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YOU ARE NOT SPECIAL...AND OTHER ENCOURAGEMENTS. By David McCullough Jr. The high school commencement address of 2012 was a tonic one. Here, McCullough expands on his speech—taking a hard look at hovering parents, questionable educational goals, professional college prep, electronic distractions, and club sports—and advocates for a life of passionate engagement. 316 pages. Ecco. Pub. at $21.99 $4.95

MAKE PAIN DISAPPEAR: Proven Strategies to Get the Relief You Need. By Dorothy Foltz-Gray. Whether you suffer from muscle or joint pain, headaches, backaches, or even painful stomach problems, you can get significant, safe relief with the help of this guide which features the newest and most effective tools for treating and preventing pain. Illus. in color. 352 pages. Reader’s Digest. 7¼x10. Paperbound. Pub. at $17.99 $3.95

7½x10. Paperbound. Pub. at $16.95 $1.95

ENTANGLED IN DARKNESS: Seeking the Light. By Deborah King. Come take an epic journey from darkness into the light with one of today’s foremost spiritual masters. You will learn about the incredible strength of unconditional love—the source of true happiness—and how to unearth your own inherent capabilities in order to tap into this powerful force. Book Club Edition. Photos. color. 177 pages. Hay House. $2.95

BODY LANGUAGE: The Signals You Don’t Know You’re Sending, and How to Master Them... By Glenn Wilson. Learn how to read the body language of others and manage the impression you give. Full of tips and strategies underpinned by principles from psychological studies. Use and interpret non-verbal messages to put your best face, and body, forward. 208 pages. Icon. Paperbound Import. Pub. at $9.95 $7.95

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March 24, 2017
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Inspiration, Motivation & Self-Discovery 39
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Nutrition & Weight Management 2
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1852655 SKINNY JUICES: 101 Juice Recipes for Detox and Weight Loss. By Danielle Omar. Juicing is the perfect way to cleanse your body with living enzymes, mineral-rich hydration, and easy to absorb nutrients. With 101 recipes emphasizing superfoods and special health promoting ingredients, this is your go-to guide covering all the basics. 234 pages. Da Capo. Paperback. Pub. at $15.95 $4.95

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4537491 THE MICROBIOME DIET: The Scientifically Proven Way to Restore Your Gut Health and Achieve Permanent Weight Loss. By Raphael Kellman. Cutting-edge science has shown that the microbiome—the trillions of tiny micro-organisms that live in your gut’s intestines—is the secret to weight loss and to feeling healthy, energized, and optimistic. Presently published is the first diet plan based on these findings. 344 pages. Da Capo. Paperback. Pub. at $25.99 $6.95

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5825342 ZERO BELLY DIET. By David Zinczenko. Features a week-by-week, fifty-day eating plan that leads to a minimum of cooking and plenty of feasting and illustrated exercises. This program offers freedom from bloating, from food deprivation, from weight loss tads, and from stress. Say goodbye to your paunch and hello to a happier, healthier you! 304 pages. Ballantine. Paperback. Pub. at $26.00 $6.95

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4566734 NATIONAL GEOGRAPHIC FOODS FOR HEALTH: Choose and Use the Very Best Foods for Your Family and Our Planet. By B. Seaver & P.K. Newbold. National Geographic, your trusted source for food experts, this guide feeds your culinary imagination and informs your curiosity about the nature of foods both familiar and less known. Offers profiles of 160 featured foods, 100 new cooking ideas, the latest nutritional information, and much, much more. 318 pages. Paperbound. National Geographic. 7½x9¾. Paperbound. Pub. at $22.95 $6.95

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4641027 THE 30-SECOND BODY: Eat Clean, Train Dirty, Live Hard. By Adam Rosante. Outlined here is celebrity fitness trainer Adam Rosante’s three-tiered, six-day clean—feed your body right with simple meals; train dirty—use compound movements and high intensity interval training; and live hard—strengthen your mind and achieve your weight loss goals. Well illus. 170 pages. Ballantine. Paperback. Pub. at $17.00

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★ 4559193 SHOULD I SCOOP 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 off that gluten-free bandwagon?; If you eat well, what’s the point of a multivitamin?; and more. 225 pages. Skyhorse. Paperback. Pub. at $15.99

★ 4542674 THE HEALTHY YOU DIET: The 14-Day Plan for Weight Loss with 100 Delicious Recipes for Clean Eating. By Dawna Stone. Whether you’re trying to lose less than 20 pounds or you’re struggling to lose more than 50 pounds, this book will show you how to ditch your unhealthy eating habits and build a foundation of wholesome eating that will lead to permanent weight loss and better health. Color photos. 272 pages. Rodale. Paperback. Pub. at $15.99


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452966 EATING FOR ACID REFLUX: A Handbook and Cookbook for Those with Heartburn. By J. Sklar & A. Cohen. Unique combination of handbook and cookbook for acid reflux written by authors who have experienced heartburn in their own families and have control the problem. Includes essential information on GERD, mainstream and alternative therapies, and a hundred recipes. 273 pages. Da Capo. Paperback. Pub. at $19.95 $4.95

371087 THE HEALING POWERS OF CHOCOLATE. By Cal Orey. Drawing on the latest scientific research as well as interviews with medical doctors and chocolatiers, this fascinating guide reveals how to live longer and healthier while indulging in one of nature’s most decadent and versatile foods. Includes heart healthy recipes and home remedies that combat everything from acne to anxiety. 302 pages. Kensington. Paperback.

461740 MY BEEF WITH HEAT: The Healthiest Argument for Eating a Plant-Strong Diet—Plus 140 New Engine 2 Recipes. By Rip Esselstyn. Rip is back, and not only does he arm you with every fact you need to win any argument with a meat eater, he also presents new recipes to feed your newly plant-eating friends! From pizzas to burgers, from casseroles to cakes, from soups to nutrilicious salads. Color photos. 290 pages.


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5805584 THE COMPLETE GUIDE TO YOGA INVERSIONS: Learn How to Invert, Float, and Fly with Inversions and Arm Balances. By Jennifer DeCurtins. Demonstrates the most common inversions and arm balances that are found in a variety of styles of yoga, including Ashtanga, Bikram, power, hatha, and more. Each pose has detailed step by step instructions and helpful photos, as well as modifications and progressions for all levels of practitioners. Written in color. 160 pages. Fair Winds Press. Paperback. Pub. at $19.95 199 pages. Atlantic. 8x10. Paperback. Pub. at $24.95 $16.95

DVD 5862558 YOGA: CONDITIONING for Weight Loss. Professional instructor Susan Fulton, accompanied by a guest presenter, takes viewers through a beautifully crafted and easy-to-follow workout program based in the relaxing practice of Hatha Yoga. Includes familiar postures from Sun Salutation to Half Moon Balance to Plank and more. 96 minutes. Dynasty. $13.95

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5716789 TENDON NEI KUNG: Building Strength, Power, and Flexibility in the Joints. By Mantak Chia. The eight postures of Tendon Nei Kung are especially designed to open the joints and fortify and grow all the tendons in the body, strengthening them as a unit. The author explains how to perform the postures. Color photos. 134 pages. Llewellyn. Paperback. Pub. at $14.95 $9.95

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- 54 -

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