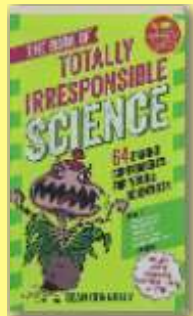


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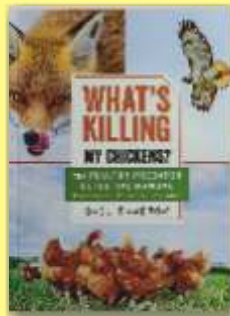
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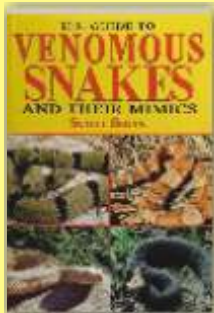
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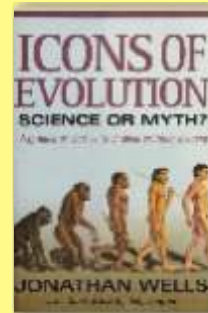
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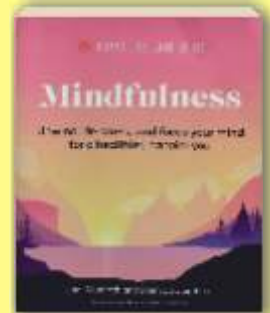
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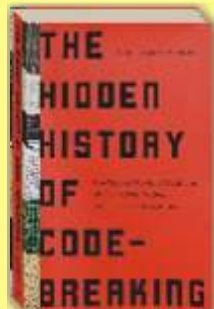
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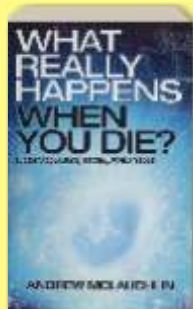
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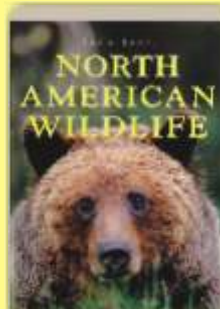
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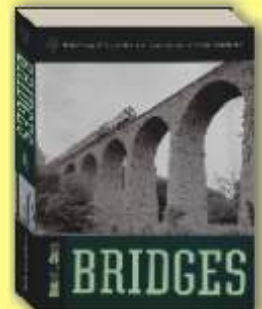
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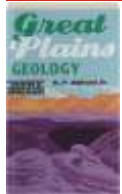
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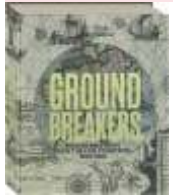
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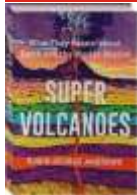


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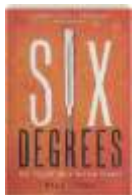


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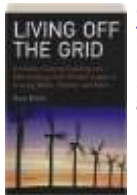
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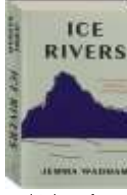
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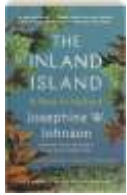
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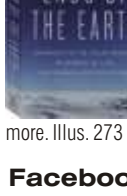
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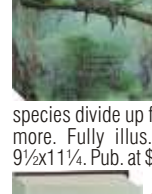
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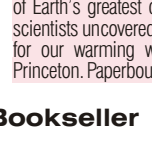
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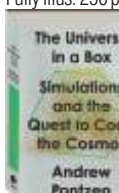
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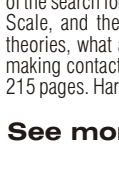
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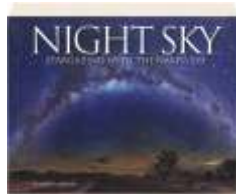


★9068651 EXTRA-TERRESTRIALS: A History of Alien Activity from First Sightings to 21st-Century Encounters. By Rupert Matthews. Matthews assesses the growing threat of alien reconnaissance on Earth. From the earliest recorded sightings to the most recent encounters and abductions, this work sifts through the evidence and asks the crucial questions: have aliens really visited Earth? Why do they come? Fully illus. 256 pages. Sirius. Paperbound. Pub. at \$12.99 **\$9.95**

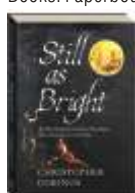


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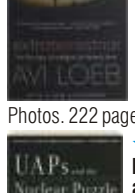
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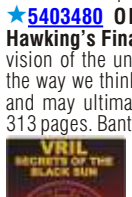
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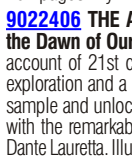
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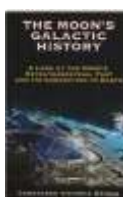
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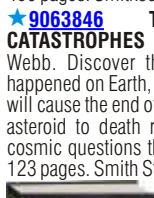
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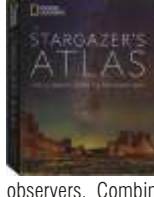
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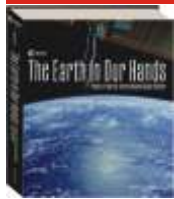


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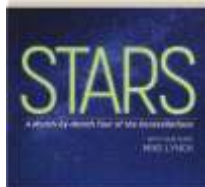
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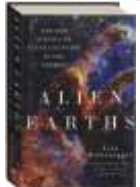
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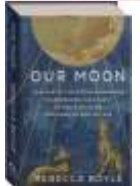
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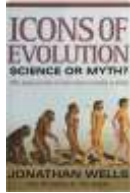
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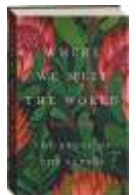
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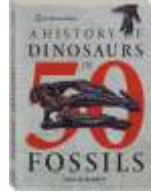
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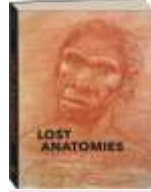
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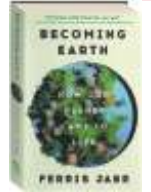
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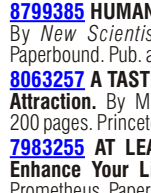
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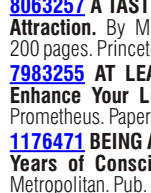
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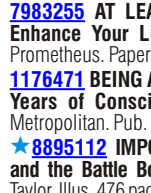
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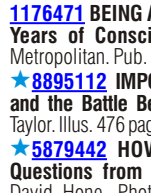
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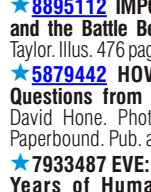
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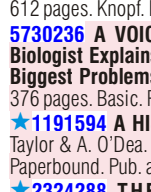
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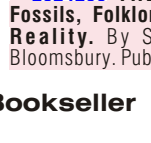
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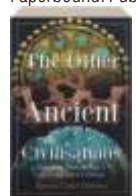
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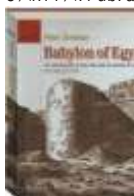
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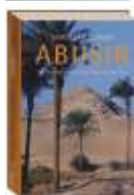
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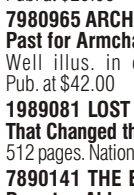
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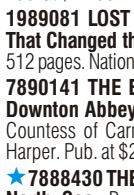
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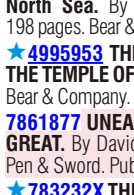
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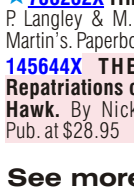
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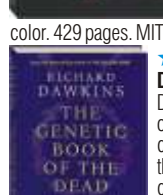
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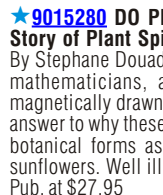
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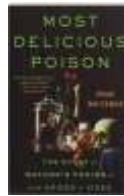


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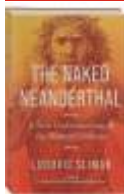
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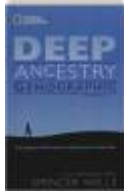
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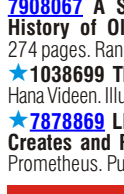
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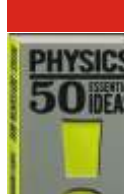
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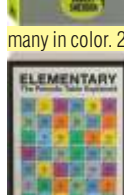
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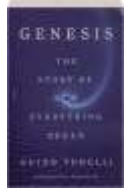
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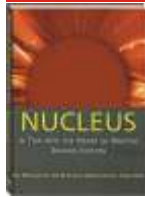


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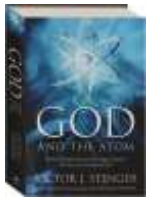
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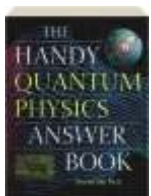
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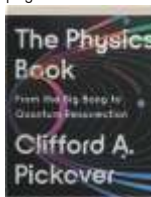
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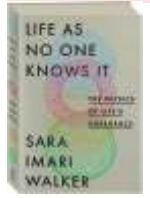


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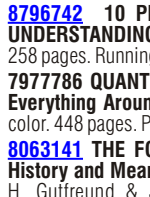
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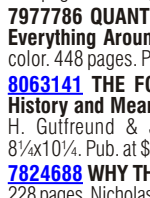
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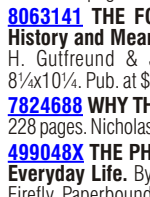
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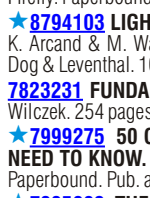
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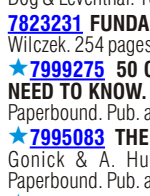
7977786 QUANTUM FUZZ: The Strange True Makeup of Everything Around Us. By Michael S. Walker. Illus. some in color. 448 pages. Prometheus. Pub. **SOLD OUT**



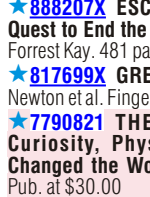
8063141 THE FORMATIVE YEARS OF RELATIVITY: The History and Meaning of Einstein's Princeton Lectures. By H. Gutfreund & J. Renn. Photos. 415 pages. Princeton. 8 1/4 x 10 1/4. Pub. at \$35.00 **\$7.95**



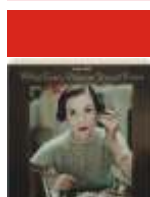
7824688 WHY THE UNIVERSE EXISTS. By New Scientist. Illus. 228 pages. Nicholas Brealey. Paperbound. Pub. at \$18.95 **\$6.95**



499048X THE PHYSICS BEHIND: Discover the Physics of Everyday Life. By Russ Swan. Well illus. in color. 192 pages. Firefly. Paperbound. Pub. at \$24.95 **\$5.95**



★8794103 LIGHT: The Visible Spectrum and Beyond. By K. Arcand & M. Watzke. Fully illus. in color. 208 pages. Black Dog & Leventhal. 10 x 10. Paperbound. Pub. at \$22.95 **\$17.95**



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★7999275 50 QUANTUM PHYSICS IDEAS YOU REALLY NEED TO KNOW. By Joanne Baker. Illus. 208 pages. Quercus. Paperbound. Pub. at \$12.99 **\$9.95**



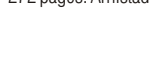
★7995083 THE CARTOON GUIDE TO PHYSICS. By L. Gonick & A. Huffman. Fully illus. 212 pages. Morrow. Paperbound. Pub. at \$21.99 **\$16.95**



★888207X ESCAPE FROM SHADOW PHYSICS: The Quest to End the Dark Ages of Quantum Theory. By Adam Forrest Kay. 481 pages. Basic. Pub. at \$35.00 **\$26.95**



★817699X GREATEST SCIENTIFIC MINDS. By Isaac Newton et al. Fingerprint. Paperbound. Pub. at \$24.99 **\$19.95**



★7790821 THE MATTER OF EVERYTHING: How Curiosity, Physics and Improbable Experiments Changed the World. By Suzie Sheehy. 314 pages. Knopf. Pub. at \$30.00 **PRICE CUT to \$5.95**

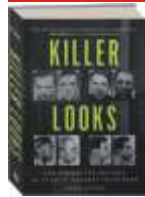
Social Science

9113819 WHAT EVERY WOMAN SHOULD KNOW: Lifestyle Lessons from the 1950s. This undiluted primary source gives a fascinating insight into the lives of women during the Baby Boom era, how they worked and played, how their attitudes were shaped, how they viewed the world and were in turn perceived. Fully illus., some in color. Atlantic. Paperbound. **\$5.95**

9095950 THINKING MACHINES: The Quest for Artificial Intelligence and Where It's Taking Us Next. By Luke Dormehl. Takes the reader through the history of AI and reveals the role it plays in our everyday lives. Dormehl offers a glimpse of the incredible future that's much closer than many would imagine and invites you to marvel at what now seems commonplace and to re-imagine what it means to be human in the face of accelerating machine intelligence. 275 pages. Penguin. Paperbound. Pub. at \$16.00 **\$5.95**

9080856 OPEN SEASON: Legalized Genocide of Colored People. By Ben Crump. Whether with a bullet or a lengthy prison sentence, America is killing Black people and justifying it legally. While some deaths make headlines, most are personal tragedies suffered within families and communities. Explore a call to action for Americans to protect the rights of its citizens equally and without question. 272 pages. Amistad. Paperbound. Pub. at \$18.99 **\$5.95**

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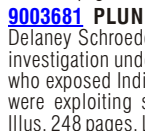
9107142 KILLER LOOKS: The Forgotten History of Plastic Surgery in Prisons. By Zara Stone. The story of the long-forgotten practice of providing free nose jobs, face-lifts, breast implants, and other physical alterations to prisoners. Stone draws on the intersectionality of socioeconomic success, racial bias, the prison industry complex and the fallacy of attractiveness to uncover the deeper truths. Well illus. 344 pages. Prometheus. Pub. at \$29.95 **\$5.95**



9018719 BILLY'S STORY. By Louise Allen. The author has trouble on her hands from the moment that five year old Billy enters her home. He is one of more than 20 children taken into care from a single family, and erupts into her household with an alarming volatility. It is only as Billy's harrowing past is revealed that she begins to grasp the level of abuse suffered. 295 pages. Welbeck. Paperbound. Pub. at \$15.95 **\$5.95**



9081194 CONDOM NATION: The U.S. Government's Sex Education Campaign from World War I to the Internet. By Alexandra M. Lord. Explores the U.S. Public Health Service's efforts to educate Americans about sex and makes clear why federally funded sex education has been haphazard, ad hoc, and often ineffectual. This compelling history of the agency's involvement in sex education provides new insights into one of the most contested subjects in America. Illus. 224 pages. Johns Hopkins. Pub. at \$47.00 **\$6.95**



9003681 PLUNDER OF THE ANCIENTS. By Lucinda Delaney Schroeder. Offers a rare look inside the undercover investigation undertaken by special agent Lucinda Schroeder who exposed Indian Art thieves and dealers in Santa Fe who were exploiting sacred artifacts for huge sums of money. Illus. 248 pages. Lyons. Pub. at \$22.95 **\$4.95**



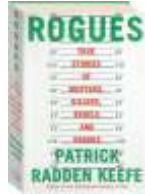
8887454 GHOSTS OF THE ORPHANAGE: A Story of Mysterious Deaths, a Conspiracy of Silence, and a Search for Justice. By Christine Kenneally. The shocking secret history of orphanages that hid violence, abuse, and death within their walls for decades. For ten years, Kenneally has been on a quest to uncover the harrowing truth. The incredible true-crime story and a reckoning with the past that has stayed buried for too long, with tragic consequences. 367 pages. PublicAffairs. Pub. at \$30.00 **\$7.95**



9054839 IRREVERSIBLE DAMAGE: The Transgender Craze Seducing Our Daughters. By Abigail Shrier. Digging deep into the trans epidemic, Shrier offers urgently needed advice about how parents can protect a generation of girls at risk. This essential account will help you understand what the trans craze is and how you can inoculate your child against it—or how to retrieve her from this dangerous path. 264 pages. Regnery. Pub. at \$28.99 **\$6.95**



8098034 THE WORKING POOR: Invisible in America. By David K. Shipler. Presents a searing intimate portrait of working American families struggling against insurmountable odds to escape poverty. Exposes the interlocking problems by taking us into the lives of the poor: White and Black, Asian and Latino, citizens and immigrants. 329 pages. Vintage. Paperbound. Pub. at \$19.95 **\$5.95**



9073124 ROGUES: True Stories of Grifters, Killers, Rebels and Crooks. By Patrick Radden Keefe. Collects twelve enthralling stories of skulduggery and intrigue by one of the most decorated journalists of our time. His work forms an always enthralling but deeply human portrait of criminals and rascals, as well as those who stand up against them. 348 pages. Doubleday. Pub. at \$30.00 **\$6.95**



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8169721 THE NEXT CIVIL WAR: Dispatches from the American Future. By Stephen Marche. Relevant and revelatory, Marche plainly breaks down the looming threats to America for anyone concerned about the future of its people, its land, and its government. Illus. 238 pages. Avid Reader. Paperbound. Pub. at \$17.99 **\$5.95**



7865945 THE DELUSIONS OF CROWDS: Why People Go Mad in Groups. By William J. Bernstein. As revealing about human nature as they are historically significant, Bernstein's chronicles reveal the huge cost and alarming implications of mass mania. He observes that if we can absorb the history and biology of mass delusion, we can recognize it more readily, and avoid its often dire consequences. 482 pages. Grove. Pub. at \$35.00 **\$7.95**



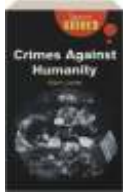
9012311 IGNORANCE: Everything You Need to Know About Not Knowing. By Robert Graef. A valuable tool in troubled times, providing an entertaining map of human ignorance and the threat it poses. Graef sums up the many fields of study where ignorance can undermine our understanding, while showing how an awareness of ignorance can lead to exploration and the discovery of new knowledge. 351 pages. Prometheus. Paperbound. Pub. at \$18.00 **\$4.95**



9045856 WOMEN & WAR IN ANTIQUITY. Ed. by J. Fabre-Serris & A. Keith. The sixteen scholarly essays reexamine classical sources to uncover the complex but unexplored relationship between women and war in ancient Greece and Rome. They reveal that women played a much more active role in battle than previously assumed. Illus. 341 pages. Johns Hopkins. Pub. at \$55.00 **\$5.95**



8892504 ANALOGIA: The Emergence of Technology Beyond Programmable Control. By George Dyson. Presents a startling look back at the analog age and life before the digital revolution and an unsettling vision of what comes next. Dyson brings the story full circle, starting with the Russian American expedition of 1741 and ending with the beyond-digital revolution that will complete the transformation of the world. 32 pages of photos. 291 pages. FSG. Paperbound. Pub. at \$18.00 **\$5.95**



9113517 CRIMES AGAINST HUMANITY: A Beginner's Guide. By Adam Jones. How can we stop the world's worst atrocities? In this powerfully compelling examination, Jones outlines the history and current extent of key crimes against humanity and highlights the efforts of popular movements to suppress them. Essential reading for anyone interested in the well-being of humanity and its future. Photos. 176 pages. Oneworld. Paperbound. Pub. at \$14.95 **\$5.95**



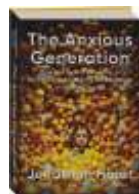
LIMITED QUANTITY 9081143 ABANDONED CHILDREN OF THE ITALIAN RENAISSANCE: Orphan Care in Florence and Bologna. By Nicholas Terpstra. Terpstra demonstrates how gender and class shaped individual orphanages in Florence and Bologna's network and how politics, charity, and economics intertwined in the development of the early modern state during late Italian Renaissance. Illus. 349 pages. Johns Hopkins. Pub. at \$56.00 **\$5.95**



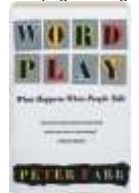
★8478813 LITTLE GIRL LOST. By Casey Watson. Six year old Amelie lives with her bipolar mother, Kelly. After Kelly attempts to burn down their home, it becomes clear that her daughter is in grave danger. When she arrives at the home of foster carer Watson, Amelie acts much younger than her age. 280 pages. Harper. Paperbound. Pub. at \$12.99 **\$9.95**



906642X WHAT'S WRONG? Personal Histories of Chronic Pain and Bad Medicine. By Erin Williams. An exploration of how the American health-care system fails us. Examines the consequences of living with interconnected illnesses and conditions like immunodeficiency, cancer, alcoholism, PTSD, and more. Explores the ways in which those receiving medical care are often overlooked, unseen, and doubted by the very clinicians who are supposed to heal them. Fully illus. in color. 249 pages. Abrams. Pub. at \$29.99 **\$5.95**



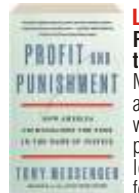
★5368731 THE ANXIOUS GENERATION: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness. By Jonathan Haidt. Lays out the facts about the epidemic of teen mental illness that hit many countries at the same time. Haidt traces the problem to the rise of the "phone-based childhood" starting in the 2010s, and issues a call to action against this public health crisis. 385 pages. Penguin. Pub. at \$30.00 **\$21.95**



7931166 WORD PLAY: What Happens When People Talk. By Peter Farb. Examines the game of language: its players, strategies, and hidden rules. Drawing on the most fascinating linguistic studies and touching on everything from the Marx Brothers to linguistic sexism. 366 pages. Vintage. Paperbound. Pub. at \$16.95 **\$6.95**



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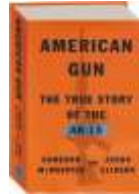
LIMITED QUANTITY 9070303 PROFIT AND PUNISHMENT: How America Criminalizes the Poor in the Name of Justice. By Tony Messenger. Documents how poor Americans are convicted of minor crimes and then saddled with exorbitant fines and fees. These insidious penalties are used to raise money for broken local and state budgets, often overseen by for-profit companies, and is one of the central issues of the criminal justice reform movement. 244 pages. St. Martin's. Paperbound. Pub. at \$20.00 **SOLD OUT**



★6262376 TITS UP: What Sex Workers, Milk Bankers, Plastic Surgeons, Bra Designers, and Witches Tell Us About Breasts. By Sarah Thornton. Thornton draws insights from plastic surgeons, lactation consultants, body-positive witches, lingerie models, and "free the nipple" activists to explore the status of breasts as emblems of femininity. Well illus. 321 pages. Norton. Pub. at \$28.99 **\$21.95**



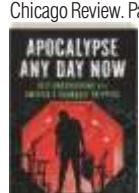
8794707 WOMB: The Inside Story of Where We All Began. By Leah Hazard. A clear-eyed and inclusive examination of the cultural prejudices and assumptions that have made the uterus so poorly understood for centuries. This work takes a fresh look at an organ that brings us pain and pleasure—a small part of our bodies that has a larger impact than we ever thought possible. 316 pages. Ecco. Pub. at \$29.99 **\$6.95**



5722640 AMERICAN GUN: The True Story of the AR-15. By C. McWhirter & Z. Elinson. Explore American gun culture, revealing the broad appeal of the AR-15, the awful havoc it wreaks, and the politics of trying to protect everyday people from mass shootings. The result is a moral history of contemporary America's love affair with technology, freedom, profit, and weaponry. Photos. 473 pages. FSG. Pub. at \$32.00 **\$7.95**



8092028 HEROES IN THE NIGHT: Inside the Real Life Superhero Movement. By Tea Kruos. Traces Kruos's journey into the strange subculture of real Life Superheroes, random citizens who have adopted comic book style personas and hit the streets to fight injustice. Some concentrate on humanitarian or activist activities, while others actively patrol their neighborhoods looking for crime to fight. Photos, some in color. 276 pages. Chicago Review. Paperbound. Pub. at \$16.95 **\$5.95**



7999933 APOCALYPSE ANY DAY NOW: Deep Underground with America's Doomsday Preppers. By Tea Kruos. A journalist travels the country to try to puzzle out America's obsession with the end of days. Along the way, he meets doomsday preppers as well as religious prognosticators and climate scientists. Frightening and funny, the ideas Kruos explores range from ridiculously outlandish to alarmingly near and present dangers. Illus., some in color. 236 pages. Chicago Review. Paperbound. Pub. at \$16.99 **\$5.95**



Social Science



9076190 EXCLUDED: How Snob Zoning, Nimbysism, and Class Bias Build the Walls We Don't See. By Richard D. Kahlenberg. An indictment of America's housing policy that reveals the social engineering underlying our segregation by economic class, the social and political fallout that result, and what we can do about it. 338 pages. PublicAffairs. Pub. at \$30.00 **\$6.95**



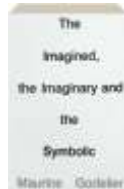
9066454 WORK: A Deep History. From the Stone Age to the Age of Robots. By James Suzman. Work defines who we are. But are we hardwired to work as hard as we do? The author charts a grand history of work, from the origins of life on Earth to the increasingly automated present, and concludes that for most of human history, our ancestors thought about work very differently than we do today. 444 pages. Penguin. Paperbound. Pub. at \$18.00 **SOLD OUT**



★9124837 TECHNOLOGICAL SLAVERY, VOLUME ONE. By Theodore John Kaczynski. Kaczynski argues that: the unfolding human and environmental crises are the direct, inevitable result of technology itself; many of the stresses endured in contemporary life are not normal to the human condition, but unique to technological conditions; wilderness and human life close to nature are realistic and supreme ideals; and more. 371 pages. Fitch & Madison. Paperbound. Pub. at \$24.95 **\$19.95**



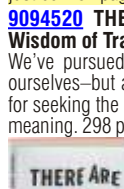
9106472 iGEN. By Jean M. Twenge. Offers a portrait of a new generation growing up more slowly, but also more socially tolerant and safe, than any generation in history. Through her deep analysis of data, Dr. Twenge identifies iGen's surprising attitudes toward religion, sexuality, and politics as well as their unprecedented levels of anxiety and loneliness. 342 pages. Atria. Paperbound. Pub. at \$20.00 **\$5.95**



9095500 THE IMAGINED, THE IMAGINARY AND THE SYMBOLIC. By Maurice Godelier. Godelier's work goes to the strategic heart of the social sciences, for to examine the nature and role of the imaginary and the symbolic is also to attempt to account for the basic components of all societies and ultimately of human existence. And these aspects in turn shape our social and personal identity. 156 pages. Verso. Paperbound. Pub. at \$29.95 **\$7.95**



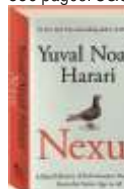
9035303 THE EMERGENCY: A Year of Healing and Heartbreak in a Chicago ER. By Thomas Fisher. Not only the story of a dramatic year in the life of a Chicago ER but the primer in health care that we all need. Full of heartbreaking stories, compelling personal narrative, and penetrating analysis, this is a mind-opening work that offers a fresh vision of health care as a foundation of social justice. 254 pages. One World. Pub. at \$15.00 **SOLD OUT**



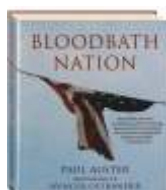
9094520 THE UNBROKEN THREAD: Discovering the Wisdom of Tradition in an Age of Chaos. By Sohrab Ahmari. We've pursued and achieved the modern dream of defining ourselves—but at what cost? Ahmari makes a compelling case for seeking the inherited traditions and ideals that give our lives meaning. 298 pages. Convergent. Pub. at \$27.00 **\$6.95**



4991575 THERE ARE NO ACCIDENTS: The Deadly Rise of Injury and Disaster—Who Profits and Who Pays the Price. By Jessie Singer. Recounts the surprising history of accidents and reveals how they've come to define all that's wrong with America. Singer argues that there are no such things as accidents. He uncovers just how the term "accident" itself protects those in power and leaves the most vulnerable people in harm's way. 336 pages. S&S. Pub. at \$27.99 **\$5.95**



★9071237 NEXUS: A Brief History of Information Networks from the Stone Age to AI. By Yuval Noah Harari. Looks through human history to consider how the flow of information has shaped us, and our world. Taking us from the Stone Age, through the resurgence of populism today, Harari asks us to consider the complex relationship between information and truth, bureaucracy and mythology, wisdom and power. 492 pages. Random. Pub. at \$35.00 **\$26.95**



9012567 BLOODBATH NATION. By Paul Auster, photos by S. Ostrander. Traces centuries of America's use and abuse of guns, from the violent displacement of the native population to the forced enslavement of millions, to the bitter divide between embattled gun control and anti-gun control camps that has developed over the past 50 years and the mass shootings that dominate the news today. Fully illus. 190 pages. Grove. 8½x10. Pub. at \$40.00 **\$9.95**



544473X MIGRATIONS: A History of Where We All Come From. By John Farnon et al. Tells the story of human movement throughout history, and tracks its lasting influence on cultures and societies around the globe. Combining striking images with sensitive narrative and intimate first hand accounts, it reveals where our ancestors came from and the ways they shaped the place we call home. Fully illus. some in color. 288 pages. Dorling Kindersley. 9½x11¼. Pub. at \$40.00 **\$16.95**

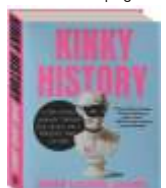


9117377 DESIGN FOR A BETTER WORLD: Meaningful, Sustainable, Humanity Centered. By Don Norman. Presents an eye-opening diagnosis of where we've gone wrong and a clear prescription for making things better. Emphasize quality of life, not monetary rewards; restructure how we live to better protect the environment; and focus on all of humanity. 364 pages. MIT Press. Pub. at \$29.95 **\$9.95**

9026118 NINE PARTS OF DESIRE: The Hidden World of Islamic Women. By Geraldine Brooks. An analysis of how Islam, the world's fastest growing religion, has misused its holiest texts to justify repression of women, and how male pride and power have warped the original message of the once-liberating faith. 260 pages. Anchor. Paperbound. Pub. at \$15.95 **\$5.95**



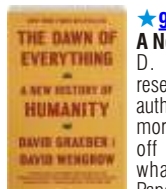
★9064206 GLAMOUR: An Extraordinary History—85 Years of Women Breaking Boundaries. By Natasha Pearlman et al. Chronicled visually and narratively through historic and modern day *Glamour* covers, stunning photographs, editorial features, and never before seen correspondence, this extraordinary volume charts the evolution of the magazine from its inception just months before World War II to today, as an unparalleled testament to trailblazing women. 335 pages. Abrams. 9½x11¼. **\$42.95**



★8888450 KINKY HISTORY: A Rollicking Journey Through Our Sexual Past, Present, and Future. By Esme Louise & Susan James. A provocative journey through human sexual history, packed with fun factoids and forgotten stories. Identifies the key tipping points that directly inform current beliefs around sex to place the past in conversation with the present. Adults only. 294 pages. TarcherPerigee. Pub. at \$30.00 **\$21.95**



★8095744 DEVIL'S CONTRACT: The History of the Faustian Bargain. By Ed Simon. Takes us on a historical tour of the Faustian bargain, from the Bible to blues, and illustrates how the impulse to sacrifice our principles in exchange for power is present in all kinds of social ills, from colonialism to nuclear warfare, from social media to climate change to AI, and beyond. 303 pages. Melville House. Pub. at \$28.99 **\$21.95**



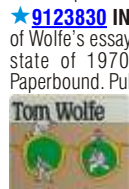
★9013709 THE DAWN OF EVERYTHING: A New History of Humanity. By David Graeber & D. Wengrow. Drawing on pathbreaking research in archeology and anthropology, the authors illustrate how history becomes a far more interesting place once we learn to throw off our conceptual blinders and perceive what's really there. 692 pages. Picador. Paperbound. Pub. at \$25.00 **\$17.95**



9123636 THE REBEL CAFE: Sex, Race, and Politics in Cold War America's Nightclub Underground. By Stephen R. Duncan. Subterranean nightspots in 1950s New York and San Francisco were social, cultural, and political hotspots for left-wing bohemians. Illus. 317 pages. Johns Hopkins. Pub. at \$57.00 **\$21.95**



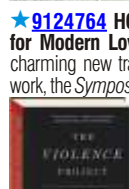
9113525 DANGEROUS TO KNOW: Women, Crime, and Notoriety in the Early Republic. By Susan Branson. Branson follows the fascinating lives of Ms. Ann Carson and the ghostwriter of her scandalous memoir, Mary Clarke, offering an engaging study of gender and class in the early 19th century. She argues both women simultaneously tried to conform to and manipulate the dominant sexual, economic and social ideologies of the time. Illus. 182 pages. UPaP. Paperbound. Pub. at \$19.95 **\$5.95**



★9123830 IN OUR TIME. By Tom Wolfe. A biting collection of Wolfe's essays and illustrations cataloging and critiquing the state of 1970s American society. 127 pages. Picador. Paperbound. Pub. at \$17.00 **\$12.95**



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★9124764 HOW TO TALK ABOUT LOVE: An Ancient Guide for Modern Lovers. By Plato. Explore the nature of love in this charming new translation of selections from Plato's great dramatic work, the *Symposium*. 166 pages. Princeton. Pub. at \$17.95 **\$13.95**



906639X THE VIOLENCE PROJECT: How to Stop a Mass Shooting Epidemic. By J. Peterson & J. Densley. An examination of the phenomenon of mass shootings in America and an urgent call to implement evidence-based strategies to stop these tragedies. 232 pages. Abrams. Pub. at \$28.00 **\$5.95**



★9059253 IRRESISTIBLE: How Cuteness Wired Our Brains and Conquered the World. By Joshua Paul Dale. This is the fascinating cultural history of cuteness, and a revealing look at how our most powerful psychological impulses have remade global style and culture. Well illus. 278 pages. Profile. Paperbound. Pub. at \$16.00 **\$11.95**



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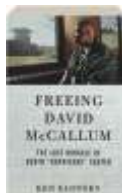
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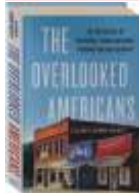
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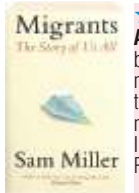
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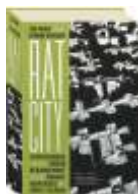


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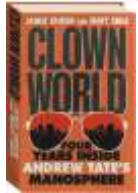


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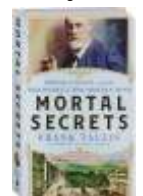
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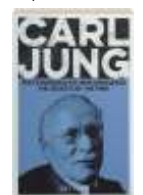
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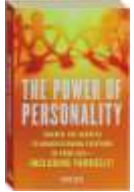
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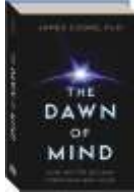
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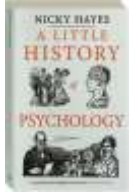
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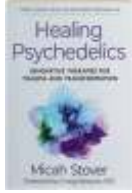


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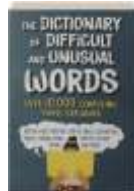
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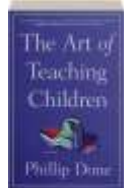
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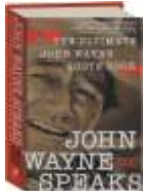


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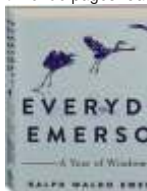
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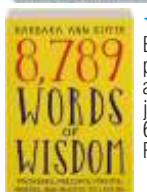
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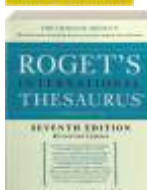
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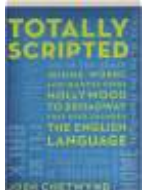
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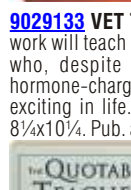
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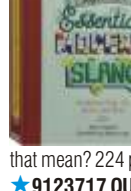
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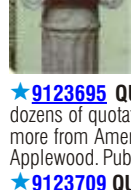
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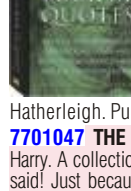
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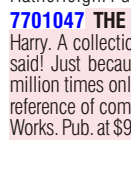
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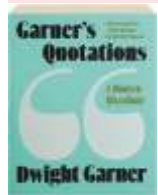
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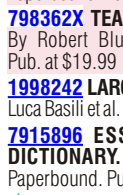
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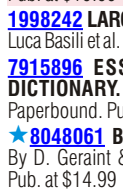
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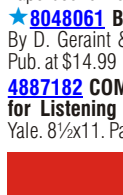
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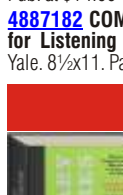
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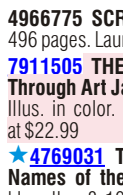


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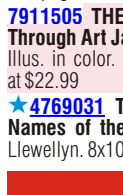
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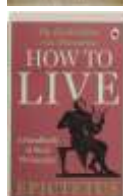
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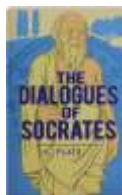
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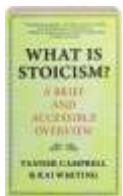


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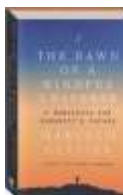
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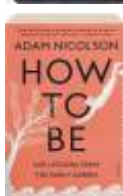
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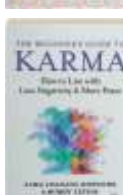
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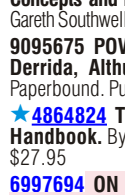
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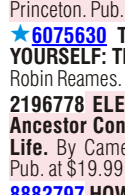
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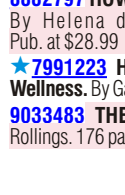
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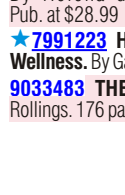
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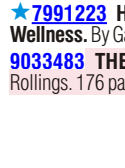
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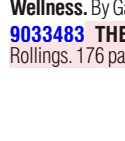
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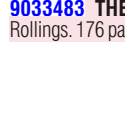
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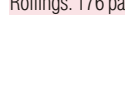
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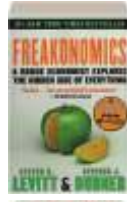
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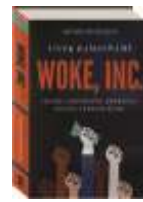
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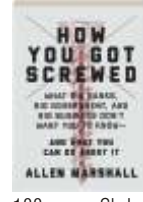
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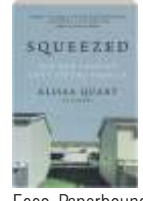
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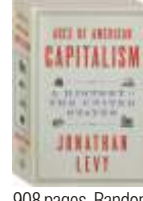
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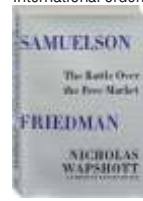
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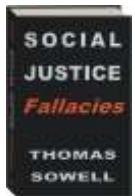
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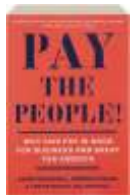
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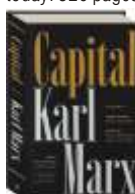
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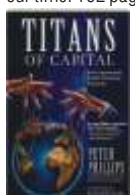
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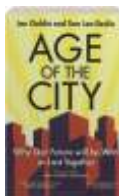
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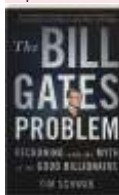
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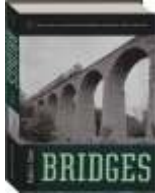
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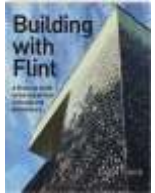
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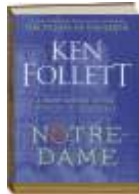
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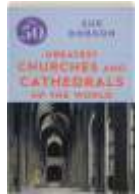
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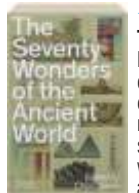
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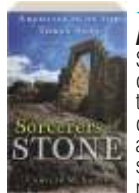
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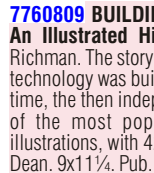
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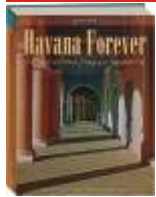
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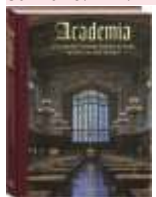
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Architecture



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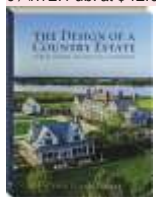
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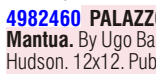
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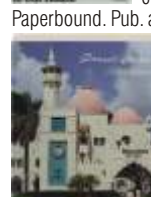
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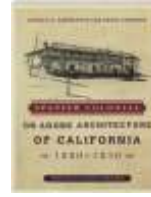


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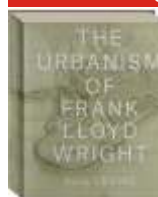


★9016104 THE IRISH COUNTRY HOUSE: A New Vision. By Robert O'Byrne, photos by L. White. Guides readers through 15 exceptional spaces, elucidating the remarkable aspects of each—and in doing so celebrates the unexpected eclecticism and reinvigorated spirit of Ireland's historic interiors. Color photos. 272 pages. Rizzoli. 9 1/4 x 12 1/4. Pub. at \$65.00 **SOLD OUT**

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★117360X IRANIAN ARCHITECTURE: A Visual History. By Sohrab Sardashti. Fully illus. most in color. 400 pages. ACC. 10 1/4 x 10 1/2. Pub. at \$80.00 **\$64.95**

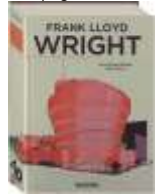
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8887365 EXPERIENCING OLMSTED: The Enduring Legacy of Frederick Law Olmsted's North American Landscapes. By Charles A. Birnbaum et al. Olmsted, Sr. is heralded as the father of American landscape architecture. His firm, and the successor firms that 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. 8 1/2 x 10 1/4. Pub. at \$50.00 **\$14.95**



★9127178 FRANK LLOYD WRIGHT. By Bruce Brooks Pfeiffer. This meticulous compilation assembles the most important works from Wright's extensive, paradigm-shifting oeuvre into one authoritative overview of America's most famous architect. Fully illus., most in color. 512 pages. Taschen. 6 1/2 x 8 3/4. **\$25.95**



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★1567969 THE BOOTLEG HOMES OF FRANK LLOYD WRIGHT: His Clandestine Work Revealed. By Robert J. Hartnett. Illus. 124 pages. History Press. 6 x 9. Paperbound. Pub. at \$23.99 **SOLD OUT**

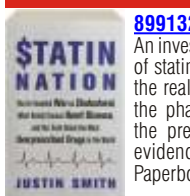
7869894 FRANK LLOYD WRIGHT AND SAN FRANCISCO. By Paul V. Turner. Well illus., many in color. 216 pages. Yale. 9 1/2 x 10 1/4. Pub. at \$65.00 **\$14.95**

8996288 RICHARD RIEMERSCHMID'S EXTRAORDINARY LIVING THINGS. By Frejya Hartzell. Well illus. most in color. 401 pages. MIT Press. 7 1/4 x 9 1/4. Pub. at \$39.95 **PRICE CUT to \$7.95**

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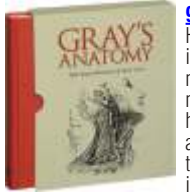
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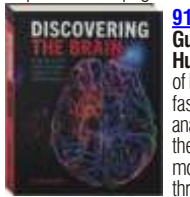
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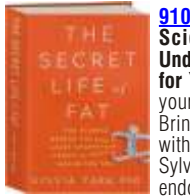
9131035 CATALOG OF TERATOGENIC AGENTS, THIRTEENTH EDITION. By Thomas H. Shepard. This extensive reference offers information on more than 3,200 teratogenic agents, including pharmaceuticals, chemicals, environmental pollutants, food additives, household products, viruses, genes, and maternal conditions. 576 pages. Johns Hopkins. 8 1/2 x 11 1/4. Pub. at \$270.00 **SOLD OUT**



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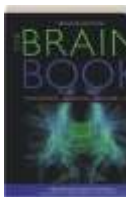


9101454 THE SECRET LIFE OF FAT: The Science Behind the Body's Least Understood Organ and What It Means for You. By Sylvia Tara. You may not love your fat, but your body certainly does. Bringing cutting-edge research together with historical perspectives, biochemist Sylvia Tara reveals fat's true identity: an endocrine organ that, in the right amount, is critical to our health. 235 pages. Norton. Pub. at \$26.95 **\$5.95**

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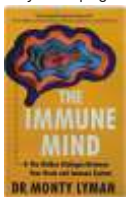
9081585 SILICOSIS: A World History. Ed. by Paul-Andre Rosenthal. Despite the common perception that "black lung" has been relegated to the dustbin of history, silicosis remains a crucial public health problem that threatens millions of people around the world, resulting in an epidemic in the making that spreads in a wide range of professions beyond coal mining. 279 pages. Johns Hopkins. Pub. at \$52.00 **\$5.95**



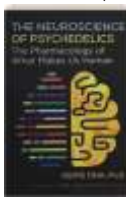
8882851 MALADY OF THE MIND: Schizophrenia and the Path to Prevention. By Jeffrey A. Lieberman. A must-read for fans of psychological histories and anyone whose life has been affected by schizophrenia, this revelatory work offers a scientific history and comprehensive clinical portrait—with crucial insights and hope for those afflicted. Tells the story of the past, present, and future of this historically dreaded, and often disabling illness. 516 pages. Scribner. Pub. at \$30.00 **SOLD OUT**



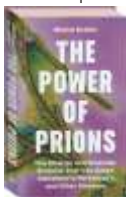
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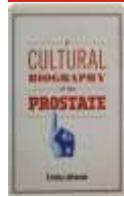
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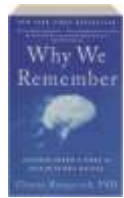
★9043950 THE POWER OF PRIONS: The Strange and Essential Proteins That Can Cause Alzheimer's, Parkinson's, and Other Diseases. By Michel Brahic. The remarkable family of proteins that can make us very ill, but can also be linked to long term memory, immunity, and the origin of life. In this engaging and accessible title, the author tells the story of these amazing and versatile proteins. 175 pages. Princeton. Pub. at \$24.95 **\$19.95**



Medical Science



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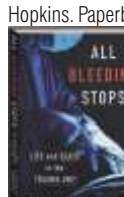
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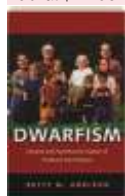
***9090185 PSYCHEDELICS AND MENTAL HEALTH: Neuroscience and the Power of Psychoactives in Therapy.** By Irene de Caso. Neuroscientist de Caso takes you on a journey through the brain, revealing how psychedelics and empathogens, if taken in a safe and therapeutic environment, can lead to positive and lasting changes. Illus. most in color. 304 pages. Park Street. Paperbound. Pub. at \$29.99 **\$23.95**



9068139 WE THE SCIENTISTS: How a Daring Team of Parents and Doctors Forged a New Path for Medicine. By Amy Dockser Marcus. Shows what happens when a community joins forces with doctors and researchers to try to save children's lives. Their extraordinary social experiment offers new ways of thinking about treating disease and conducting research—and about who gets to be a scientist. 222 pages. Riverhead. Pub. at \$28.00 **\$5.95**



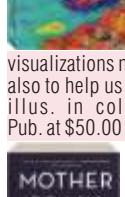
5416744 A HISTORY OF THE HUMAN BRAIN: From the Sea Sponge to CRISPR, How Our Brain Evolved. By Bret Stetka. Clearly and expertly told, Stetka takes us on a far-reaching journey, explaining exactly how our most mysterious organ developed. From the brain's improbable, watery beginnings to the marvel that sits in the head of *Homo sapiens* today, he covers an astonishing progression, even tackling future brainy frontiers such as epigenetics and CRISPR. Illus. 271 pages. Timber. Pub. at \$24.95 **SOLD OUT**



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Business

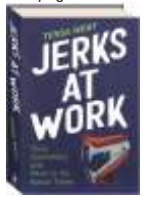


9070095 THE EVERYTHING WAR: Amazon's Ruthless Quest to Own the World and Remake Corporate Power. By Dana Mattioli. In 2023, the FTC filed a monopoly lawsuit against Amazon in what may become one of the largest antitrust cases in the 21st century. Explore how Amazon grew into one of the most powerful and feared companies in the world and why this lawsuit opens a window into the most consequential business story of our times. 391 pages. Little, Brown. Pub. at \$32.50

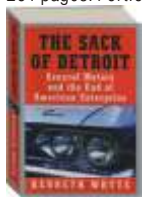


9122192 GLADIATORS, PIRATES AND GAMES OF TRUST: How Game Theory, Strategy and Probability Rule Our Lives. By Haim Shapira. Shapira shares humorous anecdotes and insightful examples to explain Game Theory, how it affects our daily lives, and how the different interactions between decision-makers can play out. 183 pages. Watkins. Paperbound. Pub. at \$14.95 **\$4.95**

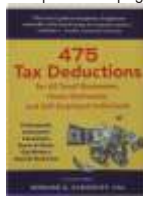
572290X THE FALL: The End of Fox News and the Murdoch Dynasty. By Michael Wolff. Meet the Murdochs and the disastrously dysfunctional family of Fox News. Drawing on years of unprecedented access to the Murdoch family and key players in the world of Fox, this work plunges us behind the scenes of another empire of influence, and the result is astonishing and unforgettable. 298 pages. Holt. Pub. at \$29.99 **\$6.95**



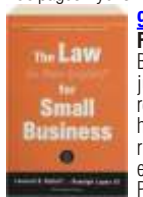
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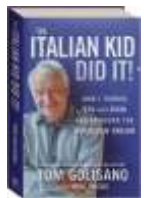
9025227 THE LAW (IN PLAIN ENGLISH) FOR SMALL BUSINESS, SIXTH EDITION. By L.D. DuBoff & R. Lopez III. Whether you are just about to open a small business, are reassessing an existing business, or simply have a few questions, this edition is the go to resource for small business owners and entrepreneurs. 295 pages. Allworth. Paperbound. Pub. at \$26.99 **\$7.95**



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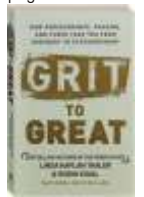
9117970 THE ITALIAN KID DID IT: How I Turned \$3K into \$44B and Achieved the American Dream. By Tom Golisano with M. Wicks. Here is the rare, no-nonsense advice you haven't heard—straight from Paychex founder and billionaire philanthropist Golisano—to overcome the most common (and some not so common) obstacles to live a successful life. Photos, some in color. 258 pages. HarperCollins. Pub. at \$25.99 **SOLD OUT**



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★3844498 STARTING & RUNNING A FOOD TRUCK BUSINESS. By Alan Philips. Fully stocked with all the ingredients you need to join the food truck community, this no-nonsense guide sets you on a sure path from start to success with your mobile restaurant. 291 pages. Alpha. Paperbound. Pub. at \$19.99 **\$14.95**



9112332 DREAM FIRST, DETAILS LATER: How to Quit Overthinking & Make It Happen! By Ellen Marie Bennett with S. Tomlinson. Shares Bennett's journey and her forged-in-the-fire personal playbook for starting before you stop yourself. Squashing doubts and reservations about venturing outside your comfort zone. Saying screw it to the perfect plan and using creative problem-solving—and heart and guts—to conquer the mess as it comes, and more. Illus. in color. 231 pages. Portfolio. Pub. at \$27.00 **\$5.95**



9089225 TO PIXAR AND BEYOND: My Unlikely Journey with Steve Jobs to Make Entertainment History. By Lawrence Levy. This is the extraordinary story of how Steve Jobs and Levy concocted and pulled off a highly improbably plan that transformed Pixar into one of Hollywood's greatest successes. 257 pages. HarperBusiness. Paperbound. Pub. at \$18.99 **\$5.95**



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★9089861 THE PSYCHOLOGY OF WEALTH: The Practical Guide to Prosperity and Success. By Napoleon Hill. Offers a revolutionary path to self-empowerment and fulfillment, helping readers create the reality they desire and find success in every area of life. Combines two of Hill's most popular works on the topics of prosperity and abundance *The Master Key to Riches* and *The Magic Ladder to Success*. 495 pages. St. Martin's. Paperbound. Pub. at \$20.00 **\$14.95**



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9041524 HOW CREATIVITY RULES THE WORLD: The Art and Business of Turning Your Ideas into Gold. By Maria Brito. Builds the case for creativity as an inexhaustible resource available to everyone and proves that it is the key to thriving in the business world and beyond. 270 pages. Harper. Pub. at \$28.99 **\$7.95**



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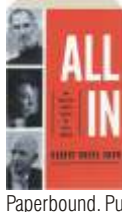
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Business



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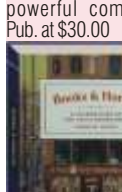
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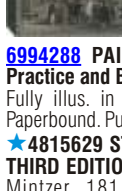
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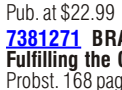
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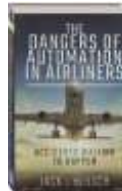
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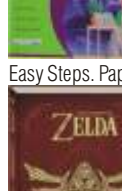
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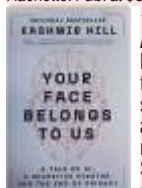
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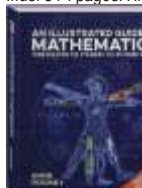
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Mathematics



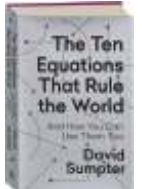
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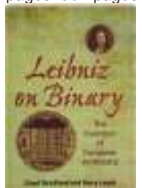
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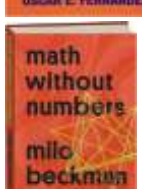
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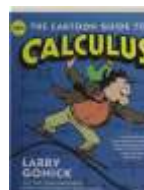
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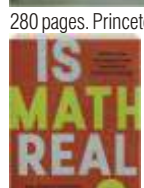
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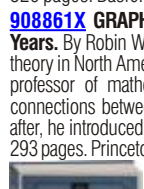
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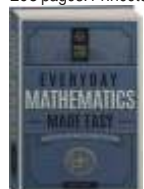
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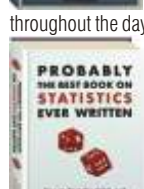
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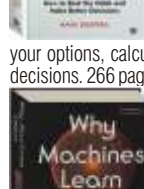
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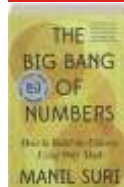
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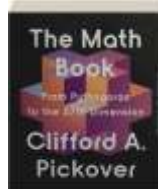
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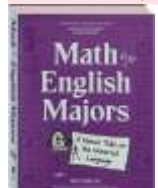
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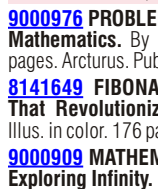
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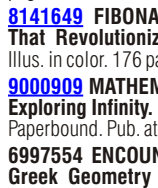
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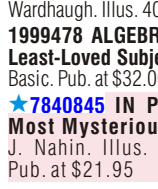
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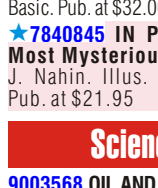
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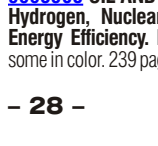
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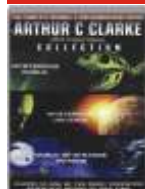
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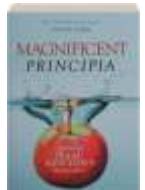
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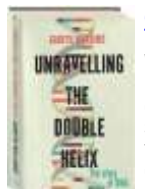
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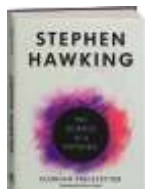
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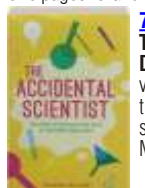
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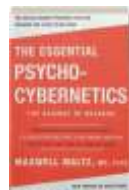
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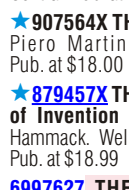
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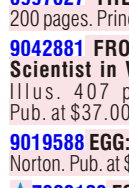
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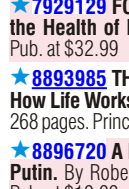
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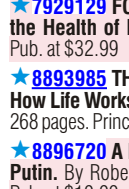
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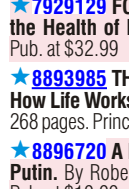
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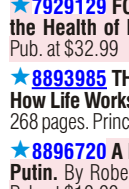
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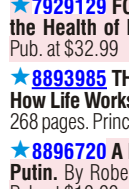
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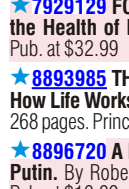
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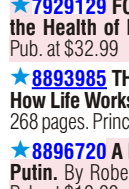
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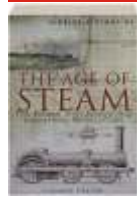


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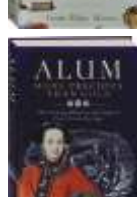
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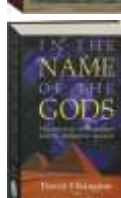
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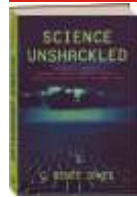


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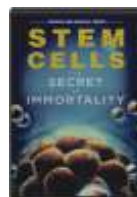


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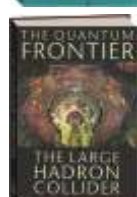
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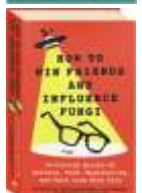
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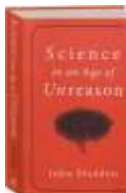
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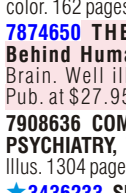
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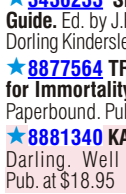
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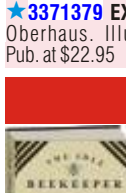
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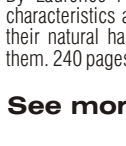
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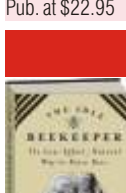
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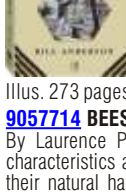
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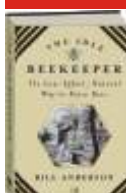


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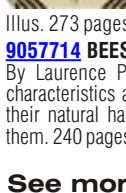


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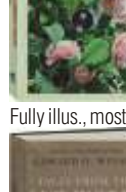
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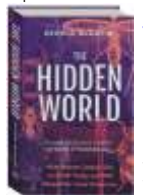
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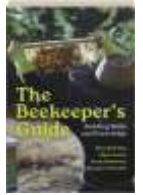


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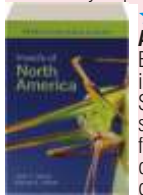
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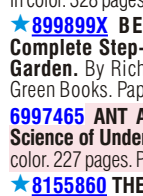
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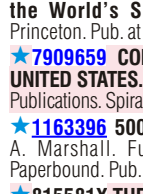
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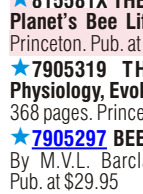
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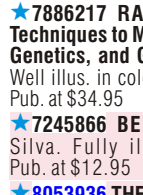
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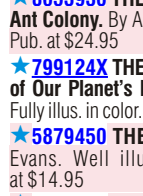
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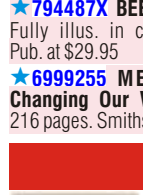
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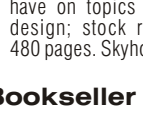
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Fishing & Hunting



7977336 CLEANING AND PREPARING GAMEFISH: Step-by-Step Instructions, from Water to Table. By Monte Burch. This handbook covers the skills needed for gutting, scaling, skinning, steaking, and filleting all popular gamefish, as well as knives, tools, and other equipment needed, and illustrates basic cooking methods. Fully illus. 191 pages. Lyons. Paperbound. Pub. at \$18.95 **\$5.95**



9039392 TROUT FLY FISHING: An Expert Approach. By J. Dawson. Applies the latest developments to all aspects of trout fly fishing around the world. Techniques are suggested for fishing a large range of lakes, rivers and springs in a straightforward, detailed and sometimes humorous, approach; and more. Fully illus. in color. 184 pages. Derrydale. 9x11½. Pub. at \$65.00 **SOLD OUT**

9039333 SUCCESSFUL SHOTGUN SHOOTING. By Andrew A. Montague. One of the most thorough and clear primers on the art and science of shooting the shotgun. Fully illus. 160 pages. Derrydale. Paperbound. Pub. at \$16.95 **\$4.95**

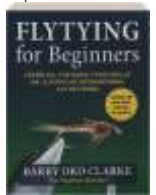


9003436 MODERN TROUT FISHING: Advanced Tactics & Strategies for Today's Fly Fisher. By Boots Allen. A fresh and up-close look at the latest and most successful methods of trout fishing used by anglers the world over. Fully illus. in color. 208 pages. Lyons. Paperbound. Pub. at \$24.95 **\$4.95**



9038876 AMERICAN WHITETAIL, REVISED: Deer Hunting Tips and Resources. By Terry F. Townsend. Townsend shares hundreds of valuable tips, tricks, facts, skills, observations and lessons learned from 35 years of experience hunting the whitetail deer. Fully illus. some in color. 508 pages. Derrydale. Paperbound. Pub. at \$29.95 **\$5.95**

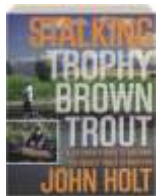
2112760 THE LI'L RED BOOK OF FISHIN' TIPS. By Tom Hollatz. Filled with some good tips about fishin'. But, that's not all. It's got some recipes for fish, some observations, a poem or two, and some thoughts about some things you could be wastin' your time doing, besides fishin'. Illus. 110 pages. Quixote. Paperbound. Pub. at \$7.95 **\$4.95**



913039X FLYTYING FOR BEGINNERS: Learn All the Basic Tying Skills VIA 12 Popular International Fly Patterns. By Barry Ord Clarke. Exceptionally clear beginner's guide shows you exactly how to create 12 universal fishing flies, step-by-step. Includes the Zebra Midge; F-Fly; Pheasant Tail Nymph; Montana Nymph and more. Master the building blocks for which all successful fishing flies, even the most complex ones, are based. Fully illus. in color. 126 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$6.95**



9038833 ADVENTURES OF A DEEP-SEA ANGLER. By R.C. Grey. Zane and Romer Grey fished for the giants of the sea and lived to tell about it. Romer's tales of fishing with his brother for broadbill, swordfish, marlin, shark and tuna are as exciting and amazing as Zane's stories. Features gold gilded page edges. Fully illus. 224 pages. Derrydale. 8x10½. Pub. at \$65.00 **\$5.95**



9002936 STALKING TROPHY BROWN TROUT: A Fly-Fisher's Guide to Catching the Biggest Trout of Your Life. By John Holt. With detailed descriptions of his unusual techniques, and often counterintuitive revelations about what works and what doesn't, Holt passes along all of the techniques and insights that anglers need to catch the elusive brown trout. Fully illus. in color. 184 pages. Lyons. Paperbound. Pub. at \$24.95 **\$4.95**



9019219 FIELD & STREAM HUNTING OPTICS HANDBOOK. By Thomas A. McIntyre. Takes all the guesswork out of choosing binoculars, rifle scopes, and range finders by explaining what kind of performance to look for in optics and how to choose an optic that will fulfill specific hunting needs. Well illus. 155 pages. Lyons. Paperbound. Pub. at \$19.95 **\$4.95**



900372X PRO TACTICS TURKEY HUNTING: Use the Secrets of the Pros to Bag More Birds. By Bob Humphrey. You'll find advice on locating, setting up, and calling. Most important, you'll gain a much greater understanding of the wild turkey's behavior and learn how to modify and adapt basic techniques to fit particular situations. Fully illus. in color. 130 pages. Lyons. 8½x11. Paperbound. Pub. at \$19.95 **\$4.95**



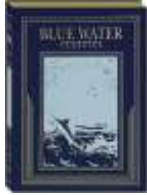
9003711 PRO TACTICS WHITETAIL HUNTING: Expert Strategies and Techniques for a Successful Hunt. By Bob Humphrey. Provides advice on selecting the right equipment as well as scouting and hunting, whether on foot or in a stand, with virtually any legal weapon. More important, it explains the whitetail's behavior and how to modify and adapt basic techniques to fit particular situations. Fully illus. in color. 156 pages. Lyons. 8½x11. Paperbound. Pub. at \$19.95 **\$4.95**



7983182 THE AMERICAN ANGLER GUIDE TO WARMWATER FLY FISHING: Proven Skills, Techniques, and Tactics from the Pros. By Nathan Perkinson. Offers a quick and succinct look at the essential of this sport. This guide delivers everything beginning and intermediate anglers need to know about casting technique, gear selection, fly choice, and how best to approach various fish species in their favored habitats. A selection of essential flies and tying recipes round out this work. Well illus. in color. 186 pages. Lyons. Paperbound. Pub. at \$19.95 **\$5.95**



9003266 JOHN GODDARD'S TROUT-FISHING TECHNIQUES. Offers a distillation of more than 50 years of his fly-fishing wisdom, focusing on tackle, casting for, playing, and hooking trout, where to fish in rivers and lakes, and fishing with dry flies, wet flies, and nymphs. Well illus. most in color. 230 pages. Lyons. Paperbound. Pub. at \$16.95 **\$4.95**



9039252 SALT WATER FLY FISHING. By Joe Brooks. With the growing popularity of salt water fly-fishing today, we easily forget that this sport was only begun in the 1930s-1950s. Brooks was one of the earliest pioneers of salt water techniques and salt water flies—both of which still catch fish today. Features gold gilded page edges. Fully illus. 200 pages. Derrydale. 7½x10½. Pub. at \$65.00 **\$5.95**



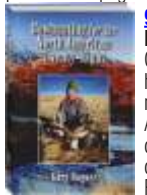
9030255 KNACK FISHING FOR EVERYONE: A Complete Illustrated Guide. By Scott Bowen. Guides you to becoming a capable and knowledgeable angler—one who, with a set of basic skills, starts catching fish and continues to do so, refining your techniques as you go. It presents all the essentials of fishing, using various kinds of tackle, for a variety of freshwater and saltwater species. Fully illus. in color. 244 pages. Knack. Paperbound. Pub. at \$19.95 **\$4.95**



★117679X THE BALLISTICS HANDBOOK: Factors Affecting Bullet Flight from Muzzle to Target. By Philip P. Massaro. Breaks down how environmental conditions, trajectory, ballistic coefficient, bullet shape/construction, and barrel length all affect accuracy. The more you understand about these variables, the more confidence you will gain, and that will result in making first-round hits. Illus. 365 pages. Gun Digest Books. Paperbound. Pub. at \$19.99 **\$14.95**



9038841 AN AMERICAN ANGLER IN AUSTRALIA. By Zane Grey. Grey fished everywhere, but he often found himself lured back to the Pacific, especially around Australia and New Zealand. Most of the fish caught in this volume in Australia are sharks, but you can't go fishing in Australia and not be teased by marlins. Features gold gilded page edges. 33 pages of photos. 115 pages. Derrydale. 8x10½. Pub. at \$65.00 **\$5.95**



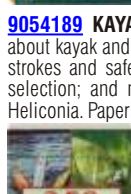
901196X BOWHUNTING FOR THE NORTH AMERICAN TWENTY-EIGHT. By Gary Bogner with J. Van Norman. Bogner has had a remarkable career as a hunter. It must be admitted that hunting all North America big game with a bow has to be one of the most difficult things to go in the world of hunting. Fully illus. 250 pages. Safari. Pub. at \$29.95 **\$7.95**



9019308 GOOD FLIES: Favorite Trout Patterns and How They Got That Way. By John Gierach. Covers a gamut of patterns essential to trout fishing in a variety of circumstances: spinners, midges, nymphs, streamers, and others. Illus. 153 pages. Lyons. Paperbound. Pub. at \$19.95 **\$4.95**



9012230 GREAT HUNTERS, VOLUME 3: Their Trophy Rooms & Collections. Whether it be castles, palaces, mansions, or museums, the finest of the finest in trophy-room designs and collections. Fully illus. in color. 208 pages. Safari. 9½x12½. Pub. at \$60.00 **\$9.95**



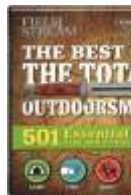
9054189 KAYAK BASS FISHING. By Chad Hoover. Learn about kayak and gear selection; how to outfit a kayak; essential strokes and safety; depth finder selection; rod, reel and line selection; and much more. Fully illus. in color. 198 pages. Heliconia. Paperbound. Pub. at \$24.95 **\$5.95**



7835213 250 AMAZING FISHING TIPS: The Best Tactics and Techniques to Catch Any and All Game Fish. By Lamar Underwood. Focusing on the most popular freshwater game fish, the seasoned angler espouses all the essential tips that he has picked up from decades of experience on the water. Underwood's techniques are applicable to rivers and streams, estuaries and inlets, bays, beaches, and offshore. Fully illus. 162 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$6.95**



9124896 SHOOTER'S BIBLE GUIDE TO SPORTING SHOTGUNS. By Alex Brant. This will help new and experienced shooters make smart equipment purchases, including shotguns, optics, ammunition, and gear. Fully illus. in color. 231 pages. Skyhorse. 8x10½. Paperbound. Pub. at \$19.99 **\$6.95**



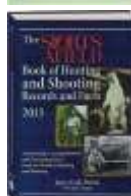
9069100 FIELD & STREAM THE BEST OF THE TOTAL OUTDOORSMAN. By T. Edward Nickens. Provides tried and true techniques that will expand the proficiency of the most grizzled experts. Collected here are 501 essential skills every outdoorsman should know. Cover has metal corners. Fully illus. in color. Weldon Owen. Paperbound. Pub. at \$29.00 **\$11.95**



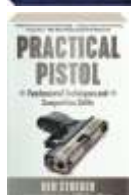
7977441 DRY FLY STRATEGIES. By Paul Weamer. Weamer breaks down the best methods, rigs, and fly patterns to catch more fish. Fully illus. in color. 174 pages. Stackpole. Pub. at \$29.95 **\$6.95**



9003622 THE ORVIS GUIDE TO TACKLE CARE AND REPAIR: Solid Advice for In-Field or At-Home Maintenance. By Ted Leeson. Provides the only thing missing from most tackle boxes—a handbook of useful repairs, preventative measures, and guidelines for assessing usable equipment. Includes tips on fixing waders, rods, reels, fly boxes, and more. Fully illus. in color. 166 pages. Paperbound. Pub. at \$19.95 **\$4.95**



9011811 THE SPORTS AFIELD BOOK OF HUNTING AND SHOOTING RECORDS AND FACTS 2015. By Jens Erik Perto with J. Hogh. An entertaining and eclectic collection of remarkable feats, surprising facts, interesting trivia, and sensational coincidences from the world of big-game hunting, bird hunting, and shooting. Fully illus. 333 pages. Safari. Pub. at \$39.95 **\$7.95**



★8883289 PRACTICAL PISTOL: Fundamental Techniques and Competition Skills. By Ben Stoeger. How do you hold the gun? How do you shoot fast? The knowledge provided here answers these questions and many more, spanning from marksmanship fundamentals to shooting on the move and competition skills such as stage breakdown and managing match pressure. Color photos. 311 pages. Skyhorse. Paperbound. Pub. at \$24.99 **\$17.95**

Fishing & Hunting



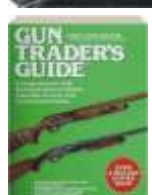
★8042128 BREAKTHROUGH MARKSMANSHIP: The Tools of Practical Shooting. By Ben Stoeger. Provides the knowledge and guidance every shooter needs, containing proven techniques and refined drills together in a straightforward guide. Gives readers a better understanding of the ins and outs of practical shooting, allowing them to see their mistakes, fix them, and experience a breakthrough in their skills. 111 pages. Skyhorse. Paperbound. Pub. at \$15.99 **\$11.95**



9039171 PACIFIC GAME FISHING. By S. Kip Farrington Jr. Farrington explores the Pacific in search of black marlin, roosterfish, wahoo, broadbill swordfish, and many other species as he discovers the pioneers of Pacific fishing. Features gold gilded page edges. Fully illus. 290 pages. Derrydale. 8x10 1/4. Pub. at \$65.00 **\$6.95**



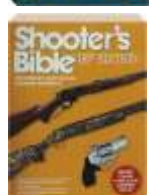
912361X OF KNIVES AND MEN: Great Knife Crafters of the World and Their Works. By Francois-Xavier Salle. An invitation to take a journey, a world tour of the best fine art knifemakers of the last 30 years and their creations. Fully illus. in color. 240 pages. Firefly. 8 1/2 x 11 1/4. Pub. at \$35.00 **\$15.95**



★9026371 GUN TRADER'S GUIDE, FORTY-SIXTH EDITION. Ed. by Robert A. Sadowski. For more than 50 years this has been the standard reference for collectors, dealers, and gun enthusiasts. It's the definitive source for making informed firearms purchases and sales. Well illus. 607 pages. Skyhorse. Paperbound. Pub. at \$29.99 **\$21.95**



7977735 PARKER GUNS: The Old Reliable. By Ed Muderlak. Takes a refreshing look at the small beginnings, the golden years, and the ultimate decline of what must be the most famous of all American shotgun manufacturers. Fully illus. some in color. 270 pages. Safari. 8 3/4 x 11 1/4. Pub. at \$40.00 **\$16.95**



★902641X SHOOTER'S BIBLE, 116TH EDITION. Ed. by Jennifer L.S. Pearsall. With a timely feature on the newest products on the market, and complete with color and black and white photographs featuring various makes and models of firearms and equipment, this is an essential guide for any beginner or experienced hunter, firearm collector, or gun enthusiast. 608 pages. Skyhorse. Paperbound. Pub. at \$29.99 **\$21.95**

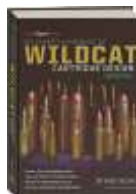


★7869320 GUN DIGEST BOOK OF THE M1 GARAND: Collecting and Shooting America's Greatest Battle Rifle. By Patrick Sweeney. Explores everything from the history and basic design of the Garand to buying, collecting, maintaining, and shooting America's most-cherished .30-06 rifle. Whether interested in learning how to evaluate proof marks and start a Garand collection or acquiring an old-school warhorse for prepping or plinking, this covers it all. Fully illus. in color. 256 pages. Gun Digest Books. 8x10 1/2. Paperbound. Pub. at \$39.99 **\$29.95**



★4928059 AR-15 SETUP, MAINTENANCE AND REPAIR. By Patrick Sweeney. This is your one stop guide to repairing, maintaining and modifying America's favorite rifle. If you need to disassemble and maintain your AR rifle, or you're ready to swap barrels or handguards, add optics, or customize its stock, this manual tells you everything you need to know. Well illus. 320 pages. Gun Digest Books. 8 1/2 x 10 1/4. Paperbound. Pub. at \$35.99 **\$26.95**

7983301 BIRMINGHAM GUNMAKERS. By Douglas Tate. A complete overview of the Birmingham Gun Trade and its history as well as a listing of the Birmingham Gunmakers. Fully illus. some in color. 190 pages. Safari. 8 3/4 x 11 1/4. Pub. at \$50.00 **\$14.95**



Well illus. 488 pages. Gun Digest Books. Pub. at \$64.99 **\$49.95**



Paperbound. Pub. at \$18.95



9003169 WESTERN FLY-FISHING STRATEGIES. By Craig Mathews. One of the country's most innovative anglers shares his knowledge of the rivers of Yellowstone Park, southwest Montana, and eastern Idaho. Includes information on planning a trip, equipment and tackle, reading the waters, weather and wind. Fully illus. some in color. 196 pages. Paperbound. Pub. at \$18.95 **PRICE CUT to \$2.95**



DVD 9054197 KAYAK FISHING: The Ultimate Guide. Whether you're a new kayak angler interested in developing a strong foundation of skills or a seasoned kayak angler who wants to get the most out of your time on the water, look no further. Heliconia. Pub. at \$19.95 **PRICE CUT to \$3.95**



9039430 VEILED HORIZONS. By Ralph Bandini. A collection of anecdotes of fishing for the giants of the sea as well as 'fish tales' many would find difficult to swallow. Features gold gilded page edges. Illus. 222 pages. Derrydale. 8x10 1/4. Pub. at \$65.00 **PRICE CUT to \$3.95**



9011838 SPORTS ILLUSTRATED FLY FISHING. By Bill Mason. Shows you what to look for in rods, reels, lines, leaders, and other equipment, 16 fly fishing techniques that can work for you, how to fly for salmon, steelhead, bass, and bonefish, permits, and more. Fully illus. some in color. 255 pages. Sports Illustrated. Paperbound. Pub. at \$14.95 **PRICE CUT to \$2.95**



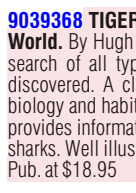
9002820 A ROUGH-SHOOTING DOG: Reflections from Thick and Uncivil Sorts of Places. By Charles Fergus. Fergus chronicles the training and first hunting season of his beloved canine friend and hunting companion, taking the reader into the field in pursuit of woodcock, pheasant, and grouse—noting that the two are a team and must work together to be successful hunters. Illus. 234 pages. Lyons. Paperbound. Pub. at \$16.95 **PRICE CUT to \$2.95**



9003029 THE TOP TEN GUIDE TO FLY FISHING. By Jay Zimmerman. This lighthearted look at a serious sport will give beginners the value of solid instruction while providing seasoned fly fishers with the opportunity to quibble with the rankings. Well illus. 178 pages. Lyons. Paperbound. Pub. at \$16.95 **PRICE CUT to \$2.95**



9054553 TRUE TALES FROM AN EXPERT FISHERMAN: A Memoir of My Life with Rod and Reel. By John Bailey. Shares his horrifying brushes with espionage and death in the world's most inhospitable places, and introduces readers to a motley array of characters, as well as an immense variety of fish. Well illus. in color. 216 pages. IMM Lifestyle Books. Paperbound. Pub. at \$19.99 **PRICE CUT to \$3.95**



9039368 TIGERS OF THE SEA: Shark Fishing Around the World. By Hugh D. Wise. Explored the depths of the oceans in search of all types of sharks, many of which had yet to be discovered. A classic from 1937 that not only describes the biology and habitat of the various newly found species, but also provides information on tackle, bait, and methods for fishing for sharks. Well illus. 189 pages. Derrydale. 7 1/2 x 10 1/2. Paperbound. Pub. at \$18.95 **PRICE CUT to \$2.95**



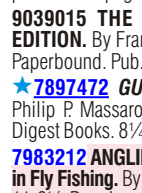
sustainable ecosystems, encourages biodiversity, and can help bridge social and political divides. 255 pages. Timber. Pub. at \$28.00



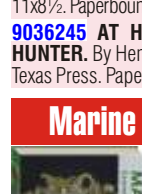
★6077587 ARMING THE WORLD: American Gun-Makers in the Gilded Age. By Geoffrey S. Stewart. Tells the story of the American small arms industry from the early 1800s through the post-Civil War era. Almost from the beginning, the U.S. produced arms in new and radically different ways, relying on machinery to mass-produce guns when others still made them by hand. 16 pages of photos. 333 pages. Lyons. Pub. at \$37.95 **PRICE CUT to \$21.95**



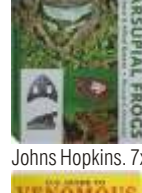
9012281 HOME FROM THE HILL. By Fred Webb. 24 pages of photos. 283 pages. Safari. Pub. at \$34.95 **\$7.95**



9039015 THE FISHERMAN'S COMPANION, SECOND EDITION. By Frank Holan. Fully illus. 150 pages. Alan C. Hood. Paperbound. Pub. at \$12.95 **SOLD OUT**



★7897472 GUN DIGEST 2024, 78TH EDITION. Ed. by Philip P. Massaro. Fully illus. some in color. 622 pages. Gun Digest Books. 8 1/4 x 10 3/4. Paperbound. Pub. at \$39.99 **\$29.95**



7983212 ANGLING THE WORLD: Ten Spectacular Adventures in Fly Fishing. By Roy Tanami. Fully illus. in color. 180 pages. Lyons. 11x8 1/2. Paperbound. Pub. at \$24.95 **PRICE CUT to \$3.95**

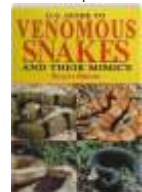


9036245 AT HOME ON THE RANGE WITH A TEXAS HUNTER. By Henry Chappell. Well illus. 246 pages. Republic of Texas Press. Paperbound. Pub. at \$18.95 **PRICE CUT to \$2.95**

Marine Mammals, Fish & Reptiles



9045686 MARSUPIAL FROGS: Gastrotheca & Allied Genera. By William E. Duellman with L. Trueb. Reveals the many aspects of the lives of marsupial frogs and closely allied genera. Showing the diversity of the frogs' exotic color patterns and geographic distribution, more than 200 photographs, illustrations, and maps accompany the detailed text. 407 pages. Johns Hopkins. 7x10 1/4. Pub. at \$120.00 **\$5.95**



3747484 U.S. GUIDE TO VENOMOUS SNAKES AND THEIR MIMICS. By Scott Shupe. Shupe's expertise and knowledge of snakes is apparent in the thoughtful descriptions and handy hints on how to tell poisonous snakes from their harmless imitators. Includes full-color photos for definitive identification and accurate region by region range maps for each snake. 160 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**



9129898 CHASING SHADOWS: Unraveling the Mysteries of the Great White Shark. By Greg Skomal with R. Talbot. Dr. Greg Skomal, one of the leading great white shark experts in the United States, reveals the true nature of these mysterious apex predators, as well as the fascinating story behind their history and startling resurgence. 16 pages of photos. 354 pages. Morrow. Paperbound. Pub. at \$18.99 **\$5.95**



9030107 DISCOVERING AMPHIBIANS: Frogs and Salamanders of the Northeast. By John Himmelman. Provides a dazzling naturalist's handbook on amphibian behavior and physiology. Reveals how to identify and appreciate many types and create your own habitats for them. Fully illus. some in color. 208 pages. Down East. Paperbound. Pub. at \$18.95 **\$4.95**



Blu-ray 1994123 SHARK. Widescreen. You may have seen shark programs, but you've never seen one like this. The most ambitious shark series ever made is a stunning high-definition spectacle that captures astounding, jaw-dropping footage. English SDH. 117 minutes. BBC Earth. **\$5.95**



Marine Mammals, Fish & Reptiles



DVD 8993173 WHY SHARKS ATTACK: NOVA. NOVA teams with leading shark experts in Australia and the United States to uncover the science behind the great white's hunting instincts. With shark populations plummeting, scientists race to unlock the secrets of these powerful creatures of the deep in their quest to save people—and sharks. English SDH. 60 minutes. PBS. Pub. at \$24.99 **\$5.95**

DVD 7975759 BLACKFISH. Widescreen. A documentary following the controversial captivity of killer whales, with a focus on Tilikum, and its dangers for both humans and whales. English SDH. 83 minutes. Magnolia. **\$2.95**



9107290 SEARCH FOR THE GREAT TURTLE MOTHER. By Jack Rudloe. Recounts how Rudloe's fascination with sea turtles led him to journey to Central America and Malaysia to investigate the theory that magnetic forces help guide sea turtles in their migration, and to explore the Turtle Mother legend that shaped the attitudes of primitive cultures. Well illus. 263 pages. Great Outdoors. Paperbound. Pub. at \$14.95 **\$4.95**

Blu-ray 8228205 BLACKFISH. Widescreen. A documentary following the controversial captivity of killer whales, with a focus on Tilikum, and its dangers for both humans and whales. English SDH. 83 minutes. Magnolia. **\$4.95**



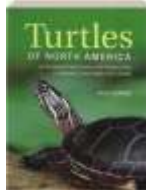
DVD 8054797 THE WHALE. Narrated by Ryan Reynolds, *The Whale* tells the life-affirming true story of a young, wild killer whale—an orca—nicknamed Luna, who lost contact with his family on the coast of British Columbia and became famous around the world when he tried to make friends with human beings. CC. 85 minutes. DocuSOLD OUT



7977700 THE OFFICIAL U.S. ARMY ILLUSTRATED GUIDE TO VENOMOUS SNAKES, REVISED EDITION. A full-color guide to these sometimes dangerous but often misunderstood creatures, filled with practical knowledge and interesting facts. A must-have for campers, climbers, hikers, and snake lovers. 105 pages. Lyons. Paperbound. Pub. at \$19.95 **\$5.95**



★780718X ANCIENT SEA REPTILES: Plesiosaurs, Ichthyosaurs, Mosasaurs, and More. By Darren Naish. The ocean's fiercest and most spectacular reptiles from the Mesozoic Era come alive through amazing fossil photography and stunning artistic reconstructions that fire the imagination. Presents a compressive guide to the biology, behavior, and evolution of fearsome predators who are lesser known than dinosaurs. 192 pages. Smithsonian. Pub. at \$29.95 **\$21.95**



★1167685 TURTLES OF NORTH AMERICA. By Kyle Horner. Describes the 64 species of turtles that inhabit the continental United States and Canada and the ocean waters that surround them. For each turtle there are photographs and text that show how to identify each species and explains a little about its life history. A range map shows where each turtle may be found. 208 pages. Firefly. Paperbound. Pub. at \$29.95 **\$24.95**



★9120866 INCREDIBLE LIZARDS: One Hundred Species From Around the World. By Steve K. Wilson. A celebration of lizard-hood. Salutes a diversity of form and function unparalleled among terrestrial vertebrates, from apex predators capable of swallowing goats to limbless subterranean insectivores. Fully illus. in color. 216 pages. New Holland. 9 3/4 x 8 3/4. Pub. at \$35.00 **\$27.95**



★9099662 THE WORLD BENEATH: The Life and Times of Unknown Sea Creatures and Coral Reefs. By Richard Smith. The wondrous creatures inside are charmers and tricksters. You'll learn what they eat, how they play, and how they care for one another, live on one another, and mimic others when they're afraid. Fully illus. in color. 350 pages. Apollo. 8 1/4 x 10 1/4. Pub. at \$40.00 **\$31.95**



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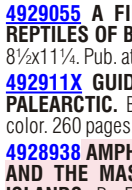
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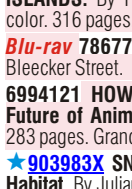
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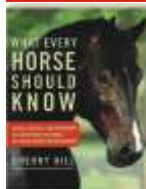
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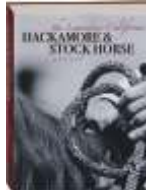
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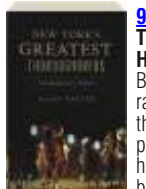
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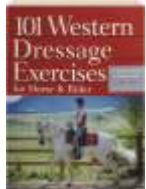
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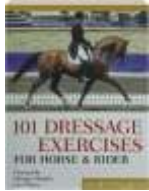


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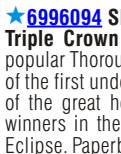
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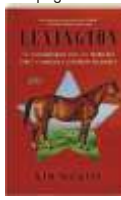
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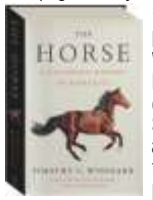
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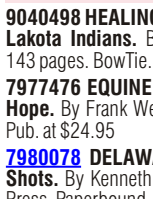
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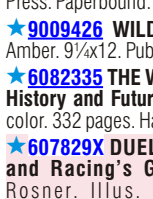
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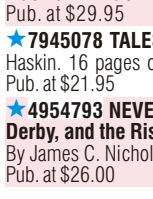
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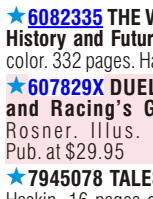
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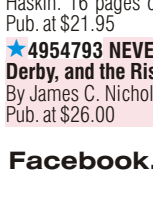
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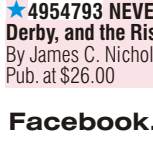
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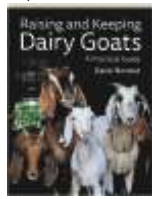
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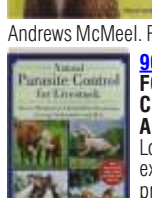
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★7934769 YARD BIRDS: The Lives and Times of America's Urban Chickens. By Philip Levy. Illus. 254 pages. UVAp. Paperbound. Pub. at \$24.95 **PRICE CUT to \$11.95**

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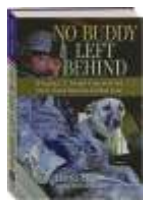
★7841272 CHICKEN KEEPING PURE + SIMPLE: A Fun, Friendly Guide to Backyard Chicken Keeping. By Nikki Husted. Fully illus. in color. 176 pages. Cool Springs Press. 8x10. Paperbound. Pub. at \$24.99 **PRICE CUT to \$14.95**

Animals

9063005 HOW SOON CAN YOU GET HERE, DOC? By David Wynia. A fun collection of stories by Wynia about his adventures being a veterinarian. Well illus. 143 pages. Quixote. Paperbound. Pub. at \$10.95 **\$4.95**



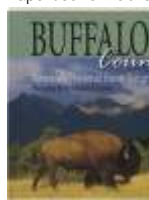
DVD 7793987 SERENGETI. Widescreen. A dramatized story based on the real lives of Africa's most iconic animals. Narrated by John Boyega. Collects all six episodes. English SDH. Six hours on 2 DVDs. BBC Earth. **\$5.95**



9107193 NO BUDDY LEFT BEHIND: Bringing U.S. Troops' Dogs and Cats Safely Home from the Combat Zone. By Terri Crisp with C. Hurn. Terri and her team of volunteers have saved the lives of 282 dogs and 58 cats befriended by military personnel since February 2008. Her story unfolds here on the obstacles she faces to get the soldiers' "buddies" out of danger and bring them home to the people who love them. Illus. 250 pages. Lyons. Pub. at \$21.95 **\$4.95**



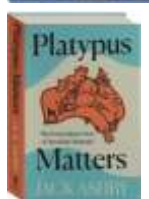
9003541 NO BUDDY LEFT BEHIND: Bringing U.S. Troops' Dogs and Cats Safely Home from the Combat Zone. By Terri Crisp with C. Hurn. Terri and her team of volunteers have saved the lives of 282 dogs and 58 cats befriended by military personnel since February 2008. Her story unfolds here on the obstacles she faces to get the soldiers' "buddies" out of danger and bring them home to the people who love them. Illus. 246 pages. Lyons. Paperbound. Pub. at \$14.95 **\$4.95**



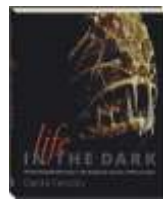
9011986 BUFFALO COUNTRY: America's National Bison Range. Photos by Donald M. Jones. Learn the story of bison: how they live, the bison cultures of Native Americans, their near extermination and recovery, and how the National Bison Range was created. Jones's gorgeous photography highlights the range's beauty and wildlife. 72 pages. Riverbend. Paperbound. Pub. at \$14.95 **\$5.95**



Blu-ray 8997802 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**



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**



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 1/4 x 11 1/4. Pub. at \$39.95 **\$7.95**



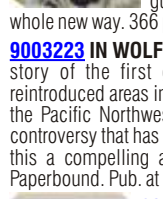
9085866 IT'S THE LITTLE THINGS: The Pocket Pigs' Guide to Living Your Best Life. By Text by E. Krasner-Zirlin et al, photos by R. Austin. Small in stature but mighty in joy, playful and unassuming, the Pocket Pigs of Pennywell Farm are paired with just the right quotes and thoughts to remind us to be grateful. stay curious, and be open to the magic of life. Fully illus. in color. 108 pages. Workman. Pub. at \$12.95 **\$4.95**



7751699 PAWFECT LOVE: Life Is Best with a Love Like Yours. Photos by Warren Photographic. Combines adorable photos of unlikely animal pairs with affectionate quotes. With over 150 pages of fur-cuteness, from a bunny snuggling with a duck to a kitty playing with a deer to a puppy having fun with a hamster, these furry pairs remind us that not being exactly the same is part of what makes a relationship great. 160 pages. Zondervan. Pub. at \$14.99 **\$4.95**



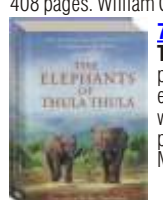
8056528 WILD SEX: The Science Behind Mating in the Animal Kingdom. By Carin Bondar. An intriguing guide to the sex lives of the animal kingdom. Bondar presents razor-sharp penises, murderous carnal cannibals, and spontaneous chemical warfare in an epic battle between the sexes. Exhilarating, amusing, petrifying—and guaranteed to make you think about sex in a whole new way. 366 pages. Pegasus. Pub. at \$27.95 **\$5.95**



9003223 IN WOLF COUNTRY. By Jim Yuskavitch. Reveals the story of the first groups of wolves that emigrated from reintroduced areas in Idaho to re-colonize their former habitat in the Pacific Northwest. The political maneuvering and intense controversy that has defined wolves' recovery in the West makes this a compelling and timely read. Illus. 209 pages. Lyons. Paperbound. Pub. at \$18.95 **\$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. Paperbound. **\$5.95**



7975368 THE ELEPHANTS OF THULA THULA. By Françoise Malby-Anthony. A powerful, gripping story about an extraordinary herd of elephants and the woman dedicated to keeping them safe. 16 pages of color photos. 310 pages. St. Martin's. Pub. at \$29.99 **\$6.95**

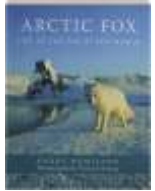


7951310 THE WISDOM OF WOLVES: Lessons from the Sawtooth Pack. By Jim & Jamie Dutcher. This compelling collection of stories will draw you into the natural world of the wolf, bringing a deeper understanding of the values we share with all living beings. Also illustrates the urgent issues surrounding the protection of wolves and other wildlife. Photos. 219 pages. National Geographic. Paperbound. Pub. at \$16.99 **\$5.95**

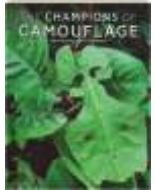


9057935 TOOTH AND CLAW: Top Predators of the World. By Robert M. Johnson III et al. A marvelously illustrated look at the most deadly predators on the planet—from big cats and wild dogs to sharks, reptiles and killer whales. Also describes the conservation successes and lays out some simple but crucial steps each of us can take to protect these magnificent beasts. 352 pages. Princeton. Pub. at \$45.00 **\$7.95**

Animals



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. 8½x11. Paperbound. Pub. at \$29.95 **\$6.95**



9085416 THE CHAMPIONS OF CAMOUFLAGE. By Jean-Philippe Noel. A fascinating exploration of the art of deception in the animal kingdom. A multiplicity of strategies, shapes and colors, all these tricks that evolution has patiently put in place. Fully illus. in color. 160 pages. Firefly. 8½x11. Paperbound. Pub. at \$19.95 **\$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 **\$5.95**

8884412 DOES SOMEBODY NEED A HEDGEHUG? By Anita Wood. A delightful collection of animal puns of encouragement and endearment for friends, family members or coworkers. Cheeky humor always has a place among friends! Color photos. Gibbs Smith. Pub. at \$9.99 **\$4.95**



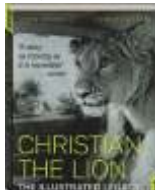
7747861 DEER: The Animal Answer Guide. By G.A. Feldhamer & W.J. McShea. Offering vivid color photographs and an accessible and engaging question and answer format, this is the go-to resource guide on deer. Nature lovers, hunters, and anyone curious about deer will find this fact-filled volume both fascinating and full of surprises. 163 pages. Johns Hopkins. Paperbound. Pub. at \$24.95 **\$3.95**



9019693 MANY THINGS UNDER A ROCK: The Mysteries of Octopuses. By David Scheel. A behavioral ecologist's riveting account of his decades-long obsession with octopuses: his discoveries, adventures, and new scientific understanding of their behaviors. Illus. 307 pages. Norton. Pub. at \$28.95 **\$6.95**



9040773 CLOUD'S LEGACY, REVISED EDITION: The Wild Stallion Returns. By Ginger Kathrens. This beautifully illustrated volume is sure to be a hit with anyone who has been following Cloud's story. And for new readers who are meeting Cloud for the first time, be prepared to fall in love with the majesty of the Arrowheads and the wild horses who live there. 160 pages. CompanionHouse. 8x10. Paperbound. Pub. at \$19.99 **\$5.95**



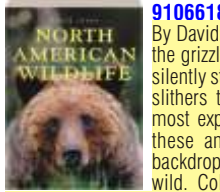
9038965 CHRISTIAN THE LION: The Illustrated Legacy. By John Rendall, photos by D. Cattani. In 1969, Harrods department store in London sold a three month old lion cub to two young Australians, John Rendall and Anthony (Ace) Bourke. They called him Christian. When Christian outgrew his London environment he was entrusted to the care of George Adamson in Kenya. The YouTube clip of their reunion, a year later, still inspires millions. Fully illus. some in color. 192 pages. Bradt. Pub. at \$25.99 **\$5.95**



DVD 9027866 DEADLIEST CRITTERS: Wild Things with Dominic Monaghan. Widescreen. Take a walk on the wild side with Dominic Monaghan as he searches the globe for some of the deadliest critters alive. Starting in Guatemala, Monaghan faces off with the venomous beaded lizard. He then travels to Namibia, Ecuador, and finally to Vietnam. English SDH. Three hours. BBC. **\$5.95**



9053751 ANIMALS REVIEWED: Starred Ratings of Our Feathered, Fanned, and Furry Friends. By Association of Zoos & Aquariums. Zoos and aquariums poke affectionate fun at their animal friends giving this title five stars for cuteness and hilarity! Fully illus. in color. 180 pages. Timber. Paperbound. Pub. at \$9.95 **\$4.95**



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**



9000682 THE CHRISTMAS ANIMAL BOOK: Celebration. By Clint Viebrock. Animals, great and small, wild and tame, play roles in Christmas contemplation and celebration as the artists of early last century saw it. In this collection of holiday cards of yore, Viebrock chronicles Christmas in the pasture, the forests and in the barnyard. Fully illus. in color. 64 pages. Red Rock. Pub. at \$9.95 **\$4.95**



7744226 WHEN ANIMALS RESCUE: Amazing True Stories About Heroic and Helpful Creatures. By Belinda Recio. Presents dozens of astonishing and heart-warming stories about animals, such as mice, horses, dolphins, and wolves, who engage in acts of helpful kindness. Tales of heroism, kindness, and compassion suggest we have far more in common with other animals than we once believed. Well illus., in color. 144 pages. Skyhorse. Pub. at \$19.99 **\$7.95**



Blu-ray 7988524 DINOTASIA. Legendary filmmaker Werner Herzog conducts this immersive tour of the Mesozoic, lending his distinctive narrative voice to a unique transporting journey back in time. The depictions combine the latest scientific thinking with stories crafted in a purely visual style not seen since the classic era of silent cinema. 82 minutes. Flatiron. **\$4.95**



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. Paperbound. Pub. at \$17.95 **\$4.95**



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. Paperbound. Pub. at \$17.95 **\$4.95**



910562X ALASKA'S PREDATORS: Their Ecology & Conservation. By Bruce A. Wright. Celebrates 22 predators and provides insight into how they live and survive, and their essential function in Alaska's complex ecosystem. Covers three groups of predators—Terrestrial, Avian and Marine. Fully illus. in color. 120 pages. Hancock House. 8½x11. Paperbound. Pub. at \$29.95 **\$4.95**



DVD 8899274 ANIMAL MIRACLES. Oh, how they love to be at our side! These 14 remarkable stories defy logic, but prove that all of God's creatures can provide human blessings when we need it most. 150 minutes. Questar. **\$5.95**



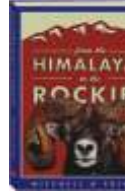
9029370 ESTHER THE WONDER PIG: Changing the World One Heart at a Time. By Steve Jenkins et al. In the summer of 2012 Jenkins and his partner agreed to adopt an adorable micro-piglet. But it turned out there was nothing "micro" about Esther. Within three years, Tiny Esther grew to a whopping 600 pounds. Follow Jenkins and Walter's heartwarming adventure from reluctant pig parents to farm-owning advocates for animals. Color photos. 226 pages. Grand Central. Paperbound. Pub. at \$17.99 **\$4.95**



902607X KOALA: A Natural History and an Uncertain Future. By Danielle Clode. Investigates the remarkable physiology of these charismatic creatures. Born the size of tiny "jellybeans," joeys face an uphill battle, from crawling into their mother's pouch to being weaned onto a toxic diet of gum-tree leaves, the koala's single source of food. 322 pages. Norton. Pub. at \$27.95 **\$6.95**



7981007 BEARS BEHAVING BADLY. By John McDonald, photos by P. Cyr. Tired of being thought of as shaggy, bumbling clowns, these bears are here to set the record straight. Includes more than 70 photographs of bears just doing their thing and being bears along with captions that reveal what they're thinking in the process. 96 pages. Down East. 7x7¼. Pub. at \$14.95 **\$5.95**



9012184 FROM THE HIMALAYAS TO THE ROCKIES. By R.M. Mitchell & M.R. Frisina. The authors classify every type of wild sheep of the New and the Old Worlds. Also included are hunting stories by Jack Atcheson Jr. and Sr., Soudy Golabchi, Robert Logan, and more. Fully illus. in color. 230 pages. Safari. 8½x11¼. Pub. at \$79.95 **\$7.95**



9057773 CAT WARS: The Devastating Consequences of a Cuddly Killer. By P.P. 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**



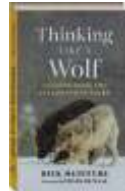
★7896883 JUST ONE MORE THING, DOC: Further Farmyard Adventures of a Maine Veterinarian. By Bradford B. Brown. Whether he's escaping the personal vendetta of a bull named Killer, chasing a stallion through downtown Bangor, performing heart surgery in an arena, desperately dancing with a rabid cow, or having a close airborne encounter with a B-52 bomber, this vet regards it all as part of a (long) working day. 154 pages. Down East. Paperbound. Pub. at \$18.95 **\$13.95**



★9127380 THE WEIRD AND WONDERFUL WORLD OF BATS: Demystifying These Often-Misunderstood Creatures. By Alyson Brokaw. Brokaw provides a fresh introduction to these curious flying mammals, diving deeply into how they experience the world through unique senses, where and how they fly, their complex relationships with humans, and how we can learn from them. Fully illus. in color. 311 pages. Timber. Paperbound. Pub. at \$27.99 **\$21.95**



8878935 THE MAGNIFICENT BEARS OF NORTH AMERICA: . . . And Where to Find Them. By Keith Scott. The author tells many unforgettable stories of his encounters with grizzly bears in the wild. He also shares his knowledge of the continent's greatest carnivores and shows us their lives in page after page of stunning photographs. 158 pages. Hancock House. Paperbound. Pub. at **SOLD OUT**



★9060286 THINKING LIKE A WOLF: Lessons from the Yellowstone Packs. By Rick McIntyre. Explore the world of wolf behavior in Yellowstone! Weaving an impressive web of politics, family cooperation and commitment, rivalry and resilience, this volume provides readers with a unique window into the fascinating inner workings of wolf packs. Color photos. 234 pages. Greystone. Pub. at **SOLD OUT**



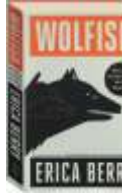
Animals



***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. Paperbound. Pub. at \$18.95 **\$13.95**



***8882096 BEAR ATTACKS, THIRD EDITION: Their Causes and Avoidance.** By Stephen Herrero. For more than three decades, *Bear Attacks* has been the thorough and unflinching landmark study of the attacks made on humans by the great grizzly and the less aggressive, but occasionally deadly, black bear. This is the sometimes horrific yet instructive story of bears and people, written by the leading scientific authority in the field. Photos. 294 pages. Lyons. Paperbound. Pub. at \$19.95 **\$14.95**



9073280 WOLFISH: Wolf, Self, and the Stories We Tell About Fear. By Erica Berry. Blends science, history, and cultural criticism in a years-long journey to understand our myths about wolves, and track one legendary wolf, OR-7, from the Wallowa Mountains of Oregon. 417 pages. Flatiron. Pub. at \$29.99 **\$5.95**

SOLD OUT



7783914 DINOSAUR: The Definitive Visual Guide to Prehistoric Animals. By Douglas Palmer et al. Featuring an incredible mix of digital reconstructions, extraordinary skeletons, and amazingly intricate fossils. This guide surveys millions of years of life on planet Earth. It uses the latest scientific knowledge to reconstruct hundreds of ancient species. Features gilt-edged pages. Fully illus. in color. 400 pages. Dorling Kindersley. 10x12. Pub. at \$29.99 **\$16.95**



9068066 SAVE THE LIONS. By Sarah L. Thomson. Filled with all the facts you need to know to become a lion expert. Where are lions found? What's it like to be a lion? Why are lions endangered, and who has been working hard to save them? Find out how you can help save the lions! Fully illus. 76 pages. Philomel. Pub. at \$16.99 **\$4.95**



***9063153 THE BOOK OF BARELY IMAGINED BEINGS: A 21st Century Bestiary.** By Caspar Henderson. A fascinating, beautifully produced modern-day menagerie. But whereas medieval bestiaries were often based on folklore and myth, the creatures that abound in this volume—from the axolotl to the zebrafish—are, with one exception, very much with us, albeit sometimes in depleted numbers. Fully illus. 427 pages. Univ of Chicago Press. Paperbound. Pub. at \$23.00 **\$16.95**



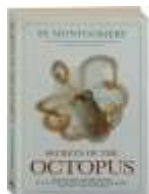
***9062793 UNCOVERING DINOSAUR BEHAVIOR: What They Did and How We Know.** By David Hone. Provides an unparalleled look at the engaging field of science, presenting the latest findings on dinosaur behavior and explaining how researchers interpret the often minimal and even conflicting information available to them. Fully illus. some in color. 207 pages. Princeton. Pub. at \$29.95 **\$24.95**



***900002X COWPUPPY: An Unexpected Friendship and a Scientist's Journey into the Secret World of Cows.** By Gregory Berns. In this fascinating glimpse into the cognitive and emotional lives of cows, a neuroscientist weaves together his hands-on experiences with the growing herd on his farm, accessible scientific explanations of animal behavior, and evocative portraits of the animals at the center of his study. Color photos. 229 pages. Harper. Pub. at \$29.99 **\$21.95**



***9074554 WHAT THE CHICKEN KNOWS: A New Appreciation of the World's Most Familiar Bird.** By Sy Montgomery. A charming and eye-opening exploration between humans and chickens. Montgomery takes us inside the flock and reveals all the things that make chickens such remarkable creatures. 16 pages of color photos. 70 pages. Atria. Pub. at \$21.99 **\$17.95**



***6075819 SECRETS OF THE OCTOPUS.** By Sy Montgomery. Reveals an astonishing array of curious behaviors unique to these extraordinary animals. Join Montgomery on this marvelous marine adventure and meet some of the most beautiful and intriguing creatures on the planet. Fully illus. in color. 190 pages. National Geographic. Pub. at \$30.00 **\$21.95**



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. Paperbound. Pub. at \$14.95 **\$5.95**



***8794022 INSECTS: Peterson Field Guides.** By D.J. Borror & R.E. White. Covers 579 families of insects and includes descriptions of other arthropods, providing identification keys and notes on habitats, with chapters on insect structure, growth and development, and developing and maintaining a collection. Well illus. many in color. 404 pages. Mariner. Paperbound. Pub. at \$25.00 **\$18.95**



***9011013 GHOSTWALKER: Tracking a Mountain Lion's Soul Through Science and Story.** By Leslie Patten. To understand an animal no one sees, Patten conducted over 100 interviews with biologists, conservation groups, state wildlife managers, houndsmen, and professional trackers. Presents a complete picture of mountain lions in the West today, uncovering the intimacies of their secretive lifestyle as well as the issues they face in our changing world. Photos. 298 pages. Bison. Paperbound. **\$21.95**



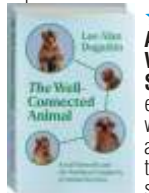
***1998560 FINDING THE FOX: Encounters with an Enigmatic Animal.** By Andreas Tjernshaugen. Exploring folktales, science, and history, this evocative work of nature writing shows how humans through the centuries, have thought about this unique animal—the red fox. 213 pages. Greystone. Pub. at \$26.95 **\$19.95**



***9071849 VANISHING TREASURES: A Bestiary of Extraordinary Endangered Creatures.** By Katherine Rundell. Takes us on a globe spanning tour of the world's most awe inspiring animals currently facing extinction. This collection of essays is a clarion call insisting that we look at the world around us with new eyes, to see the magic of the animals we live among, and how lucky we are to tread the same ground as these vanishing treasures. Illus. 208 pages. Doubleday. Pub. at \$26.00 **\$18.95**



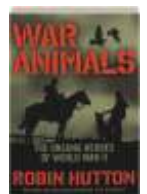
***9077375 WHAT'S WILD: A Half Century of Wisdom From the Woods and Rivers of New England.** By Eric Orff. Orff's trademark humor and kind heart, coupled with a solid scientific foundation make him someone people like to listen to when they want to know what's happening in the woods, rivers, and fields of New England. Wildlife is now more abundant across the region than since colonial times, thanks to like him. Illus. 165 pages. Peter E. Randall. Pub. at \$24.95 **\$17.95**



***9063668 THE WELL-CONNECTED ANIMAL: Social Networks and the Wondrous Complexity of Animal Societies.** By Lee Alan Dugatkin. An engaging exploration of the wondrous social webs that permeate life in animal societies around the world. Uncovering social networks that existed long before the dawn of human social media. Color photos. 217 pages. Univ of Chicago Press. Pub. at \$29.00 **\$23.95**



7878729 WILD BABIES: Photographs of Baby Animals from Giraffes to Hummingbirds. By Traer Scott. With more than 30 baby animal portraits, Scott provides a glimpse into the rarely seen world of newborn animals. Paired with informative captions, these photos highlight the formative moments of these infants' first weeks as they explore the thrilling world outside their nests, dens, and burrows. 136 pages. Chronicle. Pub. at \$24.95 **PRICE CUT to \$5.95**



7879210 WAR ANIMALS: The Unsung Heroes of World War II. By Robin Hutton. Tells the heartwarming stories of the dogs, horses, mules, pigeons, and one cat, who did their bit for the war effort. American and British families volunteered beloved family pets and farm dogs to aid in the war effort. The shining loyalty and courage of these heroes is a testimony to the enduring bond between us and the animals we love. Illus. 428 pages. Regnery. Paperbound. Pub. at \$16.99 **PRICE CUT to \$3.95**



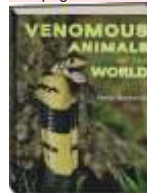
1177834 WAR ANIMALS: The Unsung Heroes of World War II. By Robin Hutton. Tells the heartwarming stories of the dogs, horses, mules, pigeons, and one cat, who did their bit for the war effort. American and British families volunteered beloved family pets and farm dogs to aid in the war effort. The shining loyalty and courage of these heroes is a testimony to the enduring bond between us and the animals we love. Illus. 428 pages. Regnery. Pub. at \$29.99 **\$6.95**



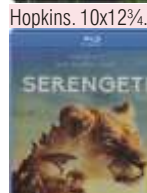
***9009116 MOO: A Book of Happiness for Cow Lovers.** By Angus St. John Galloway. A celebration of these endearing animals, pairing memorable quotes and charming photographs of around 50 of the world's most popular cattle breeds to create a collection of words and images to treasure. 160 pages. Exisle. Paperbound. Pub. at \$15.99 **PRICE CUT to \$9.95**



1041207 A HANDFUL OF HAPPINESS: How a Prickly Creature Softened a Prickly Heart. By Massimo Vacchetta 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 **PRICE CUT to \$4.95**



785675X VENOMOUS ANIMALS OF THE WORLD. By Steve Backshall. From the mighty King Cobra, which can reach over five meters in length, down to the diminutive but lethal Black Widow Spider, a natural history expert takes a fascinating look at more than 60 of the most venomous creatures across the world's continents. Well illus. in color. 160 pages. Johns Hopkins. 10x12 1/4. Pub. at \$47.00 **SOLD OUT**



Blu-ray 7835884 SERENGETI. Widescreen. A dramatized story based on the real lives of Africa's most iconic animals. Narrated by John Boyega. Collects all six episodes. English SDH. Six hours on 2 Blu-rays. BBC Earth. **PRICE CUT to \$5.95**

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8041466 WILD ANIMALS I HAVE KNOWN. By Ernest Thompson Seton. Through the fateful encounter with the wolf Lobo, Seton became a dedicated wildlife protector, individualizing animals and exploring their motivations, feelings, and personalities. Experience Seton's transformation with the stories of Lobo and other creatures and reconnect with the beauty of the wild. 186 pages. Gibbs Smith. Pub. at \$16.99 **PRICE CUT to \$3.95**



***8180466 BEARS: Cubs, Species, Characteristics, Habitats.** By Tom Jackson. An outstanding collection of photographs showing these fascinating animals in their natural habitats. From the polar bears of the Arctic to the brown bears that prowl North America, and from the giant pandas of Asia to the Andean bears of South America. 224 pages. Amber. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**

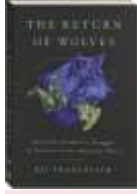


8877009 NEXTINCTION. By R. Steadman & C. Levy. Features the incredible art of cartoonist Ralph Steadman that focuses on birds there's still time to save. These are the 192 Critically Endangered Birds on the IUCN Red List, species such as the Giant Ibis, the Kakapo, the iconic Spoon-billed Sandpiper and more. Fully illus., in color. 224 pages. Bloomsbury. Paperbound. Pub. at \$30.00 **PRICE CUT to \$5.95**

Animals



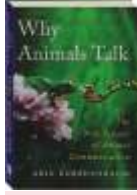
9045619 ENTERTAINING ELEPHANTS: Animal Agency and the Business of the American Circus. By Susan Nance. Examines elephant behavior, drawing on the scientific literature of animal cognition learning and communications, to offer a study of elephants as actors in American circus entertainment between 1800 and 1940. By developing a deeper understanding of animal behavior, the author asserts, we can more fully explain the common history of all species. Illus. 294 pages. Johns Hopkins. Pub. at \$60.00 **PRICE CUT to \$7.95**



799866X THE RETURN OF WOLVES: An Iconic Predator's Struggle to Survive in the American West. By Eli Francovich. Finding promise in the practice of range riding, in which horseback riders patrol the land between wilderness and farms, diverting wolves from livestock without bloodshed, Francovich introduces readers to the many players involved in the fight for wolves while offering renewed hope for their survival. 238 pages. Timber. Pub. at \$28.00 **PRICE CUT to \$5.95**



8091633 BEAR ATTACKS OF THE CENTURY, SECOND EDITION: True Stories of Courage and Survival. By L. Mueller & M. Reiss. Gathers stories of courage, chronicling the most horrific encounters between bears and people. With expert advice on avoiding attacks and information that may help both species leave an encounter unscathed, this work is required reading for hikers, hunters, campers, or anyone visiting bear country. 178 pages. Lyons. Paperbound. Pub. at \$22.95 **PRICE CUT to \$14.95**



8999376 WHY ANIMALS TALK: The New Science of Animal Communication. By Arik Kershenbaum. A delightful and groundbreaking exploration of animal communication and its true meaning. Draws on extensive original research to reveal how many of the animal kingdom's most seemingly confusing or untranslatable signals are in fact logical and consistent and from our own. Illus. 273 pages. Penguin. Pub. at \$30.00 **PRICE CUT to \$17.95**



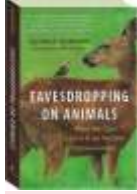
8893934 WILD TREASURES: A Year of Extraordinary Encounters with Cornwall's Wildlife. By Hannah Stiffall. Shares her incredible stories, beautiful photographs and often funny meetings with Cornwall's wildlife through the course of a year. From brown hares boxing, watching an otter cub hunt, to witnessing the unique bioluminescence of a glow-worm. 255 pages. Gaia. Pub. at \$22.99 **PRICE CUT to \$14.95**



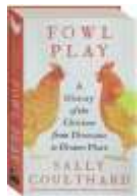
9023976 GRIZZLY CONFIDENTIAL: An Astonishing Journey into the Secret Life of North America's Most Fearful Predator. By Kevin Grange. A fast-paced, gripping story that educates, entertains, and gives a sneak peek into the secret life of the grizzly. Part science, part travelogue, and a passionate plea for bear conservation, this is a lively account for anyone who loves the outdoors and learning about the natural world. Photos. 259 pages. Harper. Pub. at \$29.99 **PRICE CUT to \$17.95**



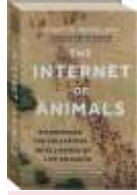
904115X PLAYING POSSUM: How Animals Understand Death. By Susana Monso. Explores what the opossum and other creatures can teach us about how we and other species understand mortality, and demonstrates that the concept of death, far from being a uniquely human attribute, is widespread in the animal kingdom. Illus. 243 pages. Princeton. Pub. at \$29.95 **PRICE CUT to \$19.95**



9043853 EAVESDROPPING ON ANIMALS: What We Can Learn from Wildlife Conversations. By George Bumann. Tells the fascinating stories and insights the author has gained from studying wildlife around the world. Bumann shares tips, tricks, and advice for readers living in urban, suburban, and rural areas to have transformative wildlife encounters as you decode the secret conversations of wild animals all around you. 259 pages. Greystone. Pub. at \$27.95 **PRICE CUT to \$17.95**



6998291 FOWL PLAY: A History of the Chicken from Dinosaur to Dinner Plate. By Sally Coulthard. Charts the chicken's fascinating journey from dinosaur to domestication to exploitation, exploring every aspect of the history of *Gallus gallus domesticus*. From its importance to the ancient Egyptians, Greeks and Romans through to its darker modern-day fate as battery bird raised to satisfy society's unquenchable addiction to wings and nuggets. Illus. 278 pages. Head of Zeus. Pub. at \$27.99 **PRICE CUT to \$14.95**



1604295 THE INTERNET OF ANIMALS: Discovering the Collective Intelligence of Life on Earth. By Martin Wikelski. A living map of animal movements made possible through a new satellite-based animal tracking system called International Cooperation for Animal Research Using Space, or ICARUS. Its founder Wikelski convincingly argues that animals possess a unique "sixth sense" that humans are only beginning to grasp. Illus. some in color. 244 pages. Greystone. Pub. at \$28.95 **PRICE CUT to \$14.95**



8871388 A FIELD GUIDE TO THE LARGER MAMMALS OF SOUTH AMERICA. By R. Webb & J. Blincow. The species accounts include a description of key features and information on subspecies, comparisons with similar species that overlap in range, details of habitats in which the species occurs, a summary of its distribution in South America and information on its conservation. Well illus., in color. 488 pages. Princeton. Paperbound. Pub. at \$49.95 **PRICE CUT to \$29.95**



7978413 DEVILFISH: When Giant Squid Ruled the Northern Sea. By Jenny Higgins. Higgins informs and delights with myths, facts, and stories of giant squid in the North Atlantic Ocean. Contains 11 pull-out facsimile archival documents and a stunning 3d giant squid pop up. Well illus. some in color. 88 pages. Boulder. 11 1/4 x 10 1/4. Pub. at \$34.95 **PRICE CUT to \$21.95**



899918X DANGEROUS ANIMALS OF SOUTHERN AND EASTERN AFRICA. By J. Williams & P. Goodwin. A comprehensive review of the seven animals officially described as 'dangerous' by the professional association of Field Guides in South Africa. Embraces the anatomical, physiological and behavioral aspects of the animals and more. Well illus. in color. 333 pages. Whittles. Paperbound. Pub. at \$39.95 **PRICE CUT to \$24.95**



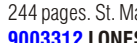
Blu-ray 7990928 PLANET DINOSAUR. Widescreen. BBC. **\$4.95**



9002987 TALES OF AN AFRICAN VET. By Roy Aronson. 228 pages. Lyons. Paperbound. Pub. at \$14.95 **SOLD OUT**



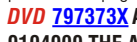
9034889 FUNNY FARM: My Unexpected Life with 600 Rescue Animals. By Laurie Zaleski. 16 pages of color photos. 244 pages. St. Martin's. Pub. at \$27.99 **\$6.95**



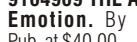
9003312 LONESOME FOR BEARS: A Woman's Journey in the Tracks of the Wilderness. By Linda Jo Hunter. Color photos. 134 pages. Lyons. Paperbound. Pub. at \$19.95 **\$5.95**



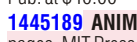
DVD 797373X ANIMALS ARE PEOPLE TOO! Questar. **\$5.95**



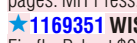
9104909 THE ANIMAL MIND: Profiles of Intelligence and Emotion. By Marianne Taylor. 239 pages. Abrams. Pub. at \$40.00 **SOLD OUT**



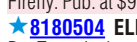
1445189 ANIMAL LANGUAGES. By Eva Meijer. Illus. 276 pages. MIT Press. Pub. at \$27.95 **PRICE CUT to \$4.95**



1169351 WISDOM OF SLOTHS. Compiled by Lisa Purcell. Firefly. Pub. at \$9.95 **PRICE CUT to \$5.95**



8180504 ELEPHANTS: Calves, Family, Body, Habitat. By Tom Jackson. Fully illus. in color. 224 pages. Amber. Paperbound. Pub. at \$16.99 **\$12.95**



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9069356 CANDID CREATURES: How Camera Traps Reveal the Mysteries of Nature. By Roland Kays. 261 pages. Johns Hopkins. 9 1/4 x 11 1/4. Pub. at \$39.95 **\$11.95**



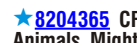
7915160 ZOOBORNS: Motherly Love. By A. Bleiman & C. Eastland. 158 pages. S&S. Paperbound. Pub. at \$9.99 **\$4.95**



7942389 ELEPHANT HOUSE. By Nigel Rothfels, photos by D. Blau. Penn State Univ. Pub. at \$29.95 **PRICE CUT to \$2.95**



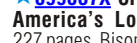
8888515 GEORGE: A Magpie Memoir. By Frieda Hughes. 264 pages. Avid Reader. Paperbound. Pub. at \$18.99 **PRICE CUT to \$11.95**



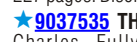
8204365 CREATURES THAT EAT PEOPLE: Why Wild Animals Might Eat You. By Richard Freeman. 245 pages. Mango. Paperbound. Pub. at \$24.99 **\$17.95**



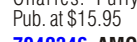
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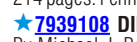
7942346 AMONG THE BONE EATERS: Encounters with Hyenas in Harar. By Marcus Baynes-Rock. 48 pages of photos. 214 pages. Penn State Univ. Pub. at \$34.95 **\$5.95**



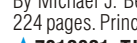
7939108 DINOSAUR BEHAVIOR: An Illustrated Guide. By Michael J. Benton, illus. by B. Nicholls. Well illus. in color. 224 pages. Princeton. 8 1/2 x 11 1/4. Pub. at \$35.00 **\$27.95**



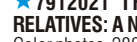
7912021 THE LIVES OF OCTOPOUSES & THEIR RELATIVES: A Natural History of Cephalopods. By Danna Staaf. Color photos. 288 pages. Princeton. **SOLD OUT**



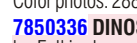
7850336 DINOSAUR TRACKS: The Next Steps. Ed. by Peter L. Falkingham et al. Well illus. in color. 418 pages. INUP. 8 1/2 x 11 1/4. Pub. at \$40.00 **PRICE CUT to \$5.95**



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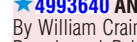
7776446 GIANTS OF THE LOST WORLD: Dinosaurs and Other Extinct Monsters of South America. By Donald R. Prothero. Illus. 2 pages. Smithsonian. Paperbound. Pub. at \$21.99 **\$7.95**



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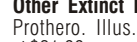
4998286 DANGEROUS SNAKES OF AUSTRALIA: A Guide to Their Identification, Ecology, and Conservation. By Mike Swan. Fully illus. in color. 249 pages. Comstock. Paperbound. Pub. at \$29.95 **\$23.95**



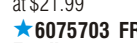
7897405 BITE CLUB: Real-Life Attacks by Sharks and Other Killer Predators. By Douglas Wight. Adults only. Photos. 286 pages. Ad Lib. Paperbound. Pub. at \$16.99 **\$9.95**



7999208 THE ELEPHANTS OF THULA THULA. By Francoise Malby-Anthony with K. Sidley. 16 pages of color photos. 310 pages. St. Martin's. Paperbound. Pub. at \$20.00 **PRICE CUT to \$11.95**



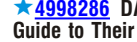
8881960 STOWAWAY: The Disreputable Exploits of the Rat. By Joe Shute. 272 pages. Bloomsbury. Pub. at \$26.00 **PRICE CUT to \$11.95**



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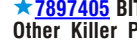
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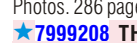
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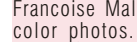
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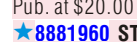
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7979282 EIGHT BEARS: Mythic Past and Imperiled Future. By Gloria Dickie. Illus. 250 pages. Norton. Pub. at \$30.00 **PRICE CUT to \$11.95**



7967799 BAT ISLAND: A Rare Journey into the Hidden World of Tropical Bats. By Rachel A. Page et al. 160 pages. Mandala. 11 1/4 x 10 1/4. Pub. at \$50.00 **PRICE CUT to \$27.95**



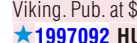
8874794 REPTILES. text by Steve K. Wilson. 208 pages. New Holland. 9 1/2 x 10 1/2. Pub. at \$39.99 **PRICE CUT to \$19.95**



1038702 THE LAST OF ITS KIND: The Search for the Great Auk and the Discovery of Extinction. By Gislí Palsson. Illus., some in color. 291 pages. Princeton. Pub. at \$27.95 **PRICE CUT to \$19.95**



789841X WILDLIFE ANATOMY: The Curious Lives & Features of Wild Animals Around the World. By Julia Rothman with L. Hiley. 208 pages. Storey. Paperbound. Pub. at \$18.99 **PRICE CUT to \$7.95**



7954891 PIGCASSO: The Painting Pig That Saved a Sanctuary. By Joanne Lefson. 16 pages of color photos. 285 pages. Mobius. Pub. at \$26.99 **PRICE CUT to \$5.95**



7900414 METHUSELAH'S ZOO: What Nature Can Teach Us About Living Longer, Healthier Lives. By Steven N. Austad. Photos. 301 pages. MIT Press. Paperbound. Pub. at \$22.95 **PRICE CUT to \$9.95**



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9019502 THE BALD EAGLE: The Improbable Journey of America's Bird. By Jack E. Davis. Follows the travels of this exclusively North American bird across five centuries, revealing how its history is entwined with our own. Davis contrasts the relatively peaceful coexistence between bald eagles and Indigenous peoples with the bleak years when Americans, through predator control then DDT 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**



228751X BIRDS & BLOOMS EVERYDAY NATURE SECRETS 2023: Discover the Hidden World in Your Backyard. See nature as never before with fascinating facts about birds and other wildlife, real-life reader stories, expert advice and gorgeous photographs. 256 pages. RDA. Paperbound. Pub. at \$24.99 **\$5.95**



9131140 THE HAWAIIAN GOOSE: An Experiment in Conservation. By J. Kear & A.J. Berger. This timely and absorbing account chronicles the recent history of the Hawaiian Goose, or Nene, including its descent to near extinction, its eleventh-hour rescue, and its recent restoration to the wild. Well illus., most in color. 154 pages. Buteo. Pub. at \$30.00 **\$4.95**



9057722 THE BIRD NAME BOOK. By Susan Myers. An alphabetical reference work on the origins and meanings of common group bird names, from "accentor" to "zeledonia." Engaging facts and anecdotes, this volume presents a wealth of incisive entries alongside stunning photos and historic prints and watercolors. 416 pages. Princeton. Pub. at \$39.95 **\$7.95**



9001700 PENGUINS IN THE WILD. By David Tipling. Showcases 140 amazing photographs of the birds taken in the wild, and includes all of the world's seventeen penguin species, and chapters that cover every aspect of their lives and behavior. This stunning volume is a beautiful celebration of these magnificent birds. 160 pages. MIT Press. 11x9 3/4. Pub. at \$19.95 **\$5.95**



7841485 IDENTIFYING AND FEEDING BIRDS: Backyard Bird Guides. By Bill Thompson III. In an easygoing and lighthearted style, this guide covers all the elements needed to attract birds to a backyard (food, water, shelter) and address special cases and problems (keeping bees out of hummingbird feeders) and much more. Also profiles the 125 species most common at backyard feeders. Well illus. in color. 246 pages. HMH. Paperbound. Pub. at \$20.00 **\$5.95**



9105794 A FASCINATION WITH FALCONS: A Biologist's Adventures from Greenland to the Tropics. By Bill Burnham. The scientific investigation of falcons and their relationship with humans through falconry provides insight and experiences that contribute knowledge and understanding of our natural world, while also emphasizing the need for its conservation. Burnham combines information and experiences in this guide. 32 pages of color photos. 234 pages. Hancock House. Pub. at \$29.95 **\$4.95**



8063133 EUROPE'S BIRDS: An Identification Guide. By Rob Hume et al. Covering more than 900 species, and illustrated with 4,700 photographs, this is the most comprehensive, authoritative and ambitious single-volume photographic guide to Europe's birds ever produced. Easy to use, this guide provides the information necessary for birdwatchers to name any bird they see. 640 pages. Princeton. Paperbound. Pub. at \$29.95 **\$6.95**



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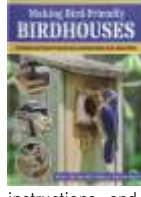
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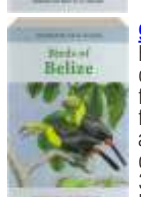
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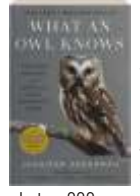
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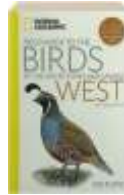


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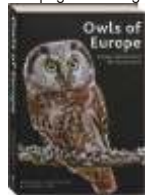
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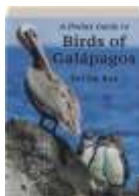


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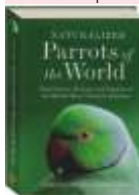
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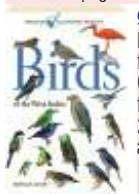
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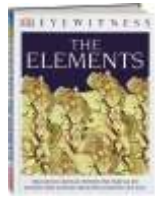
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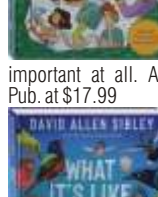
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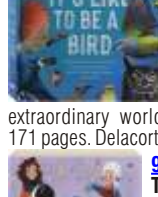
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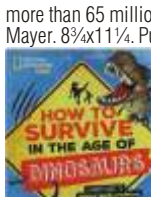
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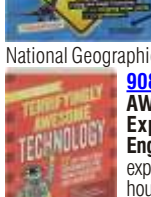
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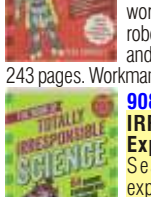
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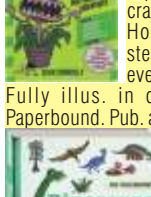
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9128093 WHAT DO WE KNOW ABOUT BIGFOOT? By Steve Korte, illus. by M. Gutierrez. Dive into the facts behind the most well-known footage of the cryptid, the Patterson-Gimlin film, and learn about actual scientific studies conducted to learn whether or not Bigfoot actually exists. Ages 8-12. Fully illus. 107 pages. Penguin. Paperbound. Pub. at \$6.99 **\$4.95**



1207326 DINOSAURS OF THE UPPER CRETACEOUS. An illustrative guide of 25 of the best known dinosaurs of the period, providing up to date information with highly detailed computer generated artwork. Illustrated introductory spreads provide background information on the time periods in which the dinosaurs lived. Ages 8-11. Firefly. 8 1/2 x 11. Pub. at \$16.95 **\$5.95**



9100199 AROUND THE WORLD IN 80 TREES. By Ben Lerwill, illus. by K. Kajfez. Journey around the globe to gaze up at towering redwoods and find out which tree has fish swimming around its roots. View a stunning central gatefold that opens out to reveal 80 trees. Explore the life cycle of trees, how they communicate with each other and why they are vital to the Earth's health. Ages 8-10. Fully illus. in color. 72 pages. Welbeck. 9 1/2 x 11 1/4. Pub. at \$17.95 **\$6.95**



908245X THE SCIENCE BOOK. By John Farndon et al. From the extreme ferocity of chemical reactions to the astounding vastness of the universe, discover the most extraordinary facts and stunning photographs with this ultimate guide to science. Ages 9-12. 160 pages. Miles Kelly. 8 1/2 x 10 1/2. Pub. at \$14.99 **\$5.95**



9122354 MEET THE MEGAFAUNA! Get to Know 20 of the Largest Animals to Ever Roam the Earth. By Gabrielle Balkan, illus. by P. Nguyen Quang et al. Discover 20 of the biggest megafauna in this visually striking and highly informative guide that takes us back through the eons to explore some of the most fantastic creatures to ever roam the earth. Ages 7-10. Fully illus. in color. 48 pages. Workman. 9 1/2 x 12. Pub. at \$19.99 **SOLD OUT**



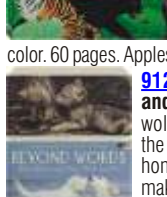
LIMITED QUANTITY 9123067 THE SECRET LIFE OF BIRDS. By Moira Butterfield, illus. by V. Mineker Chen. Did you know birds can call to each other in thousands of different ways? Hear bird stories from all around the world and learn about nest-building and baby birds. Discover why birds are so important to us all, in this enchanting first guide to birdlife around the globe. Ages 7-11. 47 pages. Happy Yak. 9 1/2 x 11 1/4. Pub. at \$19.99 **\$5.95**



9006435 CARRY ALONG DINOSAURS. Children will love exploring the prehistoric dinosaurs in this delightfully illustrated carry along. Ages 1-6. Page Publications. Pub. at \$9.99 **\$5.95**



9120297 YOUR BEDROOM IS A RAINFOREST! By Hannah Sheldon-Dean. Discover everything you need to know about our amazing rainforests, from jungle creatures to conservation science and more! Includes more than 100 reusable glow-in-the-dark stickers. Ages 5-12. Fully illus. in color. 60 pages. Applesauce. 12 x 10 1/2. Pub. at \$24.95 **\$6.95**



9127755 BEYOND WORDS: What Wolves and Dogs Think and Feel. By Carl Safina. A wolf pack reunites and they greet one another the way our dogs greet us when we come home. This is an extraordinary look at what makes these animals different from us. Ages 10 & up. Well illus. 170 pages. Square Fish. Paperbound. Pub. at \$12.99 **\$4.95**



908584X I LOVE YOU MORE, BABYSAUR. By Rose Rossner, illus. by J. Blanda. RAWR means "I love you" in dinosaur, and there's no better way to celebrate your little Hugasaurus than with this pun-tastic work! Ages 0-2. Fully illus. in color. Sourcebooks. Pub. at \$8.99 **\$4.95**



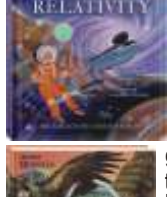
912991X CHEMICAL ENGINEERING: Everyday STEM. By Jenny Jacoby, illus. by L. Valentine. From raising agents in bread to life-saving medicine and eco-friendly fuel, chemical engineering has transformed our lives. With easy-to-understand text and lots of colorful artworks, photos, and diagrams, readers can best explore where we encounter chemical engineering and why it's even important at all. Ages 9-11. Fully illus. in color. 48 pages. Kingfisher. 9 1/2 x 11. Pub. at \$17.99 **\$5.95**



9129952 CIVIL ENGINEERING: Everyday STEM. By Jenny Jacoby, illus. by L. Valentine. Discover how civil and mechanical engineering helps us interact with society and see how engineering is helping save the environment. With easy-to-understand text and lots of colorful artworks, photos and diagrams, readers can best explore where we encounter engineering and why it's even important at all. Ages 9-12. 48 pages. Kingfisher. 9 1/2 x 11. Pub. at \$17.90 **\$5.95**



8092265 ALBERT EINSTEIN'S THEORY OF RELATIVITY. By Alex Woolf, illus. by J. Londono-Gaviria. Bringing Einstein's radical ideas to life, discover how he came to write the most famous equation in science and learn about Einstein's life, reactions to his ideas, and how scientists today still rely on his work. Ages 8-12. Well illus., in color. 64 pages. Arcturus. 9 x 11 1/4. **\$8.95**



9122354 MEET THE MEGAFAUNA! Get to Know 20 of the Largest Animals to Ever Roam the Earth. By Gabrielle Balkan, illus. by P. Nguyen Quang et al. Discover 20 of the biggest megafauna in this visually striking and highly informative guide that takes us back through the eons to explore some of the most fantastic creatures to ever roam the earth. Ages 7-10. Fully illus. in color. 48 pages. Workman. 9 1/2 x 12. Pub. at \$19.99 **SOLD OUT**

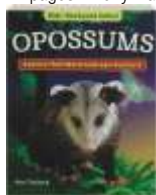
Science & Nature for Children



★1033115 WHOSE HOUSE IS THAT? By Stan Tekiela. Beaver lodges, bird nests, spiderwebs, the animal kingdom is filled with expert builders that construct spectacular homes. Study a photo of an animal's house and examine a clue about the creature that built it. Next, guess "Whose house is that?" Then turn the page to discover the answer. Ages 4-8. Fully illus. in color. Adventure Publications. 10 1/2 x 8 1/4. Pub. at \$14.95 **\$11.95**



7598939 EXPLORING THE WORLD OF HUMMINGBIRDS. By Tracy C. Read. Offers young readers a fascinating and colorfully illustrated introduction to this unique bird and its lifestyle. Includes a section detailing the hummingbird's features, a look at their parenting habits, and more. Ages 8-11. 24 pages. Firefly. Paperbound. Pub. at \$6.95 **\$4.95**

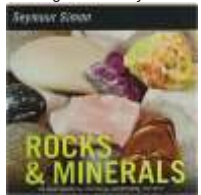


★1090305 OPOSSUMS: Kids' Backyard Safari. By Ann Tatlock. Come along on a backyard safari to learn fun and interesting facts about opossums. Learn if opossums are seen more during the day or at night, where they can be found around the world, how they communicate, and how many teeth they have. Ages 4-8. Fully illus. in color. 32 pages. Curious Fox. Paperbound. **\$5.95**

9122370 SAVE THE GIRAFFES. By Anita Sanchez. Filled with all the facts you need to know to become a giraffe expert! Find out how you can help save the giraffes! Ages 6-9. Well illus. 79 pages. Philomel. Pub. at \$16.99 **\$4.95**



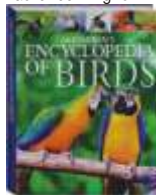
9078797 SPACE! The Universe As You've Never Seen It Before. Ed. by C. Heilman & M. Parrish. Covering the stars and planets, space exploration, and the night sky, this volume is packed with amazing facts and NASA images revealing the wonders of the cosmos—from black holes to the big bang to the planets. The computer-generated cutaways and photorealistic images are phenomenal. Ages 10-17. 208 pages. Dorling Kindersley. 10 1/2 x 12. Pub. at \$24.99 **\$11.95**



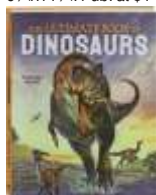
9094474 ROCKS & MINERALS. By Seymour Simon. Earth's crust contains many different kinds of rocks and minerals, such as granite, sandstone, basalt, quartz, and crystal. They give us clues to what happened millions and millions of years ago in Earth's history. Ages 6-10. Fully illus. in color. 48 pages. HarperCollins. 10x10. Paperbound. Pub. at \$7.99 **\$4.95**



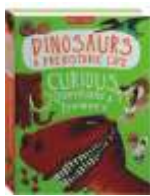
9129502 DINOSAURS: Terrific Timelines. By Isabel Thomas, illus. by A. Van Ryn. Walk through the Triassic, Jurassic, and Cretaceous eras with 20 top dinosaurs from Allosaurus to Triceratops. Assemble the timeline, then create a prehistoric panorama by slotting in the press-out dinosaur figures. Find out more in the dinosaur factfiles! Ages 6 & up. Fully illus. in color. 32 pages. Laurence King. 9x12 3/4. Pub. at \$19.99 **\$6.95**



7877838 CHILDREN'S ENCYCLOPEDIA OF BIRDS. By Claudia Martin. Set off on an extraordinary tour of the world of birds—from powerful eagles and flocking flamingos, to beautiful hummingbirds and clever corvids. This visual encyclopedia brings together cutting-edge knowledge and awe-inspiring ideas with clarity and accuracy. Ages 3-6. 128 pages. Arcturus. 9 1/4 x 11 1/4. Pub. at \$14.99 **\$7.95**



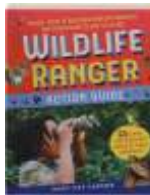
791007X THE ULTIMATE BOOK OF DINOSAURS. By Claudia Martin. Come face to face with the most fearsome creatures ever to walk the Earth, in this extraordinary, eye-opening guide to dinosaurs. This meticulously researched project brings the most up to date paleontological data to life with clarity, passion, and intelligence. Ages 8-12. Fully illus. in color. 125 pages. Arcturus. 9x11 1/4. Pub. at \$14.99 **\$5.95**



8092397 DINOSAURS & PREHISTORIC LIFE: Curious Questions & Answers. By C. de la Bedoyere et al., illus. by L. Martin et al. Humorous illustrations and astounding facts explore all that is strange, sensational and just plain peculiar about dinosaurs and prehistoric life. Ages 5 & up. 140 pages. 8 1/2 x 11 1/4. Pub. at \$21.95 **\$8.95**



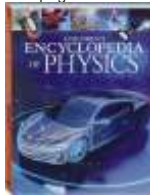
908231X THE EARTH BOOK. By Camilla de la Bedoyere et al. From the formidable majesty of its physical features to the fierce power of its natural forces, discover the most extraordinary facts and stunning photographs with this ultimate guide to Earth. Ages 12 & up. 160 pages. Miles Kelly. 8 1/4 x 10 3/4. Pub. at \$14.99 **\$5.95**



8997519 WILDLIFE RANGER ACTION GUIDE: Track, Spot & Provide Healthy Habitat for Creatures Close to Home. By Mary Kay Carson. Use the field guide pages to learn about which species you're likely to see in your area, then turn your backyard into a sanctuary by creating an animal-friendly habitat where wild residents can find food, water, shelter, and places to nest and raise their young. Ages 10 & up. Fully illus. in color. 176 pages. Storey. 8x10. Paperbound. Pub. at \$18.95 **\$4.95**



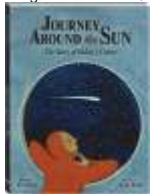
8092796 SPACE: Curious Questions and Answers. By S. Becklake et al., illus. by B. Bakos et al. Takes a sideways look at all that's wild, wonderful and downright weird about space that includes topics on astronauts, space machines, the solar system and more. Quirky colorful illustrations and playful text reveal amazing answers to curious questions. Ages 5 & up. 140 pages. Miles Kelly. 8 3/4 x 11 1/4. Pub. at \$21.95 **\$8.95**



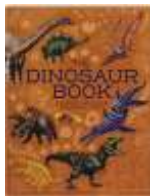
★9121730 CHILDREN'S ENCYCLOPEDIA OF PHYSICS. By Tom Jackson. Key concepts are brought to life, as well as awe-inspiring facts and informative diagrams. From the tiniest subatomic particles to the vast expanses of space, this work shines a light on the hidden laws that shape our world. Ages 8-12. Fully illus. in color. 128 pages. Arcturus. 9 1/4 x 11 1/4. Pub. at \$16.99 **\$12.95**



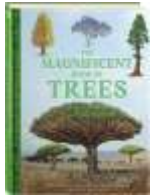
9129839 ARTIFICIAL INTELLIGENCE: When Computers Get Smart. By Tom Jackson. Come and meet the smartest artificial intelligences of the past, present, and future. Introduces pioneering AI machines such as Watson and Sophia and lifts the lid on how they work. Meet machines that look like humans, pit your wits against AlphaGo and Deep Blue, and seek advice from Recommendation Engine. Ages 9-11. Fully illus. in color. 64 pages. Kingfisher. Pub. at \$12.99 **\$5.95**



910593X JOURNEY AROUND THE SUN: The Story of Halley's Comet. By James Gladstone, illus. by Y. Eshet. Told from the perspective of the comet itself upon its return every 75 years or so. Through the lens, we learn not only about the comet, but also how human culture and technology strive toward a greater understanding of our universe. Ages 4-8. Owlkids. 9 1/2 x 12 1/4. Pub. at \$17.95 **\$4.95**



★9070591 THE DINOSAUR BOOK: A Journey Through the Prehistoric World. By Clare Hibbert. Inside you will find high-impact facts and stats, cutting-edge scientific knowledge, and exceptionally realistic art. Ages 8-12. 127 pages. Arcturus. 9x11. Paperbound. Pub. at \$12.99 **\$9.95**



★9065032 THE MAGNIFICENT BOOK OF TREES. By Tony Russell. From the familiar to the rare and the majestic to the peculiar, embark on a journey into the magnificent realm of trees as you explore some of the most fascinating species from across the world. Includes fascinating facts in an easy to read format. And spot the animals that call these trees their home. Ages 8-12. Fully illus., in color. Weldon Owen. 11x15. Pub. at \$19.99 **\$14.95**



9100210 THE BOOK OF DISCOVERIES: Incredible Breakthroughs That Changed the World. By Tim Cooke, illus. by D. Bardana. Explore over 40 of history's most important breakthroughs, from gravity to climate change, vaccination to black holes. Meet the trailblazers from across the globe who made these discoveries. Find out how their amazing achievements have led to advances in technology, changing the world. Ages 8-12. Fully illus. in color. 112 pages. Welbeck. 9 1/4 x 11 1/4. Pub. at \$24.95 **\$8.95**



9065520 IF THE WORLD WERE 100 ANIMALS: A Visual Guide to Earth's Amazing Creatures. By Miranda Smith, illus. by A. Cushley. By focusing on just 100, we can see the rich diversity of life on our planet, what wondrous wildlife we might lose, and what needs to change to help save them. Ages 4-8. Fully illus. in color. Crown. 10x11. Pub. at \$17.99 **\$5.95**



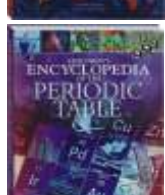
9122249 THE BEAST OF BITES. By Coyote Peterson. Join Peterson as he tracks down some of the most gripping and sometimes horrifying biters on the planet and puts science to the test by actually letting them bite him! Ages 8-12. Fully illus. in color. 304 pages. Little, Brown. Pub. at \$18.99 **\$4.95**



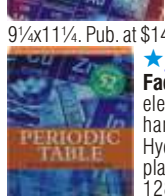
9122400 WILDLIFE ADVENTURE: An Interactive Guide with Facts, Photos, and More! By Coyote Peterson. Not only will you discover animal facts, but you'll also learn what gear is needed to survey each environment. Plus, find puzzles and quizzes to test your knowledge and ten photographic scenes with hundreds of stickers to create your own interactive wildlife encounters! Ages 5-8. Fully illus. in color. 64 pages. Little, Brown. 8 1/2 x 11. Paperbound. Pub. at \$12.99 **\$4.95**



★9121757 FIRST PICTURE ENCYCLOPEDIA OF ANIMALS. By Belinda Gallagher, illus. by L. Semple. Showcases over 100 mammals, reptiles, invertebrates, fish, birds, and amphibians—with fascinating facts about each creature. Ages 5-8. Fully illus. in color. 96 pages. Arcturus. 9 1/4 x 11 1/4. Pub. at \$14.99 **\$11.95**



★9121749 CHILDREN'S ENCYCLOPEDIA OF THE PERIODIC TABLE. By Janet Bingham. Explores the elements of the Periodic Table, from the story of their discovery to how they have revolutionized our lives. Clear explanations and at-a-glance data make this an indispensable guide. Ages 8-12. Fully illus. in color. 128 pages. Arcturus. 9 1/4 x 11 1/4. Pub. at \$14.99 **\$11.95**



★9121803 PERIODIC TABLE: Book and Fact Cards. By Janet Bingham. Chemical elements are building blocks of life, and this handy guide introduces each one—from Hydrogen to Oganesson—and the party they play in our world. Includes 52 fact cards and a 128-page guidebook. Boxed. Ages 8-12. Fully illus. in color. 128 pages. Arcturus. Paperbound. Pub. at \$16.99 **\$12.95**



9093249 COLORFUL KINGDOM: How Animals Use Color to Surprise and Survive. By Anna Omedes, illus. by L. Fraile. The colors we see in nature are more than decorative; they serve a valuable purpose beyond beauty. This work explains what those colors mean in the animal kingdom and reveals how they have evolved to help all living creatures hunt, hide, feed, find a mate, fight, live and die. Ages 7 & up. Fully illus. in color. 45 pages. Orange Mosquito. 10 1/2 x 13. Pub. at \$17.95 **\$6.95**



★9070494 THE ANIMAL BOOK: Take a Walk on the Wild Side! By M. Leach & M. Lland. Children can set off on an extraordinary guided tour of the animal kingdom with this comprehensive reference, brought to life with eye-opening full-color wildlife photography. Ages 8-12. 127 pages. Arcturus. 9x11. Paperbound. Pub. at \$12.99 **\$9.95**



Science & Nature for Children



9128077 WELCOME TO THE MYSTERYVERSE: A World of Unsolved Wonders. By Clive Gifford. Journey through the puzzles, conundrums, and questions that keep the curious awake at night. Discover the genius theories, lightening-bolt brainwaves and guesswork that the world's greatest minds have come up with in their quest for answers. Ages 8 & up. Fully illus. in color. 112 pages. Wide Eyed. 10½x12½. Pub. at \$30.00 **\$7.95**



★9121765 HOW BIG? DINOSAURS. By Dougal Dixon, illus. by P. Corrigan. Get up-close to a Triceratops horn, compare your hand to Iguanodon's, and check out Smilodon's terrifying teeth. Discover so many astonishing facts along the way. Ages 6-10. Fully illus. in color. 96 pages. Arcturus. 9½x11¼. Pub. at \$12.99 **\$9.95**



9130144 FLYING AND FLOATING: Discover It Yourself. Illus. by Diego Vaisberg. Keen scientists can discover why air and water are essential to life on Earth, why the wind blows, and the three forms of water. Readers can find almost everything they need for experiments around the home including how to make a hot-air pinwheel, fly a homemade kite, build a waterwheel, and much more. Ages 7-11. Fully illus. in color. 32 pages. Kingfisher. 8½x9¼. Paperbound. Pub. at \$7.99 **\$4.95**



9129812 ANIMALS IN ACTION: Discover It Yourself. Illus. by Diego Vaisberg. Packed with scientific facts, experiments and activities linked to the world of animals, this STEM-focused guide will show readers how to test a hamster's IQ with a home-made maze, observe nocturnal animals, keep a diary of the changing seasons, and much more. Ages 6-9. Fully illus. in color. Kingfisher. 8½x9½. Pub. at \$16.99 **\$5.95**



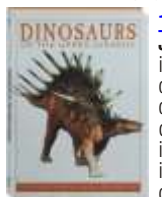
912859X SOUND AND LIGHT: Discover It Yourself. Illus. by Diego Vaisberg. Packed with activities and experiments to provide a practical, hands-on approach to science. Discover how to measure the distance to a storm; build your own instruments; make an eclipse; and more. Ages 7-9. Fully illus. in color. 32 pages. Kingfisher. 8½x9½. Pub. at \$16.99 **\$5.95**



9129855 BATTERIES, BULBS, AND WIRES: Discover It Yourself. Illus. by Diego Vaisberg. After learning essential key facts, children can find almost everything they need for STEM-focused experiments around the home. Learn how to levitate a paperclip, make a buzzer game, create an electric circuit, make a compass and much more. Ages 7-9. Fully illus. in color. 32 pages. Kingfisher. 8½x9½. Pub. at \$16.99 **\$5.95**



9122605 DINOSAURS OF THE MID-CRETACEOUS. By David & Oliver West. One of a series of six volumes for dinosaur enthusiasts and novices alike, this volume talks about a time when the titanosaurs appeared, the largest animals ever to have walked the Earth. Their young were preyed upon by some of the biggest meat-eating dinosaurs. Ages 8-11. Fully illus. in color. 32 pages. Firefly. 8½x11. Pub. at \$16.95 **\$5.95**



1038605 DINOSAURS OF THE UPPER JURASSIC. By David & Oliver West. An illustrated guide of 25 of the best known dinosaurs of the period, providing up to date information with highly detailed computer generated artwork, illustrated introductory spreads provide background information on the time periods in which the dinosaurs lived. Ages 8-11. 32 pages. Firefly. 8½x11. Pub. at \$16.95 **\$5.95**



9099069 PYTHON: Read and Wonder. By Christopher Cheng, illus. by M. Jackson. Combining informative facts, expressive illustrations, and a lyrical, mesmerizing narrative, this work will captivate anyone fascinated by this iconic creature. Ages 5-8. 30 pages. Candlewick. Paperbound. Pub. at \$8.99 **\$4.95**



9072225 UNDERCOVER BIRDS. Text by Mia Cassany, illus. by G. Perez Herrero. Peek through the die-cut pages to observe 10 of the most fascinating birds on our planet. Ages 7-10. Fully illus. in color. Orange Mosquito. 9½x12. Pub. at \$18.95 **\$6.95**



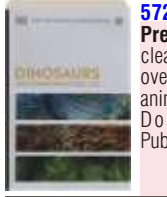
9072233 UNDERCOVER BUGS. Text by Mia Cassany, illus. by G. Perez Herrero. Peek through the die-cut pages to observe 10 of the most surprising insects on our planet. Ages 7-10. Fully illus. in color. Orange Mosquito. 9½x12. Pub. at \$18.95 **\$6.95**



9167277 JURASSIC RECORD BREAKERS: Heaviest Dinosaur! Most Feared! Fastest Dino Tail! By Darren Naish. Enter the era of the most extreme record-breakers ever with this guide to Jurassic life. You'll learn all about the fascinating creatures that lived in this amazing period. Ages 5 & up. Fully illus. in color. 48 pages. Carlton Kids. 8½x11. Paperbound. Pub. at \$7.95 **\$4.95**



★8881367 THE MAGNIFICENT BOOK OF DINOSAURS AND OTHER PREHISTORIC CREATURES. By Tom Jackson, illus. by R. Farkas. This beautifully illustrated work will lead you on a journey of discovery as you explore a range of fascinating dinosaurs. Intriguing facts accompany every illustration, so you can find out which dinosaur jumped the highest, how fierce Ankylosaurus really was, and more! Includes a dinosaur poster. Ages 8 & up. 80 pages. Silver Dolphin. 11x14¼. Pub. at \$18.99 **PRICE CUT to \$11.95**



5729874 DINOSAURS: And Other Prehistoric Life. By Hazel Richardson. The clearest and sharpest recognition guide to over 200 dinosaurs and other prehistoric animals. Ages 9-12. Fully illus. 224 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **PRICE CUT to \$3.95**



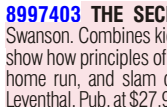
9053522 ONE NIGHT IN THE EVERGLADES. By Laurel Larsen, illus. by J.M. Turley. Follow two scientists as they spend the night in the Everglades collecting water samples, photographing wildlife, and sloshing through marshes in an attempt to understand this mysterious ecosystem. Ages 8-12. Fully illus. in color. 30 pages. Moonlight. 10½x9½. Pub. at \$15.95 **PRICE CUT to \$2.95**



8991596 DISCOVERING NATURE'S HIDDEN ALPHABET. By K. Castella & B. Boyle. Letter shapes are everywhere in nature: in clouds, trees and mountains. Each photo contains at least one letter hidden and a fun fact about the animal, plant, insect, or phenomenon in focus. Can you find them? Ages 4-8. 63 pages. Heyday. Pub. at \$16.00 **PRICE CUT to \$2.95**



903403X DC SUPER HERO SCIENCE. By Jennifer Hackett. You'll see how things work with fun experiments and uncover the awesome answers to questions like: How does Batman see in the dark? Are cyborgs real? and more. Ages 6 & up. Fully illus. in color. Downtown Bookworks. Paperbound. Pub. at \$12.99 **PRICE CUT to \$3.95**



8997403 THE SECRET SCIENCE OF SPORTS. By Jennifer Swanson. Combines kid-friendly language and vibrant illustrations to show how principles of STEM are behind every soccer kick, slap shot, home run, and slam dunk. Ages 8-12. 176 pages. Black Dog & Leventhal. Pub. at \$27.99 **PRICE CUT to \$5.95**

1038613 DINOSAURS OF THE UPPER TRIASSIC & THE LOWER JURASSIC. By David & Oliver West. 32 pages. Firefly. 8½x11. Pub. at \$16.95 **\$5.95**

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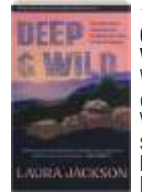
★7974116 DINOSAURS: Talk Like an Expert. Ed. by Ellen-Therese Lamm, illus. by D. Long. Fully illus. in color. 64 pages. Merriam-Webster. Pub. at \$16.99 **PRICE CUT to \$9.95**

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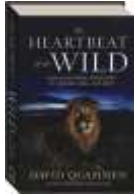


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Essays on Nature



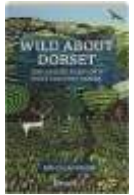
9026045 THE HEARTBEAT OF THE WILD: Dispatches from Landscapes of Wonder, Peril, and Hope. By David Quammen. Collects and updates 21 of Quammen's most illuminating dispatches, elegantly chronicling our planet's wildest place and humanity's imaginative efforts to protect them. These inspiring stories remind us of the places on our planet where wild nature still prevails—and the urgent need to keep them that way. 351 pages. National Geographic. Pub. at \$28.00 **\$7.95**



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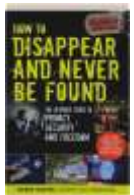
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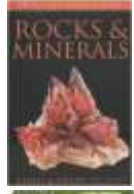
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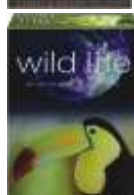
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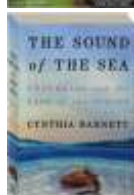
1992694 THE ULTIMATE BOOK OF SURVIVAL GEAR: A Beginner's Guide to Choosing the Products That Will Keep You Alive. By James C. Jones. Here you will find detailed descriptions of the following gear: sleeping bags, shovels and saws, stoves, clothing and footwear, advanced medical care equipment, communications 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**



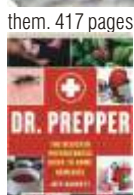
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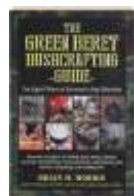
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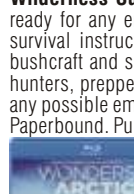
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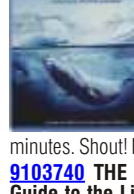
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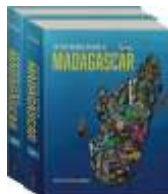
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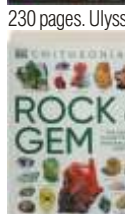
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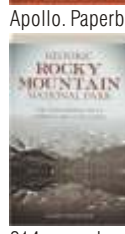
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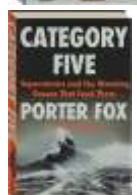
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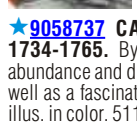
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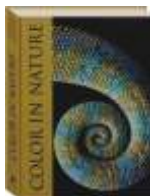
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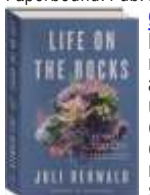
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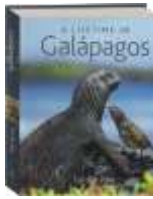
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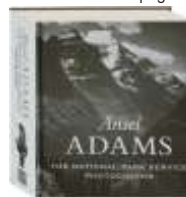
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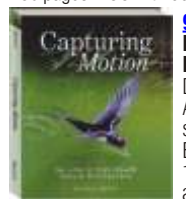
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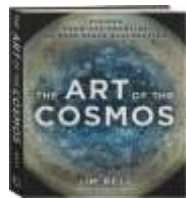


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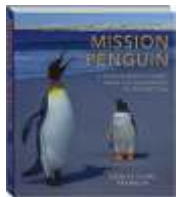
4998464 A CAVE BETWEEN LAND AND SEA: The Wonders of Puerto Princesa Underground River. Ed. by Antonio De Vivo et al. The island of Palawan is home to an extraordinary natural treasure, one of the underground wonders of our planet. This volume gives everyone an insight into what is one of our planet's most extraordinary underground marvels. Fully illus. in color. 224 pages. Skira. 8½x12. Pub. at \$50.00 **\$9.95**



9012834 LAND: Photographs That Make You Think. By Henry Carroll. Photographers reflect on how our encounters with land are being shaped by digital connectivity, GPS, consumerism, and climate change. A collection of imagery and ideas that offer honesty, hope, and a pause for reflection at a critical time in human history. Fully illus. most in color. 144 pages. Abrams. 5x7. Paperbound. Pub. at \$17.99 **\$5.95**



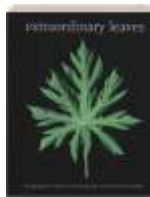
6081827 THE HUNT: The Outcome Is Never Certain. By A. Fothergill & H. Cordey. An unprecedented, close-up view of predators and their prey in life or death conflict, from the grasslands of East Africa to the icy Arctic. Fully illus. in color. 312 pages. Yale. 10¼x11¼. Pub. at \$48.00 **\$16.95**



★9114416 MISSION PENGUIN: A Photographic Quest from the Galapagos to Antarctica. By Ursula Clare Franklin. Franklin embarked on a personal mission to see and photograph every species of penguin in their natural habitats. The result is hundreds of striking photographs accompanied by engaging text detailing the penguins' features and characteristics while exploring how humanity's actions have threatened their very existence. 240 pages. Bloomsbury. 10x11¼. Pub. at \$35.00 **\$28.95**



★1041908 THE COW: A Tribute. By Werner Lampert. Probably the most comprehensive work ever produced about cattle of the world. With aesthetically stunning images, this work also contains all kinds of fascinating information about the origins, habitats and character of cows. 480 pages. te Neues. 10¼x12. Pub. at \$75.00 **\$61.95**



9123490 EXTRAORDINARY LEAVES. Text by D. Schrader, illus. by S. Green-Armytage. Combines a thorough and enthusiastic visual exploration and text that adds fascinating information about the most interesting features of leaves. Fully illus. in color. 272 pages. Firefly. 9x11. Paperbound. Pub. at \$29.95 **\$11.95**



903627X THE CALIFORNIA COWBOY: In the Land of the Vaquero. By Text by H.M. Schacht et al, photos by David Stocklein. Cattlemen and cowboys are still prevalent in the modern-day Golden State, which has deep roots in some of America's oldest and most prestigious ranches. It is this reflection of the Old West that Stocklein captures in his photography, reminding us that there is still a future for the California cowboy. Color photos. 252 pages. Stocklein. 12x11. Pub. at \$60.00 **PRICE CUT to \$5.95**



7805276 PORTRAIT OF SAN FRANCISCO. Text by P. Fish, photos by C. Haney. Beautifully showcases California's legendary "City by the Bay." With 145 stunning color photographs, Haney celebrates the golden city's iconic landmarks and attractions, diverse people and neighborhoods, and her dazzling cityscapes and breathtaking bay views. 120 pages. Farcountry. 10¼x10¼. Pub. at \$26.95 **PRICE CUT to \$5.95**



7977581 FLORIDA'S MAGNIFICENT WATER. By J. Valentine & D.B. Means. Breathtaking photos of Florida's springs, caves, aquifers, sinkholes, rivers, lakes, bogs, and wet savannas. A special visual journey through some of the most precious wild areas in the state, presenting the beauty preserved in state lands, parks, and natural areas. 64 pages. Pineapple Press. 9x12. Paperbound. Pub. at \$14.95 **PRICE CUT to \$3.95**



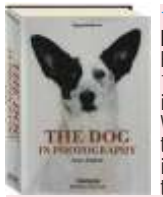
6998895 WHEN ELEPHANTS COME TO TOWN: A Visual Anthology. Text by James Attlee. A collection of images from around the world of elephants in captivity, dating from Victorian times to the height of circus culture in the mid-20th century, many of them taken by anonymous photographers. Intensely nostalgic these images capture the complexity of one of the planet's most enduring inter-species relationships. 176 pages. ACC. 6¼x8½. Pub. at \$50.00 **PRICE CUT to \$7.95**



★6082319 WHAT BEARS TEACH US. text by S. Elmeligi, photos by J.E. Marriott. This lavishly illustrated volume explores the complex behavioral characteristics of North America's largest land carnivores by examining the bear-human relationship from the bear's perspective. 224 pages. Rocky Mountain. 11x8½. Paperbound. Pub. at \$35.00 **PRICE CUT to \$19.95**



★9034684 BIRD PHOTOGRAPHER OF THE YEAR, COLLECTION 9. Ed. by W. Nicholls & P. Sterry. A stunning illustrated celebration of the world's best bird photography. 256 pages. Princeton. 11¼x9¼. Pub. at \$35.00 **PRICE CUT to \$24.95**



★9014500 THE DOG IN PHOTOGRAPHY, 1839-TODAY. By Raymond Merritt. With pictures from the 19th century to today, this collection includes work by Man Ray, Eric Fischl, Wolfgang Tillmans, and more. Together their pictures, unique in style but united in canine affection, stand as a powerful testament to the fact that dogs are not only our best friends, but also pure photographic inspiration. Fully illus. some in color. 688 pages. Taschen. 5¼x8. Pub. at \$25.00 **PRICE CUT to \$17.95**



★6995381 THE COLORADO RIVER: Chasing Water. By Pete McBride. Through photography and essays, this volume is a celebration of one of America's most valuable and iconic rivers and a warning demonstrating the river is a bellwether of overuse and climate change. 224 pages. Rizzoli. 13¼x10¼. Pub. at \$60.00 **PRICE CUT to \$34.95**



★9033033 ABANDONED: Chronicling the Journeys of Once-Forsaken Dogs. By Katherine Carver. Striking, emotionally charged, fine art photographs chronicle the lives of approximately 60 once-abandoned dogs, illuminating each one's journey from a shelter or rescue organization to a loving, permanent home. 253 pages. Lantern Publishing. 8¼x8¼. Pub. at \$39.95 **PRICE CUT to \$24.95**



★7933029 COUNTRY LIFE: 125 Years of Countryside Living in Great Britain from the Archives of Country Life. By J. Goodall & K. Greene. Live the romance of the British countryside through this lavish tour of the seasons, landscapes, gardens, and great houses that epitomize British country life, as seen through the eyes of

Country Life magazine. This spectacular collection of images offers the best of life, from charming Cotswolds villages to panoramic views across the Yorkshire dales and Glastonbury. 480 pages. Rizzoli. 11¼x11¼. Pub. at \$85.00 **PRICE CUT to \$54.95**

7705824 WILD SPACES AND UNIQUE PLACES: Celebrating the Natural Wonders of Utah. By Ryan Jeffery. 192 pages. Gibbs Smith. 11¼x8¾. Pub. at \$35.00 **PRICE CUT to \$5.95**

1118234 MOUNTAINS: Mapping the Earth's Extremes. By Stefan Dech et al. 241 pages. Thames & Hudson. 10¼x12½. Pub. at \$55.00 **\$12.95**

7849222 GLACIER ICONS: 50 Classic Views of the Crown of the Continent. By Bert Gildart. 102 pages. Globe Pequot. Pub. at \$16.95 **PRICE CUT to \$1.95**

7794207 JUNGLE SPIRITS. By C. Ziegler & D. Dent. 240 pages. teNeues. 10x12¼. Pub. at \$65.00 **PRICE CUT to \$5.95**

★8220506 CATS: Photographs 1942-2018. photos by Walter Chandoha. Fully illus., many in color. 192 pages. Taschen. 5¼x7¼. Pub. at \$20.00 **PRICE CUT to \$14.95**

★6082297 THE PIPESTONE WOLVES: The Rise and Fall of a Wolf Family. text by G. Bloch, photos by J.E. Marriott. 223 pages. Rocky Mountain. 11x8½. Paperbound. Pub. at \$35.00 **\$26.95**

1175971 PUGS IN SPACE. By Jack Russell. Fully illus. in color. 96 pages. Amber. 6¼x6¼. Pub. at \$9.95 **PRICE CUT to \$2.95**

1175955 PAWFECT FRIENDS. By Jack Russell. Amber. 6¼x6¼. Pub. at \$9.95 **\$4.95**

7992440 WILD BRITAIN, WILD IRELAND: Unique National Parks, Nature Reserves and Biosphere Reserves. Text by Stephanie Fischer et al. 176 pages. Monaco. 9¼x11¼. Pub. at \$35.00 **PRICE CUT to \$7.95**

★6082246 ALOFT: Canadian Rockies Aerial Photography. By Paul Zizka. Fully illus. most in color. Rocky Mountain. 8¼x11. Paperbound. Pub. at \$35.00 **\$21.95**

4971078 THE HORSE: Its Nature, Revealed. Text by E. Bregard, photos by S. Stuewer. 207 pages. Firefly. 9¼x12. Pub. at \$29.95 **PRICE CUT to \$5.95**

★4993829 WE ANIMALS. By Jo-Anne McArthur. Fully illus. most in color. 214 pages. Lantern Publishing. 10x8½. Paperbound. Pub. at \$39.95 **PRICE CUT to \$14.95**

★7869428 STRANGE ANIMALS. By Tom Jackson. Fully illus. in color. 224 pages. Amber. 9¼x12. Pub. at \$29.99 **PRICE CUT to \$17.95**

★771470X THE BEAUTY OF UKRAINE: Landscape Photography. Text by L. Bondar, photos by Y. Samuchenko. Fully illus. in color. 192 pages. te Neues. 9¼x12. Pub. at \$70.00 **PRICE CUT to \$19.95**

★7930070 BAIT THE TOAD. By Kendra Powers. Color photos. Powers Squared. 6¼x4¼. Pub. at \$14.95 **PRICE CUT to \$3.95**

Nutrition & Weight Management



9045848 WEIGHT LOSS FOR LIFE: The Proven Plan for Success. By L.J. Cheskin & K.A. Gudzone. Provides you with all of the information you need on your weight loss journey. Leading experts in behavioral health, nutrition, exercise, and nursing help you develop a plan that works best for you, and that's not focused on just restricting calories and certain foods. 380 pages. Johns Hopkins. 7¼x10¼. Pub. at \$29.95 **\$5.95**

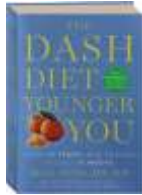
8991286 NUTRITION IN CRISIS: Flawed Studies, Misleading Advice, and the Real Science of Human Metabolism. By Richard David Feinman. Feinman paints a broad picture of the nutrition world that shows the beauty of the underlying biochemistry, the embarrassing failures of the medical establishment, and what's wrong with the constant reports that the foods we've been eating for centuries represent a threat rather than a source of pleasure. Illus. 291 pages. Chelsea Green. Paperbound. Pub. at \$24.95 **\$5.95**



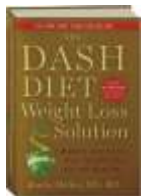
9031308 THE POUND A DAY DIET: Lose Up to 5 Pounds in 5 Days by Eating the Foods You Love. By Rocco DiSpirito. Rewrites every carb, fat, and calorie rule in the book! The 28-day program offered is based on the science of the calorie deficit and uses a fat-as-fuel approach. Rich in fiber and nutrients and carb-corrected to accelerate fat loss, it quickly depletes existing fat reserves. Features recipes and meal plans. 298 pages. Grand Central. Paperbound. Pub. at \$18.00 **\$4.95**



Nutrition & Weight Management



1999656 THE DASH DIET YOUNGER YOU: Shed 20 Years—and Pounds—in Just 10 Weeks. By Marla Heller. Proven to lower blood pressure and cholesterol without medication, DASH (Dietary Approaches to Stop Hypertension) has now been completely redesigned to maximize its power to slow and even reverse aging. 252 pages. Grand Central. Pub. at \$26.00 **\$6.95**



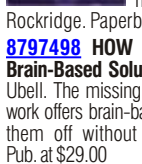
1999648 THE DASH DIET WEIGHT LOSS SOLUTION: 2 Weeks to Drop Pounds, Boost Metabolism, and Get Healthy. By Marla Heller. Proven to lower blood pressure and cholesterol without medication, DASH (Dietary Approaches to Stop Hypertension) has now been specially formulated to boost metabolism, lower body fat, and turbocharge weight loss—in just two weeks! 246 pages. Grand Central. Pub. at \$29.00 **\$6.95**



9000399 DR. ATKINS' NEW DIET REVOLUTION. By Robert Atkins. With this guide, you get everything you need: medical and nutritional information, a carb gram counter, low-carb meal plans, and dozens of mouth-watering recipes for everything from appetizers to entrees to desserts. Start your new life today; become a healthier, fitter, happier you. 540 pages. Harper. Paperbound. Pub. at \$8.99 **\$4.95**



7989571 INTERMITTENT FASTING FOR WOMEN. By Lori Russell. A science backed fasting guide that's tailored to a woman's physiology, giving you a healthy alternative to stressful and ineffectual diet practices. You'll alternate periods of fasting with periods of nutritious eating to reset your metabolism, helping you lose weight, regulate your hormones, and slow down aging. 95 pages. Rockridge. Paperbound. Pub. at \$12.99 **\$2.95**



8797498 HOW TO LOSE WEIGHT FOR THE LAST TIME: Brain-Based Solutions for Permanent Weight Loss. By Katrina Ubell. The missing piece of the most sought-after health goal, this work offers brain-based solutions for dropping pounds and keeping them off without suffering or sacrifice. 293 pages. Balance. Pub. at \$29.00 **\$5.95**



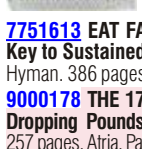
9031413 THE SHIFT: How I Finally Lost Weight and Discovered a Happier Life. By Tory Johnson. Follows Johnson on her weight-loss journey. She creates a plan, makes a list of things she is willing to sacrifice, and teaches herself the realities of self-discipline. She shares her experience overcoming the inevitable challenges along the way. She becomes healthier but also happier and shows you how, too! 277 pages. Hachette. Paperbound. Pub. at \$12.00 **SOLD OUT**



8887640 MINDLESS EATING: Why We Eat More Than We Think. By Brian Wansink. A food psychologist revolutionizes our awareness of how much, what, and why we're eating, often without realizing it. His findings will astound you. Illus. 292 pages. Bantam. Paperbound. Pub. at \$17.00 **\$4.95**



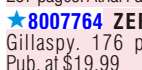
★9107657 THE OZEMPIC REVOLUTION. By Alexandra Sowa. The first comprehensive user guide to GLP-1s (such as Ozempic, Wegovy, and Zepbound), with an overview of how they work and possible side effects. Also including companion recipes, exercise guidance, and new habits to maintain lifelong health and keep weight off for good. 235 pages. Harvest. Pub. at \$28.99 **\$21.95**



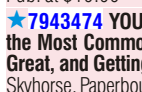
7751613 EAT FAT, GET THIN: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health. By Mark Hyman. 386 pages. Little, Brown. Pub. at \$28.00 **\$5.95**



9000178 THE 17 DAY KICKSTART DIET: A Doctor's Plan for Dropping Pounds, Toxins, and Bad Habits. By Mike Moreno. 257 pages. Atria. Paperbound. Pub. at \$18.99 **PRICE CUT to \$3.95**



★8007764 ZERO SUGAR/ONE MONTH. By Becky Gillaspay. 176 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **PRICE CUT to \$9.95**



★7943474 YOUR EVERYDAY NUTRITION: 100 Answers to the Most Common Questions About Losing Weight, Feeling Great, and Getting Healthy! By I. Schapiro & H. Rich. 222 pages. Skyhorse. Paperbound. Pub. at \$19.99 **PRICE CUT to \$4.95**

★7932030 THE FUTURE OF NUTRITION. By T. Colin Campbell with N. Disla. 305 pages. BenBella. Paperbound. Pub. at \$19.95 **PRICE CUT to \$7.95**

Healthy Cooking & Special Diets



9076166 EATING FOR ACID REFLUX: A Handbook and Cookbook for Those with Heartburn. By J. Sklar & A. Cohen. Unique combination of handbook and cookbook for acid reflux written by authors who have experienced reflux and learned how to effectively control the problem. Includes essential information on GERD, mainstream and alternative therapies, and a hundred recipes. 273 pages. Da Capo. Paperbound. Pub. at \$16.95 **\$5.95**



9071911 BEYOND KETO: Burn Fat, Heal Your Gut, and Reverse Disease with a Mediterranean-Keto Lifestyle. By Don Colbert. Blends the best of both worlds, the ketogenic and Mediterranean diets, and combines them with cutting-edge research on gut health. The key is eliminating foods that cause inflammation and insulin resistance. 240 pages. Siloam. Pub. at \$24.99 **\$5.95**



7899041 TWO MEALS A DAY: The Simple, Sustainable Strategy to Lose Fat, Reverse Aging, & Break Free from Diet Frustration Forever. By Mark Sisson with B. Kearns. You'll implement an eating style that's incredibly nourishing and easy to adhere to for a lifetime, dial-in a winning fitness routine, prioritize sleep and recovery, and learn powerful strategies for overcoming self-limiting beliefs and behavior patterns. 282 pages. Grand Central. Pub. at \$28.00 **\$6.95**



9105123 THE FULL-BODY FAT FIX. By Stephen Perrine. Discover a groundbreaking new way of eating that can reverse inflammation, heal your gut, and improve your overall health, fitness, and athletic performance—in just one week—while setting you on the path to easy, sustainable weight loss for life! 257 pages. St. Martin's. Pub. at \$30.00 **\$6.95**



8992347 SUGARLESS: A 7-Step Plan to Uncover Hidden Sugars, Curb Your Cravings, and Conquer Your Addiction. By Nicole M. Avena. Through this plan, you'll: discover why sugar causes you to overeat; understand the long-term, adverse effects; identify places sugar might be hiding; adopt nutrition hacks focused on replacing sugar; learn to cope with cravings; manage withdrawal symptoms and more. Includes 30 sugar-free recipes. 310 pages. Union Square & Co. Pub. at \$27.99 **\$5.95**



5879787 THE SUGAR DETOX DIET FOR 50+: A Complete Guide to Quitting Sugar, Boosting Energy, and Feeling Great. By Dana Elia. Explains how to safely and effectively eliminate excess sugar from your diet to boost energy, help with weight loss, and prevent harmful health conditions such as heart disease, diabetes, and high cholesterol. Inside you'll also find recipes for breakfast, lunch, dinner, and snack options. 255 pages. Ulysses. Paperbound. Pub. at \$16.95 **\$5.95**



7950918 10-DAY CELERY JUICE CLEANSE. By H. Ebelthite & K. Adams. Discover the amazing benefits of adding celery juice to your life with the included 3-day juice cleanse and a 7-day juice and soup cleanse, each packed with the healthy ingredients you need to make you feel like a new person. 96 pages. Aster. Paperbound. Pub. at \$6.99 **\$4.95**



608186X THE NUTRITIONIST'S KITCHEN: Transform Your Diet and Discover the Healing Power of Whole Foods. By Carly Knowles. Offers an approachable guide that includes the latest science and nutrition recommendations to help you restore balance and promote optimal health and wellness. Use the seasonal qualities chart to identify your unique constitution and align your diet and lifestyle more holistically with the current season. Includes 60 nutrient-dense recipes. Color photos. 256 pages. Roost. Paperbound. Pub. at \$24.95 **\$6.95**



9071903 AYURVEDA DETOX: How to Cleanse, Balance and Revitalize Your Body. By Anu Paavola. Packed with recipes, detox plans, routines and remedies, this work will help you cleanse your body of toxins and restore you to your natural state of health and happiness. Fully illus. in color. 176 pages. Weilbeck. Paperbound. Pub. at \$19.99 **SOLD OUT**



9067582 THE HEALTHSPAN SOLUTION: How and What to Eat to Add Life to Your Years. By J. Hever & R. Cronise. Learn how changing what you eat can dramatically improve your quality of life and result in sustainable, lasting health benefits. Based on research and longevity analysis, the authors introduce a revolutionary way of eating designed to help you lose weight, reverse disease, and achieve optimal health. Well illus., in color. 256 pages. Alpha. Pub. at \$25.00 **\$9.95**



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 **\$7.95**



★8882193 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. 8 1/2 x 10 1/4. Pub. at \$30.00 **\$21.95**



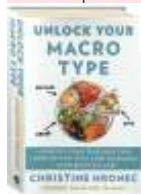
9126627 NATURAL BEAUTY RESET: The 7-Day Program to Harmonize Hormones & Restore Radiance. By Trevor Cates. A revolutionary new path to optimize your health, balance hormones, and revitalize skin—including more than 80 food and DIY skincare recipes. Well illus. in color. 251 pages. BenBella. Paperbound. Pub. at \$28.95 **\$6.95**



★9103678 HOW TO EAT: An Ancient Guide for Healthy Living. Selected by Claire Bubb. A delicious feast of ancient Greek and Roman writings on living well by eating well. Illus. 242 pages. Princeton. Pub. at \$17.95 **\$13.95**



5734894 INTERMITTENT FASTING MADE EASY: Next-Level Hacks to Supercharge Fat Loss, Boost Energy, and Build Muscle. By Thomas DeLauer. Gives you an action plan for maximizing results, designed with busy people juggling family, career and everyday life in mind. Walks you through the best practices for each day of the key stages of intermittent fasting: the fasting window, breaking the fast, and eating window. Illus. 256 pages. Fair Winds. Paperbound. Pub. at \$19.99 **PRICE CUT to \$3.95**



8992363 UNLOCK YOUR MACRO TYPE. By Christine Hronec. Reveals the secret code of fat, and why you need to eat fat to burn fat; why drastic carb-cutting can backfire for many macro types; the essential macronutrient most people don't get enough of each day; the single biggest factor that dictates how to eat for your macro type; and more. Recipes and workouts included. 323 pages. Mariner. Pub. at \$28.99 **PRICE CUT to \$4.95**



7982801 I'M SO EFFING HUNGRY: Why We Crave What We Crave—and What to Do About It. By Amy Shah. A science-based plan designed to help you take charge of your health and your cravings, without feeling deprived. A 5-step plan to help you make peace with food and your body: replenish, rewrite, reset, refresh, and retrain. 225 pages. Harvest. Pub. at \$28.99 **PRICE CUT to \$3.95**

Healthy Cooking & Special Diets



8990689 28-DAY FAST START DAY-BY-DAY. By Gin Stephens. Expert, lively, and fun information and day by day instructions give you what you need to know and when you need to know it. It's ideal for a refresh too: a happy and helpful jump start if you want to get back to an intermittent fasting lifestyle. 354 pages. St. Martin's. Paperbound. Pub. at \$20.00 **PRICE CUT to \$3.95**



8054045 CLEAN (ISH): Eat (Mostly) Clean, Live (Mainly) Clean, and Unlock Your Body's Natural Ability to Self-Clean. By Gin Stephens. You will learn how to shift your choices so you're not burdening your body with a bucket of chemicals, additives, and obesogens it wasn't designed to handle. You'll cut through the confusion, lose the fear, and embrace the freedom that comes from becoming clean(ish). 406 pages. St. Martin's. Paperbound. Pub. at \$19.99 **SOLD OUT**

8888132 THE HEALING POWERS OF SUPERFOODS: A Complete Guide to Nature's Favorite Functional Foods. By Cal Orey. 16 pages of color photos. 316 pages. Citadel. Paperbound. Pub. at \$16.95 **\$4.95**

5734037 IMMUNITY FOOD FIX: 100 Superfoods and Nutrition Hacks to Reverse Inflammation, Prevent Illness, and Boost Your Immunity. By Donna Beydoun Mazzola. Color photos. 188 pages. Fair Winds. Paperbound. Pub. at \$26.99 **\$5.95**

7882440 THE GUT HEALTH COOKBOOK. By Sofia Antonsson. Well illus. in color. 144 pages. Skyhorse. Paperbound. Pub. at \$18.99 **\$5.95**

8889880 UNLOCKING THE KETO CODE: The Revolutionary New Science of Keto That Offers More Benefits Without Deprivation. By Steven R. Gundry. 262 pages. Harper Wave. Pub. at \$28.99 **\$6.95**

1139797 THE MINIMUM METHOD: The Least You Can Do to Be a Stronger, Healthier, Happier You. By Joey Thurman. Illus. 286 pages. BenBella. Pub. at \$25.00 **SOLD OUT**

8038376 THE COCONUT OIL MIRACLE, 5TH EDITION. By Bruce Fife. 286 pages. Avery. Paperbound. Pub. at \$18.00 **\$5.95**

9047026 THE JUICE CLEANSE RESET DIET: 7 Days to Transform Your Body for Increased Energy, Glowing Skin, and a Slimmer Waistline. By L.K. Farley & M. St. Clair. 218 pages. Ten Speed. Paperbound. Pub. at \$15.99 **\$5.95**

★8894108 THE COMPLETE IBS DIET PLAN: Step-by-Step Meal Plans and Low-FODMAP Recipes for Relief and Healing. By Amanda Foote. 152 pages. Rockridge. Paperbound. Pub. at \$17.99 **\$12.95**

9066152 THE OFFICIAL MIND DIET: A Scientifically Based Program to Lose Weight and Prevent Alzheimer's Disease. By Martha Clare Morris et al. 16 pages of color photos. 360 pages. Little, Brown. Pub. at \$30.00 **SOLD OUT**

4922212 WHAT TO EAT WHEN: A Strategic Plan to Improve Your Health & Life Through Food. By Michael F. Roizen et al. Illus. 352 pages. National Geographic. Paperbound. Pub. at \$16.99 **\$4.95**

8897336 THE FAT-LOSS PLAN: 100 Quick and Easy Recipes with Workouts. By Joe Wicks. Well illus., in color. 240 pages. Pan Macmillan. Paperbound. **PRICE CUT to \$3.95**

8997276 THE MACRO METHOD: The Science-Backed Approach to Lasting Weight Loss. By H. Foster & A. Dowden. 218 pages. Aster. Paperbound. Pub. at \$12.99 **PRICE CUT to \$2.95**

★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 **PRICE CUT to \$9.95**

Exercise & Fitness



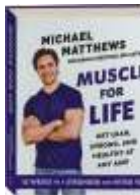
LIMITED QUANTITY 9123393 STRETCHING FOR A PAIN-FREE LIFE. By J. Cybulski & B. Riley. The authors show you their most effective stretching routines, simple enough for anyone to do at home, that strengthen key areas of the body so you can move properly and live pain-free once more. Well illus. in color. 128 pages. Page Street. Paperbound. Pub. at \$19.99 **SOLD OUT**



★8794332 10-MINUTE STRENGTH TRAINING EXERCISES FOR SENIORS: Exercises and Routines to Build Muscle, Balance, and Stamina. By Ed Deboo. Featuring step by step instructions, you'll learn how to build muscle mass, improve bone density, and feel great in only 10 minutes a day. Fully illus. in color. 154 pages. Callisto. Paperbound. Pub. at \$14.99 **\$11.95**



★DVD 887669X TAI CHI FOR SENIORS: Feel Good for Life! Suitable for people of all ages and all fitness levels, this DVD is a gentle, easy, safe and effective introduction to the ancient art of Tai Chi. Master Chan's expert guidance takes you step by step through the Tai Chi form and techniques of breathing and elemental movement. 120 minutes. Total Content. Pub. at \$14.95 **\$7.95**

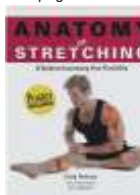


224702X MUSCLE FOR LIFE: Get Lean, Strong, and Healthy at Any Age! By Michael Matthews. A science-based blueprint for eating and exercising that anyone can follow at any age and fitness level. Gives you a plan for transforming your body faster than you ever thought possible. Will show you how to look, feel, and perform your best. Illus. 465 pages. **\$6.95**

Gallery. Pub. at \$35.00



9030212 KNACK ABSOLUTE ABS: Routines for a Fit & Firm Core. By JJ Flizanes, photos by S. Fortunato. The abdominal region is one of the toughest areas of the body to keep in shape, especially as we age. This comprehensive guide contains all the information you need to kick belly fat once and for all. Includes everything from step by step exercises to the right diet. Fully illus. in color. 244 pages. Knack. Paperbound. Pub. at \$19.95 **\$4.95**



7803303 ANATOMY OF STRETCHING: A Guide to Increasing Your Flexibility. By Craig Ramsay. Former Broadway dancer Craig Ramsay guides you through a "Stretching Session" which targets all of the major muscle groups, and he includes a full-color poster of the "Quick Stretch Program" for those who don't have time for a full session. Special sections include expectant mothers, partners, and the office. SHOPWORN. Fully illus. in color. 160 pages. Thunder Bay. Paperbound. Pub. at \$14.99 **\$6.95**



★DVD 9021191 SIT AND BE FIT: Ready, Set & Move! Workouts for Seniors. These sit and be fit workouts feature Mary Ann Wilson, RN, from the popular public television series. Three complete workouts include "Stretching," "Healthy Aging," and "We've Gone Country"—all created to get anyone moving. 66 minutes. Total Content. Pub. at \$14.95 **\$7.95**



9041680 YOGA CARDS: 60 Step-By-Step Cards for Guided Yoga Poses. Introduces you to 60 yoga poses for soulful self-care. Shuffle through this deck for targeted stretches, morning salutations, midday pick me ups, and evening unwinds. Includes a 32-page booklet of guided yoga routines and a 60-card deck, organized into five categories. Well illus. in color. Cider Mill. Paperbound. Pub. at \$16.95 **\$5.95**



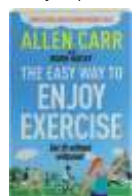
9011846 SPORTS ILLUSTRATED STRENGTH TRAINING: Your Ultimate Weight Conditioning Program. By John Garhammer. Improve your total fitness by incorporating strength training into your regular fitness program. Includes everything from information on how our bodies work to specific exercises. Fully illus.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



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 **\$5.95**



7961448 THE FITNESS INSTRUCTOR'S HANDBOOK, 2ND EDITION: A Professional's Complete Guide to Health and Fitness. By Marc Coulson. An essential guide for anyone working in, or wishing to enter the fitness industry. Clear, concise and accessible, covering every theoretical aspect of fitness instruction and places it in a practical context. Topics covered include theory of anatomy and physiology, core stability, and practical application of health and fitness. Well illus. 303 pages. Firefly. Paperbound. Pub. at \$24.95 **\$6.95**



★9092153 THE EASY WAY TO ENJOY EXERCISE: Get Fit Without Willpower. By Allen Carr with R. Hayley. Whether you want to increase your physical stamina, improve your self-esteem, or support your mental health, everyone has a reason to exercise. By following a set of simple steps, this method breaks down the common mental barriers to exercising. 236 pages. Sirius. Paperbound. Pub. at \$14.99 **\$11.95**



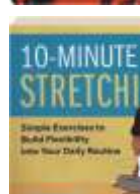
★DVD 8876576 THE DOCTOR'S WORKOUT FOR SENIORS. Whether you have never exercised before, or already tried an exercise program but had trouble sticking with it, this instructional will teach you everything you need to know to get started (or re-started) through simple, step by step workout routines. 50 minutes. Total Content. Pub. at \$9.95 **\$7.95**



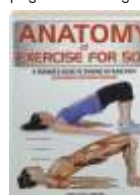
★7976984 T'AI CHI CLASSICS: Illuminating the Ancient Teachings on the Art of Moving Meditation. By Waysun Liao. Exploring all the core aspects of T'ai Chi thought and practice, this guide explains how T'ai Chi exercises increase your inner vitality (ch'i), enliven energetic power (jing), and empower 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**



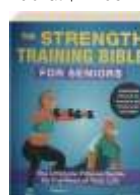
9013474 THE RESISTANCE TRAINING REVOLUTION. By Sal Di Stefano. Reveals how resistance training is the best form of exercise to burn fat, boost metabolism, and achieve health benefits you cannot obtain from other forms of exercise. Illus. 283 pages. Hachette. Pub. at \$29.00 **\$6.95**



★8894051 10-MINUTE STRETCHING: Simple Exercises to Build Flexibility into Your Daily Routine. By Hilery Hutchinson. Discover how easy it is to improve your flexibility, reduce pain, and eliminate stress. This illustrated guide provides you with essential stretches and simple routines for increasing your range of motion, supplementing physical therapy, and more. Features 60 individual stretches for your neck, feet, and everything in between. Well illus. in color. 266 pages. Rockridge. Paperbound. Pub. at \$16.99 **\$12.95**



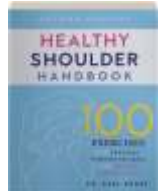
★9067469 ANATOMY OF EXERCISE FOR 50+, SECOND EDITION. By Hollis Lance Liebman. A detailed guide to attaining optimum physical fitness, showing exactly how to maintain and improve your physique with every passing day. You'll find 75 exercises, with step by step instructions from an experienced personal trainer. Fully illus. in color. 192 pages. Firefly. 8 1/2 x 11. Paperbound. Pub. at \$24.95 **\$19.95**



★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 1/2 x 10 3/4. Paperbound. Pub. at \$21.95 **\$16.95**



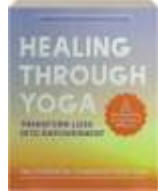
Exercise & Fitness



★4812085 HEALTHY SHOULDER HANDBOOK, SECOND EDITION: 100 Exercises for Treating Common Injuries and Ending Chronic Pain. By Karl Knopf. Packed with more than 300 step by step photos, this user-friendly reference features a comprehensive collection of corrective exercises for treating common shoulder injuries and ending chronic pain—fast! 162 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$11.95**



★9117261 WEIGHT TRAINING FOR WOMEN: Exercises and Workout Programs for Building Strength with Free Weights. By Brittany Noelle. Your guide to building strength with free weights. By walking you through the basics of developing a weightlifting program that helps you get stronger and healthier on your own terms. Plus, advice on proper nutrition, gym etiquette, pre and post-workout best practices, and more. Well illus. in color. 171 pages. Callisto. Paperbound. Pub. at \$19.99 **\$14.95**



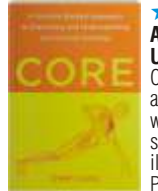
9127909 HEALING THROUGH YOGA: Transform Loss into Empowerment. By Paul Denniston. Guides you through a cycle of compassionate transformation consisting of Awareness, Expressions, Connection, Surrender, and Evolution, with clear instructions for poses and exercises, flowing meditations, and routines designed to move you through each particular step. Fully illus. 264 pages. Chronicle. Paperbound. Pub. at \$19.95 **\$5.95**



9066462 YOGA LIFE: Habits, Poses, and Breathwork to Channel Joy Amidst the Chaos. By Brett Larkin. You'll learn a five-step method to design a personal practice that works for your schedule; how to adapt your practice to meet your physical, mental, and emotional needs more than a dozen yoga habits that will help you calm your mind and body, and more. Illus. 281 pages. Balance. Paperbound. Pub. at \$19.99 **\$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 1/2 x 10 1/4. Paperbound. Pub. at \$41.99 **\$31.95**



★8873798 CORE: A Science-Backed Approach to Exercising and Understanding Our Central Anatomy. By Owen Lewis. Makes it easy to understand the anatomy of the core region of the body, as well as key principles for more effective and safe exercises and training regimens. Fully illus. in color. 136 pages. North Atlantic. Paperbound. Pub. at \$24.95 **SOLD OUT**



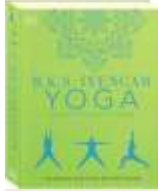
9129413 BURN: The Burn Bootcamp 5-Step Strategy for Inner and Outer Strength. By Devan & Morgan Kline. The founders of *Burn Boot Camp* offer a healthy lifestyle plan for people who struggle with their self-improvement—featuring 12 exclusive workouts and 50 recipes you can make in 10 minutes or less. Illus. 292 pages. Balance. Pub. at \$30.00 **\$6.95**



★9123938 THE YOGI'S WAY: Transform Your Mind, Health, and Reality. By Reema Datta. Datta's 12-week course is an accessible and practical method for cultivating mental and emotional well-being, physical health, and spiritual nourishment. She combines ancient yogic wisdom and practices with cutting-edge science and personal stories to offer insightful solutions to the challenges of modern life. Illus. 281 pages. New World Library. Paperbound. Pub. at \$19.95 **\$14.95**



794117X TWO MEALS A DAY: The Simple, Sustainable Strategy to Lose Fat, Reverse Aging, & Break Free from Diet Frustration Forever. By Mark Sisson with B. Kearns. You'll master an eating style that's incredibly nourishing and easy to adhere to for a lifetime, dial-in a winning fitness routine, prioritize sleep and recovery, and learn powerful strategies for overcoming self-limiting beliefs and behavior patterns. Illus. 281 pages. Grand Central. Paperbound. Pub. at \$18.99 **PRICE CUT to \$4.95**



8996911 B.K.S. IYENGAR YOGA: The Path to Holistic Health. Learn how you can use yoga to improve every aspect of your life with this definitive guide. Leads you through more than 50 poses step by step, including special sequences to alleviate ailments ranging from asthma to arthritis. Fully illus. in color. 432 pages. Dorling Kindersley. 8 1/2 x 11. Pub. at \$40.00 **PRICE CUT to \$14.95**

9038809 10,000 STEPS A DAY TO YOUR OPTIMAL WEIGHT: Walk Your Way to Better Health. By Greg Isaacs. 257 pages. Volt. 5x9 1/4. Paperbound. Pub. at \$19.95 **\$4.95**
7677782 SCIENCE OF STRENGTH TRAINING: Understand the Anatomy and Physiology to Transform Your Body. By Austin Current. Well illus. in color. 224 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **SOLD OUT**

7684282 SCIENCE OF YOGA: Understand the Anatomy and Physiology to Perfect Your Practice. By Ann Swanson. 216 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$9.95**

7966350 15-MINUTE PILATES: Four 15-Minute Workouts for Strength, Stretch, and Control. By Alycea Ungaro. Fully illus. in color. 112 pages. Dorling Kindersley. Paperbound. Pub. at \$15.00 **\$5.95**

9001093 HWP0: Hard Work Pays Off. By Mat Fraser with S. Mestel. 308 pages. Rodale. Paperbound. Pub. at \$20.00 **\$5.95**

★7804431 THE MIRACLE OF FLEXIBILITY: A Head-to-Toe Program to Increase Strength, Improve Mobility, and Become Pain Free. By Miranda Esmonde-White. Fully illus. 459 pages. S&S. Pub. at \$35.00 **\$26.95**

★770366X THE ROOT OF CHINESE QIGONG, THIRD EDITION: Secrets for Health, Longevity, and Enlightenment. By Jwing-Ming Yang. Illus. 318 pages. YMAA. Paperbound. Pub. at \$34.95 **\$21.95**

9029605 THE LITTLE BOOK OF GOAT YOGA. By Lainey Morse. Well illus. in color. 120 pages. Running Press. Paperbound. Pub. at \$15.99 **PRICE CUT to \$2.95**

9023550 FLEX YOUR AGE: Defy Stereotypes and Reclaim Empowerment. By Joan & Michelle MacDonald. Illus. in color. 224 pages. Dorling Kindersley. Pub. at \$24.99 **PRICE CUT to \$7.95**

★5879507 THE ART OF YOGA SEQUENCING: Contemporary Approaches and Inclusive Practices for Teachers and Practitioners. By Sage Rountree. Fully illus. 292 pages. North Atlantic. Paperbound. Pub. at \$24.99 **SOLD OUT**

★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 **\$12.95**

★8898979 MOVEMENT FOR EVERY BODY: An Inclusive Fitness Guide for Better Movement. By Marcia Dernie. Well illus. in color. 144 pages. North Atlantic. Paperbound. Pub. at \$22.95 **PRICE CUT to \$14.95**

★790682X YOGA INVERSIONS: Your Guide to Going Upside Down. By Kat Heagberg Rebar. Fully illus. in color. 206 pages. Shambhala. Paperbound. Pub. at \$24.95 **PRICE CUT to \$7.95**

★7786832 FUNCTIONAL ANATOMY OF YOGA: A Guide for Practitioners and Teachers. By David Keil. Fully illus. in color. 328 pages. Inner Traditions. Paperbound. Pub. at \$24.99 **SOLD OUT**

★7944721 TIME TO REPAIR: How Yoga Can Restore Body and Mind in 5 Minutes a Day. By Vicky Fox. Fully illus. 219 pages. Hammersmith. Paperbound. Pub. at \$29.95 **PRICE CUT to \$9.95**

★7910592 TEACH PEOPLE, NOT POSES: Lessons in Yoga Anatomy and Functional Movement to Unlock Body Intelligence. By Mary Richards. Illus. 174 pages. Shambhala. Paperbound. Pub. at \$24.95 **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. 8 1/2 x 10 1/4. Paperbound. Pub. at \$24.99 **PRICE CUT to \$11.95**

Beauty & Skin Care



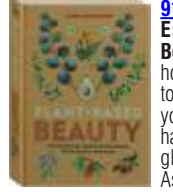
LIMITED QUANTITY 9097333 COZY'S COMPLETE GUIDE TO GIRLS' HAIR: The Cutest Cuts and Sweetest Hairstyles to Do at Home. By Cozy Friedman with S. Berk. Teaches you countless ways to tame your little girl's straight locks, flowing waves, or springy curls. Beginning with hair identification information and ending with do-it-yourself haircuts and styles, it's all here: the basic blowout, the best tools and products, instant fixes for bad hair days, and more. Fully illus. in color. 190 pages. Artisan. Pub. at \$19.95 **\$5.95**



7874545 TIMELESS BEAUTY: Over 100 Tips, Secrets, and Shortcuts to Looking Great. By Christie Brinkley with S. Wadyka. Sharing the secrets she's learned on what to eat, how to apply makeup like a pro, and how to keep your hair shiny and your face glowing, super-model Christie Brinkley will show you how to look like a knockout at any age. Fully illus. in color. 208 pages. Grand Central. 8 1/2 x 10 1/4. Pub. at \$30.00 **\$6.95**



★9123946 FACE MASSAGE FOR EVERYONE: A Practical Guide. By Ksenija Selivanova. Shows you how to achieve a naturally beautiful complexion while minimizing the effects of the aging process with easy-to-follow, step-by-step daily routines. Fully illus. 205 pages. Hay House. Paperbound. Pub. at \$17.99 **\$12.95**



9108769 PLANT-BASED BEAUTY: The Essential Guide to Detoxing Your Beauty Routine. By Jess Arnaud. From how to make a radiant energy aromatic roller to why rosehip oil is so good for balancing your skin tone, this work will teach you to harness the power of plants for a natural, glowing you. Illus. in color. 160 pages. Aster. Pub. at \$16.99 **\$5.95**



★9071814 EXPOSING BAD PLASTIC SURGERY AND THE SECRET TO AVOIDING IT. By Thomas J. Francel. Demystifying the plastic surgery experience with frank and authoritative information, The author reveals why so many fall prey to poor results, and empowers patients with the knowledge and tools to sidestep pitfalls, and become confident, well informed consumers. Illus. 255 pages. Morgan James. Paperbound. Pub. at \$19.95 **\$14.95**

5879728 BREAK FREE FROM ECZEMA. By Rachel Zohn. 240 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$5.95**

7733143 THE WRINKLE CURE: Unlock the Power of Cosmeceuticals for Supple, Youthful Skin. By Nicholas Perricone. 218 pages. Warner. Paperbound. Pub. at \$6.99 **\$4.95**

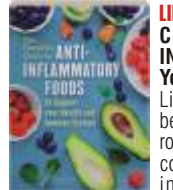
7878761 YOUNGER: The Breakthrough Anti-Aging Method for Radiant Skin. By Harold Lancer. Illus. 243 pages. Grand Central. Pub. at \$28.00 **PRICE CUT to \$3.95**

8996946 THE BEAUTY SKETCHBOOK: Illustrate Your Own Modern Makeup Looks. By R. Black & R. Yazdi. Fully illus. most in color. 160 pages. Abrams. 9 1/2 x 8 1/4. Paperbound. Pub. at \$19.99 **\$6.95**

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

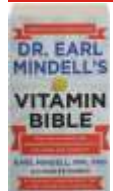
7998775 WIGGING OUT: Fake Hair That Made Real History. By Jessica Glasscock. 250 pages. Black Dog & Leventhal. Pub. at \$30.00 **PRICE CUT to \$7.95**

Health & Medical References



LIMITED QUANTITY 9105433 THE COMPLETE GUIDE TO ANTI-INFLAMMATORY FOODS: To Support Your Health and Immune System. By Lizzie Streit. This easy introduction to the 50 best anti-inflammatory foods explains the role played by proper nutrition and other contributing lifestyle factors. Explains food interactions for medical conditions including heart problems, diabetes, thyroid issues, and more. Fully illus. in color. 160 pages. Chartwell. Paperbound. Pub. at \$14.99 **SOLD OUT**

Health & Medical References

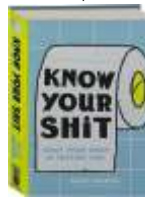


★**4844165 DR. EARL MINDELL'S VITAMIN BIBLE, REVISED.** with H. Mundis. This indispensable guide has been updated with the latest research, including three brand new chapters on how to use supplements to boost your immune system, which supplements are best for combating the effects of aging, and the myriad short and long term benefits of taking a CBD supplement. 644 pages. Grand Central. Paperbound. Pub. at \$9.99 **\$7.95**



9091858 ARTHRITIS, SECOND EDITION: Reverse Underlying Causes of Arthritis with Clinically Proven Alternative Therapies. By E. Kamhi & E.R. Zampieron. This reference guide presents noninvasive, natural approaches for diagnosing, treating, and preventing arthritis, all without the risk of pharmaceutical side effects. Also includes information on supplement therapy, massage and reflexology, organ detoxification regimes, and more. Illus. 387 pages. Celestial Arts. Paperbound. Pub. at \$18.99 **\$5.95**

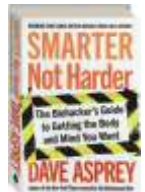
9119582 GUT HEALTH HACKS: 200 Ways to Balance Your Gut Microbiome and Improve Your Health! By Lindsay Boyers. With straightforward, simple advice, Boyers teaches you how to keep your gut healthy and functioning at peak performance with these 200 health hacks. 223 pages. Adams Media. Paperbound. Pub. at \$16.99 **\$5.95**



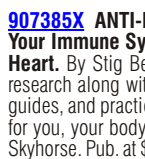
1043889 KNOW YOUR SHIT: What Your Crap Is Telling You. By Shawn Shafner. This work lifts the lid off the potty taboo and breaks the stall door down in search of the Perfect Poo. Along the way, learn what happens inside your body to make poo, how the process can go wrong, and simple fixes to make sure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



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**



9080996 SMARTER NOT HARDER: The Biohacker's Guide to Getting the Body and Mind You Want. By Dave Asprey. Learn a system of targeted biohacks aimed at upgrading your metabolic, neurological, and epigenetic systems. Packed with practical, accessible information on better eating; smart workouts that give you more strength and energy in less time; and strategic therapies to reduce stress and boost resilience. 308 pages. Harper. Pub. at \$32.00 **\$5.95**



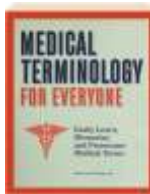
907385X ANTI-INFLAMMATORY DIET SOLUTION: Heal Your Immune System, Boost Your Brain, Strengthen Your Heart. By Stig Bengmark. Bengmark shares the results of his research along with all his best advice, easy to follow strategy guides, and practical recipes to help you make the right choices for you, your body, and your lifestyle. Color photos. 271 pages. Skyhorse. Pub. at \$29.99 **\$6.95**



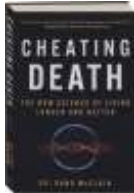
775728X WHAT'S WRONG WITH YOU? An Insider's Guide to Your Insides. By Sarah Holper. Takes you on a tour through the human body, exploring the remarkable mechanisms behind your medical symptoms: from headache to itch via ringing ears and fluorescent urine. Packed with memorable patient encounters, bizarre medical history, cultural tangents and insider doctor secrets, this arms you with the knowledge you need to understand your body. 294 pages. Hardie Grant. Paperbound. Pub. at \$19.99 **\$7.95**



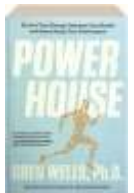
9037942 WA: The Art of Balance—Live Healthier, Happier and Longer the Japanese Way. By Kaki Okumura. Create a long, meaningful, and joyful life the Japanese way. This beautifully illustrated guide provides four simple and easy-to-adopt practices based on the Japanese lifestyle: Nourish, Move, Rest and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



★**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**



1137344 CHEATING DEATH: The New Science of Living Longer and Better. By Rand McClain. Shares the best drugs and supplements, treatment methods, and devices, including little-known treatments that can reverse the effects of new and old injuries, emergent diagnostic and screening technologies that deter early-onset disease sooner, and more. Illus. 230 pages. BenBella. Pub. at \$24.95 **\$6.95**



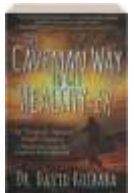
8889619 POWERHOUSE: Protect Your Energy, Optimize Your Health and Supercharge Your Performance. By Greg Wells. Wells shows you simple yet revolutionary ways of healing and boosting your mitochondria to repair and improve your whole body. These methods include quick and easy breathing exercises, as well as advice about supplements and ways to avoid damaging your mitochondria. As a result, you will feel less tired, experience better moods, and increase your hormonal health. 319 pages. Harper. Paperbound. Pub. at \$20.99 **\$5.95**



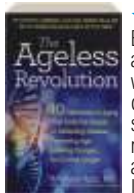
★**5549574 WHAT YOU MUST KNOW ABOUT THYROID DISORDERS & WHAT TO DO ABOUT THEM, SECOND EDITION.** By Pamela Wartian Smith. Begins by explaining how important the thyroid is in regulating the body's metabolism. Then goes on to discuss the most common thyroid-related disorders and symptoms. Features an overview of the disorder that can help readers determine if they may be suffering from the problem, and more. 340 pages. Square One Publishers. Paperbound. Pub. at \$18.95 **\$13.95**



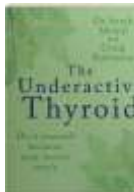
★**7779186 TOXIC SUPERFOODS: How Oxalate Overload Is Making You Sick—and How to Get Better.** By Sally K. Norton. If you're eating a healthy diet and you're still dealing with fatigue, inflammation, anxiety, recurrent injuries, or chronic pain, the problem could be your spinach, almonds, sweet potatoes, 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 \$17.99 **\$12.95**



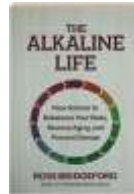
★**9124071 THE CAVEMAN WAY TO GET HEALTHY-ER: A Neanderthal Guide for Regaining Health Naturally.** By David Kolbaba. Embarks on a journey exploring 15 simple and effective natural health practices that can jump-start the healing process for various conditions, including obesity, diabetes, addiction, and cancer. Advocating for a return to more natural self-care. 265 pages. Morgan James. Paperbound. Pub. at \$19.95 **\$14.95**



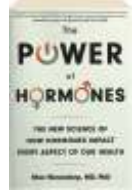
★**9107436 THE AGELESS REVOLUTION.** By Michael Aziz. Zeroes in on 10 hallmarks of aging to turn back time with a variety of weapons that target the malfunctions in our cells, mitochondria and DNA. Discover the secrets to prevention by losing weight, reversing disease, slowing the aging process and extending your lifespan. Look younger, live longer, and feel your best! 390 pages. Health Communications. Paperbound. Pub. at \$17.95 **\$12.95**



★**7790554 THE UNDERACTIVE THYROID: Do It Yourself Because Your Doctor Won't.** By S. Myhill & C. Robinson. Shows us what the signs and symptoms are, all stemming from the metabolism running slow, and what the problems with diagnostic blood tests are that mean they cannot be relied on in isolation. Advocating lifestyle measures, iodine, and natural thyroid glandulars where found to be necessary, the authors also show the consequences of untreated hypothyroidism, and more. 234 pages. Hammersmith. Paperbound. Pub. at \$27.99 **\$22.95**



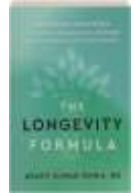
★**1027395 THE ALKALINE LIFE: New Science to Rebalance Your Body, Reverse Aging, and Prevent Disease.** By Ross Bridgeford. Provides the foundational principles and realistic blueprint for living a long-term alkaline lifestyle and targeting specific health issues such as: chronic fatigue; thyroid healing; immunity building; cardiovascular disease; type 2 diabetes; autoimmune conditions; and more. 328 pages. Hay House. Paperbound. Pub. at \$18.99 **\$13.95**



★**8989362 THE POWER OF HORMONES: The New Science of How Hormones Impact Every Aspect of Our Health.** By Max Nieuwdorp. Breaks down how hormones affect every system in the body, giving you the knowledge you need to get to the root of chronic health problems and set yourself up for long-lasting, sustainable wellness. Illus. 358 pages. S&S. Paperbound. Pub. at \$19.99 **\$14.95**



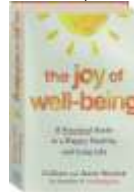
7848382 THE SCIENCE OF NUTRITION. By Rhiannon Lambert. Providing clear answers backed up by the very latest research, this work has the answers to all your nutritional questions, covering every conceivable topic, from gut bacteria to weight management to heart health and immune support to plant-based eating and intermittent fasting and everything inbetween. Fully illus., in color. 224 pages. Dorling Kindersley. 8 1/2 x 10 1/4. Pub. at \$30.00 **\$12.95**



★**9089845 THE LONGEVITY FORMULA: Ayurvedic Principles to Reduce Inflammation, Increase Cellular Repair & Live with Vitality.** By Avanti Kumar-Singh. These accessible yet potent practices help support your memory and mood; reduce chronic pain; strengthen muscle and bone; remove toxins that contribute to chronic disease; align with your body's internal clock; and nourish your body, mind and soul. Illus. 211 pages. Sounds True. Paperbound. Pub. at \$19.99 **\$14.95**



★**8875235 HEALING THROUGH THE VAGUS NERVE.** By Amanda Armstrong. Walks you through how the nervous system and the vagus nerve function, with approachable language and helpful illustrations. You'll find information on vagal tone and the impact it has on your mental health and everyday life. Then, a variety of practices provide an adaptable approach to improving nervous system function. 160 pages. Fair Winds. Paperbound. Pub. at \$22.99 **\$17.95**



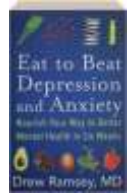
9109870 THE JOY OF WELL-BEING: A Practical Guide to a Happy, Healthy, and Long Life. By Colleen & Jason Wachob. In this empowering and accessible collection of health and wellness advice, the authors challenge our definition of self-improvement by revealing what a healthy lifestyle looks like at the fundamental level and how its not what we think. 265 pages. Balance. Pub. at \$29.00 **\$6.95**



9122958 PSYCHEDELIC REVIVAL: Toward a New Paradigm of Healing. By Sean Lawlor. Understand the possibilities and limits of psychedelics. Includes the Western history of psychedelic medicine and recreational use; in-depth chapters on psilocybin, LSD, MDMA, ketamine and others; Insights on microdosing to psychedelic-assisted psychotherapy; Shadow dimensions of psychedelics such as bad trips and more. 421 pages. Sounds True. Paperbound. Pub. at \$21.99 **\$5.95**



★**192978X THE LIVER CURE.** By Russell Blaylock with C. Libov. This work provides a comprehensive plan for protecting your body's ability to filter out harmful toxins and improve symptoms of many harmful conditions, from cancer, fatty liver, and cirrhosis to autoimmune diseases, inflammation, and diabetes. 356 pages. Humanix. Pub. at \$27.99 **\$21.95**



★**9110089 EAT TO BEAT DEPRESSION AND ANXIETY: Nourish Your Way to Better Mental Health in Six Weeks.** By Drew Ramsey. A revolutionary prescription for healing depression and anxiety and optimizing brain health through the foods we eat, including a six-week plan to help you get started eating for better mental well-being. Illus. 270 pages. Harper. Paperbound. Pub. at \$21.99 **\$16.95**



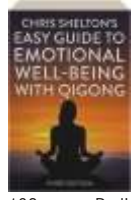
Health & Medical References



★9097465 GAME PLAN: A Proven Approach to Work, Live, and Play at the Highest Level Possible—For as Long as Possible. By Mike Mancias with M. Murphy. Over the course of three parts—the first focused on nutrition, the second on physical training, and the third on recovery—Mancias guides readers on their own journey to excellence. A comprehensive road map to peak performance. 279 pages. Morrow. Pub. at \$29.99 **\$6.95**



★9032150 MAYO CLINIC GUIDE TO HOLISTIC HEALTH. By Brent A. Bauer. Shows you how to cultivate all aspects of your health, mind, body and spirit, regardless of your current health status. It's time to shift the paradigm from reactive to proactive healthcare. Let this guide be your trusted companion in achieving optimal well being. 256 pages. Mayo Clinic. Pub. at \$29.99 **\$21.95**



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★908021X YOUR LIFE DEPENDS ON IT: What You Can Do To Make Better Choices About Your Health. By Talya Miron-Shatz. Explores the preventable ways we make bad choices about everything from nutrition to medication, from pregnancy to end of life care. Miron-Shatz reveals how the medical system can set us up for success or failure and maps a model for better doctor-patient relationships. 256 pages. Basic. Pub. at \$28.00 **\$6.95**

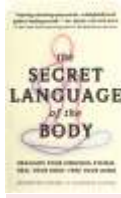


★7943040 FOREVER STRONG: A New, Science-Based Strategy for Aging Well. By Gabrielle Lyon. Offers an easy to follow food, fitness, and self care program anchored in evidence and pioneering research that teaches you how to optimize muscle, no matter your age or health history. Discover how to overcome 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 **\$21.95**



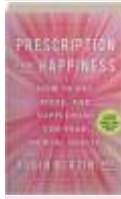
★8991332 THE VIRUS AND THE HOST. By Chris Chlebowsky. Emerging science about how toxic exposure, chronic inflammation, infections, and chronic diseases interact and predispose us to poor outcomes from acute viral infections such as COVID-19. Outlines the tools we need for better health: how to eat like your life depends on it; how to detoxify simply and safely at home; and more. 274 pages. Chelsea Green. Paperbound. Pub. at \$24.95 **PRICE CUT to \$3.95**

★8990751 BE HEALTHIER NOW: 100 Simple Ways to Become Instantly Healthier. By Jacob Sager Weinstein. A collection of 100 things you can do this very moment to lead a healthier life. Includes tips on healthy eating and exercise, but it doesn't stop there. Remember the why of being healthy; treat happiness as a medical necessity; and work less to live longer. Well illus. in color. 136 pages. Odd Dot. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**



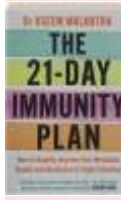
your health and Pub. at \$19.99

★109324X THE SECRET LANGUAGE OF THE BODY: Regulate Your Nervous System, Heal Your Body, Free Your Mind. By J. Mann & K. Rabin. Outlines the three essential steps for resolving nervous system dysregulation. Become aware of your dysregulated responses in your mind and body; interrupt these unhelpful responses; and redesign and rewire them to transform life. Illus. 340 pages. Harper. Paperbound. **PRICE CUT to \$11.95**



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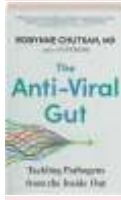
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★8996830 THE 21-DAY IMMUNITY PLAN: How to Rapidly Improve Your Metabolic Health and Resilience to Fight Infection. By Aseem Malhotra. With the evidence-based science behind the plan, Dr. Malhotra shares how simple changes to our diet, along with daily exercise and stress relief, can have remarkable results in improving our metabolic health. 100 pages. Yellow Kite. Paperbound. **PRICE CUT to \$3.95**



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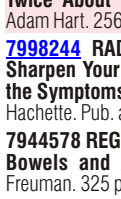
that of the environment; and more. 259 pages. Chelsea Green. Paperbound. Pub. at \$24.95 **PRICE CUT to \$14.95**

★8998957 GETTING HEALTHY IN TOXIC TIMES: An Ecological Doctor's Prescription for Healing Your Body and the Planet. By Jenny Goodman. With the right information, we can safeguard ourselves by minimizing our interactions with pollutants; ensuring our bodies have the right anti-toxin nutrients; taking collective action to fight for our health and



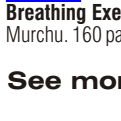
Health Communications. Paperbound. Pub. at \$14.95

★5879736 THE GREAT AMERICAN HEALTH HOAX: The Surprising Truth About How Modern Medicine Keeps You Sick. By Raymond Francis. 306 pages. Health Communications. Paperbound. Pub. at \$14.95 **\$5.95**

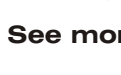


Ulysses. Pub. at \$19.95

★5879760 THE POWER OF POOPING: A Cheeky Diet and Lifestyle Guide to End Constipation and Transform Your Health. By Susan Wong with J. Rietcheck. Illus. 239 pages. Ulysses. Pub. at \$19.95 **\$5.95**



★7983891 THE LIFE OF POO: Or Why You Should Think Twice About Shaking Hands (Especially with Men). By Adam Hart. 256 pages. Kyle Cathie. **SOLD OUT**



★7998244 RADICAL LONGEVITY: The Powerful Plan to Sharpen Your Brain, Strengthen Your Body, and Reverse the Symptoms of Aging. By Ann Louise Gittleman. 324 pages. Hachette. Pub. at \$28.00 **\$7.95**



★7944578 REGULAR: The Ultimate Guide to Taming Unruly Bowels and Achieving Inner Peace. By Tamara Duker Freuman. 325 pages. Hachette. Pub. at \$14.95 **SOLD OUT**

★7998929 THE BLISSFUL BREATH: 10 Minutes of Daily Breathing Exercises That Will Change Your Life. By Niall O Murchu. 160 pages. Hardie Grant. Pub. at \$22.99 **\$9.95**

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★9024085 THE 25-DAY AYURVEDA CLEANSE: A Holistic Wellness Plan Using Ayurvedic Practices to Reset Your Health Naturally. By Kerry Harling. Fully illus. in color. 223 pages. Page Street. Paperbound. Pub. at \$22.99 **PRICE CUT to \$3.95**

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★7807198 BODY BY BREATH: The Science and Practice of Physical and Emotional Resilience. By Jill Miller. Well illus. in color. 480 pages. Victory Belt. 8 1/2 x 11 in. **SOLD OUT**

★8048215 HEALING ADAPTOGENS. By T. Isokauppila & D.R. Broida. Illus. 230 pages. Hay House. Paperbound. Pub. at \$17.99 **PRICE CUT to \$7.95**

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★8890137 MED SPA MAYHEM: The Good, the Bad, and the Ugly Secrets of the Aesthetic Industry. By Kate Dee. 177 pages. Advantage Media Group. Paperbound. Pub. at \$19.99 **PRICE CUT to \$9.95**

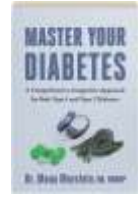
★7882017 LET IT GO: Breathe Yourself Calm. By Rebecca Dennis. 300 pages. Ebury. Paperbound. Pub. at \$22.99 **PRICE CUT to \$11.95**

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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. **\$4.95**



continue living full, active, and healthy long lives. 543 pages. Chelsea Green. Paperbound. Pub. at \$29.95

★8991278 MASTER YOUR DIABETES: A Comprehensive, Integrative Approach for Both Type 1 and Type 2 Diabetes. By Mona Morstein. Shows how people with Type 1 and Type 2 diabetes can gain and maintain control of their blood sugar levels, preventing and even reversing existing diabetic complications. Empowers readers to take control of their condition and

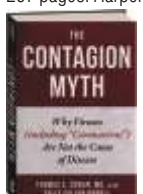
Diseases & Disorders



★9117237 UNDERSTAND ALZHEIMER'S: A First-Time Caregiver's Plan to Understand & Prepare for Alzheimer's & Dementia. You'll find a wealth of practical and useful information to help you and your loved one deal with a diagnosis of Alzheimer's disease. Included are an in-depth explanation of the seven stages of Alzheimer's disease and what the diagnosis means; checklists for how to prepare for your loved one's surroundings for safety, ease of activities; and more. 131 pages. Calistoga. Paperbound. Pub. at \$11.99 **\$7.95**



9057013 HIDDEN BRILLIANCE: Unlocking the Intelligence of Autism. By L.K. Koegel & C. LaZebnik. A groundbreaking exploration of the ways in which the intelligence and abilities of children and young adults with autism are often overlooked and misjudged, with tried and true interventions that can be used to help them reach their full potential. 267 pages. Harper. Pub. at \$32.00 **\$5.95**



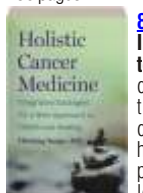
9054790 THE CONTAGION MYTH: Why Viruses (Including "Coronavirus") Are Not the Cause of Disease. By T.S. Cowan & S.F. Morell. Are electro-smog, toxic living conditions, and 5G actually to blame for COVID-19? Cowan and Fallon Morell argue the causes of disease are poisons (including EMF poisons) and nutrient deficiencies; and until we focus our attention on the true causes of illness, we will not make any progress in restoring health. 193 pages. Skyhorse. Pub. at \$24.99 **\$7.95**



★4963989 LIVING WITH TINNITUS AND HYPERACUSIS. By Laurence McKenna et al. This guide looks at strategies for living with these conditions and includes a complete program for recovery. It features the latest research from the fields of psychology, neuroscience and medicine to offer a full overview of causes, impact, and most effective treatments available. 212 pages. Sheldon. Paperbound. Pub. at \$14.99 **\$11.95**



7862067 CHRONIC: The Hidden Cause of the Autoimmune Epidemic and How to Get Healthy Again. By Steven Phillips et al. Reveals striking evidence that a broad range of microbes, including the Lyme bacterium, cause a variety of recurrent conditions and autoimmune diseases. Explores the science behind common infections that are difficult to diagnose and treat, debunk widely held beliefs by doctors and patients alike, and provide solutions that empower sufferers to reclaim their lives. 286 pages. HMH. Paperbound. Pub. at \$16.99 **\$5.95**



899126X HOLISTIC CANCER MEDICINE: Integrative Strategies for a New Approach to Health and Healing. By Henning Saupe. A comprehensive guide to natural management, treatment, and prevention of cancer—employing less invasive, and more holistic methods. This guide is for patients, patients' families, and medical professionals looking to take control of cancer treatment through vitality and healing alternatives. 274 pages. Chelsea Green. Paperbound. Pub. at \$26.95 **\$6.95**



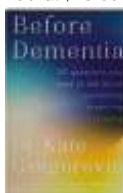
1999192 TAKE CONTROL OF YOUR DIABETES: Prevention, Diagnosis, and Treatment. By Rosemary Walker. Provides clear and simple diet, fitness, lifestyle, and medical advice—the support you need to live life to the fullest with type 1 or type 2 diabetes. Well illus. in color. 208 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$9.95**

9104925 THE AUTOIMMUNE CURE. By Sara Szal Gottfried. Offers a road map to lasting relief from autoimmune disease by addressing the underlying cause of the condition and healing the body, mind, and spirit. 284 pages. Harvest. Pub. at \$29.99 **SOLD OUT**

★6994652 THE BACK STORY ON SPINE CARE. By Drew Bednar. Foundational knowledge of surgical spine care isn't spreading to the medical community, let alone to patients, whose quality of life hangs in the balance. The author, an orthopedic specialist, presents case studies that illuminate the common issues plaguing patients, and their treatment. 300 pages. ECW Press. Paperbound. Pub. at \$21.95 **PRICE CUT to \$14.95**



★6078486 POSTDIABETIC: An Easy-to-Follow 9-Week Guide to Reversing Prediabetes and Type 2 Diabetes. By E. Edmeades & R. Ruiz. Over the course of nine weeks, you'll learn how to make subtle changes to your lifestyle and deep changes to your psychology. You'll look at what you eat, when you eat it, and why you eat it. You'll find out how to shift your metabolism from primarily sugar-burning to primarily fat-burning, learn more about seasonal eating, and reap the benefits of cyclical eating patterns. 199 pages. Hay House. Pub. at \$25.99 **\$18.95**



★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 **\$12.95**



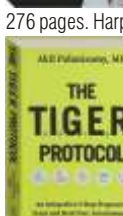
★9116508 WHAT MY DOCTORS DIDN'T TELL ME ABOUT CANCER: What You Can Do to Support and Enhance Your Cancer Treatment. By Brian C. Holley. This is the story of one man who continues to live a happy and active lifestyle while living with cancer. Describing the many aspects of his regimen, what author Brian Holley calls MEDS: Mindfulness, Exercise, Diet Support. Includes helpful practices and references full of information and support. 167 pages. O-Books. Paperbound. Pub. at \$16.95 **\$12.95**



★1027182 GUT CHECK: Unleash the Power of Your Microbiome to Reverse Disease and Transform Your Mental, Physical, and Emotional Health. By Steven R. Gundry with J. Lipper. Offers a definitive guide to the gut biome and its control over its home, us! Reveals the unimaginably complex and intelligent ecosystem determining our health and teaches us how to heal our cuts to prevent and reverse every type of disease. 320 pages. Harper Wave. Pub. at \$32.00 **\$23.95**



7940467 TAKE CONTROL OF YOUR DIABETES RISK. By John Whyte. Shares straightforward information and equips you with strategies to help you on a journey to better health, including knowing the causes of the different types of diabetes, and learning the role food, exercise, sleep play, and understanding the relationship between diabetes, heart disease, and cancer. 276 pages. Harper. Pub. at \$27.99 **SOLD OUT**



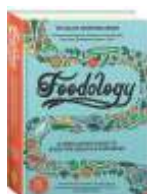
9066330 THE TIGER PROTOCOL: An Integrative 5-Step Program to Treat and Heal Your Autoimmunity. By Akil Palanisamy. This holistic approach will guide you as you build up your health, reduce the occurrence of flare-ups, attain remission with a minimum of medications, and feel better so that you can live life to the fullest. Gives you the tools you need to start on the path toward healing and freedom. 384 pages. Balance. Pub. at \$29.00 **\$5.95**



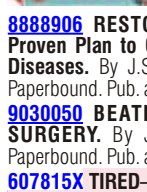
★6075541 THE CANCER CODE: Understanding Cancer as an Evolutionary Disease. By Jason Fung. Sheds light on the strange and fascinating story of cancer. Also explains the disease process itself—from the cancerous transformation of a normal cell to its progression and metastasis—and how factors like nutrition, obesity, and type 2 diabetes can influence risk. Illus. 360 pages. Harper. Paperbound. Pub. at \$21.99 **SOLD OUT**



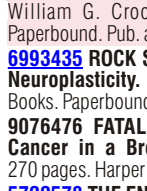
★9008985 THE TMJ HANDBOOK: A Therapeutic Guide to Relieving Jaw Tension and Pain with Yoga and Mindfulness. By Cator Shachoy. Unpacks the physical, emotional, and energetic reasons why this pain can occur and become so debilitating—including injury, stress and tension, emotional trauma, grief and rage, and hormonal imbalances, among other causes. Well illus. 266 pages. Shambhala. Paperbound. Pub. at \$24.95 **\$17.95**



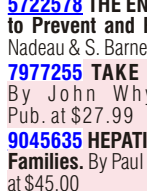
899711X FOODOLOGY: A Food Lover's Guide to Digestive Health & Happiness. By Saliha Mahmood Ahmed. A culinary journey that incorporates science, medical research and recipes to show us how the food we eat influences the way we feel. Illus. 334 pages. Yellow Kite. Pub. at \$26.99 **PRICE CUT to \$4.95**



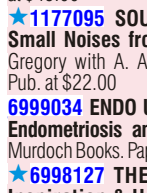
8888906 RESTORING YOUR DIGESTIVE HEALTH: A Proven Plan to Conquer Crohn's, Colitis, and Digestive Diseases. By J.S. Rubin & J. Brasco. 364 pages. Citadel. Paperbound. Pub. at \$17.95 **\$4.95**



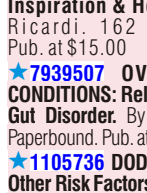
9030050 BEATING PROSTATE CANCER WITHOUT SURGERY. By James D. Priest. 172 pages. Fairview. Paperbound. Pub. at \$14.95 **\$5.95**



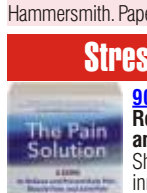
607815X TIRED—SO TIRED! And the Yeast Connection. By William G. Crook. 386 pages. Square One Publishers. Paperbound. Pub. at \$16.95 **PRICE CUT to \$3.95**



6993435 ROCK STEADY: Healing Vertigo or Tinnitus with Neuroplasticity. By Joey Remenyi. 290 pages. Page Two Books. Paperbound. Pub. at \$18.00 **\$5.95**



9076476 FATAL TO FEARLESS: 12 Steps to Beating Cancer in a Broken Medical System. By Kathy Giusti. 270 pages. Harper Wave. Pub. at \$32.00 **SOLD OUT**



5722578 THE END OF FOOD ALLERGY: The First Program to Prevent and Reverse a 21st-Century Epidemic. By K. Nadeau & S. Barnett. 342 pages. Avery. Pub. at \$28.00 **\$6.95**



7977255 TAKE CONTROL OF YOUR CANCER RISK. By John Whyte. Illus. 252 pages. Harper. Pub. at \$27.99 **PRICE CUT to \$3.95**



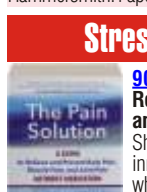
9045635 HEPATITIS C: A Complete Guide for Patients and Families. By Paul J. Thuluvath. 288 pages. Johns Hopkins. Pub. at \$45.00 **PRICE CUT to \$3.95**



★1177095 SOUNDS LIKE MISOPHONIA: How to Stop Small Noises from Causing Extreme Reactions. By Jane Gregory with A. Ahmad. 336 pages. Green Tree. Paperbound. Pub. at \$22.00 **PRICE CUT to \$14.95**



6999034 ENDO UNFILTERED: How to Take Charge of Your Endometriosis and PCOS. By Erin Barnett. Illus. 221 pages. Murdoch Books. Paperbound. Pub. at \$27.99 **PRICE CUT to \$3.95**



★6998127 THE FUTURE OF ALZHEIMER'S: Finding Inspiration & Hope Through Expert Insight. By Sharon Ricardi. 162 pages. Hatherleigh. Paperbound. Pub. at \$15.00 **PRICE CUT to \$7.95**



★7939507 OVERCOMING CHRONIC DIGESTIVE CONDITIONS: Release the Visceral Layers of Post-Traumatic Gut Disorder. By Nikki Kenward. 202 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **PRICE CUT to \$12.95**



★1105736 DODGING DEMENTIA: Understanding MCI and Other Risk Factors. By Mary Jordan with J. Thompson. 231 pages. Hammersmith. Paperbound. Pub. at \$29.99 **PRICE CUT to \$14.95**

Stress & Pain Management

9058893 THE PAIN SOLUTION: 5 Steps to Relieve and Prevent Back Pain, Muscle Pain, and Joint Pain Without Medication. By Saloni Sharma. This work offers a personalized and innovative five-step pain relief program built on what Sharma calls "microboosts," little steps that add up to big results. This plan will enable you to: understand the unique factors contributing to your pain, develop a path to resuming your most cherished activities, and more. Illus. 239 pages. New World Library. Paperbound. Pub. at \$17.95 **\$4.95**



7807961 LIVE PAIN-FREE: Eliminate Chronic Pain Without Drugs or Surgery. By Lee Albert. Shows you how to quickly identify pain causing misalignments in your body and use simple techniques to get your body back into balance, out of pain and back to health. Most pain is the result of imbalances in a musculoskeletal system that is out of alignment. Albert's approach delivers simple, therapeutic techniques that anyone can do. 157 pages. Dudley Court. 8x10. Paperbound. Pub. at \$29.95 **\$6.95**



7982623 BREAKING THE STRESS CYCLE: 7 Steps to Greater Resilience, Happiness, and Peace of Mind. By Andrew Bernstein. Offers a complete reeducation in the nature of stress, and can permanently change the way you handle challenges in all areas of your life. Guided worksheets and coaching show you how to reframe your thinking on relationships, money, work-life balance, weight loss, discrimination, regret, grief, and more. 285 pages. Atria. Paperbound. Pub. at \$17.00 **\$3.95**



Stress & Pain Management



★673698X 1,500 STRETCHES: The Complete Guide to Flexibility and Movement. By Hollis Liebman. The essential go-to guide for everyone, from weekday commuters to weekend warriors. Organized by body part, it is the most extensive and up-to-date volume of stretches available anywhere. It targets every muscle in the body from the tiniest in the neck to the largest in the back and legs. Fully illus. in color. 739 pages. Black Dog & Leventhal. 8 1/2 x 10. Pub. at \$40.00 **\$26.95**



★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 **\$14.95**

9045546 CONFRONTING CHRONIC PAIN: A Pain Doctor's Guide to Relief. By Steven Reichner with K. Steligo. 231 pages. Johns Hopkins. Paperbound. Pub. at \$30.00 **\$5.95**

9106324 UNSTRESSABLE: A Practical Guide to Stress-Free Living. By M. Gwatkin & A. Law. 358 pages. St. Martin's. Pub. at \$30.00 **SOLD OUT**

★798247X RESTORE YOUR LIFE FROM CHRONIC PAIN: Find Lasting Relief from Arthritis, Headache, and Back Pain. By Mark B. Weisberg. 280 pages. Mango. Paperbound. Pub. at \$19.99 **\$14.95**

★1207598 PAIN & PERFORMANCE: The Revolutionary New Way to Use Training as Treatment for Pain and Injury. By R. Whited & M. Fitzgerald. 204 pages. 80/20. Paperbound. Pub. at \$21.99 **PRICE CUT to \$11.95**

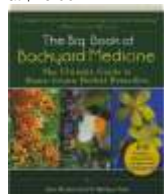
★7760027 REST IS RESISTANCE: A Manifesto. By Tricia Hersey. 212 pages. Little, Brown. Pub. at \$27.00 **SOLD OUT**

★7912404 CHRONIC PAIN RESET: 30 Days of Activities, Practices, and Skills to Help You Thrive. By Afton L. Hassett. 269 pages. Countryman. Pub. at \$28.00 **PRICE CUT to \$9.95**

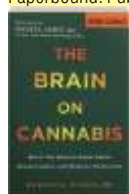
Complementary & Alternative Medicine



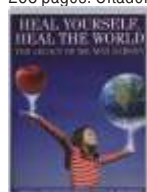
7801440 THE COMPLETE REFLEXOLOGY TUTOR: Everything You Need to Achieve Professional Expertise. By Ann Gillanders. The one-stop guide to self-healing and treating others with reflexology. Provides in-depth knowledge of the theory and practice of reflexology. Explains the origins and how it works. Clearly describes the anatomy and physiology of each of the body's systems with step by step instructions on how to work the associated reflex points and more. Fully illus. in color. 256 pages. Gaia. Paperbound. Pub. at \$26.99 **\$7.95**



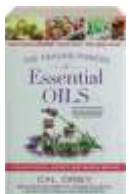
7716648 THE BIG BOOK OF BACKYARD MEDICINE: The Ultimate Guide to Home-Grown Herbal Remedies. By J. Bruton-Seal & M. Seal. The most thorough compilation of home cures yet, it brings alternative medicine back to the forefront. Anyone who wants to improve their health in a completely natural way will find this resource to be an absolute must have. Well illus. in color. 446 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$9.95**



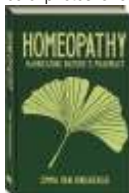
8887772 THE BRAIN ON CANNABIS: What You Should Know About Recreational and Medical Marijuana. By Rebecca Siegel. Delivers the most complete guide yet about the benefits and risks of using marijuana today. Based on the latest scientific research, this easy to read work busts all the myths and helps you navigate the sometimes confusing and often-changing world of marijuana. 268 pages. Citadel. Paperbound. Pub. at \$16.95 **\$4.95**



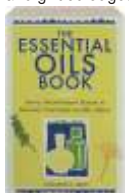
DVD 7799799 HEAL YOURSELF, HEAL THE WORLD. Fullscreen. Join Howard Straus (author, scientist, son of Charlotte Cerson and grandson of Dr. Max Gerson) for an in-depth examination of the Gerson Therapy—known worldwide as the all-natural solution for cancer and chronic disease. Not Rated. 96 minutes. Gerson Media. **\$3.95**



8888116 THE HEALING POWERS OF ESSENTIAL OILS: A Complete Guide to Nature's Most Magical Medicine. By Cal Orey. Follow your nose to nature's pharmacy: the garden, where the essence of flowers, fruits, and trees provide some of our most powerful and pleasurable sources of health and healing. Enjoy over 50 recipes for delicious dishes, discover dozens of home remedies, and more. 16 pages of color photos. 315 pages. Citadel. Paperbound. Pub. at \$16.95 **\$4.95**



9061258 HOMEOPATHY: Harnessing Nature's Pharmacy. By Emma Van Hinsbergh. Discover how this powerful complementary healing can aid your recovery from a variety of health issues. Featuring a comprehensive introduction to the subject, this illuminating guide reveals everything you would like to know about this fascinating subject. Beautifully bound with gold stamping and gilded edges. 208 pages. Arcturus. **\$8.95**



9070087 THE ESSENTIAL OILS BOOK: Simple Aromatherapy Blends to Enhance Your Home and Well-Being. By Colleen K. Dodd. Dozens of simple recipes for blending essential oils using the extracts of herbs, flowers, roots, barks and resins, for combating stress, PMS, sunburn and other conditions, scenting homes and offices, making environmentally safe cleaning products and more. Illus. 152 pages. Storey. Paperbound. Pub. at \$14.95 **\$5.95**



9063048 MISSOURI'S EARLY HOME REMEDIES. By Betty Hams. 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 **\$4.95**



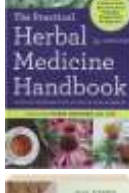
809845X COLLAGEN: Self-Care Secrets to Eat, Drink, and Glow. By Jessica Bippin. A unique protein found in all animals, collagen can help improve skin, hair, nails, bones, and joints, as well as the digestive and immune systems. In this user-friendly guide Bippin shares her knowledge of collagen and its benefits. Includes 30 delicious dairy and refined sugar-free recipes. Color photos. 154 pages. Sterling Ethos. Pub. at \$16.95 **\$4.95**



9063072 WISCONSIN'S EARLY HOME REMEDIES. Ed. by Lora DiMeglio. Wisconsin folks back years ago used skunk oil, saffron and sassafras often and considered them to be important parts of their health care. Fully illus. 172 pages. Quixote. Paperbound. Pub. at \$9.95 **\$4.95**



9076174 ENCHANTED FORAGING: Wildcrafting for Herbal Remedies, Rituals, and a Magical Life. By Ebony Gheorghe, illus. by H. Powers. Nature as a source of magic and wellness, all year round, from identifying plants to using them in herbal remedies and crafts. A friendly guide for anyone looking to cultivate a more meaningful relationship with the natural world, exploring its abundance, hidden applications, and how it makes enchanted beings of us all. Fully illus. in color. 138 pages. Running Press. Pub. at \$16.95 **SOLD OUT**

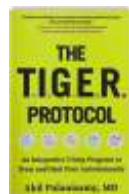


★9117199 THE PRACTICAL HERBAL MEDICINE HANDBOOK: Your Quick Reference Guide to Healing Herbs & Remedies. Offers basic techniques and effective herbal treatments for everyday ailments, wellness, and beauty. Helps you take your health into your own hands with time-tested treatments. Illus. in color. 308 pages. Althea. Paperbound. **SOLD OUT**



★8893829 THE BEGINNER'S GUIDE TO ACUPRESSURE: DIY Steps for Self-Care. By Karin Parramore. An introduction to acupressure for self-treatment, primarily dedicated to reducing symptoms of common ailments. Adapts Traditional Chinese Medicine techniques to create an easy to use program for people to use at home. Contains more than 140 step by step photographs and easy to follow directions. 160 pages. Robert Rose. Paperbound. Pub. at \$19.95 **\$15.95**

9108394 TRIPPY: The Peril and Promise of Medicinal Psychedelics. By Ernesto Londono. A riveting look at the tremendous promise and inherent risks of the use of psychedelics in mental health treatment. 303 pages. Celadon. Pub. at \$29.99 **\$6.95**



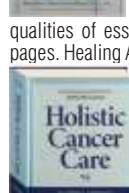
9082506 THE TIGER PROTOCOL: An Integrative 5-Step Program to Treat and Heal Your Autoimmunity. By Akil Palanisamy. This holistic approach will guide you as you reduce the occurrence of flare-ups, rebuild your health, attain remission with a minimum of medications, and feel better so that you can live life to the fullest. 384 pages. Balance. Paperbound. Pub. at \$21.99 **\$5.95**



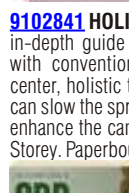
8096813 PRESS HERE! Ayurvedic Head Massage for Beginners. By Hillary Arrieta. A beginner's guide to achieving authentic beauty, rejuvenation, and stress-relief through an Ayurvedic Eastern massage technique anyone can do. Fully illus. in color. 128 pages. Fair Winds Press. Pub. at \$16.99 **\$4.95**



9007504 HEALING WITH ESSENTIAL OILS: The Antiviral, Restorative, and Life-Enhancing Properties of 58 Plants. By Heather Dawn Godfrey. Presents an accessible yet scientifically based guide to healing with essential oils and provides a must have reference for those who use essential oils at home, for health and well being practitioners, or for anyone wanting to explore the dynamic qualities of essential oils for themselves. Illus. in color. 340 pages. Healing Arts. Paperbound. Pub. at \$24.99 **\$7.95**



9023585 HOLISTIC CANCER CARE. By Chanchal Cabrera. A guide to using herb-based therapies in conjunction with conventional treatments. Holistic therapies can help boost the immune system, which can slow the spread of certain cancers and, in some cases, even enhance the cancer-killing effects of chemotherapy and more. 572 pages. Storey. Pub. at \$40.00 **\$9.95**



9102841 HOLISTIC CANCER CARE. By Chanchal Cabrera. An in-depth guide to using herb-based therapies in conjunction with conventional treatments. Putting the patient front and center, holistic therapies can boost the immune system, which can slow the spread of certain cancers, and in some cases, even enhance the cancer-killing effects of chemotherapy. 572 pages. Storey. Paperbound. Pub. at \$29.99 **\$7.95**



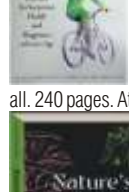
9112723 THE ULTIMATE GUIDE TO CBD: Explore the World of Cannabidiol—Recipes for Self-Care, Beverages, Cooking, and More. By Jamie Evans. Introduces the basics of using cannabidiol, including the current science in the field of CBD research and the differences between each application. You'll be able to explore CBD in a variety of ways with recipes relating to self-care, beverages, food, pet treats, and fitness. Fully illus. in color. 224 pages. Fair Winds. Paperbound. Pub. at \$26.99 **\$5.95**



★9102388 HOMEOPATHY AT HOME: Everyday Treatments for Common Complaints. By Marcus Fernandez. This guide offers a comprehensive A-Z of homeopathic remedies for a wide range of complaints—from common colds, coughs, allergies and infections, to cuts, bruises, acne and PMS. Also provides useful substitutions that can easily be found in your kitchen or garden—so you'll always have a natural remedy at hand. 251 pages. Hay House. Paperbound. Pub. at \$14.99 **\$11.95**



★6994636 THE WELL-LIVED LIFE: A 103-Year-Old Doctor's Six Secrets to Health and Happiness at Every Age. By Gladys McGarey. McGarey shares her extraordinary stories and eternal wisdom, from her early childhood in India, to her life as a physician and mother of six children, to survival of both heartbreak and illness. She has a 10 year plan and an eye to a healthier and more joyful future for us all. 240 pages. Atria. Paperbound. Pub. at \$17.99 **\$12.95**



★9084975 NATURE'S APOTHECARY: Harness the Healing Power of Herbs, Mushrooms and Other Adaptogens. By Paula Grainger. Delve into the history and science of these miraculous plants and learn how to maximize wellness using the most easy to source adaptogens, incorporating them into your life via delicious mains, energy bites and desserts, invigorating teas, tonics and cocktails and wonderful beauty elixirs. Fully illus. in color. 176 pages. Gaia. Pub. at \$19.99 **\$14.95**

Complementary & Alternative Medicine



9122214 RAISE YOUR VIBES! Energy Self-Healing for Everyone. By Athena Bahri. Combines simple Reiki techniques with tools ranging from crystal and lunar rituals to sound healing and chakra balancing, to help you create a bespoke vibration-raising practice of your own. 304 pages. Watkins. Paperbound. Pub. at \$19.95 **\$5.95**



9116966 HEALTH THROUGH GOD'S PHARMACY: Advice and Proven Cures with Medicinal Herbs. By Maria Treben. Treben has claimed a place in history as one of the most important pioneers of herbal medicine. Here she includes 31 herbal remedies and their healing powers and potential applications as teas, tinctures, pulps for infusions, baths or fresh juices, are thoroughly described. Illus., some in color. 183 pages. Ennsthaler. Paperbound. Pub. at \$17.95 **\$13.95**



9128239 THE BEGINNER'S GUIDE TO EGO DEATH: Expand Your Mind Through Psychedelic Exploration. By A.J. Murillo. Whether you're a seasoned psychonaut, a psychedelic newbie, or simply curious about the nature of ego death, this guide will awaken your innate potential as you learn to: Understand the human psyche; Learn the different psychedelics and their effects; Navigate the complexities of reality; Explore the depths of consciousness and more! Illus. 227 pages. Ulysses. Paperbound. Pub. at \$17.95 **\$12.95**



9060707 DELLA MEDICINA: The Tradition of Italian-American Folk Healing. By Lisa Fazio. Discover the healing techniques and folk wisdom the author learned from her Italian grandparents and from healers in Southern Italy, including plant preparation methods, medicines, rituals, recipes, kitchen magic, and protective magic. Each plant's history, mythology and both practical and magical uses are also covered. Illus. 426 pages. Healing Arts. Paperbound. Pub. at \$24.99 **\$19.95**



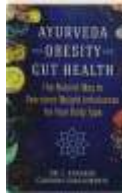
9120688 MERRY JANE'S THE CBD SOLUTION: Wellness—How Cannabis, CBD, and Other Plant Allies Can Change Your Everyday Life. By Merry Jane with L. Wilson. Walks you through CBD's history, science, medicinal benefits, and healing properties, demystifying how the nonintoxicating extract can help with pain, nausea, anxiety, stress, sleep, skin health, and more. Illus. in color. 208 pages. Chronicle. Pub. at \$19.95 **\$5.95**



9115749 THE ALGAE OIL REVOLUTION: Fight Disease and Promote Brain Development and Mental Health with the Vegan Elixir from the Sea. By Michael Nehls. Nehls introduces the reader to this sustainable and accessible substance, explains why and how it can prevent a range of diseases, and also sheds light on what this discovery means for the future of global human health. Illus. 288 pages. Skyhorse. Pub. at \$32.99 **\$24.95**



7958579 NATIONAL GEOGRAPHIC HERBAL: 100 Herbs from the World's Healing Traditions. By Mimi Prunella Hernandez. While plants hold remarkable curative powers, the workings of medicinal herbs are complex. In these pages you will find: 100 herb profiles; a wide array of species; useful kitchen and garden tips; wisdom from around the world; and sustainability tips. Fully illus. in color. 336 pages. National Geographic. Pub. at \$40.00 **\$29.95**



9111689 AYURVEDA FOR OBESITY AND GUT HEALTH: The Natural Way to Overcome Weight Imbalances for Your Body Type. By L. Eduardo Cardona-Sanclemente. A scientifically supported, Ayurvedic approach to weight management. Presents several body-mind protocols and suitable food intakes, detailing their effects on the gut, microbiota, and the gut-heart-brain axis as well as how they help rebalance metabolism at the tissular, cellular, and molecular levels. Illus. 370 pages. Healing Arts. Paperbound. Pub. at \$24.99 **\$19.95**



9094067 A BEGINNER'S GUIDE TO ACUPUNCTURE: Treating Common Ailments Through Traditional Chinese Medicine. By Xu Mingshu. Unveils the profound principles, techniques, and practical applications of acupuncture and moxibustion. Covers specific treatments for over 30 common ailments, including internal disorders such as asthma and insomnia, orthopedic issues such as stiff neck, ankle sprain, and more. Fully illus. in color. 140 pages. Shanghai Press. Paperbound. Pub. at \$24.95 **\$19.95**



9075763 ESSENCE AND EMBER: Gathering and Preparing Herbal, Resin, and Wood Incense. By Katja Peters. Whether with herbs, resins, or woods—burning incense allows us to reconnect with nature and provides a grounding counterbalance to our hectic everyday lives. Peters demonstrates how simple and effective it is to gather and burn incense and benefit from the healing powers of nature. Fully illus. in color. 128 pages. Schiffer. **\$21.95**



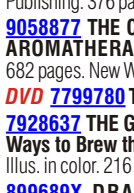
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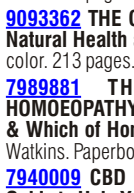
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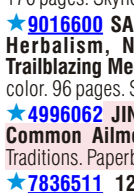
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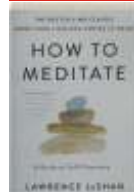
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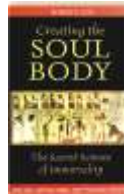


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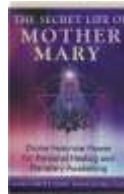
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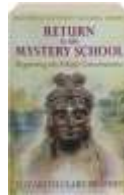
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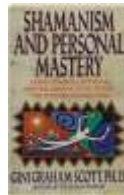
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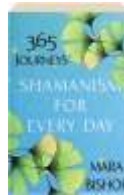
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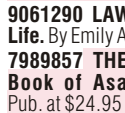
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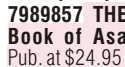
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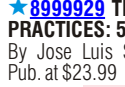
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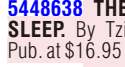
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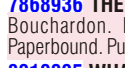
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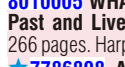
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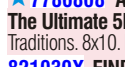
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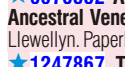
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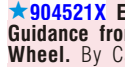
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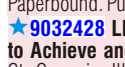
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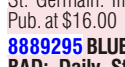
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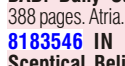
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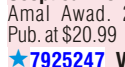
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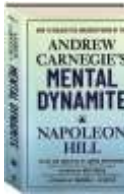
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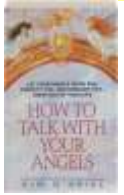
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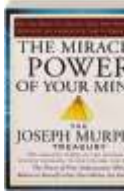
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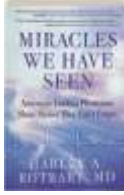


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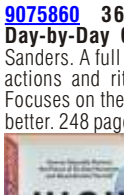
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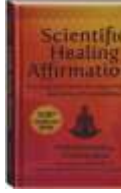
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★1923676 MASTERY. By Robert Greene. The author of *The 48 Laws of Power*; *The 33 Strategies of War*; and *The Art of Seduction* here argues convincingly that the potential for Mastery lies within each of us, and guides us along the secret paths you must follow. He also profiles such Masters as Charles Darwin, Benjamin Franklin, Henry Ford, Carl Jung, and Albert Einstein. 336 pages. Penguin. Paperbound. Pub. at \$25.00 **\$17.95**



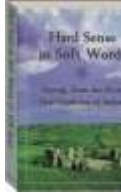
★9003940 SCIENTIFIC HEALING AFFIRMATIONS: The Original Classic for Improving One's Mental and Physical State. By Paramhansa Yogananda. First published in 1924. Describes the pathway to achieve wellness and clarity through a series of time-honored affirmations derived from Eastern spiritual philosophy. Far ahead of its time, it was the one of the first to highlight the scientific correlations between positivity and bolstering your mental, physical, and spiritual health. 111 pages. Clydesdale. Pub. at \$12.99 **\$9.95**



7961499 THE DOG WHO TOOK ME UP A MOUNTAIN: How Emme the Australian Terrier Changed My Life When I Needed it Most. By R. Crandall & J. Cosgriff. Fearing that his future was headed downhill, Crandall's fortunes change with a move to Colorado, a new marriage, and his wife Pamela's fortuitous suggestion: "Let's get a dog." So begins the friendship of Rick and Emme, a pint-sized Australian terrier. With an irrepressible life, Emme shows Rick that passion is the key to spirit and joy for fulfillment. 16 pages of color photos. 228 pages. Health Communications. Paperbound. Pub. at \$15.95 **\$3.95**



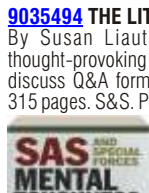
★7886063 THE LAW OF ATTRACTION: The Power of Thought to Manifest Your Best Life. By William Walker Atkinson. Introduces the paradigm shifting concept of the Law of Attraction. This "one great law" governs the universe and the world we experience. It simply states that whatever the focus of our thoughts and expectations—whatever we desire or fear—is exactly what we receive. Atkinson shows readers how to harness this radical power to create a life of abundance and happiness. 89 pages. St. Martin's. Paperbound. Pub. at \$18.00 **\$12.95**



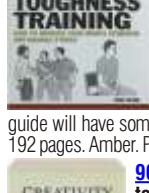
905331X HARD SENSE IN SOFT WORDS: Sayings from the Great Oral Tradition of Ireland. By C.B. Ryan. A collection of sayings and stories on a multitude of subjects. Each chapter embraces unique Irish wisdom on a different topic, including such classic Irish themes as friendship, money, trust, romance, faith, blarney, gossip, and luck. 131 pages. M. Evans. Pub. at \$17.95 **\$4.95**



9129200 WHY I BELIEVE: A Psychologist's Thoughts on Suffering, Miracles, Science, and Faith. By Henry Cloud. Cloud invites readers to inhabit the spaces of suffering and elation that make us most human and to walk alongside him as he ponders the great questions we are so often afraid to ask but which give our lives meaning. 263 pages. Worth. Pub. at \$25.00 **SOLD OUT**



9035494 THE LITTLE BOOK OF BIG ETHICAL QUESTIONS. By Susan Liautaud. Presents some of today's most thought-provoking ethical questions in a welcoming, easy to discuss Q&A format, with guidance from a renowned ethicist. 315 pages. S&S. Pub. at \$23.99 **\$5.95**



★9090388 SAS AND SPECIAL FORCES MENTAL TOUGHNESS TRAINING: How to Improve Your Mind's Strength and Manage Stress. By Chris McNab. Demonstrates how you can gain the edge over your opponent, as well as ready yourself for critical challenges ahead. Whether you are competing in unarmed combat sports, running a marathon, or just looking to get ahead, this guide will have some helpful and practical advice for you. Well illus. 192 pages. Amber. Paperbound. Pub. at \$16.99 **\$12.95**



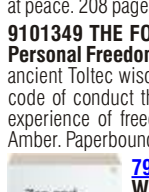
9022694 CREATIVITY ON DEMAND: How to Ignite and Sustain the Fire of Genius. By Michael J. Gelb. Teaches a series of time tested practices to clear blockages and open the flow of creative energy, then reveals how these techniques can be integrated with the renowned creative mindset and process tool Gelb has taught to individuals and organizations world wide. Photos. 231 pages. Sounds True. Paperbound. Pub. at \$16.95 **\$4.95**



903787X HOW TO BE HIGHLY SENSITIVE & EMPOWERED: A Revolutionary Healing Guide for Empaths. By Jane Novak. The most emotionally perceptive and sensitive people, known as empaths, have a gift: they connect with others deeply, and they can understand and channel the energy around them. This work will take you on a transformational journey to reclaim your sensitivity as a superpower, and unlock a sense of freedom in all areas of your life. 159 pages. Watkins. Paperbound. Pub. at \$16.95 **\$5.95**



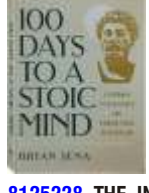
2091631 DON'T WORRY: 48 Lessons on Relieving Anxiety from a Zen Buddhist Monk. By Shunmyo Masuno. Think of a time when you were worried about something, but then you suddenly realized how insignificant it was. Isn't it amazing how much lighter you felt? The key is to focus only on the here and now. By doing so, you free yourself from unnecessary anxiety, and your mind will be at peace. 208 pages. Penguin. Pub. at \$22.00 **\$5.95**



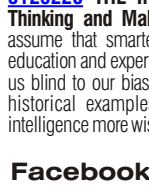
9101349 THE FOUR AGREEMENTS: A Practical Guide to Personal Freedom. By Don Miguel Ruiz with J. Mills. Based on ancient Toltec wisdom, this bestselling guide offers a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love. 140 pages. Amber. Paperbound. Pub. at \$12.95 **SOLD OUT**



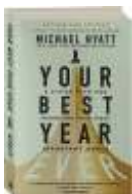
798992X ZEN AND THE ART OF DEALING WITH DIFFICULT PEOPLE. By Mark Westmoquette. Drawing on personal experiences of profound tragedy, Westmoquette stresses that the only way to grow is by facing our pain, acknowledging how we feel and committing to end the repeating pattern of suffering. By bringing awareness and kindness to these relationships, will naturally shift into something more inclusive. 196 pages. Watkins. Paperbound. Pub. at \$16.95 **\$4.95**



★9092250 100 DAYS TO A STOIC MIND: A Roadmap to Resilience and Finding Peace in Discipline. By Bryan Sena. A no-frills method of embodying the simple principles of Stoicism. Each page presents you with one essential piece of advice from a great Stoic thinker and arms you with a straightforward exercise to apply it. 208 pages. Castle Point. Pub. at \$18.00 **\$12.95**



8125228 THE INTELLIGENCE TRAP: Revolutionize Your Thinking and Make Wiser Decisions. By David Robson. We assume that smarter people are less prone to error. But greater education and expertise can often amplify our mistakes while rendering us blind to our biases. Drawing on the latest behavior science and historical examples, Robson demonstrates how to apply our intelligence more wisely. 337 pages. Hodder. Paperbound. **\$5.95**



8896305 YOUR BEST YEAR EVER, REVISED EDITION: A 5-Step Plan for Achieving Your Most Important Goals. By Michael Hyatt. Shares a powerful, proven, research-driven system for setting and achieving your goals. You'll learn how to design your best year ever by discovering what's holding you back, how to overcome past setbacks, how to set and pursue worthy goals without quitting, what to do when you feel stuck, and more. 285 pages. Baker Books. Pub. at \$26.99 **\$5.95**



9091173 LOVE, MOM: Inspiring Stories Celebrating Motherhood. By Nicole Saphier. Saphier shines a light on the magic of maternal love. Discover a remarkable collection of powerful first-person stories form the most extraordinary moms in the FOX News family and beyond. Photos, some in color. 226 pages. HarperCollins. Pub. at \$29.99 **\$6.95**



9128433 LIFE QUESTIONS: Reflect and Explore Your Past, Present & Future. Ed. by Cathy Davis. Features thought-provoking prompts, fun word association exercises, and interesting would you rather questions. Write, reflect, and learn about your inner self. 192 pages. Chartwell. Paperbound. Pub. at \$16.99 **\$5.95**



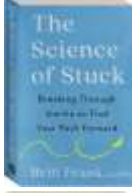
9112456 THE LITTLE BOOK OF UNICORNS. By Lisa Dyer. Along with captivating myths and legends, inspirational quotes and positive affirmations, you will find self-care tips, exercises, recipes, beauty treatments and ways to use magic, crystals and manifestations to enter the realm of the unicorn and live vibrantly, creatively, resiliently and joyfully. Illus. in color. 192 pages. Orange Hippo. 4 1/2 x 5 1/2. Pub. at \$8.95 **\$4.95**



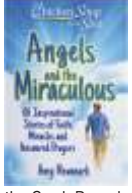
7860943 THE NATURE INSTINCT: Relearning Our Lost Intuition for the Inner Workings of the Natural World. By Tristan Gooley. This master outdoorsman shows us how expert observers—from hunters in the English countryside to the Pygmy people in the Congo—have recovered and rekindled this lost "sixth sense," a subconscious, deeper understanding of our surroundings. By training ourselves through slow, careful observation, Gooley argues that we too can unlock this kind of intuition. Illus. 361 pages. The Experiment. Pub. at \$24.95 **\$5.95**



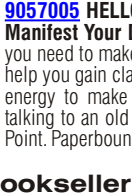
9102086 EAT YOUR WAY TO A SIX PACK: The Ultimate 75 Day Transformation Plan. By Scott Harrison. The author's life-changing program *The Six Pack Revolution* has helped a community of tens of thousands of people across 57 countries gain confidence and achieve the best shape of their lives. This work puts it in print, with tailored recipes and meal planning, fitness challenges that are fun and empowering, and transformative mindset coaching. Well illus. in color. 208 pages. Dorling Kindersley. Paperbound. Pub. at \$24.99 **\$9.95**



9066276 THE SCIENCE OF STUCK: Breaking Through Inertia to Find Your Path Forward. By Britt Frank. Using an eclectic and research-based approach, this volume is a hands-on road map for moving forward with purpose, confidence, and the freedom to become who you're truly meant to be. Illus. 254 pages. Tarcher. Pub. at \$26.00 **SOLD OUT**



★7933789 ANGELS AND THE MIRACULOUS: Chicken Soup for the Soul. Ed. by Amy Newmark. Miracles, divine intervention, amazing coincidences—these unexplainable, unexpected surprises bless the lives of people from all walks of life. You'll be inspired and comforted by these 101 stories from ordinary people who've experienced the extraordinary. 351 pages. Chicken Soup for the Soul. Paperbound. Pub. at \$16.95 **\$12.95**



9057005 HELLO, UNIVERSE: Over 75 Quick Exercises to Manifest Your Dreams. By Melanie Baker. Here are the tools you need to make your vision a reality. Over 75 simple prompts help you gain clarity, break down limiting beliefs, and shift your energy to make manifesting your heart's desires as easy as talking to an old friend. Fully illus. in color. 160 pages. Castle Point. Paperbound. Pub. at \$17.99 **\$5.95**



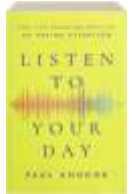
Inspiration, Motivation & Self-Discovery



9018026 LEARNED EXCELLENCE: Mental Disciplines for Leading and Winning from the World's Top Performers. By E. Poterat & A. Eagle. Poterat distills his insights into five mental disciplines: values & goals, mindset, process, adversity tolerance, and balance & recovery. Clear principles and practices that anyone can use to raise their game. The road map to help each of us perform at our very best. 242 pages. HarperCollins. Pub. at \$30.00 **\$6.95**



8892865 THE PERFECTION TRAP: Embracing the Power of Good Enough. By Thomas Curran. For anyone who has ever felt overwhelmed by the soul-crushing need to not just compete but compete to a level beyond reason. In place of an ever-moving treadmill, it offers the relief of slowing down to focus on what matters most. 279 pages. Scribner. Pub. at \$28.00 **\$5.95**



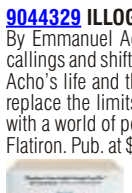
9009809 LISTEN TO YOUR DAY: The Life-Changing Practice of Paying Attention. By Paul Angone. Helps you overcome what's stealing your attention; discover new mindset models through which to view your everyday life; build better relationships through intentional practices of paying attention; form new practices of observation that add meaning and purpose to your life; and more. Illus. 205 pages. Baker Books. Paperbound. Pub. at \$17.99 **\$4.95**



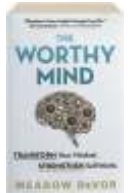
★8792097 HEALING THROUGH INDIGENOUS WISDOM: A 52-Week Guide. By Valerie Ringland. Through a 52-week journey of reflections, practical exercises, Indigenous storytelling and knowledge-sharing, this guide will support you to respectfully connect with your own ancestors as well as ancestors of the lands where you live, whether you identify as Indigenous or not. 298 pages. Rockpool. Paperbound. Pub. at \$18.95 **\$13.95**



1043757 CHANGE YOUR FORTUNE: 365 Creative Strategies to Transform Your Life. These 365 thought-provoking strategies will spark your creativity and help you build better habits, making insurmountable obstacles nothing more than momentary diversions. Find the answers you've been searching for and realize the life you've imagined. Cider Mill. Paperbound. Pub. at \$14.95 **\$5.95**



9044329 ILLOGICAL: Saying Yes to a Life Without Limits. By Emmanuel Acho. With a step by step guide to finding our callings and shifting our mindsets, and enlivened by stories from Acho's life and the lives of other pioneers, this work asks us to replace the limits set for us, and the ones we set for ourselves, with a world of possibility. Our horizons are endless. 244 pages. Flatiron. Pub. at \$27.99 **\$5.95**



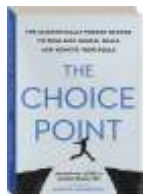
★8891591 THE WORTHY MIND: Transform Your Mindset, Strengthen Self-Worth. By Meadow DeVor. Shares life-changing insights that allow you to finally step into your own worthiness, showing you how to: question the arbitrary rules you've put in place for your life; identify and confront your defense mechanisms; care for yourself just as you care for others; discover your lost self; and more. 214 pages. Sourcebooks. Paperbound. Pub. at \$16.99 **\$12.95**



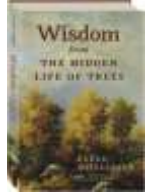
910545X DISCOVER YOUR DHARMA: A Vedic Guide to Finding Your Purpose. By Sahara Rose. Rose shares her approach to discovering your dharma through the Doshas and the chakras. Unlock the code of what you're meant to do next, in your relationships, business, and every facet of your life. 274 pages. Chronicle. Pub. at \$25.95 **\$5.95**



9117938 HERO ON A MISSION: A Path to a Meaningful Life. By Donald Miller. Explores the principles that make a story meaningful and then helps us apply those principles to our lives. The result is a life in which meaning becomes more important than productivity and our character determines our destiny. This resource will help you take control of your life and edit your own story in real time. 205 pages. HarperCollins. Paperbound. Pub. at \$19.99 **\$4.95**



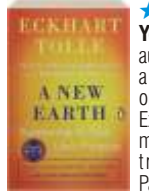
9098909 THE CHOICE POINT: The Scientifically Proven Method to Push Past Mental Walls and Achieve Your Goals. By J. Grover & J. Rhodes. Merging mindfulness, motivational interviewing, and cognitive behavioral therapy into a user-friendly model, this work grants us control of the decisions that define us. The road map leading us from passengers to drivers of our own minds. 256 pages. Hachette. Pub. at \$28.00 **\$5.95**



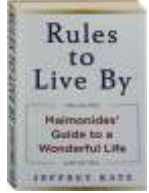
★1194550 WISDOM FROM THE HIDDEN LIFE OF TREES. By Peter Wohlleben. This collection of inspiring passages is lushly illustrated with paintings of forests and trees from around the world. Enchants readers by teaching us all how trees live—and how they're not so different from us. 144 pages. Greystone. Pub. at \$15.95 **SOLD OUT**



★6083102 HOW TO WIN FRIENDS AND MANIPULATE PEOPLE: A Guidebook for Getting Your Way. By George Mladenov. Teaches you how to emulate qualities of Australia's favorite reality TV villain, King George. Known for his witty one-liners, silver tongue and strategic genius, who has much to teach anyone. Each chapter is grounded in an insightful anecdote from George's life that will leave you doubled-over with laughter. 312 pages. Harper. Paperbound. Pub. at \$21.99 **\$14.95**



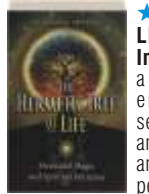
★9125876 A NEW EARTH: Awakening to Your Life's Purpose. By Eckhart Tolle. The author of *The Power of Now* guides readers on a journey beyond their own lives to reveal the opportunity to birth a new, more loving world. Examines how the very structure of the human mind can undergo an evolutionary transformation. 313 pages. Penguin. Paperbound. Pub. at \$18.00 **\$12.95**



★3999580 RULES TO LIVE BY: Maimonides' Guide to a Wonderful Life. By Jeffrey Katz. Reveals the insights and lessons from Maimonides and how to apply them to each area of your life, why character counts, how to achieve success at work, the importance of family, why your legacy matters, how to create spiritual connections, why your attitude matters, how a healthy body equals a good life, and more. 246 pages. Humanix. Pub. at \$24.99 **\$17.95**



9116850 WHAT'S NEXT IS NOW: How to Live Future Ready. By Frederik G. Pierdt. Pierdt introduces a forward-thinking mindset that will help you navigate ambiguity and uncertainty with intention, transform problems and challenges into profound opportunities, and create exactly the future you want to see. Illus. 239 pages. Harper. Pub. at \$32.50 **\$5.95**



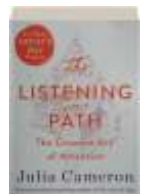
★8007632 THE HERMETIC TREE OF LIFE: Elemental Magic and Spiritual Initiation. By William R. Mistele. Providing a roadmap to the spiritual world, Mistele empowers you to have more self-understanding, to be more successful and confident, and to have the imagination and spiritual freedom to transform into the person you wish to be. 280 pages. Inner Traditions. Paperbound. Pub. at \$29.99 **\$24.95**



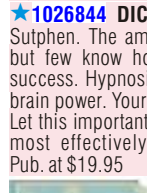
9036989 AMAZINGLY SIMPLE LESSONS WE LEARNED AFTER 50: A Collection of Letters and Bytes of Wisdom for All Ages. Compiled by William B. Toulouse. A collection of heartwarming, sometimes humorous stories and words of wisdom that totally destroys the old adage that you can't teach old dogs new tricks. 230 pages. M. Evans. Pub. at \$19.95 **PRICE CUT to \$2.95**



804192X I'M NO PHILOSOPHER, BUT I GOT THOUGHTS: Mini-Meditations for Saints, Sinners, and the Rest of Us. By Kristin Chenoweth. Stroll alongside Chenoweth as she shares her most vulnerable and humorous stories in her never-ending pursuit to find the rainbows in every day. Before you know it, you'll be grinning faster than you can spell Oklahoma! Illus. in color. 204 pages. Harper. Pub. at \$22.99 **PRICE CUT to \$3.95**



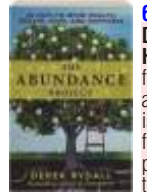
8889503 THE LISTENING PATH: The Creative Art of Attention. By Julia Cameron. A new method of creative and personal transformation that will make you a better listener to your environment, the people around you, and yourself. In six weeks, your attention will be heightened and you will gain healing, insight and clarity. Most importantly it will help you to embrace a new world of creativity that will resonate through every aspect of your life. 190 pages. St. Martin's. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**



★1026844 DICK SUTPHEN'S HYPNOSIS. By Roberta Sutphen. The amazing powers of hypnosis are well known, but few know how to use them to improve life and win success. Hypnosis will help you make use of your limitless brain power. Your mind is by far your most valuable resource. Let this important and powerful work show you how to use it most effectively. 294 pages. G&D Media. Paperbound. Pub. at \$19.95 **PRICE CUT to \$11.95**



8166676 A SHORT GUIDE TO A HAPPY LIFE. By Anna Quindlen. Quindlen reflects on what it takes to "get a life"—to live deeply every day and from your own unique self, rather than merely to exist through your days. Guides us with an understanding that comes from knowing how to see the view, the richness in living. Well illus. 50 pages. Random. Pub. at \$14.00 **PRICE CUT to \$3.95**



6996833 THE ABUNDANCE PROJECT: 40 Days to More Wealth, Health, Love, and Happiness. By Derek Rydall. This guide brings a fresh perspective on the meaning of abundance and how the true source of everything we need isn't something we achieve but rather a fount from within. Inside you lies an infinite source of potential that is fully accessible, as well as useful to the world around you. 255 pages. Atria. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**



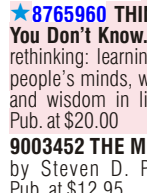
4572238 EUPHORIC: Ditch Alcohol and Gain a Happier, More Confident You. By Karolina Rzakdowolska. Your eight-week plan for an alcohol-free lifestyle that can lead to more happiness, well-being, and self-love. It's the modern guide to relax without alcohol, find freedom from cravings and fitting in, and create the life you want—along with the audacity to go after it. 259 pages. HarperCollins. Pub. at \$27.99 **PRICE CUT to \$3.95**



9035508 THE LONGING FOR LESS: What's Missing from Minimalism. By Kyle Chayka. Delves beneath the glossy surface of minimalist trends, seeking better ways to claim the time and space we crave. Reminding us that what we most require is presence, not absence. The result is an elegant synthesis of our minimalist desires and our profound emotional needs. 264 pages. Bloomsbury. Paperbound. Pub. at \$18.99 **PRICE CUT to \$3.95**



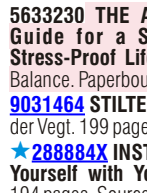
9010637 LIFE STARTS NOW: How to Create the Life You've Been Waiting For. By Chanel Dokun. Drawing on experiences as a therapist and certified life planner to help you redefine what success really means, the author offers practical strategies to help you create the life you are longing for. 213 pages. Thomas Nelson. Paperbound. Pub. at \$18.99 **PRICE CUT to \$3.95**



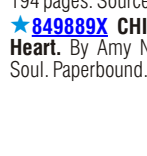
★8765960 THINK AGAIN: The Power of Knowing What You Don't Know. By Adam Grant. Examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life. Illus. 310 pages. Penguin. Paperbound. Pub. at \$20.00 **PRICE CUT to \$9.95**



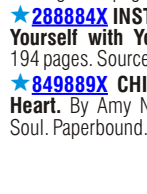
9003452 THE MOST INSPIRING THINGS EVER SAID. Ed. by Steven D. Price. 362 pages. Lyons. Paperbound. Pub. at \$12.95 **SOLD OUT**



5633230 THE ALIGN METHOD: A Modern Movement Guide for a Stronger Body, Sharper Mind, and Stress-Proof Life. By Aaron Alexander. Photos. 298 pages. Balance. Paperbound. Pub. at \$17.99 **SOLD OUT**



9031464 STILTE: The Dutch Art of Quietude. By Mirjam van der Vegt. 199 pages. Worthy. Pub. at \$21.00 **\$4.95**



★28884X INSTANT SELF-HYPNOSIS: How to Hypnotize Yourself with Your Eyes Open. By Forbes Robbins Blair. 194 pages. Sourcebooks. Paperbound. Pub. at \$14.95 **\$11.95**



★849889X CHICKEN SOUP FOR THE SOUL: Young at Heart. By Amy Newmark. 339 pages. Chicken Soup for the Soul. Paperbound. Pub. at \$16.99 **\$9.95**

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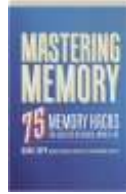
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Healing & the Mind



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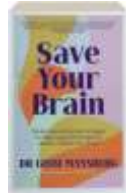
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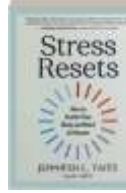
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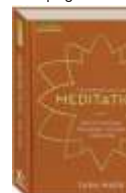
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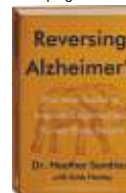
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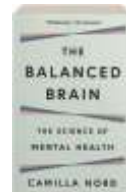
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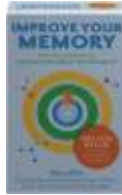


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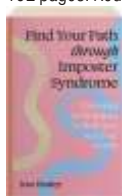
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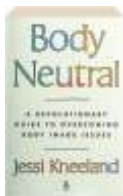


★1200534 LUCID DREAMING, LUCID LIVING: Your Oracle & Guide to Mastering the Dreamscape. By Norma J. & Nisha Burton. Dreamers will learn how to navigate various states of consciousness with lucidity. Each card in the deck provides valuable tools for navigating the dream worlds and powerful answers to daily life dilemmas. Set includes 44 cards and an interpretation guide in a presentation box. Well illus. in color. 192 pages. Red Wheel. Paperbound. Pub. at \$29.95 **\$21.95**



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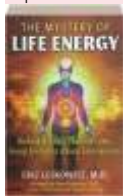
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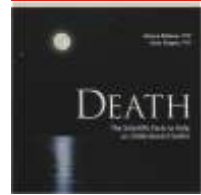
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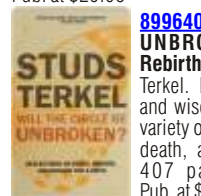
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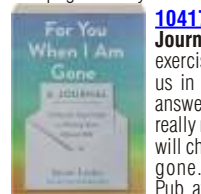
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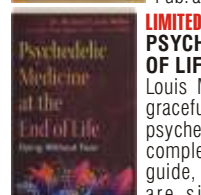
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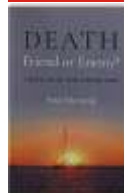


★1041711 FOR YOU WHEN I AM GONE: A Journal. By Steve Leder. Provides prompts, exercises, and inspirational quotes to guide us in creating our ethical will. Your honest answers will tell a truth about who and what really matters in your life that your loved ones will cherish for the rest of theirs when you are gone. 249 pages. Avery. Paperbound. Pub. at \$18.00 **\$5.95**

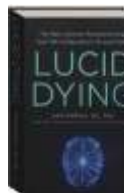


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Facing Illness & Death



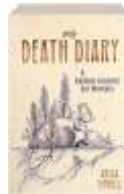
★9116370 DEATH: Friend or Enemy? Views From the Other Side. By Ann Merivale. Death, as the saying goes, is the great leveller, and though many fear it, or view it as a blessed release, its inescapability affects us all. The author's aim is to dispel all fears of death itself, demonstrate the notion of eternal damnation is mistaken and that lifetime, no matter how long, has a clear purpose and value. 400 pages. 6th Books. Paperbound. Pub. at \$22.95 **\$17.95**



★8995702 LUCID DYING: The New Science Revolutionizing How We Understand Life and Death. By Sam Parnia. Parnia shows that the entity we refer to as consciousness—our Self—does not seem to become annihilated when we die. In fact, during death, our consciousness vastly expands and leads to a vivid experience that follows a very specific narrative arc. 342 pages. Hachette. Pub. at \$32.00 **\$23.95**



★7897561 NINE DAYS OF ETERNITY: An Extraordinary Near-Death Experience That Teaches Us About Life and Beyond. By Anke Evertz. An incredible account of an almost unimaginable adventure between life and death, and a wake-up call for everyone who wants to live a fulfilled and connected life. Through her story, Evertz will show you how to recognize your boundless creative power, understand your divine nature and true purpose, and see every day as a miracle. 219 pages. Hay House. Paperbound. Pub. at \$18.99 **\$13.95**



★9079300 MY DEATH DIARY: A Guided Journal for Mortals. By Anita Hannig. Rather than shield you from your mortality, this guided journal gives you the space and tools to explore your own relationship with it. Takes you gently by the hand and guides you down a path toward examining your own mortality. Illus. 138 pages. Sourcebooks. Paperbound. Pub. at \$16.99 **\$12.95**



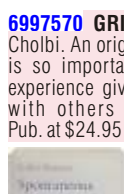
★785546X THE AFTERLIFE BOOK: Heaven, Hell, and Life After Death. By M.D. Jones & L. Flaxman. Packed with facts and thought-provoking insights, this work thoroughly reviews ideas of heaven, reincarnation, Christian and other religious beliefs; cremation, burial, and historic death rituals; accounts of near-death experiences; and more. Well illus. 323 pages. Visible Ink. Paperbound. Pub. at \$22.95 **\$14.95**



9120491 THE GRIEF CURE: Looking for the End of Loss. By Cody Delistraty. Delistraty reflects on his experience with loss and explores what modern science, history, and literature reveal about the nature of our relationship to grief and our changing attitudes toward its cure. 195 pages. Harper. Pub. at \$27.99 **\$5.95**



8876169 AT HEAVEN'S DOOR: What Shared Journeys to the Afterlife Teach About Dying Well and Living Better. By William J. Peters with M. Kinsella. An exploration with rich and powerful personal stories and convincing research of the many ways the living can and do accompany the dying on their journey into the afterlife. 248 pages. S&S. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**



6997570 GRIEF: A Philosophical Guide. By Michael Cholbi. An original account of how grieving works and why it is so important, this work shows how the pain of this experience gives us a chance to deepen our relationships with others and ourselves. 219 pages. Princeton. Pub. at \$24.95 **PRICE CUT to \$4.95**



★7904665 SPONTANEOUS CONTACTS WITH THE DECEASED. By Evelyn Elsaesser. This large-scale international investigation into spontaneous After-Death Communications reveals the circumstances, nature and consequences of these beautiful and consoling experiences. Discover the powerful beneficial impact of these deeply meaningful contacts, allegedly initiated by the deceased towards their loved ones. 321 pages. Iff Books. Paperbound. Pub. at \$19.95 **PRICE CUT to \$11.95**



7982739 GRIEF IS LOVE: Living with Loss. By Marisa Renee Lee. Reveals that healing does not mean moving on after losing a loved one—healing means learning to acknowledge and create space for your grief. The key factors that we all need for proper healing are permission, safety, care, grace, and more. 178 pages. Legacy. Pub. at \$26.00 **PRICE CUT to \$3.95**

9065431 FOR YOU WHEN I AM GONE: Twelve Essential Questions to Tell a Life Story. By Steve Leder. 215 pages. Avery. Pub. at \$27.00 **SOLD OUT**

8892946 SO SORRY FOR YOUR LOSS: How I Learned to Live with Grief, and Other Grave Concerns. By Dina Gachman. 229 pages. Union Square & Co. Paperbound. Pub. at \$17.99 **\$5.95**

★199798X THE TOP TEN THINGS DEAD PEOPLE WANT TO TELL YOU: Answers to Inspire the Adventure of Your Life. By Mike Dooley. 209 pages. Hay House. Paperbound. Pub. at \$16.99 **\$12.95**

★7897073 WE NEVER DIE: Secrets of the Afterlife. By Matt Fraser. 216 pages. Gallery. Paperbound. Pub. at \$17.99 **\$12.95**

811661X DON'T TAKE MY GRIEF AWAY: What to Do When You Lose a Loved One. By Doug Manning. 129 pages. Harper. Paperbound. Pub. at \$14.95 **PRICE CUT to \$1.95**

★7890583 THE IN-BETWEEN: Unforgettable Encounters During Life's Final Moments. By Hadley Vlahos. 259 pages. Ballantine. Pub. at \$27.00 **PRICE CUT to \$5.95**

★7995482 SPIRITUAL REVELATIONS FROM BEYOND THE VEIL: What Humanity Can Learn from the Near Death Experience. By Douglas Charles Hodgson. 135 pages. O-Books. Paperbound. Pub. at \$15.95 **PRICE CUT to \$9.95**

★7925883 I'M NOT A MOURNING PERSON: Braving Loss, Grief, and the Big Messy Emotions That Happen When Life Falls Apart. By Kris Carr. 211 pages. Hay House. Pub. at \$19.99 **PRICE CUT to \$7.95**

★7820151 THE BIG EXIT: The Surprisingly Urgent Challenge of Handling the Remains of a Billion Boomers. By Ian Sutton. 217 pages. Sutherland House. Paperbound. Pub. at \$19.95 **SOLD OUT**

★7900384 DEATH NESTING: The Heart-Centered Practices of a Death Doula. By Anne-Marie Keppel. 176 pages. Inner Traditions. Paperbound. Pub. at \$18.00 **PRICE CUT to \$7.95**

★7916205 HOPE FOR THE BEST, PLAN FOR THE REST: 7 Keys for Navigating a Life-Changing Diagnosis. By S. Winemaker & H. Seow. 253 pages. Page Two Books. Paperbound. Pub. at \$19.95 **PRICE CUT to \$7.95**

★7854722 THE DENIAL OF DEATH. By Ernest Becker. 314 pages. Free Press. Paperbound. Pub. at \$18.99 **PRICE CUT to \$9.95**

★7990154 GRIEF: A Philosophical Guide. By Michael Cholbi. 222 pages. Princeton. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**

Aging



7701705 AGELESS: The New Science of Getting Older Without Getting Old. By Andrew Steele. Charts the astounding progress science has made in recent years to secure biological immortality for humans: to help us become old without getting frail, to live longer without ill health or disease. Helps us see most illnesses can be prevented by treating the aging process. 334 pages. Doubleday. Pub. at \$29.00 **\$5.95**



7822170 EIGHTYSOMETHINGS: A Practical Guide to Letting Go, Aging Well, and Finding Unexpected Happiness. By Katharine Esty. Describes the series of dramatic and difficult transitions that eightysomethings usually experience and how, despite their losses, they so often find themselves unexpectedly happy. Esty adds her wisdom and perspective to this multi-dimensional look at being old as a social psychologist, a psychotherapist, and as an eighty-seven year old widow living in a retirement community. 232 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$6.95**



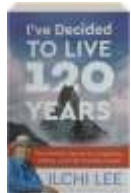
9002871 SENIOR MOMENTS: What Happens When Your Brain Lets You Down. By Shelley Klein. Comprising the experiences of everyone from the famous to the infamous, this collection is chock full of advice, anecdotes, confessions, quotes, tips, and excuses. Well illus. 155 pages. Lyons. Paperbound. Pub. at \$14.95 **\$4.95**



CD 7367694 AGELESS SOUL: The Lifelong Journey Toward Meaning and Joy. By Thomas Moore. Read by Thomas Moore. Reveals a fresh, optimistic, and rewarding path toward aging, a journey that need not be feared, but rather should be embraced and cherished. Aging is the process by which one becomes a more distinctive, complex, loving and connected person. Ten hours on 8 CDs. Macmillan Audio. Pub. at \$39.99 **\$4.95**



7905084 THE NEW RULES OF AGING WELL: A Simple Program for Immune Resilience, Strength, and Vitality. By F. Lipman & D. Claro. A radically simple program to reverse the symptoms we reflexively call "normal aging," including feeling achy, stiff, sluggish, weak, and vulnerable to chronic illness. Built on a series of lifestyle changes that energize the body and build and strengthen its immune system, this guide is based on ancient wisdom and science. 224 pages. Artisan. Pub. at \$24.95 **\$7.95**



★8896577 I'VE DECIDED TO LIVE 120 YEARS: The Ancient Secret to Longevity, Vitality, and Life Transformation. By Ilchi Lee. Lee challenges you to radically rethink your ideas of aging, health, personal fulfillment, and what's possible in your lifetime. Well illus. in color. 304 pages. Best Life Media. Paperbound. Pub. at \$19.95 **\$15.95**



★9078924 SECRETS OF LONGEVITY: Hundreds of Ways to Live to Be 100. By Mao Ni. This must-have guide offers hundreds of simple practices for aging well so you can live a long, healthy, joyful life. 408 pages. Chronicle. Paperbound. Pub. at \$24.95 **\$19.95**



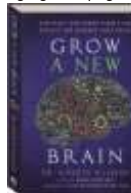
9003517 NEVER TOO LATE: A 90-Year-Old's Pursuit of a Whirlwind Life. By Roy Rowan. Rowan shares the lessons he has learned through his long and adventurous life and career and addresses a spectrum of topics, including: the subjectivity of the label old; the importance of optimism; and the fight to maintain independence as the years go by. 228 pages. Lyons. Pub. at \$19.95 **\$4.95**



4283619 TRUE AGE: Cutting-Edge Research to Help Turn Back the Clock. By Morgan Levine. Introduces readers to the latest developments in the science of aging and longevity. It provides an in-depth understanding of biological age and the methods now available to estimate our own. It helps us target an individualized plan to eating, exercise, sleep, intermittent fasting and caloric restriction. 294 pages. Avery. Pub. at \$27.00 **\$6.95**



7983867 JELLYFISH AGE BACKWARDS: Nature's Secrets to Longevity. By Nicklas Brendborg. From the backward aging jellyfish to the woman who successfully edited her DNA, the author follows the thread of every experiment, story and myth in search of immortality. With mind bending discoveries and physiological gifts that feel closer to magic than reality, this work will reshape everything you thought you knew about aging. 270 pages. Hodder. Paperbound. **\$7.95**



★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**



9070427 TOUGH BROAD: From Boogie Boarding to Wing Walking—How Outdoor Adventure Improves Our Lives as We Age. By Caroline Paul. A funny, inspiring, deeply researched exploration into the science and psychology of the outdoors and our place in it as we age. Be inspired by this high-spirited call for women to embrace the outdoors, not back away from it, in our 50s, 60s, 70s, and beyond, casting our own futures in a new and dazzling light. 272 pages. Bloomsbury. Pub. at \$27.99 **\$5.95**

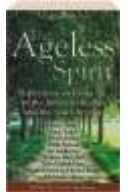
★8008051 MAYO CLINIC ON HEALTHY AGING, REVISED. By N. K. LeBrasseur & C. Chen. Explores the biology of aging—why we age and possible ways to slow the aging process. More importantly, it outlines steps that you can take now to help you enjoy a healthier and more purposeful life in your later years. Mayo Clinic. Pub. at \$27.99 **\$21.95**



Aging



★909167X SPIRITUAL AGING: Weekly Reflections for Embracing Life. By Carol Orsborn. Designed to be read weekly in two-year cycles, the 120 timeless readings in this work focus on the issues and concerns that arise among those who view aging as a path to spiritual culmination. 364 pages. Park Street. Paperbound. Pub. at \$19.99 **\$15.95**



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 **PRICE CUT to \$2.95**



★9038779 THE SCIENCE AND TECHNOLOGY OF GROWING YOUNG. By Sergey Young. A leader in the emerging field of longevity offers his perspectives on what cutting edge breakthroughs are on the horizon, as well as the practical steps we can take now to live healthily to 100 and beyond. 269 pages. BenBella. Paperbound. Pub. at \$18.95 **PRICE CUT to \$11.95**

8795010 SUPER HUMAN: The Bulletproof Plan to Age Backward and Maybe Even Live Forever. By Dave Asprey. 328 pages. Harper. Pub. at \$28.99 **SOLD OUT**

1906860 100 MOST EFFECTIVE WAYS TO STOP AGING AND STAY YOUNG. By Julia Maranan. Illus. in color. 239 pages. Crestline. Pub. at \$14.99 **\$5.95**

8517355 JELLYFISH AGE BACKWARDS: Nature's Secrets to Longevity. By Nicklas Brendborg. 268 pages. Little, Brown. Pub. at \$29.00 **\$6.95**

794022X NECESSARY CONVERSATIONS, SECOND EDITION: Between Families and Their Aging Parents. By Gerald W. & L. Marlene Kaufman. 189 pages. Skyhorse. Paperbound. Pub. at \$14.99 **PRICE CUT to \$1.95**

★797390X HOW NOT TO AGE: The Scientific Approach to Getting Healthier as You Get Older. By Michael Greger. 628 pages. Flatiron. Pub. at \$39.99 **SOLD OUT**

★8093334 DAYLIGHT SAVING TIME: The Power of Growing Older. By David W. Berner. 143 pages. O-Books. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**

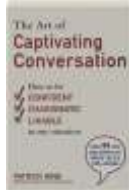
★7930054 AGING AGELESSLY: Busting the Myth of Age-Related Mental Decline. By T. Buzan & R. Keene. Illus. 244 pages. G&D Media. Paperbound. Pub. at \$19.95 **PRICE CUT to \$9.95**

★2328100 LET'S TALK ABOUT AGING PARENTS: A Real-Life Guide to Solving Problems with 27 Essential Conversations. By Laura Tamblin Watts. 244 pages. The Experiment. Paperbound. Pub. at \$18.95 **PRICE CUT to \$9.95**

★6999336 CONSCIOUS LIVING, CONSCIOUS AGING: Embrace & Savor Your Next Chapter. By Ron Pevny. 215 pages. Atria. Paperbound. Pub. at \$17.99 **PRICE CUT to \$7.95**

★4992237 THE BEST GRANDMOTHER NAMES EVER: Choose Your Perfect Grandma Name, from Bubbe and Gigi to Memaw and Nana. By Cathy Livingstone. 154 pages. Sourcebooks. Paperbound. Pub. at \$12.99 **PRICE CUT to \$3.95**

Communication Skills



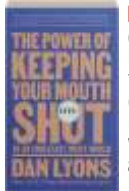
905474X THE ART OF CAPTIVATING CONVERSATION: How to be Confident, Charismatic and Likable in Any Situation. By Patrick King. Enhance your social skills and develop conversation starters by learning what makes a good interaction, as well as techniques to become more confident, charismatic, and likable. Be empowered to move out of your comfort zone to not only break the ice, but to engage in a meaningful and enriching conversation. 146 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$5.95**



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. Paperbound. Pub. at \$14.99 **\$5.95**



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**



LIMITED QUANTITY 907032X STFU: The Power of Keeping Your Mouth Shut in an Endlessly Noisy World. By Dan Lyons. Gives you the tools to become your better self, whether that's in the office, at home, online, or in your most treasured relationships. Because, after all, what you say is who you are. So take a deep breath, turn the page, and quietly change your life. 252 pages. Holt. Paperbound. Pub. at **SOLD OUT**



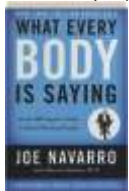
4873033 BODY LANGUAGE 101. By David Lambert. Offers a practical introduction to the conscious and unconscious body language people use to express mood, attitude, and status. Nonverbal communication from around the world is examined and interpreted. Illus. in color. 192 pages. Skyhorse. Paperbound. Pub. at \$12.95 **\$5.95**



9070060 DO THIS, NOT THAT: Career-What to Do (and NOT DO) in 75+ Difficult Workplace Situations. By Jenny Foss. A guide on what to do—and what NOT to do—in the workplace featuring clear instructions and helpful scripts so you can deal with any unexpected situation at work. You'll find more than 75 common workplace issues that cover everything from your first day on the job to your last. 190 pages. Adams Media. Pub. at \$15.99 **\$4.95**



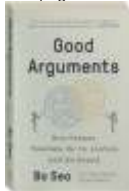
9058885 MASTERING THE ART OF PUBLIC SPEAKING: 8 Secrets to Transform Fear and Supercharge Your Career. By Michael J. Gelb. Learn to clarify and shape your message so that your audience, no matter how big or small, in person or virtual, will care about it. Once the message is clear, you'll be able to convey it in memorable, creative and effective ways. Rediscover your natural gift for communication while strengthening confidence and presence! 216 pages. New World Library. Paperbound. Pub. at \$17.95 **\$5.95**



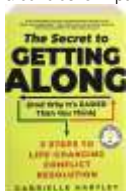
★6082211 WHAT EVERY BODY IS SAYING: An Ex-FBI Agent's Guide to Speed-Reading People. By Joe Navarro with M. Karlins. Read this guide and send your nonverbal intelligence soaring. You will discover: the ancient survival instincts that drive body language, why the face is the *least* likely place to gauge true feelings, simple nonverbals that establish trust & instantly communicate authority, and more. Photos. 250 pages. HarperCollins. Paperbound. Pub. at \$19.99 **\$14.95**



9094393 PERMISSION TO SPEAK: How to Change What Power Sounds Like, Starting With You. By Samara Bay. In this revolutionary take on how to use your voice to get what you want, Bay offers a fresh perspective on public speaking and a new definition of what power sounds like: namely, you. A personal and cultural reckoning with what speaking in public is and what it can be. 274 pages. Crown. Pub. at \$28.00 **\$5.95**



9077863 GOOD ARGUMENTS: How Debate Teaches Us to Listen and Be Heard. By Bo Seo. Drawing insights from its strategies, structure, and history, Seo proves that good faith debate, far from being a source of conflict, can enrich our daily lives and improve our communication with friends, family, and colleagues alike. Good arguments are more important than ever at a time when bad faith is all around us. 342 pages. Penguin. Pub. at \$28.00 **\$5.95**



★8891559 THE SECRET TO GETTING ALONG: And Why It's Easier Than You Think. By Gabrielle Hartley. This guide to everyday conflict resolution will help you: reframe your approach to conflict; find your way to more harmony and less discord; create better outcomes even in your most difficult relationships; feel more connected to the important people in your life; and more. 264 pages. Sourcebooks. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**

9006168 SIZING PEOPLE UP: A Veteran FBI Agent's User Manual for Behavior Prediction. By R. Dreeke & C. Stauth. 259 pages. Portfolio. Pub. at \$27.00 **SOLD OUT**

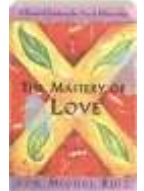
★7362935 THE POWER OF SAYING NO: The New Science of How to Say No That Puts You in Charge of Your Life. By Vanessa Patrick. Illus. 295 pages. Sourcebooks. Paperbound. Pub. at \$17.99 **PRICE CUT to \$9.95**

★7999526 GETTING TO SORRY: The Art of Apology at Work and at Home. By M. Ingall & S. McCarthy. 356 pages. Gallery. Paperbound. Pub. at \$19.99 **PRICE CUT to \$9.95**

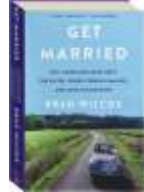
Relationships



9041532 HOW TO MEET SOMEONE (NOT ONLINE): Everything You Need to Find Love and Create Meaningful Relationships in the Digital Age. By Sharon Gilchrist O'Neill. Offers invaluable advice on meeting people face to face, whether you're looking for romance or a platonic friendship, and challenges you to ignore your screens and venture into the world beyond. With a little practice and confidence the possibilities are limitless. 61 pages. Cider Mill. Pub. at \$14.95 **\$4.95**



9117539 THE MASTERY OF LOVE: A Practical Guide to the Art of Relationship, a Toltec Wisdom Book. By Don Miguel Ruiz with J. Mills. Using insightful stories to bring his message to life, Ruiz shows us how to heal our emotional wounds, recover the freedom and joy that are our birthright, and restore the spirit of playfulness that is vital to loving relationships. 210 pages. Amber-Allen. Paperbound. Pub. at \$14.00 **\$5.95**



9091076 GET MARRIED: Why Americans Must Defy the Elites, Forge Strong Families, and Save Civilization. By Brad Wilcox. For anyone who wants to understand why, even as fewer men and women tie the knot, America's most fundamental institution matters for our civilization more than ever. And for men and women looking to establish strong, stable, and happy unions for themselves and their children, this work reveals the road forward. 293 pages. Broadside. Pub. at \$32.00 **SOLD OUT**



9024212 CRAZY FOR YOU: Breaking the Spell of Sex and Love Addiction. By Kerry Cohen. Provides an inclusive framework for understanding relationships, along with practical exercises and advice for self-assessment, discovery, and healing. Helping you determine where you fall on the spectrum and how you go there; strategies for breaking the spell of SLA; and how to navigate healthy, safe, and fulfilling relationships. 288 pages. Hachette. Paperbound. Pub. at \$18.99 **\$5.95**



9093273 THE ENNEAGRAM IN MARRIAGE: Your Guide to Thriving Together in Your Unique Pairing. By Christa Hardin. Discover how you and your partner can build on your shared gifts, overcome the shadows, and shine a bright and beautiful light on each other and everyone you encounter. 282 pages. Baker Books. Paperbound. Pub. at \$19.99 **\$6.95**

9066160 THE OTHER SIGNIFICANT OTHERS: Reimagining Life with Friendship at the Center. By Rhaina Cohen. Challenges us to ask what we want from our relationships—not just what we're supposed to want—and transforms how we define a fulfilling life. 308 pages. St. Martin's. Pub. at \$29.00 **\$5.95**



6082882 HOW TRUST WORKS: The Science of How Relationships Are Built, Broken, and Repaired. By Peter H. Kim. Transforms our understanding of our deepest bonds, giving us the tools to build strong and supportive relationships on every level—with our families, coworkers, and friends, with the groups, organizations, and institutions that touch our lives, and even with societies and nations. 237 pages. Flatiron. Pub. at \$29.00 **SOLD OUT**

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 **PRICE CUT to \$2.95**

Relationships



7983670 TOXIC FRIENDSHIPS: Knowing the Rules and Dealing with the Friends Who Break Them. By S. Degges-White & J.P. Van Tieghem. Explores toxic friendships and how women navigate the ups and downs, as well as how broken friendships can be mended and bad friendships ended. We all need friends, but knowing when and how to let go can help us all be better friends—to ourselves, and also to others. 265 pages. Rowman & Littlefield. Pub. at \$48.00



9026614 THE SHIT NO ONE TELLS YOU ABOUT DIVORCE: A Guide to Breaking Up, Falling Apart, and Putting Yourself Back Together. By Dawn Dais. After 12 years together, two children, ten pets, and five properties, Dais and her partner decided to call it quits. Join her on her own bumpy, meandering, and often absurd journey through the destruction of a life exploded by divorce.

Delivers a true to life and funnier than it should be guide to discovering the unexpected value in the wreckage. 228 pages. Hachette. Paperbound. Pub. at \$18.99 **PRICE CUT to \$2.95**

8799229 EVERYDAY SOCIOPATHS: How Evil Spreads and How We Can Stop It. By Jane McGregor. 248 pages. Sheldon. Paperbound. Pub. at \$14.99 **\$5.95**

9026096 THE LONG-DISTANCE RELATIONSHIP SURVIVAL GUIDE: Secrets and Strategies from Successful Couples Who Have Gone the Distance. By C. Bell & K. Brauer-Bell. 201 pages. Ten Speed. Paperbound. Pub. at \$14.99 **\$5.95**

DVD 7803915 CUDDLE. Widescreen. True Mind. Pub. at \$14.95 **\$3.95**

8166706 SPEAKING IN THUMBS: A Psychiatrist Decodes Your Relationship Texts So You Don't Have To. By Mimi Winsberg. 285 pages. Doubleday. Pub. at \$27.00 **PRICE CUT to \$1.95**

7998309 SHARING THE COVERS: Every Couple's Guide to Better Sleep. By Wendy M. Troxel. 244 pages. Hachette. Pub. at \$28.00 **PRICE CUT to \$1.95**

Sexuality & Sexual Expression

9103198 PENTHOUSE: Naughty by Nature. By the eds. of *Penthouse* Magazine. In these pages you'll meet women of all ages and from all walks of life, with one thing in common. They're all open to erotic exploration with its infinite possibilities. It's girl talk at its most revealing! Adults only. 321 pages. Grand Central. Paperbound. Pub. at \$8.99 **\$5.95**



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 **\$4.95**



7906927 THE ART OF THE QUICKIE: Fast Sex, Fast Orgasm, Anytime, Anywhere. By Joel D. Block. Break out of your usual routine with these tips for quickie-friendly positions, some in naughty but safe places, like movie theaters or elevators. Adults only. Color photos. 128 pages. Quiver. Paperbound. Pub. at \$19.99 **\$5.95**



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**

4913876 50 THINGS TO DO WITH A RABBIT & OTHER SEX TOYS. By Daisy Valetta. Whether you're single or coupled up, the exciting range of sex toys available these days will tease and please you into the most mind-blowing orgasms imaginable. This guide will provide hours of entertainment and even includes a chapter for getting guys in on the action too. Adults only. Illus. in color. 95 pages. Carlton. Paperbound. Pub. at \$9.95 **\$2.95**



903143X SLUTEVER: Dispatches from a Sexually Autonomous Woman in a Post-Shame World. By Karley Sciortino. Here *Vogue* columnist Sciortino is on a mission to reclaim the world "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 Central. Paperbound. Pub. at \$16.99 **\$4.95**



777169X 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**



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 **\$6.95**



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 **\$9.95**



4708954 SHE COMES FIRST: The Thinking Man's Guide to Pleasuring a Woman. By Ian Kerner. A virtual encyclopedia of female pleasure, detailing dozens of tried and true techniques for consistently satisfying a woman and ensuring that sexual fulfillment is mutual. Illus. 220 pages. Morrow. Paperbound. Pub. at \$18.99 **\$12.95**



9002405 RETHINKING SEX. By Christine Emba. Emba invites us to reconsider long-held assumptions about sex positivity, feminism, and healthy sexual relationships. She reveals the many ways today's consent-only sexual code fails us. 204 pages. Sentinel. Pub. at \$27.00 **\$5.95**

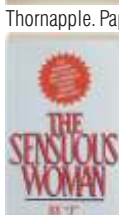
SOLD OUT



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 **\$16.95**

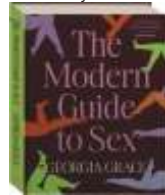


7826877 THE PEGGING BOOK: A Complete Guide to Anal Sex with a Strap-On Dildo. By C.S. Beckett & L. Miller. Tackles all you've ever wanted to know about pegging. How do we do it? What are the right tools for the job? The authors answer questions and also talk about your safety, male anatomy, and the healthy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



7991770 THE SENSUOUS WOMAN. By J. The author opened the eyes—and minds—of millions of American women with her explicit step by step account of her pursuit of the ultimate in sexual pleasure. This work will teach every woman how to free her body, train her senses, and tap her own hidden erotic resources. 192 pages. Dell. Paperbound. Pub. at \$7.99 **\$5.95**

★DVD 4588630 THE LOVERS' GUIDE. Explore your sexual self with this comprehensive collection, offering compelling advice from sex experts Dr. Sarah Brewer, Dr. Sarah Humphrey, Dr. Dawn Harper, and bestselling author Tracey Cox. Discover a world of erotic 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**



★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 **\$21.95**



★9127526 COME TOGETHER: The Science (and Art!) of Creating Lasting Sexual Connections. By Emily Nagoski. Nagoski breaks down the obstacles that impede us from enjoying sex—from stress and body image to relationship difficulties and gendered beliefs about how sex "should" be—and presents the best ways to overcome them. 344 pages. Ballantine. Paperbound. Pub. at \$20.00 **\$14.95**

★496800X A VISUAL HISTORY OF MASTURBATION. By Richard Battenberg. An incredible collection of scientific and literary texts combined with obscene illustrations and photos. Adults only. 256 pages. Goliath. Pub. at \$48.99 **PRICE CUT to \$29.95**



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 \$2.95**

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

9036652 SEX: Rediscovering Desire Through Techniques & Therapies. By Aliza Baron Cohen. Fully illus. in color. 144 pages. Taylor Trade. Paperbound. Pub. at \$19.95 **\$5.95**

8897603 G-STRINGS AND SYMPATHY: Strip Club Regulars and Male Desire. By Katherine Frank. 332 pages. Duke. Paperbound. Pub. at \$29.98 **\$6.95**

7876076 ACTION: A Book About Sex. By Amy Rose Spiegel. Adults only. Illus. 217 pages. Grand Central. Paperbound. Pub. at \$15.99 **\$5.95**

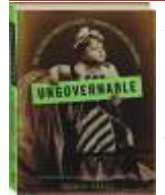
7951124 KAMA SUTRA: A Position a Day. Adults only. Dorling Kindersley. Paperbound. Pub. at \$19.99 **SOLD OUT**

★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**

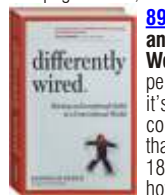
8897557 THE DECONSTRUCTION OF SEX. By J.-L. Nancy & I. Goh. 113 pages. Duke. Paperbound. Pub. at \$23.95 **PRICE CUT to \$4.95**

★1042882 THE SHORTEST HISTORY OF SEX: Two Billion Years of Procreation and Recreation. By David Baker. Illus. 320 pages. The Experiment. Paperbound. Pub. at \$16.95 **PRICE CUT to \$7.95**

Pregnancy, Childbirth & Parenting



9128689 UNGOVERNABLE: The Victorian Parent's Guide to Raising Flawless Children. By Therese Oneill. An unforgettable tour through the backward, pseudoscientific, and downright bizarre childbearing and parenting fashions of the Victorians, whose useful advice includes how to be sure you're not too ugly, sickly, or stupid to breed; which foods won't turn your children into sexual deviants; and so much more. Well illus. 275 pages. Little, Brown. Pub. at \$25.00 **\$5.95**



8994242 DIFFERENTLY WIRED: Raising an Exceptional Child in a Conventional World. By Deborah Reber. Weaving together personal stories and a tool kit of expert advice, it's a how to, a manifesto, and a reassuring companion for parents who can so often feel that they have no place to turn. The author has 18 paradigm shifting ideas which includes how to accept and lean into your role as a parent. 278 pages. Workman. Pub. at \$26.95 **\$5.95**



Pregnancy, Childbirth & Parenting



9063099 YOU KNOW YOU'VE BEEN A STAY-AT-HOME MOM TOO LONG WHEN. By J. Haas & S. Pessin, illus. by A. Abrams. A collection of humorous one-liners about staying at home with your children, rather than working outside the home. Fully illus. 113 pages. Quixote. Paperbound. Pub. at \$7.95 **\$4.95**



★8891257 THE BEST GRANDFATHER NAMES EVER: Choose Your Perfect Grandpa Name, from Papa to Nonno and Beyond! By Cathy Livingstone. From Boss to Pappou, Nonno to Glampa, this work features more than 200 fantastic grandpa names, along with other fun and interactive elements to help you get excited about your new role. You can choose a name inspired by your personality, passions, or heritage—or you can just pick whichever name you like best! Illus. 103 pages. Sourcebooks. Paperbound. Pub. at \$12.99 **PRICE CUT to \$7.95**

9138412 CHICKEN SOUP FOR THE SOUL: Stay-at-Home Moms. By Jack Canfield et al. A collection of 101 stories by and about mothers who stay at home or work from home, describing the decision they made to do so, their lives as moms who are at home, the ups and downs of raising their children and the benefits of staying home or working from home. Illus. 403 pages. Chicken Soup for the Soul. Paperbound. Pub. at \$14.95 **PRICE CUT to \$3.95**

9041389 THE A TO Z OF GRANDPARENT NAMES: From Abba to Zumu. By Katie Hankinson. 124 pages. Cider Mill. Pub. at \$16.95 **PRICE CUT to \$3.95**

7938969 STAR CHILD: Joyful Parenting Through Astrology. By Briana Saussy. Illus. 289 pages. Sounds True. Paperbound. Pub. at \$19.99 **PRICE CUT to \$1.95**

Women's Health & Self-Help



9001549 A BOOB'S LIFE: How America's Obsession Shaped Me...and You. By Leslie Lehr. Explores the surprising truth about women's most popular body part with vulnerable, witty frankness and true nuggets of American culture. Also explores both the joys and hazards inherent to living in a woman's body. Lehr deftly blends her personal narrative with national history. 371 pages. Pegasus. Paperbound. Pub. at \$17.95 **\$5.95**



9064060 YOUR VAGINA: Everything You Need to Know! By Odile Bagot. A fully illustrated guide to help you discover all the major functions of the female genital system as well as common disorders and ailments. 126 pages. Firefly. Paperbound. Pub. at \$19.95 **\$5.95**



8994358 LADY SECRETS: Real, Raw & Ridiculous Confessions of Womanhood. By Keltie Knight et al. A hilarious, embarrassing, and honest collection of secrets from ladies around the world, paired with confessional essays from the authors. It's time to stop feeling ashamed of your unladylike habits and own the real, raw, and ridiculous things that make you authentically you. 249 pages. Rodale. Pub. at \$24.00 **\$5.95**



782470X THE WONDER DOWN UNDER: The Insider's Guide to the Anatomy, Biology, and Reality of the Vagina. By E.S. Dahl & N. Brochmann. A comprehensive guide to a miraculous and complex part of the body that too few of us, regardless of gender, are all that familiar with. With wisdom, humor, and scientific aplomb, the authors take readers on a fascinating journey of female sexual organs and sexual health. Illus. 304 pages. Quercus. Pub. at \$26.99 **\$7.95**



★9040129 MEDICAL GASLIGHTING: How to Get the Care You Deserve in a System That Makes You Fight for Your Life. By Ilana Jacqueline. Our healthcare system is broken. But it doesn't have to break you. Designed to fit medical bias and neglect, this practical, realistic handbook will help women get the care they need—and deserve. 249 pages. BenBella. Paperbound. Pub. at \$21.95 **\$16.95**



5781779 THE UPGRADE: How the Female Brain Gets Stronger and Better in Midlife and Beyond. By Louann Brizendine. Explains how a woman's brain gets "upgraded" in midlife, inspiring women to unlock their full potential. With guidance for navigating the perimenopausal and menopausal storm while it lasts, science-backed steps for preserving brain health for the rest of your life, this is a stunning roadmap, told through intimate stories. 310 pages. Harmony. Pub. at \$27.99 **SOLD OUT**

9031626 THE WONDER DOWN UNDER: The Insider's Guide to the Anatomy, Biology, and Reality of the Vagina. By E. Stokken & N. Brochmann. Illus. 304 pages. Quercus. Paperbound. Pub. at \$16.99 **\$4.95**

8996938 BEAUTY 40+: 24 Beautiful Step-by-Step Looks. By Boris Entrup. Fully illus. in color. 160 pages. Dorling Kindersley. Pub. at \$20.00 **\$7.95**

8994382 MENUPAUSE: Five Unique Eating Plans to Break Through Your Weight Loss Plateau and Improve Mood, Sleep, and Hot Flashes. By Anna Cabeca. Well illus., in color. 304 pages. Rodale. Pub. at \$26.99 **SOLD OUT**

587971X THE ART OF BADASSERY: Unleash Your Mojo with Wisdom of the Dojo. By Jennifer Cassetta. 201 pages. Health Communications. Paperbound. Pub. at **SOLD OUT**

★7821824 BREASTS: An Owner's Guide. By Philippa Kaye. Illus. in color. 208 pages. Dorling Kindersley. Pub. at \$19.99 **\$11.95**

699718X MENOPAUSE BOOTCAMP: Optimize Your Health, Empower Your Self, and Flourish as You Age. By Suzanne Gilberg-Lenz with M. Korn. 276 pages. Harper Wave. Pub. at \$28.99 **SOLD OUT**

★788995X A BRIEF HISTORY OF THE FEMALE BODY: An Evolutionary Look at How and Why the Female Form Came to Be. By Deena Emera. Illus. 359 pages. Sourcebooks. Paperbound. Pub. at \$18.99 **PRICE CUT to \$9.95**

7964544 IT'S PROBABLY NOTHING: The Stress-Less Guide to Dealing with Health Anxiety, Wellness Fads, and Overhyped Headlines. By Casey Gueren. 218 pages. Running Press. Paperbound. Pub. at \$19.99 **PRICE CUT to \$1.95**

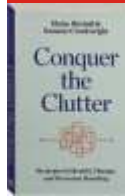
1999230 WOMEN AND WATER: Stories of Adventure, Self-Discovery, and Connection in and on the Water. By Gale Straub et al. Color photos. 240 pages. Chronicle. Pub. at \$24.95 **PRICE CUT to \$5.95**

Men's Health & Self-Help

★8874867 WIKIPENIS: Dr. Nicola's Penis Book. By N. Mondaini & P. Prezioso. A taboo-breaking guide to the male sexual and urinary system, raising awareness of anatomy, upkeep, and the emergencies that can occur throughout a lifetime. Illus. 209 pages. Open Road. Paperbound. Pub. at \$18.99 **\$15.95**

8871264 WHAT ABOUT MEN? A Feminist Answers the Question. By Caitlin Moran. 310 pages. Harper. Pub. at \$29.99 **SOLD OUT**

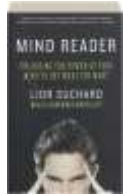
General Health & Self-Help



9045554 CONQUER THE CLUTTER: Strategies to Identify, Manage, and Overcome Hoarding. By E. Birchall & S. Cronkright. Offers hope to anyone affected by hoarding disorder. Real life vignettes, combined with easy to use assessment and intervention tools, support those who hoard, and those who care about them. Includes numerous worksheets to assist individuals in determining the scope of their hoarding disorder and tackling the problem. 273 pages. Johns Hopkins. 7x10 1/4. Pub. at \$57.00 **\$5.95**



9076131 DOOMSDAY PREPPERS COMPLETE SURVIVAL MANUAL. By Michael S. Sweeney. How to survive earthquakes, volcanoes, tornadoes, and more, as seen on the National Geographic Channel, with profiles of your favorite real-life doomsday preppers. Color photos. 368 pages. National Geographic. Paperbound. Pub. at \$19.95 **\$5.95**



6997198 MIND READER: Unlocking the Power of Your Mind to Get What You Want. By Lior Suchard. A renowned entertainer and mentalist takes the reader on an incredible journey through the wonders of the human mind, sharing his remarkable personal story while offering invaluable advice. Lior Suchard's secrets and lessons, revealed here, will enable readers to unlock their untapped mental powers. 225 pages. Morrow. Paperbound. Pub. at \$15.99 **\$4.95**



1970909 DON'T BE A VICTIM: Fighting Back Against America's Crime Wave. By Nancy Grace with J. Hassan. With insights on a wide range of potential threats, you'll be empowered to protect yourself and your children at home and in the world around you by becoming proactive. Grace's crime-fighting expertise will help keep you, your family, and anyone else you love out of harm's way. 368 pages. Grand Central. Pub. at \$28.00 **\$4.95**



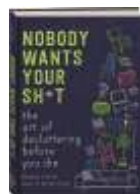
8089876 WHEN WE BECOME STRANGERS: How Loneliness Leaks into Our Lives, and What We Can Do About It. By Maggie Hamilton. Explores our growing loneliness with care and rigor, and proposes practical solutions and an uplifting vision to combat the increasing social isolation in our families and communities. 337 pages. Murdoch Books. Paperbound. Pub. at \$25.99 **\$5.95**



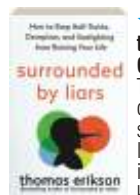
★4998375 BECOMING BULLETPROOF: Life Lessons from a Secret Service Agent. By Evy Poupouras. Former Secret Service agent, Evy Poupouras, shares lessons from protecting presidents, as well as insights and skills from the oldest and most elite security force in the world to help you prepare for stressful situations, instantly read people, influence how you are perceived, and live a more fearless life. Illus. 330 pages. Atria. Paperbound. Pub. at \$18.99 **\$13.95**



9127917 HOORAY FOR GRANDPARENTS! Ideas for Keeping Close, Building Traditions, and Creating Lasting Memories. By Jay Payleitner. A celebration of the importance of grandparents. Packed with 50 ways to be a fun, meaningful, and beloved presence in grandchildren's lives. 208 pages. Chronicle. Pub. at \$18.95 **\$5.95**



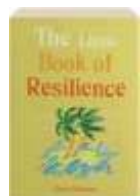
★7812019 NOBODY WANTS YOUR SH*T: The Art of Decluttering Before You Die. By Messie Condo. Dishes out the funny, unpretentious advice you need to hear most. You'll discover how to deal with your sh*t like there's no tomorrow, live in the moment without the f*cking mess, and make your life (and your eventual death) a hell of a lot easier. 173 pages. Skyhorse. Pub. at \$19.99 **\$14.95**



★9073418 SURROUNDED BY LIARS: How to Stop Half-Truths, Deception, and Gaslighting from Ruining Your Life. By Thomas Erikson. Shows you how to identify and deal with the liars in your life. With the help of the simple, four-color behavioral model, readers will learn to protect themselves against deception and insincerity. Arms readers with the practical knowledge needed to feel confident in their ability to discern the truth and live a calmer, more reliable life. 258 pages. St. Martin's. Paperbound. Pub. at \$20.00 **SOLD OUT**



8997314 PRETTY SURE YOU'RE FINE: The Health and Wellness Guide for Hypochondriacs, Overthinkers, and Worrywarts. By David Vienna. Packed with amusing yet comforting advice on topics from physical fitness and nutrition to motivation and work-life balance, this is the place to turn when you need to quit worrying about the little stuff. 144 pages. Chronicle. Pub. at \$16.95 **\$5.95**



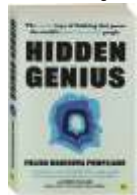
9079823 THE LITTLE BOOK OF RESILIENCE. By Cheryl Rickman. We all encounter challenges in life, big and small. What we do next is what matters. Resilience helps us recover, rebuild and rise again. Full of practical advice and tools for anyone whose life isn't all plain sailing. Well illus. in color. 96 pages. Gaia. 4 1/2 x 6. Paperbound. Pub. at \$9.99 **\$5.95**



★9064974 DON'T BELIEVE EVERYTHING YOU THINK: Why Your Thinking is the Beginning & End of Suffering. By Joseph Nguyen. Guides readers to a profound understanding of how destructive thinking patterns form, and how to break them for good. The result? The ability to become emotionally resilient and free from anxiety at any moment. 171 pages. Authors Equity. Pub. at \$22.00 **\$16.95**

General Health & Self-Help

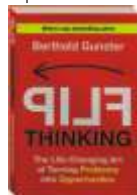
8117039 FATAL CONVENIENCES. By Darin Olien. Offers invaluable advice for addressing the health of our bodies and the health of the planet by identifying common products and behaviors that are harmful and providing alternatives that are non-toxic and life-enhancing. 290 pages. Harper. Pub. at \$19.99. **SOLD OUT**



2722097 HIDDEN GENIUS: The Secret Ways of Thinking That Power the World's Most Successful People. By Polina Marinova Pompliano. The highest performers don't use tricks or hacks to achieve greatness. They use mental frameworks that fundamentally change the way they see the world. They've learned how to unlock their hidden genius in order to reach their full potential. This work will help you do the same. 252 pages. Harriman House. Pub. at \$19.99. **SOLD OUT**



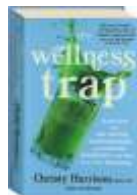
★8988949 THE ART OF FRUGAL HEDONISM: A Guide to Spending Less While Enjoying Everything More. By Annie Raser-Rowland with A. Grubb. Designed to help you target the most important habits of mind and action needed for living frugally but hedonistically. Apply the lot, and you'll wake up one day and realize that you're happier, wealthier, fitter, and more in lust with life than you'd ever thought possible. Well illus. 212 pages. Melliodora. Paperbound. Pub. at \$25.00. **SOLD OUT**



909427X FLIP THINKING: The Life-Changing Art of Turning Problems into Opportunities. By Berthold Gunster. Gunster presents 15 strategies to transform your thoughts away from limitations and negativities and toward possibilities and opportunities. From disrupting to flaunting, from importing to amplifying, his strategies and stories will have you approaching even the most challenging problems. 267 pages. Ballantine. Pub. at \$26.00. **SOLD OUT**



★9071369 NARCISSISTIC ABUSE: A Therapist's Guide to Identifying, Escaping, and Healing from Toxic and Manipulative People. By Vanessa M. Reiser. A licensed therapist and narcissistic expert, offers a guide to identifying narcissistic abuse, especially in interpersonal relationships, sharing practical strategies for healing. 297 pages. Hachette. Paperbound. Pub. at \$19.99. **SOLD OUT**



9066403 THE WELLNESS TRAP: Break Free From Diet Culture, Disinformation, and Dubious Diagnoses—and Find Your True Well-Being. By Christy Harrison. Delves into the persistent, systemic problems with the wellness industry, offering insight into its troubling pattern of cultural appropriation and its destructive views on mental health, and shedding light on how a growing distrust of conventional medicine has led ordinary people to turn their backs on science. 311 pages. Little, Brown. Pub. at \$29.00. **SOLD OUT**



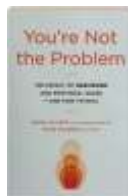
9034781 BETTER IN EVERY SENSE. By N. Farb & Z. Segal. Break out of negative patterns, relieve anxiety, build new habits and find fresh motivation using the groundbreaking "sense foraging" technique. Simple exercises and practical mental techniques allow you to explore the power of sensory experiences and liberate yourself from ruts and dead ends. 269 pages. Hachette. Pub. at \$30.00. **SOLD OUT**



9117911 GRIP: The Art of Working Smart (and Getting to What Matters Most). By Rick Pastoor. Walks you through unlocking the power of everyday tools you're already using like a calendar, a to-do list, an email; lowering the volume on distractions to find your focus; and freeing up room to think big and grow. So you can get started on making your dreams a reality. Illus. 287 pages. HarperCollins. Paperbound. Pub. at \$17.99. **SOLD OUT**



9083146 HOW TO MAKE MISTAKES ON PURPOSE: Bring Chaos to Your Order. By Laurie Rosenwald. A fresh guide to discovery, with clearly marked directions and witty prompts, this is a work about living a productive, individualistic life. Whatever your job, it gives you a way to zig while everyone around you can only zag. Fully illus. most in color. 153 pages. Hachette. Pub. at \$24.00. **SOLD OUT**



★6996345 YOU'RE NOT THE PROBLEM: The Impact of Narcissism and Emotional Abuse—and How to Heal. By H. Villiers & K. McKenna. Using client narratives and sample scripts, the authors offer a compassionate, sympathetic approach to looking at our familial patterns—and how we can break free from these toxic relationships and reclaim our lives. 341 pages. Hachette. Paperbound. Pub. at \$21.99. **SOLD OUT**

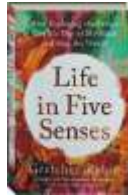
★9107762 THE NEAT METHOD ORGANIZING RECIPE BOOK: 70 Simple Projects to Take Your Home from Chaos to Composed. By A. Murphy & M. Hagmeyer. The projects are as simple as recipes, with "ingredient" lists and clear step-by-step directions. By implementing solutions that emphasize beauty as much as function, you'll create a home that's well arranged, a true place of calm and simplicity. Fully illus. in color. 208 pages. Artisan. 8 1/4 x 9 1/2. Pub. at \$25.00. **SOLD OUT**



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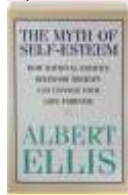
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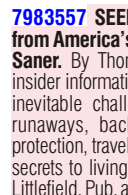
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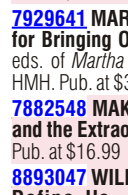
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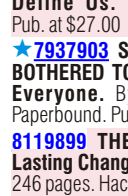
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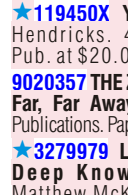
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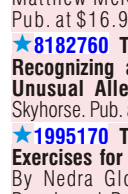
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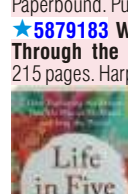
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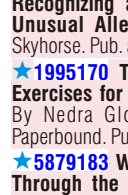
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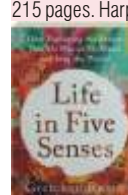
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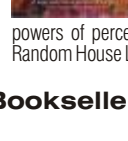
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