Healthy Living Bargain Books


March 24, 2017

THE MIRACLE OF GARLIC: Practical Tips for Health & Home. By Penny Starnway. Compact yet comprehensive guide to garlic—a vital ingredient of many everyday and special occasion recipes, and a valuable remedy for many common ailments that can help prevent or treat certain major health problems. 136 pages. Watkins. Paperbound Import. Pub. at $12.95 $3.95

DO DEAD PEOPLE WATCH YOU SHOWER? And Other Questions You’ve Been All But Dying to Ask a Medium. By Concetta Bertoldi. A medium exposes the naked truth about the fate and happiness of our late loved ones with no holds barred honesty and delightfully wry humor, answering questions that range from practical to the outrageous. 280 pages. Harper. Paperbound. Pub. at $13.99 $4.95

RODNEY YEE’S CORE CENTERED YOGA. The acclaimed yoga instructor helps you make small adjustments for amazing results. Split into five parts—Lower Balance; Back Balance; Internal Balance; Bending Balance; and Restorative Balance—this program reveals the importance of finding your “core center” as a pathway to health in mind and body. 46 minutes. Gaiam. $3.95

LESLEY SANSONE—WALK AWAY THE POUNDS: Fat Burning Miles. Sansone gives you four complete, fat burning, interval training, muscle conditioning workouts on one effective DVD! Includes the 20-minute Power Mile; the weight-lifting Walk Strong; the pulse-pounding Walk & Jog; and the high-energy and undeniably fun Walk & Kick. 119 minutes. Gaiam. $3.95

MASTERING THE LIFE PLAN: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body. By Jeffrey S. Life. Do you want to get in the best shape of your life and live like you’re 20 years younger? Dr. Life distills his bestselling program into a simpler format that men of any age can customize for their individual needs. Illus. 294 pages. Atria. Pub. at $26.00 $2.95

YOURE NOT SPECIAL...AND OTHER ENCOURAGEMENTS. By David McCullough, Jr. The high school commencement address of 2012 was a tonic one. Here, McCullough expands on his speech—taking a hard look at hovering parents, questionable educational goals, professional college prep, electronic distractions, and club sports—and advocates for a life of passionate engagement. 316 pages. Ecco. Pub. at $21.99 $4.95

MAKE PAIN DISAPPEAR: Proven Strategies to Get the Relief You Need. By Dorothy Foltz-Grey. Whether you suffer from muscle or joint pain, headaches, backaches, or even painful stomach problems, you can get significant, safe relief with the help of this guide which features the newest and most effective tools for treating and preventing pain. Illus. in color. 352 pages. Reader’s Digest. 7½x10. Paperbound. Pub. at $17.99 $3.95

TOGETHERNESS: Creating and Deepening Sustainable Love. By Cyndi Dale et al. Weaves together psychological and spiritual perspectives with poignant, unforgettable stories to offer a doorway into a world of extraordinary intimacy: a depth of closeness that can transform every relationship in your life, now and in the future. 213 pages. Deeper Well. Paperbound. Pub. at $16.95 $1.95

ENTANGLED IN DARKNESS: Seeking the Light. By Deborah King. Come take an epic journey from darkness into the light with one of today’s foremost spiritual masters. You will learn about the incredible strength of unconditional love—the source of true happiness—and how to unearth your own inherent capabilities in order to tap into this powerful force. Book Club Edition. Photos. color. 177 pages. Hay House. $2.95

* BODY LANGUAGE: The Signals You Don’t Know You’re Sending, and How to Master Them... By Glenn Wilson. Learn how to read the body language of others and manage the impression you give. Full of tips and strategies underpinned by principles from psychological studies. Use and interpret non-verbal messages to put your best face, and body, forward. 208 pages. Icon Paperbound Import. Pub. at $9.95 $7.95

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Current titles are marked with a ★

Nutrition & Weight Management

1874020 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 for more than 5,000 foods. 226 pages. Rodale. Paperbound. Pub. at $7.99 $2.95

5749026 TRADITIONAL FOODS ARE YOUR BEST MEDICINE: Improving Health and Longevity with Native Nutrition. By Ronald F. Schmid. Discover how to return to a traditional diet—vastly different from today’s Western diet that has ravaged public health—can help you reduce your risk of heart attack; fight allergies, chronic fatigue, arthritis, and more; recover from colds and flu in a day or two; and increase your life expectancy. 270 pages. Healing Arts. Paperbound. Pub. at $14.95 $8.95

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

2732262 THE CORTISOL CONNECTION: Why Stress Makes You Fat and Ruins Your Health—and What You Can Do About It. By Shawn M. Talbott. Contains breakthrough information on how ways you live, work, and think affect your body’s primary stress hormone—and limit its negative effects, how some supplements can actually increase the levels of cortisol, and vitamins, herbs, and supplements that counteract stressors. 265 pages. Human Healing. Paperbound. Pub. at $15.95 $4.95


1877984 FAST DIETS FOR DUMMIES. By K. Petrucci & P. Flynn. Get expert information and helpful tips on how to incorporate the most popular fasting diets into your daily life: the 5:2 Diet, intermittent fasting, micro-fasting, and the 16/2 Prior Diet. If you want to analyze a few pounds, heal a disease, fight aging, or boost vitality, this guide has you covered. 298 pages. Wiley. Paperbound. Pub. at $19.99 $3.95

5756219 WHY DIETS FAIL (BECAUSE YOU'RE ADDICTED TO SUGAR): Science Explains How to End Cravings, Lose Weight, and Get Healthy. By N.M. Avena & J.R. Talbott. Reveals definitive proof that sugar is addictive and presents the first science-based program to stop the cravings so you can lose weight permanently. An eight-step plan walks you into estrogen, lose the gut, and supercharge fat loss without dieting or forfeiting flavor. No calorie counting or hunger required—it’s time to stop dieting and start refueling. 292 pages. Harper. Paperbound. Pub. at $16.95 $6.95

20/30 FAT & FIBER DIET PLAN. By G. Mirkin & B. Fox. Stop worrying about what to leave off your plate and add the all-important ingredient for any super-effective diet—fiber. Building on the principle of low-fat and high-fiber, this diet will help you shed weight fast, improve disease, and improve your overall health. Content listings for more than 5,000 favorite foods are included. 294 pages. HarperPerennial. Paperbound. Pub. at $16.00 $4.95

5865875 20/30 FAT & FIBER DIET PLAN. By G. Mirkin & B. Fox. Stop worrying about what to leave off your plate and add the all-important ingredient for any super-effective diet—fiber. Building on the principle of low-fat and high-fiber, this diet will help you shed weight fast, improve disease, and improve your overall health. Content listings for more than 5,000 favorite foods are included. 294 pages. HarperPerennial. Paperbound. Pub. at $16.00 $4.95

8253432 ZERO BELLY DIET. By David Zinczenko. Features a week-by-week, fifty-two recipes, a handy shopping chart that leads to a minimum of cooking and plenty of fastening and illustrated exercises. This program offers freedom from bloating, from food deprivation, from weight loss tads, and from stress. Say goodbye to your paunch and hello to a happier, healthier you! 304 pages. Ballantine. Pub. at $26.00 $8.95

6412394 THE MEN’S HEALTH DIET: 27 Days to Sculpted Abs, Maximum Muscle & Superhuman Sex! By Stephen Perrine et al. Discover the “Rules of the Ripped,” an amazing seven-step plan to strip your belly and sculpt a leaner, healthier, more muscular body in just 27 days. Years in the making, this is the final word on fat loss, and the simplest, most effective weight management plan ever devised. 312 pages. Ballantine. Pub. at $26.00 $8.95

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**NUTRITION & WEIGHT MANAGEMENT**

272944X THE 7 DAY SLIM DOWN: Drop Twice the Weight in Half the Time with the Vitamin D Diet. By Alisa Bowman with the eds. of Women's Health. Double your weight loss and zero in on your number one trouble spot—your tummy! Get the big picture—vitamin D. Packed with delicious, D-fortified foods, this program helps you melt fat fast. Lose up to seven pounds in seven days, then transition to the full four-week plan. 322 pages. Rodale. Paperbound. Pub. at $25.99

582458 THE BURN: Why Your Scale Is Stuck and What to Eat About It. By Haylie Pomroy with E. Adamson. Offers three eating plans, therapeutically designed to achieve highly specific results: The I-Burn targets the body’s inflammatory reactions to food, the D-Burn unblocks the body’s digestive barriers and torches torso fat, and the H-Burn addresses the hormonal system. Includes eating and living plans for all three, complete with detailed grocery lists and daily menus to kickstart the process simple and easy. 286 pages. Harmony. Pub. at $26.00

3626210 THE BLOOD SUGAR SOLUTION: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now! By Mark Hyman. Presents a novel, internationally acclaimed program for rebalancing insulin and blood sugar levels. Identifies the seven factors in achieving wellness and outlines a six-week action plan that gives you the tools to personalize your approach to healing. 423 pages. Rodale. Pub. at $19.95

5856255 THE PROTEIN POWER LIFEPLAN. By Michael R. & Mary D. Eades. This three-tiered nutrition plan makes it easy for everyone, even die-hard junk food junkies to reap the benefits of good health. Features a fat primer; a new look at sunlight; the latest findings on insulin resistance; crucial data on supplements; and important information on iron. Includes meal plans, a nutrition advice and more—434 pages. Grand Central. Paperbound. Pub. at $15.99

5765242 THE HORMONE SECRET: Discover Effortless Weight Loss and Renewed Energy in Just 30 Days. By Tami Meraglia. Offers an evidence-based 30-day plan to restore healthy levels of testosterone and balance the relative levels of other hormones, based on lifestyle modifications such as supplements and nutritional adjustments. Also offers a Mediterranean Diet-based meal plan and low-intensity exercise ideas that will immediately boost your energy. 276 pages. Atria. Pub. at $25.00

5846943 JU VIRGIN’S SUGAR IMPACT DIET COOKBOOK. Featuring more than 150 delicious and simple recipes including mouthwatering tarts, pies, pudding, and other perfect-for-one desserts. This cookbook is designed to help you drop weight—up to 10 pounds in two weeks—and melt away fat without missing the foods you love. 334 pages. Grand Central. Pub. at $28.00

4569032 WHEAT BELLY: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health. By William Davis. Offers a provocative look at how eliminating wheat from our diets can help us lose weight, shrink unsightly bulges, and reverse a broad spectrum of health problems. Davis exposes the truth about modern-day wheat, deconstructing its historical role in the human diet. 292 pages. Collins. Paperbound Import.

5817943 WHEAT BELLY TOTAL HEALTH: The Ultimate Grain-Free Health and Weight-Loss Life Plan. By William Davis. You have embraced the Wheat Belly message and lost 30, 50, or 100-plus pounds by giving up grain. In this inspiring sequel, you will learn not just how and why you must say no to grains, but how you can achieve a level of radiant health you never thought possible. 398 pages. Collins. Paperbound Import. Pub. at $22.99

5282678 WHEAT BELLY: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health. By William Davis. A sequel, you will learn not just how and why you must say no to grains, but how you can achieve a level of radiant health you never thought possible. 398 pages. Collins. Paperbound Import.

1830139 HYPNOTIC GASTRIC BAND. By Paul McKenna. A Gastric Band is a surgical operation for weight loss that reduces the available space in the stomach. McKenna’s Hypnotic Gastric Band is a psychological procedure that convinces the body that a Band has been fitted, limiting the intake of food. Includes 141 pages. Sterling. Pub. at $22.95

580941X THE BODY BOOK: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body. By Cameron Silver with S. Dukas. An empowering, holistic, and comprehensive new way to think about your diet, exercise, and lifestyle choices. With a combination of insights and information gleaned from conversations with doctors, nutritionists, therapists, and other experts, Diaz offers women the tools they need to build a healthier body now, so they can live joyfully in it for years to come. 296 pages. HarperCollins. Paperbound. Pub. at $18.95

4617258 101 TIPS ON WEIGHT LOSS FOR PREVENTING AND CONTROLLING DIABETES. By A. A. Myers and W. E. Wald. A guide on how to keep it off, this little guide will answer all your questions with essential expert advice. Learn all about reasonable weight loss; how to evaluate weight loss programs; how to choose an expert; what to do if you're pregnant; what are you for; and much more. 134 pages. American Diabetes Assoc. Paperbound. Pub. at $9.95

7411979 A CONSUMER’S DICTIONARY OF FOOD ADDITIVES, REVISED 7TH EDITION. By Ruth Winter. Gives you the facts about the safety and side effects of more than 12,000 ingredients, such as preservatives, food colorings, and animal drugs, that end up in food as a result of processing and curing, including more than 650 new chemicals now commonly used. 595 pages. Three Rivers. Paperbound. Pub. at $17.95

5855905 5-FACtor FITNESS: The Diet and Fitness Secrets of Hollywood’s Most Beautiful. By Cameron Diaz with S. Bark. An empowering message and lost

5456734 NATIONAL GEOGRAPHIC FOODS FOR HEALTH: Choose and Use the Very Best Foods for Your Family and Our Planet. By D. Seaver & P.K. Newby. Created by two of today's most forward-thinking nutritional guidance, and more. Well illus. in color. 318 pages. National Geographic. 7½x9¾. Paperbound. Pub. at $22.95

5713727 THE MASTER CLEANSE MADE EASY: Your No-Fail Guide to Feeding Great During and After You Detox. By Robin Westen. With these helpful strategies, you’re sure to succeed on the Lemonade Diet plan. They'll lead you step by step through the process, revealing how easy it is to boost energy, power through your hunger, maintain mental clarity, and ignite a positive attitude. 184 pages. Perigee. Paperbound. Pub. at $14.95

3585735 THE SUGAR SMART DIET. By Anne Alexander with J. VanTine. In 32 days you can shrink your sugar belly, conquer food cravings, and drop pounds like never before. You will also cut your risk of diabetes and heart disease, balance your cholesterol and blood pressure levels, and banish brain fog and moodiness, all while reaping the pure pleasure of sugar. 300 pages. Rodale. Paperbound. Pub. at $16.95

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5004870 THE HANDY NUTRITION ANSWER BOOK. By P. Barnes-Svarney & T.E. Svarney. Explains the basics of healthy nutrition through its well-researched answers to nearly 1,000 common questions such as: how are calories measured?; what does the word "natural" really mean on a food label?; why is high fructose corn syrup so controversial?; what are warning labels? Recipes. 175 pages. Grand Central. Pub. at $25.99 $5.95

5713749 THE METABOLISM-BOOST CLEANSE: A 3-Day Detox to Reset Your System for Maximum Health, Energy and Fat Burning. By Robin Westen. Why kill yourself in the gym or dessert and plugging yourself into a super-high-tech machine when you can start shedding pounds in just three days with this step by step program? Includes daily meal plans, helpful tips for positive dietary changes, go-to ingredient lists, and lots of healthy and delicious recipes. 312 pages. Rodale. Pub. at $25.99 $9.95


5713463 BEYOND THE MASTER CLEANSE: The Year-Round Plan for Maximizing the Benefits of the Lemonade Diet. By Tom Wolosyshin. The Lemonade Diet is a proven route to transform your body and health. But if you return to your former unhealthy habits, you will quickly undo all that you gained. With this comprehensive post-cleanse program, you'll learn how to maintain and extend the Master Cleanse's amazing benefits. 150 pages. Ulysses. Paperback. Pub. at $14.95 $3.95


3611752 THE RAW FOOD DETOX DIET: The Five-Step Plan for Vibrant Health and Maximum Weight Loss. By Natale Rose. This proven program can set you on a course toward greater energy, a slimmer figure, a radiant complexion, and an amazing natural health. Features more than 80 fresh and simple gourmet recipes. 271 pages. HarperPaperback. Pub. at $15.99 $7.50

366743X THE LOW-CARB FRAUD. By T. Colin Campbell with H. Esselstyn. Outlines where and how the low-carb proponents get it wrong. Where the belief that bad carbohydrates are bad came from. Several issues you can start shedding pounds in just three days with this step by step program? Includes daily meal plans, helpful tips for positive dietary changes, go-to ingredient lists, and lots of healthy and delicious recipes. 175 pages. Ulysses. Paperbound. Pub. at $14.95 $5.95

4559193 SHOULD I SCOOP OUT MY BAGEL? And 99 Other Answers to Your Everyday Diet and Nutrition Questions to Help You Lose Weight, Feel Great, and Live Healthy. By I. Schapiro & H. Rich. Drawing on 25 years of combined experience, the authors tackle some of the most common health and diet questions posed today. Is a wrap better for you than a bagel sandwich? Is it time to get on the gluten-free bandwagon? What is a multivitamin? And more. 225 pages. Skyhorse. Paperback. Pub. at $15.99 $7.95

4552674 THE HEALTHY YOU DIET: The 14-Day Plan for Weight Loss with 100 Delicious Recipes for Clean Eating. By Dawnie Stone. Whether you're trying to lose less than 20 pounds or you're struggling to lose more than 50 pounds, this book will help you ditch your unhealthy eating habits and build a foundation of wholesome eating that will lead to permanent weight loss and better health. Color photos. 276 pages. Rodale. Paperback. Pub. at $17.95 $7.95

5784662 THE PLAN: Eliminate the Surprising Healthy Foods That Are Making You Fat—and Lose Weight Fast. By Lyn-Genet Recitas. This groundbreaking 2-day plan helps readers work through the paradox that eating healthy doesn't work for their individual body. With detailed meal plans, recipes, and effective personalized advice, you can feel better, look better, and know what truly works best for your body. 301 pages. Grand Central. Pub. at $25.99 $5.95

2729504 THE BIGGEST LOSER: The Weight-Loss Program to Transform Your Body, Health, and Life. By Adam Rosante. Revealed here is celebrity fitness trainer Rosante’s three-step program that will set you on a course toward greater energy, a slimmer figure, a radiant complexion, and an amazing natural health. Features more than 80 fresh and simple gourmet recipes. 271 pages. HarperPaperback. Pub. at $15.99 $9.95

5786641 THE LEUCINE FACTOR DIET. By Victor Batlló. His goal is to improve overall vitality, sugar is the kryptonite that will hold you back. Fortunately, nature has provided the ultimate anti-sugar: leucine. Leucine has the amazing ability to combat the harmful effects of sugar, burn deep body fat, and rapidly build muscle. Leucine helps you optimize the leucine content of your food while creating delicious and nutritious meals. 183 pages. Ulysses. Paperback. Pub. at $14.95 $11.95

4641027 THE 30-SECOND BODY: Eat Clean, Train Dirty, Live Hard. By Adam Rosante. Outlined here is celebrity fitness trainer Rosante’s three-step program that will set you on a course toward greater energy, a slimmer figure, a radiant complexion, and an amazing natural health. Features more than 80 fresh and simple gourmet recipes. 271 pages. HarperPaperback. Pub. at $15.99 $9.95

4607414 BODY RESPECT: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand About Weight. By L. Bacon & L. Aphramor. Challenging today’s popular weight-loss gurus and programs, this paradigm-shifting work argues that obesity isn’t the health threat it’s portrayed to be. In fact, they offer compelling proof that the real problem is the toxic chemical loading on certain body types. 10 photographs. Ballantine. Paperback. Pub. at $17.00 $5.95


3680517 WHAT TO EAT. By Marion Nestle. With humor and a sharp eye for good food, the author takes you on an aisle-by-aisle survey of the grocery store. She describes the best nutritional finds, and sheds light on practices that try to influence what foods you give your family. 611 pages. North Point Paperbook. Pub. at $18.00 $7.50

4582904 THE DETOX PRESCRIPTION: Supercharge Your Nutrition Solution to Inflammation. By Kimberly A. Tessmer. Drawing on 25 years of combined experience, the authors tackle the paradigm-shifting work argues that obesity isn’t the health threat it’s portrayed to be. In fact, they offer compelling proof that the real problem is the toxic chemical loading on certain body types. 10 photographs. Ballantine. Paperback. Pub. at $17.00 $5.95

5764189 THE SUPERCHARGED VIRGIN DIET. By DJ Virgin. Reveals the real secret behind weight loss—intolerance—and ultimately weight gain. Includes more than 160 recipes. 358 pages. Rodale. Paperback. Pub. at $17.99 $9.95

5784662 THE PLAN: Eliminate the Surprising Healthy Foods That Are Making You Fat—and Lose Weight Fast. By Lyn-Genet Recitas. This groundbreaking 2-day plan helps readers work through the paradox that eating healthy doesn't work for their individual body. With detailed meal plans, recipes, and effective personalized advice, you can feel better, look better, and know what truly works best for your body. 301 pages. Grand Central. Pub. at $25.99 $5.95


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Healthy Cooking & Special Diets

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

4640101 THE DIET FIX: Why Diets Fail and How to Make Yours Work. By Yoni Freedhoff. Offers an evidence-based, tested program that supports losing weight while maintaining a healthy, enjoyable lifestyle. Used on its own or in conjunction with any other diet, it replaces a toxic dieting mindset with positive beliefs and behaviors. It includes a meal breakdown, 133 pages. Harmony. Pub. at $25.99 $5.95

5765986 THE ELIMINATION DIET. By A. Segersten & T. Malterre. There is an age-old, powerful connection between what you eat and how you feel. The only way to discover your ideal diet is to follow an elimination diet that will help you link foods to symptoms and customize a diet that works for you. Complete with over 100 recipes, shopping lists, and meal plans, this guide is a complete resource for you to improve your health and feel better, naturally. 330 pages. Grand Central. Pub. at $27.00 PRICE CUT to $3.95

4557846 THE EVERYTHING GUIDE TO SPICES FOR HEALTH. By Michelle Jui. This guide will show you the benefits of dozens of herbs and spices which have long been celebrated for their antidepressant and anti-inflammatory properties. Health boosting recipes like, Szechuan Pepper Chicken and Noodle Soup, Indian-spiced Cod and Date balls, offer wholesome ways to promote overall wellness. 288 pages. Adams Media. Paperback. Pub. at $16.99 $11.95

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


4500020 ACADEMY OF NUTRITION AND DIETETICS EASY GLUTEN-FREE: Expert Nutrition Advice with More than 100 Recipes. By T. Thompson & M. Brown. Provides cutting-edge nutritional advice and more than 100 easy to follow recipes for making healthy gluten-free whole grain dishes, packed with flavor and variety. Recipes include Sweet Potato Quesadillas; Quinoa with Roasted Garlic and Shrimp; Oatmeal Pear Spice Muffins and more. 271 pages. HMH. Paperback. Pub. at $15.95 $5.95

5750040 COMPLETE GUIDE TO CARB COUNTING, 2ND EDITION. By H.S. Warshaw & K. Kulkarni. Provides you with the knowledge and the tools to put carb counting into practice. Unlocks the secrets to blood sugar control. 251 pages. American Diabetes Association. Paperback. Pub. at $16.95 $9.95

5737672 THE DIABETES FOOD & NUTRITION BIBLE. By H.S. Warshaw & R. Webb. All the food and nutritional information you wished you had, but didn’t—until now! There are selections on meal planning approaches, portion control, how to buy, store and handle foods, two pages of recipes including the index, 324 pages. American Diabetes Association. Paperback. Pub. at $18.95

455745X THE GENE THERAPY PLAN: Taking Control of Your Genetic Destiny with Diet and Lifestyle. By Mitchell L. Gaynor. What if our diets could affect every aspect of our health by controlling the expression of our genes? Diet and lifestyle play a major role in the regulation of gene expression and these ideas and provides easy to follow meal plans and recipes to help put them in practice. 346 pages. Viking. Pub. at $27.95 $14.95

4603311 THE DUKAN DIET MADE EASY. By Pierre Dukan. Enjoying the rewards of the Dukan Diet’s four-step plan has never been easier! Cruise through the Dukan Diet with this companion guide, offering ten slimming secrets you need to know today, meal plans and food lists for each phase; 60 new and delicious recipes and more. 234 pages. Harmony. Pub. at $24.99 $16.99 PRICE CUT to $3.95


5693833 KRAV MAGA FOR BEGINNERS. By Darren Levine et al. As the official fighting system of the Israeli Defense Forces, Krav Maga has been battle-tested and has been proven successful. This guide presents the system’s fundamental techniques and most useful real-world moves, as well as a complete fitness program. 192 pages. Ulysses. Paperback. Pub. at $16.95 $11.95

4471334 50 BEST SHAPE-UP EXERCISES: A Step-by-Step Guide to the Best Strengthening Exercises. Text by Sara Rose et al. Features exercises for beginners, intermediate and advanced levels. This guide is packed with the exercises you advance. The exercises are designed to strengthen muscles and joints, make your body more toned and flexible, and help maintain a healthy weight. Color photos. 296 pages. Rodale. Paperback. Pub. at $17.95 $14.95

Exercise & Fitness

273270X STRETCHING: Idiot’s Guides as Easy as It Gets. By M. Roberts & S. Kaiser. Stretching is relaxing and revitalizing and helps increase your flexibility and range of motion. Loaded with step by step instructions, this helpful guide teaches you the right way to stretch. Fully illus. in color. 216 pages. Alpha. Paperback. Pub. at $19.95 $5.95

5737986 THE NEW RULES OF LIFTING: Six Basic Moves for Maximum Muscle. By L. Schulter & A. Cosgrove. Offers ten unique programs for fat loss, muscle gain, and strength improvement for everyone from beginners to advanced lifters. Includes one year work outs for lifters of all levels, a break-in program for beginners, workout sheets and guidelines to personalize any program, basics on nutrition, and more. Well illustrated. 300 pages. Rodale. Paperback. Pub. at $22.95 $12.95

3684296 UNIFIED FITNESS: A 35-Day Exercise Program for Sustainable Health. By John Alton. Presents a unique fitness program that blends familiar Western exercises with more exotic Chinese ones in a single routine that makes you healthier and helps you to stay that way. It interweaves the body, immune system, and the mind into a single exercise and dietary approach. Illus. 337 pages. Hampton Roads. Paperbound. Pub. at $23.95 $12.95


5730618 GOOD HOUSEKEEPING GOOD FOOD FOR A HEALTHY HEART. Color photos. 235 pages. Hearth. Pub. at $24.95 $11.95
Exercise & Fitness

**1804812** THE U.S. NAVY SEAL GUIDE TO FITNESS AND NUTRITION. Ed. by Patricia A. Deuster et al. Covers all the basics of physical fitness, as well as advice for the specific challenges encountered in extreme conditions and mission-related activities. Topics include running for fitness, calisthenics, nutritional considerations for endurance activities, and much more. Illus. 496 pages. Skyhorse. 8¼x11. Paperback. Pub. at $16.95. $6.95

**2748681** CHANGE YOUR POSTURE, CHANGE YOUR BODY: How the Power of the Alexander Technique Can Combat Back Pain, Tension, and Stress. By Richard Brennan. A person who has good posture tends to project confidence, integrity and dignity. This book is empirically not about sitting up straight, pulling your shoulders back, and arching your back. It is about finding your natural pose again: that wonderful ease of movement you had as a child. Illus. 186 pages. Watkins. Paperbound Import. Pub. at $14.95 $4.95

**6544940** THE POWER OF TAI CHI. By Shao Zhao-Ming. Tai Chi is a whole-body exercise system that is low-impact, suitable for all ages, and can be practiced almost anywhere. This kit includes a 64-page book breaking down each movement, and a DVD which demonstrates the gentle, yet challenging, Yang-style Tai Chi program. Color photos. 214 pages. Adam’s Media. Paperbound. Pub. at $24.95 $4.95

**6555619** NANO WORKOUTS: Get in Shape and Lose Weight During Everyday Activities. By Jaakko Christoffersson. Workout anytime, anywhere. Every activity you do can be transformed into workout opportunities. No need to go to the gym or purchase equipment. Offering a wide range of exercises that work every part of the body, and when done here and there throughout your day produce a toned, healthy physique. Well illus. in color. 120 pages. Dyslexis. Pub. at $14.95 $4.95

**55227X** MUSCLE & FITNESS PRESENTS TOTAL ABS. Get the abs you've always wanted with programs and advice from the most trusted experts in the world of fitness. Offers up multiple programs for incredible results, debunking common myths, and delivering unique, effective exercises along the way. Fully illus. in color. 175 pages. Triumph. 9x10. Paperback. Pub. at $24.95. $17.95


**573458** FOAM ROLLING: 50 Exercises for Massage, Injury Prevention, and Core Strength. By Kara Inkofer. Foam rolling is a gentle yet effective way to heal overworked muscles, eliminate pain, improve posture and mobility, and enhance your everyday movements. The benefits of foam rolling with this guide, offering easy to follow exercises, plus tips and advice from a number of experts. Color photos. 170 pages. Skyhorse. Paperback. Pub. at $14.99 $9.95

**4620809** BOXING FOR FITNESS: Safe and Fun Workouts to Get You Fighting Fit. By C. Michael Dysart. Looks at boxing from every angle, including: boxing history, the benefits of boxing, and how to keep your body injury-free with proper form. Includes over 45 brain-training exercises, many illustrated with step-by-step photos, that can be done any time. 144 pages. Watkins. Paperbound Import. Pub. at $17.95 $9.95

**5796075** MINDFULNESS IN MOTION: A Happier, Healthier Life Through Body-Centred Meditation. By Tamara Russell. Presents the Body in Mind training program—a truly groundbreaking approach to mindfulness that is both unparalleled in its focus on connecting your body and mind to the world around you, and designed to restore your flexibility, mobility and agility while enlarging a longer life and more independent lifestyle. Illus. 137 pages. Skyhorse. Paperbound. Pub. at $15.95 $5.95

**4524098** RESTORING FLEXIBILITY: A Gentle Yoga-Based Practice to Increase Mobility Any Age. By Andrea Giles. A safe, age-appropriate, customizable approach to yoga-based exercise is specifically designed to restore your flexibility, mobility and agility while enlarging a longer life and more independent lifestyle. Illus. 137 pages. Skyhorse. Paperbound. Pub. at $15.95 $9.95

**5707335** TRAIN LIKE AN ACTION HERO: Be Fit Forever. By Dolph Lundgren. In this training guide, Dolph proves that exercise can change your life. He shows how to combine strength training, endurance training, and stretching and flexibility training for maximum results; how to train under extreme conditions; the best food and supplements to feed your body; and more. Fully illus, in color. 192 pages. Skyhorse. Pub. at $24.95 $5.95

**5796075** MINDFULNESS IN MOTION: A Happier, Healthier Life Through Body-Centred Meditation. By Tamara Russell. Presents the Body in Mind training program—a truly groundbreaking approach to mindfulness that is both unparalleled in its focus on connecting your body and mind to the world around you, and designed to restore your flexibility, mobility and agility while enlarging a longer life and more independent lifestyle. Illus. 137 pages. Skyhorse. Paperbound. Pub. at $15.95 $9.95

**4382657** THE ANATOMY OF STRETCHING, SECOND EDITION. By Bill Walker. Looks at stretching from every angle, including: physiology and flexibility, the benefits of stretching; the different types of stretching; rules for safe stretching, and how to stretch properly. Also covered by body area, all the main muscle and secondary muscles worked in the exercises are illustrated. 192 pages. North Atlantic. 7¼x10¼. Paperback. Pub. at $24.95 $7.95

**Ulysses.** Paperbound. Pub. at $14.95

**5751394 THE FIVE TIBETANS:** Five Dynamic Exercises for Health, Energy, and Personal Power. By Christopher S. Kilham. Originating in the Himalayas, the five yogic exercises known as the Five Tibetans take only a minimum of daily time and effort but dramatically increase physical strength, energy and suppleness, as well as mental acuity. These exercises are demonstrated here. Photos. 82 pages. Healing Arts. Paperbound. Pub. at $9.95 $7.95

**500286 THE BELLY OFF! WORKOUTS: A 30-Day Diet and Fitness Plan That Strips Away Fat—Fast!** By Jeff Csatsar et al. With revelatory workouts for both beginners and veterans, a handful of easy rules for healthy eating, and a detox plan that is both simple and skeptical, this guide will help you lose ten, twenty, or more pounds in fewer than two months and turn your health around. Illus. 304 pages. Rodale. Paperbound. Pub. at $23.99 $18.95

**5569772 STRONGER, FASTER, SMARTER: A Guide to Your Most Powerful Body.** By Ryan Ferguson. After a decade behind bars for a murder he did not commit, Ryan Ferguson learned that the key to surviving in prison was physical fitness. Now Ferguson shares his strength secrets in the simplest, realest, and most doable fitness guide ever! 162 pages. Rodale. Paperbound. Pub. at $19.95 $14.95

**5704081 THE MEN’S HEALTH BIG BOOK—GETTING ABS: Four Weeks to a Flat, Ripped Stomach!** By Brad Schoenfeld. Shed unwanted weight, sculpt your physique, tone muscles, strengthen your core, reduce lower back pain, or simply be healthier and more fit. This guide will show you how to do it all in the privacy of your own home. Illus. in color. 320 pages. Rodale. Paperbound. Pub. at $26.99 $19.95

**5803411 15 MINUTE EVERYDAY PILATES.** By Alyce Ungaro. Get a toned, strong body, and graceful posture with this 15-minute workout. Clear step-by-step photos show you details of each exercise, and the accompanying DVD shows you how to do them all. DVD plus 128 pages. Dorling Kindersley. Paperbound. Pub. at $17.95 $12.95

**5858843 RODNEY YEE’S ULTIMATE POWER YOGA.** Improve strength, flexibility, and focus with this challenging practice designed to take you to the next level. Five Rodney Yee routines are performed in rapid sequences to provide greater cardiovascular benefits and calorie burn. Step-by-step instructions. 128 pages. Dorling Kindersley. Paperbound. Pub. at $14.95 $21.95

**5878720 SIMPLE STEPS TO FOOT PAIN RELIEF: The New Science of Healthy Feet.** By Katy Bowman. Shows you how to change the way you move your body to prevent pain, heal your feet, and halt everyday aches and pains. Bowman explains how people walk and how exercises to strengthen your feet, what shoes you should (and should not) be wearing, and how these choices affect your overall foot, and your whole-body, health. Illus. 173 pages. BenBella. Paperbound. Pub. at $13.95 $12.95


**5664309 QUICK & EASY YOGA.** By Christina Brown. Unwind, energize, and boost your health and energy with easy five-minute routines from an acclaimed yoga teacher. Step-by-step instructions lead you through simple routines for your daily life—a morning wake-up, a lunchtime lift, an evening de-stress, and more. Illus. in color. 128 pages. Rodale. Paperbound. Pub. at $12.95 $9.95

**614809X WALK YOUR BUTT OFF! Go from Sedentary to Slim in 12 Weeks With This Breakthrough Walking Plan.** By Sarah Long Butler et al. This 12 stage program will turn any couch potato into an athlete with only a pair of walking shoes, some extra pounds mell away. Nordic walking incorporates specially designed poles and specific techniques to enhance the action of walking. In an easy three-step method, this guide teaches you the basics of how to amplify explosive power, improve agility, and more. Illus. 111 pages. Rodale. Paperbound. Pub. at $15.95 $9.95

**5819294 TIBETAN WALKING: Safe Steps to a Healthy Life.** By B. Steward. Developed in Finland, Nordic walking incorporates specially designed poles and specific techniques to enhance the action of walking. In an easy three-step method, this guide teaches you the basics of how to walk on your body’s edge, this volume shows you how to hit those intervals, the key to pain-free joints, and how to do crunches to preserve your back. Illus. 168 pages. Workman. Paperbound. Pub. at $19.95 $14.95

**5896472 WOMEN’S HOME WORKOUT BIBLE.** By Brad Schoenfeld. Shred unneeded weight, sculpt your physique, tone muscles, strengthen your core, reduce lower back pain, or simply be healthier and more fit. This guide will show you how to do it all in the privacy of your own home. Well illus. in color. 320 pages. Human Kinetics. Paperbound. Pub. at $19.95 $17.95

**5955565 ULTIMATE OLYMPIC WEIGHTLIFTING: A Complete Guide from Beginning to Gold Medal.** By Dave Randolph. Takes you step by step through the same rigorous lifting and training techniques used by Olympic athletes to help you build explosive strength, power and speed. Illus. 192 pages. Ulysses. Paperbound. Pub. at $16.95 $15.95

**4365712 ULTIMATE JUMP ROPE WORKOUTS.** By B. Stewart & J. Warner. Everyone jumped rope as a kid, but you probably didn’t realize this fun activity is also a kick-ass workout for shredding all the major muscles: arms, legs, butt, abs, shoulders, and chest. Discover how to turn a simple jump rope into a power tool to build muscle, amplify explosive power, and more. Illus. 128 pages. Ulysses. Paperbound. Pub. at $15.95 $11.95

**5886864 MARI WINSOR’S BEGINNER PILATES.** Top instructor Mari Winsor shows you how to get the most out of your Pilates workout with this definitive beginner’s guide. Learn the basic Pilates principles in Perfect Form Pilates; optimize your breathing for more efficient practice in Pilates Primer; and learn how to add weight with Strength & Lengthen. 65 minutes. Gaiam. $4.95

**5799333 NORDIC WALKING: Outdoor Adventures.** By Malin Svensson. Developed in Finland, Nordic walking incorporates specially designed poles and specific techniques to enhance the action of walking. In an easy three-step method, this guide teaches you the basics of how to walk on your body’s edge, this volume shows you how to hit those intervals, the key to pain-free joints, and how to do crunches to preserve your back. Illus. 168 pages. Workman. Paperbound. Pub. at $19.95 $14.95

**273839X RICHARD SIMMONS PROJECT H.O.P.E. Widescreen, Discover Nichols incredible ‘Triple Push’ method: a three-month progressive system that presents three brand new programs every program—each of which is just 30 minutes or less. This Project H.O.P.E. set also features a 27-page Success Guide, and a 95-page Food Mover nutrition guide, complete with recipes. 15 minutes on three DVDs. Gaiam. Pub. at $29.98 $15.95
Exercise & Fitness

**4528896 STRENGTH TRAINING FOR WOMEN.** By John Shepher. The ultimate guide to toning up, burning fat, getting fit and achieving your weight-loss goals. It shows you why women should train with weights, dispelling the myth that it makes women bulky. Resistance training could be the simplest and most effective way to build muscular function, strength, and stability throughout your entire body. Includes a 24-week workout program. Well illus. in color. 224 pages. Bloomsbury. Paperbound. Pub. at $20.00

**5870178 IRONFIGHT STRENGTH TRAINING AND NUTRITION FOR ENDURANCE ATHLETES.** By Don & Melanie Fink. Featuring photographs and drawings of proper exercise techniques, this guide contains exercises strength training programs based on sport and level, from beginner to advanced. Includes programs with detailed descriptions of exercises, photographs and exercise schedules in nine sports with three levels each. 276 pages. Lyons. Paperbound. Pub. at $16.95

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

**5775450 THE PATH OF MODERN YOGA: The History of an Embodied Spiritual Practice.** By Elliott Goldberg. Drawing on over ten years of research and study from modern day and contemporary masters and engage with contemporary yoga, Goldberg presents an original, authoritative, provocative, and illuminating interpretation of the history of modern yoga. Photos. 486 pages. Inner Traditions. 8¾x10¼. Pub. at $39.95

**58263X FROM SLIGHT TO MIGHT: Building Muscle for the Hardgainer.** By Hollis Lance Liebman. A comprehensive guide to help you add the mass you’ve been seeking and continue to gain leanness and your overall muscular size and strength. Photos. 256 pages. Rodale. 8¾x11. Paperbound. Pub. at $16.95

**1865756 ANATOMY OF STRENGTH & CONDITIONING: A Trainer’s Guide to Building Strength and Stamina.** By Hollis Lance Liebman. In addition to warm-up exercises, strength exercises and conditioning exercises, this guide offers six comprehensive workout, supplemented by lifelike anatomical illustrations; annotations that identify the active and stabilizing muscles in each exercise and more. 160 pages. Firefly. 8¾x11. Paperback. Pub. at $24.95

**575092X ANATOMY OF EXERCISE FOR LONGEVITY.** By Hollis Lance Liebman. Demonstrates how to improve your long term well-being through a well balanced program of fitness and nutrition. Combine the carefully chosen and demonstrated exercises to maintain a healthy heart, good posture and lowered cholesterol levels. Fully illus. in color. 160 pages. Firefly. 8¾x11. Paperback. Pub. at $24.95

**5387049 GODDESS TO THE CORE: An Inspired Workout to Maximize Your Fitness, Beauty & Power.** By Sierra Bender with J. Migdow. This guide will help you birth your hottest, most alluring body yet! Includes a full fitness program, instructions on how to perform each exercise, part yoga, part spiritual reflection, it will help you achieve ultimate wellbeing. Redefine power, beauty, and fitness and reclaim the power of your feminine essence. Photos. 318 pages. Llewelyn. Paperbound. Pub. at $22.99

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

**5863643 EVERY DAY IS GAME DAY.** By M. Verstegen & P. Williams. The legendary coach predicts the most powerful training program: a demanding system that challenges you to perform at the highest level. Tough but easy-to-follow workouts build speed, power, and resilience. Provides exercise, nutrition, and recovery schedules in nine sports with three levels each. 276 pages. Lyons. Paperbound. Pub. at $21.95

**5898294 JUMPING INTO PLYOMETRICS, SECOND EDITION.** By Donald A. Chu. Boost your athletic ability to new heights with the 100plyometric exercises included in this comprehensive guide. These proven exercises will improve strength, speed, power, quickness, and jumping ability while also helping you develop better coordination and balance. Fully illus. in color. 177 pages. Human Kinetics. Paperbound. Pub. at $6.95

**DVD 3576914 YOGA FOR EVERYONE.** Discover the countless health benefits that yoga offers with this invigorating collection. Each of these 318 pages. Llewelyn. Paperbound. Pub. at $22.99

**DVD 5875829 SIMPLY TAI CHI: Backache Treatment.** 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. Avery. Paperbound. Pub. at $11.95

**DVD 5762789 SIMPLY TAI CHI: The Back Pain Solution.** By G. Bryant & L. James. Guides beginners step by step through simple but helpful moves of tai chi, the ancient meditative form of exercise that began in China as a manual art. DVD with a complete tai chi class. Hinkler. Pub. at $19.99

**3386503 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. Avery. Paperbound. Pub. at $11.95

**3606961 EXERCISES FOR BETTER BALANCE: The Strong Stand for Fall Prevention and Longevity.** By William Smith with J. Breenly. As we age, our balance and coordination begin to diminish, leading to a higher risk of falling and a reduced quality of life. Learn how to prevent falls and improve your balance with this user-friendly guide to exercises from a range of easy positions. English subtitles. 78 minutes. PBS. Pub. at $19.99

**DVD 575447X EASY YOGA FOR DIABETES WITH PEGGY CAPPY.** Widescreen. Research suggests that yoga can be helpful for people living with diabetes or at risk for it. In this program, Dr. Lisa helps explain the benefits of yoga for diabetics and offers an accessible routine to help those with diabetes or pre-diabetes get started. Seven instructional segments gradually introduce viewers to the wide range of possibilities. English subtitles. 86 minutes. Pub. at $11.95

**3606961 EXERCISES FOR BETTER BALANCE: The Strong Stand for Fall Prevention and Longevity.** By William Smith with J. Breenly. As we age, our balance and coordination begin to diminish, leading to a higher risk of falling and a reduced quality of life. Learn how to prevent falls and improve your balance with this user-friendly guide to exercises from a range of easy positions. English subtitles. 78 minutes. PBS. Pub. at $19.99

**3590666 THE HIGH-INTENSITY-TRAINING: The Best Muscle-Building System You’ve Never Tried.** By Ellington Darden. Focus on your weak areas with specialized 2-week plans for broader shoulders, a deeper chest, bigger arms, more-powerful legs, and a tighter waist. Or, apply a result-producing 6-month course for maximizing your athletic ability to new heights with the 100 plyometric exercises included in this comprehensive guide. These proven exercises will improve strength, speed, power, quickness, and jumping ability while also helping you develop better coordination and balance. Fully illus. in color. 177 pages. Human Kinetics. Paperbound. Pub. at $6.95

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**3608980 THE 7 DAY ENERGY SURGE.** By Jim Karas with C.C. Cohen. Provides a simple program for increasing your energy immediately, and keeping it up throughout the day, every day. Exposes the bad habits that sabotage energy, lays out the principles for increasing energy, and offers simple strategies that are easily customizable for anyone to use anywhere, anytime. 250 pages. Rodale. 8¼x11. Paperback. Pub. at $12.95
3611205 BODY SCULPTING WITH KETTLEBELLS FOR MEN. By Roger Hall. Discover the power of these useful exercising tools to build your body. This complete-at-home, full body workout is guaranteed to get you the results you want, offering a complete strength and conditioning plan with daily workouts for all fitness levels. Photos. 168 pages. Thunder Bay. Paperbound. Pub. at $19.95 $9.95

DVD 2749572 SHIVA REA: Flow Yoga for Beginners. Widescreen. Offers a superb introduction to one of the most beneficial and rewarding forms of yoga, combining flowing movement with rhythmic breathing for a dynamic mind-body workout. Four segments ranging from 10 to 20 minutes each introduce Shiva’s flowing approach to several classic poses, 70 minutes. Acacia. Pub. at $16.99 $7.95

4578430 YOGA ABS: Moving from Your Core. By Judith Hanson Lasater. Outlines a series of exercises, yoga poses (asana), and breathing practices (pranayama), designed to achieve optimal health for this crucial area, which houses the organs of both digestion and procreation. Color photos. 111 pages. Rodale. Paperback. Pub. at $10.95 $4.95

3565565 MEN’S HEALTH THE LEAN MUSCLE DIET. By L. Schuler & A. Aragon. Offers an innovative, reader-empowering approach to nutrition and exercise that begins and ends with one simple standard: The weight you take off should stay off! Your diet will be based on eating the right combination of foods — seven balances that combine kettlebells, sandbags, and your own body weight. Reveals precisely which muscle groups are being built, stretched, and sculpted in every workout. Fully illus. in color. 140 pages. Illus. Paperback. Pub. at $17.95 $12.95

5793831 STRONGER LEGS & LOWER BODY. By Tim Bishop. With 19 unique programs and ready to use workouts, detailed anatomical illustrations, exercise explanations and variations, and the latest advanced training methods, this is the only comprehensive, hard-core guide you’ll need in order to achieve the ultimate fitness. Well illus. 185 pages. Human Kinetics. Paperback. Pub. at $19.95 $9.95

2749564 SHIVA REA: Core Yoga. Led by Shiva Rea, these seven flowing yoga segments focus on the core, upper body, and lower body. Reap the soul-nourishing benefits of yoga while you sculpt a long, lean torso and a strong center. Fully illus. in color. 90 minutes. Acacia. Pub. at $19.95 $9.95


3651515 CORE TRAINING ANATOMY: An Insider’s Guide to Building a Strong Core. By Abigail Elliott. Learn a variety of exercises that target and strengthen the important core muscles that make up your core. Features clear step by step instructions for each movement; photographs and illustrations to demonstrate how target muscles work in each exercise; and a poster with a detailed guide to anatomy. 160 pages. Rodale. Paperback. Pub. at $16.95 $6.95

DVD 2749440 TOTAL BODY TONE: Fit In 5. Widescreen. Take the guesswork out of balancing your weekly fitness routine. Five 20-minute workouts offer a mix of disciplines (Strength; Yoga; Pilates; Abs; and Cardio) to maximize results in minimum time. 100 minutes. Acacia. Pub. at $34.99 $9.95

457771X 30 ESSENTIAL YOGA POSES: For Beginning Students and Their Teachers. By Judith Lasater. A comprehensive guide for beginning yoga teachers. Part One describes the basic structure of yoga’s ancient eightfold path and its relevance in today’s world. Part Two studies the student-teacher relationship, while in Part Three, she describes thirty essential yoga poses, or asana. Part Four puts the poses together. Well illus. in color. 246 pages. Rodale. 8½x11. Paperback. Pub. at $22.99. $6.95

4552679 BRINGING YOGA TO LIFE: The Everyday Practice of Enlightened Living. By Donna Farhi. Restores yoga’s traditional role as a complete, practical philosophy for everyday living. Provides a blueprint to understanding the complete philosophy of yoga, both the physical and the spiritual. 250 pages. HarperOne. Paperback. Pub. at $12.99 $4.95

4555991 YOGA: Exercise in Action. By Betsy Kase. Offers the ultimate step by step guide to more than 75 yoga poses, including heat centering and warm-up poses; poses for improved muscle tone, balance, and flexibility; and poses for breathing awareness, relaxation, and meditation. Well illus. 160 pages. Thunder Bay. Paperback. Pub. at $19.95 $7.95


5793718 MORNING CARDIO WORKOUTS. By J.E. Kahil & L.J.M. Biscontini. With the variety of workouts included in this guide, you can customize a program that fits your needs and your schedule. Options for various indoor and outdoor activities—including walking, running, stair stepping, elliptical training, and swimming—allow you to diversify your routine, remain dedicated to your fitness goals. Well illus. 211 pages. Human Kinetics. Paperback. Pub. at $16.95 $5.95

5793863 500 COMPLETE YOGA WORKOUTS DVD. Wholesale only. Phoebe Aspin. DVD includes 500 unique workouts with supports, and the practicalities of teaching Pilates. Fully illus. in color. 500 minutes. Acacia. Pub. at $19.99 $9.95

5795310 ENERGIZE EVERY DAY: Your Personal Plan for More Energy and Better Health. By Ron Woods et al. Whether you’re a student or CEO, small business owner or homemaker, you’ll learn how to incorporate physical activity into your daily routine and create the perfect exercise plan. Create a personal energy plan specific to you by evaluating your lifestyle and identifying opportunities to add energy boosting activities to your day with this step-by-step program. Well illus. 236 pages. Human Kinetics. Paperback. Pub. at $19.95 $9.95
Exercise & Fitness

5750665 NO EXCUSES FITNESS. By Donovan Green with R.M. Murphy. Aimed with a simple motto—"If you want to lose weight, then you can't make any excuses for not sticking to the plan"—Green has designed the ideal workout program built upon what he calls the "Wellness Triad": discipline, nutrition, and exercise. Get ready to move away the pounds! Well illus. 211 pages. HayBite. Pub. at $27.00. PRICE CUT to $3.95


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4568912 THE VEGAN ATHLETE. By B. Greene & B. Stewart. Illus. 128 pages. Ylviesss. Paperbound. Pub. at $15.95. $4.95

4503128 THE MEN'S HEALTH BIG BOOK OF 15-MINUTE WORKOUTS. By S. Yeager & B. Doherty. 496 pages. Rodale. $2.95


2031570 LOSE YOUR WAYSIDE LBS IN 15 MINUTES. By S. Yeager & B. Doherty. 496 pages. Rodale. $2.95


5416500 THE PREVENTION GET THIN GET YOUNG PLAN. By S. Yeager & B. Doherty. 496 pages. Rodale. $2.95

Beauty & Skin Care

4535790 STYLE EYES. By Taylor Chang-Babaian. One of the most frequently asked questions celebrity makeup artist Chang-Babaian is asked is how to apply eye makeup. Here she shares her highly sought after beauty tips and step by step instructions that will help you create beautiful eyes. Fully illus. in color. 132 pages. Perigee. Paperbound. Pub. at $17.95. $9.95

2701518 TEN MINUTE FACELIFT: Rejuvenate Your Face the Natural Way. By Jennie Harding. Provides a range of simple, quick, invigorating, and soothing exercises and techniques to tone your facial muscles and help to keep your skin looking and feeling good. Color photos. 128 pages. Paragon. Import. $2.95

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: it’s an inside job. Using a holistic program designed to heal skin from the inside out. Includes creating a diet with healthy eating and exercise and from there shows you how to overhaul your beauty routine. Drawings. 238 pages. HarperCollins. Pub. at $24.99. $9.95

5852785 SHAMPOO-FREE. By Savannah Born. Based along the lines of the book, this work explores the way we think about our hair and improving the way it looks in the most comprehensive guide about the shampoo-free movement. Born walks readers through creating their own simple and affordable solutions for keeping hair clean and fresh. Well illus. in color. 189 pages. Skyhorse. Paperbound. Pub. at $14.99. $5.95

4625889 PSORIASIS: Your Personal Health Series. By Richard Langley. Presents a detailed look at all too common skin disease and its potential treatments. Features scientific studies, a case studies, a complete glossary of terms and a comprehensive reference section, this guide is an important resource for patients and their families. 50 pages. Firefly. Paperbound. Pub. at $16.95. $4.95

3634302 HAIRSTYLES: Idiot’s Guides as Easy as It Gets! By Kyrie Bond. Loaded with over 50 DIY hairdos, from classic clocks to today’s hottest looks, this unique guide shows you how to create sensational styles for short medium, and long hair. Easy to color photos make learning each technique simple. 264 pages. Alpha. Paperbound. Pub. at $19.95. $5.95

2720175 TREAT YOURSELF NATURALLY: Over 80 Easy-to-Make Homemade Remedies Gathered from Around Nature. By Didie McVeigh. Explains how easy it is to harness the natural goodness of plants that can help you feel great and look fantastic. Includes recipes for ingredient body scrubs and moisturizing balms, face and hair rinses, herbal teabags and jellies using easy to forage berries, illus. in color. 143 pages. David & Charles. Paperbound. Import. Pub. at $19.95. $12.95

4644298 DON’T GO TO THE COSMETICS COUNTER WITHOUT ME, 9TH EDITION. By Paula Begoun et al. This latest edition features reviews and ratings of over 8000 products. Throughout this guide you’ll find reliable information you won’t find in any other book about cosmetics, wrinkles or acne. Provides informative, candid, often shocking, yet easy to understand product reviews based on science and personal tests. 1110 pages. Beginning Press. Paperbound. Pub. at $19.95. $9.95

★ 5862930 BEAUTY HACKS: 500 Simple Ways to Gorgeous Skin, Hair, Make-Up and Nails. By Esme Floyd. Targeting problems commonly faced by us all in our quest to look our best, this guide reveals the trade secrets that top make-up artists, therapists and professional hairdressers use. Offers over 500 head to toe tips for quick fix solutions to all your beauty problems. Illus. 128 pages. Carlton. Paperbound Import. Pub. at $12.95. $9.95

3553863 1001 SIMPLE SKINCARE MIRACLES. By Esme Floyd. From skin superfoods to popular beauty ingredients, services and oils, these head-to-toe skincare tips will help you make the small changes that reap really big benefits in terms of your skin’s health and appearance. Features direct solutions for medical problems such as acne, eczema, and psoriasis. 224 pages. Carlton. Paperbound Import. Pub. at $14.95. $4.95


★ 5705223 NATURAL HAIR COLORING: How to Use Henna and Other Pure Herbs for a Chemical-Free Beauty by Christine Shinah. Offers special formulas for a broad range of hues from blond to black, along on guidance on how to cover gray hair and achieve unique color effects using all natural herbs—a healthy alternative to synthetic hair colorants. Well illus. in color. 184 pages. Storey. Paperbound. Pub. at $19.95. $12.95

5775757 VINTAGE HAIRSTYLES: Simple Steps for Retro Hair with a Modern Twist. By E. Sundh & S. Wing. Presents the tools, techniques, and step by step instructions you need to get eye-catching looks, from the finger waves of the roaring 1920s to the beehive of the rebellious 1960s. Features a history of beauty by the decades, a list of must-have hair products, and projects for making chic hair accessories. Fully illus. in color. 121 pages. Chronicle. Paperbound. Pub. at $16.95. $6.95

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2689200 O.J. IN THE MORNING, G&T AT NIGHT. By A.E. Hotchner. You don’t have to be in his 70s or 80s to enjoy Hotchner’s dispatches on aging, and the wisdom he acquired after you were. His musings cover everything from the outlandish commercial targets that target the older generation to adapting the tennis game for seniors and the advantages of having a pet. Illus. 179 pages. St. Martin’s. Pub. at $19.99 $3.95

5815827 STAYING SHARP: 9 Keys for a Youthful Brain Through Modern Science and Ageless Wisdom. By H. Emmons & D. Alter. Combining the latest research about aging with Eastern and holistic medicine, the authors have created an accessible plan for preserving and strengthening mental acuity, leading to greater vitality. Provides a powerful drug-free blueprint to age more gracefully. 280 pages. Touchstone. Pub. at $25.00 $5.95

**5791082 ANTV OM! PRESERVE & PROLONG Your TIME. Ed. by Philip Boffery. You can stay safe behind the wheel for many years if you follow the advice of the six writers who contribute their insights as senior drivers themselves. Features easy to use self-diagnostic quizzes and compelling personal stories. 192 pages. Mountain Lake, Paperbound. Pub. at $7.95 $7.95

**5714222 OLD AGE: A Beginner’s Guide. By Michael Kinsley. In this series of essays, Kinsley uses his own battle with Parkinson’s disease to underline answers we all confront as we take our first steps into old age. The result is a frank assessment of the realities of baby boomer generation, and a cheerful and funny account of one man’s journey toward the finish line. 160 pages. Crown. Pub. at $18.00 $12.95

**5841566 THE FAMILY CAREGIVER’S MANUAL: A Practical Planning Guide to Managing the Care of Your Loved One. By David Levy. Provides a model for effective planning and decision-making, focusing on the nonclinical aspects of caregiving. Levy, who is the author of a previous book on financial, emotional, social—which are often neglected by medical professionals. Evaluate priorities, understand options, and face bedrock issues so caregivers can make decisions for their loved ones while balancing their own needs. 278 pages. Central Recovery Press. Paperbound. Pub. at $24.95 $17.95

585668X IF IT’S NOT TOO MUCH TROUBLE. By Ann Benton. A Christian perspective on caring for your aging parent, with practical tools for caregivers. Benton brings out the positive benefits of caring for those who are aging. She offers practical advice, in a straightforward manner. 148 pages. Christian Focus. Paperbound Import. Pub. at $19.95 $9.95

5807018 FORTYFIVE: Making the Next Decades the Best Years of Your Life. By Brian M. Brokaw and O.J. Simpson. By Sarah Brokaw with M. Fox. In a reassuring voice, Brokaw shows women how they can learn to embrace and fully enjoy their forties, fifties, and beyond. She illustrates how five core values are a natural connection to a generation, and a cheerful and funny account of one man’s journey toward the finish line. 250 pages. Hyperion. Pub. at $23.99 $4.95

7995271 PRIME TIME. By Jane Fonda. In this unique, candid, and inspiring A-to-Z guide to living and aging well, Fonda explores how midlife and beyond can be the time when we become our most energetic, loving, and fulfilled selves. Illus. 416 pages. Random. Randombound. **PRICE CUT to $1.95 $4.95

4580214 LAUNCH YOUR ENCORE: Finding Adventure & Purpose Later in Life. By H. Finzel & R. Hicks. A game plan for what comes after your 50s, 60s, and beyond. By Sarah Brokaw with M. Fox. In a reassuring voice, Brokaw shows women how they can learn to embrace and fully enjoy their forties, fifties, and beyond. She illustrates how five core values are a natural connection to a generation, and a cheerful and funny account of one man’s journey toward the finish line. 250 pages. Hyperion. Pub. at $23.99 $4.95

577439X THE ROGUE’S ROAD TO RETIREMENT: How I Got My Groove Back After Fifty-Six—and How You Can, Too! By George S.K. Rider. Told through a series of up close and personal, behind-the-scenes adventures, Rider shows you how to grow old the way you grew up—raising hell, having fun, and giving your kids and grandkids a run for their money. 238 pages. Skyhorse Publishing. Pub. at $14.99 **PRICE CUT to $1.95 $5.95

573865X CARING FOR OLDER ADULTS HOLISTICALLY, FIFTH EDITION. By Mary Ann Anderson. Step by step, Anderson helps you to master the knowledge and skills you need to be a gerontological nurse, while also honoring the leadership, management, and delegation abilities essential to your professional success. Illus. in color. 408 pages. F.A. Davis. Paperbound. Pub. at $44.95 **PRICE CUT to $11.95 $5.95

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3603852 69 WAYS TO PLEASE YOUR LOVER: Sex Secrets for Ultimate Pleasure. By Nicole Bailey. Hot tips for turning up the heat on your love life and making your partner's pulse race with desire. Adults only. Fully illus. in color. 144 pages. Duncan Baird. 6x5½. Paperbound. Pub. at $9.95 $3.95

**183220 PURE EROTIC MASSAGE: Touch, Feel, Arouse.** By Nicole Bailey. Deep erotic pleasure and massage are tantalizingly entwined. Learn to explore every curve of your lover's body, and how to use touch to heighten arousal, and revitalize your love making with erotic massage. Adults only. Well illus., many color pages. Duncan Baird. 10½x9. Paperbound. Pub. at $19.95 $5.95

6433474 THE LITTLE BOOK OF KINK: Sexy Secrets for Thrilling Over-the-Edge Pleasure. By Jessica O'Reilly. Discover how to turn your fantasies into steamy reality with kinky techniques, positions, and mind-blowing role-play. From using everyday household items as toys to sexual experimentation, this little guide will teach you to channel the wild side in a safe, non-intimidating way. Adults only. Full color. 144 pages. Quiver. Paperbound. Pub. at $9.99 $4.95


4607758 LESBIAN SEX POSITIONS. By Shanna Kattz. Whether you're inexperienced or adventurous, this guide's erotic suggestions will inspire you and your lover to explore each other's sexualities. It's both sensual and steamy to aerobic and acrobatic, these positions offer new paths to shared intimacy and red-hot desire. Adults only. Well illus., in color. 264 pages. Amorata Press. Paperbound. Pub. at $17.95 $9.95

5774128 THE ULTIMATE GUIDE TO TANTRIC SEX: 19 Lessons to Achieving Ecstasy. By Guillermo Ferrara. A renowned expert offers step by step exercises for following Tantra's vital path to full interior development through sex, love, and meditation. In these pages he covers yoga for lovers; sensitive touch and sensual massages; Tantric exercises for couples; prolonging the initial excitement; and much more. Adults only. Well illus., in color. 230 pages. Skyhorse. Pub. at $19.95 $9.95

5770009 APHRODISIACS: An A-Z. By Linda Louisa Dell. Discover nature's Viagra in an encyclopedia of sexual aids and agents of desire. Among the stimulants listed here are those whose powers may surprise you, including sauerkraut, eggs, asparagus, nutmeg, endive, and many more. Color photo. 138 pages. Skyhorse. Pub. at $16.95 $5.95

5821576 THE NEW SEX BIBLE FOR WOMEN. By Amy Hackie. Whether you're younger or older, married or not; this comprehensive guide will assist you with giving and receiving oral sex,Rules for a healthy sexual relationship, new research on desire, orgasms, and sexual anatomy. Hackie covers everything from masturbation, oral sex, and positions to solo and couples play. Adults only. Well illus., in color. 230 pages. Skyhorse. Pub. at $16.95 $9.95

**5803403 YONI MASSAGE: Awakening Female Sexual Energy.** By Michaela Riedl. Yoni is the Sanskrit word for the female genitalia, describing not only the anatomy but also encompassing the energetic and spiritual dimensions. The massage practices provided here are designed to allow women to overcome long-held inhibitions. Adults only. 166 pages. Destiny. Paperbound. Pub. at $16.95 $3.95

**5709296 MISS VERA'S CROSS GENDER FUN FOR ALL:** By Veronica Vera. "Within every man there is a woman, and within every woman is a man." Within these pages, Dr Vera applies both imaginative and practical knowledge to help you discover the other-sexed person within. From imagining your "second self" to picking clothing and accessories to communicating, this guide will teach you how to transgress the gender cross gender play for all identities and sexes. Well illus. 160 pages. Greenery. Paperbound. Pub. at $14.95 $11.95

5877415 DOMESTIC SEX GODDESS. By Kate Taylor. A sex book for couples in long-term relationships, with or without children. It's for couples who would like new ideas to take to bed that bring back the initial excitement of passion or desire. It's for people, and who want real-life sex tips they can fit in around a busy day and eight hours of sleep a night. Adults only. 144 pages. Firefly. Paperbound. Pub. at $24.95 $9.95

5903268 SLOW SEX: The Path to Fulfilling and Sustainable Sexuality. By Robert Richardson. Exploring the hidden spiritual potential of slow sex, this guide offers a step by step guide for committed couples to transform sex into a meditative, loving union of complementary energies. It explains how slower sexual energy intensifies sex, how sexual intimacy heightens sexual vitality, and how slow sex is loving sex. Adults only. 168 pages. Destiny. Paperbound. Pub. at $14.95 $11.95

3621989 0: The Intimate History of the Orgasm. By Jonathan Margolis. The definitive history of the human orgasm, of sex for pleasure as well as conception, from prehistory to Viagra. Delivers an authoritative and entertaining in-depth analysis of this most compelling and enigmatic of phenomena. Adults only. 401 pages. Grove. Pub. at $24.00 $4.95

1872273 THE ULTIMATE GUIDE TO SEX AFTER 50: How to Maintain—or Regain—a spicy, Satisfying Sex Life. By Joan Price. In this definitive guide to great senior sex, Price will help you deepen your pleasure for a lifetime. She offers clear and reliable information, helpful tips and thoughtful interviews that disclose what works for real-life people—couples, singles and widowed, across all orientations. Adults only. 350 pages. Cleis. Paperbound. Pub. at $22.95 $15.95

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5805659 HOW TO DRIVE YOUR MAN WILD IN BED. By Tina Robbins. Sex is one of the great joys in life. Whether you’ve been bored in bed or convinced yourself of a great deal of inactivity, Tina Robbins has looked into the sex lives of men to reveal their deeply guarded desires. Here is the biological and psychological information that can make you the best he’s ever had. Illus. 165 pages. Skyhorse. Paperbound. Pub. at $14.99 $9.95

753048X ANAL PLEASURE & HEALTH, 4TH REVISED EDITION: A Guide for Men, Women, and Couples. By Jack Morin. Take a tour of the anus, complete with information and exercises to open the door to new sources of comfort and satisfaction. You’ll unlearn habits that cause everything from hemorrhoids to chronic pelvic pain, and new ways of achieving sensual pleasure. Your relationship and your sex life are sure to benefit. Adults only. Well illus. 396 pages. Destiny. Paperbound. Pub. at $10.95 $9.95


591818 NAUGHTY OR NICE SEX: Exciting Games and Romantic Play for Lovers. By M. Chia & K.D. North. Guides lovers through simple accupuncture massage routines connecting all the points and channels that increase pleasure and spark arousal. Also explains how to reveal and overcome incompatibility with the Taoist zodiac. Adults only. 166 pages. Destiny. Paperbound. Pub. at $16.95 $13.95

**5803306 TAOIST FOREPLAY: Love Meridians and Pressure Points.** By M. Chia & K.D. North. Guides lovers through simple accupuncture massage routines connecting all the points and channels that increase pleasure and spark arousal. Also explains how to reveal and overcome incompatibility with the Taoist zodiac. Adults only. 166 pages. Destiny. Paperbound. Pub. at $16.95 $13.95
Sexuality & Sexual Expression

3661938 YOUR BRAIN ON SEX: How Smarter Sex Can Change Your Life. By Stanley & Alyssa Siegel. Offers a groundbreaking and intriguing look at how each one of us can transform our lives by focusing on our true sexual desires. Sigel lays out a bold yet simple path for uncovering your true self through sex. Adults only. 239 pages. Sourcebooks. Paperback. Pub. at $14.99

355178 THE ART OF SEX. Hip and sexy, this is the perfect inspirational sketchbook to spice up anyone's bedroom. Featuring sketches from renowned Tom Welling, along with collections of words and quotes meant to provoke sexy exploration, it will bring out your inner artist's steamy side. Adults only. 192 pages. Rock Point. Paperback. Pub. at $14.95

2580101 SEX SECRETS OF AN AMERICAN GISHIA. By Py Kim Conant. For centuries, the Asian Geisha—artists of love and femininity—have bewitched men with their delicate beauty and mysterious experiences to offer cheeky, kink-think wisdom. Covering topics like authenticity, confidence, body image, resilience, and courage, she extricates the self-pleasure needed to keep the taboo but empowering world of BDSM alive. Adults only. 122 pages. Atria. Paperback. Pub. at $15.99

365409X SHIBARI YOU CAN USE: Japanese Rope Bondage and Erotic Macrame. By Lee Harrington. Japanese style rope bondage and erotic macrame may look complicated and intimidating, but you can learn the basics of this beautiful and sexy art form today. Bondage artist and educator Harrington takes you step by step through a variety of concepts and ties. Adults only. 121 pages. Mystic Productions. 8½x11. Paperback. Pub. at $24.95

3654125 THE LITTLE VANILLA BOOK: S&M Wisdom to Improve Your Everyday Life. By Lux Allan. In this unblushing guide to personal growth, Allan draws on her dominant experiences to offer cheeky, kink-think wisdom. Covering topics like authenticity, confidence, body image, resilience, and courage, she extricates the self-pleasure needed to keep the taboo but empowering world of BDSM alive. Adults only. 122 pages. Atria. Paperback. Pub. at $15.99

4594401 UNMASTERED: A Book on Desire, Most Difficult to Tell. By Katherine Angel. In the tradition of Susan Sontag and Virginia Woolf, Angel forges a path through cliches, convention, and secrecy as she examines the costs of sexual abstinence. This is erotic work at once lyrical, brave, and at times disarmingly funny. Adults only. 350 pages. FSG. Pub. at $26.00

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1872117 KAMA SUTRA: The Indian Treatise on Love and Living. By Sandhya Mulchandani. This first-ever collector's edition of India's revered treatise on sexuality takes a contemporary look that is both the ancient classic and pairs the text with vibrantly colored and richly detailed illustrations. Images of rare miniatures, gouache, and tantric paintings round out the luxurious keepsake volume. Packaged in a sumptuous, hand-made silk-adorned box. 320 pages. Roll. 12½x16. Import. Pub. at $150.00


3643352 OVER 100 S&M SEX TIPS. By Lisa Susman, Adults only. Carlton. Import. Pub. at $3.95


5908243 DON'T SAY I DO! Why Women Should Stay Single. By Carlyle Jansen. Reveals that the rules of the game have changed drastically; our lifestyles have loosened and become hectic and diverse. Gadz's intensive research from the female perspective uses real women's stories and gives the tools, strategies and tips to encourage sexual, psychological and financial independence. 244 pages. New Horizons. Paperback. Pub. at $14.95

5890179 A HEALTHY YOU: Boost Your Energy, Live Cleaner, and Look and Feel Younger Every Day. By Carol Alt with J. Steiber. The host of A Healthy You & Carol Alt collects the very best information, advice, and tips from her top experts show all in one place. Carol and her top experts show you how to approach all facets of life with energy and vitality—from nutrition and fitness to beauty, skin care, and fashion. Well ilus. in color. 258 pages. Dey Street. Paperback. Pub. at $12.95

573941X THE WOMEN'S HOME REMEDY KIT: Simple Recipes for Treating Common Health Conditions. By Manirah Rigs. From a danduff hair rinse to ways to relieve hot flashes, headaches, insomnia, vaginitis and varicose veins, recipes using only 23 easily found household ingredients for formulas that can alleviate nearly 50 common female complaints, 146 pages. Pocket. Paperback. Pub. at $7.95
Women's Health & Self-help


★ 4586238 THE ESTROGEN WINDOW: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced—Through Perimenopause, Menopause, and Beyond. By Mache Seibel. A definitive guide on a hormonal health for menopausal women. Dr. Seibel explains the right time and method to begin estrogen replacement, which can significantly improve women’s health. He reveals how previous studies were inaccurately analyzed leading to a culture of fear and confusion about hormone replacement. Illus. 238 pages. Rodale. Pub. at $25.95. $18.95

5899230 ON YOUR CASE. By Lisa Green. From dating, marriage, and kids to divorce, teens, and aging parents, Green offers smart legal answers to the challenges that arise over the course of every woman’s lifetime. Always clear and often funny, she provides all the essential tools and inspiration necessary to care for yourself, your assets, your family, and your career. 390 pages. Morrow. Paperbound. Pub. at $16.99. $4.95


5826829 HOW TO BE PRETTY THOUGH PLAIN. By Mrs Humphry. Originally published in 1899, this forthright guide gives fascinating insights into the beauty strategies of the Edwardian age, revealing our enduring preoccupation with looking one’s best. 126 pages. British Library. Import. $8.95

5826554 ADVICE TO SINGLE WOMEN. By Haydn Brown. Originally published in 1899, it explores the perilous fashion for tight-lacing corsets and the dangers of contemporary cosmetics, in contrast to the benefits of healthy exercise and the emerging trend for rational diet, weighs the merits of matrimony and much more. 118 pages. British Library. Import. $8.95

2772441 SADD K YOUR STOMACH IN & PUT SOME COLOR ON! What Southern Mothers Tell Their Daughters That the Rest of Y’all Should Know Too. By Shellie Rushing Tomlinson. In this humorous, feisty guide to life, Tomlinson reveals the all-important lessons Southern Mamas teach their daughters, breaking down the teachings behind those famous manners and social skills book you can’t find at any bookstore. Illus. 290 pages. Berkley. Paperbound. Pub. at $15.00. $9.95

4552717 HE’S A STUD, SHE’S A SLUT AND 49 OTHER DOUBLE STANDARDS EVERY WOMAN SHOULD KNOW. By Jessica Valenti. A highly personal, funny, and sometimes moving examination of fifty double standards pervasive in our society, with a range of creative potential responses suggested for any adjustment needed. 219 pages. Seal. Paperbound. Pub. at $15.00. $4.95

3668383 BODY SCULPTING WITH KETTLEBELLS FOR WOMEN. By Lorna Kleidman. Offers a complete at-home body sculpting workout using the power of kettlebells. Cut your workout time in half using these total body exercises, including illustrated workouts for sculpting, strength, and cardio fitness. 202 pages. Hatherleigh. Paperbound. Pub. at $17.00. $9.95

7622388 THE POWER OF WOW. By Lori Bryant-Woolridge. Whether they've reached a certain age and feel invisible or are consumed by work and family, millions of women want to get their sexy back. This primer reveals how, breaking down that elusive WOW factor and providing a range of creative potential responses suggested for any adjustment needed. 219 pages. Seal. Paperbound. Pub. at $15.00. $4.95

4588800 LET’S JUST SAY IT WASN’T PRETTY. By Diane Keaton. In her one of a kind voice, Diane Keaton offers up a message of empowerment for anyone who’s ever dreamed of kicking back against the “should” and “supposed to” that undermine our pursuit of beauty in all its forms. For her, being beautiful starts with being true to who you are. 192 pages. Random. Pub. at $26.00. $9.95

3611223 HAPPY HORMONES: Discover the Breakthrough Treatment Program for Better Hormonal Health. By Kristy Vermeulen. Based on the success of her book’s popular self-help program, in this one-on-one guide, this guide explains how hormones affect your day to day routines and provides expert guidance to help you identify your hormonal imbalances and treat them in a natural, healthy way. 306 pages. Hatherleigh. Paperbound. Pub. at $16.95. $4.95

4590279 THE STORM INSIDE: Trade the Threats of Your Mind for the Truth of Who You Are. By Sheila Walsh. Women can feel the storm brewing, be in the middle of a storm, or be facing the aftermath of a storm. The author will help you to not be afraid of the storm, because it is possible to grow through turbulence, learning to redefine your life and beginning instead of an end, and know with confidence how to help a friend in crisis. 206 pages. Thomas Nelson. Pub. at $21.99 PRICE CUT to $1.95

5751312 MOODY BITCHES. By Julie Holland. Challenges the idea that moodiness should women should medicate and suppress, Holland forges a new path to health. She shares insider information about the drugs we’re taking, illuminates the link between food and mood, and offers advice on sex, exercise, sleep, and natural therapies. 360 pages. Penguin. Paperbound. Pub. at $17.00. $4.95

5765424 WOMEN, FOOD, AND DESIRE: Embrace Your Cravings, Make Peace with Food, Reclaim Your Body. By Alexandra Jamieson. Explores women’s cravings for food, sleep, sex, movement, companionship, and inspiration and teaches us to listen to our bodies for a healthier, fuller life. Shows you how to set down your weapons of self-destruction and make peace with your body and your heart so you can truly, finally be at ease in the world. 243 pages. Scribe. Paperbound. Pub. at $17.95. $9.95


2732513 MENOPAUSE WITHOUT MEDICINE, REVISED FIFTH EDITION. By Linda Ojeda. 367 pages. Hunter House. Paperbound. Pub. at $17.95. $4.95

2771859 HOT PANTS Do It Yourself Gynecology and Herbal Remedies. By T. Gauthier & L. Vinebaum. 96 pages. Microcosm 5x6¼. Paperbound. Pub. at $9.95. $6.95

Men’s Health & Self-help

4571382 THE ABS DIET EAT RIGHT EVERY TIME GUIDE. By David Zinczenko with T. Spiker. Pinpoints the foods that you should choose to burn away the belly fat no matter where you are. With a list of 789 on-the-go foods (in a color-coded supermarket shopping guide, and a collection of 60 six-minute meals, it’s filled with all the information you need to lose the pounds, fast. 215 pages. Rodale. Paperbound. Pub. at $16.97. $6.95

3504454 RULES FOR THE MODERN MAN. By Dylan Jones. The editor of GQ draws on his wealth of experience to bring us this clever, practical, and entertaining guidebook of etiquette for the modern, sophisticated man. From the art of seducing a woman to the art of giving a good speech—plus tips on how to cure a hangover and how to order wine—this volume presents the final answers to all the challenges facing a modern man. Illus. 428 pages. Pegasus. Paperbound. Pub. at $16.95. $4.95

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5870259 LIVE MORE, WANT LESS. By Mary Carlonmarg. Strip away the chaos and clutter, freeing space in your life for order and serenity with these exercises—each featuring a theme for the week and daily practice suggestions. Designed to set you on the path toward a more fulfilling life with less stuff and more time to enjoy the things you love. 208 pages. Storey. Paperback. Pub. at $12.95 $4.95

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5830389 TEACH YOURSELF COGNITIVE BEHAVIOURAL THERAPY. By Christine Wilding. Cognitive Behavioral Therapy (CBT) is a hugely successful therapeutic model that is used around the world to help people overcome emotional problems and reach their potential. This guide explains what it is and how you can use it. 226 pages. McGraw-Hill. Paperback. Pub. at $16.95 $5.95

547278X GRATITUDE & TRUST: Six Affirmations That Will Change Your Life. By William & J. Jackson. Whether you are tethered to your phone, turn to food for comfort, are a perfectionist, or so afraid to fail you don’t even try, the first step toward feeling better about yourself and your life is the realization that you’re what’s standing in your way. This essential guide helps you change maladaptive behaviors in order to uncover your most productive, healthiest self. 263 pages. Plume. Paperback. Pub. at $17.00 $5.95

4628527 OUTDOOR LIFE URBAN SURVIVAL GUIDE. By Rich Johnson et al. Teach yourself 111 essential survival skills to survive whatever the urban jungle throws at you. Arm yourself with the latest self-defense, emergency medical, and navigation techniques, plus crucial strategies for handling bad guys and bad situations at home and abroad. Well illus. in color. Weldon Owen. 9x11½. Paperback. Pub. at $9.99 $4.95


5896614 THE COMPLETE IDIOT’S GUIDE TO ETIQUETTE, THIRD EDITION. By Mary Mitchell. Take manners into your own hands! Etiquette needs updating in this rapidly changing world, and this volume provides a practical guide for doing it professionally, in casual and formal circumstances, here and abroad. 372 pages. Alpha. Paperback. Pub. at $18.95 $5.95

5865328 RISK SAVVY: How to Make Good Decisions. By Gerd Gigerenzer. Takes you through the science of good decision making to show exactly why the best results often come from using simple formulas, considering less information, and listening to your gut, and why so many of us routinely misunderstand statistics and probabilities. 332 pages. King. Paperback. Pub. at $26.25 $4.95

5870658 HYPNOTISM: Fell’s Official Know-It-All Guide. By Rachel Copelan. Bolstered by case studies of people whose lives have changed through hypnosis, this up-to-date guide explains how to tap into your brain’s resources and efficiently use its energy in the moment and enjoy the things that really matter, memorable quotes by famous thinkers and celebrities are paired with brief descriptions of the valuable lessons they espouse. 220 pages. Haraide Grant. Import. Pub. at $14.95 $4.95

5898322 OVERCOMING ANXIETY, SECOND EDITION: Complete Idiot’s Guide as Easy as 1, 2, Get It! By J.E. Johnston & O.J. Bienvenu. Packed with valuable information on diagnosing many types of anxiety disorders, this helpful guide gives you techniques for coping with and overcoming your symptoms. Includes: definitions and descriptions of different anxiety disorders; a holistic approach to relieving anxiety with exercise, relaxation, and nutrition and much more. Illus. 303 pages. Alpha. Paperback. Pub. at $21.95 $6.95


5774853 CONTAMINATION: My Quest to Survive in a Toxic World. By McKay Jenkins. Galvanized by a personal health issue, Jenkins spent two years researching five areas of toxic exposure: the body, the home, the lawn, and the local box store. Discovering that toxins are present in many products that we use every day, he pursues ways in which to lessen our exposure. 321 pages. Avery. Paperback. Pub. at $16.00 $6.95

7579993 GMO FREE: Exposing the Hazards of Biotechnology to Ensure the Integrity of Our Food Supply. By Mae-Wan Ho et al. Pulls back the curtain on the danger of GMOs (Genetically Modified Organisms), and reveals the potentially irreversible consequences of multinational corporations and the government are now making for each of us. 136 pages. Vital Health. Paperback. Pub. at $10.95 $3.95

3602685 TEACH YOURSELF SUCCESSFUL NEURO-LINGUISTIC PROGRAMMING IN A WEEK. By Mo Shapiro. Learn in a week what the experts learn in a lifetime! Through seven chapters you will get an overview of Neuro-Linguistic Programming (NLP) and set yourself well formed reasons to achieve the results you want. 124 pages. McGraw-Hill. Paperback. Pub. at $12.00 $4.95

5862087 THE WHOLE LESBIAN SEX BOOK, SECOND EDITION REVISED: A Passionate Guide for All of Us. By Felice Newman. An intelligent, sexy, and humorous guide, filled with everything you need to know to create a sex life that works for you, including where to find sex partners, sexual health care, and a resource guide to magazines, Web sites, retail and mail order outlets, and e-mail discussion lists. Adults only. 376 pages. Cleis. Paperback. Pub. at $24.95 $5.95

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