

SCIENCE & HEALTH

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Archaeology.....	2	Diseases & Disorders	3	Pregnancy, Childbirth & Parenting.....	4
Architecture	2	Economics.....	2	Regional Architectural Styles	2
Beauty & Skin Care	3	Exercise & Fitness.....	3	Science & Nature for Children	3
Birds & Birding.....	3	Foreign Language.....	2	Science Essays & Surveys	3
Business	3	General Health & Self-Help.....	4	Scientific Text and Reference	3
Chemistry & Physics	2	Health & Medical References	3	Social Science	2
Communication Skills	4	Medical Science.....	2	Women's Health & Self-Help.....	4

Archaeology

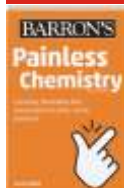


THE EXTRAMURAL SANCTUARY OF DEMETER AND PERSEPHONE AT CYRENE, LIBYA FINAL REPORTS, VOLUME V Ed. by Donald White. This volume focuses on the architectural development of the sanctuary from its foundation in the late seventh century B.C. to the end of the pre-Imperial Roman phase (31 B.C.). The main periods of sanctuary architecture treated in the volume took shape in the shadow of major historical events of Cyrene. Well illus. 213 pages. UPaP. 8½x11¼. Pub. at \$75.00

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Chemistry & Physics



★**BARRON'S PAINLESS CHEMISTRY, THIRD EDITION** By Loris Chen. Provides comprehensive review and practice in an easy, step by step format with painless methods for understanding chemical reactions; clear examples for all topics, including matter, energy, and molecules; and brain tickler quizzes throughout each chapter. 213 pages. Barron's. Paperbound. Pub. at \$16.99

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FEAR OF A BLACK UNIVERSE: An Outsider's Guide to the Future of Physics By Stephon Alexander. As a young researcher, cosmologist Alexander asked his mentor why he was struggling to do great at physics. The response he received was life changing: "Stop reading those physics books." Instead, the professor told him, Alexander should start listening to his dreams. Alexander offers new approaches to the foundations of physics. Illus. 246 pages. Basic. Pub. at \$28.00

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TWO SISTERS AND THEIR MOTHER: The Anthropology of Incest By Francoise Heritier. Charts the incest prohibition throughout history, from the strict decrees of Leviticus to modern civil codes. Through close and subtle readings, Heritier exposes the frequent, but often overlooked, elaborations concerning what she calls a secondary type of incest, namely, the prohibition of two close blood relatives engaging in sexual intercourse with a third person. Adults only. 341 pages. MIT Press. Paperbound. Pub. at \$24.95

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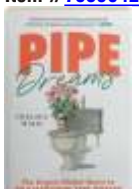
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DIGITAL MADNESS: How Social Media Is Driving Our Mental Health Crisis—and How to Restore Our Sanity By Nicholas Kardaras. Reveals the toxic impact of our tech obsession and corrosive social media. But there is a solution, and the author explains how classical philosophy that encourages resilience, critical thinking, and the pursuit of genuine purpose in your life can restore us to sanity. 272 pages. St. Martin's. Pub. at \$28.99

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PIPE DREAMS: The Urgent Global Quest to Transform the Toilet By Chelsea Wald. Takes us on a world tour—from a compost toilet project in Haiti, to a plant in the Netherlands that salvages used toilet paper from sewage—and shows us how this revolution in sanitation can reduce inequities, mitigate climate change and water scarcity, improve agriculture, and optimize health. 282 pages. Avid Reader. Paperbound. Pub. at \$18.99

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THE SHADOW SYSTEM: Mass Incarceration and the American Family By Sylvia A. Harvey. A searing expose of the effects of the mass incarceration crisis on families, including the 2.7 million American children who have a parent locked up. An account of the way incarceration has impacted generations of American families; it delivers a galvanizing clarion call to fix this broken system. 278 pages. Bold Type. Pub. at \$28.00

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★**THE 100 MOST BEAUTIFUL CHINESE CHARACTERS** By Xu Hui. Selects and explains the 100 most beautiful Chinese characters with the help of eye-catching illustrations that bring their meanings alive, and historic tracings through seal script all the way back to ancient oracle bone carvings. For novices and experts alike. 106 pages. Royal Collins. Paperbound. Pub. at \$12.95

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IN THE SHADOW OF THE IVORY TOWER: How Universities Are Plundering Our Cities By Davarian L. Baldwin. A wake-up call to the reality that higher education is no longer the ubiquitous public good it was once thought to be. But as Baldwin shows, there is an alternative vision for urban life, one that necessitates a more equitable relationship between our cities and our universities. Photos. 262 pages. PublicAffairs. Pub. at \$28.00

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RADICAL MARKETS: Uprooting Capitalism and Democracy for a Just Society By E.A. Posner & E.G. Weyl. Many blame today's economic inequality, stagnation, and political instability on the free market. The solution is to rein in the market, right? This work turns this thinking on its head. Reveals bold new ways to organize markets for the good of everyone. 337 pages. Princeton. Pub. at \$29.95

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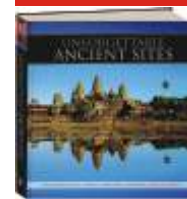


ONLY THE RICH CAN PLAY: How Washington Works in the New Gilded Age By David Wessel. Tells the story of the creation of a massive tax break, in which political and economic elites attend to the care and feeding of the super-rich, and inequality compounds. Wessel follows the money to see who profited from this plan that was supposed to spur development of blighted areas and help people out of poverty. 337 pages. PublicAffairs. Pub. at \$30.00

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UNFORGETTABLE ANCIENT SITES By M.J. Howard. A world tour of some of the most remarkable human achievements on the planet. Fully illustrated with superb photography, it gives each site's history as well as some little known facts and insights into how little we actually know about some of these places. 192 pages. Chartwell. 10x11¼. Pub. at \$19.99

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Regional Architectural Styles



MARTHA'S VINEYARD: Contemporary Living By K. Moskow & R. Linn. Authors Moskow and Linn expand their 2005 survey of Vineyard residential design to present 25 new houses that extend the traditional Vineyard vernacular of shingled houses and cottages. Each of the architects has described the goals for the project and the source of the design. Fully illus., in color. 221 pages. Monacelli. 9¼x11¼. Pub. at \$50.00

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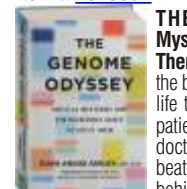
Medical Science



SEVEN AND A HALF LESSONS ABOUT THE BRAIN By Lisa Feldman Barrett. This entertaining and accessible collection reveals mind-expanding lessons from the front lines of neuroscience research. You'll learn where brains came from, how they're structured, and how yours works in tandem with other brains to create everything you experience. Illus. 180 pages. HMH. Pub. at \$24.00

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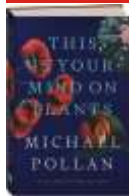


THE GENOME ODYSSEY: Medical Mysteries and the Incredible Quest to Solve Them By Euan Angus Ashley. Dr. Ashley brings the breakthroughs of precision medicine to vivid life through the real diagnostic journeys of his patients and the tireless efforts of his fellow doctors and scientists to prevent, predict, and beat disease. Here he details the medicine behind genome sequencing with clarity and accessibility. 380 pages. Celadon. Pub. at \$28.99

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Medical Science



★**THIS IS YOUR MIND ON PLANTS** By Michael Pollan. Dives deep into three plant drugs—opium, caffeine, and mescaline—and throws the fundamental strangeness and arbitrariness of our thinking about them into sharp relief. Exploring and participating in the cultures that have grown up around these drugs while consuming them, Pollan reckons with the powerful human attraction to psychoactive plants. 274 pages. Penguin. Pub. at \$28.00

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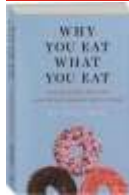
Business



★**THE LAST AMERICAN CEO** By J. Vines & J. Cappy. The ultimate insider's view of one of the biggest global business deals in history—Chrysler's 1987 purchase of AMC from the French which single-handedly saved Chrysler from near-bankruptcy in the early 1990s and again in 2009. 24 pages of photos. 243 pages. Waldorf Publishing. Pub. at \$19.95

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Science Essays & Surveys



WHY YOU EAT WHAT YOU EAT: The Science Behind Our Relationship with Food By Rachel Herz. Weaves curious findings and compelling facts into a narrative that tackles important questions, revealing how psychology, neurology, and physiology shape our relationship with food, and how food alters the relationship we have with ourselves and each other. 352 pages. Norton. Pub. at \$25.95

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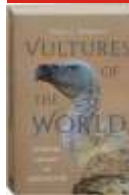
Scientific Text and Reference



LIFE AS WE MADE IT: How 50,000 Years of Human Innovation Refined—and Redefined—Nature By Beth Shapiro. Shapiro argues that—despite how amazing our new technologies are—our ability to alter the course of evolution isn't new. Indeed, she argues, resetting the course of evolution is what our species does, by domesticating, as with dogs and wheat; by hunting, as with wolves and mammoths; and by protecting, as with bison and mountain lions. 340 pages. Basic. Pub. at \$30.00

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Birds & Birding



★**VULTURES OF THE WORLD: Essential Ecology and Conservation** By Keith L. Bildstein. Provides an engaging look at vultures and condors, seeking to help us understand these widely recognized but underappreciated birds. Bildstein's work is an inspirational and long overdue blend of all things vulture. He introduces readers to the essential nature of vultures and condors. Color photos. 244 pages. Comstock. Pub. at \$34.95

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Science & Nature for Children



KITCHEN SCIENCE FOR KIDS: Little Learning Labs By Liz Lee Heinecke. Offers 26 fun science activities for families to do together that are simple and inexpensive, like straw rockets, green slime, and paper bag volcanoes using everyday ingredients. Ages 6-10. Illus. in color. 80 pages. Quarry. Paperbound. Pub. at \$12.99

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Science & Nature for Children



DISCOVERING NATURE'S HIDDEN ALPHABET By K. Castella & B. Boyl. Letter shapes are everywhere in nature: in clouds, trees and mountains. Each photo contains at least one letter hidden and a fun fact about the animal, plant, insect, or phenomenon in focus. Can you find them? Ages 4-8. 63 pages. Heyday. Pub. at \$16.00

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Exercise & Fitness



BECOMING A YOGA INSTRUCTOR: Masters at Work By Elizabeth Greenwood. Find out what it really takes to become a yoga instructor. Whether you see yoga as a side gig or your life's calling, this is the perfect guide to help you make your fantasy a reality. Required reading for anyone considering this challenging yet rewarding path. 132 pages. S&S. Pub. at \$18.00

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Beauty & Skin Care



BEYOND SOAP: The Real Truth About What You Are Doing to Your Skin and How to Fix It for a Beautiful, Healthy Glow By Sandy Skotnicki. In this surprising and remarkably practical resource, Dr. Skotnicki reveals the harmful effects of modern skincare habits and provides a step by step guide to preserve the microbiome, fight aging and develop beautiful, problem free skin. 296 pages. Penguin. Paperbound. Pub. at \$18.95

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Health & Medical References



HEALING OURSELVES: Biofield Science and the Future of Health By Shamini Jain. Dr. Jain rejects the "either or" thinking that has placed conventional medicine at odds with so called alternative methods, and offers an integrated path based on sound specific evidence and personal empowerment. 298 pages. Sounds True. Pub. at \$25.99

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Health & Medical References



FIRST AID AT SEA, 8TH EDITION By D. Justins & C. Berry. This essential guide to first aid afloat is an essential part of any on-board medical kit. Its waterproof ring-bound pages, color-coded tabs and clear layout make it easy to use in an emergency. 31 pages.

Adlard Coles. Spiralbound. Pub. at \$20.00

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★**READER'S DIGEST HEALTH SECRETS FOR LONG LIFE** Reviewed by medical and nutritional experts, this guide offers essential information to boost your physical, mental and emotional health at every stage of life. Well illus. in color. 256 pages. Trusted Media Brands. Paperbound. Pub. at \$15.99

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★**YOUR BODY IS A SELF-HEALING MACHINE, BOOK 3: Understanding How Epigenetics Heals You** By Gigi Siton. Explains the basics of applied epigenetics and its practical use. Learn how you can reprogram epigenetics information to influence your gene expression—your decisions will positively or negatively update or downgrade your epigenome on each factor. Illus. 233 pages. Clovercroft. Paperbound. Pub. at \$14.99

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★**YOUR BODY IS A SELF-HEALING MACHINE, BOOK 1: Understanding Epigenetics, Why It Is Important to Know** By Gigi Siton. Discusses the basic concepts of epigenetics, applied epigenetics, and bio-individuality. Epigenetics is mainly from your free will and less from your inherent genetic traits, and the good news is that your gene expression can be turned off or on. Your daily epigenetic choices will define your health or disease. 143 pages. Clovercroft. Paperbound. Pub. at \$14.99

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Diseases & Disorders



★**HOW TO HELP SOMEONE WITH DEMENTIA** By M. Hamill & M. McCarthy. There can be fear and worry when a loved one receives a diagnosis of dementia. The authors believe that a relationship centered understanding of dementia can help to acknowledge the challenges of the condition, while enabling people to live well and with dignity. You and your loved one will gain the

knowledge you need on your journey through dementia. 236 pages. Welbeck. Paperbound. Pub. at \$12.95

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Communication Skills



★**FIND OUT ANYTHING FROM ANYONE, ANYTIME: Secrets of Calculated Questioning from a Veteran Interrogator** By J.O. Pyle & M. Karinch. The secret to finding out anything you want to know is amazingly simple: ask good questions. This guide will give you the power to determine when and how to control the conversation; recognize types of questions to avoid; identify

and practice good questioning techniques; and more. 281 pages. Career Press. Paperbound. Pub. at \$16.99

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Pregnancy, Childbirth & Parenting



AND THEN THEY STOPPED TALKING TO ME: Making Sense of Middle School By Judith Warner. Through the stories of kids and parents in the middle school trenches, this work reveals why these years are so painful, how parents unwittingly make them worse, and what we all need to do to grow up. 287 pages. Crown. Pub. at \$27.00

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★**BETTER PARENTING WITH THE ENNEAGRAM: 9 Types of Children & 9 Types of Parents** By Ann Gadd. Certified practitioner Gadd explores the nine Enneagram parenting types and the nine Enneagram child types, revealing each type's strengths and challenges, as well as exploring all 81 parent-child type combinations. This work is like having your own personal manual for yourself and your child.

255 pages. Findhorn. Paperbound. Pub. at \$18.99

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Women's Health & Self-Help



★**THE YONI EGG: Reveal and Release the Sacred Feminine Within** By Lilou Mace. In this step by step guide you'll learn how to use yoni eggs: egg-shaped stones used internally to help tone the pelvic floor and vaginal muscles as well as increase sensitivity, enhance intimate awareness, release emotional traumas, and open access to the sacred feminine within. Illus. in color.

176 pages. Destiny. Paperbound. Pub. at \$19.99

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General Health & Self-Help



TO HELL AND BACK: Personal Experiences of Trauma and How We Recover and Move On By John Marzillier. Provides an honest, human description of how trauma affects us at the time and also after the event as we return to everyday life. Whether discussing accounts of terrorist bombings, natural disasters, road accidents, or physical attacks, Marzillier looks at what these experiences do to us and offers

practical and consoling advice. 326 pages. Little, Brown. Paperbound. Pub. at \$15.99

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