Healthy Living
Bargain Books


May 17, 2019

5813697 RANGER MEDIC HANDBOOK. By U.S. Department of Defense. After decades of medic experience in war theaters throughout the world, the U.S. Army Rangers have distilled the critical components of lifesaving first aid into this official guide. Learn how to handle lacerations, contusions, burns, traumatic head injuries, amputations, and more. Skyhorse. Paperbound. Pub. at $16.99

$5.95

4615387 NATURAL ALTERNATIVES TO LIPITOR, ZOCOR & OTHER STATIN DRUGS. By Jay S. Cohen. Explains the problems caused by statin drugs and offers easy to follow strategies that will allow you to benefit from effective natural alternatives. Discusses the science behind these alternatives along with the proven effectiveness and suggested dosage. 136 pages. Square One Publishers. Paperbound. Pub. at $9.95

6895158 MESSY: The Power of Disorder to Transform Our Lives. By Tim Harford. Celebrates messiness in our lives: why it’s important, why we resist it, and why we should embrace it. Harford argues that the qualities we value—creativity, responsiveness, resilience—are integral to the disorder, confusion, and disarray that produce them. 292 pages. Riverhead. Paperbound. Pub. at $16.00

CD 6554717 GET THE TRUTH: Former CIA Officers Teach You How to Persuade Anyone to Tell All. By Philip Houston et al. Read by Jeff Gurner. Written by two former CIA officers and complimented with the insights of an internationally recognized attorney, this invaluable guide arms readers with the skills necessary for getting the truth from relatives, co-workers and others—every time. Over seven hours on 6 CDs. Macmillan Audio. Pub. at $29.99

$6.95

6225613 MANIFESTING MADE EASY: How to Harness the Law of Attraction to Get What You Really Want. By Jen Mazer. Are you living the life you want? If the answer is no then the truth may surprise you. Mazer teaches you how to free yourself from limiting beliefs and embrace the idea of “acting as if” to attract what you desire—love, happiness, good health, or career success. 224 pages. Adams Media. Paperbound. Pub. at $16.99

$4.95

6949452 FLAT FOOD, FLAT STOMACH: The Law of Subtraction. By Paul Shavelson with C. Carfora. Take the journey of one man’s quest for washboard abs and learn the simple steps you can take for a more flattering you. With a shift in thinking, and with simple food choices and easy exercises, you can transform the way you think about food and flatness. 253 pages. Post Hill. Paperbound. Pub. at $16.00

$4.95


$4.95

6936741 STICK IT TO THE MAN. By Ronald Lewis. Don’t be a sissy! With the help of this brilliant guide to outwitting and outplaying the lopsided world of the law and power, you can take charge instead of being taken advantage of. Contains hundreds of tips to fight back against greedy corporations. Illus. in color. 185 pages. Skyhorse. Paperbound. Pub. at $12.95

$4.95

CD 2863152 GOALS: Setting and Achieving Them on Schedule. By Zig Ziglar. A dynamic seven step formula for clearly defining your immediate and long term goals—and then realizing your dreams. This step by step program is filled with inspiring stories from sports, business, and science that will show you how to work around obstacles and change your strategies without changing your vision, in 20 minutes on two CDs. S&S. Pub. at $19.95

$4.95

690341X YOU CAN BE AN OPTIMIST. By Lucy MacDonald. Shows you how to harness the power of optimism to help you create a more positive, upbeat attitude to life. Contains 20 specially devised exercises to help you plug into the power of optimism, improve your health and create happiness for yourself and those around you. 160 pages. Watkins. Paperbound. Pub. at $9.95

$3.95

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- General Health & Self-Help
- Healing & the Mind
- Health & Medical References

Current titles are marked with ★

**Nutrition & Weight Management**

**2804425** JUMP START KETOSIS: Intermittent Fasting for Burning Fat and Losing Weight. By Kristen Mancinelli. Intermittent fasting will put your body into a state of ketosis when it burns fat instead of glucose for energy. It’s a very effective and safe way to lose body fat while retaining muscle mass. This guide details everything you need to know to start intermittent fasting, and offers practical advice on how to integrate it into your life. 202 pages. Paperbound. Pub. at $19.95 $9.95

**6842935** BUDDHA’S DIET. By T. Cottrell & D. Zigmund. Modern science confirms what Buddha knew all along. It’s not what you eat that’s important, it’s when you eat. You just have to follow a few guidelines that Buddha provided and are illuminated in this volume, and you will feel better, stop obsessing about food—and lose weight. 240 pages. Running Press. Pub. at $16.95 $4.95

**2859916** THE DNA STARTA. By Sharon Moalem. The author turns traditional dietary advice on its head with groundbreaking research that demonstrates that we all require different diets tailored to our own unique genes. It provides a step by step guide to the diet and lifestyle perfect for your genetic makeup. This volume is certain to change how we view our diets, health, and longevity. 271 pages. Rodale. Pub. at $26.99 $5.95

**2845849** TIGHTEN YOUR TUMMY IN 2 WEEKS. By Ellington Darden. This five-step system for flat-tummy success is based on a scientific formula that was tested on two panels of women at Gainesville Health & Fitness. They include a carbohydrate-rich eating plan, two 30-minute exercise sessions a week, extra rest at night and a nap during the day, superhydration, and a tummy-tightening trick called the inner-abs vacuum, performed twice before each meal. Illus. 238 pages. Rodale. Pub. at $26.99 $5.95

**6913377** THE ACID ALKALINE BALANCE DIET, REVISED EDITION. By Felicia Druy Klimov. With a blend of nutritional expertise, fitness experience, and cutting-edge research, this four-pronged approach features: the cycling of calories and carbs; a food plan that reduces fat; a unique way to exercise, and a method to improve the body’s ability to repair. Illus. 316 pages. Rodale. Pub. at $26.99 $5.95

**2827220** THE WELL PATH: Lose 20 Pounds, Reverse the Aging Process, Change Your Life. By Jame Heskett. Dr. Heskett shares her clinically proven, holistic plan that has already changed the lives of thousands of women, helping them to lose weight and look and feel younger. Her sixty-day C.H.A.N.G.E. regimen, introduced in this volume, is a series of steps that may be easily integrated daily, 294 pages. Harper. Pub. at $27.99 $4.95

**2801722** THE JUICE DIET. By Kristine Bailey. There are over 100 juices and smoothies that offer an effective way to jump start your diet and revitalize your body. With this book you’ll find the juice that will best fit your lifestyle or dietary needs, as well as a wealth of other unconventional tips and techniques. 280 pages. Running Press. Pub. at $15.95 $5.95

**8740200** THE BIGGEST LOSER COMPLETE CALORIE COUNTER. By Cheryl Forberg et al. Millions of viewers have been inspired to change their lives by the incredible transformations on The Biggest Loser, and you can too. This guide provides calorie measurements and full nutritional analysis for more than 5,000 foods. 226 pages. Rodale. Paperbound. Pub. at $7.99 $2.95

**2902583** BRAIN-POWERED WEIGHT LOSS. By Eliza Kingstedt with D. Yost. Kingstedt takes you on the 11-day weight-loss journey that will show you how to identify the 10 diet demons and the psychological food triggers that persuade you to overeat. You will finally be able to end yo-yo dieting and become a long-term weight参照系. 232 pages. Rodale. Pub. at $26.99 $5.95

**684121X SUICIDE BY SUGAR: A Startling Look at Our #1 National Addiction. By N. Appleton & G.N. Jacobs. Once associated only with cavities and simple weight gain, sugar is now linked to a host of devastating health conditions, including cancer, epilepsy, dementia, hypoglycemia, obesity, and more. The authors provide shocking information about the amount of sugar found in many popular foods and beverages. 180 pages. Square One Books. Paperbound. Pub. at $14.95 $11.95

**2823586** CHOLESTEROL CURES, REVISED: The Breakthrough Menu Plan to Slash Cholesterol. By the eds. of Rodale Health Books. Slash cholesterol and lose weight at the same time. Rodale’s breakthrough diet plan is as yummy as it is proven to work. Full of recipes that are heart healthy and delicious. 184 pages. Rodale. Pub. at $26.99 $5.95

**2805523** COMPLETE WEIGHT LOSS PROCESS, Change Your Life. By Eliza Kingsford with D. Yost. Kingsford takes you on an 11-step weight-loss journey that will show you how to identify the 10 diet demons and the psychological food triggers that persuade you to overeat. You will finally be able to end yo-yo dieting and become a long-term weight参照系. 232 pages. Rodale. Pub. at $26.99 $5.95

**2808522** THE ALL-DAY FAT-BURNING DIET. By Yuri Elkaim. Elkaim’s unique 5-day Food-Cycling Formula, setting your metabolism up to lose up to five pounds a week. Based on a blend of nutritional expertise, fitness expertise, and cutting-edge research, this four-pronged approach features: the cycling of calories and carbs; a food plan that reduces fat; a unique way to exercise, and a method to improve the body’s ability to repair. Illus. 316 pages. Rodale. Pub. at $26.99 $5.95

**2858746** ALWAYS EAT DESSERT: And 6 More Weight Loss and Lifestyle Habits I Learned in the Convent. By Mary Lou Reid. The key to losing weight is to make your eating plan your own. My Convent Diet is neither trendy nor a magic bullet, and for most it takes some trial and error, but it works! The secret is not to diet, but to change your way of looking at food. 203 pages. Rodale. Paperbound. Pub. at $16.95 $4.95

**2859916** THE DNA STARTA. By Sharon Moalem. The author turns traditional dietary advice on its head with groundbreaking research that demonstrates that we all require different diets tailored to our own unique genes. It provides a step by step guide to the diet and lifestyle perfect for your genetic makeup. This volume is certain to change how we view our diets, health, and longevity. 271 pages. Rodale. Pub. at $26.99 $5.95

**2905809** THE ALL-DAY FAT-BURNING DIET. By Yuri Elkaim. Elkaim’s unique 5-day Food-Cycling Formula, setting your metabolism up to lose up to five pounds a week. Based on a blend of nutritional expertise, fitness expertise, and cutting-edge research, this four-pronged approach features: the cycling of calories and carbs; a food plan that reduces fat; a unique way to exercise, and a method to improve the body’s ability to repair. Illus. 316 pages. Rodale. Pub. at $26.99 $5.95

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**2805809** THE ALL-DAY FAT-BURNING DIET. By Yuri Elkaim. Elkaim’s unique 5-day Food-Cycling Formula, setting your metabolism up to lose up to five pounds a week. Based on a blend of nutritional expertise, fitness expertise, and cutting-edge research, this four-pronged approach features: the cycling of calories and carbs; a food plan that reduces fat; a unique way to exercise, and a method to improve the body’s ability to repair. Illus. 316 pages. Rodale. Pub. at $26.99 $5.95

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Nutrition & Weight Management

**2793065 FAST FOOD GENOCIDE: How Processed Food Is Killing Us and What We Can Do About It**. By Joel Fuhrman with R.B. Phillips. A groundbreaking case for why the food industry and the health field explain why the problem of poor nutrition is deeper, more serious, and more pervasive than anyone imagined, and reveals the shocking truth: what’s hidden behind the plain signs of a nutrient-dense, healthful diet that can save your life. 342 pages. HarperOne. Paperbound. Pub. at $15.99 $11.95

**2398449 25 DAYS: A Proven Program to Rewire Your Brain, Stop Weight Gain, and Finally Crush the Habits You Hate—Forever**. By Drew Sharetsky with M. Murphy. The author defines a unique, multifaceted approach that helps you rewrite your neurological patterning, what lies underneath those habits that get in your way, so that the brain’s neural pathways, biochemistry, and hormones work together effectively. It is one of the easiest diets to follow, this guide will show how to be leaner and fitter. 273 pages. S&S. Pub. at $25.99 $8.95

**6809405 THE APPETITE SOLUTION: Lose Weight Effortlessly and Never Be Hungry Again**. By Joe Colella. Hunger means something is off, and you can’t lose the weight you want while fighting through the pants. With this guide, weight-loss specialist Dr. Colella presents a six-week, three phase plan to help you diminish cravings while achieving your weight loss goals. Sets you free to dine your way forever! 296 pages. HarperOne. Pub. at $26.99 $4.95

**6778399 THE CASE AGAINST SUGAR**. By Gary Taubes. From the author of Why We Get Fat comes a groundbreaking and urgent expose that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. 365 pages. Anchor. Paperbound. Pub. at $16.00 $11.95

**2826070 THE CASE AGAINST SUGAR**. By Gary Taubes. A groundbreaking expose that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick, arguing that sugar is at the root of many health related problems. This resource provides us with the perspective necessary to make informed decisions about sugar. 365 pages. Knopf. Pub. at $26.95 $5.95


**7411978 A CONSUMER’S DICTIONARY OF FOOD ADDITIVES, REVISED 7TH EDITION**. By Ruth Winter. Gives you the facts about the safety and health effects of 1,000 ingredients, such as preservatives, food tainting pesticides, and animal drugs, that end up in food as a result of processing and curing, including more than 650 new or updated commercial food additives. Three Rivers. Paperbound. Pub. at $17.95 $12.95

**2793133 EAT REAL TO HEAL: Using Food as Medicine to Reverse Chronic Diseases from Diabetes, Arthritis to Cancer and More**. By Nicolette Richer. Shows you the organic, plant-based foods you should be eating to fortify and detoxify. Focusing on diet, nutrition, detoxification, and self-awareness, this guide teaches you how to power up your immune system and find the key to maintaining your weight and overall health. An extensive introductory section to Ayurveda, the Indian healing system, features tips, tables of dosha-specific foods, and Ayurveda plans as well as yoga exercises illustrated with step by step photos, and 120 recipes. 272 pages. Fair Winds. Paperbound. Pub. at $24.99 $6.95


**6899757 COMPLETE FAMILY NUTRITION**. By Jane Clarke. Offers clear, practical, and positive advice so many parents ask. Learn which key nutrients growing children need and how to achieve a healthy weight and what the difference between food allergy and food intolerance is. Clarke gives tested tips for small children who can make a big difference. Illus. in color. 256 pages. Dorling Kindersley. Pub. at $25.00 $11.95


**6024000 EXTREME TRANSFORMATION: Lifelong Weight Loss in 21 Days**. By Chris & Heidi Powell. The hosts of the hit TV show Extreme Weight Loss share their proven, life-changing, step-by-step guide for losing weight and keeping it off. With their help, readers will see the hidden path to transformation; be exposed to internal nutrition and exercise exercises; and enjoy dozens of gourmet recipes. Illus. 308 pages. Hachette. Paperbound. Pub. at $15.95 $9.95

**6660877 THE DIET TRAP SOLUTION**. By J.S. Beck & D.B. Busis. This accessible and highly practical guide enables us to stay on the healthy diet of our choice and not only lose weight, but keep it off. With their help, readers will see the hidden path to transformation; be exposed to internal nutrition and exercise exercises; and enjoy dozens of gourmet recipes. Illus. 308 pages. Hachette. Paperbound. Pub. at $15.95 $9.95

**6723378 JAMES DUGAN’S BLUEPRINT FOR HEALTH: Lose Weight and Feel Better in 14 Days**. By James Dugan. From a world-renowned health expert comes a comprehensive guide to transforming your body. After discussing the 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 $9.95

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Healthy Cooking & Special Diets

2859971 FLAT BELLY BREAKTHROUGH: Lose up to...14 Pounds & 14 Inches in 14 Days. By Ellynton Darden. A revolutionary chicken-tender problem that targets the stubborn tummy rolls, thick thighs, and saggy butts. Using tricks like negative-accentuated exercise, the inner-abs vacuum, superhydration and brisk evening walks; more sleep and a diet plan, with built-in portion control, you’ll see and feel a tighter belly in two weeks. Photos, 270 pages, Rodale. Pub. at $25.99 $3.95

3621328 THE DOCTOR’S KIDNEY DIETS: A Nutritional Guide to Managing and Slowing the Progression of Chronic Kidney Disease. By Renee Joy Dufault. Chronic kidney disease is manageable, and a crucial part of any treatment plan is diet. People with CKD reap significant benefits from dietary and lifestyle changes. By pairing easy to understand information and guidance with great kitchen tested recipes, the doctor’s guide will help you better manage your CKD and enjoy a longer, healthier life. 208 pages, Square One Publishers. Paperbound. Pub. at $17.95 $12.95

6980090 GOOD CLEAN FOOD: Shopping Smart to Avoid GMOs, rBGH, and Products That May Cause Cancer and Other Diseases. By S. David Zinczenko with M. Goulding. Without dieting or exercise or sacrificing your favorite meals and snacks you can strip away fat with the help of this guide. Provides everything you need to cut down to a step by step eating schedule–without food weighing or calorie counting. Includes 45 easy recipes that will leave you full and satisfied. 239 pages, Clarkson Potter. Paperbound. Pub. at $14.99 $4.95

6753825 UNSAFE AT ANY MEAL: What the FDA Does Not Want You to Know About the Foods You Eat. By Renée Joy Dufault. Beginning with the author’s story leading to the creation of this work, she then describes the toxic substances most commonly found in our food supply. An ex-FDA food investigator, Dufault then includes a guide to reading food labels, explains the nutrition facts, and shows what to look for in your grocery store. 218 pages. Square One Publishers. Paperbound. Pub. at $16.95 $12.95


2819003 LEMONS ARE A GIRL’S BEST FRIEND: 60 Superfood Recipes to Look and Feel Your Best. By Janet Potrer. Collected here are 30 superfoods highlighted for their healing properties, each with an easy to make beauty treatment for a healthy glow, and a delicious recipe that nourishes from the inside, out. 128 pages, Clarkson Potter. Pub. at $12.99 $4.95

2823772 NOURISHING FATS: Why We Need Animal Fats for Health and Happiness. By Sally Fallon Morell. Drawing on extensive research, Morell offers the science behind why animal fats are good for you, highlighting inherent benefits for improving mood, and relieving chronic disease and allergies. She features easy solutions in the form of some delicious recipes, for adding these essential fats back into your diet. Celebrate the return of egg yolks and butter back into your life! 256 pages, Grand Central. Paperbound. Pub. at $24.99 $6.95

1878581 THE COCONUT OIL MIACLE, 5TH EDITION. By Bruce Fife. Learn how to use coconut oil to: lose weight, beautify skin and hair, prevent heart disease, cancer, and diabetes; strengthen the immune system; and more. This more includes 50 delicious new recipes and 286 pages, Avery, Paperbound. Pub. at $18.00 $5.95

6926177 THE SCIENCE OF SKINNY. By Dee McCaffrey. By applying what she learned in the lab to what was on her plate, this organic chemist and nutritionist developed a way of eating for life. The secret? Eating foods in their closest to natural form prove the most popular superfruits and vegetables. Discover more than 200 irresistible recipes that use today’s superfoods and superfruits to help you kick out the flour and make room for more healthful food choices. 263 pages, Alpha. Paperbound. Pub. at $16.95 $4.95

2804197 THE SWEET POTATO DIET: The Super Carb-Cycling Program to Lose Up to 12 Pounds in 2 Weeks. By Michael Morelli. A popular fitness guru removes all the guesswork and takes away the fear from traditional carb cycling by simplifying it down to a step by step eating schedule—collection of essential fats back into your diet. Celebrate the return of egg yolks and butter back into your life! 256 pages, Grand Central. Paperbound. Pub. at $24.99 $6.95


6965595 THE COMPLETE IDIOT'S GUIDE TO FLOUR-FREE EATING. By K.W. Berkowitz & S.V. James. Forget the flour! Packed with alternative choices and more than 125 flour- and sugar-free recipes for everything from breakfast to dessert, this complete guide shows you how to fill your place, five days of complete meal plans, exercises and stretches that get you moving no matter your fitness level, and balanced nutrition models that teach you how to eat for all-day energy. Illus. in color. 252 pages. HMH. Paperbound. Pub. at $16.99 $9.95

285139X DIABETIC LIVING: THE SCIENCE OF SKINNY. By Dee McCaffrey. By applying what she learned in the lab to what was on her plate, this organic chemist and nutritionist developed a way of eating for life. The secret? Eating foods in their closest to natural form prove the most popular superfruits and vegetables. Discover more than 200 irresistible recipes that use today’s superfoods and superfruits to help you kick out the flour and make room for more healthful food choices. 263 pages, Alpha. Paperbound. Pub. at $16.95 $4.95

2793652 THE GUT PLAIN DIET. By A. Hamilton & H. Ebelhite. Discover the secret to weight loss and hormonal harmony that promotes health with this 21-day plan. First give your digestive system a rest and then gradually build up your gut health while following a delicious menu plan. Includes 75 recipes that are quick and easy, and delicious, 144 pages, Rodale. Paperbound. Pub. at $16.99 $9.95

6763219 DEEP NUTRITION: Why Your Genes Need Traditional Food. By Catherine & Luke Shanahan. Researching diets from around the world, Dr. Catie identified four common nutritional hallmarks that have produced, strong, intelligent children and active elders: fresh food, fermented and sprouted foods, meat cooked on the bone, and organ meats. Here she combines science with common sense to illustrate this holistic guide. 487 pages, Flatiron Books. Pub. at $27.99 $6.95

*Human Diet.* By A. Hamilton & H. Ebelhite. Discover the secret to weight loss and hormonal harmony that promotes health with this 21-day plan. First give your digestive system a rest and then gradually build up your gut health while following a delicious menu plan. Includes 75 recipes that are quick and easy, and delicious, 144 pages, Rodale. Paperbound. Pub. at $16.99 $9.95

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BEAUTY & SKIN CARE

2825171 HOW TO FAKE REAL BEAUTY. By Ramy Gafni. The power of makeup goes a long way toward helping you fake anything from a bean complexion; fuller lips; brighter eyes; whatever you want! The makeup guru shares his secrets to enhancing a woman’s natural beauty while “faking” what she doesn’t have. Fully illus. in color. 132 pages. Paperbound. Pub. at $19.99.

2818361 THE BIG BOOK OF BRAIDING. By Peter Hagelstam et al. Inside this guide are step by step photographs and detailed instructions on how to create more than fifty fabulous braids; from the Dutch braid and fishtail to the feather braid and ladder, as well as modern takes on such classics as the French braid and the side braid. Gives you everything to create hair magic. 208 pages. HarperDesign. 8/11. $19.99. Paperbound.

2864614 HAIRSTYLED: 75 Ways to Braid, Pin & Accessorize Your Hair. By Anne Troumieux. Your guide to gorgeous hair every day. You don’t need to be a professional to have showstopping hair. Presents 75 creatively simple techniques for creating your favorite high fashion hairstyles. Chapters dedicated to a variety of hair lengths help you update your look whether you have a pixy cut or long hair. Fully illus. in color. 208 pages. Crown. Paperbound. Pub. at $19.99.

2838079 10-MINUTE HAIRSTYLES: 50 Step-by-Step Looks. By Andre Martens. Go ahead and turn a few heads with these stunning hairstyles! Includes 50 gorgeous “do’s” from boho braids to chic chignons, with detailed step by step photographs and instructions that show you how to create every look with ease. 143 pages. Dorling Kindersley. Pub. at $19.95.

285225X PURE SKIN: Discover the Japanese Ritual of Glowing. By Victoria Tsai. Shares generations-old, time-tested Japanese skin care traditions with you. All you need is two minutes and a few classic, purely, polish, clump, and nourish. Illus. 128 pages. Clarkson Potter. Pub. at $18.00.

279375X LOVE THOSE EYES: Alluring Eye Makeup Looks for Every Occasion. By Sarah Jane Ellis. The 50 eye makeup looks in this beautiful volume are created for all of life’s meaningful moments—from fun looks when you want to mix things up, light looks to brighten up your day and dramatic looks for turning heads. And when you want to party? Look no further—you will rock it! Well illus., most in color. 144 pages. ILEX. Paperbound. Pub. at $12.99.

2800994 HOW TO WEAR MAKEUP: 75 Tips + Tutorials. Text by M. Wagoner. Illus. by I. Vallery. With stylish tutorials to perfect any beauty routine. With advice on skincare, the best products to include in your makeup bag, exotic makeup executions, and bespoke beauty suggestions, this beautiful guide is a must have for anyone seeking fresh ways to enhance their everyday look. 126 pages. Abrams. Paperbound. Pub. at $12.95.


6894412 100 PERFECT HAIR DAYS. By Jenny Strebe. Learn 100 fabulous looks with the hairstylist guide from an expert who shares tips that includes step by step illustrations, and inspiring fashion photographs that make it easy to replicate professional-level styles at home. 192 pages. Alpha. Paperbound. Pub. at $16.95.

459921X SKIN CLEANSE: The Simple, All-Natural Program for Clear, Calm, Happy Skin. By Adina Porter. This guide demonstrates that the secret to beautiful, stress free skin is simple: it’s an inside job. Using a holistic program designed to heal skin from the inside out, the author begins with healthy eating and exercise and from there shows you how to maintain your beauty routine. Drawings. 238 pages. HarperCollins. Pub. at $24.99.

2858533 ENTANGLEMENT: The Secret Lives of Hair. By Emma Tarlo. From fashion and beauty to religion, politics and cultural identity, Tarlo explores just how much our locks and curls tell us about who we are. Full of surprising research and penetrating insights, this fascinating narrative will change the way you see hair forever. Well illus., some in color, 407 pages. Oneworld. Pub. at $22.99.

2894716 PIN IT! 20 Fabulous Bobby Pin Hairstyles. By Kieron Webb. Shares generati ons-old, time- tested Japanese hairstyling techniques such as the French braid and the side braid. Give you every step of the way with accessory ideas to make the style your own. Capture the BoHo spirit with these DIY tutorials. 192 pages. Alpha. Paperbound. Pub. at $16.95.

2793741 LOVE THAT HAIR: Head-Turning Styles for Every Occasion. By Hayley Malidiner. The 32 styles in this beautiful volume give you the repertoire you need to make every day a good hair day—whether you desire cute braids, seductive swirls or fierce fishtails. The author helps you to become your own hair stylist—fun, feel good and turn those heads! Well illus. 144 pages. ILEX.

6715478 NATURAL HAIR COLORING: How to Use Henna and Other Pure Herbal Pigments for Chemical-Free Beauty. By Christine Thuyle. Offers special formulas for a broad range of hues from blond to black, along with guidance on how to cover gray hair and achieve unique color effects using all natural herbs. A highly alternative to synthetic hair colorants. Well illus. in color. 184 pages. Storey.


2793742 GORGEOUS SKIN IN 30 DAYS. By Erica Angyal. You’ll find information on all the latest antioxidants, vitamins, minerals and supplements to slow down the aging process and improve the texture, tone and health of your skin. Includes valuable lifestyle management tools and relaxation techniques to help you maintain your health, beauty, and vitality. Illus. in color. 321 pages. Harmony. Paperbound. Pub. at $19.99.

2800995 HOW TO WEAR MAKEUP: 75 Tips + Tutorials. By M. Wagoner. Illus. by I. Vallery. With stylish tutorials to perfect any beauty routine. With advice on skincare, the best products to include in your makeup bag, exotic makeup executions, and bespoke beauty suggestions, this beautiful guide is a must have for anyone seeking fresh ways to enhance their everyday look. 126 pages. Abrams. Paperbound. Pub. at $12.95.


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AGING

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