Healthy Living Bargain Books


March 24, 2017

THE MIRACLE OF GARLIC: Practical Tips for Health & Home. By Penny Stanway. Compact yet comprehensive guide to garlic—a vital ingredient of many everyday and special occasion recipes, and a valuable remedy for many common ailments that can help prevent or treat certain major health problems. 136 pages. Watkins. Paperbound Import. Pub. at $12.95

S588726 $3.95

DO DEAD PEOPLE WATCH YOU SHOWER? And Other Questions You’ve Been All But Dying to Ask a Medium. By Concetta Bertoldi. A medium exposes the naked truth about the fate and happiness of our late loved ones with no holds barred honestly and delightfully wry humor, answering questions that range from practical to the outrageous. 280 pages. Harper. Paperbound. Pub. at $13.99

457981X $4.95

RODNEY YEE’S CORE CENTERED YOGA. The acclaimed yoga instructor helps you make small adjustments for amazing results. Split into five parts—Lower Balance; Back Balance; Internal Balance; Bending Balance; and Restorative Balance—this program reveals the importance of finding your “core center” as a pathway to health in mind and body. 46 minutes. Gaiam.

DVD S038835 $3.95

LESLEY SANSONE—WALK AWAY THE POUNDS: Fat Burning Miles. Sansone gives you four complete, fat burning, interval training, muscle conditioning workouts on one effective DVD! Includes the 20-minute Power Mile; the weight-lifting Walk Strong; the pulse-pounding Walk & Jog; and the high-energy and undeniably fun Walk & Kick. 119 minutes. Gaiam.

DVD S038800 $3.95

MASTERING THE LIFE PLAN: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body. By Jeffry S. Life. Do you want to get in the best shape of your life and live like you’re 20 years younger? Dr. Life distills his bestselling program into a simpler format that men of any age can customize for their individual needs. Illus. 294 pages.

1865580 $2.95

YOU ARE NOT SPECIAL...AND OTHER ENCOURAGEMENTS. By David McCullough. Jr. The high school commencement address of 2012 was a tonic one. Here, McCullough expands on his speech—taking a hard look at hovering parents, questionable educational goals, professional college prep, electronic distractions, and club sports—and advocates for a life of passionate engagement. 316 pages. Eco. Pub. at $21.99

4640470 $4.95

MAKE PAIN DISAPPEAR: Proven Strategies to Get the Relief You Need. By Dorothy Foltz-Gray. Whether you suffer from muscle or joint pain, headaches, backaches, or even painful stomach problems, you can get significant, safe relief with the help of this guide which features the newest and most effective tools for treating and preventing pain. Illus. in color. 352 pages. Reader’s Digest. 7½x10. Paperbound. Pub. at $17.99

3662632 $3.95

TOGETHERNESS: Creating and Deepening Sustainable Love. By Cyndi Dale et al. Weaves together psychological and spiritual perspectives with poignant, unforgettable stories to offer a doorway into a world of extraordinary intimacy: a depth of closeness that can transform every relationship in your life, now and in the future. 213 pages. Deeper Well. Paperbound. Pub. at $16.95

7585896 $1.95

ENTANGLED IN DARKNESS: Seeking the Light. By Deborah King. Come take an epic journey from darkness into the light with one of today’s foremost spiritual masters. You will learn about the incredible strength of unconditional love—the source of true happiness—and how to unearth your own inherent capabilities in order to tap into this powerful force. Book Club Edition. Photos, color. 177 pages. Hay House.

7609930 $2.95

BODY LANGUAGE: The Signals You Don’t Know You’re Sending, and How to Master Them... By Glenn Wilson. Learn how to read the body language of others and manage the impression you give. Full of tips and strategies underpinned by principles from psychological studies. Use and interpret non-verbal messages to put your best face, and body, forward. 208 pages. Icon. Paperbound Import. Pub. at $9.95

★ S77703 $7.95

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4607449 THE COMPLETE BOOK OF JUICING: Your Delicious Guide to Youthful Vitality. By Michael T. Murray. One of the world’s leading experts on natural nutrition and health offers clear information on the healing and revitalizing power of fruit and vegetable juices. Features over 150 recipes that can actually help you combat cancer, relieve arthritis, lower blood pressure, and reduce high cholesterol, 351 pages. Three Rivers. Paperback. Pub. at $14.99 $3.95

2732262 THE CORTISOL CONNECTION: Why Stress Makes You Fat and Ruins Your Health—and What You Can Do About It. By Shawn M. Talbott. Contains breakthrough insights into the ways to control your body’s primary stress hormone—and limit its negative effects, how some supplements can actually increase the levels of cortisol, and vitamins, herbs, and supplements that counteract stressors. 265 pages. Hunter. Paperback. Pub. at $15.95 $9.95

3587991 REFUEL: A 24-Day Eating Plan to Shed Fat, Boost Testosterone, and Pump Up Strength and Stamina. By John La Puma with G. Lees. The author shows men how to stop testosterone from turning into estrogen, lose the gut, and supercharge fat loss without dieting or forfeiting flavor. No calorie counting or hunger required—it’s time to stop weight loss with this guide. You’ll learn to develop a personalized weight-loss plan that works for you and your diabetes and over the course of a year, you will discover how to lose weight and keep it off. Illus. 230 pages. American Diabetes Assoc. Paperback. Pub. at $16.95 $4.95

4532376 8 MINUTES IN THE MORNING FOR EXTRA-EASY WEIGHT LOSS. By Jorge Cruise. Shows simple exercises to do each morning that will restore your metabolism by creating new lean muscle that burns fat 24 hours a day. Color photos. 253 pages. HarperCollins, 7/20. Paperback. Pub. at $10.95 $4.95

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5780542 THE ULTIMATE TEA DIET. By Mark “Dr. Tea” Ukra. A food plan that includes tea-based meals for breakfast, lunch, and dinner as well as tempting choices for midday snacks and sweet treats, that will help you slim down, feel good, and achieve long-term health goals. 306 pages. Harper. Paperback. Pub. at $16.99 $5.95

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5881471 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 smoothie, taken from the 9 included recipes; and snack as an energy bomb. The new 7-Day plan gives you everything you need, with meal plans, supplementary advice on exercise and relaxation. 316 pages. Wiley. Paperback. Pub. at $14.95 $11.95

5845527 THE FOOD BABE WAY. By Vani Hari. Hari invites you to follow an easy and accessible plan to rid your body of toxins, lose weight, and improve your health and beauty in just 21 days. Includes easy-to-follow shopping lists, meal plans, mouthwatering recipes, and her personal story of transformation. Learn to be your own food investigator, activist, and nutritionist. 370 pages. Little, Brown. Hardcover. Pub. at $24.99 $19.95

5826330 DR. VLASSARA'S A.G.E.-LESS DIET. By Helen Vlassara et al. When investigating why patients with diabetes are prone to complications such as heart disease, the authors discovered the impact of compounds called “advanced glycation end products,” which affect the carbohydrates in the diet. Here they provide a dietary guide for avoiding the harmful effects of AGEs through a careful selection of foods and cooking techniques. 326 pages. Square One Publishers. Paperback. Pub. at $16.95 $12.95

5812921 THE NEW-LOOK IDEAL DIET. By Ellington & M. Khalette. Discover the breakthrough diet that feeds your body—and your brain! Blending the Mediterranean and DASH diets, the MIND diet can lower your risk of Alzheimer’s by 53 percent. This guide leads you through with shopping lists, meal plans, and 200 delicious recipes that won’t leave you feeling deprived. 304 pages. Adams Media. Paperback. Pub. at $18.99 $13.95

569857X THE MINDSPAN DIET: Reduce Alzheimer’s Risk, Minimize Memory Loss, and Maximize Your Brain Power. By Kent H. Johnson. Shattering myths about which foods are and are not beneficial to our brains, this examination reveals a simple plan to slow cognitive decline. Complete with food recommendations, shopping lists, advice on reading nutrition labels, and 70 secrets to 70 delicious recipes. 286 pages. Ballantine. Pub. at $27.00 $19.95

5801882 FEED YOUR BRAIN: 7 Steps to a Lighter, Brighter You! By Delia McCabe. You can improve memory and focus, reduce stress and anxiety, and think more clearly, simply by eating a diet rich in the right nutrients. This unique seven-step plan will help you modify your eating habits quickly and easily. Part One explains the science, and Part Two provides delicious, simple recipes to form the basis of your new diet. Well illus. in color. 286 pages. Exisle. Paperback import. Pub. at $29.95 $22.95

5823269 THE MIND DIET. By Maggie Moon. Research suggests that what you eat today will help you (or hurt) your cognitive abilities later. This guide presents an easy-to-follow program for keeping your mind sharp by eating the right foods and avoiding brain-harming ones. Includes 70 delicious recipes that improve memory, concentration, and mental acuity. 296 pages. Ulysses. Paperback. Pub. at $14.95 $11.95

4574437 THE PLANTPLUS DIET SOLUTION: Plant-Powered Nutrition for Life. By Guylaine Borysenko. Get up to date information on the nutrition revolution, learn about plants that feed your gut bacteria and understand how diet changes your genes with this thorough guide. A symptom checklist will help you personalize your diet, and recipes included will help get you started. 331 pages. Hay House. Paperback. Pub. at $29.95 $22.95

5736781 THE SUGAR SMART DIET: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love! By Anne Alexander with J. VanTine. Experts are increasingly recommending that if you do just one thing to improve your health, it’s taking sugar out of your diet. Discover the power of sugar in your diet, and this guide is the answer to how to do it. Includes inspiring stories, expert advice from some of the biggest names in health, three versatile walking plans, and 50 delicious sugar-smart recipes. Photos. 300 pages. Rodale. Paperback. Pub. at $26.99 $20.99

PRICE CUT to $1.95 4530160 THE PALEO ANSWER: 7 Days to Lose Weight, Feel Great, Stay Young. By Loren Cordain. The new 7-Day plan gives you everything you need, with meal plans, supplementary advice on exercise and relaxation. 316 pages. Wiley. Paperback. Pub. at $14.95 $11.95


4644042 HEALING BERRIES: 50 Wonderful Berries, and How to Use Them in Health-Giving Foods and Drinks. By Kirsten Hartvig. A directory of 50 fascinating berry profiles, describing the health benefits of the most popular berries. With 100 great recipes for everything from breakfast to an after dinner tipple—all with nutritional profiles—this is the most comprehensive examination of the medicinal properties of berries by incorporating them into your cooking. 240 pages. Watkins. Paperback. Import. Pub. at $14.95 $11.95

4644050 HEALING SPICES: 50 Wonderful Spices, and How to Use Them in Health-Giving Foods and Drinks. By Kirsten Hartvig. A directory of 50 spices, including the medicinal properties of these spices, as well as a treasure trove of fabulous ways to use them in your cooking. Describes the health benefits of 50 of these healing spices, which have been used to enhance beauty and vitality and to treat and prevent disease for over 4,000 years. 240 pages. Watkins. Paperback Import. Pub. at $14.95 $11.95
Healthy Cooking & Special Diets

4553691 THE EVERYTHING HEALTHY GREEN DRINKS BOOK. By Brit Brandon. Blending and juicing fresh fruits and vegetables is fast becoming the preferred way to get your essential vitamins, minerals, and other nutrients, and with the addition of juice and smoothies, there’s a tasty, easy to make treat for everyone. 304 pages. Adams Media. Paperback. Pub. at $17.99 $4.95

4640101 THE DIELT FIX: Why Diets Fail and How to Make Yours Work. By Yoni Freedhoff. Offers an evidence-based, tested program that supports sustainable weight while maintaining your health and an enjoyable lifestyle. Used on its own or in conjunction with any other diet, it replaces a toxic dieting mindset with positive beliefs and behaviors. It includes helpful break-ups of the book into 336 pages. Harmony. Pub. at $25.99 $5.95

5765996 THE ELIMINATION DIET. By A. Segersten & T. Malterre. There is an age-old, powerful connection between what you eat and how you feel. The only way to discover your ideal diet is to follow an elimination diet that will help you link foods to symptoms and customize a diet that works for you. Complete with over 100 recipes, shopping lists, and meal plans, this guide is a complete resource for you to improve your health and feel better, naturally. 330 pages. Grand Central. Pub. at $27.00 PRICE CUT to $3.95

4557646 THE EVERYTHING GUIDE TO SPICES FOR HEALTH. By Michelle Schneider. This guide will show you the benefits of dozens of herbs and spices which have long been celebrated for their antioxidant and anti-inflammatory properties. Health boosting recipes like, Szechuan Pepper Chicken & Noodle Soup, and Spiced Coconut & Date Balls offer wholesome ways to promote overall wellness. 288 pages. Adams Media. Paperback. Pub. at $16.99 $11.95

3661709 PASSIONATE NUTRITION. By Jennifer Adler with J. Thomson. In this guide to using food as medicine, from a nutritionist who healed herself from the inside out, Adler shares her motivating and revolutionary guide to nutritional healing, black-and-white thinking around food, and learn how to eat abundantly and joyfully to achieve optimal health. 272 pages. Sasquatch. Pub. at $23.95 PRICE CUT to $3.95

★4557689 THE DOCTOR’S DIET: Dr. Travis Stork’s STAT Program to Help You Lose Weight & Reverse the Solution to an unhealthy eating is a flexible diet plan that helps you lose weight and restores your health. The author created a simple 14 day jump-start plan so you can begin losing weight right away. Easy to follow recipes like Banana Egg Pancakes and Meatza Pizza will help get you started on a diet that can work for you. 320 pages. Grand Central. Pub. at $26.99 $16.99

4530020 ACADEMY OF NUTRITION AND DIETETICS EASY GLUTEN-FREE: Expert Nutrition Advice with More Than 100 Recipes. By T. Thompson & M. Brown. Provides cutting-edge information on this dietary approach. Includes recipes for making healthy gluten-free whole grain dishes, packed with flavor and variety. Recipes include Sweet Potato Quesadillas; Quinoa with Roasted Garlic and Shrimp; and Pear, Spinach, Muffins and more. 271 pages. HMH Paperback. Pub. at $15.95 $5.95

5750040 COMPLETE GUIDE TO CARB COUNTING, 2ND EDITION. By H.S. Warshaw & K. Kulkarni. Provides you with the knowledge and the tools to put carb counting into practice. Unlocks the secrets to blood sugar control. 251 pages. American Diabetes Ass. Paperback. Pub. at $16.95 $5.95

5737672 THE DIABETES FOOD & NUTRITION BIBLE. By H.S. Warshaw & R. Webb. All the food and nutritional information you wished you had, but didn’t—until now. There are selections on meal planning approaches, portion control, how to buy, store and handle foods, too many to list among the included dessert recipes, dietitian, and more. 324 pages. American Diabetes Ass. Paperback. Pub. at $18.95 PRICE CUT to $3.95

★3574753 THE GENE THERAPY PLAN: Taking Control of Your Genetic Destiny with Diet and Lifestyle. By Mitchell L. Gaynor. What if our diets could affect every aspect of our health by controlling the expression of our genes? This book goes beyond the realm of common diet ideas and offers easy to follow meal plans and recipes to help put them in practice. 346 pages. Viking. Pub. at $27.95 $14.95

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Exercise & Fitness

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¥580564 CORE FITNESS SOLUTION. By M. De Medeiros & K. Wood. Featuring more than 5,000 customizable solutions, this guide lets you chart your own path to a healthy, fit, toned body and peak overall fitness. Learn how to change your life for the better, because you're worth it! 40 minutes. Time-Life. $3.95

¥589853 ANATOMY & 100 STRETCHING EXERCISES FOR RUNNERS. By Guillermo Sejas Albar. Created to address the specific needs of runners, this guide bridges fitness and flexibility, and includes 78 static stretches for warm-up; 70 static stretches to be done alone or in conjunction with a partner in flexibility workouts; and stretches to help aid in recuperation and muscle relaxation. Well illus. in color. 152 pages. Barron’s. 8/¼x11. Paperback. Pub. at $19.99.

¥588492 THE OXYGEN ADVANTAGE. By Patrick McKeown. Chronic overbreathing leads to loss of health and poor fitness and contributes to such problems as anxiety, fatigue, insomnia, heart problems, and more. With just 15 minutes you can improve the amount of oxygen delivered to active muscles and organs by changing how you breathe, using the simple techniques in this guide. Illus. 352 pages. Morrow. Paperback. Pub. at $15.99.

¥5798652 BARRE FITNESS. By G. Devito & E. Hallipomp. Infused with elements of ballet, barre exercises are the newest trend in fitness for men and women. This guide breaks down classic barre exercises to empower you to perform them at home. Color photos. 176 pages. Fair Winds Press. 8x10. Paperback. Pub. at $22.99.

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¥492310X WARRIOR CARDIO: The Revolutionary Metabolic Training System for Fat Burning, Building Muscle, and Getting Fit. By Martin Rooney. Offers a fitness and diet program that will help you “bring out the warrior within.” Includes an easy to follow workout and diet plan that efficiently burns fat and builds muscle in less time than you ever thought possible. Well illus. in color. 8x/¼x10¼. Paperback. Pub. at $29.99.

¥5893726 FUNCTIONAL CROSS TRAINING. By B. Stewart & J. Warner. Combining plyometrics, intense circuit training, weightlifting, and functional exercises, this guide’s revolutionary step by step fitness programs are guaranteed to help you achieve a fit, toned body and peak overall fitness. 192 pages. Lyons. Paperback. Pub. at $15.95.

¥5780583 WORKING OUT SUX! (AND WHY IT DOESN’T HAVE TO). By Chuck Runyon et al. Offers a no nonsense way to get back on track with health. Working out may suck, but the alternatives—from heart disease to premature aging, and even diminished income and unhealthy kids—are a lot worse. Includes tips for mental fitness and a 21-day kick-start plan. Photos. 263 pages. Da Capo. Paperback. Pub. at $14.99.

¥584421 THE MEN’S HEALTH BIG BOOK OF WORKOUTS. By Adam Campbell. The most comprehensive collection of exercises ever created, this guideworkout is a body-shaping power tool for both beginners and longtime fitness enthusiasts. Includes: how to include 114 new fat loss exercises; more than 40 new workouts; a “Create Your Own Circuit” guide; and more. Well illus. in color. 551 pages. Rodale. Paperback. Pub. at $26.99.


¥7516630 THE MEN’S HEALTH BIG BOOK OF EXERCISES: Four Weeks to a Leaner, Stronger, More Muscular You! By Adam Campbell. From start to finish, this muscle-building, fat-burning guide utilizes the latest findings in exercise science, and cutting edge workouts from the world’s top trainers. Includes 619 exercises and hundreds of examples of every step in the workout process. DVD included so that you needn’t relearn the program all over when you’re ready to move on to your next workout plan. 25 minutes. Time-Life. $3.95.

¥4641493 THE BONJOUR EFFECT: The Secret Codes of French Conversation Revealed. By J. Barlow & J.-B. Nadeau. Explains why, culturally and historically, conversation with the French is not about communicating or being nice. It’s about being interesting. After reading this program you will be able to hold their own the next time they step into a bistro on the Left Bank. 310 pages. St. Martin’s. Pub. at $25.99.

¥5700612 RICHARD SIMMONS—FROM STRAIGHT TO THE HEART. The most enduring positive force in physical fitness, Richard Simmons opens his heart to reveal his four steps to lifelong fitness: Sweatin’, plus Tonin’, plus Nourishing, plus Fun! Filled with plenty of inspiration and motivation, this program is just what you need to kick off your next workout plan. 25 minutes. Time-Life. $3.95.


¥5709831 IMPACT/HIGH COMEDY WORKOUT. By Chuck Runyon et al. Offers a no nonsense way to get back on track with health. Working out may suck, but the alternatives—from heart disease to premature aging, and even diminished income and unhealthy kids—are a lot worse. Includes tips for mental fitness and a 21-day kick-start plan. Photos. 263 pages. Da Capo. Paperback. Pub. at $14.99.

¥5870583 WORKING OUT SUX! (AND WHY IT DOESN’T HAVE TO). By Chuck Runyon et al. Offers a no nonsense way to get back on track with health. Working out may suck, but the alternatives—from heart disease to premature aging, and even diminished income and unhealthy kids—are a lot worse. Includes tips for mental fitness and a 21-day kick-start plan. Photos. 263 pages. Da Capo. Paperback. Pub. at $14.99.


¥1778935 ULTIMATE WARRIOR WORKOUTS: Fitness Secrets of the Martial Arts. By Martin Rooney. More than 1,000 color photos reveal hundreds of the original training secrets this fitness coach discovered while traveling the globe to study and train with the last living masters in the eight core disciplines of Mixed Martial Arts. Includes 50 varieties of push-ups, dozens of kettlebell exercises, and training techniques. 349 pages. HarperCollins. Pub. at $29.99.

¥401 pages. Morrow.

¥4566475 FUNCTIONAL CROSS TRAINING. By B. Stewart & J. Warner. Combining plyometrics, intense circuit training, weightlifting, and functional exercises, this guide’s revolutionary step by step fitness programs are guaranteed to help you achieve a fit, toned body and peak overall fitness. 192 pages. Lyons. Paperback. Pub. at $15.95.

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5870178 IRONFIST STRENGTH TRAINING AND NUTRITION FOR ENDURANCE ATHLETES. By Don & Melanie Fink. Featuring photographs and drawings of proper exercise techniques, this guide contains exciting strength training programs based on sport and level, from beginner to advanced. Provides informative workout schedules in nine sports with three levels each. 276 pages. Lyons. Paperback. Pub. at $16.95 $5.95

★ 3576914 YOGA FOR EVERYONE. Discover the countless health benefits that yoga offers with this invigorating collection. Each of these three workouts is part of a full-length, complimentary, full-color companion booklet featuring photographs and listing key benefits of each pose. Programs include: Flexibility; Stamina; and Strength. 150 minutes of three Days of Wai Lana Productions. Pub. at $39.50 $24.95

★ 582625X THE FIGHTER’S BODY: The Martial Artist’s Solution to Diet, Strength, and Health. By L.W. Christensen & W. Demeene. The authors combine their knowledge of martial arts, weight training, nutrition and exercise to put you on the road to becoming the best martial arts athlete you can be. Learn why some diets can be harmful for martial artists. See how to calculate your protein needs for training; when and how to use supplements; what to eat on competition days; and more. Photos. 274 pages. YMAA. Paperback. Pub. at $19.95 $14.95

★ 5775450 THE PATH OF MODERN YOGA: The History of an Embodied Spiritual Practice. By Elliott Goldberg. Drawing on over ten years of research, this book traces modern yoga’s roots from mythology to contemporary practice, and engaging with contemporary yoga scholarship, Goldberg presents an original, authoritative, provocative, and illuminating interpretation of the history of modern yoga. Photos. 496 pages. Inner Traditions. 8½x10¾. Pub. at $39.95 $29.95

★ 582625X FROM SLIGHT TO MIGHT: Building Muscle for the Hardgainer. By Hollis Lance Liebman. A comprehensive guide to help you add the mass you’ve been seeking and continue to gain personal confidence in your body. Your mood will improve, your clothes will fit better, and you’ll feel like a better person by getting in shape and learning the right way to do it. 192 pages. Skyhorse. 8x10. Paperback. Pub. at $19.99 $14.95

5837839 CORE: Anatomy of Fitness. By Hollis Lance Liebman. Discover how working the core muscles in the trunk, lower back, abdomen, and hips will develop and maintain core stability and strength. Shows you how to reduce body fat, increase lean muscle tissue, and build overall strength and performance by developing core stability throughout your body. Includes bonus workout poster. Well illus. in color. 192 pages. Hinkler. Paperback Import. Pub. at $16.99 $7.95


575092X ANATOMY OF EXERCISE FOR LONGEVITY. By Hollis Lance Liebman. Demonstrates how to improve your long term well-being through a well balanced program of fitness and nutrition. Combines the carefully chosen and demonstrated exercises to maintain a healthy heart, good posture and lower blood pressure. Fully illus. in color. 160 pages. Firefly. 8½x11. Paperback. Pub. at $24.95 $9.95

★ 5837049 GODDESS TO THE CORE; An Inspired Workout to Maximize Your Fitness, Beauty & Power. By Sierra Bender with J. Migdow. This guide will help you give birth to your goddess self and create a physical workout, part yoga, part spiritual reflection, it will help you achieve ultimate wellbeing, redefine power, beauty, and fitness and reclaim the power of your feminine essence. Photos. 318 pages. Llewelyn. Paperback. Pub. at $22.99 $17.95

★ 453526X EVERY DAY IS GAME DAY: Train Like the Pros with a No-Holds-Barred Exercise and Nutrition Plan for Peak Performance. By M. Verstegen & P. Williams. Borrowing from regiments he created for the military, NFL combine hopefuls, and the 2014 World Cup champion German national soccer team, Verstegen offers tough but easy to follow workouts that will help you: revolutionize, revitalize, and hone your mind-set, nutrition, movement, and recovery. 306 pages. Avery. Paperback. Pub. at $18.00 PRICE CUT to $2.95

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5898294 JUMPING INTO PLYOMETRICS, SECOND EDITION. By Donald A. Chu. Boost your athletic ability to new heights with the 100 plyometric exercises included in this comprehensive guide. These proven exercises will improve strength, power, speed, quickness, and jumping ability while also helping you develop better coordination and balance. Fully illus. 177 pages. Human Kinetics. 8½x11. Paperback. Pub. at $21.95 PRICE CUT to $4.95

★ DVD 575447X EASY YOGA FOR DIABETES WITH PEGGY CAPPY. Widescreen. Research suggests that yoga can be helpful for people living with diabetes or at risk for it. In this program, Dr. Lisa Heisley explains how yoga can help with diabetes and offers an accessible routine to help those with diabetes or pre-diabetes get started. Seven instructional segments gradually introduce viewers to a range of possibilities. English subtitles. 78 minutes. PBS. Pub. at $19.99 $11.95 PRICE CUT to $11.95


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3590666 THE NEW HIGH-INTENSITY TRAINING: The Best Muscle-Building System You’ve Never Tried. By Ellington Darden. Focus on your weak areas with specialized 2-week plans for broader shoulders, a deeper chest, bigger arms, more-powerful legs, and a tighter waist— or apply a results-producing 6-month course for maximizing your leanness, and your overall muscular size and strength. Photos. 256 pages. Rodale. 8½x11. Paperback. Published by: $9.95

3608980 THE 7 DAY ENERGY SURGE. By Jim Karas with C.C. Cohen. Provides a simple program for increasing your energy immediately, and keeping your body in balance over the long term. Exposes the bad habits that sabotage energy, lays out the principles for increasing energy, and offers simple strategies that are easily customizable for anyone to use anytime, anywhere. Illus. 250 pages. Rodale. Paperback. Pub. at $26.00 $2.95

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5793831 STRONGER LEGS & LOWER BODY. By Tim Bishop. With 19 unique programs and ready to use workouts, detailed anatomical illustrations, exercise explanations and variations, and the latest advanced training methods, this is the only comprehensive, hard-core guide you’ll need in order to achieve your fitness goals. Well illus. 184 pages. Rodale. Paperback. Pub. at $39.95

4638115 365 WODS. By Blair Morrison. This ultimate collection of exercises will help you push your limits each day of the year. Features: instructions and step by step photos for 40 fundamental movements; a choice between difficulty levels; a glossary so you can make sense of common terminology; and workouts for the gym, at home, and on the road. 208 pages. Fair Winds Press. Paperback. Pub. at $22.99

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5793718 MORNING CARDIO WORKOUTS. By J.E. Kahn & L.J.M. Biscontini. With the variety of workouts included in this guide, you can customize a program that fits your needs and your schedule. Options for various indoor and outdoor activities—including walking, running, stair stepping, elliptical training, and swimming—allow you to choose the program that’s right for you. Four workouts remain dedicated to your fitness goals. Well illus. 211 pages. Human Kinetics. Paperback. Pub. at $16.95

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5578430 YOGA ABD: Moving from Your Core. By Judith Hanson Lasater. Outlines a series of exercises, yoga poses (asana), and breathing practices (pranayama), designed to achieve optimal health for this crucial area, which house the organs of both digestion and procreation. Color photos. 111 pages. Rodale. Paperback. Pub. at $10.95

5361510 CORE TRAINING ANATOMY: An Insider’s Guide to Building a Strong Core. By Abigail Ellisworth. Learn a variety of exercises that work the deep and superficial core muscles that make up your core. Features clear step by step instructions for each movement; photographs and illustrations to demonstrate how target muscles work in each exercise; and a poster with a detailed guide to anatomy. 160 pages. Rodale. Paperback. Pub. at $19.95

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