**WHEN CORPORATIONS RULE THE WORLD, 20TH ANNIVERSARY EDITION** By David C. Korten. Korten shares insights from his personal experience as a participant in the growing movement for a New Economy. Documents the further concentration of wealth and corporate power since 1995 and explores why our institutions resolutely resist even modest reform. Also outlines high-leverage

opportunities for breakthrough change. 413 pages. Berrett-Koehler. Paperbound. Pub. at \$22.95

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## Architecture



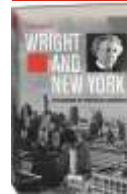
**AMERICAN HOTEL: The Waldorf-Astoria and the Making of a Century** By David Freeland. Alongside famous guests, readers will meet the lesser-known men and women who made the Waldorf a leader in the hotel industry and a key setting for international events. Chronicles how institutions such as the Waldorf-Astoria played an essential role in New York's growth as a world capital.

Photos. 352 pages. Rutgers. Pub. at \$35.95

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## Monographs on Architects



**WRIGHT AND NEW YORK: The Making of America's Architect** By Anthony Alofsin. The author's research provides a crucial and innovative understanding of Wright's life, his career and the conditions that enabled his success. The result is at once a stunning biography and a glittering portrait of early twentieth century Manhattan's role in cementing Wright's legacy. Illus. 343 pages.

Yale. 6 1/4 x 9 1/4. Pub. at \$35.00

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## Science & History



**WATERPOWER IN LOWELL: Engineering and Industry in Nineteenth-Century America** By Patrick M. Malone. Demonstrates how innovative engineering and the environmental impacts of technology helped make Lowell, Massachusetts, a potent symbol of American industrial prowess in the 19th century. Illus. 254 pages. Johns Hopkins. Paperbound. Pub. at \$27.00

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## Marine Mammals, Fish & Reptiles

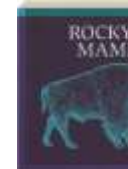


**DVD THE WHALE** Narrated by Ryan Reynolds, *The Whale* tells the life-affirming true story of a young, wild killer whale—an orca—nicknamed Luna, who lost contact with his family on the coast of British Columbia and became famous around the world when he tried to make friends with human beings. CC. 85 minutes. Docurama.

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## Animals



★**ROCKY MOUNTAIN MAMMAL FINDER: Identifying Mammals by Their Tracks, Skulls, and Other Signs** By Ron Russo, illus. by B. Downs. This guide begins with introductions of various signs: animal tracks,

burrows, nests, scat, scratch or chew marks, and skulls/jaws. Presenting more than 50 mammals, with range maps and descriptions. Fully illus. some in color. 133 pages. Nature Study Guild. 6x4. Paperbound. Pub. at \$7.95

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★**PACIFIC COAST MAMMAL FINDER: Identifying Mammals by Their Tracks, Skulls, and Other Signs** By Ron Russo, illus. by P. Frazier. This guide begins with introductions of various signs: animal tracks, burrows, nests,

scat, scratch or chew marks, and skulls/jaws. Presenting more than 50 mammals, with range maps and descriptions. Fully illus. some in color. 93 pages. Nature Study Guild. 6x4. Paperbound. Pub. at \$7.95

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## Science & Nature for Children

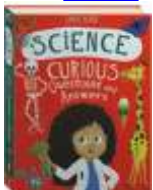


**GROWING FROGS** By Vivian French, illus. by A. Bartlett. When a little girl collects frog spawn from a neighboring pond, she's in for one exciting, amphibious adventure. Join her on this journey of discovery and pick up some great pointers on how to grow your own frogs! Ages 5-8. Fully illus. in color. 32 pages. Candlewick. Paperbound.

Pub. at \$8.99

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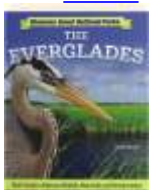


**SCIENCE: Curious Questions and Answers** By C. de la Bedoyere et al, illus. by P. Reeves et al. Takes a sideways look at all that's wild, wonderful and downright weird about science, including sections on animals, plants, and the human body. Quirky colorful illustrations and playful text reveal amazing answers to curious questions. Ages 5 & up. 140 pages. Miles

Kelly. 8 3/4 x 11 1/4. Pub. at \$21.95

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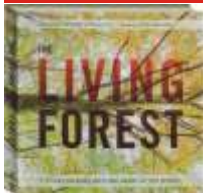


★ **THE EVERGLADES: Discover Great National Parks** By Tamra B. Orr. The Florida Everglades is in the most southern part of Florida where the peninsula breaks off into thousands of tiny mangrove islands. The blue heron, alligator, manatee, flamingo, and bobcat all make this place their home. Ages 8-12. Fully illus. in color. 48 pages. Curious Fox. Paperbound. Pub. at \$7.99

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## Essays on Nature



**THE LIVING FOREST: A Visual Journey into the Heart of the Woods** By Joan Maloof, photos by R. Llewellyn. Through Maloof's lyrical essays and the arresting photographs of Robert Llewellyn, this stunning volume brings to light some of nature's most remarkable feats: the astonishing science and

fascinating interrelationships that make each forest a living, breathing, whole. 260 pages. Timber. 11 1/2 x 11 1/4. Pub. at \$40.00

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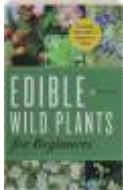
## More Works on Nature



**Blu-ray EARTH: Disney Nature** Widescreen. Disney Nature's breathtaking documentary follows three remarkable animal families on a journey across our planet—polar bears, elephants and humpback whales. Narrated by James Earl Jones. Includes Blu-ray and DVD versions. English SDH. 90 minutes. Disney.

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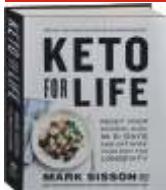
★ **EDIBLE WILD PLANTS FOR BEGINNERS** Provides profiles of common edible wild plants and includes information on dangerous look-alikes, the best time to harvest, where to find each type of wild plant, and how to cultivate your own garden. From natural remedies to delectable dishes, this work provides more than 95 ways for you to use these newfound ingredients. Illus. in color.

244 pages. Callisto. Paperbound. Pub. at \$15.99

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## Healthy Cooking & Special Diets



**KETO FOR LIFE: Reset Your Biological Clock in 21 Days and Optimize Your Diet for Longevity** By Mark Sisson with B. Kearns. Discover how to escape carbohydrate dependency once and for all and incorporate the most potent ketogenic superfoods and supplements available to boost brain function and protect against heart

disease, dial in your sleep habits and recovery patterns for an immediate energy boost, and successfully manage modern-life stressors. Includes more than 80 delicious keto recipes. 16 pages of color photos. 304 pages. Harmony. Pub. at \$27.99

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## Exercise & Fitness



★ **EVEN THE STIFFEST PEOPLE CAN DO THE SPLITS** By Eiko. Whether you spend your days running marathons or slouching over a keyboard, you can benefit from stretching and the increased flexibility that comes along with it. With only 5 minutes of stretching a day, you will experience a host of health benefits

such as better circulation, fewer joint injuries, improved balance, and more. Well illus. in color. 154 pages. Rodale. Pub. at \$18.99

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## Beauty & Skin Care



**THE CANNABIS APOTHECARY** By Laurie & Mary Wolf. Guides readers through the modern cannabis landscape, offering recipes for body balms and massage oils as well as birthday cakes and brownies, including interviews with leading marijuana experts. Fully illus. in color. 242 pages. Black Dog & Leventhal. Pub. at \$35.00

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**\$9.95**

## Health & Medical References



**EXHALE: 40 Breathwork Exercises to Help You Find Your Calm, Supercharge Your Health, and Perform at Your Best** By Richie Bostock. More than forty simple breathing exercises to help you transform your mental and physical health. SEALs you'll find the solution to life's everyday challenges in as little as three minutes. This will be the ultimate tool to transform your wellbeing. Illus.

221 pages. Penguin. Paperbound. Pub. at \$16.00

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## Complementary & Alternative Medicine



**HEALTHY AT HOME: Get Well and Stay Well Without Prescriptions** By Tieraona Low Dog. The author, an expert in natural medicine, collects her favorite remedies and recipes—the ones she has used in her own home for years—and shares them, along with wise, practical advice on when to call the doctor and when to stay put and use your own resources to get healthy at home.

336 pages. National Geographic. Pub. at \$26.00

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## Complementary & Alternative Medicine



★ **THE HERBALIST'S GUIDE: How to Build and Use Your Own Apothecary** By Mary Colvin. Introducing you to the world of herbalism, the author shares knowledge about herbal actions, the concept of energetics and its importance in herbalism, basic botany, harvesting, herbal preparations, miscellaneous materials used to make herbal medicine, and other tools of the trade. Well illus. in color.

258 pages. Skyhorse. Paperbound. Pub. at \$24.99

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## New Age Spirituality



**THE TRANSFORMATIONAL POWER OF DREAMING: Discovering the Wishes of the Soul** By S. Larsen & T. Verner. Examining dream traditions from around the world and throughout history, and considering the approaches of psychology, neuroscience, and shamanism, this mind-expanding work offers techniques to help you turn your dreams into an alchemical cauldron for

inspiration, healing, and discovery. Illus. in color. 338 pages. Inner Traditions. Paperbound. Pub. at \$19.95

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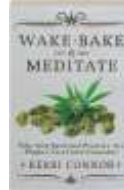


★ **11:11 THE TIME PROMPT PHENOMENON: Mysterious Signs, Sequences, and Synchronicities** By M.D. Jones & L. Flaxman. Does the same number sequence seem to appear throughout your life over and over? These mysterious number sequences, known as "time prompts" which we encounter regularly, seem like pure coincidence. The authors explore the many theories about what these number sequences really are.

223 pages. New Page Books. Paperbound. Pub. at \$16.95

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★ **WAKE, BAKE & MEDITATE: Take Your Spiritual Practice to a Higher Level with Cannabis** By Kerri Connor. A guide to using cannabis to enhance your sense of spirituality. Whether you want to use cannabis to have peak experience, find your bliss, send healing energy into your body, or make contact with the divine, Connor provides easy step by step instructions to show you how. 190 pages.

Llewellyn. Paperbound. Pub. at \$17.99

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## Inspiration, Motivation & Self-Discovery

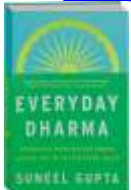


**FEEL-GOOD PRODUCTIVITY: How to Do More of What Matters to You** By Ali Abdaal. The secret to productivity isn't discipline. Its joy! Learn about hidden "energizers" that underpin enjoyable productivity, "blockers" we must overcome to beat procrastination and "sustainers" that prevent burnout and help us achieve lasting fulfillment. Discover an easier and happier

path to success. 296 pages. Celadon. Pub. at \$29.00

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**EVERYDAY DHARMA: 8 Essential Practices for Finding Success and Joy in Everything You Do** By Suneel Gupta. Bringing together ancient wisdom and modern science, this work delivers breakthrough habits, actionable tools, and unforgettable stories. Rediscover your calling, follow your wildest dreams, and finally find the fulfillment you've been searching for all along. Cover

includes gold foil stamping. 178 pages. Harper. Pub. at \$27.99

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## Healing & the Mind



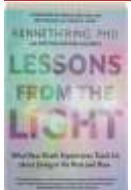
**★HOW TO UNDERSTAND AND DEAL WITH DEPRESSION** By Wendy Green. Easy-to-read guide to help you understand and overcome depression, filled with helpful tips and actionable advice. Understand the science behind depression and equip yourself with practical steps to alleviate symptoms. Includes holistic remedies, medical treatments and therapies available to you.

124 pages. The Experiment. Paperbound. Pub. at \$9.95

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## Facing Illness & Death



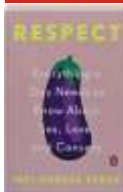
**★LESSONS FROM THE LIGHT: What Near-Death Experiences Teach Us About Living in the Here and Now** By K. Ring & E.E. Valarino. While providing many remarkable accounts of near-death experiences (NDEs), this is much more than an inspiring collection of NDEs. Includes helpful guidance and practical exercises concerning how readers can make use of this knowledge to live with greater self-insight,

self-compassion and concern for others, as well as be better prepared for death, dying, and bereavement. 330 pages. New Page Books. Paperbound. Pub. at \$18.95

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## Sexuality & Sexual Expression



**RESPECT: Everything a Guy Needs to Know About Sex, Love, and Consent** By Inti Chavez Perez. The first guide to sexual health and relationships built around consent. Perez draws on his vast experience as a sex educator to lay out how to build positive, respectful relationships with friends and partners, and how consent factors in at every stage from introducing yourself to having healthy sex with

others. 206 pages. Penguin. Paperbound. Pub. at \$16.00

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