HEALTHY LIVING

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**Nutrition & Weight Management**

**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 hangrys. 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

**THE 21-DAY BELLY FIX**
By Taeinne Bhatia. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz presents a simple plan that aims to reprogram your digestive system, help fight disease, and strip away pounds in just 21 days. 242 pages. Zinc Ink. Paperbound. Pub. at $20.00

**CHOICE IT TO LOSE IT! The Ultimate Pocket Guide to Save 500 Calories a Day**
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. Paperbound. Pub. at $17.95

**THE FEELGOOD PLAN: Happier, Healthier & Slimmer in 15 Minutes a Day**
By D. Wong & K. Faithful-Williams. Packed with down to earth ideas to help you tune in to what really makes your body feel great, from 15-minute workouts that make you look and feel younger to healthier versions of all your favorite foods. Wong offers practical ideas to fit exercise into jam packed lives, conquer cravings, and stop emotional eating. Well illus. in color. 224 pages. Sterling. Pub. at $21.95

**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 $16.99

**THE MASTER CLEANSE MADE EASY: Your No-Fail Guide to Feeling Great During and After You Detox**
By Robin Westen. With these helpful strategies, you’re sure to succeed on the Lemonade Diet cleanse and jump-start your healthy new lifestyle. They’ll lead you step by step through the process, revealing how easy it is to boost energy, power through your hunger, maintain mental clarity, and keep a positive attitude. 184 pages. Ulysses. Paperbound. Pub. at $14.95

**LOSE WEIGHT HERE: The Metabolic Secret to Target Stubborn Fat and Fix Your Problem Areas**
By Jade & Keoni Teta. Break the diet cycle, become a diet detective, and target your problem areas! This revolutionary approach to weight loss and lean muscle toning works with the metabolism—through hormonal balance and strategic calorie reduction—to produce permanent weight loss and sustainable results. Illus. 240 pages. Rodale. Pub. at $25.99

**THINNER IN 30: Small Changes That Add Up to Big Weight Loss in Just 30 Days**
By Jenna Wolfe with M. 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 which lead to long-term weight loss. Illus. 218 pages. Grand Central. Pub. at $28.00

**THE BIGGEST LOSER: The Weight-Loss Program to Transform Your Body, Health, and Life**
Undergo a dramatic and life-changing weight-loss transformation with this valuable guide, based on the hit NBC show that inspired millions. Slim down with the Biggest Loser diet; shed pounds with the exercise plan; and learn the motivations behind the show’s memorable cast members. Color photos. 192 pages. Rodale. Paperbound. Pub. at $21.95

**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 beating common beauty problems, based on the principals of nutritional 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. in color. 160 pages. Edision Books Limited. Paperbound. Pub. at $17.95

**BEAT CHRONIC DISEASE: The Nutrition Solution**

**CHOOSE MORE, loose 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. 280 pages. Hachette. Paperbound. Pub. at $16.00

**THE SALT FIX**
By James DiNicolantonio. The author shows the best ways to add salt back in your diet, offering his transformative five step program for recalibrating your salt thermostat to achieve your unique, ideal salt intake. Science has moved on from the low salt dogma, and so should you, your life may depend on it. 258 pages. Harmony. Pub. at $26.99

**HEALTHY GUT**
By Kimberly A. Jessmer. Designed for anyone suffering from a gut-related disorder, this guide provides both a treatment and preventative nutritional plan you can live with for a lifetime. It features the latest medical information; tips on nutritional intake and necessary lifestyle changes; and easy to follow meal plans. 223 pages. New Page Books. Paperbound. Pub. at $15.99

**SHOULD I SCOOP OUT MY BAGEL? 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 life to get on the gluten-free bandwagon? If you eat well, what’s the point of a multivitamin? and more. 225 pages. Skyhorse. Paperbound. Pub. at $15.99

**YOUR NUTRITION SOLUTION TO A HEALTHY GUT**
By Kimberly A. Jessmer. Designed for anyone suffering from a gut-related disorder, this guide provides both a treatment and preventative nutritional plan you can live with for a lifetime. It features the latest medical information; tips on nutritional intake and necessary lifestyle changes; and easy to follow meal plans. 223 pages. New Page Books. Paperbound. Pub. at $15.99

**PRICE CUT to $4.95**

**THE GUT BALANCE REVOLUTION: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!**
By Gerard E. Mullin. Mullin shares the first proven, science-based program to restore and retain weight loss by achieving a balanced gut flora. He reveals how to stifle the fat-forming, disease-promoting gut bacteria; reseed your gut with good fat-burning ones, and fertilize those friendly flora with the right foods to rebalance, and renew your health—and lose weight for good. 409 pages. Rodale. Paperbound. Pub. at $16.99

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Healthy Cooking & Special Diets

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 Quinoa with Roasted Garlic and Pearl Spice Muffins and more. 271 pages. HMH. Paperback. Pub. at $15.95 Item #5500020 $5.95

THE COMPLET IDIOT’S GUIDE TO THE COCONUT OIL DIET By M. Black & J. Pendleton. 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. Paperback. Pub. at $16.95 Item #1868435 $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 #6598153 $5.95

FOODS TO FIGHT CANCER: What to Eat to Reduce Your Risk By R. Beliveau & D. Gingras. Two-thirds of all cancers can be avoided through simple changes in lifestyle, including dietary habits. Nature supplies us with an abundance of foods rich in molecules with very powerful anticancer properties. Discover which everyday foods are scientifically proven to contain anticancer properties. Fully updated to include the very latest oncolgical research. Dorling Kindersley. Paperback. Pub. at $22.95 Item #6592201 $17.95

THE PIPER PROTOCOL: The Dr. Brady’s Secret to Weight Loss and Internal Fitness By Tracy Piper with E. Adamson. Includes step by step instructions, more than sixty delicious recipes for cleansing and rejuvenating foods, powerful home remedies, and the inspiration to put it all into practice. Piper’s cleanse program offers an amazing promise—lose up to 25 pounds in the first month. 16 pages of color photos. 336 pages. Morrow. Paperback. Pub. at $17.99 Item #5647656 $2.95

THE BODY BALANCE DIET PLAN By Ermine A. Rushton. Decoding the 5,000-year-old science of life known as Ayurveda, Rushton shows you how simple and practical a body-balancing, seasonal lifestyle can be. Best stress, weight loss and feel energized and positive with this personalized eating plan. 228 pages. Watkins. Paperback. Pub. at $12.99 Item #5988659 $3.95

FIRST MILK DIET: Your Anti-Aging Secret By Anthony Kleinsmith. Achieve the body of your dreams, enhanced sports performance and the health you deserve with the first food for all humans—colostrum. Along with complete information about this superfood, this guide includes delicious recipes to make this superfood part of your daily indulgence. Photos. 126 pages. Healthy Living. Paperback. Pub. at $16.00 Item #4642299 $12.95

THE GLUTEN-FREE EDGE: A Nutrition and Training Guide for Peak Athletic Performance and an Active Gluten-Free Life By P. Brons and M.M. Jory. Whether you’ve been diagnosed with gluten intolerance or simply want to get ahead of the competition, this guide will help you gain an edge in sports and life by going gluten-free. 374 pages. Rodale. Pub. at $24.95 Item #3561841 $3.95


THE 28-DAY GUT HEALTH PLAN: Lose Weight and Feel Better from the Inside By Jacqueline Whitehart. Does your weight seem unaffected by what you eat and how often you exercise? This 28-day plan that anyone can follow will help you find and banish your food triggers and balance your digestive system for permanent weight loss. Includes over 80 simple gut-healthy recipes. 242 pages. Irons. Paperback. Pub. at $15.99 Item #5609612 $11.95

THE MEMORY DIET: More Than 150 Healthy Recipes for the Proper Care and Feeding of Your Brain By Judi & Shari Zucker. Introduces a powerful, plant based diet that can slow down or even eliminate cognitive decline. This collection of recipes is based on the Mediterranean Intervention Neurodegenerative Delay (MIND) Diet and includes delicious meals like: Sage Cannellini Beans with Mushrooms and Hazelnuts; and Polenta with Acorn Squash and Walnuts. 222 pages. New Page Books. Paperback. Pub. at $15.99 Item #4845324 $9.95

THE HEALTHY COCONUT By Jenni Madison. A simple and inspiring guide to incorporating the amazing benefits of coconut into your daily lifestyle. Features more than 100 cleansing, nourishing and beautifully recipes bursting with coconut goodness and superfood nutrition like Thai Style Coconut & Vegetable Soup; Coconut Bread with Chia Jam; and Raw Vegan Tuna Salad. Well illus. in color. 242 pages. Rockpool. Pub. at $26.95 Item #6615651 $19.95

LIVING A REAL LIFE WITH REAL FOOD: How to Get Healthy, Lose Weight, and Stay Energized—the Kosher Way By Beth Warren. Unique guide to healthy eating, delivered from the kosher perspective. Relying on science and her clients’ experiences, Warren shows that the best way to lose weight, build strength, and fight obesity-related diseases is to eat the natural, whole foods that have been pushed out of our national diet by processed foods and a broken food system. Color photos. 330 pages. Skyhorse. Pub. at $24.95 Item #5594150 $5.95

USING THE GAPS DIET: 175 Recipes for Gaining Control of Your Gut Flora By Signe Gad. Used for a range of modern chronic diseases that have their roots in compromised intestinal flora, GAPS is free of sugar, starch, and processed food including additives and is for those living with chronic diseases like diabetes, behavioral disorders, depression and excess weight. With 175 recipes and information on the GAPS protocol, you can heal your gut and gain control of your health. 288 pages. Robert Rose. Paperback. Pub. at $24.95 Item #6925336 $19.95

THE SHRED POWER CLEANSE: Eat Clean, Get Lean, Burn Fat By Jan K. Smith. More than a classic detox plan, this Power Cleanse is detox taken to a new level, so you can jump-start big change. On this plan you will eat clean, crunchy, fresh food; drink your favorite detox smoothie, taken from the 9 included recipes; and snack as an unknowable part of the Power Cleanse. Learn simple detoxifying exercise regimens and get a Weekend Power Turn-up Bonus as well. Color photos. 206 pages. St. Martin’s. Pub. at $22.99 Item #5681471 $8.95

Exercise & Fitness

101 MUSCLE-SHAPING WORKOUTS & STRATEGIES FOR WOMEN: Muscle & Fitness Howser Fully illustrated with step by step instructions, plus tips from trainers for improving your form and increasing the challenge. This comprehensive guide will teach women how to take their workouts to the next level. 175 pages. Triumph. 7×9¾”. Paperback. Pub. at $14.95 Item #6830412 $3.95

COMPLETE GUIDE TO YOGA, PILATES, MEDITATION & STRESS RELIEF Exercise and relaxation techniques are the natural way to combat life’s stresses, enhance your sense of well-being, and allow you to enjoy life to the fullest. This guide is the ideal introduction to four of the most popular therapies used today. Full-color photos throughout. 256 pages. Parragon. Paperback. Pub. at $12.95 Item #5943522 $3.95

DVD YOGILATES, LEVEL 1: Beginners Workout By Jonathan Urla. This is a beginning level yoga class that safely tones, stretches, and relaxes your whole body. You’ll love the music and loft setting as you take your workouts to the fullest. This guide is the ideal introduction to four of the most popular therapies used today. Full-color photos throughout. 256 pages. Parragon. Paperback. Pub. at $12.95 Item #5500419 $3.95

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**Exercise & Fitness**

**THE MENT’S HEALTH GYM BIBLE, SECOND EDITION**
By M. Murphy & M. Mejia. The authors walk you through a typical gym and give you hundreds of exercises for free weights, stability balls, cardio equipment like treadmills and stationary bikes and much more. Packed with hundreds of photos that demonstrate proper technique for every exercise, this guide is a must-have for every gym membership. 330 pages. Rodale. 8½x10¼. Paperbound. Pub. at $22.99. Item #765572 $7.95

**KETTLEBELL KICKBOXING**
By Dasha Libin-Anderson. A celebrity personal trainer combines kettlebells and martial arts into one effective workout for women. She offers instructions for more than 200 exercises, four-week fitness plans and 15-minute high-intensity interval training; a simple philosophy on food for a lifetime of clean eating; and more. Fully illus. in color. 302 pages. Skyhorse. Paperbound. Pub. at $19.99. Item #2791757 $4.95

**BLACK BELT FITNESS FOR LIFE**
By Tae Sun Kang. Through the practice of Grandmaster Kang’s 7-week plan you will gain: an improved physique, better concentration, and strength to overcome any challenge. Each week offers new physique, better concentration, and strength to overcome any challenge. Each week offers new

**STRENGTH TRAINING BIBLE FOR WOMEN**
By D. Kirschen & W. Smith. Created specifically for women, it is the comprehensive, easy to understand guide to mastering the basics of weight lifting and barbell training. Combines the best elements of strength training and weight lifting in a program you can do at home or in the gym. Created to help you reach the next level in fitness. 8x10. Paperbound. Pub. at $21.95. Item #6901220 $7.95

**NO EXCUSES FITNESS**
By Donovan Green with R.M. Murphy. Armed with a simple motto—"If you want to lose weight, then you can make any excuses for not sticking to the plan!"—Green has designed the ideal workout program built upon what he calls the “Wellness Triad”: mental discipline, sound nutrition, and exercise. Get ready to melt away the pounds! Well illus. 211 pages. Hachette. Pub. at $27.00. Item #576066 $3.95

**FEELON FITNESS**
By T. Teufel & W.S. Kroger. Jacked inmates and certified trainer Teufel and counselor 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'll be yard-ready in less than a three-month stint. Well illus. 214 pages. Adams Media. Paperbound. Pub. at $15.95. Item #3412939 $11.95

**FROM SLIGHT TO MIGHT: Building Muscle for the Hardgainer**
By Hollis and Lieberman. A comprehensive guide to help you add the mass you've been seeking and continue to gain personal confidence in your body. Your mood will improve, your clothes will fit better, and you'll feel like a better person by getting in shape and learning the right way to do it. Fully illus. in color. 160 pages. Skyhorse. 8x10. Paperbound. Pub. at $19.99. Item #6735193 $5.95

**RESTORING FLEXIBILITY: A Gentle Yoga-Based Practice to Increase Mobility at Any Age**
By Andrea Gilat. This guide's safe, age-appropriate, customizable approach to yoga-based exercise is specifically designed to restore your flexibility, mobility and agility while ensuring a longer life and more independent lifestyle. Illus. 137 pages. Ulysses. Paperbound. Pub. at $15.95. Item #4524098 $9.95

**THE BELLY OFF! WORKOUTS: A 6-Week Detox Diet and Fitness Plan That Strips Away Fat—Fast!**
By Jeff Csatari 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 safe, this program will help you lose ten, twenty, or more pounds in fewer than two months and turn your health around. Illus. paperbound. Pub. at $25.95. Item #6500285 $5.95

**NO-RISK PILATES: 8 Techniques for a Safe Full-Body Workout**
By B. Calais-Germain & B. Raison. The Pilates method aligns the body; builds long muscles; and develops core abdominal strength. This guide demonstrates how to minimize risk of injury with proper form and maximize physical benefit. Drawings. 118 pages. Healing Arts. 8x10. Paperbound. Pub. at $19.95. Item #6771823 $5.95

**BIG FIT GIRL: Embrace the Body You Have by Louise Green.** After years of indulging bad habits and suffering low self-esteem as a result, Green determined to change her lifestyle and pursue athleticism despite her larger-than-model size. As her successes mounted, so did her confidence and happiness. She encourages women of all sizes to pursue fitness, offering practical advice, tips, nutrition information, and more. Photos. 236 pages. Greystone. Paperbound. Pub. at $16.95. Item #5974135 $12.95

**BARIATRIC FITNESS FOR YOUR NEW LIFE**
By Julia Karlstad. Bariatric surgery is a highly effective way to take control of your weight. But it’s only one part of the solution. The helpful advice and proven fitness program in this guide provides the tools you need to make sure your bariatric surgery produces sustained weight loss. 115 pages. 12 illus. Ulysses. Paperbound. Pub. at $15.95. Item #2782421 $11.95

**ENERGY EVERY DAY: Your Personal Plan for More Energy and Better Health**
By Ron Woods et al. Whether you’re a student or CEO, small business owner or homemaker, you’ll learn how to incorporate physical activity into your daily routine for better health and increased energy. Create a personal energy plan specific to you by evaluating your lifestyle and identifying opportunities to add energy boosting activities to your day with this step by step program. Well illus. in color. 236 pages. Human Kinetics. Paperbound. Pub. at $19.95. Item #7593610 $3.95

**STRENGTH TRAINING: Staying Fit & Fabulous**
By Cris Caivano. 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. 256 pages. Llewellyn. Paperbound. Pub. at $17.99. Item #8717519 $6.95

**DANCE MANUAL: The Complete Step-by-Step Guide**
By Keyna Paul. Dance is gaining recognition as a way for everyone to improve and maintain their physical health, as well as a sense of well-being. This manual includes the history and essence of the dance styles; dress codes and the reasons behind them; suggestions for music; basic moves and steps joined into a simple routine; and ideas for adapting dance styles for people who need to sit on a chair. Fully illus. in color. 194 pages. Haynes. 8½x10¼. Paperbound. Pub. at $36.95. Item #592572X $15.95
Diseases & Disorders

THE AUTOIMMUNE WELLNESS HANDBOOK: A DIY Guide to Living Well with Chronic Illness by M. Trescott & A. Alt. Provides a comprehensive guide to living healthfully with autoimmune disease, and introduces a complementary solution that focuses on seven key steps to recovery. Includes a 4-week meal plan and a 12-week lifestyle plan. Color photos. Paperback. Pub. at $25.99

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WHAT YOU MUST KNOW ABOUT THYROID DISORDERS & WHAT TO DO ABOUT THEM by Pamela Wartman 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

Item #6921906
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LIVE AND LAUGH WITH DEMENTIA, 2ND EDITION by Lee-Fay Low. All about how to make life with dementia as positive as possible to maximize quality of life for all involved. This guide enables families to help their loved one maintain relationships with others, and also maintain their self identity through easy to understand activities. 242 pages. Exisle. Paperback. Pub. at $14.99

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CURING HEPATITIS C by Gregory T. Everson. Provides the latest information to guide you through the diagnosis and treatment of hepatitis C with an indispensable and comprehensive overview of everything you need to know to take the right steps forward to cure. 179 pages. Hatherleigh. Paperback. Pub. at $9.95

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ON THEIR OWN: Creating an Independent Future for Your Adult Child with Learning Disabilities and ADHD by Anne Ford with J-R. Thompson. Drawing from her personal experience and her work as a nationally recognized learning-disabled activist, Ford has written an indispensable family guide to the many challenges of preparing adult children with LD for the future. Addressing a wide range of topics such as social skills and dating; sibling relationships; and estate planning, Ford helps you figure out how--and how much--to let go. 301 pages. Newmarket. Paperback. Pub. at $16.95

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TELL ME WHAT TO EAT IF I HAVE INFLAMMATORY BOWEL DISEASE: Nutritional Guidelines for Crohn’s Disease and Colitis by Kimberly A. Tesmer. Beginning with an overview of both conditions (as well as Irritable Bowel Syndrome, or IBS), this guide provides diet recommendations, mouthwatering recipes, and practical advice to help you limit the impact of these painful conditions and their unwanted symptoms. 187 pages. New Page Books. Paperback. Pub. at $12.99

PRICE CUT to $3.95

THIS IS CANCER by Laura Holmes Haddad. Written by a cancer survivor so other patients and families would have the guide they need, and created for those who prefer their pathos with humor, reality, and a touch of flair. Haddad provides an overview of a cancer diagnosis from treatment to exercise, parenting, and the myriad emotions you’ll feel along the way. 317 pages. Seal. Paperback. Pub. at $15.00

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THE HEARING-LOSS GUIDE: Useful Information and Advice for Patients and Families by John M. Burkey. Presents clear basic facts on hearing impairment and treatments, followed by candid personal recommendations from people who are coping successfully with hearing difficulties. 265 pages. Yale. Paperback. Pub. at $16.00

Item #665941X
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UNDERSTANDING TYPE 2 DIABETES by Merlin Thomas. Learn what type 2 diabetes is and how it comes about; what the right diet is and how to achieve it; how exercise can improve and maintain your health; the medical aspects of care, including the best ways to control your waistline, blood glucose, blood pressure and cholesterol levels, and more. 324 pages. Exisle. Paperback. Pub. at $14.99

Item #663401X
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25 WOMEN WHO SURVIVED CANCER: Notable Women Share Inspiring Stories of Hope by Mark Evan Chimsky. An inspiring collection of 25 personal stories about how to cope with, and prevail over, cancer. Notable women such as Robin Roberts, Joan Lunden, Fran Drescher, Liz Lange, and more, write with moving candor about how they faced cancer without letting it define their lives or conquer their spirits. Illus. 256 pages. Humanix. Paperback. Pub. at $15.95

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**THE WISDOM OF THE SHAMANS: What the Ancient Masters Can Teach Us About Love and Life** By Don Jose Ruiz. For generations, Toltec shamans have passed down their wisdom through teaching stories. The purpose of this is to implant a seed of knowledge in the mind of the listener, where it can ultimately sprout and blossom into a better way of life. The author shares some of the most popular stories from his family’s oral tradition and offers corresponding lessons. 144 pages. Hierophant. Pub. at $19.95

**THE CHAKRA PROJECT: How the Healing Power of Energy Can Transform Your Life** By Georgia Coleridge. With dozens of colorful and inspiring photos along with simple, accessible exercises, this guide will help you to connect with your chakras, get to know each one and help you to heal them if they are unbalanced or blocked. 192 pages. Sterling Ethos. Pub. at $19.95

**CRYSTAL VIBRATIONS AND ANIMAL MEDICINE** By Annette Bruchu. By using the exercises, meditations, and visualizations provided in this guide the author presents inspiring true stories of people who have used the magic in their lives to both help themselves and point the way for others. 236 pages. Square One.

**MANIFESTING THE ESSENTIAL MAGIC** By flame. How to manifest the essential magic in your life for personal growth and transformation. 315 pages. Llewellyn. Pub. at $19.95

**12 MAGIC WANDS: The Art of Meeting Life’s Challenges** By G.G. Bolich. Explaining what magic is and where it abides, Bolich offers twelve magic “wands” that can transform your life for the better. Throughout this guide the author presents inspiring true stories of people who have used the magic in their lives to both help themselves and point the way for others.
**NEW AGE SPIRITUALITY**

**ANGEL CHATTER: Heavenly Guidance and Earthly Practice to Connect with Angels** by Christine Alexandra. Whatever faith we personally subscribe to, angels cross those boundaries and find their way into our lives. They remind us that we are not alone, that we are all guided and protected from another world. In her new informative, quirky, and practical guide, the author shares her profound knowledge of angels. Illus. 242 pages. Helios. Pub. at $17.99. Item #5873700 $9.95

**EXPLORATIONS IN AWARENESS: Finding God by Meditating with Entheogens** by John W. Aiken. Sixties historians and folk who meditate and experiment with altered states will enjoy this guide which reveals much about the early days of psychedelic facilitated spiritual experiences. Illus. 193 pages. Ronin. Paperbound. Pub. at $17.95. Item #5889413 $6.95

**STAR MAGIC—HEAL THE YOU-NIVERSE: Rooted in Love, Not in Logic** by Jerry Sargent. Star Magic contains codes of Consciousness that were present on earth in ancient Egyptian times. Through a series of major life events, Sargent has reawakened this transformational ancient energy and shows you how to unleash the full human potential of every living being. Illus. 251 pages. Findhorn. Paperbound. Pub. at $18.99. Item #5878351 $15.95

**THE BODY DEVA: Working with the Spiritual Consciousness of the Body** by Mary Mueller Shutan. In this step by step guide to understanding and working with the body deva, Shutan explains how our bodies store the traumatic energies, emotions, and energy issues, and the spiritual beliefs that cause us pain and have us feel disconnected. Discover what lies unhealed with her help and evolve beyond these limitations into greater being. 205 pages. Findhorn. Paperbound. Pub. at $16.99. Item #6846971 $9.95

**LOVE YOUR INNER GODDESS: Express Your Divine Feminine Spirit** by Alana Farchild. Awaken and express your divine feminine spirit with these fun, quick and enjoyable techniques to nourish your soul and enhance your emotional wellbeing. Includes a CD with a guided meditation to get you started. Illus. 96 pages. Blue Angel. Pub. at $23.95. Item #6726321 $13.95

**CRAFTING THE SOUL: Creating Your Life as a Work of Art** by Byron L. Sherwin. Examines what many of the greatest thinkers of the past have had to say about the meaning of life, then takes contemporary culture head-on, demonstrating how many facets of modern life prevent one from ever creating a spiritual existence. Sherwin then offers strategies for infusing your life with spirituality. 225 pages. Park Street. Paperbound. Pub. at $14.95. Item #5871991 $4.95

**THE SCIENCE OF HAPPINESS: 10 Principles for Manifesting Your Divine Nature** by Ryoho Okawa. Presents Master Okawa’s ten essential principles for a spiritual life: Happiness; Love; the Mind; Enlightenment; Progress; Wisdom; Utopia; Salvation; Reflection; and Prayer. Following these principles can bring happiness and spiritual growth to ourselves and all those around us. 179 pages. Destiny. Paperbound. Pub. at $14.95. Item #5936955 $5.95

**THE INVISIBLE PLAYER: Consciousness as the Soul of Economic, Social, and Political Life** by Mario Kamenetzky. Guides you through the development of human consciousness, showing how our consciousness has been shaped toward the pursuit of power and wealth rather than the enjoyment of life and love. Kamenetzky offers a blueprint for reclaiming our psychological, sexual, and political health to joyful future. Illus. 320 pages. Park Street. Paperbound. Pub. at $16.95. Item #5986939 $5.95

**SUPERHERO: The Power of Living Gamefully** by Jane McGonigal. Reveals a decade’s worth of scientific research into the ways all games change how we respond to stress, challenge, and pain. McGonigal explains how we can cultivate new powers of recovery and resilience in everyday life simply by adopting a more “gameful” mindset, tapping into the same psychological strengths we naturally display when we play games. 466 pages. Penguin. Paperbound. Pub. at $17.00. Item #6895171 $4.95

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**OD YOU CAN’T MAKE THIS STUFF UP: Life-Changing Lessons from Heaven** by Theresa Caputo. Read by the author. 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 with moving client stories, each lesson will help you find the peace, healing, and growth you desire. 7 hours on seven CDs. S&S Audio. Pub. at $29.99. Item #4563867 $2.95

**INSPIRATION FOR A LIFETIME: Words of Wisdom, Delight and Possibility** by Redleaf/Butterfly. Spanning from Oscar Wilde to Dolly Parton, and George Bernard Shaw to Jerry Seinfeld, Klein always presents the right words at the right time—even if he borrows them from a vast range of luminaries. Grouped thematically, these powerful thoughts will lift you up and spur you on. 242 pages. Viva Editions. Paperbound. Pub. at $14.95. Item #6756816 $3.95

**SEARCH INSIDE YOURSELF** by Chade-Meng Tan. The author has distilled emotional intelligence into a set of practical and proven tools and skills that anyone can learn and develop. This guide teaches you how to become more optimistic and resilient, to build fulfilling relationships, or to just be successful. Illus. 268 pages. HarperOne. Paperbound. Pub. at $16.99. Item #6901250 $4.95

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**INFLUENCE & POWER: 10 Principles for Manifesting Your Divine Nature** by Ryoho Okawa. Presents Master Okawa’s ten essential principles for a spiritual life: Happiness; Love; the Mind; Enlightenment; Progress; Wisdom; Utopia; Salvation; Reflection; and Prayer. Following these principles can bring happiness and spiritual growth to ourselves and all those around us. 179 pages. Destiny. Paperbound. Pub. at $14.95. Item #6936955 $5.95
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Give and take: Why helping others drives our success by Adam Grant. In today’s dramatically reconfigured world, success is increasingly dependent on how we interact with others. In this exhilarating and groundbreaking guide, Grant makes the case that giving is the secret to getting ahead, offering advice on the dangers and rewards of giving more than you get. 308 pages. Penguin. Paperback. Pub. at $17.00. Item #6715184 $4.95

Ho’oponopono: The Hawaiian forgiveness ritual as the key to your life’s fulfillment by Ulrich E. Dupree. Ho’oponopono is the Hawaiian ritual of forgiveness. It follows the notion that we can only influence problems in the external world if we heal the corresponding inner resonance. It relies on four magic sentences—I am sorry, Please forgive me. I love you. Thank you. Dupree explains it in a simple way for everyone. Well illus. in color. 96 pages. Eartdhancer. Paperbound. Pub. at $9.95. Item #6783465 $7.95

Looking out for #1: How to get from where you are now to where you want to be in life by Robert Ringer. In this timeless classic, “the mentor of mentors” guides you on the most exciting and rewarding journey of your life with his life-changing ideas, strategies, and insights. Whether you’re looking for success in your personal or business life, Ringer’s completely updated masterpiece can help. 210 pages. Paperbound. Pub. at $14.95. Item #577375X $4.95

Unlock your confidence by Gary Wood. Offers a complete step by step personal empowerment course using tried and tested tools and techniques, quizzes, and exercises to help you to understand where you are in life, where you want to be, and how to get there. 248 pages. Watkins. Paperbound. Pub. at $17.95. Item #5937787 $2.95

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Win at losing: How our biggest setbacks can lead to our greatest gains by Sam Weinman. Seeking out the perspectives of men and women who have turned significant setbacks into meaningful comebacks, Weinman is able to illustrate in this inspirational guide, how to overcome defects that have grown stronger from the experience of losing. 242 pages. Tarcher/Penguie. Pub. at $26.00. Item #5953704 $4.95

The voice: Overcome negative self-talk and discover your inner wisdom by Brian Alman with S. Montgomery. With this guide, let Dr. Brian Alman teach you how to hear your true, authentic Voice, your deep intuition. The author has developed the revolutionary “Find Your Voice” process, and shares in this volume the three steps needed to overcome negative self-talk. 170 pages. Sterling. Pub. at $19.95. Item #4630580 $4.95

This is joy by Roger Teel. Teel shows us how every moment, experience, and person can be an opening for our souls. Organized in three easy-to-use parts, this volume tells a table that puts our spiritual journey into context and discusses the seven spiritual principles that are universal to the world’s wisdom traditions. 336 pages. Tarcher/Penguin. Pub. at $25.95. Item #5921597 $5.95

The freemind experience: The three pillars of absolute happiness by Tom Fortes Mayer. Combining teachings from the world’s ancient wisdom traditions with the most effective rapid behavior change techniques, hypnotherapist Mayer presents the three pillars upon which all lasting happiness and success can be built. Peace, power, and purpose. 262 pages. Watkins. Paperbound. Pub. at $16.95. Item #6903398 $4.95

Pathways to possibility by Rosamund Stone Zander. The author invites readers into an exhilarating realm of true maturity and fulfillment, where limitless growth becomes possible. It expands our notions of who we are and reveals our extensive capacity for growth and change, demonstrating how easily we can affect others and the world at large. 251 pages. Viking. Pub. at $26.00. Item #6895277 $4.95

Exit: The endings that set us free by Sara Lawrence-Lightfoot. Lawrence-Lightfoot trains her lens on the myriad exits we make in life with his life-changing ideas, strategies, and insights. Whether you’re looking for success in your personal or business life, Ringer’s completely updated masterpiece can help. 210 pages. Paperbound. Pub. at $14.95. Item #5956129 $5.95

Primary greatness by Stephen R. Covey. Covey lays out the 12 levers of success that will lead to a life of primary greatness. Integrity, Contribution, Priority, Sacrifice, Service, Responsibility, Loyality, Reciprocity, Diversity, Learning, Teaching, and Renewal. He defines each of these 12 qualities and how they provide the leverage to make your daily life truly “great.” 194 pages. S&S. Pub. at $24.95. Item #695817X $3.95

Create now! by Marlo Johnson. Do you feel ready to create something amazing? Follow the simple series of Q & A’s inside these pages, and kickstart your artistic process, push through creative blocks, and get on your way to making your best work. 112 pages. Chronicle. Paperbound. Pub. at $12.95. Item #5921149 $3.95

Lucid living: Experience your life like a lucid dream by Tim Freke. Freke distills the deepest teachings of the world’s wisdom traditions into eight powerful insights to show that life is like a dream and you are the dreamer. 97 pages. Watkins. Paperbound. Pub. at $7.95. Item #5780506 $3.95

Starting over: 25 rules when you’ve bottomed out by Mary Lee Gannon. Whether you’ve been laid off, are looking for ways to network a new business venture, or you’re switching professions because of your employer’s downsizing. Gannon offers proven tips, insightful strategies and new methods for reclaiming your life. An insightful guide that contains valuable information on how you can reinvent yourself and your future. 207 pages. New Horizons. Paperbound. Pub. at $14.95. Item #4577534 $4.95

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UNMISTAKABLE: Why Only Is Better Than Best By Srinivas Rao. Strip away conventional expectations and create your most meaningful, joyful, and unique work with the help of this guide. Whether you’re a business owner, artist, or someone who wants to leave your mark on the world, these stories will inspire you to create your own path. 213 pages. Portfolio. Pub. at $25.00 PRICE CUT to $2.95 Item #6953646

VITAL SIGNS: The Nature and Nurture of Passion By Gregg Levoy. Examine the endless, yet endlessly fruitful, tug-of-war between passion and security in our lives, and shows how to stay engaged with the world and resist the downward-pulling forces that can drain our aliveness. Leovy will show you that passion can be cultivated; how passion is a risk, that passion breeds passion; and how passion is intimately related to health. 494 pages. Tarcher/Penguin. Pub. at $28.95 Item #6578446 $3.95

INTUITE BEING: Connect with Spirit, Find Your Center, and Choose an Intentional Life By Jill Willard. Willard guides the reader through her simple, empowering approach for learning how to listen to that “knocking on the wall,” and teaches you how to unlock intuition and its life-changing effects. She illuminates the intricate connection between our inner voice and how that connection is crucial to better informed choices, and ultimate abundance in every area of our lives. 247 pages. HarperCollins. Pub. at $25.99 Item #7520743 $3.95

MIND MAP MASTERY By Tony Buzan. Packed full of Mind Map workouts and mnemonic exercises, it includes a clear explanation of the Laws of Mind Mapping and guidance on what is a Mind, as well as illustrated techniques for Mind Mapping at every level. 324 pages. Waterfall. Paperback. Pub. at $19.95 Item #6848125 $14.95

INSPIRATION, MOTIVATION & SELF-DISCOVERY

DISCOVERING YOUR SOUL SIGNATURE: A 33-Day Path to Purpose, Passion & Joy By Panache Desai. The author, a contemporary thought leader, invites us on a 33-day path of meditations: short passages to read at morning, noon, and night that are designed to dismantle the emotional burden that holds us back and open us up to enjoying life’s boundless possibilities. 235 pages. Spiegel & Grau. Pub. at $24.00 Item #4603303 $5.95

THE E-WORD: Ego, Enlightenment & Other Essentials By Cafe Montana. Through stories and practices Montana strips the ego bare and liberates the soul in highly entertaining, reliable ways, showing how even self-improvement techniques can chase away the very fulfillment and wisdom we seek. The ultimate how-to guide for discovering the “real you” within. 219 pages. Atria. Pub. at $24.00 Item #6859011 $3.95

WINNING PLAYS: Tackling Adversity and Achieving Success in Business and in Life By Matt Mayberry. This inspirational and motivational volume full of prescriptive advice, presents Mayberry’s strategies to survive and thrive in the real world, no matter what gets thrown your way. Just as no football team can be successful without a solid game plan, you can’t be successful without one either. 260 pages. Center Street. Pub. at $27.00 Item #6831646 $2.95

CODE TO JOY: The Four-Step Solution to Unlocking Your Natural State of Happiness By George Pratt et al. Combining six decades of clinical experience with cutting-edge research, Dr. Pratt and Dr. Peter Lambrou have developed a revolutionary program for rediscovering (and never letting go of) your innate happiness in four simple, proven steps. 248 pages. HarperOne. Pub. at $25.99 Item #6821832 $2.95

SPIRIT HEALING: How to Make Your Life Work By Mary Dean Ackward. Reveals the centuries-old practices of tribal shamans and, in keeping with Native Tradition, uses symbolic stories to illustrate the power of their techniques. Offers detailed guidance to help you alter your patterns, eliminate mind-cluttering worries, and embark upon a life-altering vision quest to find your higher self. 224 pages. Sterling. Paperback. Pub. at $12.95 Item #6694985 $9.95

A POCKETFUL OF SEEDS: When We Sow, Life Happens By Debbie Johnson. Each entry in this inspirational collection combines a compelling story with an action—seeds to be sown that day. Some daily seeds will fill you with delight, like calling an elderly friend, and some will call for sacrifice. All will make the world a better place, because one thing is infinitely true: when seeds are sown, life happens. 335 pages. Experiment. Paperback. Pub. at $16.99 Item #5850835 $12.95

HAPPINESS HACKS: 100% Scientific! Curiously Effective! By Alex Palmer. Could you be happier at work, in love, in life? Here are hundreds of shortcuts to brighten your day and boost your mood and the science behind how they work. Whether you’re seeking better health, stronger friendships, or that elusive “happy face,” these simple tricks are proven to help. 176 pages. The Experiment. Paperback. Pub. at $12.95 Item #668169 $9.95

STOP, BREATHE, CHILL By Beth Steinber. Discover how to focus on the present and stop freaking out about the future. Tackles the sort of stuff life throws at us every day, whether it’s a situation with friends, issues with family, or the pressures of school. 223 pages. Adams Media. Paperback. Pub. at $13.99 Item #6867822 $2.95

JUMPSTART YOUR GROWTH By John 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 application and action, with space to document the progress you make along your journey. 188 pages. Center Street. Pub. at $10.00 Item #5871522 $2.95
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THE POWER OF WHEN by Michael Breus. Uses the exciting new science of chronobiology to show how micro-adjustments in our day to day lives can help us live happily and healthfully in no time. Breus provides the ultimate “life hack” to help you achieve your goals. 370 pages. Little, Brown. Pub. at $28.00 Item # 5780288 $ 5.95

THE TOP 1%: Habits, Attitudes & Strategies for Exceptional Success by Dan Strutzel. Strutzel will show you why most of what you think you know about the Top 1% is a myth. You’ll learn that most people who achieve great success are motivated more by serving others, than by how many zeros they have in their bank account. He will not only show you how to earn an income like the Top 1%, but he’ll show you how to reach the Top 1% of the other vitally important areas of your life. 224 pages. Goldian. Pub. at $27.00 Item # 5980088 $ 14.95

MAKE PEACE WITH YOUR MIND by Mark Coleman. Offering constructive insights into what creates, drives, and disarms the critic, Coleman helps readers understand and free themselves from the inner critic using the tools of mindfulness and compassion. Includes simple practices anyone can use to live a free, happy, and flourishing life. 238 pages. New World Library. Paperbound. Pub. at $15.95 Item # 6547575 $ 6.95

THE MYSTICAL BACKPACKER by Hannah Papp. When she realized she was living a life she no longer wanted, Papp quit her job and embarked on a three-month journey across Europe in search of herself. Part travel story and part guidebook, this inspiring work illustrates how you can pursue your modern-day vision quest. 244 pages. Atria. Paperbound. Pub. at $16.00 Item # 6805663 $ 6.95

UNFU*K YOURSELF: Get Out of Your Head and into Your Life by Gary John Bishop. Through decades of working with people as a personal development coach, Bishop has discovered that the barrier to living your best life is one thing only—yours. A handbook for the resigned and defeated, Bishop will help you unleash your greatness. 209 pages. HarperOne. Pub. at $15.99 Item # 6641067 $ 14.95

IT’S OKAY TO LAUGH: (Crying Is Cool Too) by Nora McLenny Purmort. A love letter to life in all its messy glory. Purmort puts a young, fresh twist on the subjects of mortality and resilience. What does it actually mean to live your “one wild and precious life” to the fullest? And she answers the question: How do you keep going when life kicks you in the butt? 274 pages. Dey Street. Pub. at $25.99 Item # 5787258 $ 2.95

LIFE AS SPORT by Jonathan Fader. The author shares the skills that he teaches professional athletes, to enhance motivation, set productivity goals, sharpen routines, manage stress, and clearly track processes, and applies them to real world situations. Helps you to pursue your own goals with an enriched intensity and to unlock what has always been there. 244 pages. Da Capo. Pub. at $24.99 Item # 6741665 $ 6.95

IT’S NOT ROCKET SCIENCE by Mary Spio. Spio shares the secrets to cultivating curiosity, creativity, compassion, audacity, focus and tenacity--to change the game and change the world. Using her own hard-earned lessons she delivers actionable insights to help you discover your greatness. 243 pages. Perigee. Paperbound. Pub. at $16.00 Item # 6847578 $ 4.95

THE CROSSROADS OF SHOULD AND MUST: Find and Follow Your Passion by Elle Luna. Whether you are just starting out or starting over, the most life-affirming thing you can do is to honor the voice inside that says you have something special to give. Offers a series of doorways designed so that you can choose which way your journey will go. Illus. in color. 164 pages. Workman. Pub. at $18.95 Item # 6805663 $ 9.95

THE OPAI WAY: Finding Joy & Meaning in Everyday Life & Work by A. Pattakos & E. Dundon. Provides a breakthrough approach and practical tools to renew your outlook and rejuvenate your life while demystifying the subject of meaning by sharing insights, stories, and three core lessons: connect meaningfully with others, engage with deeper purpose, and embrace life with attitude. 256 pages. BenBella. Pub. at $24.95 Item # 462789X $ 5.95

THE WISDOM OF FLORENCE SCOVEL SHINN collects four works of one of America’s most beloved and bestselling inspirational authors, which provide a complete guide for learning how to turn defeat into victory, fall into prosperity, fear into faith, and resentment into love. 355 pages. Touchstone. Paperbound. Pub. at $16.95 Item # 5838974 $ 12.95

LOUDER THAN WORDS: Harness the Power of Your Authentic Voice by Todd Henry. How do you set yourself apart in such a noisy, crowded world? Henry reveals the key is to develop your authentic voice. He offers strategies to help you identify what you truly stand for, develop a clear vision, and learn to express your ideas effectively in your medium of choice. 212 pages. Portfolio. Pub. at $27.95 Item # 6634354 $ 5.95

HOW SUCCESSFUL PEOPLE WIN by John C. Maxwell. LARGE PRINT EDITION. You can’t succeed without setbacks but there are ways to learn from any situation and Maxwell shows you the eleven traits needed to turn loss into gain. 188 pages. Center Street. Pub. at $12.00 Item # 6834214 $ 4.95

CLEARING CLUTTER: Physical, Mental, Spiritual by Alexandra Chauran. A perfect guide to letting go of unnecessary attachments and living in peace and tranquility. With simple steps, you can create change and achieve balance in your life. Through easy yet powerful exercises and techniques, clutter can be permanently cleared. Llewellyn. Paperbound. Pub. at $15.99 Item # 6581749 $ 7.95

THE HAPPINESS PROJECT by Gretchen Rubin. In this lively and compelling 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. Paperbound. Pub. at $14.99 Item # 5793173 $ 4.95

FULLY ENGAGED: Using the Practicing Mind in Daily Life by Thomas M. Sterner. The follow-up to his inspiring The Practicing Mind, Sterner explores specific techniques, such as thought awareness training and setting goals with accurate data, that will not only help you reach your life goals—they will keep you engaged throughout every moment of the process. 102 pages. New World Library. Paperbound. Pub. at $15.95 Item # 5881706 $ 9.95

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TRUTH & LIES: What People Are Really Thinking By M. Bowden & T. Thomason. A fresh, insightful, myth busting guide to reading body language in the post digital age. The authors illustrate the essential points of body language in key situations with examples from everyday life, leaned with humor and insights that you can use to your advantage in virtually any situation. 378 pages. HarperCollins. Paperbound. Pub. at $17.99. Item #6885942

EFFECTIVE NEGOTIATIONS IN EASY STEPS By Tony Rosster. Whether you’re in the office or at home, you conduct negotiations every day. This guide offers practical help for handling each process of successful negotiations: working out your ideal and fallback positions; overcoming barriers; dealing with mistakes and difficult people; and more. Illus. in color. 148 pages. In Easy Steps. Paperbound. Pub. at $14.95. Item #4577973

RELATIONSHIPS

THE FINE ART OF FLIRTING By Joyce Jillson. Whether you’re a shy beginner or an advanced coquette, Jillson’s flirting tips and secrets will soon have you charming the socks off everyone. 169 pages. S&S. Paperbound. Pub. at $13.00. Item #6850056

THE POWER PARADOX: How We Gain and Lose Influence By Dacher Keltner. Power is ubiquitous—but totally misunderstood. Turning conventional wisdom on its head, Keltner presents the very idea of power in a whole new light, demonstrating not just how it is a force for good in the world, but how—via compassion and selflessness—it is attainable for each and every one of us. Photos. 136 pages. Penguin. Pub. at $26.00. Item #6930271

LOVE ILLUMINATED: Exploring Life’s Most Mystifying Subject By Daniel Jones. The editor of The New York Times’ “Modern Love” column uses his unique perspective to tease apart life’s most mystifying subject. Drawing from the 50,000 tales of love that have crossed his desk, he traces the arc of human relationships through ten phases, from the pursuit of new love to the matured pair. 214 pages. Morrow. Pub. at $25.99. Item #4565622

EMOTIONAL UNAVAILABILITY By Bryn C. Collins. Using case studies, quizzes, and jargon-free, easy to understand concepts, Collins profiles the most common types of emotionally unavailable partners, then offers the skills you need to change these painful associations. 292 pages. McGraw-Hill. Paperbound. Pub. at $15.95. Item #6854198

GRACIOUS: A Practical Primer on Charm, Tact, and Unsinkable Strength By Kelly Williams Brown. Whether it’s standing up for what you believe in while also listening to other points of view, making a surprise guest feel welcome, or just maintaining your serenity while waiting in an endless queue—graciousness is a quality that everyone could use a little help with. 238 pages. Rodale. Pub. at $22.99. Item #6843646

HOW TO WOO A JEW: The Modern Jewish Guide to Dating and Mating By Tamar Caspi. Your very own Jewish Carrie Bradshaw takes you through each facet of the dating world, from traditional Jewish matchmaking and mixers to modern online dating portals, from honoring your Jewish to kosher sex. Whatever mishagas you’ve made of your love life, Caspi has words of wisdom to help you find your Jewish soul mate. 274 pages. Seal. Paperbound. Pub. at $17.00. Item #5907130

MR DARCY’S GUIDE TO COURTSHIP: The Secrets of Seduction from Jane Austen’s Most Eligible Bachelor By Fitzwilliam Darcy. Jane Austen’s most famous—and most fancied—hero reveals the secrets of his success with the opposite sex and offers hints to both ladies and gentlemen on the rules of courtship: making oneself agreeable, identifying an appropriate partner, and escaping the attentions of rogues and fortune-hunters. Illus. 224 pages. Old House. Paperbound. Pub. at $14.95. Item #5639529

COMMUNICATION SKILLS

WHAT MAKES OLGA RUN? By Bruce Grierson. A tremendously inspiring portrait of an unlikely friendship and an eye-opening gathering of everything longtime runners and late-blooming fitness enthusiasts alike need to know to keep moving fast, thinking sharp, and living well, far into old age. 241 pages. Holt. Pub. at $25.00. Item #5961041

YOUR BEST AGE IS NOW By Robi Ludwig. Contradicting long-ingrained beliefs, Robi Ludwig draws on myth-busting data from scientific research and her experience as a therapist to show that midlife is not the beginning of your decline—it’s actually a time to pursue your dreams. 248 pages. HarperOne. Pub. at $25.99. Item #6769075

TURN BACK THE CLOCK 10 YEARS: Reset Your Genes, Reverse Aging, and Live Well into Old Age By Bruce Ludwig. Drawing on myth-busting data from persuasion science, it is an entertaining string of more than 50 insights from persuasion science, it is an indispensable guide for anyone who wishes to change the behavior of others effectively, efficiently, and ethically. 268 pages. Grand Central. Pub. at $28.00. Item #5812038

YOUR BEST AGE IS NOW By Robi Ludwig. Contradicting long-ingrained beliefs, Robi Ludwig draws on myth-busting data from scientific research and her experience as a therapist to show that midlife is not the beginning of your decline—it’s actually a time to pursue your dreams. 248 pages. HarperOne. Pub. at $25.99. Item #6769075

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### Sexuality & Sexual Expression

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### Pregnancy, Childbirth & Parenting

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<td><strong>THE TRANSGENDER CHILD: A Handbook for Families and Professionals</strong></td>
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<td>Elizabeth A. Harvey et al.</td>
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### Pregnancy, Childbirth & Parenting

**RAISING THE TRANSGENDER CHILD** by M. Angelino & A. Bowman. Offers much-needed answers to all the questions parents and other adults ask about raising and caring for transgender and gender-diverse children. With specific and actionable advice, experts help readers champion and celebrate gender diversity while at the same time shedding fear, anger, sadness and confusion. 275 pages. Seal. Paperbound. Pub. at $17.00

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**WHY CAN’T WE JUST PLAY? What I Did When I Realized My Kids Were Way Too Busy** by Pam Lobley. Facing summer with her two boys, Lobley asked them what they wanted to do. Their answer? “Why can’t we just play?” Here unfolds her touching and amusing account of the summer she gave her kids the gift of “boredom.” 170 pages. Familius. Paperbound. Pub. at $15.95

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### Women’s Health & Self-Help

**SHE-ology: The Definitive Guide to Women’s Intimate Health.** Period by Sherry A. Ross. Describes the state of the vagina at every age and stage of a woman’s life. From first periods to postpartum to menopause, from the serious to the celebratory to the surprising, this guide will make you feel a part of the vagina dialog. Illus. 294 pages. Post Hill. Paperbound.

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**THE ESTROGEN WINDOW** by Mache Seibel. A definitive guide on hormonal health for menopausal women. Dr. Seibel explains the right time and method to begin estrogen replacement, which can significantly improve women’s health. He reveals how previous studies were inaccurately analyzed leading to a culture of fear and confusion about hormone replacement. 238 pages. Rodale. Paperbound. Pub. at $25.99

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**DON’T SAY I DO! Why Women Should Stay Single** by Oma Gadhis. Reveals the rules of the game have changed drastically; our lifestyles have loosened and become hectic and diverse. Gadhis’s intensive research from the female perspective uses real women’s stories and gives the tools, strategies and tips to encourage sexual, psychological and financial independence.

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**THE ELDEST DAUGHTER EFFECT** by L. Schuitemaker & W. Enthoven. Shows how firstborn girls become who they are and offers advantages, but the overbearing sense of responsibility often gets in the way. 192 pages. Fendorn. Paperbound. Pub. at $15.99

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### Men’s Health & Self-Help

**HOT PANTS! Do It Yourself** by Haydn Brown. Originally published in 1899, it explores the perilous fashion for tight-lacing corsets and the dangers of contemporary cosmetics, in contrast to the benefits of healthy exercise and the emerging trend for rational dress, weighs the merits of matrimony and much more. 118 pages. British Library.

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**ADVICE TO SINGLE WOMEN** by Amy Alkon. The author ensures that all these rude people get their comeuppance: lax parents, Internet bullies, rude drivers, telemarketing executives, the loud jerk on a cell phone, and many others. She also delves into the anthropology, psychology, and behavioral science to figure out why people are rude. 225 pages. Human. Paperbound. Pub. at $17.95

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### General Health & Self-Help

**I SEE RUDE PEOPLE: One Woman’s Battle to Beat Some Manners into Impolite Society** by Amy Alkon. The author ensures that all these rude people get their comeuppance: lax parents, Internet bullies, rude drivers, telemarketing executives, the loud jerk on a cell phone, and many others. She also delves into the anthropology, psychology, and behavioral science to figure out why people are rude. 215 pages. McGraw-Hill. Paperbound. Pub. at $16.95

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**THE BOOK OF ITALIAN WISDOM** by Antonio Sarti. Ranging from the deeply personal, spiritual, and philosophical to the witty, urban, and downright hilarious, the quips in this book reflect on virtually every subject: from science and movies to business, sports, friends, and more. 212 pages. Kensington. Pub. at $15.95

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<td><strong>QUESTION AUTHORITY TO THINK FOR YOURSELF</strong> by Beverly A. Potter.</td>
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<td>Romm</td>
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<td>Explains why we conform, and how to break out of conformity to think for yourself. It begins with questioning authority, including your own authority, beliefs, and assumptions you’ve accepted as facts. Potter offers techniques, with examples, of how to deflect attacks, side-tracks, and put-downs that keep us from thinking for ourselves. Illus. Paperbound. Pub. at $19.95</td>
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<td>591129X</td>
<td><strong>THE BOOK OF DOING AND BEING</strong> by Barnet Bain. Shows how to unleash your creative energy with a treasury of techniques, processes, rituals, and tools. These more than forty exercises form a latticework on which your creativity can grow and flourish–Do and Be. 201 pages. Atria. Paperbound. Pub. at $16.00</td>
<td>257</td>
<td>Clearfield</td>
<td>$2.95</td>
<td>669490X</td>
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<td>5642445</td>
<td><strong>THE STRESS TEST: How Pressure Can Make You Stronger and Sharper</strong> by Ian Robertson. Why is it that some people react to seemingly trivial setbacks with distress, while others power through life-changing tragedies showing barely any emotional upset whatsoever? Learn how the right level of challenge and stress can help people to flourish and achieve more than they ever thought possible. 241 pages. Bloomsbury. Paperbound. Pub. at $17.00</td>
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<td><strong>AVOIDING EVERYDAY DISASTERS</strong> By Laura Lee. Whether you are just learning how to be an adult or have been one for a long time, this witty guide will help you forestall or fix your goofs to save time, money, and face. Stop murdering your houseplants; reheating leftovers without ruining them; screwing up your chances at a raise; and more. Illus. in color. 380 pages. Reader’s Digest. Paperbound. Pub. at $17.99</td>
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<td>Firefly</td>
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