

SCIENCE & HEALTH

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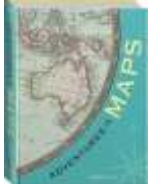
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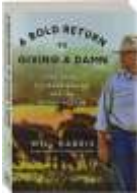
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★ **CULL OF THE WILD: Killing in the Name of Conservation** By Hugh Warwick. How do we protect endangered native species? Which species do we prioritize? And how do we reckon with killing anything in the name of conservation? Taking a balanced approach to this emotive subject, Warwick talks to experts on all sides as he explores the impact of species control. 304 pages. Bloomsbury. Pub. at \$28.00
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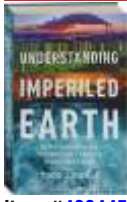


★ **AFTER COOLING: On Freon, Global Warming, and the Terrible Cost of Comfort** By Eric Dean Wilson. Braids together air-conditioning history, climate science, road trips, and philosophy to tell the story of the birth, life, and afterlife of Freon, the refrigerant that ripped a hole larger than the continental U.S. in the ozone layer. 465 pages. S&S. Paperbound. Pub. at \$19.99
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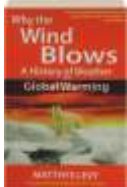
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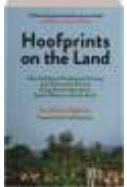
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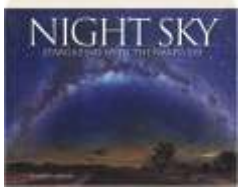
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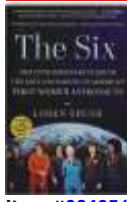
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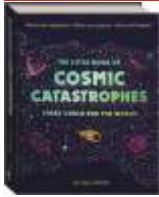
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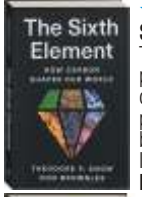
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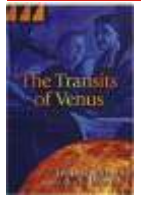
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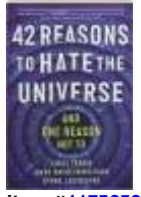
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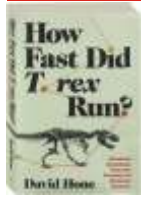
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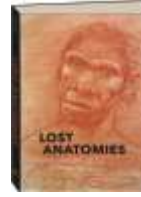
★**EVE: How the Female Body Drove 200 Million Years of Human Evolution** By Cat Bohannon. How did the female body drive 200 million years of human evolution? Bohannon explains the specific science behind the development of the female sex. This title is not only a sweeping revision of human history, it's an urgent and necessary corrective for a world that has focused primarily on the male body for far too long. Illus. 612 pages. Vintage. Paperbound. Pub. at \$20.00

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Paleontology & Evolution



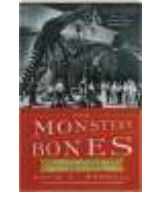
★**HUMAN ORIGINS: A Short History** By Sarah Wild. Breaks down the millions of years that make up our human story and explores the latest developments in evolutionary science to reveal a fascinating account of our existence. Illus. 224 pages. Michael O'Mara. Pub. at \$19.99

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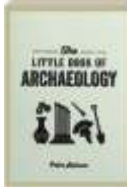
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ANGKOR AND THE KHMER CIVILIZATION By M.D. Coe & D. Evans. It brings to life the remarkable program of scientific exploration and presents the results and implications of these groundbreaking discoveries of airborne laser scanning. These discoveries have revealed entire cities that were previously unknown, profoundly transforming our interpretations of the development and decline of Angkor. Illus., many in color. 304 pages. Thames & Hudson. Pub. at \$39.95

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★ **THE LITTLE BOOK OF ARCHAEOLOGY** By Peter Salmon. Novel. Archaeology isn't just about dusty artifacts and buried ruins—it's about understanding ourselves and our shared history. In this pocket-sized treasure trove, you'll uncover the secrets of archaeological discovery and exploration and learn how it can illuminate the past, inform the present, and shape the future. 141 pages.

Summersdale. Paperbound. Pub. at \$10.99

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BURIED CARS: Excavations from Stonehenge to the Grand Canyon By Patrick Nagatani with J. Traugott. In 1985, Japanese archaeologist Ryoichi begins to recover 29 iconic automobiles buried at power sites around the world. His journal and scientific notes—along with Nagatani's photographs of the excavations, which took place from 1986

to 1999—record the mysterious phenomenon. 116 pages. Museum of New Mexico. 8x10. Pub. at \$34.95

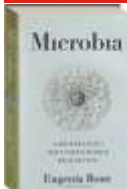
Item # [7805012](#) **\$15.95**



THE LONG JOURNEYS HOME: The Repatriations of Henry Opukaha'ia and Albert Afraid of Hawk By Nick Bellantoni. The moving stories of two Indigenous men in the U.S. and the return of their remains to their homelands. Illus. 296 pages. Wesleyan. Pub. at \$28.95

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Life Science



MICROBIA: A Journey into the Unseen World Around You By Eugenia Bone. Explores what microbes are and how they live, and compares the microbiomes of soil, plants, animals, and places, explaining, for example, why some bacteria are labeled "good" and others "bad." From understanding food cravings to providing a new definition of family, the lessons here show how different the world is

from a microbial perspective. 271 pages. Rodale. Pub. at \$25.99

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Life Science



THAT'S DISGUSTING: Unraveling the Mysteries of Repulsion By Rachel Herz. Sheds light on an incredible range of human traits—from food preferences and sexual attraction to moral codes and political ideology—by examining them through the lens of a fascinating subject: disgust. Combining lucid scientific explanations and fascinating research with a healthy dose of humor, Herz

tackles important questions. 274 pages. Norton. Pub. at \$26.95

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NATURE'S GIANTS: The Biology and Evolution of the World's Largest Lifeforms By Graeme D. Ruxton. Beautifully illustrated exploration of the science behind the awe inspiring giants of past and present. The author explains how and why nature's giants came to be so big. Through a diverse array of examples, Ruxton explores the physics, biology and

evolutionary drivers behind organism size, showing what it's like to live large. 224 pages. Yale. 9x11¼. Pub. at \$35.00

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WHAT IS LIFE? Five Great Ideas in Biology By Paul Nurse. A Nobel Prize-winning biologist takes up the challenge of describing what it means to be alive in a way that every reader can understand. An elegant explanation of the fundamental ideas in biology. 145 pages. Norton. Pub. at \$20.00

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THE UNNATURAL SELECTION OF OUR SPECIES: At the Frontier of Gene Editing By Torill Kornfeldt. Kornfeldt has traveled all over the world to meet the people who are driving the genetic technology research forward. Here, she examines recent developments in gene editing and what still might be waiting around the corner. 218 pages. Hero. Pub. at \$23.95

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★ **THE BOOK OF FROGS, SECOND EDITION: A Life-Size Guide to Six Hundred Species From Around the World** By M. O'Shea & T. Halliday. An up-to-date, beautifully illustrated, and beloved guide to six hundred of the world's most fascinating frogs. 656 pages. Univ of Chicago Press. 7½x11. Pub. at \$60.00

Item # [9309551](#) **\$49.95**

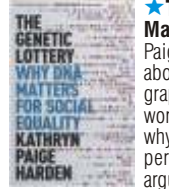
Life Science



★ **THE BOTANISTS' LIBRARY: The Most Important Botanical Books in History** By C. Fry & E. Wayland. This complete guide traces the development of botanical science through era-defining publications. Each chapter delves into the pages of a seminal work, unveiling the insights, controversies, and stories behind the books that have shaped our

understanding of the plant world. Fully illus. in color. 272 pages. Ivy Press. 8x9½. Pub. at \$40.00

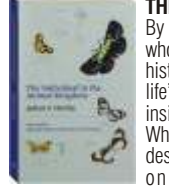
Item # [905636X](#) **\$16.95**



★ **THE GENETIC LOTTERY: Why DNA Matters for Social Equality** By Kathryn Paige Harden. Dismantles dangerous ideas about racial superiority and challenges us to grapple with what equality really means in a world where people are born different. Show why our refusal to recognize the power of DNA perpetuates the myth of meritocracy and argues that we must acknowledge the role of

genetic luck if we are ever to create a fair society. Illus. 305 pages. Princeton. Paperbound. Pub. at \$18.95

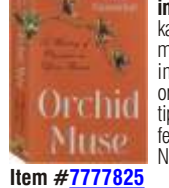
Item # [772537X](#) **\$11.95**



THE INDIVIDUAL IN THE ANIMAL KINGDOM By Julian S. Huxley. We meet a youthful Huxley who uses his commanding knowledge of natural history to develop a nonreductionist account of life's complexity that aligns with seminal early insights by Darwin, Wallace, Weismann, and Wheeler. This work disappeared into oblivion despite its relevance for contemporary research on organismal complexity and major

evolutionary transitions. Illus. 140 pages. MIT Press. Pub. at \$25.00

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★ **ORCHID MUSE: A History of Obsession in Fifteen Flowers** By Erica Hannickel. A kaleidoscopic journey into the world of nature's most tantalizing flower, and the lives it has inspired. Gathers irresistible tales of the orchid-smitten through history, while providing tips on cultivating the extraordinary flowers she features. Well illus., some in color. 306 pages. Norton. Pub. at \$35.00

Item # [777825](#) **\$11.95**

Life Science



★ **NURSERY EARTH: The Hidden World of Baby Animals and the Amazing Ingenuity of Life** By Danna Staaf. Makes the case that these young creatures are not just beings in progress but beings in their own right. Our planet needs them all: the maggots as much as the kittens! Well illus. some in color. 260 pages. The Experiment. Paperbound. Pub. at \$17.95

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Anthropology



BLESSING FOR A LONG TIME: The Sacred Pole of the Omaha Tribe By R. Ridington & D. Hastings. Offers an account of the Omaha tribe's surrender of their Umon'hon'ti, a sacred pole, to Harvard's Peabody Museum in 1888 and its eventual return more than a century later. Illus. 259 pages. Bison. Paperbound. Pub. at \$18.00

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Chemistry & Physics



SYNCHRONICITY: The Epic Quest to Understand the Quantum Nature of Cause and Effect By Paul Halpern. Discussing entanglement and synchronicity, Halpern gives us a sprawling tale of genius and creativity, myth and insight, ludicrous ideas and the universe's deepest truths. Buckle up, it's a wild ride. Illus. 294 pages. Basic. Pub. at \$30.00

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WHY THE UNIVERSE EXISTS By *New Scientist*. Answers the ultimate existential question: why is there something rather than nothing? Discover how we are rewinding time to the first moments after the Big Bang, what strange particles could form dark matter, and whether the ghostly neutrino particles may hold answers to the greatest mysteries of the universe. Illus. 228 pages. Nicholas Brealey. Paperbound. Pub. at \$18.95

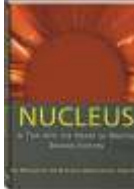
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Chemistry & Physics



PHYSICS: 50 Essential Ideas By Robert Snedden. Introduces you to the fascinating world of physics and its greatest practitioners. Ranging from thermodynamics to quantum theory to relativity, and featuring ideas from such esteemed physicists as Newton, Maxwell, and Einstein, this guide will bring you up to speed on the core themes and theories of this great subject. Well illus.,

many in color. 208 pages. Sirius. Pub. at \$19.99
Item #9100687 \$5.95



NUCLEUS, SECOND EDITION: A Trip into the Heart of Matter By Ray Mackintosh et al. Tells the story of the nucleus from the early experimental work of the quiet New Zealander Lord Rutherford to the huge atom-smashing machines of today and beyond. Anyone with even a passing interest in science will delight in this guide to the nuclear age. Well illus., some in color.

143 pages. Johns Hopkins. 8 1/2 x 11. Pub. at \$35.00
Item #9045724 \$6.95



★ **BETTER NOT BURN YOUR TOAST: The Science of Food and Health** By Joe Schwarcz. In a world of misinformation and noise, Dr. Joe is a reliable source of authentic, evidence-based health science, teaching you everything you didn't know you needed to know! If you have an appetite for digestible science, you will find plenty of tasty morsels here. 230 pages. ECW Press. Paperbound. Pub. at \$19.95

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Social Science



THINKING MACHINES: The Quest for Artificial Intelligence and Where It's Taking Us Next By Luke Dormehl. Takes the reader through the history of AI and reveals the role it plays in our everyday lives. Dormehl offers a glimpse of the incredible future that's much closer than many would imagine and invites you to marvel at what now seems commonplace and to re-imagine what it

means to be human in the face of accelerating machine intelligence. 275 pages. Penguin. Paperbound. Pub. at \$16.00
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Social Science



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

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PUNISHMENT WITHOUT CRIME: How Our Massive Misdemeanor System Traps the Innocent and Makes America More Unequal By Alexandra Natapoff. Every year, approximately 13 million Americans are charged with misdemeanor offenses. The author demonstrates how our enormous misdemeanor system is a powerful engine of error, injustice, and inequality. As a result, vast numbers of Americans, most of them poor and people of color, are stigmatized as criminals. 334 pages. Basic. Pub. at \$30.00

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

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WHY THE AMISH SING: Songs of Solidarity & Identity By D. Rose Elder. By making school visits, attending worship services, attending youth sings, and visiting private homes, Elder has had the rare opportunity to listen to Amish singing in its natural social and familial context. She combines one-on-one interviews with detailed observations of how song provides a

window into Amish cultural beliefs and values. 193 pages. Johns Hopkins. Pub. at \$39.95

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REAL LACE: America's Irish Rich By Stephen Birmingham. How the Irish elite emerged out of poverty into positions of both social and business prominence in American history. Birmingham recounts the ultimate rags to riches story of the American Irish in a social history as entertaining as it is important. 322 pages. Lyons. Paperbound. Pub. at \$17.95

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Social Science



CODE DEPENDENT: Living in the Shadow of AI By Madhumita Murgia. Riveting story of what it means to be human in a world changed by artificial intelligence, revealing the perils and inequities of our growing reliance on automated decision-making. 309 pages. Holt. Pub. at \$29.99

Item #9156739 \$6.95



FOOD, INC. 2: Inside the Quest for a Better Future for Food Ed. by Karl Weber. America's food system is broken, harming family farmers, workers, the environment, and our health. But it doesn't have to be this way. Here, brilliant innovators, scientists, journalists and activists explain how we can create a hopeful new future for food, if we have the courage to seize the moment. 323 pages. PublicAffairs.

Paperbound. Pub. at \$19.99

Item #9298851 \$4.95



APOCALYPSE ANY DAY NOW: Deep Underground with America's Domsday Preppers By Tea Krulos. A journalist travels the country to try to puzzle out America's obsession with the end of days. Along the way, he meets doomsday preppers as well as religious prognosticators and climate scientists. Frightening and funny, the ideas Krulos explores range from ridiculously outlandish to alarmingly

near and present dangers. Illus., some in color. 236 pages. Chicago Review. Paperbound. Pub. at \$16.99

Item #7999933 \$5.95



HOW TO TELL WHAT PEOPLE ARE THINKING: From the Bedroom to the Boardroom By Peter Collett. A trusted handbook for more than a decade, this guide to body language has been fully updated with the latest research. It includes insight into everything from Zoom meetings to the confounding world of online dating. Photos. Collins. Paperbound.

Item #9230866 \$9.95



THE RIGHT PEOPLE: A Portrait of the American Social Establishment By Stephen Birmingham. A journey through the customs and habits of the phenomenally wealthy, from the San Francisco elite to the upper crust of New York's Westchester County. Well illus. 360 pages. Lyons. Paperbound. Pub. at \$17.95

Item #9002804 \$4.95

Social Science



THE GOLDEN DREAM: Suburbia in the 1970s By Stephen Birmingham. Birmingham investigates the nesting habits, enjoyments, and frustrations of American suburban life in the 1970s. Almost without exception, the suburbanites came to the suburbs with a dream. The reality they found was often less than what they envisioned, but occasionally it was more. 213 pages. Lyons. Paperbound. Pub. at \$17.95

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IRRESISTIBLE: How Cuteness Wired Our Brains and Conquered the World By Joshua Paul Dale. Cuteness is an area where culture and biology become entangled. Dale explores how cute aesthetics spread around the globe, from Disney and teddy bears to Lolita fashion, and from the global success of Pokemon to the unstoppable rise of Hello Kitty. Illus. 278 pages. Profile.

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

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I'LL HAVE WHAT SHE'S HAVING: Mapping Social Behavior By Alex Bentley et al. Humans are social creatures which explains how ideas, behavior and culture spread through the simple means of doing what others do. The authors explore how we use the brains of others to think for us and as storage space for knowledge about the world, then expand from the individual to small groups to the complexities of populations.

Illus. 146 pages. MIT Press.

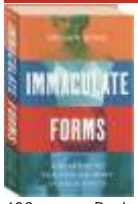
Item #9138005 \$5.95



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

Item #9346538 \$5.95

Social Science



IMMACULATE FORMS: A History of the Female Body in Four Parts By Helen King. Explores the symbiotic relationship between religion and medicine and their twinned history of gatekeeping over the key organs that have been used to define "a woman," illustrating how conceptions of women's bodies have owed more to imagination and myth than to observation and science. Illus.

468 pages. Basic. Pub. at \$35.00

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★**ANTI-TECH REVOLUTION: Why and How** By Theodore John Kaczynski. Taking a highly logical, fact-based, and intellectually rigorous approach, Kaczynski seamlessly systematizes a vast breadth of knowledge and elegantly reconciles the social sciences with biology to illustrate how technological growth in and of itself necessarily leads to disastrous disruption of global biological systems.

268 pages. Fitch & Madison. Paperbound. Pub. at \$19.95

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

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RECKONING WITH POWER: Why the Church Fails When It's on the Wrong Side of Power By David E. Fitch. In a time when we see abuses of power everywhere, Fitch teaches us how to discern power and avoid its pitfalls. By learning from the church's historical triumphs and failures, we can relinquish worldly power and make space for God to disrupt and transform our culture for his kingdom. 221 pages. Brazos Press. Paperbound. Pub. at \$19.99

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

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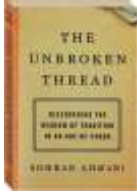
Social Science



AMERICAN BABY: A Mother, a Child, and the Shadow History of Adoption By Gabrielle Glaser. The shocking truth about postwar adoption in America, told through the bittersweet story of one teenager, the son she was forced to relinquish, and their search to find each other. Illus. 343 pages. Viking. Pub. at \$28.00

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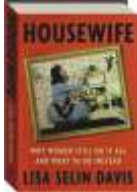
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THE UNBROKEN THREAD: Discovering the Wisdom of Tradition in an Age of Chaos By Sohrab Ahmari. We've pursued and achieved the modern dream of defining ourselves—but at what cost? Ahmari makes a compelling case for seeking the inherited traditions and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

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HOUSEWIFE: Why Women Still Do It All and What to Do Instead By Lisa Selin Davis. Discover the complete social history of the housewife archetype, from colonial America to the 20th century, and re-examine common myths about the "modern woman." 297 pages. Legacy Lit. Pub. at \$30.00

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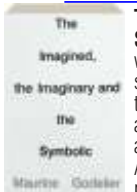
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★**DRAG: The Complete Story** By Simon Doonan. Drag is transformation, communication, and, above all, exaggeration, where gender non-conformity is the *plat du jour*. Observes an increasingly complex world by exploring drag's journey through history—from surprising, to the sophisticated, to the radical—from the heady days of Caligula right up to our gender-fluid present. Fully illus., many in color. 240 pages. Laurence King. Paperbound. Pub. at \$19.99

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

Paperbound. Pub. at \$29.95

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Social Science

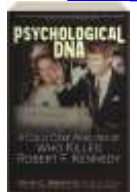


THERE ARE NO ACCIDENTS: The Deadly Rise of Injury and Disaster—Who Profits and Who Pays the Price By Jessie Singer. Recounts the surprising history of accidents and reveals how they've come to define all that's wrong with America. Singer argues that there are no such things as accidents. He uncovers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

harm's way. 336 pages. S&S. Pub. at \$27.99

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★**PSYCHOLOGICAL DNA: A Cold Case Analysis of Who Killed Robert F. Kennedy** By John C. Brady II. A riveting exploration into the depths of Sirhan's psyche, decoding the psychological enigma of a man driven to assassination. This is a journey through the darkest corners of a would-be assassin's mind, unraveling a complex web of homicidal thoughts and shedding light on the psychodynamics that propel someone toward such extreme actions. 393 pages. Trine Day. Paperbound. Pub. at \$29.95

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STAYING FIJIAN: Vatulele Island Barkcloth and Social Identity By Rod Ewins. Barkcloth or masi is the traditional art form of the women of Vatulele Island. Its manufacture continues to flourish, even increase, while many other arts are declining, despite the fact that most of its functional roles have been usurped by Western cloth and paper. Illus. some in color. 402 pages. UHiP. Pub. at \$60.00

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COLLECTIVE WISDOM: Lessons, Inspiration, and Advice from Women over 50 By Grace Bonney. In this collection of interviews and conversations, over 100 trailblazing women describe the ups, downs, and lessons learned while forging their unique paths. Covers a diverse group of women, from an Olympic athlete and a NASA team member to award-winning artists, activists, writers, and filmmakers, from women in their 50's to centenarians. Color photos. 400 pages. Artisan. 8 1/4 x 10 1/4. Pub. at \$35.00

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PRICE CUT to \$3.95

Social Science



I SEE YOU, SURVIVOR: Life Inside (and Outside) the Totally F*cked up Troubled-Teen Industry By Liz Ianelli with B. Witter. A survivor of the Troubled Teen Industry exposes the truth about the dark side of a billion-dollar industry's institutionalized abuse—and shares the story of her own fight for justice. Illus. 286 pages. Hachette. Pub. at \$29.00

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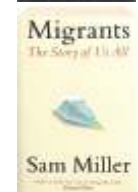
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★**LITTLE GIRL LOST** By Casey Watson. Six year old Amelie lives with her bipolar mother, Kelly. After Kelly attempts to burn down their home, it becomes clear that her daughter is in grave danger. When she arrives at the home of foster carer Watson,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

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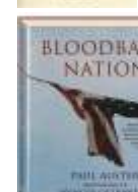
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★**MIGRANTS: The Story of Us All** By Sam Miller. Shows us that it is only by understanding how migration and migrants have been viewed in the past, that we can re-set the terms of the modern-day debate about migration. Illus. 439 pages. Abacus. Paperbound. Pub. at \$19.99

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BLOODBATH NATION By Paul Auster. Photos by S. Ostrander. Traces centuries of America's use and abuse of guns, from the violent displacement of the native population to the forced enslavement of millions, to the bitter divide between embattled gun control and anti-gun control camps that has developed over the past 50 years and the mass shootings

that dominate the news today. Fully illus. 190 pages. Grove. 8 1/4 x 10. Pub. at \$40.00

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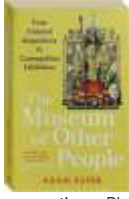


★**DOMESTIC EXTREMIST: A Practical Guide to Winning the Culture War** By Peachy Keenan. With matchless insight and devastating humor, Keenan makes the case for domestic extremism—turning away from the diseased offerings of the elites, the media, Hollywood, your child's school, and Big Tech, and embracing a more human way of life. Mothers and fathers, regular American families, men and women, can win this battle together. 347 pages. Regnery. Paperbound. Pub. at \$17.99

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Social Science



THE MUSEUM OF OTHER PEOPLE By Adam Kuper. Traces the fascinating, complex and sometimes disturbing history of ethnographic collections; offers a considered, skeptical review of debates about restitution and the decolonization of scholarship; and makes the case for a cosmopolitan museum that values expertise, respects local knowledge and fosters international connections. Photos. 415 pages. Profile.

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★ **FOREVER BARBIE: The Unauthorized Biography of a Real Doll** By M.G. Lord. Traces Barbie's development and transformation, through countless makeovers and career changes, into an international pop culture icon and now "traditional toy." Though not every doll in the line has been a hit, with pregnant Midge among the more intriguing disasters, Barbie's endurance speaks as much to Mattel's successful marketing as it does to our society's overall conflict toward femininity. Illus. 310 pages. Liveright. Paperbound. Pub. at \$18.95

Item # [4993411](#) **PRICE CUT to \$6.95**



★ **THE FUTURE OF YOU: Can Your Identity Survive 21st-Century Technology?** By Tracey Follows. "Who am I?" is one of the most fundamental questions we ask. Follows shows how our personal freedoms will be transformed over the coming decades by technological innovations. She argues that we must find a way to embrace this new era of transformation while preserving our autonomy. 231 pages. Elliott & Thompson. Pub. at \$24.95

Item # [4932536](#) **\$5.95**



★ **WOMB: The Inside Story of Where We All Began** By Leah Hazard. A clear-eyed and inclusive examination of the cultural prejudices and assumptions that have made the uterus so poorly understood for centuries. This work takes a fresh look at an organ that brings us pain and pleasure—a small part of our bodies that has a larger impact than we ever thought possible. 316 pages. Ecco. Paperbound. Pub. at \$17.99

Item # [1997688](#) **\$5.95**

Social Science



MY BODY By Emily Ratajkowski. A profoundly personal exploration of feminism, sexuality, and power, of men's treatment of women and women's rationalizations for accepting that treatment. These essays chronicle moments from the author's life while investigating the fetishization of women's beauty, the obsession with and contempt for their sexuality, and more. 237 pages. Metropolis. Pub. at \$26.00

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★ **THESE WALLS: The Battle for Rikers Island and the Future of America's Jails** By Eva Fedderly. Part on the ground reporting, part deep social and architectural history, this work is an eye-opening look into how systems of inequity are constructed and a challenge to our long-held beliefs about what constitutes power and justice. 203 pages. Avid Reader. Pub. at \$28.00

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★ **HOW TO END INJUSTICE EVERYWHERE** By Melanie Joy. Reveals the common denominator driving all forms of injustice. Offers a fascinating examination of the psychology and structure of unjust systems and behaviors. It also offers practical tools to help raise awareness of these systems and dynamics, reduce infighting, and build more resilient and impactful justice movements. 235 pages. Lantern Publishing. Paperbound. Pub. at \$14.95

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★ **HAPPY MEAT, HUMANE ANIMAL RESEARCH, AND OTHER MYTHS** By Peter Marsh. Discusses how different forms of prejudice are interconnected and why we will not be able to eradicate other forms of such violence without eradicating prejudice against animals, too. 135 pages. Lantern Publishing. Paperbound. Pub. at \$14.95

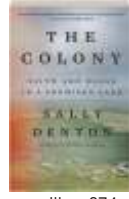
Item # [9144617](#) **PRICE CUT to \$6.95**



★ **SECRETS OF SUCCESSFUL WOMEN INVENTORS** Ed. by Edith G. Tolchin. Reveals the real-life stories of 20 successful, modern-day women inventors—stories that describe the hard work, frequent struggles, and indomitable spirit. Also includes sound advice and guidance from several accomplished invention service providers to further help future inventors reach their fullest potential. 272 pages. Square One. Paperbound. Pub. at \$19.95

Item # [7929420](#) **\$9.95**

Social Science



★ **THE COLONY: Faith and Blood in a Promised Land** By Sally Denton. Picks up where the initial reporting of the November 2019 killings of nine women and children in northern Mexico ended and delves into the complex story of the Le Baron clan. Their homestead, Colonia LeBaron, is a portal into the past, a place that offers a glimpse into a polygamous community on arid and dangerous frontier in the mid-1800s through

now. Illus. 274 pages. Liveright. Paperbound. Pub. at \$17.95

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★ **MOVING PAST MARRIAGE** By Jaclyn Geller. Using examples of myriad luminaries who never married, this work shows how nonmarital people have been a powerful creative force in history, contributing to science, art, religion, and literature, and often demonstrating great courage during times of war. Suggests how American society could be organized differently. 363 pages. Start. Paperbound. Pub. at \$18.95

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★ **THE TRILLION DOLLAR SILENCER: Why There Is So Little Anti-War Protest in the United States** By Joan Roelofs. Investigates the astounding lack of popular protest at the death and destruction that the military industrial complex is inflicting on people, nations, and the environment, and its budget-draining costs. Photos. 208 pages. Clarity. Paperbound. Pub. at \$27.95

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★ **WUHAN DIARY: Dispatches from a Quarantined City** By Fang Fang. A fascinating eyewitness account of the events as they unfolded at the beginning of the pandemic. Captures the challenges of daily life and the changing moods and emotions of being quarantined without reliable information. 398 pages. HarperVia. Paperbound. Pub. at \$17.99

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★ **THE BEHAVIORAL CODE: The Hidden Ways the Law Makes Us Better...or Worse** By B. van Rooij & A. Fine. The authors reveal the behavioral code: the root causes and hidden forces that drive human behavior and our responses to society's laws. Using compelling examples they argue that law is destined to fail if it continues to rely on our intuitions rather than behavioral science. 302 pages. Beacon. Paperbound. Pub. at \$18.95

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Social Science



★ **BATTLEFIELD CYBER: How China and Russia Are Undermining Our Democracy and National Security** By M.G. McLaughlin & W.J. Holstein. It will take many years and billions of dollars to even begin to secure our IT systems and prevent the slow rot that is destroying America. Using language that the layman can understand, this educates Americans about what has happened and

inspires them to seek solutions. 285 pages. Prometheus. Pub. at \$28.95

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★ **DREAM HOARDERS** By Richard V. Reeves. A national conversation on the dangerous separation between the upper middle class and everyone else. Reeves explores the creation and perpetuation of opportunity hoarding, and what should be done to stop it. He offers specific steps toward reducing inequality and asks the upper middle class to pay for it. Illus. 198 pages. Brookings Institution. Paperbound. Pub. at \$17.99

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★ **MODERN SLAVERY** By Guido Cuyvers. Slavery is a phenomenon that appears not to interfere with the daily lives of most people. But in 2023 it still consists for a large group of people. For more than 50 million individuals worldwide, freedom does not exist. People are still being exploited and traded as commodities. This account will give you a glimpse of what slavery looks like today. 229 pages. Vita Histria. Pub. at \$29.99

Item # [7967268](#) **PRICE CUT to \$11.95**



★ **YOU BET YOUR LIFE: Your Guide to Deadly Risk** By Sheila & Joe Buff. Applies to you, the individual, the analytical approach insurance companies use to calculate risk: actuarial science. The result is a comprehensive, encyclopedic, real world assessment of more than 1,000 of the risks we take every day of our all too finite lives, from boarding an airplane to tempting a shark attack by dipping a toe in the ocean. 672 pages. Half Full Press. Pub. at \$35.00

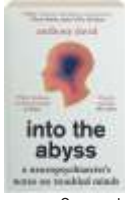
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★ **WHAT KIND OF BIRD CAN'T FLY: A Memoir of Resilience and Resurrection** By Dorsey Nunn with L. Romney. Links the politics of Black Power to the movements for Black lives and dignified reentry today. Nunn's story underscores the power of coalition building, persistence in the face of backlash, and the importance of centering the voices of experience in the fight for freedom—and proves that jailbirds *can* fly. Photos. 349 pages. Heyday. Paperbound. Pub. at \$24.00

Item # [6996256](#) **PRICE CUT to \$2.95**

Psychology

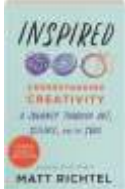


INTO THE ABYSS: A Neuropsychiatrist's Notes on Troubled Minds By Anthony David. David approaches each patient with a broadminded combination of social and cognitive psychology and neurology. Causes might range from a traumatic memory to a chemical imbalance, a morbid way of thinking or a hidden tumor. These case studies reveal the unique complexity of the human mind. 215

pages. Oneworld. Paperbound. Pub. at \$16.95

Item # [9096280](#)

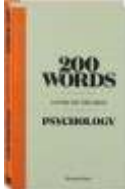
\$5.95



INSPIRED: Understanding Creativity By Matt Richtel. LARGE PRINT EDITION. About the science of creativity, distilling an explosion of exciting new research from across the world. Through narrative storytelling, the author marries these findings with timeless insights from the world's greatest creators as he deconstructs the authentic nature of creativity. 444 pages. Harper. Paperbound. Pub. at \$31.99

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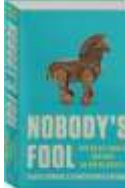
\$4.95



200 WORDS TO HELP YOU TALK ABOUT PSYCHOLOGY By Michael Britt. Features definitions of 200 words frequently used to describe and discuss a smart subject. Psychology can be baffling, as well as fascinating, to the best of us. Britt guides you through gestalt theory, the placebo effect, prejudice, critical thinking and so much more. 143 pages. Laurence King. Pub. at \$12.99

Item # [9153322](#)

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NOBODY'S FOOL: Why We Get Taken In and What We Can Do About It By D. Simons & C. Chabris. To know if you have been deceived, you must question what you believe—but we can't always question everything. This work addresses the more difficult and intriguing question: *When* should you question what you believe? 327 pages. Basic. Pub. at \$30.00

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TELL ME WHAT YOU WANT: A Therapist and Her Clients Explore Our 12 Deepest Desires By Charlotte Fox Weber. Weber takes you behind closed doors of her therapy sessions as she guides clients towards startling insights and profound change. With a warm and compassionate voice, she blends dramatic and moving personal stories with careful research in this guide to living well.

298 pages. Atria. Paperbound. Pub. at \$18.99

Item # [9199845](#)

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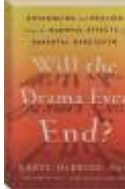
Psychology



READY: How to Know When to Go and When to Stay By David Richo. Do we stay in what is familiar? Richo shares the wisdom we need to make decisions and feel confident in following through. He examines the mystery of timing, why we stay too long and leave too soon, and what it feels like when the timing is right. 170 pages. Shambhala. Paperbound. Pub. at \$17.95

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WILL THE DRAMA EVER END: Untangling and Healing from the Harmful Effects of Parental Narcissism By Karyl McBride. McBride explores the insidious way a narcissistic environment is developed in a family, how a narcissistic parent damages a child's emotional growth and ability to trust, and finally, how to not only move on but become truly free. 250 pages. Atria. Pub. at \$27.99

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IF NIETZSCHE WERE A NARWHAL: What Animal Intelligence Reveals About Human Stupidity By Justin Gregg. Asks whether we are in fact the superior species. As it turns out, the truth is stranger and far more interesting than we have been led to believe. Gregg highlights one feature seemingly unique to humans—our use of language, our rationality, and more, and compares it to our animal brethren. 308 pages. Little, Brown. Paperbound. Pub. at \$19.99

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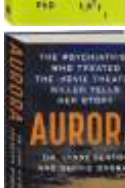
\$6.95



SELFLESS: The Social Creation of "You" By Brian Lowery. Argues that there is no real "self"—only a construct created by our interactions with others. This provocative work explores the surprisingly freeing and humbling implications of this theory. 259 pages. Harper. Pub. at \$29.99

Item # [8883564](#)

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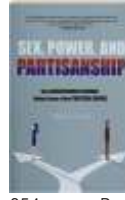


AURORA: The Psychiatrist Who Treated the Movie Theater Killer Tells Her Story By L. Fenton & K. Droban. The author's chilling account provides an intimate look at her life before and after the Aurora massacre, as well as alarming insight into the sinister patient who called himself "fear incarnate." Color photos. 289 pages. Berkley. Pub. at \$27.00

Item # [8054002](#)

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Psychology

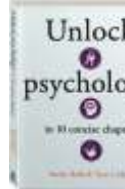


SEX, POWER, AND PARTISANSHIP: How Evolutionary Science Makes Sense of Our Political Divide By Hector A. Garcia. Reveals how even the most complex political processes can be influenced by our basic drives to survive and reproduce—including the policies we back, whether we are liberal or conservative, and whether we are inspired or repelled by the words of a president.

254 pages. Prometheus. Paperbound. Pub. at \$18.00

Item # [7977883](#)

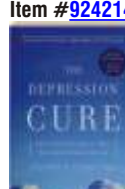
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★UNLOCK PSYCHOLOGY IN 10 CONCISE CHAPTERS By E. Ralls & T. Collins. Unlock the wonders of the human brain in ten concise chapters with this essential introduction to psychology. Learn about the theories of Sigmund Freud, the research of Ivan Pavlov, the distinction between behavioural and cognitive psychology, and much more besides. Fully illus. in color. 128 pages. Sirius. Pub. at \$16.99

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★THE DEPRESSION CURE, REVISED SECOND EDITION: The 6-Step Program to Beat Depression Without Drugs By Stephen S. Ilardi. Prescribes an easy-to-follow, clinically proven program that harkens back to what our bodies were originally made for and what they continue to need, with six components. In conjunction with medical help, this guide can help achieve results to reclaim life. 285 pages.

Da Capo. Paperbound. Pub. at \$19.99

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★THE POCKET DREAM READER: Interpret the Symbols, Signs & Meanings Dreams open a door to our subconscious, unlocking mysteries and showing paths forward that we are yet to realize. With this A-Z guide, decode their symbols, signs, and hidden meanings to enhance personal growth and understanding. Discover the role that nightmares and recurring dreams have in boosting self-awareness. 128 pages. Gemini. Pub. at \$9.95

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DORA: An Analysis of a Case of Hysteria By Sigmund Freud. Freud pursues the secrets of Dora's psyche by using as clues her nervous mannerisms, her own reports on the peculiarities of her family, and the content of her dreams. He uses all his analytic genius and literary skill to reveal Dora's inner life and explain the motives behind her fixation on her father's mistress. 124 pages. Scribner.

Paperbound. Pub. at \$16.99

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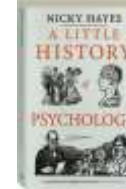
Psychology



★DREAMING OF YOUR FUTURE: Unlock the Precognitive Secrets of Your Mind By Theresa Cheung. Far beyond a dream dictionary, this volume features numerous exercises and a detailed directory of symbols divided into twenty themes. It provides practices for mental time travel, memory games, making predictions, staying motivated, and much more. 283 pages. Llewellyn. Paperbound. Pub. at \$22.99

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★A LITTLE HISTORY OF PSYCHOLOGY By Nicky Hayes. Takes us on a journey through the ever-advancing study of psychology, showing how the field has evolved over time—and how much more we need to learn. Illus. 280 pages. Yale. Pub. at \$26.00

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★WHY PSYCHOSIS IS NOT SO CRAZY: A Road Map to Hope and Recovery for Families and Caregivers By Stijn Vanheule. With a combination of theory from Freud to Lacan, present-day research, and compelling examples from the author's own patients and well-known figures, Vanheule explores psychosis in an engaging way that can benefit those suffering from it as well as the people who care for and interact with them. 219 pages. Other Press. Paperbound. Pub. at \$16.99

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★SENSORY PROCESSING SOLUTIONS: Drug-Free Therapies to Realize Your Child's Potential By Sally Fryer Dietz. Dietz explains how children with sensory processing "glitches" are often misunderstood and put on medication rather than in therapies that can help them succeed naturally. He provides solutions beyond medication and helps you figure out what options are available.

178 pages. Inner Traditions. Paperbound. Pub. at \$16.99

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Education



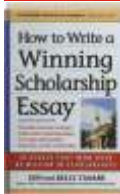
THE FRESHMAN SURVIVAL GUIDE, REVISED: Soulful Advice for Studying, Socializing, and Everything in Between By N. Bradbury-Haehl & B. McGarvey. Completely revised and updated values-based guide full of practical tools and advice that students need to navigate the first year of college and get the most out of their experience. Includes new research on issues such as mental health, sexual assault and

finding balance. Also features online learning, money management and more! 368 pages. Center Street. Paperbound. Pub. at \$19.99

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Education



★**HOW TO WRITE A WINNING SCHOLARSHIP ESSAY, TENTH EDITION** By Gen & Kelly Tanabe. Shows you how to craft a winning essay and deliver a powerful interview. You will learn how to avoid costly mistakes; understand what scholarship judges want; and more. 256 pages. SuperCollege. Paperbound. Pub. at \$19.99

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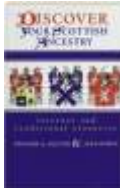


★**THE HIDDEN CURRICULUM: Understanding Unstated Rules in Social Situations** By Brenda Smith Myles et al. The world around us is a complicated place filled with expectations, rules, assumptions, guidelines, regulations, and policies. This "hidden curriculum" exists across environments, places, people, and cultures. Some people learn the hidden curriculum and its impact automatically.

Others learn the hidden curriculum only by direct instruction. 155 pages. Future Horizons. Paperbound. Pub. at \$21.95

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Research Tools & Sourcebooks



DISCOVER YOUR SCOTTISH ANCESTRY: Internet and Traditional Resources By G.S. Holton & J. Winch. The perfect guide to tracing your Scottish ancestors, this guide combines the traditional methods of researching family history with new methods offered by information technology and the Internet. 208 pages. Roberts Rinehart. Paperbound. Pub. at \$16.95

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SAME SEX LOVE, 1700-1957: A History and Research Guide By Gill Rossini. The history of same-sex relationships aimed specifically at family historians, offering valuable insights into the lives of those who were often seen as outcasts. Includes research guidance for genealogists researching this often-neglected aspect of family history. Illus. 160 pages. Pen & Sword.

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THE SAILING FANATIC: Timeless Reflections on Water, Wind, and Wave By Christopher Caswell. Featuring some of the finest things ever said about the art of sailing, the sea, the weather, engines, racing, and philosophy, captains and crew alike will find this the perfect consolation for being ashore. 422 pages. Lyons. Paperbound. Pub. at \$12.95

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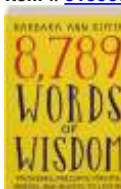
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CHANGE HAPPENS By Kathryn Petras & Ross Petras. Exciting. But often painful. Exhilarating, but unsettling. Unpredictable, and yet inevitable. Like it or not, change happens, and when it does, here is a guide that offers true support. A collection of very wise words by very changed people who knew just how you feel. Illus. in color. 209 pages.

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Merriam-Webster. Paperbound.

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★**LEARN BLACK AMERICAN SIGN LANGUAGE: A History and Complete Beginner's Guide with Over 200 Words and Phrases** By Franklin R. Jones, Jr. Deaf history has been told primarily from a White-centered lens, pushing Black Deaf history into the background. However, today, Black signers are telling the hidden stories of Black Deaf people and celebrating their language, exposing their dialect to millions across the world. Fully illus. in color. 190 pages. Wellfleet. 8 1/4 x 10 1/4. Pub. at \$24.99

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★**MERRIAM-WEBSTER'S VISUAL DICTIONARY, SECOND EDITION** Ed. by Anne Rouleau et al. Incorporates nearly 25,000 terms and their definitions into 8,000 full-color illustrations of a wide variety of objects from all aspects of life, including Astronomy, Animals, the Human Body, Transportation, Sports, Science, and more. 1112 pages. Merriam-Webster. 8x10.

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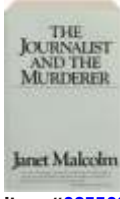
Philosophy



VOLTAIRE'S REVOLUTION Ed. by G.K. Noyer. Presents the first full English translations of selected writings from Voltaire's pamphlet campaign for tolerance, which forcefully drove the movement to grant freedom of beliefs and end state-imposed religions. Includes accounts of Voltaire's battle as seen by a number of noted contemporaries. 397 pages. Prometheus. Paperbound. Pub. at \$21.00

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Philosophy



THE JOURNALIST AND THE MURDERER By Janet Malcolm. Analyzes the lawsuit of Jeffrey MacDonald, a convicted murderer, against Joe McGinniss, the author of *Fatal Vision*. McGinniss ingratiated himself with MacDonald to support his innocence, only to portray him as guilty in the final publication, sparking a gripping examination of the ethics governing the writer-subject covenant. 163 pages. Vintage. Paperbound. Pub. at \$15.00

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FREE AGENTS: How Evolution Gave Us Free Will By Kevin J. Mitchell. An astonishing journey of discovery, offering a new framework for understanding how, across a billion years of Earth history, life evolved the power to choose, and why it matters. Photos. 333 pages. Princeton. Pub. at \$29.95

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THE LITTLE BOOK OF HUMANIST FUNERALS: Remembering and Celebrating a Life By A. Copson & A. Roberts. A collection of insights from humanist celebrants, as well as quotes, poems and meditations from humanist writers and thinkers throughout history. The perfect introduction to the humanist approach to life and death. 219 pages. Piatkus. Pub. at \$17.99

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Philosophy



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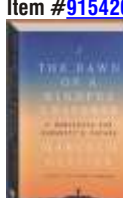
Liveright. Paperbound. Pub. at \$18.99

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★ **BEYOND STOICISM: A Guide to the Good Life with Stoics, Skeptics, Epicureans, and Other Ancient Philosophers** By Massimo Pigliucci et al. Times have changed, but the quest for eudaimonia—a life worth living—remains the same. Ponder answers to the big questions with thirteen of the most prominent Greco-Roman philosophers. Includes exercises to help you test-drive each philosophy today. 298 pages. The Experiment. Paperbound. Pub. at \$22.95

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THE DAWN OF A MINDFUL UNIVERSE: A Manifesto for Humanity's Future By Marcelo Gleiser. A spellbinding call for us to recognize the preciousness of life and of our planet. Adds to our current scientific narrative a much-needed moral dimension aimed at preserving life, the planet, and our collective future. 244 pages. Harper. Pub. at \$29.99

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MARX: Towards the Centre of Possibility By Kojin Karatani. Karatani's Marx takes on insights from semiotics, deconstruction, and the reading of Marx as a literary thinker, treating Capital as an intervention in philosophy that could be read as itself a theory of signs. 118 pages. Verso. Paperbound. Pub. at \$24.95

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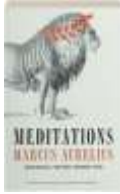


EPICURUS AND HIS INFLUENCE ON HISTORY By Ben Gazur. How should we live? In ancient Greece, one man came up with an answer to this question. The philosopher Epicurus taught his followers that pleasure and contentment were the aims of the good life. Reveals the life of Epicurus and traces how his teachings have influenced thinkers across time. 16 pages of photos. 216 pages.

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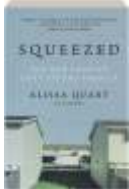


LIFE AFTER CAPITALISM: The Meaning of Wealth, the Future of the Economy, and the Time Theory of Money By George Gilder. Gilder poses that creativity and faith in the future, capitalism's crucial ingredients, seem to have run out and the elites think they can maintain a nation's wealth by printing money and investing it in favored industries. Such misguided corporatism and pride are

the result of a deep misunderstanding of capitalism itself. 212 pages. Regnery. Pub. at \$29.99

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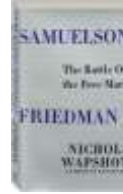
PLANET ON FIRE: A Manifesto for the Age of Environmental Breakdown By M. Lawrence & L. Laybourn-Langton. Offers a clear and practical road map for a future that is democratic and sustainable by design. The authors argue that it is not enough to spend our way out of the crisis; we must also rapidly reshape the economy to create a new way of

life that can foster a healthy and flourishing environment for all. 280 pages. Verso. Pub. at \$24.95

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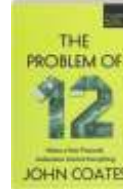
Economics



SAMUELSON FRIEDMAN: The Battle Over the Free Market By Nicholas Wapshott. Wapshott brings narrative verve and puckish charm to the story of Samuelson and Friedman, two giants of modern economics, their braided lives and colossal intellectual battles. 367 pages. Norton. Pub. at \$28.95

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THE FIRST OF EVERYTHING: A Celebration of Human Invention By Stewart Ross. A lively and highly readable account of the origins, invention and discovery of just about everything on the planet, ranging from the Big Bang to driverless cars. Illus. 280 pages. Michael O'Mara. Paperbound.

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BRIDGES OF THE WORLD By G. Ascari & P. Valentinis. Bridges can either link or divide people and cultures; they are both strong and fragile, and this work features 50 of them from all over the world. It also collects stories that accompany these bridges, including the inspirational lives of those who designed, built, and crossed them. Fully illus. in color. Welbeck. Pub. at \$14.95

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SEEING TREES: A History of Street Trees in New York City and Berlin By Sonja Dumpelmann. A fascinating and beautifully illustrated volume that explains what street trees tell us about humanity's changing relationship with nature and the city. 318 pages. Yale. 7½x10¼. Pub. at \$55.00

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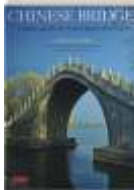
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BUILDING AND DWELLING: Ethics for the City By Richard Sennett. Shows how Paris, Barcelona, and New York City assumed their modern forms; revises the reputations of Jane Jacobs, Lewis Mumford, and other key thinkers; and takes us on a tour of emblematic contemporary locations, from the backstreets of Medellín, Colombia, to the Google headquarters in Manhattan. 32 pages of photos, some in color. 343 pages. FSG. Pub. at \$30.00

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CHINESE BRIDGES: Living Architecture from China's Past By Ronald G. Knapp, photos by A.C. Ong. Covers not only the various types of bridges and their distinctive architectural elements but also focuses on bridges as "living architecture," including the rituals involved in bridge construction and the use of bridges as the focus of life. Fully illus. in color. 272 pages. Tuttle. 9x11¼. Paperbound. Pub. at \$16.95

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NATURAL BUILDING TECHNIQUES By Tom Woolley. This helpful guide offers an outline of many of the materials, products and methods of construction that are available, equipping readers with confidence to create healthy, ecological homes. Well illus. in color. 160 pages. Crowood. 7½x9¾. Paperbound. Pub. at \$29.99

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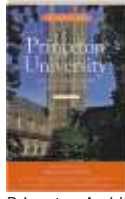


FOUR FLORIDA MODERNS: The Architecture of Alberto Alfonso, Rene Gonzalez, Chad Oppenheim, and Guy Peterson By Saxon Henry. At once a striking visual tour and a thoughtful examination, this survey treats readers to the rich and innovative styles of tropical modernism as conceived by four trailblazing architects. Over 300 vibrant, full-color photos offer a gallery of each architect's noted works. 311 pages. Norton. 8¼x8¼. Pub. at \$50.00

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PRINCETON UNIVERSITY AND NEIGHBORING INSTITUTIONS, SECOND EDITION: The Campus Guide By Robert Spencer Barnett. Organized as a collection of walks through which the Princeton campus and neighboring institutions can be experienced, this guide is a convenient tool for visiting the campus and experiencing the architecture in its ideal setting. Well illus. in color. 351 pages. Princeton Architectural. 6¼x10. Paperbound. Pub. at \$34.95

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PALACES FOR PIGS By Lucinda Lambton. Architecture for animals has been, and still continues to be, a tremendous British tradition, as this fully illustrated volume with striking images, complemented with engaging text shows. Lambton celebrates this tradition, telling the fascinating stories behind the buildings that housed animals and the monuments that commemorated them in death. Fully illus. in color. 256 pages. English Heritage. 7¼x10. Pub. at \$50.00

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THE CAPE COD COTTAGE By William Morgan. In this photo essay—printed in beautiful black and white and accompanied by an insightful text—Morgan traces the entire history of the Cape Cod cottage, from its Colonial origins, to the suburban starter homes of midcentury America, to the creative interpretations of contemporary architects. 95 pages. Abbeville. 8¾x8¾. Pub. at \$19.95

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ARCHITECTURE IN THE SOUTH PACIFIC: The Ocean of Islands By J. Taylor & J. Conner. Recounts an important development in the making of the contemporary South Pacific—that of the new and diverse architecture, together with regional buildings of note, both historical and contemporary. Presented in full color, this volume will appeal to anyone interested in discovering the islands of the South Pacific. 356 pages. UHiP. 11x10. Pub. at \$50.00

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Monographs on Architects



★MATERIALIZED SPACE: The Architecture of Paul Rudolph By Abraham Thomas. A reassessment of the career of architect Paul Rudolph, from his modernist Florida houses to his controversial brutalist buildings and later international projects. Fully illus. some in color. 127 pages. MMA. 8¼x10½. Paperbound. Pub. at \$30.00

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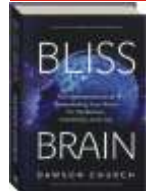


★FRANK LLOYD WRIGHT & RALPH WALDO EMERSON: Transforming the American Mind By Ayad Rahmani. An interdisciplinary volume of literary and cultural scholarship that examines the link between two pivotal intellectual and artistic figures. Shows that Emerson's writings provided an avenue for interpreting Wright's complex approach to country and architecture. Photos. 324 pages. LaSUP. 6½x9½. Pub. at \$49.95

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RIPPED APART: Living Misdiagnosed By David Black. This is the story of American hospitals, spotlighting what it is like for patients to suffer due to doctors' mistakes and their refusal to admit their wrongdoings. There is no politely written narrative, but rather, a personal story with a wider look at the failure of our health care system. Illus., most in color. 262 pages. Skyhorse. Pub. at \$24.99

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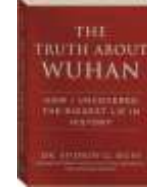
Medical Science



MOLDS, MUSHROOMS, AND MEDICINES: Our Lifelong Relationship with Fungi By Nicholas P. Money. Explores the amazing ways fungi interact with our bodies, showing how our health and well-being depend on an immense ecosystem of yeasts and molds inside and around us. Reveals what scientists are learning about the importance of fungi and their emerging importance in lifesaving medicine. 229 pages. Princeton. Pub. at \$29.95

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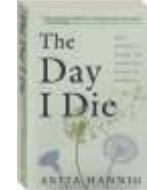
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THE TRUTH ABOUT WUHAN: How I Uncovered the Biggest Lie in History By Andrew G. Huff. Explore shocking new insider information from Dr. Andrew G. Huff, former senior scientist and vice president of EcoHealth Alliance, who uncovers what really happened in Wuhan, China, at the start of the COVID-19 outbreak and the ensuing cover-up. 299 pages. Skyhorse. Pub. at \$26.99

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THE DAY I DIE: The Untold Story of Assisted Dying in America By Anita Hannig. Brings us into the lives of ordinary Americans who go to extraordinary lengths to set the terms of their own death. Faced with a terminal diagnosis and unbearable suffering, they decide to seek medical assistance in dying, a legal option now available to one in five Americans. 297 pages. Sourcebooks. Pub. at \$27.99

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THE STORY OF A HEART: One Heart, and the Medical Miracle That Saved a Child's Life By Rachel Clarke. Nine-year-old Max Johnson had been in a hospital for nearly a year, valiantly fighting the virus that was causing his young heart to fail. When Max's parents received the call they had been hoping for, they knew it came at a terrible cost to another family—in what Clarke calls "the brutal arithmetic of transplant surgery." 232 pages. Scribner. Pub. at \$28.99

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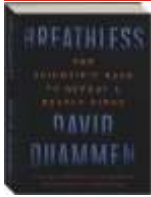


THE SONG OF OUR SCARS: The Untold Story of Pain By Haider Warraich. A doctor's personal and unsparring account of how modern medicine's failure to understand pain has made care less effective. 307 pages. Basic. Pub. at \$30.00

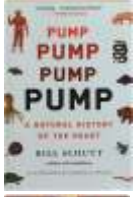
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Medical Science



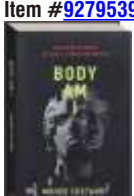
BREATHLESS: The Scientific Race to Defeat a Deadly Virus By David Quammen. The behind-the-scenes story of how scientists around the world cooperated to decipher the COVID-19 virus and make possible the vaccines to fight the pandemic. 406 pages. S&S. Pub. at \$29.99
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PUMP: A Natural History of the Heart By Bill Schutt. In this lively, unexpected look at the hearts of animals—from fish to bats to humans—American Museum of Natural History zoologist Bill Schutt tells an incredible story of evolution and scientific progress. Illus. 269 pages. Algonquin. Paperbound. Pub. at \$17.99
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★WHO'S YOUR DOCTOR? A Guide to Protect You From the Wrong One By William Abramovits. Analytically walks readers through all of the different providers they may encounter in the healthcare system, discussing their credentials and education, and how to select a doctor to ensure they receive the best and most competent healthcare. 211 pages. Savio Republic. Paperbound. Pub. at \$18.99
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BODY AM I: The New Science of Self-Consciousness By Moheb Costandi. Explores the new science of bodily awareness and self-consciousness, explaining the latest neurological findings. Also covers phenomena such as phantom limbs, alien hands, amputee fetishes, eating disorders, and more. 205 pages. MIT Press. Pub. at \$27.95
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MORE THAN HOT: A Short History of Fever By Christopher Hamlin. Reviewing the representations of the condition from ancient times to the present, this is a history of the world through the lens of fever. This volume deals with the expression of fever, the efforts of medical scientists to classify it, and with fever's changing social, cultural, and political significance. Illus. 383 pages. Johns Hopkins. Paperbound. Pub. at \$27.00
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Medical Science



★DREAMING REALITY: How Neuroscience and Mysticism Can Unlock the Secrets of Consciousness By V. Miskovic & S.J. Lynn. Connects the latest findings in neuroscience to the insights of the world's mystical traditions to investigate the nature of human consciousness. Dreams, hallucinations, psychedelic experiences, meditation, and other altered states are examined. 397 pages. Belknap. Pub. at \$29.95
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★THE FUTURE OF THE BRAIN Ed. by G. Marcus & J. Freeman. An unprecedented look at the quest to unravel the mysteries of the human brain that takes readers to the absolute frontiers of science. With original essays by leading researchers, this work sheds light on the breathtaking implications of brain science for medicine, psychiatry, and even human consciousness itself. Illus., in color. 284 pages. Princeton. Paperbound. Pub. at \$18.95
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THERE PLANT EYES: A Personal and Cultural History of Blindness By M. Leona Godin. From Homer to Helen Keller, from *Dune* to Stevie Wonder, from the invention of braille to the science of echolocation, Godin explores the fascinating history of blindness, interweaving it with her own story of gradually losing her sight. 331 pages. Pantheon. Pub. at \$28.00
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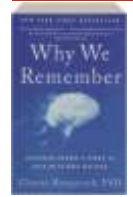


MOONSHOT: Inside Pfizer's Nine-Month Race to Make the Impossible Possible By Albert Bourla. Recounts an intensive nine months in 2020 when scientists at Pfizer collaborated with BioNTech to make "the impossible possible"—creating, testing, and manufacturing a safe and effective vaccine that would have previously taken years to develop, told by Pfizer's Chairman and CEO. Photos, most in color. 216 pages. HarperBusiness. Pub. at \$29.99
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THE SPIRIT CATCHES YOU AND YOU FALL DOWN: A Hmong Child, Her American Doctors, and the Collision of Two Cultures By Anne Fadiman. Explores the clash between a small county hospital in California and a refugee family from Laos over the care of Lia Lee, a Hmong child diagnosed with severe epilepsy. Lia's parents and her doctors both wanted what was best for Lia, but the lack of understanding between them led to tragedy. 355 pages. FSG. Paperbound. Pub. at \$17.00
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Medical Science



★WHY WE REMEMBER: Unlocking Memory's Power to Hold on to What Matters By Charan Ranganath. Reveals the powerful role memory plays in nearly every aspect of our lives, from daily remembering tasks like recalling names and finding our keys to learning, decision-making, trauma, and healing. 291 pages. Vintage. Paperbound. Pub. at \$19.00
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Business



HOMEMADE MONEY: Starting Smart By Barbara Brabec. The ultimate idea work and business generator for people who want to earn money from home. Explains how to turn existing talents, experience, and know-how into a profitable business. 335 pages. M. Evans. Pub. at \$24.95
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THE MAN WHO BROKE CAPITALISM By David Gelles. In 1981, Jack Welch took over General Electric and quickly became the first celebrity CEO. But his achievements were the product of his relentless effort to push GE's stock price even higher, often at the expense of workers, consumers, and innovation. Gelles argues that Welch single-handedly ushered in a new, cutthroat era of American capitalism that persists today. 264 pages. S&S. Pub. at \$28.00
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LEADERSHIP: In Turbulent Times By Doris Kearns Goodwin. Provides an essential road map for aspiring and established leaders in every field and for all of us in our everyday lives. Goodwin demonstrates how four leaders—Abraham Lincoln, Theodore Roosevelt, Franklin D. Roosevelt, and Lyndon B. Johnson—overcame adversity and transcended personal ambition to enlarge the lives of others. 473 pages. S&S. Paperbound. Pub. at \$19.99
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Business



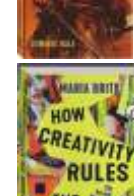
GRIT TO GREAT: How Perseverance, Passion, and Pluck Take You from Ordinary to Extraordinary By L. Kaplan Thaler & R. Koval. Offers insights from the front lines of the impact of perseverance, pluck, and focused attention on getting ahead, whether you are an entry-level employee, a budding entrepreneur, or an aspiring C-suite executive. 158 pages. Currency. Pub. at \$19.95
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BLOOD MONEY: The Story of Life, Death, and Profit Inside America's Blood Industry By Kathleen McLaughlin. A haunting, deeply personal investigation of an underground for-profit medical industry and the American underclass it drains for blood and profit. This captivating, anguished expose weaves together a personal battle to overcome illness while also facing her complicity in this wheel of exploitation. 225 pages. Atria. Paperbound. Pub. at \$18.99
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★THE ENTREPRENEUR'S GUIDE TO THE BOOK OF FIVE RINGS By Dominic Hale. Shows exactly how we can use Musashi's axioms to achieve success in the modern world. Includes the full text with insightful commentary breaking down each section. Illus. 192 pages. Sirius. Pub. at \$12.99
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HOW CREATIVITY RULES THE WORLD: The Art and Business of Turning Your Ideas into Gold By Maria Brito. Builds the case for creativity as an inexhaustible resource available to everyone and proves that it is the key to thriving in the business world and beyond. 270 pages. Harper. Pub. at \$28.99
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ALL IN: How Obsessive Leaders Achieve the Extraordinary By Robert Bruce Shaw. Shows leaders and aspiring leaders how obsession can fuel the most incredible success, while shining a light on how this same trait—when left unchecked and out of balance—can take a devastating toll on the leader themselves, on his or her family, and on their work colleagues. 220 pages. AMACOM. Paperbound. Pub. at \$19.99
Item #[9117733](#) **\$3.95**

Business



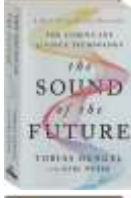
WHAT CUSTOMERS HATE By Nicholas J. Webb. Drive fast and scalable growth by eliminating the things that drive business away. Learn the benefits of shifting from a singular focus of making your customers happy to include eliminating what your customers hate. 218 pages. HarperCollins. Paperbound. Pub. at \$19.99

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THE FAMILY FIRST ENTREPRENEUR: How to Achieve Financial Freedom Without Sacrificing What Matters Most By Steve Chou. A guide to doing entrepreneurship differently—letting go of the hustle and embracing a family-first mindset instead. Offers a series of simple principles that can guide every decision you make, helping you establish a solid foundation upon which you can build the life you've dreams of. Harper. Pub. at \$32.00

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THE SOUND OF THE FUTURE: The Coming Age of Voice Technology By Tobias Dengel with K. Weber. Explores why voice technology is the next big thing, as big as mobile a decade ago and the internet in the '90s, fundamentally altering the way companies do business. 328 pages. PublicAffairs. Pub. at \$30.00

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HOW TO LEAD YOUR FAMILY BUSINESS By Julie Charlestein. A master class in working with and for family, reshaping generations-old company cultures, earning your colleagues' respect, and more. Through stories full of candor and humor, Charlestein shares her leadership adventure, offering actionable strategies for those leading and working within their own family business. 212 pages. Matt Holt. Pub. at \$26.00

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★HOW THINGS ARE MADE: A Journey Through the Hidden World of Manufacturing By Tim Minshall. Minshall takes us on a journey through the manufacturing world, from the smallest job shops to mega-factories, from global shipping hubs to local delivery at your door, revealing the inner workings of the system that runs 24-7-365 to make and deliver the things we need—or want—to live our daily lives. Ecco. Pub. at \$30.00

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MY BEST MISTAKE: Epic Fails and Silver Linings By Terry O'Reilly. Recounts how some of the biggest breakthroughs and best-loved products originated with a mistake. This work will change how you think about screwing up and will encourage you to accept mistakes and embrace the obstacles that may arise from errors, leading you to unexpected breakthroughs and silver linings of your own. Photos, most in color. 285 pages. Harper. Paperbound. Pub. at \$16.99

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THE PROBLEM WITH CHANGE: And the Essential Nature of Human Performance By Ashley Goodall. If you've had enough of the constant turbulence that defines corporate life today, you're not alone. Learn why change is bad for people and for business, and discover how to create the stability that we all need to thrive. 278 pages. Little, Brown. Pub. at \$30.00

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★WALL STREET'S WAR ON WORKERS: How Mass Layoffs and Greed Are Destroying the Working Class and What to Do About It By Les Leopold. Leopold explains why mass layoffs occur and how our current laws and regulations allow companies to turn these layoffs into short-term financial gains. Both groundbreaking and urgent, this work not only offers solutions that could halt mass layoffs but also offers new hope for workers everywhere. 226 pages. Chelsea Green. Pub. at \$28.00

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★THE HANDOVER: How We Gave Control of Our Lives to Corporations, States and AIs By David Runciman. An eminent political thinker uses our history with states and corporations—"artificial agents" to which we have granted immense power—to predict how AI will remake society. Illus. 328 pages. Liveright. Paperbound. Pub. at \$19.99

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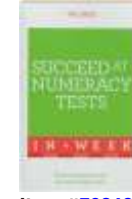
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MATH FOR ENGLISH MAJORS: A Human Take on the Universal Language By Ben Orlin. Math is often called the "universal language." But if a language brings people together, why does math make so many of us feel alone? The author offers fresh insights for the perplexed and the professoriat alike and unravels the secrets behind the world's most confounding language. Well illus. 287 pages. Black Dog & Leventhal. Pub. at \$30.00

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THE MAGICIANS: Great Minds and the Central Miracle of Science By Marcus Chown. This is the story of the magicians: the scientists who, using mathematics, predicted the existence of unknown planets, black holes, invisible force fields, ripples in the fabric of space-time, unsuspected subatomic particles, and even antimatter. 294 pages. Faber.

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★SCIENCE UNDER SIEGE: Best of Skeptical Inquirer, Volume 6 Ed. by Kendrick Frazier. In this collection of articles, Frazier has selected some of the best writing on topics of current interest. Among the highlights are "A Skeptical Look at September 11th," which prompted a drove of responses; Sagan's final question and answer piece on the topic of science and skeptical inquiry; and more. Illus.

370 pages. Prometheus. Paperbound. Pub. at \$29.95

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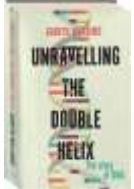
Science & History



THE SHORT STORY OF SCIENCE By Tom Jackson. This work covers 60 key experiments, from Archimedes' investigations of buoyancy to the discovery of dark matter, and then links these to the history of science and the key theories and methods. It simplifies and explains all the key breakthroughs. Fully illus., most in color. 224 pages. Laurence King. Paperbound. Pub. at \$19.99

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★THE GRAND COSMIC STORY: An Illustrated Timeline By Ethan Siegel et al. Here's the story of everything, from the Big Bang to the far-off future 100 million years at a time, told in words and pictures. With illuminating text and imaginative illustrations, this exquisite volume portrays every phase of our cosmic history. 317 pages. National Geographic. 9½x12¼. Pub. at \$60.00

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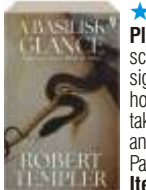
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RATIONAL ACTION: The Sciences of Policy in Britain and America, 1940-1960 By William Thomas. The evolution of a set of fields—including operations research and systems analysis—intended to improve policymaking and explore the nature of rational decision-making. Illus. 399 pages. MIT Press. Pub. at \$40.00

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CLEAN MEAT: How Growing Meat Without Animals Will Revolutionize Dinner and the World By Paul Shapiro. What if we could have our meat and eat it, too? Enter clean meat—real, actual meat grown from animal cells. Whereas our ancestors domesticated wild animals into livestock, today we're beginning to domesticate their cells, leaving the animals out of the equation. From one single cell of a

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IS COVID-19 A BIOWEAPON? A Scientific and Forensic Investigation By Richard M. Fleming. By 1999, U.S. federal agencies began funding Gain of Function research, research that by its very nature is designed to increase the ability of pathogens to infect and harm people. In 2019, one of those pathogens was intentionally released upon the world in the Wuhan wet market. The key to proving and

understanding this bioweapon is its spike protein. Illus. some in color. 162 pages. Skyhorse. Pub. at \$24.99

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Insects

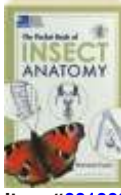


THE SECRET LIFE OF FLIES By Erica McAlister. Entomologist McAlister dispels many common misconceptions as she reveals how truly amazing, exotic, and important these creatures are. Color photos. 248 pages. Firefly. Paperbound. Pub. at \$24.95

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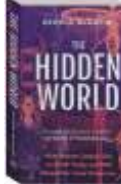
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TALES FROM THE ANT WORLD By Edward O. Wilson. Richly illustrated with depictions of ant species as well as photos from Wilson's expeditions throughout the world, this is a fascinating—if not hair-raising—personal account by one of our greatest scientists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

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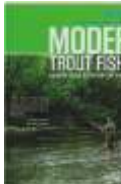


THE HIDDEN WORLD: How Insects Sustain Life on Earth Today and Will Shape Our Lives Tomorrow By George McGavin. Reveals the wonderful complexity of our relationship with insects, how they have changed the course of our history and how, if we continue to learn from them, they could even be the key to our future and survival. 266 pages. Welbeck. Pub. at \$16.95

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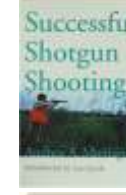


★ **MODERN KNIFEMAKING FOR BEGINNERS** By Laura Zerra. From her experience in the wild, Zerra has learned what works and what doesn't, what steel will hold an edge, and what nuances in blade design will make or break a knife. This concise work shares essential knifemaking tips and tricks, including detailed instructions for both forging and stock removal. Fully illus. in color. 144 pages. New Shoe. Paperbound. Pub. at \$16.99

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THE OYSTER COMPANION: A Shucker's Field Guide for Connoisseurs By Patrick McMurray. Rich in history and lore, anecdotes from the author's experience as a restaurateur and competitive shucker are woven together with practical information on everything from opening oysters with finesse to ordering hard-to-get bivalves online. Well illus. in color. 254 pages. Firefly. Paperbound. Pub. at \$19.95

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

162 pages. UMaP. Paperbound. Pub. at \$24.95

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current as of January 1995. Well illus., many in color. 178 pages. Krieger. 8 3/4 x 11 1/4. Pub. at \$22.00

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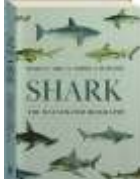
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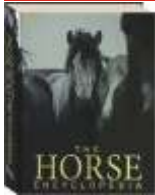


★ SHARK: The World's Most Misunderstood Predator By Paul de Gelder. From shark-attack survivor to the shark's biggest activist, this is de Gelder's love letter to these unfairly vilified animals and his warning to the world about what will happen if we don't look out for them. Color photos. 232 pages. Mudlark. Paperbound. Pub. at \$19.99

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Horses & Horsemanship

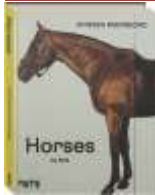


THE HORSE ENCYCLOPEDIA By Elwyn Hartley Edwards. This guide to horses and ponies includes a list of over 150 different breeds and types, including all those recognized by national horse societies. This stunning volume is the perfect reference guide for horse lovers of all ages! Fully illus. in color. 360 pages. Dorling Kindersley. 9 1/2 x 11 1/4. Pub. at \$40.00

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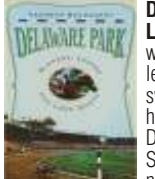
Horses & Horsemanship



★ HORSES IN ART By Chiedza Mhondoro. Explores the long and rich trajectory of art that focuses on horses and equestrian art from their historic use in battle or as tools in agricultural labor, up to their representation as an allegory for wildness and power in modern art, to the current fascination with horse racing and breeding. Fully illus. in color. 159 pages. Tate. 6 1/2 x 8.

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DELAWARE PARK: Winners, Losers and Long Shots By Kenneth Baumgardt. The park was designed and built by Willie DuPont, a lean and wiry man for whom there was no sweeter music than "the pound of horses' hooves." In the decades that followed, Delaware Park became the home of Kelso, Secretariat and Barbaro, some of the greatest names in horse racing history. Fully illus.

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★ THE KINGMAKER: How Northern Dancer Founded a Racing Dynasty By Avalyn Hunter. Tells the compelling story of the fiery colt who towered over both his peers and the humans who played supporting roles. Also chronicles Northern Dancer's ascendancy as the world's most coveted stallion and the founder of a Thoroughbred dynasty. More than 30 years after his death, his descendants continue to write racing and breeding history around the world. 16 pages of photos.

264 pages. Eclipse. Paperbound. Pub. at \$26.95

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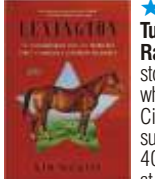
\$19.95



★ SEATTLE SLEW: Racing's First Undeclared Triple Crown Winner By Dan Mearns. One of the most popular Thoroughbreds in recent times, Seattle Slew was one of the first undefeated Triple Crown winners. Explores the life of the great horse, who was one of only 13 Triple Crown winners in the history of horse racing. Photos. 159 pages. Eclipse. Paperbound. Pub. at \$22.95

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★ LEXINGTON: The Extraordinary Life and Turbulent Times of America's Legendary Racehorse By Kim Wickens. The dramatic true story of the champion Thoroughbred racehorse who gained international fame in the tumultuous Civil War-era South and became the most successful sire in American racing history. Illus. 401 pages. Ballantine. Paperbound. Pub. at \$22.00

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Farm & Domesticated Animals



WHAT'S KILLING MY CHICKENS? The Poultry Predator Detective Manual By Gail Damerow. As a chicken owner, keeping your flock safe is your top priority, and few things are as devastating as finding your birds the victims of a hen house heist. This manual teaches you how to piece together the clues predators leave behind, identify the culprit, and adopt effective strategies for keeping poultry safe. Well illus. in color. 271 pages. Storey. Paperbound. Pub. at \$19.95

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KNOW YOUR PIGS By Jack Byard. From the American Guinea Hog, who loves a good belly rub, to the hardy Yorkshire, who is happiest foraging outdoors, this fascinating pocket-sized guide to 29 pig breeds will turn readers both young and old into pig enthusiasts. Color photos.

64 pages. Fox Chapel. Paperbound. Pub. at \$6.95

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\$2.95



★ MY CHICKEN FAMILY: A Keepsake Album By Melissa Caughey. This beautifully designed keepsake album is perfect for chronicling chicken-keeping adventures, tracking the growth from chick to flock elder—with spaces and prompts for distinctive personalities, names, photos, and amusing anecdotes. Well illus. in color. Storey. Pub. at \$16.00

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★ AN ABSOLUTE BEGINNER'S GUIDE TO RAISING BACKYARD DUCKS By Gail Damerow. In this straightforward guide, poultry expert Damerow leads beginner duck keepers through all the basics, including: profiles of popular breeds; acquiring a starter flock; facilities and feeding; why ducks do what they do; managing for eggs and meat; and more. Fully illus. in color. 160 pages. Storey. Paperbound. Pub. at \$16.99

Item # [7898207](#)

PRICE CUT to \$9.95

Animals

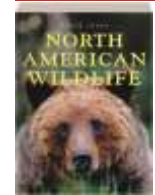


A HANDFUL OF HAPPINESS: How a Prickly Creature Softened a Prickly Heart By Massimo Vacchetta with A. Tomaselli. A veterinarian cares for an orphaned baby hedgehog and connects with her in a way he's never connected with any other animal. Through this life affirming story of a man and his hedgehog, we learn that there's no such thing as too small an act if it's done out of compassion and love. 16 pages of color photos. 184 pages. Rodale. Pub. at \$22.99

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\$2.95

Animals



NORTH AMERICAN WILDLIFE By David Jones. Journey into a world where the grizzly bear rules the clearings, the lynx silently stalks the forests, and the rattlesnake slithers through the deserts. Some of the most expansive parkland on earth protects these animals, and provides a dramatic backdrop for this close-up look at life in the wild. Color photos. 304 pages. Whitecap. 9 x 12. Paperbound. Pub. at \$29.95

Item # [9106618](#)

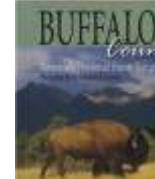
\$6.95



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

Item # [9030433](#)

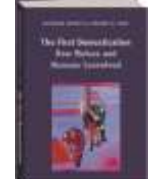
\$2.95



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

Item # [9011986](#)

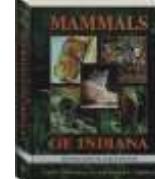
\$5.95



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

Item # [9212094](#)

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MAMMALS OF INDIANA, REVISED EDITION By J.O. Whitaker, Jr. & R.E. Mumford. Placing strong emphasis on ecology with descriptions of Indiana's habitats, climate, and vegetation and detailed species accounts, this comprehensive reference also summarizes the current knowledge about Indiana's mammal species. Illus., some color. 661 pages. InUP. 8 3/4 x 11 1/4. Pub. at \$75.00

Item # [9184015](#)

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Animals



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

Timber. Paperbound. Pub. at \$9.95

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ANIMAL: The Definitive Visual Guide Ed. by Megan Douglass. Showcasing more than 2,000 species in stunning detail, this essential home reference features the creatures of the animal kingdom, from the largest mammal to the smallest invertebrate. Evolution, animal anatomy, life cycles, classification, behavior, and the challenges each animal faces, including habitat loss, are

included. Slipcased. 632 pages. Dorling Kindersley. 9 7/8 x 11 1/4.

Item # [9297065](#)

\$19.95



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

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BLOOD IVORY: The Massacre of the African Elephant By Robin Brown. Brown draws on his depth of knowledge and understanding of Africa and his career as a leading wildlife filmmaker to paint a vivid picture of the impact of hunting on Africa's elephant population. Photos. 320 pages. History Press. Paperbound. Pub. at \$24.99

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

CompanionHouse. 8x10. Paperbound. Pub. at \$19.99

Item # [9040773](#)

PRICE CUT to \$3.95

Animals



ESTHER THE WONDER PIG: Changing the World One Heart at a Time By Steve Jenkins et al. In the summer of 2012 Jenkins and his partner agreed to adopt an adorable micro-piglet. But it turned out there was nothing "micro" about Esther. Within three years, Tiny Esther grew to a whopping 600 pounds. Follow Jenkins and Walter's heartwarming adventure from reluctant pig

parents to farm-owning advocates for animals. Color photos. 226 pages. Grand Central. Paperbound. Pub. at \$17.99

Item # [9029370](#)

\$4.95



***CREATURES THAT EAT PEOPLE: Why Wild Animals Might Eat You** By Richard Freeman. Examines incredible, terrifying, and heartbreaking encounters of man coming face to face with snakes, Komodo dragons, polar bears, crocodiles and more. These real-life thrilling stories are cautionary tales, reminding us that humanity, no matter what we've achieved, is still prey. 245 pages. Mango.

Paperbound. Pub. at \$24.99

Item # [8204365](#)

\$14.95



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

Item # [9293736](#)

\$23.95



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

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\$9.95



BEASTLY: The 40,000-Year Story of Animals and Us By Keggie Carew. A deeply researched and intensely felt journey into the splendor and genius of animals and the long, complicated story of our interactions with them as humans. Our relationship with animals has shaped our planet and, if reimaged, could save it. Illus. 368 pages. Abrams. Pub. at \$28.00

Item # [1998056](#)

\$7.95

Animals



***ANIMAL PALS THAT PROVE THAT LOVE IS REAL** A cheetah and a dog smooching. A pair of guinea pigs sharing snacks. A badger and a fox exploring the woods. This volume is a photo collection of animal friends that will warm your heart and remind you love is real (and that pandas are cute). Smith Street. Pub. at \$14.95

Item # [7793502](#)

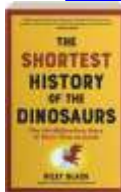
\$9.95



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

Item # [8090491](#)

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

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\$12.95



PAWFECT LOVE: Life Is Best with a Love Like Yours Combines adorable photos of unlikely animal pairs with affectionate quotes. With over 150 pages of fur-cuteness, from a bunny snuggling with a duck to a kitty playing with a deer to a puppy having fun with a hamster, these furry pairs remind us that not being exactly

the same is part of what makes a relationship great. 160 pages. Zondervan. Pub. at \$14.99

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\$4.95



***LIVING NIGHT: On the Secret Wonders of Wildlife After Dark** By Sophia Kimmig. Wherever we live, whether in the city, suburbs, or country, darkness conjures a hidden world of wildlife that most of us rarely glimpse. Introducing us to night's wild inhabitants, a wildlife biologist reveals what life for these nocturnal creatures is like in this parallel world and the ingenious ways they thrive after sunset. Illus. 245 pages. The Experiment. Pub. at \$19.95

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\$14.95

Animals



KINGDOM OF PLAY By David Toomey. A globe-spanning journey and a scientific detective story filled with lively animal anecdotes, this work is an illuminating—and, yet, playful—look at a little-known aspect of the animal kingdom. 281 pages. Scribner. Pub. at \$29.00

Item # [9143610](#)

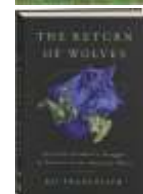
PRICE CUT to \$2.95



***MAMMALS OF WISCONSIN FIELD GUIDE, 2ND EDITION** By Stan Tekiela. Organized by family and featuring full-color photographs and helpful information, this is your complete guide to mammals in Wisconsin! 336 pages. Adventure Publications. Paperbound. Pub. at \$16.95

Item # [913638X](#)

PRICE CUT to \$9.95



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

Item # [799866X](#)

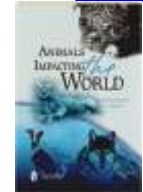
\$5.95



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

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\$12.95

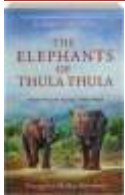


ANIMALS IMPACTING THE WORLD By D. Roseberry & M. Gasparo. Find 33 stories told by people who have felt incredible connections with their animal companions. Included are instructions for you to become an animal communicator, pendulum, animal healing guidance, and information about pet grieving—not yours, but your pets. Illus. in color. 160 pages. Schiffer. Paperbound. Pub. at \$16.99

Item # [7996322](#)

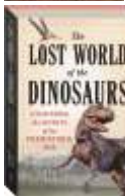
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Animals



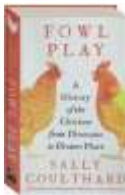
★ **THE ELEPHANTS OF THULA THULA** By Francoise Malby-Anthony with K. Sidley. A powerful, gripping story about an extraordinary herd of elephants and the woman dedicated to keeping them safe. 16 pages of color photos. 310 pages. St. Martin's. Paperbound. Pub. at \$20.00

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★ **THE LOST WORLD OF THE DINOSAURS: Uncovering the Secrets of the Prehistoric Age** By Armin Schmitt. An entrancing tale of the age of the dinosaurs, tracing their earliest origins, their astounding 200 million-year reign, and their infamous demise. Illus. 317 pages. Hanover Square. Pub. at \$32.99

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

Item # [6998291](#) \$7.95



★ **BITE CLUB: Real-Life Attacks by Sharks and Other Killer Predators** By Douglas Wight. Meet brave people from around the world who have come face to face with sharks or other deadly predators and lived to tell the tale. And we learn of the group of survivors who are supporting each other to navigate, recover and grow from such a life-altering experience. Adults only. Photos.

286 pages. Ad Lib. Paperbound. Pub. at \$16.99

Item # [7897405](#) \$9.95



★ **ANIMAL STORIES: Lives at a Farm Sanctuary** By William Crain. In 2006, William "Bill" Crain and his wife, Ellen, purchased a run-down farm in upstate New York, and two years later opened Safe Haven Farm Sanctuary. It is now home to over 170 animals rescued from slaughter. Here Bill tells the story of 25 of their animals and their surprising behaviors. Illus. in color. 99 pages. Lantern Publishing. Paperbound. Pub. at \$19.95

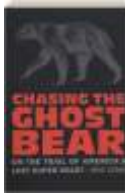
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Animals



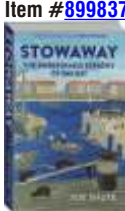
★ **MADIKWE GAME DRIVE** By Ingrid van den Berg. Includes not only beautiful photographs of a wide array of birds, mammals and reptiles, but informative text which is both extremely compact and highly comprehensive. HPH. Pub. at \$19.00

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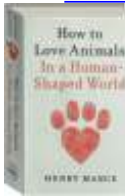
★ **CHASING THE GHOST BEAR: On the Trail of America's Lost Super Beast** By Mike Stark. No animal shakes the human consciousness quite like a bear, and few compare to the giant short-faced bears that stalked North America during the Pleistocene. Stark's journey into the bear's enigmatic story—its life, disappearance, and rediscovery—and those trying to piece it together today. Photos. 227 pages. Bison. Paperbound. Pub. at \$24.95

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★ **STOWAWAY: The Disreputable Exploits of the Rat** By Joe Shute. Rats are creatures which inspire fear and fascination in equal measure. Their lives are more closely intertwined with humans than any other animal, but they remain the most misunderstood of all species. This work asks: is there a better way to live alongside our ancient enemies in the modern age? 272 pages. Bloomsbury. Pub. at \$26.00

Item # [8881960](#) \$9.95



★ **HOW TO LOVE ANIMALS IN A HUMAN-SHAPED WORLD** By Henry Mance. A personal journey into our evolving relationships with animals, and a thought-provoking look at how those bonds are being challenged and reformed. 389 pages. Viking. Pub. at \$27.00

Item # [798278X](#) \$4.95



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

427 pages. Univ of Chicago Press. Paperbound. Pub. at \$23.00

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Animals



★ **ADVENTURES WITH MR. X: An X-Traordinary Rooster!** By Rosalind Creasy with K. Axelrod. You're invited to travel along as Mr. X herds sheep in New Mexico; faces down lobsters in Maine and peahens in Texas; becomes a connoisseur of French fries at drive-up windows nationwide; poses for tourist photos in Times Square; and more. Fully illus. in color. 98 pages. Metamorphic. 8½x11.

Paperbound. Pub. at \$14.95

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

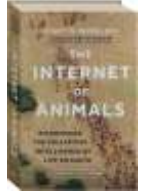
Item # [904115X](#) PRICE CUT to \$9.95



★ **DEVILFISH: When Giant Squid Ruled the Northern Sea** By Jenny Higgins. Higgins informs and delights with myths, facts, and stories of giant squid in the North Atlantic Ocean. Contains 11 pull-out facsimile archival documents and a stunning 3d giant squid pop up. Well illus.

some in color. 88 pages. Boulder. 11¼x10¼. Pub. at \$34.95

Item # [7978413](#) \$17.95



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

244 pages. Greystone. Pub. at \$28.95

Item # [1604295](#) PRICE CUT to \$5.95



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

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Animals



★ **TAKING STOCK: A Journey Among Cows** By Roger Morgan-Grenville. Since highland cattle ransacked his grandmother's vegetable patch when he was six, Morgan-Grenville has been fascinated with cows. So at the age of 61, with no farming experience, he signed on as a part-time laborer on a beef cattle farm to tell their side of the story. The result is this lyrical and evocative work. 339 pages. Icon. Pub. at \$27.00

Item # [7727526](#) \$9.95

Birds & Birding



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

Item # [9105794](#) \$2.95



★ **BIRDS OF THE WEST INDIES** By Norman Arlott. Contains 80 color plates featuring more than 550 bird species. Concise text concentrates on field-identification characteristics. 240 pages. Princeton. Paperbound. Pub. at \$24.95

Item # [9057765](#) PRICE CUT to \$1.95



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

Item # [9057722](#) \$5.95

Birds & Birding



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

Item #9057730 \$4.95



BIRDS & BLOOMS EVERYDAY BIRDWATCHING STORIES Featuring gorgeous photography, sweet stories, and useful tips, this work invites readers to marvel at the wonderful world of birds. Discover articles that explain how to attract a variety of birds to your backyard and factual tidbits in every chapter about bird songs, species names, and more.

256 pages. RDA Enthusiast. 8½x11. Pub. at \$29.99

Item #9247831 \$6.95



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

Item #228751X \$5.95



COUNTRY BIRD: Explore the Charming Language of Backcountry Birdsong By A.H. Vinet & J.H. Harrison. Pairs scientific insight on the sounds and songs unique to birds inhabiting rural areas of North America with a light-hearted narrative that reflects the personality and characteristics associated with country life. 128 pages. Epic Ink. Pub. at \$12.99

Item #9143351 \$5.95



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

144 pages. Quadrille. Pub. at \$12.99

Item #9290567 \$9.95

Birds & Birding



BIRDS OF CUBA: A Photographic Guide By Arturo Kirkconnell et al. This comprehensive photographic guide covers every species on the Cuban list. The images have been carefully selected to show key features, while the concise text is designed to aid field identification, providing essential information on aging and sexing, voice, similar species, habitat, and behavior. 384 pages. Helm.

Paperbound. Pub. at \$40.00

Item #918340X PRICE CUT to \$7.95



★A LITTLE BOOK OF HUMMINGBIRDS By Tara Austen Weaver, illus. by E. Poole. This intimate and lavishly illustrated journey into the world of hummingbirds is a treasure for birdwatchers, gardeners, and anyone who loves these little natural wonders. 144 pages. Sasquatch. Pub. at \$16.95

Item #699542X PRICE CUT to \$9.95



★BACKYARD BIRDS EAST By Eric Carlson, photos by B.E. Small. Designed for the absolute beginner, each featured species account includes the essential ID tips on how to name the birds you see throughout the year and

attract them to your yard. Includes both males and females (when important) as well as juveniles. Fully illus. in color. 136 pages. Scott & Nix. Paperbound. Pub. at \$16.95

Item #805116X \$6.95



★THE BIRDS IN THE OAKS: Secret Voices of the Western Woods By Jack Gedney, illus. by A. Gedney. Introduces readers to the birds who burrow, forage, and soar among California's keystone trees and reveals to us the utter joy of birds, the superabundant world of oaks, and the innumerable interconnections these living beings create. Illus. 219 pages. Heyday. Pub. at \$26.00

Item #9043845 \$7.95



★CITY BIRD: Explore the Charming Metropolitan Melodies of Our Feathered Friends By A.H. Vinet & J.H. Harrison. In this city, adventure is just around the corner, and you never know who you might meet. If you spot a celebriidie with fetching plumage, this guide has you covered, offering tips and tricks to identify birds of all shapes, sizes and songs, plus space to keep track of your sightings. Fully illus. in color. 128 pages. Epic Ink. Pub. at \$12.99

Item #902283X \$3.95

Birds & Birding



★BACKYARD BIRDS WEST By Eric Carlson, photos by B.E. Small. Designed for the absolute beginner, each featured species account includes the essential ID tips on how to name the birds you see throughout the year and

attract them to your yard. Includes both males and females (when important) as well as juveniles. Fully illus. in color. 136 pages. Scott & Nix. Paperbound. Pub. at \$16.95

Item #8051178 \$9.95



★KRUGER BIRDS, SECOND EDITION: Get the Most from Your Game Drive By Philip van den Berg. A pocket-sized safari guide featuring the birds of the Kruger. This volume will make it easier for readers to become familiar with the birds that are most often seen on game drives in the Greater Kruger area. Fully illus. in color. 300 pages. HPH. Pub. at \$19.00

Item #4562941 PRICE CUT to \$3.95



★GOSHAWK SUMMER: The Diary of an Extraordinary Season in the Forest By James Aldred. In early 2020, wildlife cameraman Aldred was commissioned to film the lives of a family of goshawks in the New Forrest. Then lockdown. Amidst the fragility and the fear, there were silver nights, tumbling fox cubs, calling curlew and, of course, the soaring goshawks. 234 pages. Elliott & Thompson. Paperbound. Pub. at \$16.95

Item #7807104 \$11.95

Science & Nature for Children



ANIMALS: Sticker Encyclopedia By Andrea Pinnington. Kids will love learning all about the animal kingdom with this spectacular sticker encyclopedia, packed with fascinating facts and more than 600 stickers! Ages 5-8. Fully illus. in color. 40 pages. Dorling Kindersley. 8½x11. Paperbound. Pub. at \$12.99

Item #9078533 \$5.95

Science & Nature for Children



BIG HORSES, LITTLE HORSES: A Visual Guide to the World's Horses and Ponies By Jim Medway. Brings together over 130 horse and pony breeds of all sizes and sorts in one beautiful visual guide for young children. The featured breeds are from around the world and each is shown in a color illustration by leading comic artist and illustrator, Jim Medway.

Ages 3-7. 32 pages. Firefly. 9x11. Paperbound.

Item #9105697 \$4.95



FEATHERED DINOSAURS By Brenda Z. Guiberson, illus. by W. Low. Scientists have found evidence that Anchiornis, Caudipteryx, Confuciusornis, and many more dinosaurs all had feathers. Discover these amazing ancient creatures—and the connection between feathered dinosaurs and modern-day birds!

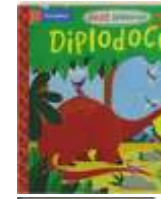
Ages 4-8. Fully illus. in color. Holt. 11x1¼. Pub. at \$17.99

Item #9295763 \$6.95



IF PREHISTORIC BEASTS WERE ALIVE TODAY By Matthew Rake, illus. by S. Mendez. Did you know there were massive animals that existed before and after the dinosaurs? Now, just imagine if they appeared in the modern world. Ages 8-12. Fully illus. in color. 93 pages. Beetle Books. 8½x11. Pub. at \$19.99

Item #9134123 \$5.95



DIPLODOCUS Push, pull and slide the scenes to meet Diplodocus, one of the longest dinosaurs to walk the Earth! Follow her as she splashes in the water and munches her leafy lunch, before enjoying an afternoon nap. Ages 1-5. Fully illus. in color. Campbell Books. Pub. at \$8.99

Item #9132678 \$4.95



INSIDE OUT T. REX: Uncover the World's Most Famous Dinosaur! By Dennis Schatz. Offers clues to understanding the most compelling and mysterious dinosaur of them all. Loaded with awesome illustrations and captivating text, a die-cut model within the pages will take you inside T. Rex's body to reveal, layer by layer, how these giant beasts lived more than 65 million years ago. Ages 8-10. 16 pages. Becker & Mayer. 8½x11¼. Pub. at \$14.99

Item #9094806 \$6.95

Science & Nature for Children



THE ULTIMATE KID'S GUIDE TO THE UNIVERSE By Jenny Marder. With stunning photos of outer space, easy at-home experiments, and fun activities, this is the only guide kids need on their journey of learning about the stars, the planets, the moon, and so much more! Ages 8 to 12. Well illus. in color. 94 pages. Grosset & Dunlap. Paperbound. Pub. at \$7.99

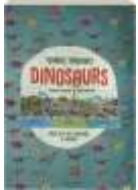
Item #916782X **\$4.95**



GOOD HOUSEKEEPING THE LITTLE LAB: Fantastic Science for Kids By Margie Markarian with R. Rothman. Discover the wonders of science in exciting experiments that kids can do at home with easy-to-find materials. Young scientists will be engrossed by memorable, hands-on experiments and fun! Fully illus. in color. 127 pages.

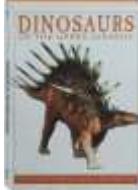
Hearst. Pub. at \$23.00

Item #9252630 **\$5.95**



DINOSAURS: Terrific Timelines By Isabel Thomas, illus. by A. Van Ryn. Walk through the Triassic, Jurassic, and Cretaceous eras with 20 top dinosaurs from Allosaurus to Triceratops. Assemble the timeline, then create a prehistoric panorama by slotting in the press-out dinosaur figures. Find out more in the dinosaur factfiles! Ages 6 & up. Fully illus. in color. 32 pages. Laurence King. 9x12 1/4. Pub. at \$19.99

Item #9129502 **\$2.95**



DINOSAURS OF THE UPPER JURASSIC By David & Oliver West. An illustrated guide of 25 of the best known dinosaurs of the period, providing up to date information with highly detailed computer generated artwork, illustrated introductory spreads provide background information on the time periods in which the dinosaurs lived. Ages 8-11. 32 pages. Firefly. 8 1/2 x 11. Pub. at \$16.95

Item #1038605 **\$3.95**



STARS: A Family Guide to the Night Sky By Adam Ford. Who isn't fascinated by the sheer size of the universe? Explore a straightforward guide to what and how we know it—from the Big Bang to star nurseries to the beginnings to life on Earth. Includes a season-by-season guide to stargazing, double-sided star chart and pull-out activities! Ages 8 to 12. Fully illus. in color. 48 pages. Shambhala. Pub. at \$16.95

Item #915406X **\$5.95**

Science & Nature for Children



BUGS IN THE BACKYARD By Camilla de la Bedoyere. Find out what a fly likes to eat and how it digests its food; see what a robber fly's eye looks like under the microscope, and discover how slugs and snails produce sticky slime with this close-up peek at the alien-like beasties that are living right under your nose! Ages 8 & up. Fully illus. in color. 80 pages. Firefly. 8 1/2 x 11 1/2. Paperbound. Pub. at \$9.95

Item #9167064 **\$4.95**



SPINOSAURUS Push, pull and slide the scenes to meet Spinosaurus. Follow this crotchety dinosaur as he stomps through the swamp, scares off little dinos with the snap of his jaws and swims through the marsh like a monster shark! Ages 1-5. Fully illus. in color. Campbell Books. Pub. at \$8.99

Item #9142010 **\$4.95**



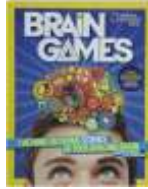
YOUR BEDROOM IS A RAINFOREST! By Hannah Sheldon-Dean. Discover everything you need to know about our amazing rainforests, from jungle creatures to conservation science and more! Includes more than 100 reusable glow-in-the-dark stickers. Ages 5-12. Fully illus. in color. 60 pages. Applesauce. 12x10 1/2. Pub. at \$24.95

Item #9120297 **\$2.95**



BECOMING A GOOD CREATURE By Sy Montgomery, illus. by R. Green. School is not the only place to find a teacher. Learn the many surprising lessons animals have to teach us about friendship, compassion, and how to be a better creature in the world. Some have had fur, feathers, or hooves. But they've all had one thing in common: a lesson to share. Ages 4-8. Fully illus. in color. HMH. 9 1/4 x 9 1/4. Pub. at \$17.99

Item #9313990 **\$5.95**



BRAIN GAMES: The Mind Blowing Science of Your Amazing Brain By Jennifer Swanson. In this fascinating, interactive book—a companion to the *National Geographic Channel* hit show—kids explore the parts of the brain and how it all works, alongside brainy news nuggets from a neuroscientist, plus fun facts and crazy challenges. Ages 8-12. Fully illus. in color. 112 pages. National Geographic. 8 1/2 x 10 3/4. Paperbound. Pub. at \$12.99

Item #9227148 **\$4.95**

Science & Nature for Children



THE BIG BOOK OF SCIENCE & SPACE Packed with hundreds of amazing facts about everything from the wonders of outer space to dinosaurs, weather, environments, and more! Fun and useful information combined with stunning photographs and illustrations makes for hours of educational entertainment. Ages 4-6. Fully illus. in color. Kidsbooks. 8x10 1/4. Paperbound. Pub. at \$9.99

Item #9314032 **\$4.95**

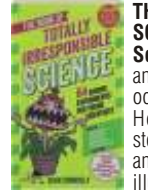


WHO'S PLAYING ON THE FARM? By Eva Morales. Which adorable animal is hiding on each page? Use the clues to guess, then flip the flap to find out! Ages 2-5. Fully illus. in color. Flying Frog. Pub. at \$9.99

Item #9295585 **\$4.95**



★ RACCOONS: Kids' Backyard Safari By Tammy Gagne. Come along on a backyard safari to learn fun and interesting facts about raccoons. Learn if raccoons can see better at night or during the day, why they're called "thieves," what their favorite foods are, and how fast they can run. Ages 4-8. Fully illus. in color. 32 pages. Curious Fox. Paperbound. Item #1091743 **\$5.95**



THE BOOK OF TOTALLY IRRESPONSIBLE SCIENCE: 64 Daring Experiments for Young Scientists By Sean Connolly. Here are 64 amazing experiments that snap, crackle, pop, ooze, crash, boom, and stink. Giant air cannons. Homemade lightning. Marshmallows on steroids. Matchbox microphones. There's even an introduction to alchemy. Ages 9 & up. Fully illus. in color. 217 pages. Workman. 6x10 1/4. Paperbound. Pub. at \$16.99

Item #9083049 **\$5.95**



THE EARTH BOOK By Camilla de la Bedoyere et al. From the formidable majesty of its physical features to the fierce power of its natural forces, discover the most extraordinary facts and stunning photographs with this ultimate guide to Earth. Ages 12 & up. 160 pages. Miles Kelly. 8 1/2 x 10 3/4. Pub. at \$14.99

Item #908231X **\$5.95**

Science & Nature for Children



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

Item #9006435 **\$3.95**



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

Item #1090305 **\$5.95**



SUPERVOLCANO ERUPTION: It's the End of the World! By Allan Morey. Find out what the world may look like if a supervolcano erupts. Young readers can discover the likelihood of it happening in the future and learn about the most active volcanic spots around the world. Ages 8-12. Fully illus. in color. 24 pages. Bellwether. Pub. at \$26.95

Item #921657X **\$5.95**



★ LET'S EXPLORE DINOSAURS POP-UP By Mi Tong. Travel back in time to meet dinosaurs and marine reptiles that jump off the page! Amazing color pop-up scenes bring their long necks, large wings, and sharp teeth to life. Make a pterosaur fly or a *Plesiosaurus* swim while you learn all about when, where, and how dinosaurs lived. Ages 3-8. Smithsonian. 10 1/2 x 10 1/2. Pub. at \$29.95

Item #9370595 **\$22.95**



THE BOOK OF TERRIFYINGLY AWESOME TECHNOLOGY: 27 Cutting-Edge Experiments for Young Scientists and Engineers By Sean Connolly. Here are 27 terrific experiments using basic stuff from around the house that will help kids understand the scary world of driverless cars, artificial intelligence, robots and androids, 3-D printing, test-tube meat, and more. Ages 9 & up. Fully illus. in color. 243 pages. Workman. 6x10 1/4. Paperbound. Pub. at \$16.99

Item #9083030 **PRICE CUT to \$3.95**

Science & Nature for Children



MY FIRST BOOK OF DINOSAUR COMPARISONS By Sara Hurst, illus. by A. Seixas. Using striking visual comparisons, quiz questions, and bite-sized facts, this work teaches children all about their favorite prehistoric creatures. Ages 5 & up. Fully illus. in color. 48 pages. Happy Yak. 8 1/2 x 9 1/4. Pub. at \$16.99

Item # [9132457](#)

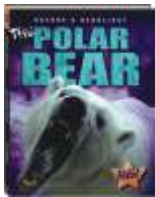
\$5.95



ARE BANANAS RADIOACTIVE? Questions and Answers About Surprising Science This fact-packed guide reveals the strange, surprising, and silly sides of science. Filled with dynamic, exciting illustrations. Ages 7 to 11. 128 pages. Arcturus. Paperbound. Pub. at \$6.99

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THE POLAR BEAR: Nature's Deadliest By Lisa Owings. The polar bear is the largest meat-eater living on land. It has an appetite for seals, walrus, and whales, but it is not picky when starving. Come face-to-face with a hungry polar bear and you are dead meat! Ages 8-12. Fully illus. in color. 24 pages. Bellwether. Pub. at \$27.95

Item # [9226176](#)

\$5.95



CAN'T GET ENOUGH DOG STUFF: Fun Facts, Awesome Info, Cool Games, Silly Jokes, and More Ed. by Paige Towler. Prepare for the pooches! Leap into the perfect combination of facts, stories, photos, and fun stuff all about one of the world's favorite animals—dogs! Ages 7-10. Fully illus. in color. 127 pages. National Geographic. 8 1/2 x 11. Paperbound. Pub. at \$14.99

Item # [9199144](#)

\$5.95

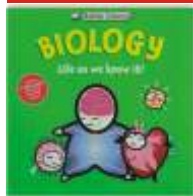


VISUAL TIMELINES SCIENCE: Inventions and Discoveries Year by Year By Anne Rooney, illus. by V. Tobacco. Young readers can take a thrilling ride through the history of science—a true-life tale full of twists and turns, unforgettable people, and unexpected revelations. Ages 8-12. Fully illus. in color. 128 pages. Arcturus. 9 x 11 1/4. Pub. at \$16.99

Item # [9326111](#)

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Science & Nature for Children



★BIOLOGY: Basher Science By Dan Green. Learn why mitochondria are the powerhouse of the cell, then zoom out and read fascinating facts about reptiles and jellyfish. Each part of the human body is spotlighted, from your brain to your toenails, helping readers understand how we see, move, digest food, and more! Grade 6 & up. Well illus. in color. 128 pages. Kingfisher. Paperbound. Pub. at \$12.99

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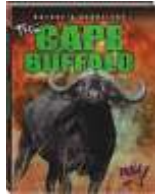
\$9.95



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

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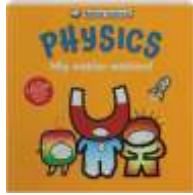
\$9.95



THE CAPE BUFFALO: Nature's Deadliest By Lisa Owings. Unpredictability is dangerous! That is why the Cape buffalo is an animal to avoid at all costs. Though this buffalo may appear mellow and seem to be minding its own business, it can charge at any moment. Ages 8-12. Fully illus. in color. 24 pages. Bellwether. Pub. at \$27.95

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★PHYSICS: Basher Science By Dan Green. Uncover the amazing science of physics, full of crazy concepts brought to life as wacky characters. From Gravity, the ultimate mover and shaker, to Higgs Boson, who's been playing hide-and-seek for fifty years, meet the incredible community that controls the universe. Grades 6 & up. Well illus. in color. 128 pages. Kingfisher. Paperbound. Pub. at \$12.99

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THE LAST TREE: A Seed of Hope By Luke Adam Hawker. Imagine a world without trees. A world that is in many ways like our world, but where magnificent canopies, tree climbing and leaves rustling in the breeze are now only distant memories. Until a young girl comes along, a girl who is brave, spirited, and willing to follow where her imagination takes her.

Ages 12 & up. Fully illus. ILEX. Pub. at \$19.99

Item # [9133534](#)

PRICE CUT to \$3.95

Science & Nature for Children



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

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\$4.95



★THE SCIENCE OF SOUND: Pitch, Volume, Music, and Noise By Andi Diehn, illus. by M. Rauch. Determine how to identify sounds and learn how they form and travel. Plus, discover how scientists use sound waves to map the ocean floor, diagnose problems inside the human body, and investigate climate change. Ages 9-12. Illus. in color. 106 pages. Nomad Press.

Paperbound. Pub. at \$19.95

Item # [922484X](#)

\$14.95



POLICE DOGS ON THE JOB By Brandon Terrell. Narrates how police dogs are trained and offers real-life examples of the dogs in action. Additional features include a table of contents, a bullet-point job summary, questions to spark critical thinking, a selected bibliography, sources to guide further research, a phonetic glossary, and an index. Ages 7-10. Fully illus. in color. 24 pages. The Child's World.

Item # [9171932](#)

\$3.95



WELCOME TO THE MYSTERYVERSE: A World of Unsolved Wonders By Clive Gifford. Journey through the puzzles, conundrums, and questions that keep the curious awake at night. Discover the genius theories, lightening-bolt brainwaves and guesswork that the world's greatest minds have come up with in their quest for answers. Ages 8 & up. Fully illus. in color. 112 pages. Wide Eyed. 10 1/4 x 12 1/2. Pub. at \$30.00

Item # [9128077](#)

\$5.95

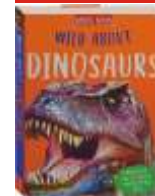


SPACE! The Universe As You've Never Seen It Before Ed. by C. Heilman & M. Parrish. Covering the stars and planets, space exploration, and the night sky, this volume is packed with amazing facts and NASA images revealing the wonders of the cosmos—from black holes to the big bang to the planets. The computer-generated cutaways and photorealistic images are phenomenal. Ages 10-17. 208 pages. Dorling Kindersley. 10 1/4 x 12. Pub. at \$24.99

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\$11.95

Science & Nature for Children



WILD ABOUT DINOSAURS: Fantastic Facts About Prehistoric Life! By R. Matthews & S. Parker. Discover the wealth of awesome creatures that once roamed the Earth, from the first simple animals to the might of the dinosaurs. Filled with fascinating numbered facts, stunning photos and fun cartoons. Ages 7 and up. 160 pages. Miles Kelly. Pub. at \$19.95

Item # [7906439](#)

\$7.95



PLEASE DON'T BITE ME: Insects That Buzz, Bite, and Sting By Nazy Pakpour, illus. by O. Davey. Everyone has been bitten by a mosquito, stung by a wasp, or had something itchy hiding in their hair. But how much do you actually know about these annoying insects? Explore the lives of some of the most irritating buzzing, biting, and stinging insects. Ages 7 to 10. Fully illus. in color. 60 pages. Flying Eye. 9 1/2 x 11 1/2. Pub. at \$20.99

Item # [9163875](#)

\$6.95



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

Item # [8092796](#)

\$8.95



THERAPY DOGS ON THE JOB By Marne Ventura. Narrates how therapy dogs are trained and offers real-life examples of the dogs in action. Additional features include a table of contents, a bullet-point job summary, questions to spark critical thinking, a selected bibliography, sources to guide further research, a phonetic glossary, and an index. Ages 7 to 10. Fully illus. in color. 24 pages. The Child's World.

Item # [9172106](#)

\$3.95



MY FIRST HORSE AND PONY BOOK By Judith Draper. Discover the different types of pony, and learn practical tips, including how to groom your horse and what to wear when you go riding. With helpful tips to ensure safety and clear step-by-step illustrations, this work will inspire and excite young readers. Ages 6-9. 48 pages. Kingfisher. 8 3/4 x 11. Pub. at \$15.99

Item # [9149430](#)

\$5.95

Science & Nature for Children



MILITARY DOGS ON THE JOB By Roxanne Troup. Narrates how military dogs are trained and offers real-life examples of the dogs in action. Additional features include a table of contents, a bullet-point job summary, questions to spark critical thinking, a selected bibliography, sources to guide further research, a phonetic glossary, and an index. Ages 7 to 10. Fully illus. in color.

24 pages. The Child's World.
Item #9171789

\$3.95



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

Item #903403X

\$3.95

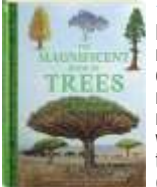


★ WORLD OF POLLINATORS: A Guide for All Explorers Ed. by Joseph Borden. Filled with important information about our world's pollinators and the impact they have in our environment. Engages and informs about pollinating insects, birds, and flowers and all their unique traits. Teaches you what pollen is, how it works, why some insects and birds are pollinators and some are not, and

more. Ages 9 & up. Fully illus. in color. 144 pages. Creative Homeowner. 8x10. Paperbound. Pub. at \$14.99

Item #7850751

\$9.95



★ THE MAGNIFICENT BOOK OF TREES By Tony Russell. From the familiar to the rare and the majestic to the peculiar, embark on a journey into the magnificent realm of trees as you explore some of the most fascinating species from across the world. Includes fascinating facts in an easy to read format. And spot the animals that call these trees their home. Ages 8-12.

Fully illus., in color. Weldon Owen. 11x15. Pub. at \$19.99

Item #9065032

\$14.95

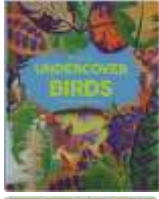


★ SPACE ACTIVITIES FOR KIDS: 50 Cosmic Crafts, Games, and Puzzles! By Kylee Larson. Hands-on activities and puzzles will teach children all about the stars and planets. Build a model of the solar system, lead a Mars Rover through a maze, and so much more! Ages 4-8. Fully illus. in color. 125 pages. Callisto. Paperbound. Pub. at \$14.99

Item #9202048

PRICE CUT to \$6.95

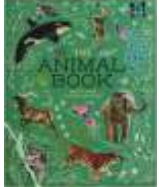
Science & Nature for Children



UNDERCOVER BIRDS Peek through the die-cut pages to observe 10 of the most fascinating birds on our planet. Ages 7-10. Fully illus. in color. Orange Mosquito. 9 7/8x12. Pub. at \$18.95

Item #9072225

\$4.95



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

Item #9070494

\$4.95



★ HOW BIG? DINOSAURS By Dougal Dixon, illus. by P. Corrigan. Get up-close to a Triceratops horn, compare your hand to Iguanodon's, and check out Smilodon's terrifying teeth. Discover so many astonishing facts along the way. Ages 6-10. Fully illus. in color. 96 pages. Arcturus. 9 7/8x11 1/4. Pub. at \$12.99

Item #9121765 **PRICE CUT to \$4.95**



THE SCIENCE OF SOUND By Clive Gifford. Build six models to complete your own STEM experiments with sound! Includes a 64-page book, 63-card model pieces, 1 tracing paper sheet, and 3 rubber bands. Ages 8 & up. Fully illus. in color. Silver Dolphin. 10 1/2x9 1/2. Paperbound.

Pub. at \$24.99

Item #8794979

\$6.95



★ DINOSAURS: Talk Like an Expert Ed. by Ellen-Therese Lamm, illus. by D. Long. Introduces hundreds of words you will need to talk like a dinosaur expert! Travel back in time millions of years and discover how these creatures lived, ate, fought, raised their young—and find out how paleontologists use the clues in fossils to make new breakthroughs. Ages 8 & up.

Fully illus. in color. 64 pages. Merriam-Webster. Pub. at \$16.99

Item #7974116

\$9.95

Essays on Nature



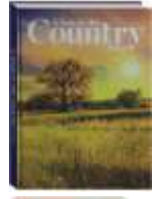
WILD ABOUT DORSET: The Nature Diary of a West Country Parish By Brian Jackman. Jackman charts one complete year in his home country—from the snowdrops of winter to the arrival of the swifts in spring, and from the winking glow-worms of summer to the harvesting squirrels of autumn. Fully illus. in color.

154 pages. Bradt. Paperbound. Pub. at \$16.99

Item #9039481

\$2.95

Essays on Nature



A YEAR IN THE COUNTRY 2023 This heartwarming volume is packed with first-hand, reader shared stories that pull you into "the good life." Lose yourself in scenic landscapes, try your hand at simple, homemade crafts, and treat your family to delicious down-home recipes. 192 pages. RDA Enthusiast. 8 1/2x11. Pub. at \$24.99

Item #2320827 **\$5.95**



★ DEEP & WILD: On Mountains, Opossums & Finding Your Way in West Virginia By Laura Jackson. Jackson, a lifelong West Virginian, employs her knowledge of and curiosity for the region to describe life in West Virginia as it actually is while dismantling stereotypes portrayed in popular media with humor and tenderness. 176 pages. Autumn House. Paperbound. Pub. at \$19.95

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224 pages. Princeton. 8 1/4x10 3/4. Pub. at \$29.95

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

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

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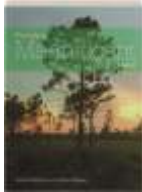


LOOKING UP: The True Adventures of a Storm-Chasing Weather Nerd By Matthew Cappucci. Combining reportage and accessible science with personal storytelling and infectious enthusiasm, this volume is a riveting ride through the state of our weather and a touching story about parents and mentors helping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

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FLORIDA'S MAGNIFICENT LAND By J. Valentine & D.B. Means. Showcases several decades of exacting large-format landscape photography illustrating the best of what Florida has preserved and many places that need protecting for future generations. 64 pages. Pineapple Press. 9x12. Paperbound. Pub. at \$14.95

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★STAYING SAFE: Backyard to Backcountry By Patrick Brighton. Learn what preventative steps can minimize your risk. Discover the recommended first aid responses to various wilderness illnesses, injuries, and emergencies—from sunburn to heart attack. Fully illus. in color. 194 pages. Adventure Publications. Paperbound. Pub. at \$19.95

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★A BEACHCOMBER'S GUIDE TO FOSSILS By Bob Gale et al. This easy to use field guide has multiple views of specimens for easy identification; colored section margins for quick access; and species highlights about unique fossil animals. Fully illus. in color. 524 pages. UGA Press. Paperbound. Pub. at \$30.95

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★THE OKEFENOKEE SWAMP: A Natural and Cultural History By Marie Lathers. Meet the animals named for the Swamp—the Okefenokee fishing spider and zale moth—as well as an imaginary resident, Pogo the Opossum. Delves into the importance of the Okefenokee for Indigenous Americans, swampers' religious and musical practices and even Hollywood depictions of this unique habitat. Illus., some in

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★FUNGI COLLECTED IN SHROPSHIRE AND OTHER NEIGHBOURHOODS: A Victorian Woman's Illustrated Field Notes By M.F. Lewis. Venture into the woods alongside a pioneering female mycologist. This one of a kind, keepsake volume celebrates the timeless fascination of fungi. Lewis's delicately drawn, boldly colored images evoke the strange and powerful beauty of this kingdom. 168 pages. Chronicle. Pub. at \$22.95

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★WILD SPACES AND UNIQUE PLACES: Celebrating the Natural Wonders of Utah By Ryan Jeffery. Explore wild spaces through the dramatic and captivating photography of Jeffery, which captures Utah's beloved wildness, the wildlife, the national parks, the desert

vistas, and the mountains. 192 pages. Gibbs Smith. 11½x8¾.

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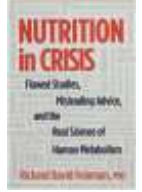


★WHAT BEARS TEACH US This lavishly illustrated volume explores the complex behavioral characteristics of North America's largest land carnivores by examining the bear-human relationship from the bear's perspective. 224 pages. Rocky Mountain.

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★NUTRITION IN CRISIS: Flawed Studies, Misleading Advice, and the Real Science of Human Metabolism By Richard David Feinman. Feinman paints a broad picture of the nutrition world that shows the beauty of the underlying biochemistry, the embarrassing failures of the medical establishment, and what's wrong with the constant reports that the foods we've been eating for centuries represent a threat

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DR. ATKINS' NEW DIET REVOLUTION By Robert C. Atkins. With this guide, you get everything you need: essential medical and nutritional information, a helpful carbohydrate gram counter, low-carb meal plans, and dozens of mouth-watering recipes for everything from appetizers to entrees to desserts. Start your new life today; become a healthier, fitter, happier you. 549 pages. Harper. Paperbound. Pub. at \$8.99

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

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★ZERO SUGAR ONE MONTH: Reduce Cravings, Reset Metabolism, Lose Weight, Control Blood Sugar By Becky Gillaspay. Removing sugar from your diet requires action, and that requires motivation and a new perspective. This 30 day guide gives you the necessary elements. Whether you're looking to eliminate sugar from your diet altogether or simply lessen your

dependence on sugar, this resource is for you. 176 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99

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

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★BEAT UNWANTED WEIGHT GAIN: 7 Ways to Lose Pounds and Never Regain Them By John M. Poothullil. Based on decades of research into weight gain, obesity, and Type 2 diabetes, Dr. John presents seven powerful strategies to help you reconnect with your authentic weight. Learn to reconnect with your body's natural weight signals, break the cycle of overeating, change deep-rooted eating habits, the truth about carbs and more!

118 pages. Over and Above Creative. Paperbound. Pub. at \$14.95

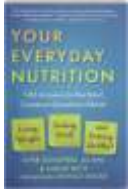
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Nutrition & Weight Management



THE SHIFT: 7 Powerful Mindset Changes for Lasting Weight Loss By Gary Foster. Shows you how to—and why you should—treat yourself in a way that feels better and primes you for likelier success. Flips old-fashioned weight-loss theory on its head, training you to recognize when your thinking is taking you away from your goals, to focus on action rather than outcome, and to value non-scale victories more than the number on the scale. Illus. 228 pages. St. Martin's. Pub. at \$28.99

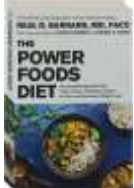
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★ YOUR EVERYDAY NUTRITION: 100 Answers to the Most Common Questions About Losing Weight, Feeling Great, and Getting Healthy! By I. Schapiro & H. Rich. Realistic in their approach without getting too technical, the authors give expert advice to readers and the tools to know what is truly important and relevant to their overall health. 222 pages. Skyhorse. Paperbound. Pub. at

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THE POWER FOODS DIET: The Breakthrough Plan That Traps, Tames, and Burns Calories for Easy & Permanent Weight Loss By Neal D. Barnard et al. When properly chosen, certain foods cause weight loss without the deprivation and planning that most weight-loss regimens require. This simple-to-follow meal plan includes delicious recipes, including foods we have often been told to avoid, like potatoes and pasta, so you can eat real food and still lose weight. Color photos. 332 pages. Balance. Pub. at \$30.00

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

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Healthy Cooking & Special Diets



THE JUICE CLEANSE RESET DIET: 7 Days to Transform Your Body for Increased Energy, Glowing Skin, and a Slimmer Waistline By L.K. Farley & M. St. Clair. Completely resets your system in just seven days to clear toxins and acidity, reduce cravings, and promote lasting weight loss. First, identify what type of cleanse you need based on your current dietary habits, and then choose from 60 delicious recipes to eat and drink your way to optimal health. 218 pages. Ten Speed. Paperbound. Pub. at \$15.99

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

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EXTRA EASY KETO: 7 Days to Ketogenic Weight Loss on a Low-Carb Diet By Stephanie Laska. Over seven days, Laska will lay out a workable plan in bite-sized pieces. With carb-counting cheat sheets and proven meal-planning tricks, this is doable for everyone! From cheesy casseroles to low-carb cheesecakes, fat-fueled, keto-friendly foods satisfy hunger, facilitate weight loss, and taste great. 234 pages. St. Martin's. Paperbound. Pub. at \$18.00

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

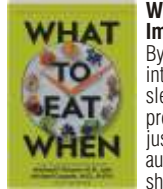
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Healthy Cooking & Special Diets



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

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WHAT TO EAT WHEN: A Strategic Plan to Improve Your Health & Life Through Food By Michael F. Roizen et al. Reveals that the internal clock that drives our lives—when we sleep and when we wake—also affects how we process food. In other words, when you eat is just as important as what you eat, and the authors give you a 31-day program that will show you a powerful new way to help you

achieve your very best life. Illus. 352 pages. National Geographic. Paperbound. Pub. at \$16.99

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★ THE PLANT-BASED DIABETES COOKBOOK: 125+ Nourishing Recipes to Satisfy Every Taste Bud By Jackie Newgent. With abundant tips and simple menus, you'll discover a flexible, diabetes friendly recipe guide that is not overly focused on calories, carb counting, or other strict parameters. There's no need to have a separate menu for your family and friends. Over 125 recipes that

follow today's current nutrition guidelines, will bring good health to your life! 16 pages of color photos. 294 pages. Health Communications. Paperbound. Pub. at \$18.95

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

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Healthy Cooking & Special Diets



UNLOCKING THE KETO CODE: The Revolutionary New Science of Keto That Offers More Benefits Without Deprivation By Steven R. Gundry. A revolutionary take on the keto diet. Grundy reveals the biological mechanism that make keto diets so successful: a cellular process known as "mitochondrial uncoupling." Grounded in cutting-edge science, this is the guide for all those who tried and failed

on a keto diet. 262 pages. Harper Wave. Pub. at \$28.99

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

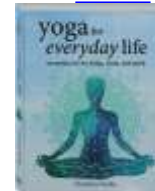
Paperbound. Pub. at \$16.95

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

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

176 pages. CICO Books. Pub. at \$16.99

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Exercise & Fitness



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

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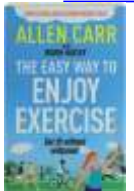
10,000 STEPS A DAY TO YOUR OPTIMAL WEIGHT: Walk Your Way to Better Health By Greg Isaacs. Walking not only fights the effects of aging, but it's safe, easy, inexpensive, and best of all it works! Includes a pedometer. 257 pages. Volt. 5x9". Paperbound. Pub. at \$19.95

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

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

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★ ANATOMY OF EXERCISE FOR 50+, SECOND EDITION By Hollis Lance Liebman. A detailed guide to attaining optimum physical fitness, showing exactly how to maintain and improve your physique with every passing day. You'll find 75 exercises, with step by step instructions from an experienced personal trainer. Fully illus. in color. 192 pages.

Firefly. 8 3/4 x 11. Paperbound. Pub. at \$24.95
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Exercise & Fitness



EAT LIKE A PIG, RUN LIKE A HORSE: How Food Fights Hijacked Our Health and the New Science of Exercise By Anastacia Marx de Salcedo. A fascinating journey that weaves together true confessions, mad(ish) scientists, and beguiling animal stories. The author shows that we need to move beyond our diet focused model to a new concept of metabolism as regulated by exercise. Suddenly the answer to good health is simple. Don't worry about what you eat. Worry about how much you move. 288 pages. Pegasus. Pub. at \$27.95

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★ I KNOW I SHOULD EXERCISE BUT...: 44 Reasons We Don't Move & How to Get Over Them By D. Hill & K. Bowman. Break down the common, everyday mental blocks to moving your body more, and transform your mind from adversary to ally in the quest to feel better in your body. You'll learn how to use the effective and practical tools of Acceptance and Commitment Therapy, psychological flexibility, and radical self-compassion. 239 pages. Uphill. Paperbound. Pub. at \$19.95

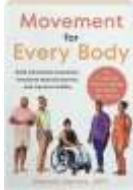
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SMALL CHANGES: A Rules-Free Guide to Add More Plant-Based Foods, Peace & Power to Your Life By Alicia Witt. Witt shows you how adopting the "small changes philosophy" allows you to find balance, eat healthier, and feel better physically and emotionally. See how small changes can usher in larger changes and transform your life. 16 pages of color

photos. 270 pages. Harper. Pub. at \$27.99

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★ MOVEMENT FOR EVERY BODY: An Inclusive Fitness Guide for Better Movement By Marcia Dornie. An inclusive guide to improving mobility, building strength, and increasing flexibility for every body and any size, shape, and ability. Well illus. in color. 144 pages. North Atlantic. Paperbound. Pub. at \$22.95

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★ INTELLIGENT FITNESS: The Smart Way to Reboot Your Body and Get in Shape By Simon Waterson. Sharing his practical and highly accessible approach to reimagining your body, the author encourages you to focus on training, recovery, and nutrition to build on your performance, rather than aesthetic. An essential training manual for any age and fitness level. Photos, many in color with illus. 256 pages. Triumph. Paperbound. Pub. at \$20.00

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Exercise & Fitness



★ MOVEMENT MATTERS: Essays on Movement Science, Movement Ecology, and the Nature of Movement By Katy Bowman. A collection of essays in which Bowman, a biomechanist, continues her groundbreaking investigation of the mechanics of our sedentary culture and the profound potential of human movement. Here she widens her "You are how you move" message and invites us to consider our personal relationship with sedentarism, privilege, and nature. Illus. 225 pages. Propriometrics. Paperbound. Pub. at \$17.95

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Beauty & Skin Care



THE WRINKLE CURE: Unlock the Power of Cosmeceuticals for Supple, Youthful Skin By Nicholas Perricone. This antioxidant plan revitalizes your skin from the outside and inside, reducing and effectively erasing wrinkles and blemishes, no matter your skin color or type, no matter your age! Find out about: Alpha Lipoic Acid—lines, wrinkles, under-eye puffiness, acne scars, and enlarged pores can disappear. 218 pages. Warner. Paperbound. Pub. at \$6.99

Item # **7733143** **\$4.95**



BEYOND BEAUTIFUL: Using the Power of Your Mind and Aesthetic Breakthroughs to Look Naturally Young and Radiant By Doris Day with J. Gould. Will teach you how to improve your self-perception, explain breakthrough treatments and products and when to use them, and give you a roadmap to become the most youthful, beautiful version of yourself! Learn how to: boost self-confidence; fight aging; tighten your chin and neck; treat acne and rashes; relieve stress; and more. Color photos. 248 pages. Center Street. Pub. at \$28.00

Item # **7846886** **\$6.95**



BREAK FREE FROM ECZEMA By Rachel Zohn. This friendly guide offers a complete breakdown of what eczema is, how your unique genes and environment can affect your skin, and how to harness that important information for feeling better as soon as possible. You'll find practical tips on ways to manage eczema. 240 pages. Ulysses. Paperbound. Pub. at \$15.95

Item # **5879728** **\$5.95**

Beauty & Skin Care



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

Item # **9108769** **\$5.95**



THE BEAUTY SKETCHBOOK: Illustrate Your Own Modern Makeup Looks By R. Black & R. Yazdi. Provides inspiration and tips for experimenting with color palettes, concepts, and techniques. Start designing your own beauty looks with the included blank face charts throughout, waiting for your makeover! Fully illus. most in color. 160 pages. Abrams. 9 1/4 x 8 3/4. Paperbound. Pub. at \$19.99

Item # **8996946** **\$4.95**

Health & Medical References



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

Item # **9348050** **\$6.95**



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

Item # **9080996** **\$3.95**

Health & Medical References



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

fulfillment and contentment. 246 pages. Watkins. Pub. at \$19.95
Item # [9037942](#) **\$5.95**



★TOXIC SUPERFOODS: How Oxalate Overload Is Making You Sick—and How to Get Better By Sally K. Norton. If you're eating a healthy diet and you're still dealing with fatigue, inflammation, anxiety, recurrent injuries, or chronic pain, the problem could be your spinach, almonds, sweet potatoes, and other trusted plant foods. This guide shines light on how our modern diets are overloaded with oxalates and offers fresh solutions. 111us. 368 pages. Rodale. Paperbound. Pub. at \$20.00

Item # [7779186](#) **\$12.95**



EAT EVERYTHING: How to Ditch Additives and Emulsifiers, Heal Your Body, and Reclaim the Joy of Food By Dawn Harris Sherling. Discover the practical, science-based way to reclaim your health through the power of real food. Dr. Sherling lays out the research on food additives and offers a straightforward guide to eating just about everything without pain, worry, or guilt.

273 pages. BenBella. Paperbound. Pub. at \$21.95
Item # [9249842](#) **\$5.95**



THE DOCTOR WILL SEE YOU NOW: Essays on the Changing Practice of Medicine By Cory Franklin. A quirky and eclectic collection of short pieces that explore the evolving patient-physician relationship; famous doctors and notorious patients; surprising hospital practices and the future of health care; medical reporting, research, ethics, drugs, and money; and the brave new world of neurology.

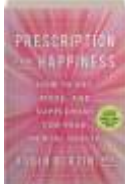
270 pages. Chicago Review. Paperbound. Pub. at \$16.99
Item # [7999976](#) **\$3.95**

Health & Medical References



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

Item # [9119582](#) **\$5.95**



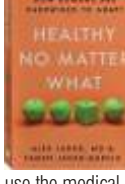
PRESCRIPTION FOR HAPPINESS: How to Eat, Move, and Supplement for Peak Mental Health By Robin Berzin. Explores the new science of optimizing the body in ways that will establish a new baseline for energy, calm, and optimism. And offers a prescription sorely missing from our health care system for the foods, tests, workouts, and emotional healing practices that can change the state of how we feel every day. 294 pages. S&S. Paperbound. Pub. at \$17.99

Item # [6997287](#) **\$3.95**



THE ART AND SCIENCE OF CONNECTION: Why Social Health Is the Missing Key to Living Longer, Healthier, and Happier By Kasley Killam. Just as we exercise our physical muscles, we can strengthen our social muscles. Combining cutting-edge science, mindset shifts, and practical wisdom, Killam offers the first methodology for being socially healthy. It is an antidote to the loneliness epidemic and an inspiring manifesto for seeing well-being as social. 278 pages. Harper. Pub. at \$28.99

Item # [9171436](#) **PRICE CUT to \$2.95**



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

Item # [9171665](#) **\$5.95**



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

Item # [77528X](#) **\$7.95**

Health & Medical References



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

Paperbound. Pub. at \$17.95
Item # [9107436](#) **\$12.95**



THE CURE FOR EVERYTHING: Untangling Twisted Messages About Health, Fitness, and Happiness By Timothy Caulfield. Caulfield interviews experts, reviews research in-depth, and even tries out some of today's health fads himself to discover what works and what doesn't. He proves, alas, that there are no shortcuts to health and fitness, and offers up the scientifically sound, tough-love truth about how we can live longer, healthier lives. 234 pages. Beacon. Paperbound. Pub. at \$17.00

Item # [7966830](#) **\$5.95**



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

Morrow. Pub. at \$29.99
Item # [9097465](#) **PRICE CUT to \$2.95**



★BEYOND LONGEVITY: A Proven Plan for Healing Faster, Feeling Better, and Thriving at Any Age By Jason Prall. Features new science that updates the "blue zones" secrets to healthy, happy longevity with a flexible, holistic approach that incorporates epigenetics, nutrition, and mental health. 223 pages. Hay House. Paperbound. Pub. at \$18.99

Item # [7991282](#) **\$6.95**



★THE 12-WEEK DBT PLAN: Skills and Exercises to Improve Your Feelings, Habits, and Relationships By Valerie Dunn McBee. Understand the four key principles of DBT: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. An easy-to-follow program of writing prompts, questions and routines make it easy to put DBT into practice every day to balance your emotions and achieve your goals. 176 pages. Callisto. Paperbound. Pub. at \$19.99

Item # [9096566](#) **\$11.95**

Health & Medical References



★THE CAREGIVER'S GUIDE TO STROKE RECOVERY: Practical Advice for Caring for You and Your Loved One By Lucille Jorgensen. A stroke changes the life of more than just the survivor. This guide will help you through these challenging times with knowledge, compassionate guidance, and reaffirming anecdotes. Includes support topics such as medications and treatments, financial and legal decisions, and work-life balance. 176 pages. Rockridge. Paperbound. Pub. at \$15.99

Item # [8894094](#) **PRICE CUT to \$6.95**



★DOES COFFEE CAUSE CANCER? And 8 More Myths About the Food We Eat By Christopher Labos. A refreshingly clarifying work about food, food myths, and how sloppy science perpetuates misconceptions about food. Does vitamin C prevent the common cold? Why were eggs once bad for you but now good for you again? Is red wine really good for your heart? and more. 111us. 290 pages. ECW Press. Paperbound. Pub. at \$19.95

Item # [7935374](#) **\$14.95**



★STAYING HEALTHY WHEN YOU TRAVEL: Avoiding Bugs, Bites, Bellyaches, and More By Jane Wilson-Howarth. Packed with crucial advice on immunizations, medicines, traveling with children, flying, culture shock, ailments, accidents, and more, this volume covers everything you have and haven't thought of. 111us. in color. 320 pages. CompanionHouse. Paperbound. Pub. at \$22.99

Item # [8200149](#) **\$6.95**



★THE ANTI-VIRAL GUT: Tackling Pathogens from the Inside Out By Robynne Chutkan. A plan for strengthening the incredible antiviral defenses located in your gut and resolving symptoms. Gives practical advice for balancing both your internal and external environment by optimizing diet, exercise, sleep, and time outdoors to boost your host defenses and overall health. 258 pages. Avery. Paperbound. Pub. at \$20.00

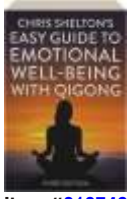
Item # [9008322](#) **\$9.95**



THE HEALTH FIX: Transform Your Health in 8 Weeks By Ayan Panja. Will show you how to: tighten up on the eight key factors which affect your everyday health; improve your ability to control your habits and change behaviors; experience the subtle power of how, what and when; generate your own targeted lifestyle prescription; and more. 255 pages. Kyle Books. Pub. at \$19.99

Item # [7994303](#) **\$3.95**

Health & Medical References



★ **CHRIS SHELTON'S EASY GUIDE TO EMOTIONAL WELL-BEING WITH QIGONG, THIRD EDITION** Understand and incorporate the theories and practices of specific exercises focused on balancing your body's energy. This guide will certainly give your Qi a boost, and you will finish feeling revitalized and refreshed, rather than worked-out and exhausted. Illus. 182 pages. Radius. Paperbound. Pub. at \$19.00

Item # **9107460** **PRICE CUT to \$6.95**



★ **THE GIFT OF THE NIGHT: A Six-Step Program for Better Sleep** By Philip Carr-Gomm. A fast and easy to follow six step program to help you sleep better, combines knowledge from sleep science and cognitive behavioral therapy with techniques drawn from spiritual traditions and insights from the emerging field of psychedelic therapy, showing you how to truly benefit from everything the night offers to body and soul. 192 pages. Inner Traditions. Paperbound. Pub. at \$18.99

Item # **7939493** **\$5.95**



★ **NATURE'S WAY TO HEALING: A Long Covid Guide** By Lee Holmes. Offers a step by step approach to reduce the duration of Long Covid. Guides readers through a tried and tested practical plan with workbook tools including a symptom tracker, self-care checklist and pacing diary to monitor progress. Fully illus. in color. 248 pages. Rockpool. Paperbound. Pub. at \$18.95

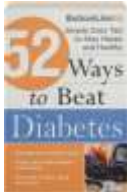
Item # **8996733** **PRICE CUT to \$4.95**



★ **MED SPA MAYHEM: The Good, the Bad, and the Ugly Secrets of the Aesthetic Industry** By Kate Dee. An essential read for anyone considering med spa services, offering a much-needed and expert perspective on the balance between beauty and health. Dr. Dee's passionate advocacy for patient safety makes Med Spa Mayhem a pivotal work in understanding and navigating the complex world of medical spas. 177 pages. Advantage Media Group. Paperbound. Pub. at \$19.99

Item # **8890137** **PRICE CUT to \$2.95**

Diseases & Disorders



52 WAYS TO BEAT DIABETES: Simple, Easy Tips to Stay Happy and Healthy By Eds. of Bottom Line Inc. Provides an entire year's worth of tips, ideas, and actions from some of the top health experts in the world on how you can beat diabetes now. Whether you're hoping to live better with diabetes or you're facing the first shock of a diagnosis, this volume will start your journey toward tackling it. 145 pages. Sourcebooks. Paperbound. Pub. at \$9.99

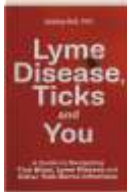
Item # **9256768** **\$4.95**

Diseases & Disorders



NO MORE HEARTBURN: The Safe, Effective Way to Prevent and Heal Chronic Gastrointestinal Disorders By Sherry A. Rogers. A leading expert in drug-free gastrointestinal therapy explains how you can pinpoint the causes of your stomach distress and offers easy-to-follow advice for creating an effective, personalized program for achieving and maintaining total gastrointestinal health. 247 pages. Citadel. Paperbound. Pub. at \$15.95

Item # **9224130** **\$4.95**



LYME DISEASE, TICKS AND YOU: A Guide to Navigating Tick Bites, Lyme Disease and Other Tick-Borne Infections By Shelley Ball. Ball's exhaustive research into Lyme and her experience of advocating for her own health. This guide clearly explains the complicated science of Lyme disease and why diagnosis and treatment can be so hard to access. Color photos. 160 pages. Firefly. Paperbound. Pub. at \$19.95

Item # **9202986** **\$5.95**



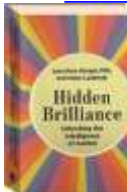
PREVENTING LYME & OTHER TICK-BORNE DISEASES By Alexis Chesney. Take a proactive approach to defending your health from the rise of Lyme disease and other tick-borne illnesses, with this essential reference. Learn strategies for preventing tick bites; six steps after you've been bitten; symptoms, testing,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

Item # **4260902** **\$5.95**



THE EVERYTHING GUIDE TO LYME DISEASE By Rafal Tokarz. If you're suffering from Lyme disease, you need clear, easy to understand information. Written by a leading expert in infectious diseases, this is a comprehensive resource for living with Lyme disease. Learn about all aspects of the disease, how to prevent it, and how to find the best medical care. 256 pages. Adams Media. Paperbound. Pub. at \$18.99

Item # **9029389** **\$2.95**



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

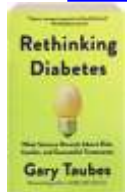
Item # **9057013** **\$5.95**

Diseases & Disorders



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

Item # **7862067** **\$5.95**



★ **RETHINKING DIABETES: What Science Reveals About Diet, Insulin, and Successful Treatments** By Gary Taubes. Explores the history underpinning the treatment of diabetes, types 1 and 2, elucidating how decades-old research that is rife with misconceptions has continued to influence the guidance physicians offer—at the expense of their patients' long-term well-being. 495 pages. Vintage. Paperbound. Pub. at \$20.00

Item # **909315X** **\$14.95**



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

Item # **9066330** **\$5.95**



THE END OF FOOD ALLERGY: The First Program to Prevent and Reverse a 21st-Century Epidemic By K. Nadeau & S. Barnett. The problem of food allergy is exploding around us. But this work offers the first glimpse of hope with a powerful message: you can work with your family and your doctor to eliminate your food allergy forever. 342 pages. Avery. Pub. at \$28.00

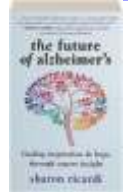
Item # **5722578** **\$6.95**

Diseases & Disorders



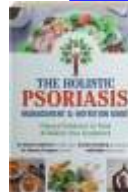
US OF AA: How the Twelve Steps Hijacked the Science of Alcoholism By Joe Miller. An expose full of secrecy, irony, liquor industry money, the shrillest of scare tactics, and, at its center, a grand deception. Shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire enterprise. 194 pages. Chicago Review. Pub. at \$26.99

Item # **7840519** **\$6.95**



★ **THE FUTURE OF ALZHEIMER'S: Finding Inspiration & Hope Through Expert Insight** By Sharon Ricardi. Offers an informative and inspirational look forward into the next 10 years of Alzheimer's treatment and beyond. Provides a valuable perspective on the current state of Alzheimer's care, what newly diagnosed individuals can expect, and the likelihood of a cure in our lifetime. 162 pages. Hatherleigh. Paperbound. Pub. at \$15.00

Item # **6998127** **\$3.95**



★ **THE HOLISTIC PSORIASIS MANAGEMENT & NUTRITION GUIDE: Natural Solutions to Treat & Relieve Your Symptoms** By Maria R. Robinson et al. Authored by leading experts in dermatology, naturopathy and functional nutrition, this comprehensive guide offers an extensive exploration of psoriasis and a holistic approach to its management. Embraces both innovative treatments and holistic approaches, empowering you with an integrative strategy for managing psoriasis symptoms. 272 pages. Robert Rose. Paperbound. Pub. at \$24.95

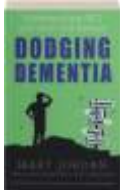
Item # **9165282** **\$19.95**



★ **SOUNDS LIKE MISOPHONIA: How to Stop Small Noises from Causing Extreme Reactions** By Jane Gregory with A. Ahmad. Gregory takes you through step by step exercises to change your relationship with sounds and streamline your coping strategies. Alongside you on your journey is podcaster and misophone Adeel Ahmad, who carries out experiments and shares case studies from volunteers around the world. 336 pages. Green Tree. Paperbound. Pub. at \$22.00

Item # **1177095** **\$14.95**

Diseases & Disorders

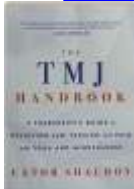


★ **DODGING DEMENTIA: Understanding MCI and Other Risk Factors** By Mary Jordan with J. Thompson. Guides you through how to assess your personal risk based on the latest evidence. Shows the reader the many factors associated with developing dementia and the science behind our current understanding, including: diet, exercise, trauma, pharmaceuticals, genetics, social isolation, sleep, neurological deficits, and more.

231 pages. Hammersmith. Paperbound. Pub. at \$29.99

Item # **1105736**

\$7.95



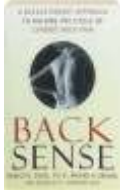
★ **THE TMJ HANDBOOK: A Therapeutic Guide to Relieving Jaw Tension and Pain with Yoga and Mindfulness** By Cator Shachoy. Unpacks the physical, emotional, and energetic reasons why this pain can occur and become so debilitating—including injury, stress and tension, emotional trauma, grief and rage, and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

Shambhala. Paperbound. Pub. at \$24.95

Item # **9008985**

\$9.95

Stress & Pain Management



BACK SENSE: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain By Ronald D. Siegel et al. Offers a revolutionary approach to halting the cycle of chronic back pain. Describes how tension leads to tight muscles, which in turn leads to back pain—an often overlooked cause. 246 pages. Broadway. Paperbound. Pub. at \$12.95

Item # **9144781**

\$5.95



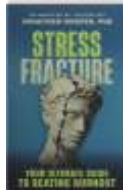
PSYCHEDELIC OUTLAWS: The Movement Revolutionizing Modern Medicine By Joanna Kempner. Kempner unearths how a group of ordinary people debilitated by excruciating pain developed their own medicine from home-grown psilocybin mushrooms—crafting near-clinical grade dosing protocols—and fought for recognition in a broken medical

system. 362 pages. Hachette. Pub. at \$32.00

Item # **9273573**

\$6.95

Stress & Pain Management



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

Bethany House. Paperbound. Pub. at \$18.99

Item # **9164014**

PRICE CUT to \$3.95



★ **PAIN & PERFORMANCE: The Revolutionary New Way to Use Training as Treatment for Pain and Injury** By R. Whited & M. Fitzgerald. Presents a radically new way for athletes to understand and manage pain that exposes the shocking lack of evidence for modern medicine's approach to pain and injury management. Learning a simple, three-step process will start you on a path to

better performance and a more fulfilling athletic journey with less downtime. 204 pages. 80/20. Paperbound. Pub. at \$21.99

Item # **1207598**

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Complementary & Alternative Medicine



CHI HEALTH CYCLE: The 24-Hour Plan to Restore Health Through Energy Flow By Jost Sauer. Based on the ancient health secrets of traditional Chinese medicine, this work shows you how to align your exercise, diet, and daily activities to the 24-hour cycle of chi—your vital life force—through twelve key organs in your body. 160 pages. Welbeck. Paperbound. Pub. at \$16.95

Item # **9378014**

\$5.95



BREATHWORK FOR SELF-TRANSFORMATION: Harness Your Vital Energy for Health and Happiness By Konstantinos Tselios. Prana is the Sanskrit word for "breath" or "life-force", and its power can be felt when breathing properly. Provides ayurvedic advice and a whole host of practices to raise your pranic energy and positively impact your health and well-being. 127 pages. Sirius. Pub. at \$12.99

Item # **9167056**

\$5.95

Complementary & Alternative Medicine



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

Item # **8096813**

\$4.95



★ **MUSHROOM PHARMACY: A Practical Guide to Psychedelic Mushrooms** By Stacey Simmons. A comprehensive, easy-to-understand guide to using mushrooms safely and effectively to achieve better health, alleviate symptoms, and potentially cure the underlying causes of dozens of ailments, from depression, anxiety, and addiction to

Lyme disease, Alzheimer's, migraines, and more. Illus. 268 pages. Black Dog & Leventhal. Paperbound. Pub. at \$24.99

Item # **9136568**

PRICE CUT to \$14.95



CBD AND HEMP REMEDIES: A Quick & Easy Guide to Help You Destress, Relax, and Relieve Pain Using Cannabis Products By Sandra Hinchliffe. Guides you through the types of products available to you in mainstream stores and how to use each one. Introduces the beginner CBD/hemp user to 75 different ways they can use the products they've purchased. Includes recipes for massage oils, hand soaks, lotion bars, lip balms, salt scrubs, candies, and more. Well illus. in color. 176 pages. Skyhorse. Paperbound. Pub. at \$16.99

Item # **7940009**

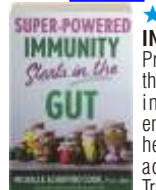
\$4.95



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

Item # **9102388**

\$11.95



★ **SUPER-POWERED IMMUNITY STARTS IN THE GUT** By Michelle Schoffro Cook. Provides a detailed seven step plan for healing the gut and obtaining and sustaining optimum immune system function. This guide empowers you to take charge of your gut health, transform your immune system, and achieve vibrant health. 150 pages. Inner Traditions. Paperbound. Pub. at \$16.99

Item # **804208X**

\$3.95

Complementary & Alternative Medicine

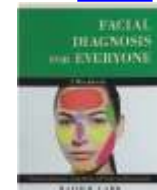


THE ULTIMATE GUIDE TO CBD: Explore the World of Cannabidiol—Recipes for Self-Care, Beverages, Cooking, and More By Jamie Evans. Introduces the basics of using cannabidiol, including the current science in the field of CBD research and the differences between each application. You'll be able to explore CBD in a variety of ways with recipes relating to

self-care, beverages, food, pet treats, and fitness. Fully illus. in color. 224 pages. Fair Winds. Paperbound. Pub. at \$26.99

Item # **9112723**

\$3.95



★ **FACIAL DIAGNOSIS FOR EVERYONE: Practical Solutions Using Herbs, Cell Salts and Homeopathy—A Workbook** By David R. Card. A guide to help people identify possible health issues in themselves and others from key facial indicators, and then to give them practical methods for addressing these issues, using homeopathic remedies, cell salts, and herbs. Also references other bodily signs to provide further tools. Illus. in color. 106 pages. Kalindi. 8 1/2 x 11. Paperbound. Pub. at \$24.95

Item # **9197710**

\$15.95



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

Item # **9120688**

\$3.95



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

Healing Arts. Paperbound. Pub. at \$24.99

Item # **9060707**

\$19.95

Complementary & Alternative Medicine



★**PSYCHED: Seven Cutting-Edge Psychedelics Changing the World** By Amanda Siebert. Explores the history, culture, and potential of seven psychedelic substances. Siebert interweaves real-life stories, clinical research, and interviews with the world's leading psychedelics experts and cultural allies to offer a definitive guide to these cutting-edge treatments. 210 pages. Greystone.

Paperbound. Pub. at \$16.95
Item # [7937865](#)

\$12.95



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

of nature. Fully illus. in color. 128 pages. Schiffer. Pub. at \$24.99
Item # [9075763](#)

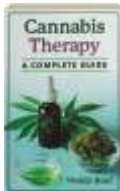
PRICE CUT to \$9.95



★**QIGONG FOR WOMEN** By Dominique Ferraro. Gives step by step instructions for dozens of exercises that address the specific concerns of women, including stress relief, aging, physical toning, sexuality, and more. Fully illus. 158 pages. Healing Arts. 8x10. Paperbound. Pub. at \$19.95

Item # [4996216](#)

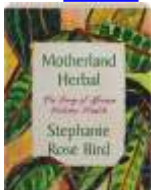
\$15.95



★**CANNABIS THERAPY: A Complete Guide** By Wendy Read. In this in-depth guide to cannabis therapy, written for both health practitioners and those looking for self-care methods, Read provides a complete look at why marijuana medicine works, its medical and spiritual uses throughout history, and how to develop a personalized healing plan. 296 pages. Park Street. Paperbound. Pub. at \$22.99

Item # [3279499](#)

\$11.95



★**MOTHERLAND HERBAL: The Story of African Holistic Health** By Stephanie Rose Bird. Discover how to garden and harvest in unison with the seasons and how to use herbalism and magic—derived from ancestral and spiritual helpers—to heal. Showcases an array of recipes and rituals that nourish every facet of life. Well illus. 438 pages. Harper. Paperbound. Pub. at \$29.99

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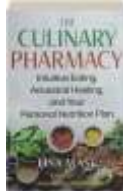
Complementary & Alternative Medicine



★**HERBAL INTELLIGENCE: Plant Teachers and the Return of Viriditas** By David Hoffmann. Providing a comprehensive guide to the dynamic new landscape of modern herbalism, Hoffmann explores how ancient healing modalities are once again becoming prominent. 238 pages. Healing Arts. Paperbound. Pub. at \$21.99

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★**MINDFULNESS THROUGH THE STARS: A Zodiac Wellness Guide** By Ashley Flores. By studying sun signs and rising signs, readers will learn how to use their personal zodiac for self-knowledge and care. Learn how to better tend the mind, body, and spirit with topics like astrology compatibility and mindfulness activities while learning to love your flaws and overcome insecurities.

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★**ACTIVATE YOUR SUPER-HUMAN POTENTIAL: The Ultimate 5D Toolkit** By Jerry Sargeant. Combining qigong, breathwork, meditation, exercise, nutrition, healing, light codes, and more, Sargeant has blended a unique recipe that offers you the opportunity to create a life of sovereignty and freedom. Are you ready to embark on a life-changing journey? Illus.

304 pages. Inner Traditions. 8x10. Paperbound. Pub. at \$29.99

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New Age Spirituality

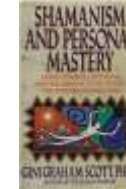


★**ACTIVATING OUR 12-STRANDED DNA: Secrets of Dodecahedral DNA for Completing Our Human Evolution** By Ruslana Remennikova. Sharing techniques and meditations that help you activate all 12 strands of your DNA, Remennikova reveals the revolutionary healing powers inherent in each of us for personal healing, spiritual transformation, and the completion of our human evolution.

Color photos. 272 pages. Park Street. Paperbound. Pub. at \$24.99

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★**SHAMANISM AND PERSONAL MASTERY: Using Symbols, Rituals, and Talismans to Activate the Powers Within You** By Gini Graham Scott. Scott demystifies shamanism and shows how it can be an accessible means of uncovering and focusing personal power. She offers simple exercises and visualization techniques used to gain confidence and attain professional success and personal fulfillment.

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★**YOUR HEART KNOWS HOW TO HEAL YOU: The Sacred Medicine of the Four Chambers of the Heart** By Cissi Williams. An intuitive shamanic journey through the heart's chambers, inspired by the author's own brush with mortality after suffering a heart attack. 254 pages. Findhorn. Paperbound. Pub. at \$19.99

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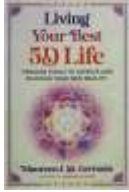
★**RETURN TO THE MYSTERY SCHOOL: Regaining the Edenic Consciousness** By Elizabeth Clare Prophet. Humanity stands at a crossroads where we see the serpentine logic of the fallen angels that caused the fall of Eden once again permeating today's culture. Maitreya comes to teach us to discern the truth from the lie by extracting the splintered momentums hidden in our consciousness.

248 pages. Summit. Paperbound. Pub. at \$20.95

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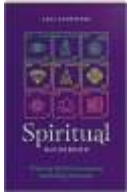
New Age Spirituality



★ **LIVING YOUR BEST 5D LIFE: Timeless Tools to Achieve and Maintain Your New Reality** By Maureen J. St. Germain. Sharing everything you need to know to successfully cross over from 3D to 5D, St. Germain discusses how to truly transform beliefs and paradigms that hold the soul in the denser dimensions. Explores practices for thinking in 5D, shares meditations to help you upgrade your MerKaBa, and examines how to clear and clean your 12 DNA strands and your chakras. Illus. 148 pages. Bear & Company. Paperbound. Pub. at \$16.00

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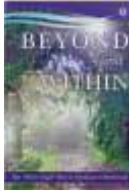
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★ **SPIRITUAL GUIDEBOOK: Mastering Psychic Development and Healing Techniques** By Anna Comerford. A comprehensive guide to understanding and mastering healing and psychic techniques. Tap into your intuition, heart and soul and be amazed at the surprising ways your skills unfold and develop. Will expand your psychic knowledge and intuitive-healing abilities in ways you never imagined. Illus. 296 pages. Rockpool. Paperbound. Pub. at \$21.95

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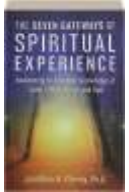
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★ **BEYOND AND WITHIN: The White Eagle Way to Meditate Effortlessly** Ed. by Anna Hayward. The perfect guide to meditating the White Eagle's way. It is helpful at all stages of developing the meditation practice, because it deals with its subject topic by topic and problem by problem, except that it does not see these as problems but as possibilities to explore. 240 pages. White Eagle. Paperbound. Pub. at \$14.95

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★ **THE PATH OF THE WARRIOR-MYSTIC: Being a Man in an Age of Chaos** By Angel Millar. This guide will help you discover your inner sacred masculine, a better understanding of the world and your place in it, and ultimately how to become a confident, strong, and dynamic contemporary higher man and a leader in your own life. 232 pages. Inner Traditions. Paperbound. Pub. at \$18.99

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LIFE'S GOLDEN TICKET: A Story About Second Chances By Brendon Burchard. LARGE PRINT EDITION. What if you were handed a golden ticket that could magically start your life anew? This is a triumphant tale of personal growth and change that will inspire anyone who has ever wished for a second chance. 295 pages. HarperLuxe. Paperbound. Pub. at \$19.99

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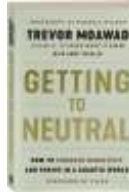
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FIND THE GOOD: Unexpected Life Lessons from a Small-Town Obituary Writer By Heather Lende. As an obituary writer, Lende knows about last words and lives well lived. Now she's distilled what she's learned about how to live into three words: find the good. This title offers short chapters to help you unlearn the habit of seeing only the negatives and see any event as an opportunity to find the good. 162 pages. Algonquin. Pub. at \$24.00

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GETTING TO NEUTRAL: How to Conquer Negativity and Thrive in a Chaotic World By Trevor Moawad with A. Staples. Provides life-changing, step by step guidance on how to successfully navigate adversity and defeat negativity by downshifting to neutral thinking. 238 pages. HarperOne. Pub. at \$27.99

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I GUESS I HAVEN'T LEARNED THAT YET: Discovering New Ways of Living When the Old Ways Stop Working By Shauna Niequist. When everything we've been clinging to falls apart, how do we know what to keep and what to let go of? This work provides a clear-eyed look at where we go from here—and how we can transform our lives along the way. 220 pages. Zondervan. Pub. at \$26.99

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

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

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

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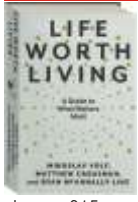


THE ART OF NON-CONFORMITY: Set Your Own Rules, Live the Life You Want, and Change the World By Chris Guillebeau. Defies common assumptions about life and work while arming you with the tools to live authentically and to help transform the world for the better. 242 pages. Tarcher. Paperbound. Pub. at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

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Inspiration, Motivation & Self-Discovery



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

change. 315 pages. Open Field. Pub. at \$29.00

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

175 pages. Chronicle. Pub. at \$22.95

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GET OUT OF YOUR OWN WAY: Overcoming Self-Defeating Behavior By M. Goulston & P. Goldberg. Explains why we sabotage ourselves, tracing back to the childhood origins of various behaviors, and offers practical lessons for overcoming negative behaviors such as procrastination, envy, obsession, and anger. 177 pages. Perigee. Paperbound. Pub. at \$19.00

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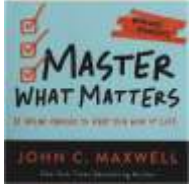


I'M NO PHILOSOPHER, BUT I GOT THOUGHTS: Mini-Meditations for Saints, Sinners, and the Rest of Us By Kristin Chenoweth. Stroll alongside Chenoweth as she shares her most vulnerable and humorous stories in her never-ending pursuit to find the rainbows in every day. Before you know it, you'll be grinning faster than you can spell

Oklahoma! Illus. in color. 204 pages. Harper. Pub. at \$22.99

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

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Inspiration, Motivation & Self-Discovery



AN EDITED LIFE: Simple Steps to Streamlining Your Life, at Work and at Home By Anna Newton. Declutter every aspect of your life—from your wardrobe, schedule and kitchen cupboards to your workspace, social life and beauty regime—with this realistic guide to getting neat and keeping things that way. 256 pages. Quadrille. Pub. at \$22.99

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365 WAYS TO HAVE A GOOD DAY: A Day-by-Day Guide to Living Your Best Life By Ian Sanders. A full year's worth of daily inspiration, tools, habits, actions and rituals that will help you live your best life. Focuses on the small stuff you can do every day to make life better. 248 pages. John Murray. Pub. at \$16.95

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★THE ALCHEMY OF DIVINE WEALTH: Unlock the Power of Your Spiritual Reality By Elizabeth Clare Prophet. Feeling stuck in the struggle of everyday life? Burned out on vision boards, affirmations, and trying to manifest your dream life? There is a reason the law of attraction isn't working for you, and it's not your fault. You'll discover that wealth isn't something you attract—it's something you become. Illus. in color.

256 pages. Summit. Paperbound. Pub. at \$18.95

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STOIC AT WORK: Ancient Wisdom to Make Your Job a Bit Less Annoying By Annie Lawson, illus. by O. Davis. Offers modern rules based on ancient wisdom that aim to help anyone with a job manage the mind games, meltdowns, and the disturbing reality that we must work until we die. It is possible to transform work from a place of irritation to a place of joy. Illus. 217 pages.

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

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

Item # [9245960](#) **PRICE CUT to \$3.95**

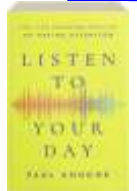


THE FIVE LONGINGS: What We've Always Wanted-And Already Have By David Richo. Discover how identifying what you want can reveal deep truths about yourself, and how working with those longings can lead to a happier, more satisfying life. Gain enlightening advice and practices for accessing just this kind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

180 pages. Shambhala. Paperbound. Pub. at \$21.95

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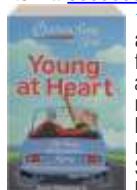


LISTEN TO YOUR DAY: The Life-Changing Practice of Paying Attention By Paul Angone. Helps you overcome what's stealing your attention; discover new mindset models through which to view your everyday life; build better relationships through intentional practices of paying attention; form new practices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

205 pages. Baker Books. Paperbound. Pub. at \$17.99

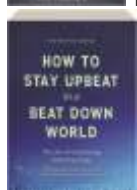
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★CHICKEN SOUP FOR THE SOUL: Young at Heart By Amy Newmark. These 101 stories from dynamic, active people who are still young at heart prove the adage that age is just a number. Whether they're relaxing at home or hitting the road, married or single, working or retired, these folks do it all. 339 pages. Chicken Soup for the Soul. Paperbound. Pub. at \$16.99

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

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Inspiration, Motivation & Self-Discovery



HOW WE HEAL: Uncover Your Power and Set Yourself Free By Alexandra Elle. A life-changing guide to nurturing your spirit and reclaiming your job. Discover essential techniques for self-healing, including journaling rituals, empowering exercises, and restorative meditations. Illus. 207 pages. Chronicle. Pub. at \$24.95

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CREATIVITY BEGINS WITH YOU: 31 Practical Workshops to Explore Your Creative Potential By A. Neal & D. Star. Can creativity be "taught"? Or is it simply innate? Find your creativity through your own unique identity and experience, fight those negative voices, get out of your habitual comfort zones and play. Part practical workshop, part provocative guide, this invaluable companion is

for any student working across the creative disciplines. Well illus. in color. 240 pages. Laurence King. Paperbound. Pub. at \$24.99

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★DISCOVER YOUR SOUL MISSION: Calling on Angels to Manifest Your Life Purpose By Kathryn Hudson. Guiding many in the quest for meaning and purpose, Hudson shares how to move from feeling out of place or out of sorts with where we are in our lives to moving intentionally into fulfillment and knowing that we are exactly where we are meant to be. 205 pages. Findhorn.

Paperbound. Pub. at \$16.99

Item # [1990683](#)

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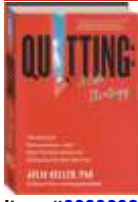
★FINDING YOUR WALDEN: How to Strive Less, Simplify More, and Embrace What Matters Most By Jen Tota McGivney. Thoreau lived during a time like ours, of rapid technological and economic changes, political division, and a pandemic. Thoreau reassessed his priorities: What does success really look like? What is my duty as an ethical citizen of a less-than-ethical world? How can

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

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Inspiration, Motivation & Self-Discovery



QUITTING: A Life Strategy By Julia Keller. Reminds us that, in order to live meaningful, satisfying lives, sometimes we have to say no. With Keller's guidance, readers will learn the art of the quasi-quit, see how quitting makes space for key breakthroughs, navigate the relationship between quitting and our public lives, manage quitter's guilt, and more. 222 pages. Hachette. Pub. at \$29.00

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EAT YOUR WAY TO A SIX PACK: The Ultimate 75 Day Transformation Plan By Scott Harrison. The author's life-changing program *The Six Pack Revolution* has helped a community of tens of thousands of people across 57 countries gain confidence and achieve the best shape of their lives. This work puts it in print, with tailored recipes and meal

planning, fitness challenges that are fun and empowering, and transformative mindset coaching. Well illus. in color. 208 pages. Dorling Kindersley. Paperbound. Pub. at \$24.99

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

Item #9091173 **PRICE CUT to \$4.95**



LET IT GO: Free Yourself from Old Beliefs and Find a New Path to Joy By Chelene Knight. Reflective examination of Black self-love and joy that guides the reader to ditch old beliefs, achieve difficult unlearnings, redefine language, relationships, and love to find their own unique path to joy. Showcases the broad spectrum of Black realities and reveals the colorful kaleidoscope of joy and your own ways to find it. 267 pages. HarperCollins. Pub. at \$27.99

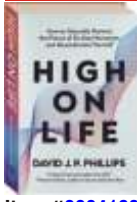
Item #9173072 **PRICE CUT to \$2.95**



GROWING SEASONS By Kristin Johns. Pull up a chair and gather in close with Johns as she shares her best-kept secrets: mouthwatering recipes, design inspiration, and ways we all can grow, celebrate, and find nourishment in every season of life. Well illus. in color. 216 pages. Harper. Pub. at \$35.99

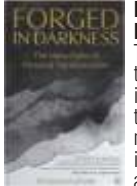
Item #9035370 **\$5.95**

Inspiration, Motivation & Self-Discovery



HIGH ON LIFE: How to Naturally Harness the Power of Six Key Hormones and Revolutionize Yourself By David J.P. Phillips. Phillips guides you through ways to harness the immense power of your mind and optimize your body's chemical factory by diving deep into six neurochemicals and how they can transform your life from within. 254 pages. Pegasus. Pub. at \$24.95

Item #9084169 **\$6.95**



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

Item #9153861 **\$5.95**



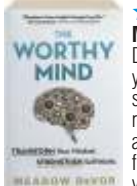
A NEW EARTH: Awakening to Your Life's Purpose By Eckhart Tolle. The author of *The Power of Now* guides readers on a journey beyond their own lives to reveal the opportunity to birth a new, more loving world. Examines how the very structure of the human mind can undergo an evolutionary transformation.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

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NO REGRETS: How to Live Today for Tomorrow's Emotional Well-Being By Bill Howatt. Using a combination of self-assessments, reflections, and exercises, Howatt teaches you how to build a framework for positive change. You'll learn to master the five key ingredients in any recipe for a better life. 274 pages. Page Two Books. Paperbound. Pub. at \$17.95

Item #9057323 **\$3.95**



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

Sourcebooks. Paperbound. Pub. at \$16.99

Item #8891591 **\$12.95**

Inspiration, Motivation & Self-Discovery



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

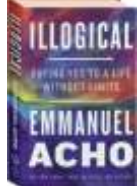
Paperbound. Pub. at \$18.95

Item #8792097 **PRICE CUT to \$5.95**



MAKE YOUR OWN SUNSHINE: Inspiring Stories of People Who Find Light in Dark Times By Janice Dean. These are the kinds of stories we need right now. Dean shares inspiring stories that will lift your spirit and touch your heart. Good people are all around us doing selfless deeds. She made it her mission to uncover and document these stories of good will in order to inspire us and give us optimism. 220 pages. Harper. Pub. at \$26.99

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

Item #9044329 **\$3.95**



THE GIFT OF FAILURE By Dan Bongino. Reflecting on all of the hurdles and pitfalls Bongino had encountered that wound up motivating him, he digs in to deliver a rich, wild and rewarding collection that will fire you up, make you think and maybe even help you take something positive from your own failures. After all, as Bongino dutifully documents, they are gifts. Color photos. 154 pages. Liberatio Protocol. Pub. at \$28.99

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THE COURAGE TO BE HAPPY: Discover the Power of Positive Psychology and Choose Happiness Every Day By I. Kishimi & F. Koga. Reveals a liberating new way to think, empowering you to let go of the past, stop worrying about what you "should" do, and use this freedom to create the life you truly desire. Discover the courage to choose happiness. 275 pages. Atria. Paperbound. Pub. at \$18.99

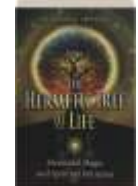
Item #4700252 **\$11.95**

Inspiration, Motivation & Self-Discovery



YOUR TIME TO THRIVE By M. Khidekel & the eds. of Thrive Global. Brings together science, storytelling, ancient wisdom, and advice from inspiring people from all walks of life to create a revolutionary behavior change system that will help you improve your health, happiness, and sense of purpose—immediately. 251 pages. Hachette. Pub. at \$28.00

Item #7998465 **\$3.95**



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

Item #8007632 **\$24.95**

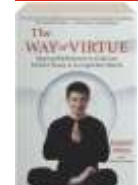


21 DAY ABUNDANCE CHALLENGE: Plan for a Prosperous Future By Gill Hasson. Evolve from a scarcity mindset to an abundant mindset in a 21 day program of reflective exercises, meditations, support and encouragement. Full of practical tips and techniques to attract new opportunities. Learn how to identify what really matters and set goals accordingly; how to manifest your dreams into reality; and more. 192 pages.

John Murray. Paperbound. Pub. at \$19.99

Item #7909187 **\$11.95**

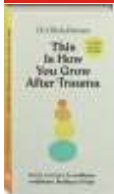
Healing & the Mind



THE WAY OF VIRTUE: Qigong Meditations to Cultivate Perfect Peace in an Imperfect World By Robert Peng with R. Nasser. Through his lucid descriptions, illustrations, and audio guidance, Peng presents Qigong meditations focused on the organ system and meridian network, as well as healing sounds, paving the way to a deeper connection with one's spiritual practice. As you engage in these practices, you'll unleash the virtuous qualities of every internal organ. Illus. 303 pages. Sounds True. Paperbound. Pub. at \$21.99

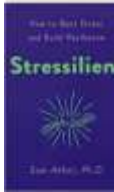
Item #9173382 **\$5.95**

Healing & the Mind



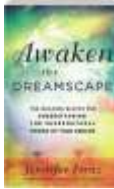
THIS IS HOW YOU GROW AFTER TRAUMA: Simple Strategies for Resilience, Confidence, Healing and Hope By Olivia Remes. Guide for navigating life's challenges, offering everyday techniques and exercises to overcome setbacks and achieve positive change. Whether you're dealing with job uncertainty, ill health,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

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STRESSILIENT: How to Beat Stress and Build Resilience By Sam Akbar. Akbar educates worried readers on how to calm themselves by understanding how your brain is wired and why its natural genius at problem-solving doesn't help when it comes to stress. Creating space between you and your thoughts; defusing "thought bombs"; training yourself to stop trying to shut down real pain; and more. 183 pages. St. Martin's. Paperbound. Pub. at \$18.00

Item # [8089647](#) **\$5.95**



AWAKEN THE DREAMSCAPE: The Building Blocks for Understanding the Supernatural Power of Your Dreams By Jennifer Eivaz. Our dreams are the gateway to the supernatural realm, where God reveals his plans and purposes. When we disregard God's nightly communication, we miss out on all He wants to impart. Diving deep into the supernatural side of your dreams, Eivaz offers a thorough, practical guide to navigating the vital, God-given dreamscape. 173 pages. Chosen Books. Paperbound. Pub. at \$16.99

Item # [9245405](#) **\$5.95**



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

Item # [9337830](#) **\$5.95**

Healing & the Mind



THE 10 BEST-EVER ANXIETY MANAGEMENT TECHNIQUES By Margaret Wehrenberg. Drawing on fresh insights into the anatomy of the anxious brain, Wehrenberg gets to the biologically based heart of the problem and offers readers practical, effective tips to manage their anxiety on a day to day basis. 232 pages. Norton. Paperbound. Pub. at \$19.95

Item # [1041061](#) **\$6.95**



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

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

Item # [9382364](#) **\$13.95**



★ The ANXIETY WORKBOOK: A 7-Week Plan to Overcome Anxiety, Stop Worrying, and End Panic By Arlin Cuncic. Helps you uncover the source of your anxiety, and develop personalized solutions to combat it. With a 7-week program that includes step by step strategies to manage anxiety, relieve stress, depression, panic, and worry, this is a proactive and personal resource to help you become less anxious and more confident. 216 pages. Callisto. Paperbound. Pub. at \$17.99

Item # [8794383](#) **\$12.95**



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

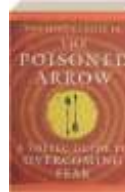
Item # [9167854](#) **PRICE CUT to \$3.95**

Healing & the Mind



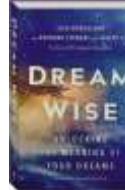
TOXIC POSITIVITY: Keeping It Real in a World Obsessed with Being Happy By Whitney Goodman. A powerful guide to owning our emotions—even the difficult ones—in order to show up authentically in the world. Presents simple ways to experience and work through difficult emotions. 295 pages. Tarcher. Pub. at \$26.00

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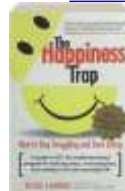
★ THE POISONED ARROW: A Toltec Guide to Overcoming Fear By Don Miguel Ruiz. When the world wounds us with a metaphorical arrow, the fear it leaves behind is like a poison. In this transformative guide to overcoming fear, you will learn to recognize fear's hidden influence, break free from fear-based agreements, and reclaim your power as the artist of your life. 228 pages. Hierophant. Paperbound. Pub. at \$19.99

Item # [9244271](#) **\$14.95**



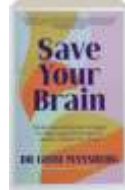
★ DREAM WISE: Unlocking the Meaning of Your Dreams By Lisa Marchiano et al. Three Jungian analysts transform the most useful dream work concepts and principles into a unique series of 69 "keys" to unlock the meaning of your dreams. It's a trustworthy map for exploring the vast reaches of your dreams and a faithful compass to your true becoming. 335 pages. Sounds True. Pub. at \$29.99

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THE HAPPINESS TRAP: How to Stop Struggling and Start Living By Russ Harris. Free yourself from stress, anxiety and depression by learning the insights and techniques of ACT (Acceptance and Commitment Therapy). By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. 246 pages. Shambhala. Paperbound. Pub. at \$16.95

Item # [9154140](#) **PRICE CUT to \$4.95**



SAVE YOUR BRAIN By Ginni Mansberg. Presents the very latest research on how to protect your most valuable asset—your clever, vulnerable, powerful brain. As the health of our brains increasingly takes center stage, Mansberg gives up to the minute advice and strategies you can implement now to protect your brain as you age. 274 pages. Murdoch Books. Paperbound. Pub. at \$25.00

Item # [8166412](#) **\$5.95**

Healing & the Mind



★ THE WILD REMEDY JOURNAL: Finding Wellness in Nature By Emma Mitchell. This stunning journal invites you to experience nature for yourself. Record your interactions and find healing in the natural world. Reconnecting with the natural world around us can be a powerful tool to improve our mental health and complement any therapy or drug. Well illus, in color. 128 pages. Michael O'Mara. Paperbound. Pub. at \$19.99

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★ HEALING ANCESTRAL FAMILY PATTERNS: A Practical Guide to Ending the Cycle of Intergenerational Trauma By Steven Farmer. Using modern therapeutic techniques and ancient shamanic practices, this guide offers a clear path to ancestral healing. Whether you're seeking to address deep-seated trauma, understand your family's history, or simply connect more deeply with your roots, you can transform your ancestral patterns into sources of strength and resilience. 221 pages. Hierophant. Paperbound. Pub. at \$19.99

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★ ANSWERS IN THE DARK: Grief, Sleep and How Dreams Can Help You Heal By Delphi Ellis. In this work Ellis connects the dots between sleep, dreams and our mental health. She particularly highlights the impact of grief and loss on our well-being, which can ultimately affect the quality of our night-time rest, even if no one has died. 212 pages. O-Books. Paperbound. Pub. at \$18.95

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★ NIGHTMARES: Your Guide to Interpreting Your Darkest Dreams By J.M. DeBord. Helps you understand why you have nightmares and what they mean. This informative book looks at the meaning of common symbols and themes in nightmares and dark dreams. Teaches you not only how to interpret the content of nightmares but also why you have them in the first place and how to stop them. 285 pages. Visible Ink. Paperbound. Pub. at \$19.95

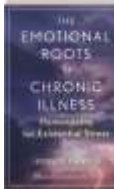
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Healing & the Mind



★**HURT, HEALING, HEALED: Release Limiting Beliefs, Fears & Blocks to Supercharge Your Manifestation** By Emma Mumford. Simple and accessible techniques include: working through sources of pain in your past; exploring and raising your inner vibration and energy; reconnecting to your true self with unconditional love; exploring your personal history and rewriting limiting beliefs; and more.

211 pages. Watkins. Paperbound. Pub. at \$16.95
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★**THE EMOTIONAL ROOTS OF CHRONIC ILLNESS: Homeopathy for Existential Stress** By Jerry M. Kantor. Revealing that the subconscious mind is amenable to change, Kantor shows how to accurately select remedies to defuse the energetic charge of unresolved existential stress and thus quell the root causes of chronic illness. 208 pages. Inner Traditions. Paperbound. Pub. at \$24.99

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★**FIND YOUR PATH THROUGH IMPOSTER SYNDROME: Powerful Techniques to Help You See Your Worth** By Jess Henley. We all go through times when we feel a bit out of our depth, but when imposter syndrome strikes, it can be hard to know what to do. Explore what imposter syndrome is and how it may be affecting you, so that you can make the adjustments you need to live a healthier, more confident life. 159 pages.

Leaping Hare. Paperbound. Pub. at \$10.99
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★**LIFE TIME: Your Body Clock and Its Essential Roles in Good Health and Sleep** By Russell Foster. By dismantling long-standing myths and citing cutting-edge science, Foster empowers readers to get back into rhythm and live healthier, sharper lives: scheduling meals; timing medications to increase their effectiveness; getting better sleep through exposure to natural light; and much more.

466 pages. Yale. Paperbound. Pub. at \$20.00
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★**ANXIETY AND DYSAUTONOMIA: Do I Have POTS or Autonomic Dysfunction?** By Nicholas L. DePace et al. Presenting discussions with patients and doctors side by side to help physicians see how to convey information to their patients and patients to learn what physicians need to know to tailor therapy to their individual needs. An essential resource for anyone concerned with anxiety and anxiety-like disorders. Well illus. in color. 169 pages.

Skyhorse. Paperbound. Pub. at \$17.99
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Healing & the Mind



★**HOW TO UNDERSTAND AND DEAL WITH STRESS** By Katy Georgiou. Easy-to-read guide to help you understand and overcome stress, filled with helpful tips and actionable advice. Understand the science behind stress and equip yourself with practical steps to alleviate symptoms. Includes holistic remedies, medical treatments and therapies available to you.

126 pages. The Experiment. Paperbound. Pub. at \$9.95
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Facing Illness & Death



★**SO SORRY FOR YOUR LOSS: How I Learned to Live with Grief, and Other Grave Concerns** By Dina Gachman. Through a mix of personal storytelling, reporting, and insight from experts, Gachman gives readers a fresh, deeply felt take on grief in all its many forms. 229 pages. Union Square & Co. Paperbound. Pub. at \$17.99

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

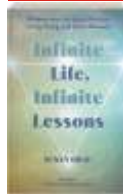
Item # [8876169](#) **\$3.95**



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

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Facing Illness & Death



★**INFINITE LIFE, INFINITE LESSONS: Wisdom from the Spirit World on Living, Dying, and the In-Between** By Susan Grau. Whether you're grappling with the loss of a loved one, seeking answers to life's mysteries, interested in near-death experiences, or looking to deepen your spiritual awareness, this touching work provides the clarity, wisdom, and solace needed for your journey.

gently reminding readers goodbye is not the end. 255 pages. Hay House. Paperbound. Pub. at \$18.99
Item # [9242325](#) **\$13.95**



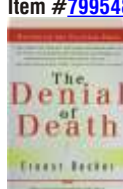
★**THE TOP TEN THINGS DEAD PEOPLE WANT TO TELL YOU: Answers to Inspire the Adventure of Your Life** By Mike Dooley. Dooley explores our most pressing and profound questions about the afterlife—and this life—by adopting the perspective of those who have made the transition to the next phase. Among the revelations and insights they share are, we were ready, you are not; there's no such thing as a devil or hell; and more. 209 pages. Hay House. Paperbound. Pub. at \$16.99

Item # [199798X](#) **\$9.95**



★**SPIRITUAL REVELATIONS FROM BEYOND THE VEIL: What Humanity Can Learn from the Near Death Experience** By Douglas Charles Hodgson. Concentrates on the important messages brought back from beyond the veil for humanity's knowledge and benefit. Some of the learnings, observations and insights from the Other Side presented in this work are truly remarkable, and some test the limits of human, Earthly comprehension. 135 pages.

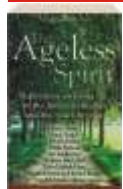
O-Books. Paperbound. Pub. at \$15.95
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★**THE DENIAL OF DEATH** By Ernest Becker. First published in 1974, tackles man's refusal to acknowledge his own mortality, sheds new light on the nature of humanity, and answers the "why" of existence. 314 pages. Free Press. Paperbound. Pub. at \$18.99

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Aging



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

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Aging



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

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

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★**GROW HEALTHIER AS YOU GROW OLDER BY THE FATHER OF AEROBICS** By Kenneth H. Cooper. It's never too late to extend your life expectancy! The tips, tricks, and small lifestyle adjustments in this work will allow you to make the most of your remaining years. Age fast or age slow—it's up to you! 16 pages of photos, most in color. 302 pages. Savio Republic. Pub. at \$28.99

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

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★**DAYLIGHT SAVING TIME: The Power of Growing Older** By David W. Berner. Through the lessons of seasonal change, the natural world, literature, and spirituality, Berner gives us a kind of instructional on the art of growing older, challenging us to accept aging's transformative powers. 143 pages. O-Books. Paperbound. Pub. at \$16.95

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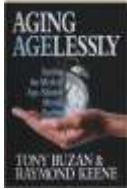
Aging



★ **LET'S TALK ABOUT AGING PARENTS: A Real-Life Guide to Solving Problems with 27 Essential Conversations** By Laura Tamblin Watts. Caring for an aging parent can raise a host of tricky questions, but these conversation-starting scripts, plus expert advice, will help you and your parent find answers. 244 pages. The Experiment. Paperbound. Pub. at \$18.95

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PRICE CUT to \$3.95



★ **AGING AGELESSLY: Busting the Myth of Age-Related Mental Decline** By T. Buzan & R. Keene. Enables you to become a much better thinker and communicator as you progress through life. You will be able to remember names, facts, and figures using easy to learn memory techniques; read more rapidly and with greater retention; learn principles and techniques used by great minds in the business, sports, creative worlds; and more. Illus. 244 pages. G&D Media. Paperbound. Pub. at \$19.95

Item # [7930054](#)

\$6.95

Communication Skills

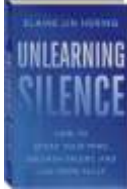


★ **DON'T TAKE THE BAIT TO ESCALATE: Conflict is Inevitable, Being a Jerk is Optional** By Jay Payleitner. There are sociologically sound ways to deescalate conflict and win negotiations without acting like a jerk. You can actually emerge from conflicts with a stronger relationship with the person who was your adversary—whether its on the job, with your neighbor, in your marriage, or in a dark parking

lot. 180 pages. Salem Books. Paperbound. Pub. at \$14.99

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★ **UNLEARNING SILENCE: How to Speak Your Mind, Unleash Talent, and Live More Fully** By Elaine Lin Hering. Having a seat at the table doesn't mean that your voice is welcome. Knowing something is wrong doesn't mean it's easy to speak up, and there are incentives for many of us to stay silent. This paradigm-shifting work looks at the influence of silence and how we can begin to dismantle it. 266 pages. Penguin. Pub. at \$29.00

Item # [9239065](#)

\$5.95

Communication Skills

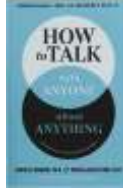


★ **DO THIS, NOT THAT: Career—What to Do (and NOT DO) in 75+ Difficult Workplace Situations** By Jenny Foss. A step-by-step guide on what to do—and what NOT to do—in the workplace featuring clear instructions and helpful scripts so you can deal with any unexpected situation at work. You'll find more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

your last. 190 pages. Adams Media. Pub. at \$15.99

Item # [9070060](#)

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★ **HOW TO TALK WITH ANYONE ABOUT ANYTHING: The Practice of Safe Conversations** By H. Hendrix & H.L. Hunt. Offers the keys to unlocking the ability to connect with others in a new and profoundly different way. As more of us hone that ability, we can bring about a societal shift away from our current focus on the "self" and our differences, towards true connection and a celebration of our diversities.

274 pages. Thomas Nelson. Paperbound. Pub. at \$19.99

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

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Relationships



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

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Relationships



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

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★ **MANSLATIONS: Decoding the Secret Language of Men** By Jeff Mac. Men sometimes seem impossible to understand. But it turns out they're about as easy to read as coloring books. This guide will share what men say, who they are, and why they behave the way they do. Plus, the two key questions that will help unlock the meaning behind even the most confusing male actions. 208 pages.

Sourcebooks. Paperbound. Pub. at \$18.99

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Sexuality & Sexual Expression



★ **OVER 100 TRULY ASTONISHING SEX TIPS** Ed. by Lisa Sussman. With over 100 tips which range from naughty and kinky to romantic and passionate, the fabulous guide will tell you what you need to know to keep your sex life sizzling forever. Adults only. 144 pages. Carlton. Pub. at \$9.95

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★ **SLOW SEX SECRETS** By Adam Tokunaga. Learn about the plague of "junk sex" and how to avoid it; the essential role of time; the building of sexual ki or energy; and the Adam Touch, the amazing technique that drives women wild. Adults only. Illus. 155 pages. Vertical. Paperbound. Pub. at \$13.95

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★ **COWBOY KAMA SUTRA: 64 Sex Positions for You and Your Partner** Sixty-four ideas for when nights on the ranch get raunchy! Enjoy wild and creative positions like The Bullrider's Revenge, Churning the Butter, The Open Barn Door, The Cowboy Two-Step, and more! Adults only. Fully illus. in color. 143 pages. Fair Winds. Pub. at \$16.99

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Sexuality & Sexual Expression



★ **LOVE: The 'Kama Sutra' Erotic Technique** By Vatsyayana. In the quest for understanding and mystery of love between a man and woman, Vatsyayana is the supreme guide. Presents his stimulating insights clearly and eloquently. Adults only. 95 pages. Profile. Paperbound.

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★ **BEEEN THERE, DONE THAT: A Rousing History of Sex** By Rachel Feltman. In this kaleidoscopic compendium of centuries-old erotica, science writer Feltman shows how much sex has changed, and how much it hasn't. With unstoppable curiosity, she debunks myths, breaks down stigma, and uses the long, outlandish history of sex to dissect present-day

practices and taboos. 328 pages. Bold Type. Pub. at \$27.00

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

at \$25.00

Item # [927510X](#)

\$9.95

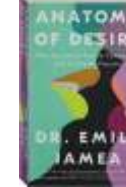


★ **DIY: The Wonderfully Weird History and Science of Masturbation** By Eric Sprinkle. Reveals the untold story of crusaders on a long campaign to suppress masturbation and the sex educators fighting back with science. Sprinkle introduces readers to a colorful cast of characters, and this work will challenge what you think you know about the very human need for self-pleasure. 240 pages.

Union Square & Co. Paperbound. Pub. at \$17.99

Item # [4991281](#)

\$12.95

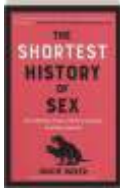


★ **ANATOMY OF DESIRE: Five Secrets to Create Connection and Cultivate Passion** By Emily Jamea. Combining over fifteen years of clinical experience with groundbreaking research into the science of flow, this study delivers a fresh perspective on the untapped potential of our sex lives, intimate partner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

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Sexuality & Sexual Expression



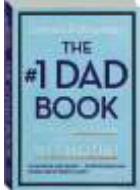
★ **THE SHORTEST HISTORY OF SEX: Two Billion Years of Procreation and Recreation** By David Baker. Chasing down our evolutionary family tree, from the first aquatic creatures to primate societies, Baker sheds light on our baffling array of passions, impulses, and fetishes, and guides us toward a clear understanding of one of the deepest, most abiding forces of human nature. Illus. 320

pages. The Experiment. Paperbound. Pub. at \$16.95

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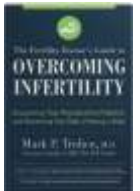
Pregnancy, Childbirth & Parenting



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

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THE FERTILITY DOCTOR'S GUIDE TO OVERCOMING INFERTILITY By Mark P. Trolice. Readers will give themselves the best possible odds for getting pregnant and having a baby with this concise, expert, and encouraging companion. This work provides ample grounds for optimism and hope, empowering readers as they take this journey. 216 pages. Harvard Common. Paperbound. Pub. at \$24.99

Item # [9235450](#)

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Women's Health & Self-Help



TIRED OF BEING TIRED: Receive God's Realistic Rest for Your Soul-Deep Exhaustion By Jess Connolly. God has made you for a life of abundance, not exhaustion. Quit the unsustainable pace and receive God's gift of realistic rest. Discover how to find the source of your fatigue, learn scripts for saying no, plus strategies for protecting your peace, and gain practices for bringing realistic rest

into your daily and weekly rhythms. 223 pages. Baker Books. Paperbound. Pub. at \$19.99

Item # [9164057](#)

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Women's Health & Self-Help



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

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PRICE CUT to \$3.95



HOW TO STOP FEELING LIKE SH*T: 14 Habits That Are Holding You Back from Happiness By Andrea Owen. A straight shooting self-improvement guide for women, that offers frank advice about the most common self-destructive behaviors women engage in. Owen crystallizes what's behind several invisible, undermining habits, from catastrophizing and people pleasing to

listening to the impostor complex or to one's inner critic. 227 pages. Seal. Paperbound. Pub. at \$17.99

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BODY POSITIVE: A Guide to Loving Your Body By Emily Lauren Dick. Packed with introspective questions and gorgeous, un-retouched photographs that display the bodies of real, everyday women, this volume will teach young girls that every body is beautiful and happiness comes in all shapes and sizes. 238 pages. Familius. 8x10. Paperbound. Pub. at \$19.99

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General Health & Self-Help

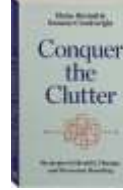


HOW TO CONTROL YOUR ANXIETY BEFORE IT CONTROLS YOU By Albert Ellis. Using the easy to master, proven precepts of Rational Emotive Behavior Therapy (REBT), this work not only helps you distinguish between healthy and unhealthy anxiety, but teaches you how to understand and dispute the irrational beliefs that make you anxious. 244 pages. Citadel. Paperbound. Pub. at \$15.95

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\$3.95

General Health & Self-Help

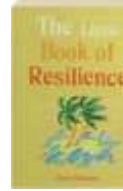


CONQUER THE CLUTTER: Strategies to Identify, Manage, and Overcome Hoarding By E. Birchall & S. Cronkwright. Offers hope to anyone affected by hoarding disorder. Real life vignettes, combined with easy to use assessment and intervention tools, support those who hoard, and those who care about them. Includes numerous worksheets to assist individuals in

determining the scope of their hoarding disorder and tackling the problem. 273 pages. Johns Hopkins. 7x10 1/4. Pub. at \$57.00

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\$5.95



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

Item # [9079823](#)

PRICE CUT to \$1.95



THE LIFE-CHANGING MAGIC OF QUITTING ALCOHOL By Sharon Hartley. Inspires you to challenge the assumption that life is best lived with a drink in hand. With understanding and empathy, she invites you to commit to 100 days without alcohol, the turning point where many people report feeling generally happier as they discover healthier ways to unwind and manage stress. 247 pages. Aurum. Paperbound.

Pub. at \$15.99

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ALLERGIC: Our Irritated Bodies in a Changing World By Theresa MacPhail. An important, deeply researched exploration of allergies, from their first medical description in 1819 to the cutting-edge science that is illuminating the changes in our environment and lifestyles that are making so many of us sick. 344 pages. Random. Pub. at \$28.99

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GOOD GIRLS: The Story and Study of Anorexia By Hadley Freeman. An incisive work that details Freeman's experiences with anorexia and how she overcame it. She interviews doctors to learn how treatment for the illness has changed since she was hospitalized in 1995 and what discoveries have been made about the illness, including its connection to autism, OCD, and metabolic

rate. 271 pages. S&S. Pub. at \$27.99

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\$5.95

General Health & Self-Help



BREAKING GENERATIONAL SILENCE: A Guide to Disrupt Unhealthy Family Patterns and Heal Inherited Trauma By Nicole Russell-Wharton. A guide to disrupt toxic family patterns and heal from inherited trauma so that you can break the cycle of silence for generations to come. Your pain was never asked for, but it is yours to heal, and the author provides gentle words of aid to help you

along your journey of healing and understanding. 255 pages. Sounds True. Paperbound. Pub. at \$20.99

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★ **THE COMPLETE MOLD DETOX: The Definitive Guide to Healing Your Body from Mold Illness and Mycotoxins** By Becky Campbell. Understand the many symptoms of mold illness and accurately identify toxic mold in your home, office, and more. Learn easy ways to start detoxification and use food as medicine to aid your healing. Gain the tools to get yourself and

your home tested for harmful mold, and learn how to contain and mitigate mold damage. Illus. in color. 208 pages. Page Street. Paperbound. Pub. at \$23.99

Item # [9222863](#)

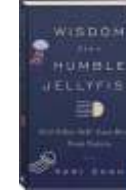
\$17.95



★ **EMOTION HACKS: 50 Ways to Feel Better Fast** By Ryan Martin. Master your emotions and learn to be happy through 50 science-backed and highly accessible strategies from Dr. Martin. Small changes to lifestyle, diet, sleep, and ways of thinking will create real and beneficial changes in the way you experience fear, sadness, anger, happiness, and other emotions. 218 pages. Watkins. Paperbound. Pub. at \$16.95

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WISDOM FROM A HUMBLE JELLYFISH: And Other Self-Care Rituals from Nature By Rani Shah. Packed with simple lessons and essential wisdom from our plant and animal friends on how to unplug, recharge, and live well. Including the efficiency of the jellyfish; the resilience of the porcupine; the optimism of the sunflower; and the serenity of the sloth. Illus. in color. 126 pages. Dey Street. Pub. at \$16.99

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General Health & Self-Help



★ **DITCH YOUR SH*T: Decluttering Your Mindset to Declutter Your Home** By Kate Evans. Teaches that decluttering yourself will lead to overcoming the barriers that have stopped you from decluttering your home, so that you can create sustainable change. 227 pages. Turner. Paperbound. Pub. at \$19.99
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★ **BECOMING BULLETPROOF: Life Lessons from a Secret Service Agent** By Evy Poupouras. Former Secret Service agent, Evy Poupouras, shares lessons from protecting presidents, as well as insights and skills from the oldest and most elite security force in the world to help you prepare for stressful situations, instantly read people, influence how you are perceived, and live a more fearless life. Illus. 330 pages.

Atria. Paperbound. Pub. at \$18.99

Item #4998375

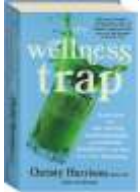
\$13.95



★ **BEAT INSOMNIA WITH NLP: Neurolinguistic Programming Techniques to Improve Your Sleep** By Adrian Tannock. This practical guide to using NLP techniques to sleep better will help you master your biological clock and transform your relationship with sleep. Help you optimize your behaviors, your thoughts and your feelings so they are sleep-promoting. 160 pages. Teach Yourself. Paperbound. Pub. at \$19.99

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

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

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General Health & Self-Help



★ **THE MINDFULNESS FOR WARRIORS HANDBOOK: Stress Reduction, Trauma Recovery, and Resilience Building for First Responders** By Kim Colegrove. First responders have the difficult job of running toward danger while the rest of us run away; no training prepares them for what they see and endure. This work provides evidence-based practices to help first responders and families deal with stress, regulate emotion, and improve overall health. 223 pages. Mango. Paperbound. Pub. at \$19.99

Item #9267506

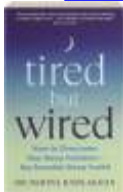
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★ **HOW TO MAKE MISTAKES ON PURPOSE: Bring Chaos to Your Order** By Laurie Rosenwald. A fresh guide to discovery, with clearly marked directions and witty prompts, this is a work about living a productive, individualistic life. Whatever your job, it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

Item #9083146

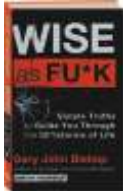
\$3.95



★ **TIRED BUT WIRED: How to Overcome Your Sleep Problems** By Nerina Ramlakhan. Offers proven solutions that can help everyone, from anxiety ridden teens and burnt out executives to busy parents balancing the demands of work and children, to get better sleep. Practical and realistic, here is advice that works with your lifestyle to cultivate good sleep habits and banish bedtime blues, for a better night's sleep, every night. 238 pages. Souvenir. Paperbound. Pub. at \$16.95

Item #7922426

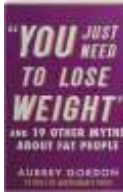
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★ **WISE AS FU*K: Simple Truths to Guide You Through the Sh*tstorms of Life** By Gary John Bishop. Will challenge you to put your hands on the wheel of your own life. Dig into four powerful fundamentals of being a human being—love, loss, fear, and success—to reveal truths that inspire and invigorate an otherwise stodgy existence. 215 pages. HarperOne. Pub. at \$22.99

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★ **YOU JUST NEED TO LOSE WEIGHT: And 19 Other Myths About Fat People** By Aubrey Gordon. Equips readers with the facts and figures to reframe myths about fatness in order to dismantle the anti-fat bias ingrained in how we think about and treat fat people. An essential tool for having effective conversations around fat acceptance and fat justice. 205 pages. Beacon. Paperbound. Pub. at \$15.95

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General Health & Self-Help



★ **THE WANDERING MIND: What Medieval Monks Tell Us About Distraction** By Jamie Kreiner. We imagine early monks as master concentrators, yet their battles against distraction were, in fact, never-ending. Delving into the experiences of Christian monks living from 300 to 900 CE, this work shows that these men and women were obsessed with distraction in ways that seem modern, and the techniques they devised to defeat it. 274 pages. Liveright. Paperbound. Pub. at \$18.99

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★ **LESSONS FROM THE AFTERLIFE: A Deep Knowledge Meditation Guidebook** By Matthew McKay. In this guided workbook, McKay offers a step by step process to unleash the unconscious and intuitive wisdom held in the awareness of your soul. He explains how to use Deep Knowledge Meditation to access all of your soul's accumulated knowledge, everything you have learned across all of your incarnations. 120 pages. Park Street. Paperbound. Pub. at \$16.99

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★ **THE ART OF MASTERY: Principles of Effective Interaction** By Peter Ralston. Revealing the elements that lead to masterful interactive skills, this guide shows how to do the work of personal transformation necessary to access mastery as a real, functional experience, providing an opportunity for deeper insights into yourself and life. 232 pages. Park Street. Paperbound. Pub. at \$19.99

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★ **YOUR BIG LEAP YEAR** By Gay Hendricks. A 366-day guidebook to maximizing wealth, love, and creativity. Breaks the larger goals down into smaller daily steps, helping readers move into immediate action and stop delaying their dreams. 415 pages. St. Martin's. Paperbound. Pub. at \$20.00

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