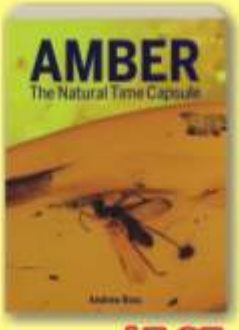
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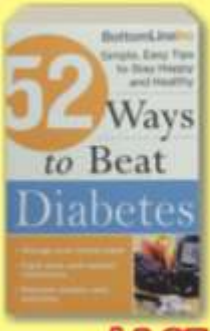
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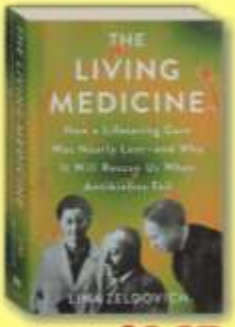
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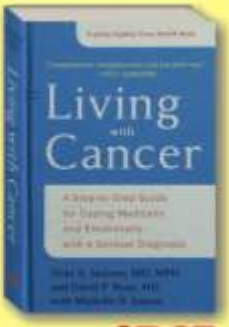
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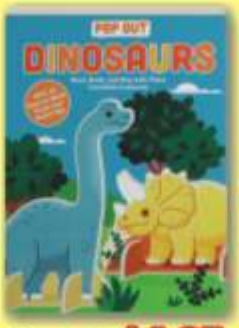
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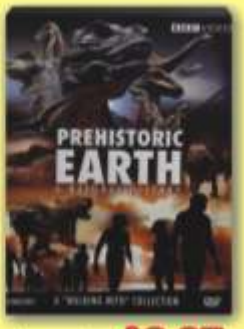
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Dictionaries · · · · · 17
Diseases & Disorders · · · · · 52
Earth Science · · · · · 3
Eastern Traditions and Practices · · · · · 55
Economics · · · · · 20
Education · · · · · 15
Engineering · · · · · 21
Engineering & Architecture · · · · · 21
Environment & Ecology · · · · · 3
Essays on Nature · · · · · 44
Exercise & Fitness · · · · · 48
Facing Illness & Death · · · · · 61
Farm & Domesticated Animals · · · · · 36
Fishing & Hunting · · · · · 33
Foreign Language · · · · · 17
General Health & Self-Help · · · · · 66
Healing & the Mind · · · · · 60
Health & Medical References · · · · · 50
Healthy Cooking & Special Diets · · · · · 48
Horses & Horsemanship · · · · · 36
Insects · · · · · 32
Inspiration, Motivation & Self-Discovery · · · · · 56
Life Science · · · · · 8
Lives & Works of Philosophers · · · · · 20
Marine Mammals, Fish & Reptiles · · · · · 35
Mathematics · · · · · 29
Medical Science · · · · · 23
Men's Health & Self-Help · · · · · 66
Monographs on Architects · · · · · 23
More Works on Nature · · · · · 44
Nature Photography · · · · · 46
New Age Spirituality · · · · · 55
Nutrition & Weight Management · · · · · 48
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Pregnancy, Childbirth & Parenting · · · · · 65
Psychology · · · · · 14
Regional Architectural Styles · · · · · 23
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Religion & Science · · · · · 31
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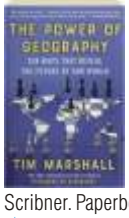
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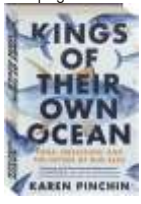


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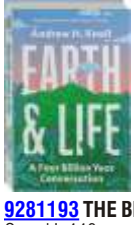


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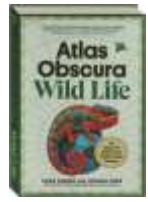
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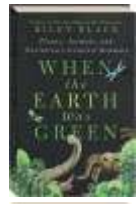
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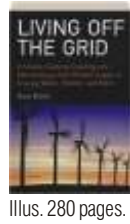
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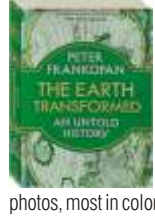
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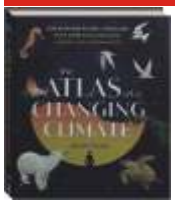
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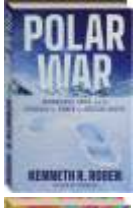


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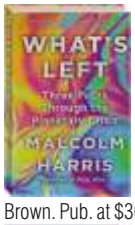


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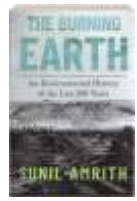
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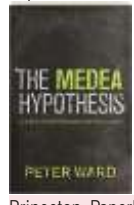


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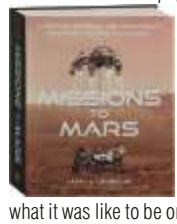


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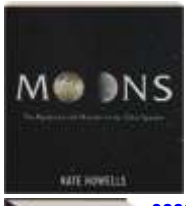


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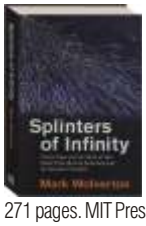
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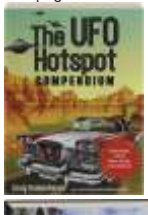


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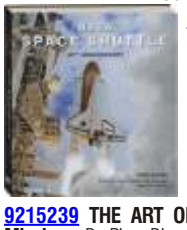
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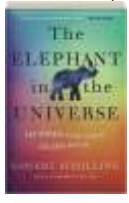


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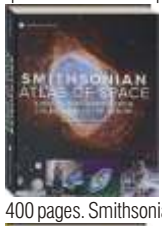
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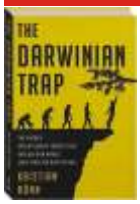
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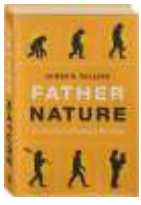
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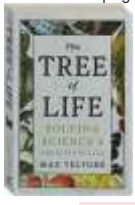


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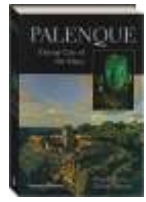
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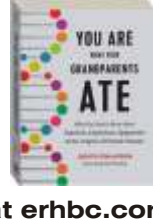
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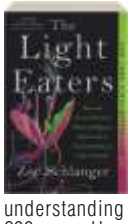
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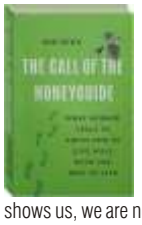
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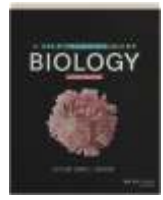
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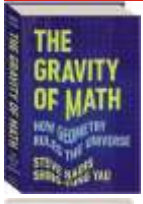
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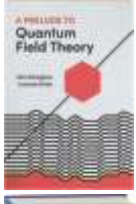
928642X SPEAKING AMERICAN: A Visual Guide. By Josh Katz. 203 pages. HMH. 10x9½. Paperbound. Pub. at $17.99 **$4.95**

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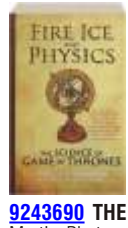


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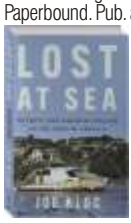
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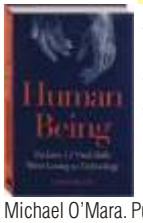
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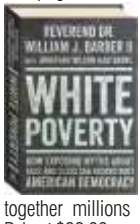


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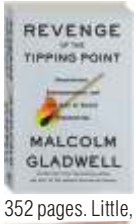
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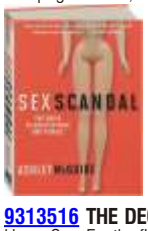


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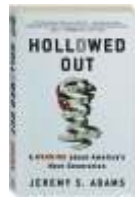


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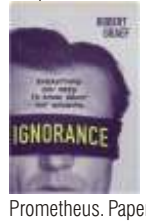
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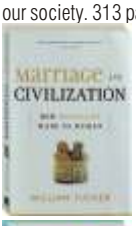


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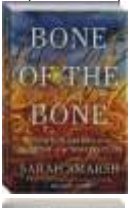


943786X THE STATUS REVOLUTION: The Improbable Story of How the Lowbrow Became the Highbrow. By Chuck Thompson. Status was once easy to identify—fast cars, fancy shoes, sprawling estates, elite brands. But in place of Louboutins and Lamborghinis, the relevance of the rich and famous is waning, and a riveting revolution is underfoot. Thompson defines what "status" means today and learns that what was once considered the low life has become the high life. 207 pages. S&S. Pub. at $27.99 **$5.95**

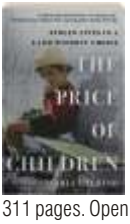


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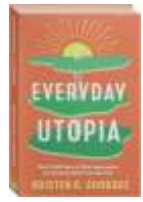
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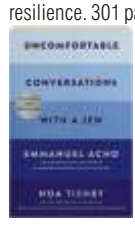
9439927 FABULOUS FEMALE FIRSTS: Because of Them, We Can. By Marlene Wagman-Geller. Sexism and misogyny have kept generations of women on the sidelines of history. But in every era, there were those who refused to sit back in the shadows. This volume is a celebration of those women—the role models who proved that with enough daring and enough tenacity, the impossible can become possible. 316 pages. Mango. Paperbound. Pub. at $16.95
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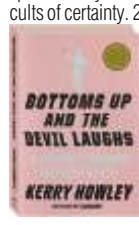
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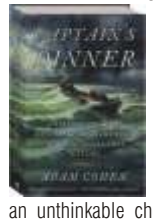


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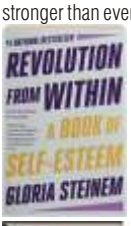


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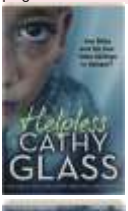
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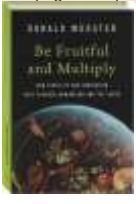


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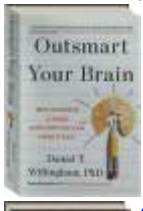
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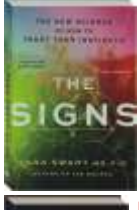


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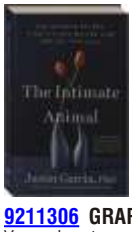


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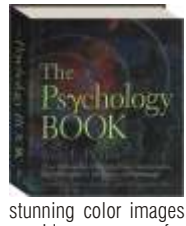
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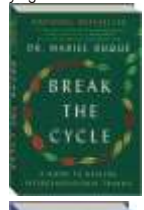
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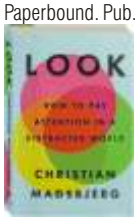


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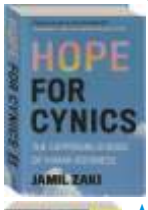
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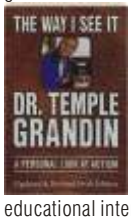
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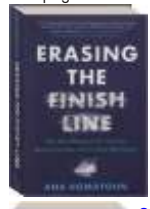
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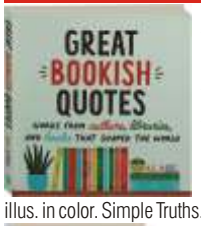
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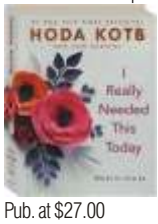


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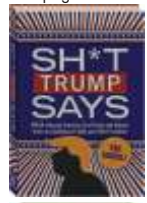
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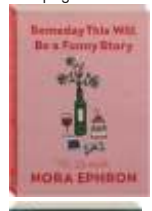


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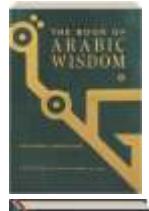


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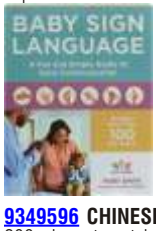
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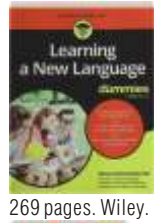


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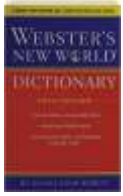
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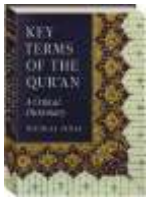


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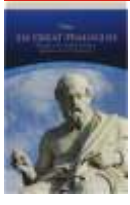
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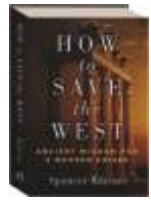
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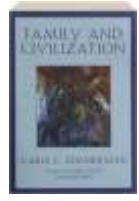


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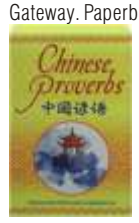


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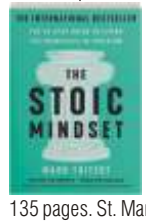
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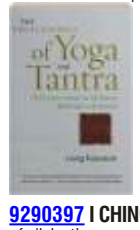


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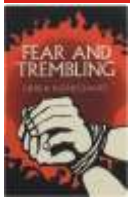
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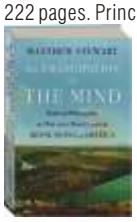


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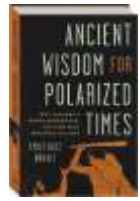


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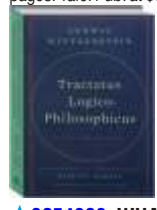
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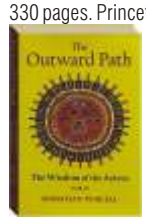


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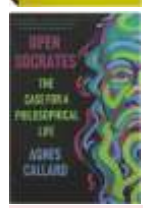


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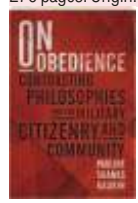


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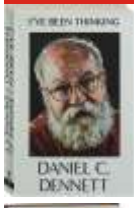
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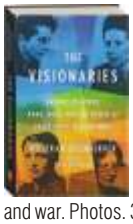


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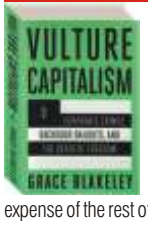
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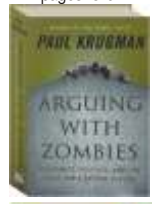


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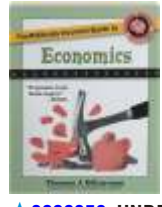


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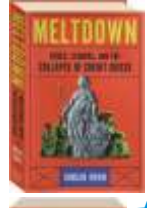
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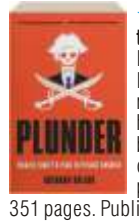
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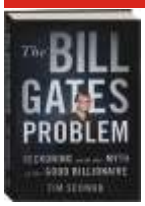


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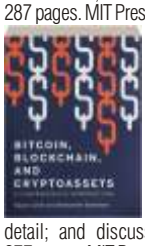
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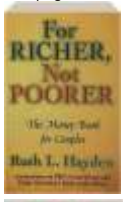


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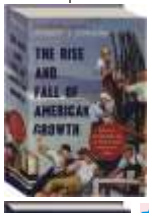
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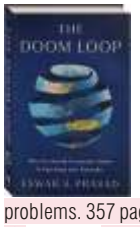
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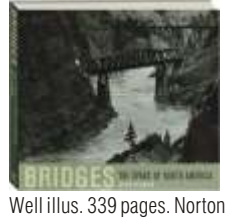
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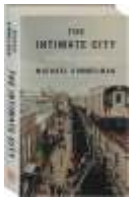
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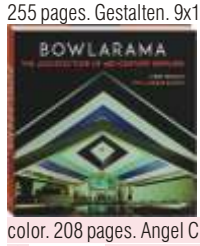
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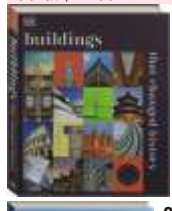


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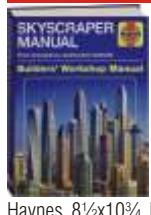
9143572 HUMANIZE: A Maker's Guide to Designing Our Cities. By Thomas Heatherwick. Fully illus. 495 pages. Scribner. Pub. at $30.00 **PRICE CUT to $2.95**

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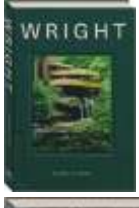


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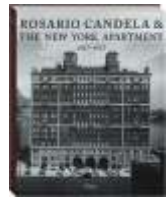


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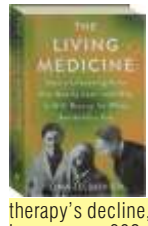
8887365 EXPERIENCING OLMSTED: The Enduring Legacy of Frederick Law Olmsted's North American Landscapes. By Charles A. Birnbaum et al. Photos, most in color. 342 pages. Timber. 8¾x10¼. Pub. at $50.00 **SOLD OUT**

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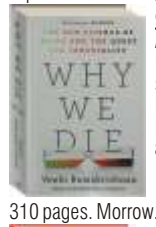
9216359 THE LIVING MEDICINE: How a Lifesaving Cure Was Nearly Lost—and Why It Will Rescue Us When Antibiotics Fail. By Lina Zeldovich. The remarkable history of phages—viruses that devour bacteria—whose medical value was nearly lost to history after Stalin's brutal purges and the rise of antibiotics. Reveals the astonishing success of early phage experiments, phage therapy's decline, and why its resurgence might one day save the human race. 302 pages. St. Martin's. Pub. at $28.99 **SOLD OUT**



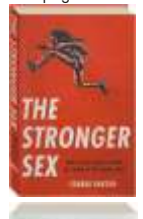
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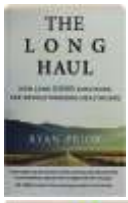


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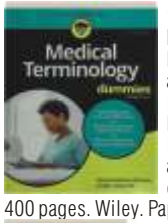
9322140 THE WORLD BEHIND THE WORLD: Consciousness, Free Will, and the Limits of Science. By Erik Hoel. Delves into the quest for a theory of consciousness that will trigger a paradigm shift in neuroscience and beyond. 238 pages. Avid Reader. Paperbound. Pub. at $18.99 **$5.95**



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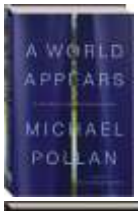
9434445 THE LONG HAUL: How Long COVID Survivors Are Revolutionizing Healthcare. By Ryan Prior. Chronicles how survivors of the COVID-19 pandemic battling long-term disabling conditions are fighting for recognition and research, and helping to transform healthcare for many overlooked diseases. 336 pages. MIT Press. Paperbound. Pub. at $24.95 **$7.95**



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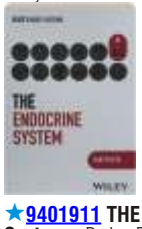
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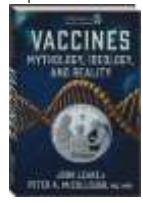
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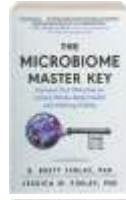


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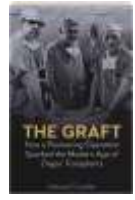


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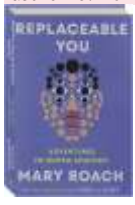
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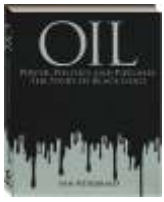
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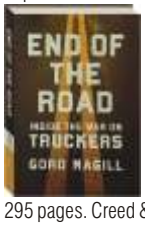


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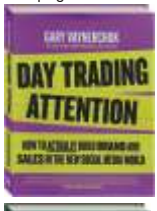
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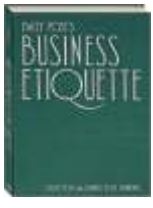


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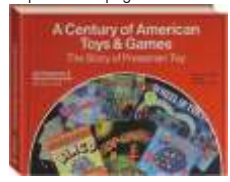


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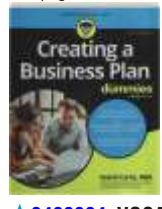


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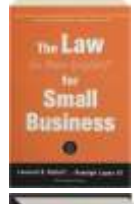


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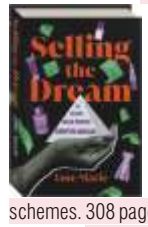
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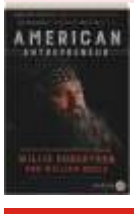
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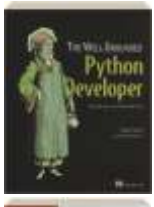


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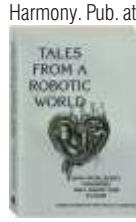


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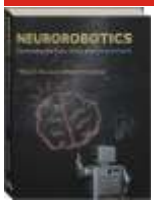


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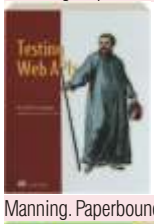


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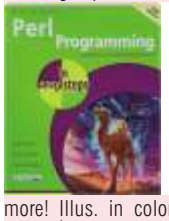
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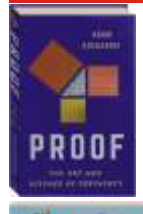
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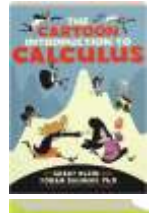
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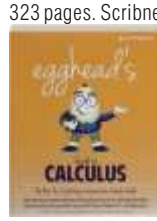
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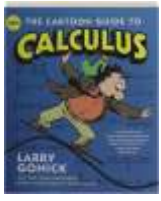


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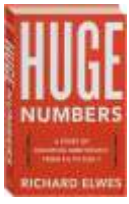
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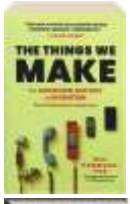
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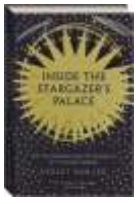
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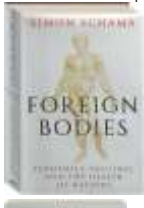
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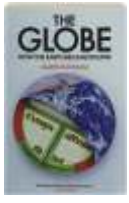
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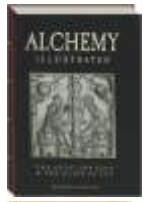
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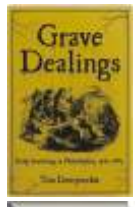
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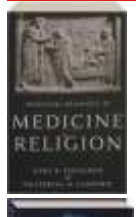
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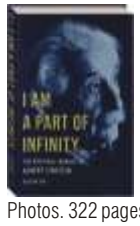
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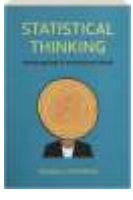
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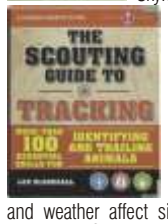
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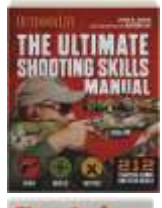
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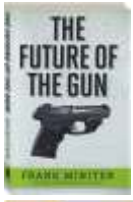
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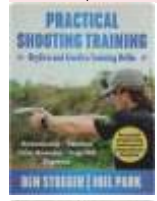


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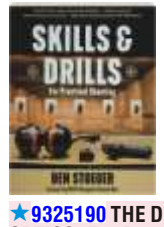


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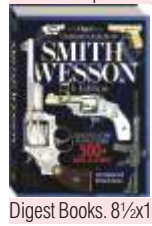


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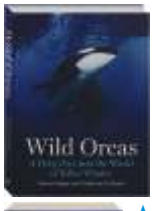
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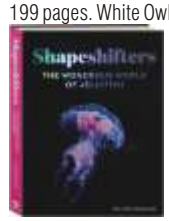
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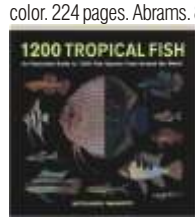
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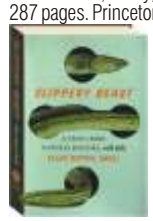


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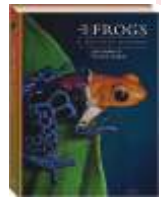


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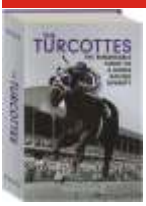
9183604 THE ECOLOGY OF A SYMBIOTIC COMMUNITY, VOLUME 1. By Sam Rountree Telford Jr. Well illus. 125 pages. Krieger. 8¾x11¼. **SOLD OUT**

9183612 THE ECOLOGY OF A SYMBIOTIC COMMUNITY, VOLUME 2. By Sam Rountree Telford Jr. 153 pages. Krieger. 8¾x11¼. **SOLD OUT**

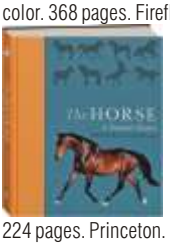
9129898 CHASING SHADOWS: Unraveling the Mysteries of the Great White Shark. By Greg Skomal with R. Talbot. 16 pages of photos. 354 pages. Morrow. Paperbound. Pub. at $ **SOLD OUT**

★**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 $9.95**

Horses & Horsemanship



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9057854 THE HORSE: A Natural History. By D. Busby & C. Rutland. Provides a comprehensive introduction to the evolution, development, domestication, and behavior of the horse. Tells the full story of horses, from their earliest fossil 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 **SOLD OUT**

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**



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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 **$3.95**



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. 8¼x11. Paperbound. Pub. at $21.95 **$3.95**

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**



LIMITED QUANTITY ★**9437509 WHAT TO DO UNTIL THE VET ARRIVES: Emergency Care for Horses.** By Nancy S. Loving. In this illustrated guidebook, a highly regarded veterinarian has brought together specific strategies you can use in health care emergencies. Her strategically organized, practical, and verified advice gives you what you need to both help your horse right now and improve the outcome after it has been addressed by a professional. 168 pages. Trafalgar Square. Spiralbound. **SOLD OUT**



★**9411429 A.P. INDY: Champion Racehorse and Breed-Shaped Sire.** By Lenny Shulman. As a son of Seattle Slew and a grandson of Secretariat—both Triple Crown winners—A.P. Indy was destined for racing glory. Overcoming physical ailments, A.P. Indy won the Belmont Stakes and Breeders' Cup Classic to become 1992's Horse of the Year. Although he retired from the track in 1993, his influence remains unmatched. Photos. 145 pages. UPKy. Paperbound. Pub. at $22 **SOLD OUT**

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905412X WHAT EVERY HORSE SHOULD KNOW. By Cherry Hill. Fully illus. in color. 179 pages. Storey. Paperbound. Pub. at $19.95 **$4.95**

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

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★**9269568 THE WILD HORSE EFFECT: Awe, Well-Being, and the Transformative Power of Nature.** By Chad Hansen. 239 pages. Chronicle. 11¼x9¼. Pub. at $29.95 **PRICE CUT to $14.95**

Farm & Domesticated Animals



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

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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**



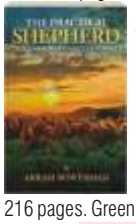
9334513 COMO TE LLAMAS? Everyday Llamas You Might Know. By Kristin Llamas. Artist Kristin Llamas (her real name) has been painting and drawing llamas for years. Inspired by a person's name, and her love for these delightful creatures, she pairs the two to create funny, charming portraits that capture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



943058X THE GOOD LIVING GUIDE TO KEEPING SHEEP AND OTHER FIBER ANIMALS: Housing, Feeding, Shearing, Spinning, Dyeing, and More. By Janet Garman. Learn the basics of properly raising sheep, with additional information on goats, llamas, alpacas, and rabbits. Find tips on selecting animals, feeding, housing, breeding, and healthcare. From there, instructions are provided for shearing, sorting, skirting, washing, picking, carding, combing, and spinning wool. Well illus. in color. 160 pages. Good Books. Pub. at $14.99 **$5.95**



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**



★**942055X THE PRACTICAL SHEPHERD: Trials, Errors and Successes While Maintaining Profitability.** By Abram Bowerman. With more than 20 years experience, Bowerman and his family raise 400 sheep along with goats, cows, horses and poultry on leased and owned pastureland. He walks you through the pitfalls and challenges he faced and overcame so that you, too, can be a profitable, successful shepherd. 216 pages. Green Park. Paperbound. Pub. at $25.00 **$18.95**

9057838 THE GOAT: A Natural & Cultural History. By Sue Weaver. Provides a comprehensive, illustrated introduction to the natural and cultural history of the goat, featuring clear and engaging text plus infographics, diagrams, and stunning color photographs. Weaver includes a photographic directory to forty-eight popular breeds. 224 pages. Princeton. Pub. at $27.95 **PRICE CUT to $3.95**



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

9334416 THE BACKYARD HOMESTEAD GUIDE TO RAISING FARM ANIMALS. Ed. by Gail Damerow. Fully illus. Storey. Paperbound. Pub. at $24.95 **$7.95**

7797311 RAISING AND KEEPING DAIRY GOATS: A Practical Guide. By Katie Normet. Color photos. 192 pages. Firefly. Paperbound. Pub. at $19.95 **$3.95**

928883X THE LAMBING SEASON: Stories of Life on an Irish Family Farm. By John Connell. 176 pages. Pegasus. Pub. at $26.95 **$6.95**

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**

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Animals



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***DVD* 8997748 PREHISTORIC EARTH: A Natural History.** Widescreen. BBC's award-winning *Walking With* series has captivated audiences all over the world with breathtaking digital effects and animatronics. Relive five chapters with this thrilling collection: *Before the Dinosaurs; Walking with Dinosaurs; Allosaurus; Walking with Prehistoric Beasts;* and *Walking with Cavemen.* English SDH. Over 9 hours on six DVDs. BBC. **$9.95**



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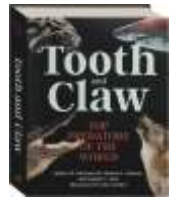
***Blu-ray* 9389253 HIDDEN KINGDOMS.** Widescreen. This is a series about the tiny animals of the forest and jungles. Seen from their perspective, we experience a life where almost everything is a giant. Narrated by Stephen Fry. Collects all three episodes. English SDH. Nearly 3 hours. BBC Earth. **$4.95**



9351361 HOW TO HOLD ANIMALS. By Toshimitsu Matsuhashi. An irresistible, handy guide to safely handling and holding more than forty critters according to advice from wildlife specialists. 114 pages. Scribner. Pub. at $14.99 **$5.95**

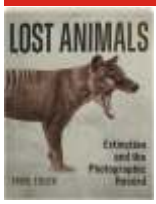


LIMITED QUANTITY 9437193 FROGS AND TOADS OF THE WORLD. By Chris Mattison. Explores frogs' interaction with humans, from modern-day collection for the meat trade, scientific research, and the trade in exotic pets, to how their survival is threatened by over-exploration, habitat destruction, climate change, and disease. Fully illus. in color. 192 pages. Princeton. Pub. at $29.95 **SOLD OUT**

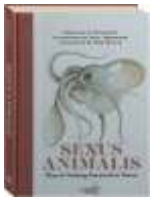


9057935 TOOTH AND CLAW: Top Predators of the World. By Robert M. Johnson III et al. A marvelously illustrated look at the most deadly predators on the planet—from big cats and wild dogs to sharks, reptiles and killer whales. Also describes the conservation successes and lays out some simple but crucial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

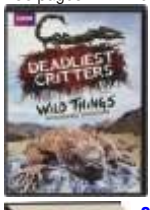
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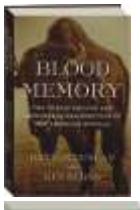
6077161 LOST ANIMALS: Extinction and the Photographic Record. By Errol Fuller. A unique photographic record of extinction, presented by a world authority on vanished animals. Collected together for the first time, these photographs provide a tangible link to animals that have now vanished forever, bringing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



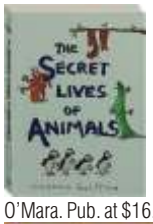
9311408 SEXUS ANIMALIS: There Is Nothing Unnatural in Nature. By Emmanuelle Pouydebat, illus. by J. Terrazzoni. Explores the reproductive systems, genital organs, and sexual practices of animals, from elephants to fruit flies. In the animal kingdom, we find heterosexual, lesbian, gay, and bisexual behavior, as well as monogamy, polygamy, and polyandry, not to mention a multiplicity of sex organs and their puzzle-piece interlockings. Fully illus. in color. 183 pages. MIT Press. Pub. at $29.95 **$9.95**



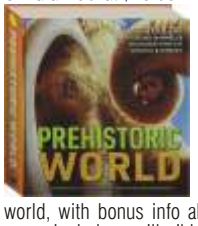
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9094156 BLOOD MEMORY: The Tragic Decline and Improbable Resurrection of the American Buffalo. By D. Duncan & K. Burns. The epic story of the buffalo in America, from prehistoric times to today. Well illus., some in color. 329 pages. Knopf. Pub. at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



9399445 THE SECRET LIVES OF ANIMALS. By Liz Marvin, illus. by G. McLeod. Our friend in the animal kingdom gets up to some pretty surprising things. But while most of us know that foxes are cunning and dolphins are intelligent, have you ever stopped to think about the hidden talents of a wombat? There's a lot more going on out there in the natural world than most of us realize. Fully illus. in color. 128 pages. Michael O'Mara. Pub. at $16.95 **SOLD OUT**

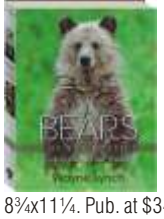


9197338 PREHISTORIC WORLD: Over 1,200 Incredible Mammals & Discoveries from the Mesozoic & Cenozoic. By Aaron Woodruff, illus. by J. Csotonyi. Profiles of over 1,200 prehistoric mammals, with information about their anatomy, diet, habitat, cool features, and unique characteristics. A list of the best 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. 10¾x11¼. Pub. at $45.00 **$17.95**



9057773 CAT WARS: The Devastating Consequences of a Cuddly Killer. By P.P. Marra & C. Santella. Tells the story of the threats free-ranging cats pose to biodiversity and public health throughout the world, and sheds new light on the controversies surrounding the management of the explosion of these cat populations. Traces the historical and cultural ties between humans and cats. 16 pages of color photos. 212 pages. Princeton. Pub. at $2[illegible] **SOLD OUT**

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. 8¾x11¼. Pub. at $79.95 **$5.95**



9357505 BEARS OF THE NORTH: A Year Inside Their Worlds. By Wayne Lynch. Lynch offers us a work of scintillating science and stunning beauty. Following polar bears, brown bears, and American and Asiatic black bears through the seasons. His fascinating narrative is enhanced by over 150 gorgeous, original color photographs that capture bears in their habitats. 338 pages. Johns Hopkins. 8¾x11¼. Pub. at $34.95 **$15.95**

4997409 THE PHOTO ARK VANISHING: The World's Most Vulnerable Animals. By J. Sartore & E. Kolbert. In these vivid pages, Sartore singles out the species most likely to disappear in the next decades, as well as some that have already been lost. Alongside these indelible images are the words of scientists and conservationists who are working to protect and restore populations of endangered species. 400 pages. National Geographic. 10¼x10. Pub. at $40.00 **$14.95**



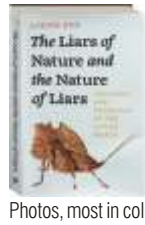
9395148 A YEAR WITH THE SEALS: Unlocking the Secrets of the Sea's Most Charismatic and Controversial Creatures. By Alix Morris. An environmental journalist spends an eye-opening year getting to know these elusive, intelligent creatures, investigating the effects of their extraordinary return from the brink of extinction and how we can try to bring nature back into balance. 282 pages. Algonquin. Pub. at $30.00 **$6.95**



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**



★**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**

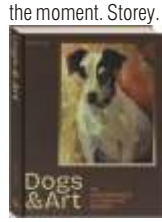
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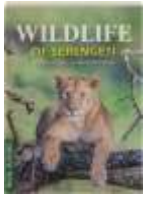
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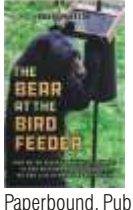


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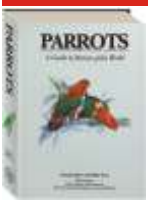


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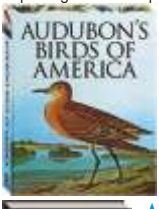
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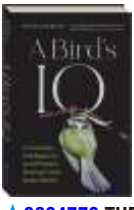
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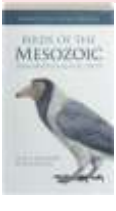
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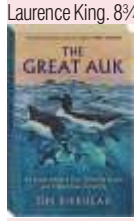
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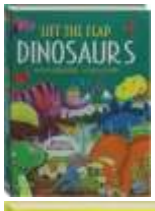
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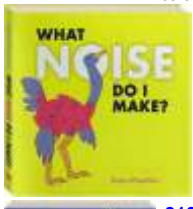
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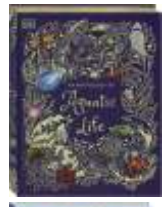
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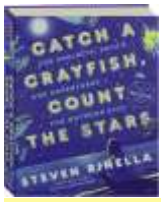


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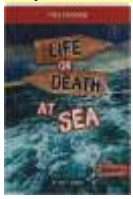
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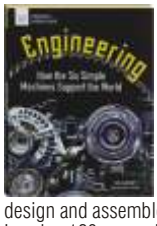
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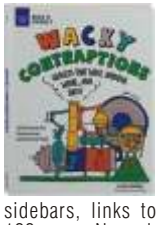


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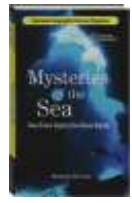
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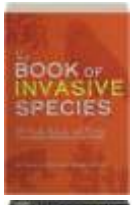
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9368094 THE BOOK OF INVASIVE SPECIES: 100 Plants, Animals, and Microbes That Made Themselves at Home. By Kit & Aaron Carlson. Learn the identifying characteristics of each species, their habitats, how they have proliferated, the threats they pose to their ecosystems, and how they can be managed. Fully illus. 240 pages. Cider Mill. Paperbound. Pub. at $16.99 **$4.95**
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DVD **7989040 WILD DEEP.** In this two-part Animal Planet program, a renowned diver and award-winning underwater photographer captures the most unique and beautiful aquatic life ever recorded on film. Also includes the hardcover book *Wild Deep: The Magic of the Big Blue,* packed with carefully selected photographs captured deep in the underwater realm. 170 minutes on two DVDs. Go Entertainment. Pub. at $34.99 **$5.95**



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

Blu-ray **8997608 EARTH: The Biography.** Widescreen. Earth is an exceptional planet with an amazing life story. This landmark series uses breathtaking footage and specialist imaging to tell the story of the great forces that shape the planet—volcanoes, the ocean, the atmosphere and ice. English SDH. Over 3 hours on two Blu-rays. BBC Video. **$4.95**



9134530 PREPPER'S MEDICAL MANUAL: The Ultimate Readiness Guide for Medical Emergencies in Disaster Situations. By James C. Jones. Includes basic first aid subjects, such as bandaging, splinting, control of bleeding, and treatment of shock, along with those associated with true disasters and emergencies. Complete with multiple step by step response guides and checklists for stocking personal medical emergency kits. Fully illus. in color. 213 pages. Skyhorse. Paperbound. Pub. at $19.99 **$7.95**

9211713 WEATHER A-Z: A Dictionary of Weather Terms. By Royal Meteorological Society et al. From fire rainbows to ice storms, this is an A to Z guide to the Earth's spectacular weather phenomena. Provides precise scientific and geographic detail on all aspects of weather. Color photos. 127 pages. Firefly. Paperbound. Pub. at $19.95 **$6.95**



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

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



9347127 MUSHROOMS OF THE NORTHEASTERN UNITED STATES AND EASTERN CANADA. By Timothy J. Baroni. An essential color-coded reference for mushroom enthusiasts, hikers, and naturalists, describing more than 500 of the Northeast region's most conspicuous, distinctive, interesting, and ecologically important mushrooms. Superb color photos and helpful keys make identification a breeze. 600 pages. Timber. Paperbound. Pub. at $29.95 **SOLD OUT**

9421661 DR. FUN GUY'S PASSPORT TO KINGDOM FUNGI: A Scientist's Guide to the Wild and Wonderful World of Mushrooms, Molds, and More. By Gordon Walker. Learn the basics of fungal biology, ecology, foraging, and identification in this in-depth illustrated introduction written by a biochemist and lifelong mushroom enthusiast. Well illus. 311 pages. Ten Speed. Paperbound. Pub. at $ **SOLD OUT**



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



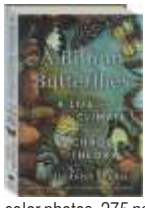
9191836 BIG PACIFIC. By Rebecca Tansley. The Pacific Ocean covers one-third of Earth's surface and contains half of the world's water. Illustrated in full color, this guide blends a wealth of stunning images with spellbinding storytelling to take you into a realm teeming with exotic life rarely witnessed up close. 239 pages. Princeton. 12x9½. Pub. at $29.95 **$7.95**

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

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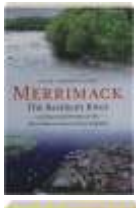
9057781 COMMON BEES OF WESTERN NORTH AMERICA. By O.M. Carril & J.S. Wilson. Portable, full-color photographic guide to the most commonly seen species of the Western U.S. and Canada. Over 200 species are included, with multiple photographs, identification guides, and range maps for each. 415 pages. Princeton. Paperbound. Pub. at $35.00 **$5.95**
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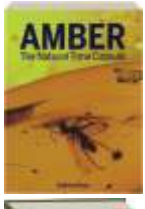
9405178 A BILLION BUTTERFLIES: A Life in Climate and Chaos Theory. By Jagadish Shukla. A wondrous insider's account of climate science and an unbelievable memoir of the author's life. Understanding dynamical seasonal prediction will change the way you experience a thunderstorm or interpret a forecast; understanding its origins and the remarkable story of the man who discovered it will change the way you see our world. 16 pages of color photos. 275 pages. St. Martin's. Pub. at $30.00 **$6.95**



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9357491 AMBER: The Natural Time Capsule. By Andrew Ross. Provides an engaging overview of this prehistoric substance and its fossilized inclusions. Ross explains how amber forms, where it forms, and how to distinguish genuine amber from fakes. He also describes its uses in both art and science, while showcasing a range of specimens. Fully illus. in color. 112 pages. Firefly. Paperbound. Pub. at $19.95 **$5.95**



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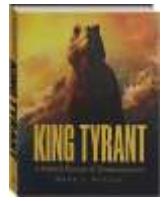
9416935 THE SKILLFUL FORAGER: Essential Techniques for Responsible Foraging and Making the Most of Your Wild Edibles. By Leda Meredith. The ultimate forager's guide to working with any wild plant in the field, kitchen, or pantry. From skills that allow you to gather from the same plant again and again to highlighting how to get the most out of your wild edibles, Meredith explores the most effective ways to harvest, preserve, and prepare foraged food. Fully illus. in color. 284 pages. Roost. Paperbound. Pub. at $26.95 **$12.95**



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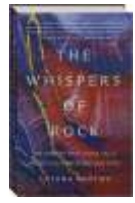
9217819 THE SCIENCE OF THE EARTH: The Secrets of Our Planet Revealed. By Philip Eales et al. This breathtakingly beautiful work reveals the unique wonders of our planet, from core to atmosphere. Illustrated with detailed images of fascinating objects, along with awe-inspiring landscape photography, it brings to life the story of Earth's past and the dynamic processes that shaped its present. 416 pages. Dorling Kindersley. 9½x11¼. Pub. at $50.00 **$24.95**
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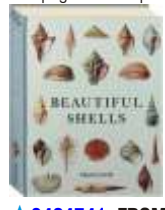
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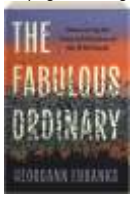
9377263 CLOUD WARRIORS: Deadly Storms, Climate Chaos—And the Pioneers Cheating a Revolution in Weather Forecasting. By Thomas E. Weber. The unprecedented inside story of the people pushing boundaries of science and technology to build better weather forecasts—providing life-saving warnings and crucial intelligence about nature's deadliest threats. 275 pages. St. Martin's. Pub. at $27.00 **PRICE CUT to $4.95**

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9339876 TOXIC FARTS: Brain-Eating Amoebas, Mosquito Assassins & More. Ed. by K. Norman & J. Sharaf. 256 pages. Media Lab Books. Paperbound. Pub. at $14.99 **$5.95**

***DVD* 9119027 BBC ATLAS OF THE NATURAL WORLD.** BBC Earth. **$7.95**

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9250778 WILD WISDOM: Primal Skills to Survive in Nature. By Donny Dust. Well illus. 321 pages. Simon Element. Pub. at $28.99 **$11.95**

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★**9185909 A LITERARY FIELD GUIDE TO SOUTHERN APPALACHIA.** Ed. by Rose McLarney et al. Well illus. 204 pages. UGaP. Paperbound. Pub. at $21.95 **PRICE CUT to $6.95**

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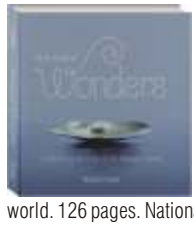
★**9235604 KEW: The Psychedelic Garden—Mind-Alerting Plants in Folklore, Superstition and Popular Culture.** By Sandra Lawrence. Fully illus. in color. 207 pages. Welbeck. Pub. at $19.95 **SOLD OUT**

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9123318 LITTLE BOOK OF WONDERS: Celebrating the Gifts of the Natural World. By Nadia Drake. Breathtaking photos capture rare sights from around the world, from Mexico's Cave of Crystals to an Indonesian volcano that burns bright blue. Each exquisite observation offers peace, contemplation, and inspiration: an unforgettable journey into the magic of our world. 126 pages. National Geographic. Pub. at $12.95 **$4.95**

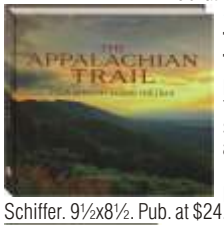
Nature Photography



LIMITED QUANTITY 9441646 PEACE IN THE MORNING: Images and Meditations to Begin Your Day. By Daniel B. Ford Jr. Ford pairs his photography of beauty and light in the world with the spiritual words from his pastor and friend, Hal Helms. With every page, he invites you to a moment of quiet rest, and to the possibilities for peace and joy that surround us. 156 pages. Paraclete Press. 6x6. Pub. at $19.99 **SOLD OUT**



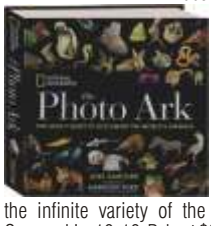
9346589 THE CHAMPIONS OF CAMOUFLAGE. By Jean-Philippe Noel, photos by Biosphoto. A fascinating exploration of the art of deception in the animal kingdom. Featuring spectacular images from Biosphoto, this volume addresses the different aspects of camouflage and, more broadly, mimicry in the animal world. 160 pages. Firefly. 9¼x12. Pub. at $35.00 **$5.95**



★**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. 9½x8½. Pub. at $24.99 **$19.95**



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. 9½x11½. Pub. at $35.00 **$9.95**



9206655 THE PHOTO ARK: One Man's Quest to Document the World's Animals. By Joel Sartore. Featuring more than 400 unforgettable animal portraits, this collection will bring you face to face with the fascinating diversity of animals with which we share this planet. Highlighted against a background of black or white, these exquisite images showcase the infinite variety of the animal kingdom. 400 pages. National Geographic. 10x10. Pub. at $35.00 **$16.95**



9264469 PHOTO ARK WONDERS: Celebrating Diversity in the Animal Kingdom. By Joel Sartore. Animal lovers young and old will get lost in the pages of this volume, delighted by the spectacular diversity among these creatures and the wit of the photographer chronicling them. Fully illus. in color. 399 pages. National Geographic. 10x10. Pub. at $40.00 **$16.95**

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



★**9395946 NEW PHOTOGRAPHY OF THE CAT.** Text by Lucy Davies. From the alley cats of Istanbul to a litter of AI-generated kittens, this is a collection of the world's most striking contemporary feline photography. Adults only. Fully illus. in color. 207 pages. Hoxton. 5½x7½. Pub. at $22.95 **$17.95**



★**9388559 PREDATORS OF NORTH AMERICA.** By Dave Taylor. Features over 300 images of North American predator species in their natural habitats, with informative captions that provide notes on each animal, its behavior, its role in its local ecosystem, and where and when it can best be viewed. Special attention is paid to key species, including the grizzly bear, wolf, coyote, and red fox. 319 pages. Firefly. 9x6. Paperbound. Pub. at $24.95 **$19.95**



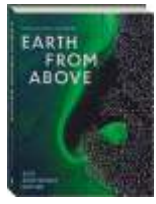
9167455 TALES FROM GOMBE. By A. Shah & F. Rogers. Drawn from years spent in the company of the world-famous chimpanzees of Tanzania's Gombe National Park, this volume gives us an unparalleled look into their world. Through endearing stories and stunningly intimate photography, we experience their lives: an epic saga of intrigue, love, suffering, ambition, surprises, and controversy. 324 pages. Firefly. 13½x11¼. Pub. at $69.95 **$11.95**



★**9289100 NATURE ANATOMY POSTERS: 28 Pull-Out Prints That Celebrate the Wonders of the Natural World.** Each page in this collection of 10" x 12" pull-out posters invites nature enthusiasts to learn the unique features and names of the different types of trees, mosses, mushrooms, wildflowers, butterflies, snakes, backyard birds, freshwater fish, seashells, and much more. Fully illus. in color. Storey. 10¼x12¼. Paperbound. Pub. at $19.99 **$14.95**

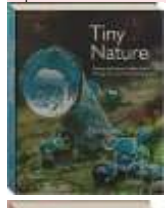


9364897 FEARLESS FEMALES: Mothers, Hunters and Teachers. By Mario Ludwig. Reveals the fierce, formidable, and fascinating antics of lionesses, elephants, and many other creatures, providing a refreshing reappraisal of "feminine" behavior and a long overdue emancipation of nature and wildlife photography. Text in English and German. 207 pages. teNeues. 9½x12. Pub. at $55.00 **$24.95**

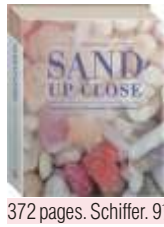


★**9269312 EARTH FROM ABOVE, 25TH ANNIVERSARY EDITION.** By Yann Arthus-Bertrand. Timed to the 25th anniversary of the groundbreaking international bestselling book *Earth from Above,* this updated version features new images and refreshed text that creates an unforgettable, inspiring portrait of our planet today. 431 pages. Abrams. 8¾x11½. Pub. at $65.00 **$51.95**

★**9314946 THE CANADIAN LANDSCAPE.** By J.A. Kraulis. Explore a collection of more than 125 sweeping images by internationally acclaimed photographer J.A. Kraulis. Each stunning picture tells the tale of a vast country and of a photographer's relationship with it. The text consists of a concise introduction and short, descriptive captions that accompany each photograph. 175 pages. Firefly. 10½x10½. Paperbound. Pub. at $29.95 **PRICE CUT to $19.95**



★**9272526 TINY NATURE: Discovering Nature's Hidden World Through the Lens of Macrophotography.** By Jamie Rosengrans. Every leaf, pebble, and tiny inhabitant has a story of resilience, beauty, and the timeless dance of life. Be inspired as you enter the heart of the forest floor and see the sheer wonder of nature's design. Fully illus. in color. 255 pages. Wellfleet. 9½x11½. Pub. at $35.00 **PRICE CUT to $19.95**



★**9232540 SAND UP CLOSE: Aesthetics, Philosophy, and Science.** By Oliver Lenzen. Explores microscopical pictures of sand grains worldwide, blending scientific rigor, personal anecdotes, and cultural insights. Richly illustrated, the book offers unique perspectives on sand's beauty and diverse landscapes. Includes over 700 color microphotographs showcasing the beauty of sand grains. 372 pages. Schiffer. 9¼x11¼. Pub. at $39.99 **PRICE CUT to $24.95**

920668X RARELY SEEN: Photographs of the Extraordinary. By Susan Tyler Hitchcock. 400 pages. National Geographic. 6¼x7½. Pub. at $19.99 **SOLD OUT**

9036237 THE AMERICAN QUARTER HORSE. By David R. Stoecklein with B. Prunty. 304 pages. Stoecklein. 12x12. Pub. at $60.00 **$3.95**

9378146 LAKELIFE. Fully illus. in color. 143 pages. Willow Creek. 8¼x7¼. Pub. at $17.95 **$5.95**

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. 12x11. Pub. at $60.00 **$5.95**

9096337 LIVING WITH VOLCANOES. By Cris Toala Olivares. Fully illus. in color. 319 pages. Terra. 10x13¾. Pub. at $80.00 **$6.95**

9168001 INTO THE WOODS: Trees in Photography. By Martin Barnes. Fully illus., some in color. 192 pages. Thames & Hudson. 8x10. Pub. at $34.95 **SOLD OUT**

9109609 POLAR BEARS: A Life Under Threat. By Michel Rawicki. Fully illus. in color. 239 pages. ACC Art Books. 12x9¾. Pub. at $25.00 **$5.95**

7982569 THE ART OF THE COSMOS: Visions from the Frontier of Deep Space Exploration. By Jim Bell. 214 pages. Union Square & Co. 9½x11¼. Pub. at $35.00 **SOLD OUT**

Nature Photography

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

★**9181164 NATURE AT NIGHT: Discover the Hidden World That Comes Alive After Dark.** By Charles Hood. 319 pages. Timber. Pub. at $30.00 **$17.95**

★**6995381 THE COLORADO RIVER: Chasing Water.** By Pete McBride. 224 pages. Rizzoli. 13¼x10¾. Pub. at $60.00 **$22.95**

★**9114416 MISSION PENGUIN: A Photographic Quest from the Galapagos to Antarctica.** By Ursula Clare Franklin. 240 pages. Bloomsbury. 10x11¼. Pub. at $35.00 **$19.95**

★**9247467 FUNGA OBSCURA: Photo Journeys Among Fungi.** By Alison Pouliot. Fully illus. in color. 183 pages. Univ of Chicago Press. 7x8¾. Pub. at $28.00 **PRICE CUT to $17.95**

9200282 HUMAN NATURE: Planet Earth in Our Time. By Paul Nicklen et al. Color photos. 300 pages. Chronicle. 8¾x11¼. Pub. at $45.00 **PRICE CUT to $7.95**

★**9145680 THE MAINE COAST.** By Michael Kahn. 125 pages. Schiffer. 8¼x8¼. Pub. at $29.99 **SOLD OUT**

6081827 THE HUNT: The Outcome Is Never Certain. By A. Fothergill & H. Cordey. Fully illus. in color. 312 pages. Yale. 10¼x11¼. Pub. at $48.00 **PRICE CUT to $11.95**

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9353224 NET CARB COUNTER. By Sheila Buff. Whether you're on Atkins, South Beach, Weight Watchers, Sugar Busters!, the Zone, or any of today's most popular weight-loss programs, this helps take the guesswork out of shopping and meal planning by placing the essential net carb content information you need. Originally published in 2005. 293 pages. Avon. Paperbound. Pub. at $8.99 **$4.95**



9374264 THINK YOURSELF THIN: A 30-Day Guide to Permanent Weight Loss. By JJ Smith. Divided into four parts, Smith uncovers the five psychological stages required to lose weight and keep it off, plus she introduces the all-new SUCCESS System, detailing the mental habits and approaches necessary for permanent weight loss. Filled with inspiring, motivational success stories. 256 pages. S&S. Paperbound. Pub. at $16.99 **$5.95**



★**9429034 FOOD THERAPY: Conscious Eating to Navigate Anxiety, Stress, and Trauma.** By Luis Mojica. A groundbreaking approach to eating to support the nervous system, adrenals, and glucose balance. When you learn how nutrition impacts your emotions and your body, every food choice becomes an opportunity to shift your biochemistry and support your goals. 255 pages. Hay House. Paperbound. Pub. at $18.99 **$14.95**



9237186 YOU CAN'T SCREW THIS UP. By Adam Bornstein. What if the healthiest diet included the foods that were enjoyable and respectful of our stressful, overbooked lives? You couldn't screw it up! Here's a can't-miss plan that will build unbreakable habits by incorporating mindset changes, easy restaurant options, and more. 320 pages. Morrow. Paperbound. Pub. at $19.99 **PRICE CUT to $3.95**

9240047 THE OZEMPIC REVOLUTION. By Alexandra Sowa. 235 pages. Harvest. Pub. at $28.99 **$5.95**

8797498 HOW TO LOSE WEIGHT FOR THE LAST TIME: Brain-Based Solutions for Permanent Weight Loss. By Katrina Ubell. 293 pages. Balance. Pub. at $29.00 **$3.95**

9045848 WEIGHT LOSS FOR LIFE: The Proven Plan for Success. By L.J. Cheskin & K.A. Gudzune. 380 pages. Johns Hopkins. 7¼x10¼. Pub. at $29.95 **PRICE CUT to $3.95**

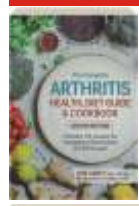
9360123 DIET, DRUGS, AND DOPAMINE: The New Science of Achieving a Healthy Weight. By David A. Kessler. 391 pages. Flatiron. Pub. at $32.99 **PRICE CUT to $3.95**

9300104 THE MET FLEX DIET: Burn Better Fuel, Burn More Fat. By Ian K. Smith. 261 pages. Harper. Pub. at $29.99 **$5.95**

★**9220372 LIVING YOUR HEALTHIEST SEMAGLUTIDE LIFE.** By Summer Kessel. 224 pages. Fair Winds. Paperbound. Pub. at $26.99 **PRICE CUT to $14.95**

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

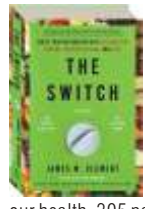
Healthy Cooking & Special Diets



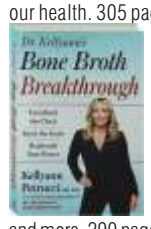
9387285 THE COMPLETE ARTHRITIS HEALTH, DIET GUIDE & COOKBOOK, SECOND EDITION. By K. Arrey & M.R. Starr. Because what you eat can influence how you feel, our experts have included useful data on which foods may aggravate arthritis and which foods may actually alleviate your symptoms, helping you maintain or increase your ability to function. 352 pages. Robert Rose. Paperbound. Pub. at $24.95 **$6.95**



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



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**



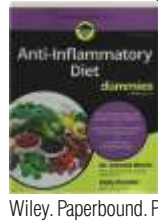
9094237 DR. KELLYANN'S BONE BROTH BREAKTHROUGH: Turn Back the Clock, Reset Your Scale, Replenish Your Power. By Kellyann Petrucci. The definitive guide to the healing benefits of bone broth on weight loss, wrinkles, digestion, fatigue, libido, and stress. Offers 35 easy to make broth-based recipes that 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**



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



★**9091742 THE BLOOD SUGAR BALANCING HANDBOOK.** By Autumn Enloe. A resource with proven strategies to optimize blood sugar levels all day long and prevent health complications in the future. You'll find practical solutions like dietary tips to regulate blood sugars, simple tools to balance your meals, helpful ways to improve energy and cravings, and more. 164 pages. Ulysses. Paperbound. Pub. at $16.95 **$9.95**



★**9396330 ANTI-INFLAMMATORY DIET FOR DUMMIES, 3RD EDITION.** By A. Morris & M. Rossiter. Equips you with the latest information on how to avoid chronic inflammation and reduce your risk of associated health conditions. This accessible and straightforward guide explains how it all works, and offers over 100 tasty and nourishing recipes that can have a real impact on your health—today and into the future. 375 pages. Wiley. Paperbound. Pub. at $24.99 **$19.95**

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 **PRICE CUT to $3.95**

Exercise & Fitness



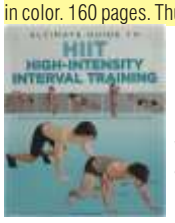
782663X RESISTANCE BAND WORKOUTS FOR SENIORS: Strength Training at Home or on the Go. By Karina Inkster. This is an invaluable resource for older adults looking to improve their strength and body composition without having to purchase a gym membership. You'll learn how to choose resistance bands, how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

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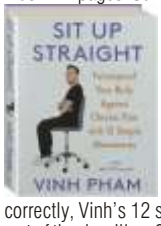


7845707 YOGA FOR INFLEXIBLE PEOPLE. By Max & Liz Lowenstein. Are you struggling with a limited range of motion? This guide demonstrates that with time and patience, anyone can increase their flexibility through yoga. Each pose is broken down into beginner, intermediate, and advanced stages and makes 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**



9408401 ULTIMATE GUIDE TO HIIT: High-Intensity Interval Training. By Alex Geissbuhler. Contains a collection of exercises to help you get the most out of interval training. You'll find targeted and whole-body exercise routines, detailed anatomical illustrations, and step-by-step instructions to help you complete the exercises with ease. 400 pages. Thunder Bay. 9¼x11¼. Paperbound. Pub. at $24.99 **SOLD OUT**

9235744 THE COUCH POTATO'S GUIDE TO GETTING FIT. By Jamie Easton. Do you feel lazy and de-motivated? Would you like to be healthier, but don't have the time or aren't sure where to start? This guide will teach you how to incorporate exercise into your daily routine and help you take that tricky first step towards fitness. Well illus. 127 pages. Summersdale. Paperbound. Pub. at $11.99 **$4.95**



9173250 SIT UP STRAIGHT: Futureproof Your Body Against Chronic Pain with 12 Simple Movements. By Vinh Pham with J. O'Connell. Instead of reacting to chronic pain after it flares up, what if we focused on a "movement discipline" that prevents injuries and leads to healthier bodies and a clearer mind? This guide outlines a process starting with a daily posture regimen. Performed correctly, Vinh's 12 simple movements will lock in protection for the rest of the day. Illus. 224 pages. Scribner. Pub. at $27.99 **$6.95**



9390871 HIP-HEALTHY ASANA: The Yoga Practitioner's Guide to Protecting the Hips and Avoiding SI Joint Pain. By Charlotte Bell. Essential guide to fully understanding, preventing, and relieving hip pain in asana practice, along with practice tips, modifications, and sequences that enhance hip strength and stability for a sustainable practice that can last through every age and stage of life. Illus. 110 pages. Shambhala. Paperbound. Pub. at $19.95 **SOLD OUT**



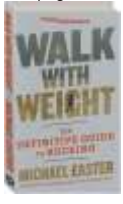
★**7976984 T'AI CHI CLASSICS: Illuminating the Ancient Teachings on the Art of Moving Meditation.** By Waysun Liao. Exploring all the core aspects of T'ai Chi thought and practice, this guide explains how T'ai Chi exercises increase your inner vitality (ch'i), enliven energetic power (jing), and empower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



9413847 ADAPTIVE TRAINING: Building a Body That's Fit for Function. By Adam Sinicki. The best way to learn a language is through immersion, and the same is true for developing and maintaining a new lifestyle. This is a thoroughly researched exploration of health and fitness that focuses on making your environment work for your needs. Shake up the status quo by breaking up your workouts. 182 pages. Mango. Paperbound. Pub. at $22.99 **$6.95**



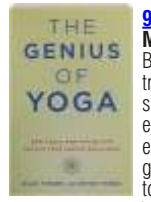
★**9409505 YOGASANA: The Encyclopedia of Yoga Poses.** By Yogrishi Vishvketu. With photographs of more than 800 yoga poses, including variations and modifications for different skill levels and mapped to their chakra activations, this volume is the definitive yoga pose encyclopedia for new and seasoned yogis alike. 303 pages. Mandala. 10¼x7¼. Paperbound. Pub. at $19.99 **SOLD OUT**



★**9384480 WALK WITH WEIGHT: The Definitive Guide to Rucking.** By Michael Easter. Easter traces the history of walking with weight and shows how it has evolved into the popular trend it is today. Whether you're a novice or a seasoned rucker, get valuable advice at any level and more from every step—with the easiest and most effective way to boost your strength inside and out. 196 pages. Harvest. Pub. at $24.99 **$18.95**



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



9395555 THE GENIUS OF YOGA: How Yogic Meditation Can Unlock Your Innate Brilliance. By A. Finger & P. Ferko. Meditation done through a traditional Yogic framework not only gives you specific tools for improving health and creating emotional balance, but also offers you an experience beyond the sense-focused mind. This guide offers practical guidance on using meditation to access *atman*, your unbound intelligence. Well illus. 124 pages. Shambhala. Paperbound. Pub. at $16.95 **$6.95**



★**9437312 FIGHT READY: An MMA Coach's Guide to Losing Weight, Getting Strong, and Kicking Ass.** By Santino DeFranco. Through healthy, gimmick-free, easy-to-understand techniques, learn how to lose weight and keep it off while improving your strength, endurance, and mental outlook towards your health. Offers VIP, behind-the-scenes access to the world of mixed martial arts and the Ultimate Fighting Championship. Illus. 315 pages. St. Martin's. Paperbound. Pub. at $25.00 **$18.95**



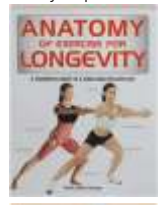
★**9425330 MAKE MOVEMENT YOUR MEDICINE: Gentle Exercises to Sooth and Revive Your Upper Back, Neck and Shoulders.** By Andy & Rachel Breakspear. Modern living has caused an epidemic of poor upper-body posture. As a result, back, neck, and shoulder aches and pains have become increasingly common. With exercises designed to be accessible to all, regardless of current mobility or pain levels, this practical guide will help you restore pain-free function to your upper body. Well illus., in color. 176 pages. Bloomsbury. Paperbound. Pub. at $20.00 **SOLD OUT**



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. 8½x10¾. Paperbound. Pub. at $24.99 **$7.95**



★**9437630 MOVE, THRIVE, AND COME ALIVE: Over 120 Science-Backed Strategies to Move More, Feel Better, and Live Fully.** By Kyle Gonzalez. Break free from sedentary living and rediscover the joy of movement through simple, sustainable shifts in your thinking and habits. Learn to rekindle motivation and a sense of play with more than 100 approachable, practical ideas for creating a long-term movement practice, easily adaptable to different lifestyles and abilities. 221 pages. Agate Surrey. Paperbound. Pub. at $22.00 **$16.95**



★**9388516 ANATOMY OF EXERCISE FOR LONGEVITY.** By Hollis Lance Liebman. Demonstrates how to improve your long-term well-being through a well-balanced program of fitness and nutrition. Combine the carefully chosen and demonstrated exercises to maintain a healthy heart, good posture, and flowing movement. Fully illus. in color. 160 pages. Firefly. 8¾x11. Paperbound. Pub. at $24.95 **$19.95**



★**9396667 SOMATIC EXERCISES FOR DUMMIES.** By Kristin McGee. Learn to reduce anxiety, stress, tension and pain in a healthy and natural way as you heal yourself from within. McGee explains how to strengthen the mind-body connection through deliberate movement. Use breathwork, yoga, dance, stretching and assisted movement to improve everything from posture to your sense of inner peace. Well illus. 368 pages. Wiley. Paperbound. Pub. at $24.99 **$19.95**

★**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**

Exercise & Fitness



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

★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. 8¼x10½. Paperbound. Pub. at $24.99 **$18.95**

9297081 **ULTIMATE GUIDE TO WEIGHT-FREE EXERCISES.** By Hollis Liebman et al. Color photos. 400 pages. Thunder Bay. 9¼x11¼. Paperbound. Pub. at $24.99 **SOLD OUT**

9329498 **ULTIMATE GUIDE TO STRENGTH TRAINING.** By Hollis Liebman. 400 pages. Thunder Bay. 9¼x11¼. Paperbound. Pub. at $24.99 **$8.95**

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★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**

★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 **$6.95**

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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**

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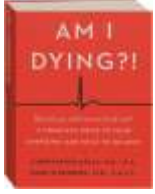


9392165 **MAKING TRANSPARENT SOAP: The Art of Crafting, Molding, Scenting & Coloring.** By Catherine Failor. Following Failor's easy, step-by-step directions, you can create transparent soap masterpieces that are milder, richer, and creamier than any commercial brand on the market! 133 pages. Storey. Paperbound. Pub. at $16.95 **$6.95**

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Health & Medical References



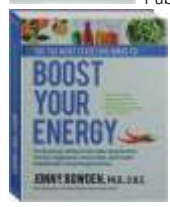
9383298 **AM I DYING?! A Complete Guide to Your Symptoms—and What to Do Next.** By C. Kelly & M. Eisenberg. A lighthearted resource for your inner hypochondriac, with advice on when to chill out, make a doctor's appointment, or go to the hospital. Drs. Kelly and Eisenberg walk you through the most common symptoms and provide conversational guidance on what to do. 337 pages. Morrow. Pub. at $25.99 **$6.95**



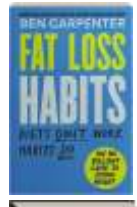
★9232702 **BE AWARE OF THAT NURSING HOME: How We Got Here...and What to Know.** By Richard Danford. Drawing from the author's experience and insight into the long-term care system and its impact, this work informs consumers and families as to how today's nursing homes came about, what tragedies occur daily, and vital information to protect themselves and loved ones when choosing a facility. 155 pages. Morgan James. Paperbound. Pub. at $15.95 **$11.95**



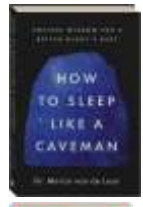
9167412 **THE SECRET LANGUAGE OF DOCTORS.** By Brian Goldman. Pulls back the curtain to reveal some of modern medicine's darkest secrets, and decodes the colorful and clandestine expressions doctors employ to describe difficult patients, situations, and medical conditions—and sometimes even other colleagues.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



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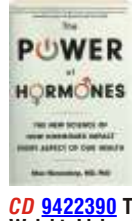
9326014 **DR. COLBERT'S HEALTHY GUT ZONE.** By Don Colbert. Join Dr. Colbert as he helps you unlearn everything medical experts have been teaching about healthy eating for the last three decades and reveals the true path to digestive health through proper diet supported by nutritional supplements. 245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



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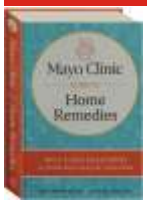
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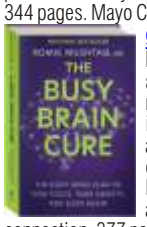
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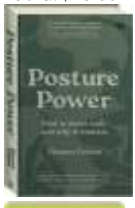


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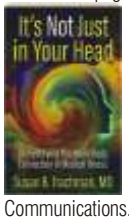
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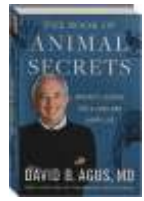


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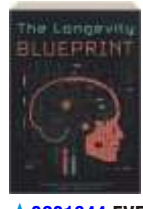
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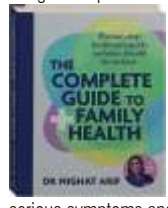


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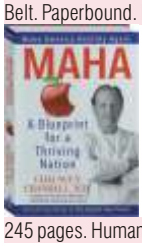
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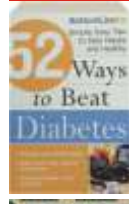
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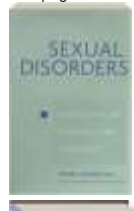
Diseases & Disorders



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**



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**



9352023 **SEXUAL DISORDERS: Perspective on Diagnosis and Treatment.** By Peter J. Fagan. Using an approach pioneered at the Johns Hopkins Medical Institutions, Fagan applies the four "perspectives of psychiatry" (disease, dimension, behavior, and life story) to the diagnosis and treatment of sexual disorders. 151 pages. Johns Hopkins. Paperbound. Pub. at $28.00 **$6.95**



9209840 **TRAVELERS TO UNIMAGINABLE LANDS: Stories of Dementia, the Caregiver, and the Human Brain.** By Dasha Kiper. Dementia disorders transform the minds of those with the disease *and* the minds of those who care for them. Reveals the neurological obstacles to caregiving, not only enumerating the terrible pressures the disease exerts on our closest relationships but also offering solace and perspective. 233 pages. Random. Pub. at $28.00 **$5.95**

9436170 **TAKE CONTROL OF YOUR HEART DISEASE RISK.** By John Whyte. Whyte shares crucial, straightforward information and equips you with strategies to help you on a journey to better health, including assessing your heart disease risk, learning the roles of food, exercise, and mental health, understanding the role of stress and heart health, and more. 278 pages. Harper. Paperbound. Pub. at $19.99 **$5.95**



9417400 **LIVING WITH CANCER: A Step-by-Step Guide for Coping Medically and Emotionally with a Serious Diagnosis.** By Vicki A. Jackson et al. The prospect of entering treatment is overwhelming for anyone facing a diagnosis of cancer. This empathetic resource is full of relatable patient stories, aiming to help patients and caregivers ask the right questions to get the best possible care beginning at the moment of diagnosis. 351 pages. Johns Hopkins. Paperbound. Pub. at $57.95 **$5.95**



★9434224 **FIGHTING CANCER WITH PLANTS FROM THE RAINFOREST.** By Leslie Taylor. Instead of waiting for the next generation of anti-cancer drugs, Dr. Taylor has gathered 13 of the most effective rainforest plants that contain active chemicals already shown to target cancer cells. Whether used separately or in combinations, published research shows just how effective these chemical compounds can be. 350 pages. Square One. Paperbound. Pub. at $28.95 **$21.95**

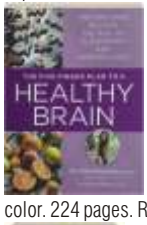
★934134X **UNAVOIDABLY UNSAFE FOR ADULTS: A Physician's Guide to Vaccine Safety, Effectiveness, and Your Right to Choose.** By E. Geehr & J. Barke. Examines the safety, effectiveness, and regulatory oversight of adult vaccines, empowering readers to make informed decisions about their health. 239 pages.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

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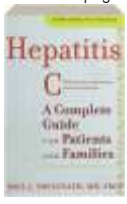
Diseases & Disorders



★9436340 **JUST DIAGNOSED: A Survivor's Guide to Navigating Cancer.** By Jennifer Omholt. Compassionate guide for people reeling from the shock of a life-changing diagnosis. Drawing on the experience of a seasoned journalist and long-term cancer survivor, this practical road map empowers patients to take charge of their care from day one. Features logistical guidance, accessible financial resources, and more. 247 pages. She Writes Press. Paperbound. Pub. at $17.99 **$13.95**



★9397736 **THE FIVE FINGER PLAN TO A HEALTHY BRAIN: Prevent and Reduce the Risk of Alzheimer's and Memory Loss.** By Miia Kivipelto with M. Hellenius. Presents a proven, science-based model showing how lifestyle changes in five key areas, diet, physical activity, cognitive stimulation, social engagement, and cardiovascular health, can help prevent and delay cognitive decline. Well illus. in color. 224 pages. Robert Rose. Paperbound. Pub. at $24.95 **$19.95**



9417362 **HEPATITIS C: A Complete Guide for Patients and Families.** By Paul J. Thuluvath. World-renowned gastroenterologist and liver specialist Thuluvath expertly guides readers through a disease that affects millions worldwide. Learn how Hepatitis C is spread, diagnosed, and managed, which treatments are available, and when a liver transplant is needed. 288 pages. Johns Hopkins. Paperbound. Pub. at $19.95 **$6.95**

9316914 **50 DIABETES MYTHS THAT CAN RUIN YOUR LIFE: And the 50 Diabetes Truths That Can Save It.** By Riva Greenberg. 316 pages. Da Capo. Paperbound. Pub. at $16.99 **$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. 290 pages. Grand Central. Paperbound. Pub. at $19.00 **$5.95**

9230432 **US AGAINST ALZHEIMER'S: Stories of Family, Love, and Faith.** Ed. by Marita Golden. 292 pages. Arcade. Pub. at $25.99 **PRICE CUT to $3.95**

★6994652 **THE BACK STORY ON SPINE CARE.** By Drew Bednar. 300 pages. ECW Press. Paperbound. Pub. at $21.95 **$7.95**

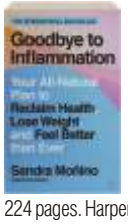
★9117237 **UNDERSTAND ALZHEIMER'S: A First-Time Caregiver's Plan to Understand & Prepare for Alzheimer's & Dementia.** 131 pages. Calistoga. Paperbound. Pub. at $11.99 **$7.95**

★899661X **BEFORE DEMENTIA: 20 Questions You Need to Ask About Preventing, Preparing, Coping.** By Kate Gregorevic. 313 pages. Paperbound. Pub. at $16.95 **PRICE CUT to $6.95**

Stress & Pain Management

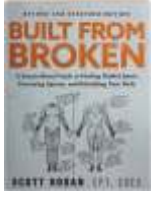


LIMITED QUANTITY 9387293 **CURE BACK PAIN: 80 Personalized Easy Exercises for Spinal Training to Improve Posture, Eliminate Tension & Reduce Stress.** By Jean-Francois Harvey. You'll be equipped with easy-to-follow, safe and effective tools to not only ease your pain, but also avoid aggravating your back in the future. Includes 80 exercises and 35 routines that offer proven results. Fully illus. in color. 256 pages. Robert Rose. 7¾x10½. Paperbound. Pub. at $[illegible] **SOLD OUT**



LIMITED QUANTITY 943819X **GOODBYE TO INFLAMMATION: Your All-Natural Plan to Reclaim Health, Lose Weight, and Feel Better Than Ever.** By Sandra Monino. Many people suffer from the effects of chronic inflammation: weight gain, skin problems, headaches, and more serious conditions—diabetes, hypothyroidism, MS, cancer, and depression. In this life-changing guide, readers are offered drug-free, evidence-based advice to help feel their best again. 224 pages. HarperOne. Paperbound. Pub. at $[illegible] **SOLD OUT**

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9388141 **OVERCOME YOUR ANXIETY: Daily Practice and Breathwork for a Calmer, Panic-Free Life.** By Susan Reynolds. With this practical workbook filled with more than 100 writing prompts and exercises, recognize your anxiety as it develops, then move beyond it toward a calmer, more peaceful you. 188 pages. Chartwell. Paperbound. Pub. at $16.99 **$5.95**



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9406506 **THE STRESS PARADOX: Why You Need Stress to Live Longer, Healthier, and Happier.** By Sharon Horesh Bergquist. We know that excessive stress can be toxic, but emerging research reveals that too little stress can be just as bad. Our bodies heal and repair themselves, and many modern comforts cause us to underutilize our inherited response to challenges. Includes customizable protocols, workouts, and recipe templates rooted in cutting-edge science. 322 pages. Harvest. Pub. at $29.99 **$5.95**

9313710 **THE ONE-HOUR MIRACLE: A 5-Step Process to Guide Your Self-Healing.** By A. Hahn & J. Beckett. 288 pages. Health Communications. Paperbound. Pub. at $16.95 **$4.95**

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9377530 **HELP IN A HURRY: Simple Tips for Finding Peace when You're Overwhelmed, Anxious, or Stressed.** By Caroline Leaf. 230 pages. Baker Books. Pub. at $26.99 **$5.95**

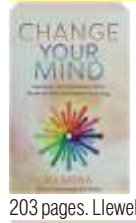
★9244131 **POWERFUL HABITS FOR OVERCOMING ANXIETY: Strategies for Inner Calm.** 159 pages. Fair Winds. Pub. at $16.99 **$12.95**

★9060685 **SOOTHE: Restoring Your Nervous System from Stress, Anxiety, Burnout, and Trauma.** By Nahid de Belgeonne. 276 pages. Penguin. Paperbound. Pub. at $19.00 **PRICE CUT to $6.95**

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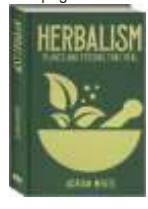
9229728 **BACKYARD MEDICINE FOR ALL: A Guide to Home-Grown Herbal Remedies.** By J. Bruton-Seal & M. Seal. Many of us have forgotten that the wealth of plants that grow around us have a variety of medicinal uses. This field guide takes readers to roadsides, cities, and into their own backyards to profile 50 plants that can be used to cure all sorts of common ailments, from fever to headaches to insomnia. Fully illus. in color. 224 pages. Skyhorse. Paperbound. Pub. at $14.99 **$5.95**



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9360255 **HEAL: Discover Your Unlimited Potential and Awaken the Powerful Healer Within.** By Kelly Noonan Gores. Takes us on a journey through which we learn how our thoughts, beliefs, and emotions affect our health and ability to heal. Exploring cutting-edge science and ancient medicine with experts, you'll discover that you have far more control over your well-being and life than we have been taught to believe. Sprayed edges. 248 pages. Atria. Paperbound. Pub. at $18.99 **$5.95**



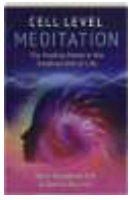
9214690 **HERBALISM: Plants and Potions That Heal.** By Adrian White. Covers the fascinating history of herbalism in different cultures around the world and how plant medicines have been integrated into modern medicine. Learn to identify plants and their uses in teas, infused oils, salves, and balms. Includes a foil-stamped embossed cover and gilded page edges. Illus. 208 pages. Arcturus. **$8.95**

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★9099506 **OPIUM FOR THE MASSES: Harvesting Nature's Best Pain Medication.** By Jim Hogshire. First published in 1994. Using this guide, Americans can learn how to supplement their own medicine chest with natural pain medicine without costly and difficult trips to doctors hamstrung by pernicious laws to prescribe proper pain relief. Illus. 193 pages. Feral House. Paperbound. Pub. at $18.95 **$13.95**

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9394478 **CELL LEVEL MEDITATION: The Healing Power in the Smallest Unit of Life.** By B. Grundland & P. Kay. Gives you the tools to connect with the wisdom of your cells and work with them to heal. Grundland and Kay offer sample meditations to help you connect with specific cells, such as your liver or lung cells, and they guide you to follow your intuition and discover the cells that are inviting you in. 176 pages. Inner Traditions. Paperbound. Pub. at $14.99 **$6.95**



934716X **THE PLANT MEDICINE PROTOCOL: Unlocking the Power of Plants for Optimal Health and Longevity.** By William Siff. A groundbreaking protocol for minimizing inflammation, boosting energy, building immunity, improving digestion, and so much more—with the extraordinary power of medicinal plants. Fully illus. in color. 383 pages. Artisan. Pub. at $35.00 **$14.95**



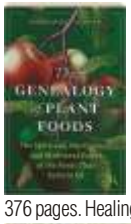
9394508 **ENERGETIC CELLULAR HEALING AND CANCER: Treating the Emotional Imbalances at the Root of Disease.** By Tjitze de Jong. Drawing on the works of Wilhelm Reich and Barbara Ann Brennan, the author unravels the psychological aspects of an individual's energetic defense system and examines where possible energetic blocks have their origin or might develop, and how they can be dissolved. 256 pages. Inner Traditions. Paperbound. Pub. at $16.99 **$5.95**



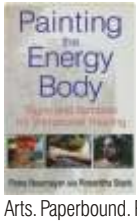
★9357211 **ETHNOPHARMACOLOGIC SEARCH FOR PSYCHOACTIVE DRUGS, VOLUME III.** Ed. by Dennis J. McKenna. This rich collection of talks gathers some of the world's most respected ethnopharmacologists, scientists, healers, and visionaries to share groundbreaking research on psychoactive plants, fungi, and other catalysts of consciousness. Illus. 500 pages. Synergetic. Paperbound. Pub. at $60.00 **$44.95**



9359842 **YOUR EXTRAORDINARY MIND: Psychedelics in the 21st Century and How to Use Them.** By Zach Leary. Offers a necessary overview of psychedelics today, particularly LSD, psilocybin, MDMA, and ayahuasca, including what they are, how to use them safely, and crucially, how to integrate mind and spirit-altering experiences into the rest of our lives. 235 pages. Sounds True. Paperbound. Pub. at $19.99 **$5.95**



★9404554 **THE GENEALOGY OF PLANT FOODS: The Spiritual, Nutritional, and Medicinal Power of the Foods That Sustain Us.** By Nathaniel Altman. Offers entries of 106 plant foods, including their origins, histories, and religious significance, as well as culinary and medicinal uses. Covers an extensive range of fruits, vegetables, grains, pulses, nuts and seeds, herbs and spices, as well as "specialty" foods like chocolate, pasta, sugar, coffee, tea, and more. Color photos. 376 pages. Healing Arts. Paperbound. Pub. at $29.99 **$23.95**



9181547 **PAINTING THE ENERGY BODY: Signs and Symbols for Vibrational Healing.** By P. Neumayer & R. Stark. The authors explore simple methods for working with symbols for physical, emotional, and spiritual healing and illustrate the key symbols used in New Homeopathy. They combine traditional Chinese medicine, quantum physics, dowsing, and homeopathy to harness the power of symbols to initiate healing. Illus. 148 pages. Healing Arts. Paperbound. Pub. at $16.95 **$2.95**

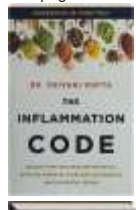
★9409580 **THE ESSENTIAL CANNABIS BOOK: Understanding, Appreciating, Cultivating, and Cooking with Marijuana.** By Rob Mejia. A thorough, accessible guide to exploring the world of cannabis, with tips and insights for curious beginners and experienced consumers alike. Includes details about different cannabinoids and strains, delicious recipes for aspiring canna-chefs, a glossary of terms, and more. Illus. in color. 314 pages. Agate Surrey. Paperbound. Pub. at $26.00 **$19.95**



★9384154 **MICRODOSING FOR HEALTH, HEALING, AND ENHANCED PERFORMANCE.** By J. Fadiman & J. Gruber. Comprehensive and cutting-edge work on microdosing, answering questions about how to select substances, how and when to use them, and reported benefits. Learn how microdosing can alleviate chronic health conditions, enhance focus, reduce stress, help taper off pharmaceuticals, and more. 345 pages. St. Martin's. Paperbound. Pub. at $23.00 **$17.95**



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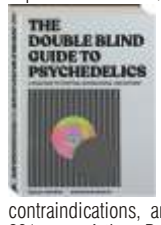


★9371168 **THE INFLAMMATION CODE: Unlock Your True Healing Potential with the Power of Ayurvedic Superspices and Elemental Design.** By Shivani Gupta. Combines ancient wisdom with scientific research to provide a holistic, customizable approach to addressing inflammation, the root cause of health issues, through the power of "super herbs," diet modifications, and mind-body practices. 347 pages. Hay House. Paperbound. Pub. at $19.99 **$14.95**



★9433732 **THE ADVERSE EFFECTS AND THERAPEUTIC POTENTIAL OF PSYCHEDELIC MEDICINES.** By Richard Louis Miller. Draws on current research, interviews, and case studies to detail the risks and benefits of psychedelics like LSD, psilocybin, MDMA, ketamine, and mescaline. Explores the short- and long-term effects of psychedelics, looking at heart rate, blood pressure, markers of mental health, and includes in-depth profiles of psychedelics. 241 pages. Park Street. Pub. at $32.99 **$26.95**

★9414843 **JUDE'S HERBAL HOME REMEDIES: Natural Health, Beauty & Self-Care Secrets.** By Jude Todd. Enjoy a simpler, more natural way of life with hundreds of treatments, tinctures, tonics and teas made from easy to find herbs. Includes over 200 illustrations of wild plants and herbs to help identify your ingredients. 369 pages. Llewellyn. Paperbound. Pub. at $21.99 **$16.95**



★9413154 **THE DOUBLE BLIND GUIDE TO PSYCHEDELICS: A Road Map to Tripping, Microdosing, and Beyond.** By S. Hartman & M. Margolin. This comprehensive, inspiring, and playful guide helps newbies and experienced psychonauts alike navigate the world of psychedelics. Covers the basics of each substance, including where it comes from, how it's ingested, dosage, what to expect from a trip, contraindications, and more. Sprayed edges. Well illus. in color. 231 pages. Artisan. Pub. at $35.00 **$26.95**

★9384421 **CARIBBEAN HERBALISM: Traditional Wisdom and Modern Herbal Healing.** By Aleya Fraser. Explore traditional healing plants with this comprehensive guide to Caribbean herbal medicine. Includes botanical notes and illustrations, stories of indigenous and non-endemic plants, interviews with Caribbean elders, and more. 152 pages. Ulysses. Paperbound. Pub. at $17.95 **$13.95**



★9420401 **ADVANCED FLOWER ESSENCE HEALING: New Frontiers in the Field of Bach Flower Remedies.** By David Dalton. Details how to make and useflower essences, beyond Bach's original 38, including how to store them to maintain their potency. Provides methods for determining the action of the flower essences, reading the elemental energy of each plant, and observing flower structure in relation to the chakra system. Photos. 324 pages. Healing Arts. Paperbound. Pub. at $29.99 **$23.95**

★9415092 **BURN & BREW RITUALS: Incense Blends & Cozy Drinks for Balance, Healing, and Inner Peace.** By Rhonda Kuykendall-Jabari. Sharing dozens of simple recipes tailored to a variety of goals, Kuykendall-Jabari helps you pair the sweet smoke of aromatic herbs and resins with comforting drinks. Far more than a collection of recipes, this is a heart-warming journey of self-discovery, blending personal stories, practical techniques, and spiritual insights. 323 pages. Llewellyn. Paperbound. Pub. at $18.99 **$14.95**

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★9442197 **PSYCHEDELIC PLANT MEDICINES OF THE AMERICAS: History, Traditions, and Indigenous Voices.** Ed. by Beatriz Caiuby Labate et al. An essential new collection that explores the cultural, medicinal, and spiritual traditions of marijuana, psilocybin, ayahuasca, and other psychedelics, informed by both Western and Indigenous knowledge. 390 pages. North Atlantic. Paperbound. Pub. at $27.95 **$21.95**

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



9404384 NATURE'S MEDICINE CABINET: Seasonal Remedies & Recipes for a Year of Botanical Wellness. By Meagan Visser. Embark on a path towards natural health and vitality with this guide to embracing seasonal herbalism. Offers the opportunity to improve your life through simple, evidence-based methods. Visser explains absolutely everything you need to know to begin your journey toward holistic health. Well illus. in color. 207 pages. Cider Mill. Pub. at $16.99 **SOLD OUT**

★9305408 **FLORAL ABSOLUTES: Aromatic Healing for the Physical, Emotional, and Energy Body.** By Candice Covington. Covington provides profiles for dozens of absolutes, exploring their physical and emotional healing properties as well as myths, poems, and stories that evoke the experience of these concentrated forms of fragrance. Recipes are included for creating absolute blends tailored to specific conditions and to express specific feelings. 369 pages. Healing Arts. Paperbound. Pub. at $29.99 **PRICE CUT to $19.95**

7977417 A DOCTOR'S GUIDE TO ALTERNATIVE MEDICINE: What Works, What Doesn't, and Why. By Mel Borins et al. 314 pages. Lyons. Paperbound. Pub. at $[illegible] **SOLD OUT**

9168826 **CROSSING INTO MEDICINE COUNTRY: A Journey in Native American Healing.** By David Carson. 304 pages. Council Oak. Paperbound. Pub. at $16.95 **$4.95**

9180362 **GEMMOTHERAPY: The Science of Healing with Plant Stem Cells.** By Roger Halfon. 120 pages. Healing Arts. Paperbound. Pub. at $14.95 **$2.95**

9392548 SWEET REMEDIES: Healing Herbal Honeys. By Dawn Combs. Well illus. in color. 216 pages. Paperback. Pub. at $19.95 **SOLD OUT**

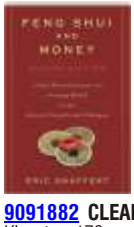
★9372563 **A COMPENDIUM OF ORIENTAL HEALING: Chinese Herbal Medicine, Manipulation & Acupuncture, Yoga & Meditation.** Compiled by W. Craig Dodd. 95 pages. IMM Lifestyle Books. Pub. at $9.99 **PRICE CUT to $5.95**

9231110 **SACRED MASSAGE: The Magic and Ritual of Soothing Touch.** By Debra DeAngelo. Illus. 265 pages. Llewellyn. Paperbound. Pub. at $24.99 **PRICE CUT to $5.95**

★9111689 **AYURVEDA FOR OBESITY AND GUT HEALTH: The Natural Way to Overcome Weight Imbalances for Your Body Type.** By L. Eduardo Cardona-Sanclemente. Illus. 370 pages. Healing Arts. Paperbound. Pub. at $24.99 **PRICE CUT to $9.95**

9155015 PSILOCYBIN THERAPY: Understanding How to Use Nature's Psychedelics for Mental Health. By JJ Pursell. 239 pages. Timber. Pub. at $32.00 **SOLD OUT**

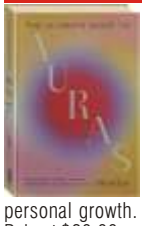
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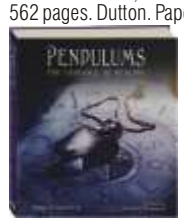
9091882 **CLEAR YOUR CLUTTER WITH FENG SHUI.** By Karen Kingston. 179 pages. Three Rivers. Paperbound. Pub. at $12.99 **$5.95**

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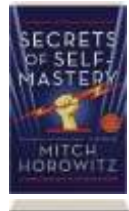
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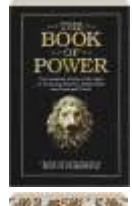
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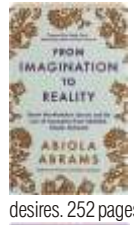
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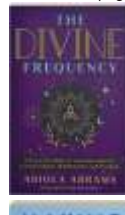
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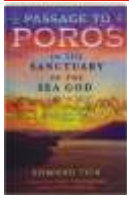


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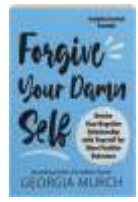


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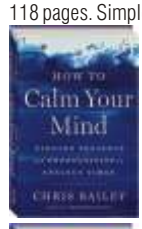


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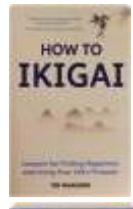
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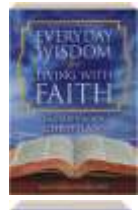
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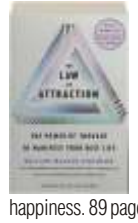


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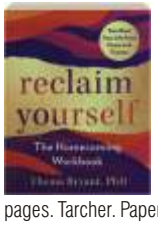
9392602 UPWORTHY: Good People—Stories From the Best of Humanity. By G. Reilich & L. Knell. Embrace and share the transformative power of kindness through stories of more than one hundred Good People, brought to you by Upworthy, the beloved social media platform where millions find inspiration, joy, and daily affirmation. Illus. in color. 313 pages. National Geographic. Pub. at $28.00 **$6.95**



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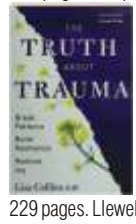
9428003 NEVER PLAY IT SAFE: A Practical Guide to Freedom, Creativity, and a Life You Love. By Chase Jarvis. If you're tired of playing small, feeling stuck, or living in fear, it's time to reclaim the playful, courageous part of yourself that's been waiting to shine. Jarvis will equip you with the tools, insights, and inspiration to take bold action and create the life of your dreams. 239 pages. Harper. Pub. at $30.00 **$6.95**



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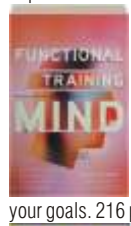


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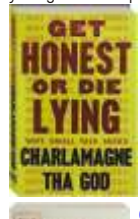
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942167X EVERYDAY CREATIVITY: Prompts, Activities, and Faith-Filled Practices to Cultivate Your Gifts. By Jena Holliday. Guides you through your creative journey in this fun and practical journal for the dreamer, writer, artist, maker, and everyone in between. Each prompt will propel you forward, keep you from getting stuck along the way, and help your creativity flourish. Illus. in color. 143 pages. Ink & Willow. Paperbound. Pub. at $16.99 **$5.95**



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9367675 GET HONEST OR DIE LYING: Why Small Talk Sucks. By Charlamagne Tha God. Fame, money, social media, politics, hip-hop culture, marriage, and fatherhood—Charlamagne takes it all on here. This master of seeing through the B.S. even calls it on himself, as he delivers his most insightful and heartfelt work yet—his call to stop the insanity while we still can. 213 pages. Atria. Pub. at $28.99 **$5.95**

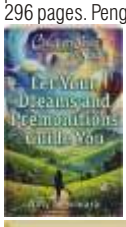


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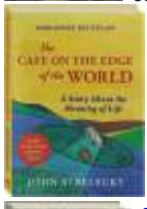
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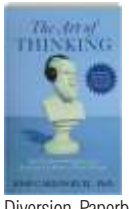
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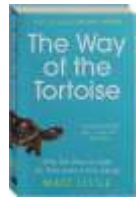
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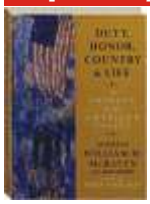


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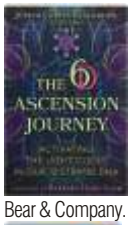
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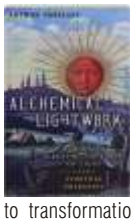
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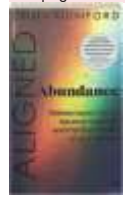


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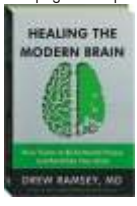
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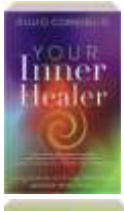
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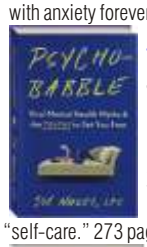
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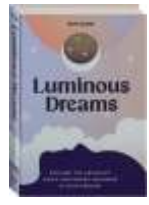
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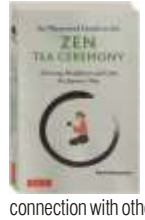


9383581 THE ART OF BATHING: Soothing Rituals for Mind, Body, and Soul. By Ophelia Wellspring. This work gives you the power to create a spa at home in the time it takes to fill the tub. Friendly introductions to the principles and practice of water therapy, aromatherapy, and mindfulness are followed by a section of 36 multisensory spa treatments. Fully illus. 143 pages. Red Wheel. Pub. at $22.95 **$7.95**



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**

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★**9408061 THE HEALING POWER OF WATER: The Essential Guide to Blue Health.** By Lizzi Larbalestier. Explores how nurturing a fresh relationship with water can calm stress, awaken clarity, and enrich your body and mind. Color photos. 221 pages. Leaping Hare. Pub. at $25.99 **$19.95**



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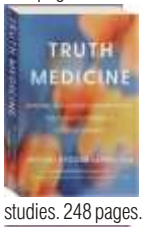
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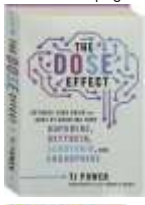


9372075 YOUR PAIN HAS A NAME. By Monica DiCristina. This self-guided introduction to therapy provides practical information and strategies to help you separate who you are from the stories your pain has told about you. You'll learn to honor, define, and release the stories that aren't yours to carry—allowing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

★**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**



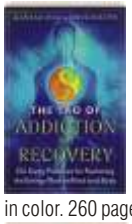
9391789 TRUTH MEDICINE: Healing and Living Authentically Through Psychedelic Psychotherapy. By Michael Ryoshin Sapiro. Answers frequently asked questions about psychedelic psychotherapy—what it is and how it works, what medicines are used, contraindications, and more. Discussing the process from preparation through medicine sessions and into integration, Dr. Sapiro also shares inspiring, engaging, and raw case studies. 248 pages. Grand Central. Pub. at $30.00 **$6.95**



★**9118489 THE DOSE EFFECT: Optimize Your Brain and Body by Boosting Your Dopamine, Oxytocin, Serotonin, and Endorphins.** By TJ 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**



9435603 THE WELLBEING ACTIVITY BOOK: Self-Care Activities Through the Seasons. By Amy Birch, illus. by K. Kalindi. Breathe deeper, feel calmer, and come back to yourself season by season with this year-round companion to slowing down, reconnecting with nature, and tending to your emotional wellness. This beautifully structured workbook guides you through 75 soul-nourishing activities across spring, summer, autumn, and winter. Illus. 159 pages. Sourcebooks. Paperbound. Pub. at $14.99 **$4.95**



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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**

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Facing Illness & Death



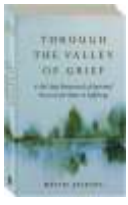
9216790 FINDING PETER: A True Story of the Hand of Providence and Evidence of Life After Death. By William Peter Blatty. For those who have lost a loved one to that liar and fraud named Death, this is a true and unabashedly personal story which will shake the most cynical of readers—and it will remind those in grief that our loved ones do truly live on. Photos. 242 pages. Regnery. Pub. at $27.99 **$5.95**



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. 7¾x10. Pub. at $16.99 **$5.95**



9430873 7 LESSONS FOR LIVING FROM THE DYING: How to Nurture What Really Matters. By Karen Wyatt. Collected here are uplifting stories gathered by Wyatt from the hospice patients in her care. The aim is to ease our terror of death so that we can contemplate our own deaths, and those of our loved ones, with less regret, disappointment, and fear, and to learn to live with more freedom and joy. 242 pages. Watkins. Paperbound. Pub. at $19.95 **$7.95**



9406557 THROUGH THE VALLEY OF GRIEF: A 365-Day Devotional of Spiritual Practices for Hope in Suffering. By Mattie Jackson. This year-long devotional invites you into simple, everyday practices and scriptural truths to bring you hope in the midst of suffering and loss. Each devotion honors our human fragility and directs us to the God who helps us navigate our pain and restores our hearts. 378 pages. Waterbrook. Pub. at $20.00 **$5.95**

9427988 MY DEATH DIARY: A Guided Journal for Mortals. By Anita Hannig. Rather than shield you from your mortality, this guided journal gives you the tools to explore your relationship with it. Takes you gently by the hand and guides you down a path toward examining your own mortality. Illus. 138 pages. Sourcebooks. Paperbound. Pub. at $16.99 **$5.95**



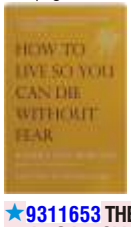
9298983 THE MODERN LOSS HANDBOOK: An Interactive Guide to Moving Through Grief and Building Your Resilience. By Rebecca Soffer. Offers candid, practical, and witty advice for confronting a future without your person, honoring their memory, dealing with trigger days, managing your professional life, and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

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



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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7797273 DEATH: The Scientific Facts to Help Us Understand It Better. By R. Beliveau & D. Gingras. Well illus., many in color. 264 pages. Firefly. Paperbound. Pub. at $29.95 **$3.95**

9359729 STAND BY ME: A Guide to Navigating Modern, Meaningful Caregiving. By Allison J. Applebaum. 333 pages. S&S. Paperbound. Pub. at $19.99 **$5.95**

9306056 NORMAL BROKEN: The Grief Companion For When It's Time to Heal But You're Not Sure You Want To. By Kelly Cervantes. 211 pages. BenBella. Paperbound. Pub. at $19.95 **$5.95**

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★**9116370 DEATH: Friend or Enemy? Views From the Other Side.** By Ann Merivale. 400 pages. 6th Books. Paperbound. Pub. at $22.95 **PRICE CUT to $9.95**

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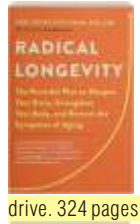
★**9242287 A BEGINNER'S GUIDE TO DYING.** By Simon Boas. 141 pages. Vintage. Paperbound. Pub. at $17.00 **PRICE CUT to $6.95**

9264280 DO I HAVE TO WEAR BLACK TO A FUNERAL? 112 Etiquette Guidelines for the New Rules of Death. By Florence Isaacs. 176 pages. Countryman. Paperbound. Pub. at $14.95 **PRICE CUT to $2.95**

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9303758 RADICAL LONGEVITY: The Powerful Plan to Sharpen Your Brain, Strengthen Your Body, and Reverse the Symptoms of Aging. By Ann Louise Gittleman. By utilizing epigenetics to slow and reverse many of the most worrisome aging conditions, you can preserve your "youth span" and enhance your immunity, heart, brain, muscles, joints, skin, and hair—and even revitalize your sex drive. 324 pages. Hachette. Paperbound. Pub. at $17.99 **$5.95**



9257160 GETTING REAL ABOUT GETTING OLDER: Conversations about Aging Better. By L.K. Stroh & K.K. Brees. Full of advice and stories from a wide variety of older people, the authors examine love, loss, and changing identities and will help you take control of your concerns about aging to experience wisdom and joy as an older adult. 281 pages. Sourcebooks. Paperbound. Pub. at $15.99 **$4.95**



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



9337962 THE SWEDISH ART OF AGING EXUBERANTLY: Life Wisdom from Someone Who Will (Probably) Die Before You. By Margareta Magnusson. From the author who introduced the world to the Swedish tradition of "death cleaning" comes a humorous and charming meditation on life. The author reveals her discoveries about aging and offers advice on how to age gracefully. Illus. 141 pages. Scribner. Pub. at $19.99 **$5.95**

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

Aging



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

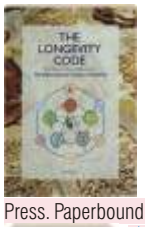


★9289070 **LONGEVITY: The Definitive Guide to a Long, Healthy and Happy Life.** By Susannah Marriott. The desire for a long, healthy, and happy life is a universal one, yet society has a deep fear of aging. This work offers an all-encompassing, holistic look at how the body ages and what we can all do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

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★9337075 **UNAPOLOGETIC AGING: How to Mend and Nourish Your Relationship with Your Body.** By Deb Benfield. Unravels the toxic messages of anti-aging and diet culture, helping you let go of rigid rules and tune into what truly nourishes and delights you. When you stop fighting your body, you make room for vitality, self-trust, and joy. 311 pages. Sheldon. Paperbound. Pub. at $21.99 **PRICE CUT to $12.95**

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

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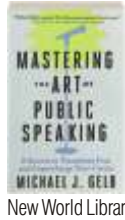
★909167X **SPIRITUAL AGING: Weekly Reflections for Embracing Life.** By Carol Orsborn. 364 pages. Park Street. Paperbound. Pub. at $19.99 **PRICE CUT to $4.95**

★928513X **AGELESS AGING: A Woman's Guide to Increasing Healthspan, Brainspan, and Lifespan.** By Maddy Dychtwald. 353 pages. Mayo Clinic. Paperbound. Pub. at $18.99 **PRICE CUT to $9.95**

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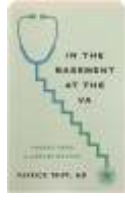


9058885 **MASTERING THE ART OF PUBLIC SPEAKING: 8 Secrets to Transform Fear and Supercharge Your Career.** By Michael J. Gelb. Learn to clarify and shape your message so that your audience, no matter how big or small, in person or virtual, will care about it. Once the message is clear, you'll be able to convey it in memorable, creative and effective ways. Rediscover your natural gift for communication while strengthening confidence and presence! 216 pages. New World Library. Paperbound. Pub. at $17 **SOLD OUT**



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9296492 **LIKE, LITERALLY, DUDE: Arguing for the Good in Bad English.** By Valerie Fridland. 321 pages. Viking. Pub. at $30.00 **PRICE CUT to $3.95**

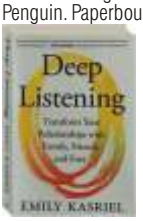
Relationships



9428135 **SINGLED OUT: How Singles Are Stereotyped, Stigmatized, and Ignored, and Still Live Happily Ever After.** By Bella DePaulo. Drawing from decades of scientific research and stacks of stories from the front lines of singlehood, DePaulo debunks the myths of singledom and shows that just about everything you've heard about the benefits of getting married and the perils of staying single is grossly exaggerated or just plain wrong. 325 pages. St. Martin's. Paperbound. Pub. at $22.99 **$5.95**

Relationships

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9445064 HOW TO LOVE SOMEONE WITHOUT LOSING YOUR MIND: Forget the Fairy Tale and Get Real. By Todd Baratz. Modern love is a mess, and life is (spoiler alert!) very hard. Baratz encourages you to delve into your history, cultivate self-awareness, and take responsibility in your relationships. By doing so, you can move beyond the fairy tale and transform your approach to love. 239 pages. Rodale. Pub. at $26.00 **SOLD OUT**

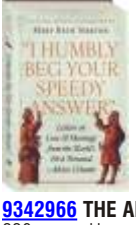
9427953 **MORE THAN WORDS: The Science of Deepening Love and Connection in Any Relationship.** By John Howard. Increase intimacy, connection, and love with this illuminating, science-based guide to building meaningful, lasting relationships. Howard offers ways to form new habits that can nurture love, care, safety, comfort, and passion. 222 pages. S&S. Paperbound. Pub. at $17.99 **$5.95**



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9374221 **RED FLAGS, GREEN FLAGS: Modern Psychology for Everyday Drama.** By Ali Fenwick. Crack the behavioral code behind everyday drama. From gaslighting crushes and pushy parents to bosses that take credit for your work, this guide will transform how you interpret and handle any situation, leading you straight into a fuss-free existence. 395 pages. Michael Joseph. Paperbound. **$6.95**

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9426205 I HUMBLY BEG YOUR SPEEDY ANSWER: Letters on Love & Marriage from the World's First Personal Advice Column. Ed. by Mary Beth Norton. Delightful and entertaining, this work provides a unique, intriguing, and revealing picture of what has—and hasn't—changed over the past three centuries when it comes to love, sex, and relationships. 203 pages. Princeton. Pub. at $24.95 **$11.95**

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9374876 **THE BOOK YOU WANT EVERYONE YOU LOVE TO READ.** By Philippa Perry. 200 pages. Balance. Pub. at $29.00 **PRICE CUT to $3.95**

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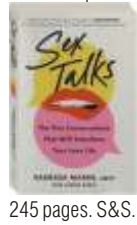
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903143X **SLUTEVER: Dispatches from a Sexually Autonomous Woman in a Post-Shame World.** By Karley Sciortino. Here *Vogue* columnist Sciortino is on a mission to reclaim the world "slut" to represent a person who seek out visceral experiences through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



9428119 **SEX TALKS: The Five Conversations That Will Transform Your Love Life.** By Vanessa Marin with X. Marin. Why is it so hard to talk about sex, even with the person who regularly sees you naked? Discover five essential conversations every couple needs to have to create an extraordinary sex life. You'll come away with a richer understanding of your needs and desires, as well as practical ways to create deeper intimacy with your partner. 245 pages. S&S. Pub. at $27.99 **$6.95**

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9393064 **MORE: A Memoir of Open Marriage.** By Molly Roden Winter. Intimate memoir of love, desire, and personal growth that follows a happily married mother as she explores sex and relationships outside her marriage. 290 pages. Doubleday. Pub. at $28.00 **$5.95**

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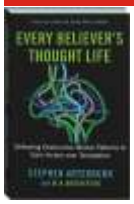


★5392543 **JUICE: A History of Female Ejaculation.** By Stephanie Haerdle. For over 2000 years, vulval sex fluids were understood to be a natural part of female pleasure, only to become disputed or categorically erased in the twentieth century. Restores female gushes to their rightful place in our collective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



★9302433 **ANAL PLEASURE & HEALTH, 4TH REVISED EDITION: A Guide for Men, Women and Couples.** By Jack Morin. Take a tour of the anus, complete with information and exercises to open the door to new sources of comfort and satisfaction. You'll unlearn habits that cause everything from hemorrhoids to chronic pelvic pain, and new ways of achieving solo and partnered pleasures through this humblest of portals. Adults only. 237 pages. Down There Press. Paperbound. Pub. at $18.00 **$14.95**

Sexuality & Sexual Expression



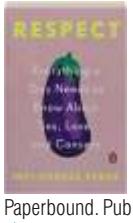
9216774 EVERY BELIEVER'S THOUGHT LIFE: Defeating Destructive Mental Patterns to Gain Victory Over Temptation. By S. Arterburn & M.N. Brotherton. How can you live a life of integrity in the midst of a sexual onslaught? This work helps all Christians—men and women alike—understand how to live a life of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



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**



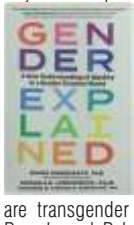
9411151 RESPECT: Everything a Guy Needs to Know About Sex, Love, and Consent. By Inti Chavez Perez. The first guide to sexual health and relationships built around consent. Perez draws on his vast experience as a sex educator to lay out how to build positive, respectful relationships with friends and partners, and how consent factors in at every stage from introducing yourself to having healthy sex with others. 206 pages. Penguin. Paperbound. Pub. at $16.00 **$5.95**

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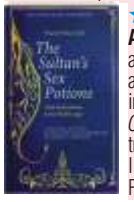
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9255966 SEX POT: The Marijuana Lover's Guide to Gettin' It On. By Mamakind. Mamakind deftly helps her readers negotiate those sticky situations in which, with a little help from marijuana, desire and rage collude to make sex an ecstatic event. Illus. in color. 154 pages. Quick American. Paperbound. Pub. at $14.95 **PRICE CUT to $2.95**



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9352015 SERPENT IN THE GARDEN: Amish Sexuality in a Changing World. By James A. Cates. 204 pages. Johns Hopkins. Pub. at $42.00 **$5.95**

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7848684 WOMEN ON TOP OF THE WORLD: What Women Think About When They're Having Sex. Ed. by Lucy-Anne Holmes. Adults only. Well illus. in color. 224 pages. Running Press. Pub. at $22.00 **$6.95**

★**9014764 AWESOME ORAL: The Erotic Couples Playbook.** Text by Jessica O'Reilly. Adults only. Illus. 128 pages. Fair Winds. Pub. at $12.99 **$9.95**

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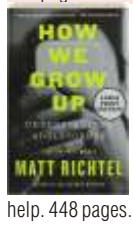


932691X THE MONTESSORI CHILD. By S. Davies & J. Uzodike. Provides an in-depth, practical guide to incorporating Montessori principles into everyday life for children aged 3 to 12 years, offering advice on everything from setting up your home to encourage curiosity to supporting your child's social and moral development with a balance of limit-setting and age-appropriate freedoms. Illus. in color. 278 pages. Workman. Paperbound. Pub. at $19.99 **PRICE CUT to $4.95**

9230017 HOW TO PREPARE FOR HOME BIRTH: The Joy of Having Babies at Home for Health and Well-Being. By Shantel Silbernagel. 186 pages. Skyhorse. Paperbound. Pub. at $17.99 **PRICE CUT to $3.95**

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9433279 STOLEN TOMORROWS: Understanding and Treating Women's Childhood Sexual Abuse. By Steven & Abby Levenkron. Illuminates the variety and consequences of women's childhood sexual abuse through powerful case studies and incisive analysis. Levenkron encourages women to think about, talk about, and seek help for their secret shame. In addition to giving therapists and helpers empathetic insight, they hope to enable survivors. 288 pages. Norton. Paperbound. Pub. at $15 **SOLD OUT**



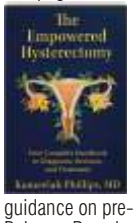
9237585 I'M SO EFFING TIRED: A Proven Plan to Beat Burnout, Boost Your Energy, and Reclaim Your Life. By Amy Shah. Women of all ages are suffering from an epidemic of fatigue and burnout. Shah has created this program so readers can regain energy and reclaim their lives. The key is tapping into the powerful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



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

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

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



9398708 THE EMPOWERED HYSTERECTOMY: Your Complete Handbook to Diagnosis, Decision, and Treatment. By Kameelah Phillips. Phillips, a board-certified obstetrician and gynecologist, walks you through every step of the process from diagnosis to recovery. You'll learn more about what your symptoms might mean, various treatment options, best practices for partnering with your medical care team, and guidance on pre- and post-surgical considerations. Illus. 338 pages. Balance. Paperbound. Pub. at $19.99 **$6.95**



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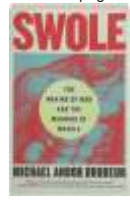
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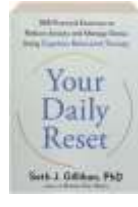


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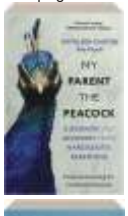
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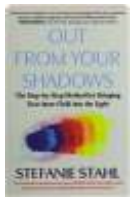
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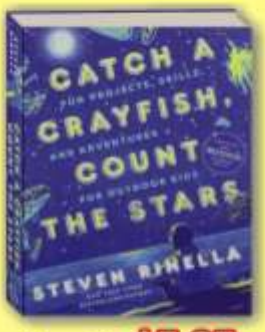


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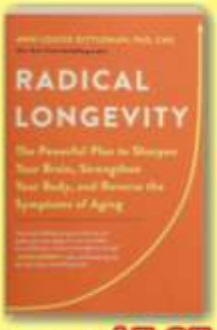
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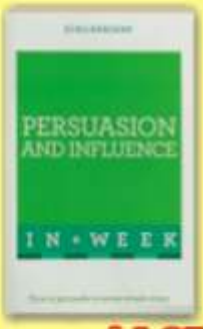
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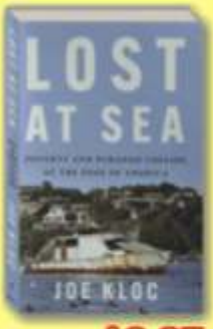
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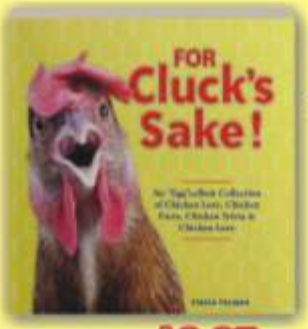
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