## Healthy Living Bargain Books


### August 16, 2019

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<th>ISBN</th>
<th>Title</th>
<th>Author</th>
<th>Edition</th>
<th>Publisher</th>
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<tr>
<td>2781131</td>
<td>UNMENTIONABLE: The Victorian Lady's Guide to Sex, Marriage, and Manners</td>
<td>Therese Ornell.</td>
<td>Paperback</td>
<td>Skyhorse</td>
<td>$3.95</td>
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<tr>
<td>2825171</td>
<td>HOW TO FAKE REAL BEAUTY.</td>
<td>Ramy Gafni.</td>
<td>Paperback</td>
<td>Skyhorse</td>
<td>$4.95</td>
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<td>2863790</td>
<td>BRAIN TINGLES.</td>
<td>Craig Richard.</td>
<td>Paperback</td>
<td>TarcherPerigee</td>
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<td>2910047</td>
<td>LIFE LESSONS FROM THE OLDEST &amp; WISEST.</td>
<td>David Romanelli.</td>
<td>Paperback</td>
<td>Skyhorse</td>
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<td>6669263</td>
<td>THE TEST BOOK.</td>
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<td>6661601</td>
<td>DON'T EAT THIS IF YOU'RE TAKING THAT: The Hidden Risks of Mixing Food and Medicine</td>
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<td>Paperback</td>
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<td>REBOOT YOUR BRAIN.</td>
<td>Gary Null.</td>
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<td>THE EVERYTHING GUIDE TO LYME DISEASE.</td>
<td>Rafał Tokarz.</td>
<td>Paperback</td>
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<td>B. Lee &amp; D. Nichitem.</td>
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<td>Ramy Gafni.</td>
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2905809 THE ALL-DAY FAT-BURNING DIET. By Yuri Elkind. Presents Elkind'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 $9.45

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. Paperback. Pub. at $16.99 $4.95

2827220 THE WELL PATH: Lose 20 Pounds, Reverse the Aging Process, Change Your Life. By Janie Heskett. Dr. Heskett 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. Paperback. Pub. at $27.99 $4.95


2981777 EAT LESS: The Easiest Way to Lose Weight and Keep it off for Life. By Jeremy Jackson-Sytner 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. 268 pages. Urbane. Paperback. Pub. at $14.95 $11.95

2858916 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

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★ 2896214 EAT RIGHT FOR YOUR SHAPE. By Lee Holmes. By identifying your unique body type, or dosha, 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 tips, tricks, and do’s and don’ts for dosha-specific foods, and meal plans as well as yoga exercises illustrated with step by step photos, and 120 recipes. 272 pages. Fair Winds. Paperback. Pub. at $24.99. PRICE OUT TO $4.95

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★ 2835686 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 activities and 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 and effectively. 273 pages. Rodale. Paperback. Pub. at $15.99.
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6866077 THE DIET TRAP SOLUTION. By J.S. Beck & D.B. Busis. This accessible and highly practical guide enables us to stay on the healthy diet of our choice and not only lose weight, but keep it off forever and for all. 248 pages. HarperOne. Pub. at $27.99

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6949452 FLAT FOOD, FLAT STOMACH: The Law of Subtraction. By Paul Shavelson with C. Carolin. Take the journey of one man’s quest for washboard abs and learn the simple steps you can take for a more flattering figure. Here she combines the bone, and organ meats. Here she combines habits that have produced strong, healthy, and updated, this essential guide to juicing includes how juice can help you lose weight, boost your immunity and energy, and even heal you! 370 pages. Rodale. Paperbound. Pub. at $16.00

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**286276X** ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells & Lose Weight Permanently. By David Ludwig. Turns dieting on its head with a three-phase program that ignores calories and directly targets fat cells. The included recipes and meal plans show how to achieve and maintain healthy weight loss in the long term. Includes the health benefits of plant-based, low-sodium, and nutritious foods. The earth guide will show you how to get healthy and stay healthy with body friendly superfoods. It will take you to a world of wellness that starts at home with our favorite foods from Mother Nature, enjoyed in a new way with an exciting twist. 16 pages of color photos. 316 pages. Citrus Lane. Paperback. Pub. at $16.95 $12.95

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**2919885** GROW A NEW BODY: How Spirit and Power Plant Nutrients Can Transform Your Health. By Albert Villoldo. Dr. Villoldo shares more than 25 years of experience as a medical anthropologist, Villoldo shows you how to detoxify your brain and gut with superfoods, techniques for working with your body, and tools like the medicine wheel that will shed disempowering stories from the past and pave the way for rebirth. Includes a 7-day meal plan. 293 pages. Hay House. Paperback. Pub. at $16.99 $12.95

**6784434** KETO: The Complete Guide to Success on the Keto Diet, Including Simplified Science and No-Cook Meal Plans. By Maria & Craig Emmerich. Takes on a journey that helps you lose weight, build muscle, and create the life you intend to lead. Includes a detailed explanation of the science behind the diet; an overview of the nutrients needed for optimal wellness; tips for correcting common keto mistakes; and two no-cook meal plans. 320 pages. Victory Belt. Paperback. Pub. at $29.95 $21.95

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563287 AWAKE AWAY: CLAIRVOYANT ENERGIES By Cyndy Darrow. Discover more of what you love into your life, travel between lifetimes, connect with the deceased or child yet to be born, and much more by using your clairvoyant talents. The author reveals the secrets of clairvoyant energy and proves step by step functions for six different clairvoyant styles. 264 pages. Llewellyn. Paperback. Pub. at $14.99 $7.95


693998X WHAT YOU MUST KNOW ABOUT MEMORY LOSS & HOW YOU CAN STOP IT. By Pamela Wartian Smith. Smith explains why we forget things and what we can do to not only reverse the problem, but also improve our ability to concentrate. 223 pages. Single Source Publishers. Paperback. Pub. at $15.95 $5.95


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2930641 FROM HERE TO ETERNITY: Traveling the World to Find the Good Death. By Caitlin Doughty. A global journey that introduces how other cultures care for the dying and reevaluate ritual practices almost entirely unknown in America. Doughty contends that the American funeral industry sells a particular and peculiar set of “respectful” rites and argues that our expensive, impersonal system fosters anxiety, relieve stress, depression, and panic. 248 pages. Norton. Paperback. Pub. at $24.95 $14.95

6983834 MORE THAN SYMPATHY: Essential Advice on Funerals, Money, Family, and Grief After the Death of a Loved One. By Steven D. Price. This book offers everything you need to plan a dignified funeral or ceremony that honors the life of your loved one. 208 pages. Skyhorse. Paperback. Pub. at $14.95 $9.95

2918420 THE LAST LECTURE. By Randy Pausch with J. Zaslow. The author, a computer science professor at Carnegie Mellon, was asked to give a talk where he was to concentrate and give an inspiring speech is presented here. Photos. 206 pages. St. Martin’s Press. Pub. at $16.95 $7.95

2865939 DEATH: An Oral History. By Casey Jarman. In this illuminating collection of oral history style interviews, Jarman talks to a funeral industry watchog about the often shady history of the death trade. In these moving, enlightening, and often funny conversations, the end is only the beginning. 352 pages. St. Martin’s Press. Pub. at $22.99 $7.95

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Facing Illness & Death

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6742742 A GOOD DEATH: Making the Most of Our Final Choices. By Sandra Martin. In taking on our ultimate human right, the award-winning journalist charts the history of the right-to-die movement in America and abroad through the personal stories of brave campaigns. She asks the tough question none of us can avoid: How do we want to die? HarperCollins. Pub. at $25.99 $2.95

6843353 WHEN IS BUDDY COMING HOME? A Parent’s Guide to Helping Your Child with the Long-Term Care Decisions You’ll Face. By Patricia Marx. A thoughtful guidance on soothing a child’s heartbreak after the passing of a beloved four-legged friend—affirming that through their uncommercial love, every one of them finds a unique place in heaven. 260 pages. Citadel. Paperback. Pub. at $12.95

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Aging

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2869845 ANTI-AGING HACKS: 200+ Ways to Feel—and Look—Younger. By Karen Arp. Sunspots, aches, and ailments, aging is not something most people look forward to. Forget what you think you know about aging and get ready to turn back the clock! In this guide you’ll find more than 200 hacks to keep your health intact. 254 pages. Adams Media. Paperback. Pub. at $15.99 $11.95

2883999 AGEELESS BRAIN: Think Faster, Remember More, and Stay Sharper by Lowering Your Brain Age. By the eds. of Prevention & J. Vanlone. Provides a plan to turn back the clock on your memory and so that at 60, you have the quick, agile brain you had at 50. Based on groundbreaking scientific research, this plan is filled with brain healthy foods, exercises, and easy ways to make healthy, brain-friendly changes every day. 334 pages. Rodale. Pub. at $26.99 $8.95

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One Publishers. Paperbound. P at $13.95 $9.95

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**2681783 WHAT WOMEN WANT.** By T. Max & G. Miller. An evidence-driven, seriously funny playbook that will teach you how to become a more sexually attractive and relationally successful man, the right way. Offers straightforward advice and effective ways to pursue the win-win relationships you want with the women who are best for you. Previously published as Mate. 374 pages. Little, Brown. Paperbound. Pub. at $17.99 $4.95

**2682293 THE PEOPLE CODE/THE CHARACTER CODE, 30TH ANNIVERSARY.** By Taylor Hartman. In these two volumes, Dr. Hartman introduces the Color Code Personality Profile, explaining why people do what they do by identifying their basic personality types and showing you how to use “color profiles” to cultivate rich and balanced character relationships. 486 pages. Scribner. Paperbound. Pub. at $24.99 $4.95

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**6887499 THE CREATIVITY CHALLENGE.** By Tanner Christensen. Features 150 challenges, exercises, and prompts to help you push past the way you normally see the world and uncover all new possibilities and ideas. 208 pages. Adams Media. Paperbound. Pub. at $14.99 $4.95

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