Healthy Living

MAY 17, 2019

Bargain Books


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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

6995158 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 $4.95

6894952 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

6935741 STICK IT TO THE MAN. By Ronald Lewis. Don’t be a wuss! 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

6890341 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. Paperback. Pub. at $9.95 $3.95

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 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. Paperback. Pub. at $16.99 $4.95


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CD 2868162 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. 20 minutes on two CDs. S&S. Pub. at $19.95 $4.95

CD 5461537 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. Paperback. Pub. at $7.95 $4.95

CD 6936670 CAN DO: The Art of Getting Things Done. By Jeff M. Hamermesh. Everything good starts with a vision. Now it’s time to take that vision and make it come true. This inspiring story of 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. Paperback. Pub. at $9.95 $3.95

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**Nutrition & Weight Management**

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**2904425 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 where 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 $13.45 $11.95

**6824935 BUDDHA’S DIET.** By T. Cottrell & D. Zigmond. 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

**2058916 THE DNA RESTAURANT.** By Sharon Modlem. 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 Elington 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-minutes exercise sessions a week; extra rest at night and during the day; superhydration; and a tummy-tightening trick plan; two 30-minutes exercise sessions a week; extra rest at night and during the day; superhydration; and a tummy-tightening trick plan. Illus. 226 pages. Rodale. Pub. at $26.99 $5.95

**2902777 THE ACID ALKALINE BALANCE DIET, REVISED EDITION.** By Felicia Druy. Klimt. This revision of the popular food-combination program along with alternative therapies to balance the positively and negatively charged acidic particles in the body. This plan can be used to cure a wide range of medical problems including allergies, heart disease, lung disorders, obesity, and more. 242 pages. McGraw-Hill. Paperbound. Pub. at $16.95 $4.95

**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. Illus. 203 pages. Post Hill. Paperbound. Pub. at $16.95 $4.95

**2823586 CHOLESTEROL CURES, REVISED: The Breakthrough Menu Plan to Slash Cholesterol.** By the eds. of Rodale Health Books. Slash your fats and nutrition-restricted supplements, along with certain physical activities and other lifestyle factors, have a direct correlation to healthy cholesterol levels. By implementing them with this plan, you may be able to lower your cholesterol with a diet that's easy, effective, and delicious. Rodale. Paperback. Pub. at $18.99 $9.95

**2905809 THE ALL-DAY FAT-BURNING DIET.** By Yuri Eiklm. Presents Eiklm’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 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 $8.95

**2827220 THE WELL PATH: Lose 20 Pounds, Reverse the Aging Process, Change Your Life.** By Jame Hesselt. Hesselt shows 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 integrat ed daily. 294 pages. Harper. Pub. at $27.99 $4.95

**2801722 THE JUICE DIET.** By Christine Bailey. There are over 100 juices and smoothies that offer an effective way to jump start your diet and revitalize your body. With this plan you can enjoy such luscious concoctions as a Ginger Pear Cooler; Watermelon Reviver, Cucumber Cleanser; Mandarin and Mango Lassi; and more. Well illus. in color. 160 pages. Rodale. Paperbound. Pub. at $16.95 $4.95

**2874029 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. Paperback. Pub. at $7.99 $2.95

**2902583 BRAIN-POWERED WEIGHT LOSS.** By Eliza Kingsford with D. Yost. Kingsford 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 Lord of the Calorie Controller. 232 pages. Rodale. Pub. at $26.99 $9.95

**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 $15.95 $11.95

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**2793075 FAST FOOD GENOCIDE: How Processed Food Is Killing Us and What We Can Do About It.** By Joel Fuhrman with R.B. Phillips. A passionate and provocative voice in the health field explains why the problem of poor nutrition is deeper, more serious, and more pervasive than anyone imagined, and reveals the shocking truth that’s hidden behind the Plain Sigh; a nutrient-dense, healthful diet that can save lives. 342 pages. HarperOne. Paperback. Pub. at $15.99 $11.95

**2839849 25 DAYS: A Proven Program to Rewire Your Brain, Stop Weight Gain, and Finally Crush the Habits You Hate—Forever.** By Drew Bassett with M. Murphy. The author combines a unique, multifaceted approach that helps you rewrite your neurological patterning, what lies underneath those habits that get in your way, so that your brain’s 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 Joel Colletta. Hunger means something is off, and you can’t lose the weight you want while fighting through the pang. With this guide, weight-loss specialist Dr. Colletta presents a six week, three phase plan to help you diminish cravings while achieving your goal weight. Sets you free to lose weight forever. 296 pages. HarperOne. Pub. at $26.99 $4.95

**★ 6778399 THE CASE AGAINST SUGAR.** By Gary Taubes. 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. Paperback. 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 tinting pesticides, and animal drugs, that end up in food as a result of processing and curing, including more than 650 new and commonly used commercial additives. Three Rivers. Paperback. 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 through nutrition. From diabetes and heart disease to even cancer and Alzheimer’s. Illus. 199 pages. Mango. Paperback. Pub. at $18.99 $13.95

**★ 8808501 THE ENNEAGRAM OF EATING: How the 9 Personality Types Influence Your Food, Diet, and Exercise Choices.** By Ann Gadd. This well-known Enneagram system of personality types is translated into ways to help you improve eating and use exercise. Gadd reveals for each of the nine types: the emotional eating triggers; what exercise regimen will inspire them; how to eat by the way we do; which type fails and why; and much more. Recipes. 272 pages. Fair Winds. Paperback. Pub. at $24.99 $6.95

**★ DVD 2905779 ASK ME ANYTHING? Sexy Food Therapy.** It is time to get healthy with Melissa Rayman from Sexy food therapy. If you want to feel like a million bucks by choosing a smart, digestive friendly diet and incorporate natural ingredients into your daily beauty regime—then this is the program for you! Melissa answers questions about healthy eating and natural beauty production in minutes. TMW Media Group. $13.95

**6714773 THE 21-DAY BELLY FIX.** By Tamsen Bhalla. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz presents a simple solution based on the latest research and a plan he designed to help fight disease, and strip away pounds in just 21 days. 242 pages. Zinc Ink. Paperback. Pub. at $20.00 $3.95


**6899757 COMPLETE FAMILY NUTRITION.** By Jane Clarke. Offers clear, practical, and positive advice you can trust the answers 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 five of the best tested tips for small changes that can make a big difference. Illus. in color. 256 pages. Dorling Kindersley. Pub. at $25.00 $11.95


**6002400 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 of transformation; be guided through fast and fun workouts. Illus. in color. 308 pages. Hachette. Paperback. Pub. at $15.95 $2.95

**6066077 THE DIET TRAP SOLUTION.** By J.B. & D.B. Bussis. This accessible and highly practical guide enables us to stay on the healthy diet of our choice and keep it permanent. For once and for all. 248 pages. HarperOne. Pub. at $27.99 $2.95

**★ 6727387 JAMES DUGAN’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 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

**6923836 USING THE GAPS DIET: 175 Recipes for Gaining Control of Your Gut Flora.** By Signe Gad. Used for a range of modern chronic diseases that have their roots in compromised intestinal flora. GAPS is free of sugar, starch, and processed food including additives and is for those living with chronic diseases like diabetes, behavioral disorders, depression and excess weight. 175 recipes and information on the GAPS protocol, you can heal your gut and gain control of your health. 288 pages. Robert Rose. Paperback. Pub. at $24.95 $19.95

**527623 THE HUNGER TYPE DIET.** By Lowri Turner. Based on cutting-edge research and proven results from her clients, Turner shows how to identify what is driving your overeating—from cravings, to tiredness, to stress. Then she shows you how to eat to rebalance your hormones to reduce your appetite, so that you can lose weight quickly and keep it off. Includes over 100 delicious recipes. 336 pages. Nourish. Paperback. Pub. at $12.95 $5.95

**8747558 FOODS THAT CAUSE YOU TO LOSE WEIGHT: The Negative Calorie Effect.** By Neal Barnard. Did you know that certain foods have an incredible negative calorie content? Actually melts fat? Find out how, by following the negative calorie plan, you can boost your metabolic rate; burn calories more effectively; lower dangerous cholesterol levels; enjoy better health; and protect your heart. 323 pages. Morrow. Paperback. $16.99

**594709X 2 DAY DIABETES DIET.** By Erin Palinski-Wade et al. Based on science, this two-day diet makes it easy to prevent, treat, or even reverse type 2 diabetes. No forbidden foods, no carb-counting. Just restrict what you eat for two days a week and on those days follow the “Power Burn” program. Features more than 150 meal options and tension taming exercises to help you avoid off cravings. Well illus. in color. 314 pages. St. Martin’s. Paperback. Pub. at $17.99 $9.95

**187439X 2 DAY DIABETES DIET: Diet Just 2 Days a Week and Dodge Type 2 Diabetes.** By Erin Palinski-Wade et al. Based on groundbreaking science, this program makes it easy to prevent, treat, or even reverse type 2 diabetes. No forbidden foods and no carb-counting. Just restrict what you eat for two days a week. On those days, follow the “Power Burn” program to melt belly fat and lower blood sugar. Illus. in color. 314 pages. Reader’s Digest. Paperback. Pub. at $15.99 $3.95

**6823408 NO GLUTEN, NO PROBLEM: A Handy Guide to Celiac Disease—with Advice and 80 Recipes.** By Carlota Manez. If you have celiac disease, you will know how difficult life without gluten can be. This guide aims to help you live a gluten-free life in the simplest, most effective way. Includes simple gluten-free recipes. Color photos. 135 pages. Skyhorse. Paperback. Pub. at $14.99 $2.95

**67766X THE PLANT PARADOX: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain.** By Steven G. Gundry with O.B. Buehl. Illuminates the hidden dangers that lectins pose, and shows you how to eat whole foods in a whole new way. Dr. Gundry offers simple hacks that can help you avoid lectins; a full list of lectin-containing foods and simple substitutes for each, and a step by step detox eating plan that includes lectin-free recipes. 400 pages. Harper. Pub. at $27.99 $21.95

**200302X WHAT THE FAT?** By Grant Schofield et al. It’s time to break free of fat phobia. Once you understand the emerging science behind reducing carbohydrates and increasing healthy fat, you’ll discover a new way of eating that offers wellness, fitness, and satisfaction. Along with an abundance of information, there are 70 recipes that will start you on your road to a healthy lifestyle. Over 248 pages. Weldon Owen. Pub. at $25.00 $7.95

**6698848 DIETARY GUIDELINES FOR AMERICANS 2015-2020, EIGHTH EDITION.** This guide uses the government’s most up to date research on diet and health in order to help all children and their families adopt a healthy, nutritionally adequate eating pattern. These guidelines are a necessary reference for anyone implementing a health promotion program of any sort. Illus. Skyhorse. 8.10" x 10.90" x .30". Paperback. Pub. at $9.99 $3.95

**5896659 THE BODY BALANCE DIET PLAN.** By Eminé Ali Rushston. Decoding the 5,000-year-old science of life known as Ayurveda, Rushston shows you how simple and practical a body-balancing, seasonal lifestyle can be. Beat stress, lose weight and feel energized and positive with this personalized eating plan. 229 pages. Watkins. Paperback. Pub. at $12.99 $3.95

Exercise & Fitness

**LIMITED QUANTITY 2825994 CONBODY: The Revolutionary Bodyweight Boot Camp—Born from an Extraordinary Story of Hope.** By Kos Marte with B. Sneed. Based on Marie’s work with thousands of clients at his Cheapskate Gym, this program gives everyone the tools and plan needed to achieve the results you want. 448 pages. Rodale. Pub. at $31.95 $16.95

**572332X YOU ARE YOUR OWN GYM: The Bible of Bodyweight Exercises.** By Mark Lauren with J. Clark. Based on Lauren’s motivation techniques, expert training, and nutrition advice, you’ll see rapid results by working out just 20 minutes a day, five times a week. Plus, you’ll be able to perform more than the resistance of your own bodyweight. Lauren’s exercises build more muscle than weightlifting, burn more fat than aerobics, and are safer than running. Well illus. 171 pages. Body For Life. Paperback. Pub. at $17.00 $12.95

**5996218 CHAIR YOGA: Sit, Stretch, and Strengthen Your Way to a Happier, Healthier You.** By Kristin McGee. Chair yoga is exactly what it sounds like: exercises you can do sitting down. McGee takes you through 100 yoga poses that are easy enough for all ages and fitness levels and will help you live a gluten-free life in the simplest, most effective way. Includes simple gluten-free recipes. Color photos. 135 pages. Skyhorse. Paperback. Pub. at $14.99 $2.95

**6534212 BODYWEIGHT WORKOUTS FOR MEN: 75 Anytime, Anywhere Exercises to Build a Better Body.** By Sean Bartram. Work all your major muscle groups and blast off extra pounds and inches. Build a better body by working all your body’s—no bulky machines, no special equipment, no expensive gym memberships. Includes 75 strengthening and toning exercises in 36 hard-core routines. Paperback. Pub. at $10.95 $7.95

**5871572 EVEN THE STIFFEST PEOPLE CAN DO THE SPLITS.** By Eiko. Whether you spend your days running marathons or slouching over a keyboard, you can benefit from stretching and the flexibility that comes along with it. With only 5 minutes of stretching a day, you will experience a host of health benefits such as better circulation, fewer joint injuries, improved balance, and more. Well illus. in color. 154 pages. Rodale. Pub. at $10.95 $3.95

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Course 826968 THE ONE-MINUTE WORKOUT: *Science Shows a Way to Get Fit That’s Smarter, Faster, Shorter.* By Martin Gibala with C. J. W. Howse. Including interval training workouts and four microworkouts scientifically proven to boost health and fitness, Gibala—the worldwide guru of the science of time-efficient workouts—will convince you that there is a more potent, more efficient way to get in and stay in shape. Illus. 263 pages. Avery. Pub. at $27.00  $9.95


★ 5475362 BOOK OF BODY MAINTENANCE AND REPAIR: *The American Physical Therapy Association.* By M. Mollat & S. Vickery. Includes hundreds of stretches and exercises to increase and maintain muscle strength and flexibility, decrease muscle and joint pain, and increase endurance. Also explores the mechanical workings of every moving part of the body and provides comprehensive advice for dealing with injuries. Fully illus. 288 pages. Holt 8/x10%. Paperback. Pub. at $16.95  $9.95

★ 5762603 4-MINUTE FIT: *The Metabolism Accelerator for the Time Crunched, Deskbound, and Stressed-Out.* By Siphiwe Baleka with L. J. Wertheim. You need just a few minutes a day and Baleka will show you how to incorporate his flexible, powerful plan into your life with this 13-week metabolism-spiking program. There are no more excuses about time, equipment, food plans, or money. Photos. 212 pages. Rodale. Paperback. Pub. at $15.95  $11.95

★ 6536468 MEN’S HEALTH YOUR BODY IS YOUR BARBELL. By BJ Gaddour. This guide shows you how to master eight critical fitness moves (the Bodyweight 8) and use them to achieve the strength, power, endurance, and mobility of an elite athlete. Includes the Bodyweight Burners, a 5-month program to achieve single-digit body-fat percentage and rock abs. Color photos. 271 pages. Rodale. Paperback. Pub. at $24.99  $16.95

★ 6695029 JUST MOVE! A New Approach to Fitness After 50. By James P. Owen. Can you really get fit at 50, 60, 70 or beyond? Yes, you can! This program eases you into fitness one step at a time, so you can feel and look younger. Banish aches and pains and stay healthy and active, while lowering your risk for heart disease. Starting the coming years the best they can be! Well illus. in color. 223 pages. National Geographic. 8½x10¾. Paperback. Pub. at $22.99  $16.95

6832199 100 BEST YOGA & PILATES. Compiled by Gillian Haslam. The perfect guide to beginning and maintaining a lifetime with these ancient practices, encouraging physical well-being and a gateway to inner calm for mind, body, and spirit. Includes a comprehensive introduction; exercises and positions for beginner through advanced; the complete synthesizing techniques; and how to practice with detailed instructions; and part three offers full flexibility-training routines. Well illus. in color. 320 pages. Parragon. Paperback. Pub. at $19.95  $9.95

★ 6234308 MEN’S HEALTH ULTIMATE DUMBELL GUIDE: More Than 21,000 Moves Designed to Build Muscle, Increase Strength, Fat, and Burn Calories. By B. Maximus & M. Easter. You’ll see results in weeks. This guide provides a comprehensive list of dumbbell moves that can be combined to produce maximum results. Includes instructions for creating your own personalized combinations of moves, as well as tips on buying dumbbells that suit your needs. Illus. 275 pages. Rodale. Paperback. Pub. at $19.95  $12.95

★ 689674X YOGA FITNESS FOR MEN. By Dean Pohlmian. Discover why professional athletes and coaches consider yoga the key to maintaining elite training and top-notch injury resistance. This volume helps you build lean, strong muscles, become more agile and flexible, and reduce daily aches and pains. Fully illus. in color. 191 pages. Dorling Kindersley. Paperback. Pub. at $19.99  $14.95

★ 2864185 BATTLE FOR LIFE: *Exercises and inspiration from the World of Ballet Beautiful.* By Mary Helen Bowers. Designed to give anyone a ballerina body, the Ballet Beautiful system shows readers how to attain a ballerina’s lean and powerful physique and graceful poise via exercises, posture lessons, wellness tips, and fashion and beauty advice that can be incorporated into everyday life. Fully illus., some in color. 189 pages. Rizzoli. Pub. at $39.95  $14.95

6784998 THE BODY SCULPTING BIBLE FOR MEN, THIRD EDITION. By J. Villepigue & H. Rivera. The best training schedule out there, now with updated and revised material. Includes all the different exercises you’ll need to find all the original detailed exercises that made it a bestselling phenomenon, plus new Body Sculpting Workouts and Bodyweight Workouts; six new diet plans; and even more tips and helpful information. Well illus. 451 pages. Hatherleigh. Paperback. Pub. at $12.99  $9.95

★ 6896685 MEN’S HEALTH MAXIMUM BODY. By B. Maximus & M. Easter. You’ll learn the cutting-edge fitness strategies, workouts, and training plans used to radically transform A-list actors and actresses, special forces soldiers, all-star athletes, and average men and women into some of the most insanely fit people the world has ever seen. Includes thousands of ways to burn fat, add lean muscle, and much more. Fully illus. 276 pages. Rodale. Paperback. Pub. at $21.99  $16.95

6830412 101 MUSCLE-SHAPING WORKOUTS & STRATEGIES FOR WOMEN: *Muscle & Fitness Hers.* Fully illustrated with step by step instructions, plus tips from trainers for improving your form and increasing your results. This comprehensive guide will teach women how to take their workouts to the next level. 175 pages. Triumph. 7½x9¾. Paperback. Pub. at $13.95  $9.95

★ 2840855 MEN’S HEALTH NATURAL BODYBUILDING. By Tyler English. A world natural bodybuilding champ and coach guides you step by step to the stage of your first amateur bodybuilding competition. Whether your goal is to build muscles, gain muscle size or melt fat, this massive volume will deliver the ripped physical and powerful self-confidence you’ve always wanted. Well illus. 348 pages. Rodale. Paperback. Pub. at $24.95  $17.95


6905281 WARRIOR CARDIO: The Revolutionary Metabolic Training System for Burning Fat, Building Muscle, and Getting Fit. By Martin Blum. Pioneers in interval training 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 rebuilds the body in less time than you ever thought possible. Well illus. in color. 289 pages. Triumph. 8½x11%. Paperback. Pub. at $24.95  $17.95

2797208 WARRIOR WORKOUTS, VOLUME 3. By Stewart Smith. Features over 100 of the most popular workouts from Smith’s extensive collection of elite training and diet programs. Includes Maximum Fitness, Navy SEAL Weight Training Workout, and Tactical Fitness. With this guide you’ll get into the best shape of your life—the way the professionals get it. 195 pages. Hatherleigh. Paperback. Pub. at $15.00  $11.95

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2879670  THE FLEXIBLE BODY: Move Better Anywhere, Anytime in 10 Minutes a Day. By Roger Frampton. Frampton shows you how to trim and tone your body without stepping foot in a gym or blowing your budget on bulky and expensive home machines. With step by step instructions, Jendrick gives you powerful workouts that really work.

6901263  THE ULTIMATE TREADMILL WORKOUT. By David Sisk. With a signature form and flow, the program provides you with the most incredible workout you’ve ever had on a treadmill. You’ll find yourself burning fat, losing weight, and boosting your speed just by following these simple principles. 231 pages. Adams Media. Paperback. Pub. at $16.99 $14.95

2879160  EXERCISES FOR CARDIAC RECOVERY: The Strong Heart Fitness Program for Life After Heart Attack & Heart Surgery. By William Smith et al. Includes a detailed overview of how exercise can improve your heart health; clear, informative photos of safe, effective exercises; detailed instructions on how to perform each movement, a complete workout plan appealing to all fitness levels, a better cardiovascular system, and a training log to track your progress. 93 pages. Hatherleigh. Paperback. Pub. at $15.00 $11.95


2845547  DR. JORDAN METZ’S WORKOUT DESCRIPTION. With Matthew Metz. Learn how to do high-intensity workouts in just 30 minutes a day with Dr. Metz’s plan. Ranging from ten to 30 minutes, they can be done anywhere, anytime, using minimal equipment. This plan delivers maximum results in minimum time and is equally effective for men and women, children and adults. Fully illus. in color. 273 pages. Paperback. Pub. at $24.99 $4.95

8623483  SLOW JOGGING: Lose Weight, Stay Young, and Have Fun. The Science-Based, Natural Running. By Hiroaki Tanaka with M. Jackowska. With easy to follow steps and colorful charts and photos, this thorough guide teaches runners to enjoy injury-free activity by landing on mid-foot, instead of on the heel, picking up with thin, flexible soles and no oversized heel; aiming for a pace of 180 steps per minute; and trying to find time for activity every day. 155 pages. Skyhorse. Pub. at $22.99 $4.95

2829976  BIKE FOR LIFE, REVISED EDITION. By Friz M. Waxhold. Features cutting-edge workout routines for your best ever fitness, even as you age; new workout methods that will make you fly up the hills; anti-aging plan to revue muscularity, strength, and reaction time; strategies to fix problems such as knobby knees, and biker’s back; and much more. Illus. 363 pages. Da Capo. Paperback. Pub. at $19.99 $5.95

8652815  THE MELT METHOD. By Sue Fitzmanc. The MELT is a breakthrough self-treatment system that helps to eliminate chronic pain, erase the signs of aging, and feel fantastic in just 10 minutes a day. Also addresses sleep difficulties, weight gain, midday fatigue and more. Illus. 307 pages. HarperOne. Paperback. Pub. at $18.99 $4.95

DVD 681008X  MILTON BERLE’S LOW IMPACT/HIGH COMEDY WORKOUT. America’s beloved Uncle Miltie (aka “Mr. Television”) brings a hefty helping of humor to this workout. Erase all guilt and feel fantastic in just 10 minutes a day. Also addresses sleep difficulties, weight gain, midday fatigue and much more. Illus. 307 pages. HarperOne. Paperback. Pub. at $18.99 $4.95

28312344  TRAIN LIKE A FIGHTER: Get MMA Fit Without Taking A Hit. By Cat Zingano. Find out why you should train like a fighter, learn common fighter moves, and discover the equipment and nutrition that can help you achieve your fitness goals. Includes 42 step by step exercises, 20 workouts that combine exercises into 3 circuits, and 36 monthly programs that combine routines into plans to enhance your strength, power, and stability. Fully illus. in color. 192 pages. Alpha. Paperback. Pub. at $19.95 $14.95

6932084  DUMBBELL WORKOUT HANDS-OFF METABOLIC WEIGHT LOSS. By Michael Volkman. An all-color collection of dumbbell workouts providing a complete fitness program using dumbbells to lose weight while improving total body fitness. With beginner and advanced workout circuits perfect for every fitness level, this is the complete guide to burning fat with dumbbells. 136 pages. Hatherleigh. Paperback. Pub. at $15.00 $11.95

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6895344  RUNNING WITH MINDFULNESS. By William Pullen. Letting your mind wander as you take a long walk, a slow jog, or a brisk run can give you a powerful, uplifting feeling. Some call it a runner’s high, others attribute it to endorphins. In this interactive workbook, Pullen teaches you how to channel that exhilarating energy and use it to make positive changes in your life. 211 pages. Plume. Paperback. Pub. at $16.95 $4.95


5884888  WALK OFF WEIGHT: Burn 3 Times More Fat with This Proven Program. By Michele Stroman. Slim down and firm up with this revolutionary walking program for permanent weight loss. Over the course of just a few weeks, you’ll learn innovative interval walking and workout techniques that will blast fat and tone all your trouble spots. Well illus. 342 pages. Rodale. Pub. at $29.99 $3.95

2820606  THE ALEXANDER TECHNIQUE MANUAL: Take Control of Your Posture and Your Life. By Richard Brennan. The Alexander Technique is a highly effective way of releasing muscular tension throughout your body. In this concise guide you will learn new ways of sitting, standing and moving that will put less stress on your muscles, bones and joints, and achieve a more relaxed muscular system. Color photos. 144 pages. Eddison Books Ltd. Paperback. Pub. at $19.95 $14.95

6727646  MOVING STRETCH: Work Your Fascia to Free Your Body. By Suzanne Wyld. A powerful program of resistance stretching that not only strengthens and frees the body, but conditions the body’s fascia; rejuvenates the tissue; relieves pain; and increases flexibility. Features easy step-by-step illustrated instructions for people who want to feel more upright, taller, more energetic. 224 pages. North Atlantic. Paperback. Pub. at $14.95 $7.95

5737996  THE NEW RULES OF LIFTING: Six Basic Moves for Maximum Muscle. By L. Schuler & A. Cosgrove. Offers ten unique programs for fat loss, muscle gain, and strength improvements for everyone from beginner to advanced lifter. Includes one year of workouts for lifters of all levels, a break-in program for beginners, workout sheets and guidelines to personalize any program, and takes just eight minutes. SHOPWORN. Wholesaleillus. 301 pages. Avery. Paperback. Pub. at $18.00 $4.95

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Exercise & Fitness

5844231 THE MEN’S HEALTH BIG BOOK OF EXERCISES, REVISED. By Adam Campbell. The most comprehensive collection of exercises ever created, this workout guide is a body-shaping power tool for both beginners and longtime lifters alike. Updated and revised to include 114 new fat loss exercises; more than 200 new “Create Your Own” Circuit guide, and more. Well illus. in color. 551 pages. Rodale. Paperbound. Pub. at $26.99 $19.95

5840782 CARDIO CORE 4X4: The 20-Minute, No-Gym Workout That Will Transform Your Body! By J. Cardiello & P. Williams. Fun, effective and strong, this workout program blends elements of Pilates, yoga, boxing, wrestling, martial arts—even break dancing. And there is no equipment required, so you can train anywhere, anytime. In just twenty minutes a day, you can transform your body in as little as 5 weeks. Illus. in color. 228 pages. Rodale. Paperbound. Pub. at $21.99 $16.95

6796206 YOGA: Relaxation, Postures & Daily Routines. By C. Yabsley & D. Smith. Includes step by step instructions for all key poses, from standing, floor-based and twists, to back bending, balances and inversions. It is an all around mind-body workout that will leave you energized, relaxed, toned and just generally feeling great. Full of color illustrations, this guide is perfect for the home, workplace and on the go. The portable guide offers expert advice; easy to follow illustrations; posture-building techniques; and breathing exercises that help you moving—properly through the day. Illus. in color. 250 pages. Workman. Paperbound. Pub. at $15.95 $12.95

6712312 THE TB12 METHOD: How to Achieve a Lifetime of Sustained Peak Performance. By Tom Brady. Discover for yourself the little-known fitness principle of muscle pliability—the missing link of the traditional strength and training model of aerobic activity and weight lifting. NFL star Tom Brady introduces you to the holistic TB12 Method along with tips on how to decrease the chance of injury, the best ways to stop, working and hydrated. More illus. in color. 305 pages. S&S. 8\x22x11\xe2\x80\x9d. Pub. at $26.99 $21.95

6950795 THE YOUNGER NEXT YEAR BACK BOOK. By C. Crowley & J. James. Here is a step by step program of simple exercises and behavioral changes that will help readers find a neutral spine, realign their posture, and combine their knowledge in the fields of clinical care, bio mechanical analysis, and coaching to help you avoid common injuries. Color photos. 309 pages. Skyhorse. Paperbound. Pub. at $14.95 $9.95

6936857 THE U.S. NAVY SEAL GUIDE TO FITNESS & NUTRITION. Ed. by Patricia A. Deuster et al. Covers all the basics of physical fitness as well as the special challenges encountered in extreme conditions and mission related activities. Topics include running for fitness, calisthenics, nutritional considerations and endurance activities. Much more. Illus. 496 pages. Skyhorse. 8\x22x10\x22. Paperbound. Pub. at $16.95 $9.95

6936113 ANATOMY FOR RUNNERS. By Jay Dicharry. Offers expert advice on how to achieve optimal athletic potential and set new personal records throughout the running season by getting the most out of your body. Combines his knowledge in the fields of clinical care, biomechanical analysis, and coaching to help you avoid common injuries. Color photos. 309 pages. Skyhorse. Paperbound. Pub. at $14.95 $9.95

2791757 KETTLEBELL KICKBOXING. By Dasha Libin Anderson. A celebrity personal trainer combines kettlebells and martial arts into one effective workout for women. She offers instructions on how to get the most out of four-week fitness plans and 15-minute high-intensity interval training; a simple philosophy on food for lifetime of clean eating; and more. Fully illus. in color. 300 pages. Skyhorse. Paperbound. Pub. at $19.95 $14.95

6901229 STRENGTH TRAINING BIBLE FOR WOMEN. By D. Kirschen & W. Smith. Created specifically for women, it is the cornerstone of all resistance-training, easy to understand guide to mastering the basics of weight lifting and barbell training. Combines the best elements of strength training and weight lifting in a program you can do at home or in the gym. Covers how to help you reach the ideal levels of strength and fitness. Well illus. in color. 276 pages. Hatherleigh. 8\x22x10\xe2\x80\x9d. Paperbound. Pub. at $21.95 $7.95

6771823 NO-RISK PILATES: 8 Techniques for a Safe Full-Body Workout. By B. Calais-Germain & B. Raison. The Pilates method aligns the body, builds strong muscles, and develops core abdominal strength. This guide demonstrates how to minimize risk of injury and design proper form and maximize physical benefits. Drawings. 118 pages. Healing Arts. 8\x22x10\xe2\x80\x9d. Paperbound. Pub. at $19.95 $5.95

2782421 BARIATRIC FITNESS FOR YOUR NEW LIFE. By Julia Karlstad. This essential eating and workout guide for anyone looking for a ripped, toned and healthy body—specially designed for dieters and fitness buffs looking for an effective way to jumpstart weight loss. This volume shows you how to hit all the muscles that matter and turn on your body’s fat burners so the extra pounds melt away to reveal rock-hard muscle underneath. Fully illus. in color. 392 pages. Rodale. Paperbound. Pub. at $26.99 $19.95

5704081 THE MEN’S HEALTH BIG BOOK—GETTING ABS: Four Weeks to a Flat, Ripped Stomach! By Adam Bornstein et al. A complete guide to achieving flat, ripped abs using 250 core exercises. Updated and revised, this new edition shows you how to hit all the muscles that matter and turn on your body’s fat burners so the extra pounds melt away to reveal rock-hard muscle underneath. Fully illus. in color. 392 pages. Rodale. Paperbound. Pub. at $26.99 $19.95

5857784 PEAK PHYSIQUE: Your Total Body Transformation. By Hollis Liebman. Offering you multiple tools to achieve physical excellence, this guide features a fully illustrated, step by step progressive exercise plan of resistance training and cardio fitness which works whether you are a beginner or female or novice or experienced gym-goer. Includes advice on nutrition. 160 pages. Rodale. Paperbound. Pub. at $19.95 $8.95

6823467 PUMPING IRONY: How to Build Muscle, Lose Weight, and Have the Last Laugh. By Andrew Ginsburg. A fitness expert presents a workout and diet program that helps you lose weight, build muscle, and sculpt a unique body. By combining intense fitness knowledge with engaging humor, this guide makes the notion of working out fun and exciting one. Drawings. & photos. 210 pages. Skyhorse. Paperbound. Pub. at $16.95 $9.95

OVD 6599311 YOGA FOR BUSY MOMS: Mind Massage. Learn how to release emotional and physical tension from the body through a variety of yoga poses. Livia Taylor will show you how to calm your mind and recover from a busy day; how to improve awareness of your body; how to achieve greater clarity, focus, strength, balance, and flexibility; and more. 302 pages. TMW Media Group. $4.95

6948332 THE 3D BODY REVOLUTION. By Donald Driver. Featuring a guide to clean eating, twenty-five recipes tailored to caloric needs, and illustrated exercises, this volume will propel you through three customized levels, whatever your starting point, and get you from 20% body fat to whatever level you choose. 160 pages. Harmony. Pub. at $26.99 $19.95

6808373 EXERCISES FOR PERFECT POSTURE: The Stand Tall Program for Better Health Through Good Posture. By William Smith et al. A complete guide to achieving healthy posture and improving everything from your programs and exercises designed to realign your spine and strengthen your shoulders, neck, and back as well as guidance on how to redesign your workspace to be more ergonomic. Photos. 122 pages. Hatherleigh. Paperbound. Pub. at $15.00 $7.95

6849830 THE STRETCHING BIBLE: The Ultimate Guide to Improving Fitness & Flexibility. By Lexie Williamson. Guides you through key exercises to gain mobility and improve flexibility, whatever your age or athletic ability. Includes 64 step-by-step exercises in the following categories: warm-up and cool down sequences, for running, cycling and weight training; tailored sequences for commuters, manual workers and desk workers; and more. Fully illus. in color. 276 pages. Hatherleigh. Paperbound. Pub. at $24.00 $7.95
**Beauty & Skin Care**

**201861 THE BIG BOOK OF BRAIDING.** By Peter Hageletam 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. 8½x11. Paperbound. Pub. at $19.99.

**459021X SKIN CLEANSE: The Simple, All-Natural Program for Clear, Calm, Happy Skin.** By Adina Grigore. This guide demonstrates that the secret to beautiful, stress free skin is simply 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 overhaul your beauty routine. Drawings. 238 pages. HarperCollins. Pub. at $24.99.

**283583 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. Filled with 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.

**204386 PRETTY SICK: The Beauty Guide for Women with Cancer.** By Caitlin M. Kiernan. This trusted resource covers every cosmetic issue, from skin care, to hair care, to shopping, nail maintenance, makeup tricks, and much more—specifically for women with cancer and in remission. The fact is when you look good on the outside, you feel better on the inside. Color illus. 272 pages. Grand Central. Pub. at $19.99.

**2140013 MAN VS. HAIR: 60 Tutorials for Handsome Hair & Stubble.** By Kieron Webb. Collection of 60 fashionable styles for men's hair and facial hair. Step by step tutorials featuring simple how to instructions with clear photographs and instructions that show how to create every look with ease. 143 pages. Darling Kindersley. Pub. at $18.95.

**7994404 BOHO BRAIDS: 40 Modern, Free-Spirited Hairstyles.** By Jenny Strebe. Learn 100 fabulous looks with this beautiful guide to boho braids. Filled with hundreds of how-to instructions that guide you every step of the way with accessory ideas to make the style your own. Capture the BoHo spirit with these 40 DIY tutorials. 192 pages. Alpha. Paperbound. Pub. at $16.95.

**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 andlocions, purify, polish, plump, 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 special occasions. 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. Darling Kindersley. Pub. at $18.95.

**2825171 HOW TO FAKE REAL BEAUTY.** By Ramy Gafni. The power of makeup goes a long way toward helping you face anything—a mean coworker; 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. 125 pages. Paperbound. Pub. at $19.99.

**2066414 HAIRSTYLED: 75 Ways to Braid, Pin & Accessorize Your Hair.** By Anne Thomeux. Your guide to gorgeous hair every day. You don’t need to be a professional to have showstopping hair. Presents 75 easy 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 pay cut or long hair. Fully illus. in color. 144 pages. ILEX. Paperbound. Pub. at $12.99.

**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. Darling Kindersley. Pub. at $18.95.

**2836947 MAKE YOUR OWN PURE MINERAL MAKEUP.** By Adina Grigore. Learn how to select ingredients for your own makeup and discover how easy it is to get exactly the shade you want and know what you’re wearing on your face. Anderson shares 79 recipes that are specially formulated to be long-lasting and effective on even the most sensitive skin. Well illus. in color. 256 pages. Storey. Pub. at $19.95.

**2809994 HOW TO WEAR MAKEUP: 75 Tips + Tutorials.** Text by M. Wagoner. Illus. by I. Vella. A guide 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 your everyday look. Color illus. 128 pages. Abrams. Paperbound. Pub. at $12.95.

**6899676 BRAIDS, BUNS, AND TWISTS! Step-by-Step Tutorials for 82 Fabulous Hairstyles.** By Christina Butcher. Features simple how-to illustrations that take the guesswork out of styling, while color fashion photographs demonstrate how to tailor and accessorize each hairdo. Butcher offers advice for different hair types and lengths plus hundreds of fun variations. 192 pages. 150 color illus. Inland. Pub. at $6.95.

**2793644 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 keep skin Looking younger—The key to optimal 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.

**2793741 LOVE THAT HAIR: Head-Turning Styles for Every Occasion.** By Hayley Mallinder. 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 very own stylist by fun, feel good, turn those heads! Well illus. 144 pages. ILEX. Pub. at $17.99.

**6715478 NATURAL HAIR COLORING: How to Use Henna and Other Pure Herbal Pigments for Chemical-Free Beauty.** By Christine McLeish. 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 stylish alternative to synthetic hair colorants. Well illus. in color. 184 pages. Storey. Pub. at $18.95.
2815613 A PATIENT’S GUIDE TO UNNECESSARY KNEE SURGERY. How to Avoid the Pitfalls of Hasty Medical Advice. By Ronald P. Grelsamer. Public perception of knee care is at variance with the truth. Misinformation is perpetuated by practitioners who are incompletely educated about knee issues and/or shamelessly unscrupulous. After reading this guide, you should be better able to recognize bad advice when you get it, and be better able to take care of your knee—both before and after it starts to hurt. Illus. 217 pages. Skyhorse. Paperback. Pub. at $16.99 $6.95

★ 4307001 THE PILL BOOK, REVISED 15TH EDITION. Ed. by Harold M. Silverman. Provides the most up-to-date, approved information on more than 1,800 of the most commonly prescribed drugs in the United States, with guidelines from leading pharmacists. This edition includes more than 20 important new drugs and dozens of new brand names. Color photos. 1,280 pages. Bantam. Paperback. Pub. at $8.99 $6.95

★ 2908751 TESTOSTERONE IS YOUR FRIEND, THIRD EDITION. By Roger Mason. The author presents the latest and most effective natural treatments and supplements to help raise testosterone levels in both men and women. This guide will give you the latest information on how to increase your testosterone levels naturally. By following this advice you can improve your sex life and your quality of life. 113 pages. Square One Publishers. Paperback. Pub. at $9.95 $7.95

2878496 THE SECRET LANGUAGE OF DOCTORS. By Brian Golden. Pulls back the veil of medical secrecy to reveal medicalHandbook, Second Edition. By John Albano et al. This handbook is a product of modern secrets, and decodes the colorful and clandestine expressions doctors employ to describe difficult patients, situations, and medical conditions—and sometimes even other colleagues. 351 pages. Triumph. Paperback. Pub. at $16.95 $4.95

★ 113867 CATARACT SURGERY: A Gentle Treatment. By P.E. Garland & B.L. Fisher. Even though cataract surgery is a common procedure, you may find yourself feeling anxious about an operation on your eye. Let two ophthalmologists put your mind at ease as they answer your most burning questions about before, during, and after the procedure. 120 pages. Addicus. Paperback. Pub. at $19.95 $14.95

3405516 SPECIAL OPERATIONS FORCES MEDICAL HANDBOOK, SECOND EDITION. By John Orley. This handbook is a product of modern medical officers from the U.S. Army, Navy, Marines and Air Force, and covers everything from basic first aid to field obstetrics and even veterinary medicine. Prepares you for any medical crisis, whether you’re in the midst of battle, stuck on vacation, or on a hike in the woods. Illus. 394 pages. Kensington. Paperback. Pub. at $7.99 $5.95

★ 2863998 MEDICAL SYMPTOMS: A Visual Guide. Ed. by Kayla Dugger. With this simple visual symptom guide you will be able to diagnose any health problem. Includes easy descriptions of symptoms; symbols that indicate the appropriate form of medical help; and what ailments need urgent medical advice. 266 pages. Dorling Kindersley. Paperback. Pub. at $19.95 $14.95

★ 6753558 APPLE CIDER VINEGAR: Nature’s Most Versatile and Powerful Remedy. By Larry Trivieri, Jr. A practical guide to the many well-documented benefits of apple cider vinegar, including as the elixir’s newly discovered powers as a natural anti-inflammatory—featuring an A to Z section that shows you how to incorporate honey into heart-healthy recipes and provides more than 50 home cures. Also includes beauty treatments and household uses. 394 pages. Kensington. Paperback. Pub. at $7.99 $5.95

★ 2667177 APPLE CIDER VINEGAR FOR HEALTH: 100 Amazing and Unexpected Uses for Apple Cider Vinegar. By Britt Brandon. Shows you how to use the all-natural product in the kitchen to prepare delicious daily beauty and health foods. From crafting a wholesome weight-loss tonic to giving your skin a lovely glow. Featuring step by step instructions and plenty of tips, you will discover the power of apple cider vinegar.

Health & Medical References

6987761 MIND OVER MEDS: Know When Drugs Are Necessary, When Alternatives Are Better—and When to Let Your Body Heal on Its Own. By Andrew Weil. Dr. Weil alerts readers to the problem of over-medication and outlines when medicine is needed versus when a patient’s body can do the job. He examines how we came to be so drastically over-medicated and presents science that proves drugs aren’t always the best option. The go-to resource for anyone who is sick and tired of being sick and tired. 290 pages. Little, Brown. Pub. at $29.00 $6.95


★ 27892XX PURE SKIN CARE: Nourishing Recipes for Vibrant Skin & Natural Beauty. By Stephanie L. Toulou. Feed your skin, feet, and hair with these easy-to-use natural cleansers, toners, masks, steams, scrubs, moisturizers, and balms. Toulou, a holistic esthetician, offers 78 of her all time favorite recipes that nourish, protect, and pamper your outer layer from head to toe. Well illus. in color. 256 pages. Running Press. Pub. at $30.00 $21.95

★ 2902524 MASKS & SCRUBS: Whole Beauty. By Shiva Rose. Features recipes for face masks, hair treatments, exfoliants for face and body, and nourishing oils so you can give yourself a spa-like treat at home and tap into the full force of female energy. Color photos. 96 pages. Artisan. Pub. at $12.95 $9.95

★ 287234X 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 using herbs, from toners and cleansers, to moisturizers and masks. Well illus. in color. 216 pages. Permanent. Paperback. Pub. at $28.95 $23.95

6864708 UNRULY CURLS: How to Manage, Style and Love Your Curly Hair. By Michael Price. Whether you have ringlets, waves or even kinky hair, this guide is for you. Learn about your hair and how to look after your hair from the inside out, this is a fun celebration of curly hair. Well illus. in color. 112 pages. Hardie Grant. Paperback. Pub. at $14.95 $8.95

★ 6753493 TWIST ME PRETTY BRANDS: 45 Step-by-Step Tutorials for Beautiful, Everyday Hairstyles. By Abby Smith. Discover how to dress up your hair with these creative and exciting styles. Features instructions for braids, wraps, chignons, and occasion like the Looped Accent Braid; Pull-Through Ponytail; Corset Braid; Mixed Crown Braid; and many more. Well illus. in color. 127 pages. Ulysses. Paperback. Pub. at $16.95 $12.95

★ 6664237 LADIES’ HAIRCUT. Women’s Hairstyles and Culture from 1920 to 1980. By Giulia Pivetta. Describes the evolution of female hairstyles through illustrations, vintage photos, and handy timesaving tips to help you how to incorporate honey into heart-healthy recipes and provides more than 50 home cures. Also includes beauty treatments and household uses. 394 pages. Kensington. Paperback. Pub. at $7.99 $5.95

★ 6753825 THE HEALING POWERS OF HONEY. By Cal Orey. Drawing on the latest honeybuzz and interviews with medical doctors and beekeepers, this book reveals 30 healing varieties, tells you how to incorporate honey into healthy-recipes and provides more than 50 home cures. Also includes beauty treatments and household uses. 394 pages. Kensington. Paperback. Pub. at $7.99 $5.95

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2533512 THE HEALING POWERS OF HONEY. By Cal Orey. Drawing on the latest honeybuzz and interviews with medical doctors and beekeepers, this book reveals 30 healing varieties, tells you how to incorporate honey into heart-healthy recipes and provides more than 50 home cures. Also includes beauty treatments and household uses. 394 pages. Kensington. Paperback. Pub. at $7.99 $5.95


2836998 MEDICAL SYMPTOMS: A Visual Guide. Ed. by Kayla Dugger. With this simple visual symptom guide you will be able to diagnose any health problem. Includes easy descriptions of symptoms; symbols that indicate the appropriate form of medical help; and what ailments need urgent medical advice. 266 pages. Dorling Kindersley. Paperback. Pub. at $19.95 $14.95

★ 6753558 APPLE CIDER VINEGAR: Nature’s Most Versatile and Powerful Remedy. By Larry Trivieri, Jr. A practical guide to the many well-documented benefits of apple cider vinegar, including as the elixir’s newly discovered powers as a natural anti-inflammatory—featuring an A to Z section that shows you how to use apple cider vinegar to prevent and reverse over 80 common health conditions. 217 pages. Square One Publishers. Paperback. Pub. at $14.95 $11.95

★ 6664237 LADIES’ HAIRCUT. Women’s Hairstyles and Culture from 1920 to 1980. By Giulia Pivetta. Describes the evolution of female hairstyles through illustrations, vintage photos, and contemporary pictures of the most popular hairdos in fashion between 1920 and 1980. 239 pages. 24 ORE Cultura. Pub. at $35.00 $11.95

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