SCIENCE & HEALTH

CLOSEOUT BARGAIN BOOKS

Items in this online catalog are in limited supply and are no longer listed in our print catalogs, so this may be your last chance to purchase them.

Save up to 80% off cover prices on these subjects:

- Aging ........................................ 19
- Airplanes & Airlines ...................... 3
- Animals ...................................... 10
- Archaeology .................................. 3
- Architectural Surveys .................... 7
- Architecture .................................. 7
- Astronomy, Space Travel & Cosmology 2
- Beauty & Skin Care ....................... 14
- Birds & Birding ............................. 11
- Business ....................................... 7
- Chemistry & Physics .................... 4
- Communication Skills ................... 20
- Complementary & Alternative Medicine 16
- Computer Books ........................... 8
- Diseases & Disorders .................... 15
- Earth Science ............................... 2
- Eastern Traditions and Practices ....... 16
- Economics ................................... 6
- Education .................................... 5
- Environment & Ecology ................ 2
- Essays on Nature .......................... 12
- Exercise & Fitness ........................ 14
- Facing Illness & Death .................... 19
- Farm & Domesticated Animals ........ 10
- Foreign Language .......................... 5
- General Health & Self-Help ............. 21
- Healing & the Mind ........................ 19
- Health & Medical References ........... 14
- Healthy Cooking & Special Diets ....... 13
- Horses & Horsemanship ................... 10
- Insects ........................................ 10
- Inspiration, Motivation & Self-Discovery 18
- Life Science .................................. 3
- Lives & Works of Philosophers .......... 6
- Marine Mammals, Fish & Reptiles ... 10
- Mathematics .................................. 9
- Medical Science ............................ 7
- Men’s Health & Self-Help ............... 21
- More Works on Nature .................... 12
- Nature Photography ....................... 12
- New Age Spirituality ..................... 17
- Nutrition & Weight Management ...... 13
- Paleontology & Evolution ............... 3
- Philosophy ..................................... 6
- Pregnancy, Childbirth & Parenting ... 20
- Psychology ..................................... 5
- Relationships ............................... 20
- Religion & Science ....................... 9
- Science & History ........................... 9
- Science & Invention ........................ 9
- Science & Nature for Children ........ 11
- Science Essays & Surveys ............... 9
- Scientific Text and Reference .......... 10
- Sexuality & Sexual Expression ......... 20
- Social Science ............................... 4
- Stress & Pain Management .............. 16
- Women's Health & Self-Help .......... 21
- Words & Language ........................ 5
Earth Science

★ THE CENTRE OF THE EARTH: The Traveller’s Guide by Douglas Jerim. What if we could tunnel down to the earth’s core? This guide tells you everything you need to know about a trip there. Starting with your first entry through the Earth’s mantle, at a boundary in the tectonic plates, you’ll travel through the geological layers to reach the twin layers of the core. Well illus. 160 pages. Palazzo Editions. Pub. at $14.95 Item #2782022 $11.95

Environment & Ecology

PLASTIC PURGE By Michael SantiClements. Presents up to date and scientifically backed information to explain the harm that plastics can have on you and your loved ones. Also provides easy to follow advice for how to use less plastic and thereby reap benefits like a healthier diet and far less clutter. 238 pages. St. Martin’s. Paperbound. Pub. at $16.99 Item #660262 $3.95

THE SEASONS ALTER: How to Save Our Planet in Six Acts by P. Kitcher & E.F. Keller. Two renowned thinkers present the realities of global warming in the most human of terms showing us how to convince skeptics why we need to act now. Entertaining and thoroughly original, the result promises to inspire dialogue across the aisle, while also giving us a line of reasoning that explodes the impenetrable barriers of obfuscation that have surrounded the discussion. 256 pages. Liveright. Pub. at $24.95 Item #2897555 $6.95

Environment & Ecology

LIVING IN THE ANTHROPOCENE: Earth in the Age of Humans Ed. by W.J. Kress & J.K. Sline. Explores the causes and implications of the Anthropocene, of Age of Humans, from multiple points of view including anthropological, scientific, social, artistic, and economic. Discusses environmental and biological systems that have been changed and affected; the causes of Anthropocene, and how societies are responding to these changes. Color photos. 198 pages. Smithsonian. Paperbound. Pub. at $21.95 Item #6957883 $12.95

WHITE BEACH: The Rainforest Years By Germaine Greer, a 62 year old retired professor at the time, recounts taken on the irresistible challenge of revitalizing an old, abandoned dairy farm located in Queensland. Her love and knowledge of botany inspired her along, and through her belief and hard work she not only revitalized the farm but also rebuilt an entire forest that had been ruined by the hand of man. 370 pages. Bloomsbury. Pub. at $30.00 Item #6944999 $5.95

FISHERMAN’S BLUES: A West African Community at Sea By Anita Badkhen. In the Atlantic, Badkhen discovers that all boundaries are permeable, between land and sea, between myth and truth, even between storyteller and story. She immerses us in a community navigating a time of unprecedented environmental, economic, and cultural upheaval with resilience, ingenuity, and wonder. 287 pages. Riverhead. Paperbound. Pub. at $16.00 Item #2918869 $3.95

Astronomy, Space Travel & Cosmology

A SPACE TRAVELER’S GUIDE TO THE SOLAR SYSTEM By Mark Thompson. Have you ever dreamed of being an astronaut, traveling through the universe? On this epic voyage of discovery, astronaut Mark Thompson takes you on that journey. From how to prepare for takeoff and the experience of leaving Earth’s atmosphere, to the reality of living in the confines of a spaceship, this is an adventure like no other! 258 pages. Pegasus. Paperbound. Pub. at $16.95 Item #2891190 $5.95

VACATION GUIDE TO THE SOLAR SYSTEM By O. Koski & J. Groovich. Packed with real science, this is the must have travel guide for any space adventurer, covering all of the essentials for your next voyage, including how to get there and what to do when you arrive. Whether you’re interested in relaxation or romance, the science of space travel, or the cosmos beyond, look no further: your rocket ship awaits. Well illus., many in color. 234 pages. Penguin. Pub. at $20.00 Item #2975521 $4.95

COSMIC CATASTROPHES: Seven Ways to Destroy a Planet Like Earth By David A. Aguilar. From asteroid hit to alien invasion, Aguilar builds the scientific case for seven extreme events that could impact Earth. He explains how and why these space catastrophes could happen and then creates beautiful art to show just how devastatingly spectacular it will be when any one of these seven “big ones” hits. 80 pages. Viking. 10½x8¼/. Pub. at $18.99 Item #6956886 $5.95

HOW TO MAKE A SPACESHIP: A Band of Renegades, an Epic Race, and the Birth of Private Spaceflight By Julian Guthrie. The story of SpaceXOne, and the hunt for a ten-million-dollar prize is an extraordinary tale of making the impossible possible. In the end, as Peter Drummund dreamed, the result wasn’t just a victory for one team, it was the foundation for a new industry and a new age. 16 pages of photos. 432 pages. Penguin. Paperbound. Pub. at $18.00 Item #685687X $4.95

Astronomy, Space Travel & Cosmology

A SPACE TRAVELER’S GUIDE TO THE SOLAR SYSTEM By Mark Thompson. Have you ever dreamed of being an astronaut, traveling through the universe on your own mission. Astronomer Mark Thompson takes you on that incredible opening and provocative tour of our solar system. It is an adventure like no other! 258 pages. Pegasus. Pub. at $27.95 Item #3709694 $5.95

SPACE 2.0: How Private Spaceflight, a Resurgent NASA, and International Partners Are Creating a New Space Age By Red Pyle. We’re on the cusp of a new era in the great adventure of space exploration. This volume will give you a look at the next few decades of spaceflight and long term plans for exploration, utilization, and settlement. The author examines the new partnerships that are revolutionizing and changing the way we reach for the stars. Well illus. in color. 317 pages. BenBella. Paperbound. Pub. at $21.95 Item #2898896 $12.95

PROJECT APOLLO: The Early Years, 1960-1967 By Eugen Reichl. Covers the early years of the Apollo program (1960-1967), still the most significant space effort in the history of mankind. In a very short time, NASA developed the spaceport, the spacecraft, and the lunar lander. Well illus., some color. 144 pages. Schlifer. Pub. at $19.99 Item #6853846 $9.95

OUR COSMIC ANCESTORS IN THE STARS: The Panspermia Revolution and the Origins of Humanity By Chandra Wickramasinghe et al. Where did life come from? As the authors show, with conclusive scientific evidence, life came from space, a concept known as “panspermia.” We humans, and all other life on Earth, evolved over millennia in response to viruses that arrived via comets, and we continue to do so. Not only did we come from space, but we are not alone. Illus. 136 pages. Bear & Company. Paperbound. Item #2973532 $11.95

STARMUS: 50 Years of Man in Space By Mark Thompson. Ed. by Garik Israeli 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 where they may ultimately take us. Fully illus. in color. 224 pages. Shelter Harbor. 9¾x11¼. Pub. at $40.00 Item #660617 $15.95
Astronomy, Space Travel & Cosmology

HELLO, IS THIS PLANET EARTH? My View from the International Space Station By Tim Peake. These stunning photographs capture the majesty of the cosmos and the splendor of the planet we call home. Photographed by British astronaut Tim Peake, you’ll feel closer to our planet than you ever have before. 240 pages. Little, Brown. Pub. at $26.00. Item #2860007 $7.95

SPACE STATIONS: The Art, Science, and Reality of Working in Space By Gary Klimasch and Ken Plante takes the reader on a journey through the past, present, and future of space stations with informative text and striking images, that explore not only the spacecraft themselves, but also the experience and science aboard. 240 pages. Smithsonian. 10x11½. Pub. at $34.95. Item #2818132 $26.95

THE PENGUIN BOOK OF OUTER SPACE Exploration By John Logsdon. The captivating story of how the United States sent humans to explore outer space told through a treasure trove of historical documents. These pages unfold with enthralling artifacts of space history, including the original call for astronaut applications and firsthand accounts of space flight. 374 pages. Penguin. Paperbound. Pub. at $18.00. Item #2787849 $9.95

THE PRE-ASTRONAUTS: Manned Ballooning on the Threshold of Space By Craig Ryan. In the 1950s and early 1960s, a small fraternity of daring, brilliant men made the first exploratory trips into the upper stratosphere, reaching the edge of outer space in time capsules suspended beneath plastic balloons. This study tells the story of these brave and tenacious men. Photos. 327 pages. Naval Institute. Paperbound. Pub. at $18.95. Item #2992994 $9.95

SCIENTIFIC COSMIC IMPACT: Understanding the Threat to Earth from Asteroids and Comets By Andrew May. The author disentangles fact from fiction in this fast moving and entertaining account, covering the nature and history of comets and asteroids, the reason some orbits are more hazardous than others, the devastating effects that an impact event would produce, and the way future space missions could avert a catastrophe. 168 pages. Icon Books. Paperbound. Pub. at $14.95. Item #3958368 $11.95

Airplanes & Airports

INSTRUCTION MANUAL FOR FORD TRIMOTOR AIRPLANE By Stout Metal Airplane Co. First produced in 1925, the Ford Trimotor had an immediate impact on commercial aviation, enabling Transcontinental Air Transport to launch coast to coast service in the USA and helping Pan American Airways expand into Central and South America. This flight manual dates to 1929 and provides aircraft. 114 pages. Aerofax. Paperbound. Pub. at $9.95. Item #299075X $7.95


Paleontology & Evolution

KOSMOS: An Evolutionary and Wholistic Account of Creation By Dennis Miller. The investigations of science have shown how the Universe and life on Earth have developed, the Kosmos viewpoint shows why it all happened in the way that it has and the meaning and purpose behind it all. Illus. 556 pages. Osark Mountain. 8½x11. Paperbound. Pub. at $27.30. Item #2963185 $7.95

EVILOVATIONS: Fifteen Myths That Explain Our World By Oren Harman. Brings to life the latest scientific thinking on the birth of the universe and the solar system, the journey from a single cell all the way to our human minds. Reawakening our sense of wonder and terror at the world around us and within. A brilliant, lyrical exploration of how modern science illuminates what it means to be human. 242 pages. Kosmos. Paperbound. Pub. at $26.00. Item #2984733 $6.95

ON THE ORIGIN OF SPECIES By Charles Darwin. It took Darwin more than twenty years to publish this work in 1859, in part because he knew it would ignite a firestorm of controversy. It offers coherent views of natural selection, adaptation, survival of the fittest, and other concepts that form the foundation of modern evolutionary theory. 321 pages. Dover. Paperback. Item #2776979 $5.95

EUROPE: A Natural History By Tim Flannery. The author begins 100 million years ago, when the continents of Asia, North America, and Africa interacted to create an island archipelago that would later become the Europe we know today. As the story moves through millions of years of evolutionary history, it becomes a dramatic ecological account of the land itself and forces shaping life on it. Color photos. 367 pages. Atlantic Monthly. Pub. at $27.00. Item #289861 $19.95

A TASTE FOR THE BEAUTIFUL: The Evolution of Attraction By Michael J. Ryan. The author tells the remarkable story of how he and other scientists have taken up where Darwin left off, transforming our understanding of sexual selection and shedding new light on animal and human behavior. This account will change how you think about beauty and attraction in the animal world and beyond. 16 pages of color photos. 200 pages. Princeton. Paperback. Pub. at $16.95. Item #301862 $13.95

ARCHAEOLOGY


LIFE SCIENCE

TAMED & UNTAMED: Close Encounters of the Animal Kind By S. Montgomery & E.M. Thomas. This engaging collection of essays offers extraordinary insights into the minds, lives and mysteries of animals. The authors share stories that put humans back into the animal world and examine the ways we connect with our fellow species. The more we learn about what other animals think and do the more we understand ourselves, as animals too. Illus. 204 pages. Chelsea Green. Paperbound. Pub. at $17.95. Item #386122 $14.95

Wealth is not the production of wealth...
**Life Science**

*TESTOSTERONE: An Unauthorized Biography* By R.M. Jordan-Young & K. Karkazis. This unauthorized biography pierces the curtain on testosterone, a hormone that forms the backdrop of childhood development, the search for identity, and the act of reproduction. Item #3754995

**Chemistry & Physics**

*BREAKFAST WITH EINSTEIN: The Exotic Physics of Everyday Objects* By Chad Orzel. Illuminates the strange phenomena lurking just beneath the surface of our ordinary lives by digging into the surprisingly complicated physics involved in your morning routine. From the sun, alarm clocks, and the red glow of a toaster’s hot filament to the chemistry of food aroma—a typical day is rich with examples of quantum weirdness. Illus. 255 pages. BenBella. Paperback. Pub. at $16.95 Item #2848724

**Social Science**

*UNBOUND: Transgender Men and the Remaking of Identity* By Arline Stein. Documents the varied ways younger trans men see themselves and are changing our understanding of what it means to be male and female in America. 339 pages. Pantheon. Pub. at $27.95 Item #3883299

*BULLDOZER: Demolition and Clearance of the Postwar Landscape* By Francesca Russell Ammon. The first history of the bulldozer and its transformation from military weapon to essential tool for creating the post World War II landscape is explored. Illus. 383 pages. Yale. Pub. at $45.00 Item #378230X

*WHY THE AMISH SING: Songs of Solidarity & Identity* By D. Rose Elder. By making school visits, attending worship services and youth sings, and visiting private homes, Elder has been given the rare opportunity to listen to Amish singing in its natural social and familial context. She combines one on one interviews with detailed observations of how song provides a window into Amish cultural beliefs and values. 193 pages. Johns Hopkins. Pub. at $39.95 Item #3705374

*CELEBRATING TEACHERS: A Visual History* By Deirdre Rattery. In this riveting illustrated history, readers learn about the changing role of educators throughout time. From teachers in ancient civilizations, to medieval monks, and all the way to today’s hardworking professionals, readers get a look at the many reasons why teachers are worthy of our esteem and admiration. 192 pages. Basic. Pub. at $24.99 Item #2997681

*THE NEW URBAN CRISIS* By Richard Florida. A bracing original work of research and analysis that offers a compelling diagnosis of our economic ills and a bold prescription for more inclusive cities capable of ensuring prosperity for all. Illus. 332 pages. Basic. Paperback. Pub. at $17.99 Item #384143X

*THE ANALOGUE REVOLUTION: Communication Technology 1901-1914* By Simon Webb. Examines the impact that developments in printing, photography, wireless telegraphy, gramophones and moving pictures had in the years preceding the First World War, and shows how the modern world was shaped by the media used to record it. Photos. 158 pages. Pen & Sword. Pub. at $34.95 Item #3771563

*THIS BLESSED EARTH: A Year in the Life of an American Family Farm* By Ted Genoways. Following the Hammond family from harvest to harvest and witnessing the many contemporary agricultural forces working against them, the author explores the rapidly changing world of small, traditional farming operations. Genoways creates a vivid portrait of a radically new landscape and one family’s fight to preserve their legacy and the life they love. Photos. 226 pages. Norton. Pub. at $26.95 Item #2976528

*GHOST GIRL* By Torey Hayden. Jodie never spoke, laughed, or cried, until one remarkable teacher persuaded her to break her self-imposed silence. Living in a nightmare, Torey responded with courage, compassion, and dedication, demonstrating the tremendous power of love and the resilience of the human spirit. 350 pages. Morrow. Paperback. Pub. at $9.99 Item #2884130

*MURPHY'S BOY* By Torey Hayden. When Hayden first met fifteen-year-old Kevin, he hadn’t spoken a word in eight years. Considered hopeless, Hayden refused to accept Kevin’s situation. She tells the story of the shocking, violent history and terrible secret that an unfeeling bureaucracy had simply filed away and forgotten, and of her devotion to setting Kevin free. 412 pages. Morrow. Paperback. Pub. at $9.99 Item #2884130

*AMERICAN HATE: Survivors Speak Out* Ed. By Arjun Singh Sethi. Explores the growing number of incidents of hate spurred by a vitriolic political climate and emboldened by a racist, misogynist, and xenophobic administration that continues to attack diversity and inflame nativist sentiment. 192 pages. New Press. Pub. at $24.99 Item #372106X

*CLOSE TO HOME: A Materialist Analysis of Women's Oppression* By Christine Delphy. In this provocative debate are questions of whether men can be feminists, whether "bourgeois" and heterosexual women are retrogressive members of the women’s movement, and how best to struggle against the multiple oppressions women endure. Delphy focuses on the structural importance of the family in understanding women’s oppression. 237 pages. Verso. Paperback. Pub. at $23.95 Item #2928787

*THE BEST AMERICAN INFOGRAPHICS 2015* Ed. by Gareth Cook. Showcases visualizations from the worlds of politics, social issues, health, sports, arts, culture, and more. The rise of info-graphics across nearly all print and electronic media reveals patterns in our lives and the world in often surprising ways. Fully illus. in color. 159 pages. HMH. 8½x11½. Item #669282X

*VIRTUALLY YOU: The Dangerous Powers of the E-Personality* By Elias Aboujaoude. In the “no holds barred” public forum of the Internet, many of us create alternate selves: more assertive, more efficient, sexier, bolder. Drawing on years of clinical experience as a psychiatrist, the author details the irrevocable damage done to our offline self by our online alter ego. 349 pages. Norton. Pub. at $26.95 Item #669282X


*CITY OF THORNS* By Ben Rawlence. Rawlence interweaves the stories of nine individuals to show what life is like in Dadaab, a refugee camp in northern Kenya. Lucid, vivid, and illuminating, his narrative is an urgent human story with deep international repercussions, brought to life through the people who call Dadaab home. 384 pages. Picador. Pub. at $26.00 Item #2991063

*TESTOSTERONE: An Unauthorized Biography* By R.M. Jordan-Young & K. Karkazis. This unauthorized biography pierces the curtain on testosterone, a hormone that forms the backdrop of childhood development, the search for identity, and the act of reproduction. Item #3754995

*THE NEW URBAN CRISIS* By Richard Florida. A bracing original work of research and analysis that offers a compelling diagnosis of our economic ills and a bold prescription for more inclusive cities capable of ensuring prosperity for all. Illus. 332 pages. Basic. Paperback. Pub. at $17.99 Item #384143X

*THE ANALOGUE REVOLUTION: Communication Technology 1901-1914* By Simon Webb. Examines the impact that developments in printing, photography, wireless telegraphy, gramophones and moving pictures had in the years preceding the First World War, and shows how the modern world was shaped by the media used to record it. Photos. 158 pages. Pen & Sword. Pub. at $34.95 Item #3771563

*THIS BLESSED EARTH: A Year in the Life of an American Family Farm* By Ted Genoways. Following the Hammond family from harvest to harvest and witnessing the many contemporary agricultural forces working against them, the author explores the rapidly changing world of small, traditional farming operations. Genoways creates a vivid portrait of a radically new landscape and one family’s fight to preserve their legacy and the life they love. Photos. 226 pages. Norton. Pub. at $26.95 Item #2976528

*GHOST GIRL* By Torey Hayden. Jodie never spoke, laughed, or cried, until one remarkable teacher persuaded her to break her self-imposed silence. Living in a nightmare, Torey responded with courage, compassion, and dedication, demonstrating the tremendous power of love and the resilience of the human spirit. 350 pages. Morrow. Paperback. Pub. at $9.99 Item #2884130

*MURPHY'S BOY* By Torey Hayden. When Hayden first met fifteen-year-old Kevin, he hadn’t spoken a word in eight years. Considered hopeless, Hayden refused to accept Kevin’s situation. She tells the story of the shocking, violent history and terrible secret that an unfeeling bureaucracy had simply filed away and forgotten, and of her devotion to setting Kevin free. 412 pages. Morrow. Paperback. Pub. at $9.99 Item #2884130

*AMERICAN HATE: Survivors Speak Out* Ed. By Arjun Singh Sethi. Explores the growing number of incidents of hate spurred by a vitriolic political climate and emboldened by a racist, misogynist, and xenophobic administration that continues to attack diversity and inflame nativist sentiment. 192 pages. New Press. Pub. at $24.99 Item #372106X

*CLOSE TO HOME: A Materialist Analysis of Women's Oppression* By Christine Delphy. In this provocative debate are questions of whether men can be feminists, whether "bourgeois" and heterosexual women are retrogressive members of the women’s movement, and how best to struggle against the multiple oppressions women endure. Delphy focuses on the structural importance of the family in understanding women’s oppression. 237 pages. Verso. Paperback. Pub. at $23.95 Item #2928787
**Social Science**

**CATASTROPHIC HAPPINESS** By Catherine Newman. In this revealing and deeply moving account, we follow the author’s son and daughter as they blossom from preschoolers into teenagers. Tells the bitter sweet joy of raising children and the unexpected challenges parenting creates in so many areas of our lives. Reflects on the ever evolving roles parents play. 216 pages. Little, Brown. Pub. at $25.00

---

**HUMAN: A Portrait of Our World** By Yann Arthus-Bertrand. Companion volume to the documentary Human. Over three years, the author and GoodPlanet Foundation gathered more than 2,000 interviews in 70 countries; essays by eminent journalists and human rights activists; and portraits and aerial photographs to create a portrait of humanity at the dawn of the 21st century. 224 pages. Paperbound. Pub. at $29.95

---

**SEXOGRAPHIES** By Gabriela Wiener. In this collection of irreverent essays, Wiener records infiltrating the most dangerous Peruvian prison, participating in sexual exchanges in swingers clubs, traveling the dark paths of the Bois de Boulogne in Paris in the company of transvestites and prostitutes—all while taking the reader on inward journeys that explore immigration, maternity, fear of death, and threesomes. 226 pages. Restless. Paperbound. Pub. at $17.99

---

**WHAT WE DID IN BED: A Horizontal Biographies** By Jonas & Susan Geer. Each of the portraits is a vivid, often hilarious, opinionated, and personal view of the mind and the fateful power we wield over each other. 296 pages. Ulysses. Pub. at $25.00

---

**SWITCHED ON: A Memoir of Brain Change and Emotional Awakening** By John Elder Robison. The extraordinary story of an Asperger’s syndrome sufferer who received an invitation from one of the world’s foremost neuroscientists to undergo an experimental new brain therapy. Robison’s story is what happens when the world as you know it is upended overnight. 296 pages. Spiegel & Grau. Paperbound. Pub. at $16.00

---

**THE PLEASURE SHOCK: The Rise of Deep Brain Stimulation and Its Forgotten Inventor** By Lore Frank. More than fifty years after Heath’s experiments, this very same treatment is becoming mainstream practice in modern psychiatry. The author weaves together biography, scientific history, and medical ethics. It is an adventure into our ever shifting views of the mind and the fateful power we wield when we tinker with the self. 307 pages. Dutton. Pub. at $28.00

---

**FROM TYPES TO IMAGES, VOLUME 4** By James Hillman. Moving Jungian psychology from types to images, to an image-based archetypal psychology, Hillman instigates an active re-visioning, re-imaging, of psychology as a self-generative activity of the soul. 222 pages. Spring Publications. Pub. at $36.00

---

**LITTLE SOLDIERS: An American Boy, a Chinese School, and the Global Race to Achieve** By Lenora Chu. A captivating exploration of the best ways to educate children in the 21st century, set inside one of the most celebrated—and most extreme—school systems in the world. The author asks us to reconsider the true value and purpose of education, as China and the West compete for the political and economic dominance of a new generation. 347 pages. HarperCollins. Pub. at $27.99

---

**DAD: Hundreds of Awesome Quotes About the Guy Who Does It All** A collection of quotes about the incredible relationship between father and child. Four hundred voices from the worlds of sports, entertainment, politics, and history describe the profound influence a dad can have. 256 pages. Adams Media. Paperbound. Pub. at $14.99

---

**TEACH YOURSELF GET STARTED IN BEGINNER’S AMERICAN ENGLISH** By Cindy Cheetham. If you want to learn American English for work, travel, school or just plain fun, this course can help you speak, write, read, and understand English. With authentic conversations, simple grammar information, useful vocabulary, clear illustrations, practice and review, you can learn the English you need. 305 pages. Teach Yourself. Paperbound. Pub. at $16.99

---


---

**STIGMA: Notes on the Management of Spotted Identity** By Erving Goffman. An illuminating excursion into the lives of people who are unable to conform to the standards society calls normal—physically deformed people, drug addicts, prostitutes, and ex-mental patients, and the stigma they must face every day, brilliantly examined by one of America’s leading social analysts. Paperbound. Pub. at $16.00

---

**THE LIFE AND IDEAS OF JAMES HILLMAN, VOLUME I: The Making of a Psychologist** By Dick Russell. This first of a two-volume authorized biography follows Hillman from his youth in the heyday of Atlantic City through postwar Paris and Dublin, travels in Africa and Kashmir, and onward to Zurich and the Jung Institute, which appointed him its first director of studies in 1960. 16 pages of photos. Paperbound. Pub. at $29.95

---

**HOT WORDS FOR THE SAT, 6TH EDITION** By Linda Carnevale. Updated and expanded to reflect the most recent SAT content, this reference defines more than 365 words in 38 lessons that focus on illustrative sentences and thematic word clusters. Improve your vocabulary, enhance your critical reading and essay-writing skills with the help of this guide. 270 pages. Barron’s. Paperbound. Pub. at $9.99

---

**PICTURE THESE SAT WORDS! THIRD EDITION** By Philip & Susan Geer. Each of the 300 cartoons is captioned with a visual pun that serves as a memory aid, and focuses on a new target word, gives its definition, and provides sample sentences that show you how the word is used. 356 pages. Barron’s. Paperbound. Pub. at $12.99

---


---

**GROWTH MINDSET** By D. Kelly. This guide shows you how to develop a growth mindset by getting them to think between, above, below, around, and beyond the lines. Then, they will be ready to accept new challenges. 192 pages. Ulysses.

---

### Foreign Language

**DANISH:** Rough Guides Phrasebook [Image 18x131 to 69x203]
- Features over 7,000 words and phrases for every occasion, along with informative tip boxes on culture, idioms or multiple meanings. Includes a quick reference bilingual dictionary. Illus. in color. 280 pages. Rough Guides. Paperbound. Pub. at $8.99
  - Item #2970829 $6.95

**ARABIC:** Rough Guides Phrasebook [Image 18x500 to 65x572]
- This small pocket-sized volume features over 7,000 words and phrases for every occasion, with chapters organized by theme and informative tip boxes on culture, idioms or multiple meanings. Illus. in color. 280 pages. Rough Guides. Paperbound. Pub. at $8.99
  - Item #3907018 $6.95

**TAGALOG PICTURE DICTIONARY** [Image 210x500 to 273x572]
- J.T.A. Gaspi & S.M.R. Martori. Contains more than 1,500 illustrated Tagalog words and expressions you need to know, organized into thirty-nine themes, and includes a brief introduction to Tagalog pronunciation as well as an English-Tagalog index for quick reference. 96 pages. Tuttle. Pub. at $15.99
  - Item #2976013 $11.95

**COLLINS GREEK DICTIONARY** [Image 2970929]
- Up to date with all the latest words, phrases and translations from both Greek and English. Includes extra guidance on the key points of Greek grammar. 434 pages. HarperCollins. Paperbound.
  - Item #297617X $11.95

**BERLITZ POLISH PHRASE BOOK & DICTIONARY** [Image 3826687]
- By Helen Fantthrop. This diminutive reference offers over 8,000 words and phrases; color-coded sections organized by theme; easy pronunciation; and a menu reader. 224 pages. Berlitz.
  - Paperbound. Pub. at $9.99
  - Item #6905947 $5.95

**FROM AMOURETTE TO ZAL:** Bizarre and Beautiful Words from Europe [Image 2894122]
- By Alex Rawlings. From the melancholic to the funny and Beautiful, you’ll go on a fascinating journey around Europe in twelve languages, celebrating our cultural similarities and differences along the way. 191 pages. History Press. Pub. at $18.95
  - Item #3992272 $7.95

**ENGLISH FOR EVERYONE:** English Idioms [Image 3837318]
- By Thomas Booth. Presents more than 1,000 idioms and expressions in context, with clear, simple definitions and attractive illustrations. Work through the tightly focused practice exercises and make your English more fluent and natural. 256 pages. Dorling Kindersley. Paperbound. Pub. at $19.99
  - Item #2926482 $9.95

**THE LITTLE BOOK OF PHILOSOPHY** [Image 2970929]
- By Will Buckingham et al. How did the universe begin? What is truth? How can we live good lives? This reference answers these big questions and more. Packed with simple explanations, witty illustrations, and step by step diagrams that untangle complex theories, you’ll find plenty of food for thought with this volume. 208 pages. Dorling Kindersley. Paperbound. Pub. at $12.99
  - Item #2976713 $9.95

**DO ROBOTS MAKE LOVE?** [Image 3838879]
- By L. Alexandre & J-M. Besnier. Discover the incredible potential of mankind’s near future, as a doctor and a philosopher debate the big questions surrounding transhumanism—the tech movement that seeks to improve the human condition through science. 143 pages. Cassell. Pub. at $12.99
  - Item #3824845 $4.95

**REVOLENT AGAINST THE MODERN WORLD** [Image 382408X]
- By Julius Evola. Through a sweeping study of the structures, myths, beliefs, and spiritual traditions of the major Western civilizations, the author compares the characteristics of the modern world with those of traditional societies. At every turn, Evola challenges the reader’s most cherished assumptions about fundamental aspects of modern life. 375 pages. Inner Traditions.
  - Paperbound. Pub. at $29.95
  - Item #2983559 $24.95

**PHILOSOPHY HACKS** [Image 2968407]
- By R. Arp & M. Cohen. Take a complicated philosophical concept, start with a helicopter overview of the subject, and next zoom in on the core elements of the theory. Finally, get a one-liner back to cement the concept in your mind. This volume will help you remember even the most complex philosophical theories. Fully illus., most in color. 207 pages. Cassell. Paperbound. Pub. at $16.99
  - Item #382408X $9.95

**DYING FOR IDEAS:** The Dangerous Lives of the Philosophers by Costica Bradatan. Explores the limit-situation in which philosophers find themselves when the only means of persuasion they can use is their own dying bodies and the public spectacle of their death. Bradatan tells the story of the philosopher’s encounter with death as seen from several different angles. 238 pages. Bloomsbury.
  - Paperbound. Pub. at $13.95
  - Item #2973944 $5.95

**THE FORGOTTEN DEPRESSION:** 1921, the Crash That Cured Itself by James Grant. In a detailed account of the deep economic slump of 1920-21—America’s last untreated depression—Grant proposes that less is more with respect to federal intervention. In a powerful response to prevailing notions, he offers a free-market rejoinder to the Keynesian stimulus used to alleviate the Great Recession. 16 pages of photos. 254 pages. SCS. Paperbound. Pub. at $17.00
  - Item #2984122 $3.95

**THE UNBANKING OF AMERICA:** How the New Middle Class Survives by Lisa Sevón. In an urgent, absorbing expose, Sevón reveals why Americans are fleeing their broken banking system in growing numbers, and explains how alternatives like check-cashing businesses and informal lending clubs are rising in to fill the void that banks have left in their wake. 250 pages. HMH. Pub. at $27.00
  - Item #6907377 $6.95

### Philosophy

**SPECULATIVE ANNihilation:** The Intersection of Archaeology and Extinction by Matt Rosen. In this study, Rosen argues that current archaeological approaches are not up to the task of adequately theorizing exhumation in our present age of extinctions. Here he explores themes of the unhinged and unthinkable, anonymity, otherness, and meaninglessness so that archaeology can be granted a new basis. 100 pages. Zero Books. Paperbound. Pub. at $14.95
  - Item #2955903 $7.95

**REVOLUTION AGAINST THE MODERN WORLD** [Image 3838879]
- By Julius Evola. Through a sweeping study of the structures, myths, beliefs, and spiritual traditions of the major Western civilizations, the author compares the characteristics of the modern world with those of traditional societies. At every turn, Evola challenges the reader’s most cherished assumptions about fundamental aspects of modern life. 375 pages. Inner Traditions.
  - Paperbound. Pub. at $29.95
  - Item #2983559 $24.95

**THE LITTLE BOOK OF PHILOSOPHY** [Image 382408X]
- By Will Buckingham et al. How did the universe begin? What is truth? How can we live good lives? This reference answers these big questions and more. Packed with simple explanations, witty illustrations, and step by step diagrams that untangle complex theories, you’ll find plenty of food for thought with this volume. 208 pages. Dorling Kindersley. Paperbound. Pub. at $12.99
  - Item #2976713 $9.95

**DO ROBOTS MAKE LOVE?** [Image 3824845]
- By L. Alexandre & J-M. Besnier. Discover the incredible potential of mankind’s near future, as a doctor and a philosopher debate the big questions surrounding transhumanism—the tech movement that seeks to improve the human condition through science. 143 pages. Cassell. Pub. at $12.99
  - Item #3824845 $4.95

**REVOLENT AGAINST THE MODERN WORLD** [Image 382408X]
- By Julius Evola. Through a sweeping study of the structures, myths, beliefs, and spiritual traditions of the major Western civilizations, the author compares the characteristics of the modern world with those of traditional societies. At every turn, Evola challenges the reader’s most cherished assumptions about fundamental aspects of modern life. 375 pages. Inner Traditions.
  - Paperbound. Pub. at $29.95
  - Item #2983559 $24.95

**DYING FOR IDEAS:** The Dangerous Lives of the Philosophers by Costica Bradatan. Explores the limit-situation in which philosophers find themselves when the only means of persuasion they can use is their own dying bodies and the public spectacle of their death. Bradatan tells the story of the philosopher’s encounter with death as seen from several different angles. 238 pages. Bloomsbury.
  - Paperbound. Pub. at $13.95
  - Item #2973944 $5.95

**THE FORGOTTEN DEPRESSION:** 1921, the Crash That Cured Itself by James Grant. In a detailed account of the deep economic slump of 1920-21—America’s last untreated depression—Grant proposes that less is more with respect to federal intervention. In a powerful response to prevailing notions, he offers a free-market rejoinder to the Keynesian stimulus used to alleviate the Great Recession. 16 pages of photos. 254 pages. SCS. Paperbound. Pub. at $17.00
  - Item #2984122 $3.95

**THE WAR ON NORMAL PEOPLE** By Andrew Yang. Shows how artificial intelligence, robotics, and automation software are already displacing millions of jobs. The consequences are being felt across our communities and the future looks bleak. Yang offers a groundbreaking look at how we can build a sustainable economy and healthy society amid rapid technological change.
  - Item #2939460 $12.95

**BIG BUSINESS:** A Love Letter to an American Anti-Hero By Tyler Cowen. The author puts forth an impassioned defense of corporations and their essential role in a balanced, productive, and progressive society. He dismantles common misconceptions and untangles conflicting intuitions. He illuminates the crucial role businesses play in spurring innovation and rewarding talent and hard work.
  - Item #3838420 $4.95

**CITIZENS’ WEALTH:** Why (and How) Sovereign Funds Should Be Managed by the People for the People By Angela Cummine. By exploring global experiences of sovereign fund management, from Britain to Alaska, Norway to New Zealand and Singapore to Chile. Cummine sets out how these funds can reflect, promote and protect the interests and values of their citizen-owners. 280 pages. Yale. Pub. at $35.00
  - Item #6943585 $5.95

**THE UNBANKING OF AMERICA:** How the New Middle Class Survives by Lisa Sevón. In an urgent, absorbing expose, Sevón reveals why Americans are fleeing their broken banking system in growing numbers, and explains how alternatives like check-cashing businesses and informal lending clubs are rising in to fill the void that banks have left in their wake. 250 pages. HMH. Pub. at $27.00
  - Item #6907377 $6.95
<table>
<thead>
<tr>
<th>Item #</th>
<th>Title</th>
<th>Author(s)</th>
<th>Publisher/Year</th>
<th>Pages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>372488</td>
<td>A Nation of Small Shareholders: Marketing Wall Street After World War II</td>
<td>Janice M. Triflet</td>
<td>Johns Hopkins</td>
<td>242</td>
<td>$4.95</td>
</tr>
<tr>
<td>3728706</td>
<td>Janesville: An American Story</td>
<td>Amy Goldstein</td>
<td>Pegasus</td>
<td>232</td>
<td>$21.95</td>
</tr>
<tr>
<td>378440</td>
<td>Elastic: Flexible Thinking in a Time of Strife</td>
<td>David Adam</td>
<td>ACTAR</td>
<td>326</td>
<td>$6.95</td>
</tr>
<tr>
<td>383569</td>
<td>The Genius Within: Unlocking Your Brain’s Potential</td>
<td>David Adam</td>
<td>Pegasus</td>
<td>326</td>
<td>$6.95</td>
</tr>
<tr>
<td>3899624</td>
<td>Healing Children: A Surgeon’s Stories from the Frontiers of Pediatric Medicine</td>
<td>Kurt Newman</td>
<td>Pantheon</td>
<td>252</td>
<td>$5.95</td>
</tr>
<tr>
<td>388747</td>
<td>Miller’s Review of Critical Vaccine Studies</td>
<td>Neil Z. Miller</td>
<td>Oxford University</td>
<td>334</td>
<td>$4.95</td>
</tr>
<tr>
<td>372656</td>
<td>The Secret Language of Anatomy</td>
<td>Cecilia Brassett et al.</td>
<td>HarperCollins</td>
<td>351</td>
<td>$7.95</td>
</tr>
<tr>
<td>390996</td>
<td>Superhuman: Life at the Extremes of Our Capacity</td>
<td>Rowan Hooper</td>
<td>ACTAR</td>
<td>344</td>
<td>$11.95</td>
</tr>
<tr>
<td>3807916</td>
<td>Nephrology in 30 Days</td>
<td>R.F. Reilly &amp; M.A. Perazella</td>
<td>Pegasus</td>
<td>219</td>
<td>$12.95</td>
</tr>
<tr>
<td>303693</td>
<td>Elastic: Flexible Thinking in a Time of Strife</td>
<td>Leonard Mlodinow</td>
<td>ACTAR</td>
<td>367</td>
<td>$12.95</td>
</tr>
<tr>
<td>3955223</td>
<td>Epic Measures: One Doctor, Seven Billion Patients</td>
<td>Jeremy N. Smith</td>
<td>HarperCollins</td>
<td>351</td>
<td>$7.95</td>
</tr>
<tr>
<td>296094X</td>
<td>THE BERLAGE AFFAIR</td>
<td>Vedran Mimica</td>
<td>Boydell</td>
<td>332</td>
<td>$5.95</td>
</tr>
<tr>
<td>3899624</td>
<td>Healing Children: A Surgeon’s Stories from the Frontiers of Pediatric Medicine</td>
<td>Kurt Newman</td>
<td>Pantheon</td>
<td>252</td>
<td>$5.95</td>
</tr>
<tr>
<td>390996</td>
<td>Superhuman: Life at the Extremes of Our Capacity</td>
<td>Rowan Hooper</td>
<td>ACTAR</td>
<td>344</td>
<td>$11.95</td>
</tr>
</tbody>
</table>

**Economics**

- **A Nation of Small Shareholders: Marketing Wall Street After World War II** by Janice M. Triflet
- **Janesville: An American Story** by Amy Goldstein
- **Elastic: Flexible Thinking in a Time of Strife** by David Adam
- **The Genius Within: Unlocking Your Brain’s Potential** by David Adam
- **Healing Children: A Surgeon’s Stories from the Frontiers of Pediatric Medicine** by Kurt Newman
- **Miller’s Review of Critical Vaccine Studies** by Neil Z. Miller

**Architecture**

- **England Medieval Church Towers: The Northern Province** by W.E. David Ryan
- **The Birth of Rome: Five Visions for the Eternal City** by Silvia Barisione

**Medical Science**

- **Superhuman: Life at the Extremes of Our Capacity** by Rowan Hooper
- **Nephrology in 30 Days** by R.F. Reilly & M.A. Perazella
- **Elastic: Flexible Thinking in a Time of Strife** by Leonard Mlodinow
- **Healing Children: A Surgeon’s Stories from the Frontiers of Pediatric Medicine** by Kurt Newman
- **Miller’s Review of Critical Vaccine Studies** by Neil Z. Miller

**Business**

- **Smaller Faster Lighter Denser Cheaper: How Innovation Keeps Proving the Catastrophists Wrong** by Robert Bryce
<table>
<thead>
<tr>
<th>Item #</th>
<th>Title</th>
<th>Author</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>2823578</td>
<td><strong>The Chickenfoot Club: Why the Justice Department Fails to Prosecute Executives</strong></td>
<td>By Jesse Eisinger</td>
<td>$5.95</td>
</tr>
<tr>
<td>5787599</td>
<td><strong>Shadow Courts: The Tribunals That Rule Global Trade</strong></td>
<td>By Haley Sweetland Edwards</td>
<td>$5.95</td>
</tr>
<tr>
<td>798877</td>
<td><strong>The Last American CEO</strong></td>
<td>By J. Vines &amp; J. Cappy</td>
<td>$4.95</td>
</tr>
<tr>
<td>371859X</td>
<td><strong>Eyes Wide Open</strong></td>
<td>By Noreena Hertz</td>
<td>$9.95</td>
</tr>
<tr>
<td>3778793</td>
<td><strong>Billions Dollar Dimebag: An Insider’s Account of America’s Legisal Legal Cannabis Industry</strong></td>
<td>By Jackson &amp; Ryan Edwards</td>
<td>$4.95</td>
</tr>
<tr>
<td>988323X</td>
<td><strong>The Story of the Emoji</strong></td>
<td>By Gavin Lucas</td>
<td>$5.95</td>
</tr>
<tr>
<td>2911051</td>
<td><strong>Burroughs Wellcome in the USA and the Wellcome Trust</strong></td>
<td>By Roy C. Church</td>
<td>$5.95</td>
</tr>
<tr>
<td>8668243</td>
<td><strong>Exploring Sustainable Biodiesel</strong></td>
<td>By Amy Townsend et al.</td>
<td>$4.95</td>
</tr>
<tr>
<td>9899877</td>
<td><strong>Unleash Different: Achieving Business Success Through Disability</strong></td>
<td>By Rich Donovan</td>
<td>$4.95</td>
</tr>
<tr>
<td>2998538</td>
<td><strong>Outstanding! 47 Ways to Make Your Organization Exceptional</strong></td>
<td>By John G. Miller</td>
<td>$4.95</td>
</tr>
<tr>
<td>2908506</td>
<td><strong>Wheel &amp; Deal</strong></td>
<td>By Carlos and William Paul</td>
<td>$7.95</td>
</tr>
<tr>
<td>3771138</td>
<td><strong>The Head Game</strong></td>
<td>By Philip Mudd</td>
<td>$11.95</td>
</tr>
<tr>
<td>374066X</td>
<td><strong>Decisive Intuition: Using Your Gut Instincts to Make Smart Business Decisions</strong></td>
<td>By Rick Snyder</td>
<td>$9.95</td>
</tr>
<tr>
<td>371509X</td>
<td><strong>Billion Dollar Dimebag: An Insider’s Account of America’s Legisal Herbal Cannabis Industry</strong></td>
<td>By John O. Titler</td>
<td>$4.95</td>
</tr>
<tr>
<td>6969194</td>
<td><strong>Exploring Sustainable Biodiesel</strong></td>
<td>By Amy Townsend et al.</td>
<td>$9.95</td>
</tr>
<tr>
<td>2621051</td>
<td><strong>Taking What's Yours: Don’t Have to Do It Yourself</strong></td>
<td>By Amy Townsend et al.</td>
<td>$4.95</td>
</tr>
<tr>
<td>587859X</td>
<td><strong>Perennial Seller: The Art of Making and Marketing Work That Lasts</strong></td>
<td>By Ryan Holiday</td>
<td>$4.95</td>
</tr>
<tr>
<td>2911051</td>
<td><strong>Burroughs Wellcome in the USA and the Wellcome Trust</strong></td>
<td>By Roy C. Church</td>
<td>$5.95</td>
</tr>
<tr>
<td>8668243</td>
<td><strong>Exploring Sustainable Biodiesel</strong></td>
<td>By Amy Townsend et al.</td>
<td>$4.95</td>
</tr>
<tr>
<td>988323X</td>
<td><strong>The Story of the Emoji</strong></td>
<td>By Gavin Lucas</td>
<td>$5.95</td>
</tr>
<tr>
<td>2998538</td>
<td><strong>Outstanding! 47 Ways to Make Your Organization Exceptional</strong></td>
<td>By John G. Miller</td>
<td>$4.95</td>
</tr>
<tr>
<td>3771138</td>
<td><strong>The Head Game</strong></td>
<td>By Philip Mudd</td>
<td>$11.95</td>
</tr>
<tr>
<td>374066X</td>
<td><strong>Decisive Intuition: Using Your Gut Instincts to Make Smart Business Decisions</strong></td>
<td>By Rick Snyder</td>
<td>$9.95</td>
</tr>
<tr>
<td>587859X</td>
<td><strong>Perennial Seller: The Art of Making and Marketing Work That Lasts</strong></td>
<td>By Ryan Holiday</td>
<td>$4.95</td>
</tr>
</tbody>
</table>

**If you're interested in learning more about the world of the restaurant chef, where the pressure around you is high, read** **Business savvy, a thick skin, and a lot of luck.** By Karen Stabiner. 205 pages. HarperPerigee. Pub. at $15.00

**Outstanding! 47 Ways to Make Your Organization Exceptional** by John G. Miller. This guide is filled with practical ideas that can and should be used every single day by individuals and teams, from the boardroom to the stockroom, to create successful organizations. 205 pages. TarcherPerigee. Paperbound. Pub. at $15.00

**Eyes Wide Open** by Noreena Hertz. Combining stories from Hollywood to NASA with the latest in brain science, Hertz reveals the extent to which life-altering, business-affecting, policy-determining, and health-defining decisions are based on partial information, assumed wisdoms, and insufficient scrutiny. Here she offers practical ways to make better choices in your life.

**Unleash Different: Achieving Business Success Through Disability** by Rich Donovan. Illustrates how companies like Google, PepsiCo, and Nordstrom are attracting people with disabilities as customers and as employees. Replacing the “nice to do” with “return on investment” allows market forces to take over and the world’s leading brands to do what they do best: serve a market segment.

**The Chickenfoot Club: Why the Justice Department Fails to Prosecute Executives** by Jesse Eisinger. Tells the story from within the Department of Justice, a complex and richly reported account that spans the last decade and a half of prosecutorial flacceos, corporate lobbying, trial losses, and culture shifts that have stripped the government of the will and ability to prosecute top corporate executives.

**Global Reports**. Paperbound. Pub. at $12.99

**Burroughs Wellcome in the USA and the Wellcome Trust** by Roy C. Church. Concentrating on the story of the New York based Burroughs Wellcome USA Inc., Church’s masterly history analyzes the scientific research and product innovation in which—in contrast to the parent company—the subsidiary in the U.S. excelled. Well illus. 422 pages. Carnegie. Paperbound. Pub. at $50.00

**Eyes Wide Open** by Noreena Hertz. Combining stories from Hollywood to NASA with the latest in brain science, Hertz reveals the extent to which life-altering, business-affecting, policy-determining, and health-defining decisions are based on partial information, assumed wisdoms, and insufficient scrutiny. Here she offers practical ways to make better choices in your life.

**Unleash Different: Achieving Business Success Through Disability** by Rich Donovan. Illustrates how companies like Google, PepsiCo, and Nordstrom are attracting people with disabilities as customers and as employees. Replacing the “nice to do” with “return on investment” allows market forces to take over and the world’s leading brands to do what they do best: serve a market segment.
Computer Books

THE ADVANCED ROBLOX CODING BOOK
By Heath Haskins. Roblox is a blast to play with family and friends, but the real fun comes when you create your own game world from scratch! With this guide you’ll have all the tools you need to code your own Roblox reality. Gives detailed instructions, example screenshots, and clear explanations of what code to use and how to use it. Well-illustrated. In media format. Paperbound. Pub. at $19.99
Item #3769092 $9.95

Mathematics

BEYOND INFINITY: An Expedition to the Outer Limits of Mathematics
By Eugenia Cheng. The author explores the wild and woolly world of the infinitely large and the infinitely small. Along the way Cheng considers weighty questions like why some numbers are uncountable or why infinity plus one is not the same as one plus infinity. Illus. 284 pages. Basic. Pub. at $27.00
Item #3138313 $4.95

Science Essays & Surveys

CAN YOU OUTSMART AN ECONOMIST? 100+ Puzzles to Train Your Brain
By Steven E. Landsburg. In this smart, entertaining, and entirely unconventional economics primer, the author brings together over one hundred puzzles and brain teasers that illustrate the subject’s key concepts and pitfalls. Solutions included. 288 pages. HMH. Paperbound. Pub. at $16.95
Item #2984385 $4.95

Science & History

RISE OF THE NECROFAUNA: The Science, Ethics, and Risks of De-Extinction
By Britt Wray. Takes the reader deep into the minds and the labs of some of the world’s most cutting-edge scientists and thinkers to reveal the incredible advances made possible by de-extinction. Wray delves into the ecological and moral dilemmas that come with this emerging field. 293 pages. Greystone. Paperbound. Pub. at $17.95
Item #2999963 $12.95

Science & Invention

OUT OF THE SHADOW OF A GIANT: Hooke, Halley & the Birth of British Science
By John & Mary Gribbin. Shows that even without Newton science in Britain would have made a great leap forward in the second half of the 17th Century, paving the way for the Royal Society and many more extraordinary developments. And without Robert Hooke and Edmond Halley, we might never have heard of Isaac Newton. Illus. 302 pages. William Collins. Pub. at $19.95
Item #7256057 $9.95

Religion & Science

THE HERETIC
There is perhaps no figure in American Christianity as polarizing as Rob Bell. This film follows Bell with unprecedented access over several years as he challenges deeply held conservative ideals while grappling with some of the most important questions of our time: can faith and science co-exist or do belief and progress stand in opposition? English SDH.
71 minutes. Bullyfrog Films. Pub. at $19.95
Item #2841282 $14.95
worry index. You'll find something to love in this witty and informative guide.
Animals

- **WILD: Endangered Animals in Living Motion** By Kathy Wollard. Using unique Phototrac technology, this stunning volume brings to vivid life eight animals under threat of extinction. It turns abstract numbers and names into touching and unforgettable images. As Thoreau said, “In wildness is the preservation of the world.” Workman. Pub. at $25.95. Item #6911943 $9.95

- **MAMMALS OF NORTH AMERICA AND THE MIDDLE EAST: Pocket Photo Guide** By Chris & Tilde Stuart. Compact and easy to use, this pocket sized guide is a perfect traveling companion with key facts about identification, behavior, and diet of these animals. Fully illus. in color. 128 pages. Bloomsbury. Paperbound. Pub. at $16.00. Item #5962668 $7.95

- **THE FROG WHISPERER: Portraits & Stories** By Lisa & Tom Cuchara. Cucara is known as the “frog whisperer” for her uncanny ability to work with her beloved pet frogs. Together with her husband, they create truly heart warming images that capture the beauty of their tiny subjects. Learn about frog behavior and care while you enjoy these whimsical images and funny frog stories! 128 pages. Amherst Media. Paperbound. Pub. at $24.95. Item #2782677 $9.95


- **GIANTS OF THE MONSOON FOREST: Living and Working with Elephants** By Jacob Shell. Offers a new perspective on animal intelligence and reveals an unexpected relationship between evolution in the natural world and political struggles in the human one. Shell examines why the complex tradition of working with elephants has endured with Asian elephants, and he shows how this secret forest culture might offer a way to save them. 24 pages of photos. 256 pages. Norton. Pub. at $26.95. Item #3036014 $19.95

---

**BIRDS & BIRDING**

- **50 WAYS TO SAVE THE ELEPHANTS (AND CHANGE THE WORLD)** By Isabel S. Abrams. Provides practical and accessible strategies that will empower you to make a difference, ranging from utilizing social media to local community outreach. Promote change in your community, and the world, with these creative and inspiring ideas. Color photos. 160 pages. Cider Mill. Paperbound. Pub. at $12.95. Item #2780216 $3.95

- **PETERTSON FIELD GUIDE TO BIRD SOUNDS OF WESTERN NORTH AMERICA** By Nathan Pilegnow. At the core of this guide is the spectrogram, a visual graph of sound. With a brief introduction to five key aspects—speed, repetition, pauses, pitch pattern, and tone quality—readers can translate what they hear into visual recognition. Fully illus. in color. 632 pages. HMH. Paperbound. Pub. at $28.00. Item #3845370 $7.95

- **PENGUINS AND OTHER SEABIRDS** By Matt Sewell. In this enchanting guide, Sewell captures 50 species of penguin and other sea birds favorites like puffins and albatrosses. From the Little Penguin, only 13 inches tall, to the Fiordland Crested Penguin, who sports bushy yellow eyebrows, these charismatic birds are sure to delight. Well illus. in color. 128 pages. Ten Speed. Pub. at $12.99. Item #6930255 $3.95

- **BIRDS OF FLORIDA, 2ND EDITION** By Todd Telander. A field guide to nearly two hundred of the most common and sought after species in the region. With anatomically correct illustrations and detailed descriptions, this is the essential resource when you’re out in the field. 109 pages. Falcon. Paperbound. Pub. at $12.95. Item #5921603 $9.95

- **AMERICAN BIRDS: A Literary Companion** Ed. by A. Rubenfield & T.T. Williams. Gather evocative and surprising writings on birds and our fascination with them from an astonishing array of American poets and writers. The result is a literature of singular depth and beauty, with occasional flights of fancy in the mix. 265 pages. Library of America. Pub. at $24.95. Item #3978494 $14.95

- **AN ASYLUM OF LOONS** By Claire Suer. Groupings of birds are more than just a “flock.” Collective nouns for specific types of birds range from fascinating to funny, and this small reference is your guide to the best of them. Fully illus. in color. 80 pages. Adventure Publications. Pub. at $14.95. Item #2968880 $9.95


---

**SCIENCE & NATURE FOR CHILDREN**

- **THE STEAM TEAM: Simple Science Explained** By Lisa Burke. Find out what science is, why it is so important, and how it relates to the world around you. Get help from your friends, the STEAM Team—science, technology, engineering, art and math. You’ll discover how machines work, what a food web is, why boats float, and much more! Ages 8-11. Fully illus. in color. 80 pages. Dorling Kindersley. 8½x11. Pub. at $16.99. Item #390315X $5.95

- **WHAT MAKES ME ME? Big Questions About the Body** By Robert Winston. Join the author on a unique journey, exploring the mind as well as the body, to reveal the astonishing reasons why every single one of us is different! Ages 7-11. Fully illus. in color. 96 pages. Dorling Kindersley. 8½x11½. Paperbound. Pub. at $9.99. Item #3903273 $4.95

- **LIFE AS WE KNOW IT: Big Questions About Biology** By Robert Winston. Bursts open the biology of our living world to reveal the intriguing secrets of everything under the sun. Unwrap our incredible planet from the basic building blocks of all living things to the nonstop activity that helps critters and plants survive and thrive. Ages 8 & up. Fully illus. in color. 96 pages. Dorling Kindersley. 8½x11½. Paperbound. Pub. at $9.99. Item #3912124 $4.95
**Science & Nature for Children**

**WHATEVER THE WEATHER: Science Experiments and Art Activities That Explore the Wonders of Weather** By A. Riechmann & D.S. Smith. The engaging science experiments and open ended art activities in this manual provide a hands on approach to exploring and understanding the weather we experience every day. This guide to weather science encourages creativity, and a spirit of curiosity; it will inspire a sense of wonder and adventure. Ages 8-12. Fully illus. in color. 205 pages. Roost. Paperbound. Pub. at $19.95

**THE BOOK OF POTENTIALLY CATASTROPHIC SCIENCE** By Sean Connolly. Contains detailed information about the most dangerous scientific discoveries of all time. Includes 50 experiments: the Jet-0 Earthquake, Slow-Motion Fireworks, the Marshmallow Hadron Collider and more. These experiments may get messy! Ages 12 & up. Illus. 306 pages. Workman. Pub. at $14.95

**THE WOOD FOR THE TREES: One Man’s Long View of Nature** By Richard Fortey. The author purchased four acres of woodland, and created this joyful, lyrical portrait of what he found there over the course of one year, an exuberant biography of a small patch of land and of the miraculous web of life that it sustains. Illuminating the epic story of a small forest, the author helps us see a universe in miniature. 16 pages of color photos. 304 pages. Knopf. Pub. at $28.95

**THE 50 STATE FOSSILS: A Guidebook for Aspiring Paleontologists** By Yinan Wang, illus. by J. Levy. Fossils can be found in every state and nearly every state has official state fossils. This guide brings these celebrated ancient organisms to life, with each state entry containing details about the state fossil including an illustration; a photograph; and a state map showing where the fossil can be found. Ages 8 & up. Well illus. 424 pages. Workman. Pub. at $14.95

**UNDERLAND: A Deep Time Journey** By Robert MacFarlane. Delivers an epic exploration of the Earth’s underworlds as they exist in myth, literature, memory, and the land itself. MacFarlane takes the reader on an extraordinary journey into our relationship with darkness, burial, and what lies beneath the surface of both place and mind. 488 pages. Norton. Paperbound. Pub. at $17.95

**HOW TO SEND SMOKE SIGNALS, PLUCK A CHICKEN & BUILD AN IGLOO: Plus 75 Additional Skills You Never Knew You Needed** By Michael Powell. Tackling more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wilderness skills, this little compendium will boost your outdoor basics, more than 70 wil...
**LITERARY CHICKENS** By Beth Moon. This volume presents fifty-two black and white portraits of heritage breed chickens, paired with quotations from classic literature. The literary passages resonate with, and subtly underscore, the starting range of emotions and personalities captured by Moon’s intimate portraits. This work is sure to delight animal lovers and literary buffs alike. 136 pages. Abbeville. 9¾x11½. Pub. at $35.00

**INSTA GRAMMAR NORDIC** Part of a series collecting the finest images on Instagram, this gallery captures the magic of the High North in stunning images, drawn from some of the website’s most popular accounts and photographers. Lannoo. Paperbound. Pub. at $17.95

**THE METABOLIC CLOCK** By Julie Rennie. Tap into the secrets of this volume and discover how you can speed up your metabolism easily, losing excess body fat without raising a sweat. Learn how to change those lifelong eating habits and perceptions from living to the fullest. Ditch the diets, energize your mind and body, live the healthy and positive life you deserve. Well illus. in color. 176 pages. Rockpool. Paperbound. Pub. at $19.95

**COMPLETE FAMILY NUTRITION** By Jane Clarke. Offers clear, practical, and personal advice you can trust on the questions so many parents ask. Learn which nutrients growing children need and how to achieve a healthy weight and what the difference between food allergy and food intolerance is. Clarke gives tried and tested tips for small changes that can make a big difference. Illus. in color. 256 pages. Dorling Kindersley. Pub. at $25.00


**COMING AGELESS: The Four Secrets to Looking and Feeling Younger Than Ever** By Strauss Zelnick with Z. Zeigler. This science-backed three-month plan will give you the essentials you need to look and feel younger. 323 pages. Galvanized. Pub. at $26.00

**THE OBESOGEN EFFECT** By Bruce Blumberg with K. Loben. In this eye-opening account, Dr. Blumberg describes how obesogens (weight-inducing chemicals) work, reveals where they are found, and offers practical three-step solutions for reducing exposures. He sounds an urgent call to action to protect your body, clean up your life, and melt the pounds away by eating delicious foods and doing fast and fun workouts. Illus. 239 pages. Galvanized. Pub. at $26.00

**WRIED TO EAT** By Robb Wolf. In this guide to a customized way of eating—that may be the key to permanent weight loss and better health—Wolfe starts you on a 30-day Reset to help restore your body’s blood sugar levels and reverse insulin resistance. Included are 60 delicious recipes, detailed meal plans, and shopping lists to aid you on your journey. 388 pages. Harmony. Pub. at $25.99

**JAMES DAUGUIN’S BLUEPRINT FOR HEALTH: Lose Weight and Feel Better in 14 Days** From a world-renowned health expert comes a comprehensive guide to transforming your body. After discussing the four fundamental pillars of health—mindset, nutrition, movement, and sleep—he shares 80 delicious recipes, more than 25 effective exercises, guided meditations, and more to get you on the right path. Well illus. in color. 223 pages. Sterling. Pub. at $24.95


**THINNER IN 30: Small Changes That Add Up to Big Weight Loss in Just 30 Days** By Jenna Wolfe with M. Murphy. Blending athletic wisdom and laugh out loud humor with easy to follow advice, Wolfe will help you discover just how easy it is to get healthy without having to deprive yourself or work out 12 hours a day. In this guide she puts the focus on small, bite-size tips which lead to long-term weight loss. Illus. 218 pages. Grand Central. Pub. at $28.00

**THE WHOLE30’S FOOD FREEDOM FOREVER** By Melissa Hartwig. This innovative program brings life changing results in just 30 days. This is a detailed three part guide to creating and sustaining your own version of a healthy balanced diet for the rest of your life. The author will teach you how to cultivate the kind of healthy relationship with food you’ve been searching for your whole life. 250 pages. HMH. Paperbound. Pub. at $17.99

**CLEAN PROTEIN** By K. Freston & B. Frederick. Complete with delicious recipes and a detailed guide to food planning, this resource explains everything you need to know in order to get lean, gain energy, and stay mentally sharp. You’ll finally understand in simple terms why protein is essential, how much you should get, and where to find the best sources of it. 271 pages. Hachette. Pub. at $27.00

**31-DAY FOOD REVOLUTION** By Ocean Robbins. Your guide to liberation from a toxic food world. Robbins reveals how specific ingredients and methods could be making you sick, and he shows you what to do about it, in just 31 days. Change your health for the better and your body will thank you for the rest of your life. 363 pages. Grand Central. Pub. at $28.00
**Healthy Cooking & Special Diets**

**THE ASIAN DIET: Simple Secrets for Eating Right, Losing Weight, and Being Well** By Janice Russell. The ideas outlined in this guide will show you how the food you eat on a day to day basis has an effect on your body-weight, energy, mood, and the quality and duration of your life—and that ultimately all foods are good in the right proportion. 128 pages. Rodale. Paperback. Pub. at $14.95 Item #2983257 $11.95

**THE HORMONE BOUNCE** By Natasha Turner. This volume provides an extensive, scientific overview of the six hormones that influence weight loss. With more than 60 recipes and a simple Pick 4 guide to creating meals, smoothies, and salads, this guide makes getting the right balance of carbs, fats, and protein easy. Rather than merely targeting weight loss it also promotes total wellness. Pub. at $26.99 Item #5881471 $8.95

**THE BAD FOOD BIBLE** By Aaron Carroll. As this physician explains, avoiding certain “bad” foods may actually hurt us. Distilling troves of studies on dietary health, Carroll rehabilitates some of our most demonized ingredients—meat, alcohol, gluten, and salt—and shows that you can eat, drink, and relax. 234 pages. Mariner Books. Paperback. Pub. at $14.99 Item #2971240 $9.95

**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 natural, whole foods that have been pushed out of our national diet by fats and a broken food system. Color photos. 330 pages. Skyhorse. Pub. at $24.95 Item #6500285 $5.95

**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 as an unskippable part of the Power Cleanse. Learn simple detoxifying exercise regimens and get a tune-up bonus as well. Color photos. 206 pages. Item #587234X $18.95

**Healthy Cooking & Special Diets**

**THE BELLY OFF! WORKOUTS: A 6-Week Detox Diet and Fitness Plan That Strips Away Fat—Fast!** By Jeff Csatari et al. With revelatory 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 even more pounds in fewer than two months and turn your health around. Illus. Paperback. Pub. at $23.99 Item #6500285 $9.95

**YOGA AND BODY IMAGE: 25 Personal Stories About Beauty, Bravery & Loving Your Body** By M. Klein & A. Guest-Jelley. Twenty-five contributors—including Alain Marxisse, celebrity yoga instructor Steve Corde and author Dr. Sara Gottfried—discuss how yoga and body image inspire from their personal stories, you’ll discover how yoga not only affects your physical health, but also how you feel about your body. 265 pages. Llewellyn. Paperback. Pub. at $17.99 Item #6717519 $6.95

**Healthy Skin Care**

**THE BEAUTY OF DIRTY SKIN** By Whitney Bowe with K. Lobberg. In this guide the author presents the connection between a healthy gut and radiant, clear skin, with a program to maximize skin health and beauty. With simple explanations of the science, do it yourself practical skin care strategies, and a life changing three week program, this title is your road map to great skin. 278 pages. Little, Brown. Pub. at $20.00 Item #2989360 $5.95

**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 as an unskippable part of the Power Cleanse. Learn simple detoxifying exercise regimens and get a tune-up bonus as well. Color photos. 206 pages. Item #587234X $18.95

**Healthy Cooking & Special Diets**

**THE VITAL SKINCARE: Natural Healthy Skin in Just 5 Minutes a Day** By Laura Pardoe. This guide helps you understand why it is essential to look after your skin, to know the products and practices for healthy skin, and to learn how to add vitality using homegrown and local natural ingredients. Packed with over 100 recipes from toners and cleansers, to day and night moisturizes, hand creams and more. Well illus. in color. 196 pages. Permanent. Paperback. Pub. at $28.95 Item #2902524 $5.95

**Health & Medical References**

**THE LONGLIFE PLAN: Seven Life-Transforming Lessons from Ancient China** 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 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. Paperback. Pub. at $16.99 Item #2931583 $5.95

**THE COMPLETE FIRST AID POCKET GUIDE** By John Furst. You’ll find everything you need to face medical emergencies. Each section includes a quick list of signs and symptoms to look for, along with step by step first aid instructions in simple language. Clear, helpful illustrations make this an ideal source to access lifesaving information. 188 pages. Adams Media. Paperback. Pub. at $11.99 Item #2920581 $9.95

**THE GREAT BOOK OF HEMP** By Rowan Robinson. Provides a complete guide to the environmental, commercial, and medicinal uses of the world’s most extraordinary plant. Robinson reveals hemp’s hidden history, and calls on contemporary and ancient wisdom to highlight its incredible potential. Well illus. 248 pages. Park Street. 8x10. Paperback. Pub. at $12.99 Item #5802946 $18.95

**PROBIOTICS FOR HEALTH: 100 Amazing and Unexpected Uses for Probiotics** By Jo A. Panyko. Shows you all the ways the amazing live microorganisms can improve how you feel and how you look. Featuring step by step instructions and plenty of simple tips, this guide offers 100 remarkable probiotic uses. 139 pages. Adams Media. Paperback. Pub. at $12.99 Item #6924409 $5.95

**ANTICANCER LIVING: Transform Your Life and Health with the Mix of Six** By L. Cohen & A. Jefferies. An accessible, prescriptive guide to wellness based on the latest scientific findings. The authors outline a path to radically transform health, delay or prevent many cancers, support conventional treatments, and significantly improve quality of life. 416 pages. Penguin. Paperback. Pub. at $17.00 Item #297007X $12.95

**BEST HOSPITALS, 2017 EDITION** Your guide to top care includes exclusive rankings on hospitals and smart ways to lose weight, as well as information on children’s health, health care in the future, advancements in treatments and more. Well illus. in color. 188 pages. U.S. News & World Report. 8x10%. Paperback. Pub. at $19.95 Item #6517174 $7.95

**THE MICROBIOME BREAKTHROUGH: Harness the Power of Your Gut Bacteria to Boost Your Mood and Heal Your Body** By Raphael Kellman. If you suffer from chronic pain, fatigue, gastrointestinal, thyroid, or unexplained health issues, take heart. The path to healing starts in your microbiome. Dr. Kellman’s breakthrough program offers proven natural solutions to help you not only reduce symptoms but also improve your vitality, cognitive function, and zest for life. 310 pages. Da Capo. Paperback. Pub. at $15.99 Item #2920581 $9.95

**THE BEAUTY OF DIRTY SKIN** By Whitney Bowe with K. Lobberg. In this guide the author presents the connection between a healthy gut and radiant, clear skin, with a program to maximize skin health and beauty. With simple explanations of the science, do it yourself practical skin care strategies, and a life changing three week program, this title is your road map to great skin. 278 pages. Little, Brown. Pub. at $20.00 Item #2989360 $5.95

**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 as an unskippable part of the Power Cleanse. Learn simple detoxifying exercise regimens and get a tune-up bonus as well. Color photos. 206 pages. Item #587234X $18.95
Health & Medical References

**REBOOT YOUR HEALTH** By Sara Davenport. Reveals Davenport’s holistic blueprint for wellbeing—a DIY manual to help you assess the function of each of your body’s systems and build a clear and detailed map of your health. Once you’ve established your “Health Baseline” you can then return to it, year after year to monitor your progress. 294 pages. Hay House. Paperbound. Pub. at $16.99 Item #2837099 $5.95

**THE CANCER REVELATION: A Groundbreaking Program to Reverse and Prevent Cancer** By Leigh Erin Connealy. At the Cancer Center for Healing, Connealy offers her groundbreaking integrative approach to both treating and preventing cancer. Now, with this 7-day detox and 14-day healing program, she provides the tools to prevent and treat cancer. 328 pages. Da Capo. Paperbound. Pub. at $15.99 Item #2993587 $4.95

**BREASTS: The Owner’s Manual** By Kristi Funk. This reference will help you reduce your cancer risk—and cancer recurrence risk—based on food choices and healthy lifestyle changes, all backed by rigorous scientific research. Funk also explores the uncontrollable risk factors for breast cancer, plus outlines your medical choices if you’re at elevated risk. 392 pages. Thomas Nelson. Pub. at $26.99 Item #3814289 $5.95

**YOU CAN ACHIEVE NORMAL BLOOD SUGAR** By Dennis Pollock. Discover the secret to successfully manage your blood sugar. For the first time in your diabetic journey, you will finally be able to experience what it feels like to know that maintaining normal blood sugar isn’t just possible, it’s entirely achievable. 217 pages. Harvest House. Paperbound. Pub. at $13.99 Item #2915243 $9.95

**THE CELLULITE MYTH: It’s Not Fat, It’s Fascia** By Ashley Black with J. Hunt. Unveils never-before-known secrets to obliterating cellulite and changing your personal health trajectory. Ninety percent of all women struggle with cellulite, but with this guide you will discover a radical paradigm shift in health and beauty. Illus. 224 pages. Post Hill. Paperbound. Pub. at $16.99 Item #6940320 $4.95

**I USED TO HAVE CANCER: How I Found My Own Way Back to Health** By James Templeton. An inspiring look back at Templeton’s unique journey in overcoming stage 4 melanoma. He takes you with him on a trip criss-crossing America, during which he shares the various natural approaches he followed to battle his cancer—from diet and supplements to meditation and lifestyle adjustments. In this inspiring story he shares the lessons that he has learned. 179 pages. Square One Publishers. Paperbound. Pub. at $16.95 Item #3748154 $12.95

**HARNESSING HOPE: Take Control of Your Life and Master Depression** By Jan Marsh. Offering real hope to anyone suffering from depression, the author explains depression in an approachable language and shows how simple lifestyle changes can make a difference. These strategies can be used alongside other treatments to be a pathway out of depression. This is the essential guide for those experiencing depression. 151 pages. Exisle. Paperbound. Pub. at $12.95 Item #2840022 $3.95

**COULD IT BE B12? SECOND EDITION: An Epidemic of Misdiagnoses** By S.M. Pickolok & J.J. Stuart. A modern classic that has literally saved lives and the only complete and authoritative guide to vitamin B12 deficiency. Newly revised, updated, and expanded with the latest scientific findings, it reveals how standard medical practice has misdiagnosed this disorder, and how you can protect yourself. 322 pages. Quill. Paperbound. Pub. at $16.95 Item #6785573 $12.95

**WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT FIBROMYALGIA, REVISED FOURTH EDITION** By R.P. St. Amanda & C.C. Hope. Collects the top 100 questions that survivors and their families ask, with answers from the top physicians and therapists in the country, and featuring takeaway points at the end of each chapter to help simplify everything. Gain the information, inspiration, advice and support you need to navigate your journey through stroke recovery. 221 pages. Hay House. Paperbound. Pub. at $16.99 Item #2836666 $12.95

**I HAVE CANCER, NOW WHAT? 12 Things You, Your Spouse, and Your Family Must Know in Your Battle with Cancer** By Caron & Cindy Boss. Offers information on how to deal with the shock and fear of diagnosis; how to talk to your spouse and extended family; how to choose the best doctors and what questions to ask; the real costs of cancer, both financial and emotional; how to manage full-time jobs and much more. 145 pages. Familius. Paperbound. Pub. at $15.99 Item #656352X $6.95

**THE HIDDEN CAUSE OF ACNE: How Toxic Water Is Affecting Your Health and What You Can Do About It** By Melissa Gallico. Offering a detailed guide to freeing yourself from persistent adult acne, Gallico shows that it is possible to heal your skin even when dermatologists and their prescriptions have failed. The author exposes corrupt science used to convince people of fluoride’s health benefits and examines the systemic toxicity of fluoride, including its anti-thyroid effects. 261 pages. Healing Arts. Paperbound. Pub. at $16.99 Item #6894453 $11.95

**SLEEPHEAD: The Neuroscience of a Good Night’s Rest** By Henry Nicholls. Weaving together an entertaining and terrifying collection of personal reflections, interviews, and historical anecdotes, Nicholls examines how understanding the origins of narcolepsy could be the key to better understanding how all sleep disorders arise. 342 pages. Basic. Pub. at $30.00 Item #3807827 $4.95

**THE HYPOCHONDRIAC’S POCKET GUARD TO HORRIBLE DISEASES YOU PROBABLY ALREADY HAVE** By Dennis Gallico. Because this is so portable, you can have it with you at all times so that the slightest onset of an unmistakable fatal-feeling itchy rash, you can simply whip out your trusty guide, conveniently diagnose yourself, and then let the worry begin. 208 pages. Becker & Mayer. Paperbound. Pub. at $14.99 Item #3755878 $11.95

**LYME DISEASE: Medical Myopia and the Hidden Global Pandemic** By Bernard Raxlen with A. Cashel. Bringing the voices of global experts on Lyme disease together, Dr. Raxlen and his contributing authors go deep inside the labyrinth of tick borne disease to examine how this terrible illness affects the lives of individual sufferers and explores the ways they may be able to escape the Lyme labyrinth, despite the many barriers standing in their way. 370 pages. Hammersmith Books. Paperbound. Pub. at $24.95 Item #3724409 $19.95

**I USED TO HAVE CANCER: How I Survived Breast Cancer, Plus Outlines Your Medical Options** By Melissa Gallico. Reveals how standard medical practice has misdiagnosed this disorder, and how you can protect yourself. 322 pages. Quill. Paperbound. Pub. at $16.95 Item #6785573 $12.95

**TOOTH DECAY: An Unnatural History of a 20,000-Year Disease** By Harmony Mandell. This eye-opening book tells how the evolution of the human host and their diet laid the groundwork for the natural history of tooth decay. 415 pages. Grand Central. Paperbound. Pub. at $17.99 Item #572614K $9.95

**WHAT YOU MUST KNOW ABOUT HASHIMOTO’S DISEASE** By B. Henderson & A. Futterman. Written in easy to follow language, this title provides an insider’s view of what you need to know about Hashimoto’s disease. A serious autoimmune disorder, this disease is multifaceted and complex. This guide offers patients an invaluable resource that they may rely on at every stage of the journey in managing Hashimoto’s disease. 257 pages. Square One Publishers. Paperbound. Pub. at $16.95 Item #790876X $12.95

**SLEEPHEAD: The Neuroscience of a Good Night’s Rest** By Henry Nicholls. Weaving together an entertaining and terrifying collection of personal reflections, interviews, and historical anecdotes, Nicholls examines how understanding the origins of narcolepsy could be the key to better understanding how all sleep disorders arise. 342 pages. Basic. Pub. at $30.00 Item #3807827 $4.95

**I USED TO HAVE CANCER: How I Survived Breast Cancer, Plus Outlines Your Medical Options** By Melissa Gallico. Reveals how standard medical practice has misdiagnosed this disorder, and how you can protect yourself. 322 pages. Quill. Paperbound. Pub. at $16.95 Item #6785573 $12.95

**THE HYPOCHONDRIAC’S POCKET GUARD TO HORRIBLE DISEASES YOU PROBABLY ALREADY HAVE** By Dennis Gallico. Because this is so portable, you can have it with you at all times so that the slightest onset of an unmistakable fatal-feeling itchy rash, you can simply whip out your trusty guide, conveniently diagnose yourself, and then let the worry begin. 208 pages. Becker & Mayer. Paperbound. Pub. at $14.99 Item #3755878 $11.95

**LYME DISEASE: Medical Myopia and the Hidden Global Pandemic** By Bernard Raxlen with A. Cashel. Bringing the voices of global experts on Lyme disease together, Dr. Raxlen and his contributing authors go deep inside the labyrinth of tick borne disease to examine how this terrible illness affects the lives of individual sufferers and explores the ways they may be able to escape the Lyme labyrinth, despite the many barriers standing in their way. 370 pages. Hammersmith Books. Paperbound. Pub. at $24.95 Item #3724409 $19.95

**I USED TO HAVE CANCER: How I Survived Breast Cancer, Plus Outlines Your Medical Options** By Melissa Gallico. Reveals how standard medical practice has misdiagnosed this disorder, and how you can protect yourself. 322 pages. Quill. Paperbound. Pub. at $16.95 Item #6785573 $12.95

**TOOTH DECAY: An Unnatural History of a 20,000-Year Disease** By Harmony Mandell. This eye-opening book tells how the evolution of the human host and their diet laid the groundwork for the natural history of tooth decay. 415 pages. Grand Central. Paperbound. Pub. at $17.99 Item #572614K $9.95

**WHAT YOU MUST KNOW ABOUT HASHIMOTO’S DISEASE** By B. Henderson & A. Futterman. Written in easy to follow language, this title provides an insider’s view of what you need to know about Hashimoto’s disease. A serious autoimmune disorder, this disease is multifaceted and complex. This guide offers patients an invaluable resource that they may rely on at every stage of the journey in managing Hashimoto’s disease. 257 pages. Square One Publishers. Paperbound. Pub. at $16.95 Item #790876X $12.95
Diseases & Disorders

★ A DEEPER PERSPECTIVE ON ALZHEIMER’S AND OTHER DEMENTIAS: Practical Tools with Spiritual Insights By Megan Carnarius. Clearly outlines the different stages of dementia and highlights many practical aspects of dementia care, suggesting accessible tools for family and professionals alike. Carnarius also addresses the more subtle spiritual dimensions of this illness and offers insights into areas not previously explored. 182 pages.

Item #5793959 $9.95

★ DIAGNOSIS AND TREATMENT OF CHRONIC FATIGUE SYNDROME AND MYALGIC ENCEPHALITIS By Sarah Myhill. Dr. Myhill examines the essential role our mitochondria play in the production and management of energy at the cell level and why it is key to understanding and overcoming Chronic Fatigue Syndrome and the inflammation that often accompanies it. Myalgic Encephalitis. Her approach offers those suffering from CFS/ME a roadmap to recovery. 413 pages. Chelsea Green. Paperbound. Pub. at $24.95

Item #6828671 $14.95

★ A RETURN JOURNEY: Hope and Strength in the Aftermath of Alzheimer’s By Sue Petrovski. Based on her own journals kept during her mother’s eight-year illness, and on her correspondence with other caregivers, Petrovski clearly and wisely explains that in Alzheimer’s care, there are no “right” ways, no “best” decisions, no “perfect” answers. There is simply the journey through the disease with loved ones, and back again. 188 pages. Purdue University. Paperbound. Pub. at $19.99

Item #5675816 $7.95

Stress & Pain Management

★ BRAIN TINGLES By Craig Richard. With this guide, it’s now possible to stimulate and share those feel good tingles known as ASMR (autonomous sensory meridian response) for life. No special training or fancy equipment required. You’ll learn the most common auditory, visual, and tactile triggers—and the result? Calm! 239 pages. Adams Media. Paperback. Pub. at $16.99

Item #2863790 $3.95

★ DVD GREAT RIVERS AND LAKES There is nothing more soothing for the soul than walking or sitting by a beautiful lake or river listening to the water lap the shore while skipping stones. For everyone who doesn’t have the luxury of living near these bodies of water, you can relax and unwind while viewing some of the most stunning rivers and lakes, all while listening to stress relieving music. 70 minutes. WWWM. Pub. at $19.99

Item #5903775 $14.95

★ RETHINK CHRONIC PAIN: Relieve Suffering, Heal Your Body, Own Your Health By Gaetan Brouillard. Thorough, clear, and backed by scientific evidence, this is your guide to ending your suffering and reclaiming your health. Discover the best natural products for pain; effective complementary approaches; at-home exercises; and when and how to use medicine, injections, and surgery. 283 pages. Greystone. Paperbound. Pub. at $18.95

Item #390623X $13.95

Complementary & Alternative Medicine

★ FREEDOM FROM CONSTIPATION: Natural Remedies for Digestive Health By Christopher Vasey. In this step by step guide, Vasey explains how healthy intestines work and the different forms that constipation can take. He details the eight main causes of constipation, and offers practical advice on how to correct each with natural and non-aggressive methods. Illus. 186 pages. Healing Arts. Paperbound. Pub. at $14.95

Item #3687058 $11.95

★ SWEET REMEDIES: Healing Herbal Honeyes By Dawn Combs. Combs shares her signature formulas for making infusions, oxymels, tinctures, and electuaries—alcohol-free honey spreads that provide effective medicine for people of all ages. Well illus. in color. 216 pages. Storey. Paperbound. Pub. at $19.95

Item #3197263 $11.95

★ 101 AMAZING USES FOR HONEY By Susan Branson. Its incredible health benefits range from treating anemia to increasing calcium absorption to fighting off colds. This useful guide provides 101 reasons to add honey to your diet and daily life. 150 pages. Familias. Paperbound. Pub. at $12.99

Item #2840493 $7.95

★ TURMERIC FOR YOUR HEALTH: Nature’s Most Powerful Anti-Inflammatory By Larry Trivieri, Jr. Trivieri has created a clear and simple guide to understanding the science behind turmeric’s effects and how it can be best used to enhance well-being. Part one provides both the history and science of turmeric’s therapeutic powers, while part two offers an A-Z guide covering the ailments for which turmeric’s therapeutic treatment. 197 pages. Square One Publishers. Paperbound. Pub. at $15.95

Item #689628X $11.95

★ ALOE VERA: Nature’s Soothing Healer By Diane Gage. Presents a balanced view of the virtues of the plant, discussing its biological properties and power to heal the human body, together with practical advice on growing and using aloe at home. 119 pages. Healing Arts. Paperbound. Pub. at $12.95

Item #2983214 $9.95


Item #3687058 $12.95

★ 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 tradition and using clay powders, capsules, or liquid gels. 104 pages. Healing Arts. Paperbound. Pub. at $10.95

Item #2983265 $8.95

★ THE ESSENTIAL CANNABIS BOOK: A Field Guide for the Curious By Rob MacIver. As the acceptance and availability of medical and recreational cannabis rapidly increase, more and more adults are curious to know what’s fact, fiction, or simply cliche. Combined with personal and illuminating stories, the valuable guidance in this title will sooth your curiosity and clarify your perception of cannabis. Illus. in color. 184 pages. Spring House. Paperbound. Pub. at $24.95

Item #282113X $7.95

Eastern Traditions and Practices

★ THE THAI MASSAGE MANUAL By Mara Mertch. One of the most ancient of the healing arts, Thai massage harmonizes the energies of the body and mind, employing powerful healing forces to ease pain and stress, correct posture alignment, and increase flexibility. Presented in this volume is an accessible step by step introduction to the art. Well illus. in color. 160 pages.

Familias. Paperbound. Pub. at $17.95

Item #3872645 $4.95

**THE HOT BELLY DIET** By Suhas G. Kshirsagar with K. Luxon. 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 ailments can be traced to digestive imbalance, or poor “fire.” 289 pages. Atria. Pub. at $26.00.

**BECOMING A YOGA INSTRUCTOR: Masters at Work** By Elizabeth Greenwood. Find out what it really takes to become a yoga instructor, whether you see yoga as a side gig or your life’s calling, this is the perfect guide to help you make your fantasy a reality. Updated for anyone considering this challenging yet rewarding path. 132 pages. S&S. Pub. at $18.00.


**YOGA THROUGH THE YEAR: A Seasonal Approach to Your Practice** By Jilly Shipway. Providing inspiration and guidance, this guide shows you how to work with the prevalent energy of each season and develop an authentic practice that makes you happier and healthier. This approach can be personalized to fit your needs all year long. With it, you can develop your own rhythm in response to each seasonal change. 172 pages. Llewellyn. Paperback. Pub. at $21.99.

**PLEIADIAN–EARTH ENERGY: Astrology: Charting the Spirals of Consciousness** By Flavia Orlandi et al. With the wisdom of the Pleiadian-Earth energy system, the authors show how you can work in harmony with the Earth and the Sun. 198 pages. Little, Brown. Pub. at $24.99.

**THE MYTHIC MOONS OF AVALON: Lunar & Herbal Wisdom from the Isle of the Healing** By Jelena Telyndu. Reclaim your sovereignty and unlock your greatest potential through an inner journey of self-discovery using the innovative practice revealed here, supported by herbs and guided by the phases of the moon, leading to soul healing and spiritual transformation. 396 pages. Llewellyn. Paperback. Pub. at $22.99.

**WORKING WITH CHAKRAS FOR BELIEF CHANGE: The Healing InSight Method** By Nikki Grøsham-Record. Easy to learn and to apply, the Healing InSight method holds the potential for radical transformation. Offering both a spiritual and a more advanced belief realignment approach allows a quick application as well as the possibility to dive in deeply to establish more substantial healing and change in your life. Illus. 285 pages. Findhorn. Paperback. Pub. at $24.99.

**ENERGY HEALING FOR RELATIONSHIPS** By K. Sherwood & S. Willmann. Discover more than one hundred accessible exercises for building skills like centering your awareness in your non-physical field and increasing your empathy for yourself and your loved ones. A comprehensive guide to getting the most out of your relationships for a life filled with emotional nourishment and spiritual well-being. Illus. 289 pages. Findhorn. Paperback. Pub. at $19.99.

**ENLIGHTENMENT THROUGH ORBS** By D. Cooper & K. Crosswell. The authors explain what Orbs are, what their purpose is and how they can help you, while answering technical questions and offering practical guidance. Illus. in color. 160 pages. Findhorn. Paperback. Pub. at $19.95.

**EVOLUTION OF GODDESS: A Modern Girl’s Guide to Activating Your Feminine Superpowers** By Emma Mildon. A practical introduction to the Goddess realm, digging up the histories of long-forgotten myths about the Goddesses of love, war, death, the sun, and the moon. Become familiarized with Goddesses from a wide range of cultures, including the mermaids of the Atlantic, the Empresses of ancient Egypt and the wise women of the Middle Ages. 214 pages. Atria. Paperback. Pub. at $18.99.


**FULFILLED: How the Science of Spirituality Can Help You Live a Happier, More Meaningful Life** By Anna Yusim. Filled with exercises, guided meditations, fascinating scientific research, and inspiring true stories. Integrating the best of Western medicine with universal spiritual principles, Yusim will help you find more meaning, more joy, and more fulfillment in your life. 280 pages. Grand Central. Pub. at $27.00.

**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 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. Paperback. Pub. at $15.95.

**THE HOTEL BELLY DIET** By Suhas G. Kshirsagar with K. Luxon. 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 ailments can be traced to digestive imbalance, or poor “fire.” 289 pages. Atria. Pub. at $18.99.


**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. Pub. at $20.00.

**ENLIGHTENMENT THROUGH ORBS** By D. Cooper & K. Crosswell. The authors explain what Orbs are, what their purpose is and how they can help you, while answering technical questions and offering practical guidance. Illus. in color. 160 pages. Findhorn. Paperback. Pub. at $19.95.

**ASTROLOGY: Charting the Spirals of Consciousness** By Flavia Orlandi et al. With the wisdom of the Pleiadian-Earth energy system, the authors show how you can work in harmony with the Earth and the Sun. 198 pages. Little, Brown. Pub. at $24.99.

**PLEIADIAN–EARTH ENERGY: Astrology: Charting the Spirals of Consciousness** By Flavia Orlandi et al. With the wisdom of the Pleiadian-Earth energy system, the authors show how you can work in harmony with the Earth and the Sun. 198 pages. Little, Brown. Pub. at $24.99.

**COSMIC NUTRITION: The Taoist Approach to Health and Longevity** By B. Chia & W. Wu. The human body, like all phenomena in nature, possesses the inherent power of self-regeneration when the conditions of true health are adopted. Here, a Taoist Master and a Universal Tao teacher reveal the secret to true health and longevity: keeping all four bodies—physical, emotional, mental, and spiritual—vibrant and balanced. Color photos. 407 pages. Destiny. Paperback. Pub. at $24.95.

**THE YOGA HEALING HANDBOOK** By Sally Parkes. Provides an introduction to basic yoga techniques for relaxation, breathing, and meditation. You’ll discover more than 50 postures and routines with easy to follow instructions that you can tailor to your needs, experience, time and abilities. Well illus. in color. 224 pages. Chartwell.

**PRACTICAL YOGA: Restoring the Body, Mind & Spirit** By S. Zatkine & K. McComb. Yoga is much more than a set of physical exercises. It’s a way of living in the present, ridding yourself of life’s distractions, and reconnecting with one’s inner self. This guide provides the asanas, mantras and meditations you need to start on your path. Illus. 88 pages. Mandala. Pub. at $39.95.

**SHINRIN YOKU: The Japanese Art of Forest Bathing** By Yoshitami 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. 191 pages. Timber. Pub. at $16.95.

**Mandala.** Pub. at $9.95.


**ENLIGHTENMENT THROUGH ORBS** By D. Cooper & K. Crosswell. The authors explain what Orbs are, what their purpose is and how they can help you, while answering technical questions and offering practical guidance. Illus. in color. 160 pages. Findhorn. Paperback. Pub. at $19.95.


New Age Spirituality

MANANNAN MAC LIR: Meeting the Celtic God of Wave and Wonder
By Morgan Daimler. Get to know the many faces of Manannan, called the son of the ocean, and learn of his important place in mythology and the pivotal roles he plays in many events. 78 pages. Moon Books. Paperback. Pub. at $10.95 Item #2924382 $3.95

PATHWAYS TO POSSIBILITY
By Rosamund Stone Zander. The author invites readers into an exhilarating realm of true maturity and fulfillment, where limitless growth becomes possible. It expands our notions of who we are and reveals our extensive capacity for growth and change, demonstrating how easily we can affect others and the world at large. 251 pages. Viking. Pub. at $26.00 Item #5995717 $4.95

BEFORE YOU WAKE: Life Lessons from a Father to His Children
By Erick Erickson. Composing a total of ten letters, featuring a wonderful mix of the practical, inspirational, and spiritual—Erickson extols the virtues of faith, teachers, sweet potatoes, and classical music. This message is unfailing entertaining and insightful, the perfect gift for a dad, grand or anyone looking for a good road map to life. 207 pages. Hachette. Pub. at $20.00 Item #3739201 $4.95

WHAT WOULD MAISIE DO?
By Jacqueline Winspear. Anchored by nearly thirty of Maisie’s most timeless quotes and coupled with the author’s inspiration for each nugget of wisdom, this collection of reflections offers readers wisdom and additional insight into the world of Maisie Dobbs. This journal and perfect companion to the bestselling series, also offers prompts for readers own observations and many in color. 176 pages. HarperPerennial. Item #5920891 $3.95

TREAT IDEAS LIKE CATS
By Zachary Petit. Discover insight and advice on the creative process from dozens of innovative writers, designers, and artists, including Ray Bradbury, Pablo Picasso, Ernest Hemingway, Andy Warhol, and more. HOW Books. Paperback. Pub. at $17.99 Item #6826180 $4.95

THE SOUL’S BRAIN: The Neurology and Logic of Your Intuition
By Catherine Wilkins. Guides you through a nine-step process to discover your conscious intuition. You’ll learn how tuning into your intuition is a skill like any other, and all it takes is knowledge and practice. You don’t need to choose between science and intuition, you can use both together to achieve your full potential. Illus. 307 pages. Hay House. Paperback. Pub. at $16.99 Item #5889552 $7.95

PATHWAYS TO POSSIBILITY
By Rosamund Stone Zander. The author invites readers into an exhilarating realm of true maturity and fulfillment, where limitless growth becomes possible. It expands our notions of who we are and reveals our extensive capacity for growth and change, demonstrating how easily we can affect others and the world at large. 251 pages. Viking. Pub. at $26.00 Item #5995717 $4.95

THE MOOD BOOK: Identify and Explore 100 Moods and Emotions
By Andrea Harn. Featuring 100 moods, emotions, feelings, states of mind and quirks of personality, as well as some mood-disrupting solutions, this guide offers an accessible way to help you understand yourself, challenge your thinking and move forward in a positive way. Learn how moods to deal with them. Well illus. in color. 132 pages. Edisson Books Limited. Paperback. Pub. at $17.95 Item #7936453 $13.95

By Chade-Meng Tan. Recounts a soldier’s unquestioning acceptance and fulfillment of his orders. Set in the days of mounting tension that would soon culminate in the Spanish American War, it follows an able young lieutenant as his mission becomes an imperishable tale of courage, initiative, and resourcefulness. 114 pages. Ixia. Paperback. Item #5920893 $3.95

A LITTLE BOOK ON BIG FREEDOM: Discover the Four Elements of Transformation
By HeatherAsh Amara. Packed with exercises and meditations at the end of each chapter, this volume offers a clear path to finding your own Big Freedom, one that involves tearing down any inner walls made of fear, judgment, or regret, and building a profound friendship with your truest self. 142 pages. Hierophant. Paperback. Pub. at $16.95 Item #5938207 $13.95

A HAPPy POCKET FULL OF MONEY: Infinite Wealth and Abundance in the Here and Now
By David Cameron Giakandi. True wealth is about discovering value within yourself and value within other people. It is about a kind of conscious living that incorporates gratitude, a belief in abundance, and the experience of joy. The author creates a model that shows readers how to create abundance by saving, giving, and building happy relationships. 289 pages. Hampton Roads. Paperback. Pub. at $16.95 Item #5966813 $12.95

AN INVITATION TO DREAM: A Bedtime Companion to Fill Your Sleep with Wonder
Leaves the business of the day behind and enter a world of enchantment. With words from poets and writers, every page of this soothing bedside companion is designed to put mind and body at ease before sleep, while inspiring the imagination to reflect, to discover, to wander, to dream. Fully illus. in color. Workman. Pub. at $12.95 Item #5981534 $3.95

By Shai Tuba. The heart is the source of the strongest and most unbreakable power within us. This guide will unveil this hidden truth and help you discover how you can awaken your dormant heart powers. With simple meditations and exercises this resource will take you on a journey deep inside the very core of your being. Illus. 122 pages. Inner Traditions. Paperback. Pub. at $15.99 Item #2705676 $9.95

SUCK IT UP SUNSHINE: Living Through Chronic Disease
By Megan McIntyre. When doctors diagnosed McIntyre with a rare disorder, her life became more about living every moment to the fullest. Writing about her experiences, she hopes her encouraging story will resonate in the hearts of people of all abilities. 190 pages. Sands. Paperback. Pub. at $17.99 Item #6791252 $5.95

EVERYTHING IS F*CKED: A Book About Hope
By Mark Manson. Materially, everything is the best it’s ever been, we are freer, healthier, and wealthier than any people in human history. Yet somehow everything seems to be irreparably and horribly f*cked. The author challenges us with ways to be more honest with ourselves and connected with the world, openly defying our definition of faith, happiness, and hope. 273 pages. Harper. Pub. at $26.99 Item #5906888 $13.95

EVERYTHING IS F*CKED: A Book About Hope
By Mark Manson. Materially, everything is the best it’s ever been, we are freer, healthier, and wealthier than any people in human history. Yet somehow everything seems to be irreparably and horribly f*cked. The author challenges us with ways to be more honest with ourselves and connected with the world, openly defying our definition of faith, happiness, and hope. 273 pages. Harper. Pub. at $26.99 Item #5906888 $13.95

A LITTLE BOOK ON BIG FREEDOM: Discover the Four Elements of Transformation
By HeatherAsh Amara. Packed with exercises and meditations at the end of each chapter, this volume offers a clear path to finding your own Big Freedom, one that involves tearing down any inner walls made of fear, judgment, or regret, and building a profound friendship with your truest self. 142 pages. Hierophant. Paperback. Pub. at $16.95 Item #5938207 $13.95

By Chade-Meng Tan. Recounts a soldier’s unquestioning acceptance and fulfillment of his orders. Set in the days of mounting tension that would soon culminate in the Spanish American War, it follows an able young lieutenant as his mission becomes an imperishable tale of courage, initiative, and resourcefulness. 114 pages. Ixia. Paperback. Item #5920893 $3.95

A HAPPy POCKET FULL OF MONEY: Infinite Wealth and Abundance in the Here and Now
By David Cameron Giakandi. True wealth is about discovering value within yourself and value within other people. It is about a kind of conscious living that incorporates gratitude, a belief in abundance, and the experience of joy. The author creates a model that shows readers how to create abundance by saving, giving, and building happy relationships. 289 pages. Hampton Roads. Paperback. Pub. at $16.95 Item #5966813 $12.95

AN INVITATION TO DREAM: A Bedtime Companion to Fill Your Sleep with Wonder
Leaves the business of the day behind and enter a world of enchantment. With words from poets and writers, every page of this soothing bedside companion is designed to put mind and body at ease before sleep, while inspiring the imagination to reflect, to discover, to wander, to dream. Fully illus. in color. Workman. Pub. at $12.95 Item #5981534 $3.95

By Shai Tuba. The heart is the source of the strongest and most unbreakable power within us. This guide will unveil this hidden truth and help you discover how you can awaken your dormant heart powers. With simple meditations and exercises this resource will take you on a journey deep inside the very core of your being. Illus. 122 pages. Inner Traditions. Paperback. Pub. at $15.99 Item #2705676 $9.95
Inspiration, Motivation & Self-Discovery

A SELFISH PLAN TO CHANGE THE WORLD: Finding Big Purpose in Big Problems by Justin Dillon. What if your search for meaning could solve the world’s problems? Drawing upon his own unlikely transformation from touring musician to founder of a global movement, Dillon reveals the secret to a life of deep and lasting significance: the discovery that our need for meaning is inextricably linked to the needs of the world. 239 pages. Thomas Nelson. Pub. at $24.99 Item #6949150

★ YOUR GUIDE TO FOREST BATHING: Experience the Healing Power of Nature by M. Amos Clifford. Simply being present in the natural world with all four senses fully alive can have a remarkable healing effect. Inspired by the Japanese tradition of shinrin-yoku, this guide will help you explore the natural world in a way you may never have thought possible. 170 pages. Conari Press. Pub. at $14.95 Item #6848206

★ LIVING A LIFE OF HARMONY: Seven Guidelines for Cultivating Peace and Kindness by Darren Cookburn. Serves 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 direct you to a peaceful mind and harmonious living. 192 pages. Inner Traditions. Paperbound. Pub. at $16.99 Item #2942364

★ STINKIN’ THINKIN’ 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. 258 pages. G&D Media. Paperbound. Pub. at $17.95 Item #291767X

Inspiration, Motivation & Self-Discovery

★ MY F*CKING AWESOME BUCKET LIST by Justin Dillon. Discover how a few minutes every day can give you energy, clarity, and enthusiasm. With hypnosis, sufferers can be free of migraines and finally have peace of mind, insight, and energy to take care of themselves and their family. 134 pages. Morgan James. Paperbound. Pub. at $14.95 Item #9921456

★ RISE ABOVE: My 500 Days of Faith, Forgiveness, & Fighting Back by Steve Zakrani. When a broken leg nearly ended his career, Zakrani was forced to grapple with who he was when his identity in soccer and his personal goals were shaken. Drawn from his journals kept during recovery, this story will show you how to face tragedy with a positive mindset, how to set goals that are bigger than your adversity, and how to remain hopeful in your darkest moments. 221 pages. Kirkdale. Paperbound. Pub. at $18.99 Item #6920756

★ THE WOMAN’S BOOK OF HOPE: Meditations for Passion, Power & Promise by Eileen Campbell. A collection of daily meditations designed to help restore a woman’s sense of hopefulness and purpose. The perfect antidote for despair, it teaches women to practice hope and take concrete steps in the face of pain and despair to make their lives happier. 245 pages. Conari Press. Paperbound. Pub. at $16.95 Item #8405537

Healing & the Mind

★ MIGRAINE RELIEF WITH HYPNOSIS by Katherine Hardy. Discover how a few minutes every day can give you energy, clarity, and enthusiasm. With hypnosis, sufferers can be free of migraines and finally have peace of mind, insight, and energy to take care of themselves and their family. 134 pages. Morgan James. Paperbound. Pub. at $14.95 Item #9921456

★ THE HEALTHY BRAIN BOOK: An All-Ages Guide to a Calmer, Happier, Sharper You by William Sears et al. Laced with relatable personal stories from family members and patients as well as detailed illustrations, this guide weds Fortanasce’s deep neurological and psychiatric expertise with Sears’s sympathetic bedside manner and reader-friendly writing for a clear, effective guide to better brain health at any age. 380 pages. BenBella. Pub. at $24.95 Item #9900799


Facing Illness & Death

★ BEFORE I GO: The Essential Guide to Creating a Good End of Life Plan by Jane Duncan Rogers. Addresses the emotional, spiritual and practical aspects of end of life planning to help you make well-informed decisions about your end of life care and prepare well for your death. With your wishes clearly defined, you gain the freedom to continue living your life to the fullest. 102 pages. Findhorn. Paperbound. Pub. at $16.99 Item #6939430

★ TRANSCENDENCE: Finding Peace at the End of Life by J. Phillip Jones. This study views life as pilgrimage culminating in the Great Transition at death. Drawing on insights from the ancient sages of India as well as modern hospice experiences, Jones explores a spiritual art of dying in which death is the last and most powerful rite of passage. Photos, 104 pages. Mandala. Paperbound. Pub. at $12.99 Item #2868881

Facing Illness & Death

★ THE END OF OLD AGE: Living a Longer, More Purposeful Life by Marc E. Agronin. A call to no longer see aging as an imitable enemy and to start seeing it as a developmental force for enhancing well-being, meaning, and longevity. Dr. Agronin provides simple but revealing charts that you can fill out to identify, develop, and optimize your unique age-given strengths, providing an action-plan to age better. 227 pages. Da Capo. Pub. at $27.00 Item #3807207

★ AGELESS SOUL: The Lifelong Journey Toward Meaning and Joy by Thomas Moore. Reveals a fresh, optimistic, and rewarding path toward aging, a journey that need not be feared, but rather should be embraced and cherished. Aging is the process by which one becomes a more distinctive, complex, loving and connected person. Guides readers to feel fulfilled as they grow older. 294 pages. St. Martin’s. Pub. at $26.99 Item #8972446

★ LET’S BE LESS STUPID by Patricia Marx. Tackling the most difficult facet of aging—the mind’s decline—with humor, Marx tries to answer questions such as: If there are more neural connections in your brain than stars in the Milky Way, then why did you put the butter dish in your nightstand drawer? 188 pages. Twelve. Paperbound. Pub. at $14.99 Item #5875702

★ ALL-AGES GUIDE TO A CALMER, HAPPIER, SHARPER YOU by William Sears et al. Laced with relatable personal stories from family members and patients as well as detailed illustrations, this guide weds Fortanasce’s deep neurological and psychiatric expertise with Sears’s sympathetic bedside manner and reader-friendly writing for a clear, effective guide to better brain health at any age. 380 pages. BenBella. Pub. at $24.95 Item #9900799

★ IT’S GOOD TO BE 60 by Frank Barchard. A celebration of 60th birthdays and a reminder of all that we are and still have to be. With humor and hope, Barchard encourages readers to credit their age with wisdom, courage, and the ability to be the person they’ve always wanted to be. 128 pages. Kath discrimination. Pub. at $13.95 Item #9705226

★ RISE ABOVE: My 500 Days of Faith, Forgiveness, & Fighting Back by Justin Dillon. Discover how a few minutes every day can give you energy, clarity, and enthusiasm. With hypnosis, sufferers can be free of migraines and finally have peace of mind, insight, and energy to take care of themselves and their family. 134 pages. Morgan James. Paperbound. Pub. at $14.95 Item #9921456

★ THE HEALTHY BRAIN BOOK: An All-Ages Guide to a Calmer, Happier, Sharper You by William Sears et al. Laced with relatable personal stories from family members and patients as well as detailed illustrations, this guide weds Fortanasce’s deep neurological and psychiatric expertise with Sears’s sympathetic bedside manner and reader-friendly writing for a clear, effective guide to better brain health at any age. 380 pages. BenBella. Pub. at $24.95 Item #9900799


Facing Illness & Death

★ THE END OF OLD AGE: Living a Longer, More Purposeful Life by Marc E. Agronin. A call to no longer see aging as an imitable enemy and to start seeing it as a developmental force for enhancing well-being, meaning, and longevity. Dr. Agronin provides simple but revealing charts that you can fill out to identify, develop, and optimize your unique age-given strengths, providing an action-plan to age better. 227 pages. Da Capo. Pub. at $27.00 Item #3807207

★ AGELESS SOUL: The Lifelong Journey Toward Meaning and Joy by Thomas Moore. Reveals a fresh, optimistic, and rewarding path toward aging, a journey that need not be feared, but rather should be embraced and cherished. Aging is the process by which one becomes a more distinctive, complex, loving and connected person. Guides readers to feel fulfilled as they grow older. 294 pages. St. Martin’s. Pub. at $26.99 Item #8972446

★ LET’S BE LESS STUPID by Patricia Marx. Tackling the most difficult facet of aging—the mind’s decline— with humor, Marx tries to answer questions such as: If there are more neural connections in your brain than stars in the Milky Way, then why did you put the butter dish in your nightstand drawer? 188 pages. Twelve. Paperbound. Pub. at $14.99 Item #5875702

★ ALL-AGES GUIDE TO A CALMER, HAPPIER, SHARPER YOU by William Sears et al. Laced with relatable personal stories from family members and patients as well as detailed illustrations, this guide weds Fortanasce’s deep neurological and psychiatric expertise with Sears’s sympathetic bedside manner and reader-friendly writing for a clear, effective guide to better brain health at any age. 380 pages. BenBella. Pub. at $24.95 Item #9900799

★ IT’S GOOD TO BE 60 by Frank Barchard. A celebration of 60th birthdays and a reminder of all that we are and still have to be. With humor and hope, Barchard encourages readers to credit their age with wisdom, courage, and the ability to be the person they’ve always wanted to be. 128 pages. Kath discrimination. Pub. at $13.95 Item #9705226
### Aging

**LIFE REIMAGINED: The Science, Art, and Opportunity of Midlife** by Barbara Bradley Hagerty. This book explores the midpoint of our lives, offering new possibilities and insights into how we can approach this time phase. 451 pages. Riverhead. Pub. at $28.00


### Communication Skills

**HOW TO TALK LIKE YOU KNOW WHAT YOU'RE TALKING ABOUT** by Matthew Drouet. This book teaches how to communicate effectively, with exercises to help you develop your skills. 190 pages. Cider Mill. Pub. at $9.95


**CHANGING SEASONS: A Language Arts Curriculum for Healthy Aging** by Denise L. Calhoun. A language-based program to help older adults improve their communication skills. 334 pages. Pomegranate. Paperbound. Pub. at $16.95


### Sexuality & Sexual Expression


**HOW TO TEACH YOUR BABY TO READ** by Glenn & Janet Doman. This book teaches parents how to teach reading to their children. 262 pages. Square One Publishers. Paperback. Pub. at $13.95

<table>
<thead>
<tr>
<th>Item #</th>
<th>Title</th>
<th>Author(s)</th>
<th>Publisher</th>
<th>Pages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>6911633</td>
<td><em>BOOST YOUR BREAST MILK: An All-in-One Guide for Nursing Mothers to Build a Healthy Milk Supply</em></td>
<td>By Alicia C. Simpson</td>
<td>The Experiment</td>
<td>Paperbound</td>
<td>$19.95</td>
</tr>
<tr>
<td>6984320</td>
<td><em>THE 5 FOUNDATIONS OF SUCCESSFUL TEENAGERS: How to Ignite Your Underperforming Teen’s Self-Reliance and Academic Success</em></td>
<td>By Mark J. Luciano</td>
<td>Familius</td>
<td>Paperbound</td>
<td>$9.95</td>
</tr>
<tr>
<td>6984312</td>
<td><em>FEED THE BABY HUMMUS: Pediatrician-Backed Secrets from Cultures Around the World</em></td>
<td>By Lisa Lewis</td>
<td>Familius</td>
<td>Paperbound</td>
<td>$9.95</td>
</tr>
<tr>
<td>9855257</td>
<td><em>WOMEN'S HEALTH &amp; SELF-HELP</em></td>
<td></td>
<td></td>
<td></td>
<td>$4.95</td>
</tr>
<tr>
<td>3711358</td>
<td><em>FIERCE WOMAN: Wake Up Your Badass Self</em></td>
<td>By Rhoda Shapiro</td>
<td>Workman</td>
<td>Paperbound</td>
<td>$12.95</td>
</tr>
<tr>
<td>2840306</td>
<td><em>HOW TO STOP FEELING LIKE SHIT: 14 Habits That Are Holding You Back from Happiness</em></td>
<td>By Andrea Owen</td>
<td>Weiser</td>
<td>Paperbound</td>
<td>$5.95</td>
</tr>
<tr>
<td>3783051</td>
<td><em>THE YONI EGG: Reveal and Reclaim the Sacred Feminine Within</em></td>
<td>By Lilou Masson</td>
<td>Destiny</td>
<td>Paperbound</td>
<td>$9.95</td>
</tr>
<tr>
<td>3839613</td>
<td><em>THE MASK OF MASCULINITY</em></td>
<td>By Lewis Howes</td>
<td>Illus.</td>
<td>532 pages</td>
<td>$4.95</td>
</tr>
<tr>
<td>6985445</td>
<td><em>THE CIRCLE OF NINE: An Archetypal Journey to Awaken the Divine Feminine Within</em></td>
<td>By Cheryl Gilchrist</td>
<td>Workman</td>
<td>Paperbound</td>
<td>$3.95</td>
</tr>
<tr>
<td>2998653</td>
<td><em>TRAIN YOUR BRAIN: Get More Done in Less Time</em></td>
<td>By Paul Hammerness et al.</td>
<td>Hanover Square</td>
<td>Paperback</td>
<td>$13.95</td>
</tr>
<tr>
<td>2921398</td>
<td><em>THE HOLY SHIT MOMENT: How Lasting Change Can Happen in an Instant</em></td>
<td>By James Fell</td>
<td>Hanover Square</td>
<td>Paperback</td>
<td>$13.95</td>
</tr>
<tr>
<td>3819841</td>
<td><em>THE BOOK OF ICHIGO ICHIE: The Art of Making the Most of Every Moment, the Japanese Way</em></td>
<td>By H. Garcia &amp; F. Miralles</td>
<td>Penguin</td>
<td>Paperback</td>
<td>$18.95</td>
</tr>
<tr>
<td>Title</td>
<td>Author</td>
<td>Description</td>
<td>Publisher</td>
<td>Price</td>
<td>Item #</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>---------------------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>--------------------</td>
<td>---------</td>
<td>--------------</td>
</tr>
<tr>
<td>THE ARTIST’S GUIDE TO PUBLIC ART, SECOND EDITION: How to Find and Win Commissions</td>
<td>Lynn Basa</td>
<td>This guide shows artists how to cut through the red tape and win commissions that are rewarding both financially and artistically. The author covers all the steps in chapters packed with details on working with contracts, conflicts, controversies, communities, committees, and more, so you can confidently pursue your public art project. 226 pages. Allworth. Paperbound. Pub. at $19.99</td>
<td>Item # 3708284</td>
<td>$14.95</td>
<td>6842445</td>
</tr>
<tr>
<td>THE ENTITLEMENT CURE: Finding Success in Doing Hard Things the Right Way</td>
<td>John Townsend</td>
<td>Whether you are struggling with your own sense of entitlement or dealing with someone who acts entitled, this fascinating discussion will equip you to turn away from a life of mediocrity by showing you how to become successful, resolve obstacles in life, and help those around you. 276 pages. Zondervan. Pub. at $22.99</td>
<td>Item # 6774733</td>
<td>$3.95</td>
<td>6799515</td>
</tr>
<tr>
<td>THE RECOVERING: Intoxication and Its Aftermath</td>
<td>Leslie Jamison</td>
<td>The author excavates stories about addiction, her own and others, and examines what we want these stories to do and what happens when they fail us. Jamison offers a fascinating look at the larger history of the recovery movement, and at the complicated bearing that race and class have on our understanding of who is criminal and who is ill. 534 pages. Little, Brown. Pub. at $30.00</td>
<td>Item # 2989638</td>
<td>$5.95</td>
<td>6962564</td>
</tr>
<tr>
<td>THE IMPORTANCE OF BEING FUNNY: Why We Need More Jokes in Our Lives</td>
<td>Al Gini</td>
<td>For Gini, humor is more than just foolish fun. It serves as a safety valve for dealing with reality that gives us the courage to endure that which we cannot understand or avoid. He argues that joke telling can act as both a sword and a shield to defend us from reality. 141 pages. Rowman &amp; Littlefield. Pub. at $19.95</td>
<td>Item # 6962564</td>
<td>$7.95</td>
<td></td>
</tr>
<tr>
<td>THE STRESS TEST: How Pressure Can Make You Stronger and Sharper</td>
<td>Ian Robertson</td>
<td>Why is it that some people react to seemingly trivial setbacks with distress, while others power through life-changing tragedies showing barely any emotional upset whatsoever? Learn how the right level of challenge and stress can help people to flourish and achieve more than they ever thought possible. 241 pages. Bloomsbury. Paperbound. Pub. at $17.00</td>
<td>Item # 6842445</td>
<td>$7.95</td>
<td></td>
</tr>
<tr>
<td>THE PIED PIPERS OF POT: Protecting Youth from the Marijuana Industry</td>
<td>Pamela McColl with E. Todd</td>
<td>A startling and scientifically substantiated call to arms against the legalization of pot. Inside, you will discover eye-opening proof of the dangers that high-potency marijuana products pose to our young people, as well as evidence debunking many of its so-called health benefits. 302 pages. Grafton and Scratch. Paperbound.</td>
<td>Item # 6799515</td>
<td>$5.95</td>
<td></td>
</tr>
</tbody>
</table>