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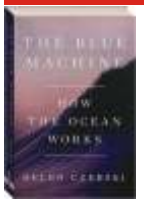
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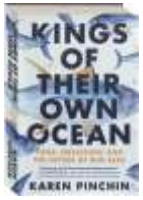
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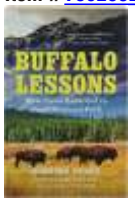
Environment & Ecology



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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SIX DEGREES: Our Future on a Hotter Planet By Mark Lynas. Argues that by the end of this century, the planet will heat up between 1.4 and 5.8 degrees Celsius. While six degrees doesn't sound like much, a six degree rise in Earth's average temperature would be enough to reshape the world almost beyond recognition, as outlined here. 335 pages. National Geographic. Paperbound. Pub. at $16.95
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LIVING ON EARTH: Forests, Corals, Consciousness, and the Making of the World By Peter Godfrey-Smith. Godfrey-Smith takes us on a grand tour of the history of life on Earth, both on land and in the sea. He considers the impact of language, culture, and writing and asks whether other animals might follow our evolutionary path. He then weighs our unique powers as they relate to factory farming, habitat preservation, climate change, and more. Color photos. 322 pages. FSG. Pub. at $29.00
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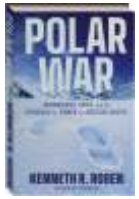
BELIEVERS: MAKING A LIFE AT THE END OF THE WORLD By Lisa Wells. Wells explores trailblazers dedicated to repairing the Earth and seemingly undaunted by the task ahead. They have had the same realization, have accepted that we are living through a global catastrophe, but are trying to answer the question: How do you make a life at the end of the world? 336 pages. Picador. Paperbound. Pub. at $18.00
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THE LOST CONTINENT: Coral Reef Conservation and Restoration in the Age of Extinction By David Alexander Baker. This poignant tribute to the beauty of coral reefs sheds light on the destruction of global reef ecosystems and the climate science behind the conservation efforts to save them. Well illus. in color. 207 pages. Imagine!. Pub. at $27.99
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SAVING TIME: Discover a Life Beyond the Clock By Jenny Odell. This deeply hopeful volume tugs at the seams of reality as we know it, the way we experience time itself, and rearranges it, imagining a world not centered on work, the office clock, or the profit motive. If we can "save" time by imagining a life, identity, and source of meaning outside these things, time might also save us. Illus. 364 pages. Random. Pub. at $28.99
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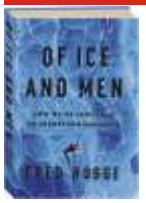


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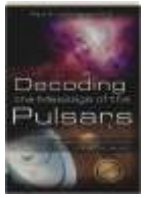


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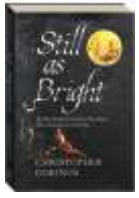
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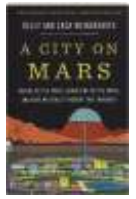
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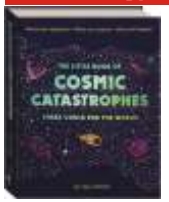
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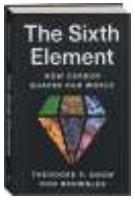
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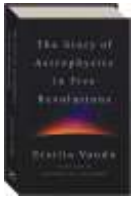
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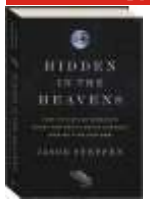
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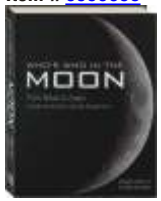
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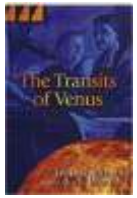
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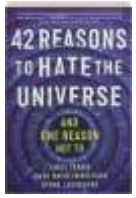
★**WHO'S WHO IN THE MOON: From Abbot to Zupus a Guide to the Moon and the People On It** By B. Jones & K. Raynor. A visual guide for beginners and amateur astronomers, offering detailed images and biographical sketches of lunar features and their namesakes. 181 pages. White Owl. 8¾x11¼. Pub. at $39.95

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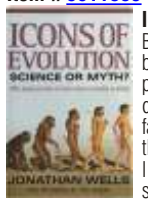
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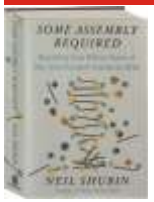
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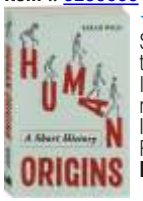
Paleontology & Evolution



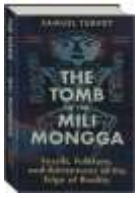
SOME ASSEMBLY REQUIRED: Decoding Four Billion Years of Life, from Ancient Fossils to DNA By Neil Shubin. A new view of the evolution of human and animal life that explains how the incredible diversity of life on our planet came to be. Shubin takes readers on a journey of discovery spanning centuries, as explorers and scientists seek to understand the origins of life's immense diversity. Illus. 267 pages. Pantheon. Pub. at $26.95
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THE ETERNAL ARMY: The Terracotta Soldiers of the First Emperor Presents the findings of acknowledged experts as they seek to provide answers to many fascinating questions about Qin Shi Huangdi. The exquisite photographs portray the wholly individualized faces of the great officers, horsemen, archers, and foot soldiers of the terracotta army, which have survived unaltered for 22 centuries. 288 pages. White Star. 8¼x11½. Paperbound. Pub. at $24.95
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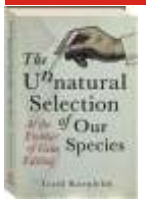


★**THE LITTLE BOOK OF ARCHAEOLOGY** By Peter Salmon. Novel. Archaeology isn't just about dusty artifacts and buried ruins–it's about understanding ourselves and our shared history. In this pocket-sized treasure trove, you'll uncover the secrets of archaeological discovery and exploration and learn how it can illuminate the past, inform the present, and shape the future. 141 pages. Summersdale. Paperbound. Pub. at $10.99
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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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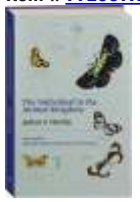


THE UNNATURAL SELECTION OF OUR SPECIES: At the Frontier of Gene Editing By Torill Kornfeldt. Kornfeldt has traveled all over the world to meet the people who are driving the genetic technology research forward. Here, she examines recent developments in gene editing and what still might be waiting around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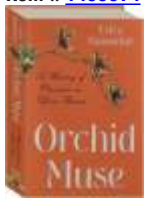
Life Science



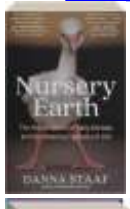
★**THE GENETIC LOTTERY: Why DNA Matters for Social Equality** By Kathryn Paige Harden. Dismantles dangerous ideas about racial superiority and challenges us to grapple with what equality really means in a world where people are born different. Show why our refusal to recognize the power of DNA perpetuates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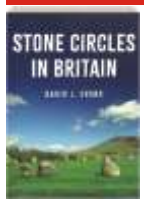


★**NURSERY EARTH: The Hidden World of Baby Animals and the Amazing Ingenuity of Life** By Danna Staaf. Makes the case that these young creatures are not just beings in progress but beings in their own right. Our planet needs them all: the maggots as much as the kittens! Well illus. some in color. 260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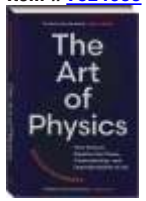


★**STONE CIRCLES IN BRITAIN** By David J. Evans. Evans travels over Scotland, Wales and England, surveying not only famous sites such as Stonehenge and Avebury but many other lesser-known stone circles. Fully illus. in color. 96 pages. Amberley. Paperbound. Pub. at $26.99
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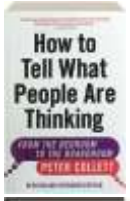


CROSSING THE BRIDGE: Growing Up Norwegian-American in Depression & War 1925-1946 By Earl A. Reitan. A narrative account of Lake Wobegon as it really was gives the reader an affecting glimpse into the lives of three generations crossing the bridge from 1800's Old World Norway into main-stream American life. Well illus. 143 pages. Lone Oak. Paperbound. Pub. at $12.95
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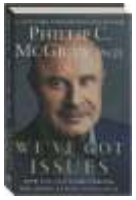
Social Science



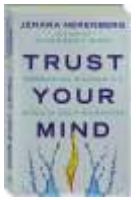
CODE DEPENDENT: Living in the Shadow of AI By Madhumita Murgia. Riveting story of what it means to be human in a world changed by artificial intelligence, revealing the perils and inequities of our growing reliance on automated decision-making. 309 pages. Holt. Pub. at $29.99
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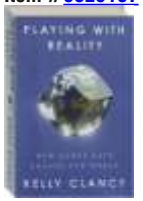
HOW TO TELL WHAT PEOPLE ARE THINKING: From the Bedroom to the Boardroom By Peter Collett. A trusted handbook for more than a decade, this guide to body language has been fully updated with the latest research. It includes insight into everything from Zoom meetings to the confounding world of online dating. Photos. Collins. Paperbound.
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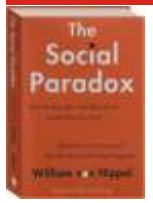


EXCLUDED: How Snob Zoning, Nimbyism, and Class Bias Build the Walls We Don't See By Richard D. Kahlenberg. An indictment of America's housing policy that reveals the social engineering underlying our segregation by economic class, the social and political fallout that result, and what we can do about it. 338 pages. PublicAffairs. Pub. at $30.00
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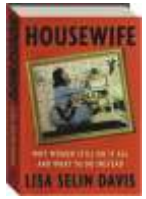
THE SOCIAL PARADOX: Autonomy, Connection, and Why We Need *Both* to Find Happiness By William von Hippel. A thought-provoking exploration into humans' two core evolutionary needs, for connection and autonomy, how the modern world has thrown them out of whack, and how we can rebalance them to improve our lives. 278 pages. Harper. Pub. at $30.00
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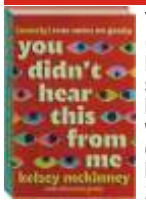


HOUSEWIFE: Why Women Still Do It All and What to Do Instead By Lisa Selin Davis. Discover the complete social history of the housewife archetype, from colonial America to the 20th century, and re-examine common myths about the "modern woman." 297 pages. Legacy Lit. Pub. at $30.00
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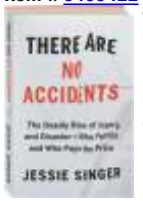
Social Science



YOU DIDN'T HEAR THIS FROM ME: (Mostly) True Notes on Gossip By Kelsey Mckinney. Explores the murkiness of everyday storytelling. Why is gossip considered a sin, and how can we better recognize when it's being weaponized? Why do we think we're entitled to every detail of a celebrity's personal life? And how do we define "gossip," anyway? 277 pages. Grand Central. Pub. at $30.00
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Item #8886911 **$4.95**

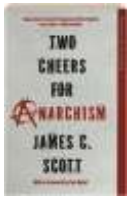


★**AS GODS AMONG MEN: A History of the Rich in the West** By Guido Alfani. Sweeping narrative illustrating how the rich historically justified themselves by helping their societies in times of crises, why they no longer do, and what that may mean for social stability. 420 pages. Princeton. Paperbound. Pub. at $22.95
Item #9168575 **PRICE CUT to $7.95**

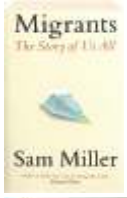
Social Science



★**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
Item #8478813 **$6.95**



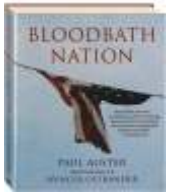
★**TWO CHEERS FOR ANARCHISM: Six Easy Pieces on Autonomy, Dignity, and Meaningful Work and Play** By James C. Scott. Engaging, high-spirited, and often funny defense of an anarchist way of seeing the world. Challenges readers to reconsider the value of hierarchy throughout public and private life. 169 pages. Princeton. Paperbound. Pub. at $17.95
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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
Item #9050019 **$6.95**



TWINKIND: The Singular Significance of Twins By William Viney. Describes how twins have featured prominently in scientific research across the centuries, as well as representation of twins in art, photography, and film–from the works of Roger Ballen to the cinema of Stanley Kubrick–and delves into the darker meanings ascribed to twins across millennia. Fully illus. some in color. 224 pages. Princeton. Pub. at $35.00
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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. 8¼x10. Pub. at $40.00
Item #9012567 **$9.95**

Social Science



★**HOW TO TALK ABOUT LOVE: An Ancient Guide for Modern Lovers** By Plato. Explore the nature of love in this charming new translation of selections from Plato's great dramatic work, the *Symposium*. 166 pages. Princeton. Pub. at $17.95
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THE REBEL CAFE: Sex, Race, and Politics in Cold War America's Nightclub Underground By Stephen R. Duncan. Subterranean nightspots in 1950s New York and San Francisco were social, cultural, and political hothouses for left-wing bohemians. Illus. 317 pages. Johns Hopkins. Pub. at $57.00
Item #9123636 **$11.95**



★**IRRESISTIBLE: How Cuteness Wired Our Brains and Conquered the World** By Joshua Paul Dale. This is the fascinating cultural history of cuteness, and a revealing look at how our most powerful psychological impulses have remade global style and culture. Well illus. 278 pages. Profile. Paperbound. Pub. at $16.00
Item #9059253 **PRICE CUT to $4.95**

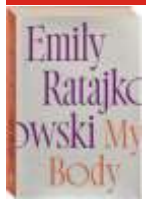


★**FOREVER BARBIE: The Unauthorized Biography of a Real Doll** By M.G. Lord. Traces Barbie's development and transformation, through countless makeovers and career changes, into an international pop culture icon and now "traditional toy." Though not every doll in the line has been a hit, with pregnant 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 **$6.95**

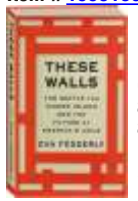


★**WOMB: The Inside Story of Where We All Began** By Leah Hazard. A clear-eyed and inclusive examination of the cultural prejudices and assumptions that have made the uterus so poorly understood for centuries. This work takes a fresh look at an organ that brings us pain and pleasure–a small part of our 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



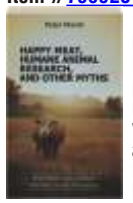
MY BODY By Emily Ratajkowski. A profoundly personal exploration of feminism, sexuality, and power, of men's treatment of women and women's rationalizations for accepting that treatment. These essays chronicle moments from the author's life while investigating the fetishization of women's beauty, the obsession with and contempt for their sexuality, and more. 237 pages. Metropolis. Pub. at $26.00
Item #1993186 **$7.95**



★**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
Item #7947895 **$4.95**



★**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
Item #7909284 **$9.95**

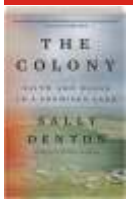


★**HAPPY MEAT, HUMANE ANIMAL RESEARCH, AND OTHER MYTHS** By Peter Marsh. Discusses how different forms of prejudice are interconnected and why we will not be able to eradicate other forms of such violence without eradicating prejudice against animals, too. 135 pages. Lantern Publishing. Paperbound. Pub.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



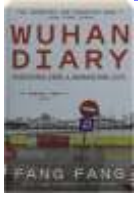
★**THE COLONY: Faith and Blood in a Promised Land** By Sally Denton. Picks up where the initial reporting of the November 2019 killings of nine women and children in northern Mexico ended and delves into the complex story of the Le Baron clan. Their homestead, Colonia LeBaron, is a portal into the past, 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

Item #7856202 **$5.95**



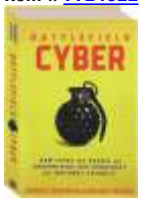
★**WUHAN DIARY: Dispatches from a Quarantined City** By Fang Fang. A fascinating eyewitness account of the events as they unfolded at the beginning of the pandemic. Captures the challenges of daily life and the changing moods and emotions of being quarantined without reliable information. 398 pages.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

Item #7726333 **$7.95**



★**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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★**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

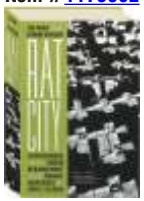
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Social Science



★**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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★**RAT CITY: Overcrowding and Urban Derangement in the Rodent Universes of John B. Calhoun** By J. Adams & E. Ramsden. How a landmark experiment in rat behavior changed the way we think about cities. It follows Calhoun's struggle to solve the problem of crowding before America's cities drain into the behavioral sink. Studying the effects of overcrowding in rats showed the results were cataclysmic. 16 pages of photos. 376 pages. Melville House. Pub. at $32.50

Item #8794235 **PRICE CUT to $11.95**



★**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 then 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 **$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

Item #7741235 **$11.95**



★**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

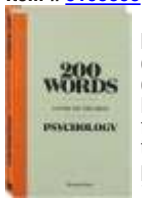
Item #6996256 **$2.95**

Psychology



THE HOSPITAL OF INCURABLE MADNESS By Tomaso Garzoni. This translation of Garzoni's Renaissance "best-seller" provides a rich and revealing window into 16th-century views of madness, foolishness, and social deviance. His encyclopedic work is the most important contribution of the last half-century to the "fools" genre. 251 pages. ACMRS. Pub. at $52.00

Item #9168893 **$5.95**



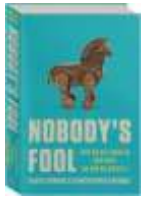
200 WORDS TO HELP YOU TALK ABOUT PSYCHOLOGY By Michael Britt. Features definitions of 200 words frequently used to describe and discuss a smart subject. Psychology can be baffling, as well as fascinating, to the best of us. Britt guides you through gestalt theory, the placebo effect, prejudice, critical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

Item #9153322 **$4.95**



THE LANGUAGE OF THE FACE: Stories of Its Uniquely Expressive Features By Frank Gonzales-Crussi. A broad and cultural history of physiognomy, exploring how the desire to divine deeper meaning from our looks has compelled humans for millennia. Illus. 241 pages. MIT Press. Pub. at $29.95

Item #9339361 **$7.95**



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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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

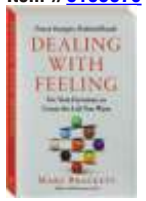
Item #9192549 **$5.95**

Psychology



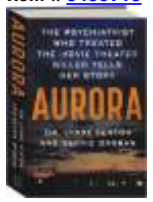
IF NIETZSCHE WERE A NARWHAL: What Animal Intelligence Reveals About Human Stupidity By Justin Gregg. Asks whether we are in fact the superior species. As it turns out, the truth is stranger and far more interesting than we have been led to believe. Gregg highlights one feature seemingly unique to humans–our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

Item #8183376 **$6.95**



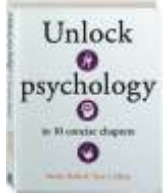
DEALING WITH FEELING: Use Your Emotions to Create the Life You Want By Marc Brackett. Brackett examines his challenges dealing with his own emotions, explains the latest science of emotion regulation, and provides a set of practical, evidence-based strategies to help us use our feelings wisely to nurture healthy relationships, achieve ambitious goals, and experience greater well-being. 309 pages. Celadon. Pub. at $29.99

Item #9436715 **$6.95**



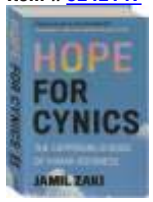
AURORA: The Psychiatrist Who Treated the Movie Theater Killer Tells Her Story By L. Fenton & K. Droban. The author's chilling account provides an intimate look at her life before and after the Aurora massacre, as well as alarming insight into the sinister patient who called himself "fear incarnate."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

Item #8054002 **$6.95**



★**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

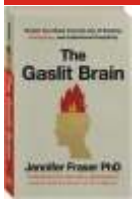
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HOPE FOR CYNICS: The Surprising Science of Human Goodness By Jamil Zaki. Cynicism is an understandable response to a world full of injustice and inequality. But in many cases, it is misplaced. Dozens of studies find that people fail to realize how kind, generous, and open-minded others really are. Zaki imparts the secret for beating back cynicism: hopeful skepticism. 271 pages. Grand Central. Pub. at $30.00

Item #9377557 **$6.95**

Psychology



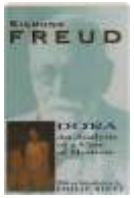
★**THE GASLIT BRAIN: Protect Your Brain from the Lies of Bullying, Gaslighting, and Institutional Complicity** By Jennifer Fraser. Reveals the psychological functions of the manipulator's brain and the impact of gaslighting on our minds, shining a spotlight on how manipulative brains seduce us into belief and disrupt our ability to think effectively. 381 pages. Prometheus. Pub. at $34.95

Item #9310444 **$26.95**



★**THE NEW PSYCHOLOGY: The 50 Newest Concepts That Are Shaping How We Live and Work** By Adrian Furnham. An in-depth look at several of the newest issues in psychology and how they can influence our lives, at home and work–from AI and Ecopsychology to Wearables and W.E.I.R.D. people. Illus. 290 pages. Bloomsbury. Paperbound. Pub. at $24.00

Item #9120823 **PRICE CUT to $9.95**



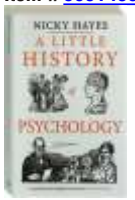
DORA: An Analysis of a Case of Hysteria By Sigmund Freud. Freud pursues the secrets of Dora's psyche by using as clues her nervous mannerisms, her own reports on the peculiarities of her family, and the content of her dreams. He uses all his analytic genius and literary skill to reveal Dora's inner life and explain the motives behind her fixation on her father's mistress. 124 pages. Scribner. Paperbound. Pub. at $16.99

Item #7800878 **$5.95**



★**MY ALTERED STATES: A Doctor's Extraordinary Account of Trauma, Psychedelics, and Spiritual Growth** By Rick Strassman. Recounts dozens of Strassman's experiences of drug and non-drug altered states of consciousness from birth to early adulthood. Applies the lenses of four explanatory models–psychoanalysis, psychopharmacology, Zen Buddhism, and medieval Jewish metaphysics–in understanding how and why they occurred, and more. Illus. 298 pages. Park Street. Paperbound. Pub. at $19.99

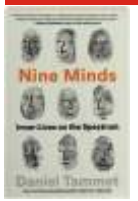
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★**A LITTLE HISTORY OF PSYCHOLOGY** By Nicky Hayes. Takes us on a journey through the ever-advancing study of psychology, showing how the field has evolved over time–and how much more we need to learn. Illus. 280 pages. Yale. Pub. at $26.00

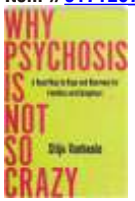
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Psychology



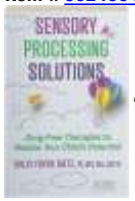
★**NINE MINDS: Inner Lives on the Spectrum** By Daniel Tammet. Tammet draws out the inner worlds of nine extraordinary, neurodivergent lives from around the globe. Telling stories as richly diverse as the spectrum itself, this perspective-altering, life-affirming work celebrates the power and beauty of the neurodivergent mind and the daring freedom with which they have built their lives. 269 pages. The Experiment. Paperbound. Pub. at $16.95

Item #9171207 **PRICE CUT to $5.95**



★**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

Item #9024964 **$4.95**



★**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

Item #7900546 **$3.95**

Education



HOMESCHOOLING FOR ABSOLUTE BEGINNERS: Make Learning at Home Simple, Affordable, Fun, and Effective By Lorilee Lippincott. Full of anecdotes, interviews with other homeschooling families, and general wisdom, this is a must-have reference for any family new to or considering the homeschooling life. 182 pages. Skyhorse. Paperbound. Pub. at $14.99

Item #9229981 **PRICE CUT to $2.95**

Education



CREATE A HOME OF LEARNING: Screen-Free Toys and Techniques for Your Developing Child, 0 to 8 Years By Jodi Dee. Transform your home into a home of learning by using these easy-to-follow instructions, lists of toys and equipment by age, and simple ways to promote play. Set up small learning areas and learn how to facilitate years of screen-free fun and discovery right at home. Color photos. 200 pages. Jodi Dee. Paperbound. Pub. at $18.99

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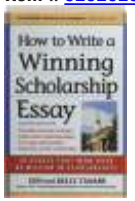
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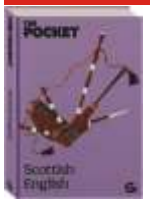
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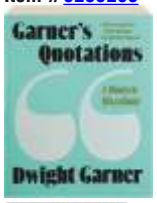
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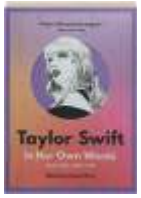
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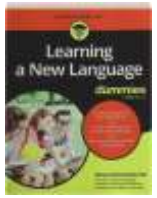
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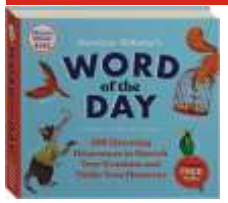


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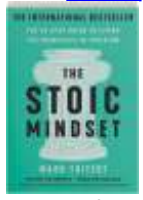
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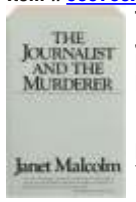
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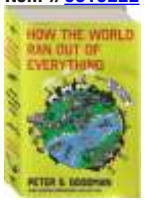


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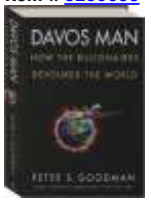
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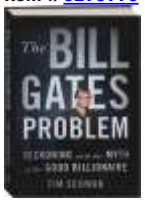
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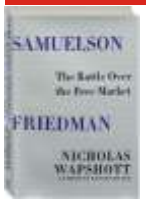


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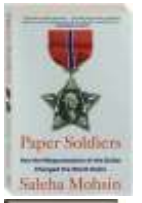


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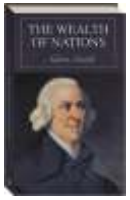
Economics



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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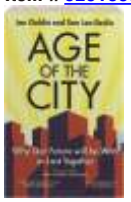
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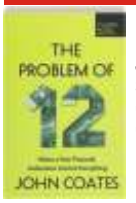


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Economics

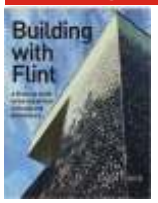


★**THE PROBLEM OF 12: When a Few Financial Institutions Control Everything** By John Coates. A "problem of twelve" arises when a small number of institutions acquire the means to exert outsized influence over the politics and economy of a nation. This accumulation in the last few decades represents a transformation in how the American economy operates, a sea change that few of us have noticed and all of us need to consider. 188 pages. Columbia Global Reports. Paperbound. Pub. at $17.00
Item #7937857 **$12.95**



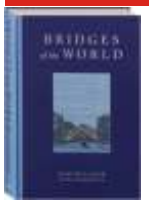
★**OUR LIVES IN THEIR PORTFOLIOS: Why Asset Managers Own the World** By Brett Christophers. Asset managers, Christophers shows, are unlike traditional owners of housing and other essential infrastructure. Buying and selling these life-supporting assets at a dizzying pace, the crux of their business model is not long-term investment and careful custodianship but making quick profits for themselves and the investors that back them. 310 pages. Verso. Paperbound. Pub. at $19.95
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Engineering & Architecture



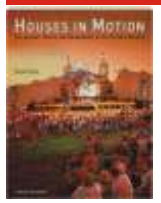
★**BUILDING WITH FLINT: A Practical Guide to the Use of Flint in Design and Architecture** By David Smith. Not only a comprehensive exploration of the history of flint and its traditional uses, properties and applications, but also an invaluable practical guide for practitioners currently working in the professions of construction, architecture and design. Fully illus. in color. 160 pages. Crowood. 7½x9¾. Paperbound. Pub. at $35.99
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Architecture

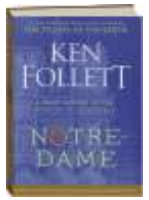


BRIDGES OF THE WORLD By G. Ascari & P. Valentinis. Bridges can either link or divide people and cultures; they are both strong and fragile, and this work features 50 of them from all over the world. It also collects stories that accompany these bridges, including the inspirational lives of those who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



HOUSES IN MOTION, SECOND EDITION By Robet Kronenburg. From prehistoric tents to the disaster-relief trailers of today, from military structures to canal boats, this unique study surveys numerous designs and innovations. 168 pages. Wiley. 8½x11. Paperbound. Pub. at $60.00
Item #9145419 **$4.95**



NOTRE-DAME: A Short History of the Meaning of Cathedrals By Ken Follett. The author describes the emotions that gripped him when he learned about the fire that threatened to destroy one of the greatest cathedrals in the world–the Notre-Dame de Paris. Follett then tells the story of the cathedral and he reveals the influence that the Notre-Dame had on cathedrals around the world. Illus. some color. 62 pages. Viking. 5¼x7½. Pub. at $17.00
Item #8992231 **$5.95**



SKY-HIGH: A Critique of NYC's Supertall Towers from Top to Bottom By Eric P. Nash. Part architectural guidebook and part critique, the pencil-thin, supertall towers that are transforming New York City's skyline as well as its streets are spotlit in this collection of extraordinary photographs that capture a dozen of these self-styled odes to wealth and power. 208 pages. Princeton Architectural. 7¾x11¼. Pub. at $40.00
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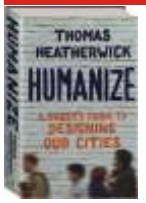


THE DESIGN OF A COUNTRY ESTATE: Purple Cherry Architects & Interiors By Cathy Purple Cherry. Driven by a passion for art and architectural design, Cathy Purple Cherry shares the story of a fabulous, newly built coastal country estate. She offers practical guidance on topics relevant to designing any home, no matter the scale of the project. Color photos. 224 pages. Gibbs Smith. 9¼x12¼. Pub. at $50.00
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WHITE CITY, BLACK CITY: Architecture and War in Tel Aviv and Jaffa By Sharon Rotbard. Today, the Hebrew city of Tel Aviv gleams white against the desert sky, its Bauhaus-inspired architecture betraying few traces of what came before it, the Arab city of Jaffa. Rotbard offers two intertwining narratives, that of colonized and colonizer and the decades-long campaign of architectural and cultural revision. Well illus. 244 pages. MIT Press. Paperbound.
Item #913820X **$3.95**

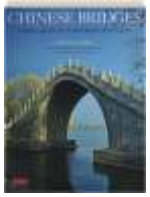
Architecture



HUMANIZE: A Maker's Guide to Designing Our Cities By Thomas Heatherwick. Offers us a fiercely passionate analysis of why we're surrounded by cheap, boring buildings that make people sick and unhappy, and how we can make them better for everyone. An urgent call to arms for making our world a better place for everyone to live, as well as providing us with the tools to make it a reality. Fully illus. 495 pages. Scribner. Pub. at $30.00
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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 Medellin, 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. 9x11¾. Paperbound. Pub. at $16.95
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★**WOODEN CHURCHES IN EASTERN EUROPE** By Siegfried von Quast. Their aesthetic appeal includes the surface-weathered material, deformed structures, color improvisations, recently ornamented sheet metal, inside wall paintings, altar and iconostasis furnishings derived from Renaissance and Baroque periods, but above all their location in the village surrounded by old trees, enclosures and graves without cemetery order. Fully illus. in color. 79 pages. Edition Axel Menges. 9¾x12. Pub. at $42.00
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Architectural Surveys



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. 7¾x10. Pub. at $50.00
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Regional Architectural Styles



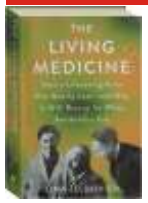
ARCHITECTURE IN THE SOUTH PACIFIC: The Ocean of Islands By J. Taylor & J. Conner. Recounts an important development in the making of the contemporary South Pacific–that of the new and diverse architecture, together with regional buildings of note, both historical and contemporary. Presented in full color, 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



GERVASE WHEELER: A British Architect in America, 1847-1860 By R.E. Tribert & J.F. O'Gorman. Wheeler's career is traced chronologically and geographically, and the work is lavishly illustrated over fifty images, including building plans and historical photographs. 113 pages. Wesleyan. 7¼x10¼. Pub. at $35.00
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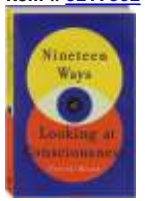
Medical Science



THE LIVING MEDICINE: How a Lifesaving Cure Was Nearly Lost–and Why It Will Rescue Us When Antibiotics Fail By Lina Zeldovich. The remarkable history of phages–viruses that devour bacteria–whose medical value was nearly lost to history after Stalin's brutal purges and the rise of antibiotics. Reveals the astonishing success of early phage experiments, phage therapy's decline, and why its resurgence might one day save the human race. 302 pages. St. Martin's. Pub. at $30.00
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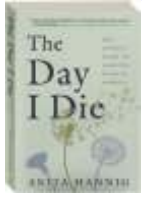
THE PRICE OF PANIC: How the Tyranny of Experts Turned a Pandemic into a Catastrophe By Douglas Axe et al. The human cost of the emergency response to COVID-19 has far outweighed the benefits. That's the sobering verdict of a trio of scholars–a biologist, a statistician, and a philosopher–in this comprehensive assessment of a horrible panic-induced disaster. 266 pages. Regnery. Pub. at $28.99
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NINETEEN WAYS OF LOOKING AT CONSCIOUSNESS By Patrick House. Offers a brilliant overview of the state of modern consciousness research in 20 brief, revealing chapters. House describes complex concepts in accessible terms, weaving brain science, technology, gaming, analogy, and philosophy into a tapestry that illuminates how the brain works and what enables consciousness. 257 pages. St. Martin's. 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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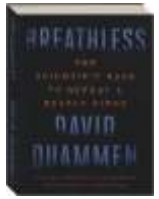
Medical Science



THE STORY OF A HEART: Two Families, 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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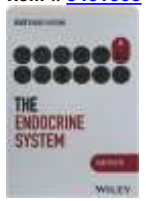
THE SONG OF OUR SCARS: The Untold Story of Pain By Haider Warraich. A doctor's personal and unsparing account of how modern medicine's failure to understand pain has made care less effective. 307 pages. Basic. Pub. at $30.00
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BREATHLESS: The Scientific 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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Medical Science



★**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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SEEING THE MIND: Spectacular Images from Neuroscience, and What They Reveal About Our Neuronal Selves By Stanislas Dehaene. Dehaene uses the power of brain images to tell the story of centuries old efforts to understand who we are, and how it is possible that that our thoughts emerge from just three pounds of flesh. By weaving together images and text, readers are brought into the intimacy of their own brains. Fully illus. in color. 222 pages. MIT Press. 7¼x10¼. Pub. at $36.95

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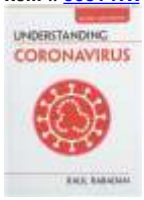
DO I KNOW YOU? A Faceblind Reporter's Journey into the Science of Sight, Memory, and Imagination By Sadie Dingfelder. After receiving a midlife diagnosis of propagnosia–faceblindness–the author investigates the neuroscience of human consciousness while solving some long-running mysteries about her own life. 295 pages. Little, Brown. Pub. at $32.00

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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



HEARTWARMING: How Our Inner Thermostat Made Us Human By Hans Rocha Ijzerman. How can holding a warm mug of coffee affect our emotions? This work explores temperature through the long lens of evolution; like huddling penguins, we humans have long relied on one another to maintain our temperatures. Over millennia, this instinct for thermoregulation has shaped our lives and culture. 288 pages. Norton. Pub. at $26.95

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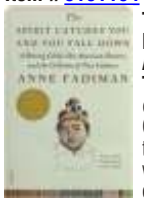
THERE PLANT EYES: A Personal and Cultural History of Blindness By M. Leona Godin. From Homer to Helen Keller, from *Dune* to Stevie Wonder, from the invention of braille to the science of echolocation, Godin explores the fascinating history of blindness, interweaving it with her own story of gradually losing her sight. 331 pages. Pantheon. Pub. at $28.00

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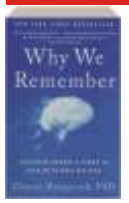
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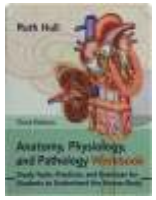
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Medical Science



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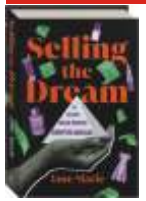
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★**PSYCHEDELICS AND MENTAL HEALTH: Neuroscience and the Power of Psychoactives in Therapy** By Irene de Caso. Neuroscientist de Caso take you on a journey through the brain, revealing how psychedelics and empathogens, if taken in a safe and therapeutic environment, can lead to positive and lasting changes. Illus. most in color. 304 pages. Park Street. Paperbound. Pub. at $29.99

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SELLING THE DREAM: The Billion-Dollar Industry Bankrupting Americans By Jane Marie. An urgent and riveting expose that reveals how multilevel marketing companies–often owned by political and corporate elites, such as the DeVos and the Van Andel families–have made a windfall in profit off the desperation of the American working class. Learn how not to fall victim to these schemes. 308 pages. Atria. Pub. at $29.00

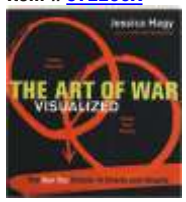
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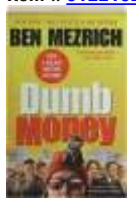
THE ART OF WAR VISUALIZED By Jessica Hagy. An inspired Bronze Age/Information Age mash-up, this volume completely reenergizes the classic text, here in the complete Lionel Giles translation, and makes it accessible to a new generation of students, entrepreneurs, business leaders, artists, seekers, and lovers of games and game theory. Fully illus. 247 pages. Workman. Paperbound. Pub. at $14.99

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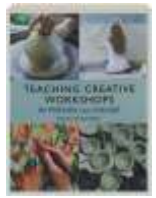
GLADIATORS, PIRATES AND GAMES OF TRUST: How Game Theory, Strategy and Probability Rule Our Lives By Haim Shapira. Shapira shares humorous anecdotes and insightful examples to explain Game Theory, how it affects our daily lives, and how the different interactions between decision-makers can play out. 183 pages. Watkins. Paperbound. Pub. at $14.95

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DUMB MONEY By Ben Mezrich. Offers a gripping, beat-by-beat account of how a loosely affiliated group of private investors and internet trolls on a subreddit called WallStreetBets took down one of the biggest hedge funds on Wall Street, firing the first shot in a revolution that threatens to upend the establishment. 304 pages. Grand Central. Paperbound. Pub. at $19.95

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TEACHING CREATIVE WORKSHOPS: In Person and Online By Patricia van den Akker. The ultimate guide for artists and makers to learn how to deliver outstanding in-person and online workshops, how to become a better and more confident teacher, and how to promote and launch your workshops to turn them into a profitable venture. Well illus. in color. 256 pages. Herbert. Paperbound. Pub. at $40.00

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Business



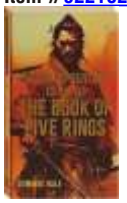
MAKE IT PROFITABLE! By Barbara Brabec. Emphasizes how creative people are using computers and the Internet to save time, cut costs, and increase profits. Illus. 333 pages. M. Evans. Paperbound. Pub. at $16.95
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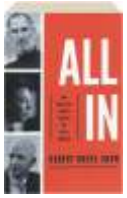
GRIT TO GREAT: How Perseverance, Passion, and Pluck Take You from Ordinary to Extraordinary By L. Kaplan Thaler & R. Koval. Offers insights form the front lines of the impact of perseverance, pluck, and focused attention on getting ahead, whether you are an entry-level employee, a budding entrepreneur, 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
Item #9083693 **$9.95**

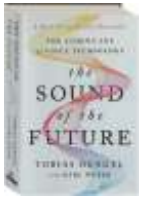


ALL IN: How Obsessive Leaders Achieve the Extraordinary By Robert Bruce Shaw. Shows leaders and aspiring leaders how obsession can fuel the most incredible success, while shining a light on how this same trait–when left unchecked and out of balance–can take a devastating toll on the leader themselves, on his or her family, and on their work colleagues. 220 pages. AMACOM. Paperbound. Pub. at $19.99
Item #9117733 **$3.95**

Business



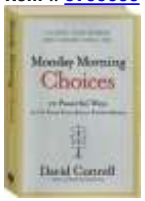
WHAT CUSTOMERS HATE By Nicholas J. Webb. Drive fast and scalable growth by eliminating the things that drive business away. Learn the benefits of shifting from a singular focus of making your customers happy to include eliminating what your customers hate. 218 pages. HarperCollins. Paperbound. Pub. at $19.99
Item #9010653 **$5.95**



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
Item #9056793 **$4.95**



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
Item #8799555 **$4.95**

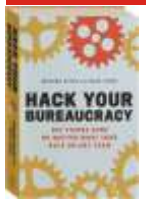


MONDAY MORNING CHOICES By David Cottrell. Whether you strive for money, power, happiness, or love, your personal choices, the actions you take, and the relationships you choose to invest time and energy in will determine whether you reach your goals. Learn to make correct decisions to achieve what you desire. 186 pages. Harper. Pub. at $25.99
Item #9237720 **$5.95**

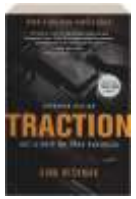


★**THE TESLA FILES: The Inside Story of Musk's Empire** By S. Iwersen & M. Verfurden. The first major work about Musk and Tesla since Musk inserted himself directly into presidential politics and, through DOGE, into the lives of millions of Americans, and a riveting tale of journalistic enterprise, ethics, and the courage to follow the evidence where it leads to expose corruption. 352 pages. Steerforth. Paperbound. Pub. at $22.99
Item #9284737 **$17.95**

Business



HACK YOUR BUREAUCRACY: Get Things Done No Matter What Your Role on Any Team By M. Nitze & N. Sinai. Whether you just started your first entry-level job, run the entire company, or just feel trapped by your condo association bylaws, it's time to it's time to learn how to get big things done and make a lasting impact. 346 pages. Hachette. Pub. at $30.00
Item #9271376 **$4.95**



TRACTION: Get a Grip on Your Business By Gino Wickman. Entrepreneurs and business leaders face similar frustrations–personnel conflict, profit woes, and inadequate growth. Decisions never seem to get made, or fail to be properly implemented, but there is a solution. This is a practical method for achieving the business success you have always envisioned. 248 pages. BenBella. Paperbound. Pub. at $19.95
Item #9232958 **$6.95**



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
Item #7966091 **$3.95**



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
Item #912294X **$5.95**

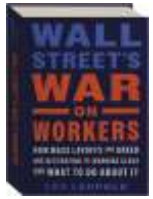


★**WHO OWNS THIS SENTENCE? A History of Copyrights and Wrongs** By D. Bellos & A. Montagu. Explore an often-humorous and always-enlightening cultural, legal, and global history of the idea that intangible things can be owned, and makes a persuasive case for seeing copyright as an engine of inequality in the 21st century. 384 pages. Norton. Paperbound. Pub. at $19.99
Item #9154752 **$9.95**

Business



BATTLE FOR THE BIRD: Jack Dorsey, Elon Musk, and the $44 Billion Fight for Twitter's Soul By Kurt Wagner. Reveals Twitter's messy history–including Elon Musk's takeover in 2022, its outsized cultural impact, and its significant role in shaping how the world gets its news–through thorough research. 357 pages. Atria. Pub. at $30.00
Item #9268200 **PRICE CUT to $2.95**



★**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
Item #1997106 **$11.95**

Computer Books



FULL STACK PYTHON SECURITY: Cryptography, TLS, and Attack Resistance By Dennis Byrne. Teaches you how to secure Python and Django-based web apps while demystifying complex security terms and algorithms. Starting with a clear review of cryptographic foundations, learn how to implement layers of defense, secure user authentication and third-party access, and protect your applications against common hacks. Illus. 284 pages. Manning. Paperbound. Pub. at $59.99
Item #9358323 **$9.95**



WHAT THE F*CK IS 5G? By K. Eaton & J. Wendel. Explains the missing radio link that will propel us into the future of self-driving cars and VR. Illus. 162 pages. Hodder. Pub. at $17.99
Item #9080171 **$5.95**

Computer Books



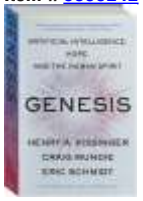
THE METAVERSE: And How It Will Revolutionize Everything By Matthew Ball. Ball presents a comprehensive definition of the Metaverse before explaining the technologies that will power it, and the breakthroughs necessary to fully realize it. He addresses the governance challenges the Metaverse entails, investigates the roles of Web3, blockchains, and NFTs, and predicts Metaverse winners and losers. 336 pages. Liveright. Pub. at $30.00
Item #9381279 **$6.95**



UNMASKING AI: My Mission to Protect What Is Human in a World of Machines By Joy Buolamwini. The story of how Buolamwini uncovered what she calls "the coded gaze"–evidence of encoded discrimination and exclusion in tech products–and how she galvanized the movement to prevent AI harms by founding the Algorithmic Justice League. Illus. 308 pages. Random. Pub. at $28.99
Item #9365575 **$5.95**



CLASSIC COMPUTER SCIENCE PROBLEMS IN JAVA By David Kopec. A master class in computer programming designed around 55 exercises that have been used in computer science classrooms for years. You'll work through hands-on examples as you explore core algorithms, constraint problems, AI applications, and much more. For intermediate Java programmers. Illus. 244 pages. Manning. Paperbound. Pub. at $49.99
Item #9358242 **$9.95**



GENESIS: Artificial Intelligence, Hope, and the Human Spirit By Henry A. Kissinger et al. Mounts a profound exploration of the epochal challenges and opportunities presented by the revolution in artificial intelligence: a breakthrough that dramatically empowers people in all walks of life while also raising urgent questions about the future of humanity. 249 pages. Little, Brown. Pub. at $30.00
Item #9300554 **$6.95**



★**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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Computer Books



★**RINSED: From Cartels to Crypto–How the Tech Industry Washes Money for the World's Deadliest Crooks** By Geoff White. In our increasingly digital economy, how does the global underworld wash dirty cash in the Internet age? Learn how organized crooks have joined forces with the world's most sophisticated cybercriminals to create a vast, virtual money-laundering machine, too intelligent for most authorities to crack. 280 pages. Penguin. Paperbound. Pub. at $21.99
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WEB STYLE GUIDE, FOURTH EDITION: Foundations of User Experience Design By P.J. Lynch & S. Horton. A classic reference on user interface design and graphic design for web sites, updated to reflect a rapidly changing market. Explains established design principles and covers all aspects of web design–from planning to production to maintenance. Well illus. in color. 387 pages. Yale. Paperbound. Pub. at $38.00
Item #911274X **$6.95**

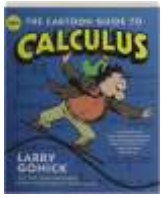


DESIGN FOR DEVELOPERS By Stephanie Stimac. Reveals essential design and UX principles every web developer needs to know. In a developer-centric approach, this volume demonstrates new ideas with examples from popular sites and user interfaces. Discover insightful techniques for user research, and learn to use color, typography, and layout to create communicative web visuals. Illus. in color. 252 pages. Manning. Paperbound. Pub. at $49.99
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THE WIRES OF WAR: Technology and the Global Struggle for Power By Jacob Helberg. Explains the high stakes global cyber war brewing between Western democracies and the authoritarian regimes of China and Russia that could potentially crush democracy. 360 pages. Avid Reader. Paperbound. Pub. at $18.99
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Mathematics

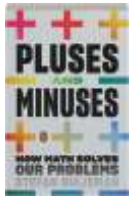


★**THE CARTOON GUIDE TO CALCULUS** By Larry Gonick. Thanks to the cartoon renderings of the author, here is a complete–and completely enjoyable–new guide to calculus. Demystifies the world of functions, limits, derivatives, and integrals for the first-year calculus student. 246 pages. Morrow. Paperbound. Pub. at $23.99
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Mathematics



INTRODUCING FRACTALS: A Graphic Guide By Nigel Lesmoir-Gordon et al. Traces the historical development of this mathematical discipline, explores its descriptive powers in the natural world, and then looks at the applications and the implications of the discoveries it has made. In B&W. 174 pages. Icon. Paperbound. Pub. at $12.00
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PLUSES AND MINUSES: How Math Solves Our Problems By Stefan Buijsman. Change how you think about numbers and mathematics from the prodigy changing the way the world thinks about math. Buijsman illustrates the countless ways that math is engrained in our daily lives and how it can actually be used to make problems easier to solve while giving us a better understanding of the world as a whole. Illus. 199 pages. Penguin. Paperbound. Pub. at $17.00
Item #9153985 **$3.95**



INTRODUCTION TO MATHEMATICAL SOCIOLOGY By P. Bonacich & P. Lu. Mathematical models and computer simulations of complex social systems have become everyday tools in sociology. This reference covers essential mathematics, including linear algebra, graph theory, set theory, game theory and probability, and shows how to apply these mathematical tools to demography. 221 pages. Princeton. Pub. at $55.00
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Science Essays & Surveys



★**ULTRA-PROCESSED PEOPLE: Why We Can't Stop Eating Food That Isn't Food** By Chris van Tulleken. In a fast-paced and eye-opening narrative, Tulleken explores the origins, science, and economics of ultra-processed foods to reveal their catastrophic impact on our bodies and the planet, proposing real solutions for doctors, policy makers, and all of us who have to eat. 406 pages. Norton. Paperbound. Pub. at $18.99
Item #931184X **$14.95**

Science Essays & Surveys



SHARING OUR SCIENCE: How to Write and Speak STEM By Brandon R. Brown. A personal, practical, and inspirational guide to written and oral STEM communications for scientists and technical professionals. 297 pages. MIT Press. Paperbound. Pub. at $26.95
Item #9267034 **PRICE CUT to $2.95**

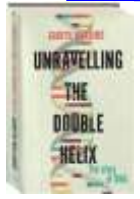


★**SCIENCE UNDER SIEGE: Best of *Skeptical Inquirer*, Volume 6** Ed. by Kendrick Frazier. In this collection of articles, Fraizer has selected some of the best writing on topics of current interest. Among the highlights are "A Skeptical Look at September 11th," which prompted a drove of responses; Sagan's 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
Item #9128999 **$5.95**

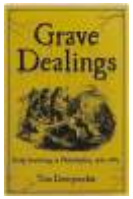


UNRAVELLING THE DOUBLE HELIX: The Story of DNA By Gareth Williams. Comprehensive in scope, this title covers the first century of the history of DNA, one of the greatest triumphs of modern science, in its entirety. The personalities of the main players, their impact with their entanglement with DNA, and the unique qualities that make great scientists tick is also explored. Photos. 494 pages. Pegasus. Pub. at $35.00
Item #9001778 **$6.95**

Science & History



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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★**GRAVE DEALINGS: Body Snatching in Philadelphia, 1762-1883** By Tim Dewysockie. Explores the social, cultural, practical, and legal aspects of body snatching in America's first capital city and relates it to the continuing ethical struggles that surround the treatment of human remains to this day. Illus. 237 pages. Brookline. Paperbound. Pub. at $22.95
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★**A BASILISK GLANCE: Poisoners from Plato to Putin** By Robert Templer. Brings together scientific, cultural and social history to explore the significance of poison through the ages. Examines how the fear of poison–real and imagined–has taken hold, how it has maintained a grip on people and how it persists today. 418 pages. Bui Jones. Paperbound. Pub. at $19.99
Item #8896720 **$5.95**

Religion & Science

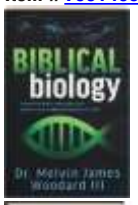


THE SCIENCE DELUSION By Rupert Sheldrake. The science delusion is the belief that science already understands the nature of reality. The fundamental questions are answered, leaving only the details to be filled in. Sheldrake shows that science is being constricted by assumptions that have hardened into dogmas. 440 pages. Coronet. Paperbound.
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Religion & Science



THE FOOL AND THE HERETIC: How Two Scientists Moved Beyond Labels to a Christian Dialogue About Creation and Evolutio By T.C. Wood & D.R. Falk. A deeply personal story told by two respected scientists who hold opposing views on the topic of origins. Their journey to explore how they can remain in Christian fellowship when each thinks the other is harming the church is one that millions like them are navigating right now. 201 pages. Zondervan. Paperbound. Pub. at $16.99
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★**BIBLICAL BIOLOGY: How the Bible and Biology Shape Our Understanding of Life** By Melvin James Woodard III. Where does biology intersect with the Word of God? This work guides and encourages believers to explore the big ideas about science and faith and fulfill God's purpose for their futures. 157 pages. Morgan James. Paperbound. Pub. at $17.95
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★**SACRED SCIENCE: Understanding Divine Creation** By William H. West. Scientist have extracted a remarkable story from the heat and light of the Big Bang. Did we just get lucky? Or did a super-intelligent creator plan a universe of galaxies and stars before the beginning of time? Illus. 462 pages. Post Hill. Pub. at $35.00
Item #9174044 **$26.95**

Scientific Text and Reference



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 cow, you could feed an entire village. 253 pages. Gallery. Paperbound. Pub. at $18.99
Item #9207716 **$5.95**

Scientific Text and Reference



THE LONG HISTORY OF THE FUTURE: Why Tomorrow's Tech Still Isn't Here By Nicole Kobie. We always believe current technology is the best it could be. By looking to the past and the future, Kobie shows how history often proves us wrong and how what lies ahead may not be what we imagined, but is often so much better. 368 pages. Bloomsbury. Pub. at $28.00
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ON THE FUTURE: Prospects for Humanity By Martin Rees. Rich with fascinating insights into cutting-edge science and technology, this accessible edition will captivate anyone who wants to understand the critical issues that will define humanity's future on Earth and beyond. 256 pages. Princeton. Paperbound. Pub. at $12.95
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THE AGE OF LIVING MACHINES: How Biology Will Build the Next Technology Revolution By Susan Hockfield. Describes some of the most exciting new developments and the scientists and engineers who helped create them. Virus-built batteries, protein-based water filters, cancer-detecting nanoparticles, mind-reading bionic limbs, computer-engineered crops and more. Together they highlight the promise of the technology revolution of the twenty-first century. Illus. 229 pages. Norton. Pub. at $26.95
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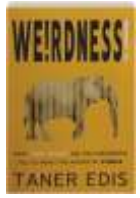


IS COVID-19 A BIOWEAPON? A Scientific and Forensic Investigation By Richard M. Fleming. By 1999, U.S. federal agencies began funding Gain of Function research, research that by its very nature is designed to increase the ability of pathogens to infect and harm people. In 2019, one of those pathogens 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
Item #4947592 **$11.95**



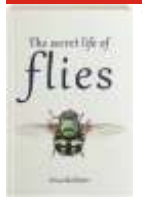
★**TRANSHUMAN CITIZEN: Zoltan Istvan's Hunt for Immortality** By Ben Murnane. Zoltan didn't want to die ever, in fact, he didn't want anyone to die ever again. It's an idea he's been pushing for years. He's a leader in the "transhumanism" movement, which wants to merge humans with machines. This is the extraordinary story of Zoltan's war on death. 239 pages. Changemakers. Paperbound. Pub. at $19.95
Item #8877564 **$9.95**

Scientific Text and Reference



★**WEIRDNESS! What Fake Science and the Paranormal Tell Us About the Nature of Science** By Taner Edis. Science should not be seen as a mechanism that takes in data and spits out truth, indeed, what we get wrong about how the world works is often as interesting as what we get right. 280 pages. Pitchstone. Paperbound. Pub. at $16.95
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Insects

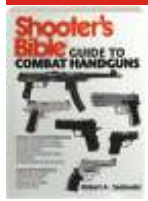


THE SECRET LIFE OF FLIES By Erica McAlister. Entomologist McAlister dispels many common misconceptions as she reveals how truly amazing, exotic, and important these creatures are. Color photos. 248 pages. Firefly. Paperbound. Pub. at $24.95
Item #9211691 **$7.95**



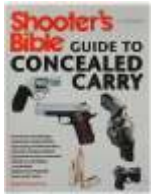
★**THE INSECT EPIPHANY: How Our Six-Legged Allies Shape Human Culture** By Barrett Klein. Insects fuel life on Earth through their roles as pollinators, predators, and prey, but rarely do we consider the influence they have had on our culture and civilization. Klein proves that our world would look very different without insects because they have shaped and inspired so many aspects of what make us human. Well illus., in color. 367 pages. Timber. Pub. at $35.00
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Fishing & Hunting

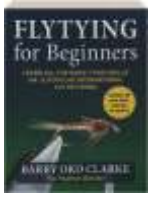


SHOOTER'S BIBLE Guide to Combat Handguns By Robert A. Sadowski. Provides detailed, up-to-date information on combat and defensive handguns, training and defensive ammunition, handgun ballistics, tactical and concealment holsters, laser sights, training facilities across the country, and much more. Well illus. in color. 284 pages. Skyhorse. 8x10½. Paperbound. Pub. at $19.95
Item #9240462 **$6.95**

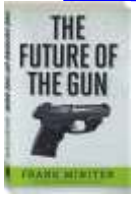
Fishing & Hunting



SHOOTER'S BIBLE GUIDE TO CONCEALED CARRY, 2ND EDITION By Brad Fitzpatrick. Delivers tips and provides valuable information with an updated and expanded firearms section, to familiarize you with firearms so you can gain the confidence you need to protect yourself in the worst of situations. Well illus. in color. 196 pages. Skyhorse. 8x10½. Paperbound. Pub. at $19.99
Item #9240470 **$5.95**



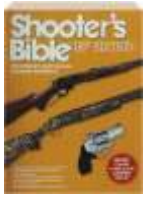
FLYTYING FOR BEGINNERS: Learn All the Basic Tying Skills VIA 12 Popular International Fly Patterns By Barry Ord Clarke. Exceptionally clear beginner's guide shows you exactly how to create 12 universal fishing flies, step-by-step. Includes the Zebra Midge; F-Fly; Pheasant Tail Nymph; Montana Nymph and more. Master the building blocks for which all successful fishing flies, even the most complex ones, are based. Fully illus. in color. 126 pages. Skyhorse. Paperbound. Pub. at $19.99
Item #913039X **$6.95**



THE FUTURE OF THE GUN By Frank Miniter. The history of the American gun is intricately entwined with the history of America itself. Promising developments in gun technology could change not only America's future, but the future of the world. Originally published in 2014. 272 pages. Regnery. Pub. at $27.99
Item #9229957 **$5.95**



HUNTING: A Cultural History By J.E. Dizard & M.Z. Stange. Traces the evolution of hunting, from Stone Age hunting and gathering to today's regulated sport hunting. 239 pages. MIT Press. Paperbound. Pub. at $16.95
Item #9336656 **$5.95**

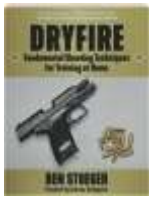


★**SHOOTER'S BIBLE, 116TH EDITION** Ed. by Jennifer L.S. Pearsall. With a timely feature on the newest products on the market, and complete with color and black and white photographs featuring various makes and models of firearms and equipment, this is an essential guide for any beginner or experienced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

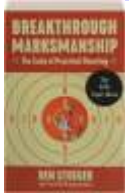
Fishing & Hunting



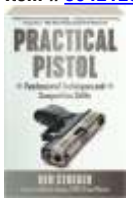
OF KNIVES AND MEN: Great Knifecrafters of the World and Their Works By Francois-Xavier Salle. An invitation to take a journey, a world tour of the best fine art knifemakers of the last 30 years and their creations. Fully illus. in color. 240 pages. Firefly. 8½x11¼. Pub. at $35.00
Item #912361X **$9.95**



★**DRYFIRE: Fundamental Shooting Techniques for Training at Home** By Ben Stoeger. An indispensable guide, meticulously crafted for practical shooting competitors who are ready to push their abilities to the next level. Contains a wealth of comprehensive drills that refine technique and sharpen precision. Well illus. 131 pages. Skyhorse. 8½x11. Paperbound. Pub. at $21.99
Item #9252223 **$16.95**

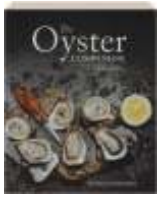


★**BREAKTHROUGH MARKSMANSHIP: The Tools of Practical Shooting** By Ben Stoeger. Provides the knowledge and guidance every shooter needs, containing proven techniques and refined drills together in a straightforward guide. Gives readers a better understanding of the ins and outs of practical shooting, allowing them to see their mistakes, fix them, and experience a breakthrough in their skills. 111 pages. Skyhorse. Paperbound. Pub. at $15.99
Item #8042128 **$9.95**



★**PRACTICAL PISTOL: Fundamental Techniques and Competition Skills** By Ben Stoeger. How do you hold the gun? How do you shoot fast? The knowledge provided here answers these questions and many more, spanning from marksmanship fundamentals to shooting on the move and competition skills such as stage breakdown and managing match pressure. Color photos. 311 pages. Skyhorse. Paperbound. Pub. at $24.99
Item #8883289 **$14.95**

Marine Mammals, Fish & Reptiles

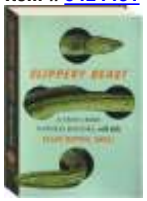


THE OYSTER COMPANION: A Shucker's Field Guide for Connoisseurs By Patrick McMurray. Rich in history and lore, anecdotes from the author's experience as a restaurateur and competitive shucker are woven together with practical information on everything from opening oysters with finesse to ordering hard-to-get bivalves online. Well illus. in color. 254 pages. Firefly. Paperbound. Pub. at $19.95
Item #9211675 **$6.95**

Marine Mammals, Fish & Reptiles



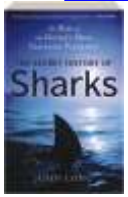
THE GREAT WHITE SHARK HANDBOOK: The Definitive Guide to the Most Extraordinary Shark in the Sea By Greg Skomal. Discover the great white's astonishing evolutionary adaptations, common misconceptions, and the ways these magnificent creatures are integral to marine ecosystems. Go beyond the dramatic representations in media and pop culture to appreciate the power and beauty of these remarkable cold-blooded carnivores. Well illus., in color. 239 pages. Cider Mill. Paperbound. Pub. at $19.99
Item #9424431 **$7.95**



SLIPPERY BEAST: A True Crime Natural History, with Eels By Ellen Ruppel Shell. A fascinating account of a deeply mysterious creature–the eel– mixing true crime, natural history, travel, and big business. Illus. Abrams. Pub. at $28.00
Item #927376X **PRICE CUT to $4.95**



★**SHARKS & UNDERWATER PREDATORS: Young, Habitats, Characteristics, Anatomy** By Tom Jackson. There are more than 1,000 species of sharks and rays, with new species discovered every year. Through their evolution, sharks have shaped our oceans into the rich habitats we know today. Fully illus. in color. 224 pages. Amber. Paperbound. Pub. at $16.99
Item #9039821 **$12.95**



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



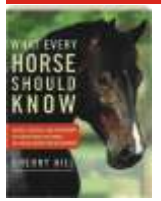
★**SHARK: The World's Most Misunderstood Predator** By Paul de Gelder. From shark-attack survivor to the shark's biggest activist, this is de Gelder's love letter to these unfairly vilified animals and his warning to the world about what will happen if we don't look out for them. Color photos. 232 pages. Mudlark. Paperbound. Pub. at $19.99
Item #7986726 **$7.95**

Marine Mammals, Fish & Reptiles



★**THE WORLD BENEATH: The Life and Times of Unknown Sea Creatures and Coral Reefs** By Richard Smith. The wondrous creatures inside are charmers and tricksters. You'll learn what they eat, how they play, and how they care for one another, live on one another, and mimic others when they're afraid. Fully illus. in color. 350 pages. Apollo. 8¼x10¼. Pub. at $40.00
Item #9099662 **PRICE CUT to $21.95**

Horses & Horsemanship



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



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. 124 pages. History Press. Paperbound. Pub. at $19.99
Item #7980078 **$5.95**

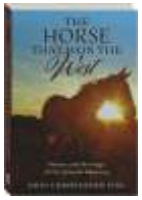


★**THE KINGMAKER: How Northern Dancer Founded a Racing Dynasty** By Avalyn Hunter. Tells the compelling story of the fiery colt who towered over both his peers and the humans who played supporting roles. Also chronicles Northern Dancer's ascendancy as the world's most coveted stallion and the founder 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
Item #4995325 **$19.95**

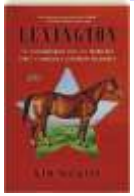
Horses & Horsemanship



★**SKY WATCH: Chasing an American Saddlebred Story** By Emma Hudelson. Tracking the path of Sky Watch's success, Hudelson's work is a deeply personal homage to one of the sport's greatest show horses and the indelible impression he left on the breed and in the hearts of those who loved him. Illus. 245 pages. UPKy. Pub. at $32.95
Item #7543042 **$14.95**



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



★**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
Item #539581X **$6.95**

Farm & Domesticated Animals



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

Farm & Domesticated Animals



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



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



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



IN PRAISE OF CHICKENS: A Compendium of Wisdom Fair and Fowl By Jane S. Smith. A lavishly illustrated and delightfully surprising celebration of a bird that has captured the world's imagination. Provides centuries of poultry lore gathered from scientists, artists, poets, philosophers, breeders, sellers, feather fanciers, and egg-coddlers through the ages. 166 pages. Lyons. Pub. at $14.95
Item #9003215 **$4.95**



FOR THE LOVE OF FARMING: Farmer Will's Guide to Life in the Fields By Will Young. Join TikTok's favorite farmer for a wagging tale of adventure filled with wool, warmth and wonder! A sixth-generation farmer, Will invites you behind the scenes to learn about the inner workings of farm life, alongside illustrated step-by-step guides highlighting the everyday intricacies of lambing and rearing sheep. 223 pages. White Lion. Pub. at $24.00
Item #9156860 **$5.95**

Farm & Domesticated Animals

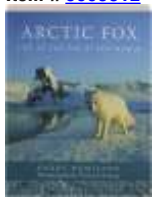


★**THE SALT STONES: Seasons of a Shepherd's Life** By Helen Whybrow. In the heart of Vermont's Green Mountains, the author has restored an old two-hundred-acre farm, where she tends to a flock of Icelandic sheep. Her vivid, reflective prose explores the seasons and cycles of farming and shepherding. 285 pages. Milkweed Editions. Pub. at $26.00
Item #9197842 **$18.95**

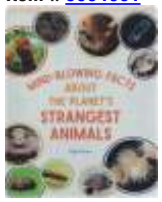
Animals



LONESOME FOR BEARS: A Woman's Journey in the Tracks of the Wilderness By Linda Jo Hunter. As caretakers and guides at Redoubt Bay Lodge in Alaska, Hunter and her husband lived side by side with brown bears, learning to understand their behavior and growing to miss their company when they left them behind at the end of each season. This account offers new insight into bear behavior. Color photos. 134 pages. Lyons. Paperbound. Pub. at $19.95
Item #9003312 **$5.95**



ARCTIC FOX: Life at the Top of the World By Garry Hamilton, photos by N. Rosing. Tells the fascinating story of the arctic fox, from its evolutionary beginnings to its current life in the far north: mating and raising a family, hunting and scavenging, its relationship with the polar bear and other arctic inhabitants, and the never-ending struggle for survival in a fragile vanishing environment. Color photos. 231 pages. Firefly. 8½x11. Paperbound. Pub. at $29.95
Item #9064001 **PRICE CUT to $2.95**



MIND-BLOWING FACTS ABOUT THE PLANET'S STRANGEST ANIMALS By Kylie Keen. This captivating collection of unusual animal facts transports you across countries and continents to learn about the little-known creatures that call our planet home. Discover a plethora of animal behaviors, diets, habitats and more with over 60 fuzzy, scaly and feathered friends. Well illus. in color. 160 pages. Page Street. Paperbound. Pub. at $23.99
Item #9128816 **$6.95**

Animals



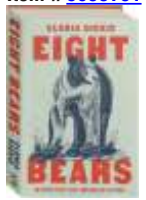
SEA TURTLES: The Watcher's Guide By M. Timothy O'Keefe. Gives an overview of sea turtle life and also provides the specifics of appropriate personal conduct and behavior for human beings on turtle nesting beaches. Fully illus. 126 pages. Larsen's Outdoor. Paperbound. Pub. at $17.95
Item #9002863 **$2.95**



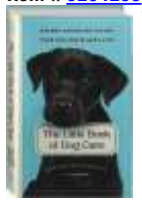
BEARS IN THE BACKYARD: Big Animals, Sprawling Suburbs, and the New Urban Jungle By Edward R. Ricciuti. Explores cutting-edge research into why wildlife encroaches on human turf, how it impacts all of us, and how to deal with it on both societal and personal levels. Readers will learn how to protect against potential dangers even as hair-raising tales of real-life encounters thoroughly entertain them. Photos. 248 pages. Countryman. Paperbound. Pub. at $14.95
Item #9168788 **PRICE CUT to $2.95**



ANIMALS REVIEWED: Starred Ratings of Our Feathered, Finned, 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
Item #9053751 **$4.95**

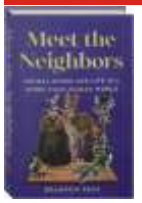


EIGHT BEARS: Mythic Past and Imperiled Future By Gloria Dickie. Today, most of the eight remaining bear species are threatened with extinction. Dickie embarks on a journey to explore each bear's story, delivering a clear warning for what we risk losing if we don't learn to live alongside the animals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



THE LITTLE BOOK OF DOG CARE: Expert Advice on Giving Your Dog Their Best Life By Ace Tilton Ratcliff. An essential guide to caring for your dog, filled with expert-backed tips and nuggets of advice to help every dog owner understand what their canine companion needs to be happy and healthy. 199 pages. Little Simon. Pub. at $21.99
Item #9236813 **PRICE CUT to $3.95**

Animals



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

Item #9381260 **$6.95**



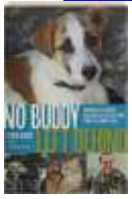
ESTHER THE WONDER PIG: Changing the World One Heart at a Time By Steve Jenkins et al. In the summer of 2012 Jenkins and his partner agreed to adopt an adorable micro-piglet. But it turned out there was nothing "micro" about Esther. Within three years, Tiny Esther grew to a whopping 600 pounds. Follow 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, mo matter what we've achieved, is still prey. 245 pages. Mango. Paperbound. Pub. at $24.99

Item #8204365 **$14.95**



NO BUDDY LEFT BEHIND: Bringing U.S. Troops' Dogs and Cats Safely Home from the Combat Zone By Terri Crisp with C. Hurn. Terri and her team of volunteers have saved the lives of 282 dogs and 58 cats befriended by military personnel since February 2008. Her story unfolds here on the obstacles she faces to get the soldiers' "buddies" out of danger and bring them home to the people who love them. Illus. 246 pages. Lyons. Paperbound. Pub. at $14.95

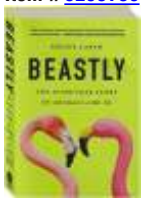
Item #9003541 **$2.95**

Animals



★**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**



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 reimagined, could save it. Illus. 368 pages. Abrams. Pub. at $28.00

Item #1998056 **$7.95**



★**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**



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

Item #7751699 **$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

Item #9236643 **$14.95**

Animals



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

Item #9136924 **$12.95**



★**GRIZZLY CONFIDENTIAL: An Astonishing Journey into the Secret Life of North America's Most Fearsome Predator** By Kevin Grange. A fastpaced, gripping story that educates, entertains, and gives a sneak peek into the secret life of the grizzly. Part science, part travelogue, and a passionate plea for bear conservation, this is a lively account for anyone who loves the outdoors and learning about the natural world. Photos. 259 pages. Harper. Pub. at $29.99

Item #9023976 **PRICE CUT to $7.95**



★**A FIELD GUIDE TO THE LARGER MAMMALS OF SOUTH AMERICA** By R. Webb & J. Blincow. The species accounts include a description of key features and information on subspecies, comparisons with similar species that overlap in range, details of habitats in which the species occurs, a summary of its distribution in South America and information on its conservation. Well illus., in color. 488 pages. Princeton. Paperbound. Pub. at $49.95

Item #8871388 **$19.95**



★**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**

Animals



★**GHOSTWALKER: Tracking a Mountain Lion's Soul Through Science and Story** By Leslie Patten. To understand an animal no one sees, Patten conducted over 100 interviews with biologists, conservation groups, state wildlife managers, houndsmen, and professional trackers. Presents a complete picture of mountain lions in the West today, uncovering the intimacies of their secretive lifestyle as well as the issues they face in our changing world. Photos. 298 pages. Bison. Paperbound. Pub. at $24.95

Item #9011013 **PRICE CUT to $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

Item #4993640 **$11.95**



★**WHAT'S WILD: A Half Century of Wisdom From the Woods and Rivers of New England** By Eric Orff. Orff's trademark humor and kind heart, coupled with a solid scientific foundation make him someone people like to listen to when they want to know what happening in the woods, rivers, and fields of New England. Wildlife is now more abundant across the region than since colonial times, thanks to Orff and people like him. Illus. 165 pages. Peter E. Randall. Paperbound. Pub. at $24.95

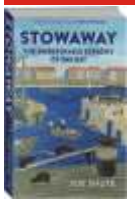
Item #9077375 **PRICE CUT to $6.95**



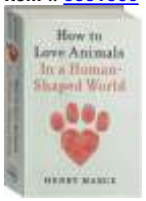
★**CHASING THE GHOST BEAR: On the Trail of America's Lost Super Beast** By Mike Stark. No animal shakes the human consciousness quite like a bear, and few compare to the giant short-faced bears that stalked North America during the Pleistocene. Stark's journey into the bear's enigmatic story–its life,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

Item #899837X **$12.95**

Animals



★**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 entwined 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**



★**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
Item #9018263 **$2.95**

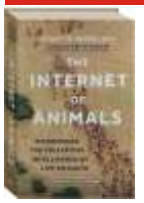


★**DANGEROUS ANIMALS OF SOUTHERN AND EASTERN AFRICA** By J. Williams & P. Goodwin. A comprehensive review of the seven animals officially described as 'dangerous' by the professional association of Field Guides in South Africa. Embraces the anatomical, physiological and behavioral aspects of the animals and more. Well illus. in color. 333 pages. Whittles. Paperbound. Pub. at $39.95
Item #899918X **$14.95**



★**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**

Animals



★**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 **$5.95**



★**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



BIRD-FRIENDLY GARDENING: Guidance and Projects for Supporting Birds in Your Landscape By Jen McGuinness. Step beyond the seed-filler bird feeder toward a greater understanding of how to create a home garden that offers everything birds need to thrive. Features 18 step-by-step native plant-focused garden projects, native plant lists, plans for creating fruit- and berry-filled planting, a backyard owl habitat, and so much more! Well illus. in color. 192 pages. Cool Springs Press. 8½x11. Paperbound. Pub. at $27.99
Item #9377190 **$6.95**



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

Birds & Birding



COUNTRY BIRD: Explore the Charming Languange 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: A Photicular Book** By Mara Grunbaum, illus. by D. Kainen. Seeing is believing with the innovative and bestselling Photiculars, giving readers a fascinating view of bird behavior in living motion. Features eight incredible moving images, including penguins hopping and the blinking eyes of an owl. Provides information on each depicted species. Workman. 8¼x8¼. Pub. at $27.00
Item #9253718 **PRICE CUT to $17.95**



★**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**



★**STARLINGS: The Curious Odyssey of a Most Hated Bird** By Mike Stark. A first-of-its-kind history of starlings in America. First released in Central Park by a misguided aristocrat, starlings soon marched across the continent like a conquering army, leading to a bitter and baffling war against this much-maligned bird. Photos. 238 pages. Bison. Paperbound. Pub. at $24.95
Item #9186026 **PRICE CUT to $17.95**

Birds & Birding



★**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 celebirdie 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**



★**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**



★**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



75 FANTASTIC PHYSICS FACTS EVERY KID SHOULD KNOW By A. Rooney & N. Butterworth. From the mysteries of the Universe to the laws of motion, these jaw-dropping facts allow readers to rediscover subjects such as light and sound, machines, and forces in an entirely new light. Ages 8-12. Fully illus. in color. 128 pages. Arcturus. Paperbound. Pub. at $9.99
Item #9325964 **$5.95**

Science & Nature for Children



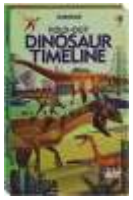
GOD MADE THE DINOSAURS By Michael & Caroline Carroll. Discover fun facts and scientific information about dinosaurs, fossils, and prehistoric life, all in a faith-based context. Ages 6-12. Fully illus. in color. 64 pages. Zondervan. 10½x8½. Paperbound. Pub. at $14.99
Item #911789X **$4.95**



***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**



SERENGETI JOURNEY: On Safari in Africa By Gare Thompson. Young readers will take a safari through the wilds of Africa, and learn how the animals of the Serengeti survive in their sun-scorched domain. Ages 6-9. Fully illus. in color. 40 pages. National Geographic. Pub. at $17.90
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FOLD-OUT DINOSAUR TIMELINE By Rachel Firth. Discover the amazing age of the dinosaurs as you fold out this superbly illustrated scene. Then turn it over to find out when dinosaurs lived, and other fascinating facts. Ages 9-12. Usborne. 6¾x10¾. Pub. at $12.95
Item #9405313 **$5.95**



MYSTERIES OF THE SEA: How Divers Explore the Ocean Depths By Marianne Morrison. Dive deep into the unexplored mysteries of the oceans, and learn about the development and innovations of deep-sea diving. Ages 5-9. Fully illus. in color. 40 pages. National Geographic. Pub. at $17.90
Item #9227350 **PRICE CUT to $2.95**

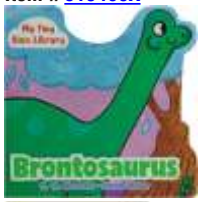


ONE NIGHT IN THE EVERGLADES By Laurel Larsen, illus. by J.M. Turley. Follow two scientists as they spend the night in the Everglades collecting water samples, photographing wildlife, and sloshing through marshes in an attempt to understand this mysterious ecosystem. Ages 8-12. Fully illus. in color. 30 pages. Moonlight. 10¾x9½. Pub. at $15.95
Item #9053522 **$2.95**

Science & Nature for Children



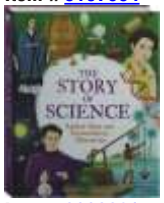
STARS: A Family Guide to the Night Sky By Adam Ford. Who isn't fascinated by the sheer size of the universe? Explore a straightforward guide to what and how we know it–from the Big Bang to star nurseries to the beginnings to life on Earth. Includes a season-by-season guide to stargazing, double-sided 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**



BRONTOSAURUS By J.D. Forester, illus. by S. Rebar. Playful rhymes and fun facts will teach little ones all about Brontosaurus, the "thunder lizard" dinosaur! Ages 1-3. Fully illus. in color. Grosset & Dunlap. Pub. at $7.99
Item #9346007 **$4.95**



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. 8¾x11½. Paperbound. Pub. at $9.95
Item #9167064 **$4.95**

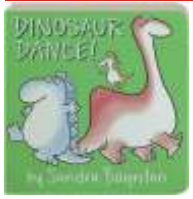


THE STORY OF SCIENCE: Radical Ideas and Extraordinary Discoveries By Anne Rooney, illus. by P. Zambudio. From Ancient Egyptian medicine to green energy of the 21st century, this fully-illustrated title covers extraordinary discoveries and the trailblazing scientists who changed the world. Ages 8-12. 128 pages. Arcturus. 9x11¼. Pub. at $16.99
Item #9326081 **$5.95**



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. 9¼x9¼. Pub. at $17.99
Item #9313990 **$5.95**

Science & Nature for Children



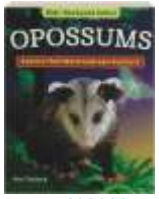
DINOSAUR DANCE! By Sandra Boynton. Join a lively prehistoric bunch as they get everyone's tails shaking and feet stomping when they perform a Dinosaur Dance! Ages 3 & under. Fully illus. in color. Boynton Bookworks. Pub. at $6.99
Item #9328505 **$4.95**



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. 8x10¾. Paperbound. Pub. at $9.99
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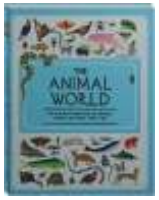
THE EARTH BOOK By Camilla de la Bedoyere et al. From the formidable majesty of its physical features to the fierce power of its natural forces, discover the most extraordinary facts and stunning photographs with this ultimate guide to Earth. Ages 12 & up. 160 pages. Miles Kelly. 8¼x10¾. Pub. at $14.99
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★**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**



DINOSAURS LOVE HUGS By Lara Bryan, illus. by A. Paterson. Do other dinosaurs love hugs as much as Tiny T. Rex? Turn the pages and find out one hug at a time. Ages 2-5. Fully illus. in color. Usborne. Pub. at $10.99
Item #9411852 **$5.95**



THE ANIMAL WORLD: The Amazing Connections and Diversity Found in the Animal Family Tree By Fay Evans et al, illus. by K. Oseid. Kids will love learning about how animals are related to each other, and the countless included illustrations bring the text to life in this enchanting look at the animal kingdom. Ages 7-10. 80 pages. Bonnier Books. 9¾x12¼. Pub. at $23.99
Item #936000X **$6.95**

Science & Nature for Children



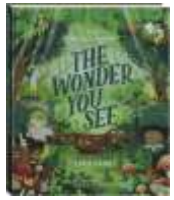
BIG WORDS FOR LITTLE PALEONTOLOGISTS: The Dino Dictionary Every Little Explorer Needs By Lisa M. Gerry. Featuring more than 50 wow-worthy words, with definitions and phonetic pronunciation, this info-packed picture guide will help your little explorer sound like a dinosaur expert in no time. They'll even learn the right tools to bring to an excavation site! Ages 3-7. Fully illus. in color. 31 pages. National Geographic. 9½x11. Pub. at $17.99
Item #9255745 **$5.95**



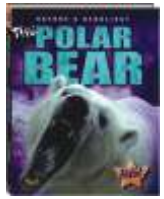
ARE BANANAS RADIOACTIVE? Questions and Answers About Surprising Science This fact-packed guide reveals the strange, surprising, and silly sides of science. Filled with dynamic, exciting illustrations. Ages 7 to 11. 128 pages. Arcturus. Paperbound. Pub. at $6.99
Item #9169423 **$2.95**



THE AMAZING WORLD OF ANIMALS: Turn this Book into a Wildlife Work of Art By Moira Butterfield, illus. by S. Martin. Meet the world's most amazing animals in this illustrated book with press-out die-cut pages, which turn into a wildlife work of art. Ages 8-12. 62 pages. Welbeck. Pub. at $19.95
Item #9247033 **PRICE CUT to $4.95**



THE WORLD NEEDS THE WONDER YOU SEE By Joanna Gaines, illus. by J. Swaney. Follow Crew as he journeys below leaves, through treetops, under ocean waves, and into the clouds to discover the miracles all around. Ages 4-8. Fully illus. in color. Tommy Nelson. 9x11. Pub. at $19.99
Item #9401563 **$6.95**



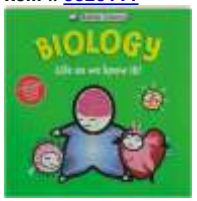
THE POLAR BEAR: Nature's Deadliest By Lisa Owings. The polar bear is the largest meat-eater living on land. It has an appetite for seals, walruses, and whales, but it is not picky when starving. Come face-to-face with a hungry polar bear and you are dead meat! Ages 8-12. Fully illus. in color. 24 pages. Bellwether. Pub. at $27.95
Item #9226176 **$5.95**

Science & Nature for Children



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. 9x11¼. Pub. at $16.99

Item #9326111 **$5.95**



★**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

Item #9222847 **$9.95**



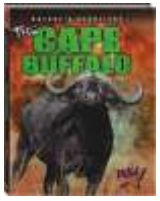
★**THE WORLD OF DINOSAURS STICKER POSTER** From the towering Tyrannosaurus to the winged Microraptor, kids match eye-catching dinosaur stickers to their places on the poster and discover fascinating facts about each prehistoric creature. The poster includes 50 dinosaur types and measures 15 by 38 inches. Ages 4-8. Storey. Paperbound. Pub. at $12.99

Item #9181199 **$7.95**



★**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

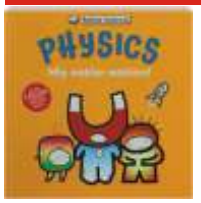
Item #9070591 **$9.95**



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

Item #9225986 **$5.95**

Science & Nature for Children



★**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

Item #9222685 **$9.95**



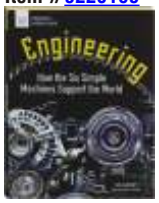
THE BEAST OF BITES By Coyote Peterson. Join Peterson as he tracks down some of the most gripping and sometimes horrifying biters on the planet and puts science to the test by actually letting them bite him! Ages 8-12. Fully illus. in color. 304 pages. Little, Brown. Pub. at $18.99

Item #9122249 **$4.95**



KILLER BEES: Nature's Deadliest Killer bees have the mob mentality. They attack in large groups and refuse to let up without a fight. A group of killer bees can remain wound up for up to 24 hours! Learn why you should never underestimate killer bees and their strength in numbers. Ages 8-12. Fully illus. in color. 24 pages. Bellwether. Pub. at $27.95

Item #9226109 **$5.95**



★**ENGINEERING: How the Six Simple Machines Support the World** By Carla Mooney. Explore the history of simple machines, from ancient times to the present day, and learn the math behind how they increase efficiency and productivity through mechanical advantage. Hands-on STEM activities encourage the use of the engineering design process: Build a miniature aqueduct, design and assemble a catapult, and more! Ages 12-15. Illus., most in color. 120 pages. Nomad. 8x10¼. Pub. at $24.95

Item #9358064 **$18.95**



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. 8¾x11¼. Pub. at $21.95

Item #8092796 **$8.95**

Science & Nature for Children



PLEASE DON'T BITE ME: Insects That Buzz, Bite, and Sting By Nazzy 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. 9½x11½. Pub. at $20.99

Item #9163875 **$6.95**



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**



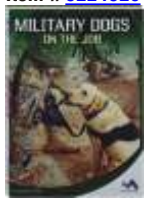
MY FIRST HORSE AND PONY BOOK By Judith Draper. Discover the different types of pony, and learn practical tips, including how to groom your horse and what to wear when you go riding. With helpful tips to ensure safety and clear step-by-step illustrations, this work will inspire and excite young readers. Ages 6-9. 48 pages. Kingfisher. 8¾x11. Pub. at $15.99

Item #9149430 **$5.95**



★**DINOSAURS: First Fun Sticker Painting** Match the stickers to the correct art board, then attach the stickers to the board to "paint" 12 exciting, colorful scenes from the dinosaur age, featuring prehistoric fish, a stegosaurus, a triceratops, and even the great Tyrannosaurus rex! Ages 4-6. Fully illus. in color. 39 pages. Happy Fox. 9x9. Paperbound. Pub. at $9.99

Item #9224920 **PRICE CUT to $3.95**



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**

Science & Nature for Children



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

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★**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**



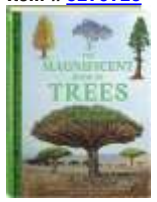
★**MAKE YOUR OWN STEGOSAURUS** Ed. by Kayla Dugger. Young paleontologists will love to learn about the incredible Stegosaurus as they build this easy-to-assemble model. The accompanying book is jam-packed with facts where each page looks at a different part of the Stegosaurus, building the reader's dinosaur know-how along the way. Ages 9-12. 30 pages. Dorling Kindersley. Pub. at $24.99

Item #9246363 **$17.95**



★**DINOSAURS: My Little Wimmelbook** By Max Walther. From the famous Tyrannosaurus to the curious Triceratops, readers will be introduced to a cast of unique dino-kids as they go about their day swimming, flying, and stampeding through the dense jungle, by the seaside, up a bustling river, and more. Ages 4 & under. The Experiment. Pub. at $9.95

Item #9270728 **PRICE CUT to $3.95**



★**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**

Science & Nature for Children



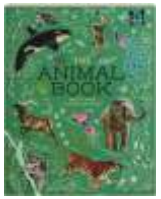
★**SPACE ACTIVITIES FOR KIDS: 50 Cosmic Crafts, Games, and Puzzles!** By Kylee Larson. Hands-on activities and puzzles will teach children all about the stars and planets. Build a model of the solar system, lead a Mars Rover through a maze, and so much more! Ages 4-8. Fully illus. in color. 125 pages.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

Item #9202048 **$6.95**



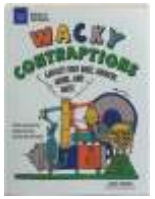
UNDERCOVER BIRDS Peek through the die-cut pages to observe 10 of the most fascinating birds on our planet. Ages 7-10. Fully illus. in color. Orange Mosquito. 9¾x12. Pub. at $18.95

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**



★**WACKY CONTRAPTIONS: Gadgets That Whiz, Whoosh, Whirl, and Twist With Hands-On Engineering Activities for Kids** By Laura Perdew, illus. by M. Rauch. Teaches young engineers about simple machines, mechanical advantage, forces, energy, motion, electricity, and other physical science concepts while creating fun and fascinating prototypes that do different kinds of work. Ages 9-12. Fully illus. in color. 122 pages. Nomad Press. Paperbound. Pub. at $19.95

Item #9268677 **PRICE CUT to $7.95**



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. 10½x9½. Paperbound. Pub. at $24.99

Item #8794979 **$6.95**

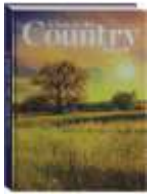
Science & Nature for Children



★**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



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. 8¼x11. Pub. at $24.99

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★**THEODORE ROOSEVELT'S WILDERNESS WRITINGS** Roosevelt was not only the most famous hunter in his generation, but among its best-informed and most popular outdoor writers. Collects his classic hunting and nature narratives, as well as his powerful writings on wilderness protection. 206 pages. Bison. Paperbound. Pub. at $21.95

Item #9186042 **PRICE CUT to $9.95**

More Works on Nature



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

Item #771663X **$7.95**

More Works on Nature



THE GREEN BERET BUSHCRAFTING GUIDE: The Eight Pillars of Survival in Any Situation By Brian M. Morris. Using Morris's eight pillar system, become an expert at finding food, water, shelter, security, establishing communication, maintaining your health, navigating and making fire utilizing the KISS methodology, "keep it simple, stupid", an acronym widely used to remind soldiers that the best solutions are often the simplest. Well illus. in color. 184 pages. Skyhorse. Paperbound. Pub. at $19.99

Item #9130411 **PRICE CUT to $4.95**



THE REMARKABLE REEFS OF CUBA: Hopeful Stories from the Ocean Doctor By David E. Guggenheim. Reveals the hidden potential that Cuba's reefs may contain for the reefs of the world. While the past 60 years have seen the worst decline in ocean health in human history, Cuba's oceans and coral reefs remain remarkably healthy, a living laboratory never before seen by this generation of scientists. Color photos. 240 pages. Prometheus. Pub. at $27.95

Item #9107258 **PRICE CUT to $2.95**



FEN, BOG & SWAMP: A Short History of Peatland Destruction and Its Role in the Climate Crisis By Annie Proulx. This riveting deep dive into the history of our wetlands and what their systematic destruction means for the planet is both an enchanting work of nature writing and a rousing call to action. 196 pages. Scribner. Paperbound. Pub. at $17.99

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LAPIDARIUM: The Secret Lives of Stones By Hettie Judah. Explores the unexpected stories behind 60 stones that have shaped and inspired human history, from Dorset fossil-hunters to Chinese philosophers, Catherine the Great to Michelangelo. Stone by stone, story by fascinating story, this work builds into a dazzling, epoch-spanning adventure through human culture, and beyond. Illus. in color. 336 pages. John Murray. Pub. at $30.00

Item #8125244 **$9.95**



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

Item #9206647 **$8.95**

More Works on Nature



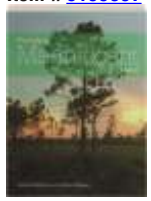
★**MAMMALS OF MICHIGAN FIELD GUIDE, 2ND EDITION** By Stan Tekiela. Make mammal identification simple and informative! This handy guide contains all 66 species of Michigan's mammals, fascinating facts, sighting tips, track patterns, naturalist tidbits, and more. Organized by family and features full-color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

Item #9276963 **$9.95**



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 pges of color photos. 293 pages. Pegasus. Paperbound. Pub. at $18.95

Item #9199357 **$5.95**



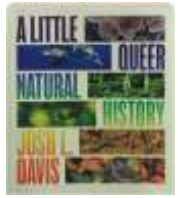
FLORIDA'S MAGNIFICENT LAND By J. Valentine & D.B. Means. Showcases several decades of exacting large-format landscape photography illustrating the best of what Florida has preserved and many places that need protecting for future generations. 64 pages. Pineapple Press. 9x12. Paperbound. Pub. at $14.95

Item #7849206 **$3.95**



★**EPIC EARTH: A Wild Ride Through the History of Life on Our Planet** By Lindsay Nikole. Hold on tight for a bold and fascinating journey through time packed with bizarre creatures, jaw-dropping facts, and all the chaotic drama Earth has to offer. Well illus., most in color. 271 pages. Wellfleet. Paperbound. Pub. at $19.99

Item #9316841 **PRICE CUT to $9.95**



★**A LITTLE QUEER NATURAL HISTORY** By Josh L. Davis. Beautifully illustrated and scientifically informed, a celebration of the astonishing diversity of sexual behavior and biology found in nature. For many organisms–animals, plants, and fungi included–sexual reproduction and sex determination rely on a complex interaction among genes, hormones, environment, and chance. 128 pages. Univ of Chicago Press. Paperbound. Pub. at $16.00

Item #9063404 **PRICE CUT to $6.95**

More Works on Nature



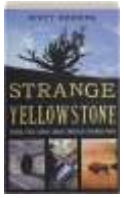
★**CABINET OF NATURAL CURIOSITIES: 1734-1765** By Albertus Seba. A beautiful tribute to the abundance and diversity of Earth's creatures, great and small, as well as a fascinating record of some now-extinct animals. Fully illus. in color. 511 pages. Taschen. Pub. at $30.00
Item #9058737 **$14.95**



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



★**A LITERARY FIELD GUIDE TO SOUTHERN APPALACHIA** Ed. by Rose McLarney et al. Natural history writing is paired with contemporary poems by Mary Oliver, Ron Rash, Wendell Berry, and others in this stunning celebration of the local flora and fauna of Southern Appalachia. Well illus. 204 pages. UGaP. Paperbound. Pub. at $21.95
Item #9185909 **PRICE CUT to $6.95**

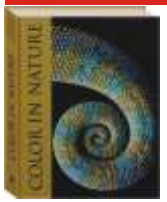


★**STRANGE YELLOWSTONE: Weird, True Stories About America's Premier Park** By Scott Herring. These surprising and sometimes eerie facts about Yellowstone cover both natural history and human history, and they are carefully researched, including interviews with park insiders. From bad behaving bears to bizarre landscapes, this work shows visitors hidden mysteries and strange surprises that lie behind the park's famous scenery. Illus. 282 pages. Riverbend. Paperbound. Pub. at $22.95
Item #4995376 **$11.95**



★**NATURE GUIDE TO ACADIA NATIONAL PARK** By Ann & Rob Simpson. Information-packed field guide to Acadia National Park, located on Maine's Mount Desert Island, which introduces park visitors to animals, plants, insects, and more that reside in the area. Including full-color photos and easy-to-understand descriptions. 268 pages. Falcon. Paperbound. Pub. at $24.95
Item #914756X **PRICE CUT to $9.95**

More Works on Nature



★**COLOR IN NATURE** By Justin Marshall et al. Unlocks nature's colorful purpose, revealing how creatures see it as well as shedding light on the important part that color plays in animal behavior, from reproduction and communication to aggression and defense. Fully illus. in color. 288 pages. Princeton. Pub. at $35.00
Item #9064796 **PRICE CUT to $13.95**

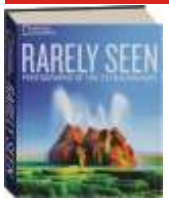


★**STAYING SAFE: Backyard to Backcountry** By Patrick Brighton. Learn what preventative steps can minimize your risk. Discover the recommended first aid responses to various wilderness illnesses, injuries, and emergencies–from sunburn to heart attack. Fully illus. in color. 194 pages. Adventure Publications. Paperbound. Pub. at $19.95
Item #7950225 **$5.95**



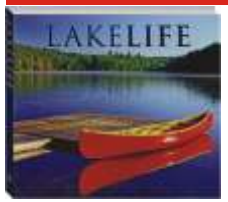
★**FUNGI COLLECTED IN SHROPSHIRE AND OTHER NEIGHBOURHOODS: A Victorian Woman's Illustrated Field Notes** By M.F. Lewis. Venture into the woods alongside a pioneering female mycologist. This one of a kind, keepsake volume celebrates the timeless fascination of fungi. Lewis's delicately drawn, boldly colored images evoke the strange and powerful beauty of this kingdom. 168 pages. Chronicle. Pub. at $22.95
Item #7950713 **$11.95**

Nature Photography



RARELY SEEN: Photographs of the Extraordinary By Susan Tyler Hitchcock. Volcanic lighting cuts through the night sky. A lone kangaroo skims the surface of a lake at sunset. A jeweled scarab from King Tut's tomb glitters in the darkness. In this dazzling collection of visual wonders, *National Geographic* reveals a hidden world rarely seen by humans. 400 pages. National Geographic. 6¼x7½. Pub. at $19.99
Item #920668X **$9.95**

Nature Photography



LAKELIFE Transports readers from the workaday world to a joyously low-key but transformative lakeside destination that enriches lives and soothes souls. Fully illus. in color. 143 pages. Willow Creek. 8¼x7¼. Pub. at $17.95
Item #9378146 **$5.95**



DEVELOPING ANIMALS: Wildlife and Early American Photography By Matthew Brower. Brower looks back to the time when Americans started taking pictures of the animal kingdom, investigating the way photography changed our perception of animals. He goes further to argue that photography has been essential not only to the understanding of wildlife but also to the conceptual separation of humans and animals. Illus. 244 pages. UMnP. 6x9. Paperbound. Pub. at $25.00
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★**THE COLORADO RIVER: Chasing Water** By Pete McBride. Through photography and essays, this volume is a celebration of one of Americas most valuable and iconic rivers and a warning demonstrating the river is a bellwether of overuse and climate change. 224 pages. Rizzoli. 13¼x10¾. Pub. at $60.00
Item #6995381 **$22.95**

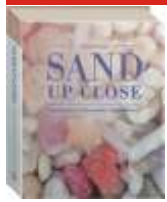


THE HUNT: The Outcome Is Never Certain By A. Fothergill & H. Cordey. An unprecedented, close-up view of predators and their prey in life or death conflict, from the grasslands of East Africa to the icy Arctic. Fully illus. in color. 312 pages. Yale. 10¼x11¼. Pub. at $48.00
Item #6081827 **PRICE CUT to $11.95**



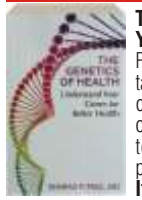
★**WE ANIMALS** By Jo-Anne McArthur. Documents how we interact with other animals and asks potent questions about our responsibilities toward their care. Uncovers our intricate, torturous and complex relationship with our fellow creatures. Fully illus. most in color. 214 pages. Lantern Publishing. 10x8½. Paperbound. Pub. at $39.95
Item #4993829 **PRICE CUT to $4.95**

Nature Photography



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



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 Gillaspy. 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
Item #9218009 **$8.95**

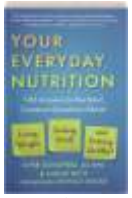


★**BEAT UNWANTED WEIGHT GAIN: 7 Ways to Lose Pounds and Never Regain Them** By John M. Poothullil. Based on decades of research into weight gain, obesity, and Type 2 diabetes, Dr. John presents seven powerful strategies to help you reconnect with your authentic weight. Learn to reconnect with your body's 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
Item #9169369 **$11.95**

Nutrition & Weight Management



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



★**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 $19.99
Item #7943474 **$4.95**

Healthy Cooking & Special Diets



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
Item #9163883 **$6.95**



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
Item #7950918 **$2.95**

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
Item #9047026 **$5.95**



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
Item #9105123 **$4.95**



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
Item #8008515 **$5.95**

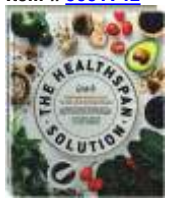


GANDHI'S SEARCH FOR THE PERFECT DIET: Eating with the World in Mind By Nico Slate. Choosing what to eat was intimately tied to Gandhi's beliefs, his core values of nonviolence, religious tolerance, and rural sustainability. Vegetarianism, limiting salt and sweets, avoiding processed food and fasting, 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
Item #9161856 **$4.95**

Healthy Cooking & Special Diets



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



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
Item #9067582 **$9.95**



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
Item #4922212 **$4.95**



★**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
Item #794344X **$13.95**

Healthy Cooking & Special Diets



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
Item #9126627 **$6.95**

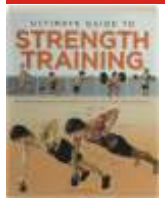


UNLOCKING THE KETO CODE: The Revolutionary New Science of Keto That Offers More Benefits Without Deprivation By Steven R. Gundry. A revolutionary take on the keto diet. Grundy reveals the biological mechanism that make keto diets so successful: a cellular process known as "mitochondrial uncoupling." 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
Item #8889880 **$6.95**



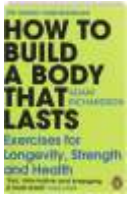
★**HOW TO EAT: An Ancient Guide for Healthy Living** A delicious feast of ancient Greek and Roman writings on living well by eating well. Illus. 242 pages. Princeton. Pub. at $17.95
Item #9103678 **$6.95**

Exercise & Fitness

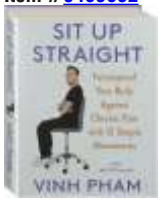


ULTIMATE GUIDE TO STRENGTH TRAINING By Hollis Liebman. Offers dozens of beginner, intermediate, and advanced exercises, suitable for all levels of physical fitness. Whether you're a seasoned athlete or simply looking to maintain a healthier lifestyle, this is the perfect resource for your next workout, complete with step-by-step instructions and detailed anatomical illustrations. 400 pages. Thunder Bay. 9¼x11¼. Paperbound. Pub. at $24.99
Item #9329498 **$8.95**

Exercise & Fitness



★**HOW TO BUILD A BODY THAT LASTS: Exercises for Longevity, Strength and Health** By Adam Richardson. Richardson lays out a roadmap to help you break free from stiffness and pain. Whether you want to tackle a stiff neck, sore back, or tight hips, this guide provides inclusive exercises for all ages, shapes, and body sizes that can be done in the comfort of your own home–no fancy equipment or costly gym membership required. Illus. 325 pages. Penguin. Paperbound. Pub. at $21.99
Item #9409092 **$17.95**



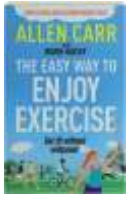
SIT UP STRAIGHT: Futureproof Your Body Against Chronic Pain with 12 Simple Movements By Vinh Pham with J. O'Connell. Instead of reacting to chronic pain after it flares up, what if we focused on a "movement discipline" that prevents injuries and leads to healthier bodies and a clearer mind? This guide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



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
Item #9255923 **$5.95**



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. 5x9¾. Paperbound. Pub. at $19.95
Item #9038809 **$4.95**



★**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
Item #9092153 **$11.95**

Exercise & Fitness



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



FIT FOR LIFE: Boost Your Health and Wellbeing with Practical Fitness Plans By Anna Blewett et al. You'll learn the importance of raising your heart rate with exercises that get you moving, like running, cycling, and swimming. You'll also find out why it is crucial to balance this with strength training, which is beneficial for muscles and bones. Includes diet tips and yoga poses! 128 pages. Sirius. Paperbound. Pub. at $12.99
Item #9169482 **$3.95**



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
Item #7788789 **$6.95**



★**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
Item #9136339 **$11.95**

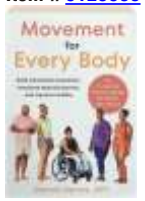
Exercise & Fitness



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
Item #7929684 **$5.95**



★**THE YOGI'S WAY: Transform Your Mind, Health, and Reality** By Reema Datta. Datta's 12-week course is an accessible and practical method for cultivating mental and emotional well-being, physical health, and spiritual nourishment. She combines ancient yogic wisdom and practices with cutting-edge science and personal stories to offer insightful solutions to the challenges of modern life. Illus. 281 pages. New World Library. Paperbound. Pub. at $19.95
Item #9123938 **$6.95**



★**MOVEMENT FOR EVERY BODY: An Inclusive Fitness Guide for Better Movement** By Marcia Dernie. 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
Item #8898979 **$5.95**



★**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
Item #1973568 **$11.95**



★**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
Item #3977943 **$9.95**

Beauty & Skin Care



HAPPY SKIN KITCHEN: Over 100 Plant-Based Recipes to Nourish Your Skin from the Inside Out By Elisa Rossi. More than 100 everyday, skin-enriching, plant-based recipes for better health and a youthful, radiant complexion. Slow the exterior signs of aging and prevent unsightly breakouts using Elisa's 15 favorite secret "skingredients," fantastic for building collagen and delivering antioxidant and anti-inflammatory properties. Well illus. in color. 303 pages. Harvest. Pub. at $35.00
Item #9190023 **$6.95**



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

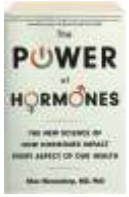


PLANT-BASED BEAUTY: The Essential Guide to Detoxing Your Beauty Routine By Jess Arnaudin. From how to make a radiant energy aromatic roller to why rosehip oil is so good for balancing your skin tone, this work will teach you to harness the power of plants for a natural, glowing you. Illus. in color. 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. 9¾x8¾. Paperbound. Pub. at $19.99
Item #8996946 **$4.95**

Health & Medical References



THE POWER OF HORMONES: The New Science of How Hormones Impact Every Aspect of Our Health By Max Nieuwdorp. Breaks down how hormones affect every system in the body, giving you the knowledge you need to get to the root of chronic health problems and set yourself up for long-lasting, sustainable wellness. Illus. 358 pages. S&S. Paperbound. Pub. at $19.99
Item #9317929 **$7.95**



THE BIGGER BOOK OF 30-DAY CHALLENGES By R. Casper & A. Thueson. Packed with motivating ideas for improving your life in all areas, including fitness, food, mindfulness, relationships, networking, and more, this guide compiles the best daily routines for building lasting habits. Includes step-by-step calendars, practical tips, and helpful resources. Illus. 239 pages. Ulysses. Paperbound. Pub. at $24.95
Item #9250379 **PRICE CUT to $4.95**

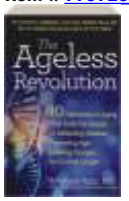
Health & Medical References



★**THE GUT: A Pocket Primer** By Amy Fleming. A succinct, vibrant, accessible exploration of the least-understood organ in the human body, broken down into 60 bite-sized relevant topics, including microbiomes, the large and small intestines, and intestinal bloat. Fully illus., most in color. 127 pages. Hoxton. Paperbound. Pub. at $12.95
Item #9369481 **PRICE CUT to $6.95**



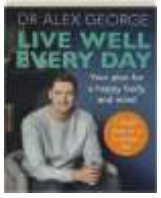
WHAT'S WRONG WITH YOU? An Insider's Guide to Your Insides By Sarah Holper. Takes you on a tour through the human body, exploring the remarkable mechanisms behind your medical symptoms: from headache to itch via ringing ears and fluorescent urine. Packed with memorable patient encounters, bizarre medical 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 #775728X **$7.95**



★**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**

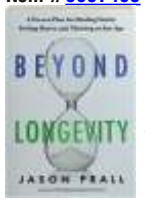


LIVE WELL EVERY DAY: Your Plan for a Happy Body and Mind By Alex George. George is on a mission to empower us to make our own health choices, take positive control and feel equipped and inspired to make those small changes today that energize and future-proof for life. Get the facts about the seven key factors that make the biggest different to your health and choose the simple steps you can take. Well illus. in color. 240 pages. Aster. Paperbound. Pub. at $22.99
Item #7802307 **$5.95**

Health & Medical References



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 **$2.95**



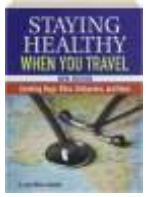
★**BEYOND LONGEVITY: A Proven Plan for Healing Faster, Feeling Better, and Thriving at Any Age** By Jason Prall. Features new science that updates the "blue zones" secrets to healthy, happy longevity with a flexible, holistic approach that incorporates epigenetics, nutrition, and mental health. 223 pages. Hay House. Paperbound. Pub. at $18.99
Item #7991282 **$6.95**



★**THE 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 **$6.95**

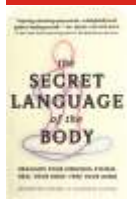


★**DOES COFFEE CAUSE CANCER? And 8 More Myths About the Food We Eat** By Christopher Labos. A refreshingly clarifying work about food, food myths, and how sloppy science perpetuates misconceptions about food. Does vitamin C prevent the common cold? Why were eggs once bad for you but now good for you again? Is red wine really good for your heart? and more. Illus. 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. Illus. in color. 320 pages. CompanionHouse. Paperbound. Pub. at $22.99
Item #8200149 **$6.95**

Health & Medical References



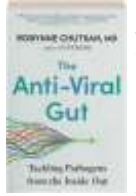
★**THE SECRET LANGUAGE OF THE BODY: Regulate Your Nervous System, Heal Your Body, Free Your Mind** By J. Mann & K. Rabin. Outlines the three essential steps for resolving nervous system dysregulation. Become aware of your dysregulated responses in your mind and body; interrupt these unhelpful responses; and redesign and rewire them to transform your health and life. Illus. 340 pages. Harper. Paperbound. Pub. at $19.99
Item #109324X **$9.95**



★**REINVENTING COOL: How to Make Cold Your Best Ally Against Inflammation, Pain, and Aging** By M. Ensabella & A. Getzoff. Practical guide to help you use low temperatures safely and effectively, whether you are a team member of a gym, wellness center, or spa, are thinking of starting a business with cryotherapy or trying cryotherapy for the first time. Illus. 113 pages. O-Books. Paperbound. Pub. at $14.95
Item #9161015 **PRICE CUT to $5.95**



★**VAX FACTS: What to Consider Before Vaccinating at All Ages & All Stages of Life** By P. Thomas & D. Hoover. Covers each of the vaccines recommended by the CDC and doctors–during pregnancy, and from childhood through advanced adulthood–this detailed guide breaks down the ingredients, lack of safety testing, side effects, risks, and more. Illus. 360 pages. Morgan James. Paperbound. Pub. at $24.95
Item #9099638 **$14.95**

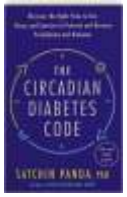


★**THE ANTI-VIRAL GUT: Tackling Pathogens from the Inside Out** By Robynne Chutkan. A plan for strengthening the incredible antiviral defenses located in your gut and resolving symptoms. Gives practical advice for balancing both your internal and external environment by optimizing diet, exercise, sleep, and time outdoors to boost your host defenses and overall health. 258 pages. Avery. Paperbound. Pub. at $20.00
Item #9008322 **$9.95**



★**BASIC ILLUSTRATED WILDERNESS FIRST AID, Third Edition** By William W. Forgey. Information-packed tools in a heavily illustrated, richly designed, contemporary four-color format. Written for the novice but great as a handy reference for the veteran, these highly illustrated guides distill years of knowledge into affordable and portable packages. Illus. in color. 108 pages. Falcon. Paperbound. Pub. at $19.95
Item #9198121 **PRICE CUT to $6.95**

Health & Medical References



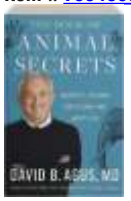
★**THE CIRCADIAN DIABETES CODE** By Satchin Panda. Avoid, manage and even reverse diabetes and prediabetes just by changing *when*, not *what*, you eat. Updated with the latest guidance about optimizing new medications including Ozempic and Wegovy. Identify your optimal eating zone, plan your meals according to your circadian rhythm, optimally time medication, as needed and more. 293 pages. Rodale. Paperbound. Pub. at $17.99

Item #9149821 **PRICE CUT to $6.95**



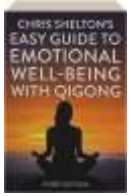
THE HEALTH FIX: Transform Your Health in 8 Weeks By Ayan Panja. Will show you how to: tighten up on the eight key factors which affect your everyday health; improve your ability to control your habits and change behaviors; experience the subtle power of how, what and when; generate your own targeted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

Item #7994303 **$3.95**



★**THE BOOK OF ANIMAL SECRETS: Nature's Lessons for a Long and Happy Life** By David B. Agus. An ingenious guide to what our fellow animals can teach us about living longer, healthier, happier lives. Filled with lively storytelling and astonishing practical takeaways, this guide will have you rethinking what's possible for your health and wellbeing–now and for years to come. Illus. 388 pages. S&S. Paperbound. Pub. at $19.99

Item #9091750 **PRICE CUT to $4.95**



★**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 **$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 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**

Health & Medical References



★**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

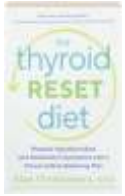
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★**MED SPA MAYHEM: The Good, the Bad, and the Ugly Secrets of the Aesthetic Industry** By Kate Dee. An essential read for anyone considering med spa services, offering a much-needed and expert perspective on the balance between beauty and health. Dr. 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

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Diseases & Disorders



★**THE THYROID RESET DIET: Reverse Hypothyroidism and Hashimoto's Symptoms with a Proven Iodine-Balancing Plan** By Alan Christianson. An estimated twenty million Americans have some form of thyroid disease, and up to 60 percent of them are unaware of their condition. The author's cutting-edge research and clear results, coupled with an easy-to-follow diet plan, will help anyone struggling with thyroid disease. 286 pages. Rodale. Paperbound. Pub. at $17.99

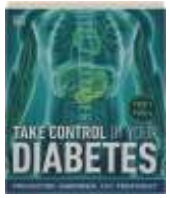
Item #925496X **$13.95**



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

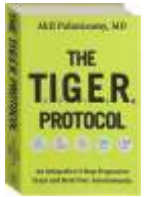
Item #7862067 **$5.95**

Diseases & Disorders



TAKE CONTROL OF YOUR DIABETES: Prevention, Diagnosis, and Treatment By Rosemary Walker. Provides clear and simple diet, fitness, lifestyle, and medical advice–the support you need to live life to the fullest with type 1 or type 2 diabetes. Well illus. in color. 208 pages. Dorling Kindersley. Paperbound. Pub. at $19.99

Item #1999192 **$9.95**



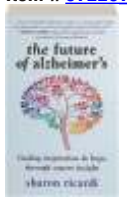
THE TIGER PROTOCOL: An Integrative 5-Step Program to Treat and Heal Your Autoimmunity By Akil Palanisamy. This holistic approach will guide you as you build up your health, reduce the occurrence of flare-ups, attain remission with a minimum of medications, and feel better so that you can live life to 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

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★**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

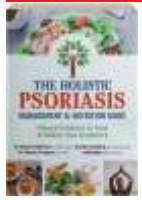
Item #6998127 **$3.95**



★**THE BACK STORY ON SPINE CARE** By Drew Bednar. Foundational knowledge of surgical spine care isn't spreading to the medical community, let alone to patients, whose quality of life hangs in the balance. The author, an orthopedic specialist, presents case studies that illuminate the common issues plaguing patients, and their treatment. 300 pages. ECW Press. Paperbound. Pub. at $21.95

Item #6994652 **$7.95**

Diseases & Disorders



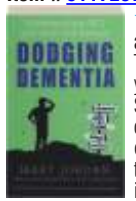
★**THE HOLISTIC PSORIASIS MANAGEMENT & NUTRITION GUIDE: Natural Solutions to Treat & Relieve Your Symptoms** By Maria R. Robinson et al. Authored by leading experts in dermatology, naturopathy and functional nutrition, this comprehensive guide offers an extensive exploration of psoriasis and a holistic 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**



★**UNDERSTAND ALZHEIMER'S: A First-Time Caregiver's Plan to Understand & Prepare for Alzheimer's & Dementia** You'll find a wealth of practical and useful information to help you and your loved one deal with a diagnosis of Alzheimer's disease. Included are an in-depth explanation of the seven stages of Alzheimer's disease and what the diagnosis means; checklists for how to prepare for your loved one's surroundings for safety, ease of activities; and more. 131 pages. Calistoga. Paperbound. Pub. at $11.99

Item #9117237 **$7.95**



★**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**

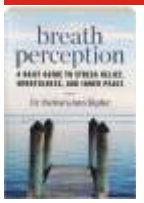
Stress & Pain Management



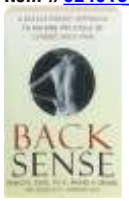
THE ONE-HOUR MIRACLE: A 5-Step Process to Guide Your Self-Healing By A. Hahn & J. Beckett. Life is fraught with challenges; some are mundane while others are debilitating. We're often left feeling helpless, mired in repeated suffering or chronic malaise. Life-Centered Therapy (LCT) is a revolutionary healing framework that serves as the blueprint for transforming most problems and releasing blocks to create the life you desire. 288 pages. Health Communications. Paperbound. Pub. at $16.95

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Stress & Pain Management



BREATH PERCEPTION: A Daily Guide to Stress Relief, Mindfulness, and Inner Peace By Barbara Ann Kipfer. Offers a daily guide to harnessing the amazing power of breath to help you sleep better at night, concentrate better at work, connect better with loved ones at home, and reduce overall stress. Includes 277 simple exercises for using breath to attain greater well-being. 306 pages. Helios. Paperbound. Pub. at $14.95
Item #9240187 **$4.95**



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**

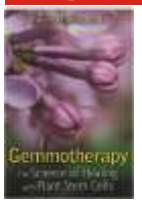


HELP IN A HURRY: Simple Tips for Finding Peace when You're Overwhelmed, Anxious, or Stressed By Caroline Leaf. With evidence-based strategies to address our most common challenges, this practical guide offers the tools you need to prevent a descent into chaos and instead find strength amid the turmoil of daily life. Discover strategies that will help you cope in the moment, manage a chaotic mind, and start living each day with intention and inner peace. 230 pages. Baker Books. Pub. at $26.99
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★**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 **$11.95**

Complementary & Alternative Medicine



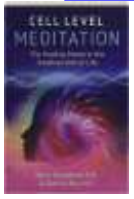
GEMMOTHERAPY: The Science of Healing with Plant Stem Cells By Roger Halfon. Gemmotherapy is the medical use of plant buds and young shoots that harness the healing power of trees and shrubs at the peak of energetic activity in their annual cycle. This guide describes the gemmotherapeutic uses and healing properties of 34 trees and plants, and includes a resource section, remedy protocols, and more. 120 pages. Healing Arts. Paperbound. Pub. at $14.95
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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
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CROSSING INTO MEDICINE COUNTRY: A Journey in Native American Healing By David Carson. Here is Carson's personal story of his initiation into the healing rites of the Choctaw with medicine woman Mary Gardener. Through her teachings and his own mind-bending experiences, he gives us a glimpse into an alternate reality. 304 pages. Council Oak. Paperbound. Pub. at $16.95
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CELL LEVEL MEDITATION: The Healing Power in the Smallest Unit of Life By B. Grundland & P. Kay. Gives you the tools to connect with the wisdom of your cells and work with them to heal. Grundland and Kay offer sample meditations to help you connect with specific cells, such as your liver or lung cells, and they guide you to follow your intuition and discover the cells that are inviting you in. 176 pages. Inner Traditions. Paperbound. Pub. at $14.99
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YOUR EXTRAORDINARY MIND: Psychedelics in the 21st Century and How to Use Them By Zach Leary. Offers a necessary overview of psychedelics today, particularly LSD, psilocybin, MDMA, and ayahuasca, including what they are, how to use them safely, and crucially, how to integrate mind and spirit-altering experiences into the rest of our lives. 235 pages. Sounds True. Paperbound. Pub. at $19.99
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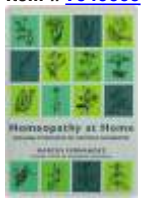
Complementary & Alternative Medicine



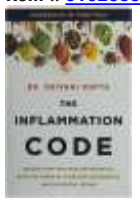
★**MEDICINAL LICHENS: Indigenous Wisdom and Modern Pharmacology** By Robert Dale Rogers. Used for millennia by Indigenous people, lichens are now being recognized by modern science for their unique medicinal potential, particularly against antibiotic-resistant bacteria, viruses, cancer, diabetes, and cardiovascular disease. Explores over 400 species of North American lichens. Fully illus. in color. 372 pages. Healing Arts. Paperbound. Pub. at $29.99
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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
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★**THE INFLAMMATION CODE: Unlock Your True Healing Potential with the Power of Ayurvedic Superspices and Elemental Design** By Shivani Gupta. Combines ancient wisdom with modern scientific research to provide a holistic, customizable approach to addressing inflammation, the root cause of numerous health issues, through the power of "super herbs," diet and lifestyle modifications, and mind-body practices. 347 pages. Hay House. Paperbound. Pub. at $19.99
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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
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★**A COMPENDIUM OF ORIENTAL HEALING: Chinese Herbal Medicine, Manipulation & Acupuncture, Yoga & Meditation** This pocket-sized, illustrated volume explores the foundations of Chinese medicine, the philosophy of Yin and Yang, and the vital energy of Qi. 95 pages. IMM Lifestyle Books. Pub. at $9.99
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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
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★**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
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★**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
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Complementary & Alternative Medicine



★**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**



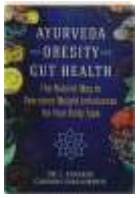
★**CANNABIS THERAPY: A Complete Guide** By Wendy Read. In this in-depth guide to cannabis therapy, written for both health practitioners and those looking for self-care methods, Read provides a complete look at why marijuana medicine works, its medical and spiritual uses throughout history, and how to develop a personalized healing plan. 296 pages. Park Street. Paperbound. Pub. at $22.99
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★**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
Item #8873585 **$7.95**

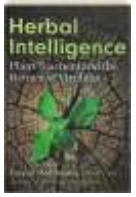


★**PANIC PROOF: The New Holistic Solution to End Your Anxiety Forever** By Nicole Cain. Unlike therapies that address only symptoms, Cain's protocol heals the root causes of anxiety and recalibrates the mind, body, and nervous system so that you can take back control of your life. Illus. 405 pages. Rodale. Paperbound. Pub. at $19.99
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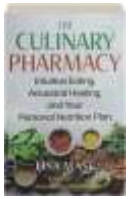


★**AYURVEDA FOR OBESITY AND GUT HEALTH: The Natural Way to Overcome Weight Imbalances for Your Body Type** By L. Eduardo Cardona-Sanclemente. A scientifically supported, Ayurvedic approach to weight management. Presents several body-mind protocols and suitable food intakes, detailing their effects on the gut, microbiota, and the gut-heart-brain axis as well as how they help rebalance metabolism at the tissular, cellular, and molecular levels. Illus. 370 pages. Healing Arts. Paperbound. Pub. at $24.99
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★**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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★**THE CULINARY PHARMACY: Intuitive Eating, Ancestral Healing, and Your Personal Nutrition Plan** By Lisa Mase. Provides clear, easy to follow instructions for determining your unique constitution and how best to heal yourself. Discussing the energetics of food, Mase explains the importance of personalized nutrition based on genetics, epigenetics, intuitive eating, and seasonal, local foods. Illus. in color. 260 pages. Inner Traditions. Paperbound. Pub. at $24.99
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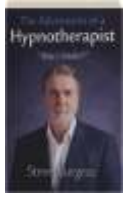
★**FENG SHUI: The Secrets of Harmony** By Sonya Hwang. Bring balance, beauty, and positive energy into your life with this easy introduction to the timeless Chinese practice of feng shui. 63 pages. IMM Lifestyle Books. Pub. at $9.99
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New Age Spirituality



A LITTLE BIT OF PENDULUMS By Dani Bryant. Get the most out of your pendulum and seek the answers that are within with the help of this easy-to-follow and comprehensive guide. Bryant also includes fifteen circle charts that you can use to ask your pendulum simple questions. 116 pages. Sterling. Pub. at $9.95
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New Age Spirituality



★**THE ADVENTURES OF A HYPNOTHERAPIST: Was I Under?** By Steve Burgess. Burgess recounts stories of the power of hypnotherapy and regression therapy in his most memorable and jaw-dropping cases from over 15,000 therapy sessions. 258 pages. O-Books. Paperbound. Pub. at $23.95
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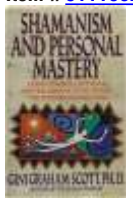
ENCHANTMENT: Awakening Wonder in an Anxious Age By Katherine May. May explores the restorative properties of the natural world, moving through the elements of earth, water, fire, and air and identifying the quiet traces of magic found only when we look for them. Through deliberate attention and ritual, she unearths the potency and nourishment from quiet reconnection with our immediate environment. 212 pages. Riverhead. Pub. at $26.00
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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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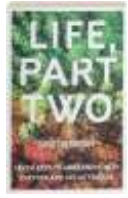


★**ACTIVATING OUR 12-STRANDED DNA: Secrets of Dodecahedral DNA for Completing Our Human Evolution** By Ruslana Remennikova. Sharing techniques and meditations that help you activate all 12 strands of your DNA, Remennikova reveals the revolutionary healing powers inherent in each of us for personal healing, 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. 384 pages. Paragon House. Paperbound. Pub. at $14.95
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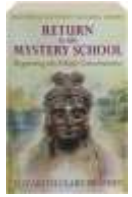
New Age Spirituality



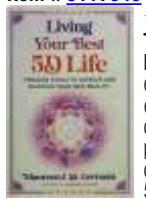
★**LIFE, PART TWO: Seven Keys to Awakening with Purpose and Joy as You Age** By David Chernikoff. In this guide Chernikoff distills lessons from across contemplative traditions to invite readers to embrace seven essential elements of conscious living–embracing the mystery, choosing a vision, cultivating intuitive wisdom, committing to inner work, suffering effectively, serving from the heart, and celebrating the journey. 186 pages. Shambhala. Paperbound. Pub. at $18.95
Item #1923633 **$7.95**



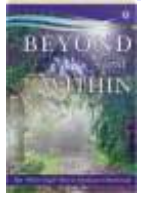
★**YOUR HEART KNOWS HOW TO HEAL YOU: The Sacred Medicine of the Four Chambers of the Heart** By Cissi Williams. An intuitive shamanic journey through the heart's chambers, inspired by the author's own brush with mortality after suffering a heart attack. 254 pages. Findhorn. Paperbound. Pub. at $19.99
Item #9194584 **$9.95**



★**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
Item #9117040 **$9.95**



★**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
Item #9032428 **$4.95**



★**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
Item #7843194 **$11.95**

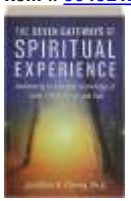
New Age Spirituality



★**RETURN WITH ELIXIR: Four Maps for the Soul's Pilgrimage Through Death and Rebirth** By Miles Neale. A step-by-step manual for spiritual rebirth, rooted in Tibetan Buddhism, and supplemented with psychology, trauma healing, neuroscience, and mythology. 414 pages. Inner Traditions. Paperbound. Pub. at $29.99
Item #919455X **PRICE CUT to $9.95**



★**EARTH WISDOM TEACHINGS: Practical Guidance from the Eight Directions of the Medicine Wheel** By Carlos Philip Glover. A journey of self empowerment to discover your innate inner wisdom and enact collective healing. Illustrated with heartful stories and inspiring images, this is a practical guide for anyone who longs for a deeper relationship with Earth and Spirit and wants to contribute to the awakening of consciousness. 239 pages. Findhorn. Paperbound. Pub. at $19.99
Item #904521X **PRICE CUT to $5.95**

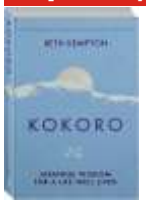


★**THE SEVEN GATEWAYS OF SPIRITUAL EXPERIENCE: Awakening to a Deeper Knowledge of Love, Life Balance, and God** By Jonathan H. Ellerby. Guiding us in how to recognize and integrate the spiritual experiences that are already a part of our life and those that we may yet pursue, Ellerby provides a map for navigating sacred encounters and prepares us to face life with passion, purpose, and resilience. 173 pages. Inner Traditions. Paperbound. Pub. at $18.99
Item #1247867 **$12.95**



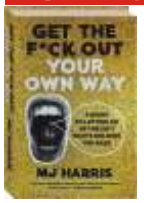
★**ANCESTRAL WHISPERS: A Guide to Building Ancestral Veneration Practices** By Ben Stimpson. Provides exercises and journal prompts specially designed to help you develop an authentic, living practice. Reveals the various types of ancestors and discusses the physical elements of practice, including sacred space, objects of power, and offerings. 254 pages. Llewellyn. Paperbound. Pub. at $19.99
Item #6076882 **$2.95**

Inspiration, Motivation & Self-Discovery



KOKORO: Japanese Wisdom for a Life Well Lived By Beth Kempton. Invites readers to cultivate stillness and contentment in an ever-changing, uncertain world by drawing on a thousand years of Japanese literature, culture, and philosophical ideas to explore the true nature of time and what it means to be human. 251 pages. Storey. Pub. at $27.00
Item #9274944 **$6.95**

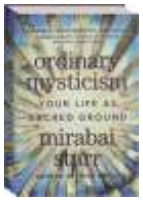
Inspiration, Motivation & Self-Discovery



GET THE F*CK OUT YOUR OWN WAY: A Guide to Letting Go of the Sh*t That's Holding You Back By MJ Harris. This isn't your gentle guide on breathing or journaling. Harris serves up no-holds-barred advice on navigating your emotions to help you disrupt cycles of trauma, create boundaries, and transform into a goddess of emotional wholeness. 289 pages. Legacy Lit. Pub. at $30.00
Item #9396098 **$5.95**



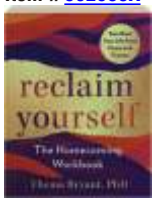
AS A MAN THINKETH By James Allen. Collects *As a Man Thinketh* and *From Power to Poverty.* This combination of literary classics reveals how thought can shape your destiny. 150 pages. Page Publications. Paperbound. Pub. at $13.99
Item #9184678 **$3.95**



ORDINARY MYSTICISM: Your Life as Sacred Ground By Mirabai Starr. Helps readers discover their own inner mystic and let go of the limiting belief that spiritual life exists only in traditional places of worship. Offers practices and writing prompts to help our souls seek holy ground. 219 pages. HarperOne. Pub. at $26.99
Item #9412085 **$5.95**

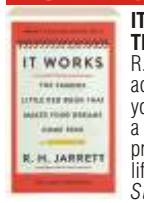


FIND THE GOOD: Unexpected Life Lessons from a Small-Town Obituary Writer By Heather Lende. As an obituary writer, Lende knows about last words and lives well lived. Now she's distilled what she's learned about how to live into three words: find the good. This title offers short chapters to help you unlearn 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
Item #902655X **$5.95**



RECLAIM YOURSELF: The Homecoming Workbook By Thema Bryant. Guides through surveys and reflection questions to grow our self-awareness and understanding. Bryant offers a diverse array of psychotherapeutic techniques based in both Western science and indigenous knowledge to help us shift our thoughts, heal our emotions, and actively take steps toward growth. 187 pages. Tarcher. Paperbound. Pub. at $18.00
Item #9394990 **$5.95**

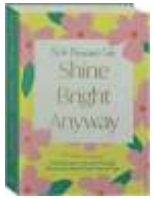
Inspiration, Motivation & Self-Discovery



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



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



SHINE BRIGHT ANYWAY: 90 Affirmations That Declare You Are Enough When the World Says You're Not By Faith Broussard Cade. You are enough. Discover the power of thoughtful affirmations and self-care notes that have helped thousands. You will be inspired to prioritize peace, set realistic boundries and find emotional well-being in your life and your relationships. Fully illus. in color. 187 pages. Harper. Pub. at $22.99
Item #9398228 **$5.95**



THE WEEKLY HABITS PROJECT: A Challenge to Journal, Reflect, and Make Tiny Changes for Big Results Lasting transformation starts small. Over the next 52 weeks, as you work through this guided journal to examine your habits and make intentional shifts, you'll discover that God wants to do something new and life-changing in the days, weeks, and years to come. 127 pages. Zondervan. Pub. at $16.99
Item #9404910 **$6.95**



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
Item #9319085 **$6.95**

Inspiration, Motivation & Self-Discovery



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
Item #9337334 **$5.95**



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
Item #9248293 **$5.95**



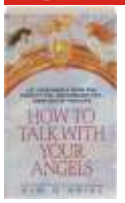
THE BLIND SPOT EFFECT: How to Stop Missing What's Right in Front of You By Kelly Boys. From our earliest years, we all acquire blind spots in the way we perceive, feel, and think; they profoundly affect us throughout our lives. This guide teaches us how to release ourselves from unnecessary suffering and begin to experience each moment more richly, as we all deserve to. 191 pages. Sounds True. Paperbound. Pub. at $16.95
Item #9246576 **$5.95**



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
Item #9278893 **$5.95**



HOW TO WALK INTO A ROOM: The Art of Knowing When to Stay and When to Walk Away By Emily P. Freeman. When it comes to navigating big decisions about when to stay and go, how can we know for sure when the time is right? Freeman offers guidance to help us recognize when it's time to move on from situations that no longer fit, so we can find new spaces where we can flourish and grow. 229 pages. Harper. Paperbound. Pub. at $16.99
Item #9392947 **$5.95**



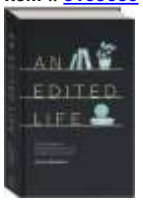
★**HOW TO TALK WITH YOUR ANGELS** By Kim O'Neill. All human beings, whether they know it or not, have at least two guardian angels to guide them through life. O'Neill shows you how you can open the door to the spiritual communication that will transform your life. Discover the nine steps to getting in touch with your angels, and more. 216 pages. Avon. Paperbound. Pub. at $9.99
Item #1127713 **$6.95**



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
Item #804192X **$3.95**



BE MORE JANE: Bring Out Your Inner Austen to Meet Life's Challenges By Sophie Andrews. Address life with more sense and less prejudice, taking useful lessons from the novels and letters of Jane Austen, one of the world's best-loved writers. Learn the importance of being yourself and the danger of allowing others to influence you unduly, understand how to wait for love, and how to recognize it when it comes and more. Well illus. in color. 64 pages. CICO Books. Pub. at $9.95
Item #9105689 **PRICE CUT to $2.95**



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
Item #8997063 **$5.95**

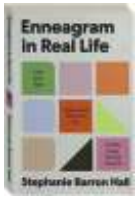


NAKED AND UNAFRAID By Kevin Gerald. Break down the five keys to overcoming fear of criticism to live our best life: risking exposure, abandoning smallness, pushing past criticism, owning our story, and fighting for our future. Highlighting the inspiring breakthroughs of cultural heroes who were bold enough to risk transforming their lives and impacting the world. 261 pages. FaithWords. Paperbound. Pub. at $16.99
Item #4846877 **$5.95**

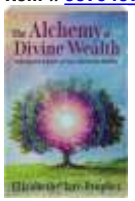
Inspiration, Motivation & Self-Discovery



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
Item #9075860 **$5.95**



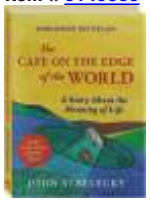
ENNEAGRAM IN REAL LIFE: Find Your Type, Understand Who You Are, & Take Steps Toward Growth By Stephanie Barron Hall. Shows you how to use the Enneagram as a tool for self-discovery and a practical way to achieve growth. Includes relatable stories from real clients, tangible growth practices, frameworks,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



★**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
Item #9302425 **$14.95**



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. Murdoch Books. Paperbound. Pub. at $14.95
Item #9149589 **$5.95**



★**THE CAFE ON THE EDGE OF THE WORLD: A Story About the Meaning of Life** By John Strelecky. In a small cafe in a location so remote it stands in the middle of the middle of nowhere, a visitor is at a crossroads. Intent only on refueling before continuing his road trip, he's startled to find three unusual questions on the back of the cafe menu. Why are you here? Do you fear death? Are you fulfilled? 103 pages. Authors Equity. Pub. at $19.99
Item #9434097 **$14.95**

Inspiration, Motivation & Self-Discovery



THE STOIC CAPITALIST: Advice for the Exceptionally Ambitious By Robert Rosenkranz. The Stoic ideal of a well-lived life has been around since 300BC, but what can we learn from it 2,300 years later? This work shows how its teachings can lead to a life of accomplishment, fulfillment, and impact. 262 pages. Bloomsbury. Pub. at $28.00
Item #934800X **$6.95**



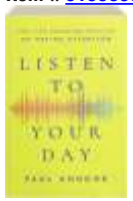
KIDDING: Childlike Solutions to Bullsh*t Adult Problems By Laura Jane Williams. Consider this a permission slip to relax, laugh, and finally find happiness. Equal parts hilarious, irreverent, and inspiring, learn how to connect with your inner child to make your mundane, complicated adult life simpler 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 **$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
Item #9153853 **$6.95**



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
Item #9009809 **$4.95**

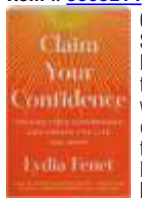
Inspiration, Motivation & Self-Discovery



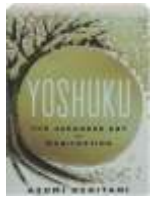
HOW WE HEAL: Uncover Your Power and Set Yourself Free By Alexandra Elle. A life-changing guide to nurturing your spirit and reclaiming your job. Discover essential techniques for self-healing, including journaling rituals, empowering exercises, and restorative meditations. Illus. 207 pages. Chronicle. Pub. at $24.95
Item #9143556 **$5.95**



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



CLAIM YOUR CONFIDENCE: Unlock Your Superpower and Create the Life You Want By Lydia Fenet. From building up the courage to do what scares you the most to persisting when all you want to do is give up, get ready to claim and utilize your inner confidence and get the life you want. 279 pages. Gallery. Paperbound. Pub. at $18.99
Item #9360085 **$5.95**



★**YOSHUKU: The Japanese Art of Manifesting** By Azumi Uchitani. A beautifully illustrated guide to the ancient Japanese art of manifesting and pre-celebration, providing practical advice on how to slow down, tune into the rhythms of the universe, and achieve your goals. 217 pages. HarperOne. Paperbound. Pub. at $18.99
Item #930875X **$14.95**



★**LET YOUR DREAMS AND PREMONITIONS GUIDE YOU** By Amy Newmark. You can rely on your dreams and premonitions. Learn how you can use them, along with your intuition, for personal transformation and a better life. These enlightening personal stories from ordinary people reveal the extraordinary, the ability of dreams to guide us to our best lives. 323 pages. Chicken Soup for the Soul. Paperbound. Pub. at $16.99
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Inspiration, Motivation & Self-Discovery



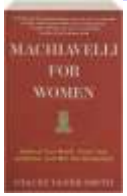
CREATIVITY BEGINS WITH YOU: 31 Practical Workshops to Explore Your Creative Potential By A. Neal & D. Star. Can creativity be "taught"? Or is it simply innate? Find your creativity through your own unique identity and experience, fight those negative voices, get out of your habitual comfort zones and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

Item #9153462 **$3.95**



★**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 **$9.95**



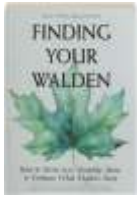
MACHIAVELLI FOR WOMEN: Defend Your Worth, Grow Your Ambition, and Win the Workplace By Stacey Vanek Smith. An accessible, funny, clear-eyed, and practical guide for how women can apply the principles of 16th-century philosopher Niccolo Machiavelli to their work lives and finally shatter the glass ceiling. 271 pages. Gallery. Paperbound. Pub. at $18.99

Item #9359540 **PRICE CUT to $3.95**



UPTIME: A Practical Guide to Personal Productivity and Wellbeing By Laura Mae Martin. Every day, tens of thousands of Google employees rely on Martin's tips and best practices for how to make the most of their time. Discover her unique approach to productivity and well-being for work, school or your personal life. 211 pages. Harper. Pub. at $32.50

Item #9399542 **$5.95**



★**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

Item #9185615 **$12.95**

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

Item #9009892 **$3.95**



THE IMAGINATION MUSCLE: Where Good Ideas Come from (and How to Have More of Them) By Albert Read. Reveals how we can harness the imagination in our day-to-day lives and why, in the Information Age, it is more pressing than ever that we do so. Expertly outlines that the imagination is our supreme gift, biggest opportunity, source of fulfillment, and most vital asset for the future. Illus. 308 pages. Union Square & Co. Paperbound. Pub. at $18.99

Item #916149X **$5.95**



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

Item #9102086 **$7.95**



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 form the most extraordinary moms in the FOX News family and beyond. Photos, some in color. 226 pages. HarperCollins. Pub. at $29.99

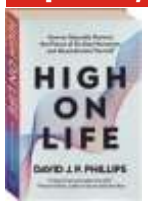
Item #9091173 **$4.95**



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

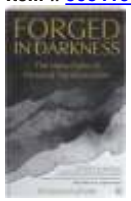
Item #9173072 **$2.95**

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**



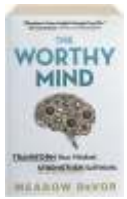
FORGED IN DARKNESS: The Many Paths of Personal Transformation By Joanna LaPrade. The author urges us to explore mythic archetypes that can teach us to stop rejecting the darkness inherent in life and be present for the transformation it makes available to us. By noticing the archetypes manifesting around 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**



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**



★**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 **$5.95**

Inspiration, Motivation & Self-Discovery



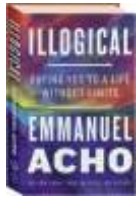
MAKE YOUR OWN SUNSHINE: Inspiring Stories of People Who Find Light in Dark Times By Janice Dean. These are the kinds of stories we need right now. Dean shares inspiring stories that will lift your spirit and touch your heart. Good people are all around us doing selfless deeds. She made it her mission 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

Item #4859456 **$6.95**



★**MONEY LOVES ME: The Spiritual Guide to Manifesting Abundance** By Farah Orths. Learn to manifest prosperity by aligning with the spiritual energy of money. Transform scarcity and self-doubt into natural abundance. 220 pages. Hay House. Paperbound. Pub. at $19.99

Item #9201890 **$14.95**



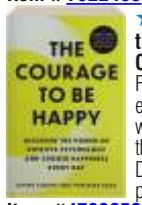
ILLOGICAL: Saying Yes to a Life Without Limits By Emmanuel Acho. With a step by step guide to finding our callings and shifting our mindsets, and enlivened by stories from Acho's life and the lives of other pioneers, this work asks us to replace the limits set for us, and the ones we set for ourselves, 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

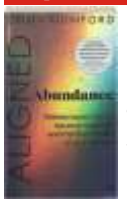
Item #7922485 **$6.95**



★**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



★**ALIGNED ABUNDANCE: Release Expectations, Become Magnetic and Manifest the Life of Your Dreams** By Emma Mumford. This brand-new alignment-based approach to manifestation is all you need to unlock the abundant life you deserve. It debunks the myths that overcomplicate the manifesting process and shows you how to align with your desires from a place of embodiment, flow, and joy. 230 pages. Watkins. Paperbound. Pub. at $19.95

Item #9174222 **PRICE CUT to $9.95**



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**



★ **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

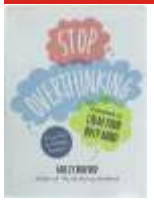
Item #7909187 **$11.95**



★**THE ENNEAGRAM OF THE SOUL: A 40-Day Spiritual Companion for the 9 Types** By Nhien Vuong. Nhien provides a path to wholeness for the self, enabling the reader to be steered gently yet firmly away from the trap of solely identifying with their personality type, so they can live more fully from their divine nature. 215 pages. Hampton Roads. Paperbound. Pub. at $18.95

Item #9165614 **PRICE CUT to $6.95**

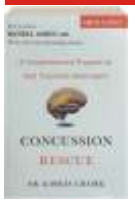
Healing & the Mind



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

Item #9337938 **$5.95**

Healing & the Mind



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

Item #9366857 **$4.95**



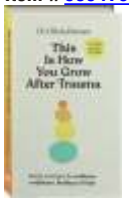
THE WELLBEING ACTIVITY BOOK: Self-Care Activities Through the Seasons By Amy Birch, illus. by K. Kalindi. Breathe deeper, feel calmer, and come back to yourself season by season with this year-round companion to slowing down, reconnecting with nature, and tending to your emotional wellness. This beautifully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

Item #9435603 **$4.95**



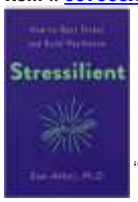
SUPERCHARGED SELF HEALING By RJ Spina. Reveals how to use energy healing to transcend suffering, find inner peace, and embrace the invincible Self. Presents a unique seven-step system that guides you through the process of energetic attunement and neural rewiring to support your wellness goals. 207 pages. Llewellyn. Paperbound. Pub. at $17.99

Item #9394702 **$5.95**



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

Item #937888X **$5.95**



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

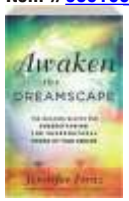
Item #8089647 **$5.95**

Healing & the Mind



LANGUISHING: How to Feel Alive Again in a World that Wears Us Down By Corey Keyes. For anyone tempted to downplay feelings of demotivation and emptiness as they struggle to haul themselves through the day, and for those eager to build a higher tolerance for adversity and the pressures of modern life. We can expand our vocabulary for describing our inner experiences and deepest needs, and with it our potential to flourish. 271 pages. Crown. Pub. at $28.99

Item #9391606 **$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**



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

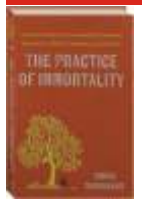
Item #1041061 **$6.95**



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

Item #9378480 **$5.95**

Healing & the Mind



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

Item #9371885 **$6.95**



★**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**



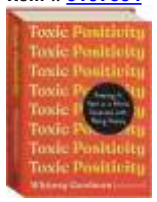
★**The ANXIETY WORKBOOK: A 7-Week Plan to Overcome Anxiety, Stop Worrying, and End Panic** By Arlin Cuncic. Helps you uncover the source of your anxiety, and develop personalized solutions to combat it. With a 7-week program that includes step by step strategies to manage anxiety, relieve stress, depression, 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 **$3.95**



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

Item #8166935 **$5.95**

Healing & the Mind



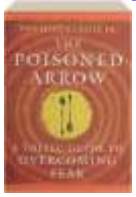
INSOMNIA DOC'S GUIDE TO RESTFUL SLEEP: Remedies for Insomnia and Tips for Good Sleep Health By Kristen Casey. Mental wellness can greatly affect our quality of sleep; anxiety, depression, and fatigue may cause struggles with making choices that promote healthy sleep hygiene. Dr. Casey teaches you how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

Item #9267476 **$5.95**



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

Item #9247114 **PRICE CUT to $4.95**



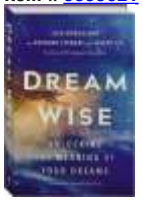
★**THE POISONED ARROW: A Toltec Guide to Overcoming Fear** By Don Miguel Ruiz. When the world wounds us with a metaphorical arrow, the fear it leaves behind is like a poison. In this transformative guide to overcoming fear, you will learn to recognize fear's hidden influence, break free from fear-based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

Item #9244271 **$14.95**



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

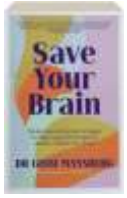
Item #9359621 **PRICE CUT to $3.95**



★**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

Item #9071725 **$11.95**

Healing & the Mind



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 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

Item #9185623 **$14.95**



★**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

Item #1953184 **$7.95**



★**PARANOIA: A Journey into Extreme Mistrust and Anxiety** By Daniel Freeman. For decades, conventional wisdom held that paranoia was only experienced by people with severe mental health problems and little could be done to rectify its disastrous effects. Paranoia gives us a front row seat as Freeman turns the traditional view on its head. 307 pages. William Collins. Paperbound. Pub. at $19.99

Item #9165827 **PRICE CUT to $9.95**



★**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

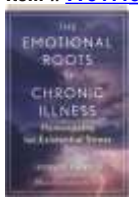
Item #7755821 **$14.95**

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

Item #7734115 **$5.95**



★**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

Item #7939485 **$6.95**



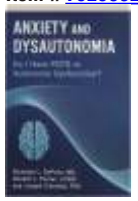
★**FIND YOUR PATH THROUGH IMPOSTER SYNDROME: Powerful Techniques to Help You See Your Worth** By Jess Henley. We all go through times when we feel a bit out of our depth, but when imposter syndrome strikes, it can be hard to know what to do. Explore what imposter syndrome is and how it may be affecting 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

Item #911209X **$3.95**



★**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

Item #7929552 **$9.95**



★**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

Item #1207474 **$4.95**

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

Item #9036849 **$3.95**

Facing Illness & Death



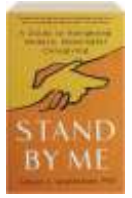
FINAL WISHES: A Journal for Reflections on Life and Guidance for Settling Your Affairs By Amy Levine. Step-by-step guide to creating a plan for your last days and sharing your intentions with loved ones. Guidance on preparing key documents and other considerations is offered, including sharing key contact information, financial planning, health and well-being directives, funeral plans, last wishes, and more. 159 pages. Rock Point. 7¾x10. Pub. at $16.99

Item #9221093 **$5.95**



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

Item #8892946 **$5.95**



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

Item #9359729 **$5.95**

Facing Illness & Death



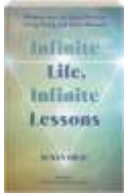
DO I HAVE TO WEAR BLACK TO A FUNERAL? 112 Etiquette Guidelines for the New Rules of Death By Florence Isaacs. Answers questions about grief, funerals, different religious ceremonies, and more, offering practical guidelines for modern situations, and, yes, advice on what to wear. Offers fresh insights,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

Item #9264280 **PRICE CUT to $2.95**



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

Item #8996407 **$5.95**



★**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**



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

Item #9300198 **$6.95**



★**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**

Facing Illness & Death



★**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

Item #7995482 **$6.95**

Aging



THE NEW RULES OF AGING WELL: A Simple Program for Immune Resilience, Strength, and Vitality By F. Lipman & D. Claro. A radically simple program to reverse the symptoms we reflexively call "normal aging," including feeling achy, stiff, sluggish, weak, and vulnerable to chronic illness. Built on a series of lifestyle changes that energize the body and strengthen its immune system, this guide draws on ancient wisdom and science. Illus. in color. 224 pages. Artisan. Pub. at $25.00

Item #9418040 **$6.95**



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

Item #9029982 **$2.95**



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

Item #9278974 **$5.95**

Aging



EAT YOUR AGE: Feel Younger, Be Happier, Live Longer By Ian K. Smith. Learn how to defy the effects of aging by implementing simple changes at every decade. Many things change in our bodies as we age; while getting old may be inevitable, feeling old is not. Readers will learn to age well and maximize each decade of life by doing the right things at the right time. 374 pages. Harvest. Pub. at $30.00

Item #9235426 **$6.95**



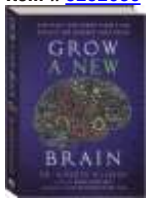
★**HOW WE AGE: The Science of Longevity** By Coleen T. Murphy. Discover how recent breakthroughs in longevity research offer clues about human aging. 440 pages. Princeton. Paperbound. Pub. at $22.95

Item #9188231 **$18.95**



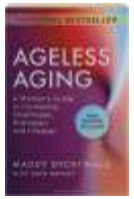
★**GROW HEALTHIER AS YOU GROW OLDER BY THE FATHER OF AEROBICS** By Kenneth H. Cooper. It's never too late to extend your life expectancy! The tips, tricks, and small lifestyle adjustments in this work will allow you to make the most of your remaining years. Age fast or age slow–it's up to you! 16 pages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

Item #9232036 **$21.95**



★**GROW A NEW BRAIN: How Spirit and Power Plants Can Protect and Upgrade Your Brain** By Alberto Villoldo. Growing older is inevitable, but aging can be prevented, even reversed–but only when you upgrade your brain, using both ancient and modern science, to create psychosomatic health. 199 pages. Hay House. Pub. at $25.99

Item #9093109 **PRICE CUT to $9.95**



★**AGELESS AGING: A Woman's Guide to Increasing Healthspan, Brainspan, and Lifespan** By Maddy Dychtwald. Presents a pioneering new way for women to age–an ascent that includes feeling youthful and vital while gaining wisdom, resilience, and experience. This work provides a holistic, actionable plan that will help women make use of all the tools available to them as they grow older. 353 pages. Mayo Clinic. Paperbound. Pub. at $18.99

Item #928513X **PRICE CUT to $9.95**

Aging



★**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

Item #8093334 **$4.95**



★**SPIRITUAL AGING: Weekly Reflections for Embracing Life** By Carol Orsborn. Designed to be read weekly in two-year cycles, the 120 timeless readings in this work focus on the issues and concerns that arise among those who view aging as a path to spiritual culmination. 364 pages. Park Street. Paperbound. Pub. at $19.99

Item #909167X **PRICE CUT to $4.95**



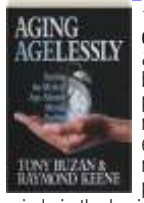
★**AGE STRONGER: Prevent Pain, Preserve Mobility, Age Resiliently** By Matt Wiest. Looking to feel stronger and more flexible as you age? This guide is your program for doing just that, complete with photo-illustrated step-by-step instructions. 175 pages. Fair Winds. Paperbound. Pub. at $26.99

Item #9196471 **$11.95**



★**LET'S TALK ABOUT AGING PARENTS: A Real-Life Guide to Solving Problems with 27 Essential Conversations** By Laura Tamblyn 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

Item #2328100 **$3.95**



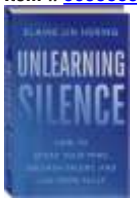
★**AGING AGELESSLY: Busting the Myth of Age-Related Mental Decline** By T. Buzan & R. Keene. Enables you to become a much better thinker and communicator as you progress through life. You will be able to remember names, facts, and figures using easy to learn memory techniques; read more rapidly and with 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**

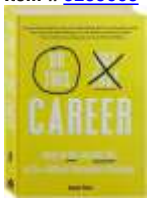
Communication Skills



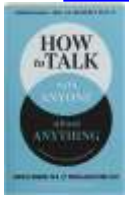
MASTERING THE ART OF PUBLIC SPEAKING: 8 Secrets to Transform Fear and Supercharge Your Career By Michael J. Gelb. Learn to clarify and shape your message so that your audience, no matter how big or small, in person or virtual, will care about it. Once the message is clear, you'll be able to convey it in memorable, creative and effective ways. Rediscover your natural gift for communication while strengthening confidence and presence! 216 pages. New World Library. Paperbound. Pub. at $17.95
Item #9058885 **$3.95**



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**



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 **$4.95**



★**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
Item #9269614 **$14.95**

Communication Skills

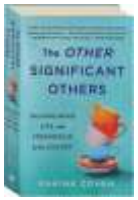


NO WILL SET YOU FREE By Michael J. Tougias. "No" can come in many shapes and sizes, yet saying it can be difficult. We may think it's selfish, but this simple word is necessary to thrive in life. This informative work helps you discover and follow your true desires, find more time to invest in those you love, and pursue your real interests. 211 pages. Mango. Pub. at $24.95
Item #9267514 **PRICE CUT to $4.95**

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
Item #9236864 **$5.95**



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
Item #9066160 **$5.95**



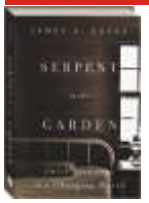
LABOR OF LOVE: The Invention of Dating By Moira Weigel. Since time immemorial, we have been told that "people don't date anymore." Dating is always dying, but this does not mean that love is dead; it always has been tied to work. This title brings over 100 years of history with the contemporary landscape to offer a perspective on how we date the ways we do. 292 pages. FSG. Pub. at $26.00
Item #9235981 **$2.95**

Relationships



★**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
Item #4926625 **$11.95**

Sexuality & Sexual Expression



SERPENT IN THE GARDEN: Amish Sexuality in a Changing World By James A. Cates. The first examination of the complexity of sexual identity, philosophy, and behavior in Amish culture. 204 pages. Johns Hopkins. Pub. at $42.00
Item #9352015 **$5.95**



DRAWN TO SEX: The Basics By E. Moen & M. Nolan. Explores the practical side of sex, from the basics of what defines sex, to barriers and testing, masturbation, and the ins and outs of having sex with other people. Adults only. Fully illus. in color. 160 pages. Limerence. Paperbound. Pub. at $19.99
Item #9283501 **$5.95**



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



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

Sexuality & Sexual Expression



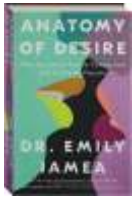
OVER 100 TRULY ASTONISHING SEX TIPS Ed. by Lisa Sussman. With over 100 tips which range from naughty and kinky to romantic and passionate, the fabulous guide will tell you what you need to know to keep your sex life sizzling forever. Adults only. 144 pages. Carlton. Pub. at $9.95
Item #9267522 **$5.95**



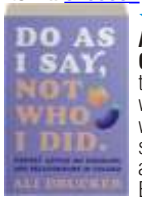
★**SLOW SEX SECRETS** By Adam Tokunaga. Learn about the plague of "junk sex" and how to avoid it; the essential role of time; the building of sexual ki or energy; and the Adam Touch, the amazing technique that drives women wild. Adults only. Illus. 155 pages. Vertical. Paperbound. Pub. at $13.95
Item #7991398 **$9.95**



★**COWBOY KAMA SUTRA: 64 Sex Positions for You and Your Pardner** 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
Item #9198512 **$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
Item #9238352 **$6.95**



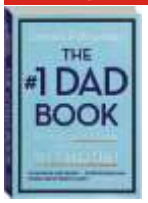
★**DO AS I SAY, NOT WHO I DID: Honest Advice on Hookups and Relationships in College** By Ali Drucker. Consent is essential, that's Sex 101. And if you ask Ali Drucker, young women also deserve more, like time to explore what turns them on, space to voice their needs, self-compassion after a hookup goes sideways, and yes (obviously): pleasure! 262 pages. The Experiment. Paperbound. Pub. at $16.95
Item #1906070 **$5.95**

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
Item #1042882 **$7.95**

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
Item #9198458 **$13.95**



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 **$3.95**

Women's Health & Self-Help

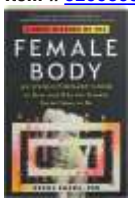


HOW TO STOP FEELING LIKE SH*T: 14 Habits That Are Holding You Back from Happiness By Andrea Owen. A straight shooting self-improvement guide for women, that offers frank advice about the most common self-destructive behaviors women engage in. Owen crystallizes what's behind several invisible, undermining habits, from catastrophizing and people pleasing to listening to the imposter complex or to one's inner critic. 227 pages. Seal. Paperbound. Pub. at $17.99
Item #7998473 **$5.95**

Women's Health & Self-Help



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
Item #9200800 **$5.95**



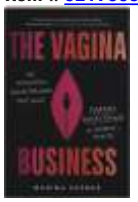
A BRIEF HISTORY OF THE FEMALE BODY: An Evolutionary Look at How and Why the Female Form Came to Be By Deena Emera. Draws on Emera's vast expertise as a biologist, mother of four children, and her love of teaching to look far into our evolutionary past, illuminating how and why the female form has transformed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



THE WOMAN'S BOOK OF COURAGE: Meditations for Empowerment & Peace of Mind By Sue Patton Thoele. Loving reflections provide wisdom and encouragement to help overcome anxiety, gain self-esteem, acknowledge your own excellence, and improve relationships. Women dealing with transition or recovery, or those wishing to enhance personal power, will find themselves turning to these meditations over and over again. 271 pages. Conari Press. Paperbound. Pub. at $18.95
Item #9266895 **PRICE CUT to $3.95**



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



★**THE VAGINA BUSINESS: The Innovative Breakthroughs That Could Change Everything In Women's Health** By Marina Gerner. An eye-opening look at the revolutions in technology and medical practices that are upending women's healthcare, including: a smart bra that predicts heart attacks, a saliva-based fertility tracker for home use, new healthcare apps, innovative pelvic floor devices, and much more. 410 pages. Sourcebooks. Paperbound. Pub. at $17.99
Item #9198636 **PRICE CUT to $5.95**

Women's Health & Self-Help

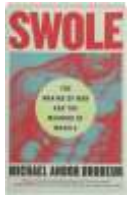


★**YOUR PERIOD HANDBOOK: Natural Solutions for Stress Free Menstruation** By Natasha Richardson. Includes practical recipes for herbal teas, tinctures, bath-potions and a section on herbal monographs giving a comprehensive overview of relevant herbs and their uses. Invaluable for anyone suffering from menstrual problems and a useful addition for practitioners with an interest in this field. 255 pages. Aeon. Paperbound. Pub. at $22.95
Item #3906124 **$5.95**

Men's Health & Self-Help

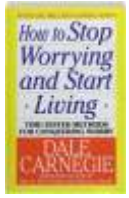


★**WIKIPENIS: Dr. Nicola's Penis Book** By N. Mondaini & P. Prezioso. A taboo-breaking guide to the male sexual and urinary system, raising awareness of anatomy, upkeep, and the emergencies that can occur throughout a lifetime. Illus. 209 pages. Open Road. Paperbound. Pub. at $18.99
Item #8874867 **$12.95**



★**SWOLE: The Making of Men and the Meaning of Muscle** By Michael Andor Brodeur. Takes us into the unique culture centered around men's bodies, probing its limitations and the promise beyond: how men can love themselves while rejecting the aggression, objectification, and misogyny that have for so long accompanied the quest to become swole. 246 pages. Beacon. Paperbound. Pub. at $18.95
Item #9200703 **$13.95**

General Health & Self-Help

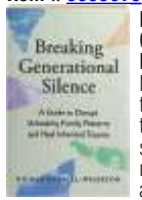


HOW TO STOP WORRYING AND START LIVING: Time-Tested Methods for Conquering Worry By Dale Carnegie. With Carnegie's expert advice, you'll learn the proven, time-tested principles for breaking free of worry and anxiety so that you can start living your best life today. 298 pages. Pocket. Paperbound. Pub. at $19.99
Item #9307109 **$5.95**

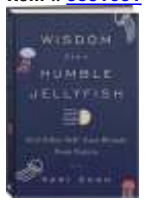
General Health & Self-Help



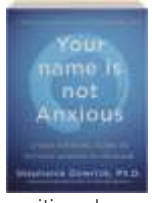
GOOD GIRLS: The Story and Study of Anorexia By Hadley Freeman. An incisive work that details Freeman's experiences with anorexia and how she overcame it. She interviews doctors to learn how treatment for the illness has changed since she was hospitalized in 1995 and what discoveries have been made about the illness, including its connection to autism, OCD, and metabolic rate. 271 pages. S&S. Pub. at $27.99
Item #9359079 **$5.95**



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
Item #9351051 **$4.95**



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
Item #1162861 **$5.95**



YOUR NAME IS NOT ANXIOUS: A Very Personal Guide to Putting Anxiety in Its Place By Stephanie Dowrick. Based on a rare depth of research and insight, this work offers an informed, compassionate perspective to help readers facing the loss of confidence and resilience that comes with chronic or acute anxiety. Even in the most difficult circumstances, immediate and positive change is possible. 289 pages. St. Martin's. Paperbound. Pub. at $20.00
Item #9359850 **$5.95**

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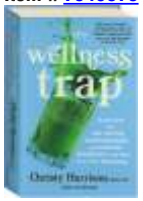
★**DITCH YOUR SH*T: Decluttering Your Mindset to Declutter Your Home** By Kate Evans. Teaches that decluttering yourself will lead to overcoming the barriers that have stopped you from decluttering your home, so that you can create sustainable change. 227 pages. Turner. Paperbound. Pub. at $19.99
Item #9285164 **$14.95**



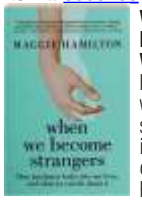
THE ASSET MINDSET: A Special Forces Perspective for Achieving Success By Daniel Fielding. A personal development work that can change your life and help you obtain elite levels of success. 153 pages. Gallery. Pub. at $25.99
Item #9360026 **$5.95**



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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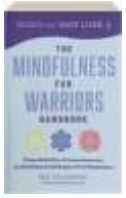


THE WELLNESS TRAP: Break Free From Diet Culture, Disinformation, and Dubious Diagnoses–and Find Your True Well-Being By Christy Harrison. Delves into the persistent, systemic problems with the wellness industry, offering insight into its troubling pattern of cultural appropriation and its destructive 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
Item #9066403 **$3.95**

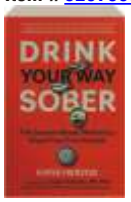


WHEN WE BECOME STRANGERS: How Loneliness Leaks into Our Lives, and What We Can Do About It By Maggie Hamilton. Explores our growing loneliness with care and rigor, and proposes practical solutions and an uplifting vision to combat the increasing social isolation in our families and communities. 337 pages. Murdoch Books. Paperbound. Pub. at $25.99
Item #8089876 **$5.95**

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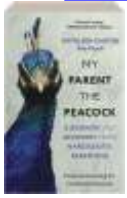
THE MINDFULNESS FOR WARRIORS HANDBOOK: Stress Reduction, Trauma Recovery, and Resilience Building for First Responders By Kim Colegrove. First responders have the difficult job of running toward danger while the rest of us run away; no training prepares them for what they see and endure. This work provides 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 **$2.95**



★**DRINK YOUR WAY SOBER: The Science-Based Method to Break Free from Alcohol** By Katie Herzog. Discover a revolutionary and evidence-based method to treat alcohol use disorder that does not require abstinence. Herzog dives into the science and history of addiction treatment to discover why we treat alcohol use disorder the way we do and why abstinence-based programs like Alcoholics Anonymous don't always work. 186 pages. BenBella. Paperbound. Pub. at $19.95
Item #9305483 **$14.95**

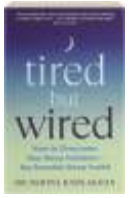


HOW TO MAKE MISTAKES ON PURPOSE: Bring Chaos to Your Order By Laurie Rosenwald. A fresh guide to discovery, with clearly marked directions and witty prompts, this is a work about living a productive, individualistic life. Whatever your job, it gives you a way to zig while everyone around you can only zag. Fully illus. most in color. 153 pages. Hachette. Pub. at $24.00
Item #9083146 **$3.95**



★**MY PARENT THE PEACOCK: Discovery and Recovery from Narcissistic Parenting** By Kathleen Saxton. The scars inflicted on childhood by a parent with narcissistic tendencies are lasting, but they don't have to define your future. This is a compassionate, insightful, and clear-eyed guide to recovery that validates your lived experience while offering practical steps towards healing and freedom. 269 pages. Sheldon. Paperbound. Pub. at $18.99
Item #9289097 **$13.95**

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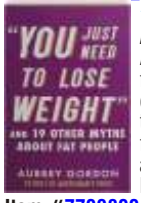
★**TIRED BUT WIRED: How to Overcome Your Sleep Problems** By Nerina Ramlakhan. Offers proven solutions that can help everyone, from anxiety ridden teens and burnt out executives to busy parents balancing the demands of work and children, to get better sleep. Practical and realistic, here is advice that 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 **$9.95**



★**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
Item #5879183 **$6.95**



THE DRAMA FREE WORKBOOK: Practical Exercises for Managing Unhealthy Family Relationships By Nedra Glover Tawwab. Hands-on resource for understanding and working through challenging family dynamics. Offers powerful insights and thought-provoking questions to help you unpack what's really going on–and express your needs and expectations in a healthier way going forward. 194 pages. TarcherPerigee. Paperbound. Pub. at $20.00
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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
Item #7790899 **$3.95**

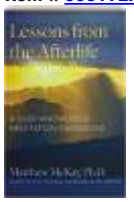


★**THE WANDERING MIND: What Medieval Monks Tell Us About Distraction** By Jamie Kreiner. We imagine early monks as master concentrators, yet their battles against distraction were, in fact, never-ending. Delving into the experiences of Christian monks living from 300 to 900 CE, this work shows that these 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
Item #8031851 **$11.95**

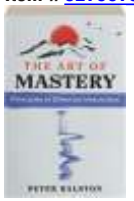
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★**THE TOXIC MOLD SOLUTION: A Comprehensive Guide to Healing Your Home and Body from Mold** By Laura Linn Knight. Shares the most up to date research into mold and mold toxicity, guidance from experts in the field, case studies from families healing from mold exposure, and Knight's own personal experiences with the devastating effects of mold. Along the way, you'll also discover a multitude of healing tools and exercises to help you. 177 pages. Ulysses. Paperbound. Pub. at $16.95
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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
Item #7836481 **$9.95**



★**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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