
August 16, 2019

**Healthy Living Bargain Books**

**Dvd 3666329 OM Yoga & Meditation Workshop.** By C. Lee & D. Nichtem. This package offers everything you need to practice yoga and meditation at home as a path toward cultivating a more wakeful and compassionate existence. Includes a DVD with yoga and 5 meditation sessions, each about fifteen minutes, a music CD, and a booklet explaining OM yoga and meditation. Dharma Moon. Pub. at $24.98 $3.95

**2781131 Unmentionable: The Victorian Lady's Guide to Sex, Marriage, and Manners.** By Therese Oneill. Your guide to the secrets of life as a Victorian lady, giving you detailed advice on how to maintain your youth, how to please your husband, and how to manage your monthly unwellness, and much more. A scandalously honest and humorous guide to the secrets of a Victorian womanhood. Illus. 307 pages. Little, Brown. Pub. at $25.00

**2911582 The Everything Guide to Lyme Disease.** By Rafael Tokarz. If you’re suffering from Lyme disease, you need clear, easy to understand information. Written by a leading expert in infectious diseases, this is a comprehensive resource for living with Lyme disease. Learn about all aspects of the disease, how to prevent it, and how to find the best medical care. 256 pages. Adams Media. Paperbound. Pub. at $18.99 $4.95

**285171 How to Fake Real Beauty.** By Rany Calm. The power of makeup goes a long way toward helping you fake anything: a clean complexion; fuller lips; brighter eyes; whatever you want! The makeup guru shares his secrets to enhancing a woman’s natural beauty while “faking” what she doesn’t have. Fully illus. in color. 151 pages. Running Press. Paperbound. Pub. at $19.00

**2845992 Reboot Your Brain.** By Gary Null. This study shows how memory loss, depression, anxiety, dementia, and other mental conditions can be reversed without drugs. Null describes each condition and prescribes the appropriate mix of diet, exercise, lifestyle modifications, and nutritional supplements to restore maximum mental health. 450 pages. Skyhorse. Paperbound. Pub. at $17.99 $4.95

**6669263 The Test Book.** By M. Krogerus & R. Ischappelet. This collection of 64 of the world’s most useful evaluation tests offers a quick, fun way to figure yourself out. From describing a Rorschach ink blot to seeing how our workout stacks up against a Navy SEALs, you’ll analyze every trait you need to thrive, and you’ll discover skills you never knew you had. 195 pages. Norton. Pub. at $17.95 $5.95

**6661601 Don’t Eat This If You’re Taking That: The Hidden Risks of Mixing Food and Medicine.** By Madelyn & John Fernstrom. Takes the mystery 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 for short or long term. Dr. Fernstrom explains exactly what foods to avoid when and why. 213 pages. Skyhorse. Paperbound. Pub. at $17.99 $4.95

**2902750 Wishes Won’t Bring Riches.** By Napoleon Hill. When making a plan, the application of faith, enthusiasm, and the action you take to implement it are the three keys to achieving your goals. In this concise yet comprehensive guide, Hill will teach you how to transform belief into action and faith into real-life plans. 284 pages. TarcherPerigee. Paperbound. Pub. at $16.00 $4.95

**2863790 Brain Tingles.** By Craig Richard. With this guide, it’s now possible to stimulate and share those feel good tingles known as ASM (autonomous sensory meridian response) for life. No special training or fancy equipment required. You’ll learn the most common auditory, visual, and tactile triggers—and the result? Calm! 239 pages. Adams Media. Paperbound. Pub. at $16.99 $5.95

**2910047 Life Lessons from the Oldest & Wisest.** By David Romanelli. This title is packed with unexpected and unforgettable advice from elders all around us! The author is on a journey to meet and listen to the stories of elder Americans who have seen and lived it all! We are reminded that the elders’ history and wisdom are our most precious resources. Let us cherish them, before it’s too late. 168 pages. Skyhorse. Pub. at $15.99 $5.95

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Current titles are marked with

**Nutrition & Weight Management**


**297625 THE SUPER METABOLISM DIET** by D. Zinczenko & K. Mayo. Whether you want to improve your body, your health, or your energy levels, this guide can help you become your happiest and healthiest self. And all it takes is fourteen days. The key to it is firing up your metabolism. The author reveals the ground breaking new secrets that will help you lose up to a pound a day and stay lean for life. Illus. 261 pages. Ballantine. Pub. at $28.00 $5.95

**295953 THE THYROID DIET: Manage Your Metabolism for Lasting Weight Loss.** By Mary J. Sherman. Identifies the many frustrating impediments to weight loss, and offers solutions for each—and alternative—to help. Aids many previously unsuccessful dieters in getting diagnosed and treated, and posts that proper thyroid treatment might be the key to lasting weight loss. 364 pages. Harper. Paperbound. Pub. at $15.99 $9.95

**2804425 JUMP START KETOGENS:** Intermittent Fasting for Burning Fat and Losing Weight. By Kristen Mancinelli. Intermittent fasting will put your body into a state of ketosis where it burns fat for energy. It’s a very safe way to lose body fat while retaining muscle. Details how to start intermittent fasting, and offers practical advice on how to integrate it into your life. 202 pages. Lyons. Paperbound. Pub. at $14.95 $11.95

**6824933 BUDDHA’S DIET.** By T. Cotterell & D. Zimmerman. This groundbreaking book conforms what Buddha knew all along. It’s not what you eat that’s important, it’s when you eat. You just have to follow a few guidelines that Buddha provided and are illuminated in this volume, and you will feel better, stop obsessing about food—and lose weight. 240 pages. Running Press. Pub. at $16.95 $4.95

**2858916 THE DNA RESTORE.** By Sharon Moalem. The author turns traditional dietary advice on its head with groundbreaking research that demonstrates that we can require different diets tailored to our own unique genes. It provides a step by step guide to the diet and lifestyle perfect for your genetic makeup. This volume is certain to change how we view our diets, health, and longevity. 271 pages. Rodale. Pub. at $26.99 $9.95

- 2845849 TIGHTEN YOUR TUMMY in 2 WEEKS.** By Ellington Darden. This five-step system for flat-tummy success is based on a scientific formula tested on two panels of women at Gainesville Health & Fitness. They include a carbohydrate-rich eating plan; two 30-minute exercise sessions a week; extra rest at night and a nap during the day; superhydration, and a tummy-tightening trick called inner-abs vacuum, performed twice before bed. Illus. 238 pages. Rodale. Pub. at $26.99 $4.95

**6913377 THE ALKALINE BALANCE DIET, REVISED EDITION.** By Felicia Drury Kliment. Promotes a sensible food-combination program along with alternative therapies to balance the positively and negatively charged particles in the body. This plan can be used to cure a wide range of medical problems including arthritis, heart disease, lung disorders, obesity, and more. 242 pages. Mary Kay Hill. Paperbound. Pub. at $16.95 $9.95

**2905809 THE ALL-DAY FAT-BURNING DIET.** By Yuri Elkaim. Presents Elkaim’s unique 5-day Food-Cycling Formula, setting your metabolism up to lose up to five pounds a week. Based on a blend of nutritional expertise, fitness experience, and cutting-edge research, this four-pronged approach features: the cycling of calories and carbs; a food plan that reduces fat; a unique way to exercise; and a method to improve the body’s ability to repair. Illus. 316 pages. Rodale. Pub. at $26.99 $4.95

**2858746 ALWAYS EAT DESSERT: And 6 More Weight Loss and Lifestyle Habits I Learned in the Convent.** By Mary Lou Reid. The key to losing weight is to make your eating plan your own. My Convent Diet is neither trendy nor a magic bullet, and for most it takes some trial and error, but it works! The secret is not to diet, but to change your way of looking at food. Illus. 203 pages. Post Hill. Paperbound. Pub. at $16.99 $4.95

**2827220 THE WELL PATH: Lose 20 Pounds, Reverse the Aging Process, Change Your Life.** By Jane Hazel. Dr. Hazel shows how, through holistic plan that has changed the lives of thousands of women, helping them to lose weight and look and feel younger. Her sixty-day C.H.A.N.G.E. regiment, introduced in this volume, is a series of small steps that may be easily integrated into daily life. 294 pages. Harper. Pub. at $27.99 $4.95


**2891777 EAT LESS: The Easiest Way to Lose Weight and Keep it off for Life.** By Jeremy Jackson-Sytnir et al. If you’re overweight or just eat too much, you’ll want to devour this guide. Informative and motivational, this title offers practical advice on the life changing benefits that simply eating less food and the right food can bring. Illus. 96 pages. Urban. Paperback. Pub. at $14.95 $11.95

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The author of *Rewire Your Brain, Stop Weight Gain, and

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the essentails you need to live happier, leaner, and more muscular for the rest of your life. Take

Look at Our #1 National Addiction.

Take 200 Pounds in 5 Days by Eating the Foods You Love.

Gary Taubes. A groundbreaking expose that makes the convincing case that sugar is the tobacco of the new phenomenon: backed by powerful lobbies, entrenched in our lives, and making us very sick. 365 pages. Anchor. Paperbound. Pub. at $15.00

A CONSUMER’S DICTIONARY OF FOOD ADDITIVES, REVISED 7TH EDITION. by Ruth Winter. Gives you the facts about the safety and side effects of more than 12,000 ingredients, such as preservatives, food tainting pesticides, and animal products. This Part III and end up in food and as a result of processing and curing, including more than 650 new chemicals now commonly used. 595 pages. Three Rivers. Paperbound. Pub. at $17.95 $12.95

2802583 BRAIN-POWERED WEIGHT LOSS. by Eliza Kingford with D. Yost. Kingford takes you on a 11-step weight-loss journey that will show you why you can’t lose weight, and the psychological eating triggers that persuade you to overeat. You will finally be able to end yo-yo dieting and become a Long-Term Weight Controller. 232 pages. Rodale. Pub. at $26.99 $5.95

2839849 25 DAYS: A PROVEN PROGRAM to Drop Four Brain, Brain Fat Gain, and Finally Crush the Habits You Hate--Forever. by Drew Logan with M. Murphy. The author outlines a unique, multifaceted approach that helps you rewrite your neurological pattern, what lies underneath those habits that get in your way, so that the brain’s neural pathways, biochemistry, and hormones work together effectively. It is one of the easiest diets to follow, this guide will show how to lose weight and

2870070 THE CASE AGAINST SUGAR. by Gary Taubes. A groundbreaking expose that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. 365 pages. Anchor. Paperbound. Pub. at $15.00

2876399 THE CASE AGAINST SUGAR, Revised and Updated. by Gary Taubes. From the author of Why We Get Fat comes a groundbreaking and urgent expose that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. 365 pages. Anchor. Paperbound. Pub. at $19.75

2793075 FAST FOOD GENOCIDE: How Processed Food Is Killing Us and What We Can Do About It. by Joel Fuhrman with R.B. Phillips. A nutritional researcher and leading voice in the health field explains why the problem of poor nutrition is deeper, more serious, and more pervasive than anyone imagined, and reveals the solution that’s been hiding in plain sight: a nutrient-dense, healthful diet that can save lives. 235 pages. Rodale. Paperbound. Pub. at $11.95

2081728 THE JUICE DIET. by Christie Bailey. There are over 100 juices and smoothies that offer

2080851 THE ENNEAGRAM OF EATING: How the 9 Personality Types Influence Your Food, Diet, and Exercise Choices. by Ann Gadd. This well-known Enneagram system of personality types offers insight into your personal approach to eating and exercise. Gadd reveals for each of the nine types: the emotional eating triggers; what exercise regime will inspire rather than fear; why we ethernet too much and whether we fall and yield to willpower or craftsmanship. 256 pages. Bantam. Paperbound. Pub. at $14.95 $3.95

2870240 BECOMING AGELESS: The Four Secrets to Looking and Feeling Younger Than Ever. by Strauss Zeilnick with Z. Zeiliger. This science-backed three-month plan will give you the essentials you need to look and feel younger, leaner, and healthier. It is a comprehensive look at the rest of your life inventory of what you want out of life: learn to work off illness; develop inner peace and stronger bonds with friends and family; and melt the pounds away by eating deliciously focused on low-carb fast and furious workouts. Illus. 239 pages. Galvanized. Pub. at $26.00 $19.95

6899752 COMPLETE FAMILY NUTRITION. By Jane Clarke. Offers clear, practical, and positive advice that you can trust on the questions so many parents ask. Learn which key nutrients growing children need and how to achieve a healthy weight and what the difference between food allergy and food intolerance is. Clarke gives tried and tested tips for small changes that can make a big difference. Illus. in color-256 pages. Hachette. Paperbound. Pub. at $15.99 $2.95


2896214 EAT RIGHT FOR YOUR SHAPE. by Lee Holmes. By identifying your unique body type, or doshka, and keeping it in balance, you’ll find the key to maintaining your weight and overall health. An extensive introductory section to Ayurveda, the Indian healing system; features, profiles, doshka-specific foods, and meal plans as well as yoga exercises illustrated with step by step photos, and 120 recipes. 272 pages. Fair Winds. Paperbound. Pub. at $21.95

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2704620 THE GIANT GENOCIDE: How Processed Foods Are Killing You. by Gary Taubes. A groundbreaking expose that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. 365 pages. Anchor. Paperbound. Pub. at $19.75

2782313X EAT REA L TO HEAL: Using Food as Medicine to Reverse Chronic Diseases from Diabetes, Arthritis to Cancer and More. By Nicolette Richer. Shows you the organic, plant-based foods you should be eating to fortify and detoxify. Focusing on diet, nutrition, detoxification, and self-awareness, this guide teaches you how to power up your immune system to fight chronic diseases and even cancer. 199 pages. Mango. Paperbound. Pub. at $18.99 $13.95

1874020 THE BIGGEST LOSER COMPLETE CALORIE COUNTER. By Cheryl Forberg et al. Millions of viewers have been inspired to change their lives through the transformations on The Biggest Loser, and you can too. This guide provides calorie measurements and full nutritional analysis for more than 5,000 foods. 226 pages. Rodale. Paperbound. Pub. at $18.00

2835386 CHOLESTEROL CURES, REVISED: The Breakthrough Menu Plan to Slash Cholesterol. By the eds. of Rodale Health Books. Specific foods and nutritional supplements, along with certain physical activity, lifestyle factors, have a direct correlation to healthy cholesterol levels. By implementing them with this plan, you may be able to lower your cholesterol without drugs—safely, effectively and

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5825717 THE FOUND A DAY DIET: Lose Up to 5 Pounds in 5 Days by Eating the Foods You Love. By Rocco DiSpirito. Rewrites every carb, fat, and calorie rule in the book! The 28-day program offered is

4291838 THE COMPLETE GUIDE TO LOW-CARB DRINKS. by Thomas L. Campbell III. A comprehensive guide to low-carb drinks and non-carb beverages, with over 100 drinks and smoothies to choose from. Illus. 130 pages. Rodale. Paperbound. Pub. at $18.95 $9.95

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Exercise & Fitness

★ 2943646 YOGA FOR EVERYONE: 50 Poses for Every Type of Body. By Dianne Bondy. No matter how you look, or what you feel like you can do yoga. This renowned teacher has modified fifty popular yoga poses for those who are big, small, pregnant, elderly or with disabilities, to help you enjoy practicing yoga. Full illus. in color. 236 pages. Alpha. Paperback. Pub. at $19.99 $14.95

★ 5844231 THE MENS 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 Program” guide and more. Well illus. and color. 551 pages. Rodale. Paperback. Pub. at $26.99 $19.95

★ 6921233 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. Includes 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. Thunder Bay. Paperback. Pub. at $14.99 $11.95

★ 6731554 ANATOMY OF MUSCLE BUILDING: A Trainer’s Guide to Increasing Muscle Mass. By Craig Ramsay. A respected trainer guides you through some 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. 8½x11. Paperback. Pub. at $24.95 $19.95

★ 6921124 CORE TRAINING ANATOMY. By Abigail Ellsworth. Learn which muscles make up your core, how they all work together, and how to learn a wide variety of exercises that both stabilize and strengthen these important muscles. Full-color photographs and step by step illustrations demonstrate how target muscles work in each exercise. Includes sample workouts and a full-color poster with a detailed guide to anatomy. 160 pages. Thunder Bay. Paperback. Pub. at $14.99 $11.95

★ 2840782 CARDIO CORE 4X4: The 20-Minute, No-Gym Workout That Will Transform Your Body. By J. Cardiello & P. Williams. A fun, effective strength and cardio workout, this program blends elements of Pilates, yoga, boxing, wrestling, martial arts—even break dancing. And there is no equipment required, so you can train anywhere, anytime. In just twenty minutes a day, you can transform your body in as little as 5 weeks. Illus. in color. 228 pages. Rodale. Paperback. Pub. at $21.99 $16.95

★ 2975582 JUST YOUR TYPE: The Ultimate Guide to Eating and Training Right for Your Body Type. By Phil Catudal with S. Colino. The author explains you can not only lose weight, but also improve your body type and do the optimal combination of cardio, strength training, and flexibility exercises and consume the right proportion of macro nutrients for your physique. This guide helps anyone create an individualized workout that’s tailored to their body type and composition. 223 pages. Rodale. Paperback. Pub. at $18.99 $13.95

★ 6938857 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 military operations and mission related activities. Topics include running for fitness, calisthenics, nutritional considerations for endurance activities, and many more. 496 pages. Simon & Schuster. Paperback. Pub. at $18.99 $13.95

★ 2845547 DR. JORDAN METZL’S WORKOUT PRESCRIPTION. With M. Zimmerman. Learn how to do high-intensity workouts in just 30 minutes a day with Dr. Metzl’s plan. Ranging from 15 to 30 minutes, there are routines anywhere, using minimal equipment. This plan delivers maximum results in minimum time and is equally effective for men and women, children and aged. Fully illus. in color. 273 pages. Rodale. Paperback. Pub. at $24.99 $4.95

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★ 5935040 EVERY WOMAN’S GUIDE TO FOOT PAIN RELIEF: The New Science of Healthy Feet. By Katy Bowman. No matter what the cause of your foot pain, this guide has the answer on how to feel your feet 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 many common lemon ailments. Illus. 180 pages. BenBella. Paperback. Pub. at $16.95 $12.95

★ 6637248 ANATOMY OF STRETCHING: A Guide to Increasing Your Flexibility. By Craig Ramsay. Former Broadway dancer Craig Ramsay guides you through a “Stretching Session” which targets all of the major muscle groups. Includes a full-color poster of the “Quick Stretch Program” for those who don’t have time for a full session. Special sections include expectant mothers, runners, and the office. Fully illus. in color. 160 pages. Thunder Bay. Paperback. Pub. at $14.99 $11.95

★ 4815360 HIGH PERFORMANCE VISION: How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game. By Donald S. Teig. In addition their physical skills, most athletes also possess another advantage: good vision. Sports-vision specialist Teig shares his approach to visual enhancement. His training program can optimize your eyesight and help you achieve maximum athletic success. Outlines exercises that keep you moving—properly—throughout the day. 162 pages. Althea. Paperback. Pub. at $15.99 $11.95

★ 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 new, firmer, younger core, learn healthy new ways to move and virtually eliminate back pain. Illus. in color. 250 pages. Workman. Paperback. Pub. at $15.95 $12.95

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★ 6855784 PEAK PHYSIQUE: Your Total Body Transformation. By Hollis Lieberman. Offering you multiple tools to achieve physical excellence, this guide features a fully illustrated, step by step progressive exercise program for improving your cardio, which works whether you are male or female, novice or experienced gym-goer. Includes advice on nutrition. 160 pages. Bloombury. &10. Paperback. Pub. at $19.95 $2.95

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Includes step-by-step instructions for all key poses, floor-based and twisting techniques, back bending, balances and inversions. It is an around mind-body workout that will leave you energized, relaxed, toned and just generally feeling great. Fully illus. 144 pages. Penguin. Trade. Pub. at $15.99

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By Andrew Ginsburg. A fitness expert presents a workout and diet program that helps you lose weight, build muscle, and sculpt a unique body. By combining extensive knowledge of physiology with engaging writing, this guide makes the notion of going to the gym a fun and exciting one. Drawings and photos. 210 pages. Skyhorse. Paperback. Pub. at $16.99

$2.95

The Body Revolution.

By Donald Driver. Featuring a guide to clean eating, twenty-five recipes targeted to caloric needs, and illustrated exercises, this volume will propel you through three customized levels, whatever your starting point, and get you the results you want. Includes step by step instructions for all key poses, and photos. 267 pages. Da Capo. Paperback. Pub. at $24.99

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By Andre Martens. Go ahead and turn a few heads with these stunning hairstyles! Includes 50 gorgeous “do’s” from boho braids to chic chignons, with detailed step by step photographs and instructions that show you how to create every look with ease. 143 pages. Dorling Kindersley. Pub. at $15.00

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The Big Book of Braiding.

By Peter Hagelstein et al. Inside this guide are step by step photographs and instructions on how to create more than fifty different braids, from the Dutch braid and fishtail to the feather braid and ladder, as well as modern takes on such classics as the French braid and the side braid. Gives you everything to create hair style. Photos. 208 pages. Paperbound. Pub. at $19.99

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Hairstyled: 75 Ways to Braid, Pin & Accessorize Your Hair.

By Anne Thomieux. Your guide to gorgeous hair every day. You don’t need to be a professional to have showstopping hair. Photos. 275 deceptively simple techniques for creating your favorite high fashion hairstyles. Chapters dedicated to a variety of hair lengths help you update your look with confidence. Photos. 208 pages. Crown. Paperback. Pub. at $19.99

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PURE SKIN: Discover the Japanese Ritual of Glowing.

By Victoria Tsai. Shares generations-old, time-tested Japanese skin care traditions that you can use...
Health & Medical References


★ 2858835 BODYWISE. By Rachel Carlton Abrams. Shares her integrative program, used with thousands of patients in her clinic, for healing the body both physically and emotionally. Also explains how you can evaluate your own body wisdom, including stress, sleep, libido, pain, anxiety and depression, plus allergies and autoimmune issues. 268 pages. Rodale. Pub. at $22.99 $15.95

★ 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 $9.95


★ 5919192 THE LONGEVITY PARADOX: How to Die Young at a Ripe Old Age. By Steven R. Gundry. A cutting-edge plan for living a long healthy life by a world-renowned cardiac surgeon. Dr. Gundry outlines a lifestyle plan to improve gut health and keep you-bidding with vitality for decades to come. With actionable advice from everything from diet to cognitive health to skin care to fitness, he arms readers with the tools to prevent and reverse disease. 373 pages. HarperWave. Pub. at $28.99 $21.95


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