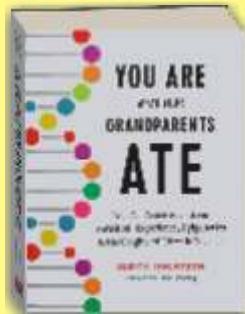
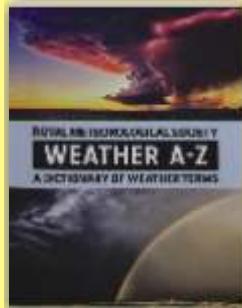


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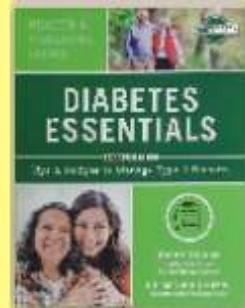
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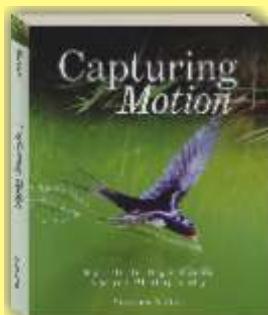
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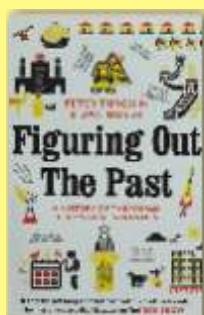
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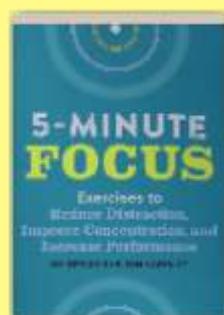
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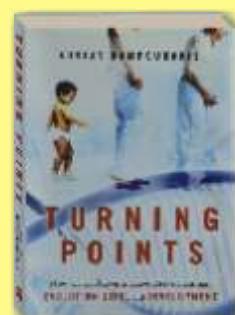
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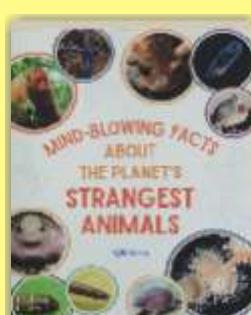
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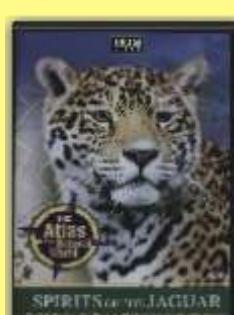
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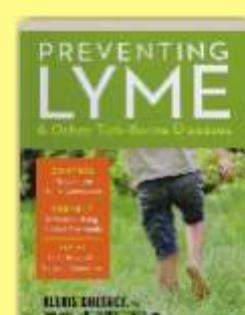
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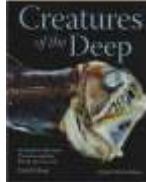
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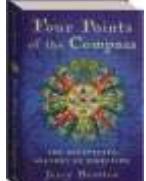
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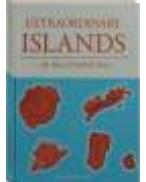
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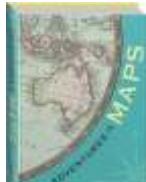
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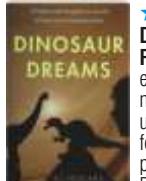


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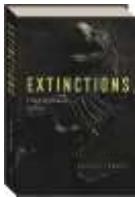


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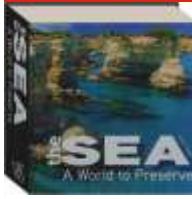
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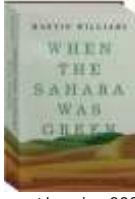
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Environment & Ecology

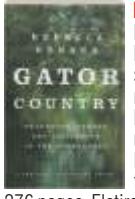


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6077250 THE WORLD ATLAS OF TREES AND FORESTS: Exploring Earth's Forest Ecosystems. By Herman Shugart et al. A marvelously illustrated look at the world's diverse forests and their ecosystems. The Earth's forests are havens of nature supporting a diversity of life. Offers a beautiful introduction to what forests are, how they work, how they grow, and how we map, assess and conserve them. 400 pages. Princeton. 9 1/4x12 1/4. Pub. at \$49.95 **\$9.95**



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7835248 LIVING OFF THE GRID: A Simple Guide to Creating and Maintaining a Self-Reliant Supply of Energy, Water, Shelter, and More. By Dave Black. Offers a gamut of alternative ways to make life more efficient, economical, and Earth friendly. Valuable for the urban dweller concerned about the size of his carbon footprint and the rural self sufficiency enthusiast, the concepts presented here can save you money and help you be a better citizen of the planet. Illus. 280 pages. Skyhorse. Paperbound. Pub. at \$12.95 **\$6.95**

Environment & Ecology



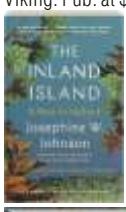
9230564 THE BIG FIX: 7 Practical Steps to Save Our Planet. By H. Harvey & J. Gillis. An engaging, accessible citizen's guide to the seven urgent changes that will make a difference for our climate, how we can hold our governments accountable for putting these plans into action, and how we can insert ourselves into these decisions to ensure that the correct choices are being made. 305 pages. S&S. Pub. at \$28.99 **\$4.95**



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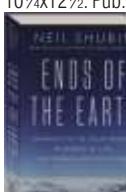
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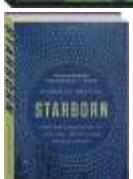
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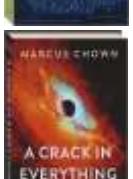
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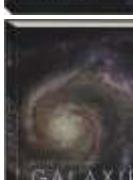
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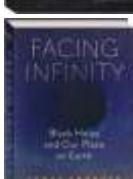
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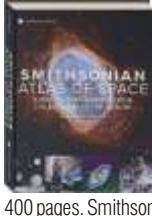
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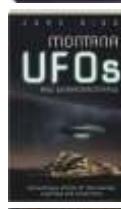


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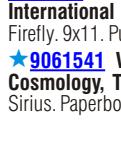
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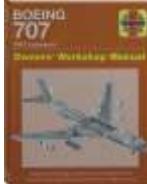
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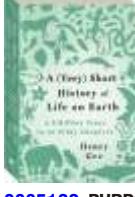
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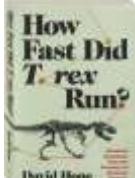


9011889 TURNING POINTS: How Critical Events Have Driven Human Evolution, Life, and Development. By Kostas Kampourakis. Critical historical events—or "turning points"—have shaped evolution and continue to have a decisive effect on individual lives. The author argues that, although evolution is the result of unpredictable events, these events have profound influences on subsequent developments. Illus. 366 pages. Prometheus. Pub. at \$25.00 **\$2.95**

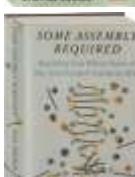


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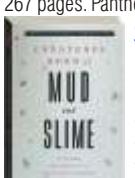
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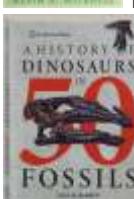
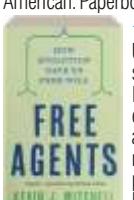
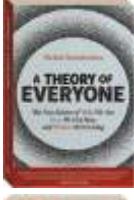
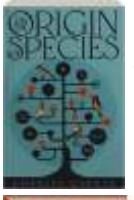
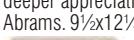
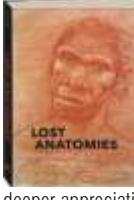


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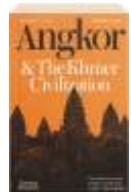
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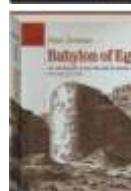
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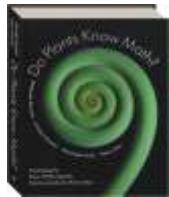
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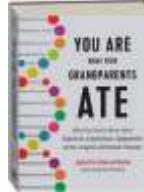
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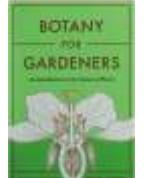
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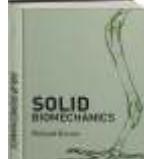
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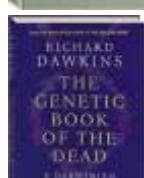

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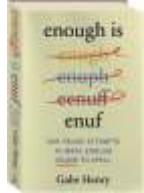


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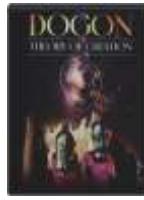
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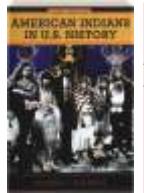
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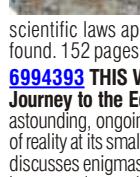
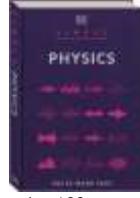
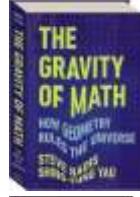
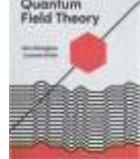
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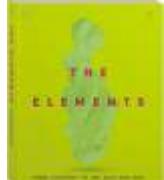
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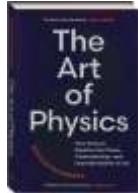


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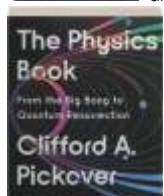
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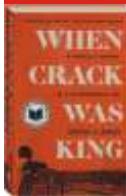
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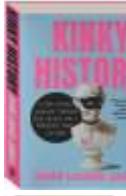
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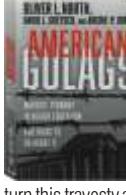
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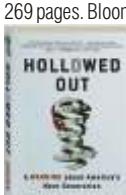
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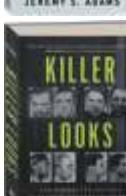
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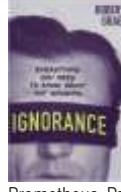


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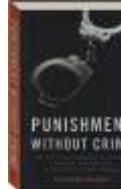
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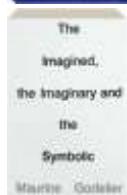
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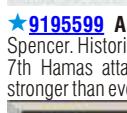
Social Science



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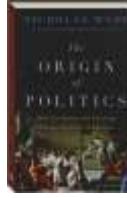
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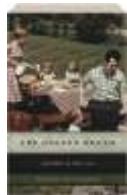
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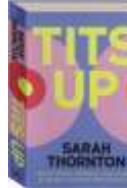


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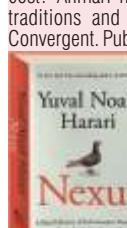


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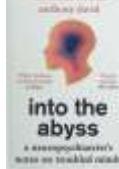


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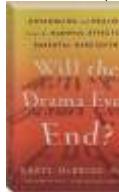
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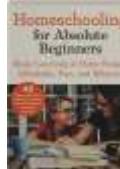
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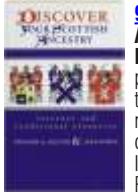
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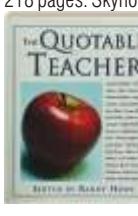
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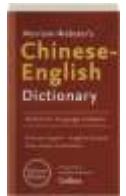
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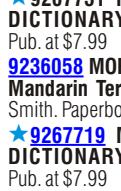
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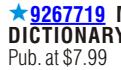
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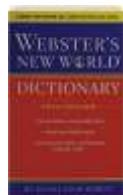
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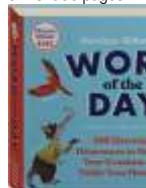
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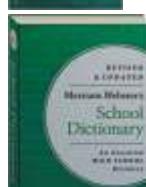
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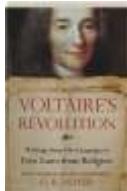
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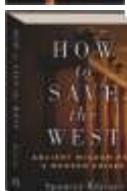
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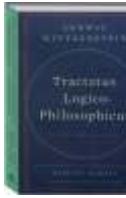
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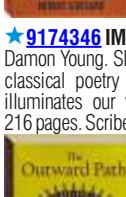
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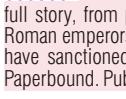
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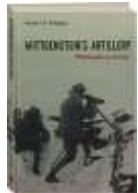
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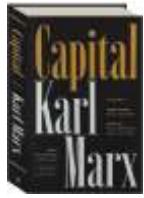
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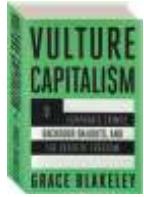
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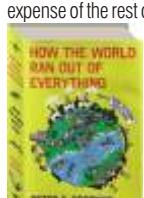
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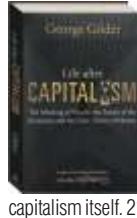


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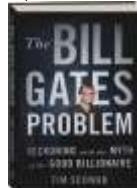


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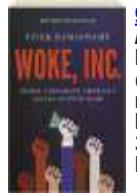


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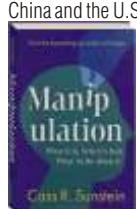
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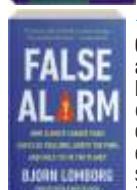
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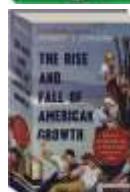
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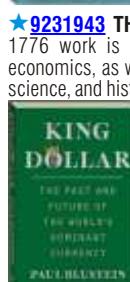
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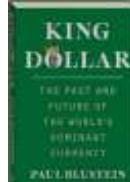
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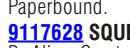
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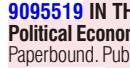
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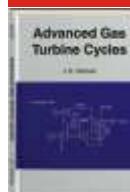


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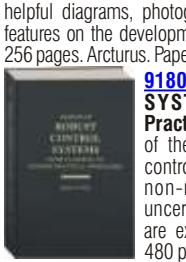
9244476 ADVANCED GAS TURBINE CYCLES. By J.H. Horlock. This work describes the thermodynamics of gas turbine cycles. The search for high gas turbine efficiency has produced many variations on the simple "open circuit" plant, involving the use of heat exchangers, reheating and inter-cooling, water and steam injection, cogeneration, and combined cycle plants. Illus. 203 pages. Krieger. **\$5.95**

Engineering



★4789067 ELECTRICAL AND MECHANICAL ENGINEERING: Everything You Need to Know to Master the Subject in One Book! By David Baker. A perfect introduction for students and laypeople alike, this resource provides you with all the concepts you need to know to understand the fundamental issues. Filled with helpful diagrams, photographs, further reading, and easily digestible features on the development of electrical and mechanical engineering. 256 pages. Arcturus. Paperbound. Pub. at \$24.99

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9180230 DESIGN OF ROBUST CONTROL SYSTEMS: From Classical to Modern Practical Approaches. By Marcel Sidi. A study of the practical aspects of designing feedback control systems in which the plant may be in a non-minimum phase, unstable, and highly uncertain. OFT and H-infinity design approaches are explained side by side. Published in 2001. 480 pages. Krieger. Pub. at \$96.50

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★9120882 MAKE: Wearable Electronics, 2nd Edition. By Kate Hartman. A comprehensive guide to everything you need to dive right in, including how to set up an ideal workspace with key supplies; build basic and advanced electronic circuits; integrate sensors to respond to the world around you; design, prototype, and test your original creations; and more. Fully illus. in color. 277 pages. Make Community. 7 1/2x9 1/4. Paperbound. Pub. at \$34.99

\$26.95

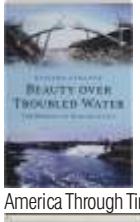
9183760 HANDBOOK OF TRIBOLOGY: Materials, Coatings, and Surface Treatments. By B. Bhushan & B.K. Gupta. Provides data, mostly in tabular form, on friction and wear characteristics of bulk materials, allowing the user to decide the appropriate course of action for selecting the proper coating material, as well as surface treatment techniques for maximum friction and wear reduction. 1997 revised edition. Krieger. Pub. at \$45.00

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★9071822 MACHINES: A Visual History. By Dominic Chinea. 240 pages. Dorling Kindersley. 8 1/4x10 1/4. Pub. at \$35.00

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Engineering & Architecture



★914434X BEAUTY OVER TROUBLED WATER: The Bridges of Niagara Falls. By Richard Panchyk. Documents the beautiful bridges of the Niagara Falls area chronologically in photographs, engravings, sketches, and maps—many never-before-published. From the Niagara Falls Suspension Bridge to the ubiquitous Rainbow Bridge, the structures that span the river have all shared a unique aesthetic that is highly complementary to their location. 103 pages. America Through Time. Paperbound. Pub. at \$24.95

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★9206205 F.L. WRIGHT, 1867-1959: Building for Democracy. By Bruce Brooks Pfeiffer. Exploring Wright's aspirations to augment American society through architecture, this work offers a concise introduction to his at-once technological and Romantic response to the practical challenges of middle-class Americans of the era. Well-illus. 96 pages. Taschen. 8 1/2x10 1/4.

\$16.95

7862814 BRIDGES: Norton/Library of Congress Visual Sourcebooks in Architecture, Design & Engineering. By Richard L. Cleary. Well illus. 383 pages. Norton. 8 1/4x11 1/4. Pub. at \$75.00

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9221921 CITIES IN THE SKY: The Quest to Build the World's Tallest Skyscrapers. By Jason M. Barr. Illus. 355 pages. Scribner. Pub. at \$32.50

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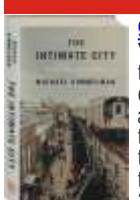
924137X INDUSTRIAL BRITAIN: An Architectural History. By Hubert Pragnell. Well illus. 256 pages. Batsford. Pub. at \$17.99

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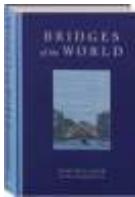
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Architecture



9197036 THE INTIMATE CITY: Walking New York. By Michael Kimmelman. As New York came to a halt with COVID, Kimmelman composed an email to a group of architects, historians, writers, and friends, inviting them to take a walk. Wherever they liked, preferably someplace meaningful to them, someplace that illuminated the city and what they loved about it. 131 photos, most in color. 252 pages. Penguin. Pub. at \$30.00

\$6.95



9227725 BRIDGES OF THE WORLD. By G. Ascani & P. Valentini. Bridges can either link or divide people and cultures; they are both strong and fragile, and this work features 50 of them from all over the world. It also collects stories that accompany these bridges, including the inspirational lives of those who designed, built, and crossed them. Fully illus. in color. Welbeck. Pub. at \$14.95

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9222367 SKY-HIGH: A Critique of NYC's Supertall Towers from Top to Bottom. By Eric P. Nash. Part architectural guidebook and part critique, the pencil-thin, supertall towers that are transforming New York City's skyline as well as its streets are spotlighted in this collection of extraordinary photographs that capture a dozen of these self-styled odes to wealth and power. 208 pages. Princeton Architectural. 7 1/4x11 1/4.

\$9.95



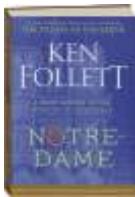
9208070 UNIVERSAL PRINCIPLES OF ARCHITECTURE: 100 Architectural Archetypes, Methods, Conditions, Relationships and Imaginaries. By N. Frankowski & C. Garcia. Illustrates 100 concepts of importance, possibilities, challenges, and roles that architecture plays in shaping the world. Richly illustrated and easy to navigate, this volume pairs clear explanations of each topic with visual examples applied in theory and practice. 224 pages. Rockport. 8 3/4x10 1/4. Pub. at \$40.00

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★9147462 HEAVEN ON EARTH: The Lives and Legacies of the World's Greatest Cathedrals. By Emma J. Wells. Explore the glorious history of 16 of the world's greatest cathedrals and the extraordinary stories of the people who built them, revealing how 1,000 years of cathedral-building shaped modern Europe, and influenced art, culture and society around the world. 16 pages of color illus. 422 pages. Head of Zeus. Paperbound. Pub. at \$19.99

\$14.95

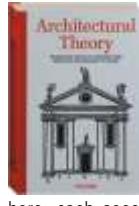


9180400 HAVANA REVISITED: An Architectural Heritage. By Cathryn Griffith. Documents the history, preservation, and present uses of Havana's most important buildings and urban spaces. Provides an important window on the changing forces that have shaped the country's history. Fully illus. in color. 240 pages. Norton. 10 1/4x10 1/4. Pub. at \$49.95

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Architecture

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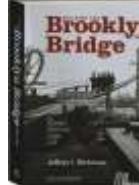


★9266917 ARCHITECTURAL THEORY: Pioneering Texts on Architecture from the Renaissance to Today. By Veronica Biermann et al. Brings together all of the most important and influential essays about architecture ever written since the Renaissance, copiously illustrated and neatly organized chronologically by country. The best treatises by architecture's greatest masters are gathered here, each accompanied by an essay discussing its historical context and significance. 679 pages. Taschen. **\$37.95**

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9134751 BUILDING AND DWELLING: Ethics for the City. By Richard Sennett. Shows how Paris, Barcelona, and New York City assumed their modern forms; revises the reputations of Jane Jacobs, Lewis Mumford, and other key thinkers; and takes us on a tour of emblematic contemporary locations, from the backstreets of Medellin, Colombia, to the Google headquarters in Manhattan, 32 pages of photos, some in color. 343 pages. FSG. Pub. at \$30.00 **\$6.95**



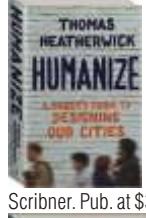
924977X BOWLARAMA: The Architecture of Mid-Century Bowling. By Chris Nichols with A. Biondo. Step back in time to mid-century America. Every architect worth his drafting board took a run at creating a bowling center, dreaming up space age designs that beckoned the new suburbanites in their new neighborhoods. Fully illus. some in color. 208 pages. Angel City. Pub. at \$40.00 **\$19.95**



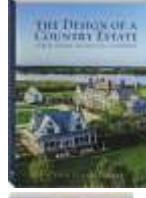
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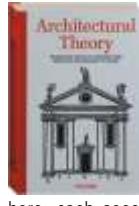
9234993 THE DESIGN OF A COUNTRY ESTATE: Purple Cherry Architects & Interiors. By Cathy Purple Cherry. Driven by a passion for art and architectural design, Cathy Purple Cherry shares the story of a fabulous, newly built coastal country estate. She offers practical guidance on topics relevant to designing any home, no matter the scale of the project. Color photos. 224 pages. Gibbs Smith. 9 1/4x12 1/4. Pub. at \$50.00 **\$24.95**



★9154728 WALKING ROME'S WATERS. By Katherine Wentworth Rinne. This grand tour offers a new way to appreciate the history, geology, and character of the ancient and contemporary city. In addition to providing 13 walkable pilgrimages, the author takes you for an underground tour of the city's hidden springs and streams and an aerial survey of Rome's villas and parks. Well illus., most in color. 330 pages. Yale. Paperbound. Pub. at \$35.00 **\$26.95**



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★9155937 METROPOLIS ON THE STYX: The Underworlds of Modern Urban Culture, 1800-2001. By David L. Pike. Considers how underground spaces and their many myths have organized ways of seeing, thinking about, and living in the modern city. With a rich variety of visuals and written sources, Pike theorizes why our notions about urban environments remain essentially 19th century in character, even though cities have changed almost beyond recognition. Illus. 377 pages. Cornell. Paperbound. Pub. at \$37.95 **PRICE CUT to \$2.95**



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913820X WHITE CITY, BLACK CITY: Architecture and War in Tel Aviv and Jaffa. By Sharon Rotbard. Well illus. 244 pages. MIT Press. Paperbound. **PRICE CUT to \$3.95**



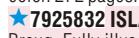
★8875529 CHICAGO SKYSCRAPERS, 1934-1986: How Technology, Politics, Finance, & Race Reshaped the City. By Thomas Leslie. Well illus. some in color. 330 pages. UIIP. 8 3/4x11 1/4. Pub. at \$44.95 **PRICE CUT to \$14.95**



★1041886 CHINESE BRIDGES: Living Architecture from China's Past. By Ronald G. Knapp, photos by A.C. Ong. Fully illus. in color. 272 pages. Tuttle. 9x11 1/4. Paperbound. Pub. at \$16.95 **\$9.95**



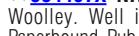
★7925832 ISLAMIC ARCHITECTURE: A World History. By Eric Broug. Fully illus. in color. 336 pages. Thames & Hudson. 9 3/4x12 1/4. Pub. at \$75.00 **SOLD OUT**



★6080545 WOODEN CHURCHES IN EASTERN EUROPE. By Siegfried von Quast. Fully illus. in color. 79 pages. Edition Axel Menges. 9 1/4x12. Pub. at \$42.00 **PRICE CUT to \$17.95**



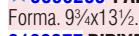
★334407X NATURAL BUILDING TECHNIQUES. By Tom Woolley. Well illus. in color. 160 pages. Crowood. 7 1/2x9 3/4. Paperbound. Pub. at \$29.99 **\$11.95**



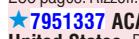
★7853874 VENICE AND THE DOGES: Six Hundred Years of Architecture, Monuments, and Sculpture. By Toto Bergamo Rossi. 358 pages. Rizzoli. 9 3/4x12 1/2. Pub. at \$135.00 **\$104.95**



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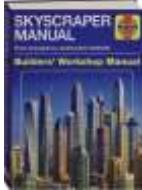


9100377 DIRIYAH FACE TO FACE. By Bobby Sager. Fully illus. in color. 285 pages. Rizzoli. 11 1/4x15. Pub. at \$150.00 **PRICE CUT to \$39.95**

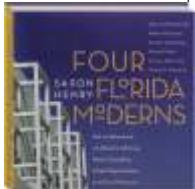


★7951337 ACADEMIA: Collegiate Gothic Architecture in the United States. By William Morgan. Fully illus. in color. 200 pages. Abbeville. 9 1/4x12 1/4. Pub. at \$49.95 **PRICE CUT to \$24.95**

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918435X SKYSCRAPER MANUAL: Builders' Workshop Manual. By A. Wynne & D. Parker. Interspersed with intriguing facts and figures, this reference is fully illustrated with a wealth of stunning photographs and specially commissioned graphics. The authors also look at how the effects of climate change, earthquakes, and terrorism can be mitigated in the way skyscrapers are designed and built. 188 pages. Haynes. 8½x10¼. Pub. at \$36.95 **\$5.95**



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Barnett. Organized as a collection of walks through which the Princeton campus and neighboring institutions can be experienced, this guide is a convenient tool for visiting the campus and experiencing the architecture in its ideal setting. Well illus. in color. 351 pages. Princeton Architectural.

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Rooney et al. Surveys a glorious array of homes, old and new, that are representative of the 19th-century style popularized by wealthy families for their country homes. Such estates as Naumkeag and Stonehurst are featured, as well as numerous other period and modern homes, in a wealth of exterior and interior photographs. 256 pages. Schiffer. 8½x11¼. Pub. at \$39.95

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color. 256 pages. English Heritage. 7½x10. Pub. at \$50.00

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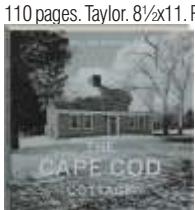


9058133 MISSISSIPPI VALLEY ARCHITECTURE: Houses of the Lower Mississippi Valley. By Stanley Schuler. A sampling of the magnificent homes of Mississippi, Louisiana, Arkansas, Illinois, Tennessee and Missouri, traces the use of the French Colonial, Greek Revival and Vernacular styles in each region, with images of the facades, floor plans and details of homes built between 1700 and the Civil War. 231 pages. Schiffer. 8½x11¼. Pub. at \$30.00

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9039317 SPANISH COLONIAL OR ADOBE ARCHITECTURE OF CALIFORNIA, 1800-1850. By D.R. Hannaford & R. Edwards. In California, Spanish colonial houses were built with local materials, with construction and ornamentation traditional to settlers from both Spain and New England. This study gives architects, builders, and historians a chance to view photos, sketches, and measured drawings of interior and exterior details. 110 pages. Taylor. 8½x11. Paperbound. Pub. at \$24.95

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Presented in full color, this volume will appeal to anyone interested in discovering the islands of the South Pacific. 356 pages. UHP. 11x10. Pub. at \$50.00

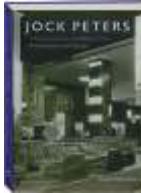
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★9214429 CABINS. By Philip Jodidio. Showcasing the variety of cabins in use and geography, this collection is exciting in both its international reach and its array of briefs, clients, and situations. Architectural innovation is spotlit, with an inspiring sense of contemplation and coexistence as people return to nature. Fully illus. in color. Taschen. **\$25.95**

699783X TRADITIONAL CHINESE ARCHITECTURE: Twelve Essays. By Fu Xinian. 390 pages. Princeton. 7¾x9¾. Pub. at \$55.00

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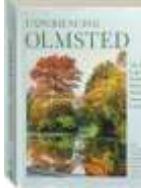
Monographs on Architects



8991715 JOCK PETERS, ARCHITECTURE AND DESIGN: The Varieties of Modernism. By Christopher Long. Examines Peter's work in Germany: in Hamburg before World War I, including his design for the Levantehaus; in Berlin while at the office of Peter Behrens; and later, after the war, his brick Expressionist projects for Fritz Höger. Fully illus. 304 pages. Bauer &

Dean. 8½x10½. Pub. at \$65.00

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8887365 EXPERIENCING OLMSTED: The Enduring Legacy of Frederick Law Olmsted's North American Landscapes. By Charles A. Birnbaum et al. Olmsted, Sr. is heralded as the father of American landscape architecture. His firm, and the successor firms that sprung from it, worked through the 19th and 20th centuries to shape some of our most beloved green spaces, including

national, state, and city parks, and more. Photos, most in color. 342 pages. Timber. 8¾x10¼. Pub. at \$50.00

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9179011 GERVASE WHEELER: A British Architect in America, 1847-1860. By R.E. Tribert & J.F. O'Gorman. Wheeler's career is traced chronologically and geographically, and the work is lavishly illustrated over fifty images, including building plans and historical photographs. 113 pages. Wesleyan. 7½x10¼. Pub. at \$35.00

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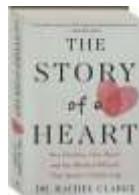
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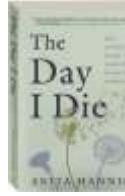


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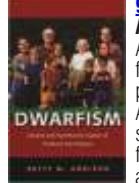
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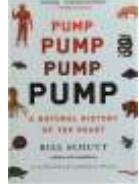
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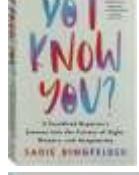
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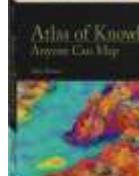
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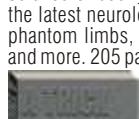


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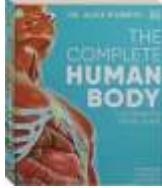
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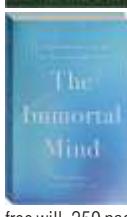
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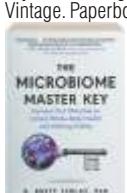


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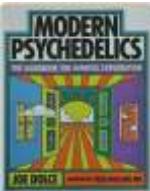
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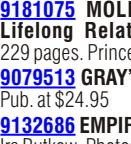
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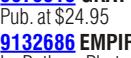
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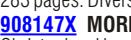
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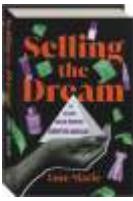
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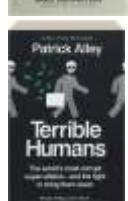
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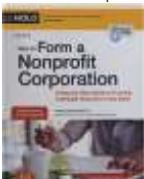
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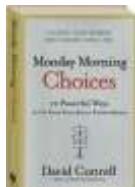
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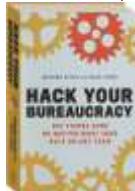


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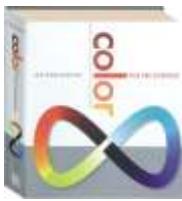
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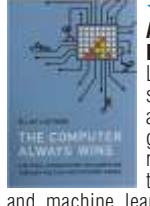


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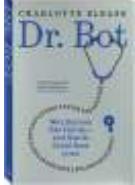


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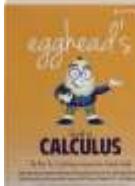
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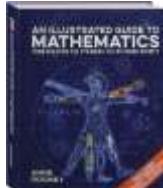


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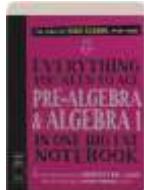
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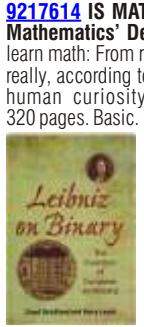
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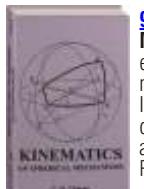
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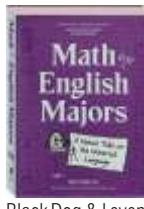
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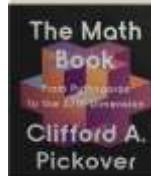
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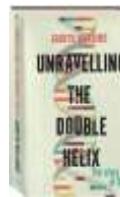


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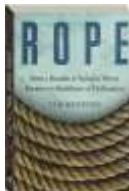
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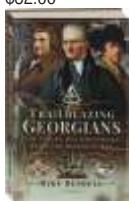
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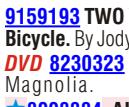
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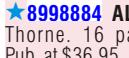
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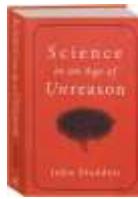
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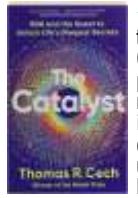
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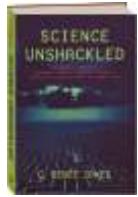
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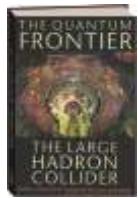
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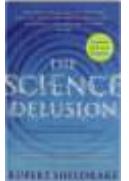
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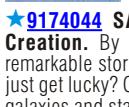
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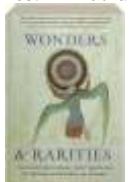
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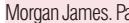
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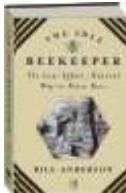
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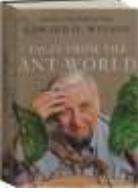
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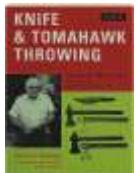
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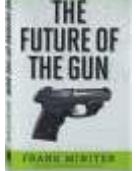
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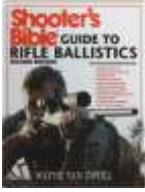
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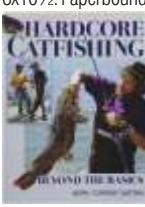
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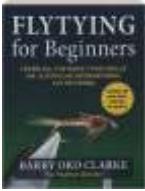
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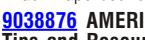
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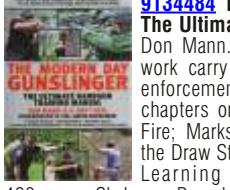
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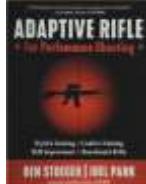


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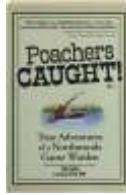
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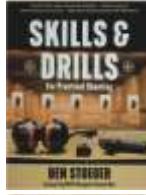
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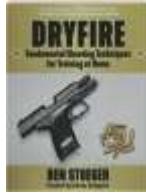
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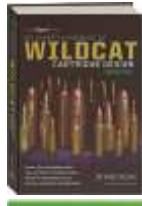


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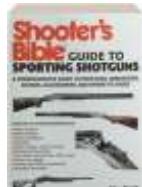
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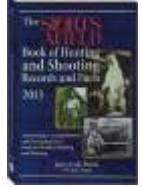
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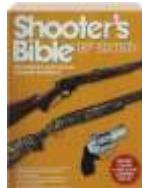
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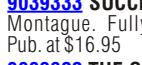
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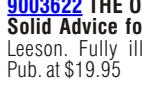
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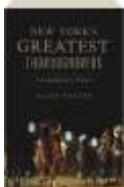
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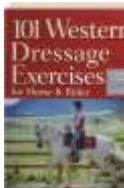
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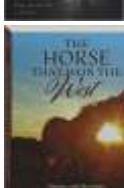
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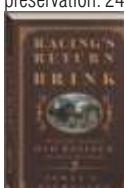
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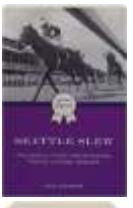
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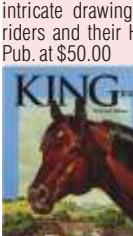
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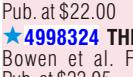
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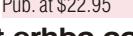
9076336 THE HORSE ENCYCLOPEDIA. By Elwyn Hartley Edwards. Fully illus. in color. 360 pages. Dorling Kindersley. 9 1/2x11 1/4. Pub. at \$40.00 **\$19.95**



7930801 HORSE/HUMAN: An Emotional Bond. By Bob Tabor. Glitterati. 14 1/4x11 1/4. Pub. at \$95.00 **\$19.95**



★7530641 THE HISTORY OF THE KENTUCKY DERBY IN 75 OBJECTS. By J.K. Whitehead & Kentucky Derby Museum. Fully illus. most in color. 320 pages. UPKy. 8 3/4x11 1/4. Pub. at \$35.00 **PRICE CUT to \$19.95**



★539581X LEXINGTON: The Extraordinary Life and Turbulent Times of America's Legendary Racehorse. By Kim Wickens. Illus. 401 pages. Ballantine. Paperbound. Pub. at \$22.00 **PRICE CUT to \$6.95**



★4998324 THE 10 BEST KENTUCKY DERBIES. By Edward L. Bowen et al. Fully illus. 212 pages. Eclipse. Paperbound. Pub. at \$22.95 **PRICE CUT to \$9.95**

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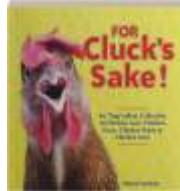
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Horses & Horsemanship

★ **9003894 THOROUGHBRED NATION: Making America at the Racetrack 1791-1900.** By Natalie A. Zacek. Illus. 331 pages. LaSUP Pub. at \$39.95 **\$29.95**

★ **8894000 THE HORSE: A Galloping History of Humanity.** By Timothy C. Winegard. Photos. 519 pages. Dutton. Pub. at \$35.00 **PRICE CUT to \$14.95**

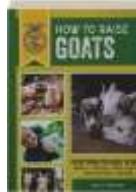
Farm & Domesticated Animals



7834748 FOR CLUCK'S SAKE! By Stacia Tolman. Filled with photos of familiar and unusual breeds, fascinating chicken and egg facts, chicken-related quotes, chicken humor, and nuggets of chicken "wisdom," you can celebrate everyone's favorite fowl with this fun, lighthearted volume. 96 pages. Andrews McMeel. Paperbound. Pub. at \$12.99 **\$3.95**



9258744 KEEPING PET CHICKENS. By J. Paul & W. Windham. Provides essential information you need for a successful flock at home. Instructive captioned illustrations and down-to-earth language show prospective chicken owners exactly how to master every aspect of keeping and raising healthy and productive poultry. 96 pages. Barron's. Paperbound. Pub. at \$11.99 **\$4.95**



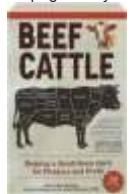
91276X HOW TO RAISE GOATS, THIRD EDITION: Everything You Need to Know. By Carol A. Amundson. Whether you want to raise a dairy barn full of milkers, one hundred meat goats for market, a herd of Angoras for mohair fiber, or a few Pygmies as pets, this guide is for you. This third edition offers all you need to know for raising, caring for, breeding, and showing a fine herd of goats. 224 pages. Voyageur. Paperbound. Pub. at \$19.99 **\$5.95**



9155112 TEMPLE GRANDIN'S GUIDE TO WORKING WITH FARM ANIMALS. Keep your animals calm and safe with Temple Grandin's groundbreaking insights and methods, now tailored specifically for small farms. Understand behavior, fears and instincts of cattle, goats, pigs and sheep, and set up the most humane, healthy and productive systems and facilities on your farm. Fully illus. in color. 181 pages. Storey. 7 3/4x10 1/4. Pub. at \$29.95 **\$6.95**



9074074 NATURAL PARASITE CONTROL FOR LIVESTOCK: Pasture Management, Chemical-Free Deworming, Growing Antiparasitics, and More. By Wendy Lombardi. Includes easy to follow scientific explanations, and provides research-based practices that really work. In this practical guide you'll learn about parasites, hosts and lifecycle; how to develop a working pasture rotation system; how to create healthy pastures and clean watering systems; and much more. Color photos. 91 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$6.95**



LIMITED QUANTITY ★ 9187936 BEEF CATTLE, 2nd Edition: Keeping a Small-Scale Herd for Pleasure and Profit. By Ann Larkin Hansen. Offers everything a small-scale farmer needs to succeed, including helpful tips, full-color photos, and a comprehensive glossary. Choose a breed that is best for your farm, construct practical fencing and shelter, keep your herd healthy with a nutritious diet and much more! 168 pages. CompanionHouse. Paperbound. Pub. at \$14.99 **\$11.95**



6077080 THE CHICKEN: A Natural History. By Joseph Barber et al. A comprehensive, science-based exploration of the world of the chicken. These fantastic fowl demonstrate unique abilities and talents that have made them an integral part of humans' lives for thousands of years. Fully illus. most in color. 224 pages. Princeton. Paperbound. Pub. at \$17.95 **\$5.95**



9242651 THE HENKEEPING SPECIALIST: The Essential Guide to Choosing and Keeping Poultry for Egg and Meat Production. By David Squire. This essential guide to henkeeping provides all the key information needed for keeping your poultry, from setting up and choosing the right site, housing, feeding, daily care routines, disease prevention, and breeding. 80 pages. New Holland. Paperbound. Pub. at \$9.95 **\$4.95**



9156860 FOR THE LOVE OF FARMING: Farmer Will's Guide to Life in the Fields. By Will Young. Join TikTok's favorite farmer for a wagging tale of adventure filled with wool, warmth and wonder! A sixth-generation farmer, Will invites you behind the scenes to learn about the inner workings of farm life, alongside illustrated step-by-step guides highlighting the everyday intricacies of lambing and rearing sheep. 223 pages. White Lion. Pub. at \$24.00 **\$5.95**

★ **9197842 THE SALT STONES: Seasons of a Shepherd's Life.** By Helen Whybrow. In the heart of Vermont's Green Mountains, the author has restored an old two-hundred-acre farm, where she tends to a flock of Icelandic sheep. Her vivid, reflective prose explores the seasons and cycles of farming and shepherding. 285 pages. Milkweed Editions. Pub. at \$26.00 **\$18.95**



9057838 THE GOAT: A Natural & Cultural History. By Sue Weaver. Provides a comprehensive, illustrated introduction to the natural and cultural history of the goat, featuring clear and engaging text plus infographics, diagrams, and stunning color photographs. Weaver includes a photographic directory to forty-eight popular breeds. 224 pages. Princeton. Pub. at \$27.95 **PRICE CUT to \$5.95**



9054308 MINI GOATS: Everything You Need to Know to Keep Miniature Goats in the City, Country, or Suburbs. By Sue Weaver. Discover the adorable new sensation that has been exploding in popularity on small farms: mini goats! Here, a seasoned goat keeper shares her expertise and experience in a straightforward, relatable way, offering valuable information that every mini goat owner and potential owner should have. Fully illus. in color. 174 pages. CompanionHouse. Paperbound. Pub. at \$16.95 **\$5.95**

9054227 KNOW YOUR PIGS. By Jack Byard. From the American Guinea Hog, who loves a good belly rub, to the hardy Yorkshire, who is happiest foraging outdoors, this fascinating pocket-sized guide to 29 pig breeds will turn readers both young and old into pig enthusiasts. Color photos. 64 pages. Fox Chapel. Paperbound. Pub. at \$6.95 **PRICE CUT to \$2.95**



9054219 KNOW YOUR DONKEYS & MULES. By Jack Byard. Discover interesting facts about 24 breeds—from the critically endangered Abyssinian to the speedy Onager—including their appearance, history and breeding, and uses in agriculture and tourism. Color photos. 78 pages. Fox Chapel. Paperbound. Pub. at \$6.95 **\$4.95**



★ 9193162 THE LITTLE BOOK OF CHICKENS: An Illustrated Guide to the Extraordinary Lives of Chickens. By Jessica Ford. Charming, informative guide to all things chicken. Learn about their life stages and how clever they really are, plus heaps of fun factoids, truly gorgeous breeds and their colourful eggs—all beautifully illustrated. 143 pages. William Collins. Pub. at \$16.99 **PRICE CUT to \$9.95**



9192743 HOW TO BUILD CHICKEN COOPS. By Daniel & Samantha Johnson. Fully illus. in color. 192 pages. Voyageur. Paperbound. Pub. at \$19.99 **\$5.95**



9153527 ELECTRIC FENCING: How to Choose, Build, and Maintain the Best Fence for Your Plants and Animals. By Ann Larkin Hansen. Illus. 91 pages. Storey. Paperbound. Pub. at \$9.95 **\$4.95**



9236082 THE NEW RULES OF THE ROOST: Organic Care & Feeding for the Family Flock. By Robert & Hannah Litt. Well illus. in color. 207 pages. Timber. Paperbound. Pub. at \$19.95 **\$5.95**



9003215 IN PRAISE OF CHICKENS: A Compendium of Wisdom Fair and Fowl. By Jane S. Smith. 166 pages. Lyons. Pub. at \$14.95 **\$4.95**



7797311 RAISING AND KEEPING DAIRY GOATS: A Practical Guide. By Katie Normet. Color photos. 192 pages. Firefly. Paperbound. Pub. at \$19.95 **\$5.95**

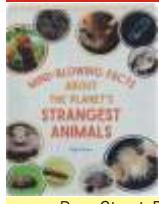


★ 7898207 AN ABSOLUTE BEGINNER'S GUIDE TO RAISING BACKYARD DUCKS. By Gail Damerow. Fully illus. in color. 160 pages. Storey. Paperbound. Pub. at \$16.99 **\$12.95**

Animals

DVD 7988923 LIFE STORY. Widescreen. Brings a new and fascinating look at the perilous and exhilarating lives of the world's animals. You'll get a close-up, in-depth view of the challenges every animal must overcome and it's an unbelievable, awe-inspiring journey. Narrated by David Attenborough. Collects all six episodes. Over 5 hours on two DVDs. BBC Earth. **\$5.95**

Animals



9128816 MIND-BLOWING FACTS ABOUT THE PLANET'S STRANGEST ANIMALS. By Kylie Keen. This captivating collection of unusual animal facts transports you across countries and continents to learn about the little-known creatures that call our planet home. Discover a plethora of animal behaviors, diets, habitats and more with over 60 fuzzy, scaly and feathered friends. Well illus. in color. 160 pages. Page Street. Paperbound. Pub. at \$23.99

\$6.95



LIMITED QUANTITY 9233350 WILD AND CRAZY: Photos from the Comedy Wildlife Photography Awards. Ed. by Paul Joynson-Hicks et al. An upbeat and lighthearted collection of the funniest photos of wildlife from around the world for animal lovers of all stripes. A pelican losing its lunch; an elephant falling on its face; a meerkat having a rough day; and more. Fully illus. in color. S&S. Paperbound. Pub. at \$16.99

\$6.95

Blu-ray 8997302 YELLOWSTONE: Battle for Life. Widescreen. Join the charismatic cast of Yellowstone's wildlife as they turn to face extreme challenges of the seasons and discover what it takes to break temperatures 40 degrees below zero, to live through raging forest fires or to fight to the death for the right to breed. 150 minutes. BBC Earth.

\$4.95



Blu-ray 9255257 THE HUNT. Widescreen. From the producers of *Frozen Planet* and *Planet Earth*, this series reveals the most surprising and significant events in the natural world in astonishing detail. See the dramatic encounters of predator and prey in an entirely new light. Collects all seven episodes. Nearly 6 hours on two Blu-rays. BBC Earth.

\$4.95



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\$5.95



9106618 NORTH AMERICAN WILDLIFE. By David Jones. Journey into a world where the grizzly bear rules the clearings, the lynx silently stalks the forests, and the rattlesnake slithers through the deserts. Some of the most expansive parkland on earth protects these animals, and provides a dramatic backdrop for this close-up look at life in the wild. Color photos. 304 pages. Whitecap. 9x12. Paperbound. Pub. at \$29.95

\$6.95



DVD 9140166 REAL APES OF THE PLANET. Widescreen. In three fascinating episodes, you'll mingle and monkey around with some not so distant relatives: a colorful cast of primates whose behavior unlocks clues about our own. English SDH. Three hours. BBC Earth.

\$5.95



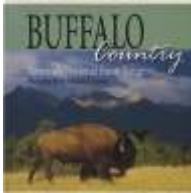
DVD 9221727 HIDDEN KINGDOMS. Widescreen. When you are less than a foot tall, the raindrops fall like meteorites, and the breeze feels like a tornado. The challenges these tiny yet adorable creatures face are exceptional, and their enemies gigantic—but their solutions are ingenious. Narrated by Stephen Fry. English SDH. 177 minutes. BBC Earth.

\$5.95



DVD 8993483 CHASED BY DINOSAURS. Widescreen. Get ready to be transported back more than 75 million years in this dinosaur triple feature. In *The Giant Claw*, amazing life-like computer animation brings the colossal Therizinosaurus thunderingly alive. In *Land of Giants*, travel to South Africa's Patagonia. Finally, *Allosaurus* follows a male Allosaurus from birth to death. English SDH. 90 minutes. BBC.

\$5.95



9011986 BUFFALO COUNTRY: America's National Bison Range. Photos by Donald M. Jones. Learn the story of bison: how they live, the bison cultures of Native Americans, their near extermination and recovery, and how the National Bison Range was created. Jones's gorgeous photography highlights the range's beauty and wildlife. 72 pages. Riverbend. Paperbound. Pub. at \$14.95

\$5.95

7962118 WILD FAMILY: Seven Stories of Extraordinary Animal Friendship. By Bhagavan Doc Antle with J.M. Greene. Reminds us that friendships aren't just for humans. When the struggles of living in the wild are removed, all kinds of animals can become best buds. This collection of extraordinary stories and amazing photographs chronicles seven such interspecies friendships. 64 pages. Earth Aware. Pub. at \$16.99

\$3.95



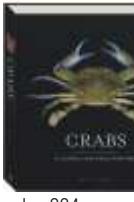
1041207 A HANDFUL OF HAPPINESS: How a Prickly Creature Softened a Prickly Heart. By Massimo Vaccetta with A. Tomaselli. A veterinarian cares for an orphaned baby hedgehog and connects with her in a way he's never connected with any other animal. Through this life affirming story of a man and his hedgehog, we learn that there's no such thing as too small an act if it's done out of compassion and love. 16 pages of color photos. 184 pages. Rodale. Pub. at \$22.99

\$2.95



7951310 THE WISDOM OF WOLVES: Lessons from the Sawtooth Pack. By Jim & Jamie Dutcher. This compelling collection of stories will draw you into the natural world of the wolf, bringing a deeper understanding of the values we share with all living beings. Also illustrates the urgent issues surrounding the protection of wolves and other wildlife. Photos. 219 pages. National Geographic. Paperbound. Pub. at \$16.99

\$5.95



9191860 CRABS: A Global Natural History. By Peter J.F. Davie. Richly illustrated natural history of the world's crabs examining their diversity, ecology, anatomy, behavior, and more. There are more than 7,000 crab species in 100 different families. Each profile has been chosen to emphasize the remarkable and intriguing aspects of the lives of these fascinating creatures. Fully illus. in color. 224 pages. Princeton. Pub. at \$29.95

\$9.95

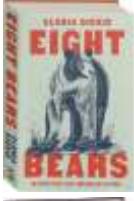
8090734 PLATYPUS MATTERS: The Extraordinary Story of Australian Mammals. By Jack Ashby. Scientifically informed and funny, a firsthand account of Australia's wonderfully unique mammals and how our perceptions impact their future. This celebration of Australian wildlife will open eyes and change minds about how we contemplate and interact with the natural world—everywhere. Photos, most in color. 369 pages. William Collins.

\$5.95



6077161 LOST ANIMALS: Extinction and the Photographic Record. By Errol Fuller. A unique photographic record of extinction, presented by a world authority on vanished animals. Collected together for the first time, these photographs provide a tangible link to animals that have now vanished forever, bringing the past to life while delivering a warning for the future. 256 pages. Princeton. Paperbound. Pub. at \$24.95

\$9.95



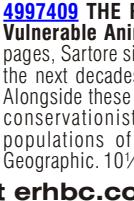
9264299 EIGHT BEARS: Mythic Past and Imperiled Future. By Gloria Dickie. Today, most of the eight remaining bear species are threatened with extinction. Dickie embarks on a journey to explore each bear's story, delivering a clear warning for what we risk losing if we don't learn to live alongside the animals that have shaped our cultures, geographies, and stories. Illus. 250 pages. Norton. Pub. at \$30.00

\$6.95



9212094 THE FIRST DOMESTICATION: How Wolves and Humans Coevolved. By R. Pierott & B.R. Fogg. In this fascinating work, the authors change the narrative about how wolves became dogs and, in turn, humanity's best friend. Rather than recount how people mastered and tamed an aggressive, dangerous species, they describe coevolution and mutualism. Illus. 326 pages. Yale. Pub. at \$38.00

\$9.95



4997409 THE PHOTO ARK VANISHING: The World's Most Vulnerable Animals. By J. Sartore & E. Kolbert. In these vivid pages, Sartore singles out the species most likely to disappear in the next decades, as well as some that have already been lost. Alongside these indelible images are the words of scientists and conservationists who are working to protect and restore populations of endangered species. 400 pages. National Geographic. 10 1/4x10. Pub. at \$40.00

\$14.95

Animals



916878 BEARS IN THE BACKYARD: Big Animals, Sprawling Suburbs, and the New Urban Jungle. By Edward R. Ricciuti. Explores cutting-edge research into why wildlife encroaches on human turf, how it impacts all of us, and how to deal with it on both societal and personal levels. Readers will learn how to protect against potential dangers even as hair-raising tales of real-life encounters thoroughly entertain them. Photos. 248 pages. Countryman. Paperback. Pub. at \$14.95

\$4.95



9046879 A BUFFALO IN THE HOUSE: The Extraordinary Story of Charlie and His Family. By R.D. Rosen. Tells the story of Verly Goodnight and Roger Brooks, who adopt an orphaned buffalo calf. They open their home to the buffalo, and discover how strong a bond between man and animal can be. Well illus. 257 pages. Random. Paperback. Pub. at \$14.00

\$5.95



9064001 ARCTIC FOX: Life at the Top of the World. By Garry Hamilton, photos by N. Rosing. Tells the fascinating story of the arctic fox, from its evolutionary beginnings to its current life in the far north: mating and raising a family, hunting and scavenging, its relationship with the polar bear and other arctic inhabitants, and the never-ending struggle for survival in a fragile vanishing environment. Color photos. 231 pages. Firefly. 8 1/2x11. Paperback. Pub. at \$29.95

\$4.95

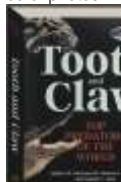


9184015 MAMMALS OF INDIANA, REVISED EDITION. By J.O. Whitaker, Jr. & R.E. Mumford. Placing strong emphasis on ecology with descriptions of Indiana's habitats, climate, and vegetation and detailed species accounts, this comprehensive reference also summarizes the current knowledge about Indiana's mammal species. Illus., some color. 661 pages. InUP. 8 3/4x11 1/4. Pub. at \$75.00

\$8.95

9057773 CAT WARS: The Devastating Consequences of a Cuddly Killer. By PP. Marra & C. Santella. Tells the story of the threats free-ranging cats pose to biodiversity and public health throughout the world, and sheds new light on the controversies surrounding the management of the explosion of these cat populations. Traces the historical and cultural ties between humans and cats. 16 pages of color photos. 212 pages. Princeton. Pub. at \$24.95

\$5.95



9057935 TOOTH AND CLAW: Top Predators of the World. By Robert M. Johnson III et al. A marvelously illustrated look at the most deadly predators on the planet—from big cats and wild dogs to sharks, reptiles and killer whales. Also describes the conservation successes and lays out some simple but crucial steps each of us can take to protect these magnificent beasts. 352 pages. Princeton. Pub. at \$45.00

\$7.95



★9124462 HOW TO READ A CHICKEN'S MIND: Understand How Chickens Learn, Perceive People, Express Emotions, and Pass Down Knowledge. By Melissa Caughey. Caughey shares her years of experience and research about our feathered friends with this entertaining and informative exploration of what chickens think and feel. She offers insights into the range of feelings that chickens can express and their unexpected intelligence, personality types, and flock dynamics. Fully illus. in color. 128 pages. Storey. Paperback. Pub. at \$18.99

\$13.95



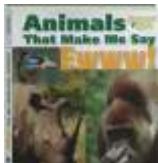
265198X CHICKEN WISDOM: 50 Inspirational Prints to Put You in a Fresh Frame of Mind. By Melissa Caughey. Sage sentiments meet delightful chicken photography on 50 individual cards, and with a pull-out table-top frame included, you can display your favorite card or easily swap it out for one that fits the mood or suits the moment. Storey. Paperback. Pub. at \$14.95

\$5.95



9030433 WILDERNESS PREDATORS OF THE ROCKIES: The Bond Between Predator and Prey. By Mike Lapinski. First hand accounts and amazing photos capture the lives of secretive hunters like the mighty grizzly, stately wolf, and stealthy mountain lion that prowl the backcountry of the Rockies. 193 pages. Falcon. Paperback. Pub. at \$17.95

\$2.95



9275371 ANIMALS THAT MAKE ME SAY EWW! By Dawn Cusick. From blood-squirting reptiles to blood-sweating mammals to nose-picking primates, learn about some of theickiest creatures in the animal kingdom and the amazing purposes served by their grotty behaviors. From cleanup to dinnertime to self-defense, each off-putting act is an aid to survival. 80 pages. Imagine!. 8 1/2x10 1/4. Pub. at \$16.99

\$4.95



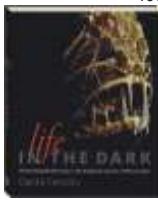
9169075 REPTILES & AMPHIBIANS OF NEW ZEALAND: A Field Guide. By Dylan van Winkel et al. Field guide to New Zealand's 123 species of reptiles and amphibians, featuring a comprehensive introduction to evolution, conservation, ecosystems and geographic history of these fascinating tetrapods. Packed with extraordinary full-color photographs! Color photos. 368 pages. Bloomsbury. Paperback. Pub. at \$18.00

\$4.95



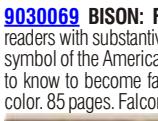
8090491 EXOTIC VETTING: What Treating Wild Animals Teaches You About Their Lives. By Romain Pizzi. Pizzi shares his extraordinary stories as well as his insight into the amazing breadth of biology and the bewildering range of veterinary procedures needed to help animals get better. He also shares tips on where to run when the patient unexpectedly wakes up. Illus. most in color. 408 pages. William Collins. Paperback.

\$5.95



9045678 LIFE IN THE DARK: Illuminating Biodiversity in the Shadowy Haunts of Planet Earth. By Dante Fenolio. Shows the many ways that life forms have adapted to lightless environments. More than 200 mesmerizing color photographs shed new light on the world's fascinating creatures of darkness. 317 pages. Johns Hopkins. 9 1/2x11 1/4. Pub. at \$39.95

\$7.95



9030069 BISON: Falcon Pocket Guide. By Jack Ballard. Presents readers with substantive, yet easily digestible, information on this majestic symbol of the American West. This handy field guide contains all you need to know to become familiar with these fascinating animals. Fully illus. in color. 85 pages. Falcon. 4 1/2x7. Paperback. Pub. at \$12.95

\$4.95



★9136924 ZOOBORNS: The Newest Cutest Animals from the World's Zoos and Aquariums. By A. Bleiman & C. Eastland. Showcases the newest and cutest animal babies from zoos and aquariums worldwide, featuring fascinating animal facts and stories that illustrate the connections between zoo births and conservation initiatives. Fully illus. in color. 149 pages. S&S. Paperback. Pub. at \$17.99

\$12.95



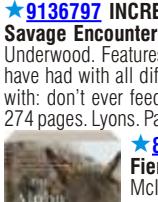
9002863 SEA TURTLES: The Watcher's Guide. By M. Timothy O'Keefe. Gives an overview of sea turtle life and also provides the specifics of appropriate personal conduct and behavior for human beings on turtle nesting beaches. Fully illus. 126 pages. Larsen's Outdoor. Paperback. Pub. at \$17.95

\$2.95



★DVD 9281045 LAST OF THE BIG TUSKERS. A big tusker elephant has at least one tusk weighing 100 pounds or more. Only 100 years ago, thousands roamed the wilds of Africa. Today, only 22 remain. This documentary focuses on the last of these iconic animals and what is being done to keep them safe. 52 minutes. Dreamscape Media. Pub. at \$17.95

\$13.95



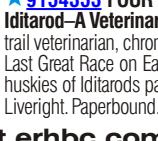
★9136797 INCREDIBLE BEAR ATTACKS: Terrifying Tales of Savage Encounters Between Bears and People. Ed. by Lamar Underwood. Features the nasty—and often fatal—encounters humans have had with all different kinds of bears! Bears are not to be trifled with: don't ever feed them, shout at them, or try to play with them. 274 pages. Lyons. Paperback. Pub. at \$22.95

\$17.95



★8217645 THE ALPHA FEMALE WOLF: The Fierce Legacy of Yellowstone's 06. By Rick McIntyre. Tells the dramatic true story of 06 and five generations of female leaders in Yellowstone National Park, showing us that it is female wolves, not their male counterparts, who are the true leaders of the pack. Photos. 256 pages. Greystone. Paperback. Pub. at \$18.95

\$11.95



★9154353 FOUR THOUSAND PAWS: Caring for the Dogs of the Iditarod—A Veterinarian's Story. By Lee Morgan. The first account from a trail veterinarian, chronicling the canines who brave the challenges of "The Last Great Race on Earth." An intimate look inside the animal mind, from huskies of Iditarods past to the intrepid dogs of today. Photos. 276 pages. Liveright. Paperback. Pub. at \$18.99

\$13.95

Animals



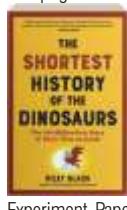
★ 9136754 COUGARS ON THE CLIFF: One Man's Pioneering Quest to Understand the Mythical Mountain Lion. By Maurice Hornocker with D. Johnson. Recounts the early years of Hornocker's research, when he tracked mountain lions following a dog's nose and footprints in the snow, before telemetry was available. He was the first to learn that mountain lions living in stable populations limit their own numbers through territoriality and a concept he called "mutual avoidance." Well illus., some in color. 295 pages. Lyons. Paperbound. Pub. at \$24.95

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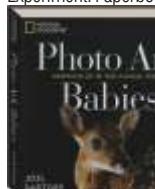
★ 7956274 OCEAN LIFE IN THE TIME OF DINOSAURS. By Nathalie Bardet et al. During the Mesozoic era, 252 to 66 million years ago, dinosaurs ruled the land, but the ocean deeps were roiling with equally spectacular reptiles—including giant predators. Introduces readers to the world of these marine animals, whose predecessors returned to the seas a few million years later. Fully illus. most in color. 208 pages. Princeton. 8 1/4x10 1/4. Pub. at \$29.95

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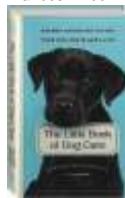
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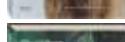
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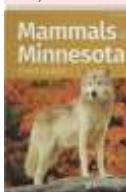
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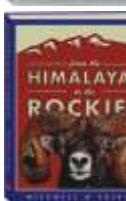


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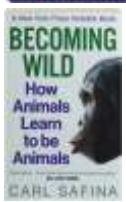


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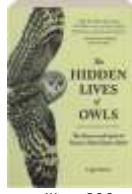
pesticides, twice pushed eagles to the brink of extinction. 16 pages of photos, some in color. 417 pages. Liveright. Pub. at \$29.95 **\$6.95**



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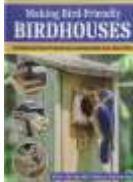


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Birds & Birding



★ 8201250 MAKING BIRD-FRIENDLY BIRDHOUSES: Instructions and Plans for 15 Specific Birds, Including Bluebirds, Wrens, Robins & Owls. By M. Toellner & M. Maguire. Talks readers step by step through 15 projects for safe birdhouses that birds find conducive to their natural nesting habitats. With additional sections on distribution maps, detailed plans, mounting instructions, and tips on attracting birds to your yard, it has everything you need to create successful backyard haven for your winged friends. Fully illus. in color. 168 pages. Fox Chapel. 8½x11. Paperbound. Pub. at \$19.99

\$14.95

LIMITED QUANTITY ★ 9225781 BIRD TALK: Hilariously Accurate Ways to Identify Birds by the Sounds They Make. By Becca Rowland. Combining color illustrations of common and rare birds with fascinating facts and hilarious descriptions of their calls, this volume is full of humor and charm. 248 pages. Storey. Paperbound. Pub. at \$16.99

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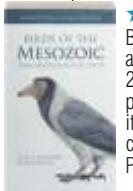


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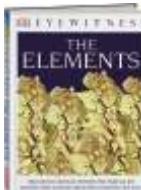


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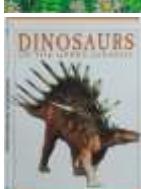
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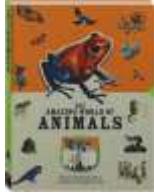
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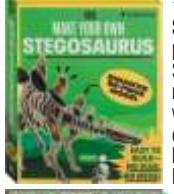
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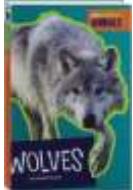


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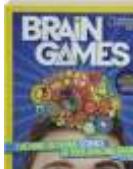


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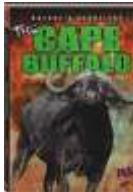


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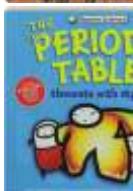
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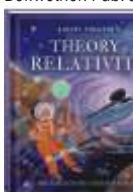


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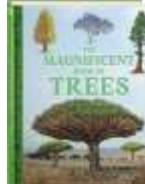
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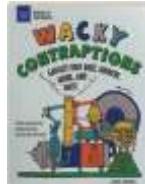
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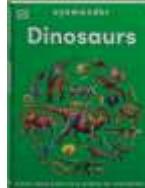
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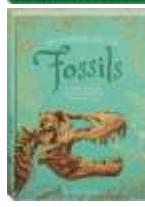
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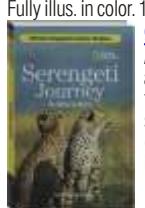
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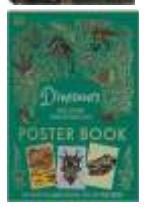
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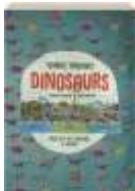
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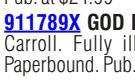
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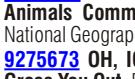
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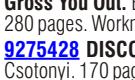
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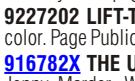
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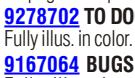


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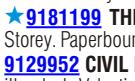
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More Works on Nature



DVD 7989040 WILD DEEP. In this two-part Animal Planet program, a renowned diver and award-winning underwater photographer captures the most unique and beautiful aquatic life ever recorded on film. Also includes the hardcover book *Wild Deep: The Magic of the Big Blue*, packed with carefully selected photographs captured deep in the underwater realm. 170 minutes on two DVDs. Go Entertainment. Pub. at \$34.99 **\$5.95**

DVD 9015736 A PERFECT PLANET. Widescreen. Analyzes, in five episodes, how the forces of nature, including the power of the Sun or even humans, drive and shape life on Earth. Narrated by David Attenborough. English SDH. Five hours on 2 DVDs. BBC. **\$5.95**



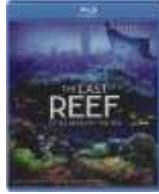
Blu-ray 913073X NATURE'S MOST AMAZING EVENTS. Widescreen. Combining the epic cinematography of *Planet Earth* with emotion, intimacy, and powerful storytelling, this series charts the effects of global climatic phenomena that transform entire landscapes, drawing in thousands of animals and determining their fates. Collects six episodes. English SDH. Five hours on two Blu-rays. BBC Earth. **\$5.95**



7716656 FORAGING FOR SURVIVAL: Edible Wild Plants of North America. By M. Hawke & D. Boudreau. Learn how to find tasty and eco-friendly food in the wild with the help of this guide. Whether you're a hiker taking a walk through your local wilderness or a chef looking for new ingredients to incorporate in your dishes, this reference is the resource for you. Illus. in color. 195 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$6.95**



9181091 SEaweeds OF THE WORLD: A Guide to Every Order. By John H. Bothwell. Makes sense of seaweeds' complicated world, differentiating between the three main groups—red, green, and brown—and delving into their complex reproductive systems. The result is an unprecedented, accessible, and in-depth look at a previously hidden ocean world. Fully illus., most in color. 240 pages. Princeton. Pub. at \$29.95 **\$6.95**



Blu-ray 9233857 THE LAST REEF: Cities Beneath the Sea. Widescreen. Shot on location in Palau, Vancouver Island, French Polynesia, Mexico, and the Bahamas, this program takes viewers on a global journey to explore the ocean's most complex ecosystems. English SDH. 44 minutes. Shout! Factory. Pub. at \$19.99 **\$4.95**



9054715 150 SURVIVAL SECRETS. By James C. Jones. You have to be prepared for anything, even the worst. The author provides insider tips to help you and your family survive any catastrophe. This manual answers every question you've had about disaster preparedness and gives practical details of making it through any kind of emergency situation. Illus. 284 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$5.95**

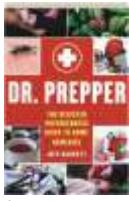


1992694 THE ULTIMATE BOOK OF SURVIVAL GEAR: A Beginner's Guide to Choosing the Products That Will Keep You Alive. By James C. Jones. Here you will find detailed descriptions of the following gear: sleeping bags, shovels and saws, stoves, clothing and footwear, advanced medical care equipment, communications and monitoring devices, biological and chemical survival equipment, and much more. Well illus. in color. 164 pages. Skyhorse. Paperbound. Pub. at \$12.99 **\$5.95**



Blu-ray 9233865 IMAX: Under the Sea. Widescreen. An underwater look at the diverse coastal regions of Southern Australia, New Guinea, and the Indo-Pacific areas, and the impact of global warming on the oceans. Narrated by Jim Carrey. English SDH. 41 minutes. Warner Bros. Enter. **\$4.95**

9130411 THE GREEN BERET BUSHCRAFTING GUIDE: The Eight Pillars of Survival in Any Situation. By Brian M. Morris. Using Morris's eight pillar system, become an expert at finding food, water, shelter, security, establishing communication, maintaining your health, navigating and making fire utilizing the KISS methodology, "keep it simple, stupid", an acronym widely used to remind soldiers that the best solutions are often the simplest. Well illus. in color. 184 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$6.95**

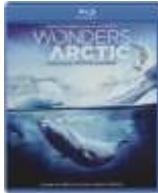


Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**

771663X ADVENTURES IN EDIBLE PLANT FORAGING: Finding, Identifying, Harvesting, and Preparing Native and Invasive Wild Plants. By Karen Monger. Written with novice foragers in mind, this guide with recipes for soups, salads, muffins, desserts and more, is a must have for anyone looking to save money and plan their first expedition into foraging. Includes a glossary of botanical terms. Well illus. in color. 217 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$7.95**



Skyhorse. Paperbound. Pub. at \$30.00 **\$6.95**



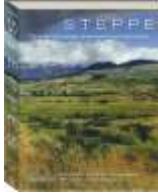
Blu-ray 9046399 WONDERS OF THE ARCTIC. Widescreen. The Arctic is the focal point of our changing planet, raising troubling questions about the impact of human activities on a fragile frontier. This program centers on the ongoing mission to explore and save the Arctic, brought to life in breathtaking footage and captivating stories. English SDH. 44 minutes. Shout! Factory. Pub. at \$19.99 **\$4.95**



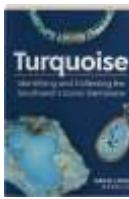
9103740 THE HUDSON, THIRD EDITION: An Illustrated Guide to the Living River. By Stephen P. Stanne et al. Since 1996, *The Hudson* has been an essential resource for understanding the full sweep of the great river's natural history and human heritage. Includes the latest information about the ongoing fight against pollution and environmental damage to the river, plus vibrant illustrations of the plants and wildlife that make this ecosystem so special. 267 pages. Rutgers. 8½x11. Paperbound. Pub. at \$36.95 **\$6.95**



224 pages. Princeton. 8½x10¾. Pub. at \$29.95 **\$24.95**



9154078 STEPPE: The Plants and Ecology of the World's Semi-Arid Regions. By Michael Bone et al. Offering a comprehensive overview of the world's four steppe regions, this volume surveys the plants, climate, geology, and geography of the steppes of North America, Eurasia, Patagonia, and South Africa. Fully illus. in color. 360 pages. Timber. 8½x10½. Pub. at \$49.95 **\$13.95**



9136525 TURQUOISE: Identifying and Collecting the Southwest's Iconic Gemstone. By Dan R. Lynch with B. Lynch. A deep dive into why turquoise is such a remarkable gem and why people have mined, traded, and worn it for millennia. Fully illus. in color. 140 pages. Adventure Publications. Paperbound. Pub. at \$15.95 **\$11.95**



Color photos. 256 pages. Media Lab Books. Pub. at \$16.99 **\$5.95**

793534X DR. PREPPER: The Disaster Preparedness Guide to Home Remedies. By Jeff Garrett. When you never know what's going to happen, this comprehensive guide will give you the resources to plan ahead, assess your situation, find a solution, and help you keep going. Covers what to include in your survival bug-out bag; home treatments when emergency responders are not within reach; and much more. Illus. 197 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**

771663X ADVENTURES IN EDIBLE PLANT FORAGING: Finding, Identifying, Harvesting, and Preparing Native and Invasive Wild Plants. By Karen Monger. Written with novice foragers in mind, this guide with recipes for soups, salads, muffins, desserts and more, is a must have for anyone looking to save money and plan their first expedition into foraging. Includes a glossary of botanical terms. Well illus. in color. 217 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$7.95**

9182063 CATEGORY FIVE: Superstorms and the Warming Oceans That Feed Them. By Porter Fox. Superstorms, hurricanes, typhoons, and spiraling freak weather: the fall out of global warming is a real life natural thriller as captured in Fox's urgent and stunning story of chasing the world's most devastating storms. 270 pages. Little, Brown. Pub. at \$30.00 **\$6.95**

9103740 THE HUDSON, THIRD EDITION: An Illustrated Guide to the Living River. By Stephen P. Stanne et al. Since 1996, *The Hudson* has been an essential resource for understanding the full sweep of the great river's natural history and human heritage. Includes the latest information about the ongoing fight against pollution and environmental damage to the river, plus vibrant illustrations of the plants and wildlife that make this ecosystem so special. 267 pages. Rutgers. 8½x11. Paperbound. Pub. at \$36.95 **\$6.95**

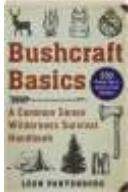
9168583 CLOUDS: How to Identify Nature's Most Fleeting Forms. By Edward Graham. Explore a one-of-a-kind illustrated guide to clouds, cloud formations, and the artists who painted them. It curates, classifies, and measures every species, including recently discovered ones, considering the height, size, texture, arrangement, modifications, and movement of their many shifting forms. 224 pages. Princeton. 8½x10¾. Pub. at \$29.95 **\$24.95**

9154078 STEPPE: The Plants and Ecology of the World's Semi-Arid Regions. By Michael Bone et al. Offering a comprehensive overview of the world's four steppe regions, this volume surveys the plants, climate, geology, and geography of the steppes of North America, Eurasia, Patagonia, and South Africa. Fully illus. in color. 360 pages. Timber. 8½x10½. Pub. at \$49.95 **\$13.95**

9136525 TURQUOISE: Identifying and Collecting the Southwest's Iconic Gemstone. By Dan R. Lynch with B. Lynch. A deep dive into why turquoise is such a remarkable gem and why people have mined, traded, and worn it for millennia. Fully illus. in color. 140 pages. Adventure Publications. Paperbound. Pub. at \$15.95 **\$11.95**

799608X THE OFFICIAL JOHN WAYNE HANDY BOOK OF BUSHCRAFT: Essential Tips and Techniques for Surviving in the Wild. By B. Jensen & C. Freedman. Filled with fundamentals and advanced tactics, step by step instructions and helpful tips all informed by Green Beret training, this work presents more than 100 practical skills for surviving in the wild, from constructing your own tools and shelter to finding food and purifying water. 256 pages. Media Lab Books. Pub. at \$16.99 **\$5.95**

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9054782 BUSHCRAFT BASICS: A Common Sense Wilderness Survival Handbook. By Leon Panetta. Be ready for any emergency, at any time with the help of this survival instructor who shares his immense knowledge of bushcraft and survivalist skills so that anyone—backpackers, hunters, preppers, city dwellers, and more—can be ready for any possible emergency. Illus. in color. 175 pages. Skyhorse. Paperbound. Pub. at \$14.99. **\$5.95**



Blu-ray 7988877 FLORIDA'S STATE PARKS. Florida has one of the most diverse landscapes in America, from white sand beaches and spring-red rivers to mossy swamps and pine forests. Explore more than 15 of Florida's state parks, from Falling Waters State Park to John Pennekamp Coral Reef. Includes Blu-ray and DVD versions. 80 minutes. Topics Entertainment. **\$5.95**



7871651 MISSISSIPPI RIVER TRAGEDIES: A Century of Unnatural Disaster. By C.A. Klein & S.B. Zellmer. Engineers have done astounding things to bend the Mississippi River to their will, transforming over a thousand miles of rolling current into a placid staircase of water; imprisoning the mighty flow behind the walls of levees; even forcing one of the tributaries to flow uphill. Illus. 258 pages. NYUP. Pub. at \$40.00. **\$7.95**



9191836 BIG PACIFIC. By Rebecca Tansley. The Pacific Ocean covers one-third of Earth's surface and contains half of the world's water. Illustrated in full color, this guide blends a wealth of stunning images with spellbinding storytelling to take you into a realm teeming with exotic life rarely witnessed up close. 239 pages. Princeton. 12x9½. Pub. at \$29.95. **\$9.95**



9206647 OUR ANCIENT LAKES: A Natural History. By Jeffrey McKinnon. Introduces the remarkable living diversity of these aquatic bodies to the general reader and explains the surprising, often controversial, findings that the study of their faunas is yielding about the formation and persistence of species. Well illus. 315 pages. MIT Press. Pub. at \$29.95. **\$8.95**



9107258 THE REMARKABLE REEFS OF CUBA: Hopeful Stories from the Ocean Doctor. By David E. Guggenheim. Reveals the hidden potential that Cuba's reefs may contain for the reefs of the world. While the past 60 years have seen the worst decline in ocean health in human history, Cuba's oceans and coral reefs remain remarkably healthy, a living laboratory never before seen by this generation of scientists. Color photos. 240 pages. Prometheus. Pub. at \$27.95. **\$4.95**



9253475 THE FORAGER'S KITCHEN HANDBOOK: Foraging Tips and over 100 Recipes Using What You Can Find for Free. By Fiona Bird. Shares the author's knowledge that she has gained from years of gathering food from the land. Provides over 100 recipes for everything from preserves and baking to main meals and tasty snacks, such as Sweet Cicely Cookies, Red Berries & Meadowsweet Pudding, and Garlic Mustard & Chickweed Bruschettas. Fully illus. in color. 192 pages. CICO. Pub. at \$16.99. **\$5.95**



★9192247 OCEAN: Earth's Last Wilderness. By David Attenborough & C. Butfield. From the icy seas of our poles to remote coral islands, Attenborough has filmed in every ocean habitat on planet Earth. Now, with long-term collaborator Colin Butfield, he shares the story of our last great wilderness—the one that shapes the land we live on, regulates our climate, and creates the air we breathe. 32 pages of color photos. 384 pages. Grand Central. Pub. at \$34.00. **\$24.95**



DVD 902123X SPIRITS OF THE JAGUAR: BBC Atlas of the Natural World. Fullscreen. In Central America and the Caribbean, everything is vibrant—from the tropical rain forests teeming with wildlife to the coral reefs to the volcanoes. This series reveals the dramatic relationships that exist here between the natural inhabitants, wildlife, and environment. CC. Over three hours. BBC. **\$5.95**



8125244 LAPIDIUM: The Secret Lives of Stones. By Hettie Judah. Explores the unexpected stories behind 60 stones that have shaped and inspired human history, from Dorset fossil-hunters to Chinese philosophers, Catherine the Great to Michelangelo. Stone by stone, story by fascinating story, this work builds into a dazzling, epoch-spanning adventure through human culture, and beyond. Illus. in color. 336 pages. John Murray. Pub. at \$30.00. **\$9.95**

★7709528 THE MINERALS ENCYCLOPEDIA. By Rupert Hochleitner. The essential guide to rare and beautiful minerals. Identify over 700 minerals, gems and rocks using the proven classification: streak color, degree of hardness and origin. Color photos. 446 pages. Firefly. Paperbound. Pub. at \$29.95. **\$24.95**



9217819 THE SCIENCE OF THE EARTH: The Secrets of Our Planet Revealed. By Philip Eales et al. This breathtakingly beautiful work reveals the unique wonders of our planet, from core to atmosphere. Illustrated with detailed images of fascinating objects, along with awe-inspiring landscape photography, it brings to life the story of Earth's past and the dynamic processes that shaped its present. 416 pages. Dorling Kindersley. 9½x11½. Pub. at \$50.00. **\$24.95**



★9091777 DISASTER SURVIVAL 101: The Essential Guide to Preparing for And Surviving Any Emergency Scenario. By Creek Stewart. Be prepared for any disaster and put your mind at ease with this step by step plan for surviving natural disasters, technological and grid failures, attacks, hazards, and more including sheltering in place or evacuating as conditions dictate. Well illus. 255 pages. Adams Media. Paperbound. Pub. at \$18.99. **\$13.95**



★7776527 PREPPER'S LONG-TERM SURVIVAL GUIDE, SECOND EDITION. By Jim Cobb. This volume will get you through when days become weeks, and then months, and then years. Offers techniques and tactics necessary for surviving the most dire of situations, including: a wide range of methods to preserve and store food; updated water collection and storage techniques for drink and hygiene; and more. 230 pages. Ulysses. Paperbound. Pub. at \$19.95. **\$11.95**



9181830 WORLD GUIDE TO TROPICAL DRIFT SEEDS AND FRUITS. By J.V. Dennis & C.R. Gunn. This guide is for amateurs and professionals who find pleasure and excitement in beachcombing for stranded sea-beans on beaches ranging from Norway and Holland to South America, Africa, Southeast Asia, the Pacific Islands, South Florida, and the west coast of the United States. Fully illus. 240 pages. Krieger. **\$4.95**



★9093710 CHEROKEE NATIONAL FOREST: A History. By Marci Spencer. Created in 1920, the 650,000-acre Cherokee National Forest lies north and south of the Great Smoky Mountains National Park. It pays tribute to the heritage in its name and protects an ancient Indigenous burial cave and a portion of the Trail of Tears. Fully illus. some in color. 265 pages. History Press. Paperbound. Pub. at \$24.99. **\$17.95**



9249745 THE BATHYSPHERE BOOK: Effects of the Luminous Ocean Depths. By Brad Fox. A wide-ranging, philosophical, and sensual account of early deep-sea exploration and its afterlives. It begins with the first-ever voyage to the deep ocean and expands to explore the adventures and entanglements of its all-too-human participants at a time when the world still felt entirely new. Color photos. 336 pages. Astra House. Pub. at \$29.00. **\$6.95**



9199357 LOOKING UP: The True Adventures of a Storm-Chasing Weather Nerd. By Matthew Cappucci. Combining reportage and accessible science with storytelling and infectious enthusiasm, this volume is a riveting ride through the state of our weather and a touching story about parents and mentors helping a budding scientist achieve his improbable dreams. 24 pages of color photos. 293 pages. Pegasus. Paperbound. Pub. at \$18.95. **\$5.95**



★9174249 BACKYARD GUIDE TO WILD EDIBLE PLANTS. By M.P. Hernandez & H.W. Buzzard. Forage more than 100 delicious edible plants from your backyard using this beautifully illustrated guide. Turn your backyard into a bounty with tips for identifying wild plants, advice for beginner and experienced harvesters, and more than 600 ideas and recipes to bring the wild into the kitchen. 285 pages. National Geographic. Paperbound. Pub. at \$24.99. **\$17.95**

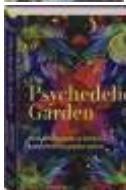
More Works on Nature



9250778 WILD WISDOM: Primal Skills to Survive in Nature. By Donny Dust. Teaches readers to use situational awareness to avoid danger, problem-solve, prioritize, find shelter, and be able to pivot and improvise in any given situation. Focuses on essential gear, sheltering, building fire, staying hydrated, foraging, trapping, and more. Well illus. 321 pages. Simon Element. Pub. at \$28.99 **\$11.95**



★9242104 CASCADES OF THE BIG SIOUX RIVER: A Natural & Cultural History. By Peter Carrels. Today's visitors of the Big Sioux River marvel that this rugged, dynamic setting survives in the heart of Sioux Falls, South Dakota. The author recounts the human activities that first disfigured and then later rescued this landmark, now known as Falls Park. Illus. 175 pages. History Press. Paperbound. Pub. at \$24.99 **\$17.95**



Fully illus. in color. 207 pages. Welbeck. Pub. at \$19.95 **\$14.95**

★9235604 KEW: The Psychedelic Garden—Mind-Alerting Plants in Folklore, Superstition and Popular Culture. By Sandra Lawrence. Psychedelic plants have been used by different cultures for thousands of years for everything from shamanic rituals to staying awake. This is a fascinating exploration of the mind-altering plants that for centuries have helped shape the way we experience the world.



Fully illus. in color. 232 pages. Princeton. Pub. at \$27.95 **\$22.95**

★9181253 INTRATERRESTRIALS: Discovering the Strangest Life on Earth. By Karen G. Lloyd. A biologist's first-hand account of the hunt for life beneath Earth's surface—and how new discoveries are challenging our most basic assumptions about the nature of life on Earth. Reveals what microbes in Earth's deep subsurface biosphere can tell us about the prospects for finding life on other planets—and the future of life on our own. Photos. 232 pages. Princeton. Pub. at \$27.95 **\$22.95**

★90683X BEAUTIFUL SHELLS. By Mark Carnall. Following an introductions exploring our fascination with shells and their impact on human history, culture and science, each of the 61 color plates is included alongside a description of notable shells and what is known of the mysterious organisms that make them. 183 pages. Bodleian Library. Pub. at \$40.00 **\$31.95**



★9210350 CLOUD WARRIORS: Deadly Storms, Climate Chaos—And the Pioneers Cheating a Revolution in Weather Forecasting. By Thomas E. Weber. The unprecedented inside story of the people pushing boundaries of science and technology to build better weather forecasts—providing life-saving warnings and crucial intelligence about nature's deadliest threats. 275 pages. St. Martin's. Pub. at \$27.00 **\$21.95**



★8095698 CLOUDSPOTTING FOR BEGINNERS. By Gavin Pretor-Pinney, illus. by W. Grill. A whimsical lesson on the oft-overlooked extraordinary lives of clouds that will serve as a gentle reminder to be present and observant in the face of impermanence. Just as informative as it is poetic and peaceful, this is the perfect guide for cloud appreciators and sky lovers. Fully illus. in color. Ten Speed. 8 1/4x10 1/4. Pub. at \$24.99 **\$14.95**



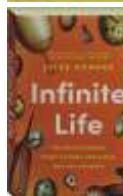
even for the most land-bound of us. Fully illus. in color. 324 pages. HMH. 12 1/4x12 1/4. Pub. at \$50.00 **\$19.95**

★9204393 MAMMALS OF COLORADO FIELD GUIDE, 2ND EDITION. By Stan Tekiela. Identify 130 Colorado mammals with this easy-to-use field guide, organized by family and featuring full-color photographs and helpful information. 372 pages. Adventure Publications. Paperbound. Pub. at \$18.95 **\$13.95**

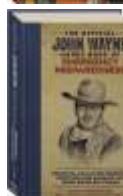
★9276963 MAMMALS OF MICHIGAN FIELD GUIDE, 2ND EDITION. By Stan Tekiela. Make mammal identification simple and informative! This handy guide contains all 66 species of Michigan's mammals, fascinating facts, sighting tips, track patterns, naturalist tidbits, and more. Organized by family and features full-color photos. 312 pages. Adventure Publications. Paperbound. Pub. at \$16.95 **\$12.95**



★9225129 ROCKHOUNDING NEW YORK, SECOND EDITION: A Guide to the State's Best Rockhounding Sites. By Robert Beard. Complete guide to finding and collecting gems, minerals, and fossils throughout New York. Includes maps and detailed descriptions with directions, GPS coordinates for all sites, suggested tools and techniques, and information on nearby attractions. Well illus. in color. 297 pages. Falcon. Paperbound. Pub. at \$24.95 **\$17.95**



9180729 INFINITE LIFE: The Revolutionary Story of Eggs, Evolution, and Life on Earth. By Jules Howard. An investigation into the most unifying and enduring structure in the history of life, the crucial piece of evolutionary engineering to which every animal on the planet owes its existence: the egg. 258 pages. Pegasus. Pub. at \$29.95 **PRICE CUT to \$4.95**



7996098 THE OFFICIAL JOHN WAYNE HANDY BOOK OF EMERGENCY PREPAREDNESS. By C. Freedman & B. Jensen. This handy guide will help you face the unknown with confidence, composure and gumption, just like Duke. Includes just the thing you need to ensure the safety of yourself and your family should disaster strike with over 100 tips and techniques. Well illus. 248 pages. Media Lab. Pub. at \$16.99 **PRICE CUT to \$3.95**



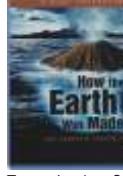
9185135 THE PLANTS OF THE APPALACHIAN TRAIL: A Hiker's Guide to 398 Species. By Kristen Wickert. Quickly find, identify, and learn about the amazing range of plants and fungi growing along the Appalachian Trail. Organized by type, color, and trail section. Fully illus. in color. 285 pages. Timber. Paperbound. Pub. at \$29.99 **PRICE CUT to \$5.95**



9057781 COMMON BEES OF WESTERN NORTH AMERICA. By O.M. Carril & J.S. Wilson. Portable, full-color photographic guide to the most commonly seen species of the Western U.S. and Canada. Over 200 species are included, with multiple photographs, identification guides, and range maps for each. 415 pages. Princeton. Paperbound. Pub. at \$35.00 **PRICE CUT to \$5.95**



9036512 THE MOUNTAIN ENCYCLOPEDIA: An A-Z Compendium of More Than 2,300 Terms, Concepts, Ideas, and People. By F.V. Hartemann & R. Hauptman. This is the first English language A-to-Z compendium of all topics related to mountains, including geological, geographical, and zoological terms, as well as many entries on significant explorers, surveyors, mountaineers, rock climbers, and skiers. Color photos. 291 pages. Taylor Trade. 8 1/2x11. Paperbound. Pub. at \$29.95 **PRICE CUT to \$3.95**



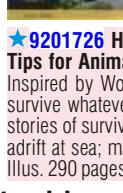
Blu-ray 8992770 HOW THE EARTH WAS MADE: The Complete Season Two. Widescreen. This season goes back in history—from 4.5 billion years ago today—peeling back layers of rocks, filling up river canyons, parting oceans, and leveling mountains and volcanoes to investigate the origins of some of the most well-known locations and geological phenomena in the world. Collects all 13 Season Two episodes. Over 10 hours on three Blu-rays. Lionsgate. **\$5.95**



★9124756 HABITATS OF NORTH AMERICA: A Field Guide for Birders, Naturalists, and Ecologists. By P. Chaon & I. Campbell. Provides an unparalleled treatment of North America's wonderfully diverse habitats. Up-to-date descriptions cover each habitat's unique features, from geology and climate to soil and hydrology. Fully illus. in color. 376 pages. Princeton. Paperbound. Pub. at \$35.00 **PRICE CUT to \$23.95**



★9198180 Rockhounding Washington, Second Edition: A Guide to the State's Best Sites. By Lars W. Johnson. Provides directions and GPS coordinates to the best rockhounding sites in Washington, with valuable tips on what tools to bring and how to conduct your search. Comprehensive lists of minerals or fossils for each site and color photos will help you search for and identify what you've found. 254 pages. Falcon. Paperbound. Pub. at \$24.95 **PRICE CUT to \$13.95**

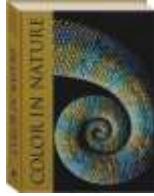


★9201726 HOW TO SURVIVE AGAINST THE ODDS: Tales & Tips for Animal Attacks and Natural Disasters. By Sean Evans. Inspired by Wondery's hit podcast *Against the Odds*, learn how to survive whatever nature can throw at you through gut-twisting true stories of survival on the brink. Includes tips on how to endure being adrift at sea; mauled by a bear; buried by an earthquake; and more! Illus. 290 pages. Morrow. Pub. at \$26.00 **PRICE CUT to \$14.95**

More Works on Nature



★9200681 SEA OF GRASS: The Conquest, Ruin, and Redemption of Nature on the American Prairie. By D. Hage & J. Marcoty. Reveals humanity's relationship with this incredible land, offering analysis of the difficult decisions and opportunities facing agricultural and Indigenous communities. Also, a vivid portrait of a miraculous ecosystem that makes clear why the future of this region is of essential concern far beyond the heartland. 377 pages. Random. Pub. at \$32.00 **PRICE CUT to \$19.95**



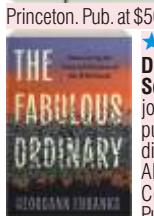
★9064796 COLOR IN NATURE. By Justin Marshall et al. Unlocks nature's colorful purpose, revealing how creatures see it as well as shedding light on the important part that color plays in animal behavior, from reproduction and communication to aggression and defense. Fully illus. in color. 288 pages. Princeton. Pub. at \$35.00 **PRICE CUT to \$17.95**



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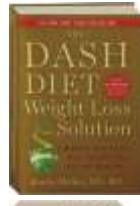
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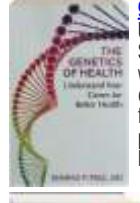
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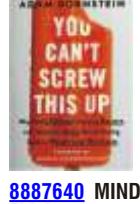
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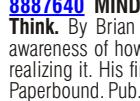
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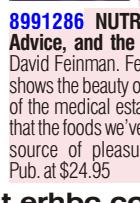
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Choosing what to eat was intimately tied to Gandhi's beliefs, his core values of nonviolence, religious tolerance, and rural sustainability. Vegetarianism, limiting salt and sweets, avoiding processed food and fasting, anticipated 21st century food debates and the need to build healthier and more equitable global food systems. Photos. 237 pages. UWaP. Pub. at \$29.95

\$4.95

★9284982 BIBLIO DIET: Live Long, Master Metabolism, Reduce Pain, Fight Depression, and Conquer Cancer with Healing Secrets from the Bible. By J. Rubin & J. Axe. An intuitive and easy-to-follow plan that invites you to experience a breakthrough in the health of your entire family by learning to eat and live God's way. 293 pages. Worthy. Pub. at \$30.00

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923506X THE GUTSMART PROTOCOL. By Vincent Pedre with Lee Holmes. Take back control of your health, starting with the foundation for ultimate well-being: your gut and its microbiome. Use the GutSMART Quiz to evaluate your gut-related wellness and get a personalized 14-day meal plan and food lists based on your GutSMART score. 16 pages of color photos.

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7951671 GOOD SUGAR, BAD SUGAR: How to Power Your Body and Brain with Healthy Energy. By Christopher Vasey. This practical guide explains how to successfully replace bad sugars with good sugars as well as how to reduce sugar cravings and break your sugar addiction. Offering a path out of sugar addiction and easy steps to power your brain and body with healthy energy. Dr. Vasey gives you the tools to take ownership of your own health. 168

pages. Inner Traditions. Paperbound. Pub. at \$14.99

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★9091742 THE BLOOD SUGAR BALANCING HANDBOOK. By Autumn Enloe. A resource with proven strategies to optimize blood sugar levels all day long and prevent health complications in the future. You'll find practical solutions like dietary tips to regulate blood sugars, simple tools to balance your meals, helpful ways to improve energy and cravings, and more. 164 pages. Ulysses. Paperbound. Pub. at \$16.95

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★3882193 THE SCIENCE OF PLANT-BASED NUTRITION: How to Enhance the Power of Plants for Optimal Health. By Rhiannon Lambert. Covering every conceivable topic—from vegan and plant-based diets, sustainability, physical and mental health outcomes, and nutrition across the lifespan—this guide offers clear answers with informative graphics, enabling you to

make decisions that are best suited to your lifestyle about what, when, and how to eat responsibly. 224 pages. Dorling Kindersley. 8½x10¼". Pub. at \$30.00

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CD 9219552 HOW NOT TO DIE: Discover the Foods Scientifically Proven to Prevent and Reverse Disease. By Michael Greger with G. Stone. Macmillan Audio. Pub. at \$49.99

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9076166 EATING FOR ACID REFLUX: A Handbook and Cookbook for Those with Heartburn. By J. Sklar & A. Cohen. 273 pages. Da Capo. Paperbound. Pub. at \$16.95

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9246975 WHAT TO EAT WHEN: A Strategic Plan to Improve Your Health & Life Through Food. By M.F. Roizen & M. Crupain. 351 pages. National Geographic. Pub. at \$28.00

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★9103678 HOW TO EAT: An Ancient Guide for Healthy Living. Selected by Claire Bubb. Illus. 242 pages. Princeton. Pub. at \$17.95

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★1997750 EAT REAL TO HEAL: Using Nutrient Dense Foods for Longevity and Happiness. By Nicolette Richer. Photos. 254 pages. Mango. Paperbound. Pub. at \$19.99

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Exercise & Fitness



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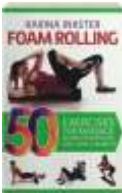
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Exercise & Fitness

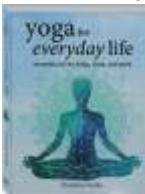
9011846 SPORTS ILLUSTRATED STRENGTH TRAINING: Your Ultimate Weight Conditioning Program. By John Garhammer. Improve your total fitness by incorporating strength training into your regular fitness program. Includes everything from information on how our bodies work to specific exercises. Fully illus. 204 pages. Sports Illustrated. Paperbound. Pub. at \$16.95 **\$4.95**



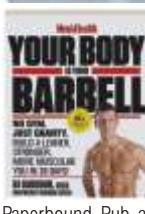
9240233 FOAM ROLLING: 50 Exercises for Massage, Injury Prevention, and Core Strength. By Karina Inkster. Foam rolling is a gentle yet effective way to heal overworked muscles, eliminate painful knots, improve posture and increase flexibility. Reap the benefits of a foam rolling workout with this guide, offering easy to follow exercises, plus tips and advice from a number of experts. Color photos. 170 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$4.95**



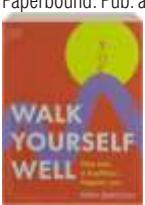
9133879 YOGA FOR EVERYDAY LIFE: Remedies for the Body, Mind, and Spirit. By Christine Burke. Burke gives you the power to heal and revitalize yourself—mind, body, and spirit! Includes yoga remedies for 40 specific conditions and concerns, as well as yoga sequences for everyday wellbeing. Features gilded page edges. Fully illus. in color. 176 pages. CICO Books. Pub. at \$16.99 **\$5.95**



★ 6536468 MEN'S HEALTH YOUR BODY IS YOUR BARBELL. By BJ Gaddour. This guide shows you how to master eight critical fitness moves (the Bodyweight 8) and use them to achieve the strength, power, endurance, and mobility of an elite athlete. Includes the Bodyweight Burners, a 5-month program to achieve single-digit body-fat percentage and 8-pack abs. Color photos. 271 pages. Rodale. Paperbound. Pub. at \$24.99 **\$16.95**



★ 9193464 WALK YOURSELF WELL: Step Into a Healthier, Happier You. By Nina Barrough. Get moving with step-by-step introductions to new ways to walk and do it right with science-backed training programs for all levels. Begin your low-impact, high-reward regimen today for a happier, healthier, and longer life. Illus., some in color. 190 pages. Dorling Kindersley. Paperbound. Pub. at \$21.99 **\$16.95**



★ 7976984 T'AI CHI CLASSICS: Illuminating the Ancient Teachings on the Art of Moving Meditation. By Waysun Liao. Exploring all the core aspects of T'ai Chi thought and practice, this guide explains how T'ai Chi exercises increase your inner vitality (chi), enliven energetic power (jing), and empower you to bring your energy to bear to overcome inner and outer obstacles in every sphere of life. Well illus. 210 pages. Shambhala. Paperbound. Pub. at \$21.95 **\$16.95**



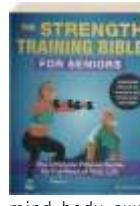
9126325 YOGA FOR MIND, BODY & SPIRIT: Poses, Meditations & Wisdom for Leading a Balanced Life. By Rachel Scott. Collects a series of meditations and yoga poses that demonstrate how to embrace the pursuit of yoga in all aspects of life. Well illus. in color. 247 pages. Cider Mill. Pub. at \$19.95 **\$3.95**



9255923 THE WOMEN'S HEALTH FITNESS FIX. By Jen Ator. You'll find all the tools you need for successful and lasting weight loss—no rigid, inflexible diet rules or demanding, time-consuming workout programs. These easy-to-follow strategies are practiced by the U.S.'s leading fitness experts, tested by the world's top researchers, and proven by everyday busy people across the U.S. Illus. 326 pages. Rodale. Paperbound. Pub. at \$18.99 **\$5.95**



9245928 THE 5 PRINCIPLES: A Revolutionary Path to Health, Inner Wealth, and Knowledge of Self. By Khnum "Stic" Ibomu. Award-winning rapper, producer, and champion of healthy living, Stic, wasn't always the people's champ of healthy living in hip-hop. This non-preachy, proactive work empowers readers to experience the wealth of wellbeing via the numerous tools and disciplines that Stic has lived and learned. 325 pages. Balance. Paperbound. Pub. at \$21.99 **\$5.95**



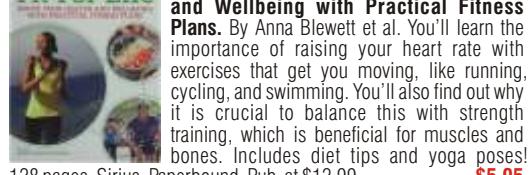
★ 9014438 THE STRENGTH TRAINING BIBLE FOR SENIORS: The Ultimate Fitness Guide for the Rest of Your Life. By Karl Knopf. Comprehensive and customizable total-body workouts for people 50 years and older. They provide everything you need to: build muscle & get stronger; foster core stability & flexibility; avoid injury; improve posture; develop low-back health; boost mind-body awareness; and more. Fully illus. 384 pages. VeloPress. 8 1/2x10 3/4. Paperbound. Pub. at \$21.95 **\$16.95**

★ 4812085 HEALTHY SHOULDER HANDBOOK, SECOND EDITION: 100 Exercises for Treating Common Injuries and Ending Chronic Pain. By Karl Knopf.

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9169482 FIT FOR LIFE: Boost Your Health and Wellbeing with Practical Fitness Plans. By Anna Blewett et al. You'll learn the importance of raising your heart rate with exercises that get you moving, like running, cycling, and swimming. You'll also find out why it is crucial to balance this with strength training, which is beneficial for muscles and bones. Includes diet tips and yoga poses!

128 pages. Sirius. Paperbound. Pub. at \$12.99 **\$5.95**



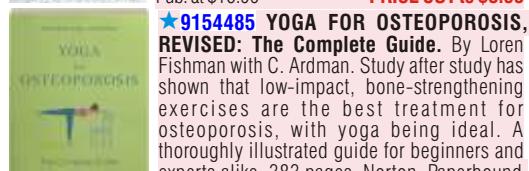
★ 7892012 BOOK OF BODY MAINTENANCE AND REPAIR: The American Physical Therapy Association. By M. Moffat & S. Vickery. This work offers illustrated descriptions of the structure and mechanics of each major body part, explaining what can go wrong and how to properly care for that area. A middle section provides general information on posture, body mechanics, weight control, aerobic

conditioning, and maintenance programs. Adults only. 288 pages. Holt. 8 1/2x10 3/4. Paperbound. Pub. at \$41.99 **\$31.95**

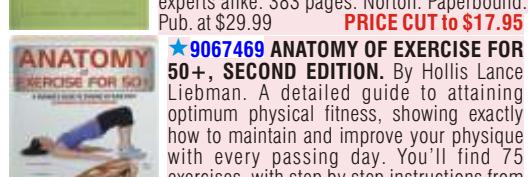


conditioning, and maintenance programs. Adults only. 288 pages. Holt. 8 1/2x10 3/4. Paperbound. Pub. at \$41.99 **\$31.95**

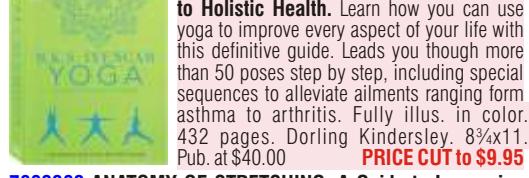
★ 9179550 RAGE YOGA: Unleash Your Inner Badass. By Lindsay Istance. Embrace the misfits of the yoga world! This vinyasa discipline pairs well with a cold beer and is often practiced in alternative venues such as pubs and breweries. Blast your music, curse like a sailor as you learn how it came to be, and how it just might be the thing for you. Illus. 264 pages. Sourcebooks. Paperbound. Pub. at \$16.99 **PRICE CUT to \$3.95**



★ 9154485 YOGA FOR OSTEOPOROSIS, REVISED: The Complete Guide. By Loren Fishman with C. Ardman. Study after study has shown that low-impact, bone-strengthening exercises are the best treatment for osteoporosis, with yoga being ideal. A thoroughly illustrated guide for beginners and experts alike. 383 pages. Norton. Paperbound. Pub. at \$29.99 **PRICE CUT to \$17.95**



★ 9067469 ANATOMY OF EXERCISE FOR 50+, SECOND EDITION. By Hollis Lance Liebman. A detailed guide to attaining optimum physical fitness, showing exactly how to maintain and improve your physique with every passing day. You'll find 75 exercises, with step by step instructions from an experienced personal trainer. Fully illus. in color. 192 pages. Firefly. 8 3/4x11. Paperbound. Pub. at \$24.95 **PRICE CUT to \$16.95**



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9122184 BACK IN BALANCE: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain. By Richard Brennan. Illus. 208 pages. Watkins. Paperbound. Pub. at \$14.95 **\$4.95**

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★9123938 THE YOGI'S WAY: Transform Your Mind, Health, and Reality. By Reema Datta. Illus. 281 pages. New World Library. Paperbound. Pub. at \$19.95 **PRICE CUT to \$9.95**

★7976496 THE WELLNESS GUIDE: Embrace 100 Expressions of Positive Self-Care, from Meditation to Yoga, Superfoods to Journaling. Ed. by R. Newcombe & C. Martin. Fully illus. in color. 303 pages. Thunder Bay. 8½x10¾. Paperbound. Pub. at \$24.99 **PRICE CUT to \$6.95**

★4996011 THE HEART OF YOGA, REVISED EDITION: Developing a Personal Practice. By T.K.V. Desikachar. Well illus. 244 pages. Inner Traditions. 8x10. Paperbound. Pub. at \$19.95 **PRICE CUT to \$9.95**

★9252304 STRENGTH TRAINING FOR SENIORS. By Paige Waehler. **LARGE PRINT EDITION.** A large-print resource to help seniors stay in shape, reduce aging, and live a longer and healthier life. Not only will your body be stronger for the future after following these guidelines, but you'll also build your confidence and mentality to do more of what you want. Well illus. in color. 145 pages. Skyhorse. Paperbound. Pub. at \$22.99 **\$17.95**

★9107452 CHAIR YOGA FOR SENIORS: Stretches and Poses That You Can Do Sitting Down at Home. By Lynn Lehmkhu. **LARGE PRINT EDITION.** Fully illus., in color. 151 pages. Skyhorse. 8½x11. Paperbound. Pub. at \$29.99 **\$21.95**

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9238654 FLAWLESS: Lessons in Looks and Culture from the K-Beauty Capital. By Elise Hu. 372 pages. Dutton. Pub. at \$29.00 **\$5.95**

★9123946 FACE MASSAGE FOR EVERYONE: A Practical Guide. By Ksenija Selivanova. Fully illus. 205 pages. Hay House. Paperbound. Pub. at \$17.99 **\$12.95**

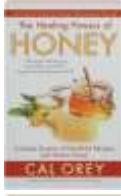
1999265 YOUR BEST SKIN: The Science of Skincare. By Hannah English. Illus. in color. 224 pages. Hardie Grant. Pub. at \$22.99 **\$7.95**

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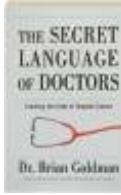
8996946 THE BEAUTY SKETCHBOOK: Illustrate Your Own Modern Makeup Looks. By R. Black & R. Yazdi. Fully illus. most in color. 160 pages. Abrams. 9¾x8¾. Paperbound. Pub. at \$19.99 **PRICE CUT to \$4.95**

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9224025 THE HEALING POWERS OF HONEY. By Cal Orey. Drawing on the latest honeybuzz and interviews with medical doctors, beekeepers, and researchers, the author reveals thirty healing varieties, tells you how to incorporate honey into heart-healthy recipes, and provides more than 50 home cures. Also includes beauty treatments and household uses. 394 pages. Kensington. Paperbound. Pub. at \$8.99 **\$4.95**



9167412 THE SECRET LANGUAGE OF DOCTORS. By Brian Goldman. Pulls back the curtain to reveal some of modern medicine's darkest secrets, and decodes the colorful and clandestine expressions doctors employ to describe difficult patients, situations, and medical conditions—and sometimes even other colleagues. 351 pages. Triumph. Paperbound. Pub. at \$16.95 **\$4.95**



9172351 MAYBE IT'S YOUR MEDICATIONS: How to Avoid Unnecessary Drug Therapy and Adverse Drug Reactions. By Hedva Barenholtz Levy. Provides information, insider tips, and strategies that empower patients and caregivers to have important conversations. The go-to guide on how to use medications safely on the journey to healthy aging. 327 pages. Skyhorse. Pub. at \$28.99 **\$8.95**



1043889 KNOW YOUR SHIT: What Your Crap Is Telling You. By Shawn Shafner. This work lifts the lid off the potty taboo and breaks the stall door down in search of the Perfect Poo. Along the way, learn what happens inside your body to make poo, how the process can go wrong, and simple fixes to make sure you stay in the Goldilocks Zone. Fully illus. in color. 110 pages. Cider Mill. Pub. at \$10.99 **\$4.95**

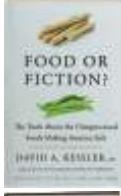


★9232788 THE OFFICIAL POCKET GUIDE TO DIABETES FOOD CHOICES, 6TH EDITION. By American Diabetes Association. This work provides basic nutritional values for evaluating the consumption of common foods relating to blood glucose management and overall health and wellness for people living with diabetes. 93 pages. American Diabetes Assoc. Paperbound. Pub. at \$9.95 **\$7.95**



7835280 RANGER MEDIC HANDBOOK. By U.S. Department of Defense. After decades of medic experience in war theaters throughout the world, the U.S. Army Rangers have distilled the critical components of lifesaving first aid into this official guide. Learn how to handle lacerations, contusions, burns, traumatic head injuries, amputations, and more. Skyhorse. Paperbound. Pub. at \$16.99 **\$6.95**

920282X FOOD OR FICTION: The Truth About the Ultraprocessed Foods Making America Sick. By David A. Kessler. The former FDA Commissioner and *New York Times* bestselling author explains why Americans suffer in unprecedented numbers from obesity, heart disease, diabetes, and other debilitating illnesses, and offers concrete solutions for better health and longevity. 299 pages. Harper. Paperbound. Pub. at \$21.99 **\$5.95**



9206108 MEDICAL POLITICS: How to Protect Yourself from Bad Doctors, Insurance Companies, and Big Government. By Stephen Soloway with D. Lister. Takes readers inside Soloway's fight against Big Pharma and Big Insurance in search of better care for his patients. These pages chart a path for Americans to better advocate for themselves and receive better care. 208 pages. Skyhorse. Pub. at \$24.99 **\$6.95**

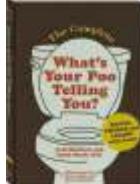


9037942 WA: The Art of Balance—Live Healthier, Happier and Longer the Japanese Way. By Kaki Okumura. Create a long, meaningful, and joyful life the Japanese way. This beautifully illustrated guide provides four simple and easy-to-adopt practices based on the Japanese lifestyle: Nourish, Move, Rest and Socialize. Revolutionize how you care for yourself and experience greater peace, fulfillment and contentment. 246 pages. Watkins. Pub. at \$19.95 **\$5.95**



9250379 THE BIGGER BOOK OF 30-DAY CHALLENGES. By R. Casper & A. Thueson. Packed with motivating ideas for improving your life in all areas, including fitness, food, mindfulness, relationships, networking, and more, this guide compiles the best daily routines for building lasting habits. Includes step-by-step calendars, practical tips, and helpful resources. Illus. 239 pages. Ulysses. Paperbound. Pub. at \$24.95 **\$6.95**

Health & Medical References

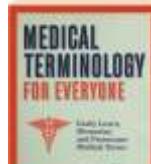


9184775 THE COMPLETE WHAT'S YOUR POO TELLING YOU? By J. Richman & A. Sheth. Like a snowflake, each poo is unique. But what does it mean? Dr. Sheth has compiled profiles of the most important types of poo, sure to improve your health and well-being with just a glance in the bowl. Illus. 160 pages. Chronicle. Pub. at \$14.95

\$5.95

9167110 THE COMPLETE WELLBEING MANUAL: Your Guide to an Optimally Healthy Mind and Body. Ed. by E.V. Hinsbergh & F. Forster. A modern-day guide to ultimate health and happiness. If you're looking to get a better night's sleep, balance your hormones, boost your immunity, or banish health concerns, this is the manual for you. Fully illus. in color. 256 pages. Sirius. 9x9x8%. Paperbound. Pub. at \$24.99

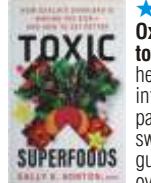
\$8.95



★ 8894132 MEDICAL TERMINOLOGY FOR EVERYONE: Easily Learn, Memorize, and Pronounce Medical Terms. By John Louis Temple. When it comes to communicating with your doctor, mastering healthcare terminology you might hear from them is essential. Knowing what these words mean can help you ask the right questions and better understand your body, medical conditions, and any health guidance you receive.

156 pages. Rockridge. Paperbound. Pub. at \$14.99

\$11.95



★ 7779186 TOXIC SUPERFOODS: How Oxalate Overload Is Making You Sick—and How to Get Better. By Sally K. Norton. If you're eating a healthy diet and you're still dealing with fatigue, inflammation, anxiety, recurrent injuries, or chronic pain, the problem could be your spinach, almonds, sweet potatoes, and other trusted plant foods. This guide shines light on how our modern diets are overloaded with oxalates and offers fresh solutions.

Illus. 368 pages. Rodale. Paperbound. Pub. at \$20.00

\$12.95



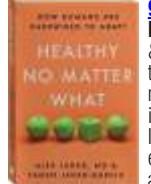
9266968 THE FOOD COUNTER'S POCKET COMPANION, 5TH EDITION. By J. Stephenson & R. Lindberg. Knowing what's in your food and making sure to consume a balanced diet are keys to a healthy life. It can be tough to keep track of the nutritional content of each meal and snack; this work supplies authoritative data on the nutritional values of foods in a form that's quick and easy to reference. 174 pages. The Experiment. Paperbound. Pub. at \$8.95

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9249842 EAT EVERYTHING: How to Ditch Additives and Emulsifiers, Heal Your Body, and Reclaim the Joy of Food. By Dawn Harris Sherling. Discover the practical, science-based way to reclaim your health through the power of real food. Dr. Sherling lays out the research on food additives and offers a straightforward guide to eating just about everything without pain, worry, or guilt. 273 pages. BenBella. Paperbound. Pub. at \$21.95

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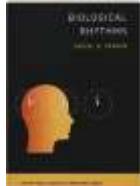
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★ 7943040 FOREVER STRONG: A New, Science-Based Strategy for Aging Well. By Gabrielle Lyon. Offers an easy to follow food, fitness, and self care program anchored in evidence and pioneering research that teaches you how to optimize muscle, no matter your age or health history. Discover how to overcome everything from obesity to autoimmune disorders and prevent diseases by following Dr. Lyon's powerful new approach to becoming strong. 389 pages. Atria. Pub. at \$29.99

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Health & Medical References



★9279350 BIOLOGICAL RHYTHMS. By Daniel B. Forger. The human body runs on rhythms—all more knowable now than ever, thanks to wearables. Making sense and making use of these signals is something else, and this is precisely what Forger explains in this study. 237 pages. MIT Press. Paperbound. Pub. at \$16.95 **\$12.95**



★9124071 THE CAVEMAN WAY TO GET HEALTHY-ER: A Neanderthal Guide for Regaining Health Naturally. By David Koltaba. Embarks on a journey exploring 15 simple and effective natural health practices that can jump-start the healing process for various conditions, including obesity, diabetes, addiction, and cancer. Advocating for a return to more natural self-care. 265 pages. Morgan James. Paperbound. Pub. at \$22.95 **PRICE CUT to \$7.95**

9171436 THE ART AND SCIENCE OF CONNECTION: Why Social Health Is the Missing Key to Living Longer, Healthier, and Happier. By Kasley Killam. Just as we exercise our physical muscles, we can strengthen our social muscles. Combining cutting-edge science, mindset shifts, and practical wisdom, Killam offers the first methodology for being socially healthy. It is an antidote to the loneliness epidemic and an inspiring manifesto for seeing well-being as social. 278 pages. Harper. Pub. at \$28.99 **PRICE CUT to \$4.95**



★9198121 BASIC ILLUSTRATED WILDERNESS FIRST AID, Third Edition. By William W. Forgey. Information-packed tools in a heavily illustrated, richly designed, contemporary four-color format. Written for the novice but great as a handy reference for the veteran, these highly illustrated guides distill years of knowledge into affordable and portable packages. Illus. in color. 108 pages. Falcon. Paperbound. Pub. at \$19.95 **PRICE CUT to \$11.95**



★9096566 THE 12-WEEK DBT PLAN: Skills and Exercises to Improve Your Feelings, Habits, and Relationships. By Valerie Dunn McBee. Understand the four key principles of DBT: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. An easy-to-follow program of writing prompts, questions and routines make it easy to put DBT into practice every day to balance your emotions and achieve your goals. 176 pages. Callisto. Paperbound. Pub. at \$19.99 **PRICE CUT to \$11.95**

9203230 THE HEALING POWERS OF VINEGAR, REVISED THIRD EDITION: A Complete Guide to Nature's Most Remarkable Remedy. By Cal Orey. 360 pages. Kensington. Paperbound. Pub. at \$15.95 **\$4.95**

9119582 GUT HEALTH HACKS: 200 Ways to Balance Your Gut Microbiome and Improve Your Health! By Lindsay Boyers. 223 pages. Adams Media. Paperbound. Pub. at \$16.99 **\$5.95**

7951132 MEDICAL SYMPTOMS: A Visual Guide, 2nd Edition. Ed. by Kayla Dugger. 256 pages. Dorling Kindersley. 8x9 1/2. Paperbound. Pub. at \$19.99 **\$9.95**

9151664 THE INTEGRATIVE GUIDE TO GOOD HEALTH: Home Remedies Meet Alternative Therapies to Transform Well-Being. By Brent A. Bauer et al. Well illus. in color. 416 pages. Mayo Clinic. 8x10. Paperbound. Pub. at \$26.99 **\$5.95**

9019995 THE POWER OF STRETCHING: Simple Practices to Promote Wellbeing. By Bob Dot. Fully illus. 128 pages. Fair Winds. Pub. at \$16.99 **\$5.95**

9080996 SMARTER NOT HARDER: The Biohacker's Guide to Getting the Body and Mind You Want. By Dave Asprey. 308 pages. Harper. Pub. at \$32.00 **PRICE CUT to \$3.95**

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907385X ANTI-INFLAMMATORY DIET SOLUTION: Heal Your Immune System, Boost Your Brain, Strengthen Your Heart. By Stig Bengmark. Color photos. 271 pages. Skyhorse. Pub. at \$29.99 **\$6.95**

775728X WHAT'S WRONG WITH YOU? An Insider's Guide to Your Insides. By Sarah Holper. 294 pages. Hardie Grant. Paperbound. Pub. at \$19.99 **\$7.95**

★9067507 THE COMPLETE LYMPHEDEMA MANAGEMENT AND NUTRITION GUIDE. By J. LaMantia & A. DiMenna. Illus. 288 pages. Robert Rose. Paperbound. Pub. at \$24.95 **\$19.95**

★1027395 THE ALKALINE LIFE: New Science to Rebalance Your Body, Reverse Aging, and Prevent Disease. By Ross Bridgeford. 328 pages. Hay House. Paperbound. Pub. at \$18.99 **\$13.95**

★5549574 WHAT YOU MUST KNOW ABOUT THYROID DISORDERS & WHAT TO DO ABOUT THEM, SECOND EDITION. By Pamela Wartian Smith. 340 pages. Square One Publishers. Paperbound. Pub. at \$18.95 **\$13.95**

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9172076 STRIVE: 8 Steps to Find Your Awesome. By Venus Williams with M. Murphy. 243 pages. Amistad. Pub. at \$29.99 **\$6.95**

★8048215 HEALING ADAPTOGENS. By T. Isokauppila & D.R. Broida. Illus. 230 pages. Hay House. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**

★8894094 THE CAREGIVER'S GUIDE TO STROKE RECOVERY: Practical Advice for Caring for You and Your Loved One. By Lucille Jorgensen. 176 pages. Rockridge. Paperbound. Pub. at \$15.99 **\$9.95**

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★109324X THE SECRET LANGUAGE OF THE BODY: Regulate Your Nervous System, Heal Your Body, Free Your Mind. By J. Mann & K. Rabin. Illus. 340 pages. Harper. Paperbound. Pub. at \$19.99 **\$9.95**

908021X YOUR LIFE DEPENDS ON IT: What You Can Do To Make Better Choices About Your Health. By Talya Miron-Shatz. 256 pages. Basic. Pub. at \$28.00 **PRICE CUT to \$2.95**

★9161015 REINVENTING COOL: How to Make Cold Your Best Ally Against Inflammation, Pain, and Aging. By M. Ensabella & A. Getzoff. Illus. 113 pages. O-Books. Paperbound. Pub. at \$14.95 **PRICE CUT to \$9.95**

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★9193480 THE EVERYTHING GUIDE TO GLP-1S: Lose Weight, Build Healthy Eating Habits, and Achieve Lifelong Weight Management. By Kayley George. 239 pages. Adams Media. Paperbound. Pub. at \$18.99 **PRICE CUT to \$9.95**

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★9204415 THE MAYO CLINIC DIET: Weight-Loss Medications Edition. By Donald D. Hensrud et al. Well illus. in color. 383 pages. Mayo Clinic. Paperbound. Pub. at \$24.99 **PRICE CUT to \$13.95**

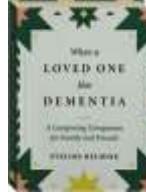
★8200149 STAYING HEALTHY WHEN YOU TRAVEL: Avoiding Bugs, Bites, Bellyaches, and More. By Jane Wilson-Howarth. Illus. in color. 320 pages. CompanionHouse. Paperbound. Pub. at \$22.99 **PRICE CUT to \$6.95**

★9017119 DIAGNOSED: An Insider's Guide for Your Healthcare Journey. By C. Ross & E. Marx. 205 pages. Mayo Clinic. Paperbound. Pub. at \$24.99 **PRICE CUT to \$6.95**

Diseases & Disorders

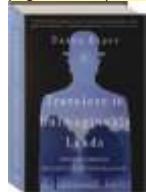
9224130 NO MORE HEARTBURN: The Safe, Effective Way to Prevent and Heal Chronic Gastrointestinal Disorders. By Sherry A. Rogers. A leading expert in drug-free gastrointestinal therapy explains how you can pinpoint the causes of your stomach distress and offers easy-to-follow advice for creating an effective, personalized program for achieving and maintaining total gastrointestinal health. 247 pages. Citadel. Paperbound. Pub. at \$15.95 **\$4.95**

Diseases & Disorders



9267069 WHEN A LOVED ONE HAS DEMENTIA: A Comforting Companion for Family and Friends. By Eveline Helmink. As you navigate finding professional caregivers and adapting to your loved one's behavioral challenges, learn to identify healthy and unhealthy coping mechanisms, work through feelings of denial, grief, guilt, shame, and fear, make decisions in your loved one's best interest, and live in the present. 217 pages. The Experiment. Pub. at \$21.95

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9209840 TRAVELERS TO UNIMAGINABLE LANDS: Stories of Dementia, the Caregiver, and the Human Brain. By Dasha Kiper. Dementia disorders transform the minds of those with the disease and the minds of those who care for them. Reveals the neurological obstacles to caregiving, not only enumerating the terrible pressures the disease exerts on our closest relationships but also offering solace and perspective. 233 pages. Random. Pub. at \$28.00

\$5.95



9202765 DIABETES ESSENTIALS: Tips & Recipes to Manage Type 2 Diabetes. By K. Graham & M. Shomali. Each topic is divided into 10 key points, from 10 ways to reduce your morning blood sugar to 10 steps to manage your stress. Also includes 10 quizzes and a bonus section of home-tested recipes for soups, salads, dinner, desserts, and snacks. Fully illus. in color. 191 pages. Robert Rose. 8½x10¾".

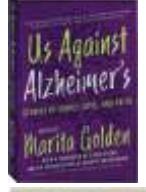
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1999192 TAKE CONTROL OF YOUR DIABETES: Prevention, Diagnosis, and Treatment. By Rosemary Walker. Provides clear and simple diet, fitness, lifestyle, and medical advice—the support you need to live life to the fullest with type 1 or type 2 diabetes. Well illus. in color. 208 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99

\$9.95



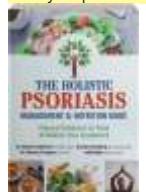
9230432 US AGAINST ALZHEIMER'S: Stories of Family, Love, and Faith. Ed. by Marita Golden. This groundbreaking anthology presents four narratives, both nonfiction and fiction, that capture the impact and complexity of Alzheimer's and other dementias on not only patients, but also their caregivers and family. 292 pages. Arcade. Pub. at \$25.99

\$5.95



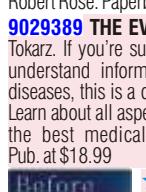
4260902 PREVENTING LYME & OTHER TICK-BORNE DISEASES. By Alexis Chesney. Take a proactive approach to defending your health from the rise of Lyme disease and other tick-borne illnesses, with this essential reference. Learn strategies for preventing tick bites; six steps after you've been bitten; symptoms, testing, and treatment; and how to identify ticks and rashes. Illus. 191 pages. Storey. Paperbound. Pub. at \$16.95

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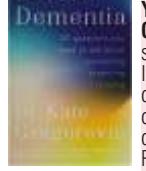
★9165282 THE HOLISTIC PSORIASIS MANAGEMENT & NUTRITION GUIDE: Natural Solutions to Treat & Relieve Your Symptoms. By Maria R. Robinson et al. Authored by leading experts in dermatology, naturopathy and functional nutrition, this comprehensive guide offers an extensive exploration of psoriasis and a holistic approach to its management. Embraces both innovative treatments and holistic approaches, empowering you with an integrative strategy for managing psoriasis symptoms. 272 pages. Robert Rose. Paperbound. Pub. at \$24.95

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9029389 THE EVERYTHING GUIDE TO LYME DISEASE. By Rafal Tokarz. If you're suffering from Lyme disease, you need clear, easy to understand information. Written by a leading expert in infectious diseases, this is a comprehensive resource for living with Lyme disease. Learn about all aspects of the disease, how to prevent it, and how to find the best medical care. 256 pages. Adams Media. Paperbound. Pub. at \$18.99

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★899661X BEFORE DEMENTIA: 20 Questions You Need to Ask About Preventing, Preparing, Coping. By Kate Gregorevic. Explains the physical state of dementia, how to relate the diagnosis to real life, what questions to ask your doctor, what might be done to prevent the condition, and how we can make our homes and society better for people with dementia. 313 pages. Health Communications. Paperbound. Pub. at \$16.95

PRICE CUT to \$9.95

9200096 COMPLETE DIABETES GUIDE, SECOND EDITION: Advice for Managing Type 2 Diabetes.

By K. Graham & M. Shomali. Well illus. in color. 416 pages. Robert Rose. 8½x10¾". Paperbound. Pub. at \$27.95

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★9117237 UNDERSTAND ALZHEIMER'S: A First-Time Caregiver's Plan to Understand & Prepare for Alzheimer's & Dementia. 131 pages. Calistoga. Paperbound. Pub. at \$11.99

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★9078486 POSTDIABETIC: An Easy-to-Follow 9-Week Guide to Reversing Prediabetes and Type 2 Diabetes. By E. Edmeades & R. Ruiz. 199 pages. Hay House. Pub. at \$25.99

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★9165533 POSTDIABETIC: An Easy-to-Follow 9-Week Guide to Reversing Prediabetes and Type 2 Diabetes. By E. Edmeades & R. Ruiz. 199 pages. Hay House. Paperbound. Pub. at \$17.99

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★9193545 THE AUTOIMMUNE CURE: Healing the Trauma and Other Triggers That Have Turned Your Body Against You. By Sara Szal Gottfried. 282 pages. Harvest. Paperbound. Pub. at \$17.99

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★7852053 THE URIC ACID HANDBOOK: A Beginner's Guide to Overcoming Hyperuricemia. By U. Guha & S. Sen. 144 pages. Ulysses. Paperbound. Pub. at \$15.95

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9066330 THE TIGER PROTOCOL: An Integrative 5-Step Program to Treat and Heal Your Autoimmunity. By Akil Palanisamy. 384 pages. Balance. Pub. at \$29.00

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★6994652 THE BACK STORY ON SPINE CARE. By Drew Bednar. 300 pages. ECW Press. Paperbound. Pub. at \$21.95

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9172866 A BODY MADE OF GLASS: A Cultural History of Hypochondria. By Caroline Crampton. 321 pages. Ecco. Pub. at \$29.99

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★1105736 DODGING DEMENTIA: Understanding MCI and Other Risk Factors. By Mary Jordan with J. Thompson. 231 pages. Hammersmith. Paperbound. Pub. at \$29.99

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★6998127 THE FUTURE OF ALZHEIMER'S: Finding Inspiration & Hope Through Expert Insight. By Sharon Ricard. 162 pages. Hatherleigh. Paperbound. Pub. at \$15.00

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★9008985 THE TMJ HANDBOOK: A Therapeutic Guide to Relieving Jaw Tension and Pain with Yoga and Mindfulness. By Cator Shachoy. Well illus. 266 pages. Shambhala. Paperbound. Pub. at \$24.95

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9240187 BREATH PERCEPTION: A Daily Guide to Stress Relief, Mindfulness, and Inner Peace.

By Barbara Ann Kipfer. Offers a daily guide to harnessing the amazing power of breath to help you sleep better at night, concentrate better at work, connect better with loved ones at home, and reduce overall stress. Includes 277 simple exercises for using breath to attain greater well-being. 306 pages. Helios. Paperbound. Pub. at \$14.95

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LIMITED QUANTITY ★9276688 STOPPING PAIN: A Simple, Revolutionary Way to Beat Chronic Pain.

By Johnathan Edwards. Percutaneous hydrotomy, developed in France but rarely practiced in the U.S., is a simple medical technique that eliminates chronic pain using water, vitamins, minerals, and some medications. Patients have reported a reduction in their pain, an increase in function, an absence of side effects, and a reduction or elimination of pain medications. 221 pages. Skyhorse. Paperbound. Pub. at \$18.99

\$14.95

★9273573 PSYCHEDELIC OUTLAWS: The Movement Revolutionizing Modern Medicine.

By Joanna Kempner. Kempner unearths how a group of ordinary people debilitated by excruciating pain developed their own medicine from home-grown psilocybin mushrooms—crafting near-clinical grade dosing protocols—and fought for recognition in a broken medical system. 362 pages. Hachette. Pub. at \$32.00

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9164014 STRESS FRACTURE: Your Ultimate Guide to Beating Burnout.

By Jonathan Hoover. Combining psychological studies with biblical insight, use practical tools to assess your susceptibility to stress-induced breakdowns, learn highly effective coping strategies for preventing and overcoming burnout, improve the quality of your emotional experiences and relationships, and much more. 190 pages. Bethany House. Paperbound. Pub. at \$18.99

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Stress & Pain Management



★9244131 POWERFUL HABITS FOR OVERCOMING ANXIETY: Strategies for Inner Calm. Anxiety can take over your life. Uncover your anxiety issues and create daily habits for managing your anxious thoughts and feelings. Through engaging exercises, you'll explore the underlying causes, identify triggers, and learn how to effectively cope with your emotions. 159 pages. Fair Winds. Pub. at \$16.99 **\$12.95**

★9060685 SOOTHE: Restoring Your Nervous System from Stress, Anxiety, Burnout, and Trauma. By Nahid de Belgeonne. Stress is inevitable, but if left unprocessed it can accumulate in the body and dysregulate your nervous system. This guide reveals how to physically release the pent-up stressors that are holding you back by tapping into your senses, breath and movement. 276 pages. Penguin. Paperbound. Pub. at \$19.00 **PRICE CUT to \$11.95**

7807961 LIVE PAIN-FREE: Eliminate Chronic Pain Without Drugs or Surgery. By Lee Albert. 157 pages. Dudley Court. 8x10. Paperbound. Pub. at \$29.95 **\$6.95**

9144781 BACK SENSE: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain. By Ronald D. Siegel et al. 246 pages. Broadway. Paperbound. Pub. at \$12.95 **\$5.95**

★673698X 1,500 STRETCHES: The Complete Guide to Flexibility and Movement. By Hollis Liebman. Fully illus. in color. 739 pages. Black Dog & Leventhal. 8½x10. Pub. at \$40.00 **\$26.95**

9063048 MISSOURI'S EARLY HOME REMEDIES. By Betty Harns. So, be it Aloe Vera plants in the window sills of Missouri or skunk oil rubbed on unwilling chests, the home remedies of the Show-Me state did their work. Fully illus. 181 pages. Quixote. Paperbound. Pub. at \$9.95 **\$2.95**

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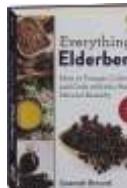
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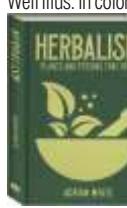
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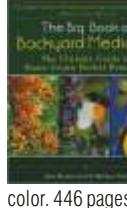
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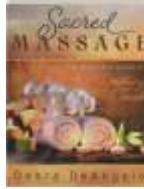
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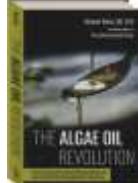


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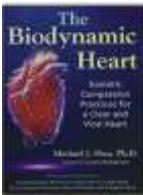
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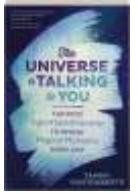


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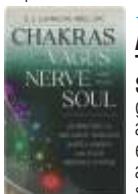
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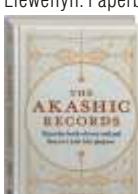
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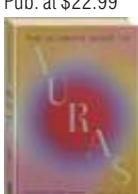
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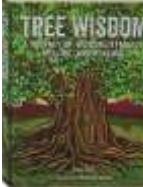
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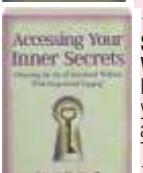
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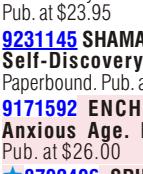
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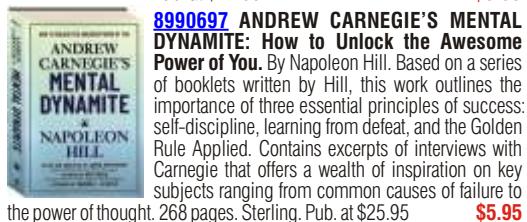
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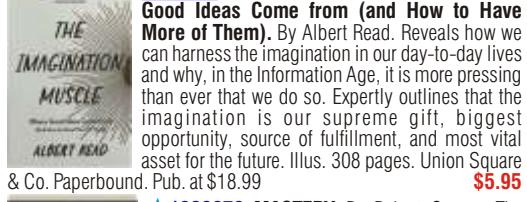


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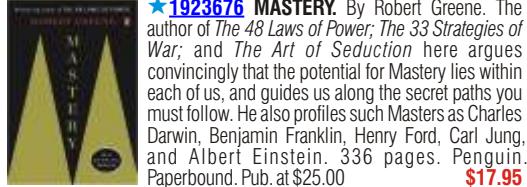


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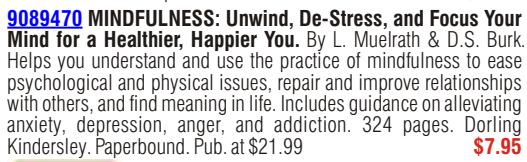
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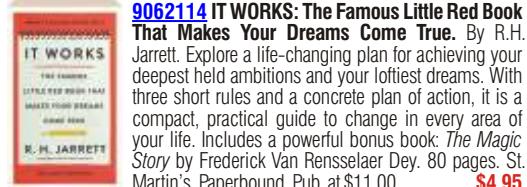
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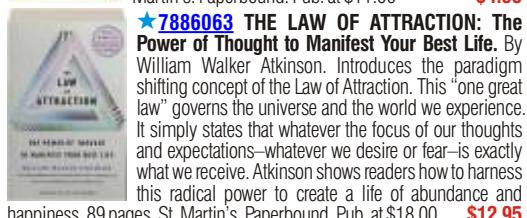
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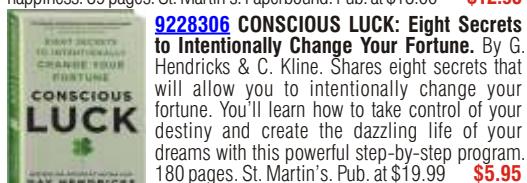
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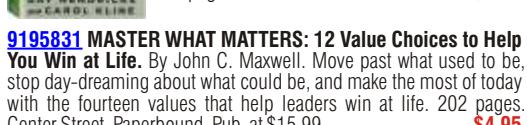
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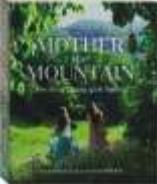
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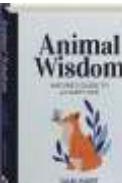
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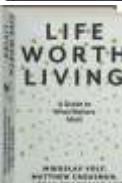
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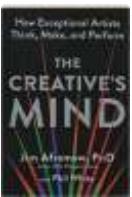
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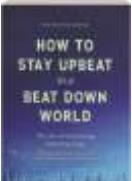
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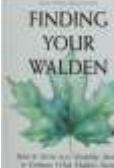
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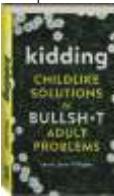
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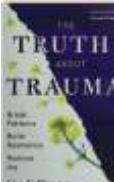
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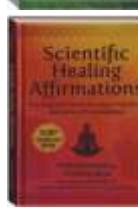
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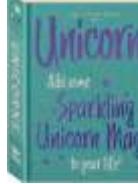
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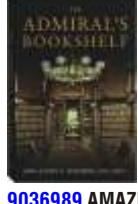
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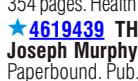
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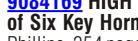
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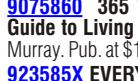
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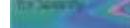
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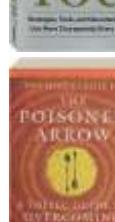
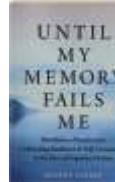
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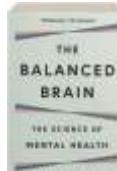
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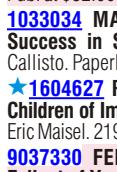
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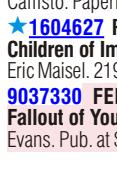
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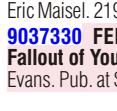
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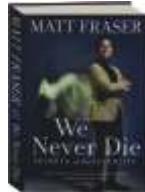
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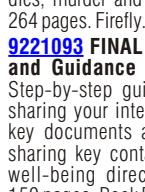
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Facing Illness & Death



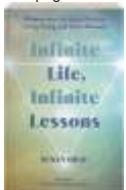
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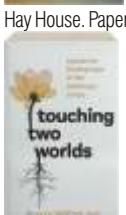


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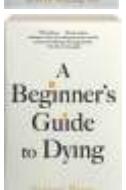
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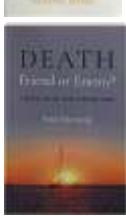
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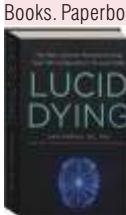
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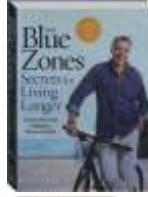
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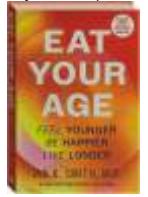
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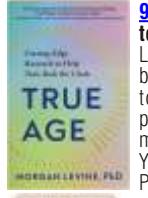
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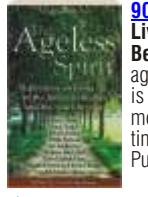
eighty-seven year old widow living in a retirement community. 232 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$6.95**



9235426 EAT YOUR AGE: Feel Younger, Be Happier, Live Longer. By Ian K. Smith. Learn how to defy the effects of aging by implementing simple changes at every decade. Many things change in our bodies as we age; while getting old may be inevitable, feeling old is not. Readers will learn to age well and maximize each decade of life by doing the right things at the right time. 374 pages. Harvest. Pub. at \$30.00 **\$6.95**



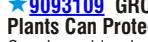
9278974 TRUE AGE: Cutting-Edge Research to Help Turn Back the Clock. By Morgan Levine. What if there was a way to measure our biological age, and what if there were strategies to slow down—or even reverse—the aging process? Dr. Levine answers these questions and more with groundbreaking work from her lab at Yale. 294 pages. Avery. Paperbound. Pub. at \$18.00 **\$5.95**



9029982 THE AGELESS SPIRIT: Reflections on Living Life to the Fullest in Midlife and Years Beyond. Ed. by Connie Goldman. People over the age of 70 talk about how they remain vital. The result is a treasure of humor and profundity by some of the most fascinating and gifted men and women of our time. Well illus. 339 pages. Fairview. Paperbound. Pub. at \$14.95 **\$2.95**



★ 9188231 HOW WE AGE: The Science of Longevity. By Coleen T. Murphy. Discover how recent breakthroughs in longevity research offer clues about human aging. 440 pages. Princeton. Paperbound. Pub. at \$22.95 **\$18.95**



★ 9093109 GROW A NEW BRAIN: How Spirit and Power Plants Can Protect and Upgrade Your Brain. By Alberto Villoldo. Growing older is inevitable, but aging can be prevented, even reversed—but only when you upgrade your brain, using both ancient and modern science, to create psychosomatic health. 199 pages. Hay House. Pub. at \$25.99 **\$19.95**

Aging



★928513X AGELESS AGING: A Woman's Guide to Increasing Healthspan, Brainspan, and Lifespan. By Maddy Dychtwald. Presents a pioneering new way for women to age—an ascent that includes feeling youthful and vital while gaining wisdom, resilience, and experience. This work provides a holistic, actionable plan that will help women make use of all the tools available to them as they grow older. 353 pages. Mayo Clinic.

Paperbound. Pub. at \$18.99 **\$13.95**

★9196471 AGE STRONGER: Prevent Pain, Preserve Mobility, Age Resiliently. By Matt Wiest. Looking to feel stronger and more flexible as you age? This guide is your program for doing just that, complete with photo-illustrated step-by-step instructions. 175 pages. Fair Winds. Paperbound. Pub. at \$26.99 **PRICE CUT to \$14.95**

9003517 NEVER TOO LATE: A 90-Year-Old's Pursuit of a Whirlwind Life. By Roy Rowan. 228 pages. Lyons. Pub. at \$19.95 **\$2.95**

★9038779 THE SCIENCE AND TECHNOLOGY OF GROWING YOUNG. By Sergey Young. 269 pages. BenBella. Paperbound. Pub. at \$18.95 **PRICE CUT to \$6.95**

★909167X SPIRITUAL AGING: Weekly Reflections for Embracing Life. By Carol Orsborn. 364 pages. Park Street. Paperbound. Pub. at \$19.99 **PRICE CUT to \$9.95**

★6999336 CONSCIOUS LIVING, CONSCIOUS AGING: Embrace & Savor Your Next Chapter. By Ron Penry. 215 pages. Atria. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**

★2328100 LET'S TALK ABOUT AGING PARENTS: A Real-Life Guide to Solving Problems with 27 Essential Conversations. By Laura Tamblyn Watts. 244 pages. The Experiment. Paperbound. Pub. at \$18.95 **PRICE CUT to \$5.95**

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9114645 DON'T TAKE THE BAIT TO ESCALATE: Conflict is Inevitable, Being a Jerk is Optional. By Jay Payleitner. There are sociologically sound ways to deescalate conflict and win negotiations without acting like a jerk. You can actually emerge from conflicts with a stronger relationship with the person who was your adversary—whether it's on the job, with your neighbor, in your marriage, or in a dark parking lot. 180 pages. Salem Books. Paperbound. Pub. at \$14.99 **\$4.95**



7983786 IMPROVE YOUR HANDWRITING: Write in a Confident and Fluent Hand. By R. Sassoon & G. SE Briem. Helps you to improve your handwriting and find a mature and individual style.

Experiment with the way you write and choose the style that suits you best, enabling you to write quickly and legibly when it really matters.

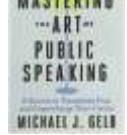
175 pages. Teach Yourself. Paperbound. **\$6.95**



6898882 UNLOCKING SECRETS: How to Get People to Tell You Everything. By David Craig.

Craig has simplified the psychological methods by criminal investigators and covert operatives to persuade others to reveal their secrets. These methods could be used to assist people working with patients, clients, children, or friends who carry a difficult secret. 150 pages. Skyhorse.

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9239065 UNLEARNING SILENCE: How to Speak Your Mind, Unleash Talent, and Live More Fully. By Elaine Lin Hering.

Having a seat at the table doesn't mean that your voice is welcome. Knowing something is wrong doesn't mean it's easy to speak up, and there are incentives for many of us to stay silent. This

paradigm-shifting work looks at the influence of silence and how we can begin to dismantle it.

266 pages. Penguin. Pub. at \$29.00 **\$5.95**

★9269614 HOW TO TALK WITH ANYONE ABOUT ANYTHING: The Practice of Safe Conversations. By H. Hendrix & H.L. Hunt. Offers the keys to unlocking the ability to connect with others in a new and profoundly different way. As more of us hone that ability, we can bring about a societal shift away from our current focus on the "self" and our differences, towards true connection and a celebration of our diversities. 274 pages. Thomas Nelson. Paperbound. Pub. at \$19.99 **\$14.95**

9267514 NO WILL SET YOU FREE. By Michael J. Tougas. "No" can come in many shapes and sizes, yet saying it can be difficult. We may think it's selfish, but this simple word is necessary to thrive in life. This informative work helps you discover and follow your true desires, find more time to invest in those you love, and pursue your real interests. 211 pages. Mango. Pub. at \$24.95 **\$6.95**

9094393 PERMISSION TO SPEAK: How to Change What Power Sounds Like, Starting With You. By Samara Bay. 274 pages. Crown. Pub. at \$28.00 **PRICE CUT to \$3.95**

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Relationships

9236015 LOVEBIRDS AND OTHER WILD SWEETHEARTS. By Liz Temperley.

Lovebirds are so alike that it's hard to tell them apart; they stay together for their whole lives and, if separated, they pine just like humans do. They even sleep with their faces turned towards one another. This shows what the animal kingdom can teach us about romance and love's lasting power. Fully illus. in color. 95 pages. ILEX. Pub. at \$12.99 **\$4.95**

7989555 HOW TO CULTIVATE BELONGING: A Guide to Improving Your Relationship and Connection with Others. By Adele R. Ackert. Your guide to finding a place in the world, by working through what's holding you back and discovering ways to find purpose. With a little guidance, you'll learn how to notice and appreciate the unique traits you have to offer, and share them with the people who make you feel welcome and wanted. 158 pages. Rockridge. Paperbound. Pub. at \$15.99 **\$2.95**

9236864 MATCHMAKER MATCHMAKER: Find Me a Love That Lasts. By Aleeza Ben Shalom. In her perspective-shifting title, the author guides readers through her highly original perspective on dating, revealing the surprising ways in which a person's dating habits directly influence their chances of finding lasting love. 277 pages. Union Square & Co. Pub. at \$28.99 **\$5.95**

9230734 LOVE LIFE: How to Raise Your Standards, Find Your Person, and Live Happily (No Matter What). By Matthew Hussey. Finding love can be hard, and being single can feel even harder. This work provides a practical roadmap for letting go of past relationships, overcoming the fear of getting left behind, and finding the love we not only want, but deserve. 249 pages. Harper. Pub. at \$28.99 **\$6.95**

9235981 LABOR OF LOVE: The Invention of Dating. By Moira Weigel. Since time immemorial, we have been told that "people don't date anymore." Dating is always dying, but this does not mean that love is dead; it always has been tied to work. This title brings over 100 years of history with the contemporary landscape to offer a perspective on how we date the ways we do. 292 pages. FSG. Pub. at \$26.00 **\$4.95**

★9223037 THE KEYS TO A HAPPY AND HEALTHY MARRIAGE. By Joyce Meyer. Along with biblical wisdom, readers will benefit from the practical and personal experience that will help them grow in their marriage. Regardless of what stage of marriage you are in, you can experience hope and courage in God's promises of healing, restoration, and a life full of His goodness! 172 pages. FaithWords. Pub. at \$12.00 **\$8.95**

★7955588 GASLIGHTING: Recognize Manipulative and Emotionally Abusive People—and Break Free. By Stephanie Moulton Sarkis. 261 pages. Hachette. Paperbound. Pub. at \$19.99 **\$13.95**

7983670 TOXIC FRIENDSHIPS: Knowing the Rules and Dealing with the Friends Who Break Them. By S. Degges-White & J.P. Van Tieghem. 265 pages. Rowman & Littlefield. Pub. at \$48.00 **\$4.95**

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4760107 EXPLOSIVE SEX! Step-by-Step Techniques for the Hottest Sex Ever. By Richard Emerson. Includes twenty-three penetrative sex position sequences that lead you step by step to earth shaking climaxes. Not only will you achieve finesse in the bedroom, you will also learn how to shed your inhibitions and discover your sexual "personality." Adults only. Fully illus. in color. 128 pages. Carlton.

Paperbound. Pub. at \$16.95

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9229892 EROTIC MASSAGE FOR COUPLES: Head to Toe Techniques to Arouse and Gratify Your Partner. By Sylvia Patterson. This comprehensive manual is an invitation to discover the secrets of erotic massage for couples. It will teach you step by step how to unleash new sensual pleasures on your partner.

Includes recipes for massage oils. Adults only. 188 pages. Skyhorse. Pub. at \$24.95

\$5.95



903143X SLUTEVER: Dispatches from a Sexually Autonomous Woman in a Post-Shame World. By Karley Scortino. Here *Vogue* columnist Scortino is on a mission to reclaim the word "slut" to represent a person who seek out visceral experiences through sex, and who isn't ashamed of it. Sluts are special, and radical. And sluts are skilled at time management, because they can handle multiple partners and work life balance. 280 pages. Grand

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9235914 FUTURE SEX. By Emily Witt. A funny, fresh, and moving antidote to conventional attitudes about sex and the single woman that explores Internet dating, pornography, polyamory, and avant-garde sexual subcultures as sites of possibility. The results are an open-minded, honest account of the contemporary pursuit of connection and pleasure. 210 pages. FSG. Paperbound. Pub. at \$15.00

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7950977 BEEN THERE, DONE THAT: A Rousing History of Sex. By Rachel Feltman. In this kaleidoscopic compendium of centuries-old erotica, science writer Feltman shows how much sex has changed, and how much it hasn't. With unstoppable curiosity, she debunks myths, breaks down stigma, and uses the long, outlandish history of sex to dissect present-day practices and taboos. 328 pages. Bold Type. Pub. at \$27.00

\$6.95

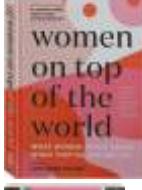


9255966 SEX POT: The Marijuana Lover's Guide to Gettin' It On. By Mamakind. Mamakind deftly helps her readers negotiate those sticky situations in which, with a little help from marijuana, desire and rage collude to make sex an ecstatic event. Illus. in color. 154 pages. Quick

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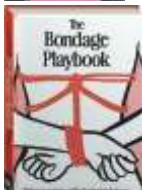
7848684 WOMEN ON TOP OF THE WORLD: What Women Think About When They're Having Sex. Ed. by Lucy-Anne Holmes. Fifty-one women, from all walks of life and from all over the world, reveal their most intimate and private thoughts about sex. This work pushes boundaries and explores female sexuality in new, honest, and exciting ways. Adults only. Well illus. in color. 224 pages. Running Press. Pub. at \$22.00

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7991398 SLOW SEX SECRETS. By Adam Tokunaga. Learn about the plague of "junk sex" and how to avoid it; the essential role of time; the building of sexual *ki* or energy; and the Adam Touch, the amazing technique that drives women wild. Adults only. Illus. 155 pages. Vertical. Paperbound. Pub. at \$13.95

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★9186328 THE BONDAGE PLAYBOOK: 31 Must-Know Knots and Ties for Bondage Beginners. Fun and instructive, this guide features clear guidance, inclusive language, and steamy illustrations, plus helpful information on communication, safety, and aftercare so you can break out the ropes with confidence. Perfect for your next date night, anniversary, or weekend away. Adults only. 127 pages. Fair Winds. Pub. at \$16.99

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★9198512 COWBOY KAMA SUTRA: 64 Sex Positions for You and Your Pardner. Illus. by Heidi Peel. Sixty-four ideas for when nights on the ranch get raunchy! Enjoy wild and creative positions like The Bullrider's Revenge, Churning the Butter, The Open Barn Door, The Cowboy Two-Step, and more! Adults only. Fully illus. in color. 143 pages. Fair Winds. Pub. at \$16.99

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9283501 DRAWN TO SEX: The Basics. By E. Moen & M. Nolan. Explores the practical side of sex, from the basics of what defines sex, to barriers and testing, masturbation, and the ins and outs of having sex with other people. Adults only. Fully illus. in color. 160 pages. Limerence. Paperbound. Pub. at \$19.99

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★4991281 DIY: The Wonderfully Weird History and Science of Masturbation. By Eric Sprinkle. Reveals the untold story of crusaders on a long campaign to suppress masturbation and the sex educators fighting back with science. Introduces readers to a colorful cast of characters, and this work will challenge what you think you know about the very human need for self-pleasure. 240 pages. Union Square & Co. Paperbound. Pub. at \$17.99

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★9252266 QUICKIES: One Hundred Little Lessons for Living Sexily Ever After in Midlife. By Heather Bartos. A bold manifesto to reclaim your desires, reignite intimacy, and celebrate the sacred power of midlife sexuality—unapologetically. Packed with 100 empowering, bite-sized lessons, this volume challenges outdated notions about aging and intimacy. 375 pages. Empress Editions. Paperbound. Pub. at \$17.99

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★5392543 JUICE: A History of Female Ejaculation. By Stephanie Haerdle. For over 2000 years, vulval sex fluids were understood to be a natural part of female pleasure, only to become disputed or categorically erased in the twentieth century. Restores female gushes to their rightful place in our collective understanding so that they can once again be recognized, named, and experienced. Adults only. 219 pages. MIT Press. Paperbound. Pub. at \$19.95

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9267522 OVER 100 TRULY ASTONISHING SEX TIPS. Ed. by Lisa Sussman. With over 100 tips which range from naughty and kinky to romantic and passionate, the fabulous guide will tell you what you need to know to keep your sex life sizzling forever. Adults only. 144 pages. Carlton. Pub. at \$9.95

\$5.95

77169X SATISFACTION GUARANTEED: 350 Best Sex Tips Ever. By Lisa Sussman. A frank, practical, and humorous guide for the woman who demands concise and insightful advice about her sex life. This manual will tell you everything you need to keep sex sizzling. Whether you're interested in a marathon session or a spontaneous quickie, get ready for an action packed ride. Adults only. Well illus. in color. Carlton. Pub. at \$16.95

\$4.95

927510X THE SCIENCE OF SEX: Every Question About Your Sex Life Answered. By Kate Moyle. Dispelling the myth that everyone else is having "perfect sex" or even that there is such a thing, this groundbreaking and inclusive work answers burning questions, explores taboos, and takes shame out of the equation. Adults only. Illus. 256 pages. Dorling Kindersley. Pub. at \$25.00

\$9.95

9230254 PLEASURE FROM THE MISTER: Sex Secrets for Unbridled Passion Inspired by the Bestselling Novel. By Marisa Bennett. This playful guide will ease readers into the hot, naughty, and irresistible methods of giving your love sessions a lesson. Crack a whip, test your knot knowledge, tease with feather ticklers, and make your move with sex secrets for the quick, the lengthy, and the electric ways to love. Adults only. Photos. 159 pages. Racehorse. Pub. at \$14.99

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9216774 EVERY BELIEVER'S THOUGHT LIFE: Defeating Destructive Mental Patterns to Gain Victory Over Temptation. By S. Arterburn & M.N. Brotherton. How can you live a life of integrity in the midst of a sexual onslaught? This work helps all Christians—men and women alike—understand how to live a life of sexual integrity by taking every thought captive. 198 pages. Salem Books. Pub. at \$26.99

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9238352 ANATOMY OF DESIRE: Five Secrets to Create Connection and Cultivate Passion. By Emily Jamea. Combining over fifteen years of clinical experience with groundbreaking research into the science of flow, this study delivers a fresh perspective on the untapped potential of our sex lives, intimate partner connections, and personal wellbeing. 291 pages. Flatiron. Pub. at \$28.99

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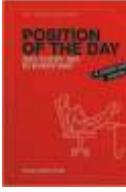
Sexuality & Sexual Expression

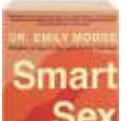
9235442 FEEL IT ALL: A Therapist's Guide to Reimagining Your Relationship with Sex. By Casey Tanner. A groundbreaking guide to sexuality that dispels the stale cultural attitudes about sex that leave many people feeling inadequate, and offers an expansive, attachment-based framework to free us and develop bolder, more satisfying relationships with our sexual selves. 235 pages. Harper. Pub. at \$30.00 **\$5.95**

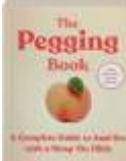
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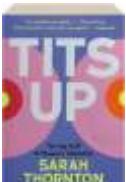
possibility with programs like *Secrets of Sensational Sex*; *What Women Really Want*; *Sex Play*; *Sexual Positions*; *Better Orgasms for Men*; *Better Orgasms for Women*; and more. "The ultimate sex and relationship guide"—*Cosmopolitan*. Eleven hours on 10 DVDs. Adults only. True Mind. Pub. at \$69.95 **\$49.95**

 **★9269509 POSITION OF THE DAY, REVISED EDITION: Sex Every Day in Every Way.** This revised and updated version of the wildly popular go-to resource for all things fun and sexy includes 366 sex positions: one for every day of the year, plus something special for leap year. Fully illus. Chronicle. Paperbound. Pub. at \$14.95 **\$11.95**

 **★9281711 PLEASURE: The Keys to Female Sensual Delights.** By Betony Vernon. Deep sexual satisfaction means a happier mind and body. This intimate bedroom companion invites women to get to know their own body, unlock its full potential, and find the key to truly satisfying sexual pleasure. 175 pages. Rizzoli. Pub. at \$19.95 **\$14.95**

 **★9120858 SMART SEX: How to Boost Your Sex IQ and Own Your Pleasure.** By Emily Morse. Drawing from science, research, and lived experience, and written in a voice that's entertaining and inclusive, this work will help you radically improve your sex life, your confidence, and your relationships, including your relationship with yourself. Illus. 299 pages. Park Row. Paperbound. Pub. at \$21.99 **\$14.95**

 **★7826877 THE PEGGING BOOK: A Complete Guide to Anal Sex with a Strap-on Dildo.** By C.S. Beckett & L. Miller. Tackles all you've ever wanted to know about pegging. How do we do it? What are the right tools for the job? The authors answer questions and also talk about your safety, male anatomy, and the healthy benefits of being pegged. Adults only. Illus. 193 pages. Thorapple. Paperbound. Pub. at \$19.95 **\$15.95**

 **★9193421 TITS UP: The Top Half of Women's Liberation.** By Sarah Thornton. Quick-witted and thought-provoking, this innovative investigation captures the spirit of this phrase in its excavation of the diverse truths of breasts, examining how women's chests are a locus for debates about gender, beauty, decency, and freedom. Illus. 321 pages. Norton. Paperbound. Pub. at \$19.99 **\$14.95**

★9124721 THE MODERN GUIDE TO SEX. By Georgia Grace. The ultimate handbook for experiencing full-body pleasure, sexual confidence and fulfilling relationships. Includes a ribbon bookmark. Illus. in color. 271 pages. Harper. Pub. at \$29.99 **\$17.95**

 **9037683 A QUICK & EASY GUIDE TO CONSENT.** By Isabella Rotman. A quick, easy, and important educational comic guide to giving and receiving consent in sex, relationships, and other physical contact. Fully illus. 77 pages. Limerence. Paperbound. Pub. at \$7.99 **PRICE CUT to \$1.95**

9184007 LOVE: The 'Kama Sutra' Erotic Technique. By Vatsayana. In the quest for understanding and mystery of love between a man and woman, Vatsayana is the supreme guide. Presents his stimulating insights clearly and eloquently. Adults only. 95 pages. Profile. Paperbound. **PRICE CUT to \$3.95**



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9091866 BLOW HIM AWAY: How to Give Him Mind-Blowing Oral Sex. By Marcy Michaels with M. DeSalle. Adults only. Illus. 154 pages. Harmony. Paperbound. Pub. at \$11.99 **\$4.95**

DVD 9004599 THE LOVERS' GUIDE 3D: Igniting Desire. Adults only. Alive Mind. Pub. at \$24.95 **\$9.95**

★9186336 KAMA SUTRA NIGHTS: 64 Classic Sexual Positions for Couples of All Kinds. Adults only. 143 pages. Fair Winds. Pub. at \$16.99 **\$12.95**

★8576238 BUTT SERIOUSLY: The Definitive Guide to Anal Health, Pleasure, and Everything in Between. By Evan Goldstein. Adults only. 319 pages. Balance. Paperbound. Pub. at \$21.99 **\$16.95**

★7991770 THE SENSUOUS WOMAN. By J. 192 pages. Dell. Paperbound. Pub. at \$7.99 **\$5.95**

★496800X A VISUAL HISTORY OF MASTURBATION. By Richard Battenberg. Adults only. 256 pages. Goliath. Pub. at \$48.99 **\$29.95**

★3992055 A VISUAL HISTORY OF ORAL PLEASURE. By Richard Battenberg. Adults only. 256 pages. Goliath. Pub. at \$54.99 **\$35.95**

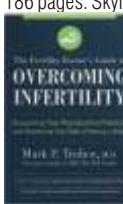
★5328799 TANTRIC PATHWAYS TO SUPERNATURAL SEX: A Groundbreaking Look at the Chemistry of Sexual Electricity. By S. Pokras & J. TallTrees. Adults only. Illus. 263 pages. Llewellyn. Paperbound. Pub. at \$21.99 **\$16.95**

★9127526 COME TOGETHER: The Science (and Art!) of Creating Lasting Sexual Connections. By Emily Nagoski. 344 pages. Ballantine. Paperbound. Pub. at \$20.00 **PRICE CUT to \$9.95**

Pregnancy, Childbirth & Parenting



9230017 HOW TO PREPARE FOR HOME BIRTH: The Joy of Having Babies at Home for Health and Well-Being. By Shantel Silbernagel. With an exciting collection of personal narratives, this informative work sheds light on the varied, fascinating experiences of women choosing home birth. Anyone remotely interested in home birth will want to pull up a chair and witness one of the most intimate moments in each family's life. 186 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$5.95**



9235450 THE FERTILITY DOCTOR'S GUIDE TO OVERCOMING INFERTILITY. By Mark P. Trolice. Readers will give themselves the best possible odds for getting pregnant and having a baby with this concise, expert, and encouraging companion. This work provides ample grounds for optimism and hope, empowering readers as they take this journey. 216 pages. Harvard Common. Paperbound. Pub. at \$24.99 **\$5.95**

★9198458 THE #1 DAD BOOK: Be the Best Dad You Can Be in 1 Hour! By James Patterson. The ideas in this short, accessible book will inspire you to become a better dad, no matter your age or the ages of your children. 177 pages. Little, Brown. Pub. at \$25.00 **PRICE CUT to \$13.95**

9063099 YOU KNOW YOU'VE BEEN A STAY-AT-HOME MOM TOO LONG WHEN. By J. Haas & S. Pessin, illus. by A. Abrams. Fully illus. 113 pages. Quixote. Paperbound. Pub. at \$7.95 **PRICE CUT to \$1.95**

★8891257 THE BEST GRANDFATHER NAMES EVER: Choose Your Perfect Grandpa Name, from Papa to Nonno and Beyond! By Cathy Livingstone. Illus. 103 pages. Sourcebooks. Paperbound. Pub. at \$12.99 **PRICE CUT to \$3.95**

Women's Health & Self-Help

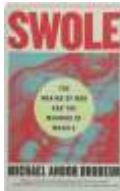


923327X IT AIN'T OVER TILL IT'S OVER: Reinventing Your Life and Realizing Your Dreams Anytime, at Any Age. By Marlo Thomas. Anyone who has ever tried to make a big life change knows it can be complicated and frightening, especially when feeling stuck. But how do you get up the nerve to leap? This title introduces 60 amazing women who proved that it's never too late to pull yourself out of a hole or to live out a dream. 375 pages. Atria. Paperbound. Pub. at \$24.99 **\$5.95**

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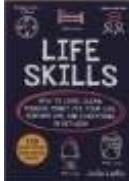
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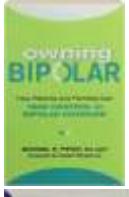
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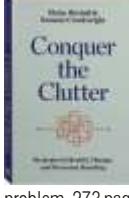


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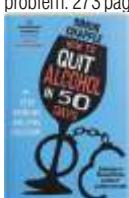
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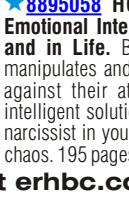
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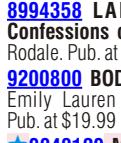
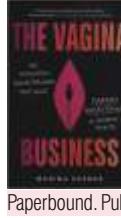
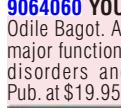
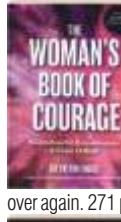
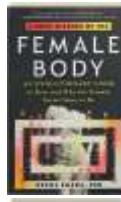
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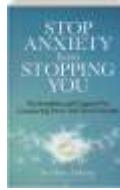
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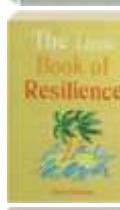
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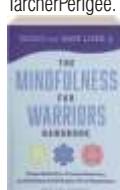
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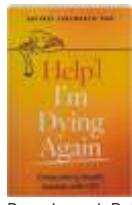
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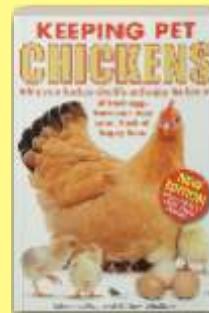
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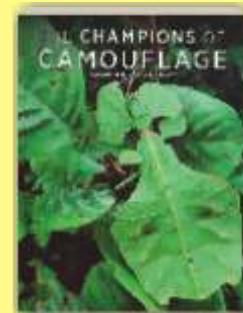


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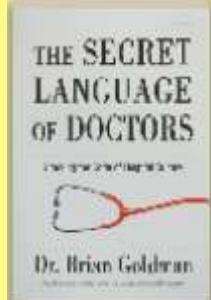
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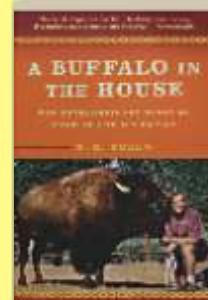
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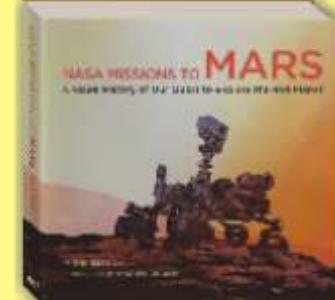
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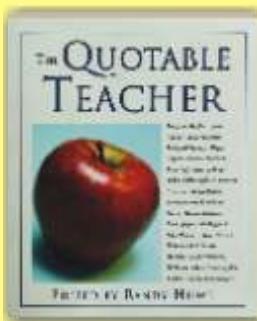
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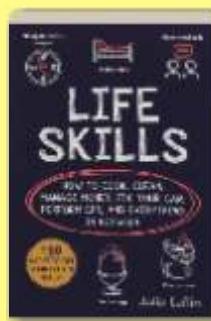
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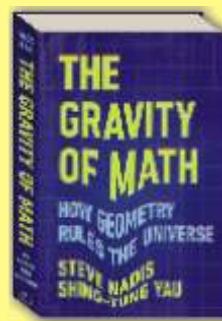
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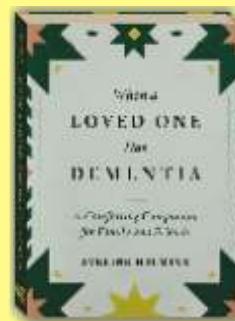
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