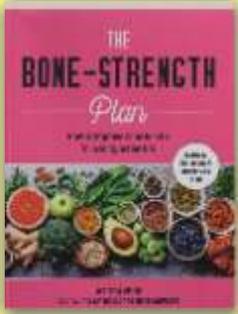


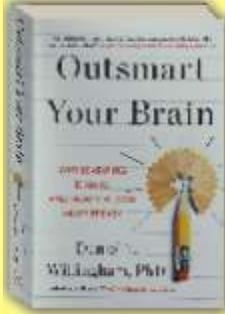
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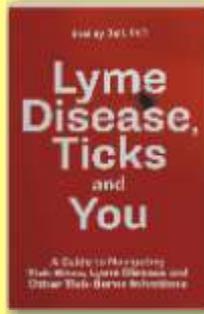
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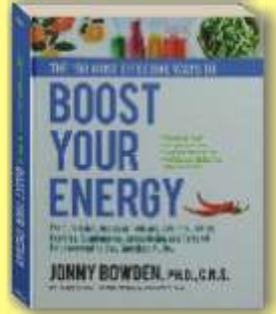
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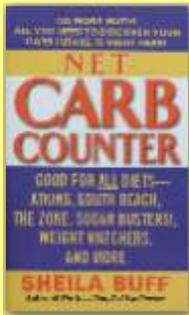
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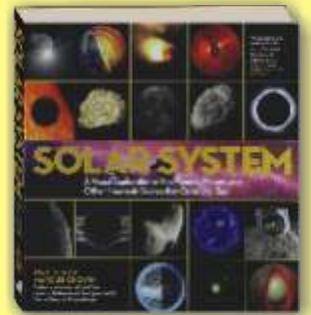
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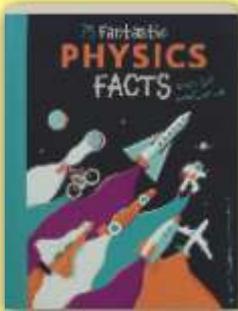
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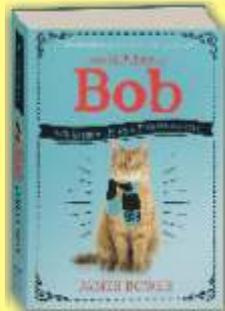
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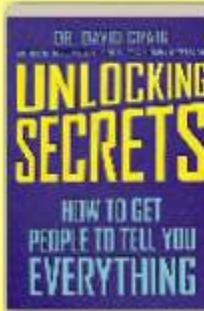
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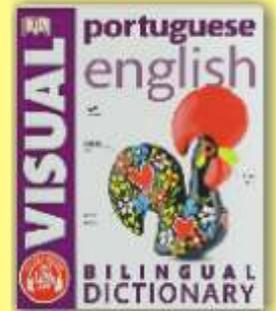
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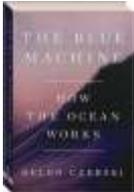
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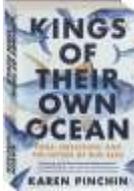


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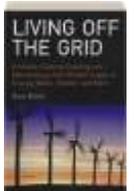


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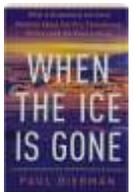


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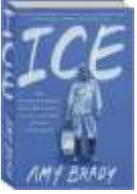
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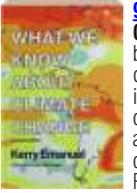
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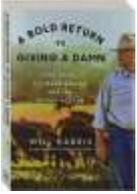
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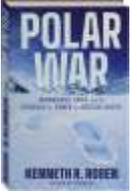
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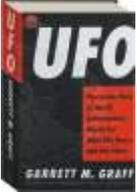
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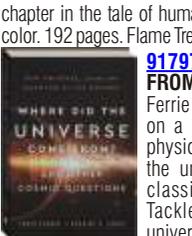
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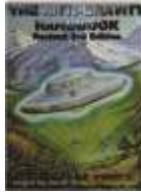
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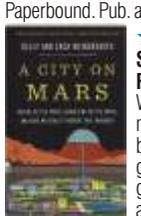
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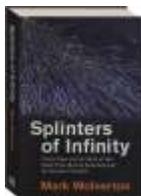
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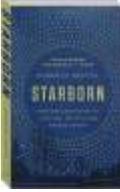


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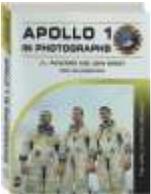
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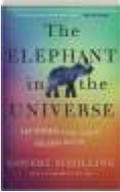


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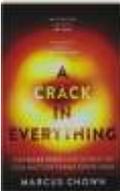


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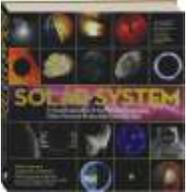
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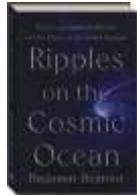
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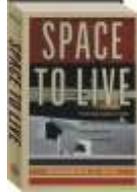
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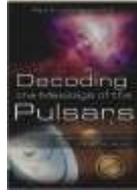
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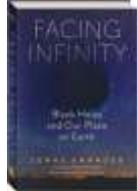


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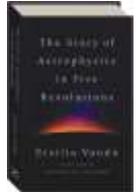
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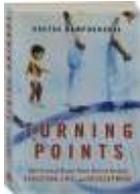
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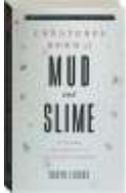


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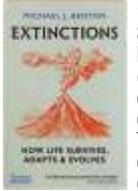
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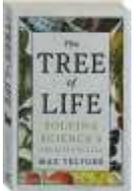
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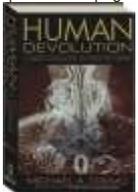
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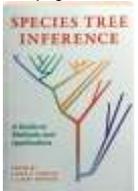
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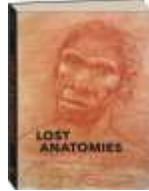


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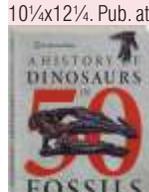
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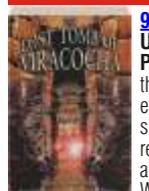
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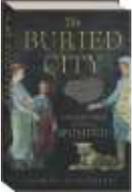
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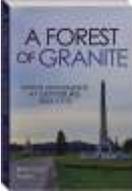
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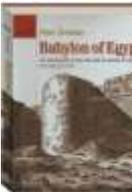
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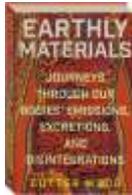
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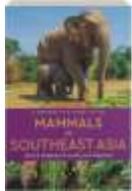
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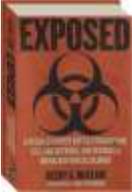


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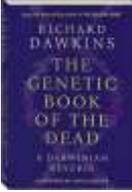
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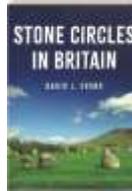


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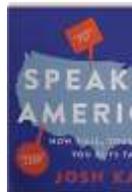
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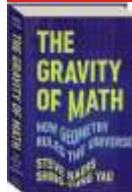
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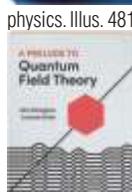
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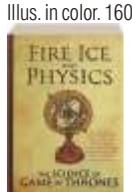


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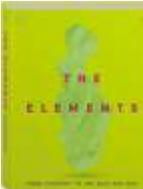


9339353 FIRE, ICE, AND PHYSICS: The Science of Game of Thrones. By Rebecca C. Thompson. Turning a scientist's eye on *Game of Thrones*, Thompson uses the fantasy science of the show as a gateway to some interesting real science, from ice walls to Valyrian steel, from wildfire and dragon fire to the genetics of the Targaryenes and Lannisters, to explain the real magic in our own realm. Photos. 274 pages. MIT Press. Paperbound. Pub. at \$17.95 **\$5.95**

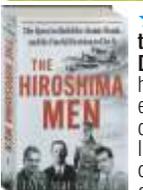
Chemistry & Physics



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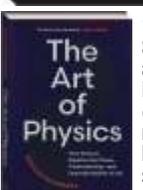
★**9228187 THE HIROSHIMA MEN: The Quest to Build the Atomic Bomb, and the Fateful Decision to Use It.** By Iain MacGregor. A riveting history based on new interviews and research that explains the approval, construction, and fateful decision to drop the atomic bomb on Hiroshima. Includes Japanese perspectives—a vital aspect often missing from Western narratives—to complete this account of the bombing's meaning and aftermath. 428 pages. Scribner. Pub. at \$32.00 **\$24.95**



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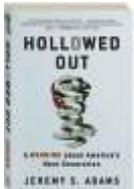
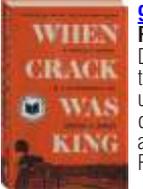
9045724 NUCLEUS, SECOND EDITION: A Trip into the Heart of Matter. By Ray Mackintosh et al. Well illus., some in color. 143 pages. Johns Hopkins. 8½x11. Pub. at \$35.00 **\$6.95**

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Social Science

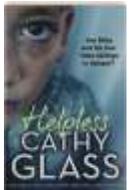
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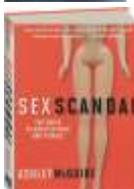


9216847 HOLLOWED OUT: A Warning About America's Next Generation. By Jeremy S. Adams. Reveals why students have rejected the wisdom, culture, and institutions of Western civilization—and what can be done to win them back. Poignant, frightening, and yet inspiring, this is for every parent and teacher concerned for our young people and our country. Photos. 213 pages. Regnery. Pub. at \$28.99 **\$6.95**

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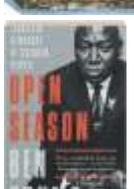
★**908052X HELPLESS.** By Cathy Glass. Struggling to cope with three young children, Janie turns to experienced foster carer Cathy Glass. Helping the family each morning, Cathy soon uncovers how dangerous their situation has truly become. Riley and his two little siblings, Jayden and Lola, are not safe at home. 309 pages. HarperElement. Paperbound. Pub. at \$12.99 **\$9.95**



7223668 SEX SCANDAL: The Drive to Abolish Male and Female. By Ashley McGuire. Packed with news-breaking interviews, shocking examples, and "inconvenient" facts that everyone needs to read, McGuire explains why "gender" insanity is not something we can just ignore and hope will fade away. We need to refute it now—with hard, cold facts before it does any more damage. 272 pages. Regnery. Pub. at \$27.99 **\$5.95**



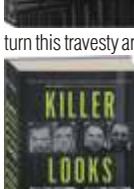
9355855 OUR TOWNS: A 100,000-Mile Journey into the Heart of America. By James & Deborah Fallows. A vivid portrait of the civic and economic reinvention taking place in America, town by town. For the last five years, the authors have been traveling across America, visiting dozens of towns and meeting hundreds of people. This is the story of their journey, and an account of a country remaking itself. 413 pages. Pantheon. Pub. at \$28.95 **\$6.95**



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



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9107142 KILLER LOOKS: The Forgotten History of Plastic Surgery in Prisons. By Zara Stone. The story of the long-forgotten practice of providing free nose jobs, face-lifts, breast implants, and other alterations to prisoners. Stone draws on the intersectionality of socioeconomic success, racial bias, the prison industry complex and the fallacy of attractiveness to uncover the deeper truths. Well illus. 344 pages. Prometheus. Pub. at \$29.95 **\$3.95**

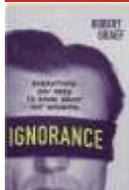


9266127 AMONG SCHOOLCHILDREN. By Tracy Kidder. Novel. Signed First Edition. Offers an intense look inside a fifth-grade teacher's classroom where the disturbing but often inspiring things we learn there make this work perhaps the most intimate and realistic account of American education. Frontispiece illustration by Karen Stolper. Leatherbound with gilded page edges and a silk ribbon bookmark. 340 pages. Franklin Library. 7½x13¼. **\$6.95**

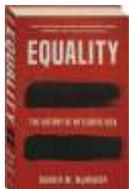


9353402 THIS EXQUISITE LONELINESS: What Loners, Outcasts, and the Misunderstood Can Teach Us About Creativity. By Richard Deming. This singular meditation on loneliness reveals how we might transform the pain of emotional isolation and become more connected to others and more at home with our often unquiet selves. Photos. 300 pages. Viking. Pub. at \$29.00 **\$5.95**

Social Science



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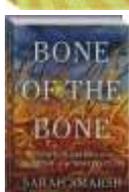
9301178 WE'VE GOT ISSUES: How You Can Stand Strong For America's Soul and Sanity. By Phillip C. McGraw. Dr. Phil offers his insight on how to come home to our core values, fortify our families, and re-embrace self-determination and self-governance. 384 pages. Threshold. Pub. at \$34.99 **\$6.95**



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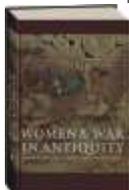


9343342 THE BRIGHT SIDE: How Optimists Change the World, and How You Can Be One. By Sumit Paul-Choudhury. A fascinating and reassuring look at the philosophy, psychology, and practice of optimism, and why being optimistic is a moral obligation—even in the face of seemingly insurmountable challenges. 309 pages. Scribner. Pub. at \$29.99 **\$5.95**

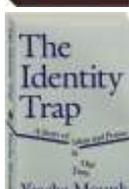


9360069 BONE OF THE BONE: Essays on America by a Daughter of the Working Class. By Sarah Smarsh. A must-read for today's politics, the brilliant and provocative essays that established the author as one of the most important commentators on America's class problem are collected in one searing and insightful volume. 328 pages. Scribner. Pub. at \$29.99 **\$5.95**

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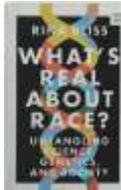
9137173 MY COUSIN, MY HUSBAND: Clans and Kinship in Mediterranean Societies. By Germaine Tillion. In this classic work, Tillion argues that the phenomenon of men killing their daughters, sisters, and wives over matters of sexual honor is not an aberration specific to Islam. Rather, it is part of a pagan Mediterranean legacy of marriage between first cousins that still affects both modern Christian and Muslim societies. 203 pages. Saqi Books. Paperbound. Pub. at \$21.95 **\$2.95**



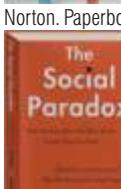
9328408 BUTTS: A Backstory. By Heather Radke. An entertaining, illuminating, and thoughtful investigation of why certain silhouettes come in and out of fashion—and how larger ideas about race, control, liberation, and power affect our most private feelings about ourselves and others. 310 pages. Avid Reader. Pub. at \$28.99 **\$5.95**



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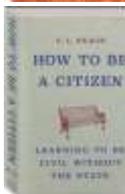
Social Science



9346538 AT THE END OF THE WORLD. By Lawrence Millman. In a remote corner of the Arctic in 1941, a meteor shower flashed across the sky for an unusually long time. Taking this to be a sign, one of the local Inuit proclaimed himself Jesus Christ. Another proclaimed himself God. Anyone who didn't believe in them was Satan. Violence ensued. Photos. 195 pages. Terra Firma. Paperbound. Pub. at \$18.95 **\$5.95**



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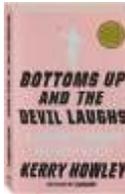
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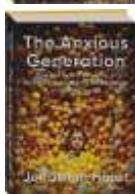
9323155 WEAVING OUR WAY BEYOND PATRIARCHY. Ed. by Lucy H. Pearce. This diverse and inclusive compendium of contemporary women's wisdom is bound to become a much-loved handbook to carry us forward through these strange and uncertain times, filled with words to encourage and inspire us and our sisters, daughters, granddaughters, friends, and communities. Photos. 180 pages. Womancraft. Paperbound. Pub. at \$18.95 **\$13.95**



9338446 CAPTAIN'S DINNER: A Shipwreck, an Act of Cannibalism, and a Murder Trial That Changed Legal History. By Adam Cohen. On May 19, 1884, the yacht *Mignonette* set sail from England on what should have been an uneventful voyage. When their vessel sank in the Atlantic, Captain Thomas Dudley and his crew found themselves adrift in a tiny lifeboat. As days turned to weeks, they faced an unthinkable choice: starve to death or resort to cannibalism. 357 pages. Authors Equity. Pub. at \$32.00 **\$23.95**



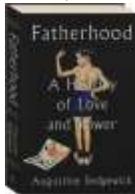
9298142 BE FRUITFUL AND MULTIPLY: How Fertility and Innovation Have Changed Humankind and the Earth. By Donald Worster. Worster looks back over 200,000 years of Homo sapiens to show how human nature, especially the drive for food and sex, has responded to environmental conditions throughout history. 309 pages. Yale. Pub. at \$32.50 **\$24.95**



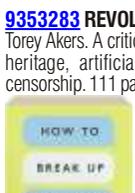
5368731 THE ANXIOUS GENERATION: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness. By Jonathan Haidt. Lays out the facts about the epidemic of teen mental illness that hit many countries at the same time. Haidt traces the problem to the rise of the "phone-based childhood" starting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



9279253 THE ORIGIN OF POLITICS: How Evolution and Ideology Shape the Fate of Nations. By Nicholas Wade. In this deeply researched survey of biological and political history, Wade reveals the effect of ideologies that ignore human nature. While some policies influence human nature for the better, like those that have abolished tribalism, others conflict with human nature and undermine the operation of a society. 241 pages. Harper. Pub. at \$32.00 **\$23.95**



9377409 FATHERHOOD: A History of Love and Power. By Augustine Sedgewick. Bold and original history of fatherhood that explores its invention and transformation, from the Bronze Age to the present, illuminating how parental love became entwined with patriarchy and power. 305 pages. Scribner. Pub. at \$30.00 **\$6.95**



9353283 REVOLUTIONARY ALGORITHMS: A TikTok Manifesto. By Torey Akers. A critical look at the controversial app and its effect on cultural heritage, artificial intelligence, community organizing, and digital censorship. 111 pages. Grand Central. Pub. at \$22.00 **\$5.95**



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9327479 RESILIENT CITIZENS: The People, Perils, and Politics of Modern Preparedness. By Chris M. Ellis. Challenges the myths, dismisses the fearmongering, and takes a much-needed, long-overdue scholarly look at prepper culture in America. 365 pages. Forefront. Pub. at \$28.00 **\$21.95**



9064206 GLAMOUR: An Extraordinary History—85 Years of Women Breaking Boundaries. By Natasha Pearlman et al. Chronicled visually and narratively through historic and modern day *Glamour* covers, stunning photographs, editorial features, and never before seen correspondence, this extraordinary volume charts the evolution of the magazine from its inception just months before World War II to today, as an unparalleled testament to trailblazing women. 335 pages. Abrams. 9 7/8 x 11 1/4. **\$42.95**



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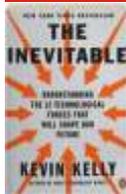


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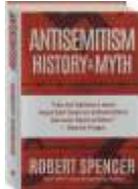


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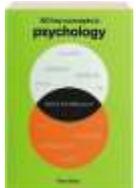
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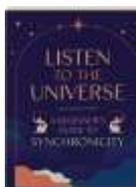
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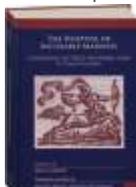
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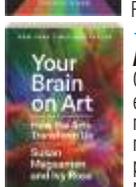
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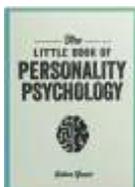


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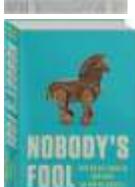
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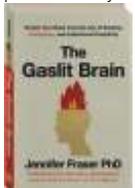


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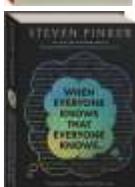


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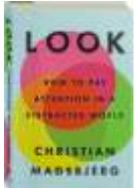
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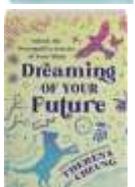
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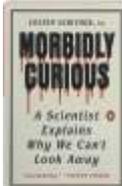


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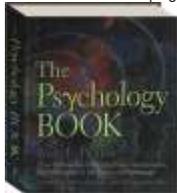
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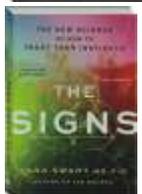
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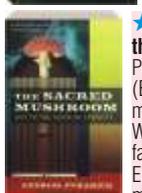
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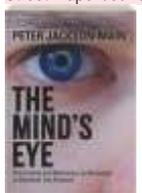
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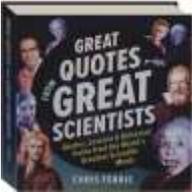


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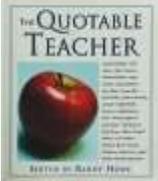
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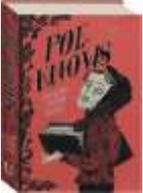


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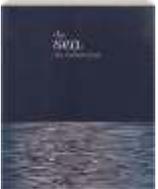
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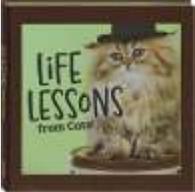
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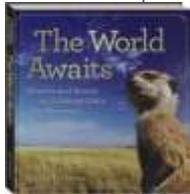


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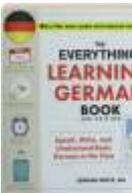
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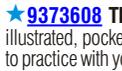
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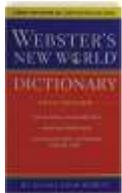


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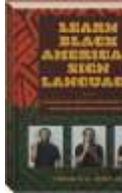
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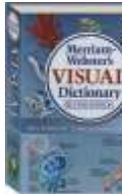
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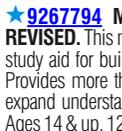
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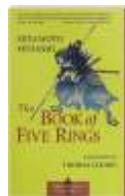
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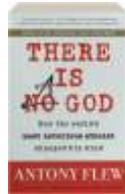


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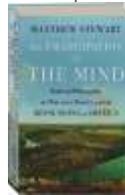
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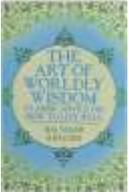


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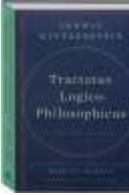


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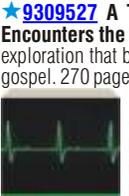
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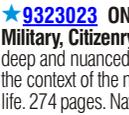
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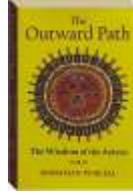


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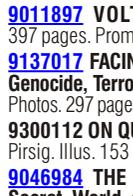


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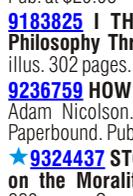
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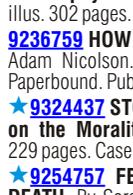
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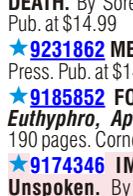
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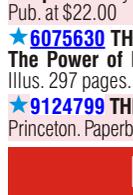
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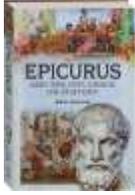
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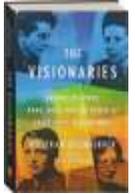
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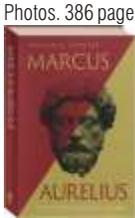
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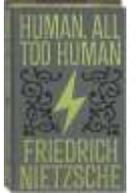


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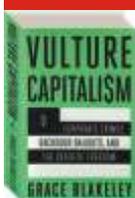
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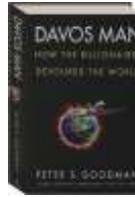
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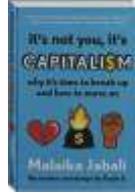
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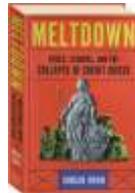
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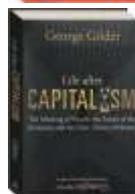
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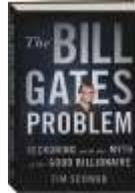


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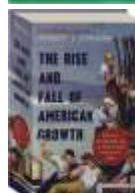
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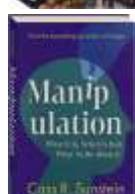
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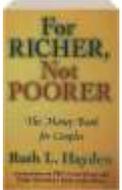


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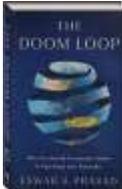
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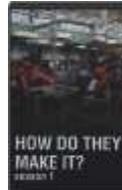
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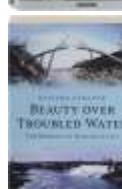
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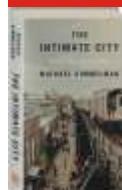


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Architecture

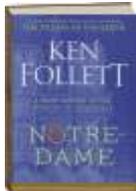


★9197036 THE INTIMATE CITY: Walking New York. By Michael Kimmelman. As New York came to a halt with COVID, Kimmelman composed an email to a group of architects, historians, writers, and friends, inviting them to take a walk. Wherever they liked, preferably someplace meaningful to them, someplace that illuminated the city and what they loved about it. 131 photos, most in color. 252 pages. Penguin. Pub. at \$30.00 **\$6.95**

Architecture



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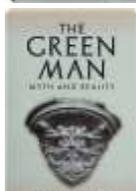
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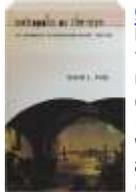
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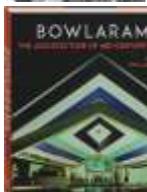


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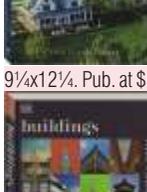
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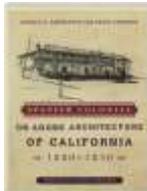
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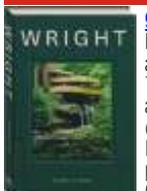
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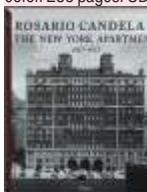
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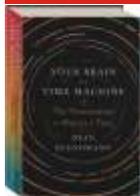
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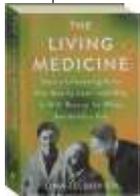
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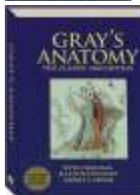
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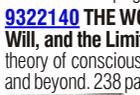
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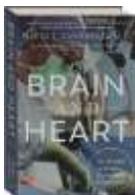
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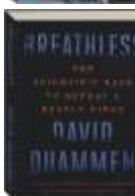
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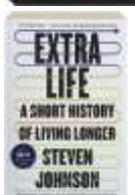
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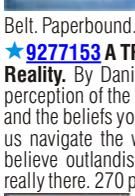
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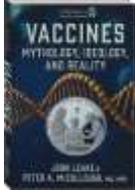
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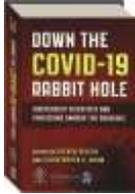
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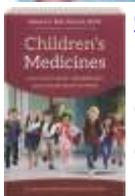
★9252355 VACCINES: Mythology, Ideology, and Reality. By J. Leake & PA. McCullough. Tells the story of this technology and those who developed it with some success, but also with failures that are never mentioned in the celebratory literature on vaccines. The authors do not dismiss the concept of vaccination but seek to promote a less dogmatic discussion about its risks and benefits. 219 pages. Skyhorse. Pub. at \$32.95 **\$24.95**



★9077057 DOWN THE COVID-19 RABBIT HOLE: Independent Scientists and Physicians Unmask the Pandemic. Ed. by S. Pelech & C.A. Shaw. Discusses the widespread misuse of science during the pandemic, the likely origin of COVID-19, the pathophysiology of the disease itself, and the harms associated with the various vaccines that have been produced, particularly those based on the novel mRNA platforms. 16 pages of illus. in color. 398 pages. Skyhorse. Pub. at \$36.99 **\$27.95**



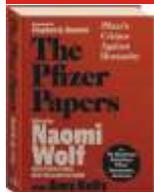
9288902 RUMBLES: A Curious History of the Gut—The Secret Story of the Body's Most Fascinating Organ. By Elsa Richardson. Travelling from ancient Greece to Victorian England, 18th Century France to modern America, Richardson leads us on a lively tour of the gut, exploring all the ways that we have imagined, theorized, and probed the mysteries of the gastroenterological system. Photos. 326 pages. Pegasus. Pub. at \$28.95 **\$6.95**



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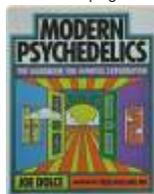
Medical Science



★904986X THE PFIZER PAPERS: Pfizer's Crimes Against Humanity. Ed. by Naomi Wolf with A. Kelly. Shows that Pfizer's mRNA COVID-19 vaccine clinical trial was deeply flawed and that they knew by November 2020 that its vaccine was neither safe nor effective. A look at how Big Pharma, the U.S. government, and healthcare entities are protected by the legal immunity of the Public Readiness and Emergency Preparedness Act, and more. Fully illus. in color. 386 pages. War Room. 8½x11¼. Pub. at \$39.99 **\$31.95**



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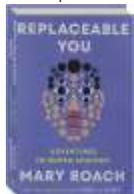
★925305X MODERN PSYCHEDELICS: The Handbook for Mindful Exploration. By Joe Dolce. A judgment-free title that compiles contemporary research and ancient knowledge to guide adult readers who are interested in the mindful exploration of these misunderstood, extraordinary, powerful substances. Photos. 218 pages. Black Dog & Leventhal. Paperbound. Pub. at \$24.99 **\$17.95**



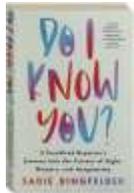
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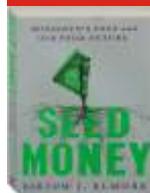
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Business



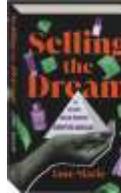
9381333 SEED MONEY: Monsanto's Past and Our Food Future. By Bartow J. Elmore. Monsanto used seed money derived from toxic products to build an agricultural empire, promising endless bounty through its genetically engineered technology. But as new data emerges about the Roundup system, and Bayer faces a tide of lawsuits, Elmore shows how our food future is still tethered to the company's chemical past. Photos. 387 pages. Norton. Pub. at \$30.00 **\$6.95**



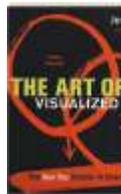
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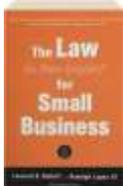


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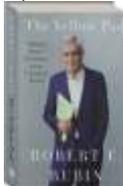
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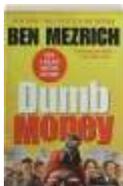
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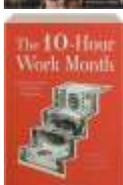
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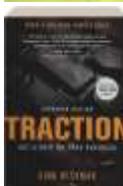


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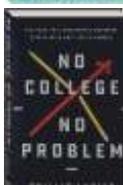
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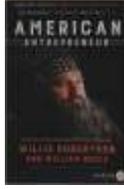
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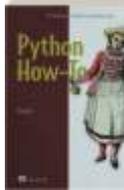
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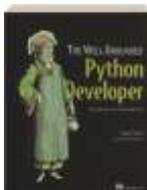
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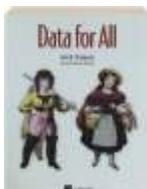


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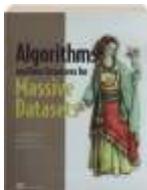


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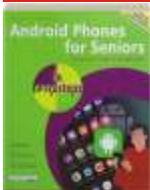


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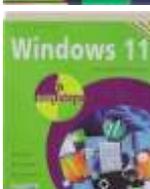
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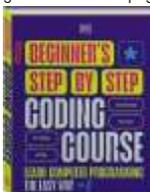


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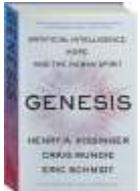


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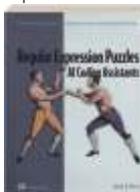
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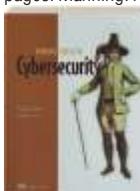
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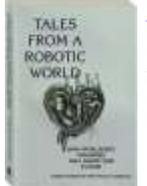


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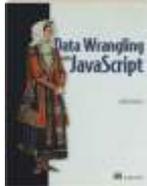
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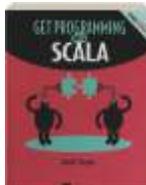


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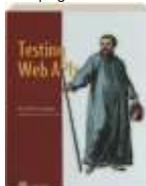
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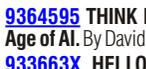
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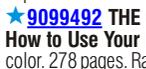
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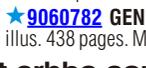
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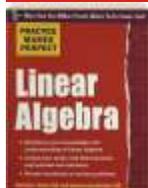
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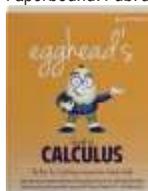
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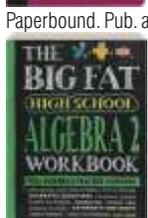
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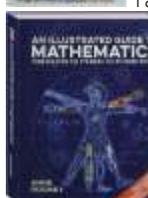
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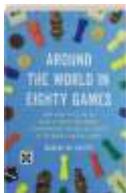
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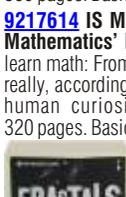
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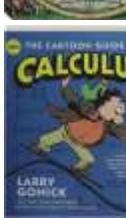
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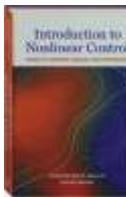
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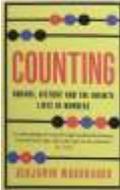
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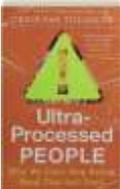
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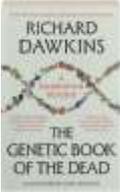


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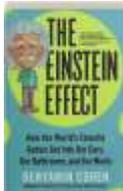


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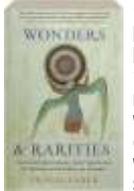
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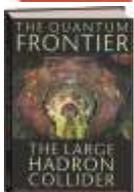
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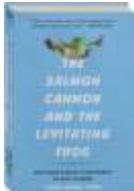
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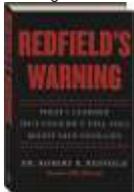


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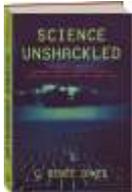
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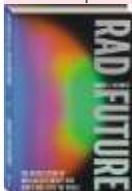
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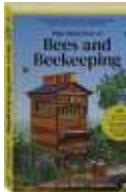
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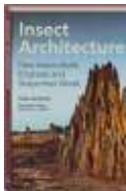
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★**9266003 INSECT ARCHITECTURE: How Insects Build, Engineer, and Shape Their World.** By Tom Jackson. Takes readers inside the amazing structures that insects build, from the paper galleries of yellowjacket wasps to elaborate termite mounds. Each chapter focuses on a group of insect architects, describing the materials and methods they use while exploring the structures themselves in detail. Fully illus. in color. 175 pages. Princeton. 8½x10¼. Pub. at \$29.95 **PRICE CUT to \$19.95**



7973438 ICONOTYPES: A Compendium of Butterflies & Moths. Contains finely delineated paintings of more than 760 species of Lepidoptera, many of which is described for the first time, making a critical moment in the study of natural history. Includes a silk ribbon bookmark. 688 pages. Thames & Hudson. **PRICE CUT to \$24.95**

Insects

- 916880X BUTTERFLIES OF SOUTH AFRICA, SECOND EDITION: A Field Guide.** By Steve Woodhall. 464 pages. Bloomsbury. Paperbound. Pub. at \$35.00 **\$4.95**
- 9211691 THE SECRET LIFE OF FLIES.** By Erica McAllister. Color photos. 248 pages. Firefly. Paperbound. Pub. at \$24.95 **\$7.95**
- 9057706 ALIEN WORLDS: How Insects Conquered the Earth & Why Their Fate Will Determine Our Future.** By Steve Nicholls. 484 pages. Princeton. Pub. at \$39.95 **\$7.95**
- ★9265988 BUTTERFLIES OF THE WORLD: A Guide to Every Subfamily.** By B. Huertas & S. Nakahara. Fully illus. in color. 240 pages. Princeton. Pub. at \$32.00 **\$25.95**
- 1928546 TALES FROM THE ANT WORLD.** By Edward O. Wilson. 227 pages. Liveright. Pub. at \$26.95 **\$9.95**
- ★6198295 THE BEEKEEPER'S BIBLE: Bees, Honey, Recipes & Other Home Uses.** By R.A. Jones & S. Sweeney-Lynch. Fully illus. in color. 412 pages. Abrams. **\$33.95**
- ★9272879 INSECT ANATOMY: The Curious World of Bees, Beetles, Butterflies, and Bugs.** By J. Rothman & M. Hearst. 205 pages. Storey. Paperbound. Pub. at \$18.99 **\$13.95**
- ★1042491 VELVET ANTS OF NORTH AMERICA: Princeton Field Guides.** By Kevin A. Williams et al. Fully illus. most in color. 440 pages. Princeton. Paperbound. Pub. at \$35.00 **\$13.95**
- ★8180474 BEES: Social, Solitary, Hives, Anatomy.** By Tom Jackson. Fully illus. in color. 224 pages. Amber. Paperbound. Pub. at \$16.99 **\$12.95**
- ★9064265 THE INSECT EPIPHANY: How Our Six-Legged Allies Shape Human Culture.** By Barrett Klein. Well illus., in color. 367 pages. Timber. Pub. at \$35.00 **PRICE CUT to \$11.95**
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- 9124888 SHOOTER'S BIBLE GUIDE TO RIFLE BALLISTICS, SECOND EDITION.** By Wayne van Zwoll. You'll learn not only why bullets behave the way they do, but what you can do to make bullets behave the way you want them to. Provides the engaging history of improvements in rifle design and accuracy that took place as rifles went from the battlefield to the hunting ground to the shooting range. Fully illus. in color. 251 pages. Skyhorse. 8x10½. Paperbound. Pub. at \$29.99 **\$6.95**
- 9240470 SHOOTER'S BIBLE GUIDE TO CONCEALED CARRY, 2ND EDITION.** By Brad Fitzpatrick. Delivers tips and provides valuable information with an updated and expanded firearms section, to familiarize you with firearms so you can gain the confidence you need to protect yourself in the worst of situations. Well illus. in color. 196 pages. Skyhorse. 8x10½. Paperbound. Pub. at \$19.99 **\$5.95**
- 9196250 THE COMPLETE GUIDE TO GUNSMITHING, SECOND REVISED EDITION: Gun Care and Repair.** By Charles Edward Chapel. Written by one of the most prolific firearms experts of all time, this guide is a highly detailed reference for gun enthusiasts and gunsmiths alike. It covers everything from the use of proper tools to how to get a gunsmithing job and everything in between. Illus. 480 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$6.95**
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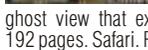
- 9030255 KNACK FISHING FOR EVERYONE: A Complete Illustrated Guide.** By Scott Bowen. Guides you to becoming a knowledgeable angler—one who, with a set of basic skills, starts catching fish and continues to do so, refining your techniques as you go. It presents all the essentials of fishing, using various kinds of tackle, for a variety of freshwater and saltwater species. Fully illus. in color. 244 pages. Knack. Paperbound. Pub. at \$19.95 **\$4.95**



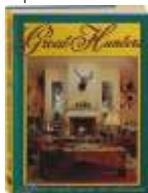
- 900372X PRO TACTICS TURKEY HUNTING: Use the Secrets of the Pros to Bag More Birds.** By Bob Humphrey. You'll find advice on locating, setting up, and calling. Most important, you'll gain a much greater understanding of the wild turkey's behavior and learn how to modify and adapt basic techniques to fit particular situations. Fully illus. in color. 130 pages. Lyons. 8½x11. Paperbound. Pub. at \$19.95 **\$2.95**



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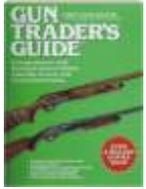
Fishing & Hunting

9336656 HUNTING: A Cultural History. By J.E. Dizard & M.Z. Stange. Traces the evolution of hunting, from Stone Age hunting and gathering to today's regulated sport hunting. 239 pages. MIT Press. Paperbound. Pub. at \$16.95

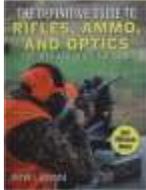


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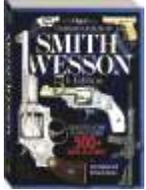


***9026371 GUN TRADER'S GUIDE, FORTY-SIXTH EDITION.** Ed. by Robert A. Sadowski. For more than 50 years this has been the standard reference for collectors, dealers, and gun enthusiasts. It's the definitive source for making informed firearms purchases and sales. Well illus. 607 pages. Skyhorse. Paperbound. Pub. at \$29.99 **\$17.95**



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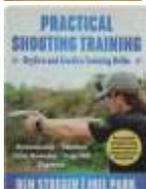
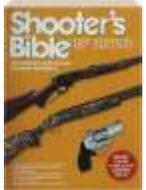


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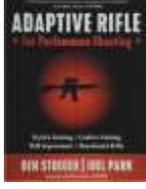
9019219 FIELD & STREAM HUNTING OPTICS HANDBOOK. By Thomas A. McIntyre. Takes all the guesswork out of choosing binoculars, rifle scopes, and range finders by explaining what kind of performance to look for in optics and how to choose an optic that will fulfill specific hunting needs. Well illus. 155 pages. Lyons. Paperbound. Pub. at \$19.95 **PRICE CUT to \$2.95**



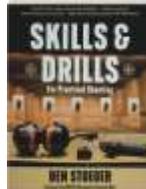
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***902641X SHOOTER'S BIBLE, 116TH EDITION.** Ed. by Jennifer L.S. Pearsall. With a timely feature on the newest products on the market, and complete with color and black and white photographs featuring various makes and models of firearms and equipment, this is an essential guide for any beginner or experienced hunter, firearm collector, or gun enthusiast. 608 pages. Skyhorse. Paperbound. Pub. at \$29.99 **PRICE CUT to \$14.95**

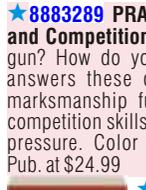
***9252258 PRACTICAL SHOOTING TRAINING: Dryfire and Livefire Training Drills.** By B. Stoeger & J. Park. Offers a layered approach to gun training; there are 4 levels with different mixes of drills, goals, and standards. Each level is a self-contained training manual on its own and allows every reader to be able to find where they fit in and begin working from that point. 285 pages. Skyhorse. 8 1/2 x 11. **PRICE CUT to \$19.95**



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***117679X THE BALLISTICS HANDBOOK: Factors Affecting Bullet Flight from Muzzle to Target.** By Philip P. Massaro. Illus. 365 pages. Gun Digest Books. Paperbound. Pub. at \$19.99 **\$14.95**

***8990093 GUN DIGEST 2025, 79TH EDITION.** Ed. by Philip P. Massaro. Fully illus. most in color. 605 pages. Gun Digest Books. 8 1/4 x 10 1/4. Paperbound. Pub. at \$39.99 **\$29.95**

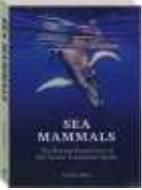
Marine Mammals, Fish & Reptiles



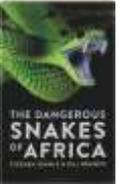
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8798192 BIG MEG: The Story of the Largest and Most Mysterious Predator That Ever Lived. By Tim & Emma Flannery. Charts the evolution of the megalodon, its super-predator status for about fifteen million years, and its decline and extinction. Delves 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

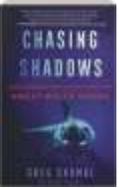


9181083 SEA MAMMALS: The Past and Present Lives of Our Oceans' Cornerstone Species. By Annalisa Berta. Features more than 50 individual species profiles and themed chapters on extinct species. Presents detailed accounts of these mammals' evolutionary path, anatomy, behavior, habitats, and conservation. 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**

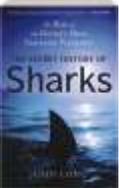


9129898 CHASING SHADOWS: Unraveling the Mysteries of the Great White Shark. By Greg Skomal with R. Talbot. Dr. Greg Skomal, one of the leading great white shark experts in the United States, reveals the true nature of these mysterious apex predators, as well as the fascinating story behind their history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

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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**

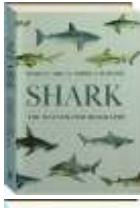


921481X SHAPESHIFTERS: The Wondrous World of Jellyfish. By Lisa-Ann Cershin. Captures nearly 100 species of jellyfish, from the ubiquitous *Aurelia* to the enigmatic *Velella*, along with astounding facts about these fascinating marine lifeforms. Some are splendid, some strange, some poisonous, some 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**

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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**

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★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



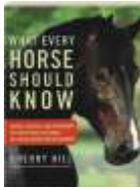
9250565 HORSE COLOR EXPLORED: Over 150 Breeds, Types, and Variations. By Vera Kurskaya. Provides a guide that aims to not only outline basic information about horse color appropriate for a general audience, but also explore the specifics of inheritance and recent color genetics research. A fascinating 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**

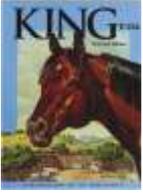


907404X THE LITTLE BOOK OF LORE FOR HORSE LOVERS: A Round Up of Equine Facts, Myths, and History. By Mary Frances Budzik. Chock full of fun facts, trivia, and illustrations, this fun work will answer all the horse-related questions you could ever have. Such as: What should you keep in an equine first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

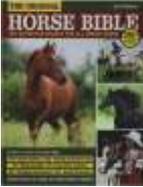


905412X WHAT EVERY HORSE SHOULD KNOW. By Cherry Hill. Hill explains how to help a horse overcome wariness of human touch and restraint, develop trust in a rider or handler, and learn respect and patience. Fully illus. in color. 179 pages. Storey. Paperbound. Pub. at \$19.95 **\$4.95**

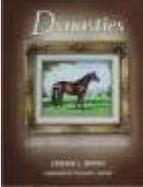
Horses & Horsemanship



9036482 KING P-234: Cornerstone of an Industry. By Frank Holmes. King P-234 is the fountainhead of one of the American Quarter Horse Association's all-time greatest show and performance lines. His influence continues to be felt in the halter, cutting, reining, western pleasure and barrel racing segments of the industry. Fully illus. 272 pages. Loft Enterprises. 8 1/4 x 11. Paperbound. Pub. at \$21.95 **\$3.95**



***9372717 THE ORIGINAL HORSE BIBLE, 2ND EDITION.** By M.C. Reeve & S. Biggs. Provides everything you need to know about horses, including more than 210 breed profiles; more than 100 training & behavior tips; over 50 riding insights; 25 activities; 50+ grooming instructions, plus more than 50 health remedies for your horse. Fully illus. in color. 480 pages. CompanionHouse. Paperbound. Pub. at \$29.99 **\$22.95**



***9171169 DYNASTIES: Great Thoroughbred Stallions.** By Edward L. Bowen. Renowned racing historian Edward L. Bowen examines the exploits and legacies of twenty-four of the 20th century's most influential sires, including Northern Dancer, Fair Play, Hyperion, and Challenger II, and the people associated with them. Illus. 260 pages. Eclipse. 8 1/2 x 10 1/2. Paperbound. Pub. at \$26.95 **\$19.95**



***9252347 UNWANTED: The Causes and Effects of America's Horse Population Crisis.** By Christina Keim. Delivers a compassionate, fact-based investigation into one of the most complex and divisive issues facing the equine world today. With firsthand reporting, Keim takes readers to the front lines of the crisis: livestock auctions, rescue operations, and therapy centers where horses get a second chance. 464 pages. Trafalgar Square. Paperbound. Pub. at \$26.95 **\$21.95**



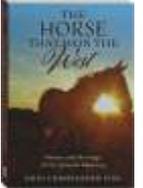
***9210296 RACING'S RETURN FROM THE BRINK: The Incredible Comeback of Old Rosebud and American Horse Racing.** By James C. Nicholson. A wave of antigambling legislation threatened to destroy the American horse racing industry until one extraordinary Thoroughbred gelding, dubbed the "Miracle Horse" by the media, helped steer it away from extinction. Nicholson tells the story of Old Rosebud, who set a track record when he won the 1914 Kentucky Derby by eight lengths. Photos. 182 pages. UPKy. Pub. at \$29.95 **\$24.95**



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**



9223754 AMERICAN HORSE: Capturing a Proud Spirit. By D.A. Michaels. A stunning combination of poetry and photography, this provides a breathtaking glimpse into the equine world with raw imagery that stirs up the spirit of adventure and wonderment over their beauty, captured with verse and photos. KPT Publishing. Pub. at \$12.95 **PRICE CUT to \$3.95**



***9192980 THE HORSE THAT WON THE WEST: History and Heritage of the Spanish Mustang.** By John Christopher Fine. Discover the history of the Sorraia horse through this richly illustrated exploration of how this remarkable breed shaped the conquest of North America and continues to fight for survival amid modern challenges, as told through the unique lens of a horseman and rancher dedicated to its preservation. 249 pages. Lyons. Pub. at \$34.95 **PRICE CUT to \$21.95**



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



9075828 101 DRESSAGE EXERCISES FOR HORSE & RIDER. By Jac Aristotle Ballou. Fully illus. 223 pages. Storey. 8 1/2 x 11. Paperbound. Pub. at \$29.99 **\$5.95**



7930801 HORSE/HUMAN: An Emotional Bond. By Bob Tabor. 183 pages. Glitterati. 14 1/4 x 11 1/4. Pub. at \$95.00 **PRICE CUT to \$14.95**



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

***6996094 SEATTLE SLEW: Racing's First Undeclared Triple Crown Winner.** By Dan Mearns. Photos. 159 pages. Eclipse. Paperbound. Pub. at \$22.95 **\$17.95**

***8894000 THE HORSE: A Galloping History of Humanity.** By Timothy C. Winegard. Photos. 519 pages. Dutton. Pub. at \$35.00 **PRICE CUT to \$11.95**

***7543042 SKY WATCH: Chasing an American Saddlebred Story.** By Emma Hudelson. Illus. 245 pages. UPKy. Pub. at \$32.95 **PRICE CUT to \$14.95**

***9269568 THE WILD HORSE EFFECT: Awe, Well-Being, and the Transformative Power of Nature.** By Chad Hanson. 239 pages. Chronicle. 11 1/4 x 9 1/4. Pub. at \$29.95 **PRICE CUT to \$19.95**

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

***7530641 THE HISTORY OF THE KENTUCKY DERBY IN 75 OBJECTS.** By J.K. Whitehead & Kentucky Derby Museum. Fully illus. most in color. 320 pages. UPKy. 8 3/4 x 11 1/4. Pub. at \$35.00 **PRICE CUT to \$14.95**

Farm & Domesticated Animals



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



9103236 RAISING CHICKENS: The Essential Guide to Choosing and Keeping Happy, Healthy Hens. By Suzie Baldwin. A comprehensive, reassuring guide for both the beginner and more experienced chicken owner alike. Packed with tips, strategies and advice that will give you the confidence to look after your hens and avoid common problems, leaving you free to enjoy your chickens and your eggs! Fully illus. in color. 142 pages. Kyle Books. Paperbound. Pub. at \$19.99 **\$6.95**



9334416 THE BACKYARD HOMESTEAD GUIDE TO RAISING FARM ANIMALS. Ed. by Gail Damerow. Imagine the satisfaction of feeding your family wholesome eggs, milk, meat, and honey produced by animals raised organically and humanely in your own backyard. On as little as one-tenth of an acre, this guide will show you how to raise healthy, productive barnyard animals and take a big step toward food independence. Fully illus. Storey. Paperbound. Pub. at \$24.95 **\$7.95**

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



7797311 RAISING AND KEEPING DAIRY GOATS: A Practical Guide. By Katie Normet. Explores the daily challenges and rewards of life as a goat farmer. Normet's account covers: purchasing, housing, feeding, breeding, kidding, milking and diseases. Included are chapters on cheese making and soap making with many tips and recipes. Color photos. 192 pages. Firefly. Paperbound. Pub. at \$19.95 **\$3.95**

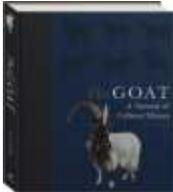


6077080 THE CHICKEN: A Natural History. By Joseph Barber et al. A comprehensive, science-based exploration of the world of the chicken. These fantastic fowl demonstrate unique abilities and talents that have made them an integral part of humans' lives for thousands of years. Fully illus. most in color.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



928883X THE LAMBING SEASON: Stories of Life on an Irish Family Farm. By John Connell. Like the flock that Connell shepherds, this work is both simple and profound, a meditation on the rituals of farming life and a primer on the lessons that nature can teach us. 176 pages. Pegasus. Pub. at \$26.95 **\$6.95**

Farm & Domesticated Animals

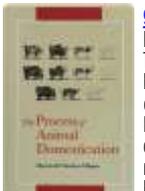


9057838 THE GOAT: A Natural & Cultural History. By Sue Weaver. Provides a comprehensive, illustrated introduction to the natural and cultural history of the goat, featuring clear and engaging text plus infographics, diagrams, and stunning color photographs. Weaver includes a photographic directory to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

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



9334513 COMO TE LLAMAS? Everyday Llamas You Might Know. By Kristin Llamas. Artist Kristin Llamas (her real name) has been painting and drawing llamas for years. Inspired by a person's name, and her love for these delightful creatures, she pairs the two to create funny, charming portraits that capture the llamas' quirky inner lives as much as they do our own. Chronicle. Pub. at \$14.95 **\$6.95**



9292489 THE PROCESS OF ANIMAL DOMESTICATION. By Marcelo R. Sanchez-Villagra. The evolutionary history of domesticated animals has been significantly influenced by the numerous, complex, and diverse interactions with humans. Explore the rich biology behind the initial stages of domestication, and how the creation of breeds reflects the cultural and societal transformations that have impacted the biosphere. Well illus., some in color. 324 pages. Princeton. Paperbound. **\$14.95**

9155112 TEMPLE GRANDIN'S GUIDE TO WORKING WITH FARM ANIMALS. Fully illus. in color. 181 pages. Storey. 7 1/2 x 10 1/4. Pub. at \$29.95 **\$6.95**

9192751 HOW TO RAISE CHICKENS, THIRD EDITION: Everything You Need to Know. By Christine Heinrichs. Color photos. 216 pages. Voyageur. Paperbound. Pub. at \$19.99 **\$5.95**

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

9156860 FOR THE LOVE OF FARMING: Farmer Will's Guide to Life in the Fields. By Will Young. 223 pages. White Lion. Pub. at \$24.00 **\$5.95**

★ **9193162 THE LITTLE BOOK OF CHICKENS: An Illustrated Guide to the Extraordinary Lives of Chickens.** By Jessica Ford. 143 pages. William Collins. Pub. at \$16.99 **\$9.95**

★ **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**



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



Blu-ray 8997802 YELLOWSTONE: Battle for Life. Widescreen. Join the charismatic cast of Yellowstone's wildlife as they turn to face extreme challenges of the seasons and discover what it takes to break temperatures 40 degrees below zero, to live through raging forest fires or to fight to the death for the right to breed. 150 minutes. BBC Earth. **\$4.95**



DVD 9233709 THE HUNT. Widescreen. From the producers of *Frozen Planet* and *Planet Earth*, this series reveals the most surprising and significant events in the natural world in astonishing detail. See the dramatic encounters of predator and prey in a new light. Narrated by David Attenborough. Collects all seven episodes. CC. Nearly 6 hours on two DVDs. BBC Earth. **\$5.95**



9085416 THE CHAMPIONS OF CAMOUFLAGE. By Jean-Philippe Noel. A fascinating exploration of the art of deception in the animal kingdom. A multiplicity of strategies, shapes and colors, all these tricks that evolution has patiently put in place. Fully illus. in color. 160 pages. Firefly. 8 1/2 x 11. Paperbound. Pub. at \$19.95 **\$3.95**



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



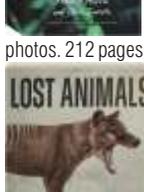
DVD 9140166 REAL APES OF THE PLANET. Widescreen. In three fascinating episodes, you'll mingle and monkey around with some not so distant relatives: a colorful cast of primates whose behavior unlocks clues about our own. English SDH. Three hours. BBC Earth. **\$5.95**



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**

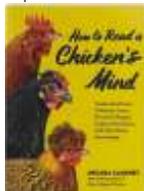


9057773 CAT WARS: The Devastating Consequences of a Cuddly Killer. By PP. Marra & C. Santella. Tells the story of the threats free-ranging cats pose to biodiversity and public health throughout the world, and sheds new light on the controversies surrounding the management of the explosion of these cat 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**

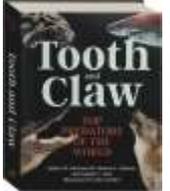
265198X CHICKEN WISDOM: 50 Inspirational Prints to Put You in a Fresh Frame of Mind. By Melissa Caughey. Sage sentiments meet delightful chicken photography on 50 individual cards, and with a pull-out table-top frame included, you can display your favorite card or easily swap it out for one that fits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

Animals

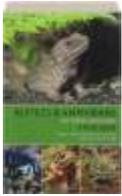


9264299 EIGHT BEARS: Mythic Past and Imperiled Future. By Gloria Dickie. Today, most of the eight remaining bear species are threatened with extinction. Dickie embarks on a journey to explore each bear's story, delivering a clear warning for what we risk losing if we don't learn to live alongside the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

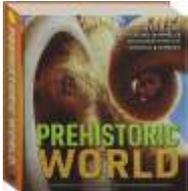
9094156 BLOOD MEMORY: The Tragic Decline and Improbable Resurrection of the American Buffalo. By D. Duncan & K. Burns. The epic story of the buffalo in America, from prehistoric times to today. Well illus., some in color. 329 pages. Knopf. Pub. at \$40.00 **\$7.95**



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**



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



9197338 PREHISTORIC WORLD: Over 1,200 Incredible Mammals & Discoveries from the Mesozoic & Cenozoic. By Aaron Woodruff, illus. by J. Csotonyi. Profiles of over 1,200 prehistoric mammals, with information about their anatomy, diet, habitat, cool features, and unique characteristics. A list of the best prehistoric-mammal museums around the world, with bonus info about their most amazing specimens, and more. Includes a silk ribbon bookmark. Ages 8 & up. Fully illus. in color. 831 pages. Applesauce. 10¼x11¼. Pub. at \$45.00 **\$17.95**

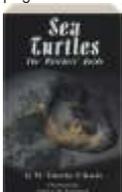


9136797 INCREDIBLE BEAR ATTACKS: Terrifying Tales of Savage Encounters Between Bears and People. Ed. by Lamar Underwood. Features the nasty—and often fatal—encounters humans have had with all different kinds of bears! Bears are not to be trifled with: don't ever feed them, shout at them, or try to play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



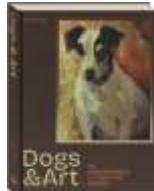
9191933 THE LIARS OF NATURE AND THE NATURE OF LIARS: Cheating and Deception in the Living World. By Lixing Sun. Nature is rife with cheating. Possums play possum, feigning death to cheat predators. Crows cry wolf to scare off rivals. Amphibians and reptiles are inveterate impostors. This volume explores the evolution of cheating in the natural world and in human society, revealing how dishonesty has given rise to wondrous diversity. Photos, most in color. 269 pages. Princeton. Pub. at \$29.95 **\$9.95**

9381260 MEET THE NEIGHBORS: Animal Minds and Life in a More-Than-Human World. By Brandon Keim. In a wonder-filled exploration of animals' inner lives, Keim takes us into courtrooms and wildlife hospitals, under backyard decks and into deserts, to meet the wild creatures who populate our communities and the philosophers, pest controllers, ecologists, wildlife doctors, and others who are reimagining our relationships to them. Illus. 355 pages. Norton. Pub. at \$29.99 **\$6.95**

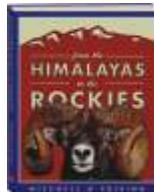


9002863 SEA TURTLES: The Watcher's Guide. By M. Timothy O'Keefe. Gives an overview of sea turtle life and also provides the specifics of appropriate personal conduct and behavior for human beings on turtle nesting beaches. Fully illus. 126 pages. Larsen's Outdoor. Paperbound. Pub. at \$17.95 **\$2.95**

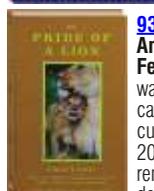
9236813 THE LITTLE BOOK OF DOG CARE: Expert Advice on Giving Your Dog Their Best Life. By Ace Tilton Ratcliff. An essential guide to caring for your dog, filled with expert-backed tips and nuggets of advice to help every dog owner understand what their canine companion needs to be happy and healthy. 199 pages. Little Simon. Pub. at \$21.99 **\$5.95**



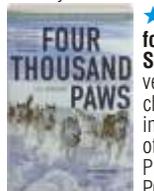
9307710 DOGS & ART: 50 Masterpieces & Their Dog Breeds. By Susie Hodge. A celebration of some of the world's greatest dog paintings as well as an enlightening look at the history of dog breeds, this volume features fifty great paintings from throughout history, each depicting a different dog breed. 159 pages. Gemini. 6¼x7¼. Pub. at \$18.95 **\$14.95**



9012184 FROM THE HIMALAYAS TO THE ROCKIES. By R.M. Mitchell & M.R. Frisina. The authors classify every type of wild sheep of the New and the Old Worlds. Also included are hunting stories by Jack Atcheson Jr. and Sr., Soudy Golabchi, Robert Logan, and more. Fully illus. in color. 230 pages. Safari. 8¼x11¼. Pub. at \$79.95 **\$5.95**



9314903 THE PRIDE OF A LION: What the Animal Kingdom Can Teach Us About Survival, Fear and Family. By R. Magill & G. Cote. K'wasi was born to Asha at Zoo Miami in late 2013 and captured the heart of the nation as an incredibly cute lion cub. Sadly, he was orphaned in March 2014 when his mother tragically died. K'wasi's remarkable journey takes him from the untimely death of his mother to the magnificent star of Lion Country Safari. 160 pages. Mango. Pub. at \$24.99 **\$6.95**



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

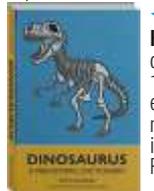


9293736 THE GENIUS BAT: The Secret Life of the Only Flying Mammal. By Yossi Yovel. With nearly 1500 species, bats account for more than twenty percent of mammalian species. The author brings to vivid life these amazing creatures as well as the obsessive and sometimes eccentric people who study them: bat scientists. 309 pages. St. Martin's. Pub. at \$32.00 **\$23.95**

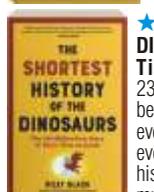


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9238220 THE SHORTEST HISTORY OF THE DINOSAURS: The 230-Million-Year Story of Their Time on Earth. By Riley Black. Tells the 230-million-year epic of the dinosaurs, covering their beginnings, spectacular golden periods, and stunning evolutionary success—before an unthinkable asteroid event brought everything to a screeching halt. This history digs deeper to show how we've gleaned so much about a long-lost world. Illus. 226 pages. Experiment. Paperbound. Pub. at \$16.95 **\$12.95**

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Animals



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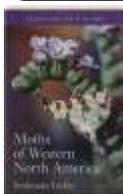
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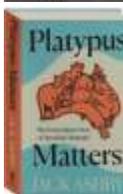
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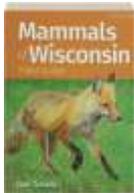
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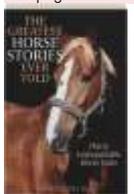
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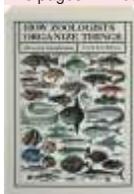
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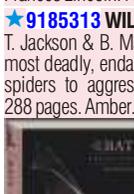
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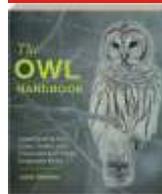
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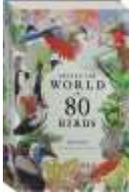


9195688 BIRDHOUSES OF THE WORLD. By Anne Schmauss. Offers a collection of more than 40 beautiful, whimsical, fantastical and amazing birdhouses created by designers and bird-lovers from around the world, including the United States, Canada, England, Denmark, the Netherlands, Germany, Egypt, Turkey, Lebanon, and Japan. Color photos. 139 pages. Stewart, Tabori & Chang. 7x8. Pub. at \$22.50 **\$4.95**

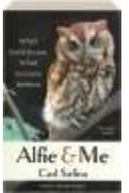
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9316973 BIRDS, SEX, AND BEAUTY: The Extraordinary Implications of Charles Darwin's Strangest Idea. By Matt Ridley. Explores the scientific research into the evolution of bright colors, exotic ornaments, and elaborate displays in birds. Darwin thought the purpose of such displays was to "charm" females. Recent scientific research has proven him newly right—there is a powerful evolutionary force quite distinct from natural selection: mate choice. Well illus., some in color. 340 pages. Harper. Pub. at \$30.00 **\$6.95**



9246487 AROUND THE WORLD IN 80 BIRDS. By Mike Unwin, illus. by R. Miyake. With over 11,000 species, birds are the most diverse of all vertebrate classes. The aerial world they inhabit may feel very remote from our own, and yet their presence is woven into our lives in myriad ways. This celebrates the variety, beauty, and resilience of 80 birds from around the globe. Fully illus. in color. 224 pages. Laurence King. Pub. at \$24.99 **\$6.95**



907354X ALFIE & ME: What Owls Know, What Humans Believe. By Carl Safina. When Carl Safina and his wife, Patricia, took in a near-death baby owl, they expected her to be a temporary presence. Tells the story of the remarkable impact this little owl would have on their lives. Color photos. 363 pages. Norton. Paperbound. Pub. at \$19.99 **\$14.95**



5499399 A BIRD LOVER'S STICKER BOOK. Leana Fischer. An immersive celebration of birds, this collection contains more than 675 charming stickers, each lovingly hand-painted within breathtaking landscapes and each perfect for decorating a nature journal, a birder's diary, or the pages of a favorite birding guide. Fully illus. in color. Workman. Pub. at \$15.00 **\$11.95**



9105794 A FASCINATION WITH FALCONS: A Biologist's Adventures from Greenland to the Tropics. By Bill Burnham. The scientific investigation of falcons and their relationship with humans through falconry provides insight and experiences that contribute knowledge and understanding of our natural world, while also emphasizing the need for its conservation. Burnham combines information and experiences in this guide. 32 pages of color photos. 234 pages. Hancock House. Pub. at \$29.95 **\$2.95**



9057730 BIRDS OF BELIZE. By Steve N.G. Howell, illus. by D. Dyer. Covers all regularly occurring bird species found in the region and features facing-page plates and text that make field identification easy. Concise species accounts describe everything from size and distribution to voice, habitat, and status. 304 pages. Princeton. Paperbound. Pub. at \$35.00 **\$4.95**



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9247831 BIRDS & BLOOMS EVERYDAY BIRDWATCHING STORIES. Featuring gorgeous photography, sweet stories, and useful tips, this work invites readers to marvel at the wonderful world of birds. Discover articles that explain how to attract a variety of birds to your backyard and factual tidbits in every chapter about bird songs, species names, and more. 256 pages. RDA Enthusiast. 8 1/2 x 11. Pub. at \$29.99 **\$6.95**



9370919 BIRDS OF PREY OF THE WEST FIELD GUIDE. By Stan Tekiela. Identify predatory birds in the western United States with this easy-to-use field guide, organized by group and featuring full-color photographs and helpful information. 247 pages. Adventure Publications. Paperbound. Pub. at \$14.95 **\$11.95**



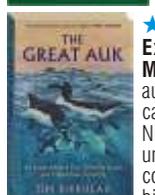
935462X THE VISUAL DICTIONARY OF BIRDS OF NORTH AMERICA: Discovering the Continent's Most Captivating Birds. Ed. by Liz Pasfield. With their enchanting songs and soaring flights, birds are a welcome source of joy in our hectic lives. This volume invites you to explore your fascination with these lovely creatures by learning about their distinctive features and habits, and collecting art and photos depicting them. 288 pages. Chartwell. 9x11 1/4. Pub. at \$29.99 **\$24.95**



9290567 BE MORE OWL: Life Lessons from Our Feathered Friends. By Alison Davies, illus. by E. Mayor. A celebration of the talents behind the talons and the many-feathered folklore that surrounds this most revered of birds. Lessons, exercises, and practical creative suggestions will all help you to find your wisdom and unleash your inner owl. Well illus. in color. 144 pages. Quadrille. Pub. at \$12.99 **\$9.95**



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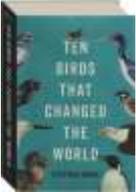
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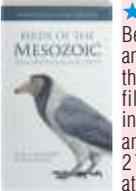
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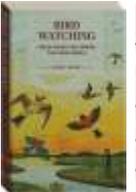
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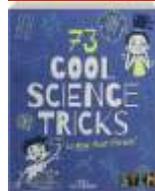
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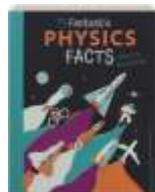
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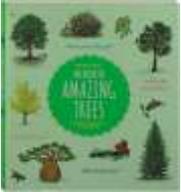


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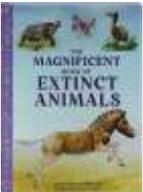


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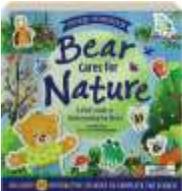
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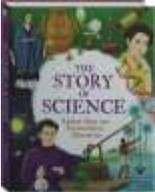


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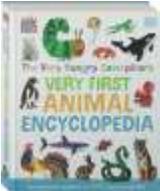
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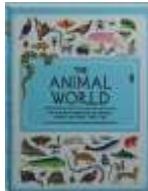
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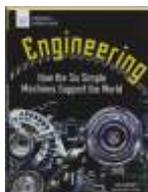
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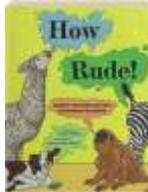


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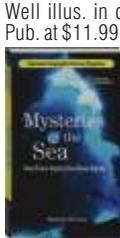


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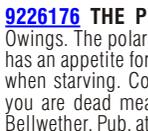
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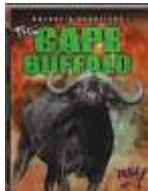
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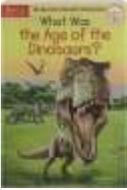


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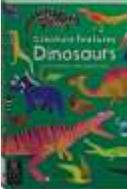


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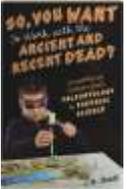
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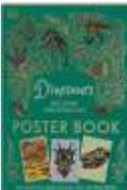
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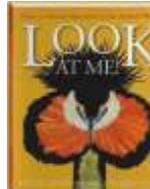
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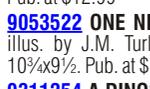
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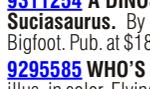
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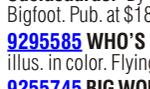
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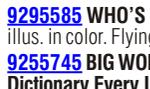
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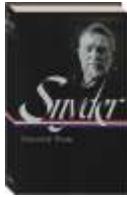
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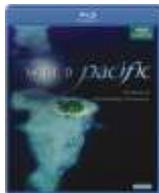
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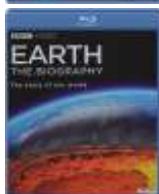
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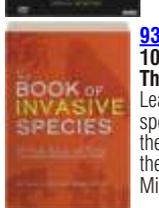
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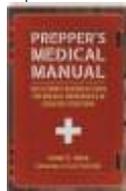


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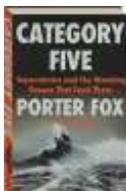


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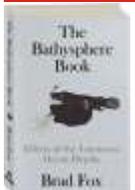
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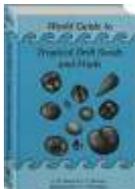
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8 1/2 x 10 1/4. Pub. at \$39.95



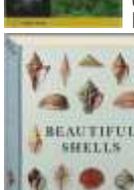
9242104 CASCADES OF THE BIG SIOUX RIVER: A Natural & Cultural History. By Peter Carrels. Today's visitors of the Big Sioux River marvel that this rugged, dynamic setting survives in the heart of Sioux Falls, South Dakota. The author recounts the human activities that first disfigured and then later rescued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



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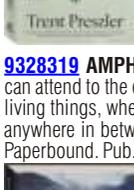
9225129 ROCKHOUNDING NEW YORK, SECOND EDITION: A Guide to the State's Best Rockhounding Sites. By Robert Beard. Complete guide to finding and collecting gems, minerals, and fossils throughout New York. Includes maps and detailed descriptions with directions, GPS coordinates for all sites, suggested tools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



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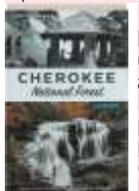
9191836 BIG PACIFIC. By Rebecca Tansley. The Pacific Ocean covers one-third of Earth's surface and contains half of the world's water. Illustrated in full color, this guide blends a wealth of stunning images with spellbinding storytelling to take you into a realm teeming with exotic life rarely witnessed up close. 239 pages. 12 x 9 1/2. Pub. at \$29.95 **PRICE CUT to \$7.95**

More Works on Nature

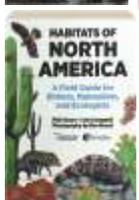


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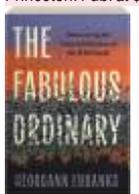
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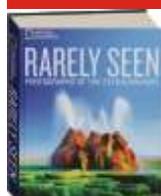
★9060790 INDIANA WILDLIFE ENCYCLOPEDIA: An Illustrated Guide to Birds, Fish, Mammals, Reptiles, and Amphibians. By Scott Shupe. 230 pages. Skyhorse. 8 1/2 x 11 1/4. Pub. at \$29.99 **PRICE CUT to \$9.95**

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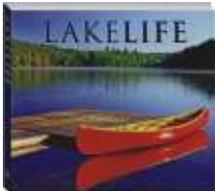
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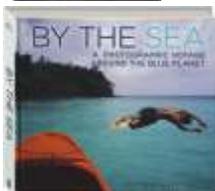
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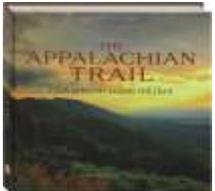


9168001 INTO THE WOODS: Trees in Photography. By Martin Barnes. Surveying aesthetics, intent and approach, this beautiful volume explores the arboreal motif throughout the medium's history. Fully illus., some in color. 192 pages. Thames & Hudson. 8 x 10. Pub. at \$34.95 **\$9.95**

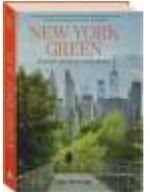


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9322167 LITERARY CHICKENS. By Beth Moon. Presents 52 black and white portraits of heritage breed chickens, paired with quotations from classic literature. The literary passages resonate with the startling range of emotions and personalities captured by Moon's intimate portraits. This work is sure to delight animal lovers and literary buffs alike. 136 pages. Abbeville. 9 1/2 x 11 1/2. Pub. at \$35.00 **\$9.95**



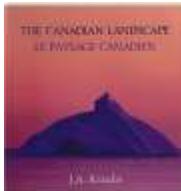
9338977 THE APPALACHIAN TRAIL: Four Seasons Along the Trail. By Raymond Salani III. A photographic collection showcasing the landscapes, seasons, and iconic scenes of the Appalachian Trail, accompanied by captions and an introduction conveying the author's personal experiences and insights. Schiffer. 9 1/2 x 8 1/2. Pub. at \$24.99 **\$19.95**



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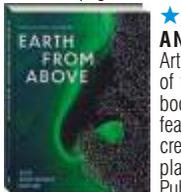
9181164 NATURE AT NIGHT: Discover the Hidden World That Comes Alive After Dark. By Charles Hood. A new world awakens in the dark, filled with spectacular bioluminescence, moon-kissed flora, and diverse wildlife—all captured here in this spectacular photography work. Hood captures over 240 images revealing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



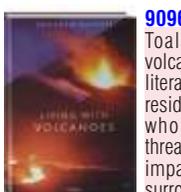
9364897 FEARLESS FEMALES: Mothers, Hunters and Teachers. By Mario Ludwig. Reveals the fierce, formidable, and fascinating antics of lionesses, elephants, and many other creatures, providing a refreshing reappraisal of "feminine" behavior and a long overdue emancipation of nature and wildlife photography. Text in English and German. 207 pages. teNeues. 9 1/2 x 12. Pub. at \$55.00 **\$24.95**



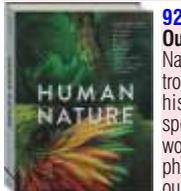
9247467 FUNGA OBSCURA: Photo Journeys Among Fungi. By Alison Pouliot. Recyclers, creators of soil, enablers of life, and food for many, fungi are as dynamic as they are diverse. As a scientist and photographer, Pouliot has led hundreds of forays through the forests of the Americas, Australia, and Europe. Join her on these explorations through stunning photographs and meditations on the landscape. Fully illus. in color. 183 pages. Univ of Chicago Press. 7 x 8 3/4. Pub. at \$28.00 **\$22.95**



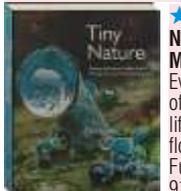
9269312 EARTH FROM ABOVE, 25TH ANNIVERSARY EDITION. By Yann Arthus-Bertrand. Timed to the 25th anniversary of the groundbreaking international bestselling book *Earth from Above*, this updated version features new images and refreshed text that creates an unforgettable, inspiring portrait of our planet today. 431 pages. Abrams. 8 3/4 x 11 1/2. Pub. at \$65.00 **\$51.95**



9096337 LIVING WITH VOLCANOES. By Cris Toala Olivares. Toala Olivares visited 13 volcanoes, from Iceland to Indonesia, and stood literally on top of his giant subjects. He talked to residents who lived on or under a volcano, and who would never leave their beloved yet threatened homes. This collection documents the impact volcanoes have on people and their surroundings. Fully illus. in color. 319 pages. Terra. 10 x 13 3/4. Pub. at \$80.00 **PRICE CUT to \$6.95**

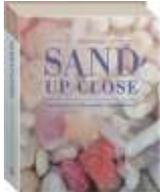


9200282 HUMAN NATURE: Planet Earth in Our Time. By Paul Nicklen et al. The United Nations has declared that nature is in more trouble now than at any other time in human history. Extinction looms over one million species of plants and animals. Here, twelve of the world's most influential nature and conservation photographers address the biggest questions of our time. Color photos. 300 pages. Chronicle. 8 3/4 x 11 1/4. Pub. at \$45.00 **PRICE CUT to \$11.95**



9272526 TINY NATURE: Discovering Nature's Hidden World Through the Lens of Macrophotography. By Jamie Rosengrants. Every leaf, pebble, and tiny inhabitant has a story of resilience, beauty, and the timeless dance of life. Be inspired as you enter the heart of the forest floor and see the sheer wonder of nature's design. Fully illus. in color. 255 pages. Wellfleet. 9 1/2 x 11 1/2. Pub. at \$35.00 **PRICE CUT to \$24.95**

Nature Photography



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7805276 PORTRAIT OF SAN FRANCISCO. Text by P. Fish, photos by C. Haney. 120 pages. Farcountry. 10 1/4 x 10 1/4. Pub. at \$26.95

\$3.95

903627X THE CALIFORNIA COWBOY: In the Land of the Vaquero. By Text by H.M. Schacht et al, photos by David Stoecklein. Color photos. 252 pages. Stoecklein. 12 x 11. Pub. at \$60.00

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910738X UNDER CAPE COD WATERS. By Ethan Daniels. Fully illus. in color. 151 pages. Union Park. 12 1/4 x 10 1/4. Pub. at \$35.00

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9145311 DEVELOPING ANIMALS: Wildlife and Early American Photography. By Matthew Brower. Illus. 244 pages. UMNp. 6 x 9. Paperbound. Pub. at \$25.00

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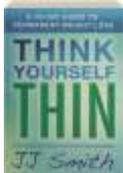
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LIMITED QUANTITY 935901X THE FAST: The History, Science, Philosophy, and Promise of Doing Without. By John Oakes. With fasting at an all-time high in popularity, here is an enlightening exploration into the history, science, and philosophy behind the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

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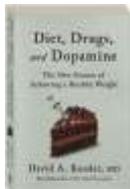
9000399 DR. ATKINS' NEW DIET REVOLUTION. By Robert C. Atkins. With this guide, you get everything you need: essential medical and nutritional information, a helpful carbohydrate gram counter, low-carb meal plans, and dozens of mouth-watering recipes for everything from appetizers to entrees to desserts.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

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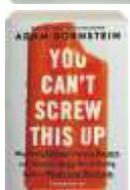
★**9368663 THE CORTISOL RESET PLAN.** By Marina Wright. A powerful guide to restoring body-mind health with holistic tools to heal our bodies through nervous system work, blood sugar regulation, and nutrient-dense foods. 358 pages. Harper. Paperbound. Pub. at \$22.00

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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

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★**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

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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

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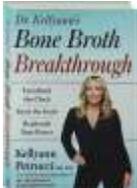
8797498 HOW TO LOSE WEIGHT FOR THE LAST TIME: Brain-Based Solutions for Permanent Weight Loss. By Katrina Ubell. 293 pages. Balance. Pub. at \$29.00

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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

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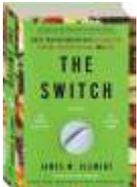
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9094237 DR. KELLYANN'S BONE BROTH BREAKTHROUGH: Turn Back the Clock, Reset Your Scale, Replenish Your Power. By Kellyann Petrucci. The definitive guide to the healing benefits of bone broth on weight loss, wrinkles, digestion, fatigue, libido, and stress. Offers 35 easy to make broth-based recipes that are customized to mitigate these issues as well as advice for building a "happy plate" at every meal and more. 290 pages. Rodale. Pub. at \$27.00 **\$5.95**



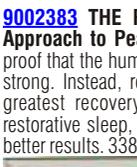
7957483 THE BONE-STRENGTH PLAN: How to Improve Bone Health for a Long, Active Life. By Jo Travers. You'll find out how your bones grow and why they lose density, and ways you can increase the strength of your skeleton through science and using exercise and nutrition. Includes healthy recipes. Illus.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



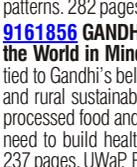
9343113 THE FASTING FIX: Eat Smarter, Fast Better, Live Longer. By Andreas Michalenas. The author draws from his decades of medical practice and original, cutting-edge scientific research, along with his deep knowledge about the human body and evolutionary history, to distill the simple truth about what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



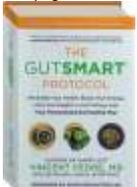
9002383 THE PLANT-BASED ATHLETE: A Game-Changing Approach to Peak Performance. By Matt Frazier et al. Reveals proof that the human body does not need meat, eggs, or dairy to be strong. Instead, research shows that a plant-based diet offers the greatest recovery times, cell oxidation, injury prevention, and restorative sleep, and allows athletes to train more effectively, with better results. 338 pages. Harper. Paperbound. Pub. at \$21.99 **\$5.95**



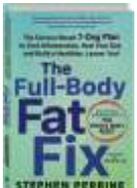
7899041 TWO MEALS A DAY: The Simple, Sustainable Strategy to Lose Fat, Reverse Aging, & Break Free from Diet Frustration Forever. By Mark Sisson with B. Kearns. You'll implement an eating style that's incredibly nourishing and easy to adhere to for a lifetime, dial-in a winning fitness routine, prioritize sleep and recovery, and learn powerful strategies for overcoming self-limiting beliefs and behavior patterns. 282 pages. Grand Central. Pub. at \$20.99 **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 **\$6.95**



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

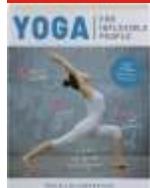
9076166 EATING FOR ACID REFLUX: A Handbook and Cookbook for Those with Heartburn. By J. Sklar & A. Cohen. 273 pages. Da Capo. Paperbound. Pub. at \$16.95 **\$5.95**

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**

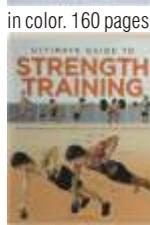
8889880 UNLOCKING THE KETO CODE: The Revolutionary New Science of Keto That Offers More Benefits Without Deprivation. By Steven R. Gundry. 262 pages. Harper Wave. Pub. at \$28.99 **\$6.95**

★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. 9½x11¼. Paperbound. Pub. at \$24.99 **\$8.95**



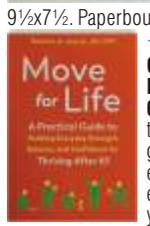
9255923 THE WOMEN'S HEALTH FITNESS FIX. By Jen Ator. You'll find all the tools you need for successful and lasting weight loss—no rigid, inflexible diet rules or demanding, time-consuming workout programs. These easy-to-follow strategies are practiced by the U.S.'s leading fitness experts, tested by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



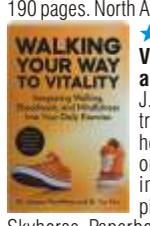
★7976984 T'AI CHI CLASSICS: Illuminating the Ancient Teachings on the Art of Moving Meditation. By Waysun Liao. Exploring all the core aspects of T'ai Chi thought and practice, this guide explains how T'ai Chi exercises increase your inner vitality (ch'i), enliven energetic power (jing), and empower 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. 9½x7½. Paperbound. Pub. at \$29.99 **\$7.95**

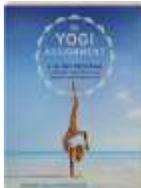


★9290095 MOVE FOR LIFE: A Practical Guide to Building Everyday Strength, Balance, and Confidence for Thriving After 65. By Damien A. Joyner. Certified personal trainer Joyner not only explodes the myth that growing older means growing weaker—he offers expert guidance and safe, simple, effective exercises to empower you to regain and maintain your strength and autonomy. Illus. in color. 190 pages. North Atlantic. Paperbound. Pub. at \$26.95 **\$19.95**



★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 **\$13.95**

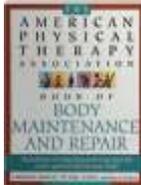
Exercise & Fitness



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 \$24.95 **\$6.95**



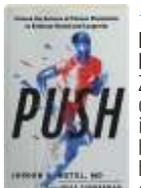
782663X RESISTANCE BAND WORKOUTS FOR SENIORS: Strength Training at Home or on the Go. By Karina Inkster. This is an invaluable resource for older adults looking to improve their strength and body composition without having to purchase a gym membership. You'll learn how to choose resistance bands, how 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 \$41.99 **\$31.95**



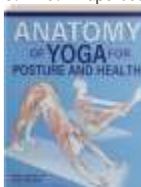
★9154485 YOGA FOR OSTEOPOROSIS, REVISED: The Complete Guide. By Loren Fishman with C. Ardman. Study after study has shown that low-impact, bone-strengthening exercises are the best treatment for osteoporosis, with yoga being ideal. A thoroughly illustrated guide for beginners and experts alike. 383 pages.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



★9371249 PUSH: Unlock the Science of Fitness Motivation to Embrace Health and Longevity. By Jordan D. Metzler 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**

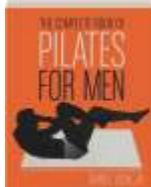


★9372482 ANATOMY OF YOGA FOR POSTURE AND HEALTH. By N. Jenkins & L. Brandon. Focuses on the benefits of yoga for improving posture and general health, and introduces the reader to a range of techniques chosen with these goals in mind. Fully illus. 144 pages. IMM Lifestyle Books. 8½x10½. Paperbound. Pub. 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 **PRICE CUT to \$4.95**

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 \$18.95 **\$5.95**

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★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 **\$5.95**

★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**

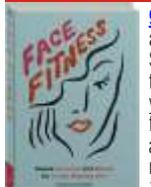
★9067469 ANATOMY OF EXERCISE FOR 50+, SECOND EDITION. By Hollis Lance Liebman. Fully illus. in color. 192 pages. Firefly. 8½x11. Paperbound. Pub. at \$24.95 **\$16.95**

★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 **\$9.95**

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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 **\$6.95**



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**

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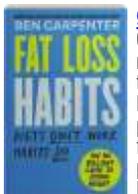


9167412 THE SECRET LANGUAGE OF DOCTORS. By Brian Goldman. Pulls back the curtain to reveal some of modern medicine's darkest secrets, and decodes the colorful and clandestine expressions doctors employ to describe difficult patients, situations, and medical conditions—and sometimes even other colleagues.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

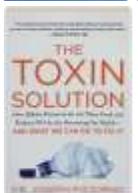
9326014 DR. COLBERT'S HEALTHY GUT ZONE. By Don Colbert. Join Dr. Colbert as he helps you unlearn everything medical experts have been teaching about healthy eating for the last three decades and reveals the true path to digestive health through proper diet supported by nutritional supplements. 245 pages.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

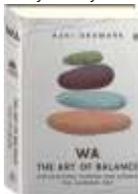


9348050 THE TOXIN SOLUTION. By Joseph Pizzorno. Provides an eight-week program to detox your life. You will learn how to repair the liver, gut, and kidneys to function at maximum capacity by avoiding toxins in food, cleaning products, cosmetics, and more, by replacing these products with safe alternatives.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

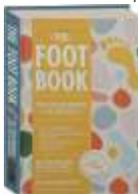
★9232788 THE OFFICIAL POCKET GUIDE TO DIABETES FOOD CHOICES, 6TH EDITION. By American Diabetes Association. This work provides basic nutritional values for evaluating the consumption of common foods relating to blood glucose management and overall health and wellness for people living with diabetes.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

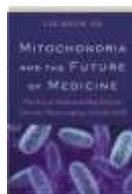


9186115 THE FOOT BOOK: The Care and Keeping of Your Feet. By T. Brennan & L. Johnston. The authors have gathered their knowledge from over 20 years of combined experience to help you understand the most common foot problems podiatrists treat. Chapters include topics such as: taking care of your feet, bunions, hammertoe, corns and calluses, gout, heel pain, arthritis and much more! Illus. in color. 240 pages. Cider Mill. Pub. at \$15.95 **SOLD OUT**

★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**



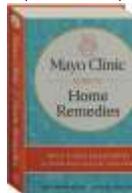
LIMITED QUANTITY ★9369481 THE GUT: A Pocket Primer. By Amy Fleming. A succinct, vibrant, accessible exploration of the least-understood organ in the human body, broken down into 60 bite-sized relevant topics, including microbiomes, the large and small intestines, and intestinal bloat. Fully illus., most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



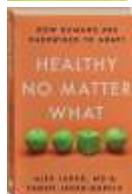
9288481 THE LONG COVID SURVIVAL GUIDE: How to Take Care of Yourself and What Comes Next. Ed. by Fiona Lowenstein. For people living with Long COVID, navigating the uncharted territory of this new chronic illness can be challenging. This patient-to-patient guide for people provides expert advice on getting diagnosed, dealing with symptoms, accessing resources and accommodations, and more. 295 pages. The Experiment. Paperbound. Pub. at \$18.95 **\$5.95**



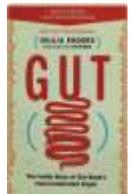
★8217858 MAYO CLINIC GUIDE TO HOME REMEDIES: Self-Care Solutions for Everyday Health Concerns. Ed. by C.A. Kermott & G.M. Boriel. You'll find information on more than 130 common health concerns. The information is straightforward and easy to find, with topics arranged in alphabetical order. The guide 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**



9336184 REST: Why You Get More Done When You Work Less. By Alex Soojung-Kim Pang. For the average person, overworking has become the new normal, and rest is something to do when the important things are done—but they are never done. This title spotlights escaping the drudgery of overwork and finding excellence and happiness by doing less. 322 pages. Basic. Paperbound. Pub. at \$19.99 **\$5.95**



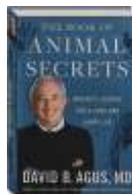
9171665 HEALTHY NO MATTER WHAT: How Humans Are Hardwired to Adapt. By A. Jadad & T. Jadad-Garcia. Provocative manifesto that teaches you how to take control of your health, no matter your age or circumstances, from an innovative doctor and his philosopher daughter. Illustrates how your natural gift of adaptability equips you to overcome any obstacle, provides actionable pointers, and shows how and when to use the medical system. 237 pages. Crown. Pub. at \$28.00 **\$5.95**



★9368930 GUT: The Inside Story of Our Body's Most Underrated Organ. By Giulia Enders, illus. by J. Enders. Transform your understanding of the human gut via an enlightening journey through the most underrated organ, with Dr. Enders's groundbreaking exploration of digestive health, microbial connections, and whole-body wellness. Photos. 293 pages. HarperOne. Paperbound. Pub. at \$19.99 **\$14.95**



9353143 MAGIC PILL: The Extraordinary Benefits and Disturbing Risks of the New Weight-Loss Drugs. By Johann Hari. The author shares a revelatory look at the new drugs transforming weight loss as we know it—from his personal experience on Ozempic to our ability to heal our society's dysfunctional relationship with food, weight, and our bodies. 288 pages. Crown. Pub. at \$30.00 **\$6.95**

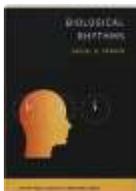


9295976 THE BOOK OF ANIMAL SECRETS: Nature's Lessons for a Long and Happy Life. By David B. Agus with K. Loberg. A physician and biomedical researcher explores the ways that we can harness the wonders of the animal kingdom in our very own human lives. Teeming with lively storytelling and astonishing practical takeaways, this revelatory guide will have you rethinking what's possible for your health and well-being—now and for years to come. Illus. 370 pages. S&S. Pub. at \$29.99 **\$6.95**

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★9291644 EVERY BODY SHOULD KNOW THIS: The Science of Eating for a Lifetime of Health. By Frederica Amati. Are you overwhelmed by conflicting nutritional advice? Do you struggle with making healthier food choices? This study uncovers the science behind maintaining good health at every stage of life. 308 pages. Penguin. Paperbound. Pub. at \$21.99 **\$17.95**



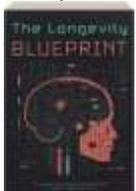
★9279350 BIOLOGICAL RHYTHMS. By Daniel B. Forger. The human body runs on rhythms—all more knowable now than ever, thanks to wearables. Making sense and making use of these signals is something else, and this is precisely what Forger explains in this study. 237 pages. MIT Press. Paperbound. Pub. at \$16.95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



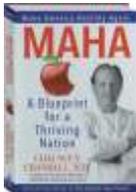
★9220437 KETO FOR CANCER: Ketogenic Metabolic Therapy as a Targeted Nutritional Strategy. By Miriam Kalamian. The author has drawn on a decade of experience to lay out comprehensive guidelines on how to adopt the ketogenic diet as a metabolic therapy for cancer. Kalamian addresses the nuts and bolts of the diet, making it an invaluable resource for beginners, seasoned users, and health-care professionals. 373 pages. Chelsea Green. Paperbound. Pub. at \$29.95 **\$21.95**



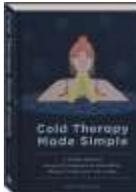
★9328247 CHECK ENGINE LIGHT: Tuning Your Body and Mind for Performance Longevity. By Rob Wilson. The author's culmination of years of working with warriors, athletes, executives, and laypeople who just want to stay healthy and live long, this title is complete with a self-guided workbook that will inspire you to hop back in the driver's seat of your health with the confidence to go the distance. 416 pages. Victory Belt. Paperbound. Pub. at \$24.95 **\$17.95**



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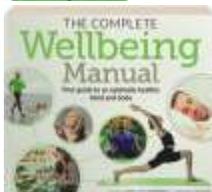
★9311475 MAHA: A Blueprint for a Thriving Nation. By Chauncey Crandall. The path to making America healthy again requires a holistic approach that integrates individual responsibility with comprehensive policy changes. By embracing the principles of preventive care, prioritizing mental well-being, and promoting equitable access to health, we can lay the foundation for a thriving, resilient nation. 245 pages. Humanix. Pub. at \$27.99 **\$21.95**



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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**



9167110 THE COMPLETE WELLBEING MANUAL: Your Guide to an Optimally Healthy Mind and Body. Ed. by E.V. Hinsbergh & F. Forster. A modern-day guide to ultimate health and happiness. If you're looking to get a better night's sleep, balance your hormones, boost your immunity, or banish health concerns, this is the manual for you. Fully illus. in color. 256 pages. Sirius. 9 3/4 x 8 3/4. Paperbound. Pub. at \$24.99 **PRICE CUT to \$7.95**



9266968 THE FOOD COUNTER'S POCKET COMPANION, 5TH EDITION. By J. Stephenson & R. Lindberg. Knowing what's in your food and making sure to consume a balanced diet are keys to a healthy life. It can be tough to keep track of the nutritional content of each meal and snack; this work supplies authoritative data on the nutritional values of foods in a form that's quick and easy to reference. 174 pages. The Experiment. Paperbound. Pub. at \$8.95 **PRICE CUT to \$3.95**



★9179976 THE FOOD COUNTER'S POCKET COMPANION, SIXTH EDITION. By J. Stephenson & R. Lindberg. Healthy eating is easier than ever, with data on 12 essential nutrient values—for over 4,500 foods—right in your pocket! Find your fresh, frozen, and prepared foods, including 100s of brands and 32 popular chain restaurants under quick-reference categories from A-Z. 187 pages. The Experiment. 5x6 1/2. Paperbound. Pub. at \$9.95 **\$7.95**



★9089845 THE LONGEVITY FORMULA: Ayurvedic Principles to Reduce Inflammation, Increase Cellular Repair & Live with Vitality. By Avanti Kumar-Singh. These accessible yet potent practices help support your memory and mood; reduce chronic pain; strengthen muscle and bone; remove toxins that contribute to chronic disease; align with your body's internal clock; and nourish your body, mind and soul. Illus. 211 pages. Sounds True. Paperbound. Pub. at \$19.99 **PRICE CUT to \$11.95**

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

★7779186 TOXIC SUPERFOODS: How Oxalate Overload Is Making You Sick—and How to Get Better. By Sally K. Norton. Illus. 368 pages. Rodale. Paperbound. Pub. at \$20.00 **\$12.95**

9250379 THE BIGGER BOOK OF 30-DAY CHALLENGES. By R. Casper & A. Thueson. Illus. 239 pages. Ulysses. Paperbound. Pub. at \$24.95 **\$6.95**

9328211 NO GUTS, NO GLORY: Gut Solution—The Core of Your Total Wellness. By S. Lamm & S. Stevens. 168 pages. Basic Health. Paperbound. Pub. at \$18.95 **\$5.95**

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9171436 THE ART AND SCIENCE OF CONNECTION: Why Social Health Is the Missing Key to Living Longer, Healthier, and Happier. By Kasley Killam. 278 pages. Harper. Pub. at \$28.99 **PRICE CUT to \$2.95**

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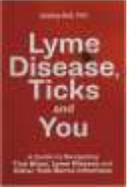
★9198121 BASIC ILLUSTRATED WILDERNESS FIRST AID, Third Edition. By William W. Forgey. Illus. in color. 108 pages. Falcon. Paperbound. Pub. at \$19.95 **PRICE CUT to \$9.95**

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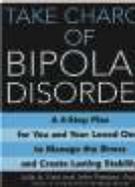
- ★**109324X** **THE SECRET LANGUAGE OF THE BODY: Regulate Your Nervous System, Heal Your Body, Free Your Mind.** By J. Mann & K. Rabin. Illus. 340 pages. Harper. Paperbound. Pub. at \$19.99 **\$9.95**
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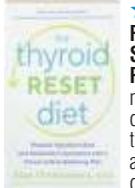
 **9267069** **WHEN A LOVED ONE HAS DEMENTIA: A Comforting Companion for Family and Friends.** By Eveline Helmink. As you navigate finding professional caregivers and adapting to your loved one's behavioral challenges, learn to identify healthy and unhealthy coping mechanisms, work through feelings of denial, grief, guilt, shame, and fear, make decisions in your loved one's best interest, and live in the present. 217 pages. The Experiment. Pub. at \$21.95 **\$5.95**

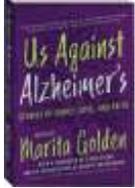
 **9296999** **TAKE CHARGE OF BIPOLAR DISORDER: A 4-Step Plan for You and Your Loved Ones to Manage the Illness and Create Lasting Stability.** By J.A. Fast & J. Preston. Readers will learn how to understand the behaviors caused by bipolar disorder, work with doctors to find the right medications, develop a bipolar-friendly diet and exercise program, as well as recognize the triggers and signs of major bipolar disorder symptoms to stop mood swings before they go too far. 290 pages. Grand Central. Paperbound. Pub. at \$19.00 **\$5.95**

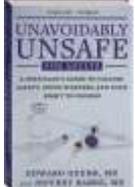
 **9201505** **52 WAYS TO BEAT DIABETES: Simple, Easy Tips to Stay Happy and Healthy.** By Eds. of Bottom Line Inc. Whether you're hoping to live better with diabetes, or you're facing the first shock of a diagnosis, the authors are here to help you start your journey toward tackling it. 145 pages. Sourcebooks. Paperbound. Pub. at \$9.99 **\$4.95**

 **4260902** **PREVENTING LYME & OTHER TICK-BORNE DISEASES.** By Alexis Chesney. Take a proactive approach to defending your health from the rise of Lyme disease and other tick-borne illnesses, with this essential reference. Learn strategies for preventing tick bites; six steps after you've been bitten; symptoms, testing, and treatment; and how to identify ticks and rashes. Illus. 191 pages. Storey. Paperbound. Pub. at \$16.95 **\$5.95**

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

 **934134X** **UNAVOIDABLY UNSAFE FOR ADULTS: A Physician's Guide to Vaccine Safety, Effectiveness, and Your Right to Choose.** By E. Geehr & J. Barke. Examines the safety, effectiveness, and regulatory oversight of adult vaccines, empowering readers to make informed decisions about their health. 239 pages. Skyhorse. Pub. at \$32.99 **\$24.95**

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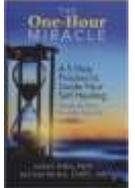
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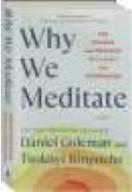
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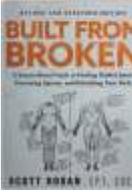
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Stress & Pain Management



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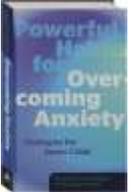
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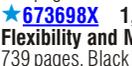
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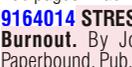
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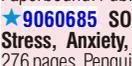
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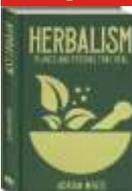


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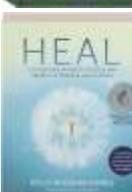


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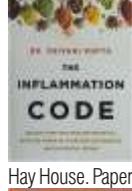
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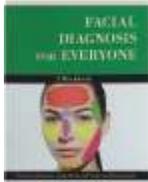


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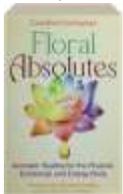


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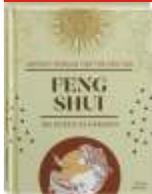
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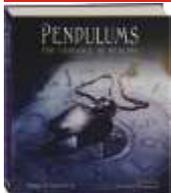
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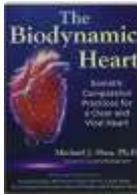
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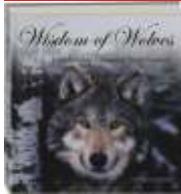
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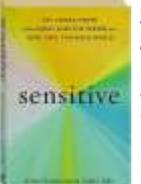


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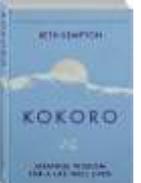


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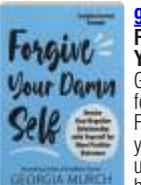


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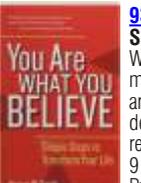
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★ 7886063 THE LAW OF ATTRACTION: The Power of Thought to Manifest Your Best Life. By William Walker Atkinson. Introduces the paradigm shifting concept of the Law of Attraction. This "one great law" governs the universe and the world we experience.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



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



9323481 THE JOURNEY: Big Panda and Tiny Dragon. By James Norbury. Although content in their temple high in the mountains, Tiny Dragon and Big Panda decide to make a journey together to new and distant lands. As they encounter dangers and challenges, they learn that everything they need is already inside them and that change is possible, and, with patience, can lead to better things. Includes ribbon bookmark. 159 pages. Mandala. Pub. at \$21.99 **\$6.95**



9377077 88 DAYS TO ANY GOAL: How to Create Crazy Success Fast. By Rollan Roberts. From starting a new business to losing weight, you can achieve any goal as long as you face your challenges with 100% focus, purpose, and passion. When you are fully committed, that's when the magic happens. Well illus. in color. 99 pages. Simple Truths. Pub. at \$16.99 **\$5.95**



9360204 GET YOUR SH*T TOGETHER. By Sarah Knight. Introduces readers to the joys of mental decluttering. This guide takes you one step further in work and in life—organizing the f*cks you want and need to give, and cutting through the bullshit cycle of self-sabotage to get happy and, importantly, stay that way. 286 pages. Voracious. Pub. at \$25.00 **\$5.95**



9299912 TIMEBOXING: The Power of Doing One Thing at a Time. By Mark Zao-Sanders. A comprehensive guide to carefully and intentionally selecting what to do, specifying start and finish times, focusing solely on that single activity, and getting it done to an acceptable standard within that timeframe. 310 pages. St. Martin's. Paperbound. Pub. at \$16.00 **\$4.95**



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



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

9300929 INNER EXCELLENCE: Train Your Mind for Extraordinary Performance and the Best Possible Life. By Jim Murphy. A step-by-step manual for mastering your inner mind for peak performance and living your life to the fullest. 326 pages. Grand Central. Paperbound. Pub. at \$19.99 **\$5.95**



9369619 BOUNCE BACK: 12 Warrior Principles to Reclaim & Recalibrate Your Life. By Travis Mills. We all have those moments, the ones where we are set adrift by a life-changing event. Yet we often lack the ability to parse these moments, understand how to respond, and move beyond them. Mill's message, that we cannot control what happens to us, we can only focus on how we react and move forward, will inspire survivors everywhere. 201 pages. Hachette. Pub. at \$28.00 **\$6.95**

9337334 52 WAYS TO LIVE A KICK-ASS LIFE: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve. By Andrea Owen. An updated kick in the butt for people everywhere, this collection of challenges will help you discover your inner badass and create the happy life you've always wanted. 255 pages. Adams Media. Paperbound. Pub. at \$17.99 **\$5.95**

Inspiration, Motivation & Self-Discovery



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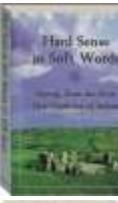
9195831 MASTER WHAT MATTERS: 12 Value Choices to Help You Win at Life. By John C. Maxwell. Move past what used to be, stop day-dreaming about what could be, and make the most of today with the fourteen values that help leaders win at life. 202 pages. Center Street. Paperbound. Pub. at \$15.99 **\$4.95**



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



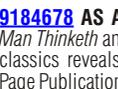
9374051 THE 369 JOURNAL: Neuroscience-Based Journaling—Your Key to Unlocking Limitless Potential with Numerology. By Keila Shaheen. At its core, the 369 method combines numerical patterns with the power of your mind to help you manifest your biggest dreams and transform your life. Whether you're looking 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 \$21.99 **\$5.95**



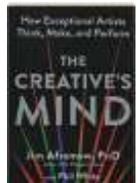
9264957 LIFE WORTH LIVING: A Guide to What Matters Most. By Miroslav Volf et al. What makes a good life? This question is inherent to the human condition, asked by people across generations, professions, and social classes. The authors provide readers with jumping-off points, road maps, and habits of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



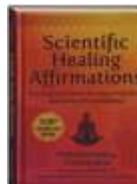
9105689 BE MORE JANE: Bring Out Your Inner Austen to Meet Life's Challenges. By Sophie Andrews. Address life with more sense and less prejudice, taking useful lessons from the novels and letters of Jane Austen, one of the world's best-loved writers. Learn the importance of being yourself and the danger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



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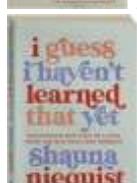
★9210202 THE CREATIVE'S MIND: How Exceptional Artists Think, Make, and Perform. By Jim Afremow with P. White. In every creator's journey, there comes a stage where mental challenges are bigger than artistic ones, and it can be hard to know where to turn. This insightful guide offers a rich source of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



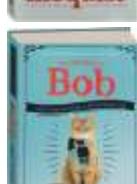
★9003940 SCIENTIFIC HEALING AFFIRMATIONS: The Original Classic for Improving One's Mental and Physical State. By Paramhansa Yogananda. First published in 1924. Describes the pathway to achieve wellness and clarity through a series of time-honored affirmations derived from Eastern spiritual philosophy. Far ahead of its time, it was the one of the first to highlight the scientific correlations between positivity and bolstering your mental, physical, and spiritual health. 111 pages. Clydesdale. Pub. at \$12.99 **\$6.95**



9365214 THE MAGIC OF KNOWING WHAT YOU WANT: A Practical Guide to Unearthing the Wisdom of Your Desires. By Tracey Gee. Through interactive exercises, relatable case studies, and thoughtful questions, Gee helps you discover what you truly want in and from life, teaches you how to turn those desires into action, and shows you that a thriving, abundant existence is closer than you think. 238 pages. Revell. Paperbound. Pub. at \$18.99 **\$5.95**



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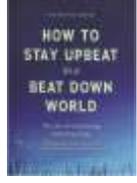
9307907 ABUNDANT EVER AFTER: Tools for Creating a Life of Prosperity and Ease. By Cathy Heller. A powerful guide for anyone ready to embrace abundance, unleash their most authentic self, and transform their life. 261 pages. S&S. Pub. at \$28.99 **\$6.95**



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929905X START MAKING SENSE: How Existential Psychology Can Help Us Build Meaningful Lives in Absurd Times. By Steven J. Heine. A deep, thoughtful investigation into the science of why we crave meaning—and how we can pursue it in this age of anxiety while providing a blueprint for building a better life. 335 pages. Basic. Pub. at \$32.00 **\$7.95**



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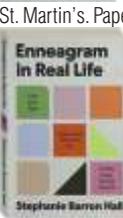
Inspiration, Motivation & Self-Discovery



9336397 YOU HAVE THE MAGIC: Harness the Power of Your Mind to Transform Your Reality. By Haley Hoffman Smith. Empowers you to embrace the potential within your own mind to unlock magical change in your world and manifest the life you deserve. 226 pages. Running Press. Pub. at \$27.00 **\$6.95**



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9379487 ENNEAGRAM IN REAL LIFE: Find Your Type, Understand Who You Are, & Take Steps Toward Growth. By Stephanie Barron Hall. Shows you how to use the Enneagram as a tool for self-discovery and a practical way to achieve growth. Includes relatable stories from real clients, tangible growth practices, frameworks, and actionable advice you can use to incorporate the Enneagram's transformative power into all aspects of life. 304 pages. Harper. Pub. at \$24.99 **\$5.95**

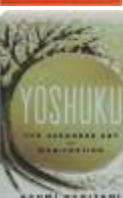


9377603 THE KARMA OF SUCCESS: Spiritual Strategies to Free Your Inner Genius. By Liz Tran. Tran will teach you the Four Pillars of Spiritual Strategy: inquiring inward, manifesting mindfully, enriching your energy, and becoming brilliant. You will also be guided by stories of business leaders, tech visionaries, and regular people who have learned to access their intuition to unlock their full potential. 118 pages. Portfolio. Pub. at \$28.00 **\$5.95**

9361286 ANATOMY OF A BREAKTHROUGH: How to Get Unstuck When It Matters Most. By Adam Alter. A groundbreaking guide to breaking free from the thoughts, habits, jobs, relationships, and even business models that prevent us from achieving our full potential. 289 pages. S&S. Pub. at \$28.99 **\$5.95**



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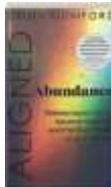
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9102086 EAT YOUR WAY TO A SIX PACK: The Ultimate 75 Day Transformation Plan. By Scott Harrison. The author's life-changing program *The Six Pack Revolution* has helped a community of tens of thousands of people across 57 countries gain confidence and achieve the best shape of their lives. This work puts it in print, with tailored recipes and meal planning, fitness challenges that are fun and empowering, and transformative mindset coaching. Well illus. in color. 208 pages. Dorling Kindersley. Paperbound. Pub. at \$24.99 **\$7.95**

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9361553 HUMAN DESIGN MADE SIMPLE: Unlock Your Strengths and Discover Your True Purpose. By Emma Dunwoody. Providing journal prompts, future-visioning, and actionable tips on applying new self-knowledge, this is your personalized toolkit to take your life in the direction you want to go. 296 pages. Penguin. Paperbound. Pub. at \$20.00 **\$5.95**



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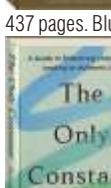


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9374973 THE ONLY CONSTANT: A Guide to Embracing Change and Leading an Authentic Life. By Najwa Zebian. Zebian guides you through the changes we must make and those we must endure in life, offering support, stabilizing practices, and step-by-step guidance to navigate uncertainty. The author shares stories of change from her own life, such as the loss of a loved one, and accepting the changes required to manage chronic illness. 252 pages. Harmony. Pub. at \$24.99 **\$6.95**



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9374078 ALPHA KINGS. By Nick Adams. The roadmap for every young man to unlock their full potential. Makes the case for traditional masculinity, tackling the culture wars, sports, and politics. 91 pages. BookBaby. Paperbound. **\$5.95**

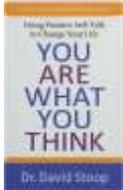


9312811 LESSONS FROM LUCY: The Simple Joys of an Old, Happy Dog. By Dave Barry. As Barry turns seventy—not happily—he realizes that his dog, Lucy, is dealing with old age far better than he is. Equal parts ridiculous and wise, this is a witty and affable guide to joyous living at any age. 225 pages. S&S. Paperbound. Pub. at \$17.99 **PRICE CUT to \$4.95**



9245960 DAILY CREATIVE: A Practical Guide for Staying Prolific, Brilliant, and Healthy. By Todd Henry. An inspirational guide that helps professionals spark creativity day in and day out. Avoid burnout and inspire your creativity with this daily reader that pushes you to feel energized and ready for innovation! 382 pages. Simple Truths. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**

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916149X THE IMAGINATION MUSCLE: Where Good Ideas Come from (and How to Have More of Them). By Albert Read. Illus. 308 pages. Union Square & Co. Paperbound. Pub. at \$18.99 **\$5.95**

9318038 SPEECH THERAPY: 65 Pick-Me-Ups to Get You Through Many of Life's What-the-F*cks. By Kyle Creek. 143 pages. Harper. Pub. at \$22.00 **\$5.95**

9328734 HEAVILY MEDITATED: The Fast Path to Remove Your Triggers, Dissolve Stress, and Activate Inner Peace. By Dave Asprey. 342 pages. Harper. Pub. at \$32.00 **\$6.95**

9300325 THE BOOK OF SHADOW WORK: Unlock the True You—The Must-Have Guide to Inner Healing and Authenticity. By Keila Shaheen. 233 pages. Atria. Pub. at \$28.99 **\$6.95**

9278893 THE ART OF NON-CONFORMITY: Set Your Own Rules, Live the Life You Want, and Change the World. By Chris Guillbeau. 242 pages. Tarcher. Paperbound. Pub. at \$17.00 **\$5.95**

★9225684 THE PROSPEROUS POWER OF YOUR SUBCONSCIOUS MIND. By Joseph Murphy. 260 pages. St. Martin's. Paperbound. Pub. at \$19.00 **\$13.95**

★7933789 ANGELS AND THE MIRACULOUS: Chicken Soup for the Soul. Ed. by Amy Newmark. 351 pages. Chicken Soup for the Soul. Paperbound. Pub. at \$16.95 **\$12.95**

9235973 KIDDING: Childlike Solutions to Bullsh*t Adult Problems. By Laura Jane Williams. 200 pages. Running Press. Pub. at \$17.00 **\$4.95**

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

9153462 CREATIVITY BEGINS WITH YOU: 31 Practical Workshops to Explore Your Creative Potential. By A. Neal & D. Star. Well illus. in color. 240 pages. Laurence King. Paperbound. Pub. at \$24.99 **PRICE CUT to \$3.95**

9153861 FORGED IN DARKNESS: The Many Paths of Personal Transformation. By Joanna LaPrade. Illus. 314 pages. Watkins. Paperbound. Pub. at \$19.95 **\$5.95**

9251014 HEAR YOURSELF: How to Find Peace in a Noisy World. By Prem Rawat. 260 pages. Harper. Pub. at \$26.99 **PRICE CUT to \$4.95**

9239928 INSPIRE: The Universal Path for Leading Yourself and Others. By Adam Galinsky. Photos. 294 pages. Harper. Pub. at \$32.00 **PRICE CUT to \$3.95**

9207651 BEYOND THE SURFACE: A Gold Medalist's Guide to Finding and Loving Yourself. By Jessica Long. 167 pages. Sounds True. Pub. at \$25.99 **PRICE CUT to \$3.95**

★9125876 A NEW EARTH: Awakening to Your Life's Purpose. By Eckhart Tolle. 313 pages. Penguin. Paperbound. Pub. at \$18.00 **\$9.95**

9245138 IMPOSTER NO MORE: Overcome Self-Doubt and Imposterism to Cultivate a Successful Career. By Jill Stoddard. 258 pages. Balance. Pub. at \$29.00 **PRICE CUT to \$3.95**

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★9165614 THE ENNEAGRAM OF THE SOUL: A 40-Day Spiritual Companion for the 9 Types. By Nhien Vuong. 215 pages. Hampton Roads. Paperbound. Pub. at \$18.95 **PRICE CUT to \$9.95**

9192492 THE ENNEAGRAM LETTERS: A Poetic Exploration of Who You Thought You Had to Be. By Sarajane Case. 202 pages. Andrews McMeel. Pub. at \$18.99 **PRICE CUT to \$2.95**

★9149759 THE SEED OF DREAMS: A Practical Guide to Growing Bold Visions in the Garden of Your Life. By Chip Richards. 191 pages. Blue Gaia. Paperbound. Pub. at \$23.95 **PRICE CUT to \$9.95**

★8792097 HEALING THROUGH INDIGENOUS WISDOM: A 52-Week Guide. By Valerie Ringland. 298 pages. Rockpool. Paperbound. Pub. at \$18.95 **PRICE CUT to \$5.95**

★9034633 ORDINARY MYSTICISM: Your Life as Sacred Ground. By Mirabai Starr. 219 pages. HarperOne. Pub. at \$26.99 **PRICE CUT to \$4.95**

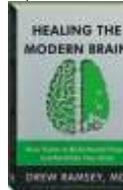


9361367 DAMAGED BUT NOT DESTROYED: From Trauma to Triumph. By Michael Todd. **LARGE PRINT EDITION.** Provides tools to identify the impact of your damage, see yourself the way God sees you, and realize that healing is all about progression, not perfection. You may be damaged, but you are not destroyed—it's time to turn that pain into power! 208 pages. Random. Paperbound. Pub. at \$29.00 **\$6.95**

9164286 LIFE'S GOLDEN TICKET: A Story About Second Chances. By Brendon Burchard. **LARGE PRINT EDITION.** 295 pages. HarperLuxe. Paperbound. Pub. at \$19.99 **\$7.95**

Healing & the Mind

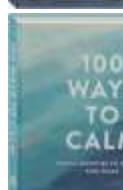
7989490 5-MINUTE FOCUS: Exercises to Reduce Distraction, Improve Concentration, and Increase Performance. By Tiffany Shelton Marlotte. Shows you smart, neuroscience based exercises so you can flex your focus and get more done. Get 75 quick, easy, scientifically proven tips and tricks you can use to tackle stress at home, at work, in relationships, and beyond. 162 pages. Rockridge. Paperbound. Pub. at \$12.99 **\$2.95**



9351310 HEALING THE MODERN BRAIN: Nine Tenets to Build Mental Fitness and Revitalize Your Mind. By Drew Ramsey. This essential guide explores the ten tenets vital to cultivating mental fitness and provides direct, actionable techniques to improve brain function and emotional health. 217 pages. Harper. Pub. at \$32.00 **\$6.95**

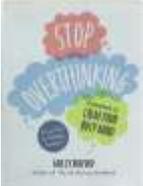


9314172 DREAMS: Your Personal Guide. By Angela Mogridge. What are dreams, and what do they mean? This guide presents scientific and spiritual theories, along with a comprehensive dictionary of dream symbols and situations, and their corresponding interpretations. Illus. 144 pages. Wellfleet. Pub. at \$19.99 **\$5.95**



9374043 100 WAYS TO CALM: Simple Activities to Help You Find Peace. Bring peace, serenity, and tranquility to your life with these 100 activities and exercises to stay calm no matter what comes your way. From simple breathing exercises to walking or journaling, this practical guide offers a recommended method for everyone! 175 pages. Adams Media. Pub. at \$14.99 **\$5.95**

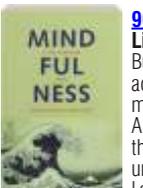
Healing & the Mind



9337938 STOP OVERTHINKING: A Workbook to Calm Your Busy Mind. By Molly Burford. Learn to manage stress in healthier, more productive ways, with over 120 exercises to help you break out of the overthinking spiral and redirect your thoughts. 175 pages. Adams Media. Paperbound. Pub. at \$17.99 **\$5.95**



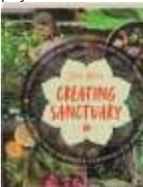
9366857 CONCUSSION RESCUE: A Comprehensive Program to Heal Traumatic Brain Injury. By Kabran Chapek. Dr. Chapek describes in detail the programs and protocols he uses at the Amen Clinics to put patients on a pathway to recovery. For anyone struggling with the effects of a concussion, this guides you through strategies from the cutting edge of brain science. 254 pages. Citadel. Paperbound. Pub. at \$16.95 **\$4.95**



9087036 MINDFULNESS: In the Maelstrom of Life. By Edel Maex. Mindfulness finds its origins in Buddhist meditation techniques. Instead of trying to achieve goals that lie far ahead in the future, mindfulness teaches you to be present in the moment. A clear, concise and heartfelt guide to mindfulness that will help you to deal differently with the unavoidable agitations of life. Illus. 233 pages. Lannoo. Paperbound. Pub. at \$9.95 **\$4.95**



9374175 THE LITTLE BOOK OF SELF-HEALING: 150+ Practices for Healing Your Mind, Body, and Soul. By Nneka M. Okona. Self-healing helps you tune into the needs of your mind, body, and spirit to fully understand what you need for optimal health and wellness. Discover 200 practices that will help you learn to recognize the signs your body gives you and achieve the right balance for your mental and physical needs. 191 pages. Adams Media. Pub. at \$14.99 **\$5.95**



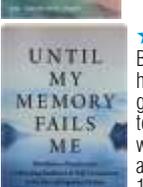
9346902 CREATING SANCTUARY: Sacred Garden Spaces, Plant-Based Medicine, and Daily Practices to Achieve Happiness and Well-Being. By Jessi Bloom. This stunning volume helps you discover the places, plants, and practices that can soothe and restore you every day, in your own backyard. Part inspiration and part how-to, this engaging guide will help you create a 14-day plan to bring you closer to nature. Fully illus. in color. 235 pages. Timber. Paperbound. Pub. at \$24.95 **\$7.95**



9267476 INSOMNIA DOC'S GUIDE TO RESTFUL SLEEP: Remedies for Insomnia and Tips for Good Sleep Health. By Kristen Casey. Mental wellness can greatly affect our quality of sleep; anxiety, depression, and fatigue may cause struggles with making choices that promote healthy sleep hygiene. Dr. Casey teaches you how to improve your mental health through better sleep for more restful nights. 248 pages. Mango. Paperbound. Pub. at \$19.99 **\$5.95**



9337830 OVERCOMING RELATIONSHIP ANXIETY. By Courtney Pare. From constantly doubting your partner's interest to overanalyzing every interaction, persistent relationship anxiety is a significant challenge. Discover a unique, personalized path to heal unhealthy habits and reclaim happiness. 240 pages. Adams Media. Paperbound. Pub. at \$17.99 **\$5.95**

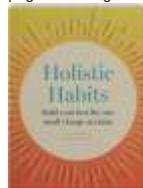


★9212906 UNTIL MY MEMORY FAILS ME. By Sharon Lukert. A Buddhist chaplain shares hard-won wisdom for anyone standing at the gateway of cognitive decline. Learn specific ways to build emotional resilience as the mind falters, as well as medication practices and frank advice about medical care and shifting relationships. 194 pages. Shambhala. Paperbound. Pub. at \$19.95 **\$14.95**



9369570 THE ANXIETY RESET METHOD: Master Your Anxious Mind in 12 Weeks. By Georgie Collinson. Designed to combat high-functioning anxiety, this 12-week program uses holistic solutions that address both the psychological and physical factors behind anxiety. Merging science with the spiritual, and good health with good sense, you'll address both the mind and the body to change your relationship with anxiety forever. 251 pages. Hachette. Pub. at \$26.00 **\$5.95**

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**



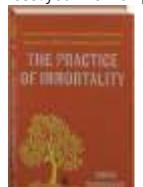
9343172 HOLISTIC HABITS: Build Your Best Life One Small Change at a Time. By E. Rushton & J. de Kwant. From building a better bedtime routine to getting outside into nature more and reconnecting with those around you, learn through 365 simple and practical prompts how to change your life for the better, one day at a time. Well illus. in color. 222 pages. Leaping Hare. Paperbound. Pub. at \$20.00 **\$5.95**



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**



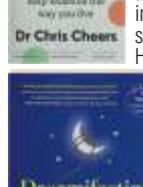
9364005 FIND YOUR PATH THROUGH ANXIETY: Mindful Techniques to Help You Find Ease. By Richard Gilpin. We all go through unnerving times, but when anxiety strikes, it can be hard to know what to do. Written by an experienced psychotherapist, this guide offers tips on how to use mindfulness and meditation 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**

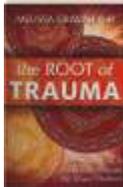
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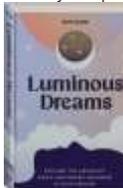
★9277145 OVERCOMING PANIC AND PANIC ATTACKS. By Phil Lane. Discusses where panic comes from, how it manifests, and what you can do about it. Written by a therapist who specializes in anxiety and went through his own journey with panic attacks, this volume describes how to employ evidence-based strategies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



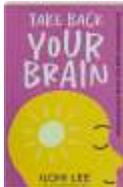
★9382364 HOW TO CHANGE: A Practical Guide to CBT. By E.I. Foreman & C. Pollard. Provides activities and experiments to explore and challenge, stories and exercises to provide perspective, and a clear framework to encourage and guide you, using the same tools employed by Cognitive Behavioral Therapy practitioners. 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**



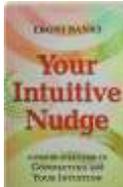
★9302670 TAKE BACK YOUR BRAIN. By Ilchi Lee. In a world overwhelmed by constant distractions and digital overload, we risk losing touch with our most valuable asset—our brain. This work offers a compelling guide to regaining control of your mind and living with clarity, purpose, and authenticity. 225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



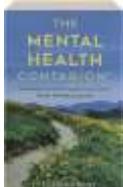
9374167 THE LITTLE BOOK OF REST: 100+ Ways to Relax and Restore Your Mind, Body, and Soul. By Stephanie Thomas. Take your self-care and healing to the next level by redefining rest with these accessible, practical approaches that go beyond sleep and focus on other physical, mental, spiritual, and emotional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



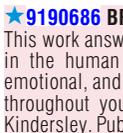
★9338543 THE MENTAL HEALTH CONTAGION: Navigating Yourself Through a Loved One's Mental Well-Being Decline. By Yvette Murray. Guides people in challenging relationships with someone suffering from a mental problem, disorder, or crisis, helping readers avoid the contagion through proper self-care. Provides 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**



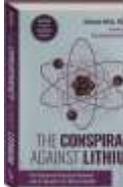
★9190686 BRAIN: An Owner's Guide. By Elizabeth R. Ricker. This work answers every question about the most complex organ in the human body. Learn how to maximize your cognitive, emotional, and social health and uncover how your brain changes throughout your life. Well illus. in color. 207 pages. Dorling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



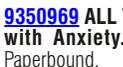
★9194533 THE PSYCHEDELIC REAWAKENING: How Psilocybin, MDMA, Ketamine, LSD, & DMT Are Changing Lives. By Anton Gomez-Esolar. Provides levelheaded, science-based information on various psychedelics, their risks and benefits, harm-reduction strategies, and the neural pathways each affects. Ideal for therapists, 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**



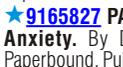
★9270302 UNDERSTANDING AUTOIMMUNE DISEASE: A Therapist's Guide to Invisible Illness. By Nicoletta C. Skoufalos. 130 pages. Hatherleigh. Paperbound. Pub. at \$16.95 **\$12.95**



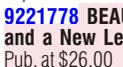
8166412 SAVE YOUR BRAIN. By Ginni Mansberg. 274 pages. Murdoch Books. Paperbound. Pub. at \$25.00 **\$5.95**



★9244271 THE POISONED ARROW: A Toltec Guide to Overcoming Fear. By Don Miguel Ruiz. 228 pages. Hierophant. Paperbound. Pub. at \$19.99 **\$14.95**



★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

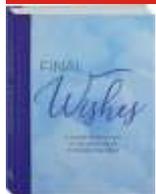
9239898 HOW TO BE SANE: A Groundbreaking Mental Wellness Guide. By Theresa Lawn. 143 pages. Andrews McMeel. Paperbound. Pub. at \$16.99 **PRICE CUT to \$3.95**

★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**

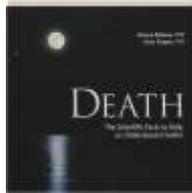
★9071725 DREAM WISE: Unlocking the Meaning of Your Dreams. By Lisa Marchiano et al. 335 pages. Sounds True. Pub. at \$29.99 **PRICE CUT to \$11.95**

★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**



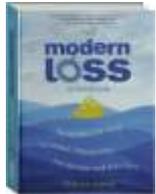
7797273 DEATH: The Scientific Facts to Help Us Understand It Better. By R. Beliveau & D. Gingras. Sprinkled with humor and the wisdom of great thinkers, this work reflects on our philosophical, scientific and spiritual understanding of death. Chapters cover diverse topics such as consciousness and the 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**



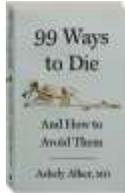
9079556 IS THERE LIFE AFTER DEATH? The Extraordinary Science of What Happens When We Die. By Anthony Peake. Life is not what it seems. This work proposes a simply amazing theory, based upon solid scientific evidence: a theory that states that personal death is a scientific impossibility. Using the latest findings of neurology, quantum physics, and consciousness studies, Peake suggest that we never die. 416 pages. Sirius. Paperbound. Pub. at \$16.99 **\$6.95**



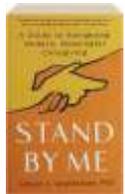
9264280 DO I HAVE TO WEAR BLACK TO A FUNERAL? 112 Etiquette Guidelines for the New Rules of Death. By Florence Isaacs. Answers questions about grief, funerals, different religious ceremonies, and more, offering practical guidelines for modern situations, and, yes, advice on what to wear. Offers fresh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



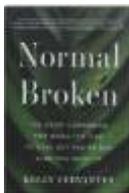
9298983 THE MODERN LOSS HANDBOOK: An Interactive Guide to Moving Through Grief and Building Your Resilience. By Rebecca Soffer. Offers candid, practical, and witty advice for confronting a future without your person, honoring their memory, dealing with trigger days, managing your professional life, and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



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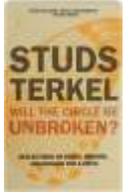
9359729 STAND BY ME: A Guide to Navigating Modern, Meaningful Caregiving. By Allison J. Applebaum. Draws on more than a decade of clinical and research experience and Dr. Applebaum's personal journey as the primary caregiver for her own father, legendary musician Stanley Applebaum. Offering critical 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**



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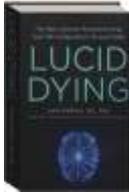
9307028 GRIEF IS FOR PEOPLE. By Sloane Crosley. How do we live without the ones we love? After the pain and confusion of losing her closest friend to suicide, Crosley looks for answers in philosophy and art, hoping for a framework more useful than the unavoidable stages of grief. 191 pages. Picador.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



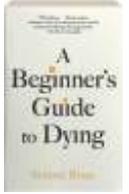
9300198 ALWAYS A SIBLING: The Forgotten Mourner's Guide to Grief. By Annie Sklaver Orenstein. A practical, compassionate guide to sibling loss, with research, stories, and strategies for "forgotten mourners" as they move through the stages of grief towards finding meaning. 355 pages. Hachette. Pub. at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



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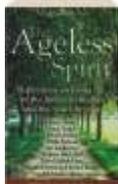
★9242325 INFINITE LIFE, INFINITE LESSONS: Wisdom from the Spirit World on Living, Dying, and the In-Between. By Susan Grau. 255 pages. Hay House. Paperbound. Pub. at \$18.99 **\$13.95**

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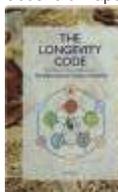


★9370102 EAT YOUR ICE CREAM: Six Simple Rules for a Long and Healthy Life. By Ezekiel J. Emanuel. Pairing common sense with wisdom, learn which lifestyle changes are worth making and how to implement them for longer, healthier, and happier lives. Gain greater clarity and a deeper understanding of what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

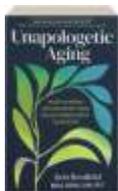


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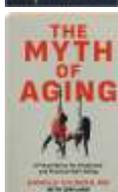
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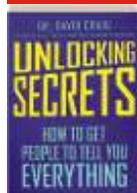
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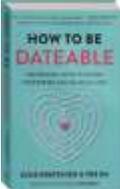
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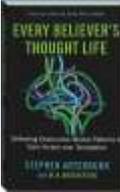
9374132 GOOD SEX: Stories, Science, and Strategies for Sexual Liberation. By Candice Nicole Hargons. Revolutionize your sexual menu in a way that works well for you, including intimacy, fun, pleasure, and connection. Each chapter offers more than just theory and science. Hargons outlines action steps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



7950977 BEEN THERE, DONE THAT: A Rousing History of Sex. By Rachel Feltman. In this kaleidoscopic compendium of centuries-old erotica, science writer Feltman shows how much sex has changed, and how much it hasn't. With unstoppable curiosity, she debunks myths, breaks down stigma, and uses the long, outlandish history of sex to dissect present-day practices and taboos. 328 pages. Bold Type. Pub. at \$27.00 **\$6.95**

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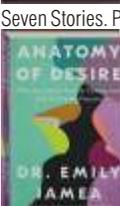
9230254 PLEASURE FROM THE MISTER: Sex Secrets for Unbridled Passion Inspired by the Bestselling Novel. By Marisa Bennett. This playful guide will ease readers into the hot, naughty, and irresistible methods of giving your love sessions a lesson. Crack a whip, test your knot knowledge, tease with feather 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**



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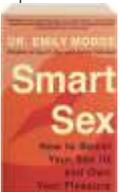
9238352 ANATOMY OF DESIRE: Five Secrets to Create Connection and Cultivate Passion. By Emily Jamea. Combining over fifteen years of clinical experience with groundbreaking research into the science of flow, this study delivers a fresh perspective on the untapped potential of our sex lives, intimate partner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



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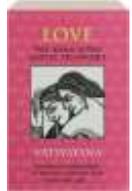
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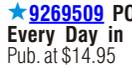
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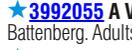
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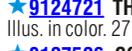
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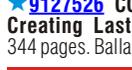
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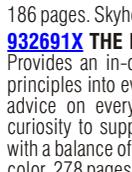


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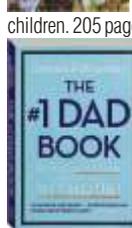
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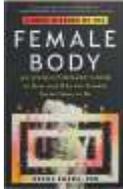


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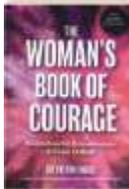


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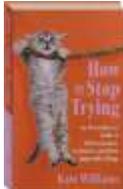
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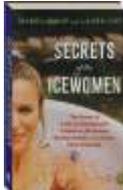
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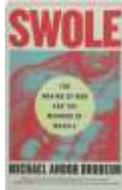
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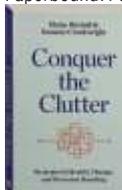


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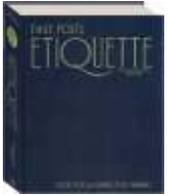
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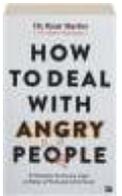
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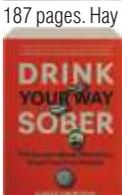
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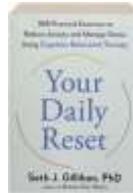
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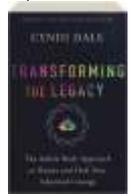
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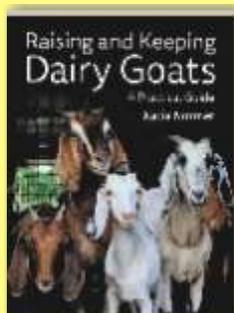
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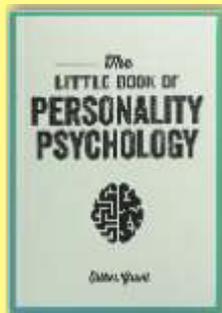


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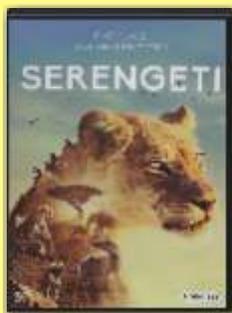


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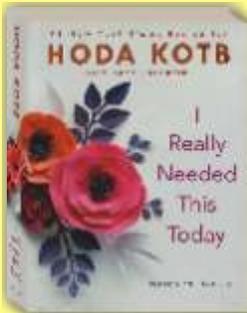


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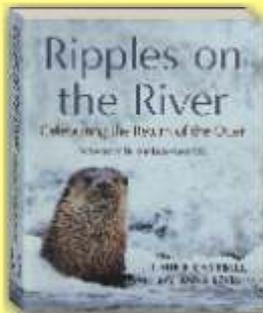
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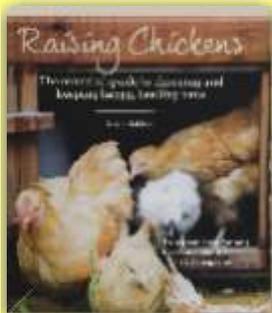
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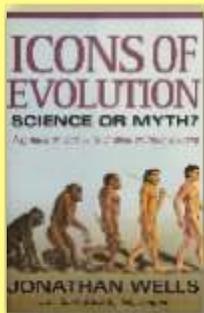
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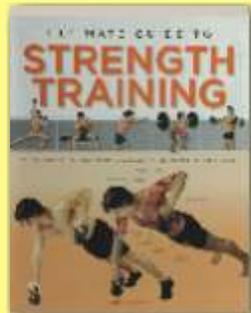
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