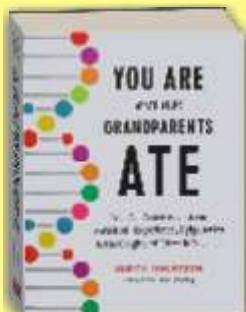


Science & Health

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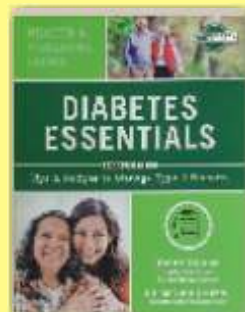
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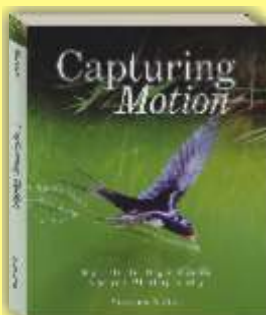
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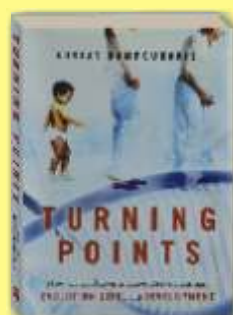
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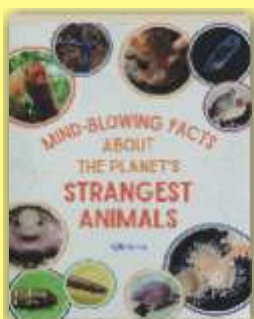
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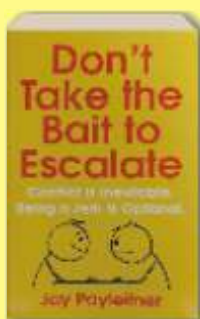
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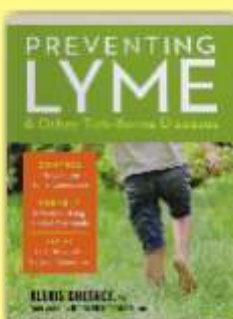
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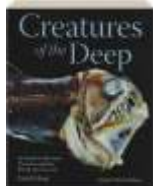
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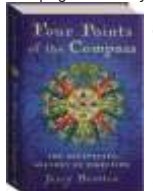
Earth Science



LIMITED QUANTITY 920945X CREATURES OF THE DEEP, THIRD EDITION: In Search of the Sea's Monsters and the World They Live In. By Erich Hoyt. Weaving together details from the latest scientific research about sharks, giant squid, dragonfish, huge tube worms, clams, and tiny microbes of the deep-sea vents, Hoyt embarks on a magical journey roaming across the abyssal plains and descending into the

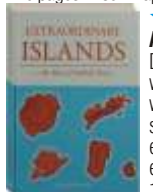
deep-sea trenches more than 20,000 feet down. Fully illus. in color. 288 pages. Firefly. 9x11. Paperbound. Pub. at \$29.95 **\$9.95**

9214356 NEW HAVEN'S SENTINELS: The Art and Science of East Rock and West Rock. By J. Zeilinda de Boer & J. Wareham. More than two-dozen artists, including Frederick Church, George Durrie, and John Weir, captured the magic of these mountains and produced an impressive body of classic American landscapes. In the same period, the science of geology was evolving rapidly, triggering an inevitable controversy over the origin of rocks. Fully illus. in color. 156 pages. Wesleyan. 10 1/4x8 1/4. Pub. at \$30.00 **\$9.95**



9251103 FOUR POINTS OF THE COMPASS: The Unexpected History of Direction. By Jerry Brotton. Leads us on a journey of directional discovery. Societies have understood and defined directions in very different ways based on their locations in time and space. Brotton reminds us how crucial the four cardinal directions have been to everyone who has ever walked our planet. 16 pages of color photos. 209 pages. Atlantic Monthly. Pub. at \$27.00 **\$7.95**

★8998477 GREAT PLAINS GEOLOGY. By R.F. Diffendal Jr. Describes the distinct features of 57 geologic sites, including fascinating places such as Raton Pass in Colorado and New Mexico, the Missouri Breaks of Montana, and the Ashfall Fossil Beds in Nebraska. Fully illus. in color. 210 pages. Bison. Paperbound. **\$15.95**



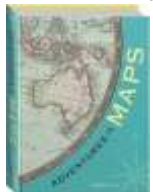
★928589X EXTRAORDINARY ISLANDS: An Atlas of Unlikely Places. By Alastair Bennett. Dive into a captivating exploration of 29 of the world's most unique and enigmatic islands, each with its own compelling story. This visually stunning volume is divided into four sections, each revealing a different facet of these extraordinary locales. Fully illus. in color. 191 pages. Ivy Press. Pub. at \$28.00 **\$21.95**



★9175768 THE OCEAN'S MENAGERIE: How Earth's Strangest Creatures Reshape the Rules of Life. By Drew Harvell. Uncover the underwater "superpowers" of spineless creatures: corals stronger than steel or concrete, sponges that create potent chemical compounds to fight off disease, and sea stars that garden the coastlines. These wonderful creatures' biomedical, engineering, and energy innovations inspire important solutions to our survival. Illus., some in color. 260 pages. Viking. Pub. at \$32.00 **\$23.95**



★9080651 THE TURNING TIDE: A Biography of the Irish Sea. By Jon Gower. A hymn to a sea passage of world-historical importance. Combining social and cultural history, nature-writing, travelogue and politics, Gower charts a sea which has carried both Vikings and saints; invasion forces, royals, and rebels; writers, musicians and fishermen. Photos, most in color. 308 pages. Harper. Paperbound. Pub. at \$21.99 **\$16.95**



★9063110 ADVENTURES IN MAPS. By Debbie Hall. Features 20 awe-inspiring journeys, ranging in distances from a few miles to great treks across land, sea, air, and space. Some chart the route a traveler followed, while some are the fruits of exploration, and others were made to help future travelers find their way. Fully illus. in color. 218 pages. Bodleyan Library. Pub. at \$40.00 **\$31.95**

★9285733 EARTH SHAPERS: How We Mapped and Mastered the World, From the Panama Canal to the Baltic Way. By Maxim Samson. The globetrotting story of how humans have harnessed the geographical landscape and written ourselves into our surroundings. 344 pages. Univ of Chicago Press. Pub. at \$30.00 **\$24.95**



★9271198 DINOSAUR DREAMS: A Father and Daughter in Search of America's Prehistoric Past. By B.J. Hollars. The author and his daughter embark on a road trip that spans not just miles but millennia. With every stop, they deepen their understanding of dinosaurs, extinction, and what the fossil record might teach us about how best to preserve our planetary home. Illus. 231 pages. Bison. Paperbound. Pub. at \$21.95 **\$17.95**

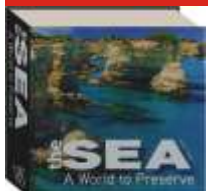


★9063285 EXTINCTIONS: From Dinosaurs to You. By Charles Frankel. Can past mass extinctions teach us how to avoid future planetary disaster? The history of mass extinction together with the latest climate research, Frankel maintains, show us a way out. If we curb our destructive habits, particularly our drive to kill and consume other species, and work instead to conserve what biodiversity remains, the Earth might yet recover. Well illus. 280 pages. Univ

of Chicago Press. Pub. at \$26.00 **PRICE CUT to \$14.95**

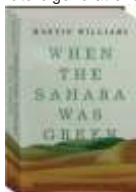
★9039686 GROUNDBREAKERS: Remarkable Maps from the Low Countries, 1500-1900. By Anne-Rieke van Schaik. Fully illus. most in color. 304 pages. Hannibal. 10 1/4x11 1/4. Pub. at \$65.00 **PRICE CUT to \$34.95**

Environment & Ecology



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The mesmerizing pictures in this work are combined with powerful quotes about the importance of protecting the seas around us. The images in this book, from the icy waters of the two poles to the coral reefs in the tropics, testify to why the seas must be preserved for us and future generations. 399 pages. White Star. Pub. at \$19.99 **\$5.95**



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The twisting true story of the impossible choices that individuals must make to stay afloat in this world. A unique blend of reporting, nature writing, and personal narrative, this work transports readers to dangerous Florida landscapes, offering intimate portraits of those who call the region home. Color photos. 276 pages. Flatiron. Paperbound. Pub. at \$18.99 **\$5.95**



9097627 ON THE MOVE: The Overheating Earth and the Uprooting of America. By Abraham Lustgarten. A vivid account of how climate change will make American life as we know it unfeasible. Explains how the U.S. will be rendered unrecognizable by four unstoppable forces: wildfires in the West; flooding in coastal regions, extreme heat and humidity in the south; and droughts that will make farming all but impossible across large parts of the nation. 324 pages. FSG. Pub. at \$30.00 **\$6.95**

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

Environment & Ecology



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save us. Illus. 364

9198741 SAVING TIME: Discover a Life Beyond the Clock. By Jenny Odell. This deeply hopeful volume tugs at the seams of reality as we know it, the way we experience time itself, and rearranges it, imagining a world not centered on work, the office clock, or the profit motive. If we can "save" time by imagining a life, identity, and source of meaning outside these things, time might also

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Viking. Pub. at \$28.00

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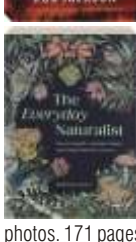
9246045 THE LOST CONTINENT: Coral Reef Conservation and Restoration in the Age of Extinction. By David Alexander Baker. This poignant tribute to the beauty of coral reefs sheds light on the destruction of global reef ecosystems and the climate science behind the conservation efforts to save them. Well illus. in color. 207 pages. Imagine! Pub. at \$27.99 **\$5.95**



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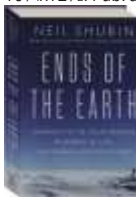
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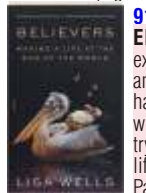
★912697X ENDS OF THE EARTH: Journeys to the Polar Regions in Search of Life, the Cosmos, and Our Future. By Neil Shubin. Shubin retraces his steps on a "dinosaur dance floor," showing us where these beasts had populated the once tropical lands at the poles. He takes readers meteor hunting, as meteorites preserved in the ice can be older than our planet and more. Illus. 273 pages. Dutton. Pub. at \$32.00 **\$19.95**



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would change our diets, lifestyles and the face of the planet. Illus. 273 pages. Pantheon. Pub. at \$30.00 **PRICE CUT to \$17.95**



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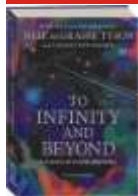
★1995766 THE CENTRAL APPALACHIANS: Mountains of the Chesapeake. By Mark Hendricks. 192 pages. Schiffer. Pub. at \$34.99 **\$11.95**

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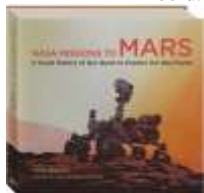
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Astronomy, Space Travel & Cosmology



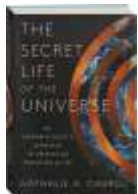
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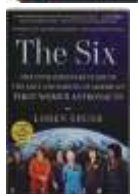
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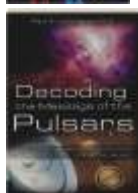
6080634 MISSION TO MARS: A New Era of Rover and Spacecraft Discovery on the Red Planet. By Larry S. Crumpler. All eyes are on Mars. We are on the precipice of an explosive era of planetary discovery, and the Red Planet is at the center of the next space race. One scientist—Crumpler—is at the forefront of the exploration and could be said to have visited the surface. He recounts what it was like to be on the teams roving the surface. Well illus. most in color. 336 pages. HarperDesign. Pub. at \$35.00 **\$7.95**



LIMITED QUANTITY 9274006 ACCIDENTAL ASTRONOMY: How Random Discoveries Shape the Science of Space. By Chris Lintott. A celebration of astronomy, stargazing, and cosmic discovery, which offers an irresistible window into how luck defines our knowledge of the skies. Photos. 308 pages. Basic. Pub. at \$30.00 **\$7.95**



924851X THE SIX: The Extraordinary Story of the Grit and Daring of America's First Women Astronauts. By Loren Grush. In this account of America's first women astronauts comes a story that, at its heart, is about desire: not a nation's desire to conquer space, but the longing of six women to reach heights that were forbidden to them at the time. 244 pages. Scribner. Paperbound. Pub. at \$20.99 **\$5.95**



9168842 DECODING THE MESSAGE OF THE PULSARS. By Paul A. LaViolette. Using scientific data to corroborate his theory, the author shows that pulsars are distributed in the sky in a nonrandom fashion, often marking key galactic locations, and that their signals are of intelligent origin, warning about a past galactic core explosion disaster that could recur in the near future. Illus. 211 pages. Bear & Company. Paperbound. Pub. at \$16.00 **\$4.95**



9180982 UNDER ALIEN SKIES: A Sightseer's Guide to the Universe. By Philip Plait. A tour of the cosmos bringing you up close and personal with the universe like never before. For the aspiring extraterrestrial citizen, casual space tourist, or curious armchair traveler, an illuminating, always-entertaining guide to the most otherworldly views in our universe. Color photos. 311 pages. Norton. Pub. at \$30.00 **\$6.95**

★5403480 ON THE ORIGIN OF TIME: Stephen Hawking's Final Theory. By Thomas Hertog. A striking new vision of the universe's birth that will profoundly transform the way we think about our place in the order of the cosmos and may ultimately prove to be Hawking's greatest legacy. 313 pages. Bantam. Paperbound. Pub. at \$20.00 **\$14.95**



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★8896941 THE ANTI-GRAVITY HANDBOOK, REVISED 3RD EDITION. Ed. by David Hatcher Childress. A compilation of material on Anti-Gravity, Free Energy, Flying Saucer Propulsion, UFOs, Suppressed Technology, NASA Cover-ups, and more. Newly revised and expanded with additional information on Area 51, it is heavily illustrated with patents, technical illustrations and photographs. 253 pages. Adventures Unlimited. Paperbound. Pub. at \$19.95 **\$15.95**



9183469 CHEMICAL PRINCIPLES APPLIED TO SPACECRAFT OPERATIONS. By R.E. Dueber & D.S. McKnight. Focuses upon the chemistry of spacecraft operations and a satellite's interaction with the environment. The compilation of this information into a unified approach provides a unique insight into the complex world of satellite designs and operations. Well illus. 200 pages. Krieger. 8 1/2 x 11 1/4. **\$4.95**



★9269428 FORTY WAYS TO KNOW A STAR: Using Stars to Understand Astronomy. By Jillian Scudder. Astoundingly, there are at least 100 billion stars in our galaxy and an estimated two trillion galaxies in our visible universe. This work offers forty short essays that explore everything from the Milky Way to planetary nebulae, from how a star is born to the colors of stars. Fully illus. in color. 192 pages. Princeton. Pub. at \$25.95 **\$19.95**



9181725 SPACE NUCLEAR SAFETY. By Albert C. Marshall. Covers both radioisotope power sources and space reactor systems. The chapters address safety principles and analysis methods and include discussions of safety issues and scenarios, protection and mitigation methods, and safety testing. Illus. 463 pages. Krieger. 8 1/2 x 11 1/4. **\$6.95**

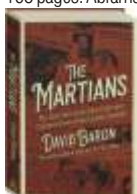
9255818 INTO THE ANTHROPOCOSMOS: A Whole Space Catalog from the MIT Space Exploration Initiative. By Ariel Ekblaw. Lavishly illustrated catalog of space technology of the future—lab-tested devices, experiments, and habitats for the age of participatory space exploration. MIT Press. 11 1/4 x 9 1/4. Pub. at \$39.95 **\$14.95**



★9187480 THE METEORITE HUNTERS: On the Trail of Extraterrestrial Treasures and the Secrets Inside Them. By Joshua Howgego. Meteors have entranced us for centuries. But these extraterrestrial visitors are also inestimably valuable, not just for collectors but for scientists, too. Meteorites are the most ancient objects we know, unblemished time capsules from the birth of the solar system. As scientists uncover their secrets, we wonder: How did life on Earth begin? Color photos. 254 pages. Oneworld. Pub. at \$28.95 **\$21.95**



★9273050 IS THERE ANYBODY OUT THERE? The Search for Extraterrestrial Life, From Amöebas to Aliens. By Laura Krantz. Using critical thinking and the scientific method, this work investigates the science, culture, and philosophy of a universe where we're not alone—and why the idea of alien life has abducted our imaginations. Readers will challenge their gut assumptions and open their minds to new possibilities. Well illus. in color. 168 pages. Abrams. Paperbound. Pub. at \$9.99 **\$7.95**



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Astronomy, Space Travel & Cosmology

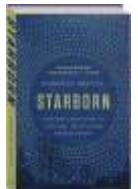


MIT Press. Pub. at \$27.95

9144986 OFF-EARTH: Ethical Questions and Quandaries for Living in Outer Space. By Erika Nesvold. Can we do better in space than we've done here on Earth? We've pinpointed the destination, refined the technology, designed the habitat, outfitted our space residents. Are we forgetting something? This thought-provoking work explores the all-too-human issues raised by the prospect of settling in outer space. 284 pages. **\$9.95**



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9217827 STARBORN: How the Stars Made Us (And Who We Would Be Without Them). By Roberto Trotta. Reveals how stargazing has shaped human civilization. The stars have served as our timekeepers, our navigators—they were once even our gods. Pairs the history of our starstruck species with a world without stars where our understanding of science, art, and ourselves would be radically altered. 336 pages. Basic. Pub. at \$30.00 **\$7.95**



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★9174001 TARGET EARTH: Meteorites, Asteroids, Comets, and Other Cosmic Intruders That Threaten Our Planet. By Govert Schilling. The impact of an asteroid led to the extinction of the dinosaurs. Could another giant cosmic missile soon be heading our way? A full account of what we know and need to know about the extraterrestrial matter constantly bombarding our planet. 103 pages. MIT Press. Pub. at \$21.95 **\$16.95**



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★9287094 FACING INFINITY: Black Holes and Our Place on Earth. By Jonas Ender. A fresh, fascinating, up-to-the-moment appraisal of black holes—the massive astronomical objects with a gravitational pull so strong nothing can escape them, not even light—that situates them at the center of our understanding of our place on Earth and of the universe. 353 pages. The Experiment. Pub. at \$30.00 **\$21.95**



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★9186301 THE STORY OF ASTROPHYSICS IN FIVE REVOLUTIONS. By Ersilia Vaudo. A concise, elegant overview of how five of the most extraordinary moments of vision and intuition in the history of science forever transformed our understanding of the cosmos—and what we may yet discover in revolutions still to come. 207 pages. Norton. Pub. at \$23.99 **\$17.95**



★925384X THE COMPLETE BOOK OF SPACECRAFT: Rockets, Shuttles, Satellites, and Space Stations. By Michael H. Gorn et al. Marvel at the history of space exploration through its daring vehicles, exhaustively chronicled in this authoritative volume featuring more than 250 artworks. 264 pages. Motorbooks. 9 1/2 x 11. **\$33.95**



★9225145 SPACE TO LIVE: The Search for an Alternative Home for Humanity. By Roderick J. Hill. From the search for extraterrestrial life to the technological challenges of Mars colonization, explore a compelling examination of humanity's next great frontier. Drawing on decades of scientific expertise, Hill explores the urgent need for off-world human habitation and the revolutionary technologies that could make it possible. Photos. 369 pages. Prometheus. Pub. at \$29.95 **\$21.95**



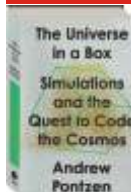
★7936060 THE UFO INVASION, VOLUME 4: Best of Skeptical Inquirer. Ed. by Kendrick Frazier et al. Definitive, behind the scenes accounts of each case of extraterrestrial visitations and paranormal claims. This fully documented look at sightings, encounters, the Roswell incident, "MJ-12" documents, crop circles, the "alien autopsy," and more will challenge, illuminate, anger, and amuse. Illus. 315 pages. Prometheus. Paperbound. Pub. at \$29.95 **\$21.95**



★8218609 SPACEX: Elon Musk and the Final Frontier. By Brad Bergan. This isn't just a recount of SpaceX's achievements and bravado, it's a vivid, visual journey paired with a contemplative gaze into the odyssey that could redefine humanity's place in the cosmos, an interrogation of the theater behind it, and what it means for the future stories we tell about our place in the great unknown. Well illus., in color. 176 pages. Motorbooks. 9 1/2 x 10 3/4. Pub. at \$40.00 **\$24.95**

★9120726 WHO'S WHO IN THE MOON: From Abbot to Zupus A Guide to the Moon and the People On It. By B. Jones & K. Raynor. A visual guide for beginners and amateur astronomers, offering detailed images and biographical sketches of lunar features and their namesakes. 181 pages. White Owl. 8 1/2 x 11 1/4. Pub. at \$39.95 **\$24.95**

Astronomy, Space Travel & Cosmology



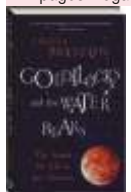
9095977 THE UNIVERSE IN A BOX: Simulations and the Quest to Code the Cosmos. By Andrew Pontzen. Explains how physicists model the universes most exotic phenomena, from black holes and colliding galaxies to dark matter and quantum entanglement, enabling them to study the evolution of virtual worlds and to shed new light on our reality. 243 pages. Riverhead. Pub. at \$29.00 **PRICE CUT to \$3.95**



8877645 THE LITTLE BOOK OF ALIENS. By Adam Frank. Gives us everything we need to know from the scientific origins of the search for intelligent life, the Fermi Paradox, the Kardashev Scale, and the James Webb Telescope, to UFOs, conspiracy theories, what aliens might look like, and the existential risk of making contact with them. Shows us the precipice we stand on. 215 pages. Harper. Pub. at \$27.99 **PRICE CUT to \$5.95**



9085203 STILL AS BRIGHT: An Illuminating History of the Moon from Antiquity to Tomorrow. By Christopher Cokinos. A thoughtful, deeply moving natural history. Cokinos takes readers on a lyrical journey that spans the human understanding of our closest celestial neighbor, whose multi-faceted appeal has worked on witches, scientists, poets, engineers, and even billionaires. 16 pages of photos, some in color. 421 pages. Pegasus. Pub. at \$35.00 **PRICE CUT to \$5.95**



9183736 GOLDLOCKS AND THE WATER BEARS. By Louisa Preston. What might life look like on other worlds? Preston gives us a tale of the origins and evolution of life on Earth, and the quest to find it on other planets, on moons, in other galaxies, and throughout the Universe. Illus. 288 pages. Bloomsbury. Pub. at \$27.00 **PRICE CUT to \$2.95**



7897715 MONTANA UFOs AND EXTRATERRESTRIALS. By Joan Bird. Critically examines significant Montana UFO events, including contact with extraterrestrials. Drawing on declassified government documents, historic reports, and first hand interviews, scientist and the author presents compelling evidence that UFOs have frequented Montana's big sky. Photos. 230 pages. Riverbend. Paperbound. Pub. at \$19.95 **PRICE CUT to \$11.95**



9068864 SPACECRAFT AND ROCKETS: Photographs from the Archives of NASA. By Nirmala Nataraj. This curated collection from the archives of NASA provides a guided tour through the history of the legendary space agency's most exciting innovations and inventions. Fully illus. most in color. 160 pages. Chronicle. 9 1/2 x 11 1/4. Pub. at \$35.00 **PRICE CUT to \$17.95**



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9022406 THE ASTEROID HUNTER: A Scientist's Journey to the Dawn of Our Solar System. By Dante S. Lauretta. Illus. 320 pages. Grand Central. Pub. at \$30.00 **PRICE CUT to \$4.95**

8058539 INSIDE THE STAR FACTORY: The Creation of the James Webb Space Telescope, NASA's Largest and Most Powerful Space Observatory. By Christopher Wanjek, photos by C. Gunn. Fully illus. in color. 175 pages. MIT Press. 10 1/4 x 11 1/4. Pub. at \$44.95 **\$34.95**

4992156 BLACK HOLES: The Key to Understanding the Universe. By B. Cox & J. Forshaw. 16 pages of photos. 280 pages. Mariner. Paperbound. Pub. at \$21.99 **PRICE CUT to \$11.95**

7955111 WHITE HOLES. By Carlo Rovelli. 158 pages. Riverhead. Pub. at \$26.00 **\$18.95**

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9013598 THE BACKYARD STARGAZER'S BIBLE: Discover Constellations, Galaxies, Nebulae, Meteorites, and More. By Mary McIntyre et al. Fully illus. in color. 416 pages. Abrams. Pub. at \$40.00 **\$21.95**

909234X STAR BOUND: A Beginner's Guide to the American Space Program. By E. Carney & B. McCandless III. Photos. 260 pages. UNeP. Pub. at \$34.95 **PRICE CUT to \$19.95**

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8875162 THE ASTRONOMERS' LIBRARY: The Books That Unlocked the Mysteries of the Universe. By Karen Masters. Well illus., many in color. 272 pages. Ivy Press. Pub. at \$40.00 **\$24.95**

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Airplanes & Airlines



7835221 AIRPLANE FLYING HANDBOOK: FAA-H-8083-3C. By Federal Aviation Administration. The guide to airplane flying, developed by FAA experts. Topics covered include flight training, ground operations, basic maneuvers, airport traffic patterns, approaches and landings, performance maneuvers, night operations, and emergency procedures. Complete with full color illustrations, photos, and diagrams detailing every chapter. Skyhorse. 8 1/2 x 11. Paperbound. Pub. at \$19.99 **\$7.95**

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★9218106 BOEING 707: Owners' Workshop Manual. By Charles Kennedy. Gives readers a close-up look into the design, construction and operation of the all-American jetliner that became the face of 1960s air travel. The 707 gave birth to the term "jet set" in its early years of service, referring to the rich and famous who could fly to Rome for a party, or to Hawaii for a weekend. Fully illus., most in color.

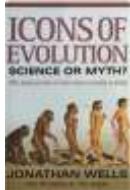
188 pages. Haynes. 8 1/2"x11". Pub. at \$36.95 **\$21.95**



★9017232 LOCKHEED CONSTELLATION: Legends of Flight. By Wolfgang Borgmann. This fully illustrated volume includes ample coverage for all three major commercial variants of the aircraft: the Constellation, the Super Constellation, and the Starliner. Wartime service by military versions, special features, extra comforts, freighter models and conversions are also covered.

144 pages. Schiffer. Pub. at \$29.99 **PRICE CUT to \$19.95**

Paleontology & Evolution

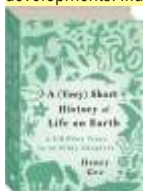


1194305 ICONS OF EVOLUTION: Science or Myth? By Jonathan Wells. Argues that the best-known "icons" of evolution—from pictures of apes evolving into humans, to comparisons of fish and human embryos—are false or misleading. Reveals, among other things, that the textbook version of the origin of life assumes the exact opposite of what scientists now believe. 338 pages. Regnery. Paperbound. Pub. at \$19.99 **\$4.95**



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

Illus. 366 pages. Prometheus. Pub. at \$25.00 **\$2.95**



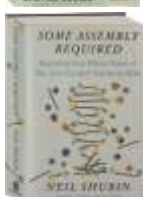
8887004 A (VERY) SHORT HISTORY OF LIFE ON EARTH: 4.6 Billion Years in 12 Pithy Chapters. By Henry Gee. Gee zips through the last 4.6 billion years with infectious enthusiasm and intellectual rigor. Drawing on the very latest scientific understanding, he tells an enlightening tale of survival and persistence that illuminates the delicate balance within which life has always existed.

280 pages. St. Martin's. Pub. at \$24.99 **\$5.95**

9085122 PURPOSE: What Evolution and Human Nature Imply About the Meaning of Our Existence. By Samuel T. Wilkinson. By using principles from a variety of scientific disciplines, Yale Professor Wilkinson provides a framework for human evolution that reveals an overarching purpose to our existence. Illus. 338 pages. Pegasus. Pub. at \$29.95 **\$6.95**



9191917 HOW FAST DID T. REX RUN? Unsolved Questions from the Frontiers of Dinosaur Science. By David Hone. Describes the extraordinary advances in paleontology that are beginning to solve many of the mysteries surrounding these marvelous prehistoric creatures, from their ways of communicating to their mating habits, skin color, migration patterns, and extinction. Photos, most in color. 252 pages. Princeton. Pub. at \$29.95 **\$9.95**



6080855 SOME ASSEMBLY REQUIRED: Decoding Four Billion Years of Life, from Ancient Fossils to DNA. By Neil Shubin. A new view of the evolution of human and animal life that explains how the incredible diversity of life on our planet came to be. Shubin takes readers on a journey of discovery spanning centuries, as explorers and scientists seek to understand the origins of life's immense diversity. Illus.

267 pages. Pantheon. Pub. at \$26.95 **\$6.95**



9045562 CREATURES BORN OF MUD AND SLIME: The Wonder and Complexity of Spontaneous Generation. By Daryn Lehoux. Far from being a superstitious, gullible, or simplistic belief, spontaneous generation was a sophisticated and painstaking grounded fact that stood up to the best scientific testing. It's a compelling look at how we understand conceptions of scientific change, truth and progress.

177 pages. Johns Hopkins. Pub. at \$47.00 **\$3.95**

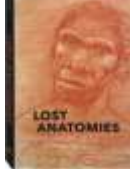


8042721 ORIGIN: A Genetic History of the Americas. By Jennifer Raff. The story of who the first peoples in the Americas were, how and why they migrated, how they dispersed south, and how they lived based on a new and powerful kind of evidence: their complete genomes. Provides an overview of these new histories throughout North and South America, and a glimpse into how the tools of genetics reveal details about human history and evolution. Illus. some in color. 328 pages. Twelve. Pub. at \$30.00 **\$9.95**

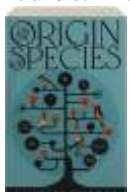


★9141685 EVE: How the Female Body Drove 200 Million Years of Human Evolution. By Cat Bohannon. How did the female body drive 200 million years of human evolution? Bohannon explains the specific science behind the development of the female sex. This title is not only a sweeping revision of human history, it's an urgent and necessary corrective for a world that has focused primarily on the male body for far too long.

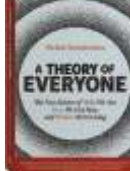
Illus. 612 pages. Vintage. Paperbound. Pub. at \$20.00 **\$14.95**



5779812 LOST ANATOMIES: The Evolution of the Human Form. By John Gurche. Using skeletal and soft-tissue anatomy, Gurche skillfully reconstructs the appearance of individuals in the human lineage, and has developed visual techniques to evoke the eons that separate us from them. Each chapter here is introduced by a leading paleo-anthropologist, who provides context to give the reader a deeper appreciation of Gurche's art. Fully illus. in color. 208 pages. Abrams. 9 1/2"x12 1/4". Pub. at \$40.00 **\$12.95**



9274286 ON THE ORIGIN OF SPECIES. By Charles Darwin. Discover the groundbreaking work that reshaped our understanding of life on Earth. This classic title unveils the revolutionary theory of evolution through natural selection, challenging conventional beliefs and igniting scientific and philosophical debates that resonate to this day. 430 pages. Page Publications. Paperbound. Pub. at \$14.99 **\$6.95**



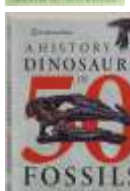
9264523 A THEORY OF EVERYONE: The New Science of Who We Are, How We Got Here, and Where We're Going. By Michael Muthukrishna. Draws on the most recent research from across the sciences, humanities, and the emerging field of cultural evolution to paint a panoramic picture of who we are and what exactly makes human beings different from all other forms of life on the planet. Photos. 439 pages. MIT Press. Pub. at \$32.95 **\$9.95**



9236066 MY BELOVED BRONTOSAURUS: On the Road with Old Bones, New Science, and Our Favorite Dinosaurs. By Brian Switek. Dinosaurs, with their awe-inspiring size, terrifying claws and teeth, and otherworldly abilities, occupy a sacred place in our childhoods and are a fundamental part of our collective imagination. The author investigates the latest discoveries in paleontology and breathes new life into old bones. Photos. 256 pages. Scientific American. Paperbound. Pub. at \$16.00 **\$4.95**



★9139206 FREE AGENTS: How Evolution Gave Us Free Will. By Kevin J. Mitchell. Tells the remarkable story of how living beings capable of choice arose from lifeless matter. Mitchell explains how sentient animals developed the capacity to model, predict, and simulate, and how these faculties reached their peak in humans. A new framework for understanding how life evolved the power to choose and why it matters. Illus. 338 pages. Princeton. Paperbound. Pub. at \$19.95 **\$15.95**



★906947X A HISTORY OF DINOSAURS IN 50 FOSSILS. By Paul M. Barrett. Understand the rise and fall of some of the most amazing creatures to roam Earth! Enjoy this definitive crash course on dinosaur fossils that explores the origin and rise of the dinosaurs, introduction to the major groups, biological characteristics and the first fossil birds. For readers young and old! 75 color illustrations. 160 pages. Smithsonian. Pub. at \$24.95 **\$17.95**



9078525 UNNATURAL SELECTION. By Katrina van Grouw. Featuring more than four hundred breathtaking B&W illustrations of living animals, skeletons, and historical specimens this volume is about selective breeding—the ongoing transformation of animals at the hand of man. And selective breeding on a much grander scale—called evolution. 284 pages. Princeton. **PRICE CUT to \$14.95**

10 1/4"x12 1/4". Pub. at \$49.95

Paleontology & Evolution

9180346 THE EVOLUTION OF THE HUMAN PLACENTA. By M.L. Power & J. Schulkin. 266 pages. Johns Hopkins. Pub. at \$69.00 **\$4.95**

9235000 EXPLAINING LIFE THROUGH EVOLUTION. By Prosanta Chakrabarty. 271 pages. MIT Press. Paperbound. Pub. at \$22.95 **\$6.95**

★8895112 IMPOSSIBLE MONSTERS: Dinosaurs, Darwin, and the Battle Between Science and Religion. By Michael Taylor. Illus. 476 pages. Liveright. Pub. at \$32.99 **\$24.95**

★8882487 BECOMING EARTH: How Our Planet Came to Life. By Ferris Jabr. 16 pages of color photos. 269 pages. Random. Pub. at \$30.00 **\$17.95**

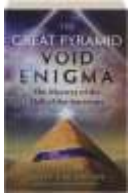
★490642X DINOSAURS: New Visions of a Lost World. By Michael J. Benton. 240 pages. Thames & Hudson. Pub. at \$39.95 **\$16.95**

★9015981 IS EARTH EXCEPTIONAL? The Quest for Cosmic Life. By M. Livio & J. Szostak. 329 pages. Basic. Pub. at \$32.00 **PRICE CUT to \$14.95**

★2324288 THE TOMB OF THE MILI MONGGA: Fossils, Folklore, and Adventures at the Edge of Reality. By Samuel Turvey. Illus. 304 pages. Bloomsbury. Pub. at \$28.00 **PRICE CUT to \$9.95**

★5879442 HOW FAST DID T. REX RUN? Unsolved Questions from the Frontiers of Dinosaur Science. By David Hone. Photos, some in color. 252 pages. Princeton. Paperbound. Pub. at \$18.95 **PRICE CUT to \$7.95**

Archaeology



LIMITED QUANTITY 9208208 THE GREAT PYRAMID VOID ENIGMA: The Mystery of the Hall of the Ancestors. By Scott Creighton. Exploring the controversy surrounding the Big Void within the Great Pyramid of Giza, Creighton artfully debunks many theories about the purpose of the recently discovered massive chamber. He reveals that ancient Coptic-Egyptian texts describe exactly what the Big Void is. Illus. 312 pages. Inner Traditions. Paperbound. Pub. at \$20.00 **\$7.95**

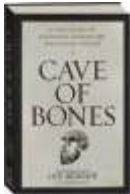


★9192077 THE BURIED CITY: Unearthing the Real Pompeii. By Gabriel Zuchtriegel. Zuchtriegel leads us into the heart of the city, reconstructing Pompeii as it would have been, showing us who lived there, what mattered to them, and what happened in their final hours. Reveals the latest discoveries unearthed in Pompeii and offers a vivid portrait of this World Heritage site as a vibrant and diverse city. 32 pages of color photos. 242 pages. Univ of Chicago Press. Pub. at \$25.00 **\$19.95**

9159231 WOMEN IN THE VALLEY OF THE KINGS: The Untold Story of Women Egyptologists in the Gilded Age. By Kathleen Sheppard. During the so-called Golden Age of Exploration, there were women working and exploring before Howard Carter discovered the tomb of King Tut. This account upends the grand male narrative of Egyptian exploration and shows how a group of courageous women charted unknown territory and changed the field of Egyptology forever. Photos. 306 pages. St. Martin's. Pub. at \$30.00 **\$6.95**



8119171 ARCHAEOLOGY FROM SPACE: How the Future Shapes Our Past. By Sarah Parcak. Shows the evolution, major discoveries, and future potential of the young field of satellite archaeology. Using multispectral and high-resolution satellite imagery she has identified thousands of previously unknown settlements, roads, fortresses, palaces, tombs, and even potential pyramids. Color photos. 278 pages. Holt. Pub. at \$30.00 **\$5.95**



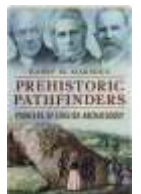
9152881 CAVE OF BONES: A True Story of Discovery, Adventure, and Human Origins. By L. Berger & J. Hawks. Since 2013, Berger and his team have revealed thousands of fossil bones representing Homo naledi, a previously unknown member of the human family tree within a complex cave system in South Africa. With a smaller brain, but limbs similar to ours, the naledi species likely roamed this African landscape at the same time as our own, Homo sapiens, first did. Well illus. some in color. 235 pages. National Geographic. Pub. at \$30.00 **\$7.95**



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★**4988981 MAYO CLINIC ON HEARING & BALANCE, 3RD EDITION: Hear Better, Improve Your Balance, Enjoy Life.** By Jamie M. Bogle. This guide will help you understand what causes hearing loss and balance issues, how they can be prevented, and how you can manage and live well with them. Also includes exercises to help assess your balance and how to improve it. Illus. in color. 286 pages. Mayo Clinic. Paperbound. Pub. at \$19.99 **\$14.95**

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★**907547X THE GENETIC BOOK OF THE DEAD: A Darwinian Reverie.** By Richard Dawkins. illus. by J. Lenzova. In this exploration of the power of Darwinian evolution and what it can reveal about the past, Dawkins shows how the body, behavior, and genes of every living creature can be read as a book—an archive of the worlds of its ancestors. Well illus. in color. 351 pages. Yale. Pub. at \$35.00 **\$26.95**



★**9015280 DO PLANTS KNOW MATH? Unwinding the Story of Plant Spirals, from Leonardo da Vinci to Now.** By Stephane Douady et al. Tells the stories of the physicists, mathematicians, and biologists who found themselves magnetically drawn to Fibonacci spirals in plants, seeking an answer to why these beautiful and seductive patterns occur in botanical forms as diverse as pine cones, cabbages, and sunflowers. Well illus., many in color. 338 pages. Princeton. Pub. at \$27.95 **\$22.95**



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9123237 DEEP ANCESTRY: Inside the Genographic Project. By Spencer Wells. Begins with the assumption that the human race began 60,000 years ago with a single family in an African village. Dedicated to uncovering the secrets of deep ancestry, the project is detailed here. 247 pages. National Geographic. Paperbound. Pub. at \$12.95 **\$4.95**

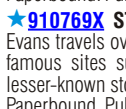
Anthropology



9137254 SCATTERED ROUND STONES: A Mayo Village in Sonora, Mexico. By David Yetman. The Mayos have evolved a profound union between the monte, or thornscrub forest, and their cultural life. Yetman describes the region's plant and animal life and recounts the stories and traditions that animate the monte for the Mayos. That folk culture, so critical to their identity, is under assault by the global economic revolution. Photos. 352 pages. UNMP. Paperbound. Pub. at \$19.95 **\$4.95**



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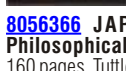
★9177507 ENOUGH IS ENUF: Our Failed Attempts to Make English Easier to Spell. By Gabe Henry. Why do we pronounce *colonel* with an *r*? Why do we write *laugh* instead of *la?*? A brief and humorous 500-year history of the Simplified Spelling Movement from advocates like Ben Franklin, C.S. Lewis, and Mark Twain, from texts to Twitter. Illus. 287 pages. Dey Street. Pub. at \$28.00 **\$21.95**



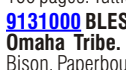
★DVD 9069704 DOGON: Theory of Creation. The Dogon are an ethnic group living in the central plateau region of Mali. They are best known for their religious traditions, which include a sophisticated cosmology, a tradition of mask making, and unique architecture. They are also known for their oral tradition, which has preserved their history and traditional knowledge of the cosmos. 60 minutes. Vision Laboratories. Pub. at \$24.95 **\$17.95**



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8056366 JAPANESE CULTURE: The Religious and Philosophical Foundations. Ed. by Roger J. Davies. Illus. 160 pages. Tuttle. Paperbound. Pub. at \$15.95 **\$5.95**



9131000 BLESSING FOR A LONG TIME: The Sacred Pole of the Omaha Tribe. By R. Ridington & D. Hastings. Illus. 259 pages. Bison. Paperbound. Pub. at \$18.00 **\$2.95**

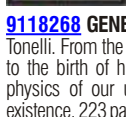
Chemistry & Physics



LIMITED QUANTITY 9211098 THE SPINNING MAGNET: The Electromagnetic Force That Created the Modern World—And Could Destroy It. By Alanna Mitchell. This globe-trotting history of the science of electromagnetism and the Earth's magnetic field, right up to the latest indications that the North and South Pole may soon reverse with apocalyptic results, will change the way you think about our planet. 323 pages. Dutton. Pub. at \$28.00 **\$6.95**



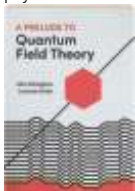
1907107 ELEMENTARY: The Periodic Table Explained. By James M. Russell. In accessible terms, the author lays bare the construction of the table itself and the makeup of each of its vital elements, and gives us a compelling tour of the scientists who uncovered their unique properties. From aluminum to zirconium, discover the stories behind the building blocks that make up our world. 186 pages. Michael O'Mara. Paperbound. Pub. at \$12.95 **\$6.95**



9118268 GENESIS: The Story of How Everything Began. By Guido Tonelli. From the origins of the universe, to the emergence of life on Earth, to the birth of human language, Tonelli both explains the fundamental physics of our universe and marvels at the profound wonder of our existence. 223 pages. Picador. Paperbound. Pub. at \$17.00 **\$4.95**



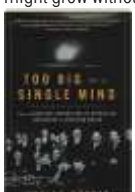
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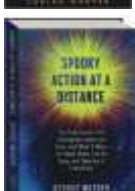
9191976 A PRELUDE TO QUANTUM FIELD THEORY. By J. Donoghue & L. Sorbo. Introduces the key concepts of quantum field theory in a brief and accessible manner while never sacrificing mathematical rigor. The result is an easy-to-use textbook that distills the most general properties of the theory without overwhelming beginning students with more advanced applications. Illus. 146 pages. Princeton. Paperbound. Pub. at \$29.95 **\$9.95**



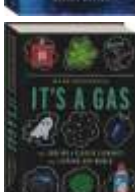
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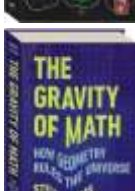
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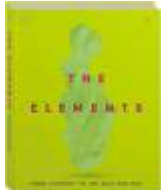
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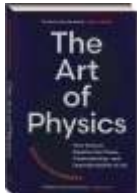
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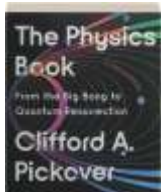


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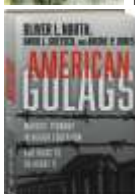
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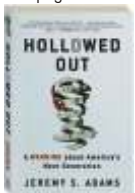
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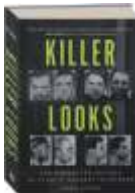
9133445 AMERICAN GULAGS: Marxist Tyranny in Higher Education and What to Do About It. By Oliver L. North et al. Today from kindergarten through 12th grade in the government school system, teaching reading, writing, and math have been supplanted by Marxist indoctrination. Our colleges and universities have become the final training grounds and launching pads for the next waves of Marxist activists. Equips every American to turn this travesty around. 160 pages. Fidelis. Pub. at \$20.00 **\$5.95**



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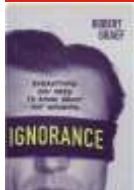


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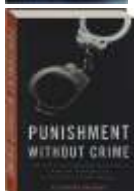
Social Science



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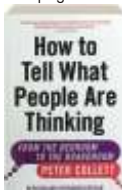
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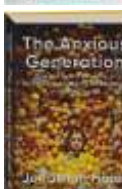
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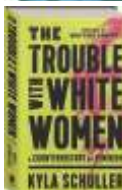
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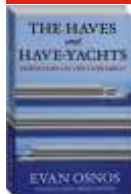


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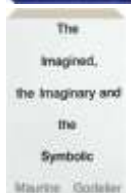


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Social Science



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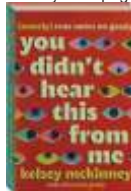
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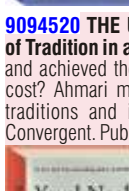
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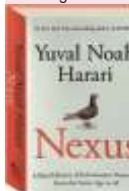
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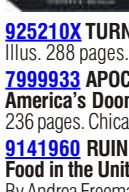
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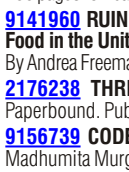
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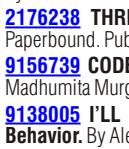
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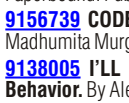
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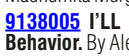
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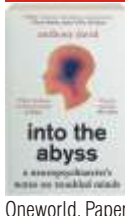
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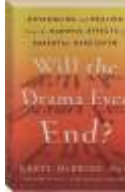
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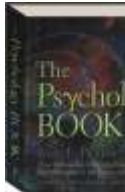
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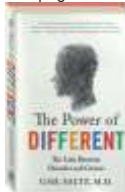
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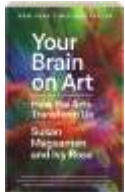
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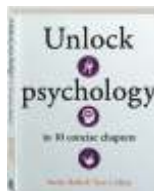
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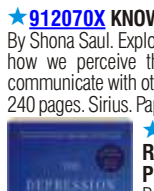
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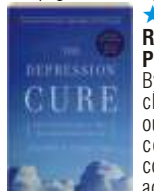
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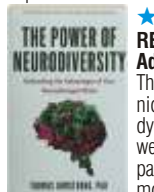
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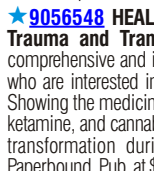
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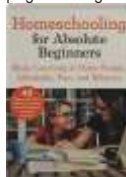
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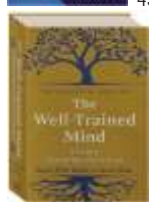
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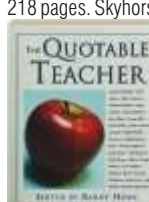


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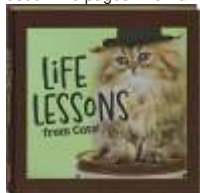
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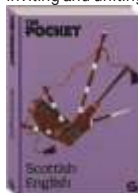


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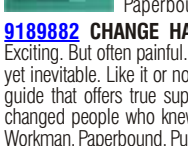
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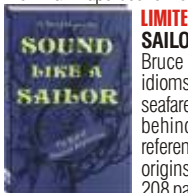
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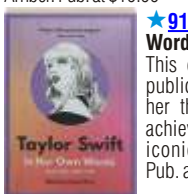


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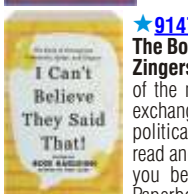


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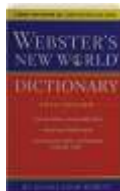
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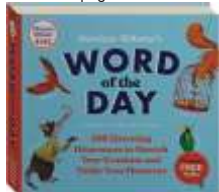
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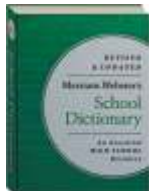
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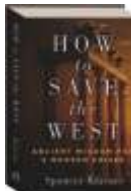
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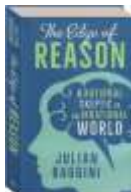
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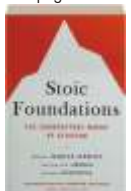
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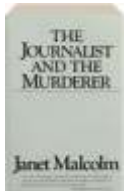
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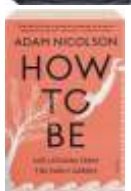
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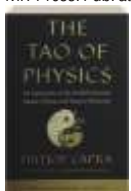
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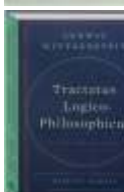


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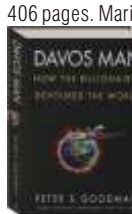
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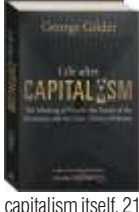


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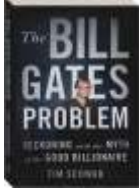


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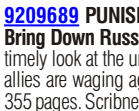
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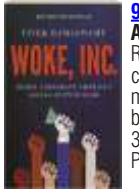
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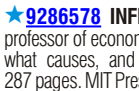
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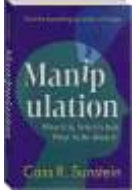
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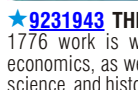
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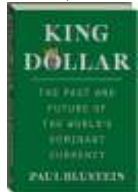
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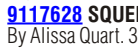
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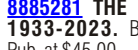
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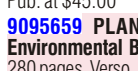
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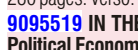
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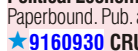
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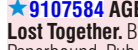
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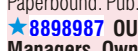
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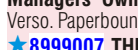
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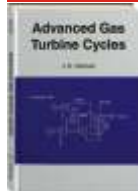


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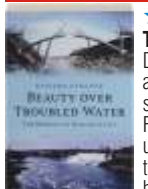


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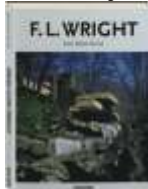
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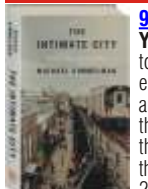
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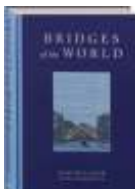
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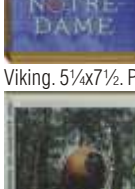
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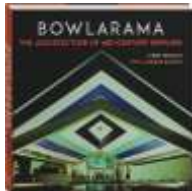
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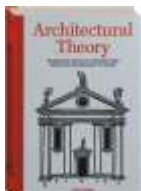


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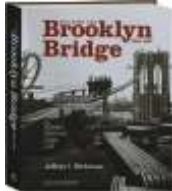


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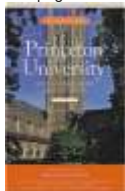


9145346 FOUR FLORIDA MODERNS: The Architecture of Alberto Alfonso, Rene Gonzalez, Chad Oppenheim, and Guy Peterson. By Saxon Henry. At once a striking visual tour and a thoughtful examination, this survey treats readers to the rich and innovative styles of tropical modernism as conceived by four trailblazing architects. Over 300 vibrant,

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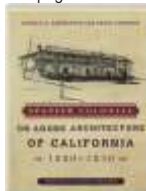
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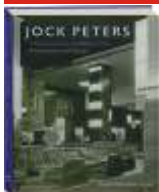
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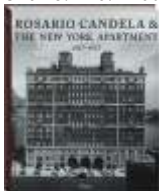
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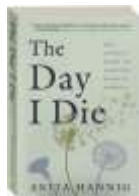
Medical Science



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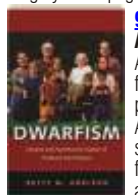


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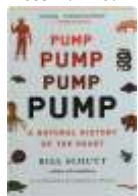
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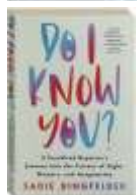
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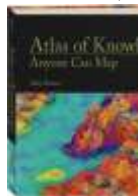
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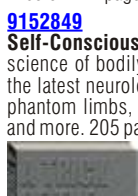
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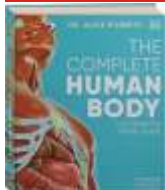


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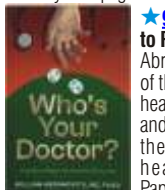


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Medical Science



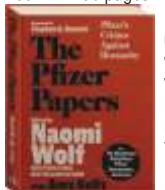
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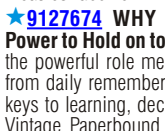
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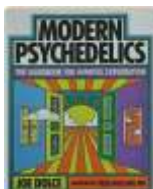
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Medical Science

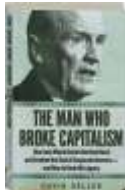
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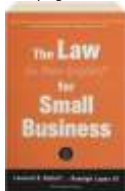
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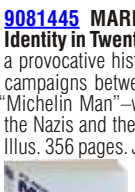
9025227 THE LAW (IN PLAIN ENGLISH) FOR SMALL BUSINESS, SIXTH EDITION. By L.D. DuBoff & R. Lopez III. Whether you are just about to open a small business, are reassessing an existing business, or simply have a few questions, this edition is the go to resource for small business owners and entrepreneurs.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



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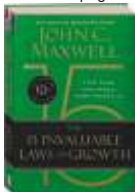
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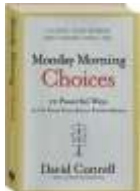


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Business

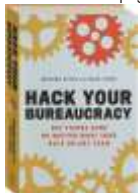


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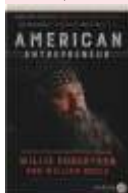
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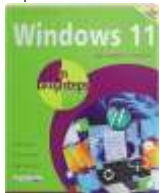


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Computer Books



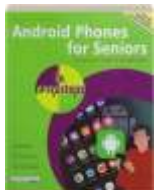
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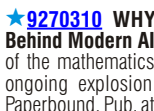
★7939922 WINDOWS 11 TIPS, TRICKS & SHORTCUTS IN EASY STEPS. By Nick Vandome. Packed with over 1,000 tricks of the trade, it'll show you how to customize the interface to suit your needs; boost your PC's performance with easy tweaks; quicken startup and shutdown times; keep your hard drive lean; keep net browsing safe, private and efficient; and more. Fully illus. in color. 216 pages. In Easy Steps. Paperbound. Pub. at \$18.99 **\$13.95**



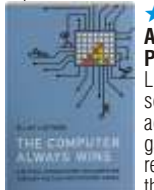
★9119736 3D PRINTERS, REVISED EDITION: A Beginner's Guide. By Oliver Bothmann. Methodically and thoughtfully details all of the design and technical basics of 3D printing so you can maximize its potential—and your creativity. From understanding what a 3D printer is to how to prepare for print, software construction, and slicing to practice printing, and more. Fully illus. in color. 144 pages. Fox Chapel. Paperbound. Pub. at \$19.99 **\$14.95**



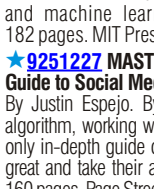
9264361 THE HANDOVER: How We Gave Control of Our Lives to Corporations, States and AIs. By David Runciman. Explains our current situation through the history of the "artificial agents" we created to rescue us from our all-too-human limitations—and demonstrates what this radical new view of our recent past means for our collective future. Photos. 328 pages. Liveright. Pub. at \$30.00 **\$6.95**



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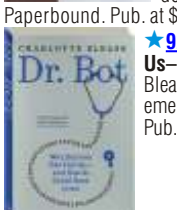
★9251227 MASTERING VIDEO CONTENT CREATION: A Practical Guide to Social Media Growth with Expertly Shot and Edited Posts. By Justin Espejo. By providing helpful insights on understanding the algorithm, working with brands, and monetizing your content, this is the only in-depth guide creators will need to take their content from good to great and take their audience from big to enormous. Fully illus. in color. 160 pages. Page Street. Paperbound. Pub. at \$23.99 **\$17.95**



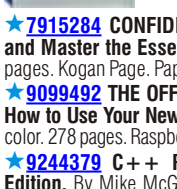
9001581 COLOR FOR THE SCIENCES. By Jan Koenderink. After a brief account of the history of the discipline and a chapter that presents an overview, the heart of this work covers the main topics in colorimetry, including the space of beams, achromatic beams, edge colors, optimum colors, color atlases, and spectra. Also more specialized topics including implementations and more. Fully illus., some in color. 741 pages. MIT Press. Pub. at \$80.00 **\$14.95**



★9060782 GENERATIVE AI IN ACTION. By Amit Bahree. Generative AI can transform your business by streamlining the process of creating text, images and code. This book will show you how to get in on the action! Includes best practices for deploying Generative AI apps, production-quality RAG and adapting GenAI models to your specific domain. Well illus. 438 pages. Manning. Paperbound. Pub. at \$59.99 **\$44.95**



★9287086 DR. BOT: Why Doctors Can Fail Us—and How AI Could Save Lives. By Charlotte Blease. Reveals how AI, if handled with care, could emerge as reliable physicians. 332 pages. Yale. Pub. at \$25.00 **\$17.95**



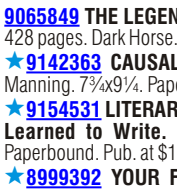
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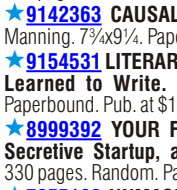
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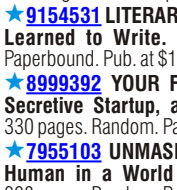
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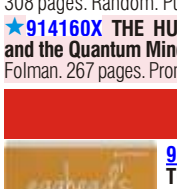
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★9142363 CAUSAL AI. By Robert Osazuwa Ness. 490 pages. Manning. 7¼x9¼. Paperbound. Pub. at \$59.99 **\$44.95**



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★8999392 YOUR FATE BELONGS TO US: A Tale of AI, a Secretive Startup, and the End of Privacy. By Kashmir Hill. 330 pages. Random. Paperbound. Pub. at \$20.00 **\$9.95**

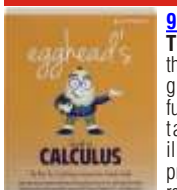


★7955103 UNMASKING AI: My Mission to Protect What Is Human in a World of Machines. By Joy Buolamwini. Illus. 308 pages. Random. Pub. at \$28.99 **\$14.95**

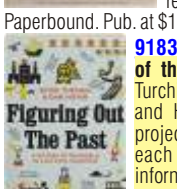


★914160X THE HUMAN TEST: How Predictability, Creativity, and the Quantum Mind Will Redefine Life in the Age of AI. By Ron Folman. 267 pages. Prometheus. Pub. at \$29.95 **PRICE CUT to \$17.95**

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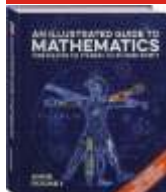


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Mathematics

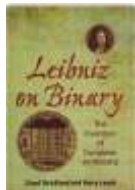


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★9084932 EVERYTHING YOU NEED TO ACE PRE-ALGEBRA & ALGEBRA 1 IN ONE BIG FAT NOTEBOOK. By Jason Wang. Covers everything you need to know during a year of pre-algebra and algebra 1 class, breaking down one subject into accessible units. Includes the number system, ratios and proportions, scientific notation, functions, graphing a line and much more. Fully illus. in color. 627 pages. Workman. Paperbound. Pub. at \$16.99 **\$12.95**

9217614 IS MATH REAL? How Simple Questions Lead Us to Mathematics' Deepest Truths. By Eugenia Cheng. Where do we learn math: From rules in a textbook? From logic and deduction? Not really, according to mathematician Eugenia Cheng. We learn it from human curiosity—most importantly, from asking questions. 320 pages. Basic. Pub. at \$30.00 **\$7.95**



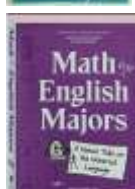
8996083 LEIBNIZ ON BINARY: The Invention of Computer Arithmetic. By L. Strickland & H. Lewis. The first collection of Leibniz's most important writings on the binary system. The 32 texts tell the story of binary as he conceived it, from his first youthful writings on the subject to the mature development and publication of the binary system. Illus. 228 pages. MIT Press. Paperbound. Pub. at \$35.00 **\$6.95**



9276459 KINEMATICS OF SPHERICAL MECHANISMS. By C.H. Chiang. Readers of this edition will appreciate the use of vector and matrix methods and the exclusion of non-linear equations. It is primarily a handbook for the professional designer of mechanisms, but it will also be of value as a graduate-level text. 409 pages. Springer. Pub. at \$35.00 **\$5.95**



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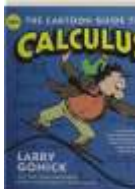


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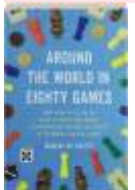


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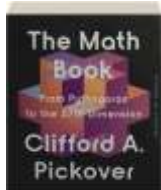
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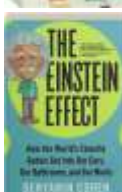


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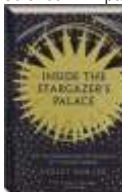
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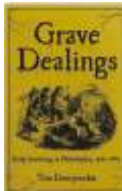
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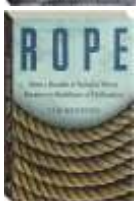
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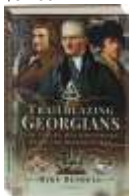


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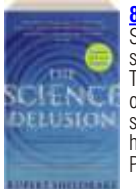
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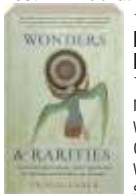
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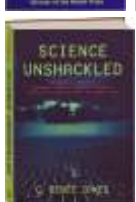
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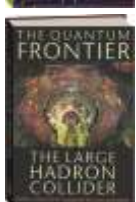
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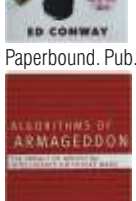
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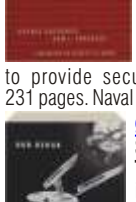
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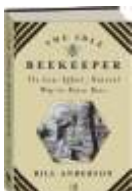
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916880X BUTTERFLIES OF SOUTH AFRICA, SECOND EDITION: A Field Guide. By Steve Woodhall. Comprehensive guide, lavishly illustrated with color photography, contains all of South Africa's 671 known butterfly species. Includes male and female forms, where they differ, and upper and underside photos. Covers identification, habits, flight periods, broods, typical habitat, distribution, alternative common names and more. 464 pages. Bloomsbury. Paperbound. Pub. at \$35.00 **\$4.95**



6077218 WHAT INSECTS DO, AND WHY. By Ross Piper. Explores how insects live, ranging from elegant displays of courtship to brutal acts of predation, and provides insights into the marvelous diversity of insects all around us. Along the way, Piper discusses insect evolution, reproduction, life cycles, feeding strategies, defenses, and more. Well illus. in color. 224 pages. Princeton. Pub. at \$27.95 **\$5.95**

9211691 THE SECRET LIFE OF FLIES. By Erica McAllister. Entomologist McAllister dispels many common misconceptions as she reveals how truly amazing, exotic, and important these creatures are. Color photos. 248 pages. Firefly. Paperbound. Pub. at \$24.95 **\$7.95**

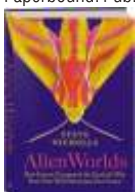


914544X AN ILLUSTRATED GUIDE TO CICKRACHES. By Ekaterina Smirnova. An amusing celebration of those squirmy, resilient pests we all love to hate, with everything from profiles on the different common species, to interesting facts, fun activities, tips for eradication, and even recipes! 90 pages. Mark Batty. 5 1/4 x 7 1/4. Pub. at \$17.95 **\$4.95**



9057870 THE LIVES OF BEETLES: A Natural History of Coleoptera. By Arthur V. Evans. Individual chapters cover beetles' structure and function; evolution, diversity, classification, and distribution; communication, reproduction, and development; feeding habits; uses in medicine, science, and technology; and study and conservation. Fully illus. in color. 288 pages. Princeton. Pub. at \$35.00 **\$7.95**

9019138 THE DANGEROUS WORLD OF BUTTERFLIES: The Startling Subculture of Criminals, Collectors, and Conservationists. By Peter Laufer. Laufer examines the allure of butterflies and recounts the constant role they have played throughout history and across cultures in mythology and art. But his research takes an unpredictable turn into the high-stake realms of organized crime, ecological devastation, species depletion, and integrity of museum collections, and chaos theory. 271 pages. Lyons. Paperbound. Pub. at \$16.95 **\$2.95**



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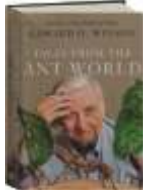


DVD 7973837 SILENCE OF THE BEES: NATURE. Join researchers as they follow the trail of clues from the United States to southern France, from the hills of Spain to England, all the way to Australia and China as the scramble to discover why honeybees are dying in record numbers, and to stop the epidemic before it spreads further. Also includes a bonus program *Parrots in the Land of Oz*. 118 minutes. Questar. **\$5.95**

Insects



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1928546 TALES FROM THE ANT WORLD. By Edward O. Wilson. Richly illustrated with depictions of ant species as well as photos from Wilson's expeditions throughout the world, this is a fascinating—if not hair-raising—personal account by one of our greatest scientists and a necessary reference for students of the natural world. 227 pages. Liveright. Pub. at \$26.95 **\$9.95**



★6198295 THE BEEKEEPER'S BIBLE: Bees, Honey, Recipes & Other Home Uses. By R.A. Jones & S. Sweeney-Lynch. Part history book, part handbook, and part cookbook, this tome covers every facet of the ancient hobby of beekeeping, from safe hive management to culinary, medicinal, cosmetic, and domestic uses of honey, beeswax, and pollen. Fully illus. in color. 412 pages. Abrams. **\$33.95**



★9266003 INSECT ARCHITECTURE: How Insects Build, Engineer, and Shape Their World. By Tom Jackson. Takes readers inside the amazing structures that insects build, from the paper galleries of yellowjacket wasps to elaborate termite mounds. Each chapter focuses on a group of insect architects, describing the materials and methods they use while exploring the structures themselves in detail. Fully illus. in color. 175 pages. Princeton. 8 1/2x10 1/4. Pub. at \$29.95 **\$24.95**



★9272879 INSECT ANATOMY: The Curious World of Bees, Beetles, Butterflies, and Bugs. By J. Rothman & M. Hearst. Get a close-up look at the world of insects with a delightfully illustrated guide to the fascinating insects, bugs, arachnids, and other creatures that populate our planet by the billions. 205 pages. Storey. Paperbound. Pub. at \$18.99 **\$13.95**



★9253726 BUGS: A Photocolor Book. By Mara Grunbaum, illus. by D. Kainen. Seeing is believing with the innovative and bestselling Photocolors, giving readers a fascinating view of insect behavior in living motion. Features eight incredible moving images, including a praying mantis striking and a crawling caterpillar. Provides information on each depicted species. Workman. Pub. at \$27.00 **\$21.95**



★9234241 BUGWATCHING: The Art, Joy, and Importance of Observing Insects. By Eric R. Eaton, illus. by S. Gallagher. This incisive field companion highlights the basic tools for watching insects with all of our senses, covers some best habitats and circumstances for seeing the most diversity, and shares tips for attracting desirable insects to your yard and garden. Fully illus. in color. 180 pages. Princeton. Paperbound. Pub. at \$22.95 **\$18.95**



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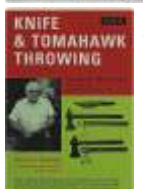
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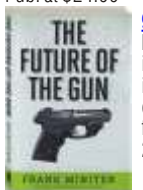
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7977336 CLEANING AND PREPARING GAMEFISH: Step-by-Step Instructions, from Water to Table. By Monte Burch. This handbook covers the skills needed for gutting, scaling, skinning, steaking, and filleting all popular gamefish, as well as knives, tools,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

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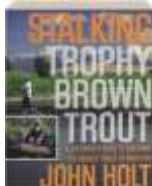


9030255 KNACK FISHING FOR EVERYONE: A Complete Illustrated Guide. By Scott Bowen. Guides you to becoming a capable and knowledgeable angler—one who, with a set of basic skills, starts catching fish and continues to do so, refining your techniques as you go. It presents all the essentials of fishing, 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**

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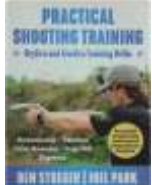
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★117679X THE BALLISTICS HANDBOOK: Factors Affecting Bullet Flight from Muzzle to Target. By Philip P. Massaro. Breaks down how environmental conditions, trajectory, ballistic coefficient, bullet shape/construction, and barrel length all affect accuracy. 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**

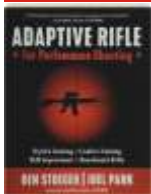


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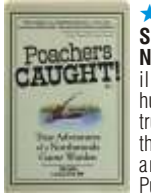
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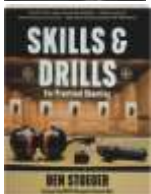
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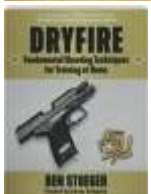
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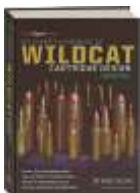


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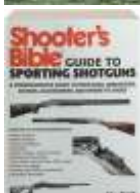
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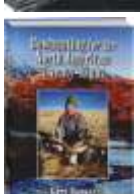
9003436 **MODERN TROUT FISHING: Advanced Tactics & Strategies for Today's Fly Fisher.** By Boots Allen. A fresh and up-close look at the latest and most successful methods of trout fishing used by anglers the world over. Fully illus. in color. 208 pages. Lyons. Paperbound. Pub. at \$24.95 **PRICE CUT to \$2.95**



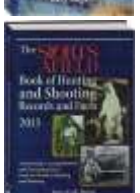
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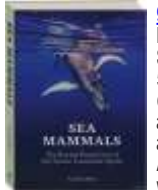
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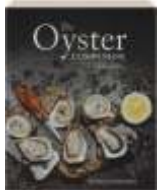
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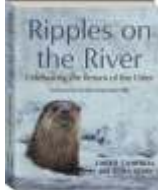
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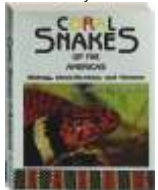
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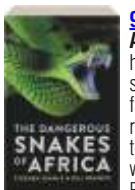
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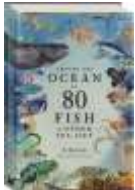
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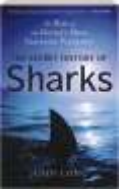


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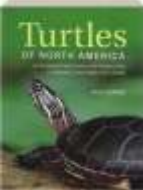
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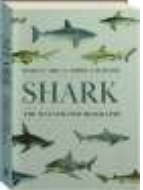
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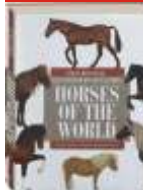
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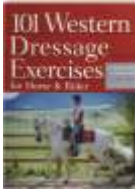
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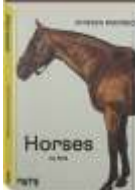
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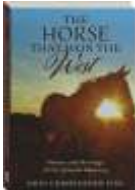
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9076336 THE HORSE ENCYCLOPEDIA. By Elwyn Hartley Edwards. Fully illus. in color. 360 pages. Dorling Kindersley. 9 1/2 x 11 1/4. Pub. at \$40.00 **\$19.95**

7930801 HORSE/HUMAN: An Emotional Bond. By Bob Tabor. 183 pages. Glitterati. 14 1/4 x 11 1/4. Pub. at \$95.00 **\$19.95**

★7530641 THE HISTORY OF THE KENTUCKY DERBY IN 75 OBJECTS. By J.K. Whitehead & Kentucky Derby Museum. Fully illus. most in color. 320 pages. UPKy. 8 3/4 x 11 1/4. Pub. at \$35.00 **PRICE CUT to \$19.95**

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

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

Horses & Horsemanship

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

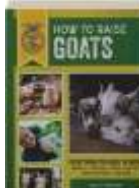
Farm & Domesticated Animals



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



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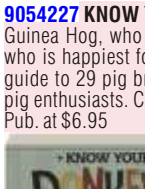
★**9197842** **THE SALT STONES: Seasons of a Shepherd's Life.** By Helen Whybrow. In the heart of Vermont's Green Mountains, the author has restored an old two-hundred-acre farm, where she tends to a flock of Icelandic sheep. Her vivid, reflective prose explores the seasons and cycles of farming and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



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

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Animals



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9128816 MIND-BLOWING FACTS ABOUT THE PLANET'S STRANGEST ANIMALS. By Kylie Keen. This captivating collection of unusual animal facts transports you across countries and continents to learn about the little-known creatures that call our planet home. Discover a plethora of animal behaviors, diets, habitats and more with over 60 fuzzy, scaly and feathered friends. Well illus. in color. 160 pages. Page Street. Paperbound. Pub. at \$23.99 **\$6.95**



LIMITED QUANTITY 9233350 WILD AND CRAZY: Photos from the Comedy Wildlife Photography Awards. Ed. by Paul Joynson-Hicks et al. An upbeat and lighthearted collection of the funniest photos of wildlife from around the world for animal lovers of all stripes. A pelican losing its lunch; an elephant falling on its face; a meerkat having a rough day; and more. Fully illus. in color. S&S. Paperbound. Pub. at \$16.99 **\$6.95**



Blu-ray 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**



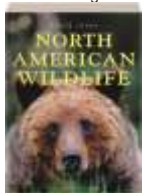
Blu-ray 9255257 THE HUNT. Widescreen. From the producers of *Frozen Planet* and *Planet Earth*, this series reveals the most surprising and significant events in the natural world in astonishing detail. See the dramatic encounters of predator and prey in an entirely new light. Collects all seven episodes. Nearly 6 hours on two Blu-rays. BBC Earth. **\$4.95**



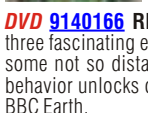
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9106618 NORTH AMERICAN WILDLIFE. By David Jones. Journey into a world where the grizzly bear rules the clearings, the lynx silently stalks the forests, and the rattlesnake slithers through the deserts. Some of the most expansive parkland on earth protects these animals, and provides a dramatic backdrop for this close-up look at life in the wild. Color photos. 304 pages. Whitecap. 9x12. Paperbound. Pub. at \$29.95 **\$6.95**



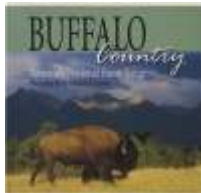
DVD 9140166 REAL APES OF THE PLANET. Widescreen. In three fascinating episodes, you'll mingle and monkey around with some not so distant relatives: a colorful cast of primates whose behavior unlocks clues about our own. English SDH. Three hours. BBC Earth. **\$5.95**



DVD 9221727 HIDDEN KINGDOMS. Widescreen. When you are less than a foot tall, the raindrops fall like meteorites, and the breeze feels like a tornado. The challenges these tiny yet adorable creatures face are exceptional, and their enemies gigantic—but their solutions are ingenious. Narrated by Stephen Fry. English SDH. 177 minutes. BBC Earth. **\$5.95**



DVD 8993483 CHASED BY DINOSAURS. Widescreen. Get ready to be transported back more than 75 million years in this dinosaur triple feature. In *The Giant Claw*, amazing life-like computer animation brings the colossal Therizinosaurus thunderingly alive. In *Land of Giants*, travel to South Africa's Patagonia. Finally, *Allosaurus* follows a male Allosaurus from birth to death. English SDH. 90 minutes. BBC. **\$5.95**



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



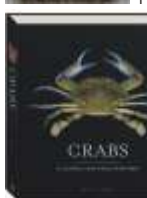
7962118 WILD FAMILY: Seven Stories of Extraordinary Animal Friendship. By Bhagavan Doc Antle with J.M. Greene. Reminds us that friendships aren't just for humans. When the struggles of living in the wild are removed, all kinds of animals can become best buds. This collection of extraordinary stories and amazing photographs chronicles seven such interspecies friendships. 64 pages. Earth Aware. Pub. at \$16.99 **\$3.95**



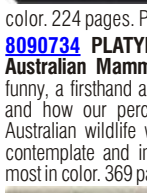
1041207 A HANDFUL OF HAPPINESS: How a Prickly Creature Softened a Prickly Heart. By Massimo Vacchetta with A. Tomaselli. A veterinarian cares for an orphaned baby hedgehog and connects with her in a way he's never connected with any other animal. Through this life affirming story of a man and his hedgehog, 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 **\$2.95**



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



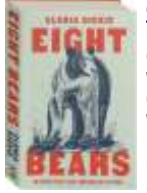
9191860 CRABS: A Global Natural History. By Peter J.F. Davie. Richly illustrated natural history of the world's crabs examining their diversity, ecology, anatomy, behavior, and more. There are more than 7,000 crab species in 100 different families. Each profile has been chosen to emphasize remarkable and intriguing aspects of the lives of these fascinating creatures. Fully illus. in color. 224 pages. Princeton. Pub. at \$29.95 **\$9.95**



8090734 PLATYPUS MATTERS: The Extraordinary Story of Australian Mammals. By Jack Ashby. Scientifically informed and funny, a firsthand account of Australia's wonderfully unique mammals and how our perceptions impact their future. This celebration of Australian wildlife will open eyes and change minds about how we contemplate and interact with the natural world—everywhere. Photos, most in color. 369 pages. William Collins. **\$5.95**



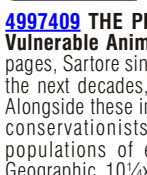
6077161 LOST ANIMALS: Extinction and the Photographic Record. By Errol Fuller. A unique photographic record of extinction, presented by a world authority on vanished animals. Collected together for the first time, these photographs provide a tangible link to animals that have now vanished forever, bringing the past to life while delivering a warning for the future. 256 pages. Princeton. Paperbound. Pub. at \$24.95 **\$9.95**



9264299 EIGHT BEARS: Mythic Past and Imperiled Future. By Gloria Dickie. Today, most of the eight remaining bear species are threatened with extinction. Dickie embarks on a journey to explore each bear's story, delivering a clear warning for what we risk losing if we don't learn to live alongside the animals that have shaped our cultures, geographies, and stories. Illus. 250 pages. Norton. Pub. at \$30.00 **\$6.95**



9212094 THE FIRST DOMESTICATION: How Wolves and Humans Coevolved. By R. Pierotti & B.R. Fogg. In this fascinating work, the authors change the narrative about how wolves became dogs and, in turn, humanity's best friend. Rather than recount how people mastered and tamed an aggressive, dangerous species, they describe coevolution and mutualism. Illus. 326 pages. Yale. Pub. at \$38.00 **\$9.95**

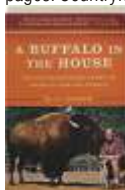


4997409 THE PHOTO ARK VANISHING: The World's Most Vulnerable Animals. By J. Sartore & E. Kolbert. In these vivid pages, Sartore singles out the species most likely to disappear in the next decades, as well as some that have already been lost. Alongside these indelible images are the words of scientists and conservationists who are working to protect and restore populations of endangered species. 400 pages. National Geographic. 10 1/4 x 10. Pub. at \$40.00 **\$14.95**

Animals



9168788 BEARS IN THE BACKYARD: Big Animals, Sprawling Suburbs, and the New Urban Jungle. By Edward R. Ricciuti. Explores cutting-edge research into why wildlife encroaches on human turf, how it impacts all of us, and how to deal with it on both societal and personal levels. Readers will learn how to protect against potential dangers even as hair-raising tales of real-life encounters thoroughly entertain them. Photos. 248 pages. Countryman. Paperbound. Pub. at \$14.95 **\$4.95**



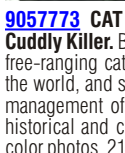
9046879 A BUFFALO IN THE HOUSE: The Extraordinary Story of Charlie and His Family. By R.D. Rosen. Tells the story of Veryl Goodnight and Roger Brooks, who adopt an orphaned buffalo calf. They open their home to the buffalo, and discover how strong a bond between man and animal can be. Well illus. 257 pages. Random. Paperbound. Pub. at \$14.00 **\$5.95**



9064001 ARCTIC FOX: Life at the Top of the World. By Garry Hamilton, photos by N. Rosing. Tells the fascinating story of the arctic fox, from its evolutionary beginnings to its current life in the far north: mating and raising a family, hunting and scavenging, its relationship with the polar bear and other arctic inhabitants, and the never-ending struggle for survival in a fragile vanishing environment. Color photos. 231 pages. Firefly. 8 1/2 x 11. Paperbound. Pub. at \$29.95 **\$4.95**



9184015 MAMMALS OF INDIANA, REVISED EDITION. By J.O. Whitaker, Jr. & R.E. Mumford. Placing strong emphasis on ecology with descriptions of Indiana's habitats, climate, and vegetation and detailed species accounts, this comprehensive reference also summarizes the current knowledge about Indiana's mammal species. Illus., some color. 661 pages. InUP. 8 1/2 x 11 1/4. Pub. at \$75.00 **\$8.95**



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**



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



★9124462 HOW TO READ A CHICKEN'S MIND: Understand How Chickens Learn, Perceive People, Express Emotions, and Pass Down Knowledge. By Melissa Caughey. Caughey shares her years of experience and research about our feathered friends with this entertaining and informative exploration of what chickens think and feel. She offers insights into the range of feelings that chickens can express and their unexpected intelligence, personality types, and flock dynamics. Fully illus. in color. 128 pages. Storey. Paperbound. Pub. at \$18.99 **\$13.95**



265198X CHICKEN WISDOM: 50 Inspirational Prints to Put You in a Fresh Frame of Mind. By Melissa Caughey. Sage sentiments meet delightful chicken photography on 50 individual cards, and with a pull-out table-top frame included, you can display your favorite card or easily swap it out for one that fits the mood or suits the moment. Storey. Paperbound. Pub. at \$14.95 **\$5.95**



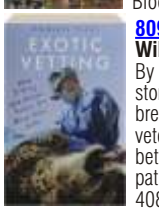
9030433 WILDERNESS PREDATORS OF THE ROCKIES: The Bond Between Predator and Prey. By Mike Lapinski. First hand accounts and amazing photos capture the lives of secretive hunters like the mighty grizzly, stately wolf, and stealthy mountain lion that prowl the backcountry of the Rockies. 193 pages. Falcon. Paperbound. Pub. at \$17.95 **\$2.95**



8 1/4 x 10 1/4. Pub. at \$16.99 **\$4.95**



9169075 REPTILES & AMPHIBIANS OF NEW ZEALAND: A Field Guide. By Dylan van Winkel et al. Field guide to New Zealand's 123 species of reptiles and amphibians, featuring a comprehensive introduction to evolution, conservation, ecosystems and geographic history of these fascinating tetrapods. Packed with extraordinary full-color photographs! Color photos. 368 pages. Bloomsbury. Paperbound. Pub. at \$18.00 **\$4.95**



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

9030069 BISON: Falcon Pocket Guide. By Jack Ballard. Presents readers with substantive, yet easily digestible, information on this majestic symbol of the American West. This handy field guide contains all you need to know to become familiar with these fascinating animals. Fully illus. in color. 85 pages. Falcon. 4 1/4 x 7. Paperbound. Pub. at \$12.95 **\$4.95**



★9136924 ZOOBORNS: The Newest, Cutest Animals from the World's Zoos and Aquariums. By A. Bleiman & C. Eastland. Showcases the newest and cutest animal babies from zoos and aquariums worldwide, featuring fascinating animal facts and stories that illustrate the connections between zoo births and conservation initiatives. Fully illus. in color. 149 pages. S&S. Paperbound. Pub. at \$17.99 **\$12.95**

9002863 SEA TURTLES: The Watcher's Guide. By M. Timothy O'Keefe. Gives an overview of sea turtle life and also provides the specifics of appropriate personal conduct and behavior for human beings on turtle nesting beaches. Fully illus. 126 pages. Larsen's Outdoor. Paperbound. Pub. at \$17.95 **\$2.95**



★DVD 9281045 LAST OF THE BIG TUSKERS. A big tusked elephant has at least one tusk weighing 100 pounds or more. Only 100 years ago, thousands roamed the wilds of Africa. Today, only 22 remain. This documentary focuses on the last of these iconic animals and what is being done to keep them safe. 52 minutes. Dreamscape Media. Pub. at \$17.95 **\$13.95**

★9136797 INCREDIBLE BEAR ATTACKS: Terrifying Tales of Savage Encounters Between Bears and People. Ed. by Lamar Underwood. Features the nasty—and often fatal—encounters humans have had with all different kinds of bears! Bears are not to be trifled with: don't ever feed them, shout at them, or try to play with them. 274 pages. Lyons. Paperbound. Pub. at \$22.95 **\$17.95**



★8217645 THE ALPHA FEMALE WOLF: The Fierce Legacy of Yellowstone's 06. By Rick McIntyre. Tells the dramatic true story of 06 and five generations of female leaders in Yellowstone National Park, showing us that it is female wolves, not their male counterparts, who are the true leaders of the pack. Photos. 256 pages. Greystone. Paperbound. Pub. at \$18.95 **\$11.95**

★9154353 FOUR THOUSAND PAWS: Caring for the Dogs of the Iditarod—A Veterinarian's Story. By Lee Morgan. The first account from a trail veterinarian, chronicling the canines who brave the challenges of "The Last Great Race on Earth." An intimate look inside the animal mind, from huskies of Iditarods past to the intrepid dogs of today. Photos. 276 pages. Liveright. Paperbound. Pub. at \$18.99 **\$13.95**

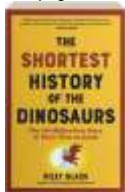
Animals



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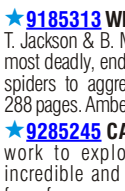
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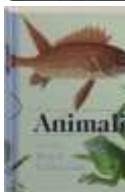
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Animals



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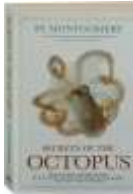


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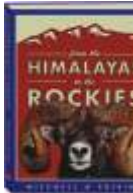


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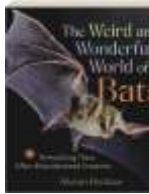


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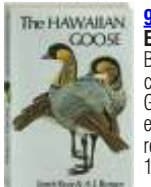
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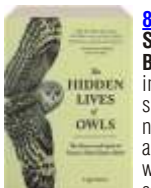
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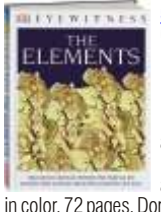
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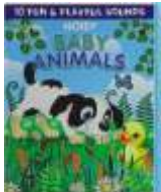
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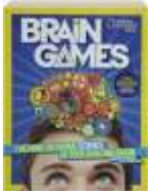
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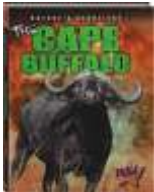


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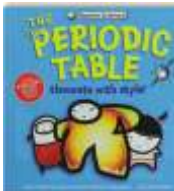
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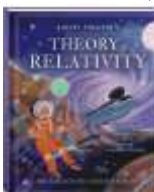


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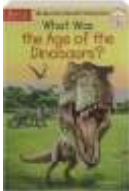
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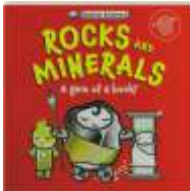
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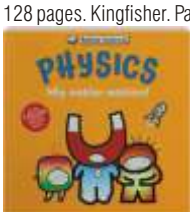
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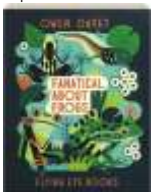


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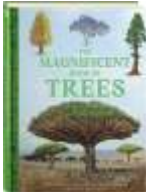
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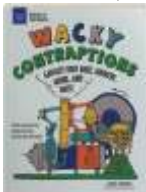
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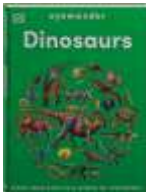


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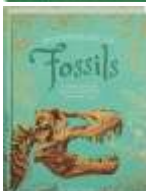


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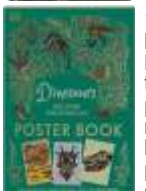
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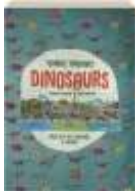
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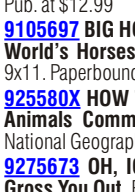
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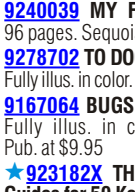
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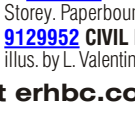
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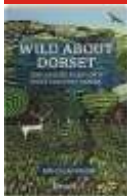
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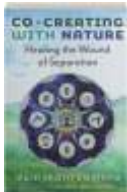


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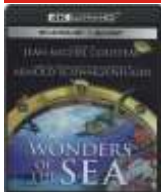


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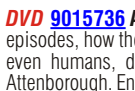


Blu-ray 9148035 WILD PACIFIC. Widescreen. Captures the amazing natural sights of the massive Pacific Ocean and its people in stunning detail—from erupting undersea volcanoes to jeweled tropical reefs; from tiger sharks catching albatross chicks to giant crabs opening coconuts; and more. English SDH. Nearly 6 hours on two DVDs. BBC. **\$4.95**

More Works on Nature



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



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



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



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



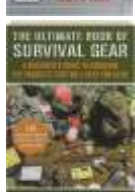
9181091 SEAWEEDS OF THE WORLD: A Guide to Every Order. By John H. Bothwell. Makes sense of seaweeds' complicated world, differentiating between the three main groups—red, green, and brown—and delving into their complex reproductive systems. The result is an unprecedented, accessible, and in-depth look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



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



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

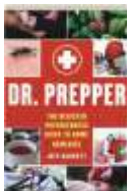


1992694 THE ULTIMATE BOOK OF SURVIVAL GEAR: A Beginner's Guide to Choosing the Products That Will Keep You Alive. By James C. Jones. Here you will find detailed descriptions of the following gear: sleeping bags, shovels and saws, stoves, clothing and footwear, advanced medical care equipment, communications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



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

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



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



71663X ADVENTURES IN EDIBLE PLANT FORAGING: Finding, Identifying, Harvesting, and Preparing Native and Invasive Wild Plants. By Karen Monger. Written with novice foragers in mind, this guide with recipes for soups, salads, muffins, desserts and more, is a must have for anyone looking to save money and plan their first expedition into foraging. Includes a glossary of botanical terms. Well illus. in color. 217 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$7.95**



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



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



9103740 THE HUDSON, THIRD EDITION: An Illustrated Guide to the Living River. By Stephen P. Stanne et al. Since 1996, *The Hudson* has been an essential resource for understanding the full sweep of the great river's natural history and human heritage. Includes the latest information about the ongoing fight against pollution and environmental damage to the river, plus vibrant illustrations of the plants and wildlife that make this ecosystem so special. 267 pages. Rutgers. 8 1/2 x 11. Paperbound. Pub. at \$36.95 **\$6.95**



LIMITED QUANTITY ★ 9168583 CLOUDS: How to Identify Nature's Most Fleeting Forms. By Edward Graham. Explore a one-of-a-kind illustrated guide to clouds, cloud formations, and the artists who painted them. It curates, classifies, and measures every species, including recently discovered ones, considering the height, size, texture, arrangement, modifications, and movement of their many shifting forms. 224 pages. Princeton. 8 1/2 x 10 1/4. Pub. at \$29.95 **\$24.95**



9154078 STEPPES: The Plants and Ecology of the World's Semi-Arid Regions. By Michael Bone et al. Offering a comprehensive overview of the world's four steppe regions, this volume surveys the plants, climate, geology, and geography of the steppes of North America, Eurasia, Patagonia, and South Africa. Fully illus. in color. 360 pages. Timber. 8 1/2 x 10 1/4. Pub. at \$49.95 **\$13.95**



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



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

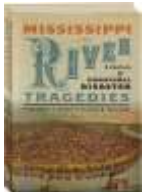
More Works on Nature



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



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



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



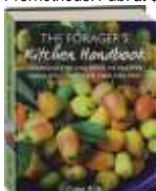
9191836 BIG PACIFIC. By Rebecca Tansley. The Pacific Ocean covers one-third of Earth's surface and contains half of the world's water. Illustrated in full color, this guide blends a wealth of stunning images with spellbinding storytelling to take you into a realm teeming with exotic life rarely witnessed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



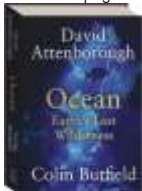
9206647 OUR ANCIENT LAKES: A Natural History. By Jeffrey McKinnon. Introduces the remarkable living diversity of these aquatic bodies to the general reader and explains the surprising, often controversial, findings that the study of their faunas is yielding about the formation and persistence of species.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



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



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



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



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



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

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



9217819 THE SCIENCE OF THE EARTH: The Secrets of Our Planet Revealed. By Philip Eales et al. This breathtakingly beautiful work reveals the unique wonders of our planet, from core to atmosphere. Illustrated with detailed images of fascinating objects, along with awe-inspiring landscape photography, it brings to life the story of Earth's past and the dynamic processes that shaped its present. 416 pages. Dorling Kindersley. 9½x11¼. Pub. at \$50.00 **\$24.95**



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



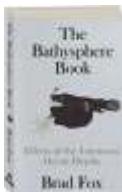
★7776527 PREPPER'S LONG-TERM SURVIVAL GUIDE, SECOND EDITION. By Jim Cobb. This volume will get you though when days become weeks, and then months, and then years. Offers techniques and tactics necessary for surviving the most dire of situations, including: a wide range of methods to preserve and store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



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



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



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

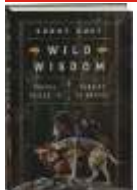


9199357 LOOKING UP: The True Adventures of a Storm-Chasing Weather Nerd. By Matthew Cappucci. Combining reportage and accessible science with storytelling and infectious enthusiasm, this volume is a riveting ride through the state of our weather and a touching story about parents and mentors helping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



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

More Works on Nature



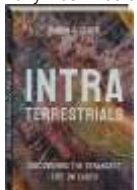
9250778 WILD WISDOM: Primal Skills to Survive in Nature. By Donny Dust. Teaches readers to use situational awareness to avoid danger, problem-solve, prioritize, find shelter, and be able to pivot and improvise in any given situation. Focuses on essential gear, sheltering, building fire, staying hydrated,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



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



9235604 KEW: The Psychedelic Garden—Mind-Alerting Plants in Folklore, Superstition and Popular Culture. By Sandra Lawrence. Psychoactive plants have been used by different cultures for thousands of years for everything from shamanic rituals to staying awake. This is a fascinating exploration of the mind-altering plants that for centuries have helped shape the way we experience the world. Fully illus. in color. 207 pages. Welbeck. Pub. at \$19.95 **\$14.95**



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



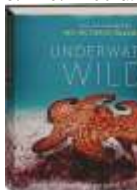
906883X BEAUTIFUL SHELLS. By Mark Carnall. Following an introductions exploring our fascination with shells and their impact on human history, culture and science, each of the 61 color plates is included alongside a description of notable shells and what is known of the mysterious organisms that make them. 183 pages. Bodleian Library. Pub. at \$40.00 **\$31.95**



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



8095698 CLOUDSPOTTING FOR BEGINNERS. By Gavin Pretor-Pinney, illus. by W. Grill. A whimsical lesson on the off-overlooked extraordinary lives of clouds that will serve as a gentle reminder to be present and observant in the face of impermanence. Just as informative as it is poetic and peaceful, this is the perfect guide for cloud appreciators and sky lovers. Fully illus. in color. Ten Speed. 8 1/4 x 10 3/4. Pub. at \$24.99 **\$14.95**



7890427 UNDERWATER WILD: My Octopus Teacher's Extraordinary World. By C. Foster & R. Frylinck. An immersive journey into the underwater world that inspired it—and holds transformative lessons for us all. The divers behind the film *My Octopus Teacher* reveal a new version of the sea, one full of wonder, new insights into marine biology, and life-changing teachings even for the most land-bound of us. Fully illus. in color. 324 pages. HMH. 12 1/2 x 12 1/4. Pub. at \$50.00 **\$19.95**



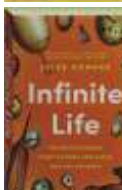
9204393 MAMMALS OF COLORADO FIELD GUIDE, 2ND EDITION. By Stan Tekiela. Identify 130 Colorado mammals with this easy-to-use field guide, organized by family and featuring full-color photographs and helpful information. 372 pages. Adventure Publications. Paperbound. Pub. at \$18.95 **\$13.95**



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



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



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



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



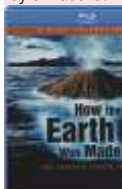
9185135 THE PLANTS OF THE APPALACHIAN TRAIL: A Hiker's Guide to 398 Species. By Kristen Wickert. Quickly find, identify, and learn about the amazing range of plants and fungi growing along the Appalachian Trail. Organized by type, color, and trail section. Fully illus. in color. 285 pages. Timber. Paperbound.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



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



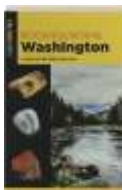
9036512 THE MOUNTAIN ENCYCLOPEDIA: An A-Z Compendium of More Than 2,300 Terms, Concepts, Ideas, and People. By F.V. Hartemann & R. Hauptmann. This is the first English language A-to-Z compendium of all topics related to mountains, including geological, geographical, and zoological terms, as well as many entries on significant explorers, surveyors, mountaineers, rock climbers, and skiers. Color photos. 291 pages. Taylor Trade. 8 1/2 x 11. Paperbound. Pub. at \$29.95 **PRICE CUT to \$3.95**



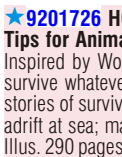
Blu-ray 8992770 HOW THE EARTH WAS MADE: The Complete Season Two. Widescreen. This season goes back in history—from 4.5 billion years ago today—peeling back layers of rocks, filling up river canyons, parting oceans, and leveling mountains and volcanoes to investigate the origins of some of the most well-known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



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

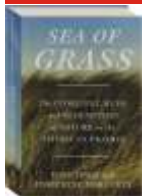


9198180 Rockhounding Washington, Second Edition: A Guide to the State's Best Sites. By Lars W. Johnson. Provides directions and GPS coordinates to the best rockhounding sites in Washington, with valuable tips on what tools to bring and how to conduct your search. Comprehensive lists of minerals or fossils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

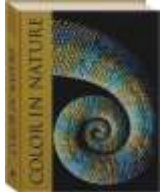


9201726 HOW TO SURVIVE AGAINST THE ODDS: Tales & Tips for Animal Attacks and Natural Disasters. By Sean Evans. Inspired by Wondery's hit podcast *Against the Odds*, learn how to survive whatever nature can throw at you through gut-twisting true stories of survival on the brink. Includes tips on how to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

More Works on Nature



heartland. 377 pages. Random. Pub. at \$32.00 **PRICE CUT to \$19.95**



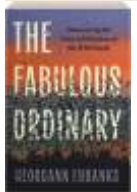
★9064796 COLOR IN NATURE. By Justin Marshall et al. Unlocks nature's colorful purpose, revealing how creatures see it as well as shedding light on the important part that color plays in animal behavior, from reproduction and communication to aggression and defense. Fully illus. in color. 288 pages. Princeton.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



Skyhorse. 8 1/2 x 11 1/4. Pub. at \$29.99 **PRICE CUT to \$13.95**



Princeton. Pub. at \$50.00 **PRICE CUT to \$34.95**



★9185844 THE FABULOUS ORDINARY: Discovering the Natural Wonders of the Wild South. By Georgeann Eubanks. A tour of the seasonal joys found in Southeastern U.S. ecosystems. Explore purple martins in South Carolina, thirty acres of dimpled trout lilies in Georgia, glowing gnat larvae in Alabama, and much more in this lyrical account. Color photos. 244 pages. UNCP. Paperbound. Pub. at \$35.00 **PRICE CUT to \$19.95**

794893X HOW TO DEFEND YOUR FAMILY AND HOME. By Dave Young with A. Seise. Illus. 191 pages. Page Street. Paperbound. Pub. at \$19.99 **\$5.95**

9181059 THE LIVES OF SEaweEDS: A Natural History of Our Planet's Seaweeds & Other Algae. By Julie A. Phillips. Fully illus. in color. 288 pages. Princeton. Pub. at \$35.00 **\$7.95**

DVD 9021302 WILD SOUTH AMERICA: BBC Atlas of the Natural World. Widescreen. BBC Video. **PRICE CUT to \$4.95**

9123628 OUTDOOR LIFE HOW TO SURVIVE OFF THE GRID. With Tim MacWelch. Fully illus. in color. 215 pages. Weldon Owen. Paperbound. Pub. at \$29.00 **\$9.95**

1041177 EXPEDITION DEEP OCEAN: The First Descent to the Bottom of All Five of the World's Oceans. By Josh Young. 24 pages of color photos. 320 pages. Pegasus. Paperbound. Pub. at \$18.95 **\$5.95**

★7874405 SMITHSONIAN ROCK & GEM: The Definitive Guide to Rocks, Minerals, Gems, and Fossils. Ed. by Christine Heilman. 360 pages. Dorling Kindersley. Paperbound. Pub. at \$29.99 **\$21.95**

★3872076 THE PREPPER'S MEDICAL HANDBOOK: How to Provide Medical Care When You Can't Rely on Anyone but Yourself. By William W. Forgey. Illus. 311 pages. Lyons. Paperbound. Pub. at \$19.95 **\$14.95**

★9201823 BASIC ROCKHOUNDING & PROSPECTING: A Beginner's Guide. By Garret Romaine. Well illus. in color. 221 pages. Falcon. Paperbound. Pub. at \$24.95 **\$17.95**

★8998590 WEEDS OF THE NORTHEAST, SECOND EDITION REVISED. By Joseph C. Neal et al. 592 pages. Comstock. Paperbound. Pub. at \$32.95 **\$26.95**

★9063404 A LITTLE QUEER NATURAL HISTORY. By Josh L. Davis. 128 pages. Univ of Chicago Press. Paperbound. Pub. at \$16.00 **\$12.95**

★9197745 ROCK IDOLS: A Guide to Dartmoor in 28 Tors. By S. Pierce & A. Murdin. Fully illus., most in color. 207 pages. Wild Things. Paperbound. Pub. at \$22.99 **PRICE CUT to \$14.95**

★914756X NATURE GUIDE TO ACADIA NATIONAL PARK. By Ann & Rob Simpson. 268 pages. Falcon. Paperbound. Pub. at \$24.95 **PRICE CUT to \$13.95**

★8741077 LAKES: Their Birth, Life, and Death. By John Richard Saylor. Illus. 240 pages. Timber. Pub. at \$27.95 **PRICE CUT to \$7.95**

9176152 RELICS: A History of the World Told in 133 Objects. By James B. Grove. Fully illus. in color. 304 pages. Weldon Owen. Pub. at \$30.00 **PRICE CUT to \$9.95**

★9175717 DR. FUN GUY'S PASSPORT TO KINGDOM FUNGI: A Scientist's Guide to the Wild and Wonderful World of Mushrooms, Molds, and More. By Gordon Walker. Well illus. 311 pages. Ten Speed. Paperbound. Pub. at \$26.99 **PRICE CUT to \$14.95**

9099018 LIFE ON THE ROCKS: Building a Future for Coral Reefs. By Juli Berwald. 336 pages. Riverhead. Pub. at \$28.00 **PRICE CUT to \$1.95**

★9058737 CABINET OF NATURAL CURIOSITIES: 1734-1765. By Albertus Seba. Fully illus. in color. 511 pages. Taschen. Pub. at \$30.00 **PRICE CUT to \$14.95**

★8884765 THE OKEFENOKEE SWAMP: A Natural and Cultural History. By Marie Lathers. Illus., some in color. 171 pages. History Press. Paperbound. Pub. at \$24.99 **\$11.95**

★9185909 A LITERARY FIELD GUIDE TO SOUTHERN APPALACHIA. Ed. by Rose McLarney et al. Well illus. 204 pages. UGaP. Paperbound. Pub. at \$21.95 **PRICE CUT to \$13.95**

★9048383 FLINT: A Lithic Love Letter. By Joanne Bourne. Photos. 219 pages. Eye Books. Pub. at \$24.99 **PRICE CUT to \$9.95**

★6081592 ALASKA: Travellers' Wildlife Guides. By D. Paulson & L. Beletsky. Illus. in color. 426 pages. Interlink. Paperbound. Pub. at \$30.00 **\$14.95**

★1994727 THE PO: An Elegy for Italy's Longest River. By Tobias Jones. Maps & color photos. 276 pages. Head of Zeus. Pub. at \$34.99 **\$14.95**

1247069 AN OAK SPRING HERBARIA: Herbs and Herbals from the Fourteenth to the Nineteenth Centuries. By L.T. Tomasi & T. Willis. 394 pages. Oak Spring Garden Library. 9 3/4 x 11 1/2. Pub. at \$80.00 **\$17.95**

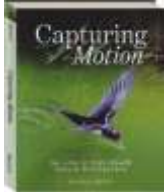
★1995154 DEVoured: The Extraordinary Story of Kudzu the Vine That Ate the South. By Ayurella Horn-Muller. Color photos. 255 pages. LaSUP. Pub. at \$34.95 **\$16.95**

★6077625 THE WONDER OF AFRICA'S NATURAL HISTORY. By Clive Spina. Fully illus. most in color. 147 pages. Whittles. Paperbound. Pub. at \$23.95 **PRICE CUT to \$4.95**

Nature Photography



DVD 9060154 SAVAGE PLANET: Deadly Skies/Extremes/Volcanic Killers/Storms of the Century. Fullscreen. This riveting series of four programs examines the stunning beauty and deadly power of our remarkable world. Through eyewitness accounts, scientific investigations and unprecedented footage, viewers will be sent into the eye of the storm and on the trail of volcanoes, avalanches, meteors, lightning, and more. Narrated by Stacy Keach. Four hours on 4 DVDs. MPI. Pub. at \$39.98 **\$5.95**

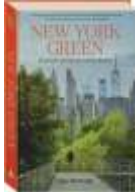


9064036 CAPTURING MOTION: My Life in High-Speed Nature Photography. By Stephen Dalton. Dalton explains his techniques in detail. Also takes readers on his many subject-scouting journeys into the English countryside. Fully illus. in color. 192 pages. Firefly. 9 1/4 x 11 1/4. Pub. at \$35.00 **\$2.95**

9168001 INTO THE WOODS: Trees in Photography. By Martin Barnes. Surveying aesthetics, intent and approach, this beautiful volume explores the arboreal motif throughout the medium's history. Fully illus., some in color. 192 pages. Thames & Hudson. 8x10. Pub. at \$34.95 **\$9.95**



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 **\$5.95**



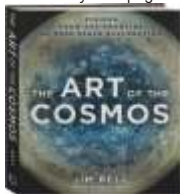
9137416 NEW YORK GREEN: Discovering the City's Most Treasured Parks and Gardens. By Ngoc Minh Ngo. From tiny corner lots to acres of old-growth forests, New York is filled with a wealth of beautiful green spaces—if you know where to look. This beautifully photographed guidebook celebrates New York City's most exceptional, and often overlooked, parks and gardens. Includes Wave Hill, the Met Cloisters, Pier 26 and much more! 247 pages. Artisan. Pub. at \$30.00 **\$7.95**

Nature Photography



9167455 TALES FROM GOMBE.

By A. Shah & F. Rogers. Drawn from years spent in the company of the world-famous chimpanzees of Tanzania's Gombe National Park, this volume gives us an unparalleled look into their world. Through endearing stories and stunningly intimate photography, we experience their lives: an epic saga of intrigue, love, suffering, ambition, surprises, and controversy. 324 pages. Firefly. 13½x11¼. Pub. at \$69.95 **\$11.95**



7982569 THE ART OF THE COSMOS: Visions from the Frontier of Deep Space Exploration.

By Jim Bell. Hundreds of space missions have captured stunning photographs of the cosmos. Many of these scientific images can be classified as art. This collection highlights more than 125 outstanding examples selected by Dr. Jim Bell, one of the foremost experts on space photography. 214 pages. Union Square & Co. 9½x11¼. Pub. at \$35.00 **\$11.95**



9200282 HUMAN NATURE: Planet Earth in Our Time. By Paul Nicklen et al. The United Nations has declared that nature is in more trouble now than at any other time in human history. Extinction looms over one million species of plants and animals. Here, twelve of the world's most influential nature and conservation photographers address the biggest questions of our time. Color photos. 300 pages. Chronicle. 8½x11¼. Pub. at \$45.00 **\$14.95**

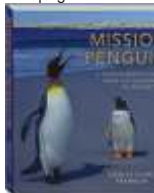
6081827 THE HUNT: The Outcome Is Never Certain. By A. Fottergill & H. Cordey. An unprecedented, close-up view of predators and their prey in life or death conflict, from the grasslands of East Africa to the icy Arctic. Fully illus. in color. 312 pages. Yale. 10½x11¼. Pub. at \$48.00 **\$16.95**



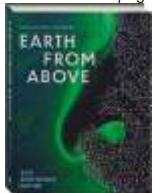
9272526 TINY NATURE: Discovering Nature's Hidden World Through the Lens of Macrophotography. By Jamie Rosengrans. Every leaf, pebble, and tiny inhabitant has a story of resilience, beauty, and the timeless dance of life. Be inspired as you enter the heart of the forest floor and see the sheer wonder of nature's design. Fully illus. in color. 255 pages. Wellfleet. 9½x11¼. Pub. at \$35.00 **\$28.95**



9232540 SAND UP CLOSE: Aesthetics, Philosophy, and Science. By Oliver Lenzen. Explores microscopical pictures of sand grains worldwide, blending scientific rigor, personal anecdotes, and cultural insights. Richly illustrated, the book offers unique perspectives on sand's beauty and diverse landscapes. Includes over 700 color microphotographs showcasing the beauty of sand grains. 372 pages. Schiffer. 9½x11¼. **\$36.95**



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 **\$24.95**



9269312 EARTH FROM ABOVE, 25TH ANNIVERSARY EDITION. By Yann Arthus-Bertrand. Timed to the 25th anniversary of the groundbreaking international bestselling book *Earth from Above*, this updated version features new images and refreshed text that creates an unforgettable, inspiring portrait of our planet today. 431 pages. Abrams. 8½x11½. Pub. at \$65.00 **\$51.95**



9247467 FUNGA OBSCURA: Photo Journeys Among Fungi. By Alison Pouliot. Recyclers, creators of soil, enablers of life, and food for many, fungi are as dynamic as they are diverse. As a scientist and photographer, Pouliot has led hundreds of forays through the forests of the Americas, Australia, and Europe. Join her on these explorations through stunning photographs and meditations on the landscape. Fully illus. in color. 183 pages. Univ of Chicago Press. 7x8¾. Pub. at \$28.00 **\$22.95**



9272615 THE RADIANT SEA: Color and Light in the Underwater World. By S. Haddock & S. Johnsen. Breathtaking displays of color and light from an array of ocean life forms, with vivid photography and insightful text about the science of transparency, bioluminescence, and fluorescence. 224 pages. Abrams. 10½x12¼. **\$46.95**



910738X UNDER CAPE COD WATERS. By Ethan Daniels. Daniels captures the mystery and importance of the often overlooked natural communities along the Cape Cod coast. He reveals the vivid rhythms in detail: the arresting orange of a sponge, the silvery flash of fish scales, the bright blue of a crab claw, and more. Fully illus. in color. 151 pages. Union Price. 12½x10¼. Pub. at \$35.00 **PRICE CUT to \$3.95**



7962096 INTO AFRICA: The Poster Portfolio. Features 12 high-quality full-color posters from Frans Lanting, one of the world's most renowned nature photographers. Showcased in these posters are close-up images that create an enduring vision of Africa's wildlife. Earth Aware. 12x16. Paperbound. Pub. at \$21.99 **PRICE CUT to \$3.95**

9057862 A LIFETIME IN GALAPAGOS. By Tui De Roy. Blending striking images with vivid prose, this intimate portrait of one of the most spectacular places on Earth, presents the wildlife and natural wonders of Galapagos as you have never seen them before. 240 pages. Princeton. 9½x11¼. Pub. at \$35.00 **PRICE CUT to \$5.95**



9109609 POLAR BEARS: A Life Under Threat. By Michel Rawicki. The fruit of 25 years of observation in all weathers, this important volume highlights the current situation of a species that has become a symbol of the dangers of global warming. An intimate look into the life of the polar bear. Fully illus. in color. 239 pages. ACC Art Books. 12x9¾. Pub. at \$25.00 **PRICE CUT to \$5.95**



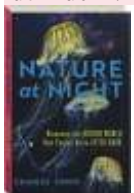
9096337 LIVING WITH VOLCANOES. By Cris Toala Olivares. Toala Olivares visited 13 volcanoes, from Iceland to Indonesia, and stood literally on top of his giant subjects. He talked to residents who lived on or under a volcano, and who would never leave their beloved yet threatened homes. This collection documents the impact volcanoes have on people and their surroundings. Fully illus. in color. 319 pages. Terra. 10x13¾. Pub. at \$80.00 **PRICE CUT to \$9.95**



9036237 THE AMERICAN QUARTER HORSE. By David R. Stoecklein with B. Prunty. A photographic celebration of the American Quarter Horse, the history of its evolution, and the ranches that breed these powerful creatures. Prunty's text traces the history of the breed and explores the different paths it has taken in the equine industry. 304 pages. Stoecklein. 12x12. Pub. at \$60.00 **PRICE CUT to \$5.95**



9072187 REFUGE: America's Wildest Places. Photos by Ian Shive. Offers a breath-taking look at these remote and inaccessible areas. The hundreds of stunning images represent the greatest of America's landscapes and wildlife, from the windswept outposts of the Aleutian Islands to the majestic prairies of Colorado, where bison roam. 246 pages. Earth Aware. 12½x11¼. Pub. at \$50.00 **PRICE CUT to \$14.95**



9181164 NATURE AT NIGHT: Discover the Hidden World That Comes Alive After Dark. By Charles Hood. A new world awakens in the dark, filled with spectacular bioluminescence, moon-kissed flora, and diverse wildlife—all captured here in this spectacular photography work. Hood captures over 240 images revealing the lives of animals and plants, some photographed in the wild for the first time. 319 pages. Timber. Pub. at \$30.00 **PRICE CUT to \$17.95**

9155805 A GARDEN RHAPSODY: Enchanted English Cottages and Floral Melodies. Photos by Andrew Lawson. earBOOKS. 11½x11¼. Pub. at \$50.00 **\$7.95**

Nature Photography

7805276 PORTRAIT OF SAN FRANCISCO. Text by P. Fish, photos by C. Haney. 120 pages. Farcountry. 10½x10¼. Pub. at \$26.95 **\$3.95**

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

6998895 WHEN ELEPHANTS COME TO TOWN: A Visual Anthology. Text by James Attlee. 176 pages. ACC. 6¾x8½. Pub. at \$50.00 **PRICE CUT to \$3.95**

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 \$3.95**

9145311 DEVELOPING ANIMALS: Wildlife and Early American Photography. By Matthew Brower. Illus. 244 pages. UMNp. 6x9. Paperbound. Pub. at \$25.00 **PRICE CUT to \$2.95**

9123490 EXTRAORDINARY LEAVES. Text by D. Schrader, illus. by S. Green-Armytage. Fully illus. in color. 272 pages. Firefly. 9x11. Paperbound. Pub. at \$29.95 **\$11.95**

★6082246 ALOFT: Canadian Rockies Aerial Photography. By Paul Zizka. Fully illus. most in color. Rocky Mountain. 8½x11. Paperbound. Pub. at \$35.00 **PRICE CUT to \$17.95**

★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 **PRICE CUT to \$17.95**

★9014500 THE DOG IN PHOTOGRAPHY, 1839-TODAY. By Raymond Merritt. Fully illus. some in color. 688 pages. Taschen. 5½x8. Pub. at \$25.00 **PRICE CUT to \$13.95**

★9034684 BIRD PHOTOGRAPHER OF THE YEAR, COLLECTION 9. Ed. by W. Nicholls & P. Sterry. 256 pages. Princeton. 11¼x9¼. Pub. at \$35.00 **PRICE CUT to \$19.95**

★9145680 THE MAINE COAST. By Michael Kahn. 125 pages. Schiffer. 8¼x8¼. Pub. at \$29.99 **PRICE CUT to \$19.95**

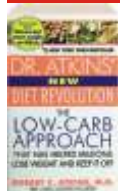
★4993829 WE ANIMALS. By Jo-Anne McArthur. Fully illus. most in color. 214 pages. Lantern Publishing. 10x8½. Paperbound. Pub. at \$39.95 **PRICE CUT to \$9.95**

★6995381 THE COLORADO RIVER: Chasing Water. By Pete McBride. 224 pages. 13¼x10¼. Pub. at \$60.00 **PRICE CUT to \$22.95**

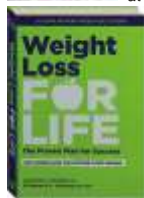
★6082319 WHAT BEARS TEACH US. text by S. Elmelligi, photos by J.E. Marriott. 224 pages. Rocky Mountain. 11x8½. Paperbound. Pub. at \$35.00 **PRICE CUT to \$12.95**

4998464 A CAVE BETWEEN LAND AND SEA: The Wonders of Puerto Princesa Underground River. Ed. by Antonio De Vivo et al. Fully illus. in color. 224 pages. 8½x12. Pub. at \$50.00 **PRICE CUT to \$6.95**

Nutrition & Weight Management



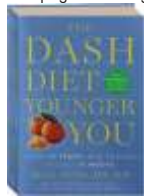
9000399 DR. ATKINS' NEW DIET REVOLUTION. By Robert C. Atkins. With this guide, you get everything you need: essential medical and nutritional information, a helpful carbohydrate gram counter, low-carb meal plans, and dozens of mouth-watering recipes for everything from appetizers to entrees to desserts.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



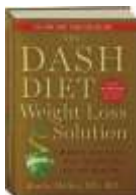
9045848 WEIGHT LOSS FOR LIFE: The Proven Plan for Success. By L.J. Cheskin & K.A. Gudzone. Provides you with all of the information you need on your weight loss journey. Leading experts in behavioral health, nutrition, exercise, and nursing help you develop a plan that works best for you, and that's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



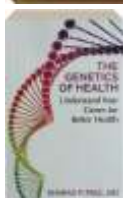
9218009 ZERO SUGAR ONE MONTH: Reduce Cravings, Reset Metabolism, Lose Weight, Control Blood Sugar. By Becky Gillaspay. Removing sugar from your diet requires action, and that requires motivation and a new perspective. This 30 day guide gives you the necessary elements. Whether you're looking to eliminate sugar from your diet altogether or simply lessen your dependence on sugar, this resource is for you. 176 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$8.95**



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**



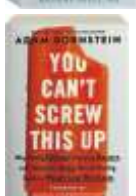
9209581 THE GENETICS OF HEALTH: Understand Your Genes for Better Health. By Sharad P. Paul. We all want to be healthy and live well, so take charge of your health by learning the connection between our evolutionary past and our future well-being with this practical guide to personalized health and nutrition. 257 pages. Atria. Paperbound. Pub. at \$18.00 **\$5.95**



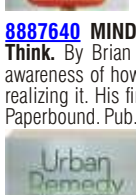
9240047 THE OZEMPIC REVOLUTION. By Alexandra Sowa. The first comprehensive user guide to GLP-1s (including Ozempic, Wegovy, and Zepbound), with an overview of how they work and possible side effects. Also contains companion recipes, exercise guidance, and new habits to maintain lifelong health and keep weight off for good. 235 pages. Harvest. Pub. at \$28.99 **\$5.95**



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 **\$3.95**



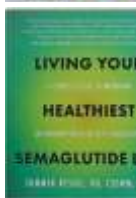
9237186 YOU CAN'T SCREW THIS UP. By Adam Bornstein. What if the healthiest diet included the foods that were enjoyable and respectful of our stressful, overlooked lives? You couldn't screw it up! Here's a can't-miss plan that will build unbreakable habits by incorporating mindset changes, easy restaurant options, and more. 320 pages. Morrow. Paperbound. Pub. at \$19.99 **\$5.95**



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**



9231188 URBAN REMEDY: The 4-Day Home Cleanse Retreat. By Neka Pasquale. Using a food as medicine philosophy, this solution-oriented DIY cleanse program features a mostly raw and vegan eating plan centered around whole foods and juices. This is an appealing, lifestyle-driven roadmap to whole-food cleansing, weight loss, and balanced health. Fully illus. in color. 175 pages. S&S. Paperbound. Pub. at \$24.95 **\$5.95**



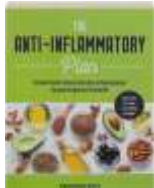
★9220372 LIVING YOUR HEALTHIEST SEMAGLUTIDE LIFE: A Complete Guide to Nutrition and Mindset While on GLP-1 Medications. By Summer Kessel. Ultimate nutrition and mindset guide for navigating the challenges of weight management with semaglutide and tirzepatide. From starting medication to the weight loss phase, through maintenance and beyond, this life-changing guide covers it all. 224 pages. Fair Winds. Paperbound. Pub. at \$26.99 **\$19.95**



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 **PRICE CUT to \$1.95**

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 **PRICE CUT to \$3.95**

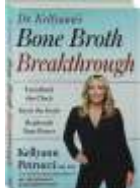
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THE ANTI-INFLAMMATORY PLAN: Prevent and Reduce Chronic Inflammation to Guard Against Ill Health. By Anoushka Davy. Linked to serious conditions such as heart disease, cancer, and stroke, chronic inflammation is also the driving force behind common health problems such as fatigue, headaches, eczema, and weight gain. Follow the four sections in this guide to create a program to help you combat inflammation and support your immune system. Illus. in color. 128 pages. Welbeck. Paperbound. Pub. at \$14.95

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9094237 DR. KELLYANN'S BONE BROTH BREAKTHROUGH: Turn Back the Clock, Reset Your Scale, Replenish Your Power. By Kellyann Petrucci. The definitive guide to the healing benefits of bone broth on weight loss, wrinkles, digestion, fatigue, libido, and stress. Offers 35 easy to make broth-based recipes that are customized to mitigate these issues as well as advice for building a "happy plate" at every meal and more. 290 pages. Rodale. Pub. at \$27.00

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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



9002383 THE PLANT-BASED ATHLETE: A Game-Changing Approach to Peak Performance. By Matt Frazier et al. Reveals proof that the human body does not need meat, eggs, or dairy to be strong. Instead, research shows that a plant-based diet offers the greatest recovery times, cell oxidation, injury prevention, and restorative sleep, and allows athletes to train more effectively, with better results. 338 pages. Harper. Paperbound. Pub. at \$21.99

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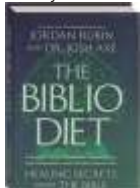
9105123 THE FULL-BODY FAT FIX. By Stephen Perrine. Discover a groundbreaking new way of eating that can reverse inflammation, heal your gut, and improve your overall health, fitness, and athletic performance—in just one week—while setting you on the path to easy, sustainable weight loss for life! 257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

\$6.95



9161856 GANDHI'S SEARCH FOR THE PERFECT DIET: Eating with the World in Mind. By Nico Slate. Choosing what to eat was intimately tied to Gandhi's beliefs, his core values of nonviolence, religious tolerance, and rural sustainability. Vegetarianism, limiting salt and sweets, avoiding processed food and fasting, anticipated 21st century food debates and the need to build healthier and more equitable global food systems. Photos. 237 pages. UWaP. Pub. at \$29.95

\$4.95



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

\$21.95



923506X THE GUTSMART PROTOCOL. By Vincent Pedre with Lee Holmes. Take back control of your health, starting with the foundation for ultimate well-being: your gut and its microbiome. Use the GutSMART Quiz to evaluate your gut-related wellness and get a personalized 14-day meal plan and food lists based on your GutSMART score. 16 pages of color photos. 319 pages. BenBella. Pub. at \$29.95

\$6.95



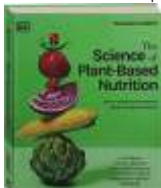
7951671 GOOD SUGAR, BAD SUGAR: How to Power Your Body and Brain with Healthy Energy. By Christopher Vasey. This practical guide explains how to successfully replace bad sugars with good sugars as well as how to reduce sugar cravings and break your sugar addiction. Offering a path out of sugar addiction 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. InnerTraditions. Paperbound. Pub. at \$14.99

\$7.95



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

\$12.95



★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. 8½x10¼. Pub. at \$30.00

PRICE CUT to \$13.95

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

\$6.95

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

\$5.95

5879787 THE SUGAR DETOX DIET FOR 50+: A Complete Guide to Quitting Sugar, Boosting Energy, and Feeling Great. By Dana Elia. 255 pages. Ulysses. Paperbound. Pub. at \$16.95

\$3.95

9071911 BEYOND KETO: Burn Fat, Heal Your Gut, and Reverse Disease with a Mediterranean-Keto Lifestyle. By Don Colbert. 240 pages. Siloam. Pub. at \$24.99

\$5.95

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

PRICE CUT to \$3.95

7950918 10-DAY CELERY JUICE CLEANSE. By H. Ebelthite & K. Adams. 96 pages. Aster. Paperbound. Pub. at \$6.99

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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

9126627 NATURAL BEAUTY RESET: The 7-Day Program to Harmonize Hormones & Restore Radiance. By Trevor Cates. Well illus. in color. 251 pages. BenBella. Paperbound. Pub. at \$28.95

\$6.95

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

PRICE CUT to \$3.95

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

PRICE CUT to \$6.95

★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 \$5.95

Exercise & Fitness



7845707 YOGA FOR INFLEXIBLE PEOPLE. By Max & Liz Lowenstein. Are you struggling with a limited range of motion? This guide demonstrates that with time and patience, anyone can increase their flexibility through yoga. Each pose is broken down into beginner, intermediate, and advanced stages and makes use of blocks and straps, as well as your unique anatomy to achieve amazing results. Fully illus. in color. 160 pages. Thunder Bay. Paperbound. Pub. at \$19.99

\$6.95



★DVD 9064850 MOVING TO MOZART WITH ANN SMITH. Fullscreen. Ann Smith's innovative exercise system has won her thousands of fans through sold-out classes, lectures and bestselling videos. Based on the stretches dancers use to stay limber and set to beautiful music, her exercises are safe and effective for all ages. 65 minutes. Total Content. Pub. at \$9.95

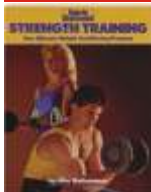
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LIMITED QUANTITY 9253580 STRETCHING WITH EASE: An Illustrated Guide to Your Fit and Flexible Body. By Linda Minarik. Discover the many ways you can work with your body to assist it to be fluid and flexible as this guide takes you from the basics and benefits of stretching, to all you need to know to make stretching a lifelong habit, with practical guidance and supportive encouragement. Fully illus. in color. 192 pages. CICO Books. Paperbound. Pub. at \$21.95

\$6.95

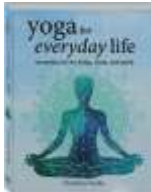
Exercise & Fitness



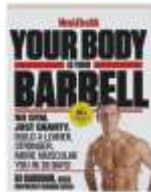
9011846 SPORTS ILLUSTRATED STRENGTH TRAINING: Your Ultimate Weight Conditioning Program. By John Garhammer. Improve your total fitness by incorporating strength training into your regular fitness program. Includes everything from information on how our bodies work to specific exercises. Fully illus.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



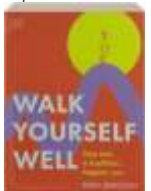
9240233 FOAM ROLLING: 50 Exercises for Massage, Injury Prevention, and Core Strength. By Karina Inkster. Foam rolling is a gentle yet effective way to heal overworked muscles, eliminate painful knots, improve posture and increase flexibility. Reap the benefits of a foam rolling workout with this guide,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



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



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



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



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



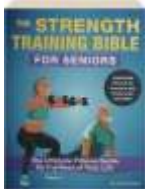
9126325 YOGA FOR MIND, BODY & SPIRIT: Poses, Meditations & Wisdom for Leading a Balanced Life. By Rachel Scott. Collects a series of meditations and yoga poses that demonstrate how to embrace the pursuit of yoga in all aspects of life. Well illus. in color. 247 pages. Cider Mill. Pub. at \$19.95 **\$3.95**



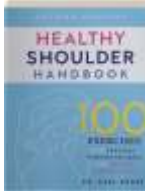
9255923 THE WOMEN'S HEALTH FITNESS FIX. By Jen Ator. You'll find all the tools you need for successful and lasting weight loss—no rigid, inflexible diet rules or demanding, time-consuming workout programs. These easy-to-follow strategies are practiced by the U.S.'s leading fitness experts, tested by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



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



★9014438 THE STRENGTH TRAINING BIBLE FOR SENIORS: The Ultimate Fitness Guide for the Rest of Your Life. By Karl Knopf. Comprehensive and customizable total-body workouts for people 50 years and older. They provide everything you need to: build muscle & get stronger; foster core stability & flexibility; avoid injury; improve posture; develop low-back health; boost mind-body awareness; and more. Fully illus. 384 pages. VeloPress. 8½x10½. Paperbound. Pub. at \$21.95 **\$16.95**



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



9169482 FIT FOR LIFE: Boost Your Health and Wellbeing with Practical Fitness Plans. By Anna Blewett et al. You'll learn the importance of raising your heart rate with exercises that get you moving, like running, cycling, and swimming. You'll also find out why it is crucial to balance this with strength training, which is beneficial for muscles and bones. Includes diet tips and yoga poses! 128 pages. Sirius. Paperbound. Pub. at \$12.99 **\$5.95**



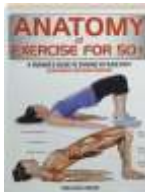
★7892012 BOOK OF BODY MAINTENANCE AND REPAIR: The American Physical Therapy Association. By M. Moffat & S. Vickery. This work offers illustrated descriptions of the structure and mechanics of each major body part, explaining what can go wrong and how to properly care for that area. A middle section provides general information on posture, body mechanics, weight control, aerobic conditioning, and maintenance programs. Adults only. 288 pages. Holt. 8½x10½. Paperbound. Pub. at \$41.99 **\$31.95**



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



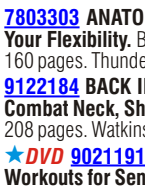
★9154485 YOGA FOR OSTEOPOROSIS, REVISED: The Complete Guide. By Loren Fishman with C. Ardman. Study after study has shown that low-impact, bone-strengthening exercises are the best treatment for osteoporosis, with yoga being ideal. A thoroughly illustrated guide for beginners and experts alike. 383 pages.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



★9067469 ANATOMY OF EXERCISE FOR 50+, SECOND EDITION. By Hollis Lance Liebman. A detailed guide to attaining optimum physical fitness, showing exactly how to maintain and improve your physique with every passing day. You'll find 75 exercises, with step by step instructions from an experienced personal trainer. Fully illus. in color. 192 pages. Firefly. 8¾x11. Paperbound. Pub. at \$24.95 **PRICE CUT to \$16.95**



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. 8¾x11. Pub. at \$40.00 **PRICE CUT to \$9.95**



7803303 ANATOMY OF STRETCHING: A Guide to Increasing Your Flexibility. By Craig Ramsay. SHOPWORN. Fully illus. in color. 160 pages. Thunder Bay. Paperbound. Pub. at \$14.99 **\$6.95**

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

★DVD 9021191 SIT AND BE FIT: Ready, Set & Move! Workouts for Seniors. Total Content. Pub. at \$14.95 **\$7.95**

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9038809 10,000 STEPS A DAY TO YOUR OPTIMAL WEIGHT: Walk Your Way to Better Health. By Greg Isaacs. 257 pages. Volt. 5x9 1/2. Paperbound. Pub. at \$19.95 **\$4.95**

★7796137 SIMPLE EXERCISES TO STIMULATE THE VAGUS NERVE. By Lars Lienhard et al. Well illus., in color. 320 pages. Healing Arts. Paperbound. Pub. at \$19.99 **\$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. Illus. 281 pages. Grand Central. Paperbound. Pub. at \$18.99 **\$2.95**

224702X MUSCLE FOR LIFE: Get Lean, Strong, and Healthy at Any Age! By Michael Matthews. Illus. 465 pages. Gallery. Pub. at \$35.00 **\$6.95**

9250417 COMPLETE GUIDE TO YOGA, PILATES, MEDITATION & STRESS RELIEF. Fully illus. in color. 256 pages. Parragon. Paperbound. Pub. at \$12.95 **\$5.95**

★9136339 I KNOW I SHOULD EXERCISE BUT...: 44 Reasons We Don't Move & How to Get Over Them. By D. Hill & K. Bowman. 239 pages. Uphill. Paperbound. Pub. at \$19.95 **\$14.95**

★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 \$7.95**

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

★7976496 THE WELLNESS GUIDE: Embrace 100 Expressions of Positive Self-Care, from Meditation to Yoga, Superfoods to Journaling. Ed. by R. Newcombe & C. Martin. Fully illus. in color. 303 pages. Thunder Bay. 8 1/2 x 10 1/4. Paperbound. Pub. at \$24.99 **PRICE CUT to \$6.95**

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

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

★9107452 CHAIR YOGA FOR SENIORS: Stretches and Poses That You Can Do Sitting Down at Home. By Lynn Lehmkuhl. **LARGE PRINT EDITION.** Fully illus., in color. 151 pages. Skyhorse. 8 1/2 x 11. Paperbound. Pub. at \$29.99 **\$21.95**

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9190023 HAPPY SKIN KITCHEN: Over 100 Plant-Based Recipes to Nourish Your Skin from the Inside Out. By Elisa Rossi. More than 100 everyday, skin-enriching, plant-based recipes for better health and a youthful, radiant complexion. Slow the exterior signs of aging and prevent unsightly breakouts using Elisa's 15 favorite secret "skingredients," fantastic for building collagen and delivering antioxidant and anti-inflammatory properties. Well illus. in color. 303 pages. Harvest. Pub. at \$35.00 **\$6.95**

9217355 THE BOTANICAL BEAUTY HUNTER: Natural Recipes and Rituals for Skincare, Haircare and Cosmetics. By Maddy Dixon. Practical guide filled with recipes, advice, and the secrets behind everything natural beauty—from ancient Ayurvedic rituals to superfoods—for healthy, beautiful skin. Well illus. in color. 175 pages. Hardie Grant. Pub. at \$19.99 **\$5.95**

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

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

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★9071814 EXPOSING BAD PLASTIC SURGERY AND THE SECRET TO AVOIDING IT. By Thomas J. Francel. Illus. 255 pages. Morgan James. Paperbound. Pub. at \$19.95 **PRICE CUT to \$9.95**

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 **PRICE CUT to \$4.95**

Health & Medical References

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

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

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

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

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

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

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

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

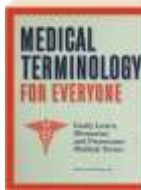
9250379 THE BIGGER BOOK OF 30-DAY CHALLENGES. By R. Casper & A. Thueson. Packed with motivating ideas for improving your life in all areas, including fitness, food, mindfulness, relationships, networking, and more, this guide compiles the best daily routines for building lasting habits. Includes step-by-step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

Health & Medical References



9184775 THE COMPLETE WHAT'S YOUR POO TELLING YOU? By J. Richman & A. Sheth. Like a snowflake, each poo is unique. But what does it mean? Dr. Sheth has compiled profiles of the most important types of poo, sure to improve your health and well-being with just a glance in the bowl. Illus. 160 pages. Chronicle. Pub. at \$14.95 **\$5.95**

9167110 THE COMPLETE WELLBEING MANUAL: Your Guide to an Optimally Healthy Mind and Body. Ed. by E.V. Hinsbergh & F. Forster. A modern-day guide to ultimate health and happiness. If you're looking to get a better night's sleep, balance your hormones, boost your immunity, or banish health concerns, this is the manual for you. Fully illus. in color. 256 pages. Sirius. 9¾x8¾. Paperbound. Pub. at \$24.99 **\$8.95**



8894132 MEDICAL TERMINOLOGY FOR EVERYONE: Easily Learn, Memorize, and Pronounce Medical Terms. By John Louis Temple. When it comes to communicating with your doctor, mastering healthcare terminology you might hear from them is essential. Knowing what these words mean can help you ask the right questions and better understand your body, medical conditions, and any health guidance you receive. 156 pages. Rockridge. Paperbound. Pub. at \$14.99 **\$11.95**



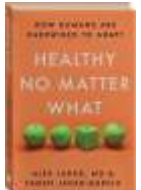
7779186 TOXIC SUPERFOODS: How Oxalate Overload Is Making You Sick—and How to Get Better. By Sally K. Norton. If you're eating a healthy diet and you're still dealing with fatigue, inflammation, anxiety, recurrent injuries, or chronic pain, the problem could be your spinach, almonds, sweet potatoes, and other trusted plant foods. This guide shines light on how our modern diets are overloaded with oxalates and offers fresh solutions. Illus. 368 pages. Rodale. Paperbound. Pub. at \$20.00 **\$12.95**



9266968 THE FOOD COUNTER'S POCKET COMPANION, 5TH EDITION. By J. Stephenson & R. Lindberg. Knowing what's in your food and making sure to consume a balanced diet are keys to a healthy life. It can be tough to keep track of the nutritional content of each meal and snack; this work supplies authoritative data on the nutritional values of foods in a form that's quick and easy to reference. 174 pages. The Experiment. Paperbound. Pub. at \$8.95 **\$5.95**



9179976 THE FOOD COUNTER'S POCKET COMPANION, SIXTH EDITION. By J. Stephenson & R. Lindberg. Healthy eating is easier than ever, with data on 12 essential nutrient values—for over 4,500 foods—right in your pocket! Find your fresh, frozen, and prepared foods, including 100s of brands and 32 popular chain restaurants under quick-reference categories from A-Z. 187 pages. The Experiment. 5x6½. Paperbound. Pub. at \$9.95 **\$7.95**



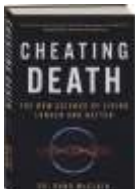
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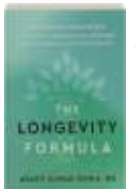


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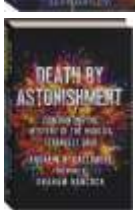
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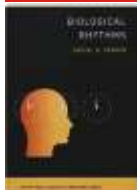
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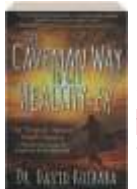
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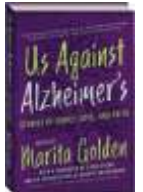
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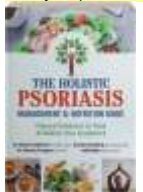
1999192 TAKE CONTROL OF YOUR DIABETES: Prevention, Diagnosis, and Treatment. By Rosemary Walker. Provides clear and simple diet, fitness, lifestyle, and medical advice—the support you need to live life to the fullest with type 1 or type 2 diabetes. Well illus. in color. 208 pages. Dorling Kindersley.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



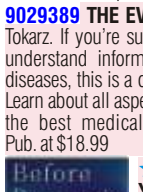
9230432 US AGAINST ALZHEIMER'S: Stories of Family, Love, and Faith. Ed. by Marita Golden. This groundbreaking anthology presents forty narratives, both nonfiction and fiction, that capture the impact and complexity of Alzheimer's and other dementias on not only patients, but also their caregivers and family. 292 pages. Arcade. Pub. at \$25.99 **\$5.95**



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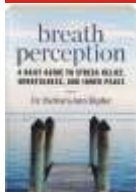
9172866 A BODY MADE OF GLASS: A Cultural History of Hypochondria. By Caroline Crampton. 321 pages. Ecco. Pub. at \$29.99 **PRICE CUT to \$3.95**

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9164014 STRESS FRACTURE: Your Ultimate Guide to Beating Burnout. By Jonathan Hoover. Combining psychological studies with biblical insight, use practical tools to assess your susceptibility to stress-induced breakdowns, learn highly effective coping strategies for preventing and overcoming burnout, improve the quality of your emotional experiences and relationships, and much more. 190 pages. Bethany House. **\$5.95**

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

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

★673698X 1,500 STRETCHES: The Complete Guide to Flexibility and Movement. By Hollis Liebman. Fully illus. in color. 739 pages. Black Dog & Leventhal. 8 1/2 x 10. Pub. at \$40.00 **\$26.95**

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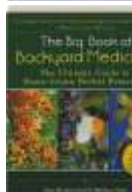
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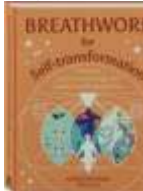
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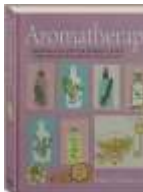


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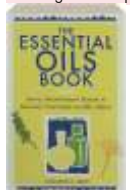
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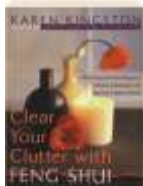
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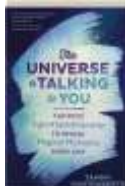
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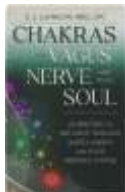


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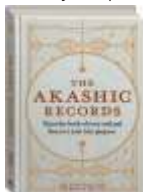
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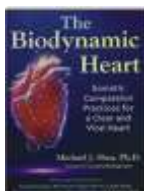
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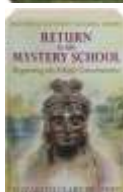
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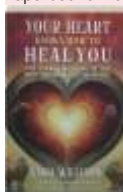
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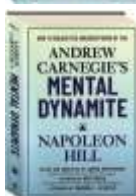
★1127713 HOW TO TALK WITH YOUR ANGELS. By Kim O'Neill. All human beings, whether they know it or not, have at least two guardian angels to guide them through life. O'Neill shows you how you can open the door to the spiritual communication that will transform your life. Discover the nine steps to getting in touch with your angels, and more. 216 pages. Avon. Paperbound. Pub. at \$9.99 **\$6.95**

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 spirit and joy for life, Emme shows Rick that passion is the key to fulfillment. 16 pages of color photos. 228 pages. Health Communications. Paperbound. Pub. at \$15.95 **\$3.95**

9274944 KOKORO: Japanese Wisdom for a Life Well Lived. By Beth Kempton. Invites readers to cultivate stillness and contentment in an ever-changing, uncertain world by drawing on a thousand years of Japanese literature, culture, and philosophical ideas to explore the true nature of time and what it means to be human. 251 pages. Storey. Pub. at \$27.00 **\$6.95**



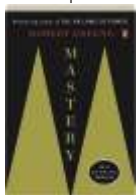
7857209 THE LITTLE BOOK OF BOB: Life Lessons from a Streetwise Cat. By James Bowen. In *Bob the Cat*, Bowen found a model for friendship, steadfastness, balance, and joy that we can all apply to our own lives. Here are heartfelt and wholesome thoughts about how to be kinder to ourselves and kinder to the world around us. 166 pages. St. Martin's. Pub. at \$24.99 **\$5.95**



8990697 ANDREW CARNEGIE'S MENTAL DYNAMITE: How to Unlock the Awesome Power of You. By Napoleon Hill. Based on a series of booklets written by Hill, this work outlines the importance of three essential principles of success: self-discipline, learning from defeat, and the Golden Rule Applied. Contains excerpts of interviews with Carnegie that offers a wealth of inspiration on key subjects ranging from common causes of failure to the power of thought. 268 pages. Sterling. Pub. at \$25.95 **\$5.95**

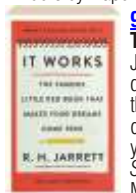


916149X THE IMAGINATION MUSCLE: Where Good Ideas Come from (and How to Have More of Them). By Albert Read. Reveals how we can harness the imagination in our day-to-day lives and why, in the Information Age, it is more pressing than ever that we do so. Expertly outlines that the imagination is our supreme gift, biggest opportunity, source of fulfillment, and most vital asset for the future. Illus. 308 pages. Union Square & Co. Paperbound. Pub. at \$18.99 **\$5.95**



★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**

9089470 MINDFULNESS: Unwind, De-Stress, and Focus Your Mind for a Healthier, Happier You. By L. Muelrath & D.S. Burk. Helps you understand and use the practice of mindfulness to ease psychological and physical issues, repair and improve relationships with others, and find meaning in life. Includes guidance on alleviating anxiety, depression, anger, and addiction. 324 pages. Dorling Kindersley. Paperbound. Pub. at \$21.99 **\$7.95**



9062114 IT WORKS: The Famous Little Red Book That Makes Your Dreams Come True. By R.H. Jarrett. Explore a life-changing plan for achieving your deepest held ambitions and your loftiest dreams. With three short rules and a concrete plan of action, it is a compact, practical guide to change in every area of your life. Includes a powerful bonus book: *The Magic Story* by Frederick Van Rensselaer Dey. 80 pages. St. Martin's. Paperbound. Pub. at \$11.00 **\$4.95**



★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**



9228306 CONSCIOUS LUCK: Eight Secrets to Intentionally Change Your Fortune. By G. Hendricks & C. Kline. Shares eight secrets that will allow you to intentionally change your fortune. You'll learn how to take control of your destiny and create the dazzling life of your dreams with this powerful step-by-step program. 180 pages. St. Martin's. Pub. at \$19.99 **\$5.95**

9195831 MASTER WHAT MATTERS: 12 Value Choices to Help You Win at Life. By John C. Maxwell. Move past what used to be, stop day-dreaming about what could be, and make the most of today with the fourteen values that help leaders win at life. 202 pages. Center Street. Paperbound. Pub. at \$15.99 **\$4.95**



9278893 THE ART OF NON-CONFORMITY: Set Your Own Rules, Live the Life You Want, and Change the World. By Chris Guillebeau. Defies common assumptions about life and work while arming you with the tools to live authentically and to help transform the world for the better. 242 pages. Tarcher. Paperbound. Pub. at \$17.00 **\$5.95**

Inspiration, Motivation & Self-Discovery



9238743 MOTHER THE MOUNTAIN: The Art of Living with Nature. By Anastasia & Julia Vanderbyl. As young women, sisters Anastasia and Julia Vanderbyl began a compelling journey of restoration deep in the Australian rainforest. A beautifully crafted narrative woven with personal stories, this is both a memoir of their experiences and a meditation on the extraordinary resilience of nature. Fully illus. in color. 254 pages. Dorling Kindersley. Pub. at \$25.00 **\$6.95**



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**



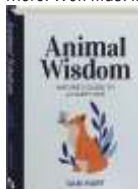
903787X HOW TO BE HIGHLY SENSITIVE & EMPOWERED: A Revolutionary Healing Guide for Empaths. By Jane Novak. The most emotionally perceptive and sensitive people, known as empaths, have a gift: they connect with others deeply, and they can understand and channel the energy around them. This work will take 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 **\$3.95**



9274936 KINTSUGI: The Japanese Art of Embracing the Imperfect and Loving Your Flaws. By Tomas Navarro. Presents a sensitive and contemplative approach to the suffering that the author has seen in his professional practice and in his own life. His reflections help us to engage with our tragedies and challenges—transmuting them into sources of strength. 273 pages. Sounds True. Paperbound. Pub. at \$17.95 **\$5.95**



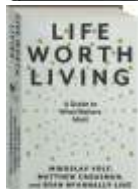
9105689 BE MORE JANE: Bring Out Your Inner Austen to Meet Life's Challenges. By Sophie Andrews. Address life with more sense and less prejudice, taking useful lessons from the novels and letters of Jane Austen, one of the world's best-loved writers. Learn the importance of being yourself and the danger of allowing others to influence you unduly, understand how to wait for love, and how to recognize it when it comes and more. Well illus. in color. 64 pages. CICO Books. Pub. at \$9.95 **\$4.95**



9235698 ANIMAL WISDOM: Nature's Guide to a Happy Life. By Sam Hart. Slow down like a sloth, stretch like a cat, breathe deep like a whale, and have the confidence of a lion. When life gets you down, lift your spirits with these tiny tips and helpful hints from our friends in the animal kingdom. Summersdale. Pub. at \$10.99 **\$4.95**



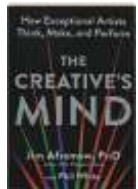
9197265 MOVE BY MOVE: Life Lessons On and Off the Chessboard. By Maurice Ashley. A little work of life advice drawing on the timeless wisdom of chess from Maurice Ashley, the first African American Chess Grandmaster. For anyone interested in understanding how lessons from the most famous and long-lasting game of strategy can help you reach your personal and professional goals. 175 pages. Chronicle. Pub. at \$22.95 **\$5.95**



9264957 LIFE WORTH LIVING: A Guide to What Matters Most. By Miroslav Volf et al. What makes a good life? This question is inherent to the human condition, asked by people across generations, professions, and social classes. The authors provide readers with jumping-off points, road maps, and habits of reflection for determining where their lives hold meaning and where things need to change. 315 pages. Open Field. Pub. at \$29.00 **\$5.95**



9248293 LOOK AGAIN: The Power of Noticing What Was Already There. By Tali Sharot with C.R. Sunstein. As easy as it is to stop noticing what is most wonderful in our lives, it's also possible to stop noticing what is terrible. This guide to a more psychologically rich life illuminates how we can reignite the sparks of joy, innovate, and recognize where improvements urgently need to be made. 271 pages. Atria. Pub. at \$28.99 **\$5.95**



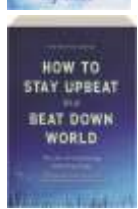
★9210202 THE CREATIVE'S MIND: How Exceptional Artists Think, Make, and Perform. By Jim Alfremow with P. White. In every creator's journey, there comes a stage where mental challenges are bigger than artistic ones, and it can be hard to know where to turn. This insightful guide offers a rich source of mental strategies, resilience tips, and practical advice tailored specifically for creatives. 236 pages. BenBella. Paperbound. Pub. at \$21.95 **\$16.95**



9153853 THE FIVE LONGINGS: What We've Always Wanted—And Already Have. By David Richo. Discover how identifying what you want can reveal deep truths about yourself, and how working with those longings can lead to a happier, more satisfying life. Gain enlightening advice and practices for accessing just this kind of profound self-discovery, illustrated by a wealth of examples from depth psychology, religion, and literature. 180 pages. Shambhala. Paperbound. Pub. at \$21.95 **\$6.95**



★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**



9267468 HOW TO STAY UPBEAT IN A BEAT DOWN WORLD: The Art of Cultivating Enduring Hope. By Sue Patton Thoele. Reevaluate self-doubt to change it into the motivation you need to achieve happiness. With insightful advice for finding and practicing positive change, you too can rediscover peace of mind during difficult times. 223 pages. Books That Save Lives. Paperbound. Pub. at \$19.99 **\$5.95**



9246576 THE BLIND SPOT EFFECT: How to Stop Missing What's Right in Front of You. By Kelly Boys. From our earliest years, we all acquire blind spots in the way we perceive, feel, and think; they profoundly affect us throughout our lives. This guide teaches us how to release ourselves from unnecessary suffering and begin to experience each moment more richly, as we all deserve to. 191 pages. Sounds True. Paperbound. Pub. at \$16.95 **\$5.95**



9245960 DAILY CREATIVE: A Practical Guide for Staying Prolific, Brilliant, and Healthy. By Todd Henry. An inspirational guide that helps professionals spark creativity day in and day out. Avoid burnout and inspire your creativity with this daily reader that pushes you to feel energized and ready for innovation! 382 pages. Simple Truths. Paperbound. Pub. at \$17.99 **\$5.95**



9153462 CREATIVITY BEGINS WITH YOU: 31 Practical Workshops to Explore Your Creative Potential. By A. Neal & D. Star. Can creativity be "taught"? Or is it simply innate? Find your creativity through your own unique identity and experience, fight those negative voices, get out of your habitual comfort zones and play. Part practical workshop, part provocative guide, this invaluable companion is for any student working across the creative disciplines. Well illus. in color. 240 pages. Laurence King. Paperbound. Pub. at \$24.99 **\$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 from the most extraordinary moms in the FOX News family and beyond. Photos, some in color. 226 pages. HarperCollins. Pub. at \$29.99 **\$6.95**

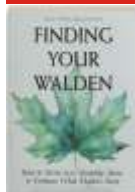


9153861 FORGED IN DARKNESS: The Many Paths of Personal Transformation. By Joanna LaPrade. The author urges us to explore mythic archetypes that can teach us to stop rejecting the darkness inherent in life and be present for the transformation it makes available to us. By noticing the archetypes manifesting around you, in thoughts and memories, dreams and images, allow them to guide you toward the changes you need. Illus. 314 pages. Watkins. Paperbound. Pub. at \$19.95 **\$5.95**



★9201890 MONEY LOVES ME: The Spiritual Guide to Manifesting Abundance. By Farah Orths. Learn to manifest prosperity by aligning with the spiritual energy of money. Transform scarcity and self-doubt into natural abundance. 220 pages. Hay House. Paperbound. Pub. at \$19.99 **\$14.95**

Inspiration, Motivation & Self-Discovery



★185615 FINDING YOUR WALDEN: How to Strive Less, Simplify More, and Embrace What Matters Most. By Jen Tota McGivney. Thoreau lived during a time like ours, of rapid technological and economic changes, political division, and a pandemic. Thoreau reassessed his priorities: What does success really look like? What is my duty as an ethical citizen of a less-than-ethical world? How can I live a good life amid all of this? His solution: Pare down to trade up. 93 pages. Hampton Roads. Paperbound. Pub. at \$16.95 **\$12.95**

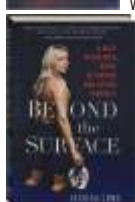
amid all of this? His solution: Pare down to trade up. 93 pages. Hampton Roads. Paperbound. Pub. at \$16.95



9235973 KIDDING: Childlike Solutions to Bullsh*t Adult Problems. By Laura Jane Williams. Consider this a permission slip to relax, laugh, and finally find happiness. Equal parts hilarious, irreverent, and inspiring, learn how to connect with your inner child to make your mundane, complicated adult life simpler and happier. 200 pages. Running Press. Pub. at \$17.00 **\$4.95**



★9174222 ALIGNED ABUNDANCE: Release Expectations, Become Magnetic and Manifest the Life of Your Dreams. By Emma Mumford. This brand-new alignment-based approach to manifestation is all you need to unlock the abundant life you deserve. It debunks the myths that overcomplicate the manifesting process and shows you how to align with your desires from a place of embodiment, flow, and joy. 230 pages. Watkins. Paperbound. Pub. at \$19.95 **\$14.95**



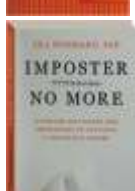
9207651 BEYOND THE SURFACE: A Gold Medalist's Guide to Finding and Loving Yourself. By Jessica Long. Inspirational speaker and Paralympic champion Jessica Long shares her story and powerful principles to help you find your own path to unconditional self-acceptance. 167 pages. Sounds True. Pub. at \$25.99 **\$5.95**



9251014 HEAR YOURSELF: How to Find Peace in a Noisy World. By Prem Rawat. The cacophony of modern life can be deafening, leaving us feeling frazzled and uneasy. Rawat teaches us how to turn down the noise to "hear ourselves" and to listen to the subtle song of peace that sings inside each of us. Once we learn to truly "hear ourselves" and the voice of peace within, we can face the noise of the world. 260 pages. Harper. Pub. at \$26.99 **\$6.95**



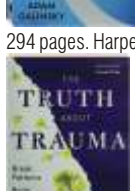
★9225684 THE PROSPEROUS POWER OF YOUR SUBCONSCIOUS MIND. By Joseph Murphy. Apply Murphy's teachings to the pursuit of prosperity and success for life-changing results. This essential volume includes the complete and original texts of *Riches Are Your Right*, *How to Attract Money*, *Believe in Yourself* plus key techniques from *The Power of Your Subconscious Mind*. 260 pages. St. Martin's. Paperbound. Pub. at \$19.00 **\$13.95**



9245138 IMPOSTER NO MORE: Overcome Self-Doubt and Imposterism to Cultivate a Successful Career. By Jill Stoddard. A personal and professional guide to the latest research on imposterism and psychological flexibility, this work is the professional's insight to combating impostor syndrome and overcoming self-doubt to achieve career success. 258 pages. Balance. Pub. at \$29.00 **\$5.95**

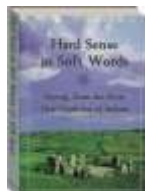


9239928 INSPIRE: The Universal Path for Leading Yourself and Others. By Adam Galinsky. An engaging exploration of the science of being inspiring. Offers compelling stories, fascinating research, and practical tips for addressing the common problems and dilemmas we face every day—showing how all of us, regardless of status or circumstance, can be more inspiring more of the time in our lives. Photos. 294 pages. Harper. Pub. at \$32.00 **\$5.95**

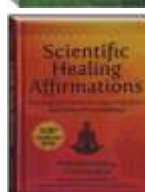


★9222839 THE TRUTH ABOUT TRAUMA: Break Patterns, Build Resilience, and Restore Joy. By Lisa Collins. Move beyond the emotional imprisonment of past trauma into healing and newly discovered peace. Learn how to identify and interrupt unhealthy responses through learning, discovery, and reflection to reclaim your joy. Once empowered, skillfully navigate the unacknowledged traumas we all face, transforming harmful energies into healing ones. 229 pages. Llewellyn. Paperbound. Pub. at \$16.99 **\$12.95**

229 pages. Llewellyn. Paperbound. Pub. at \$16.99

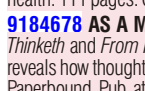


905331X HARD SENSE IN SOFT WORDS: Sayings from the Great Oral Tradition of Ireland. By C.B. Ryan. A collection of sayings and stories on a multitude of subjects. Each chapter embraces unique Irish wisdom on a different topic, including such classic Irish themes as friendship, money, trust, romance, faith, blarney, gossip, and luck. 131 pages. M. Evans. Pub. at \$17.95 **PRICE CUT to \$2.95**



★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 **PRICE CUT to \$6.95**

between positivity and bolstering your mental, physical, and spiritual health. 111 pages. Clydesdale. Pub. at \$12.99



9184678 AS A MAN THINKETH. By James Allen. Collects *As a Man Thinketh* and *From Power to Poverty*. This combination of literary classics reveals how thought can shape your destiny. 150 pages. Page Publications. Paperbound. Pub. at \$13.99 **PRICE CUT to \$3.95**



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 **PRICE CUT to \$7.95**

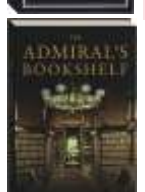


9112456 THE LITTLE BOOK OF UNICORNS. By Lisa Dyer. Along with captivating myths and legends, inspirational quotes and positive affirmations, you will find self-care tips, exercises, recipes, beauty treatments and ways to use magic, crystals and manifestations to enter the realm of the unicorn and live vibrantly, creatively, resiliently and joyfully. Illus. in color. 192 pages. Orange Hippo. Pub. at \$8.95 **PRICE CUT to \$2.95**

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★9194010 ON CHARACTER: Choices that Define a Life. By Stanley McChrystal. Draws from the retired four-star general's experiences to explore the discipline required to live up to our deeply held beliefs. A challenge to the reader to reflect on how we can embody our principles in every aspect of our lives. 284 pages. Portfolio. Pub. at \$30.00 **PRICE CUT to \$17.95**



★9203664 THE ADMIRAL'S BOOKSHELF. By James G. Stavridis. Links 25 essential life lessons and leadership principles to the books that best illustrate them. Each chapter covers a single work of literature and showcases Stavridis' deft analysis of its significance and impact, as well as what he learned and how he used it to better himself. The result is a rewarding and compelling volume. 209 pages. Naval Institute. Pub. at \$26.95 **PRICE CUT to \$14.95**

9036989 AMAZINGLY SIMPLE LESSONS WE LEARNED AFTER 50: A Collection of Letters and Bytes of Wisdom for All Ages. Compiled by William B. Toulouse. 230 pages. M. Evans. Pub. at \$19.95 **\$2.95**

5879752 MIRACLES WE HAVE SEEN: America's Leading Physicians Share Stories They Can't Forget. By Harley A. Rotbart. 354 pages. Health Communications. Paperbound. Pub. at \$16.95 **\$5.95**

★4619439 THE MIRACLE POWER OF YOUR MIND: The Joseph Murphy Treasury. 929 pages. Tarcher/Penguin. 8 1/4 x 10 1/2. Paperbound. Pub. at \$35.00 **\$17.95**

9122206 HOW TO BE COMFORTABLE WITH BEING UNCOMFORTABLE: 43 Weird & Wonderful Ways to Build a Strong Resilient Mindset. By Ben Aldridge. 222 pages. Watkins. Paperbound. Pub. at \$18.95 **\$5.95**

9084169 HIGH ON LIFE: How to Naturally Harness the Power of Six Key Hormones and Revolutionize Yourself. By David J.P. Phillips. 254 pages. Pegasus. Pub. at \$24.95 **\$6.95**

9075860 365 WAYS TO HAVE A GOOD DAY: A Day-by-Day Guide to Living Your Best Life. By Ian Sanders. 248 pages. John Murray. Pub. at \$16.95 **\$5.95**

923585X EVERYTHING BEGINS WITH ASKING FOR HELP: An Honest Guide to Depression and Anxiety, from Rock Bottom to Recovery. By Kevin Braddock. 208 pages. Kyle Books. Paperbound. Pub. at \$12.99 **\$4.95**

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- 9035370** **GROWING SEASONS.** By Kristin Johns. Well illus. in color. 216 pages. Harper. Pub. at \$35.99 **PRICE CUT to \$5.95**
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- ★**9165614** **THE ENNEAGRAM OF THE SOUL: A 40-Day Spiritual Companion for the 9 Types.** By Nhien Vuong. 215 pages. Hampton Roads. Paperbound. Pub. at \$18.95 **\$13.95**
- 8896119** **DID A NEW THING: 30 Days to Living Free.** By Tabitha Brown. 241 pages. Morrow. Pub. at \$29.99 **PRICE CUT to \$1.95**
- ★**8792097** **HEALING THROUGH INDIGENOUS WISDOM: A 52-Week Guide.** By Valerie Ringland. 298 pages. Rockpool. Paperbound. Pub. at \$18.95 **PRICE CUT to \$7.95**
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- 9056165** **THE WAY HOME: Discovering the Hero's Journey to Wholeness at Midlife.** By Ben Katt. 265 pages. St. Martin's. Paperbound. Pub. at \$19.00 **PRICE CUT to \$1.95**
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- 9044329** **ILLOGICAL: Saying Yes to a Life Without Limits.** By Emmanuel Acho. 244 pages. Flatiron. Pub. at \$27.99 **PRICE CUT to \$3.95**

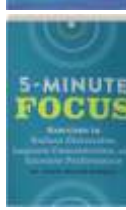


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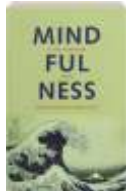
Healing & the Mind



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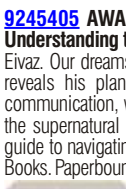
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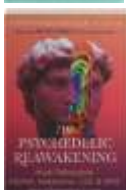
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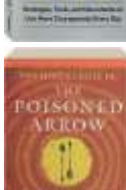
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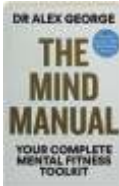
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Healing & the Mind



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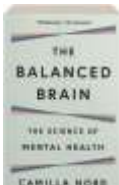
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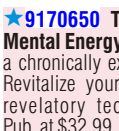
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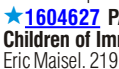
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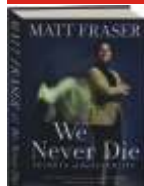
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Facing Illness & Death



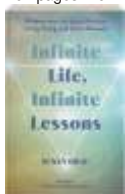
914207X THIS IS ASSISTED DYING: A Doctor's Story of Empowering Patients at the End of Life. By Stefanie Green. A compassionate and transformative memoir by a pioneer in medically assisted dying who began her career in the maternity ward and now helps suffering patients fulfill their end-of-life wishes. 295 pages. Scribner. Pub. at \$28.00 **\$6.95**

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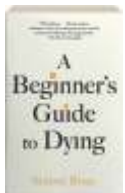
9264280 DO I HAVE TO WEAR BLACK TO A FUNERAL? 112 Etiquette Guidelines for the New Rules of Death. By Florence Isaacs. Answers questions about grief, funerals, different religious ceremonies, and more, offering practical guidelines for modern situations, and, yes, advice on what to wear. Offers fresh insights, plus an etiquette map of the right things to do and say. 176 pages. Countryman. Paperbound. Pub. at \$14.95 **\$4.95**

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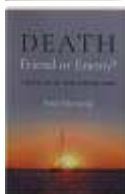


★9242325 INFINITE LIFE, INFINITE LESSONS: Wisdom from the Spirit World on Living, Dying, and the In-Between. By Susan Grau. Whether you're grappling with the loss of a loved one, seeking answers to life's mysteries, interested in near-death experiences, or looking to deepen your spiritual awareness, this touching work provides the clarity, wisdom, and solace needed for your journey, gently reminding readers goodbye is not the end. 255 pages. Hay House. Paperbound. Pub. at \$18.99 **\$13.95**

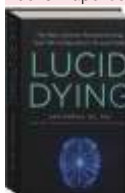
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8876169 AT HEAVEN'S DOOR: What Shared Journeys to the Afterlife Teach About Dying Well and Living Better. By William J. Peters with M. Kinsella. 248 pages. S&S. Paperbound. Pub. at \$17.99 **\$3.95**

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★785546X THE AFTERLIFE BOOK: Heaven, Hell, and Life After Death. By M.D. Jones & L. Flaxman. Well illus. 323 pages. Visible Ink. Paperbound. Pub. at \$22.95 **PRICE CUT to \$7.95**

Aging



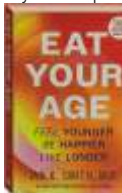
9171487 THE BLUE ZONES SECRETS FOR LIVING LONGER: Lessons From the Healthiest Places on Earth. By Dan Buettner. Explore a beautifully illustrated and informative guide to the places on Earth where people live the longest, including lessons learned, top longevity foods, and the behaviors to help you live to 100. 285 pages. National Geographic. Pub. at \$32.50 **\$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 **\$2.95**



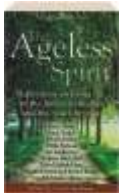
7822170 EIGHTYSOMETHINGS: A Practical Guide to Letting Go, Aging Well, and Finding Unexpected Happiness. By Katharine Esty. Describes the series of dramatic and difficult transitions that eightysomethings usually experience and how, despite their losses, they so often find themselves unexpectedly happy. 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**



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



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



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

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

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

Aging



★928513X AGELESS AGING: A Woman's Guide to Increasing Healthspan, Brainspan, and Lifespan. By Maddy Dychtwald. Presents a pioneering new way for women to age—an ascent that includes feeling youthful and vital while gaining wisdom, resilience, and experience. This work provides a holistic, actionable plan that will help women make use of all the tools available to them as they grow older. 353 pages. Mayo Clinic. Paperbound. Pub. at \$18.99 **\$13.95**

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

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

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

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

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

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

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Communication Skills



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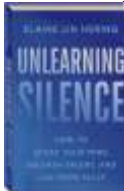
7983786 IMPROVE YOUR HANDWRITING: Write in a Confident and Fluent Hand. By R. Sassoon & G. SE Briem. Helps you to improve your handwriting and find a mature and individual style. Experiment with the way you write and choose the style that suits you best, enabling you to write quickly and legibly when it really matters. 175 pages. Teach Yourself. Paperbound. **\$6.95**



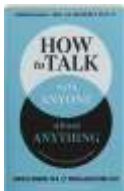
6898882 UNLOCKING SECRETS: How to Get People to Tell You Everything. By David Craig. Craig has simplified the psychological methods by criminal investigators and covert operatives to persuade others to reveal their secrets. These methods could be used to assist people working with patients, clients, children, or friends who carry a difficult secret. 150 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$3.95**



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★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 \$4.95**

Relationships



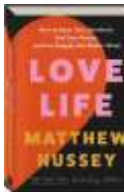
9236015 LOVEBIRDS AND OTHER WILD SWEETHEARTS. By Liz Temperley. Lovebirds are so alike that it's hard to tell them apart; they stay together for their whole lives and, if separated, they pine just like humans do. They even sleep with their faces turned towards one another. This shows what the animal kingdom can teach us about romance and love's lasting power. Fully illus. in color. 95 pages. ILEX. Pub. at \$12.99 **\$4.95**



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



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



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



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

Sexuality & Sexual Expression



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9229892 EROTIC MASSAGE FOR COUPLES: Head to Toe Techniques to Arouse and Gratify Your Partner. By Sylvia Patterson. This comprehensive manual is an invitation to discover the secrets of erotic massage for couples. It will teach you step by step how to unleash new sensual pleasures on your partner. Includes recipes for massage oils. Adults only. 188 pages. Skyhorse. Pub. at \$24.95 **\$5.95**



903143X SLUTEVER: Dispatches from a Sexually Autonomous Woman in a Post-Shame World. By Karley 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**



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9255966 SEX POT: The Marijuana Lover's Guide to Gettin' It On. By Mamakind. Mamakind deftly helps her readers negotiate those sticky situations in which, with a little help from marijuana, a desire and rage collude to make sex an ecstatic event. Illus. in color. 154 pages. Quick American. Paperbound. Pub. at \$14.95 **\$4.95**



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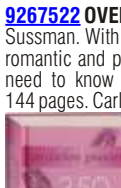
4991281 DIY: The Wonderfully Weird History and Science of Masturbation. By Eric Sprankle. Reveals the untold story of crusaders on a long campaign to suppress masturbation and the sex educators fighting back with science. Introduces readers to a colorful cast of characters, and this work will challenge what you think you know about the very human need for self-pleasure. 240 pages. Union Square & Co. Paperbound. Pub. at \$17.99 **\$12.95**



9252266 QUICKIES: One Hundred Little Lessons for Living Sexily Ever After in Midlife. By Heather Bartos. A bold manifesto to reclaim your desires, reignite intimacy, and celebrate the sacred power of midlife sexuality—unapologetically. Packed with 100 empowering, bite-sized lessons, this volume challenges outdated notions about aging and intimacy. 375 pages. Empress Editions. Paperbound. Pub. at \$17.99 **\$13.95**



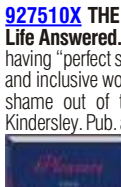
5392543 JUICE: A History of Female Ejaculation. By Stephanie Haerdle. For over 2000 years, vulval sex fluids were understood to be a natural part of female pleasure, only to become disputed or categorically erased in the twentieth century. Restores female gushes to their rightful place in our collective understanding so that they can once again be recognized, named, and experienced. Adults only. 219 pages. MIT Press. Paperbound. Pub. at \$19.95 **\$14.95**



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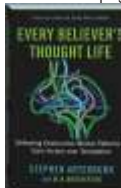
777169X SATISFACTION GUARANTEED: 350 Best Sex Tips Ever. By Lisa Sussman. A frank, practical, and humorous guide for the woman who demands concise and insightful advice about her sex life. This manual will tell you everything you need to keep sex sizzling. Whether you're interested in a marathon session or a spontaneous quickie, get ready for an action packed ride. Adults only. Well illus. in color. Carlton. Pub. at \$16.95 **\$4.95**



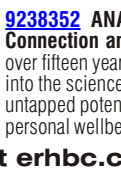
927510X THE SCIENCE OF SEX: Every Question About Your Sex Life Answered. By Kate Moyle. Dispelling the myth that everyone else is having "perfect sex," or even that there is such a thing, this groundbreaking and inclusive work answers burning questions, explores taboos, and takes shame out of the equation. Adults only. Illus. 256 pages. Dorling Kindersley. Pub. at \$25.00 **\$9.95**



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9238352 ANATOMY OF DESIRE: Five Secrets to Create Connection and Cultivate Passion. By Emily Jamea. Combining over fifteen years of clinical experience with groundbreaking research into the science of flow, this study delivers a fresh perspective on the untapped potential of our sex lives, intimate partner connections, and personal wellbeing. 291 pages. Flatiron. Pub. at \$28.99 **\$6.95**

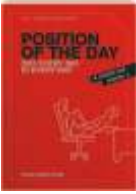
Sexuality & Sexual Expression



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



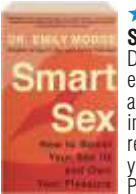
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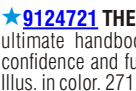
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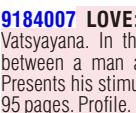
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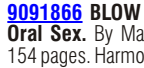
9037683 A QUICK & EASY GUIDE TO CONSENT. By Isabella Rotman. A quick, easy, and important educational comic guide to giving and receiving consent in sex, relationships, and other physical contact. Fully illus. 77 pages. Limerence. Paperbound. Pub. at \$7.99 **PRICE CUT to \$1.95**



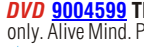
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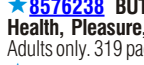
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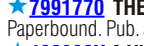
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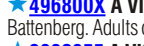
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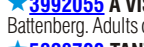
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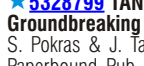
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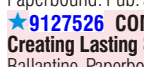
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★ **9127526 COME TOGETHER: The Science (and Art!) of Creating Lasting Sexual Connections.** By Emily Nagoski. 344 pages. Ballantine. Paperbound. Pub. at \$20.00 **PRICE CUT to \$9.95**

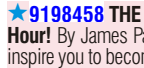
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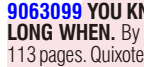
9230017 HOW TO PREPARE FOR HOME BIRTH: The Joy of Having Babies at Home for Health and Well-Being. By Shantel Silbernagel. With an exciting collection of personal narratives, this informative work sheds light on the varied, fascinating experiences of women choosing home birth. Anyone remotely interested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



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

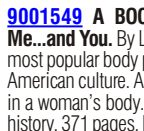


★ **8891257 THE BEST GRANDFATHER NAMES EVER: Choose Your Perfect Grandpa Name, from Papa to Nonno and Beyond!** By Cathy Livingstone. Illus. 103 pages. Sourcebooks. Paperbound. Pub. at \$12.99 **PRICE CUT to \$3.95**

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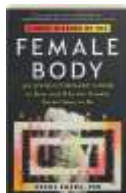


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Women's Health & Self-Help



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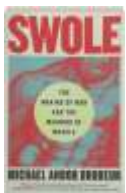
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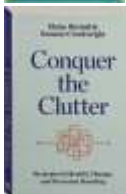


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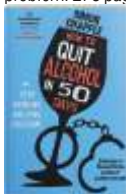
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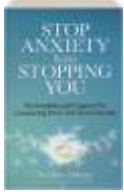
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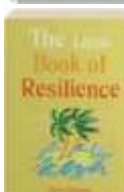
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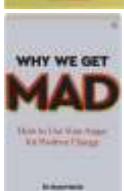
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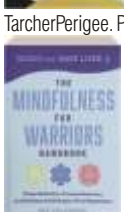
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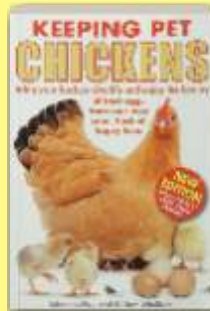
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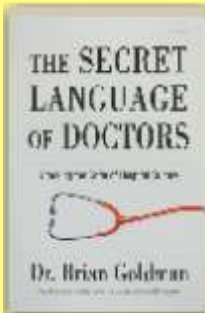
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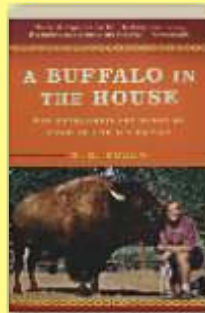
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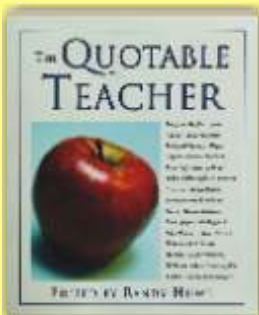
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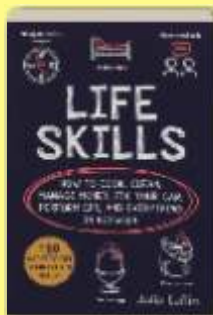
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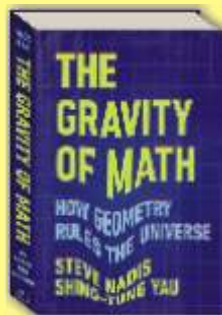
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