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By Amy Brightfield. A real-world guide to eating out, shopping smart, and cooking better. Packed with quick tips, essential advice, and hundreds of easy food swaps to help you slim down and lose weight. Fully illus. in color. 256 pages. Oxmoor. Paperback. Pub. at $17.95

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By Traci D. Mitchell. Fines, 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. 305 pages. Morrow. Paperback. Pub. at $16.99

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By Daniela Jakubowicz. Based on groundbreaking research into how the body’s hormones and metabolism process foods differently depending on when you eat, this diet offers a 28-day program that lets you eat the foods you love with the promise that you will lose significant weight and keep it off. Includes recipes. 246 pages. Workman. Paperback. Pub. at $11.95

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THE VIRGIN DIET COOKBOOK By JJ Virgin. Internationally recognized nutrition expert brings her groundbreaking health and weight-loss program into your kitchen. These tasty, easy to make recipes are free of gluten, soy, dairy, eggs, corn, peanuts, sugar, and artificial sweeteners. 16 pages of color photos. 400 pages. Grand Central. Pub. at $28.00 Item #6593518 $3.95

THE EVERYTHING JUICING BOOK By Carole Jacobs et al. Whether you want to get more nutrients, cleanse your body of toxins, or prevent disease and live longer, juicing is the answer. This guide contains all the information you need to create 150 delicious and nutritious juices for optimum health, including Strawberry Patch Juice, Carrot Banana, Peach Pimply, and many others. 291 pages. Adams Media. Paperbound. Pub. at $16.99 Item #4609891 $4.95

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THE GENE THERAPY PLAN: Taking Control of Your Genetic Destiny with Diet and Lifestyle By Mitchell L. Gaynor. What if our diets could affect every aspect of our health by controlling the expression of our genes? This work presents the science behind these ideas and provides easy to follow meal plans and recipes to help put them in practice. 346 pages. Viking. Pub. at $27.95 Item #5983736 $5.95

SLIM DOWN NOW: Shed Pounds and Inches with Real Food, Real Fast By Cynthia Sass. Sass reveals the scientifically demonstrated power of pulses (including filling and satiating lentils, beans, and chickpeas), which she has incorporated into a dynamic, flexible weight-loss plan that focuses on how these superfoods can ultimately transform your body. Photos. 327 pages. HarperOne. Pub. at $26.95 Item #5760628 $4.95


THE EVERYTHING LOW-FODMAP DIET COOKBOOK By Colleen Francioli. With the 300 low-Fodmap recipes included, and an extensive meal plan, you’ll be able to identify your sensitivities, eliminate problem foods, and control IBS symptoms. Recipes include Mixed Berry Cobbler, Quinoa, Corn, and Zucchini Fritters. Roasted Parsnips with Rosemary; Citrus Flank Steak; and many more. Photos. 320 pages. Adams Media. Paperbound. Pub. at $18.99 Item #682600X $5.95

THE AGE-DEFYING DIET By Caroline Apovian. An innovative and easy to follow program that outsmarts the body’s aging processes to reverse the metabolic clock. By combining her metabolism boosting diet with targeted strength training, readers will lose weight quickly, target trouble spots, boost energy, and restore health. Includes over 100 recipes, simple exercises and a helpful quiz to reveal your true metabolic age. Grand Central. Pub. at $27.00 Item #4832632 $5.95

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THE STASH PLAN By L. Prepon & E. Troy. A revolutionary 21-day diet and lifestyle guide that combines modern nutritional science with Chinese Meridian Theory to detoxify the body and burn fat. Learn how to cook and create a stash of proteins, carbs, and vegetables along with nutritional bone broths to enjoy throughout the week. Well illus. in color. 282 pages. Touchstone. Pub. at $26.00 Item #6578381 $5.95

THE METABOLIC 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 Item #678913X $3.95

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THE METABOLIC APPROACH TO CANCER By N. Winters & J.H. Kelley. Offers a comprehensive, nutrition-focused protocol for managing cancer. Cancer survivor, Dr. Nasha Winters identifies the ten key elements of a person’s terrain—including the microbiome, the immune system, and blood sugar balance—as they relate to the cancer process, and prescribes The Optimal Terrain Protocol approach, to slow cancer’s endemic spread. 377 pages. Chelsea Green. Pub. at $29.95 Item #6590861 $19.95

THE ALZHEIMER’S PREVENTION FOOD GUIDE By S. Linjaa & S. Safari-Waite. Handbook for making brain healthy dietary choices and incorporating mind nourishing foods into your diet, easily and without stress. While there is no known cure for Alzheimer’s, dietary changes can reduce the risk of developing this punishing disease. Illus. in color. 176 pages. Viking. Pub. at $27.00 Item #5896153 $5.95

THE KETO CURE: A Low-Carb, High-Fat Diet Solution to Heal Your Body & Optimize Your Health By Adam S. Nally et al. In this comprehensive guide you’ll learn why you gain weight and have difficulty losing it; the dubious history of how a low fat diet became the standard for health; tips for customizing your keto approach to your individual needs; and more than 60 delicious low carb, high fat recipes to get you started. Color photos. 320 pages. Victory Belt. Paperbound. Pub. at $29.95 Item #6869114 $21.95

ACADEMY OF NUTRITION AND DIETETICS EASY GLUTEN-FREE: Expert Nutrition Advice with More Than 100 Recipes By T. Thompson & M. Brown. Provides cutting-edge nutritional advice and more than 100 easy to follow 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. Pub. at $15.95 Item #4530029 $5.95

THE COMPLETE IDIOT’S GUIDE TO THE COCONUT OIL DIET By M. Bianco & J. Penelton. Filled with up to date evidence and expert advice on the use of coconut oil to fight disease, this intriguing guide gives you everything you need to know to work this healthful oil into your diet. Includes nearly 50 delicious recipes, 306 pages. Alpha. Paperbound. Pub. at $16.95 Item #1866439 $5.95

NO GRAIN, NO PAIN By Peter Osborne with O.B. Buehl. A 30-day diet for eliminating the root cause of chronic pain; includes the science behind the program, a day-by-day meal plan to make the transition to a grain-free diet easier, dozens of recipes, and valuable resources to support your grain-free lifestyle for the long haul. 352 pages. Touchstone. Pub. at $27.00 Item #6596189 $5.95

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**STRENGTH TRAINING: Staying Fit & Fabulous** By Cris Cavano. This guide holds the key to feeling and looking great as you age. Whether you’re hoping to alleviate specific problems or simply attempting to maintain your fitness with tailored nutritional and exercise advice, this blend of methods from yoga, Pilates, tai chi, and other disciplines will help you achieve your goals. Well illus. 160 pages. Ixia. Paperbound. Pub. at $14.95.

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**THE PATH OF MODERN YOGA: The History of an Embodied Spiritual Practice** By Elliot Goldberg. Drawing on over ten years of research from rare primary sources and engaging with contemporary yoga scholarship, Goldberg presents an original, authoritative, provocative, and illuminating interpretation of the history of modern yoga. Photos. 496 pages. Inner Traditions. 8x10.


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★ DREAMING ON BOTH SIDES OF THE BRAIN: Discover the Secret Language of the Night By Doris E. Cohen. Guides you through the fertile nighttime landscape to unlock the secrets of your personal dream language. Cohen will help you interpret the meaning of your dreams and harness the power of your brain to uncover a life of greater richness and meaning. 170 pages. Hampton Roads. Paperbound. Pub. at $16.95. Item #6726461

★ BLUE SKY, WHITE CLOUDS: A Book for Memory-Challenged Adults By Eliezer Sobel. While caring for his mother during the advanced stages of Alzheimer’s disease, Sobel made an incredible discovery: she could still read. This revelation led to the creation of this picture book for adults, bringing together beautiful photographs with simple text for a pleasant tale for grown-ups. Fully illus. in color. 28 pages. Rainbow Ridge. 11x9. Pub. at $19.95. Item #4615301

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★ THE GOOD DEATH: An Exploration of Dying in America By Ann Neumann. In these pages, Neumann brings us intimate portraits of the nurses, patients, bishops, bioethicists, and activists who are shaping the way we die. She presents a fearless examination of how we approach death, and how those of us close to dying loved ones live in death’s wake. 240 pages. Beacon. Pub. at $26.95. Item #5930077

★ THROUGH THE FLAMES By Allan Lokos. Lokos shares his terrifying story of being on board a plane when it crashed and exploded in flames. He was severely burned and told by many doctors that he would not survive. In this inspiring account of his against-all-odds recovery, he uses his experience to examine the challenge of human suffering and to address the question of how we can survive in the midst of pain and uncertainty. 242 pages. Tarcher/Penguin. Pub. at $25.95. Item #6695922

★ CAREGIVER’S SURVIVAL GUIDE: Caring for Yourself While Caring for a Loved One By R. Yonover & E. Crowe. Based on Yonover’s personal experiences, he offers guidance and advice on how to deal with heavy news; handling day to day challenges; taking stock of finances; adapting and enjoying life; fighting for your rights and more. Illus. 144 pages. Skyhorse. Paperbound. Pub. at $14.99. Item #6958990

★ CAREGIVER’S SURVIVAL GUIDE: Caring for a Critically Ill Loved One By Amy Sales. Addresses many critical issues that caregivers and their loved ones face. Gives caregivers helpful, therapeutic ways to cope with the difficult realities, and shows them how to resume and recreate fulfilling lives, despite the emotional pain they are experiencing and all the chores and roles they must assume. 227 pages. New Horizon. Paperbound. Pub. at $14.95. Item #5698421

★ WORDS AT THE THRESHOLD: What We Say as We’re Nearing Death By Lisa Smartt. Collecting over 100 case studies through interviews and transcripts, Smartt shows how the language of the dying can point the way to a transcendent world beyond our own. 196 pages. New World Library. Paperbound. Pub. at $15.95. Item #5974291

★ THE BLACK MIRROR: Looking at Life Through Death By Raymond Tallis. In this beautifully written personal meditation on life and living, Tallis reflects on the fundamental fact of existence: that it is finite. The author invites readers to look back on their lives from a unique standpoint, one’s own future corpse. From that view, the preciousness of life can be seen with new intensity. 344 pages. Yale. Pub. at $30.00. Item #5974291

★ THE GOOD DEATH: How Medicine Changed the End of Life By Harider Warraich. Takes a broad look at how we die today, from the cellular level up to the very definition of death itself. Dr. Warraich provides an enriched understanding of how dying today differs from the past, what our ancestors got right, and how trends and events have transformed this most final of human experiences. 324 pages. St. Martin’s. Pub. at $26.99. Item #6742823

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★ BACK SURGERY: Is It Right for You? By Edwin Haronian. This guide looks at common back conditions and their treatments, both surgical and nonsurgical, and answers all your important questions about treating back problems. Should you elect surgery, important pre- and post-op suggestions are provided. Also offers a proven program to prevent back problems in the future. 278 pages. Square One Publishers. Paperbound. Pub. at $15.95. Item #4615298

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