1. DISTANT HEALING: A Complete Guide, by Jack Angelo. This guide teaches over 50 exercises that draw on the power of spiritual intention to allow you to send healing energy wherever it is needed. Covers the anatomy of the human energy system; how to sense energy fields; body balancing and breathing exercises; and more. 230 pages. Sounds True. Paperback. Pub. at $17.95. $3.95

2. THE BIGGEST LOSER COMPLETE CALORIE COUNTER, by Cheryl Forberg et al. Millions of viewers have been inspired to change their lives by the incredible 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. Paperback. Pub. at $17.99. $2.95

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4. YOU CAN’T MAKE THIS STUFF UP: Life-Changing Lessons from Heaven, by Theresa Caputo with K. Grish. The star of Long Island Medium explores the life-changing wisdom she’s learned from channeling God, Spirit, and her clients’ families and friends. Pairing her infectious wit and positivity with moving client stories, each lesson will help you find the peace, healing, and growth you desire. 253 pages. Atria. Pub. at $25.00. $3.95

5. BUGS, BOWELS, AND BEHAVIOR: The Groundbreaking Story of The Gut-Brain Connection, Ed. by Teri Arranga et al. Informs you of the myriad additional factors impacting the health of the gastrointestinal tract and how that, in turn, can have far-reaching and significant effects in other systems of the body—even adversely affecting development and how people think. 285 pages. Skyhorse. Paperback. Pub. at $17.95. $8.95

6. WHY WON’T YOU APOLOGIZE? By Harriet Lerner. A renowned psychologist and bestselling author shows us how a meaningful apology restores trust, while silence and defensiveness can cause excruciating pain. Lerner shares stories from her clinical work and personal life to offer insight, advice, and compassion to both the offended and the offender. 195 pages. Touchstone. Pub. at $24.00. $5.95

7. DE-ESCALATE: How to Calm an Angry Person in 90 Seconds or Less. By Douglas E. Noll. Based on the author’s practical real-world experience as a lawyer turned peacemaker and master mediator, this timely and prescriptive guide provides listening and communication skills that solve the problem of what to do to diffuse emotionally volatile situations—at home, at work, or anywhere! 228 pages. Atria. Paperback. Pub. at $16.00. $11.95

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6857116 RECIPE: A 24-Day Eating Plan to Shed Fat, Boost Testosterone, and Pump Up Energy and Stamina. By John La Puma with G. Lees. The author shows men how to stop testosterone from turning into estrogen, lose the gut, and supercharge fat loss without dieting or forcing flavor. No calorie counting or hunger required—it’s timed to detect dieters and start refueling. 256 pages. Harmony. Pub. at $25.00 $4.95

6824933 BUDDHA’S DIET. By T. Cottrell & D. Zigmond. Modern science confirms what Buddha knew all along. It’s not what you eat that’s important, it’s when you eat. You 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 $18.95 $4.95

6902400 EXTREME TRANSFORMATION: Lifelong Weight Loss in 21 Days. By Chris & Heidi Powell. The hosts of the hit TV show Extreme Weight Loss share their proven, life-changing, step-by-step guide for losing weight and keeping it off! With their help, readers will see the hidden path of transformation, be guided through fast and fun exercises; and enjoy dozens of gourmet recipes. Illus. 308 pages. Rodale. Pub. at $15.99 $4.95

6845975 MEDITATE YOUR WEIGHT. By Tiffany Cruikshank with M. van Aalst. This 21 day plan optimizes health as well as body image by tapping the hidden strength of the mind. You will learn a whole new way to lose weight, and it takes just a few relaxing and energizing minutes a day. As you light up on the inside, you’ll light up on the outside. 321 pages. Harmony. Pub. at $22.00 $4.95

6899405 THE APPETITE SOLUTION: Lose Weight Effortlessly and Never Be Hungry Again. By Joe Colella. Hunger means something is off, and you can’t lose the weight you want while fighting through the pangs. With this guide, weight-loss specialist Dr. Colella presents a six week, three phase plan to help you diminish cravings while achieving your goal weight. Sets you free from hunger forever! 296 pages. HarperOne. Pub. at $26.99 $4.95

6665276 20 POUNDS YOUNGER. By Michele Promaulayko with L. Tedesco. Includes a chapter that makes nutritious eating easy. A 6-week get-fit guide to increasing your metabolism and strength, brain tricks to overcome cravings, simple pointers for younger looking skin and energy enhancing techniques for reducing stress and sleeping more deeply. Illus. 280 pages. Rodale. Pub. at $24.99 $3.95

**★ 684121X SUICIDE BY SUGAR: A Startling Look at Our #1 National Addiction. By N. Appleton & G.N. Jacobs. Once associated only with caviaries and simple weight gain, sugar is now linked to hundreds of other conditions, including cancer, epilepsy, dementia, hypoglycemia, obesity, and more. The authors provide shocking information about the amount of sugar found in many popular foods and beverages. 180 pages. Square One Books. Paperback. Pub. at $15.95 $11.95

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**Current titles are marked with a ★**
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**6681050 THINNER IN 30: Small Changes That Add Up to Big Weight Loss in Just 30 Days**. By Jenna Wolfe with Murphy. Blending athletic wisdom and laugh out loud humor with easy to follow advice, Wolfe will help you discover just how easy it is to get healthy without having to deprive yourself or work out 12 hours a day. In this guide she puts the focus on small, bite-size tips that lead to long-term weight loss. Illus. 218 pages. Grand Central. Pub. at $28.00. **$4.95**

**5745385 THE PROGRAM: 21 Days to A Stronger, Slimmer, Sexier You**. By Jessie Pavelka. For the first time, Pavelka, a trainer for NBC’s The Biggest Loser, brings together his most effective tips and no-fail workouts. This volume is organized by Pavelka’s four pillars: eat; sweat; think; and connect—and his belief that making small changes in these areas leads to amazing benefits. Illus. 224 pages. Hachette. Pub. at $26.00. **$4.95**

**5823456 THE BURN: Why Your Scale Is Stuck and What to Eat About It**. By Hayley Forey with E. J. Johnson. Get off dieting efficacy and achieve highly specific results. The I-Burn targets the body’s inflammatory reactions to food, the D-Burn unblocks digestive barriers and torches fat, and the S-Burn rewire the hormonal system. Includes eating and living plans for all three. Complete with detailed grocery lists and daily menus to keep the process simple and easy. 262 pages. Harmony. Pub. at $26.00. **$5.95**


**595231X THE DOCTOR’S DIET: Dr. Travis Stork’s STAT Program to Help You Lose Weight & Restore Health**. By William Davis. The author aims to curtail the overfat pandemic by exposing a decades long problem and offering a research based, practical solution to help prevent and treat it. 179 pages. Skyhorse. Paperback. Pub. at $17.95. **$12.95**

**5817943 WHEAT BELLY TOTAL HEALTH: The Ultimate Grain-Free Health and Weight-Loss Life Plan**. By William Davis. Joins the millions who have embraced the Wheat Belly message and lost 30, 50, or 100-plus pounds by giving up grain. In this sequel, you will learn not just how and why you must say no to grains, but how you can achieve a level of radiant health and well-being you never thought possible. 398 pages. Rodale. Pub. at $25.99. **$9.95**


**5846943 JJ VIRGIN’S SUGAR IMPACT DIET COOKBOOK**. Featuring more than 150 delicious and simple recipes including mouthwatering breakfasts, lunches, dinners, snacks and sweet tooth taming desserts, this cookbook is designed to help you drop weight—up to 10 pounds in two weeks—and melt away fat without missing the foods you love. 16 pages of color photos. 334 pages. Grand Central. Pub. at $28.00. **$6.95**

**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 once and for all. 306 pages. Harmony. Pub. at $18.99. **$16.99**


**6998999 THE OVERFAT PANDEMIC: How to Lose Weight, Get Healthy, and Reverse Disease for Everyone Who Needs to Eliminate Excess Body Fat**. By Philip Mattelone. Research demonstrates that up to 76 percent of the world’s population are overweight. This underscores about 90 percent of American adults. The author aims to curtail the overfat pandemic by exposing a decades long problem and offering a practical solution to help prevent and treat it. 179 pages. Skyhorse. Paperback. Pub. at $17.95. **$12.95**

**6633233 EAT WELL, LOOK GREAT: Nutrition and Lifestyle Beauty Secrets to Make You Feel Good from the Inside Out**. By Sarah Brewer. Dr. Brewer reveals her nutrition and lifestyle secrets for achieving common beauty problems, based on the latest medicine. Includes the information you need to make your beauty concerns a thing of the past and is packed with nutritional advice based on the latest scientific evidence. Illus. 232 pages. Rodale. Pub. at $25.99. **$12.95**

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5679986 THE EVERYTHING GUIDE TO AUTOIMMUNE DISEASE: 7 Steps to Feel Fabulous, Look Vibrant, & Think Clearly. By Denny & Susan Worman. Using a clear and adaptable 7 Step Lifestyle Plan based on nature’s rhythms, everyday wisdom, and common sense, this invaluable resource addresses topics such as gluten sensitivity, the spiritual aspects of health, as well as a brief history of food. 402 pages. Paperback. Pub. at $11.99

5718163 THE EVERYTHING GUIDE TO GUT HEALTH. By Lindsay Boyers. Now you can take control of how your digestive system works. This new program of simple steps to restore healthy gut flora, which can reduce or eliminate symptoms of a wide range of diseases, including diabetes, arthritis, and chronic fatigue syndrome. Also includes 150 nutritious recipes to promote healthy gut flora. 304 pages. Adams Media. Paperback. Pub. at $18.99 $8.95

567803X THE METABOLISM PLAN. By Lyn-Genet Recitas. By following Recitas’s simple 30-day plan, customized to boost your metabolism and burn more fat, you will pinpoint which foods and exercises work best for your body and which are sabotaging your efforts to lose weight. Includes over 40 recipes. 292 pages. Grand Central. Pub. at $27.00

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★ 5969848 DIETARY GUIDELINES FOR AMERICANS 2015-2020, EIGHTH EDITION. This guide uses the government’s move 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 diet, or any sort. Illus. 320 pages. Paperback. Pub. at $9.99


5660377 NATALIE JILL’S 7-DAY JUMP START. Unprocess your diet and revolutionize your life with Jill’s easy-to-follow plan. Whether or not you have tried to “eat healthy” without seeing results, her solutions will last a lifetime. Includes delicious recipes for all meals of the day, seven minute exercises for a toned body, and more. Color photos. 301 pages. Da Capo. Pub. at $27.99

5693518 THE VIRGIN DIET COOKBOOK. By JJ Virgin. 16 pages of color photos. 400 pages. Grand Central. Pub. at $28.00 $8.95

5698153 NO GRAIN, NO PAIN. By Peter Osborne with O.B. Bueh, 352 pages. Touchstone. Pub. at $27.99 $9.99


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657631 3 THE HUNGER TYPE DIET. By Lowni Turner. 336 pages. Nourish. Paperbound. Pub. at $12.95. $5.95


Exercise & Fitness

57232X YOU ARE YOUR OWN GYM: The Body of Weighty Exercises. By Mark Lausen with J. Clark. Using Lauren's motivational techniques, expert training, and nutrition advice, you'll see rapid results by working out just 30 minutes a day, four times a week, using nothing more than the resistance of your body. Lauren's exercises build more muscle than weightlifting, burn fat more than aerobics, and are safer than both. Well illus. 171 pages. Ballantine. Paperbound. Pub. at $17.00. $12.95

6544272 BODYWEIGHT WORKOUTS FOR MEN: 75 Anytime, Anywhere Exercises to Build a Better Body. By Sean Barratt. Work all your major muscle groups and blast off extra pounds with exercises that require only the weight of your body—no bulky machines, no special equipment, no expensive gym memberships. Includes 75 strengthening and toning exercises in 36 hardcore routines. 224 pages. Dorling Kindersley. Paperbound. Pub. at $19.95. 19.95

5635483 MEN'S HEALTH YOUR BODY IS YOUR BARBELL. By BJ Gaddour. This guide shows you how to master eight critical 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. Paperbound. Pub. at $18.99. 6.65

5994251 CHAIR YOGA: Sit, Stretch, and Strengthen Your Way to a Happier, Healthier You. By Kristin McGee. Chair yoga is exactly what it sounds like: exercises you can do sitting down. McGee takes you through 100 yoga poses that you can do in all three levels and will help you stay active, alert, and healthy. Well illus. 271 pages. Morrow. Paperbound. Pub. at $18.99. $13.95

682167 MUSCLE & FITNESS PRESENTS TOTAL ABS. Get the abs you've always wanted with programs and advice from 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. 9x10. Paperbound. Pub. at $24.95. $6.95

6771572 EVEN THE STIFFEST PEOPLE CAN DO THE SPLITs. By Eiko. Whether you spend your days running marathons or slouching over a keyboard, 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, including reduced pain, better posture, and improved joint injuries, improved balance, and more. Well illus. in color. 154 pages. Rodale. Pub. at $18.99. 13.95

199353 THE BURST! WORKOUT: The Power of 10-Minute Interval Training. By Sean Foy. Spending just 10 targeted minutes a day you will reach the benefits of a full-fledged regular exercise regime 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 illustrated with step by step photographs. 245 pages. Workman. Paperbound. Pub. at $14.95. $6.95

27229X STRETCHING: Idiot's Guides as Easy as It Gets! By M. Roberts & S. Kaiser. Stretching is relaxing and revitalizing and helps increase your flexibility and range of motion. Loaded with step by step instructions, this helpful guide teaches you the basics of do it yourself, fully illus. in color. 216 pages. Alpha. Paperbound. Pub. at $19.95. $5.95

6852818 THE MELT METHOD. By Sue Hitzmann. MELT is a breakthrough self-treatment system that helps to eliminate chronic pain, ease 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. HarperOne. Paperbound. Pub. at $18.99. $4.95

4574362 BOOK OF BODY MAINTENANCE AND REPAIR: The American Physical Therapy Association. By Myatt Murphy. The only reference book of stretches and exercises to increase and maintain muscle strength and flexibility, decrease muscle and joint pain, and increase endurance. Also explores the mechanical reasons why every moving part of the body requires constant repair and maintenance. ISBN: 007-1. Paperbound. Pub. at $19.95. $16.95

6243304 MEN'S HEALTH ULTIMATE DUMBBELL GUIDE: More Than 21,000 Moves Designed to Build Muscle, Increase Strength, and Burn Fat. By Lauren and J. Clark. 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 tips on buying dumbbells that suit your needs, Illus. 275 pages. Rodale. Paperbound. Pub. at $19.95. $12.95

677959X 101 GET-LEAN WORKOUTS AND STRATEGIES. By the eds. of Muscle & Fitness. The editors of Muscle & Fitness magazine offer you knowledge and comprehensive programs you can use to shred fat and strengthen your body. Learn how to get healthy in a safe way, using high-intensity resistance training and cardio combined with a clean diet. Fully illus. in color. 175 pages. Touchstone. Paperbound. Pub. at $14.95. $4.95

6762603 4-MINUTE FIT: The Metabolism Accelerator for the Time Crunched, Deskbound, and Stressed-Out. By Siphiwe Baleka with L.J. Wertheim. You need just a few minutes a day and Baleka will show you how to get lean. Includes 136 exercises, 140 illustrations, over 350 tips, nutrition advice, and much more. ISBN: 007-5. Paperbound. Pub. at $18.99. $17.95

6823483 SLOW JOGGING: Lose Weight, Stay Healthy, Have Fun with Science-Based, Natural Running. By Hiroaki Tanaka with M. Jackowska. With easy to follow steps and colorful charts and photos, this thorough guide teaches runners to enjoy injury-free activity by: landing on midfoot, relocating your knees and hips, incorporating 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. Photos. 224 pages. Touchstone. Paperbound. Pub. at $16.99. $4.95

6708773 FOUNDATION: Redefine Your Core, Conquer Back Pain, and Move with Confidence. By Eric Goodman et al. For runners, cyclists, and people who sit all day, this book is a must have. 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 $32.99. $8.95

6830412 101 MUSCLE-SHAPING WORKOUTS & STRATEGIES FOR WOMEN: Muscle & Fitness Hers. Fully illustrated with step by step instructions, plus tips from trainers for improving your form and increasing the challenges of the exercises. Shows you how to use different combinations of stretches and exercises to help you relieve your stiffness, improve your mobility, and reduce 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. 210 pages. Althea. Paperbound. Pub. at $14.95. $11.95

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Exercise & Fitness

3585549 THE MEN’S HEALTH LITTLE BOOK OF EXERCISES. By Adam Campbell. A portable handbook that compiles the most effective muscle-building, fat-burning exercises ever created into one compact, take-anywhere package. Includes step by step instructions, challenging new workouts, and hard-core tips for packing on muscle and sculpting a beach-ready body. Color photos. 236 pages. Rodale. 6/47. Paperback. $17.95

3568016 THE MEN’S HEALTH BIG BOOK OF EXERCISES: Four Weeks to a Leaner, Stronger, More Muscular You! By Adam Campbell. If you’re ready to start losing weight, this muscle manual bulges with useful tips, the latest findings in exercise science, and cutting edge workouts from the world’s top trainers. Includes 619 exercises and hundreds of workouts, all shown in step by step color photographs. SHOPWORN. 472 pages. Rodale. Pub. at $21.99

8768022 PAIN-FREE POSTURE HANDBOOK: 40 Dynamic Easy Exercises to Look and Feel Your Best. By L. Pavlack & N. Alstedter. Featuring everyday exercises for the home, office, and on the go, this guide offers expert advice; easy to follow illustrations; posture-building techniques; and breathing exercises that keep you moving profitably throughout the day. Paperback. Pub. at $15.99

6796206 YOGA: Relaxation, Postures & Daily Routines. By C. Yabsley & D. Smith. Includes step by step instructions for all key poses, from standing, floor-based and twists, to back bending, balances and inversions. It is an all around mind-body workout that will leave you energized, relaxed, toned and just generally feeling great. Fully illus. in color. 176 pages. Flame tree. Spiralbound. Pub. at $15.99

3495904 THE ANATOMY OF STRETCHING, SECOND EDITION. By Body Director. Talks at stretching from every angle, including: physiology and flexibility; the benefits of stretching; the different types of stretching; rules for safe stretching; and how to stretch properly. Arranged by body area, all the primary and secondary muscles, worked in the exercises are illustrated. 192 pages. North Atlantic. 7x10½. Paperback. Pub. at $24.95

6359194 LIFT: Fitness Culture, from Naked Greeks and Acrobats to Jazzercise and Ninja Warriors. By Daniel Kunitz. How did treadmills and television make us become the gold standard of 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. Photos. 320 pages. HarperCollins. Pub. at $26.99

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 correctional officer Kroger have locked down an exercise regimen 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. Well illus. 214 pages. Adams Media. Paperback. Pub. at $15.95

2370084 RICHARD SIMMONS—STRAIGHT FROM THE HEART. The most enduring positive force in physical fitness, Richard Simmons opens his heart to reveal his four steps to lifelong fitness: HEART. Paperbound. Pub. at $15.95

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, flat feet and low arches; irritable heel pain; plantar fascia pain; and other common ailments. Illus. 180 pages.

DVD 589395X YOU: Staying Young Workout. By Michael F. Rolizen et al. Celebrity trainer Joel Harper will help you turn your body into a gym with a workout designed to engage your mind, equipment free and expertly free-of-exercise 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. S&S. Pub. at $19.99

6731554 ANATOMY OF MUSCLE BUILDING: A Trainer’s Guide to Increasing Muscle Mass. By Craig Ranney. 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. 8½x11½. Paperback. Pub. at $24.95

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

5796075 MINDFULNESS IN MOTION: A Happier, Healthier Life Through Body-Centred Meditation. By Tamara Russell. Presents the Bodhi in Mind Training program: a truly groundbreaking approach to finding vitality with a Chi-Gong program that unites the mind, body and breath. 60 minutes. S&S. Pub. at $19.99

5562517 ULTIMATE Warrior Cardio: The Revolutionary Metabolic Training System for Burning Fat, Building Muscle, and Getting Fit. 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. Well illus. in color. 401 pages. Morrow. 8¼x10½. Paperback. Pub. at $29.99

429310X WARRIOR WORKOUTS, VOLUME 1. By Stewart Smith. Designed to get you back in shape in the shortest possible time with over 100 workouts from calisthenics to cardio, and will help you to achieve peak fitness while keeping it fresh and engaging the whole time. 180 pages. Hatherleigh. Paperback. Pub. at $15.00

6672964 WARRIOR WORKOUTS, VOLUME 2. By Stewart Smith. Features over 100 workouts specifically designed to simulate the year-long periodized training of Navy SEALs and special forces elite. Combines a wide range of exercise information with tailored progression plans from a leading fitness expert and former Navy SEAL. 232 pages. Hatherleigh. Paperback. Pub. at $15.00

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5796075 MINDFULNESS IN MOTION: A Happier, Healthier Life Through Body-Centred Meditation. By Tamara Russell. Presents the Bodhi in Mind Training program: a truly groundbreaking approach to finding vitality with a Chi-Gong program that unites the mind, body and breath. 60 minutes. S&S. Pub. at $19.99

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Beauty & Skin Care

5910188 THE FINISHING TOUCH: Cosmetics Through the Ages. By Julian Walker. A fascinating new volume that explores some of the materials and methods that women and men have used in the past to enhance or hold onto their looks. A story of ingenuity and imagination, but also of self-delusion, trickery and exploitation. Illus. 176 pages. British Library. Import. Pub. at $16.95. PRICE CUT to $9.35

5975115 MOUSTACHES, WHISKERS & BEARDS. By Lucinda Haskwely. From historic times to the present day, Haskwely takes you on a journey through hair from the ages. Along the way, she explores the proliferation of whiskery among Regency beaux, the rise of the beard during the Crimean War, its decline during WWII, and facial hair’s fashionable reemergence in the 21st century. Well illus. in colo. 143 pages. National Portrait Gallery. Paperbound Import. Pub. at $19.95. PRICE CUT to $9.50

Health & Medical References

4307801 THE PILL BOOK, REVISED 15TH EDITION. Ed. by Harold M. Silverman. Provides fullest, most up-to-date, information on more than 1,800 of the most commonly prescribed drugs in the United States, with guidelines from leading pharmacists. This edition includes more than 20 important new drugs and dozens of new brand names. Illus. 382 pages. Simon & Schuster. Paperbound. Pub. at $8.99. $6.95

4573153 DAVIS’S POCKET GUIDE TO HERBS AND SUPPLEMENTS. By Catherine Ulbricht. Rely on this handy, portable resource to provide the information you need about the risks, benefits, how to use, and side effects of herbs, vitamins, and nutraceuticals. More than 600 entries organized alphabetically by most common name, with adverse drug reactions and life-threatening side effects highlighted, 261 pages. F.A. Davis. Paperbound. Pub. at $22.99. $16.99


5986575 A PATIENT’S GUIDE TO UNNECESSARY KNEE SURGERY: How to Avoid the Pitfalls of Hasty Medical Advice. By Ronald P. Greismar. Public perception of knee care is at valum’s lowest ebb. Many patients put their health in the hands of practitioners who are incompletely educated about knee issues and/or shamelessly unscrupulous. After reading this guide, you should be better able to recognize bad advice when you get it, and be better able to take care of your knee—both before and after it starts to hurt. Illus. 217 pages. Skyhorse. Paperbound. Pub. at $17.99. $9.50

5833071 STAYING ALIVE. By Matthew Hahn. The ultimate medical survival guide for the twenty-first-century patient. Drawing on his decades of 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. $9.50

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 for short or long term. Dr. Fernstrom explains exactly what foods to avoid when and why. 213 pages. Skyhorse. Paperbound. Pub. at $17.99. $9.45

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Diseases & Disorders


5894921 IRRITABLE BOWEL SYNDROME & DIVERTICULOSIS: A Self-Help Plan. By Shirley Trickett. Offers an alternative plan for treating IBS that puts you in charge! The plan focuses on cleaning and healing the digestive system with natural methods and not just patching over symptoms with drugs. Includes sections on nutrition, supplements; therapeutic massage; relaxation techniques, and more. 228 pages. Conran Press. Paperback. Pp. at $14.95 $6.95

6825214 THE EVERYTHING GUIDE TO HASHIMOTO’S THYROIDITIS. By Aimee McNew. Discover the causes and symptoms of this autoimmune condition, as well as the link between gut and thyroid health, and learn what foods can help improve your condition. Includes meal plans, 200 nutritious recipes, and easy tips for transitioning to the Paleo lifestyle. 287 pages. Adams Media. Paperback. Pp. at $18.99 $5.95

6358556 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 reference guide, this resource provides a detailed look at common symptoms, from abdominal pain to headache, itching, nausea, wheezing, and more. 509 pages. Merck. Paperback. Pp. at $17.95 $12.95

6884244 GOODBYE PARKINSON’S, HELLO LIFE! By Alex Kerten with D. Brinn. Reveals a breakthrough technique that combines dance therapy, behavior modification, and martial arts to prove that there is life beyond your doctor’s diagnosis of Parkinson’s disease. Includes 20 easy to follow exercises that could eliminate many of your symptoms. 205 pages. Diversion Arts. Paperback. Pp. at $18.95 $4.95

6753472 THE FIBROMYALGIA HANDBOOK, THIRD EDITION REVISED. By H.H. McIlwain & D.F. Bruce. A proven 7-step Treatment Program that includes the latest in medications that may lessen the symptoms of fibromyalgia. Includes specific exercises to reduce deep muscle pain, to increase strength and energy, and to alleviate stress and anxiety. A comprehensive guide to the management of complementary therapies. 308 pages. Holt. Paperback. Pp. at $21.95 $4.95

6722849 THE THYROID CURE: The Functional Mind-Body Approach to Reversing Your Autoimmune Condition. By Michelle Corey. Discover how to take control of your diet and lifestyle to lower blood, break energy boundaries, balance mood swings, eliminate achy joints, and do away with brain fog. This guide shows you how to assess your autoimmune health and understand the underlying cause of your condition; naturally detox your body; and more. 496 pages. Rodale. Paperback. Pp. at $26.99 $7.95

5780385 LIVING WELL WITH HEART FAILURE, THE MISNAMED, MISUNDERSTOOD CONDITION. By E.K. Kasper & M. Knudson. Gives an honest account of this misunderstood disease; explains the complex science of heart failure; and looks critically at the care available. With this comprehensive guide those diagnosed with this condition can expect to live healthily. 274 pages. Square One Publishers. Paperback. Pp. at $15.95 $11.95

6004048 THE FIBROX FIX: Get to the Root of Your Fibromyalgia and Start Reversing Your Chronic Pain in 21 Days. By Dave Biondi. A comprehensive 21-day program which will help you determine if in fact you’re suffering from actual fibromyalgia or from one of a myriad of other conditions often diagnosed as fibromyalgia. The plan offers lifestyle changes which include detoxification, changes, and movement. Solutions include both medical and natural approaches, based on your specific root cause. Photos. 278 pages. Rodale. Paperback. Pp. at $16.99 $5.95

6801330 AFTER CANCER CARE: The Definitive Second Guide to Getting and Staying Well for Patients After Cancer. By Gerald M. Lemole et al. In this comprehensive, research-backed guide the authors offer a wealth of information about hot you can take an active role in fighting the disease. 291 pages. Oxford. Paperback. Pp. at $30.00 $5.95

6789501 THE CANCER REVOLUTION: A Groundbreaking Program to Reverse and Prevent Get Out Of Cancer. By Chemotherapy and radiation have their place in cancer treatment, but in many cases, they simply aren’t enough. This guide will equip you with impactful, achievable lifestyle choices that fight the root of disease and that offer hope for recovery and a cancer-free life. 328 pages. Da Capo. Paperback. Pp. at $25.99 $7.95


6748886 THE MICROBIOME SOLUTION: A Radical New Way to Heal Your Body from the Inside Out. By Robynne Chutkan. In this comprehensive guide to the microbiome, Dr. Chutkan explains how the standard Western diet and our super-sanitized lifestyle-styles are starving our microbiome and causing digestive problems and more, and how you can do at home or in therapy to get the sleep you need. Filled with self-assessments, and techniques used to help thousands of patients. 308 pages. Avery. Paperback. Pp. at $25.95 $5.95

6106069 TOTAL HEALTH TURNAROUND. By Martin Brink. Breaks down the barriers between your symptoms and the root cause, using the latest scientific research. Pingle shows how today’s most common health concerns can be linked to stress and its impact on the health of your heart, brain, and immune system and gives you a 3-step plan to reverse your adrenal fatigue naturally. 372 pages. Rodale. Paperback. Pp. at $31.95 $4.95

★ 6717020 THE END OF ALZHEIMER’S: The First Program to Prevent and Reverse Cognitive Decline. By Dale E. Bredesen. The author shows that Alzheimer’s disease and cognitive decline aren’t only prevented but, in many cases, reversed. He reveals that it is not one condition, but several, all dramatically influenced by imbalances in 36 metabolic factors that can be targeted and altered. 308 pages. Avery. Paperback. Pp. at $27.00 $19.95
**684118X CANCER: A Second Opinion. By Josef Issels. Guided by his desire to cure the patient, Dr. Issels made use of every tool in his toolbox to reduce tumors, to strengthen the body by the food response, and to heal tissues. Here the father of Integrative Medicine describes the treatment that produced the most remarkable and verified cure rate in medical history. 216 pages. Square One Publishers. Paperback. Pub. at $16.95 $12.95**

**6824013 DR. NEAL BARNARD’S PROGRAM FOR REVERSING DIABETES, REVISED EDITION. Tackle diabetes and its complications for good with this newly updated edition of Dr. Barnard’s groundbreaking program. Dr. Barnard has shown that it is often possible to improve insulin sensitivity and tackle type 2 diabetes by following his step by step plan which includes recipes, an exercise guide and more. 210 pages. Square One Publishers. Paperback. Pub. at $16.95 $12.95**

**6615409 WHAT YOU MUST KNOW ABOUT THYROID DISORDERS & WHAT TO DO ABOUT THEM. By Pamela Waritan Smith. Discusses the most common thyroid-related disorders and symptoms, beginning each discussion with an overview of the disorder that helps readers determine if they may be suffering from the problem. Explains causes and common symptoms, diagnostic tests, and both conventional and alternative treatment options. 217 pages. Square One Publishers. Paperback. Pub. at $16.95 $12.95**

**1845802 NO MORE DIABETES: A Complete Guide to Preventing, Treating, and Overcoming Diabetes. By Gary Null. In an era where diabetes is on the rise, this guide teaches us that we have the power to control diabetes through nutrition and dietary regimens, exercise, mental composure, and healthy living habits. Through thorough research and clear instruction, he empowers readers to take control of their health without the use of drugs. 439 pages. Gary Null. Pub. at $24.95 $13.95**

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6826628 JUST BREATHE: Mastering Breathwork. By Dan Brule. Gives you the tools to achieve benefits in a wide range of issues, including managing acute and chronic pain, helping with insomnia, weight loss, anxiety, and grief. Includes information on the latest scientific research, and much more. Brule shows you how to harness your conscious breathing to benefit your body, mind, and spirit. 208 pages. Atria. Paperbound. Pub. at $16.00 $11.95

6793975 THE THOMPSON METHOD OF BODYWORK: Structural Alignment, Core Strength, and Emotional Release. By C. Thompson & T.T. Lewis. Developed by Kathy Thompson through her many years as a bodywork therapist, the Thompson Method incorporates Zen shiatsu, Roling, yoga, and Gestalt psychotherapy to help heal pain in the physical body through bodywork and by recognizing the emotional blockages that often underlie chronic pain, tension, and poor alignment. Offers 90 corrective alignment exercises. Illus. in color. 318 pages. Healing Arts. 8x10. Paperbound. Pub. at $17.95 $12.54

5949947 RELIEVING PAIN NATURALLY: Safe and Effective Alternative Approaches to Treating and Overcoming Chronic Pain. By S. Golftari & R.W. Waddell. Begins by examining 37 of the most common chronic pain-related conditions, from fibromyalgia and sciatica to arthritis and tendonitis. Each disorder is explained, along with alternative pain treatments. Discusses 27 drug-free therapies, including conventional treatments and alternative modalities. 280 pages. Square One Publishers. 8/9x11. Paperbound. Pub. at $18.95 $13.95

6874525 WHEN: The Science of Perfect Timing. By Daniel H. Pink. We all know that timing is everything but we assume that timing is an art. Here, Pink makes clear that timing is really a science. He distills cutting edge research and data and weaves it all into a fascinating narrative packed with irresistible stories and practical takeaways. 258 pages. Riverhead. Pub. at $28.00 $21.95

5842743 END EVERYDAY PAIN FOR 50+. By Joseph Hehn. Provides a step-by-step approach or creating and maintaining a pain-free lifestyle, and lasting solutions for improving your body’s alignment through simple stretching and movement, no matter what part of your body is hurting. Includes a complete 10-minute a day program to correct previous damage, and develop healthier joints. Well illus. 130 pages, Ulysses. Paperbound. Pub. at $15.95 $9.95


5735009 THE POWER OF RELAXATION. By Yogi Ashkonanda. The exercises in this guide form a complete program that will enable you to accept yourself, access your inner power and reach a state of peacefulness you can carry with you. Includes meditations, yoga postures and breathing exercises that can have profound and life-altering effects. Well illus. in color. 160 pages. Watkins. Paperbound Import. Pub. at $17.95 $12.95


5936659 ACUPRESSURE TAPING. By H-U. Hecker & K. Liebchen. The authors show how many bodily dysfunctions can be self-treated through this innovative method, presenting therapeutic as well as preventive techniques for addressing acute and chronic pain, from back pain and tennis elbow to menstrual pain and tension headaches. Illus. in color. 122 pages. Healing Arts. 8x10. Paperbound. Pub. at $16.95 $11.95


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3516555 HOME REMEDIES FROM A COUNTRY DOCTOR. By Jay Heinrichs et al. Offers over 1,400 drug-free, country-tested remedies, for everything from a cough and dark circles under your eyes to bunions, bronchitis, eye strain, dry skin, dizziness, and depression. A complete program that will enable you to accept yourself, access your inner power and reach a state of peacefulness you can carry with you. Includes a complete 10-minute a day program to correct previous damage, and develop healthier joints. Well illus. 196 pages. Skyhorse. Paperbound. Pub. at $14.95 $9.95

1865758 CHIA SEED REMEDIES: Use These Ancient Seeds to Lose Weight, Balance Blood Sugar, Feel Energized, Slow Aging, Decrease Inflammation and More! By My Seeds Chia Test Kitchen. You’ll be amazed to learn all the ways chia seeds can improve your physical and mental health. Whether you’re just starting out or you’ve already incorporated chia seeds into your diet, with tips and recipes for baked goods, entrees, desserts, and more. 200 pages. Skyhorse. Paperbound. Pub. at $14.95 $9.95

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5988950 THE ESSENTIAL GUIDE TO ESSENTIAL OILS. By Roberta Wilson. Comprises an A to Z list of common conditions and their essential oils remedies along with the basic principals of using essential oils; the history, effects, and correct application of the most powerful healing techniques for using plant essences and essential oils; and unique beauty-care treatments for rejuvenating skin, hair, and body. 340 pages. Avery. Paperbound. Pub. at $18.00 $4.95

6732526 1,801 HOME REMEDIES. By M. Hoffman & E. Metcalf. You don’t have to run to the doctor for every bruise, backache, cut, or cold. Chances are, there’s a home remedy that works just as well and is right at hand. With the help of a board of medical advisors and modern research, the authors present the very best herbs, foods, and homeopathic healing to help you feel better. This is a book no home should be without. Reader’s Digest. 7½x10. Paperbound. Pub. at $17.99 $9.95

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★ 649999 NATURAL ALTERNATIVES TO NUXEUM, MAALOX, TAGAMET, PROLISEC & OTHER ACID BLOCKERS, SECOND EDITION. By Martie Whitklin. If you are suffering from heartburn, acid reflux, or other gastric ailments, popular medications may mask symptoms but do not treat the underlying cause of the problems. This guide offers safe, more effective alternatives that provide both immediate and long-term relief. 262 pages. Square One Publishers. Paperbound. Pub. at $7.95

6627417 ADAPTING ADOPTING: Traditional Recipes and Elixirs to Improve Your Skin, Mood, Energy, Focus, and More. By Agatha Novelle. Reveals a class of herbs that improve your body’s reaction to emotional and physical stress while increasing your energy, stamina, endurance, and mental clarity. Details the health and wellness benefits to 23 of adaptogenic herbs, plus a wealth of recipes and extracts and elixirs. 224 pages. Adams Media. Paperbound. Pub. at $16.99


673491X BIOENERGY HEALING: Simple Techniques for Reducing Pain and Restoring Health Through Energetic Healing. By Csongor Daniel. Learn how to feel, see, and manipulate the energy fields of the body. Biomedicine and energetic healing includes step by step instructions for treating various conditions and diseases such as arthritis; headaches; pain; chronic fatigue; stress; insomnia; colds and much more. Illus. 241 pages. Skyhorse. Paperbound. Pub. at $14.99 $4.95

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6796844 BIOHARMONIC SELF-MASSAGE: How to Harmonize Your Muscular, Emotional, and Physical Energy. By Yves Biligny. Drawing upon biological decoding, reflexology, lymph massage, and yoga as well as recent neuroscience and quantum physics research, this guide reveals how to harmonize the body’s natural potential to harmonize energy through the release of tensions and emotional memories trapped within the muscles, 162 pages. Healing Arts. 8x10. Paperbound. Pub. at $19.95 $4.95

6628796 ESSENTIAL OILS FOR HEALTH. By Kyndra Denson-Foote. Features an easy-to-follow chart of 100 essential oil recipes that help: promote skin, hair, and nails; boost memory retention and concentration; reduce stress, anxiety, and fatigue; treat dermatological ailments, and many more. 128 pages. Adams Media. Paperbound. Pub. at $12.99 $4.95

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5895251 YOU CAN SAY NO TO CHEMO. By Laura Bond. Journalist and health coach Laura Bond and her mother Gemma visited 60 of the leading oncology centers in the world’s foremost cancer specialists and healers who are getting remarkable results in treating cancer without radiation or chemotherapy. This book shares the most exciting discoveries they made in their travels. 355 pages. Conari Press. Paperback. Pub. at $18.95 $4.95

573732X THE TAPPING SOLUTION FOR PAIN RELIEF. By Nick Ortner. Discover a startling alternative to treating pain, beyond injections, medications, and surgeries. Dr. Robins lays out a step by step plan that will teach you how to use tapping, or EFT (emotional freedom techniques), to reduce or eliminate chronic pain, then outlines tips and techniques for reducing or eliminating pain in both the short and long term. 220 pages. Hay House. Pub. at $25.95 $9.95

5722098 TAI CHI DAILY PRACTICE. By D-D. Ross & D. Lee. Build on your beginner Tai Chi Ch’uan moves with an emphasis on sequencing smoothly and confidently from one form to the next. Featuring David-Dorian Ross’s easy to follow instruction and practice guidance, this DVD makes the practice of this ancient Asian art easier and accessible for everyone. Lower Body Chi 30-Minute Workout. 79 minutes. Gaiam. Film. PRICE CUT to $2.95

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6818498 AWAKENING YOUR IKIGAI: How the Japanese Wake Up to Joy and Purpose Every Day. By Ken Mogi. Ikigai is a Japanese phenomenon commonly understood as “your reason to get up in the morning.” In this book, the author, who has lived in the United States for 20 years, presents throughout and juxtaposed with the ancient Chinese internal arts techniques function in ways that help you embed them and feel them come alive, regardless of your level. It covers wrist and shoulder and into the core of one’s life. SHOPWORN. Well illus. 326 pages. Healing Arts. Paperback. $25.00

6866910 QIGONG FOR STRESS RELIEF: With the centuries-old practice of Qigong, you can reduce stress and increase energy quickly and effectively. Instructors Francesco Garripoli and Daisy Lee-Garripoli offer you the best in “energy first aid” with this program—ten easy-to-learn exercises to boost your natural resiliency to stress. 40 minutes. Gaiam. $4.95

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