Healthy Living
Bargain Books

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October 26, 2018

5813697 RANGER MEDIC HANDBOOK. By U.S. Department of Defense. After decades of
military experience in war theaters throughout the world, the U.S. Army Rangers have distilled the
critical components of lifesaving first aid into this official guide. Learn how to handle lacerations,
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6833071 STAYING ALIVE. By Matthew Hahn. The ultimate medical survival guide for the
twenty-first-century patient. Drawing on his extensive experience, Hahn teaches you to
recognize medical emergencies in time. He then follows up with advice on taking advantage of available preventive care and changing your lifestyle to avoid these emergencies in the future. Photos. 269 pages. Skyhorse. Paperbound. Pub. at $17.99

6936741 STICK IT TO THE MAN. By Ronald Lewis. Don’t be a sissy! With the help of this
brilliant guide to outwitting and outplaying the lopsided world of the law and power, you can
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6924409 PROBIOTICS FOR HEALTH: 100 Amazing and Unexpected Uses for Probiotics. By J.A. Panyko. Shows you all the
ways the amazing live microorganisms can improve how you feel and how you look. Featuring step by step instructions and plenty of simple tips, this guide offers 100 remarkable probiotic uses. 139 pages. Adams Media. Paperbound. Pub. at $12.99

239961X BACKYARD MEDICINE: Harvest and Make Your Own Herbal Remedies. By J.
Bruton-Seal & M. Seal. With easy to follow recipes for treatments of eczema, cellulitis, indigestion, earaches, and dozens more, this handbook is essential for anyone who wants to harvest and make herbal remedies from wild plants. Well illus. in color. 265 pages. Skyhorse. Paperbound. Pub. at $14.95

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

5868945 YOGA FOR BEGINNERS. Rodney Yee and Colleen Saidman take you on a journey to better
health and well-being each and every day. Start your day with A.M. Energize, setting Yee’s
morning yoga practice against gentle waves and the rising sun. Then relax with PM. Unwind, as
Saidman helps you transition to a peaceful, restful evening. 50 minutes. Gaiam. Pub. at $14.98

4635841 SAVE YOUR GALLBLADDER NATURALLY: And What to Do If You’ve Already Lost It. By S. Cabot & M. Jasimska.
Provides a comprehensive step by step plan for dissolving gallstones and improving gallbladder function. Whether you’ve already had your gallbladder removed, or you’re simply wondering how to handle the frightening and painful threats of gallbladder problems, this guide is for you. 128 pages. SCB International. Paperbound. Pub. at $14.99

6912478 CATCHING BREATH: The Making and Unmaking of Tuberculosis. By Kathryn
Loughheed. The story of one of the world’s oldest diseases. The author looks at the hidden
biology behind the interaction of TB with its human host, and shows how drug resistance,
the HIV epidemic, poverty and inequality work together to ensure that TB remains the world’s
most serious health problem. 272 pages. Bloomsbury. Import. Pub. at $27.00

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684389 THE GUT BALANCE REVOLUTION: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good! By Gerald C. Murray, M.D. Pioneers the first known, science-based program to restore and retain weight loss by achieving a balanced gut flora. He reveals how to stifle the fat-forming, disease-promoting gut bacteria, resuscitate your gut-dwelling ones, and fertilize those friendly flora with the right foods to rebalance, rebalance, and renew your health—lose weight for good. 409 pages. Rodale. Paperback. Pub. at $16.99 $5.95

690393 DR. JOE'S MAN DIET. By Joseph Feuerstein with G. Pritchard. Lower your bad cholesterol, maintain yourQ blood pressure, lose weight, and regain control of your health in 12 weeks with Dr. Joe’s plan. This lifestyle makeover and eating plan details what to eat and when from breakfast, lunch and dinner to snacks, salads and soups and includes flavorful recipes. Color photos. 208 pages. Page Street. Paperback. Pub. at $21.99 $6.95

697434 KETO: The Complete Guide to Success on the Keto Diet, Including Simplified Science and No-Cook Meal Plans. By Maria & Craig Emgerich. Take your diet to the next level that helps you lose weight, build muscle, and live the life nature intended you to live. Includes a detailed explanation of the science behind the diet; an overview of the most recommended wellness tools for keto; mistakes; and two no-cook meal plans. 320 pages. Victory Belt. Paperback. Pub. at $29.95 $21.95

6610439 THE MEN'S HEALTH DIET: The 6-Week Plan to Flatten Your Stomach & Fuel Your Muscles! By Stephen Penner et al. The ultimate guide to getting the strong hard body you've always wanted. Following the seven simple strategies emphasized in this guide you will experience rapid and effortless weight loss. Illus. 328 pages. Rodale. Paperback. Pub. at $31.95 $17.95

6786391 THE ALZHEIMER'S PREVENTION FOOD GUIDE. By S.S. Linja & S. Satia-Waite. Handbook for making brain healthy dietary choices and incorporating mind nourishing foods into your diet, easily and without stress. While there is no known cure for Alzheimer's, there are strategies that can reduce the risk of developing this punishing disease. Illus. in color. 176 pages. Rockridge. Paperback. Pub. at $14.99 $11.95

6901212 THE STARK NAKED 21-DAY METABOLIC RESET. By Brad Davidson with L. Morton. You’ll feel the incredible impact of this groundbreaking two-tiered program to reset and optimize your metabolism. Including step by step meal plans and easy to follow recipes, this simple and effective plan will have you looking and feeling your best. 306 pages. HarperOne. Paperback. Pub. at $16.99

6847900 GENIUS FOODS: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life. By Max Lugavere with P. Grewal. This powerful new guide offers a cutting edge yet practical road map to eliminating brain toxins and improving your brain’s health and performance today and decades into the future. Lugavere shares invaluable insights into how to improve your brain power including the nutrients that can boost your memory and improve mental clarity and where to find them. 388 pages. HarperOne. Hardcover. Pub. at $33.00

6812257 THE PROTEIN PACING DIET: The Scientific Breakthrough for Boosting Metabolism, Losing Fat and Gaining Lean Muscle. By Nicole Stawicki. Packed with 40 delicious, high-protein recipes as well as helpful tips, this pioneering plan delivers a lifestyle, including diet and exercise, that makes it easy for you to incorporate the protein pacing diet into your lifestyle. Lose Weight, gain lean muscle, burn fat, regulate blood sugars and improve your heart health following this protocol. 170 pages. Ulysses. Paperback. Pub. at $14.95 $11.95

276993X THE LIVER HEALING DIET. By M. Lai & A.R. Kasaraneni. With a complete protocol to rejuvenate your liver, this book offers the optimal nutrition and routine exercise, this guide shows you how to improve liver function, bathe fatty liver disease, detoxify the liver, boost all-around health, and nourish the body with delicious liver-restoring recipes. 154 pages. Universe. Paperback. Pub. at $15.95 $11.95

6768237 NUTRITIONAL HEALING WITH CHINESE MEDICINE. By Ellen Goldsmith with M. Klein. Apply the ancient wisdom and traditions of Chinese medicine in the kitchen. Whether you are looking to boost vitality, feel more balanced, or be more productive, this book offers a comprehensive review of the basic principles of Chinese dietary theory and how to apply them to daily life. 480 pages. Robert Rose. Paperback. Import. Pub. at $24.95 $19.95


6553192 NOURISHING FATS: Why We Need Animal Fats for Health and Happiness. By Sally Fallon Morell. Drawing on extensive research, Morell offers the science behind why animal fats are vital for fighting inflammation and improving mood, and more, than any other so-called ‘bad’ fat. Featuring her usual easy-to-understand solutions in the form of some delicious recipes, for these fats and other foods that can boost your memory and improve mental clarity and where to find them. 388 pages. HarperOne. Hardcover. Pub. at $31.95

6592125 GO DAIRY FREE: The Ultimate Guide for Milk Allergy Sufferers. By Gibson. Lactose Intolerance, and Casein-Free Living. By Alisa Fleming. If one simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn’t you want to try it? In this informative guide, Fleming shows you how to go dairy-free with an in-depth health section, everyday living tips and suggestions for travel and celebrations, along with many recipes for dairy alternatives. 467 pages. Benbella. Paperback. Pub. at $19.95 $14.95

6806333 TURBO METABOLISM: 8 Weeks to a New You. By Panico Vitali. A concisely guided 8 week program for shedding a mass of medical research into a simple effective program for vibrant health. The author provides practical advice, case studies of ordinary people, and brief sections that debunk common medical myths. 288 pages. New World Library. Paperback. Pub. at $16.95 $13.95

6729801 THE COMPLETE LEAKY GUT HEALTH & DIET GUIDE. By Makoto Trotter with D. Cook. Discover the safe and effective treatment strategies that will help settle inflammation and heal the lining of your gut. Along with meal plans, information, and advice, you’ll find 150 quick and delicious recipes. 320 pages. Victory Belt. Paperback. Pub. at $29.95 $21.95

6592201 FOODS TO FIGHT CANCER: What to Eat to Reduce Your Risk. By R. Beliveau & D. Gingras. Two-thirds of all cancers can be avoided through simple dietary changes. Drawing on extensive research, Morell offers the science behind why a low fat diet became the standard for health; tips for customizing your keto approach to your individual needs, and more than 60 delicious low carb, high fat recipes to get you started. Color photos. 320 pages. Victory Belt. Paperback. Pub. at $29.95 $21.95

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6869114 THE KETO CURVE: A Low-Carb, High-Fat Dietary Solution to Heal Your Body & Optimize Your Health. By Adam S. Nairy et al. In this comprehensive guide you’ll learn why you gain weight and have difficulty losing it; the dubious history of how a low fat diet became the standard for health; tips for customizing your keto approach to your individual needs, and more than 60 delicious low carb, high fat recipes to get you started. Color photos. 320 pages. Victory Belt. Paperback. Pub. at $29.95 $21.95

6869114 THE KETO CURVE: A Low-Carb, High-Fat Dietary Solution to Heal Your Body & Optimize Your Health. By Adam S. Nairy et al. In this comprehensive guide you’ll learn why you gain weight and have difficulty losing it; the dubious history of how a low fat diet became the standard for health; tips for customizing your keto approach to your individual needs, and more than 60 delicious low carb, high fat recipes to get you started. Color photos. 320 pages. Victory Belt. Paperback. Pub. at $29.95 $21.95

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**690405X** FOODS THAT FIGHT CANCER, REVISED: Preventing Cancer Through Diet. By R. Beliveau & D. Girgias. Explains the science of what causes cancer and how certain foods are the most effective against specific cancers. These powerful cancer-fighting foods can also help to strengthen the body as it undergoes cancer treatments and during the recovery process.

**6923863** USING THE GAPDS DIET: 175 Recipes for Gaining Control of Your Gut Flora. By Sinead Gadh. Used for a range of modern chronic diseases that have their roots in compromised intestinal flora. GAPDs is free of sugar, starch, and processed food including additives and is for those living with chronic diseases like diabetes, behavioral disorders, depression and excess weight. With 175 recipes and information on the GAPDs protocol, you can heal your gut and gain control of your health. 288 pages. Robert Rose. Paperbound Import. Pub. at $24.95

**6811595** THE ANGRY CHEF’S GUIDE TO SPOTTING BULLSH*T IN THE WORLD OF FOOD: Bad Science and the Truth About Healthy Eating. By Anthony Warner. The angry chef explains why we’re so easily misled: it has a lot to do with our instinctive craving for poison, and we are being seduced into thinking that harmful processed food including additives and is for those living with chronic diseases like diabetes, behavioral disorders, depression, and excess weight. With 175 recipes and information on the GAPDs protocol, you can heal your gut and gain control of your health. 288 pages. Robert Rose. Paperbound Import. Pub. at $24.95

**6696279** FAST METABOLISM FOOD RX: 7 Powerful Prescriptions to Feed Your Body Back to Health. By Haylie Pomroy with E. Adamson. If you’re suffering from GI troubles, fatigue, hot flashes, headaches, joint pain, and cognition difficulties, elevated cholesterol, blood-sugar control problems, or an autoimmune issue, this text has the solution for you. With its targeted eating plans you can feed your body back to a vibrant, energetic, and thriving state.

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

**6778968** THE HEALING POWERS OF TEA: A Complete Guide to Nature’s Special Remedy. By Cal Grey. Discover the benefits of tea for your body and mind. The fascinating and rich history of this beloved beverage, as well as the ever-expanding list of health and weight loss benefits found within its leaves. Includes healthy recipes, home cures, and wellness tips. 224 pages. CQ Press. Paperbound. Pub. at $15.95 $7.95

**6841201** SOFT FOODS FOR EASIER EATING COOKBOOK. By S. Woodhull & L. Gilbert-Henderson. An easy to follow guide that offers maximum nutrition and taste when soft or smooth foods are needed. Part One highlights simple strategies for living with chewing and swallowing difficulties, and guidance in modifying recipes for soft or smooth texture. Part Two presents 150 recipes for smoothies, soups, and more. 309 pages. Square One Publishers. Paperbound. Pub. at $18.95 $11.95

**6776264** HEAL YOUR GUT AN A TO Z GUIDE: Healthy Bowel, Healthy Body. By Sandra Cabot. Presents the latest research to overcome bowel problems and offers you the vital principles of healing the gut system. Includes 150 bowl friendly recipes that are gluten-free, dairy-free, nut-free and sugar free as well as a low FODMAP Diet. Illus. 288 pages. SCRIB S International. Paperbound. Pub. at $20.00 $11.95

**6622194** THE VIRGIN DIET: Drop 7 Foods, Lose 7 Pounds. Just 7 Days. By J.V. Virgin. Fitness expert Julia is known for her secret behind the celebrity dream-land–gain–food intolerance. With this guide she’ll show you how to eat plenty of anti-inflammatory, healing foods that will never leave you feeling hungry or deprived. In just one week you can drop weight, lose belly energy, clear up inflammation and feel younger. 334 pages. HarperCollins. Paperbound. Pub. at $16.99 $9.95

**6839908** THE SWEET POTATO DIET: The Super Carb-Cycling Program to Lose Up to 12 Pounds in 2 Weeks. By Michael Morelli. A popular fitness guru removes all the guilt and takes away the fear from traditional carb-cycling by simplifying it down to a step-by-step eating schedule–without food-weighing or calorie-counting. Includes 45 easy recipes that will leave your body feeling happy and your stomach satisfied. Well illus. in color. 307 pages. Da Capo. Pub. at $28.00 $19.95

**6753752** PALEO IN A NUTSHELL: Living and Eating the Way Nature Intended. By Geoff Bond. Written in simple to understand language, this guide is all you need to live a healthier and more natural way of living. Bond provides eye-opening information and a guide to restoring your health by eating the foods for which our bodies are designed to consume. 168 pages. Square One Publishers. Paperbound. Pub. at $18.95 $11.95

**6841198** DEADLY HARVEST: The Intimate Relationship Between Our Health and Our Food. By Geoff Bond. This groundbreaking book examines how the foods we eat today have little in common with the foods of our ancestors, and why this is important to our health. Also offers a program to improve health, combat disease, fight off illness, and improve longevity. 325 pages. Square One Books. Paperbound. Pub. at $16.95 $12.95

**6590861** THE METABOLIC APPROACH TO CANCER. By N. Winters & J.H. Kelley. Offers a comprehensive, nutrition-focused protocol to managing cancer. Cancer survivor, Dr. Nancy Winters identifies the ten key elements of a person’s terrain–including the microbiome, the immune system, and blood sugar balance–as the start to the cancer process, and provides the Optimal Terrain Ten Protocol approach, to slow cancer’s endemic spread. 377 pages. Chelsea Green. Pub. at $29.95

**6868581** YOU ARE YOUR OWN GYM: The Cookbook. By Mark Lauren with M. Greenwood-Robinson. Offers you delicious recipes that adhere to the author’s unique “calorie shifting” nutritional philosophy to help you cook your way to weight loss, muscle gain, and improved fitness performance. These 125 recipes cover every meal and cooking occasion, from soups, smoothies, and even desserts. Well illus. in color. 270 pages. Ballantine. Paperbound. Pub. at $22.00 $13.95

**6849628** THE POWER NUTRIENT SOLUTION. By Jayson & Mira Calton. Explains the truth about what you’re really eating and how your body uses food. Most diets are a bad idea because they fail to deliver genuine micronutrients. This comprehensive resource also provides an extended easy, prescriptive 28-day plan to reverse these effects by restoring your depleted micronutrients. 394 pages. Rodale. Pub. at $19.99 $12.95

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**6864686 THAT SUGAR BOOK.** By Damon Gameau. Expanding on filmmaker and actor Damon Gameau’s journey in the film That Sugar Film, this book details the devastating impact that sugar consumption has on health and offers sensible advice on kicking the sugar habit. It includes a detox plan and over 30 recipes to show what foods to avoid, how to shop, and how to read food labels. Well illus. in color. 240 pages. Flatiron Books. Paperbound. Pub. at $23.99

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**6388851 THE 8-WEEK HEALTHY SKIN DIET: Includes More Than 100 Recipes for Beautiful Skin.** By Karen Fischer. Whatever your skin condition may be, you can improve it with this fantastic-looking skin in just eight weeks. This unique eating and lifestyle plan is broken down into easy-to-follow steps, designed to supply your body with the specific building materials it needs to make beautiful skin. 480 pages. Robert Rose. Paperbound Import. Pub. at $24.95

**615966X HEALTHY LIVER.** By Cris Beer. Contains all the tools and recipes you need to heal and restore this essential organ. With an easy to follow diagnosis questionnaire and a simple Liver Detox Plan, this guide is your definitive reference to ultimate liver health. Well illus. 160 pages. Rockpool. Paperbound Import. Pub. at $22.95

**6858767 THE HEALTHY GUT HANDBOOK.** By Justine Pattison. A practical guide to boosting your gut health, losing weight, and choosing foods that keep your gut happy and healthy. It includes a 28 day plan to kick start a healthy gut, and helpful tips on how to maintain this way of eating for life. Includes over 80 tasty and simple recipes. Color photos. 310 pages. Seven Dias. Paperbound Import. Pub. at $14.95

**6454487 THE GOOD GUT DIET: Turn Your Digestive System into a Fat-Burning Machine.** By Gerard E. Mullin. The leading authority on gut health offers a plan that will show you how to starve disease-promoting bacteria, restore good gut bacteria, and stimulate your body to burn fat and lose weight. 224 pages. Dorling Kindersley. Paperbound Import. Pub. at $17.95

**6836844 WHAT TO EAT IF YOU HAVE CANCER, SECOND EDITION.** By M. Keane & D. Chace. Cancer and cancer treatment take a toll on your body, but you can help make cancer treatment more effective and reduce its unpleasant side effects with good nutrition. Presents the best foods to avoid, and suggests ways to keep your body strong. Contains recipes, menus, and the latest research on cancer and nutrition. 322 pages. McGraw-Hill. Paperbound. Pub. at $16.95

**594709X 2 DAY DIABETES DIET.** By Erin Painiński-Wade et al. Based on science, this diet plan makes it easy to control diabetes, or even reverse type 2 diabetes. No forbidden foods, no carb-counting. Just restrict what you eat for two days a week and on those days follow the “Power Burn” program. Features more than 100 meal plan ideas. Includes at home training exercises to tone your body and ward off cravings. Well illus. in color. 313 pages. Reader’s Digest. Paperbound. Pub. at $15.99

**5718163 THE EVERYTHING GUIDE TO GUT HEALTH.** By Lindsay Boyers. Now you can take simple steps to restore healthy gut flora, which can reduce the incidence and severity of a wide range of diseases, including diabetes, arthritis, and chronic fatigue syndrome. Also includes 150 nutritious recipes to promote healthy gut flora. 336 pages. Adams Media. Paperbound. Pub. at $18.99

**5859863 THE EVERYTHING GUIDE TO THE AUTOIMMUNE DIET.** By Jeffrey McCombs. Learn exactly what foods can help improve your condition and how to avoid the ones that exacerbate problems. This gluten-free diet focuses on healing the gut, boosting immunity, and restoring wellness. Features meal plans, 150 recipes, and a variety of detoxifying juices. Heal your body naturally with this guide. 304 pages. Adams Media. Paperbound. Pub. at $18.99

**6712422 THE Little Book of Remedies.** By Linda B. White et al. From fatigue, insomnia, and menopause to depression, stress, and brain health, this handy guide offers easy, effective recipes to help you manage your challenges naturally. 128 pages. Fair Winds Press. Pub. at $8.99

**6698448 DIETARY GUIDELINES FOR AMERICANS 2015–2020, EIGHTH EDITION.** This guide uses the government’s most up to date research on diet and health in order to help all children and their families adopt a healthy, nutritionally adequate eating pattern. These guidelines are a necessary reference for anyone implementing a health plan of any sort. Illus. Skyhorse. 8x10.

**6858895 THE EVERYTHING GUIDE TO ADRENAL FATIGUE.** By Maggie Luther. 304 pages. Adams Media. Paperbound. Pub. at $17.99


**678013X THE METABOLISM PLAN.** By Lyn Genet Recitas. 292 pages. Grand Central. Pub. at $27.00

**6560377 NATALIE JILL’S 7-DAY JUMP START.** Color photos. 301 pages. Da Capo. Pub. at $27.99

**6596153 NO GRAIN, NO PAIN.** By Peter Osborne with O.B. Buchel. 332 pages. Touchstone. Pub. at $27.00


**6718906 NOURISH YOUR BRAIN COOKBOOK: How to Keep Your Brain Healthy with 60 Delicious Recipes.** By Rika K. Keck. Well illus. in color. 160 pages. CICO Books. Paperbound. Pub. at $19.95


**Exercise & Fitness**

**573323X YOU ARE YOUR OWN GYM: The Bible of Bodyweight Exercises.** By Mark Lauren with J. Clark. Using Lauren’s motivation techniques, expert training, and nutrition advice, you’ll see your results by working out just 30 minutes three times a week. This book shows you how to improve your health and strength 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. Paperbound. Pub. at $24.95

**6828167 MUSCLE & FITNESS PRESENTS TOTAL ABS. Get the abs you’ve always wanted with the world’s 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. Paperbound. Pub. at $24.95

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★ 671572 EVEN THE STIFFEST PEOPLE CAN DO THE SPLITS. By Elko.
Whether you spend your days running marathons or sitting at your desk, you can benefit from stretching and the increased flexibility that comes along with it. With only 5 minutes of stretching a day, you will experience a host of health benefits such as better circulation, fewer joint injuries, improved posture, and more. Well illus. in color. 154 pages. Rodale. Pub. at $18.99

$13.95

★ 653648 MEN’S HEALTH YOUR BODY IS YOUR BARBELL. By BJ Gaddour. This guide shows you how to perform 8 key functional fitness moves (the "Bodyweight 8") and use them to achieve the strength, power, endurance, and mobility of an elite athlete. Includes the Bodyweight Burners, a 5-month program to achieve single-digit body-fat percentage and 8-pack abs. Color photos. 271 pages. Rodale. Pub. at $24.99

$16.95

1898353 THE BURST! WORKOUT: The Power of 10-Minute Interval Training. By Sean Foy. By spending just 10 targeted minutes a day you will reap all the benefits of a regular regimen, with improved fitness markers across the board—weight, blood pressure, energy, flexibility, and much more. Features three four-week programs, with over 90 exercises, all designed with step by step photographs. 245 pages. Rodale.

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★ 682658 CONBODY: The Revolutionary Bodyweight Prison Boot Camp—Born from an Extraordinary Story of Hope. By Coss Marte & B. Sneed. Based on Marte’s work with thousands of clients at his ConBody gym, this program is for everyone. The workouts included in this guide can be done at the gym, in your living room, in a hotel room, or at a park. All you need is yourself and the space of a six-by-nine jail cell to get it done! Photos. 270 pages. Skyhorse. Pub. at $22.99

$16.95

★ 678612 STRETCHING TO STAY YOUNG: Simple Workouts to Keep You Flexible, Energized, & Pain-Free. By Jessica Matthews. Offers accessible yet effective exercises designed to relieve muscle tension and joint discomfort and pain. Part one teaches you the fundamentals; part two profiles each stretch with detailed instructions; and part three offers complete flexibility-training routines. Well illus. in color. 218 pages. Hatherleigh. Paperbound. Pub. at $17.99

$12.95

★ 6789498 THE BODY SCULPTING BIBLE FOR MEN, THIRD EDITION. By J. Villepigue & H. Rivera. The best training schedule out there, now with updated and revised material. Inside you’ll find the most detailed exercises designed to target a host of goals; a bestselling phenomenon, plus new Rapid Body Sculpting Workouts and Bodyweight Workouts; six new diet plans, and even more tips and helpful information. Well illus. in color. 271 pages. Hatherleigh. Paperbound. Pub. at $24.95

$11.95

8x10. Paperbound. Pub. at $24.95

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6852815 THE MELT METHOD. By Sue Hitzmann. MELT is a breakthrough self-care treatment system that helps to eliminate chronic pain; erase the signs of aging; and feel fantastic in just 10 minutes a day. Also addresses sleep difficulties, weight gain, midday fatigue and more. Illus. 307 pages. Harper One. Paperbound. Pub. at $18.99

$4.95

101 MUSCLE-SHAPING WORKOUTS & STRATEGIES FOR WOMEN: Muscle & Fitness gruesome. Fully illustrated step by step instructions, plus tips from trainers for improving your form and increasing the challenge. This comprehensive guide will teach women how to take their workouts to the next level. 175 pages. Triumph. Tempe.

$3.95

★ 6243304 MEN’S HEALTH ULTIMATE DUMBELL GUIDE: More Than 21,000 Moves Designed to Build Muscle, Increase Strength, and Burn Fat. By Myatt Murphy. Provides a comprehensive list of dumbbell moves that can be combined to produce maximum results. Includes instructions for creating your own personalized combination of moves, as well as unique programs to be done at your convenience. Illus. 275 pages. Rodale. Paperbound. Pub. at $19.95

$12.95

628483 SLOW JOGGING: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Training. By Hiroaki Tanaka with M. Jackowska. Easy to follow steps and colorful charts, this thorough guide teaches runners to enjoy injury-free activity by: landing heel-first, allowing your body to shift the stress of an overhead landing; being dynamic, that suit yourself up; trying to find time for activity every day. 155 pages. Skyhorse. Pub. at $22.99

$4.95

6832199 100 BEST YOGA & PILATES. Compiled by Gillian Haslam. The perfect guide to beginning and maintaining a lifestyle with these ancient practices, including hundreds of poses and routines. This is the perfect well-being gateway to inner calm for body, mind, and spirit. Includes a comprehensive introduction; exercises and positions for beginner through advanced; the connecting breathing techniques; and thorough emotional and spiritual balance. Fully illus. in color. 320 pages. Parragon. Paperbound.

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670772 FOUNDATION: Redefine Your Core, Conquer Back Pain, and Move with Confidence. By Eric Goodman et al. Foundation training shifts the focus from the front of your body to the back. By strengthening the full posterior chain and correcting poor movement patterns, you will maximize power, flexibility, and endurance and say goodbye to back pain. The exercises demonstrated here can help you radically redefine your core. Illus. in color. 274 pages. Rodale. Paperbound. Pub. at $22.99

$6.95

6849630 THE STRETCHING BIBLE: The Ultimate Guide for Flexibility. By Lexie Williamson. Guides you through key exercises to gain mobility and improve flexibility, whatever your age or ability. Organized into sections for easy reference, it offers hundreds of stretching sequences, for running, cycling, and weight training, tailored routines for commuters, manual workers and desk workers; and more. Fully illus. in color. 272 pages. Bloomsbury. Paperbound. Pub. at $24.00

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DVD 5500157 YOGA MATES, LEVEL 1: Beginner Work. By Hannah Ullman. This is a beginning level yoga class that safely tones, stretches, and relaxes your whole body. You’ll love the music and loft setting as you move from core mat-work exercises to strengthen your back and legs. And standing poses that improve your strength, flexibility and balance. 45 minutes. Sterling.

$4.95

6903983 ESSENTIAL STRENGTH TRAINING SKILLS. By Len Williams et al. Build a better body and improve muscle definition, strength, and endurance with this essential pocket-sized guide. The author profile more than 100 complete and effective exercises and stretches and offer flexible programs for men and women of all abilities. Fully illus. in color. 176 pages. Dorling Kindersley. Paperbound. Pub. at $14.95

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6901263 THE ULTIMATE TREADMILL WORKOUT. By David Sii k. With a signature three-week program, the author’s method will help you with the most incredible workout you’ve ever had on a treadmill. You’ll find yourself burning fat, losing weight, and boosting your speed. Just following these three simple principles: 210 minutes. Adams Media. Paperback. Pub. at $16.99

$4.95

273270X STRETCHING: Idiot’s Guides as Easy as It Gets! By M. Moffat & S. Vickery. Includes hundreds of informative and simple instructions; and part three offers complete reference: warm-up and cool down routines, and more. Fully illus. in color. 457 pages. Ha therleigh.

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6936857 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 battle injuries 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. 8½x10¼. Paperbound. Pub. at $16.95

DVD 681008X MILTON BERLE’S LOW IMPACT/HIGH COMEDY WORKOUT. America’s beloved Uncle Miltie (aka ‘Mr. Television’) brings a hefty helping of humor to this intriguing exercise program. Led by senior fitness expert Merrily Smith and designed for ages 50-100, it blends exercise and laughter for the most enjoyable workout you’ve ever had! Includes four bonus episodes of The 62 minutes. Mill Creek. Pub. at $14.98

6895344 RUNNING WITH MINDFULNESS. By William Pullen. Letting your mind wander as you take a long walk, a slow jog can give you a powerful, uplifting feeling. Some call it a runner’s high, others attribute it to endorphins. In this unique workout book, Pullen teaches you how to channel that exhilarating energy and use it to make positive changes in your life. 211 pages. Plume. Paperbound. Pub. at $16.00

6765572 THE MEN’S HEALTH GYM BIBLE. SECOND EDITION. By M. Murphy & M. Mejia. This tough-talking workout book will arm you through a typical week and give you hundreds of exercises for free weights, stability balls, cardio equipment like treadmills and stationary bikes and much more. Packed with hundreds of photos that demonstrate precise technique for every major muscle group, the Bible is a must have for every gym membership. 330 pages. Rodale. 8¼x10¼. Paperbound. Pub. at $22.99

6979525 JUST MOVE! A New Approach to Fitness After 50. By James P. Owren. Can you really get fit at 50, 60, 70 or beyond? Yes, you can!* Illus. in color. 223 pages. National Geographic. 8½x10¾. Paperbound. Pub. at $16.95

5848848 WALK OFF WEIGHT: Burn 3 Times More Fat With This Proven Program. By Michele Stanten. Slim down and firm up with this revolutionary walking program--the permanent weight loss. Over the course of 8 weeks, you’ll learn innovative interval walking and workout techniques that will blast fat and tone all your trouble spots. Well illus. 342 pages. Rodale. Pub. at $29.99

6921124 CORE TRAINING ANATOMY. By Abigail Ellisworth. Learn which muscles make up your core and how they all work together, then learn a wide variety of exercises that both stabilize and strengthen your core. Includes an effective six-week routine, plus lots of motivational tips, nutritional information, and other guidance, it delivers workouts for beginners, intermediates, and elite athletes alike. Color photos. 256 pages. Bloomsbury. Paperbound. Pub. at $25.00

6708552 THE COMPLETE GUIDE TO STRENGTH TRAINING, 5TH EDITION. By Anita Bean. Blending expert information with accessibility, this is the ultimate resource for anyone wanting to increase strength and resculpt their body. Featuring proven training programs and evidence based nutritional guidelines, it delivers workouts for beginners, intermediates, and elite athletes alike. Color photos. 288 pages.

688974X YOGA FITNESS FOR MEN. By Dean Pohlan. Discover why professional athletes and coaches consider yoga the key to maximizing athletic potential and developing injury resistance. This book covers everything from the basics, specific poses to advanced flows, and detailed guidance on how to redesign your workout. Fully illus. in color. 192 pages. Dorling Kindersley. Paperbound. Pub. at $19.99

5894888 WALK OFF WEIGHT: Burn 3 Times More Fat With This Proven Program. By Michele Stanten. Slim down and firm up with this revolutionary walking program--the permanent weight loss. Over the course of 8 weeks, you’ll learn innovative interval walking and workout techniques that will blast fat and tone all your trouble spots. Well illus. 342 pages. Rodale. Pub. at $29.99

6929066 THE ALEXANDER TECHNIQUE MANUAL: Take Control of Your Posture and Your Life. By Richard Brennan. The Alexander Technique is a highly effective way of releasing muscular tension throughout your body. In this concise guide you will learn simple ways of sitting, standing and moving that will put less stress on your muscles, bones and joints, and achieve a more relaxed muscular system. Color photos. 144 pages. Edizioni Book Ltd. Paperback. Pub. at $14.99

6828137 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, natural posture tends to project confidence, integrity and dignity. This guide is emphatically not about sitting up straight, pulling your shoulders back, and arching your back. It is about widening your natural poise again: that feeling of movement you had as a child. Well illus. 186 pages. Watkins. Paperbound Import. Pub. at $19.95

* 6930373 EXERCISES FOR PERFECT POSTURE: The Stand Tall Program for Better Health and Posture. By William Smith et al. A complete guide to achieving healthy posture, providing everything from fitness programs and exercises designed to realign your spine and strengthen your shoulders, neck, and back, as well as guidance on how to move your workspace to be more ergonomic. Photos. 122 pages. Hatherleigh. Paperbound. Pub. at $15.00

* 6932304 DUMBELL WORKOUT HANDBOOK: Weight Loss, By Michael Volkmar. An all new collection of dumbbell workouts, providing a complete fitness program for dumbbells to lose weight while improving total body fitness. With beginner and advanced workout circuits perfect for every fitness level, this is the complete guide to burning fat with dumbbells. 136 pages. Hatherleigh. Paperbound. Pub. at $15.95


6840590 MOBILITY WORKOUT HANDBOOK. By David Kirschen et al. Designed to help increase range of motion and allow for better performance at all ages, this workout program is designed for beginning training routines bring the leading concepts in injury prevention and mobility development to the everyday athlete. Illus. 214 pages. Hatherleigh. Paperbound. Pub. at $15.00

6708419 THE POP-UP GYM: How to Keep Fit Wherever You Are. By Jon Denoris. An easy to use, effective portfolio of exercises for people who want to get in shape with minimal tools. Or for seniors or readers who don’t have time or money for the gym, it includes an effective six-week routine, plus lots of motivational tips, nutritional information, and other useful advice. Well illus. in color. 176 pages. Rodale. Spiralbound. Pub. at $18.00

5704081 THE MEN’S HEALTH BIG BOOK—GETTING ABS: Four Weeks to a Flat, Ripped Stomach! By Adam Bornstein et al. An essential eating and workout guide for anyone looking for a ripped, sculpted six-pack. Designed for guys who haven’t used the gym or been in shape in a long time, this volume shows you how to hit all the muscles that matter and turn on your body’s fat burners so the extra pounds melt away to reveal rock-hard muscle underneath. Fully illus. in color. 392 pages. Rodale. Paperbound. Pub. at $26.99

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**6532616 STRETCH FIT: Stretch to Get Fit and Stay Fit.** By Karen McConnell. Comprehensive guide to achieving greater levels of flexibility and fitness through stretching. Whether you're a beginner or someone who maintains a regular exercise program, or a participant in competitive sports, you'll find these graded stretching programs invaluable in your fitness routine. Illus. in color. 122 pages. North Atlantic. Paperbound. Pub. at $16.95 $4.95

**6753906 THE BACK BIBLE.** By Jenny Sutcliffe. Packed with proven, practical approaches to caring for your back throughout your life. Includes a complete rundown of the problems that can affect your back, neck, and shoulders plus dozens of exercise routines and a directory of complementary therapies. Illus. in color. 224 pages. New Press. Paperbound. Pub. at $19.95 $6.95

**5752523 8 MINUTES IN THE MORNING TO A FLAT BELLY.** By Jorge Cruise. Uses the Jorge Cruise secret to restore your metabolism by creating new lean muscles that burn fat and shrink the size of your belly. Each day you'll do a routine that is specialized to sculpt your belly and takes just eight minutes. DVD: Workout. Well illus. 185 pages. Rodale. Paperbound. Pub. at $14.99 $6.95

**6771823 NO-ROISK PILATES: 8 Techniques for a Safe Full-Body Workout.** By B. Calais-Germain & B. Raison. The Pilates method aligns and strengthens muscles, and develops core abdominal strength. This guide demonstrates how to minimize risk of injury with proper form and maximize physical benefit. Drawings. 118 pages. Healing Arts. Pub. at $16.95 $6.95

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

**6727646 MOVING STRETCH: Work Your Fascia to Free Your Body.** By Suzanne Wydie. A powerful program of resistance stretching that not only strengthens and frees the body, but reconditions the fascia, rejuvenates the tissue; releases adhesions; relieves pain; and increases flexibility. Features easy step-by-step illustrated instructions for people who want to live a healthy, tall, and pain-free life. All ages. Illus. 232 pages. Rodale. Paperbound. Pub. at $19.99 $16.95

**469212X HEALTHY BACK ANATOMY.** By Philip Striano. Take the first steps to a better back with this instructive guide that shows just how your spine works and what muscles and ligaments affect it. Featuring clear, step-by-step instructions for each of a wide variety of exercises that stretch, strengthen, and stabilize these important muscles and ligaments. Includes full-color poster with a detailed guide to anatomy. 160 pages. Rodale. Paperbound. Pub. at $19.99 $6.95


**6795192 PILATES: Core Strength, Exercises & Daily Routines.** By C. Yabsley & B. Raison. The Pilates method aligns and strengthens muscles; and develops core abdominal strength. This guide demonstrates how to minimize risk of injury with proper form and maximize physical benefit. Drawings. 118 pages. Flame Tree. Spiralbound. Pub. at $15.99 $11.95

**6859184 LIFT: Fitness Culture, from Naked Greeks and Acrobats to Jazzercise and Ninja Warriors.** By Daniel Kunitz. How did treadmills and Pilates become the latest in fitness? What is the appeal of the stripped-down, functional approach to fitness that’s currently on the rise? Kunitz sets out, in this captivating narrative, on a journey through history to answer these questions and more. 320 pages. HarperCollins. Pub. at $26.99 $5.95

**6915558 ANATOMY OF EXERCISE FOR WOMEN.** Ed. by Lisa Purcell. Provides women of all ages with exercise programs for: Leaner Legs, Thighs and Glutes; Core Strength & Stability; All-Over Toner; and more. Exercises are illustrated in detailed anatomical illustrations and concise how-to instructions, plus information on the muscles being worked, 160 pages. Firefly, 8x11. Paperbound. Pub. at $24.95 $8.95

**5699383 KRAV MAGA FOR BEGINNERS.** By Darren Levine et al. As the official combat system of the Israeli Defense Forces, Krav Maga has been battle-tested and has proven successful. This guide presents the system’s fundamental techniques and most useful real-world moves, as well as a comprehensive fitness program. Photos. 192 pages. Ulysses. Paperbound. Pub. at $16.95 $11.95

**6965772 PILATES BOOTCAMP.** Combining the key principles of Pilates core stability with the style of bootcamp training, this workout will give you a lithe and powerful body that can endure the everyday strains of life. Get fit and strong with these eight areas: Breathing, Pelvic Floor Muscles, and Deep Abdominal Muscles. 50 minutes. IMC. *DVD.*

**6876714 STAYING YOUNG WITH INTERVAL TRAINING.** By Joseph Tiern. Research shows that high-intensity interval training improves heart and cellular health, prevents disease and enhances athletic performance for older adults—regardless of age. With this guide you can quickly gain greater flexibility, muscle and core strength, increased energy; optimal health to live longer; and a leaner physique with fat-burning stamina. Well illus. 136 pages. Ulysses. Paperbound. Pub. at $15.95 $11.95

**6910447 THE MEN’S HEALTH HOME WORKOUT BIBLE.** By L. Schuler & M. Lamb. Includes more than 400 exercises photographed and fully described, to help you create the body you want in the space you have, gain strength with the equipment you have, and build muscles in the time you have. 434 pages. Rodale, 8x11x10¾. Paperbound. Pub. at $23.99 $7.95

**6950795 THE YOUNGER NEXT YEAR BOOK.** By C. Crowley & J. James. Here is a step by step program of simple exercises and behavioral changes that will help readers find a neutral spine, realign their core, learn healthy new ways to move and virtually eliminate back pain. Illus. in color. 250 pages. Workman. Paperbound. Pub. at $15.95 $12.95
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678622 PAIN-FREE POSTURE HANDBOOK: 40 Dynamic Easy Exercises to Look and Feel Your Best. By L. Pavilack & N. Alich. Featuring 40 fast-paced, effective routines you can do at the home, workplace and on the go, this portable guide offers expert advice; easy to follow illustrations; posture-building techniques; and breathing exercises that keep you moving properly—throughout the day.

6785697 THE ESQUIRE GUIDE TO BODYWEIGHT TRAINING. By Adam Schersten with C. Klimek. Features 75 do-anywhere exercises; three progressive fitness programs; sensible nutritional guidelines; an intro to mobility training; and mini features on using bodyweight training in life, low back support, improve your game, and more. Well illus. in color. 270 pages. Rockridge. Pap. $18.99

6712312 THE TB12 METHOD: HOW TO ACHIEVE A LIFETIME OF SUSTAINED PEAK PERFORMANCE. By Tom Brady. Discover for yourself the truism that every milestone of muscle pliability—the missing link of the traditional strength and training model of aerobic activity and weight lifting. NFL star Tom Brady introduces you to the holistic TB12 Method, along with tips and techniques to avoid an injury, the best ways to work out, staying hydrated and more. Well illus. in color. 305 pages. S&S. $24.95

4615360 HIGH PERFORMANCE VISION: HOW TO IMPROVE YOUR VISUAL ACUITY, HONE YOUR MOTOR SKILLS & UP YOUR GAME. By Donald S. Teig. For girls and boys; pro or novice athletes. Teig's tested logic for developing skills, strategies, and mental toughness also provides another advantage: good vision. Sports-vision specialist Teig shares his approach to visual enhancement. His training program can optimize your eyesight and allow you to achieve new heights of athletic success. Outlines at-home and in-office eye exercises. Illus. 155 pages. Square One Publishers. Pap. $17.95

6731554 ANATOMY OF MUSCLE BUILDING: A Trainer's Guide to Increasing Muscle Mass. By Craig Ramsay. A respected trainer guides you through the best of the best exercises for building and toning key muscle groups. Each exercise is presented with clear step by step instructions, full-color photography, and detailed anatomical illustrations that allow you to see just which muscles you are exercising. 160 pages. Firefly. 8 1/4 x 11. Pap. $24.95

6653249 ANATOMY OF STRETCHING: A Guide to Increasing Your Flexibility. By Craig Ramsay. Featuring more than 50 positions, each stretching exercise is described with a series of step-by-step instructions, full-color photography, and detailed anatomical illustrations. These routines will increase your range of motion, improve your body symmetry, and reduce the likelihood of injury. Includes info on active rest and nutrition. Well illus. in color. 214 pages. Da Capo. Pap. $16.95

3568016 THE MEN'S HEALTH BIG BOOK OF EXERCISES, REVISED. By Adam Campbell. The most comprehensive collection of exercises ever created, this workout guide is a body-shaping power tool for both beginners and longtime lifters alike. Updated and revised to include 114 new fat loss exercises; more than 40 new workouts; a "Create Your Own Workout" guide; and more. Well illus. in color. 551 pages. Rodale. Pap. $28.99

3412393 FELON FITNESS: HOW TO GET A HARD BODY WITHOUT DOING HARD TIME. By T. Teufel & W. S. Kroger. Jacked inmates and certified trainer Teufel and counselor Kroger have designed an exercise program that's guaranteed to show real results. So if you're fresh meat looking to tone up, you will be yard-ready in less than a three-month stint. illus. 214 pages. Adams Media. Pap. $19.95

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5787227 SPARTAN WARRIOR WORKOUT: Get Action-Movie Ripped in 30 Days. By Dave Randolph. In just one month, the high-intensity workouts presented can give you the jaw-dropping physique of history’s greatest soldier. This guide takes you from merely being in shape to having the strength and endurance to withstand the ultimate military trials. Includes meals and weekly training programs. illus. 158 pages. Ulysses. Pap. $15.95

589395X YOU: STAYING YOUNG WORKOUT. By Michael F. Roizen et al. Celebrity trainer Joel Harper will help you turn your body into a gym. Includes over 60 fun and free and excuse-free workouts, and Kung Fu World Champion Karl Romain boosts your vitality with a Chi-gong program that unites the mind, body, and breath. 60 minutes. Well illus. Pap. At $19.99

5935040 EVERY WOMAN’S GUIDE TO FOOT PAIN RELIEF: THE New Science of Healthy Feet. By Katy Bowman. No matter what the cause of your foot pain, this guide has the answer on how to make your feet feel better. Bowman offers an innovative set of exercises to help those suffering from bunions, hammer toes, plantar fasciitis; tight calves and lower-leg muscle pain; poor posture and alignment; and other common ailments. Illus. 180 pages. Sound View. Pap. $18.95


3426054 THE ANATOMY OF STRETCHING: A Guide to Increasing Your Flexibility. By Mark Lauren. Featuring more than 50 positions, each stretching exercise is described with a series of step-by-step instructions, full-color photography, and detailed anatomical illustrations. These routines will increase your range of motion, improve your body symmetry, and reduce the likelihood of injury. Includes info on active rest and nutrition. Well illus. in color. 214 pages. Da Capo. Pap. $24.95

5966213 TACTICAL STRENGTH: The Elite Training and Workout Plan to Build a Solid Foundation of Strength, Power, Speed and Agility. By Tom Brady. Developed by a former Navy SEAL and building upon the foundations of Special Ops fitness techniques, this guide will train you to perform up to the rigorous standards required of tactical professionals. Presents a series of workout programs specifically for women, it is the comprehensive, women's fitness guidebook. illus. 240 pages. Rodale. Pap. $19.95

693997X THE COMPLETE GUIDE TO NAVY SEAL FITNESS, THIRD EDITION. By Stewart Smith. Provides beginner, intermediate, and advanced workout routines for upper body, lower body, and ab PT, with details on self-sustained running, the swimmer stroke, pull-ups, dips, and rope-climbing methods. 201 pages. Hatherleigh. Pap. $24.95

6794270 REBOUND. By Peter Park et al. Reap the benefits of Rebound, a five-part program designed to get you back to living without limits. Learn the benefits of rebounding, an exercise that might be the root of your aches and pains, while also regaining strength and cardio fitness. Includes chapters on nutrition and soft tissue and foam roller work. Color photos. 267 pages. Da Capo. Pap. $24.95

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6943322 THE 3D BODY REVOLUTION. By Donald Driver. Featuring a guide to clean eating, twenty-five recipes targeted to caloric reduction, and illustrated 3D charts that will propel you through three customized levels, whatever your starting point, and get you the results you want. 215 pages. Harmony. Pub. at $24.95

★ 4524098 RESTORING FLEXIBILITY: A Gentle Yoga-Based Practice to Increase Mobility at Any Age. By Andrea Gilats. This guide’s safe, age-appropriate, customizable approach to yoga-based exercises is specifically designed to restore your flexibility, mobility and agility while ensuring an active life and more independent lifestyle. 137 pages. Ulysses. Paperback. Pub. at $15.95

★ 5904412 60-SECOND SWEAT: Get a Rock-Hard Body 1 Minute at a Time with High-Intensity Interval and Metabolic Resistance Training. By Dr. Marc I. Miller. Combine HIIT (High-Intensity Interval Training) with MRT (Metabolic Resistance Training) to build strength along with cardiovascular fitness in one comprehensive workout. Based on the most up-to-date principles in modern science, this guide will help you attain phenomenal and sustainable fitness one minute at a time. Fully illus., 248 pages. Reader’s Digest. Paperback. Pub. at $19.99

6823467 PUMPING IRONY: How to Build Muscle, Lose Weight, and Have the Last Laugh. By Andrew Ginsburg. A fitness expert presents a workout and diet program that helps you lose weight, build muscle, and sculpt your body. By combining extensive fitness knowledge with engaging humor, this guide makes the notion of going to the gym a fun and exciting one. Branding & photos. 216 pages. Skyhorse. PUB. AT $14.95


★ 6906281 WARRIOR CARDIO: The Revolutionary Metabolic Training System for Burning Fat, Building Muscle, and Gaining Strength. By Martin Rooney. Offers a fitness and diet program that will help you “bring out the warrior within.” Includes an easy to follow workout and diet plan that efficiently burns fat and builds muscle in less time than you ever thought possible. 401 pages. Morrow. 8/xx/11. Paperback. Pub. at $29.99

★ 6760910 WARRIOR WORKOUTS, VOLUME 1. By Stewart Smith. Designed to get you into the best shape of your life, this guide includes over 100 workouts from calisthenics to cardio, and will help you to achieve peak fitness while keeping it fresh and engaging the whole time. 160 pages. Hatherleigh. Paperbound. Pub. at $16.99

★ 6872980 WARRIOR WORKOUTS, VOLUME 2. By Stewart Smith. Features over 100 all new workouts designed to simulate the year-long periodized training of Navy SEALs and special forces. Combines core exercises and interval training for maximum results. 233 pages. Hatherleigh. Paperbound. Pub. at $15.00

★ 6690022 THE REAL HAPPY PILL: Power Up Your Brain by Moving Your Body. By Anders Hansen. Modern neuroscience has shown, more than ever, that physical exercise has extraordinary effects on our cognition. Physical activity optimizes our mental abilities and health in a way unparalleled by any drug, medication, or food supplement. With practical and concrete advice this volume will urge you to train your body and mind. Illus. in color. 171 pages. Hatherleigh. Paperbound. Pub. at $11.95

★ 6778909 COMPLETE PHYSIQUE: Your Ultimate Body Transformation. By Hollis Lance Liebman. This all-in-one 12-week program is designed to help you obtain and maintain the body you’ve always wanted. Covers every aspect of total body fitness, including peak tips for getting yourself into top condition; how to burn fat while building lean muscle; diet and nutrition information; and more. Illus. in color. 192 pages. Harper. 8/xx/10. Paperback. Pub. at $21.95

★ 6735193 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 discover what you’ve been doing wrong. Packed with step by step instructions for every movement; photographs and illustrations to demonstrate how target muscles work in each exercise, and a poster with a detailed guide to anatomy. 160 pages. Thunder Bay. Paperback. Pub. at $19.95

★ 5770335 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 foods and supplements to build muscle; and most importantly, how to have the best body in any age and size. 192 pages. Skyhorse. Pub. at $24.95

6699022 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; Bodily Balance; and Agilitiy Balance—this program reveals the importance of finding your “core center” as a pathway to health in mind and body. 46 minutes. Gaian. DVD

6895212 MUSCLE & FITNESS 360: Build Muscle, Burn Fat, and Get in the Best Shape of Your Life. Fitness-minded men have a variety of goals—from building muscle to getting stronger to leaning out. This guide has all the bases covered. With tips, strategies, and programs from the leading experts in the field of strength and condition, you have challenging and effective workouts to last for years to come. Fully illus., 215 pages. Harmony. Paperback. Pub. at $19.95

5838885 ROYDIE 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; Bodily Balance; and Agilitiy Balance—this program reveals the importance of finding your “core center” as a pathway to health in mind and body. 46 minutes. Gaian. DVD

5671232 THE HIGH INTENSITY FITNESS REVOLUTION FOR MEN: A Fast and Easy Workout with Amazing Results. By Pete Cerqua. Proposes a new, high-intensity program that has you working out smarter, not longer. Ranging from three to fifteen minutes, these little workouts will shape your body in no time, and can work for anyone from the incredibly fit to the out of shape. 135 pages. Skyhorse. Paperback. Pub. at $14.95

5888864 MARI WINSOR’S BEGINNER PILATES. Top instructor Mari Winsor shows you how to get the most out of your Pilates workouts 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 strengthening for basic Pilates moves in Pilates Power and Lengthen. 65 minutes. Gaian. DVD

★ 3631516 CORE TRAINING ANATOMY: An Insider’s Guide to Building a Strong Core. By Abigail Ellsworth. Learn a variety of exercises that have been expertly crafted to help you strengthen your core. From the top, bottom, sides, and every aspect in between, this guide will lead you to a fully functional, strong, and healthy core. 363 pages. Gaian. DVD


★ 5770335 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 foods and supplements to build muscle; and most importantly, how to have the best body in any age and size. 192 pages. Skyhorse. Pub. at $24.95

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Exercise & Fitness

6855784 PEAK PHYSIQUE: Your Total Body Transformation. By Hollis Lieber. Offering you multiple tools to achieve physical excellence, this guide features a fully illustrated, step by step progressive exercise plan of resistance training and cardio, which works whether you are male or female, novice or experienced gym-goer. Includes advice on nutrition. 160 pages. Bloomsbury, 8 x 10.

PRICE CUT to $2.95

6664199 THE ILLUSTRATED PRACTICAL ENCYCLOPEDIA OF FITNESS TRAINING. By Andy Wadsworth. Includes everything you need to know about strength and fitness training at home, and at home, from planning workouts to improving technique. Features step by step instruction and an easy to follow guide. Fully illus. in color. 256 pages. Hachette House. Paperbound. Price at $11.95

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6777840 STRENGTH TRAINING: Staying Fit & Fabulous. By Cris Caivano. This guide holds the key to feeling and looking great as you age. Whether you’re hoping to alleviate specific problems or simply attempting to maintain your fitness with tailored nutritional and exercise advice, this blend of methods from yoga, Pilates, tai chi, and other disciplines will help you achieve your goals. Well illus. 160 pages. Paperbound.

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6717519 YOGA AND BODY IMAGE: 25 Personal Stories About Beauty, Bravery & Loving Your Body. By M. Klein & A. Guest-Jelley. Twenty-five contributors—including Alanis Morissette, celebrity yoga instructor Seanee Comer and author Dr. Sara Gottfried—discuss how yoga and body intersect. Through inspiring personal stories, you’ll discover how yoga not only affects your physical health, but also how you feel about your body. 265 pages. HarperCollins. Paperbound. Price at $17.99

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BEAUTY & SKIN CARE

6899676 BRAIDS, BUNS, AND TWISTS! Step-by-Step Tutorials for 82 Fabulous Hairstyles. By Christina Butcher. Features simple how-to illustrations that take the guesswork out of styling your hair. Vivid color fashion photographs demonstrate how to tailor and accessorize each hairstyle. Butcher offers advice for different hair types and lengths plus product tips and fun variations. 192 pages.

Paperbound. Price at $19.95

6751478 NATURAL HAIR COLORING: How to Use Henna and Other Pure Herbal Pigments for Chemical-Free Beauty. By Christine Shahin. Offers special formulas for a broad range of hair colors from blonde to black, along with 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.

Paperbound. Price at $19.95

100 PERFECT HAIR DAYS. By Jenny Steinle. Learn 100 fabulous looks with this essential beauty guide from a seasoned hairstylist that includes step by step illustrations, and inspiring fashion photographs that make it easy to replicate professional-level looks at home. 192 pages. Chronicle. Paperbound. Price at $19.95

6654393 TWIST ME PRETTY BRAIDS: 45 Step-By-Step Tutorials for Beautiful, Everyday Hairstyles. By Abby Smith. Discover how to dress up your hair with these creative and exciting styles. Features instructions for beautiful braids for any occasion like the Looped Accent Braid; Pull Through Ponytail; Corset Braid; Crown Braid; and many more. Fully illus. in color. 127 pages. Ulysses. Paperbound. Price at $16.95

100 ORGANIC SKIN CARE RECIPES: Make Your Own Fresh and Fabulous Organic Beauty Products. By Felicia Price. Filled with all-natural ingredients like shea butter, essential oils, and brown sugar, each of these 100 step-by-step recipes gives you the opportunity to mix up your own beauty products, without any of the hazardous chemicals you’d find in store-bought brands. Includes: Cocoa-Spice Body Butter, Jasmine Hair Finishing Oil, Strawberry Super C Glicer, and much more. Color photos. 224 pages. Adams Media. Paperbound. Price at $17.99

RADICAL BEAUTY: How to Transform Yourself from the Inside Out. By D. Chopra & K. Snyder. Feel more beautiful, healthy, and energized than you have in years! Now a revolutionary new way of helping you realize the true beauty that is your birthright. This resource guide offers a new, exciting, practical, and holistic program to help transform you from the inside out. Chronicle. Paperbound. Price at $26.99

PIN IT! 20 Fabulous Bobby Pin Hairstyles. By Annamarie Tendler. Offers 20 unique hairstyles—including braids, buns, twists, waves, and more—that let your bobby pins steal the show. Includes easy to follow step by step instructions and tips on how to achieve the hairstyle with a bobby pin length that reveal a whole new way to style your hair. Fully illus. in color. 128 pages. Chronicle. Paperbound. Price at $14.95

FRENCH WOMEN DON’T GET FACELIFTS: The Secret of Aging with Style & Atitude. By Mireille Guilliano. With a blend of wit, no-nonsense advice, and storytelling flair, Guilliano offers a delightful and encouraging take on aging and feeling your best at any age. You won’t find the advice and inspiration she offers just anywhere: these are a French woman’s most guarded beauty and lifestyle secrets. 258 pages. Grand Central. Price at $27.99


UNRULY CURLS: How to Manage Style and Love Your Curly Hair. By Michael Price. Whether you have ringlets, waves or even kinky hair, this guide is your savior. Packed with essential tips for styling your hair from the inside out, this is a fun celebration of curly hair. Well illus. in color. 112 pages. Hardie Grant. Import. Paper bound. Price at $14.99

BOHO BRAIDS: 40 Modern, Free-Spirited Hairstyles. By H.M. Garrett & K. Finlay. Features hundreds of how-to tutorials to guide you every step of the way with accessory ideas to make the style your own. Capture the Boho spirit with these 40 DIY tutorials. 192 pages. Alpha. Paperbound. Price at $16.95

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Beauty & Skin Care

5-MINUTE HAIRSTYLES. By Jenny Strebe. With plenty of options for all hair types and lengths, it has never been so easy to try something new. 144 pages. Color photos. Paperbound. Pub. at $17.99. $5.95

★ 6718248 LOVE THOSE EYES: Alluring Eye-Makeup Looks for Every Occasion. By Sarah Jane Ellis. The 50 eye makeup looks in this beautiful volume are created for all of life's special events. The looks are divided into sections when you want to mix things up, light looks to brighten up your day and dramatic looks for turning heads. And when you want to party? Look no further—you will rock it! Well illus., in color. 256 pages. ILEX. Paperbound. Pub. at $12.99. $9.95

PRO MAKEUP: Salon Secrets of the Professionals. By Kit Spencer. Your complete guide to the techniques, beauty secrets, and tricks of the trade used by professional makeup artists. Featuring designs both timeless and timely, and filled with professional tips and expert advice for all aspects of makeup application, this is the only guide you'll ever reference you'll ever need. Pub. at $59.95. $29.95

★ 6718256 LOVE THAT HAIR: Head-Turning Styles for Every Occasion. By Hayley Mallinder. The 32 styles in this beautiful volume give you the repertoire you need to make every day a good hair day—whether you desire cute braids, frothy fratrips or fierce chignons. The author helps you to become your very own super stylist. Have fun, feel good and turn those heads! Well illus. 144 pages. ILEX. Paperbound. Pub. at $6.95. $5.95

★ 6642327 LADIES' HAIRCULT: Women's Hairstyles and Culture from 1920 to 1980. By Giulia Pivetta. Describes the evolution of female hairstyles through illustrations, vintage photos, and contemporary pictures of the most popular hairdos in fashion between 1920 and 1980. 239 pages. ORE Culture. Import. Pub. at $35.00. $24.95

500 EYE-MAKEUP DESIGNS: Inspired and Inventive Looks for Every Mood and Occasion. By Kendra Stanton. Provides hundreds of ideas for breaking out of the “neutral eye shadow with black mascara” rut. You’ll get to indulge your playful side with eye shadow looks from different eras, dramatic theatrical eye makeup that employs special effects, and even wild nature-inspired looks. Color photos. 320 pages. Fair Winds Press. Paperbound. Pub. at $24.99. $3.95


DON'T EAT THIS IF YOU'RE TAKING SUPPLEMENTS. By Madelyn & John Fernstrom. Takes the guesswork out of using supplements, vitamins, and nutraceuticals. More than 600 entries organized alphabetically by most common supplements, vitamins, and nutraceuticals. More than 7500 entries! Easy to use guide details foods that can interfere with, not against, their medications. 234 pages. Skyhorse. Paperbound. Pub. at $17.99. $9.95

APPLE CIDER VINEGAR FOR HEALTH: 100 Amazing and Unexpected Uses for Apple Cider Vinegar. By Britt Brandon. Shows you how to use the all-natural product in your daily beauty and health routine, from crafting a wholesome weight-loss tonic to giving your skin a lovely glow. Featuring step by step instructions and plenty of tips, you will discover the power of apple cider vinegar. 256 pages. Adams Media. Paperbound. Pub. at $11.99. $5.95

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★ 6899846 CURLS, CURLS, CURLS! By Samantha Harris. Features step by step tutorials for sixty fabulous styles such as a Faux Curly Bob, Twisted Chignon, trendy Halo Bun or Low Twisted Curls. Your one-stop guide to fresh and fabulous curly hair. Fully illus. in color. 192 pages. Chronicle. Paperbound. Pub. at $17.99. $9.95

★ 6718256 LOVE THAT HAIR: Head-Turning Styles for Every Occasion. By Hayley Mallinder. The 32 styles in this beautiful volume give you the repertoire you need to make every day a good hair day—whether you desire cute braids, frothy fratrips or fierce chignons. The author helps you to become your very own super stylist. Have fun, feel good and turn those heads! Well illus. 144 pages. ILEX. Paperbound. Pub. at $6.95. $5.95

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Health & Medical References

THAT: The Hidden Risks of Mixing Food and Medicine. By Madelyn & John Fernstrom. Takes the guesswork out of food and medication interactions. This easy to use guide details foods that can interfere with the action of the medication you are taking—whether taken short term or long term. Dr. Fernstrom explains exactly what foods to avoid when and why. 213 pages. Skyhorse. Paperbound. Pub. at $17.99. $4.95

THAT: The Hidden Risks of Mixing Food and Medicine. By Madelyn & John Fernstrom. The ultimate guide to food and medication interaction. Readers can easily find a medication, see what foods to avoid, and make some smart swaps. Consumers can easily personalize their healthiest eating plan to work with, not against, their medications. 234 pages. Skyhorse. Paperbound. Pub. at $24.99. $5.95

APPL E CIDER VINEG AR FOR HEALTH: 100 Amazing and Unexpected Uses for Apple Cider Vinegar. By Britt Brandon. Shows you how to use the all-natural product in your daily beauty and health routine, from crafting a wholesome weight-loss tonic to giving your skin a lovely glow. Featuring step by step instructions and plenty of tips, you will discover the power of apple cider vinegar. 128 pages. Adams Media. Paperbound. Pub. at $11.99. $4.95

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SPECIAL OPERATIONS FORCES MEDICAL HANDBOOK, SECOND EDITION. By John Albanino et al. This handbook is a product of top medical officers from the U.S. Army, Navy, Marines and Air Force, and covers everything from the first aid to field obstetrics and even veterinary medicine. Prepares you for any medical crisis, whether you're in the midst of battle, scuba diving or just lounging on a hike in the woods. 510 pages. Skyhorse. Paperbound. Pub. at $16.95. $6.95


5-MINUTE HAIRSTYLES. By Jenny Strebe. With plenty of options for all hair types and lengths, it has never been so easy to try something new. 144 pages. Color photos. Paperbound. Pub. at $17.99. $5.95

DON'T EAT THIS IF YOU'RE TAKING MEDICATIONS. By Madelyn & John Fernstrom. The ultimate guide to food and medication interaction. Readers can easily find a medication, see what foods to avoid, and make some smart swaps. Consumers can easily personalize their healthiest eating plan to work with, not against, their medications. 234 pages. Skyhorse. Paperbound. Pub. at $24.99. $5.95

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678478 THE TELOMERE EFFECT: A Revolutionary Approach to Living Younger, Healthier, Longer. By E. Blackburn & E. Epel. Reveals evidence-based approach you need to fire up your body's purification and repair processes. Takes on the well-established idea that aging is irreversible. Includes tests to assess your biological age. Also explores the four key areas: blood sugar, blood pressure, body fat, and inflammation. A healthy diet and lifestyle make all the difference. 284 pages. St. Martin's. Pub. at $26.00 $6.95

6594299 THE COMPLETE IDIOT'S GUIDE TO DETOXIFYING YOUR BODY. By Delia Quijagley. Guides you through the detox process, with tips on cleansing foods, spa baths, and more. Begins with simple tips to help you figure out when it's time to detox, and includes a 5-week, step by step program to show you through the pain and depression, and reintroduction to foods. 323 pages. Alpha. $7.95

6898745 LIGHT THERAPIES: A Complete Guide to the Healing Power of Light. By Anadi Martel. Covering the historic, scientific, and spiritual aspects of light and its role in energy medicine, Martel explores the vibrational nature of light and its role in the interaction between light, biology, and consciousness. Here he details how to use light therapy daily and get optimal benefits from sunlight. Illus. in color. 368 pages. Healing Arts. $19.95

6917425 DESIGNED TO MOVE: The Science-Based Program to Fight Sitting Disease & Enjoy Lifelong Health. By Joan Vernikos. The human body is designed to move, not stay still for hours at a time. Dr. Vernikos presents a simple, easy-to-follow, science-based movement program to help you regain your good health and stay healthy for life. Her program offers a variety of easy, low-impact exercises that can improve your strength, balance, mood, and long-term health. 126 pages. Dial Driver Books. Paperback. Pub. at $12.95 $9.95

5778719 MAGNESIUM: The Miracle Mineral. By Sandra Cabot. Magnesium is a mineral that can make a huge difference to your health, yet many people have inadequate magnesium levels in their bodies. Many different and common health problems can be blamed on magnesium deficiency. Includes tips to replace magnesium lost by simulating magnesium deficiency. 94 pages. SCB International. Paperback. Pub. at $12.00 $8.95

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6833028 HYPE: A Doctor’s Guide to Medical Myths, Exaggerated Claims, and Bad Advice—How To Tell What’s Real and What’s Not. By Nina Shapiro with K. Lobeg. An engaging and informative look at the real science behind our most puzzling health questions. Includes a clinical stop at your health. There is a lot of misinformation thrown around these days, especially online. The author distinguishes the falsehoods from the evidence backed truth and dispenses her wisdom with a definition of a “healthy life.” 284 pages. St. Martin's. Pub. at $26.99 $19.95

6912702 THE GENETICS OF HEALTH: Understand Your Genes for Better Health. By Sharon F. Paul. In a revolutionary guide to living well, Dr. Paul pinpoints the key genes that make or break your body's efforts at good health, and offers you a blueprint on how to use your newfound self-knowledge to live your healthiest life. 258 pages. Atria. Pub. at $26.00 $6.95


682886X SUSTAINABLE MEDICINE: Whistle-Blowing on 21st-Century Medical Practice. By Sarah Myhill. Based on the premise that 21st century, profit-driven Western medicine is failing to address the root causes of disease, Dr. Myhill aims to encourage people to heal themselves by addressing the underlying causes of their illness. She presents a logical progression from identifying symptoms to offering a toolbox of treatment strategies. 246 pages. Chelsea Green. Paperback. Pub. at $19.95 $15.95

5795616 THE MAGNESIUM MIRACLE, SECOND EDITION. By Carolyn Dean. Updated with the latest research, this guide explains the vital role that magnesium plays in your body and life. Discover magnesium’s amazing but largely unsung uses: lowering cholesterol, reducing the risk of heart disease, reducing pain, and depression, and combating insomnia, and more. 553 pages. Ballantine. Paperback. Pub. at $20.00 $14.95

6965148 THE GUT WELLNESS GUIDE. By A. Post & S. Cavaliere. A user friendly guide for anyone grappling with chronic pain, fatigue, gas, bloating, and other common disorders associated with the gut. Addressing a wide range of conditions, this guide presents simple ways to relieve the stress, tune into your body, and create a personalized plan to heal. 180 pages. Atlantic. Paperback. Pub. at $18.95 $13.95

6827829 THE TOxin SOLUTION. By Joseph Pizzorno. The author provides an eight-week program to detox your life. You will learn how to repair the liver, gut, and kidneys to function at maximum capacity by avoiding toxins in food, cleaning products, cosmetics, personal care items, and more by replacing these products with safe alternatives. 280 pages. HarperOne. Paperback. Pub. at $15.99 $11.95

595278X THE HUNDRED-YEAR LIE: How to Protect Yourself from the Chemicals That Are Destroying Your Health. By Randall Fitzgerald. Reveals that human beings are fast becoming one of the most pollute species on the planet, as your body has become so toxic that you would never pass an FDA inspection. The author shatters dozens of myths perpetrated by the chemical, pharmaceutical, and processed food industries. 292 pages. Plume. Paperback. Pub. at $18.00 $11.95

5981875 FUNCTIONAL ANATOMY OF THE PELVIS AND THE SACROILIAC JOINT: A Practical Guide. By John Gibbons. A step by step guide to assessing the pelvic and sacroiliac joint, exploring all aspects of this crucial area, and providing detailed information about how to recognize pain and dysfunctional patterns. Includes osteopathic examination methods to identify and correct impaired patterns, as well as functional exercises that promote recovery. Well illus. in color. 286 pages. North Atlantic. 8 1/4x10. Paperback. Pub. at $34.95 $26.95


6551270 EMT-BASIC EXAM REVIEW, THIRD EDITION. By Peter A. DiPrima, Jr. An indispensable study guide to help you think through pre-hospital medicine while covering every topic you must know and scored 95% on the examination. Includes a complete review by a bulletted overview of key topics in each chapter; valuable exam preparation tips; and a 150 question practice exam. Everything you need to boost your test score. Illus. 412 pages. McGraw-Hill. Paperback. Pub. at $39.00 $12.95

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6622514 The Everything Guide to Hashimoto’s Thyroiditis. By Aimee McNew. Discover the causes and symptoms of this autoimmune condition that links gut health and thyroid health, and learn what foods can help improve your condition. Includes meal plans, 200 nutritious recipes, and easy tips for detoxification. Adams Media. Paperback. Pub. at $18.99 $5.95

6359566 The Merck Manual Go-To Home Guide for Symptoms. Ed. by R.S. Porter & J.L. Kaplan. From the publishers of the world’s bestselling health references comes this comprehensive resource providing a detailed look at common symptoms, from abdominal pain to headache, itching, wheezing, and more. 509 pages. Merck. Paperback. Pub. at $17.95 $12.95

6934111 No One Cares About Crazy People: The Chaos and Heartbreak of Mental Health in America. By Ron Powers. Braided into this vivid social history is the moving saga of Powers’s own family—his bright and buoyant sons, Kevin and Dean, both of whom struggled mightily with schizophrenia, and his wife Honoree Fleming whose knowledge of human biology and loving maternal instincts proved inadequate against schizophrenia’s hellish power. 360 pages. Hachette. Pub. at $28.00 $6.95

6949320 The Cellulite Myth: It’s Not Fat. It’s Fascia. By Ashley Black with J. Hunt. Unveils never-before-known secrets to obtain a healthier and younger body with women of all ages. Includes personal health history. Ninety percent of all women struggle with cellulite, but with this guide you will discover a radical paradigm shift in health and beauty. Illus. 224 pages. Post Hill. Paperback. Pub. at $17.95 $12.95

6888216 The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally. By Jason Fung. Writing in clear persuasive language Dr. Fung explains why conventional treatments that rely on insulin or other blood glucose lowering drugs can actually exacerbate the problem leading to significant weight gain and even heart disease. Here he explains the proper diet and lifestyle interventions that put you in charge! 265 pages. GreyStone. Paperback Import. Pub. at $18.95 $13.95


6824250 Overcoming Cancer: The Most Powerful Tools for Fighting Cancer. By Gary Null. Explores and explains the alternative treatments that most mainstream doctors will never discuss with their patients. Dr. Null shares his five most powerful tools for fighting cancer—tumors and foods to avoid and foods to eat for prevention. 223 pages. Skyhorse. Paperback. Pub. at $17.99 $5.95


6863957 What You Must Know About Age-Related Macular Degeneration. By J. Anciel & L. Stevens. A comprehensive guide on AMD that includes detailed information about the eyes, how AMD develops and the common risk factors, which foods contribute to eye health and which can damage your vision; and recommendations for lifestyle changes. 274 pages. Square One Publishers. Paperback. Pub. at $17.95 $12.95


6961351 If Our Bodies Could Talk: A Guide to Preventing Cataracts. By J. Anshel & L. Stevens. A comprehensive guide on eye health and which can damage your vision; and about how AMD develops and the most common risk factors; which foods contribute to eye health and which can damage your vision; and about how AMD develops and the common risk factors, which foods contribute to eye health and which can damage your vision; and recommendations for lifestyle changes. 274 pages. Square One Publishers. Paperback. Pub. at $17.95 $12.95


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