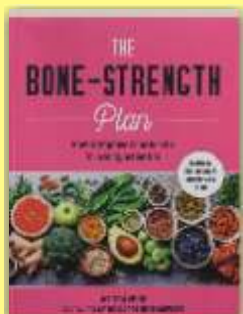


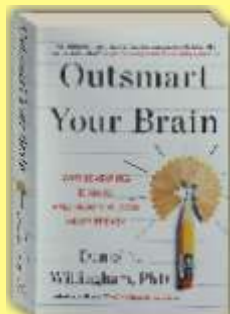
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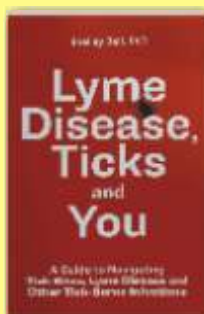
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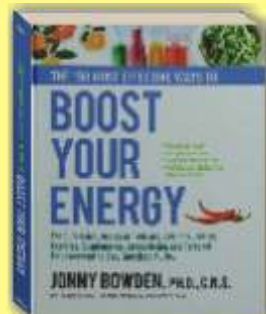
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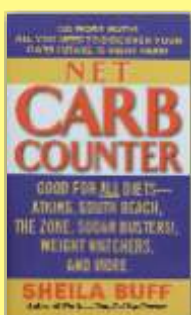
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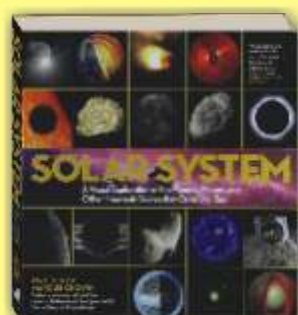
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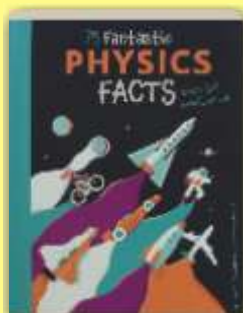
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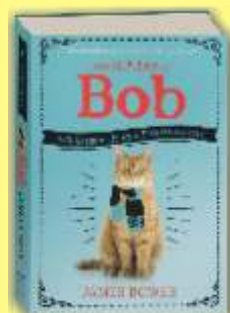
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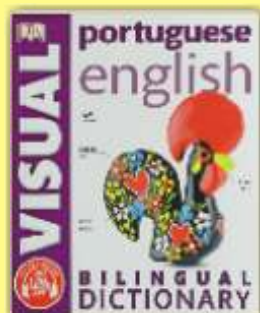
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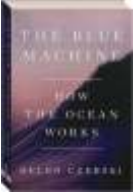
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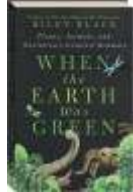
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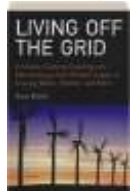


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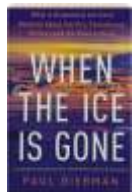


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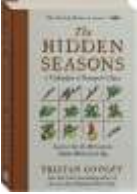
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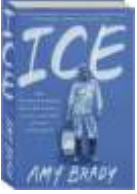
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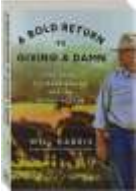
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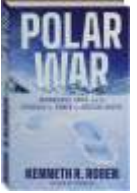
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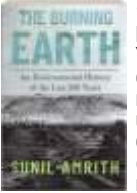
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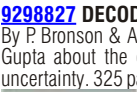
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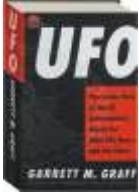
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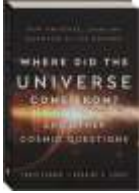
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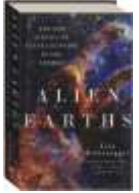
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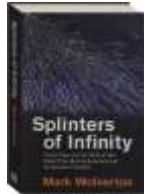
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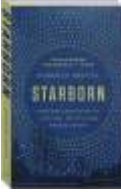


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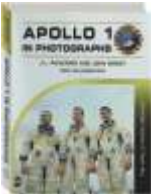
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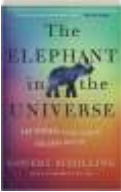
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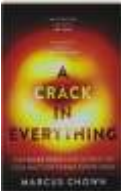
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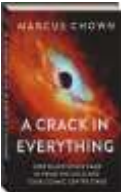
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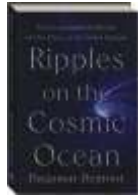
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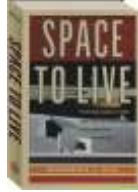
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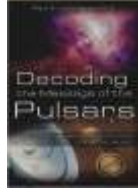


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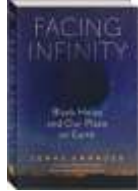


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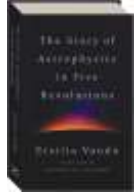
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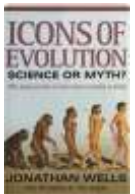
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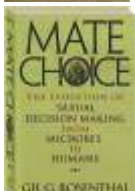
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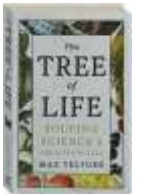
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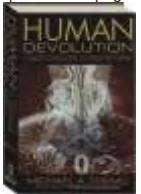
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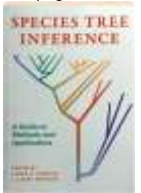
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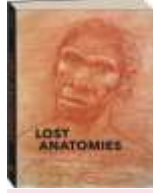


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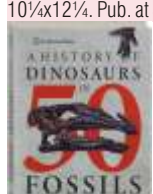
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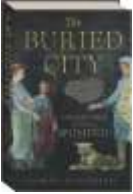


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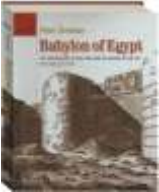
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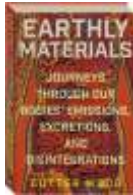
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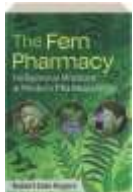
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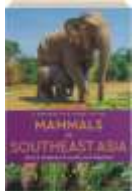
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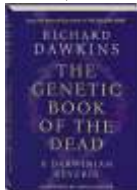
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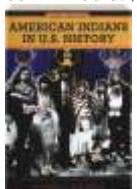
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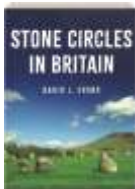
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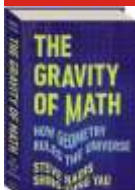
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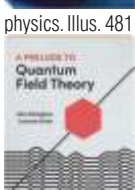
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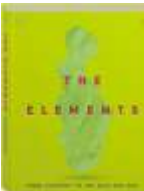


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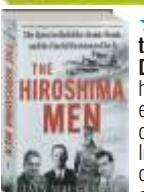
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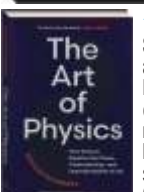
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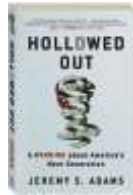
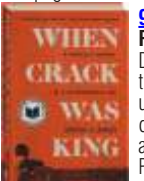
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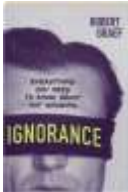


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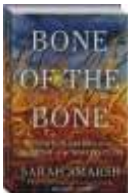


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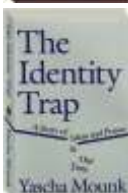


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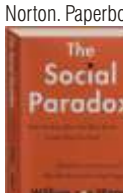


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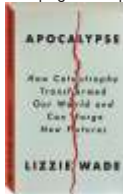


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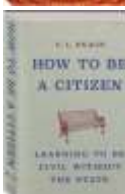
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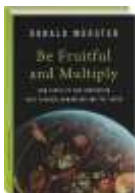
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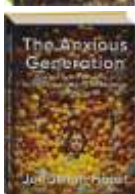
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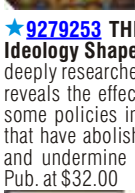
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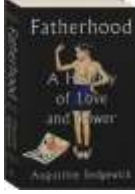
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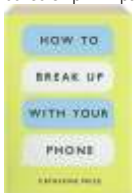
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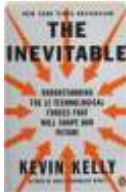
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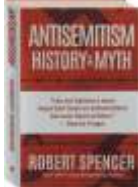
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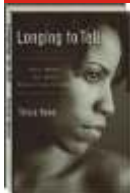
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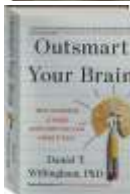
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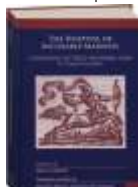
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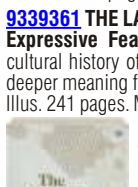
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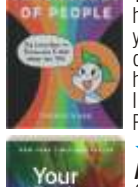
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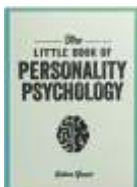


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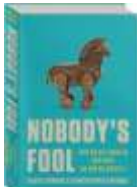
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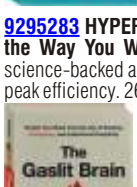
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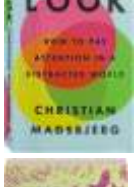
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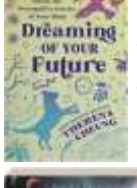
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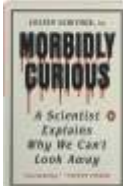


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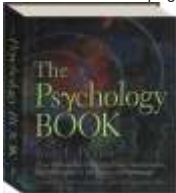
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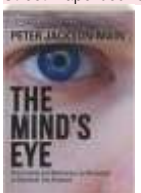
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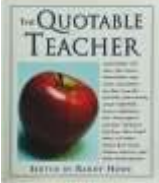
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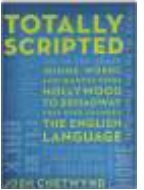
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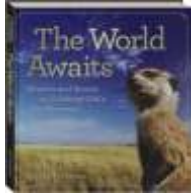


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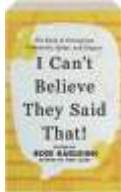


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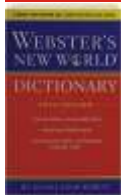


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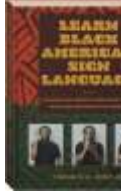
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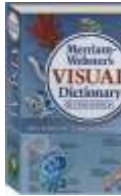
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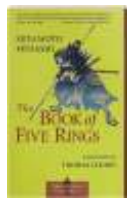
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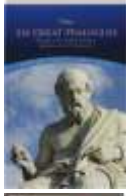


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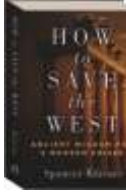


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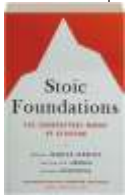


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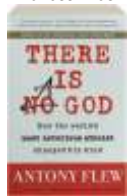
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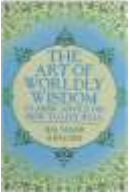


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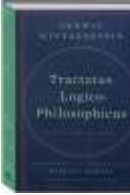


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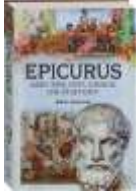
Lives & Works of Philosophers



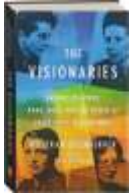
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Lives & Works of Philosophers

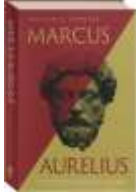
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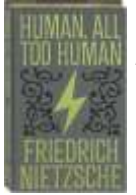


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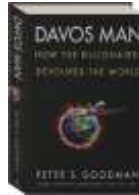
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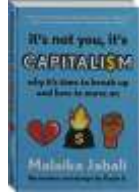
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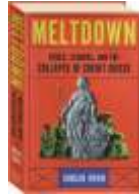
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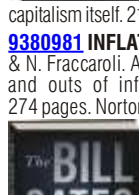
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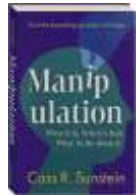
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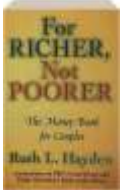


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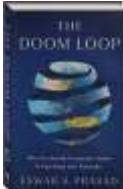
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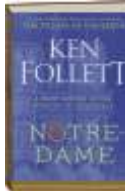


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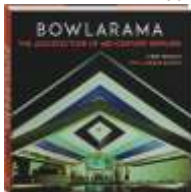
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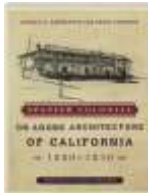
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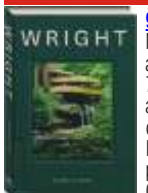
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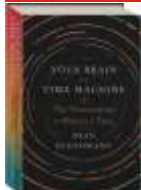
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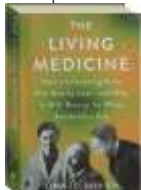
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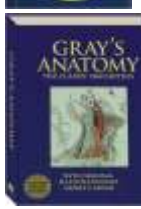
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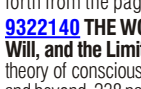
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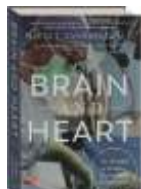
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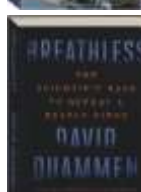
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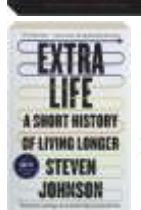
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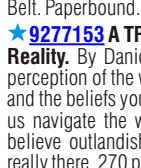
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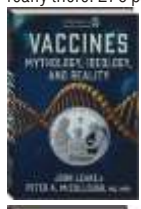
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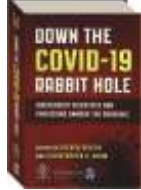
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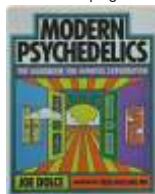
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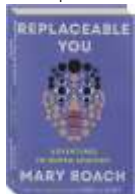
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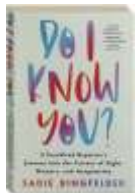
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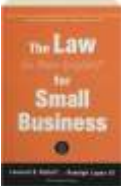


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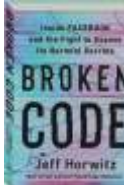
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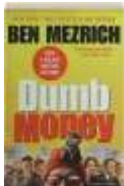
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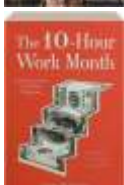
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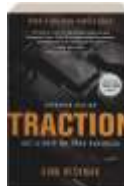


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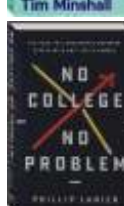
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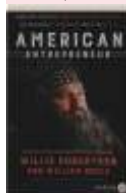
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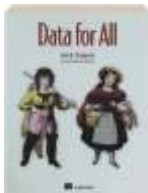


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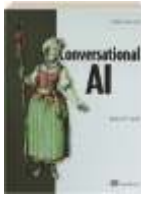
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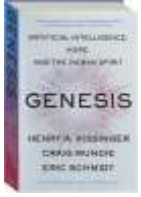


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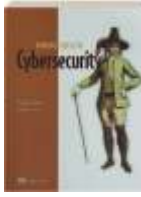
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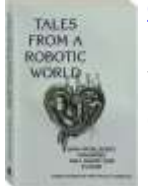


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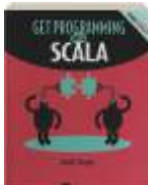


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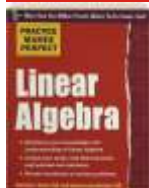
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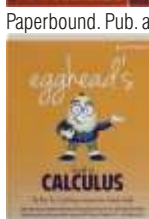
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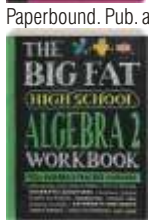
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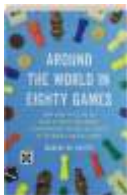
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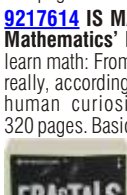
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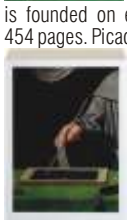
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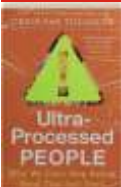
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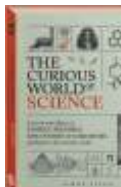
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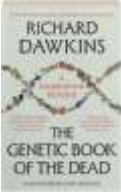


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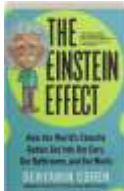


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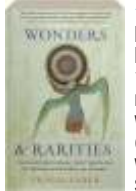
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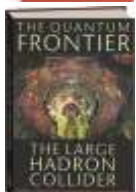
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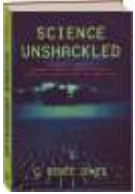
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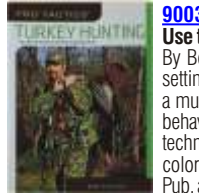
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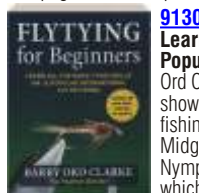
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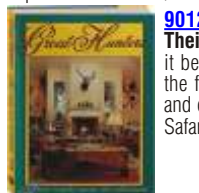
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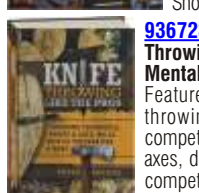
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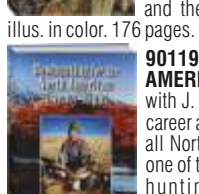
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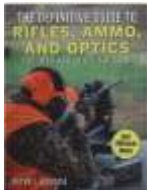


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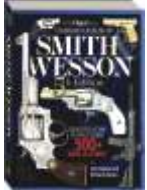


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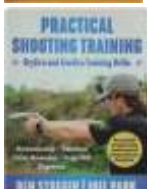


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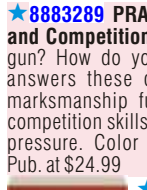
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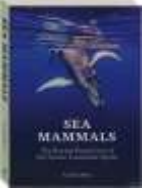
Marine Mammals, Fish & Reptiles



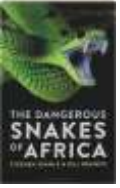
Blu-ray 9249621 SHARK WEEK 25TH ANNIVERSARY COLLECTION. Widescreen. Twenty-five years ago, a lone fin rose from the ocean's murky depths—and *Shark Week* was born. This apex predator quickly became one of the Discovery Channel viewers' favorites, including these programs—*Ultimate Air Jaws*; *Blood in the Water*; *Mythbusters: Shark Week Special*; and *Great White Shark: Uncaged*. English SDH. Over three hours. Discovery. **SOLD OUT**

8798192 BIG MEG: The Story of the Largest and Most Mysterious Predator That Ever Lived. By Tim & Emma Flannery. Charts the evolution of the megalodon, its super-predator status for about fifteen million years, and its decline and extinction. Delves into the fossil record to answer questions about its behavior and role in shaping marine ecosystems as well as its impact on the human psyche. Color photos. 216 pages. Atlantic Monthly. Pub. at \$27.00 **\$6.95**

Marine Mammals, Fish & Reptiles



9181083 SEA MAMMALS: The Past and Present Lives of Our Oceans' Cornerstone Species. By Annalisa Berta. Features more than 50 individual species profiles and themed chapters on extinct species. Presents detailed accounts of these mammals' evolutionary path, anatomy, behavior, habitats, and conservation. Also offers insights into a broad variety of marine worlds today and in the future. Color photos. 224 pages. Princeton. Pub. at \$29.95 **\$6.95**



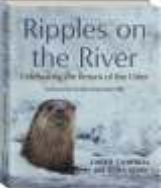
9258361 THE DANGEROUS SNAKES OF AFRICA. By S. Spawls & B. Branch. With several hundred species in total, Africa is a true hotspot for snake diversity; some have venom that can prove fatal. This is an indispensable guide to these reptiles, packed with information on the animals, their habitats, and advice on what to do should the worst happen. Fully illus. in color. 336 pages. Bloomsbury. Paperbound. **\$6.95**

927376X SLIPPERY BEAST: A True Crime Natural History, with Eels. By Ellen Ruppel Shell. A fascinating account of a deeply mysterious creature—the eel—mixing true crime, natural history, travel, and big business. Illus. Abrams. Pub. at \$28.00 **\$6.95**

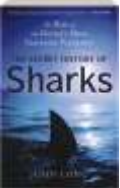


9129898 CHASING SHADOWS: Unraveling the Mysteries of the Great White Shark. By Greg Skomal with R. Talbot. Dr. Greg Skomal, one of the leading great white shark experts in the United States, reveals the true nature of these mysterious apex predators, as well as the fascinating story behind their history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

9183310 THE ALEWIVES' TALE: The Life History and Ecology of River Herring in the Northeast. By Barbara Brennessel. Describes the plight of alewives and blueback herring, two fish species with similar life histories that are difficult to distinguish by sight. Collectively referred to as river herring, they have been economically crucial since colonial times as food, fertilizer, and bait. Photos. 162 pages. UMaP Paperbound. Pub. at \$24.95 **\$5.95**



9184244 RIPPLES ON THE RIVER: Celebrating the Return of the Otter. By L. Campbell & A. Levin. Determined conservation efforts have resulted in an increased otter population in the United Kingdom, and a delighted public as the otters return to their former river systems. A lavish celebration of otters, their habitats, and the flora and fauna that exist alongside them. Color photos. 176 pages. Bloomsbury. 8½x10¼. Pub. at \$28.00 **\$6.95**



★9229663 THE SECRET HISTORY OF SHARKS: The Rise of the Ocean's Most Fearsome Predators. By John Long. From ancient megalodons to Great Whites, sharks have been fighting for their lives for 500 million years, and today are under dire threat. This work tells the untold story of how sharks emerged as Earth's ultimate survivors, outlasting multiple mass extinction events that decimated life on the planet. Illus. 467 pages. Ballantine. Paperbound. Pub. at \$20.00 **\$14.95**



921481X SHAPESHIFTERS: The Wondrous World of Jellyfish. By Lisa-Ann Cershwin. Captures nearly 100 species of jellyfish, from the ubiquitous *Aurelia* to the enigmatic *Velella*, along with astounding facts about these fascinating marine lifeforms. Some are splendid, some strange, some poisonous, some deadly, some carry surprising secrets, and some are barely known, but every one is remarkable. Well illus. in color. 224 pages. Abrams. 8½x11¼. Pub. at \$45.00 **\$23.95**



★9108335 THE REAL JAWS: The Attacks That Inspired the Movies. By Rachel Lee Perez. A series of sensationalized shark attacks along the New Jersey shore in 1916 would establish our modern-day misconstrued perception of sharks as evil, man-eating monsters, later inspiring the film *Jaws*, which would perpetuate the same harmful narrative. Explore the attacks, why they occurred, and the possibility of them happening again. Illus. 199 pages. White Owl. Pub. at \$34.95 **\$26.95**

★9197877 THE LIVES OF FROGS: A Natural History. By J. Labisko & R. Griffiths. Frogs are among the most diverse and adaptable animals on the planet. Explore their physiology, behavior, ecology, and evolution in this unique introductory guide. Fully illus. in color. 288 pages. Princeton. Pub. at \$35.00 **\$27.95**



★9139230 SHARK: The Illustrated Biography. By D.C. Abel & S.A. Maycock. Brings together a wide array of species from habitats around the globe, examining the biology, ecology, and behavior of sharks and their cultural role in human history. Covers evolutionary history, distinguishing features, habitats, reproduction, and migration. Well illus. in color. 224 pages. Princeton. Pub. at \$29.95 **\$24.95**



★9099662 THE WORLD BENEATH: The Life and Times of Unknown Sea Creatures and Coral Reefs. By Richard Smith. The wondrous creatures inside are charmers and tricksters. You'll learn what they eat, how they play, and how they care for one another, live on one another, and mimic others when they're afraid. Fully illus. in color. 350 pages. Apollo. 8½x10¼. Pub. at \$40.00 **\$27.95**



9107290 SEARCH FOR THE GREAT TURTLE MOTHER. By Jack Rudloe. Recounts how Rudloe's fascination with sea turtles led him to journey to Central America and Malaysia to investigate the theory that magnetic forces help guide sea turtles in their migration, and to explore the Turtle Mother legend that shaped the attitudes of other, more primitive cultures. Well illus. 263 pages. Great Outdoors. Paperbound. Pub. at \$14.95 **PRICE CUT to \$2.95**

9181067 THE LIVES OF SHARKS: A Natural History of Shark Life. By Daniel C. Abel & R. Dean Grubbs. Color photos. 288 pages. Princeton. Pub. at \$35.00 **SOLD OUT**

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9183833 IGUANA IGUANA: Guide for Successful Captive Care. By Fredric L. Frye. Well illus., many in color. 178 pages. Krieger. 8½x11¼. Pub. at \$22.00 **PRICE CUT to \$1.95**

★9132384 THE LIVES OF SNAKES: A Natural History of the World's Snakes. By Chris Mattison. 288 pages. Princeton. Pub. at \$35.00 **SOLD OUT**

9183604 THE ECOLOGY OF A SYMBIOTIC COMMUNITY, VOLUME 1. By Sam Rountree Telford Jr. Well illus. 125 pages. Krieger. 8½x11¼. **PRICE CUT to \$1.95**

9183612 THE ECOLOGY OF A SYMBIOTIC COMMUNITY, VOLUME 2. By Sam Rountree Telford Jr. 153 pages. Krieger. 8½x11¼. **PRICE CUT to \$1.95**

★9185917 THE MARLIN'S FIERY EYE AND OTHER TALES FROM THE EXTRAORDINARY WORLD OF MARINE FISHES. By Joe E. Meisel. 370 pages. Comstock. Paperbound. Pub. at \$24.95 **PRICE CUT to \$14.95**

Horses & Horsemanship



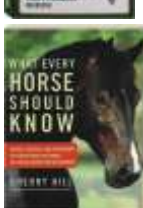
9250565 HORSE COLOR EXPLORED: Over 150 Breeds, Types, and Variations. By Vera Kurskaya. Provides a guide that aims to not only outline basic information about horse color appropriate for a general audience, but also explore the specifics of inheritance and recent color genetics research. A fascinating and valuable resource for the modern horse-person. Color photos. 136 pages. Trafalgar Square. Paperbound. Pub. at \$34.95 **\$13.95**



9057854 THE HORSE: A Natural History. By D. Busby & C. Rutland. A comprehensive introduction to the evolution, development, domestication, and behavior of the horse. Tells the story of horses, from their earliest ancestors to today. This account offers a detailed survey of how horses and humans have interacted since horses were domesticated. Well illus. many in color. 224 pages. Princeton. Pub. at \$29.95 **\$7.95**



907404X THE LITTLE BOOK OF LORE FOR HORSE LOVERS: A Round Up of Equine Facts, Myths, and History. By Mary Frances Budzik. Chock full of fun facts, trivia, and illustrations, this fun work will answer all the horse-related questions you could ever have. Such as: What should you keep in an equine first aid kit? Where did the word *Flibbertigibbet* come from? 144 pages. Skyhorse. Pub. at \$11.99 **\$6.95**



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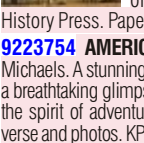
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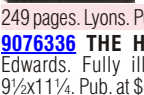
9007652 NEW YORK'S GREATEST THOROUGHBREDS: A Contemporary History. By Allan Carter. From Saratoga to Belmont Park, New York hosts some of horse racing's most important races, but many of the most successful Thoroughbreds of the past five decades also have called the state home. The author highlights the stories behind the greatest New York Thoroughbreds of the past half century. Well illus. 155 pages. History Press. Paperbound. Pub. at \$21.99 **PRICE CUT to \$1.95**



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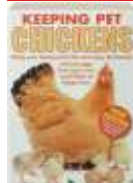
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Farm & Domesticated Animals



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Farm & Domesticated Animals

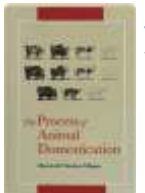


9057838 THE GOAT: A Natural & Cultural History. By Sue Weaver. Provides a comprehensive, illustrated introduction to the natural and cultural history of the goat, featuring clear and engaging text plus infographics, diagrams, and stunning color photographs. Weaver includes a photographic directory to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

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★9197842 THE SALT STONES: Seasons of a Shepherd's Life. By Helen Whybrow. 285 pages. Milkweed Editions. Pub. at \$26.00 **\$18.95**

Animals



9351973 MAMMALS OF SOUTH AMERICA. By Rexford D. Lord. Fully one-fourth of the world's mammals can be found on the South American continent. Lord provides the most vivid snapshot of South American fauna ever produced. With engaging descriptions of each of the mammal families found on the continent, the diversity of these incredible animals is revealed. Well illus. in color. 198 pages. Johns Hopkins. 8 1/2 x 10 1/4. Pub. at \$61.00 **\$6.95**



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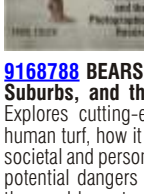
9128816 MIND-BLOWING FACTS ABOUT THE PLANET'S STRANGEST ANIMALS. By Kylie Keen. This captivating collection of unusual animal facts transports you across countries and continents to learn about the little-known creatures that call our planet home. Discover a plethora of animal behaviors, diets, habitats 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**



9057773 CAT WARS: The Devastating Consequences of a Cuddly Killer. By PP. Marra & C. Santella. Tells the story of the threats free-ranging cats pose to biodiversity and public health throughout the world, and sheds new light on the controversies surrounding the management of the explosion of these cat populations. Traces the historical and cultural ties between humans and cats. 16 pages of color photos. 212 pages. Princeton. Pub. at \$24.95 **\$5.95**



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**



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**



★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**

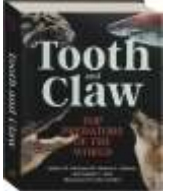
265198X CHICKEN WISDOM: 50 Inspirational Prints to Put You in a Fresh Frame of Mind. By Melissa Caughey. Sage sentiments meet delightful chicken photography on 50 individual cards, and with a pull-out table-top frame included, you can display your favorite card or easily swap it out for one that fits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

Animals



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**

9094156 BLOOD MEMORY: The Tragic Decline and Improbable Resurrection of the American Buffalo. By D. Duncan & K. Burns. The epic story of the buffalo in America, from prehistoric times to today. Well illus., some in color. 329 pages. Knopf. Pub. at \$40.00 **\$7.95**



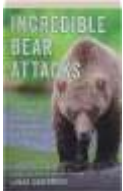
9057935 TOOTH AND CLAW: Top Predators of the World. By Robert M. Johnson III et al. A marvelously illustrated look at the most deadly predators on the planet—from big cats and wild dogs to sharks, reptiles and killer whales. Also describes the conservation successes and lays out some simple but crucial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



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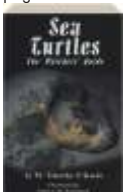


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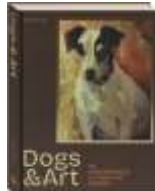
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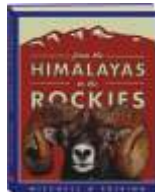


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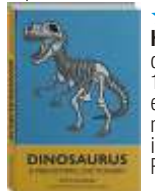


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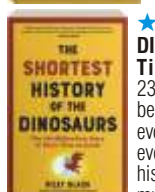


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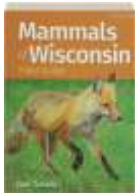
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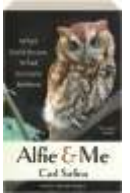
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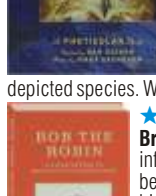
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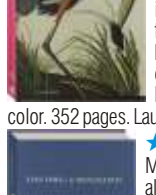
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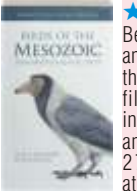
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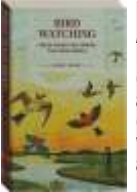
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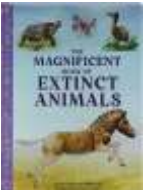


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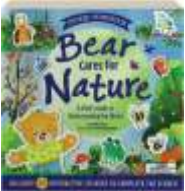
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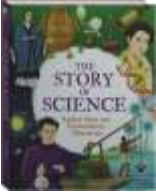


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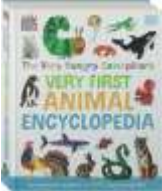
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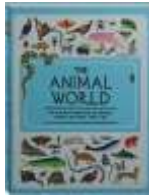
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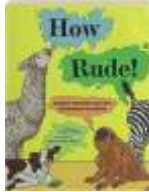


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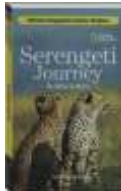
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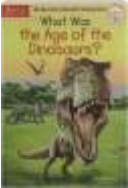
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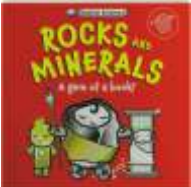
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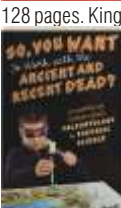
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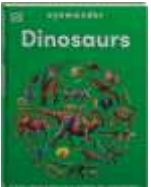
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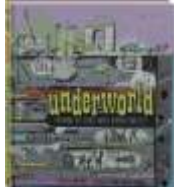
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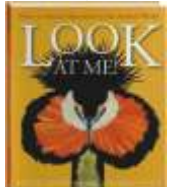
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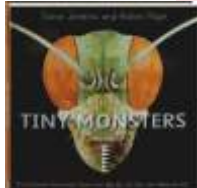
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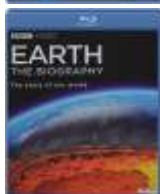
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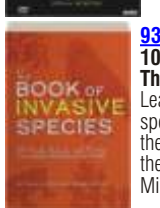
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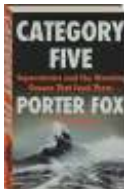


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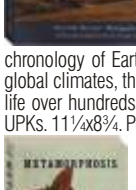
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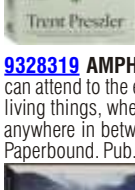
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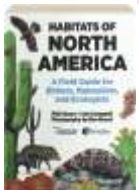


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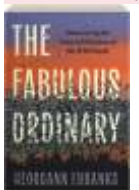
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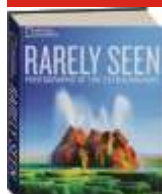
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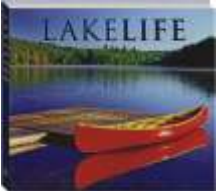
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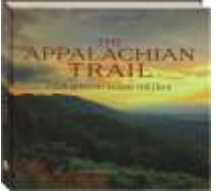


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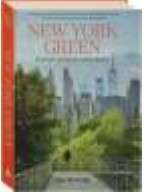


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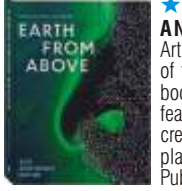
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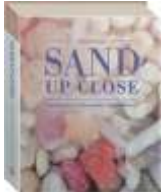


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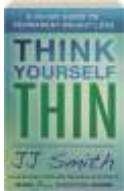
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★6082297 THE PIPESTONE WOLVES: The Rise and Fall of a Wolf Family. text by G. Bloch, photos by J.E. Marriott. 223 pages. Rocky Mountain. 11 x 8 1/2. Paperbound. Pub. at \$35.00

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Nutrition & Weight Management



9374264 THINK YOURSELF THIN: A 30-Day Guide to Permanent Weight Loss. By JJ Smith. Divided into four parts, Smith uncovers the five psychological stages required to lose weight and keep it off, plus she introduces the all-new SUCCESS System, detailing the mental habits and approaches necessary for permanent weight loss. Filled with inspiring, motivational success stories. 256 pages. S&S. Paperbound. Pub. at \$16.99

\$5.95

9353224 NET CARB COUNTER. By Sheila Buff. Whether you're on Atkins, South Beach, Weight Watchers, Sugar Busters!, the Zone, or any of today's most popular weight-loss programs, this helps take the guesswork out of shopping and meal planning by placing the essential net carb content information you need. Originally published in 2005. 293 pages. Avon. Paperbound. Pub. at \$8.99

\$4.95



LIMITED QUANTITY 935901X THE FAST: The History, Science, Philosophy, and Promise of Doing Without. By John Oakes. With fasting at an all-time high in popularity, here is an enlightening exploration into the history, science, and philosophy behind the practice—essential to many religions and wellness routines. 299 pages. Avid Reader. Pub. at \$30.00

\$6.95

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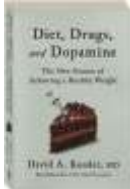
9000399 DR. ATKINS' NEW DIET REVOLUTION. By Robert C. Atkins. With this guide, you get everything you need: essential medical and nutritional information, a helpful carbohydrate gram counter, low-carb meal plans, and dozens of mouth-watering recipes for everything from appetizers to entrees to desserts.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

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★9368663 THE CORTISOL RESET PLAN. By Marina Wright. A powerful guide to restoring body-mind health with holistic tools to heal our bodies through nervous system work, blood sugar regulation, and nutrient-dense foods. 358 pages. Harper. Paperbound. Pub. at \$22.00

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9360123 DIET, DRUGS, AND DOPAMINE: The New Science of Achieving a Healthy Weight. By David A. Kessler. An illuminating understanding of body weight, including the promise—and peril—of the latest weight loss drugs. 391 pages. Flatiron. Pub. at \$32.99

\$5.95



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, overbooked 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



★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



9300104 THE MET FLEX DIET: Burn Better Fuel, Burn More Fat. By Ian K. Smith. Burn fat better by harnessing the revolutionary power of metabolic flexibility. Complete with meal and exercise plans, as well as recipes, the Met Flex Diet provides readers with every tool they need to achieve their weight loss goals. 261 pages. Harper. Pub. at \$29.99

\$5.95

9291156 THE OLDEST CURE IN THE WORLD: Adventures in the Art and Science of Fasting. By Steve Hendricks. 438 pages. Abrams. Pub. at \$30.00

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9240047 THE OZEMPIC REVOLUTION. By Alexandra Sowa. 235 pages. Harvest. Pub. at \$28.99

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8991286 NUTRITION IN CRISIS: Flawed Studies, Misleading Advice, and the Real Science of Human Metabolism. By Richard David Feinman. Illus. 291 pages. Chelsea Green. Paperbound. Pub. at \$24.95

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9218009 ZERO SUGAR ONE MONTH: Reduce Cravings, Reset Metabolism, Lose Weight, Control Blood Sugar. By Becky Gillaspay. 176 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99

\$8.95

9045848 WEIGHT LOSS FOR LIFE: The Proven Plan for Success. By L.J. Cheskin & K.A. Gudzone. 380 pages. Johns Hopkins. 7 1/4 x 10 1/4. Pub. at \$29.95

\$5.95

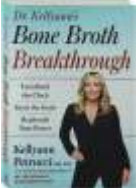
8797498 HOW TO LOSE WEIGHT FOR THE LAST TIME: Brain-Based Solutions for Permanent Weight Loss. By Katrina Ubell. 293 pages. Balance. Pub. at \$29.00

\$3.95

9231188 URBAN REMEDY: The 4-Day Home Cleanse Retreat. By Neka Pasquale. Fully illus. in color. 175 pages. S&S. Paperbound. Pub. at \$24.95

PRICE CUT to \$3.95

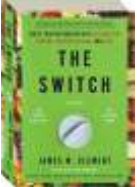
Healthy Cooking & Special Diets



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 **\$5.95**



7957483 THE BONE-STRENGTH PLAN: How to Improve Bone Health for a Long, Active Life. By Jo Travers. You'll find out how your bones grow and why they lose density, and ways you can increase the strength of your skeleton through science and using exercise and nutrition. Includes healthy recipes. Illus. in color. 128 pages. Welbeck. Paperbound. Pub. at \$14.95 **\$5.95**



9233342 THE SWITCH: Ignite Your Metabolism with Intermittent Fasting, Protein Cycling, and Keto. By James W. Clement. Backed by a wealth of scientific data and featuring a gallery of guidelines to follow for lasting results, Clement decodes the science of autophagy (achieved during intermittent fasting) and teaches readers how to control it and maximize its profound impact on our health. 305 pages. Gallery. Pub. at \$26.99 **\$5.95**



9343113 THE FASTING FIX: Eat Smarter, Fast Better, Live Longer. By Andreas Michalsen. The author draws from his decades of medical practice and original, cutting-edge scientific research, along with his deep knowledge about the human body and evolutionary history, to distill the simple truth about what and how we should eat in order to live healthier, longer lives. 421 pages. Penguin. Paperbound. Pub. at \$18.00 **\$5.95**

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 \$24.99 **SOLD OUT**



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 \$24.99 **SOLD OUT**

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**



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 **SOLD OUT**



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 **PRICE CUT to \$4.95**

★9091742 THE BLOOD SUGAR BALANCING HANDBOOK. By Autumn Enloe. A resource with 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 **PRICE CUT to \$9.95**

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**

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**

9288708 THE POWER PLATE DIET: Discover the Ultimate Anti-Inflammatory Meals to Fat-Proof Your Body and Restore Your Health. By Erin Oprea. Illus. 312 pages. Rodale. Pub. at \$25.99 **\$5.95**

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

★9103678 HOW TO EAT: An Ancient Guide for Healthy Living. Selected by Claire Bubb. Illus. 242 pages. Princeton. Pub. at \$17.95 **\$6.95**

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**



9329498 ULTIMATE GUIDE TO STRENGTH TRAINING. By Hollis Lieberman. Offers dozens of beginner, intermediate, and advanced exercises, suitable for all levels of physical fitness. Whether you're a seasoned athlete or simply looking to maintain a healthier lifestyle, this is the perfect resource for your next workout, complete with step-by-step instructions and detailed anatomical illustrations. 400 pages. Thunder Bay. 9 1/4 x 11 1/4. Paperbound. Pub. at \$24.99 **\$8.95**



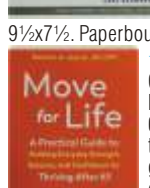
9255923 THE WOMEN'S HEALTH FITNESS FIX. By Jen Ator. You'll find all the tools you need for successful and lasting weight loss—no rigid, inflexible diet rules or demanding, time-consuming workout programs. These easy-to-follow strategies are practiced by the U.S.'s leading fitness experts, tested by 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**



★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**



9378235 QUANTUM YOGA: The Holistic Approach to Creating Your Ideal Practice. By Lara Baumann. Helps practitioners learn how to tap into the ancient approach to achieving union with the divine through the harmony of body and mind. Well illus. in color. 255 pages. Mandala. 9 1/2 x 7 1/2. Paperbound. Pub. at \$29.99 **SOLD OUT**

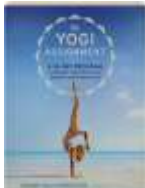


★9290095 MOVE FOR LIFE: A Practical Guide to Building Everyday Strength, Balance, and Confidence for Thriving After 65. By Damien A. Joyner. Certified personal trainer Joyner not only explodes the myth that growing older means growing weaker—he offers expert guidance and safe, simple, effective exercises to empower you to regain and maintain your strength and autonomy. Illus. in color. 190 pages. North Atlantic. Paperbound. Pub. at \$24.99 **SOLD OUT**



★9370714 WALKING YOUR WAY TO VITALITY: Integrating Walking, Breathwork, and Mindfulness into Your Daily Exercise. By J. MoraMarco & Y. Kim. Taps into the growing trends of mindful movement, breathwork, and holistic wellness. Whether you're a casual walker or a dedicated health enthusiast, learn how to invigorate your daily routine, improve your physical health, and calm your mind. 270 pages. Skyhorse. Paperbound. Pub. at \$18.00 **SOLD OUT**

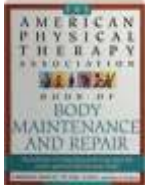
Exercise & Fitness



9378405 THE YOGI ASSIGNMENT: A 30-Day Program for Bringing Yoga Practice and Wisdom to Your Everyday Life. By Kino MacGregor. A 30-day introduction to life-affirming and simple yet revolutionary principles. Led by MacGregor, this journey will challenge and uplift your body, mind, and spirit. Fully illus. in color. 228 pages. Shambhala. Paperbound. Pub. at \$21.99 **SOLD OUT**



782663X RESISTANCE BAND WORKOUTS FOR SENIORS: Strength Training at Home or on the Go. By Karina Inkster. This is an invaluable resource for older adults looking to improve their strength and body composition without having to purchase a gym membership. You'll learn how to choose resistance bands, how to use them at home with a door anchor, and how to use them safely. Color photos. 173 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$7.95**



★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. 8½x10¼. Paperbound. Pub. at \$41.95 **SOLD OUT**



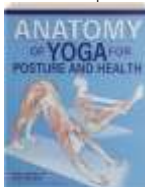
★9154485 YOGA FOR OSTEOPOROSIS, REVISED: The Complete Guide. By Loren Fishman with C. Ardman. Study after study has shown that low-impact, bone-strengthening exercises are the best treatment for osteoporosis, with yoga being ideal. A thoroughly illustrated guide for beginners and experts alike. 383 pages.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



★9371249 PUSH: Unlock the Science of Fitness Motivation to Embrace Health and Longevity. By Jordan D. Metzli with M. Zimmerman. Low fitness is as big a health risk as diabetes and smoking. This work illustrates the impact of fitness motivation on your long-term health and delivers a mental and physical plan to help you push back against unhealthy motivation, create a sustainable exercise blueprint, and rekindle your love of movement. Photos. 227 pages. Rodale. Paperbound. Pub. at \$21.00 **\$15.95**



9353453 THE WELLNESS GUIDE: Embrace 100 Expressions of Positive Self-Care, from Meditation to Yoga, Superfoods to Journaling. Ed. by R. Newcombe & C. Martin. Teaches how to enhance your physical, mental, emotional, and social well-being, to help support your wider wellness journey. Educates on how to nurture your body through gentle exercise, food, and rest, and how to understand meditative techniques to help boost your mental health. Fully illus. in color. 303 pages. Thunder Bay. 8½x10¼. Paperbound. Pub. at \$24.99 **\$7.95**

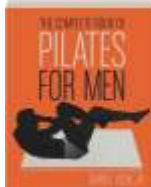


★9372482 ANATOMY OF YOGA FOR POSTURE AND HEALTH. By N. Jenkins & L. Brandon. Focuses on the benefits of yoga for improving posture and general health, and introduces the reader to a range of techniques chosen with these goals in mind. Fully illus. 144 pages. IMM Lifestyle Books. 8½x10½. Paperbound. Pub. at \$24.99 **\$18.95**

★9375457 THE PILATES BODY, REVISED. By Brooke Siler. The definitive guide to mat-based Pilates—now with a new chapter of matwork-enhancing strategies and sixteen variations on classic exercises. Fully illus. 231 pages. Harmony. Paperbound. Pub. at \$19.99 **\$14.95**



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 **PRICE CUT to \$3.95**



9312595 THE COMPLETE BOOK OF PILATES FOR MEN: The Lifetime Plan for Strength, Power, and Peak Performance. By Daniel Lyon Jr. Aims to break the preconception that Pilates is only for women. Offers a comprehensive, take-anywhere exercise program designed to improve men's strength, flexibility, balance, and posture. Well illus. 338 pages. Harper. Paperbound. Pub. at \$21.99 **SOLD OUT**

9240233 FOAM ROLLING: 50 Exercises for Massage, Injury Prevention, and Core Strength. By Karina Inkster. Color photos. 170 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$4.95**

9011846 SPORTS ILLUSTRATED STRENGTH TRAINING: Your Ultimate Weight Conditioning Program. By John Garhammer. Fully illus. 204 pages. Sports Illustrated. Paperbound. Pub. at \$16.95 **\$4.95**

9314849 FUNCTIONAL TRAINING AND BEYOND: Building the Ultimate Superfunctional Body and Mind. By Adam Sinicki. Illus. 384 pages. Mango. Paperbound. Pub. at \$24.99 **SOLD OUT**

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

★9272933 STRONGER: 10 Exercises for a Longer, Healthier Life. By David Vaux. 217 pages. Short Books. Paperbound. Pub. at \$12.99 **\$9.95**

★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**

9346821 YOGA FOR WEIGHT LOSS: The Complete Guide. By Loren Fishman with C. Ardman. Well illus. 159 pages. Norton. Paperbound. Pub. at \$20.00 **SOLD OUT**

★9193464 WALK YOURSELF WELL: Step Into a Healthier, Happier You. By Nina Barough. Illus., some in color. 190 pages. Dorling Kindersley. Paperbound. Pub. at \$21.99 **\$16.95**

★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 **PRICE CUT to \$11.95**

★9067469 ANATOMY OF EXERCISE FOR 50+, SECOND EDITION. By Hollis Lance Liebman. Fully illus. in color. 192 pages. Firefly. 8½x11. Paperbound. Pub. at \$24.95 **\$16.95**

★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 \$6.95**

★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 \$5.95**

8996911 B.K.S. IYENGAR YOGA: The Path to Holistic Health. Fully illus. in color. 432 pages. Dorling Kindersley. 8½x11. Pub. at \$40.00 **SOLD OUT**

Beauty & Skin Care



9334645 FACE FITNESS: Simple Exercises and Rituals for Toned, Glowing Skin. By Patricia San Pedro. Take your skin care to the next level with this guide to toning, sculpting, and strengthening your skin using simple, natural techniques. Features facial stretches, massage, exercises, meditative affirmations, and clean beauty tips that will rejuvenate your complexion. Well illus. in color. 191 pages. Chronicle. Pub. at \$19.95 **\$8.95**

9190023 HAPPY SKIN KITCHEN: Over 100 Plant-Based Recipes to Nourish Your Skin from the Inside Out. By Elisa Rossi. Well illus. in color. 303 pages. Harvest. Pub. at \$35.00 **\$6.95**

★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 \$6.95**

Health & Medical References

LIMITED QUANTITY 9342303 THE SECRETS OF PEOPLE WHO NEVER GET SICK. By Gene Stone. Tells the stories of twenty-five people who each possess a different secret of excellent health: a secret that makes sense and has a proven scientific underpinning. Includes food secrets, exercise secrets, environmental secrets, emotional secrets, and physical secrets. 212 pages. Workman. Paperbound. Pub. at \$14.95 **SOLD OUT**



9267336 THE 150 MOST EFFECTIVE WAYS TO BOOST YOUR ENERGY. By Jonny Bowden. Presents small changes anyone can implement up front for big energy, such as what to eat for all-day endurance, when to time a workout for the biggest brain boost, or how working with—or against—natural light cycles can make your sleep restorative or slump-inducing. Illus. in color. 301 pages. Crestline. 8½x10¼. Pub. at \$15.99 **\$7.95**

Health & Medical References

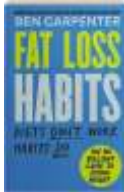


9167412 THE SECRET LANGUAGE OF DOCTORS. By Brian Goldman. Pulls back the curtain to reveal some of modern medicine's darkest secrets, and decodes the colorful and clandestine expressions doctors employ to describe difficult patients, situations, and medical conditions—and sometimes even other colleagues.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

9326014 DR. COLBERT'S HEALTHY GUT ZONE. By Don Colbert. Join Dr. Colbert as he helps you unlearn everything medical experts have been teaching about healthy eating for the last three decades and reveals the true path to digestive health through proper diet supported by nutritional supplements. 245 pages. Siloam. Paperbound. Pub. at \$19.99 **\$6.95**



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**



9351272 FAT LOSS HABITS: The No Bullsh*t Guide to Losing Weight. By Ben Carpenter. A myth-busting, action-focused guide that will transform your relationship with food for good. Let's say goodbye to specific diet plans and products, and hello to implementing sustainable fat loss habits, based on our own personal preferences. 297 pages. Balance. Paperbound. Pub. at \$19.99 **\$5.95**

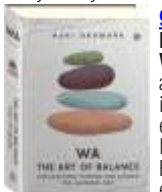


9348050 THE TOXIN SOLUTION. By Joseph Pizzorno. Provides an eight-week program to detox your life. You will learn how to repair the liver, gut, and kidneys to function at maximum capacity by avoiding toxins in food, cleaning products, cosmetics, and more, by replacing these products with safe alternatives. 280 pages. HarperOne. Paperbound. Pub. at \$15.99 **\$6.95**

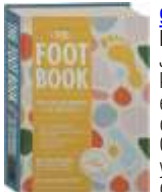
★9232788 THE OFFICIAL POCKET GUIDE TO DIABETES FOOD CHOICES, 6TH EDITION. By American Diabetes Association. This work provides basic nutritional values for evaluating the consumption of common foods relating to blood glucose management and overall health and wellness for people living with diabetes.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



9317090 COMPLETE GUIDE TO SLEEP CARE: Best Practices for a Restful and Happier You. By Kiki Ely. Getting good sleep improves every area of our lives, giving us more energy, increased cognitive function, and better moods all day long. This work will help you understand the importance of sleep, overcome stressful experiences, conquer negative emotions, develop positive thinking, and cultivate a healthy lifestyle. Fully illus. in color. 167 pages. Chartwell. Pub. at \$16.99 **\$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**

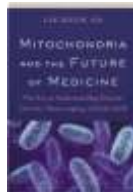


9186115 THE FOOT BOOK: The Care and Keeping of Your Feet. By T. Brennan & L. Johnston. The authors have gathered their knowledge from over 20 years of combined experience to help you understand the most common foot problems podiatrists treat. Chapters include topics such as: taking care of your feet, bunions, hammertoe, corns and calluses, gout, heel pain, arthritis and much more! Illus. in color. 240 pages. Cider Mill. Pub. at \$19.95 **\$6.95**

★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**



LIMITED QUANTITY ★9369481 THE GUT: A Pocket Primer. By Amy Fleming. A succinct, vibrant, accessible exploration of the least-understood organ in the human body, broken down into 60 bite-sized relevant topics, including microbiomes, the large and small intestines, and intestinal bloat. Fully illus., most in color. 127 pages. Hoxton. Paperbound. Pub. at \$12.95 **\$9.95**



★9220445 MITOCHONDRIA AND THE FUTURE OF MEDICINE. By Lee Know. The author tells the epic story of mitochondria—the often overlooked powerhouses of our cells—and the vital role they play in medicine and the fight against disease. He offers cutting-edge information on supplementation and lifestyle changes for mitochondrial optimization and how to implement their use successfully. 257 pages. Chelsea Green. Paperbound. Pub. at \$24.95 **\$17.95**



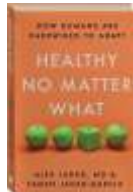
9288481 THE LONG COVID SURVIVAL GUIDE: How to Take Care of Yourself and What Comes Next. Ed. by Fiona Lowenstein. For people living with Long COVID, navigating the uncharted territory of this new chronic illness can be challenging. This patient-to-patient guide for people provides expert advice on getting diagnosed, dealing with symptoms, accessing resources and accommodations, and more. 295 pages. The Experiment. Paperbound. Pub. at \$18.95 **SOLD OUT**



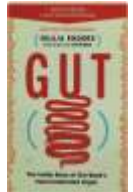
★8217858 MAYO CLINIC GUIDE TO HOME REMEDIES: Self-Care Solutions for Everyday Health Concerns. Ed. by C.A. Kermott & G.M. Boriel. You'll find information on more than 130 common health concerns. The information is straightforward and easy to find, with topics arranged in alphabetical order. The guide doesn't replace the advice of a healthcare professional, but it can help you manage problems safely at home, and it may prevent disease or injury. 344 pages. Mayo Clinic. Pub. at \$29.99 **\$21.95**



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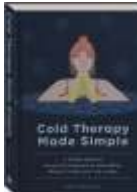
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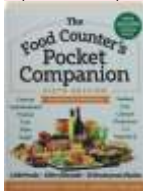
9335935 THE LONGEVITY IMPERATIVE: How to Build a Healthier and More Productive Society to Support Our Longer Lives. By Andrew J. Scott. A manifesto to guide the longevity revolution for individuals, institutions, and society to adapt to the reality of living longer lives. 320 pages. Basic. Pub. at \$32.00 **\$7.95**



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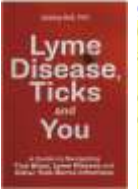
★9198121 BASIC ILLUSTRATED WILDERNESS FIRST AID, Third Edition. By William W. Forgy. Illus. in color. 108 pages. Falcon. Paperbound. Pub. at \$19.95 **PRICE CUT to \$9.95**

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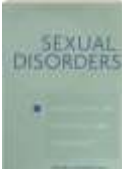
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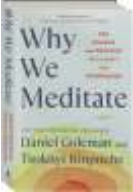
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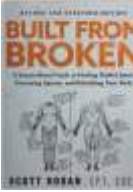
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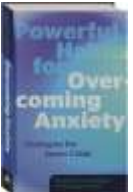
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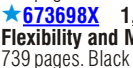
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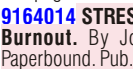
★9244131 POWERFUL HABITS FOR OVERCOMING ANXIETY: Strategies for Inner Calm. Anxiety can take over your life. Uncover your anxiety issues and create daily habits for managing your anxious thoughts and feelings. Through engaging exercises, you'll explore the underlying causes, identify triggers, and learn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



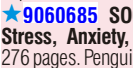
9240187 BREATH PERCEPTION: A Daily Guide to Stress Relief, Mindfulness, and Inner Peace. By Barbara Ann Kipter. 306 pages. Helios. Paperbound. Pub. at \$14.95. **\$4.95**



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

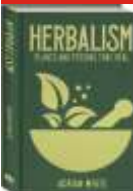


9164014 STRESS FRACTURE: Your Ultimate Guide to Beating Burnout. By Jonathan Hoover. 190 pages. Bethany House. Paperbound. Pub. at \$18.99. **PRICE CUT to \$3.95**



★9060685 SOOTHE: Restoring Your Nervous System from Stress, Anxiety, Burnout, and Trauma. By Nahid de Belgeonne. 276 pages. Penguin. Paperbound. Pub. at \$19.00. **PRICE CUT to \$9.95**

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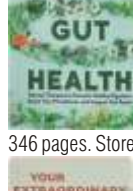
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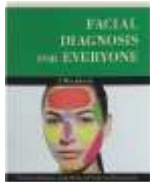


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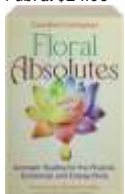
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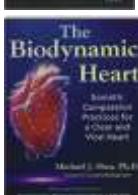
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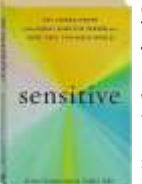


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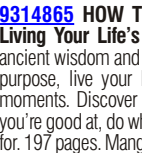
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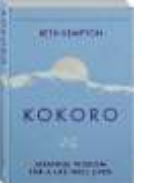
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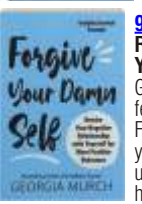
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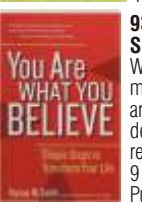
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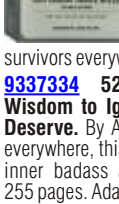
9228306 CONSCIOUS LUCK: Eight Secrets to Intentionally Change Your Fortune. By G. Hendricks & C. Kline. Shares eight secrets that will allow you to intentionally change your fortune. You'll learn how to take control of your destiny and create the dazzling life of your dreams with this powerful step-by-step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



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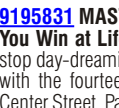
Inspiration, Motivation & Self-Discovery



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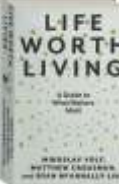
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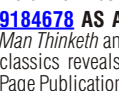
9374051 THE 369 JOURNAL: Neuroscience-Based Journaling—Your Key to Unlocking Limitless Potential with Numerology. By Keila Shaheen. At its core, the 369 method combines numerical patterns with the power of your mind to help you manifest your biggest dreams and transform your life. Whether you're looking to manifest abundance, attract love and happiness, or achieve any other goal, this journal can help you stay focused, motivated, and on track. 207 pages. Atria. Paperbound. Pub. at \$24.99 **SOLD OUT**



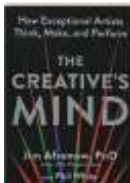
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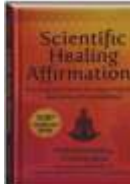
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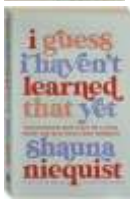
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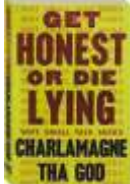
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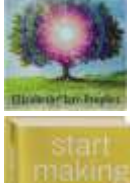
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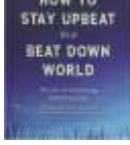
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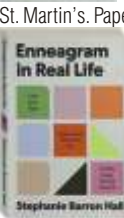
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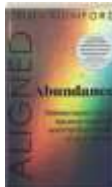
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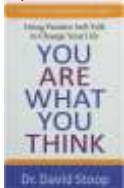
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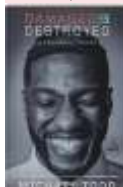
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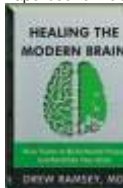


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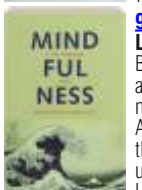
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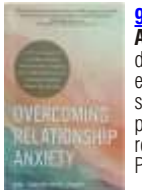
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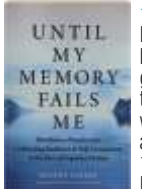
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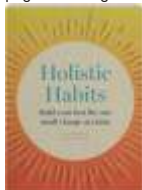


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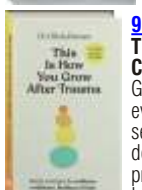
9378480 MANTRA MEDITATION: The Life-Changing Secret of Connection, Joy and Calm. By Radhika Das. Guides you through Vedic chants that can be practiced in solitude or with community and explores how these powerful tools can be integrated into your everyday life as you tap into a state of joy, clarity, and boundless love. Features practical exercises like simple postures, breathing techniques, and meditations. 203 pages. Sterling. Pub. at \$16.99 **\$5.95**



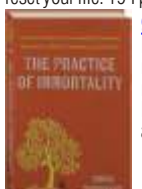
9343172 HOLISTIC HABITS: Build Your Best Life One Small Change at a Time. By E. Rushton & J. de Kwant. From building a better bedtime routine to getting outside into nature more and reconnecting with those around you, learn through 365 simple and practical prompts how to change your life for the better, one day at a time. Well illus. in color. 222 pages. Leaping Hare. Paperbound. Pub. at \$16.99 **SOLD OUT**



9247114 BRAVE NEW YOU: Strategies, Tools, and Neurohacks to Live More Courageously Every Day. By Mary Poffenroth. Combines the latest research in biology and psychology to help readers identify the hidden sources of struggle while teaching them to use neurohacks that will give them all the tools and strategies they need to live a fuller, happier life. 246 pages. Workman. Pub. at \$28.00 **\$6.95**



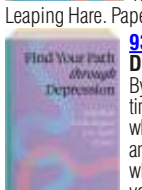
937888X THIS IS HOW YOU GROW AFTER TRAUMA: Simple Strategies for Resilience, Confidence, Healing and Hope. By Olivia Remes. Guide for navigating life's challenges, offering everyday techniques and exercises to overcome setbacks and achieve positive change. Whether you're dealing with job uncertainty, ill health, relationship problems, financial or mental health struggles, or the loss of a loved one, find meaning amidst the chaos and reset your life. 194 pages. Sourcebooks. Pub. at \$22.99 **\$5.95**



9371885 THE PRACTICE OF IMMORTALITY. By Ishan Shivanand. Grounded in the traditions of yoga, meditation, martial arts, storytelling, and herbal medicine, Shivanand developed the Yoga of Immortals (YOI) protocol, designed to combat stress, anxiety, and depression and to create healthy individuals and communities. The author shares these lessons and encourages us to take a step back. 266 pages. Balance. Pub. at \$28.00 **\$6.95**



9364005 FIND YOUR PATH THROUGH ANXIETY: Mindful Techniques to Help You Find Ease. By Richard Gilpin. We all go through unnerving times, but when anxiety strikes, it can be hard to know what to do. Written by an experienced psychotherapist, this guide offers tips on how to use mindfulness and meditation to support you as well as help you regain your composure, build your resilience, and trust your inner wisdom. 143 pages. Leaping Hare. Paperbound. Pub. at \$10.99 **\$5.95**



9364013 FIND YOUR PATH THROUGH DEPRESSION: Mindful Techniques for Dark Times. By Richard Gilpin. We all go through dark and difficult times, but when depression strikes it can be hard to know what to do. This approachable, friendly guide written by an experienced psychotherapist, will help you explore what is bothering you, so that you can make adjustments you need to live a lighter, happier life. 142 pages. Leaping Hare. Paperbound. Pub. at \$10.99 **\$5.95**



9359621 THE NEW RULEBOOK: Notes from a Psychologist to Help Redefine the Way You Live. By Chris Cheers. A practical, game-changing guide to embracing the uncertainties of life. It compassionately asks you to re-examine five key areas: self-care, emotions, work, body, and love—the important stuff—and offers radical, evidence-based solutions to improve your wellbeing. 190 pages. Harper. Paperbound. Pub. at \$19.99 **\$5.95**



★9290664 DREAMIFESTING: Harnessing the Power of Your Dreams to Create the Life You Desire. By Kelly Sullivan Walden. Discover your authentic, soulful desires and create a life inspired by your wildest dreams, filled with the passion and purpose to become the best version of yourself. 344 pages. St. Martin's. Paperbound. Pub. at \$20.00 **\$14.95**

★9272909 MIND MANUAL: Your Complete Mental Fitness Toolkit. By Alex George. This work is broken down into four parts, with each one building on the last. The goal is to help readers establish a baseline, to know what peace feels like to you—and then to offer advice and tools to help maintain that as much as possible. 276 pages. Short Books. Paperbound. Pub. at \$12.99 **\$9.95**

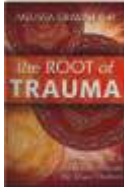
Healing & the Mind



★9277145 OVERCOMING PANIC AND PANIC ATTACKS. By Phil Lane. Discusses where panic comes from, how it manifests, and what you can do about it. Written by a therapist who specializes in anxiety and went through his own journey with panic attacks, this volume describes how to employ evidence-based strategies such as grounding techniques, breathwork, cognitive behavioral approaches, and more. 160 pages. Sheldon. Paperbound. Pub. at \$18.99 **\$14.95**



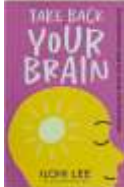
★9382364 HOW TO CHANGE: A Practical Guide to CBT. By E.I. Foreman & C. Pollard. Provides activities and experiments to explore and challenge, stories and exercises to provide perspective, and a clear framework to encourage and guide you, using the same tools employed by Cognitive Behavioral Therapy practitioners. Manage recurrences of negative thinking and behaviors, and develop strong coping strategies. 238 pages. Icon. Paperbound. Pub. at \$16.99 **\$13.95**



★935817X THE ROOT OF TRAUMA: Resolving Pain & Addiction Through the Lower Chakras. By Melissa Grabau. Childhood trauma creates imbalances in the root, sacral, and solar plexus chakras, blocking the higher chakras and stunting an individual's development. Grabau explains how each chakra aligns with a Western psychological diagnosis, then offers client stories that help you understand how to heal it. 289 pages. Llewellyn. Paperbound. Pub. at \$21.99 **\$16.95**



9328904 LUMINOUS DREAMS: Explore the Abundant Magic and Hidden Meanings in Your Dreams. By Katie Huang. This enchanting volume teaches you intuitive dream interpretation, the art of connection with the power and knowledge of your dreaming mind. In these pages, you'll discover a range of tools and wellness practices that empower you to tune in to the meaning behind your dreams. 191 pages. Chronicle. Pub. at \$19.95 **\$6.95**



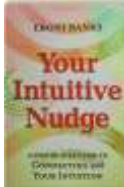
★9302670 TAKE BACK YOUR BRAIN. By Ilchi Lee. In a world overwhelmed by constant distractions and digital overload, we risk losing touch with our most valuable asset—our brain. This work offers a compelling guide to regaining control of your mind and living with clarity, purpose, and authenticity. 225 pages. Best Life Media. Paperbound. Pub. at \$19.95 **\$15.95**



★9118489 THE DOSE EFFECT: Optimize Your Brain and Body by Boosting Your Dopamine, Oxytocin, Serotonin, and Endorphins. By T.J. Power. Drawing on cutting-edge science, Power explores how biohacking your brain can enhance cognitive performance and improve the aspects of your life that ultimately control a happier, healthier, and more productive lifestyle. Well illus. 304 pages. Dey Street. Pub. at \$27.00 **\$17.95**



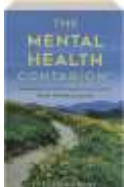
9374167 THE LITTLE BOOK OF REST: 100+ Ways to Relax and Restore Your Mind, Body, and Soul. By Stephanie Thomas. Take your self-care and healing to the next level by redefining rest with these accessible, practical approaches that go beyond sleep and focus on other physical, mental, spiritual, and emotional aspects of the self. 191 pages. Adams Media. Pub. at \$14.99 **\$5.95**



★9358188 YOUR INTUITIVE NUDGE: A Step-by-Step Guide to Connecting with Your Intuition. By Eboni Banks. Everyone has intuition, but using it requires an open mind and enhanced awareness. Designed to cater to your unique journey, this highly personalized volume will help you recognize, trust, and use your intuition in everyday life—without biases clouding your decisions. 199 pages. Llewellyn. Paperbound. Pub. at \$16.99 **\$12.95**



★9363165 WILD CREATURE MIND: Transform Anxiety and Live a Fiercely Loving Life. By Steve Biddulph. In a world grappling with unprecedented mental health challenges, Biddulph shows you how to awaken your dormant mind through poignant anecdotes and practical exercises. Learn to embrace your body's wisdom, trust your instincts, heal trauma, navigate life's complexities with newfound clarity, and profound transformation. 310 pages. Bluebird. Paperbound. Pub. at \$19.99 **\$14.95**



★9338543 THE MENTAL HEALTH CONTAGION: Navigating Yourself Through a Loved One's Mental Well-Being Decline. By Yvette Murray. Guides people in challenging relationships with someone suffering from a mental problem, disorder, or crisis, helping readers avoid the contagion through proper self-care. Provides an in-depth look at what we can do to prevent our own mental well-being decline while we care for our loved ones. 159 pages. Prometheus. Paperbound. Pub. at \$22.95 **\$17.95**

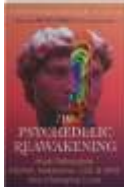


9372075 YOUR PAIN HAS A NAME. By Monica DiCristina. This self-guided introduction to therapy provides practical information and strategies to help you separate who you are from the stories your pain has told about you. You'll learn to honor, define, and release the stories that aren't yours to carry—allowing you to embrace your whole self. 215 pages. Worthy. Paperbound. Pub. at \$19.99 **\$5.95**



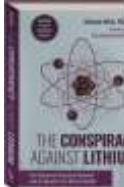
9167854 WALKING THROUGH DARKNESS: A Nature-Based Path to Navigating Suffering and Loss. By S. Ingerman & L. Roberts. Through teachings from the land, the sky, the sea, and the spiritual world, this sensitive and empowering guide opens us to our spiritual light so that we can face our greatest challenges with courage and love—no matter what they are. Illus. 186 pages. Sterling. Paperbound. Pub. at \$16.99 **PRICE CUT to \$3.95**

★9190686 BRAIN: An Owner's Guide. By Elizabeth R. Ricker. This work answers every question about the most complex organ in the human body. Learn how to maximize your cognitive, emotional, and social health and uncover how your brain changes throughout your life. Well illus. in color. 207 pages. Dorling Kindersley. Pub. at \$19.99 **PRICE CUT to \$9.95**



★9194533 THE PSYCHEDELIC REAWAKENING: How Psilocybin, MDMA, Ketamine, LSD, & DMT Are Changing Lives. By Anton Gomez-Esolar. Provides levelheaded, science-based information on various psychedelics, their risks and benefits, harm-reduction strategies, and the neural pathways each affects. Ideal for therapists, other health practitioners, and anyone curious about the healing power of psychedelics. Photos, some in color. 288 pages. Park Street. Paperbound. Pub. at \$24.99 **PRICE CUT to \$14.95**

★9170650 THE EXHAUSTED BRAIN: The Origins of Our Mental Energy and Why It Dwindles. By Michael Nehls. We live in a chronically exhausted society, but it doesn't have to be that way. Revitalize your brain and reclaim your mental energy with the revelatory techniques in this guide. 271 pages. Skyhorse. Pub. at \$32.99 **PRICE CUT to \$14.95**



★9338462 THE CONSPIRACY AGAINST LITHIUM: The Suppressed Essential Nutrient and Its Benefits for Mental Health. By Michael Nehls. Reveals that lithium, long dismissed as a psychiatric drug, is an essential trace element—vital for brain health, emotional stability, and social cohesion. And yet, most people today are chronically deficient in this crucial element. 341 pages. Skyhorse. Pub. at \$32.99 **\$24.95**

9350969 ALL THE LITTLE MONSTERS: How I Learned to Live with Anxiety. By David A. Robertson. 256 pages. Harper. Paperbound. **\$5.95**

9349588 CHAKRA HEALING: In Focus Workbook. By Deanna Gabriel Vierck. Illus. in color. 160 pages. Wellfleet. 8 1/2 x 10 3/4. Paperbound. Pub. at \$16.99 **SOLD OUT**

903790X THE MANDALA WAY: A Creative Journey into Healing and Self-Empowerment. By Eitan Kedmy. Well illus., most in color. 199 pages. Watkins. Paperbound. Pub. at \$24.95 **\$2.95**

★9270302 UNDERSTANDING AUTOIMMUNE DISEASE: A Therapist's Guide to Invisible Illness. By Nicoletta C. Skoufalos. 130 pages. Hatherleigh. Paperbound. Pub. at \$19.95 **SOLD OUT**

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★9165827 PARANOIA: A Journey into Extreme Mistrust and Anxiety. By Daniel Freeman. 307 pages. William Collins. Paperbound. Pub. at \$19.99 **\$14.95**

9221778 BEAUTIFUL TRAUMA: An Explosion, an Obsession, and a New Lease on Life. By Rebecca Fogg. 260 pages. Avery. Pub. at \$26.00 **PRICE CUT to \$3.95**

★912473X THE BALANCED BRAIN: The Science of Mental Health. By Camilla Nord. 270 pages. Princeton. Paperbound. Pub. at \$19.95 **\$12.95**

Healing & the Mind

9239898 HOW TO BE SANE: A Groundbreaking Mental Wellness Guide. By Theresa Lawn. 143 pages. Andrews McMeel. Paperbound. Pub. at \$16.99 **PRICE CUT to \$3.95**

★9174303 MANIFEST YOUR TRUE ESSENCE: Clear Your Blocks, Find Your Joy, Live Your Truth. By Estelle Bingham. Illus. 270 pages. Hay House. Paperbound. Pub. at \$17.99 **PRICE CUT to \$7.95**

★9071725 DREAM WISE: Unlocking the Meaning of Your Dreams. By Lisa Marchiano et al. 335 pages. Sounds True. Pub. at \$29.99 **PRICE CUT to \$11.95**

★9244034 UNDERSTANDING DREAMS: How to Influence, Record and Interpret Your Dreams. By Paul Roland. 158 pages. Godsfield. Pub. at \$19.99 **PRICE CUT to \$11.95**

Facing Illness & Death



9221093 FINAL WISHES: A Journal for Reflections on Life and Guidance for Settling Your Affairs. By Amy Levine. Step-by-step guide to creating a plan for your last days and sharing your intentions with loved ones. Guidance on preparing key documents and other considerations is offered, including sharing key contact information, financial planning, health and well-being directives, funeral plans, last wishes, and more. 159 pages. Rock Point. 7½x10. Pub. at \$16.99 **\$5.95**



7797273 DEATH: The Scientific Facts to Help Us Understand It Better. By R. Beliveau & D. Gingras. Sprinkled with humor and the wisdom of great thinkers, this work reflects on our philosophical, scientific and spiritual understanding of death. Chapters cover diverse topics such as consciousness and the soul; terminal illness and dying slowly; how the body dies; murder and execution; and more. Well illus., many in color. 264 pages. Firefly. Paperbound. Pub. at \$29.95 **\$3.95**



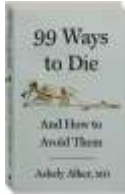
9079556 IS THERE LIFE AFTER DEATH? The Extraordinary Science of What Happens When We Die. By Anthony Peake. Life is not what it seems. This work proposes a simply amazing theory, based upon solid scientific evidence: a theory that states that personal death is a scientific impossibility. Using the latest findings of neurology, quantum physics, and consciousness studies, Peake suggest that we never die. 416 pages. Sirius. Paperbound. Pub. at \$16.99 **SOLD OUT**



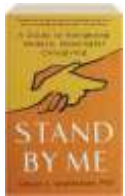
9264280 DO I HAVE TO WEAR BLACK TO A FUNERAL? 112 Etiquette Guidelines for the New Rules of Death. By Florence Isaacs. Answers questions about grief, funerals, different religious ceremonies, and more, offering practical guidelines for modern situations, and, yes, advice on what to wear. Offers fresh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



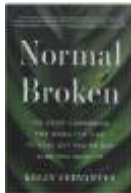
9298983 THE MODERN LOSS HANDBOOK: An Interactive Guide to Moving Through Grief and Building Your Resilience. By Rebecca Soffer. Offers candid, practical, and witty advice for confronting a future without your person, honoring their memory, dealing with trigger days, managing your professional life, and navigating new and existing relationships. 234 pages. Running Press. Pub. at \$22.00 **\$5.95**



★9360964 99 WAYS TO DIE: And How to Avoid Them. By Ashely Alker. An illuminating, hilarious, and practical guide to 99 of the most terrifying ways to die and how to avoid them, from an emergency medicine doctor. 365 pages. St. Martin's. Pub. at \$30.00 **\$22.95**



9359729 STAND BY ME: A Guide to Navigating Modern, Meaningful Caregiving. By Allison J. Applebaum. Draws on more than a decade of clinical and research experience and Dr. Applebaum's personal journey as the primary caregiver for her own father, legendary musician Stanley Applebaum. Offering critical insight and takeaways, this is a rich resource of invaluable information and expert advice for caregivers. 333 pages. S&S. Paperbound. Pub. at \$19.99 **\$5.95**



9306056 NORMAL BROKEN: The Grief Companion For When It's Time to Heal But You're Not Sure You Want To. By Kelly Cervantes. Cervantes isn't trying to tell you what to do, how to feel, or flinging sunny thoughts and prayers at you. After losing her daughter, she knows that grief is many things. It's weird. It sucks. It's all-encompassing. With chapters that can be read in any order, divided into "moments" of grief, you choose what you need at any given time. 211 pages. BenBella. Paperbound. Pub. at \$19.95 **\$5.95**



9246932 TOUCHING TWO WORLDS: A Guide for Finding Hope in the Landscape of Loss. By Sherry Walling. A trauma psychologist explores the inner workings of her grief and leaves an invaluable guide for those seeking hope in the aftermath of loss. Whether your loss is recent or old, the author delivers wise, tender guidance to help you carry the weight of grief while finding your path forward. 270 pages. Sounds True. Paperbound. Pub. at \$17.99 **\$5.95**



8996407 WILL THE CIRCLE BE UNBROKEN? Reflections on Death, Rebirth, and Hunger for a Faith. By Studs Terkel. Explores with unrivaled compassion and wisdom the indelible reactions of a wide variety of people to mortality, the experience of death, and the possibility of life afterward. 407 pages. New Press. Paperbound. Pub. at \$18.95 **\$5.95**



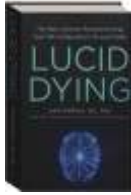
9307028 GRIEF IS FOR PEOPLE. By Sloane Crosley. How do we live without the ones we love? After the pain and confusion of losing her closest friend to suicide, Crosley looks for answers in philosophy and art, hoping for a framework more useful than the unavoidable stages of grief. 191 pages. Picador. Paperbound. Pub. at \$18.00 **\$5.95**



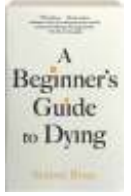
9300198 ALWAYS A SIBLING: The Forgotten Mourner's Guide to Grief. By Annie Sklaver Orenstein. A practical, compassionate guide to sibling loss, with research, stories, and strategies for "forgotten mourners" as they move through the stages of grief towards finding meaning. 355 pages. Hachette. Pub. at \$30.00 **\$6.95**



★9311653 THE ETERNAL BOND: Daughters Honor Their Mothers on the Other Side. By Janet Lynn Roseman. Grief is not limited to ordinary dimensions. Exploring physical, emotional, and spiritual components, this work fills a void in grief publications and sheds light on the sacred bond between mothers and their adult daughters. 335 pages. Llewellyn. Paperbound. Pub. at \$19.99 **\$14.95**



★8995702 LUCID DYING: The New Science Revolutionizing How We Understand Life and Death. By Sam Parnia. Parnia shows that the entity we refer to as consciousness—our Self—does not seem to become annihilated when we die. In fact, during death, our consciousness vastly expands and leads to a vivid experience that follows a very specific narrative arc. 342 pages. Hachette. Pub. at \$32.00 **PRICE CUT to \$14.95**



★9242287 A BEGINNER'S GUIDE TO DYING. By Simon Boas. In his mid-40s, aid worker Simon Boas was diagnosed with incurable cancer—it had been caught too late and spread throughout his body, ultimately claiming him. He was determined to die as he had learned to live—optimistically, thinking the best of people, and prioritizing what matters in life. 141 pages. Vintage. Paperbound. Pub. at \$17.00 **PRICE CUT to \$9.95**

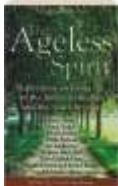
★9242325 INFINITE LIFE, INFINITE LESSONS: Wisdom from the Spirit World on Living, Dying, and the In-Between. By Susan Grau. 255 pages. Hay House. Paperbound. Pub. at \$18.99 **\$13.95**

★9116370 DEATH: Friend or Enemy? Views From the Other Side. By Ann Merivale. 400 pages. 6th Books. Paperbound. Pub. at \$22.95 **\$11.95**

★7990154 GRIEF: A Philosophical Guide. By Michael Cholbi. 222 pages. Princeton. Paperbound. Pub. at \$16.95 **SOLD OUT**

★7904665 SPONTANEOUS CONTACTS WITH THE DECEASED. By Evelyn Elsaesser. 321 pages. Iff Books. Paperbound. Pub. at \$19.95 **PRICE CUT to \$4.95**

Aging



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**

★9285997 LIVE TO 100 AND LOVE IT: An Easy Road Map to Longevity. By Stacey Colino & the eds. of *Prevention*. This user-friendly guide includes strategies for disease prevention and long-lasting brain health, making aging well a realistic goal no matter your age. Fully illus. in color. 175 pages. Hearst. Pub. at \$25.00 **\$18.95**

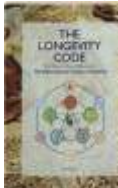


★9370102 EAT YOUR ICE CREAM: Six Simple Rules for a Long and Healthy Life. By Ezekiel J. Emanuel. Pairing common sense with wisdom, learn which lifestyle changes are worth making and how to implement them for longer, healthier, and happier lives. Gain greater clarity and a deeper understanding of what really matters for well-being—connection, purpose, and sustainable choices backed by rigorous science. 240 pages. Norton. Pub. at \$28.99 **\$21.95**



9305823 AGELESS: The Naked Truth About Bioidentical Hormones. By Suzanne Somers. Learn how anti-aging medicine and bioidentical hormone replacement can help combat the environmental assault that is making us sick. Other topics, such as menopause, hysterectomies, birth control pills, the importance of sleep, and the healing work that nature does during this time, are also discussed. 427 pages. Three Rivers. Paperbound. Pub. at \$16.00 **\$5.95**

★9289070 LONGEVITY: The Definitive Guide to a Long, Healthy and Happy Life. By Susannah Marriott. The desire for a long, healthy, and happy life is a universal one, yet society has a deep fear of aging. This work offers an all-encompassing, holistic look at how the body ages and what we can all do to age better. 301 pages. Godsfield. Paperbound. Pub. at \$12.99 **\$9.95**



★9356223 THE LONGEVITY CODE: The Ways of Five Elements in *The Yellow Emperor's Classic of Medicine*. By Yang Li. A beautifully illustrated, practical wellness guide that encourages us to live in harmony with nature's cycles, fostering both physical and mental health for a long and fulfilling life. Every wellness enthusiast will find inspiration and support within its pages. 138 pages. Shanghai Press. Paperbound. Pub. at \$24.95 **\$19.95**



★9337075 UNAPOLOGETIC AGING: How to Mend and Nourish Your Relationship with Your Body. By Deb Benfield. Unravels the toxic messages of anti-aging and diet culture, helping you let go of rigid rules and tune into what truly nourishes and delights you. When you stop fighting your body, you make room for vitality, self-trust, and joy. 311 pages. Sheldon. Paperbound. Pub. at \$21.99 **\$16.95**



★9369511 THE MYTH OF AGING: A Prescription for Emotional and Physical Well-Being. By Arnold Gilberg with J. Land. Dr. Gilberg offers a prescription for finding and keeping happiness and emotional well-being throughout a person's life, aimed mostly at those enjoying what should be the happiest years of their lives, but written so that his advice is accessible to people of any age. 220 pages. Post Hill. Paperbound. Pub. at \$18.99 **\$14.95**



★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 **PRICE CUT to \$14.95**

★9363513 GROW A NEW BRAIN. By Alberto Villoldo. Growing older is inevitable, but aging can be prevented, even reversed, when you upgrade your brain, using ancient and modern science and proven anti-aging techniques, to create psychosomatic and brain health. 199 pages. Hay House. Paperbound. Pub. at \$18.99 **\$14.95**

★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 \$11.95**

9171487 THE BLUE ZONES SECRETS FOR LIVING LONGER: Lessons From the Healthiest Places on Earth. By Dan Buettner. 285 pages. National Geographic. Pub. at **SOLD OUT**

9235426 EAT YOUR AGE: Feel Younger, Be Happier, Live Longer. By Ian K. Smith. 374 pages. Harvest. Pub. at \$30.00 **\$6.95**

9278974 TRUE AGE: Cutting-Edge Research to Help Turn Back the Clock. By Morgan Levine. 294 pages. Avery. Paperbound. Pub. at \$18.00 **\$5.95**

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**

★9188231 HOW WE AGE: The Science of Longevity. By Coleen T. Murphy. 440 pages. Princeton. Paperbound. Pub. at \$22.95 **\$18.95**

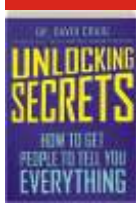
★9232036 GROW HEALTHIER AS YOU GROW OLDER BY THE FATHER OF AEROBICS. By Kenneth H. Cooper. 16 pages of photos, most in color. 302 pages. Savio Republic. Pub. at \$28.99 **\$21.95**

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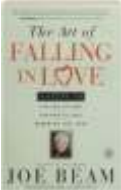
9114645 DON'T TAKE THE BAIT TO ESCALATE: Conflict is Inevitable, Being a Jerk is Optional. By Jay Payleitner. 180 pages. Salem Books. Paperbound. Pub. at \$14.99 **\$4.95**

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9229892 EROTIC MASSAGE FOR COUPLES: 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**



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903143X SLUT EVER: Dispatches from a Sexually Autonomous Woman in a Post-Shame World. By Karley Sciortino. Here *Vogue* columnist Sciortino is on a mission to reclaim the world "slut" to represent a person who seek out visceral experiences through sex, and who isn't ashamed of it. Sluts are special, and radical. And sluts are skilled at time management, because they can handle multiple partners and work life balance. 280 pages. Grand Central. Paperbound. Pub. at \$16.99 **\$4.95**

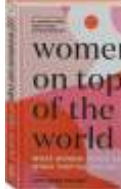


777169X SATISFACTION GUARANTEED: 350 Best Sex Tips Ever. By Lisa Sussman. A frank, practical, and humorous guide for the woman who demands concise and insightful advice about her sex life. This manual will tell you everything you need to keep sex sizzling. Whether you're interested in a marathon session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

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7848684 WOMEN ON TOP OF THE WORLD: What Women Think About When They're Having Sex. Ed. by Lucy-Anne Holmes. Fifty-one women, from all walks of life and from all over the world, reveal their most intimate and private thoughts about sex. This work pushes boundaries and explores female sexuality in new, honest, and exciting ways. Adults only. Well illus. in color. 224 pages. Running Press. Pub. at \$22.00 **\$6.95**



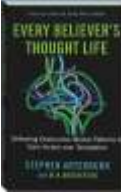
9374132 GOOD SEX: Stories, Science, and Strategies for Sexual Liberation. By Candice Nicole Hargons. Revolutionize your sexual menu in a way that works well for you, including intimacy, fun, pleasure, and connection. Each chapter offers more than just theory and science. Hargons outlines action steps to understand, define, and practice sexual liberation in your personalized way. 215 pages. Row House. Pub. at \$27.99 **\$6.95**



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

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9216774 EVERY BELIEVER'S THOUGHT LIFE: Defeating Destructive Mental Patterns to Gain Victory Over Temptation. By S. Arterburn & M.N. Brotherton. How can you live a life of integrity in the midst of a sexual onslaught? This work helps all Christians—men and women alike—understand how to live a life of sexual integrity by taking every thought captive. 198 pages. Salem Books. Pub. at \$26.99 **\$5.95**



★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**



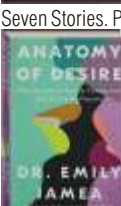
9230254 PLEASURE FROM THE MISTER: Sex Secrets for Unbridled Passion Inspired by the Bestselling Novel. By Marisa Bennett. This playful guide will ease readers into the hot, naughty, and irresistible methods of giving your love sessions a lesson. Crack a whip, test your knot knowledge, tease with feather ticklers, and make your move with sex secrets for the quick, the lengthy, and the electric ways to love. Adults only. Photos. 159 pages. Racehorse. Pub. at \$14.99 **\$5.95**



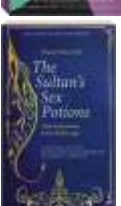
9240160 101 THINGS TO DO WITH A VIBRATOR. By Marisa Bennett. From small buzzing eggs to full-size, humming, swiveling, and tickling vibrators, this volume explores not just the kinds of sex toy options but all of the sexy, sweet, and naughty things to do once you have them! There are 101 tantalizing tips and tricks, including a seductive short story to inspire you. Adults only. Illus. in color. 165 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$4.95**



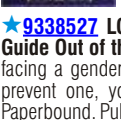
★9363521 THE HITE REPORT: A Nationwide Study of Female Sexuality. By Shere Hite. A reproduction of the classic text with a new introduction by the author. Published in 1976, it was a sexual revolution in 600 pages. To answer sensitive questions dealing with the most intimate details of women's sexuality, Hite's innovation was simple—she asked women, a lot of them, everything—and published the results. 509 pages. Seven Stories. Paperbound. Pub. at \$29.95 **\$22.95**



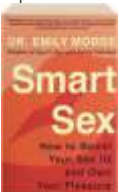
9238352 ANATOMY OF DESIRE: Five Secrets to Create Connection and Cultivate Passion. By Emily Jamea. Combining over fifteen years of clinical experience with groundbreaking research into the science of flow, this study delivers a fresh perspective on the untapped potential of our sex lives, intimate partner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



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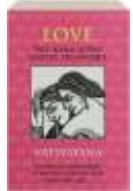
★9120858 SMART SEX: How to Boost Your Sex IQ and Own Your Pleasure. By Emily Morse. Drawing from science, research, and lived experience, and written in a voice that's entertaining and inclusive, this work will help you radically improve your sex life, your confidence, and your relationships, including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



★9373713 TURN YOURSELF ON: 8 Simple Principles to Find Your Power in the Bedroom and Beyond. By Anna Hushlak with B. Quinlan. Provides eight life-changing principles to help women get confident, discover pleasure, and ignite their inner strength, both in the bedroom and in day-to-day life. 348 pages. Countryman. Paperbound. Pub. at \$21.99 **\$16.95**



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932691X THE MONTESSORI CHILD. By S. Davies & J. Uzodike. Provides an in-depth, practical guide to incorporating Montessori principles into everyday life for children aged 3 to 12 years, offering advice on everything from setting up your home to encourage curiosity to supporting your child's social and moral development with a balance of limit-setting and age-appropriate freedoms. Illus. in color. 278 pages. Workman. Paperbound. Pub. at \$19.99 **\$6.95**



934327X LOVE DOES NOT CONQUER ALL: And Other Surprising Lessons I Learned as a Foster Dad to More Than 40 Kids. By Peter Mutabazi. Mutabazi shares lessons he has learned during his unique parenting adventure, including how to parent children for who they are rather than for who you want them to be, look beyond problem behaviors to find their root causes, and understand your own scars and turn them into understanding and healing for your children. 205 pages. Baker Books. Paperbound. Pub. at \$19.99 **\$5.95**



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

Pregnancy, Childbirth & Parenting

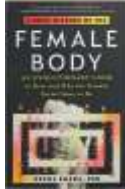


9371869 PLEASE YELL AT MY KIDS. By Marina Lopes. Lopes travels the world to learn how diverse cultures embrace communal parenting, bringing home practical strategies for American parents on how to stop doing it all, reimagine their communities, and build their own village. 269 pages. Balance. Pub. at \$30.00 **\$6.95**

9235450 THE FERTILITY DOCTOR'S GUIDE TO OVERCOMING INFERTILITY. By Mark P. Trollice. 216 pages. Harvard Common. Paperbound. Pub. at \$24.99 **PRICE CUT to \$3.95**

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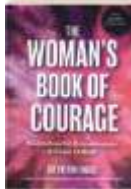


9190937 A BRIEF HISTORY OF THE FEMALE BODY: An Evolutionary Look at How and Why the Female Form Came to Be. By Deena Emera. Draws on Emera's vast expertise as a biologist, mother of four children, and her love of teaching to look far into our evolutionary past, illuminating how and why the female form has transformed over millions of years. Illus. 359 pages. Sourcebooks. Paperbound. Pub. at \$18.99 **\$7.95**



9217363 BREASTS: An Owner's Guide. By Philippa Kaye. Every question answered about our most mythologized body part. Offers straightforward advice, explaining every what, why, and how of your mammaries, helping you improve your self-care routine both today and tomorrow. Illus. in color. 208 pages. Dorling Kindersley. Pub. at \$19.99 **\$7.95**

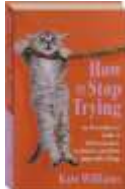
9307958 BLOOD: The Science, Medicine, and Mythology of Menstruation. By Jen Gunter. Fights myths and fearmongering with real science, inclusive facts, and shame-free advice on the topic that impacts more than 72 million Americans every month: menstruation. 462 pages. Citadel. Pub. at \$30.00 **\$6.95**



9266895 THE WOMAN'S BOOK OF COURAGE: Meditations for Empowerment & Peace of Mind. By Sue Thoele. Loving reflections provide wisdom and encouragement to help overcome anxiety, gain self-esteem, and improve relationships. Women dealing with transition or recovery, or those wishing to enhance personal power, will find themselves turning to these meditations over and over again. 271 pages. Conari Press. Paperbound. Pub. at \$18.95 **\$5.95**



9366547 ALL THE RULES: Time-Tested Secrets for Capturing the Heart of Mr. Right. By E. Fein & S. Schneider. A simple set of dos and don'ts, this guide will lead you to where you want to be: in a healthy, committed relationship. It recognizes that men are either attracted to you or not—and that they want a challenge, not an easy victory. The goal? Marriage, in the shortest time possible. Collects *The Rules* and *The Rules II*. 380 pages. Grand Central. Paperbound. Pub. at \$10.99 **\$4.95**



9360301 HOW TO STOP TRYING: An Overachiever's Guide to Self-Acceptance, Letting Go, and Other Impossible Things. By Kate Williams. An unflinchingly honest and sometimes hilarious look at hustle culture, exploring the forces that have shaped a generation of overachieving women who now find themselves in search of a better way forward. 254 pages. Flatiron. Pub. at \$28.99 **\$5.95**



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9001549 A BOOB'S LIFE: How America's Obsession Shaped Me...and You. By Leslie Lehr. Explores the surprising truth about women's most popular body part with vulnerable, witty frankness and true nuggets of American culture. Also explores both the joys and hazards inherent to living in a woman's body. Lehr deftly blends her personal narrative with national history. 371 pages. Pegasus. Paperbound. Pub. at \$17.95 **PRICE CUT to \$3.95**



9237585 I'M SO EFFING TIRED: A Proven Plan to Beat Burnout, Boost Your Energy, and Reclaim Your Life. By Amy Shah. Women of all ages are suffering from an epidemic of fatigue and burnout. Shah has created this program so readers can regain energy and reclaim their lives. The key is tapping into the powerful energy trifecta: the complex relationship between your gut, your immune system, and your hormones. 325 pages. Mariner. Paperbound. Pub. at \$16.99 **PRICE CUT to \$3.95**

923327X IT AIN'T OVER TILL IT'S OVER: Reinvigorating Your Life and Realizing Your Dreams Anytime, at Any Age. By Marlo Thomas. 375 pages. Atria. Paperbound. Pub. at \$24.99 **\$5.95**

7998473 HOW TO STOP FEELING LIKE SH*T: 14 Habits That Are Holding You Back from Happiness. By Andrea Owen. 227 pages. Seal. Paperbound. Pub. at \$17.99 **\$5.95**

★9198636 THE VAGINA BUSINESS: The Innovative Breakthroughs That Could Change Everything in Women's Health. By Marina Gerner. 410 pages. Sourcebooks. Paperbound. Pub. at \$17.99 **PRICE CUT to \$7.95**

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★8874867 WIKIPENIS: Dr. Nicola's Penis Book. By N. Mondaini & P. Prezioso. A taboo-breaking guide to the male sexual and urinary system, raising awareness of anatomy, upkeep, and the emergencies that can occur throughout a lifetime. Illus. 209 pages. Open Road. Paperbound. Pub. at \$18.99 **\$12.95**



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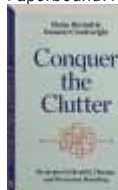


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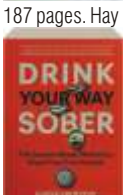
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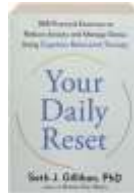
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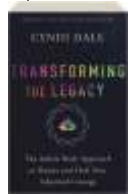
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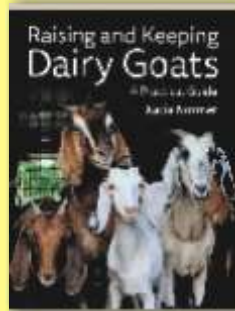
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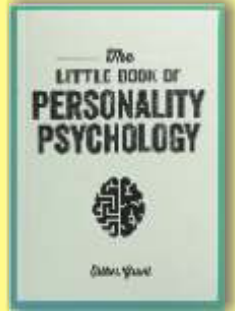


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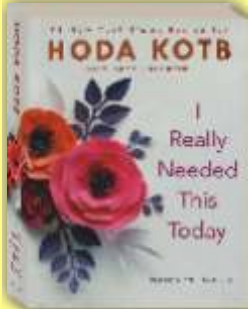


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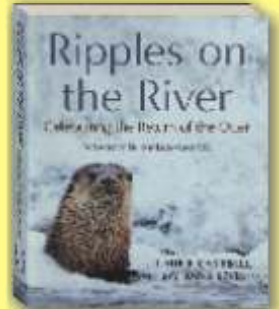
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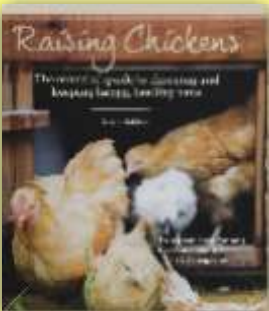
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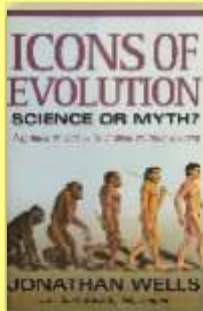
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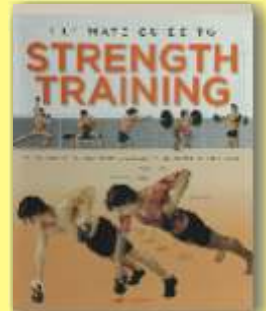
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