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5803998 THE BELLY BURN PLAN: Six Weeks to a Lean, Fit & Healthy Body. By Traci D. Mitchell. Muffin tops, love handles, and pot bellies have finally met their match with this easy to follow diet and exercise program that will help you shed belly fat fast and for good. In just three steps. Kick start it with a three day cleanse; eat right for your body type; and get moving. All the information you need to make the lifestyle changes that will shed fat fast. Well illus. 306 pages. Morrow Paperbound. Pub. at $23.95.

5890961 GOOD SUGAR BAD SUGAR: Eat Yourself Free from Sugar and Carb Addiction. By Allan Carr. The creator of the most successful stop-smoking method now turns his attention to the biggest dietary threat to the modern world: the epidemic of obesity. Patently proves that refined sugar and processed carbohydrates are a unique method that doesn’t require willpower, Carr’s Easyway will help you regain control of your life. 255 pages. Arcturus Paperbound Import. Pub. at $14.95.

5895797 THE BIG BREAKFAST DIET. By Daniela Jakubowicz. Based on groundbreaking research into how the body’s hormones and metabolism work, this plan transforms food into fuel and helps you feel satisfied, thin, and happy on any diet and perfectly fit in 12 weeks. You will learn how to eat the foods you love with the promise that you will lose significant weight and keep it off. Includes recipes, 246 pages. Workman. Pub. at $18.95.


5817708 THE CAMPBELL PLAN. By Thomas Campbell. In 2005’s China Study, the authors detailed groundbreaking research results showing that a whole-food, plant-based diet can prevent and reverse many chronic diseases. Now, they show readers how to make the transition—and enjoy the journey—with practical guidance and a simple step-by-step plan. 285 pages. Little, Brown. Pub. at $25.99.

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4559193 SHOULD I SCOP OUT MY BAGELS? And 99 Other Answers to Your Everyday Diet and Nutrition Questions to Help You Lose Weight, Feel Great, and Live Healthy. By I. Schapiro & H. Rich. Drawing on 25 years of combined experience, the authors tackle some of the most common health and diet questions posed today. Is a wrap better for you than a bagel sandwich?; Is it time to get gluten-free breadwars?; If you eat well, what's the point of a multivitamin?; and more. 225 pages. Skyhorse. Paperback. Pub. at $15.99

570418 THE SUPERVIRGIN DIET. By DJ Virgin. Reveals the real secret behind weight loss and fat loss in one program. With this guide you'll eat plenty of anti-inflammatory healing foods to restructure your health and reset your metabolism while avoiding the foods that cause food intolerance—and ultimately weight gain. Includes meal plans and recipes. 356 pages. Rodale. Pub. at $17.99

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450714 BODY RESPECT: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand About Weight. By L. Bacon & L. Aphramor. Challenging today’s popular weight-loss gurus and programs, this paradigm-shifting work argues that obesity isn’t the health threat it’s portrayed to be. In fact, they offer compelling proof that the real problem is the toxic stigma placed on certain body types. 208 pages. Rodale. Pub. at $15.99

3563901 THE 7-DAY SUPERFOOD CLEANSE. By Stephanie Pedersen. 184 pages. Sterling. Paperback. Publisher at $14.95

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5706130 GOOD CARBS, BAD CARBS, SECOND EDITION REVISED: Lose Weight and Enjoy Optimum Health by Eating the Right Carbs. By Johanna Bronin. This edition brings you up-to-date on how to turn when you need more fiber in your diet, or which foods you can count on when you’ve got an upset stomach. This book has the answers, and more. Includes 60 surprising facts about your cholesterol, stopping bad breath, battling cold and flu, and more. 314 pages. Da Capo. Paperback. Pub. at $16.00 $3.95

6462502 THE HEALING POWERS OF HONEY: Includes Dozens of Healthful Recipes and Home Cures! By Cal Orey. Drawing on the latest honey buzz and interviews with doctors, beekeepers, and researchers, this enlightening guide reveals 30 healing honey recipes, plus more than 50 home cures that combat everything from digestive to skin woes. 302 pages. Kensington. Paperback. Pub. at $14.95. $2.95

5858909 THE EVERYTHING GUIDE TO ALOE VERA FOR HEALTH. By Britt Brandon. Learn about the uses of aloe throughout history, current research into the many potential benefits of aloe vera juice, and ways to incorporate aloe into your daily routine to improve your overall health and vitality. 301 pages. Adams Media. Paperback. Pub. at $14.00 $5.95

5853123 THE COMPLETE GUIDE TO BEATING SUGAR ADDICTION. By Jacob Teitelbaum et al. Uncovers four types of sugar addiction and gives a step by step plan for resolving their underlying causes, breaking sugar cravings forever, and achieving dramatically improved health and energy levels, while also making it easier to lose weight. 304 pages. Funari. Paperback. Pub. at $14.95 $9.95

5845351 WHAT DO I EAT NOW? A Step-by-Step Guide to Eating Right with Type 2 Diabetes. By PB. Geil & T.A. Ross. Has everything you need to take the guesswork out of healthy meal planning and start eating better today! With the help of this guide in four weeks you can eat better, improve your diabetes management, and live a healthier lifestyle. 139 pages. American Diabetes Assoc. Paperback. Pub. at $17.95 $9.95

5846083 EAT WELL STAY WELL: What to Eat to Beat Common Ailments. By Sarah Brewer. Nutrition is our first line of defense against disease, and a well-chosen diet can alleviate and help prevent just about any health condition. Dr. Brewer reveals what to eat to beat 50 common ailments, based on the latest research. This is not just a cookbook, but also a color, 176 pages. Connections. Paperback. Import. Pub. at $14.95 $4.95


5781587 THE SWIFT DIET: 4 Weeks to Slim the Belly, Lose the Weight, and Get Rid of the Bloat. By K.M. Swift & J. Hooper. Lose weight permanently and heal digestive distress with this plan, which demonstrates how to eat to change your gut bacteria, or “microbiota”—without going hungry or feeling deprived. These four weeks of meal plans, recipes, and lifestyle changes will result in increased energy and decreased tummy troubles. 337 pages. Hudson Street. Pub. at $25.95 $4.95

5858992 THE EVERYTHING GUIDE TO ADRENAL FATIGUE. By Magpie Lutter. Offers a clear understanding of the symptoms of adrenal fatigue, which is often mistaken for thyroid disease, and which foods you can count on when you’ve got an upset stomach. This book has the answers, and more. Includes 60 surprising facts about your cholesterol, stopping bad breath, battling cold and flu, and more. 314 pages. Da Capo. Paperback. Pub. at $17.99 $9.95

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**590188X** **CHI SELF-MASSAGE: The Taoist Way of Rejuvenation.** By Mantak Chia. The western concept of massage primarily concerns muscle manipulation. In the practice of Chi Self-Massage, internal energy, or chi, is manipulated to strengthen and rejuvenate the sense organs—eyes, ears, nose, tongue, teeth, and internal organs. Illus. 96 pages. Destiny. Paperback. Pub. at $12.95 $9.95

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5868750 CREATING THE SOUL BODY: The Sacred Science of Immortality. By Robert E. Cox. The author maps the spiritual journey of consciousness behind the science of immortality and reveals the practice of creating a soul body in detail. He also shows that this ancient spiritual science resembles the physical theories of mass, energy and particle theory and the unified field theory. Illus. 276 pages. Inner Traditions. Paperback. Pub at $18.95 $14.95

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5858712 THE ART OF MANDALA MEDITATION: Mandala Designs to Heal Your Mind, Body, and Spirit. By Michał Beaucar. Discover the restorative power of mandala meditation with this generous collection of more than 80 colorful illustrations. Also includes customizable blank mandalas to further your meditation and guide you even deeper into tranquility. The voice can take you on a magical journey of the imagination. 192 pages. Adams Media. Paperback. Pub at $19.95 $14.95

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5880726 TRANCE DANCING WITH THE JINN: The Ancient Art of Contacting Spirits Through Dance. By Alexander Loyd & Dr. Hanen. Explore the tradition of trance dancing, the practice of connecting with the subtle energies and secret knowledge of spirits through rhythmic movement to music. Includes a detailed how-to section that provides an effective, and fun way to connect with the ethereal realm from within your own home. Illus. 390 pages. Llewellyn. Paperback. Pub at $22.99 $17.95

5889005 NEW WORLD MINDFULNESS: From the Founding Fathers, Emerson, and Thoreau to Your Personal Practice. By D. McCown & M.S. Micozzi. Provides techniques to integrate mindfulness into real life so we can rise above the stress of work, family, and community that can easily pull us out of the moment and into states of tension, anxiety, or depression. Illus. 274 pages. Healing Arts. Paperback. Pub at $14.95 $11.95

588786 CREATING THE WORK YOU LOVE: Courage, Commitment, and Career. By Nick Jarow. Presents an alternative approach to the job search. Start with the values that make each individual's life worthwhile. Using the exercises the author provides and examples both from his personal experience and from interviews with particular energy centers in the body you can map a pathway from the inner to the outer world and create a bridge between personal priorities and daily activities. 214 pages. Destinations. Paperback. Pub at $14.95 $11.95

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5808847 THE ONLY WAY TO WIN. By Jim Loehr. Drawing on two decades of work, Loehr reveals that the blind pursuit of external achievement often results in emphysema, addiction, and, ironically, poor performance. It’s not about what you achieve, he argues, it’s about who you become—a consequence of the chase. 227 pages. Hyperion. Pub. at $26.99 $6.95

580714X JUMP SHIP: Ditch Your Dead-End Job and Turn Your Passion into a Profession. By Josh Ship. A step-by-step guide through one of life’s most difficult and most important transitions. If you are facing a dead-end job and embarking upon a new career can open up a world of fulfillment, but it isn’t easy. Ship will help you discover your true priorities and give you the resources you need to succeed. 227 pages. Martin’s. Pub. at $24.99 $4.95

365964X MEDITATION HEALING BOOK AND CARD PACK. By Christopher T人事。 Combat stress and conflict with the help of this book and the power of the healing mantras set out on the accompanying 36 cards. The book highlights the most effective practices, thought patterns and exercises, arms you against life’s difficult situations, and opens your mind to joy and color. Oceania. Import. $9.95


★ 5836980 DISCOVER YOUR AUTHENTIC SELF: Be You, Be Free, Be Happy. By Sherrie Dillard. Explore a range of topics for self-discovery, including intuition, spirit animals, recognizing personal abilities as related to archetypes, living your purpose, spirit essence and energy, and more. 346 pages. Traditions. Publisher. Pub. at $16.00 $11.95

5871522 JUMPSTART YOUR GROWTH. By C. Maxwell. Shares the secrets to maximizing your personal and professional potential in just 90 days. Each day’s lesson offers insight, inspiration, and instruction with prompts for action and action, with space to document the progress you make along your journey. 188 pages. Center Street. Paperbound. Pub. at $19.95 $15.95

5737718 HOW SUCCESSFUL PEOPLE GROW: 15 Ways to Get Ahead in Life. By B. Proctor & G.S. Reid. Challenge proven to be the most effective catalysts for growth. Learn what it takes to strengthen your positive self-image and improve your people skills, and how to attract your positive influence. Four hours on 3 CDs. Hachette. Paperbound. Pub. at $16.00 $5.95


★ 5869056 RADICAL NATURE: The Soul of Matter. By Christian de Quincey. This new edition explores the “hard problem” of philosophy, how mind and matter are related to archetypes, living your purpose, spirit essence and energy, and more. 346 pages. Traditions. Publisher. Pub. at $16.00 $11.95

5863368 THE BIG PICTURE: 11 Laws That Will Change Your Life. By Tony Horton. The creator of the take-no-prisoners fitness program P90X applies his no-nonsense style to life outside of the gym. Using examples from his own journey as well as stories from the people he’s met, Tony shows you how to identify the life you want—and walks you through the path to creating it. 240 pages. Harper. Pub. at $25.99 $5.95

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**5793173 THE HAPPINESS PROJECT.** By Gretchen Rubin. In this compelling and community-building account, Rubin chronicles her adventures during the twelve months she spent test-driving the wisdom of the ages, current scientific research, and lessons from popular culture about how to be happier. 316 pages. Harper. Paperback. Pub. at $14.99 $4.95

**4952867 THE 3 PROMISES: Find Joy Every Day, Do What You Love, Make a Difference.** By David J. Pillay. This guide makes it simple to practice transformative strategies to help achieve fulfillment, including freeing yourself from the trap of what other people might think and doing more of what you love without having to leave your job. Take the three day challenge and experience fulfillment in your life. 192 pages. Sterling. Pub. at $23.00

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**7619022 BOUNCING BACK.** By Linda Graham. Book Club Edition. 431 pages. New World Library. Paperback. $2.95


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**3002575 TEACH YOURSELF HOW TO BE HAPPIER.** By Paul Jenifer. 258 pages. McGraw-Hill. Paperback. Pub. at $14.95

**4803281 CONGRATULATIONS, BY THE WAY: Some Thoughts on Kindness.** By George Saunders. Random. Pub. at $14.00 $4.95


**4903030 DISCOVERING YOUR SOUL SIGNATURE: A 33-Day Path to Purpose, Passion & Joy.** By Panache Desai. 235 pages. Spiegel & Grau. Pub. at $24.00 $5.95


**2763575 HAPPY: Learn the Secrets to Daily Joy and Lasting Fulfillment.** By Tal Ben-Shahar. 192 pages. McGraw-Hill. Pub. at $21.95 $5.95

**3684253 STYLE STATEMENT: Live by Your Own Design.** By C. McCarthy & D. LaPorte. 256 pages. Little, Brown. Paperback. Pub. at $24.00 $9.95

**189840X THE DUCK COMMANDER DEVOTIONAL.** Compiled by Alan Robertson. 338 pages. Howard. Pub. at $16.99 $6.95


**5841240 THE SECRET LIVES OF HOARDERS: True Stories of Tackling Extreme Clutter.** By Matt Paxton with P. Hise. Much more than a collection of harrowing tales of attacking the ugliest, dirtiest, and most shocking hoarding cases in the country, this guide offers a behind the scenes look at this hidden epidemic: what it means, how to recognize it before it gets out of hand, and how to deal with them. 238 pages. Cassell. Paperbound. Pub. at $9.95 $3.95

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**5704049 KEEP YOUR BRAIN STRONGER FOR LONGER: 201 Brain Exercises for People with Mild Cognitive Impairment.** By Tonia Vojtkofsky. For adults with Mild Cognitive Impairment, brain exercises are one of the most important things you can do to slow down or reverse the onset of the disease. The exercises and number puzzles collected here are up to the task, helping to hone your memory, reasoning, visual-spatial skills, vocabulary, and more. 281 pages. The Experiment. Paperback. Pub. at $15.95 $4.95

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