
March 24, 2017


DO DEAD PEOPLE WATCH YOU SHOWER? And Other Questions You've Been All But Dying to Ask a Medium. By Concetta Bertoldi. A medium exposes the naked truth about the fate and happiness of our late loved ones with no holds barred honesty and delightfully wry humor, answering questions that range from practical to the outrageous. 280 pages. Harper. Paperbound. Pub. at $13.95 $4.95

RODNEY YEE'S CORE CENTERED YOGA. The acclaimed yoga instructor helps you make small adjustments for amazing results. Split into five parts—Lower Balance; Back Balance; Internal Balance; Bending; Power Mile; and the high-energy and undeniably fun Walk & Kick. 119 minutes. Gaiam. $3.95

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MASTERING THE LIFE PLAN: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body. By Jeffrey S. Life. Do you want to get in the best shape of your life and live like you're 20 years younger? Dr. Life distills his bestselling program into a simpler format that men of any age can customize for their individual needs. Illus. 294 pages. Atria. Pub. at $26.00 $2.95

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

TOGETHERNESS: Creating and Deepening Sustainable Love. By Cyndi Dale et al. Weaves together psychological and spiritual perspectives with poignant, unforgettable stories to offer a doorway into a world of extraordinary intimacy: a depth of closeness that can transform every relationship in your life, now and in the future. 213 pages. Deeper Well. 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. Illus. 316 pages. Hay House. Pub. at $16.95 $2.95

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2732262 THE CORTISOL CONNECTION: Why Stress Makes You Fat and Ruins Your Health—and What You Can Do About It. By Shawn M. Talbott. Contains breakthrough information on how to counteract your body’s primary stress hormone—and limit its negative effects, how some supplements can actually increase the levels of cortisol, and vitamins, herbs, and supplements that counteract stressors. 265 pages. Hunter. Paperback. Pub. at $15.95 $4.95

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1877894 FAST DIETS FOR DUMMIES. By K. Petrucci & F. Flynn. Get expert information and helpful tips on how to incorporate the most popular fasting diets into your daily life: the 5:2 Diet, intermittent fasting, micro-fasting, and the Voracious Diet. Want to limit your calorie intake? This guide has you covered. 294 pages. HarperPerennial. Paperback. Pub. at $16.00 $9.95

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3601382 INFLAMMATION NATION: The First Clinically Proven Eating Plan to End Our Nation’s Secret Epidemic. By Floyd H. Chilton with L. Tucker. Examines the connections between obesity and such ailments as arthritis, heart disease, asthma, and diabetes, and then offers a simple eating plan that can help you change the way you eat forever. 302 pages. Fireside. Paperback. Pub. at $16.00 $4.95

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1852655 SKINNY JUICES: 101 Juice Recipes for Detox and Weight Loss. By Daniell 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 $16.95 $9.95

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**5808879** CHOOSE MORE, LOSE MORE FOR LIFE. By Chris & Heidi Powell. Find the tailor-made plan for you to lose weight and shape your body for life. With the help of ABC’s Extreme Weight Loss star, Chris Powell, you’ll find all the information you need to choose the plan to get started and see immediate results. Four different options are offered for carb-cycling along with twenty new Nine-Minute Missions, workouts that pack maximum results into minimal time. Well illus. 289 pages. Hatchette. Paperbound. Pub. at $16.00. **$4.95**

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**5863589** DOWN SIZE: 12 Truths for Turning Pants-Shrinking Frustration Into Pants-Fitting Success. By Joel Fuhrman. A six-week plan that will help you lose weight and gain a healthier, leaner, and better body. These revelations emerge from the author’s own revealing and hilarious weight-loss journey—an eye-opening Odyssey of whimsy, philosophy, history, personal stories, and endurance events. 263 pages. Hudson Street.

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**5703887** THE 8-HOUR DIET: Watch the Pounds Disappear Without Watching What You Eat! By D. Yanzenko and P. Moore. Invitation to all the diet industry is built and offers a new fully customizable program to help you make the simple changes needed to develop a healthy new lifestyle. Color photos. 224 pages. Rodale. Paperbound. Pub. at $18.99. **PRICE CUT TO $3.95**


**5461708** FOODS THAT HARM, FOODS THAT HEAL: The Best and Worst Choices in Your Aliments Naturally. Commonsense advice to help sort through all the contradictory claims and warnings about food and health. Hundreds of entries cover everything from acne to yogurt, with special features on cancer, heavy metals, the immune system, the nutritional pyramid, and herbs for health. Well illus. in color. 422 pages. Reader's Digest. 8x10½. Pub. at $26.99. **$2.95**

**2716461** EAT TO LIVE, REVISED EDITION: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss. By Joel Fuhrman. Offers a six-week plan for shedding a radical amount of weight quickly. Learn to eat more nutrient-dense food and be satisfied with fewer calories. This revised edition includes inspiring success stories, up to date scientific research, new recipes and more. 388 pages. Little, Brown. Paperbound. Pub. at $15.99. **$5.95**

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THE EVERYTHING GUIDE TO ALOE VERA FOR HOME CURES! Includes Dozens of Healthful Recipes and Home Cures! By Cal Orey. Drawing on the latest honey buzz and interviews with doctors, this book reveals research with a powerful 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 $4.95

THE COMPLET E 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. Fair Winds. Paperback. Pub. at $12.95 $3.95

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. 131 pages. American Diabetes Assoc. Paperback. Pub. at $17.95 $5.91

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 prevent just about any health condition. Dr. Brewer reveals what to eat to beat 50 common ailments, based on nutritional research carried out by the author. This proven program will help you not only achieve fast and sustained weight loss, it'll also let you say goodbye to chronic health complaints. The secret is breaking your addiction to sugar, carbs, and processed foods—you can do it, and Dr. Brewer will show you how. Eight CDs. Hachette. Pub. at $30.00 $7.95


THE EVERYTHING GUIDE TO ADRENAL FATIGUE. By Maggie Luth er. Offers a natural lifestyle plan to identify symptoms, curing low-back kidney pain; and more. 233 pages. Ul ysses. Paperback. Pub. at $17.99 $5.95


THE EVERYTHING GUIDE TO OATMEAL FOR HEALTH. By Britt Brandon. Learn about the uses of oatmeal throughout history, current research into the many potential benefits of oatmeal, and ways to incorporate into your daily routine to improve your overall health and vitality. 301 pages. Adams Media. Paperback. Pub. at $14.95 $4.95

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, this book reveals research with a powerful 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 $4.95

THE MIRACLE KIDNEY CLEANSE: An All-Natural, At-Home Flush to Purify Your Body. By Lauren Felts. Shows you how to flush out toxins and maximize the benefits of the body’s natural cleansing system, including preventing painful kidney stones; boosting immune function; increasing energy; improving blood circulation; reducing aching muscles; curing low-back kidney pain; and more. 233 pages. Ul ysses. Paperback. Pub. at $14.95 $4.95

THE BEST THINGS YOU CAN EAT: For Everything from Aches to Zzz, the Step-by-Step Guide to Eating Right with 50 Common Ailments, based on the principles of nutritional medicine. Fully illus. in color photos. 319 pages. Avery. Paperback. Pub. at $18.00 $5.95

THE EVERYTHING GUIDE TO ADRENAL FATIGUE. By Mark Hyman. Read by the author. This proven program will help you not only achieve fast and sustained weight loss, it’ll also let you say goodbye to chronic health complaints. The secret is breaking your addiction to sugar, carbs, and processed foods—you can do it, and Dr. Hyman will show you how. Over 8 hours on eight CDs. Hachette. Pub. at $30.00 $7.95

THE EVERYTHING GUIDE TO DIABETES RESCUE DIET: Conquer Diabetes Naturally While Eating and Drinking What You Love—Even Chocolate and Wine! By Mark Bricken. This diet promises good, well-balanced nutrition without making you feel deprived or hungry and it includes a hundred recipes. Color photos. 352 pages. Reader’s Digest. Paperback. Pub. at $17.95 $4.95

THE EVERYTHING GUIDE TO ADRENAL FATIGUE. By Maggie Luth er. Offers a natural lifestyle plan to identify symptoms, curing low-back kidney pain; and more. 233 pages. Hudson Street. Paperback. Pub. at $16.95 $5.95

THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET. By Mark Hyman. Read by the author. This proven program will help you not only achieve fast and sustained weight loss, it’ll also let you say goodbye to chronic health complaints. The secret is breaking your addiction to sugar, carbs, and processed foods—you can do it, and Dr. Hyman will show you how. Eight CDs. Hachette. Pub. at $35.00 $7.95
Healthy Cooking & Special Diets

4553691 THE EVERYTHING HEALTHY GREEN DRINKS BOOK. By Brit Brandon. Blending and juicing fresh fruits and vegetables is fast becoming the preferred way to get your essential vitamins, minerals, and other nutrients. And with the trend toward juicing and smoothies, there’s a tasty, easy to make treat for everyone. 304 pages. Adams Media. Paperback. Pub. at $17.99 $4.95

4640101 THE DIET FIX: Why Diets Fail and How to Make Yours Work. By Yoni Freedhoff. Offers an evidence-based, tested program that supports duration weight while maintaining a highly enjoyable lifestyle. Used on its own or in conjunction with any other diet, it replaces a toxic dieting mindset with positive beliefs and behaviors. It offers solutions to the barriers of traditional dieting. 336 pages. Harmony. Pub. at $25.99 $5.95

5765986 THE ELIMINATION DIET. By A. Segersten & T. Malterre. There is an age-old, powerful connection between what you eat and how you feel. The only way to discover your ideal diet is to follow an elimination diet that will help you link foods to symptoms and customize a diet that works for you. Complete with over 100 recipes, shopping lists, and meal plans, this guide is a complete resource for you to improve your health and feel better, naturally. 330 pages. Grand Central. Pub. at $27.00 PRICE CUT to $3.95

4558164 THE EVERYTHING GUIDE TO SPICES FOR HEALTH. By Michelle Warshaw & R. Webb. 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, Szechuan Pepper Chicken & Noodle Soup, Thai-style Orange Spiced Coconut & Date Balls offer wholesome ways to promote overall wellness. 288 pages. Adams Media. Paperback. Pub. at $16.99 $11.95

3661709 PASSIONATE NUTRITION. By Jennifer Adler with J. Thomson. In this guide to using food as medicine, from a nutritionist who healed herself from the inside out, Adler shares her motivating and revolutionary philosophy: break free of rigid, black-and-white thinking around food, and learn how to eat abundantly and joyfully to achieve optimum health. 272 pages. Sasquatch. Pub. at $23.95 PRICE CUT to $3.95

4590189 THE DOCTOR’S DIET: Dr. Travis Stork’s STAT Program to Help You Lose Weight & Restore Health. By Dr. Travis Stork. The solution to unhealthy eating is a flexible diet plan that helps you lose weight and restores your health. The author created a simple 14 day jump-start plan so you can begin losing weight right away. Easy to follow recipes like Banana Egg Pancakes and Meatza Pizza will help get you started on a diet that can work for you. 320 pages. Grand Central. Paperback. Pub. at $16.99

4530020 ACADEMY OF NUTRITION AND DIETETICS EASY GLUTEN-FREE: Expert Nutrition Advice with More Than 100 Recipes. By T. Thompson & M. Brown. Provides cutting-edge research articles and more than 100 recipes for making healthy gluten-free whole grain dishes, packed with flavor and variety. Recipes include Sweet Potato Quesadillas, Quinoa with Roasted Garlic and Shrimp, Oatmeal Pear Spice Muffins and more. 271 pages. HMH. Paperback. Pub. at $15.95 $5.95

5750040 COMPLETE GUIDE TO CARB COUNTING, 2ND EDITION. By H.S. Warshaw & K. Kulkarni. Provides you with the knowledge and the tools to put carb counting into practice. Unlocks the secrets to blood sugar control. 251 pages. American Diabetes Assoc. Paperback. Pub. at $16.95

5737672 THE DIABETES FOOD & NUTRITION BIBLE. By H.S. Warshaw & R. Webb. All the food and nutritional information you wished you had, but didn’t—until now. There are selections on meal planning approaches, portion control, how to buy, store and handle foods, two nutrition algorithms for choosing the inclusion or exclusion of foods, dietitian, and more. 324 pages. American Diabetes Assoc. Paperback. Pub. at $18.95

4590189 THE DOCTOR’S DIET: Dr. Travis Stork’s STAT Program to Help You Lose Weight & Restore Health. By Dr. Travis Stork. The solution to unhealthy eating is a flexible diet plan that helps you lose weight and restores your health. The author created a simple 14 day jump-start plan so you can begin losing weight right away. Easy to follow recipes like Banana Egg Pancakes and Meatza Pizza will help get you started on a diet that can work for you. 320 pages. Grand Central. Paperback. Pub. at $16.99

4530020 ACADEMY OF NUTRITION AND DIETETICS EASY GLUTEN-FREE: Expert Nutrition Advice with More Than 100 Recipes. By T. Thompson & M. Brown. Provides cutting-edge research articles and more than 100 recipes for making healthy gluten-free whole grain dishes, packed with flavor and variety. Recipes include Sweet Potato Quesadillas, Quinoa with Roasted Garlic and Shrimp, Oatmeal Pear Spice Muffins and more. 271 pages. HMH. Paperback. Pub. at $15.95 $5.95

4551972 THE DUKAN DIET MADE EASY. By Pierre Dukan. Enjoying the rewards of the Dukan Diet’s four-step plan has never been easier! Cruise through the initial phase with the comprehensive approach and these ideas and easy to follow meal plans and recipes to help put them in practice. 346 pages. Viking. Pub. at $27.95 $14.95

4603311 THE DUKAN DIET MADE EASY. By Pierre Dukan. Enjoying the rewards of the Dukan Diet’s four-step plan has never been easier! Cruise through the initial phase with the comprehensive approach and these ideas and easy to follow meal plans and recipes to help put them in practice. 346 pages. Viking. Pub. at $27.95 $14.95


3729410 RAW CHALLENGE. By Lisa Montgomery. 222 pages. Father/Archer. Paperback. Pub. at $15.95 $11.95


Exercise & Fitness

273720X 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 guide will help teach you the right way to stretch. Fully illus. in color. 216 pages. Alpha. Paperback. Pub. at $19.95 $5.95


5669383 KRAV MAGA FOR BEGINNERS. By Darren Levine et al. As the official fighting system of the Israeli Defense Forces, Krav Maga has been battle-tested and has been proven successful. This guide presents the system’s fundamental techniques and most useful real-world moves, as well as a comprehensive fitness program. 256 pages. Ulysses. Paperback. Pub. at $16.95 $11.95

4471334 50 BEST SHAPE-UP EXERCISES: A Step-by-Step Guide to the Best Strengthening Exercises. Text by Sara Rose et al. Features exercises for beginners, intermediate, and advanced. This book provides you with the tools to advance the exercises are designed to strengthen muscles and joints, make your body more toned and flexible, and help maintain a healthy weight. Color photos. 160 pages. Paragon. Paperback. Pub. at $10.95 $3.95

4393105 7 WEEKS TO GETTING RIPPED: The Ultimate Weight-Free, Gym-Free Training Program. By Brett Stewart. Sculpt your arms, shoulders, back, abs, legs and butt in just seven weeks! Follow the day-by-day plan presented here and you will finally achieve the body you’ve always wanted. Photos. 150 pages. Skyhorse. Paperback. Pub. at $15.95 $11.95
**Exercise & Fitness**

**1804812** The U.S. NAVY SEAL GUIDE TO FITNESS and NUTRITION. Ed. by Patricia A. Deuster et al. Covers all the basics of physical fitness, as well as advice for the specific challenges encountered in extreme conditions and mission related activities. Topics include running for fitness, calisthenics, nutritional considerations for endurance activities, and much more. Illus. 496 pages. Skyhorse. 8½x11. Paperback. Pub. at $16.95. **$6.95**

**2748681** CHANGE YOUR POSTURE, CHANGE YOUR LIFE: How the Power of the Alexander Technique Can Combat Back Pain, Tension, and Stress. By Richard Brennan. A person who has good posture tends to project confidence, integrity and dignity. This book is emphatically not about sitting up straight, pulling your shoulders back, and arching your back. It is about finding your natural pose again: that wonderful ease of movement you had as a child. Illus. 186 pages. Watkins. Paperback Import. Pub. at $14.95. **$4.95**

**6549490** THE POWER OF TAI CHI. By Shao Zhao-Ming. Tai Chi is a whole-body exercise system that is low-impact, suitable for all ages, and can be practiced almost anywhere. This kit includes a 64-page book breaking down each movement, and a DVD which demonstrates the gentle, yet challenging, Yang-style Tai Chi program. Color photos. 214 pages. Triumph. DVD $5.95, Book $9.95

**5852619** OLD SCHOOL BOXING FITNESS: How to Train Like a Champ. By Andy & Jamie Dumas. Designed for men and women of all ages and levels of fitness, this 12-week training program is broken into three sections: boxing training, cardiovascular conditioning, and muscular conditioning. 200+ color photos. 254 pages. Skyhorse. Paperback. Pub. at $14.95. **$4.95**

**4555619** NANO WORKOUTS: Get in Shape and Lose Weight During Everyday Activities. By Jaakko Christoffersson. Workout anytime, anywhere. Everyday activities can be transformed into workout opportunities. No need to go to the gym or purchase equipment. Offering a wide range of exercises that work every part of the body, and when done here and there throughout your day produce a toned, healthy physique. Well illus. in color. 120 pages. Lifestyles. Pub. at $14.95. **$4.95**

**552278X** MUSCLE & FITNESS PRESENTS TOTAL ABS. Get the abs you’ve always wanted with programs and advice from the most 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. 9½x10. Paperback. Pub. at $24.95. **$17.95**

**DVD 6477542** THE GIRLS NEXT DOOR WORKOUT: Fullscreen, Kendra, and Kendra at the Playboy Mansion for a private training session. Whether it’s Kendra’s Hot Hip-Hop Romp, the more demanding Bridget’s Boot Camp Challenge, or the sheer fun of Holly’s Sexy Silhouette, you’ll find each of these workouts equally exhilarating. 45 minutes. Image Entertainment. **$5.95**

**5773458** FOAM ROLLING: 50 Exercises for Massage, Injury Prevention, and Core Strength. By Karina Inkofer. Foam rolling is a gentle yet effective way to heal overworked muscles, eliminate painful knots, improve posture, and increase mobility. The combination of foam rolling with this guide, offering easy to follow exercises, plus tips and advice from a number of experts. Color photos. 170 pages. Skyhorse. Paperback. Pub. at $14.99. **$9.95**

**4620899** BOXING FOR FITNESS: Safe and Fun Workouts to Get You Fighting Fit. By C. Michael, Kevin Luhmann. The benefits of boxing are many, and with this comprehensive guide you have an open door to one of the most effective and fun exercise programs available. Covers punches and combinations; shadow boxing; skipping; the punching bag; boxing fitness safety; circuit training; and other illus. in color. 176 pages. Fullscreen. Paperback. Pub. at $24.95. **$19.95**

**3412393** FELON FITNESS: How to Get a Hard Body Without Doing Hard Time. By T. Teufel & W.S. Kroger. Jacked inmates and certifi ed trainees. Teufel and counselor Kroger have locked down an exercise regimen designed to be 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. Illus. 214 pages. Adams Media. Paperback. Pub. at $19.95. **$11.95**

**188316X** THE COMPLETE GUIDE TO BODYWEIGHT TRAINING. By Kesh Patel. Practical, easy-to-use guide that involves utilizing your own bodyweight to improve fitness, power, flexibility and agility. All exercises come with step by step photography and detailed instructions explaining correct and effective technique. 116 pages. Bloomsbury. Paperback. Pub. at $25.00. **$16.95**

**367133X** FORMULA 50: A 6-Week Workout and Nutrition Plan That Will Transform Your Life. By 50 Cent with J. O’Connell. Hip hop superstar 50 Cent is known for being completely ripped. But it wasn’t always like that. After a near-fatal bullet to the lungs in 2000, Fifty had to rebuild his body and mind using the strength and conditioning principles he presents here. Well illus. in color. 232 pages. Avery. Paperback. Pub. at $20.00. **$2.95**

**5750296** THE I WANT TO EXERCISE BOOK FOR PEOPLE WITH DIABETES. 3RD EDITION. By Charles H. Haeger. This book provides the answers you have always wanted with programs and advice from the most trusted experts in the world of fitness. This unique fitness guide shows why eating fat makes us thin, cardio improves our health, and how to gain strength without getting hurt. Stretching exercises work the primary muscles involved in the mechanics of the golf swing—stance, backswing, transition, downswing, and follow-through. Explains the exercises’ benefits and cautions on a step-by-step form. Fully illus. in color. 208 pages. Skyhorse. Paperback. Pub. at $19.95. **$5.95**

**1832913** EAT BACON, DON’T JOG: Get Strong, Get Lean, No Bullshit. By Grant Petersen. Forget any assumption you might have about diet and exercise. In more than 100 short, compelling essays, this unique fitness guide shows why eating fat makes us thin, car... (Cont'd)
**Exercise & Fitness**

**535557 MEN’S HEALTH PUSH, PULL, SWING.** By Miytyh Murphy. Can you handle these old-school lifting tools and the agony they do to your muscles? Here is the muscle-building dumbbell, kettlebell, and sandbag program you have been waiting for! By coaxing all your muscles through a total range of motion, you’ll see results in a little as 8 weeks. Illus. in color. 294 pages. Rodale. Paperbound. Pub. at $26.99 $6.95

**5749956 BODY SCULPTING WITH YOGA.** By Gwen Lawrence. This innovative new approach to strength building combines unique body-weight and resistance training principles with traditional yoga practices. Easy to follow instructions and extensive information on yoga techniques and strength-building tips make these powerful workouts accessible to people of all fitness levels. Fully illus. 182 pages. Rodale. Paperbound. Pub. at $18.95 $6.95

**5751934 THE FIVE TIBETANS: Five Dynamic Exercises for Health, Energy, and Personal Power.** By Christopher S. Kilham. Originating in the Himalayas, the five yogic exercises known as the Five Tibetans take only a minimum of daily time and effort but dramatically increase physical strength, energy and suppleness, as well as mental acuity. These exercises are demonstrated here. Photos. 82 pages. Healing Arts. Paperbound. Pub. at $9.95 $7.95

**650268 THE BELLY OFF! WORKOUTS: A 6-Week Detox Diet and Fitness Plan That Strips Away Fat—Fast!** By Jeff Csatsari et al. With revelatory workouts for both beginners and veterans, a handful of easy rules for healthy eating, and a detox plan that is both simple and sophisticated, this book will help you lose ten, twenty, or more pounds in fewer than two months and turn your health around. Illus. 298 pages. Rodale. Paperbound. Pub. at $19.95 $6.95

**5369772 STRONGER, FASTER, SMARTER: A Guide to Your Most Powerful Body.** By Ryan Ferguson. After a decade behind bars for a murder he did not commit, Ryan Ferguson learned that physical strength and confidence are keys to survival. He shares these strength secrets in the simplest, easiest, and most doable fitness guide ever! 162 pages. Rodale. Paperbound. Pub. at $14.95 $11.95

**5440913 THE EXERCISE CURE: A Doctor’s All-Natural, No-Pill Prescription for Health & Longer Life.** By Matthew A. Heffernan. Research is showing that the only exercise that is the world’s most effective medicine for the myriad health issues we face every day. Now, one of the nation’s top sports medicine doctors shows you how to maximize your daily dose with a series of workouts catering to your most pressing physical problems. Illus. 286 pages. Rodale. Paperbound. Pub. at $16.99 $4.95

**5753015 YOUNGER NEXT YEAR: The Exercise Program.** By C. Crowley & H.S. Lodge. Use the power of exercise to reverse aging and stay strong, fit, and sexy for the rest of your life. This isn’t just a guide to exercising; it’s also a guide to exercising the right way: how hard to hit those intervals, the key to pain-free joints, and how to do crunches to preserve your back. Illus. 168 pages. Workman. Paperbound. Pub. at $11.95 $9.95

**5787602 SIMPLE STEPS TO FOOT PAIN RELIEF: The New Science of Healthy Feet.** By Katy Bowman. Shows you how to change the way you move your body to prevent pain, heal your feet, and halt tendonitis. Bowman shows how to walk you gently through exercises to strengthen your feet, what shoes you should (and should not) be wearing, and how these choices affect your overall foot, and your whole-body, health. Illus. 173 pages. BenBella. Paperbound. Pub. at $13.95 $12.95

**5811469 THE MENS’ HEALTH BIG BOOK — GETTING ABS: Four Weeks to a Flat, Ripped Stomach!** By Adam Bornstein et al. An essential eating and workout guide for anyone looking for a ripped, sculpted six-pack. Designed for beginners and fitness buffs looking for an edge, this volume shows you how to hit all the muscles that matter and turn on your body’s fat-burning mechanism. With easy five-minute routines from an acclaimed yoga teacher, Step by step instructions lead you through simple routines for your daily life—a morning wake-up, a lunchtime lift, an evening de-stress, and more. Illus. in color. 392 pages. Walking Stick Press. Paperbound. Pub. at $21.99 $15.95

**641849X WALK YOUR BUTT OFF! Go from Sedentary to Slim in 12 Weeks With This Breakthrough Walking Plan.** By Sarah Longe Butler et al. This 12 stage program will turn any couch potato into an athlete with only a pair of shoes, pair of sneakers, gradually building up your walking speed, strength and endurance over 12 weeks so you can transform your body and your life. 298 pages. Rodale. Paperbound. Pub. at $19.99 $9.95

**5704081 THE MEN’S HEALTH BIG BOOK — STRONGER, FASTER, SMARTER, SAFER: An Advanced Fitness Guide.** By Dave Drury & Richard Simons. By 2009, exercise and weightlifting were mainstream. How do you turn all the muscle you have built into a body that is not only stronger, faster and smarter but also safer? In this new edition of the bestselling bestseller, you will find a complete guide to exercising; it’s also a guide to exercising in the smartest, realest, and most reliable way. 256 pages. Rodale. Paperbound. Pub. at $26.99 $16.95

**5598472 WOMEN’S HOME WORKOUT BIBLE.** By Brad Schoenfeld. Shed unwanted weight, sculpt your physique, tone muscles, strengthen your core, reduce lower back pain, or simply be healthier and more fit. This guide will show you how to do it all in the privacy of your own home. Illus. in color. 320 pages. Human Kinetics. Pub. at $19.99 $14.95

**5803411 15 MINUTE EVERYDAY PILATES.** By Aleyca Ungaro. Get a toned, strong body, and graceful posture with this 15-minute workout. Clear step-by-step photos show you the details of each exercise, and the accompanying DVD—accompanied by the author's voice—leads you through each movement. 120 pages. Dorling Kindersley. Paperbound. Pub. at $17.95 $6.95

**3559556 ULTIMATE OLYMPIC WEIGHTLIFTING: A Complete Guide from Beginning to Gold Medal.** By Dave Randolph. Takes you step by step through the same principles and lifting techniques used by Olympic athletes to help you build explosive strength, power and speed. Illus. 192 pages. Ulysses. Paperbound. Pub. at $17.95 $16.95

**4365712 ULTIMATE JUMP ROPE WORKOUTS.** By B. Stewtart & J. Warner. Everyone jumped rope as a kid, but you probably didn’t realize this fun activity is also a kick-ass workout for shredding all the major muscles: arms, legs, butt, abs, shoulders, and chest. Different ways to run a 15-minute jump rope workout designed to turn on your body’s fat-burning mechanism. With easy five-minute routines from an acclaimed yoga teacher, Step by step instructions lead you through simple routines for your daily life—a morning wake-up, a lunchtime lift, an evening de-stress, and more. Illus. in color. 392 pages. Walking Stick Press. Paperbound. Pub. at $21.99 $15.95

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**5799333 NORDIC WALKING: Outdoor Adventures.** By Malin Svensson. Developed in Finland, Nordic walking incorporates specially designed poles and specific techniques to enhance the action of walking. In an easy three-step program, this guide teaches you the basic techniques of low-impact exercise, covering fitness fundamentals, etiquette and safety considerations, and tips for selecting gear and apparel. Well illus. in color. 206 pages. Human Kinetics. Paperbound. Pub. at $19.95 $9.95

**DVD 273839X RICHARD SIMMONS PROJECT H.O.P.E. Widescreen. Discover Richard Simmons’ incredible ‘Triple T’ Fat Burning Method: a three-month progressive system that presents three brand new programs every program—each of which is just 30 minutes or less. This Project H.O.P.E. set also features a 27-page Success Guide, and a 95-page Food Mover nutrition guide, complete with recipes. 150 minutes on three DVDs. Gaiam. Pub. at $29.98 $15.95

**5396821 THE YOGA BIBLE: The Definitive Guide to Yoga Posures.** By Christina Brown. Featuring over 170 postures from many schools of yoga, it is the ultimate guide to practicing yoga and finding a physical and mental balance. Well illus. in color. 400 pages. Walking Stick Press. Paperbound. Pub. at $21.99 $15.95

**5664309 QUICK & EASY YOGA.** By Christina Brown. Unwind, energize, and boost your health and energy with easy five-minute routines from an acclaimed yoga teacher. Step by step instructions lead you through simple routines for your daily life—a morning wake-up, a lunchtime lift, an evening de-stress, and more. Illus. in color. 128 pages. Scandinavian Books. Paperbound. Pub. at $12.95 $4.95

**5886864 MARI WINSON’S BEGINNER PIlATES.** Top instructor Mari Winsor shows you how to get the most out of your Pilates workout with this definitive beginner’s guide. Learn the basic Pilates principles in perfect Form Pilates; optimize your breathing for more efficient practice in Pilates Primer; and learn how to utilize the classic Pilates exercises with Strength and Lengthen. 65 minutes. Gaiam. $4.95
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**4566475 FUNCTIONAL CROSS TRAINING.** By B. Stewart & J. Warner. Combining plyometrics, intense circuit training, weightlifting, and running, this guide's revolutionary step by step fitness programs are guaranteed to help you achieve a fit, toned body and peak overall fitness. 192 pages. Ulyssees. Paperbound. Pub. at $15.95 $5.95 ★

**5793726 MORNING STRENGTH WORKOUTS.** By Annette Lang. Features a training routine to fit every morning schedule. Provides 20-, 30-, 45-, and 60-minute workouts designed for endurance, size, strength, power, and general fitness. You'll never tire of your morning routine with this guide. Well illus. 224 pages. Human Kinetics. Paperbound. Pub. at $16.95 $5.95 ★

**1778935 ULTIMATE WARRIOR WORKOUTS: Fitness Secrets of the Martial Arts.** By Martin Rooney. More than 1,000 color photos reveal hundreds of the original training secrets this fitness coach discovered while traveling the globe to study and train with the last living masters in the eight core disciplines of Mixed Martial Arts. Includes 50 varieties of push-ups, dozens of kettlebell exercises, and training techniques. 349 pages. HarperCollins. Pub. at $29.99 $19.95 ★

**429310X 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 increases muscle mass in less time than you ever thought possible. Well illus. in color. 8¾x11%. Paperbound. Pub. at $29.99 $19.95 ★

**5796636 VIRTUAL CYCLING—HAWAII.** Put the pedal to the metal with this virtual workout filmed along the breathtaking Crater Road as it winds up to the summit of Haleakala volcano on the Hawaiian island of Maui. Filmed from a cyclist’s point of view and shot in stunning 4K, it’s the perfect workout companion for your next yoga or meditation session. 90 minutes. WVD. Visual Pub. at $14.95 $11.95 ★

**5884925 THE OXYGEN ADVANTAGE.** By Patrick McKeown. Chronic overbreathing leads to loss of health and poor fitness and contributes to such problems as anxiety, asthma, fatigue, insomnia, heart problems, and more. Within minutes you can improve the amount of oxygen delivered to active muscle, and others by changing how you breathe, using the simple techniques in this guide. Illus. 352 pages. Morrow. Paperbound. Pub. at $15.99 $11.95

**5805627 BARRE FITNESS.** By F. DeVito & E. Halfpapp. Infused with elements of ballet, barre workouts continue to evolve and raise the barre levels to the next level. With barre, you can challenge your entire body in a way that engages your core, promotes muscle growth, and helps you to achieve a body that looks and feels fantastic. Fully illus. in color. 176 pages. Human Kinetics. Paperbound. Pub. at $19.99 $15.95 ★

**5870858 WORKING OUT SUCKS! (AND WHY IT DOESN'T HAVE TO).** By Chuck Runyon et al. Offers a no-nonsense way to get back on track with your health. Working out may suck, but the alternatives—from heart disease to premature aging, and even diminished income and unhealthy kids—are a lot worse. Includes tips for mental fitness and a 21-day kick-start plan. Photos. 264 pages. Da Capo. Paperbound. Pub. at $14.99 $9.95 ★

**5844213 THE MEN’S HEALTH BIG BOOK OF WORKOUTS, REVISED.** By Adam Campbell. The most comprehensive collection of exercises ever created, this workout guide is a body-shaping power tool for both beginners and longtime lifters alike. Contains detailed information to include 114 new fat loss exercises; more than 40 new workouts; a “Create Your Own Circuit” guide; and more. Well illus. in color. 551 pages. Rodale. Paperbound. Pub. at $26.99 $19.95 ★


**7516630 THE MEN’S HEALTH BIG BOOK OF EXERCISES: Four Weeks to a Leaner, Stronger, More Muscular You!** By Adam Campbell. From start to finish, this muscle manual but 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 full workouts in step by step photos. 472 pages. Rodate. Paperbound. Pub. at $24.99 $16.55 ★

**Dvd 5700604 RICHARD SIMMONS—STRIGHT FROM THE HEART.** The most enduring positive force in physical fitness, Richard Simmons opens his heart to reveal his four steps to lifelong fitness: Sweatin’, plus Tonnit, plus Nourishing, plus Funt-Pilled with plenty of inspiration and motivation, this program is what you need to off your next workout plan. 25 minutes. Time-Life. $3.95 ★

**4641493 THE BONJOUR EFFECT: The Secret Codes of French Conversation Revealed.** By J. Barlow & J-B. Nadeau. Explains why, culturally and historically, conversation with the French is not about communicating or being nice. It’s about being interesting. After reviewing The Bonjour Effect, even readers with a modicum of French language ability will be able to hold their own the next time they step into a bistro on the Left Bank. 310 pages. St. Martin’s. Pub. at $29.95 $18.95 ★

**Dvd 5700612 RICHARD SIMMONS—LOVE YOURSELF AND WIN.** Presents a complete, never before released show featuring Richard’s six unique and motivational steps to positive self-esteem and permanent weight loss. Learn how to change your life for the better, because you’re worth it! 40 minutes. Time-Life. $3.95 ★

**5895835 ANATOMY & 100 STRETCHING EXERCISES FOR RUNNERS.** Text by Guilermo Sejas Albir. Created to address the specific needs of runners, this guide breaks down more than 400 stretching movements for the hamstrings, quadriceps, adductors, calves, lower back, and more. Includes more than 40 new workouts; a “Create Your Own Warm-up” section; 78 static stretches to be done alone or in conjunction with a partner in flexibility workouts; and stretches to help aid in recuperation and muscle relaxation. Well illus. in color. 152 pages. Barron’s. 8¼x11%. Paperbound. Pub. at $19.99 $17.99 ★

**5805864 CORE FITNESS SOLUTION.** By M. De Medeiros & K. Wood. Featuring more than 5,000 customizable solutions, this guide lets you chart your own path to a leaner middle, a stronger core, and that six-pack you’ve always desired, no matter what your current fitness level is. Programming is customizable to include 114 new fat loss exercises; more than 40 new workouts; a “Create Your Own Circuit” guide; and more. Well illus. in color. 176 pages. Core Fitness. Paperbound. Pub. at $24.99 $17.99 ★

**Dvd 5529392 SELF-DEFENSE: Krav-Close Combat.** Offers two excellent programs teaching close combat techniques. First, you’ll learn self-defense techniques for execution in the streets with various situations, including hold-downs, strangulations, kicks, punches, bites, guns, and more. Then, discover disarming techniques and witness real life scenario at actual locations. 10 minutes. I-Prod. Pub. at $29.99 $29.95 ★

**Dvd 5793838 MILTON BERLE’S LOW IMPACT/HIGH COMEDY WORKOUT.** America’s beloved Uncle Miltie (aka “Mr. Television”) brings a hefty helping of humor to this comprehensive workout program. This program is designed for all fitness levels— from the most senior fitness expert Merrily Smith and designed for ages 50-100, it blends exercise and laughter for the most enjoyable workout you’ve ever had! Includes four bonus episodes! 6½ x 4½. Milton Berle Show. 62 minutes. Mill Creek. Pub. at $14.98 $9.95 ★
**4528896** STRENGTH TRAINING FOR WOMEN. By John Shephard. The ultimate guide to tuning up, burning fat, getting fit and achieving what you want. It shows you why women should train with weights, dispelling the myth that it makes women bulky. Resistance training could be the single most important element in your fitness regime. Includes a 24-week workout program. Well illus. in color. 224 pages. Bloomsbury. Paperback. Pub. at $20.00 **$14.95**

**5870178** IRONFIST STRENGTH TRAINING AND NUTRITION FOR ENDURANCE ATHLETES. By Don & Melanie Fink. Featuring photographs and drawings of proper exercise techniques, this guide contains exciting strength training programs based on sport and level, from beginner to advanced. Provides 9 week training programs, schedules in nine sports with three levels each. 276 pages. Lyons. Paperback. Pub. at $16.95 **$5.95**

**582625X** THE FIGHTER’S BODY: The Martial Artist’s Solution to Diet, Strength, and Health. By L.W. Christensen & W. Demenze. The authors combine their knowledge of martial arts, weight training, nutrition and exercise to put you on the road to becoming the best martial arts athlete you can be. Learn why some diets can be harmful for martial artists, how to calculate your protein needs for training, when and how to use supplements; what to eat on competition days; and more. Photos. 274 pages. YMAA. Paperback. Pub. at $19.95 **$14.95**

**5775450** THE PATH OF MODERN YOGA: The History of an Embodied Spiritual Practice. By Elliott Goldberg. Drawing on over ten years of research, this book reveals the rich history of modern yoga, supplemented by lifelike anatomical illustrations; presents the right exercises for your kind of backache, both acute and chronic. Well illus. 177 pages. Human Kinetics. 8¾x11. Paperback. Pub. at $30.00 **$7.95**


**1863576** ANATOMY OF STRENGTH & CONDITIONING: A Trainer’s Guide to Building Strength and Stamina. By Hollis Lance Liebman. In addition to warm-up exercises, strength exercises and conditioning exercises, this guide offers six comprehensive workouts, supplemented by lifelike anatomical illustrations; that identify the active and stabilizing muscles used in each exercise and more. 160 pages. Firefly. 8½x11. Paperback. Pub. at $24.95 **$7.95**

**575092X** ANATOMY OF EXERCISE FOR LONGEVITY. By Hollis Lance Liebman. Demonstrates how to improve your long term well-being through a well balanced program of fitness and nutrition. Combines the carefully chosen and demonstrated exercises to maintain a healthy heart, good posture and healthy bones throughout your entire body. Includes bonus workout poster. Well illus. in color. 192 pages. Firefly. 8½x11. Paperback. Pub. at $24.95 **$5.95**

**5387049** GODDESS TO THE CORE: An Inspired Workout to Maximize Your Fitness, Beauty & Power. By Sierra Bender with J. Migdow. This guide will help you birth your own goddess self. Whether you step into your physical workout, part yoga, part spiritual reflection, it will help you achieve ultimate wellbeing. Redefine power, beauty, and fitness and reclaim the power of your feminine essence. Photos. 318 pages. Llewelyn. Paperback. Pub. at $22.99 **$17.95**

**4535263** EVERY DAY IS GAME DAY: Train Like the Pros with a No-Holds-Barred Exercise and Nutrition Plan for Peak Performance. By M. Verstegen & P. Williams. Borrowing from regiments he created for the military, NFL combineopes, and the 2014 World Cup champion German national soccer team, Verstegen offers tough but easy to follow workouts that will help you: revolutionize, revitalize, and hone your mind-set, nutrition, movement, and recovery. 306 pages. Avery. Paperback. Pub. at $18.00 **PRICE CUT to $2.95**

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**DVD** 3576914 YOGA FOR EVERYONE. Discover the countless health benefits that yoga offers with this invigorating collection. Each of three workouts is part of a sequence and includes full-color companion booklet featuring photographs and listing key benefits of each pose. Programs include Flexibility; Stamina; and Strengthening. 150 minutes of three different workouts. Pub. at $39.95 **$24.95**

**5826263** FROM SLIGHT TO MIGHT: Building Muscle for the Female Athlete. By Hol lis Lance Liebman. A comprehensive guide to Diet, Strength, and Health. FROM SLIGHT TO MIGHT: Building Muscle for the Female Athlete. By Hol lis Lance Liebman. A comprehensive guide to Diet, Strength, and Health. By Elliott Goldberg. Taking the ancient meditative form of exercise that began in China as a manual art. The authors combine their knowledge of martial arts, weight training, nutrition and exercise to put you on the road to becoming the best martial arts athlete you can be. Learn why some diets can be harmful for martial artists, how to calculate your protein needs for training, when and how to use supplements; what to eat on competition days; and more. Photos. 274 pages. YMAA. Paperback. Pub. at $19.95 **$14.95**


**3606961** EXERCISES FOR BETTER BALANCE: The Strong Stand for Fall Prevention and Longevity. By William Smith with J. Breenly. As we age, our balance and coordination begin to diminish, leading to a higher risk of falling. Learn the simple strategies that are easily customizable for anyone to use anywhere, anytime. Il lus. 177 pages. Avery. Paperback. Pub. at $15.00 **$9.95**

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5455991 YOGA: Exercise in Action. By Betsy Kase. Offers the ultimate step by step guide to more than 75 yoga poses, including forwards bending, centering and warm-up poses; poses for improved muscle tone, balance, and flexibility; and poses for breathing awareness, relaxation, and meditation. Well illustrated. 160 pages. Thunder Bay. Paperbound. Pub. at $19.95


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★ 5856921 HASHIMOTO’S THYROIDITIS. By Izabella Wentz & M. Nowosadka. Discusses lifestyle interventions that aim to dismantle the vicious cycle of Hashimoto’s Thyroiditis, piece by piece. Starting with simple modifications like removing triggers, Dr. Wentz provides methods for repairing the physical systems damaged by the disease, ultimately restoring equilibrium. 370 pages. Wentz, Paperbound. Pub. at $28.50.


★ 5863498 AUTISM SPECTRUM DISORDER: All That Matters. By Lotta Selje. Strips away the many myths surrounding autism, focusing instead on what we really know about its various causes, treatments. Self explains that research has shown that there is more than one type of the disease, and that a variety of disorders fall under the label of autism. 136 pages. Self. Paperbound. Pub. at $14.00.


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★ 4601289 HEALING AUTOIMMUNE DISEASE: A Plan to Help Your Immune System and Reduce Inflammation. By S. Cabot & M. Jasinska. A step by step plan for healing autoimmune disease, reducing inflammation, alleviating symptoms and halting autoantibody production. With this guide you’ll learn the role of specific foods in reducing inflammation, which foods to avoid, how leaky gut syndrome is a factor, and much more. 256 pages. SCB International. Paperbound. Pub. at $20.00.

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★ 5901960 FIGHTING CANCER WITH VITAMINS AND ANTIOXIDANTS, REPRINTED 4TH EDITION. By Katharine N. & K. Che Prasad. Providing a simple nutritional program to follow, the authors show how vitamins and antioxidants, administered in combination, can enhance the beneficial effects of conventional cancer treatments, decrease their toxic side effects, improve long-term prognosis, and reduce risk of new cancer. 280 pages. Healing Arts. Paperbound. Pub. at $16.95.

5850525 OUTSMART DIABETES 1-2-3. By the eds. of Prevention. Channels the very latest findings from the front line of diabetes research into practical tools and tips that empower you to take charge of the disease. 392 pages. Rodale.

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<td>By L.A. Fox &amp; S.L. Weber. Teaches you how to respond swiftly to life-threatening emergencies. Get emergency tips for hypoglycemia, insulin pump emergencies, and natural disasters, and learn how to handle everyday emergencies, such as travel, depression, and sick days.</td>
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<td><strong>THE EBOLA SURVIVAL HANDBOOK: An MD Tells You What You Need to Know Now to Stay Safe.</strong></td>
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<td><strong>DIABETES:</strong> The Biography.</td>
<td>By Robert F. Elsberg. Diabetes is a disease that affects millions of people and one of the main causes of death in the United States. It is a manageable condition since the discovery of insulin. For many people the experience is quite different. This account shows how pernicious the disease can be and how the patients and doctors had to understand it over the centuries. Illus. 229 pages.</td>
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<td><strong>DIABETES MIRACLE:</strong> 3 Simple Steps to Prevent and Control Diabetes and Regain Your Health...Permanently.**</td>
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<td>By Robert F. Elsberg. Diabetes is a disease that affects millions of people and one of the main causes of death in the United States. It is a manageable condition since the discovery of insulin. For many people the experience is quite different. This account shows how pernicious the disease can be and how the patients and doctors had to understand it over the centuries. Illus. 229 pages.</td>
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<td><strong>TOTAL RECOVERY:</strong> Solving the Mystery of Chronic Pain and Depression.**</td>
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