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

★ 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 $5.95

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

6825613 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. Paperbound. Pub. at $16.99

6949452 FLAT FOOD, FLAT STOMACH: The Law of Subtraction. By Paul Shavelson with C. Carforsa. 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


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

CD 2863182 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

590341X 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

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Current titles are marked with a ★

Nutrition & Weight Management

2902737 THE SUPER METABOLISM DIET. By D. Zinczenko & K. Mayo. Whether you want to improve your body, your health, or your energy levels, this guide can help you become your happiest and healthiest self. And it all takes is fourteen days. The key is firing up your metabolism. The author reveals the ground breaking new secrets that will help you lose up to a pound a day and stay lean for life. Illus. 261 pages. Ballantine. Pub. at $26.00 $5.95

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 $18.95 $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

2859816 THE DNA RESTART. 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 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 $9.95

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-minutes 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 every meal. Illus. 238 pages. Rodale. Pub. at $26.99 $9.95

6913777 THE ACID ALKALINE BALANCE DIET, REVISED EDITION. By Felicia Druy Kimmorr. This is a sensible 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 arthritis, heart disease, lung disorders, obesity, and more. 242 pages. McGraw-Hill. Paperbound. Pub. at $16.95 $4.95

2859746 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 fats and nutrients—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 level safely, effectively, and Rodale. Paperbound. Pub. at $18.99 $9.95

2905809 THE ALL-DAY FAT-BURNING DIET. By Yuri Elkaim. Presents 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 experience, and cutting-edge research, this four-pronged approach features: the cycling of calories and carbs; a food plan that reduces fats, a unique way to exercise, and a method to improve the body’s ability to repair. Illus. 316 pages. Rodale. Pub. at $26.99 $11.95

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 small steps that may be easily integrated into daily life. 294 pages. Harper. Pub. at $27.99 $4.95

2801724 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 drop off, simply by drinking two glasses of such luscious concoctions as a Ginger Pear Cooler; Watermelon Reviver, Cucumber Cleanser; Mandarin and Mango Lassi; and more. Well illus. in color. 160 pages. Paperbound. Pub. at $18.95 $9.95

8740290 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 Kingsford with D. Yost. Kingsford takes you on ten 11-day weight-loss journeys 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 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 $13.95 $11.95

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Healthy Cooking & Special Diets

★ 6794254 GET OFF YOUR ACID: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health & Energy. By Dr. Rolf W. Hefti. Inflammation is the culprit behind many of our current ailments, from weight gain to chronic disease. In this accessible reference, Dr. Gioffe shares his groundbreaking research and highly acidic foods, alkalize your body and balance your pH. Includes alkaline recipes for easy, delicious snacks and meals. 284 pages. Da Capo. Paperback. Pub. at $17.99 $12.95

★ 6722555 EAT CLEAN, STAY LEAN: 300 Real Foods and Recipes for Lifelong Health and Lasting Weight Loss. By the eds. of Prevention with W. Bazilian. Eating healthy really means eating clean, or choosing whole foods sourced from the earth with the least processing and fewest possible ingredients that sound like hair dye. This visual guidebook to better health, delicious food, and a slimmer you will show you how to make 50 smarter meals. 284 pages. Rodale. Paperback. Pub. at $21.99 $5.95

★ 5891779 FAT FOR FUEL: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy. By Joseph Mercola. A leading natural-health practitioner explains how nearly all disease is caused by defective metabolic processes. He then reveals what’s causing your metabolic disorder and how to fix it for maximum health and longevity. By giving your body the proper fuel, Dr. Mercola argues you can take control of your health, and a cyclical ketogenic diet is the way to support this healing. 339 pages. Hay House. Paperback. Pub. at $16.95 $12.95

2864606 THE GREEK DIET. By M. Loli & S. Oukas. Oracles eat olive oil and meze dishes that are structured around the twelve Pillar Foods of the Mediterranean diet to jump-start your weight loss and improve your overall health, along with 100 authentic Greek recipes that include Greek Fish Stew; Lamb Stifado and Soup; and Spring Stuffed Lamb of 16 pages of color photos. 294 pages. Morrow. Paperback. Pub. at $19.99 $6.95

★ 2808441 THE COMPLETE BOOK OF KETONES: A Practical Guide to Ketogenic Diets and Ketone Supplements. By Mary T. Newport. Far more than recipes and diet tips, the author provides a breakdown of the science behind ketogenics. This guide also strategizes for increasing ketone levels by detailing ketogenic diets and their benefits, a list of ketone supplements, and keto-friendly recipes and ingredients. 456 pages. Turner Publishing Company. Paperback. Pub. at $21.99 $16.95

★ 6753531 THE ACID ALKALINE FOOD GUIDE, SECOND EDITION. By S.E. Brown & L. Trivieri. Now in its 2nd edition, this bestseller has been expanded to include many more domestic and international foods. Updated information explores (and refutes) the myths about pH balance and diet, and guides you to supplements that can help your body achieve a healthy pH level. 212 pages. Square One Publishers. Paperback. Pub. at $8.95 $6.95

6904098 FOODS TO FIGHT CANCER. By R. Beliveau & D. Gingras. This cutting edge science on diet and cancer focuses on foods rich in plant compounds, including garlic, ginger, tea, sardines, flaxseeds, tomatoes, turmeric, cranberries, and red wine. This resource offers guidelines on how to include these healing foods into your diet. Illus. in color. Dorling Kindersley. Paperback. Pub. at $19.95 $8.95

690405X FOODS THAT FIGHT CANCER, REVISED: Preventing Cancer Through Diet. By R. Beliveau & D. Gingras. Explains the science of what causes cancer and how certain foods are the most effective against the specific cancer. This powerful, cancer-fighting foods can also help to strengthen the body as it undergoes cancer therapies and during the recovery process. 248 pages. Rodale. Paperback. Pub. at $26.99 $11.95

6780008 THE GRAY BRAIN WHOLE LIFE PLAN. By David Perlmutter with K. Lobeger. This official guide to Dr. Perlmutter’s revolutionary approach to brain health includes his unique 6-Week Brain Care Protocol; practical advice on nutrition and sleep, stress management, and exercise; and a fourteen day meal plan with recipes. 294 pages. Little, Brown. Pub. at $26.00 $5.95

6859054 GLUTEN EXPOSED. By P.H. Green & R. Jones. Provides an in-depth examination of every symptom and condition associated with gluten, what it is and what it does. This well written, clear, welcome guidance and a practical road map that can help anyone achieve a healthier, symptom-free life. 352 pages. Morrow. Pub. at $25.99 $4.95

★ 2839067 THE COLLAGEN DIET. By Pamela Schoenberg. Packed with proven techniques, holistic lifestyle changes and delicious recipes, this resource offers simple steps to boost your body’s natural collagen production. Schoenberg explains everything you need to know about collagen, including how much to consume daily and which foods naturally contain it. 234 pages. Sonoma Press. Paperback. Pub. at $15.95 $11.95

★ 5788668 THE MIRACLE KIDNEY CLEANSE: An All-Natural, At-Home Flush to Purify Your Body. By Lauren Feltz. Shows you how to flush out toxins and maximize the benefits of the body’s natural cleansing system, including the kidney. Learn about painless kidney stones, boosting immune function; increasing energy; improving mood; curing low-back kidney pain; and more. 233 pages. Ulysses. Paperback. Pub. at $14.95 $11.95

2817098 HOT DETOX: A 21-Day Anti-Inflammatory Program to Heal Your Gut and Cleanse Your Body. By Julie Daniluk. This volume provides an extensive, up-to-date overview of the diet and lifestyle, we can use to take control of our health and happiness mind-set. This guide offers cutting-edge view into this developing science, showing us the full impact of how the brain, gut, and microbiome communicate. With a few simple changes in the way we eat and live, we can improve our overall health. 316 pages. HarperWave. Paperback. Pub. at $16.99 $12.95

★ 6910475 THE MIND-GUT CONNECTION: How the Hidden Conversation Within Our Bodies Impacts Our Mental and Overall Health. By Emeran Mayer. Offers a cutting-edge view into this developing science, showing us the full impact of how the brain, gut, and microbiome communicate. With a few simple changes in the way we eat and live, we can improve our overall health. 316 pages. HarperWave. Paperback. Pub. at $16.99 $12.95

★ 6768413 THE APPLE CIDER VINEGAR CURE. By Madeline Givens. Shows you how to flush out toxins and maximize the benefits of the body’s natural cleansing system, including the kidney. Learn about painless kidney stones, boosting immune function; increasing energy; improving mood; curing low-back kidney pain; and more. 233 pages. Ulysses. Paperback. Pub. at $14.95 $11.95

★ 2788969 BOTTOM LINE’S GUIDE TO HEALING FOODS. Nearly every health problem, from diabetes and allergies to Alzheimer’s and high blood pressure, can be helped by eating the right foods, and avoiding the wrong ones. Some of these dietary changes could totally eliminate your need for medications or dietary supplements. This guide maps the equations of the diet and lifestyle, we can use to take control of our health and happiness mind-set. 248 pages. Bottom Line. Paperback. Pub. at $15.95 $11.95

2859017 THE HORMONE BUST. By Natasha Turner. This volume provides an extensive, scientific overview of the six hormones that are at the heart of weight loss. The guide provides simple home remedies and a simple Pick 4 guide to creating meals, smoothies, and salads, this guide makes getting the right balance of carbs, fat, and protein easy. Rather than merely targeting weight loss alone, it also promotes total wellness. 320 pages. Rodale. Paperback. Pub. at $26.99 $14.95


6998873 THE COMPLETE ACNE HEALTH & DIET GUIDE: Naturally Clear Skin Without Antibiotics. By Makoto Ittetsu. The Vibe Skincare Diet Plan outlined in this guide works with your body to combat acne. This guide explores acne and the specific diet that is less inflamed and more balanced. All of the approaches are gentle and support your whole body. Includes the most current information on managing acne, from the role of diet to conventional treatments. 384 pages. Robert Rose. Paperback. Pub. at $24.95 $7.95

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**6923366 USING THE GAPS DIET: 175 Recipes for Gaining Control of Your Gut Flora.** By Signe Gad. Used for a range of modern chronic disorders 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. The 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

**6576223 THE HUNGER TYPE DIET.** By Lowri Turner. Based on cutting-edge research and proven results from her clients Turner shows you 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 count? 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.

$4.95

**4646487 THE GOOD GUT DIET: Turn Your Digestive System into a Fat-Burning Machine.** By Gerard E. Mullin. The leading authority on gut health offers a plan that will show you how to starve disease-promoting bacteria, reseed your gut with good fat-burning ones, and fertilize those friendly flora with just the right foods to rebio, rebalance, and renew your health. 444 pages. Rodale. Paperback. Pub. at $31.95

$8.95

**5947092 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 fall off cravings. Well illus. in color. 314 pages. Reader’s Digest. Paperback. Pub. at $15.99

$3.95

**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, even cure type 2 diabetes: no forbidden foods and no carb-counting. Just restrict what you eat for two days a week. Those days, follow the “Power Burn” program to melt belly fat and reduce blood sugar. Illus. in color. 314 pages. Reader’s Digest. Paperback. Pub. at $24.99

$8.95

**6823408 NO GLUTEN, NO PROBLEM: A Handy Guide to Celiac Disease—with Advice and 80 Recipes.** By Carlotta 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. 155 pages. Skyhorse. Paperback. Pub. at $14.99

$2.95

**677664X THE PLANT PARADOX: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain.** By Steven R. Gundry with O.B. Buehl. Illuminates the hidden dangers that lectins pose, and shows you how to eat whole foods in a new whole 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. Hardcover. Pub. at $25.99

SOLD OUT

**280302X 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 cardiovascular disease, 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 metabolic and weight loss. 246 pages. Weldon Owen. Pub. at $25.00

$7.95

**6689848 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 healthful diet of any sort. Illus. Skyhorse. $8.95

Exercise & Fitness

**LIMITED QUANTITY 2823594 CONBODY: The Revolutionary Bodyweight Prison Boot Camp--Born from an Extraordinary Story of Hope.** By Co ss Marte with B. Sneed. Based on Marte’s work with thousands of clients at his ConBody gyms, this program is for everyone. The workouts included in this guide can be done at the gym, in your living room, in a hotel room, or at a park. All you need is yourself and the space of a six-by-nine jail cell to get it done! Photos. 220 pages. St. Martin’s. Paperback. Pub. at $17.99

$8.95

**572323Y YOU ARE YOUR OWN GYM: The Bible of Bodyweight Exercises.** By Mark Lauren with J. Clark. Using Lauren’s motivation techniques, expert training, and nutrition advice, you’ll see rapid results by working out just 30 minutes a day, four times a week. Burning more fat or more than the resistance of your own bodyweight. Lauren’s exercises build more muscle than weightlifting, burn more fat than aerobicics, and are safer than both. Well illus. 171 pages. Bookouture. Paperback. Pub. at $17.00

$12.95

**5996821 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 levels and will help you build a strong, healthy body. 271 pages. Morrow. Paperback. Pub. at $18.99

$13.95

**4534212 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 with this book. It offers 75 bodyweight exercises that help you lose weight of your body—no bulky machines, no special equipment, no expensive gym memberships. Includes 75 strengthening and toning exercises in 35 hard-core routines. Explains how to do it. 640 pages. Hardcover. Pub. at $19.95

$13.95

**671572Z 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. Paperback. Pub. at $18.99

$13.95

* includes lectin-free recipes. 400 pages. Hardcover. Pub. at $25.99

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**Exercise & Fitness**

**2864185 BALLETT FOR LIFE:** Exercises and inspiration from the World of Ballet Beautiful. By Mary Helen Bowers. Designed to give anyone a ballerina body, the Baller 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 tips that can be incorporated into everyday life.

Fully illus., some in color. 189 pages. Rizzoli. Pub. at $39.95 $14.95

**6794498 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. Inside you’ll find all the original detailed exercises that made it a bestselling phenomenon, plus new Rapid Body Sculpting Workouts and Bodyweight Workouts; six new diet plans; and even more tips and information. Well illus. 451 pages. Haatherleigh.

8x10. Paperbound. Pub. at $24.95 $6.95


**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 the top-100 athletes and actors/superstars to 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. 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 challenge. This comprehensive guide will teach women how to take their workouts to the next level. 175 pages. Triumph. 7½x9¾. Paperbound. Pub. at $9.95 $6.95

**2840855 MEN’S HEALTH NATURAL BODYBUILDING BIBLE.** 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 hit the stage or just the beach, this massive volume will deliver the ripped physical and powerful self-confidence you’ve always wanted. Well illus. 348 pages. Rodale. Paperbound. Pub. at $24.95 $17.95

**2997489 PUMPED: Straight Facts for Athletes About Drugs, Supplements, and Training.** By Cynthia Kuhn et al. Provides cutting-edge scientific information in a clear, accessible style giving you everything you need to know for optimum performance and a healthy body. What’s legal? What’s illegal? What’s safe? And what’s a waste of money? This guide has the answers. 190 pages. Norton. Paperbound. Pub. at $14.95 $4.95

**6906261 WARRIOR CARDIO:** The Revolutionary Metabolic Training System for Burning Fat, Building Muscle, and Getting Fit. By Martin Poirier. Here’s a five-phase, four-meal, 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 muscle in less time than you’d ever thought possible. Well illus. in color. 192 pages. Rodale. 8½x10¾. Paperbound. Pub. at $24.95 $17.95

**2792708 WARRIOR WORKOUTS, VOLUME 3.** By Stewart Smith. Features over 100 of the most popular workouts from Smith’s extensive collection of elite training and client workouts. 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 pros do it. 195 pages. Harlegher.

Paperbound. Pub. at $15.00 $11.95

**6896742 YOGA FITNESS FOR MEN.** By Dean Pohlman. Discover why professional athletes and coaches consider yoga the key to maintaining peak 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 breathing techniques, and how to achieve emotional and spiritual balance. Fully illus. in color. 320 pages. Parragon. Paperbound. Pub. at $19.95 $12.95

**6243304 MEN’S HEALTH ULTIMATE DUMBBELL GUIDE: More Than 21,000 Moves Designed to Build Muscle, Increase Strength, Drop Fat, and Burn Calories.** By John Miller. Provides a comprehensive list of dumbbell moves that can be combined to produce maximum results. Includes instructions for creating your own individualized combination of moves as well as tips on buying dumbbells that suit your needs.


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**6896742 YOGA FITNESS FOR MEN.** By Dean Pohlman. Discover why professional athletes and coaches consider yoga the key to maintaining peak 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 breathing techniques, and how to achieve emotional and spiritual balance. Fully illus. in color. 320 pages. Parragon. Paperbound. Pub. at $19.95 $12.95
Exercise & Fitness

2879670 THE FLEXIBLE BODY: Move Better Anywhere, Anytime in 10 Minutes a Day. By Roger Frumpton. Frumpton shows you in just 10 minutes a day you can build a fun and achievable home exercise routine tailored to your fitness and flexibility level. With mindful, conscious movement, you will enhance functional form and full-body strength, increased flexibility and even lose weight, all without leaving the house. Well illus. in color. 160 pages. Pavilion. Paperbound. Pub. at $19.95 $14.95

6901263 THE ULTIMATE TREADMILL WORKOUT. By David Silk. With a signature format 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. 221 pages. Adams Media. Paperbound. Pub. at $16.99 $4.95

2860160 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 program app. to building a better cardiovascular system, and a training log to track your progress. 93 pages. Hatherleigh. Paperbound. Pub. at $15.00 $11.95

2838853 GYM-FREE AND RIPPED: Weight-Free Workouts That Build and Sculpt. By Nathan Jendrick. A fitness trainer 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 illustrated instructions, Jendrick gives you powerful workouts that really get results. 271 pages. Alpha. Paperbound. Pub. at $17.95 $12.95

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6823403 SLOW JOGGING: Lose Weight, Stay Young and Have More Energy-Based, Natural Running. By Hirotaki 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. 301 pages. Avery. Paperbound. Pub. at $17.95 $12.95

2829976 BIKE FOR LIFE, REVISED EDITION. By Joy M. Wallace. Features cutting-edge workout system for the best ever fitness of any 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 cycling knee and biker’s butt; and much more. Illus. 363 pages. Da Capo. Paperbound. Pub. at $19.99 $5.95

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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 improvement for everyone from beginners to power lifters. Includes one year of workouts for lifters of all levels, a break-in program for beginners, workout sheets and guidelines to personalize any program, workouts for women, and much more. Illus. 301 pages. Avery. Paperbound. Pub. at $18.00 $4.95

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6637248 ANATOMY OF STRETCHING: A Guide to Increasing Your Flexibility. By Craig Ramsay. Former Broadway dancer Craig Ramsay guides you through a “Stretching Session” which targets all of the major muscle groups, and he includes a full-color poster of the “Quick Stretch Program” for those who don’t have time for a full session. Special sections include expectant mothers, seniors, and flexibility enthusiasts. In color. 160 pages. Thunder Bay. Paperbound at $14.99.

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5935040 EVERY WOMAN’S GUIDE TO FOOT PAIN RELIEF: The New Science of Healthy Feet. By Katy Bowman. No matter what the cause of your foot pain, this guide has the answer on how to make your feet feel their best. Bowman offers an in-depth look at exercises to help those suffering from bunions; hammer toes, plantar fasciitis; tight calves and lower-leg muscle pain; poor posture and alignment; and other common ailments. Illus. 180 pages. Rodale.

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6567784 PEAK PHYSIQUE: Your Total Body Transformation. By Holly Lieberman. Offering you multiple tools to achieve physical excellence, this guide features a fully illustrated, step by step progressive exercise plan of resistance training and cardiovascular exercise. This guide instructs the reader how to gain a full figure and tone, or female or experienced gym-goer. Includes advice on nutrition. 160 pages. Bloombury. 8x10. Paperbound. Pub. at $19.95 $2.95

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 extensive fitness knowledge with engaging humor, this guide explains the notion of going to the gym fun and exciting one. Drawings. Photos. 210 pages. Skyhorse. Paperbound. Pub. at $16.95 $9.95

6942576 DVD 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. 30 minutes. TMW Media Group.

6946332 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 to edge, 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. 215 pages. Rodale. Paperbound. Pub. at $28.00 $5.95

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★ 6828752 THE HEALING POWERS OF HONEY. By Cal Orrey. Drawing on the latest honeybuzz and interviews with medical doctors, beekeepers, and researchers, Orrey reveals 30 healing uses for honey and 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. Paperbound. Pub. at $7.99 $5.95

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