
August 16, 2019

**Healthy Living Bargain Books**

**OUR GUARANTEE**
You must be satisfied with any item purchased from this catalog or return it within 60 days for a full refund. No questions asked.

All items are new, and all books are hardbound unless marked otherwise. Shipment is normally within 48 hours. Some items may be temporarily out of stock, in which case a second shipment will be made, normally in 14 days, but in no case later than 60 days. Most items are in limited supply and at these prices may sell out fast. If any item is sold out your money will be refunded by bank check.

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**3686329 OM YOGA & MEDITATION WORKSHOP**
By C. Lee & D. Nichter. 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 4 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

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**6689263 THE TEST BOOK**
By M. Krogerus & R. Tischmueller. 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 your 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

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**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 life as a Victorian womanhood. Illus. 307 pages. Little, Brown. Pub. at $25.00

$6.95

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**2911582 THE EVERYTHING GUIDE TO LYME DISEASE**
By Ratal 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. Paperback. Pub. at $18.99

$4.95

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**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. 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. Paperback. Pub. at $17.99

$4.95

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**2901047 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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**2925171 HOW TO FAKE REAL BEAUTY**
By Ramy Gafni. 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. $4.95

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**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. Paperback. Pub. at $17.99

$4.95

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**2962756 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. Paperback. Pub. at $16.00

$4.95

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**2845592 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. Paperback. Pub. at $19.00

$5.95

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**2825066 BOOKS & WISDOM**
By C. Lee & D. Nichter. 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

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**2802978 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. Paperback. Pub. at $17.99

$4.95

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**6861601 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. Paperback. Pub. at $17.99

$4.95

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**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

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**Nutrition & Weight Management**

**LIMITED QUANTITY 2946936 THE CARB SENSITIVITY PROGRAM.** By Natasha Turner. A naturopathic doctor shares a remarkable discovery, revealing which carbs pack on the pounds and which actually help you lose weight. Her new carb rehab program will repair your metabolism so you can eat carbs again—without gaining weight. Includes recipes. 472 pages. Rodale. Paperbound. Pub. at $17.99 $9.95

**2979625 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 fittest and healthiest self. And all it takes is fourteen days. The key to developing 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

**2959593 THE THYROID DIET: Manage Your Metabolism for Lasting Weight Loss.** By Mary J. Shonron. Identifies the many frustrating impediments to weight loss and offers practical 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 losing weight. 364 pages. Harper. Paperbound. Pub. at $15.99 $9.95

**2840425 JUMP START KETOSES: 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 the research into 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

**6824335 BUDDHA'S DIET.** By T. Cottrell & D. Zimmerman. Modern science confirms what Buddha knew all along. It's not what you eat that's important, it's when you eat. You just have to follow a few guidelines that Buddha provided and are illustrated 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

**2859116 THE DNA RESTART.** 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 $5.95

**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 ‘crunch-abs’, performed twice before bedtime. Illus. 316 pages. Rodale. Pub. at $26.99 $4.95

**6913377 THE ALKALINE BALANCE DIET, REVISED EDITION.** By Felicia Drury Kliment. Promotes a sensitive 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 Ballantine. 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 $5.95

**2858746 ALWAYS EAT DESSERT: And 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 Hesselt. Dr. Hesselt shares her proven, 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. regimen, introduced in this volume, is a series of small steps that may be easily integrated into daily life. 294 pages. Harper. Pub. at $27.99 $4.95


**2981777 EAT LESS: The Easiest Way to Lose Weight and Keep it off for Life.** By Jeremy Jackson-Synter 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. 152 pages. Urban & Schwarzenegger. Pub. at $14.95 $11.95

Current titles are marked with **.**
Healthy Cooking & Special Diets

2859971 FLAT BELLY BREAKTHROUGH: Lose up to 10 Pounds in 14 Days. By Ellington Darden. A revolutionary shape-up program that targets the stubborn tummy rolls, thick thighs, and saggy butts. Using tricks like negative-accentuated exercise, the inner-abs vacuum, super-contraction and trick eversion walks; more sleep; and a diet plan with built-in portion control, you’ll see and feel a tighter belly in two weeks. Photos. 270 pages. Rodale. Pub. at $25.99

2850090 GOOD CLEAN FOOD: Shopping Smart to Avoid GMOs, rBGH, and Products That May Cause Cancer and Other Diseases. By S. Epstein & B. Leibson. Between GMOs, hormones, and pesticides, it sometimes feels like our food has become so artificial that shopping smart is impossible. This practical, positive guide provides all of the information you need to make healthy food choices for you and your family. Photos. 166 pages. Skyhorse. Pub. at $24.95

2845245 THE EVERYTHING GUIDE TO SPICES FOR HEALTH. By Michelle Robison-Garth. This guide will show you the benefits of dozens of herbs and spices which have long been celebrated for their antioxidant and anti-inflammatory properties. Health boosting recipes like, Szechwan Pepper Chicken & Noodle Soup, and Spiced Coconut & Date Bliss Balls, offer ways to promote overall wellness. 288 pages. Adams Media. Paperbound. Pub. at $4.95

2931745 THE ULTIMATE PH SOLUTION: Balance Your Body Chemistry to Prevent Disease and Lose Weight. By Michelle Scholtoff Cook. Discover how to control the level of acid in your body and reclaim your health with the simple, step by step program laid out here. Includes real life success stories and shows how you have the power to make healthy weight by balancing their pH levels, 202 pages. Collins. Paperbound. Pub. at $14.99

283149X DIABETIC EATING LIVE SMART, LOSE WEIGHT. Ed. by Anne Ficklen. Features more than 190 carb-counted recipes, pointers for making a pita and cooking with it, learn how to portion meals with tips on how to fill your plate, five days of complete meal plans, exercises and stretches that get you moving no matter your fitness level, and balanced nutrition models that teach you how to eat all-day long. 230 pages. color. 252 pages. HVMH. Paperbound. Pub. at $19.99

2918870 THE NEW FAT FLUSH DIET. By Ann Louise Gittleman. Contains the very latest cutting-edge diet and detox revelations about the most highly revered superfoods; from your favorite kombucha from a microbial perspective, will be anxious to try. In addition you will discover expanded eating and storage tips and fresh Paleo, Ketogenic, vegan, and gluten-free options. 256 pages. McGraw-Hill. Paperbound. Pub. at $18.00

2851903 LEMONS ARE A GIRL’S BEST FRIEND: 60 Superfood Recipes to Look and Feel Your Best. By Janet Hayward. Collected here are 30 superfoods highlighted for their healing properties, each with an easy to make beauty treatment for a healthy glow, and 30 lemon recipes that nourishes from the inside. 128 pages. Clarkson Potter. Pub. at $12.99

2875268 BALLERINA BODY: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You. By Misty Copeland. In her first health and fitness guide, Copeland shows you how to find the motivation to get healthier and stronger, and how to refine the body you were born with to be lean and flexible, with step by step advice, meal plans, workout routines, and words of inspiration by fellow illus., many in color. 226 pages. Grand Central. Pub. at $30.00

2237722 NOURISHING FARMS: 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 infirmity, improving mood, and relieving chronic disease and allergies. She features easy solutions in the form of some delicious recipes, for adding these essential fats back into your diet. Celebrate the return of egg yolks and butter back into your diet! 256 pages. Grand Central. Paperbound. Pub. at $24.99

2855777 ACADEMY OF NUTRITION AND DIETETICS COMPLETE FOOD & NUTRITION GUIDE, 5TH EDITION. By Roberta L. Duyff. Comprehensive and easy to use, this edition is packed with flexible guidelines, real world tips, and simplified charts. It’s not just for health professionals, but anyone who wants to make informed, appealing food and beverage choices that personalize your own path to healthy eating and active living. 802 pages. HMH. Paperbound. Pub. at $30.00

1878581 THE COCONUT OIL MIRACLE, 5TH EDITION. By Bruce Fife. Learn how to use coconut oil to lose weight, beautify skin and hair; prevent heart disease, cancer, and diabetes; strengthen the immune system; and more. Includes 50 delicious recipes. 286 pages. Averey. Paperbound. Pub. at $18.00

2836550 THE COMPLETE IDIOT’S GUIDE TO FLOUR-FREE EATING. By K.W. Benkowitz & S.W. James. Forget the flour! Packed with alternative choices at more than 125 flour-free recipes for everything from breakfast to dessert, this helpful guide gives you the tools you need to kick out the flour and make room for more healthy food choices. 263 pages. Alpha. Paperbound. Pub. at $15.95

2956690 THE COMPLETE GUIDE TO FOODS THAT HARM, FOODS THAT HEAL: Health Guide and Cookbook. This easy to use guide includes specific recipes to try and additional tips on what, how, and when to eat to maximize the healing benefits of your meals. Includes 250 different foods; one hundred health conditions; 250 delicious recipes; meal plans for one hundred ailments; and an all-new overview of nutrition and food safety. Illus. in color. 372 pages. Reader’s Digest. 8x10¼. Pub. at $18.95

6949452 FLAT FOOD, FLAT STOMACH: The Law of Subtraction. By Paul Shavetion & C. Carlota. Take the journey of one man’s quest for washboard abs and learn the simple steps you can take for a more flattering you. With a shift in thinking, and with simple food choices and easy exercises, you can transform the way you think about food and flatness. 253 pages. Post Hill. Paperbound. Pub. at $16.00

6753219 DEEP NUTRITION: Why Your Genes Need Traditional Food. By Catherine & Luke Kendall. Because nutrition has a profound influence on human health, Dr. Cate identified four fundamental nutritional habits that have produced strong, healthy, intelligent children and active elders: fresh food, fermented and sprouted foods, meat cooked on the bone, and a low sugar, low fat diet. Here she challenges our thinking in science with common sense to illustrate this new paradigm of health. 288 pages. Flatiron Books. Pub. at $27.99


2905216 HOW WE EAT WITH OUR EYES AND THINK WITH OUR STOMACH: The Hidden Influences That Shape Your Eating Habits. By M. Muñiz & D. von Kopp. Through over 40 compelling questions, the authors explore how our eating decisions tend the line between conscious and subconscious, enabling us to be more intelligent about food. With expert insights you’ll learn how to make informed, appealing food and beverage choices that personalize your own path to healthy eating and active living. 802 pages. HMH. Paperbound. Pub. at $30.00

286460X THE GREEK DIET. By M. Loi & S. Tzavali. Features easy to follow meal plans that are structured around the twelve Pillar Foods of the Mediterranean diet to jump-start your weight loss and improve your overall health, along with 100 authentic Greek recipes that include Greek Fish Stew; Tahini Vegetable Soup, and Spring Stuffed Lentil Lamb. 16 pages of color guide to juices includes, 294 pages. Morrow. Paperbound. Pub. at $19.99

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Healthy Cooking & Special Diets

- 2849555 WHAT THE HEALTH: The Startling Truth Behind the Foods We Eat. By K. M. Gisvold. This stand-alone companion volume to the documentary of the same name, takes readers on a science-based tour of the hazards posed by consuming animal products and what happens when we stop. There's a health revolution brewing, and you've got to know what's in your food. Free shipping on 50 plant based recipes to get you started. Color photos. 360 pages. BenBella. Paperback. Pub. at $21.95 $16.95

- 2887143 THE INFECTION GAME: Life is an Arms Race. By S. Mhyll & C. Robinson. Shows how we can outmaneuver defenses and make our weapons so that we are ready to defeat the infectious organisms we encounter every day and in epidemic situations. You'll discover how to understand your enemy, understand your immune system, be at the ready with your first-aid box; and utilize key strategies for defense and counter-attack. 252 pages. Hammersmith Books. Paperback. Pub. at $22.50 $17.95

- 6994502 100 OF THE MOST EFFECTIVE WAYS TO SUPERCHARGE YOUR METABOLISM. By Cynthia Phillips et al. Proven, safe, and effective strategies for raising your metabolism and for helping to burn fat and fat. All grounded in the latest scientific research, and all are practical and easy to incorporate into even the busiest of schedules. Well illus. in color. 240 pages. Crestline. Pub. at $14.95 $11.95

- 6912257 THE PROTEIN PACING DIET: The Game-Changing 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, shopping lists and schedules, this guide 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. Ulisses. Paperback. Pub. at $14.95 $11.95

- 594709X 2 DAY DIABETES DIET. By Ervin Palinski-Wade et al. Based on science, this two-day diet makes it easy to prevent, treat, or even reverse type 2 diabetes. No forbidden foods, no carb-counting. Just restrict what you eat for two days a week and on those days follow the “Power Breakdown” program. Features more than 125 meal options and tension taming exercises to help you avoid cravings. Well illus. in color. 313 pages. Reader’s Digest. Paperback. Pub. at $15.99 $9.95

- 6233408 NO GLUTEN, NO PROBLEM: A Handy Guide to Celiac Disease—with Advice and 60 Recipes. By Carlota Marée. If you have celiac disease, you know how difficult life without gluten can be. This guide aims to help you live a gluten-free life in the simplest, most effective way. Includes simple gluten-free recipes. Color photos. 135 pages. Skyhorse. Paperback. Pub. at $14.99 $9.95

- 6160439 THE MEN’S HEALTHY DIET: The 6-Week Plan to Flatten Your Stomach & Fuel Your Muscles! By Stephen Perrine et al. The ultimate guide to getting the strong hard body and the lean flat belly you’ve always wanted. For men, based on cutting-edge scientific research and results with several strategies centered around the 6-week diet. This guide will help you lose weight and body fat, improve muscle tone, and feel fit. 344 pages. Rodale. Pub. at $15.95 $11.95

- 6576923 THE HUNGER TYPE DIET. By Lowri Turner. Based on cutting-edge research and results from the author’s own experience, this plan is your ticket to identifying what you’re eating. A six-week plan. The guide will take you from binge eating to balanced eating. 328 pages. Rodale. Pub. at $31.95

- 187439X 2 DAY DIABETES DIET: Diet Just 2 Days a Week and Dodge Type 2 Diabetes. By Erin Palinski-Wade et al. Based on groundbreaking science, this program makes it easy to prevent, treat, or even reverse type 2 diabetes. No forbidden foods and no carb-counting. Just restrict what you eat for two days a week. On those days, follow the “Power Breakdown” program to melt belly fat and lower blood sugar. Illus. in color. 313 pages. Reader’s Digest. Paperback. Pub. at $12.95 $9.95

- 6959873 THE COMPLETE AUTO IMMUNE HEALTH & DIET GUIDE: Naturally Clear Skin Without Drugs. By Malcom Trottier. The Vibrant Skin Diet Plan outlined in this guide works with your body to create an internal state that is less inflamed and more balanced. All of the approaches are gentle and support your whole body. Includes the most current information on managing acne, from homeopathic conventional treatments. 384 pages. Rodale. Pub. at $26.99 $16.95

- 6903323 DR. JOE’S MAN DIET. By Joseph Feuerstein with G. Pritchard. Low your bad cholesterol, maintain your blood sugar, lose weight and regain control of your health in 12 weeks with these 10 tips. This lifestyle makeover and eating plan details what to eat and when from breakfast, lunch and dinner to snacks, salads and soups and includes nutritional guidelines and photos. 344 pages. Rodale. Paperback. Pub. at $24.95 $17.95

- 2850517 THE HORMONE BUST. By Natasha Turner. This volume provides an extensive, scientific overview of the six hormones that influence weight loss. With more than 60 recipes and a simple Pick 4 meal plan. Includes 75 recipes that are quick and easy and delicious. 144 pages. AsTer. Paperback. Pub. at $16.99 $4.95

- 6753531 THE ALKALINE FOOD GUIDE, SECOND EDITION. By S.E. Brown & L. Trivieri, Jr. Now in its second edition, this bestseller has been expanded to include more fruits, vegetables and international foods. Updated information explores (and refutes) the myths about pH balance and diet, and guides you to supplements that can help your body achieve a healthy pH level. 212 pages. Square One Publishers. Paperback. Pub. at $18.95 $13.95

- 2788969 BOTTOM LINE’S GUIDE TO HEALING FOODS. Nearly every health problem, from diabetes and allergies to Alzheimer’s and high blood pressure, can be helped by eating the right foods. This guide aims to help you live a gluten-free life in the simplest, most effective way. Includes simple gluten-free recipes. Color photos. 135 pages. Skyhorse. Paperback. Pub. at $14.99 $9.95


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**Healthy Cooking & Special Diets**

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 plan 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 in 30 days. HarperOne. Paperbound. Pub. at $16.99. **PRICE CUT to $3.95**

**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 proven program to enhance health, combat illness, and improve longevity. 325 pages. Square One Books. Paperbound. Pub. at $16.95. **PRICE CUT to $9.95**


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**Exercise & Fitness**

2892596 EAT BACON, DON’T JOG: Get Strong, Get Lean, No Bullshit. By Sigithie Baleka with L.J. Wertheim. You need just a few minutes a day and Baleka will show you how to incorporate his flexible, powerful plan into your life with this 13-week metabolism-spiking program. There are no more excuses about time, equipment, food plans, or money.


6762063 4-MINUTE FIT: The Metabolism Accelerator for Time Crunches. Doskow, and Stress Cut-OUT. By Sigithie Baleka with L.J. Wertheim. You need just a few minutes a day and Baleka will show you how to incorporate his flexible, powerful plan into your life with this 13-week metabolism-spiking program. There are no more excuses about time, equipment, food plans, or money.


1999353 THE BURST! WORKOUT: The Power of 10-Minute Interval Training. By Seon Foy. By spending just 10 targeted minutes a day you will reap all the benefits of a regular exercise regimen, with improved fitness markers across the board—strength, balance, flexibility, and much more. Features three four-week programs, with 90 exercises, all illustrated with step by step photographs. 245 pages. Workman. Paperbound. Pub. at $12.95. **$8.95**

2092710 PRETTY INTENSE. By Danica Patrick with S. Perrine. Now you can follow Danica Patrick’s prescription for developing unstoppable physical, mental, and emotional strength. This guide is a diet, exercise, and lifestyle plan that anyone can follow and succeed with. Get ready to change your body, your mind, and your life. Well illus., most in color. 304 pages. Avery. Pub. at $30.00. **$7.95**

6832199 100 BEST YOGA & PILATES. Compiled by Gillian Haslam. The perfect guide to choosing a life and maintaining a healthy lifestyle. Includes descriptions of over 1000 practices, encouraging physical well-being and a gateway to inner calm for mind, body, and spirit. Includes a comprehensive introduction, exercises and positions for beginner through advanced; the complex relationship between physical, emotional and spiritual balance. Fully illus. in color. 320 pages. Parragon. Paperbound. **$3.95**

**889674X YOGA FITNESS FOR MEN.** By Dean Pohrman. Discover why professional athletes and coaches consider yoga the key to maximizing performance and reducing injury resistance. This volume helps you build lean, strong muscles, become more agile and flexible, and reduce daily aches and pains. Fully your health, leading to weight loss, improved energy, and better digestion. Includes over 80 tasty and simple recipes. Color photos. 310 pages. Seven Dials. Paperbound. Pub. at $19.99. **$14.95**

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**6841185 BALLETT FOR LIFE: Exercises and inspiration from the World of Ballet Beautiful.** By Mary Helen Bowers. This guide will give anyone a ballerina body, the Ballet Beautiful system shows readers how to attain a ballerina’s lean and powerful physique and graceful poise via exercises, posture lessons, wellness tips, and fashion and beauty tips that can be incorporated into everyday life.

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

**6896685 MEN’S HEALTH MAXIMUM BODY.** By B. Maximus & M. Easter. You’ll learn the cutting-edge fitness strategies, workouts, and dietary recommendations that have transformed the bodies of the world’s most successful 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, add lean muscle, and much more. Fully illus. 276 pages. Rodale. Paperbound. Pub. at $21.99. **$16.95**

**2840855 MEN’S HEALTH NATURAL BODYBUILDING BIBLE.** By Tyler English. A world natural bodybuilding champ and coach guides you step by step to the stage of your first amateur bodybuilding competition. Whether your goal is a Mr. Olympia stage or the beach resort, this volume will deliver the ripped physique and powerful self-confidence you’ve always wanted. Well illus. 348 pages. Rodale. Paperbound. Pub. at $24.99. **$17.95**

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6789498 THE BODY SCULPTING BIBLE FOR MEN, THIRD EDITION. By J. Villegipe & H. Rivera. The best training schedule out there, now with updated and revised material. Inside you’ll find all the detailed exercises needed for a no-hassle permanent body transformation that’s streamlined without burnout.

Fully illus. 348 pages. Rodale. 8¼x10¾. **$8.95**

**2879670 THE FLEXIBLE BODY: Move Better Anywhere, Anytime in 10 Minutes A Day.** By Roger Frappont. Shows you how in just 10 minutes a day you can build a fun home exercise routine tailored to your fitness and flexibility level. With mindful, conscious movement, you will gain phenomenal core and full-body strength, increased flexibility and even lose weight, all by learning how to float.


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