

# SCIENCE & HEALTH

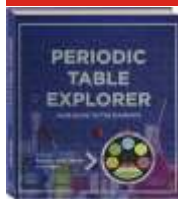
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## Lives & Works of Philosophers



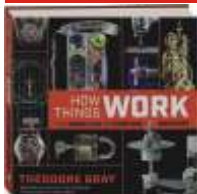
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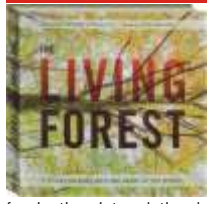


★**EYEWITNESS: Animal** By Tom Jackson. Uncover the incredible diversity of the animal kingdom, from the tiniest insects to the largest predators. Find out how sharks use electricity to hunt prey, discover a crab that can crack open a coconut, and meet the beetles that drink fog! Ages 9-12. Fully illus. in color. 72 pages. Dorling Kindersley. 8½x11. Paperbound. Pub. at \$9.99

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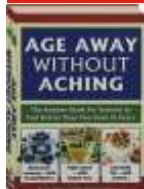
## Health & Medical References



★ **YOUR BEST YEAR AHEAD: Small, Easy Steps to Wellness** By Cris Beer. Supported by evidence-based research and no-fuss tips, Dr. Beer tackles real-life issues and provides week by week advice and a clear-path approach to creating new self-care habits. Simple habits lead to good health, vitality and optimum self-care happiness. 338 pages. Rockpool. Paperbound. Pub. at \$18.95

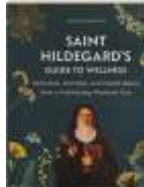
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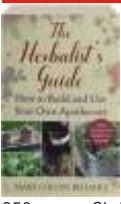


★ **SAINT HILDEGARD'S GUIDE TO WELLNESS: Herbalism, Nutrition, and Health Advice from a Trailblazing Medieval Nun** By Holger Vornholt. Ahead of her time, this 12th century nun established a series of guidelines for holistic wellness that continue to be remarkably relevant nearly a millennium later. This helpful overview explains who

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inspiration, healing, and discovery. Illus. in color. 338 pages. Inner Traditions. Paperbound. Pub. at \$19.95

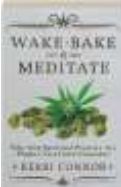
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theories about what these number sequences really are. Illus. 223 pages. New Page Books. Paperbound. Pub. at \$16.95

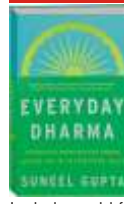
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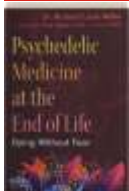
**LITTLE HIDDEN DOORS: A Guided Journal for Deep Dreamers** By Naomi Sangreal. Expands upon the rich history of studying the unconscious by offering a place to cradle the psyche's nightly imagination. Sangreal invites you to remember and record your dreams, then use those insights to inspire creativity, uncover your shadow self, and access

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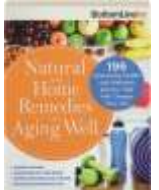
★**PSYCHEDELIC MEDICINE AT THE END OF LIFE: Dying Without Fear** By Richard Louis Miller. Outlines 10 steps for dying gracefully, without fear, with the help of psychedelics. Examines how to navigate the complex legal landscape and find the right guide, dose, and therapy. Shows how they are singularly valuable in helping individuals face the end of life with courage and serenity.

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## Aging



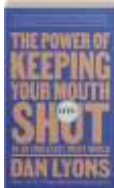
**NATURAL AND HOME REMEDIES FOR AGING WELL** By Bottom Line Inc. This is an extensive guide for men and women looking to make the most out of their lives. Whether you're hoping to stay fit and lean, looking to avoid or treat a condition, or simply wanting occasional substitutes to traditional medical options, this resource helps you take charge of your health.

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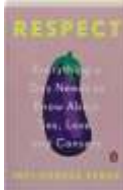


**STFU: The Power of Keeping Your Mouth Shut in an Endlessly Noisy World** By Dan Lyons. Gives you the tools to become your better self, whether that's in the office, at home, online, or in your most treasured relationships. Because, after all, what you say is who you are. So take a deep breath, turn the page, and quietly change your life. 252 pages. Holt. Paperbound. Pub. at \$18.99

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