Healthy Living Bargain Books


March 24, 2017

OUR GUARANTEE

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Current titles are marked with a ★.
**5809398** THE BELLY BURN PLAN: Six Weeks to a Lean, Fit & Healthy Body. By Traci D. Mitchell. Muffin tops, love handles, and pot bellies have finally met their match with this easy to follow diet and exercise program that will help you shed belly fat fast and for good in just three steps. Kick start with a three-day cleanse; eat right for your body type; and get moving. All the information you need to make the lifestyle changes will that shed fat fast. Well illus. 306 pages. Morrow. Paperbound. Pub. at $16.95.

**5890691** GOOD SUGAR BAD SUGAR: Eat Yourself Free from Sugar and Carb Addiction. By Allan Carr. The creator of the most successful stop-smoking method now turns his attention to the biggest dietary threat to the modern world: the toxic effects of eating refined sugars and over-assessed carbohydrates. A unique method that doesn't require willpower, Carr's Easyway will help you regain control of your life. 255 pages. Arcturus. Paperbound Import. Pub. at $14.95. $11.95.

**5865972** THE BIG BREAKFAST DIET. By Daniela Jakubowicz. Based on groundbreaking research into how the body’s hormones and metabolism process foods different according to when you eat, this diet offers a 28-day program that lets you eat the foods you love with the promise that you will lose significant weight and keep it off. Includes recipes. 246 pages. Workman. Paperbound. Pub. at $16.95.

**5863597** EFFORTLESS HEALING: 9 Simple Ways to Sisteditex Illness, Shed Excess Weight, and Help Your Body Fix Itself. By Monica Mercola. Shares simple secrets to achieving a healthier, thinner you. Get out of your own way as you cultivate its natural self-sustaining qualities with steps as easy (and surprisingly enjoyable) as throwing live fish onto the rocks, skipping stones, running barefoot; and eating fermented foods. 325 pages. Harmony. Pub. at $26.00.

**5817706** THE CAMPBELL PLAN. By Thomas Campbell. In 2005’s China Study, the authors detailed groundbreaking research results showing that a whole-foo,d plant-based diet can prevent and reverse many chronic diseases. Now, they show readers how to make the transition—and enjoy the journey—with practical guidance and a simple step-by-step meal plan. 285 pages. Rodale. Pub. at $25.99.

**5800879** CHOOSE MORE, LOSE MORE FOR LIFE. By Chris & Heidi Powell. Find the tailor-made plan for you to lose weight and shape your body for life. With the help of ABC’s Extreme Weight Loss star, Chris Powell, you’ll find all the information you need to choose the plan to get to your target weight and keep it off. Includes recipes. 246 pages. Largeprint. Paperbound. Pub. at $25.99.

**5802512** THE SKINNY GUT DIET: Balance Your Digestive System for Permanent Weight Loss. By Wendy and Eileen. Illuminating new research and the workings of the digestive system and provides instructions for achieving a healthy bacterial ecosystem that spurs weight loss by enabling the body to absorb fewer calories from food, experience reduced cravings, and store less fat. Illus. 289 pages. Harmony. Pub. at $26.00. $6.95.

**5871697** THE MINDFUL DIET. By Ruth Quillian Wolever et al. Combines health psychology with cutting-edge nutrition research to deliver a modern method for eating mindfully and getting off the diet roller coaster. Loaded with mindfulness exercises, behavioral techniques, and success stories, this six-week plan will help you lose weight and gain a healthier, leaner, and better body. These revelations emerge from the author’s own revealing and hilarious weight-loss journey— an eye-opening Odyssey of weight-loss fads, food politics and medical misinformation. Includes recipes and more. 380 pages. Little, Brown. Paperbound. Pub. at $15.99.

**5863589** DOWN SIZE: 12 Truths for Turning Pounds-Splitting Frustration into Pounds-Fitting Success. By Ted Spiker. This program will help you lose weight and gain a healthier, leaner, and better body. These revelations emerge from the author’s own revealing and hilarious weight-loss journey—an eye-opening Odyssey of weight-loss fads, food politics and medical misinformation. Includes recipes and more. 380 pages. Little, Brown. Paperbound. Pub. at $25.95. $4.95.

**5863662** FOODIST: Using Real Food and Real Science to Lose Weight Without Dieting. By Darya Pino Rose. Proves once and for all that the sustainable weight loss path to your dream body is not dependent on incorporating fresh, real, whole foods and delicious ingredients into every meal. You’ll learn to tailor your eating habits to match your lifestyle and preferences, ensuring that your chosen path works for you in the short- and long-term. 327 pages. HarperOne. Pub. at $27.98. $4.95.


**5673827** THE 8-OUR DIET: Watch the Pounds Disappear Without Watching What You Eat! By David Zinczenko with P. Moore. Armed with this groundbreaking knowledge, you can forget everything you’ve learned about dieting and just let your body do all the work for you. Includes recipes and more. 472 pages. Rodale. Paperbound. Pub. at $28.95. PRICE CUT TO $3.95.

**5703887** THE 4-HOUR DIET: Watch the Pounds Disappear Without Watching What You Eat! By David Zinczenko with P. Moore. Armed with this groundbreaking knowledge, you can forget everything you’ve learned about dieting and just let your body do all the work for you. Includes recipes and more. 472 pages. Rodale. Paperbound. Pub. at $28.95. **SOLD OUT.**

**4561708** FOODS THAT HARM, FOODS THAT HEAL: The Best and Worst Choices in Your Aliments Naturally. Commonsense advice to help sort through all the contradictory claims and warnings about food and health. Hundreds of entries cover everything from acne to yogurt, with special features on alcohol, coffee, cruciferous vegetables, and the immune system, the nutritional pyramid, and herbs for health. Well illus. in color. 422 pages. Reader’s Digest. 8x10", Pub. at $12.95.

**2710629** SUGAR CRASH: How to Reduce, Inflammation, Reverse Nerve Damage, and Reclaim Good Health. By R. Jacoby & R. Baldertorn. Exposes the shocking truth that a diet high in sugar, processed carbohydrates, and wheat can compress and damage the peripheral nerves of the body, leading to pain, numbness, and tingling in the hands and feet, as well as a host of conditions from migraines and neuropathy to multiple sclerosis and diabetes. 246 pages. Largeprint. Paperbound. Pub. at $27.98.

**5867308** THE OXYGEN FUELED LIFE: Reclaim Your Health and Longevity. By D. Wong & K. Faithfull-Williams. Packed with down to earth ideas to help you tune in to what really makes your body feel good. Includes highly effective, anywhere 15-minute workouts that make you look and feel younger to healthier versions of all your favorite foods. Wong offers practical ideas and simple self-care routines to help you lose weight, conquer cravings, and stop emotional eating. Well illus. in color. 224 pages. Sterling. Pub. at $21.95. $16.95.


**5730887** THE 8-HOUR DIET: Watch the Pounds Disappear Without Watching What You Eat! By David Zinczenko with P. Moore. Armed with this groundbreaking knowledge, you can forget everything you’ve learned about dieting and just let your body do all the work for you. Includes recipes and more. 422 pages. Rodale. Pub. at $26.99. **SOLD OUT.**

**4651708** FOODS THAT HARM, FOODS THAT HEAL: The Best and Worst Choices in Your Aliments Naturally. Commonsense advice to help sort through all the contradictory claims and warnings about food and health. Hundreds of entries cover everything from acne to yogurt, with special features on alcohol, coffee, cruciferous vegetables, and the immune system, the nutritional pyramid, and herbs for health. Well illus. in color. 422 pages. Reader’s Digest. 8x10", Pub. at $12.95.
Healthy Cooking & Special Diets
4609891 THE EVERYTHING JUICING BOOK. By Carole Jacobs et al. Whether you want to get more nutrients, clean your body of toxins, or prevent disease and live longer, juicing is the answer. This guide contains all the information you need to make the best food choices. It incorporates attainable prevention strategies based on knowledge from current scientific studies on how to reduce your risk of developing Alzheimer's disease. Includes charts and quizzes, a seven-day meal plan, and delectable, nutritious recipes to help you lose weight, reverse disease, and achieve optimum health. Combines 50 recipes, and a variety of detoxifying juices. Heal your body naturally with this guide. 186 pages. Skyhorse. Paperbound. Pub. at $14.95 $4.95
5858968 THE EVERYTHING GUIDE TO THE GLUTEN-FREE DIET. By Jeffrey McCombs. Learn exactly what you can and can't eat, and how to keep gluten out of your system. Features gluten-free recipes and tips for eating out, plus 150 recipes, and a variety of detoxifying juices. Heal your body naturally with this guide. 304 pages. Adams Media. Paperbound. Pub. at $18.95 $4.95
5820871 THE THINSULIN PROGRAM. By Charles T. Nguyen et al. The authors identify the real culprits behind obesity and share their tips and easy tricks for reducing consumption of sugar and making healthy choices. They show you which ones to keep it at bay for good. 290 pages. HarperCollins. Paperbound Import. Pub. at $17.99 $12.95
548087X HEALING FOODS: Prevent or Treat Common Illnesses with Fruits, Vegetables, Herbs, and More. By Dale Pinnock. In this easy to use guide to medicinal cooking, Pinnock demonstrates how phytochemicals can have a major and profound impact on our ability to: home and restore digestive problems, heart and circulation conditions, issues concerning the immune and nervous systems, and joint and skin disorders. 186 pages. Skyhorse. Paperbound. Pub. at $14.95 $4.95
4555449 EASY GI DIET: Lose Weight & Gain Energy. By Helen Foster. Offers all carbohydrate-containing foods. Eating carbohydrates low on the glycemic index (GI) will make you lose weight and gain energy. This guide features a weight loss plan, a vegetarian weight loss plan, the low GI diet plan, the low GI plan for life, and a variety of detoxifying juices. Heal your body naturally with this guide. 290 pages. HarperCollins. Paperbound Import. Pub. at $17.99 $12.95
27993X THE LIVER HEALING DIET. By M. Lai & A.R. Kasarani. With a complete program to rejuvenate your liver through optimal nutrition and routine exercise, this guide shows you how to improve liver function, boost fatty liver disease, detoxify the liver, boost all-around health, and nourish the body with delicious recipes. 184 pages. Ulysses. Paperbound. Pub. at $15.95 $11.95
5790628 SLIM DOWN NOW: Shed Pounds and Inches with Real Food, Real Fast. By Cynthia Sass. Sass reveals the scientifically demonstrated power of pulses (including filling and satisfying lentils, beans, and chickpeas), which she has incorporated into a dynamic, flexible weight-loss plan that focuses on how these supershedders can ultimately transform your body. Photos. 327 pages. HarperCollins. Paperbound. Pub. at $25.95 $16.95
5852072 GOOD CLEAN FOOD. By B. Epstein & B. Leibson. Between GMOs, hormones, and pesticides, it sometimes feels like our food has become so artificial that shopping intelligently is impossible. How can we shop for foods that keep us healthy? This practical, positive guide provides a comprehensive information resource and practical information to help you make choices. Illus. 164 pages. Skyhorse. Paperbound. Pub. at $16.99 $4.95
5884349 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 effect that actually melts fat? If you are looking for a weight loss plan, this plan can help you boost your metabolic rate, burn calories more effectively, lower dangerous cholesterol levels; enjoy better health, and protect your heart. 323 pages. Morrow. Paperbound. Pub. at $16.99 $12.95
5750059 THE COMPLETE GUIDE TO CARB COUNTERING. 3RD EDITION. By H.S. Warshaw & K. Kulkarni. Carb counting doesn’t have to be confusing, and it doesn’t have to be complicated. This volume has the latest information on carb counting and a list of the carb counts for hundreds of foods you likely eat every day. Includes record keeping forms for carbs and blood sugar values. 169 pages. American Diabetics Association. Paperbound. Pub. at $18.95 $4.95
2692511 TELL ME WHAT TO EAT IF I HAVE ACID REFLUX. REVISED EDITION: Nutrition You Can Live With. By S. Epstein & B. Leibson. Includes the latest research and dozens of delicious new recipes, this guide shows the 60 million Americans who suffer from heartburn how the condition begins, how they can find relief, and how they can keep it at bay. 192 pages. Rodale. Paperbound. Pub. at $12.99 $9.95
5843156 WHEAT BELLY 10-DAY GRANOL GRAIN DETOX. By William Davis. Unlike any other detox program you’ve seen, this plan cleanses you from the toxic effects of wheat and grains. Includes a day-by-day road map for a 10-day meal plan, detox “Sauces” from fat blasters to healthy waters; effective strategies to overcome detox and withdrawal symptoms; and more. 269 pages. Collins. Paperbound Import. Pub. at $20.99 $10.95
5751950 EAT TO BEAT ALZHEIMER’S: Delicious Recipes and New Research to Prevent and Slow Dementia. By Francie Hoaley. Incorporates the latest research and strategies from current scientific studies about how to reduce your risk of developing Alzheimer’s disease. Contains information about how to cook in a brain-protective way so as to crowd out inflammatory foods that diminish brain health. Includes meal plans and a sample menu. 150 pages. Ten Speed Press. Paperbound. Pub. at $17.95 $13.95
5851374 THE PALEO CURE: Eat Right for Your Genes, Body Type, and Personal Health Needs. By Chris Kresser. Using the Paleo diet as a template, Kresser introduces a powerful three step program to fit your lifestyle, body type, and genetic blueprint. Reset, rebuild, and revive your health with this guide. Includes charts and quizzes, a seven-day meal plan, and delectable, nutritious recipes to help you lose weight, reverse disease, and achieve optimum health. 402 pages. Little, Brown. Paperbound. Pub. at $27.99 $19.95
5847729 50 SHORTCUTS TO A SUGAR-FREE LIFE. By Fredrik Paulson. Explains why refined sugars are so dangerous to your health and how to avoid excess intake and addiction. Paulson offers lifestyle tips and easy tricks for reducing consumption of sugar and making healthy choices. Illus. in color. 160 pages. Sugarville. Paperbound. Pub. at $16.95 $4.95
5750148 DIABETES MEAL PLANNING MADE EASY, 4TH EDITION. By Hope S. Warshaw. From the basics of what to eat to the practical skills of shopping, planning nutritious meals, and eating easy, this completely revised guide has all the information you need. You don’t have to change your life to eat healthy! 362 pages. American Diabetes Assoc. Paperbound. Pub. at $18.95 $12.95
5835321 GUIDE TO HEALTHY RESTAURANT EATING, 4TH EDITION. By Hope S. Warshaw. Get all the information you need to eat healthy when eating at restaurants. Includes counts for calories, carbohydrates, fat, and protein; exchanges and choices and serving sizes for every menu item; complete menus from America’s most popular restaurants; all helping you to avoid dining disasters and oversize for every menu item; complete menus from America’s most popular restaurants; all helping you to avoid dining disasters and oversize for every menu item; complete menus from America’s most popular restaurants; all helping you to avoid dining disasters and oversize for every menu item. 472 pages. Rodale. Paperbound. Pub. at $27.99 $19.95
1903101 UNMASKING SUPERFOODS: The Truth and Hype About Acai, Chia, Blueberries and More. By Jennifer Sygo. Brimming with the latest research on the most popular superfoods. This guide shows you which ones to skip, which ones to choose, and how to incorporate them into your diet. 290 pages. HarperCollins. Paperbound Import. Pub. at $17.99 $12.95

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**Healthy Cooking & Special Diets**

**585928X** THE TAPPING DIET. By C. Look & J. Cerreta. Shows you how to shed excess pounds with the power of Emotional Freedom Techniques (EFT). Complete with 50 delicious, easy to make recipes like Asian Beet Salad and Polenta Pie. This guide will help you find a way to incredible weight loss and a lifetime of healthy living. 236 pages. Adams Media. Pub. at $22.99 **$5.95**

**5845324** THE MEMORY DIET: More Than 150 Healthy Recipes for the Proper Care and Feeding of Your Brain. By Justi & Sharon Zucker. Provides powerful, proven diet tips for slow down or even eliminate cognitive decline. This collection of recipes is based on the Mediterranean Intervention Neurodegenerative Delay (MIND) Diet and includes delicious dishes like: Sage Cannellini Beans with Mushrooms and Hazelnuts; and Polenta with Acorn Squash and Walnuts. 222 pages. New Page Books. Paperback. Pub. at $15.99 **$12.95**

**5826322** THE ALZHEIMER’S PREVENTION & TREATMENT DIET. By H.S. Issacson & C.N. Doliner. Research shows that diet is one of the greatest weapons we have against Alzheimer’s disease. This guide provides a cutting-edge nine-week nutritional program that can help reduce your risk or slow the disease’s progress if it has already developed. 304 pages. Square One Publishers. Paperback. Pub. at $17.95 **$12.95**

**7964182** NOURISHING BROTH: An Old-Fashioned Remedy for the Modern Woman. By M. Borysenko. This cookbook can help you treat symptoms of autoimmune disorders, infectious diseases, digestive problems, and other chronic ailments. 338 pages. Grand Central. Paperback. Pub. at $23.00 **$16.95**

**5816017** The YOGA-BODY CLEANSE. By Robin Westen. A simple day-by-day program that offers a complete diet of smart, delicious foods with substantial nutritional benefits to help you leave your body feeling energized and looking younger. 304 pages. Square One. Paperback. Pub. at $14.95 **$14.95**

**5856574** NO GRAIN, NO PAIN. By Peter Osborne with O.B. Buehl. Offers the tools you need to eliminate the hidden sources of grain and other inflammatory agents in your diet to improve your health. Includes a clear examination of the science, a day-by-day meal plan to transition to a grain-free lifestyle, and a guide to the right foods to support your grain-free lifestyle. 352 pages. Touchstone. Paperback. Pub. at $16.99 **$12.95**

**578582X** THE BIKINI BODY DIET. By T. Kraft & the eds. of Shape. Your six-week journey to a bikini body stars with this guide. Includes the tools you need to bare it all at the beach, keep your body in bikini-ready shape the entire year, and slip into your skinny jeans and LBD with confidence. With recipes, exercises, workouts and even playlists, you’ll be in Shape in no time. Illus. 282 pages. Paperbound. Pub. at $24.99 **$14.95**

**5881471** The Shred Power Cleanse: Eat Clean, Get Lean, Burn Fat. By Ian K. Smith. More than a classic detox plan, this Power Cleanse is detox taken to a new level, so you can jump-start big change. On this plan you will eat clean, crunchy, fresh food, drink your favorite detox smoothie, taken from the 9 included recipes; and snack an unskipppable part of the Power Cleanse. Learn simple detoxifying exercise regimens and get a Weekend Power Tune-up Bonus as well. Color photos. 206 pages. St. Martin’s. Paperback. Pub. at $22.99 **$8.95**

**5845297** The Food Babe Way. By Vani Hari. Hari invites you to follow an easy and accessible plan to rid your body of toxins, lose weight without their influence, and restore your natural processes. In just 21 days. Includes easy-to-follow shopping lists, meal plans, mouthwatering recipes, and her personal story of transformation. Learn to be your own food investigator, activist, and nutritionist. 370 pages. Little, Brown. Paperbound. Pub. at $27.00 **$15.95**

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

**5812928** HEALING SPICES: The Beginner’s Guide to the Mind and Body. By Ellen Glikman & M. Khaledi. Discover the breakthrough diet that feeds your body—and your brain! Blending the Mediterranean and DASH diets, the MIND diet can lower your risk of Alzheimer’s by 53 percent. This guide leads you through with shopping lists, meal plans, and 200 delicious recipes that won’t leave you feeling deprived. 304 pages. Adams Media. Paperback. Pub. at $18.99 **$13.95**

**569857X** THE MINDSPAN DIET: Reduce Alzheimer’s Risk, Minimize Memory Loss, and Build Brain Power, by Robin Westen. Shattering myths about what foods are and are not beneficial to our brains, this examination reveals a simple plan to slow cognitive decline. Complete with food recommendations, shopping lists, advice on reading nutrition labels, and plenty of more than 70 delicious recipes. 286 pages. Ballantine. Pub. at $27.00 **$19.95**

**5801982** FEED YOUR BRAIN: 7 Steps to a Lighter, Brighter You! By Delia McCabe. You can improve memory and focus, reduce stress and anxiety, and think more clearly, simply by enjoying a diet rich in the right foods. This unique seven-step plan will help you modify your eating habits quickly and easily. Part One explains the science, and Part Two provides delicious, simple recipes to form the basis of your new diet. Well illus. in color. 286 pages. Exisle. Paperback Import. Pub. at $29.95 **$21.95**

**5823269** THE MIND DIET. By Maggie Moon. Research suggests that what you eat today will help you deal with tomorrow. This guide presents an easy-to-follow program for keeping your mind sharp by eating the right foods and avoiding brain-harmful foods. Includes 30 recipes, the nutrition revolution, learn about plants that feed your gut bacteria and understand how diet changes your genes with this thorough guide. A symptom checklist will help you personalize your diet, and recipes included will help get you started. 331 pages. Hay House. Paperback. Pub. at $29.95 **$18.95**


**5736781** THE SUGAR SMART DIET: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love! By Anne Alexander with J. VanTine. Experts are increasingly recommending that if you do just one thing to improve your health, it’s take charge of the sugar in your diet, and this guide is the answer to how to do it. Includes inspiring stories, expert advice from some of the biggest names in health, three versatile waist-reducing, and 50 delicious sugar-smart recipes. Photos. 300 pages. Rodale. Paperback. Pub. at $26.99 **PRICE CUT to $1.95**

**4530160** THE PALEO ANSWER: 7 Days to Lose Weight, Feel Great, Stay Young. By Loren Cordain. This one-of-a-kind self-help guide and best-selling author Cordain presents a powerful, proven plan to shrink you sugar belly, reset your metabolism, and finally take control of your body—all in just 7 days. Includes more than 150 photos. Includes 90 delicious, sugar-smart recipes. Photos. 268 pages. Rodale. Paperback Import. Pub. at $9.99 **PRICE CUT to $1.95**

**4644042** HEALING BERRIES: 50 Wonderful Berries and How to Use Them in Health-Giving Foods and Drinks. By Kirsten Hartvig. A directory of 50 fascinating berry profiles, describing the health benefits of the most popular berries. With 100 great recipes for everything from breakfast to an after dinner tipple, which include: Balsamic Blackberry Salad with Steak with Spring Vegetables; and Harissa Chicken with Peppers. Well illus. in color. 128 pages. Hamlyn. Paperback Import. Pub. at $9.99 **PRICE CUT to $1.95**

**4644050** HEALING SPICES: 50 Wonderful Spices, and How to Use Them in Health-Giving Foods and Drinks. By Kirsten Hartvig. A directory of 50 fascinating spice profiles, as well as a treasure trove of fabulous ways to use them in your cooking. Describes the health benefits of 50 of the most famous, which have been used to enhance beauty and vitality and to treat and prevent disease for over 4,000 years. Includes 240 pages. Watkins. Paperback Import. Pub. at $14.95 **$11.95**

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Healthy Cooking & Special Diets

4553691 THE EVERYTHING HEALTHY GREEN DRINKS BOOK. By Brit Blanton. 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 trend of juicing and smoothies, there's a tasty, easy to make treat for everyone. 304 pages. Adams Media. Paperback. Pub at $17.99 $4.95

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 calorie-controlled stages, working your way from the initial three weeks of minimal restrictions to the four-week maintenance period. 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 $4.95


2730081 GOOD HOUSEKEEPING GOOD FOOD FOR A HEALTHY HEART. Color photos. 235 pages. Hearst. Pub at $24.95 $11.95

Exercise & Fitness

273270X STRETCHING: Idiot's Guides as Easy as It Gets! By M. Roberts & S. Kais. 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 correct way to stretch. Fully illus. in color. 216 pages. Alpha. Paperback. Pub at $19.95 $5.95

5739966 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 development for beginners to advanced lifters. Includes one year of work outs for lifters at all levels, a break-in program for beginners, workout sheets and guidelines to personalize any program, basically on nutrition, and more. Well illus. with photos and charts. 307 pages. Rodale. Paperback. Pub at $16.95 $11.95

3864296 UNIFIED FITNESS: A 35-Day Exercise Program for Sustainable Health. By John Atlin. 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. 357 pages. Hampton Roads. Paperback. Pub at $24.95 $11.95

5669383 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 systems fundamental techniques and most useful real-world moves, as well as an introduction to Krav Maga's cutting-edge approach to maintaining a healthy, well-muscled body. 292 pages. Marlow. Paperback. Pub at $16.95 $9.95

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. This distinctive work guide provides the specific tools you need to 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. 160 pages. Paragon. Paperback. Pub at $14.95 $3.95

* 3943103 7 WEEKS TO GETTING RIPPED: The Ultimate Weight-Free, Gym-Free Training Program. By Brett Stewart. Sculpt your arms, shoulders, back, abs, legs and butt in just seven weeks! Follow the day-by-day plan presented here and you will finally achieve the body you've always wanted. Photos. 150 pages. Skyhorse. Paperback. Pub at $15.95 $11.95

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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. 8x11. Paperback. Pub. at $16.95 $6.95

2748681 CHANGE YOUR POSTURE, CHANGE YOUR LIFE: 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 poise again: that wonderful ease of movement you had as a child. Illus. 186 pages. Watkins. Paperback Import. Pub. at $14.95 $4.95

6644940 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. DVD. $39.95

5855619 OLD SCHOOL BOXING FITNESS: How to Train Like a Champ. By Andy & Jamie Dumas. Designed for men and women of all ages and levels of fitness, this 12-week training program is broken into three sections: boxing technique, cardiovascular conditioning, and muscular conditioning. 200+ color photos. 254 pages. Skyhorse. Paperback. Pub. at $14.95 $4.95

**552278X 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, delivering 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

**DVD 6741942 THE GIRLS NEXT DOOR WORKOUT: Fullscreen, and Kendra at the Playboy Mansion for a private training session. Whether it’s Kendra’s Hot Hip-Hop Romp, the more demanding Bridget’s Sexy Silhouette, you’ll find each of these workouts equally exhilarating, 45 minutes. Image Entertainment. $5.95

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- 22 -

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- 46 -

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- 60 -

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- 64 -
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