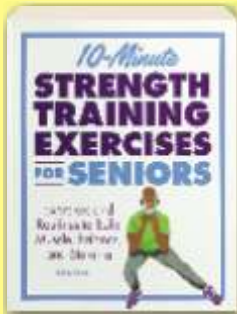
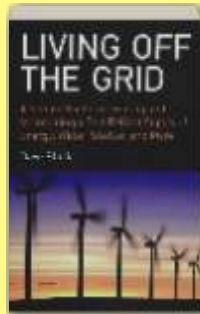


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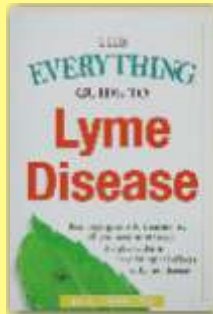
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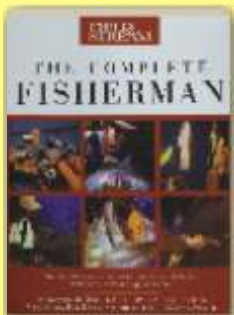
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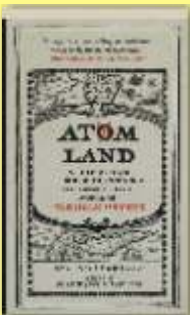
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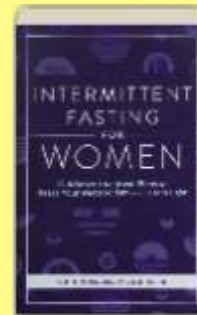
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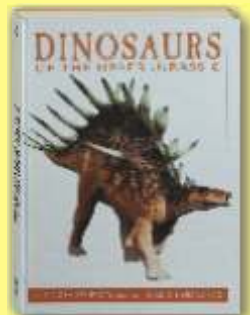
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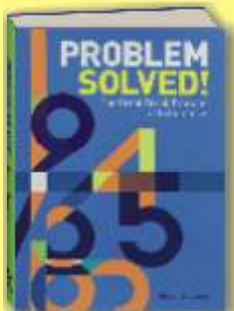
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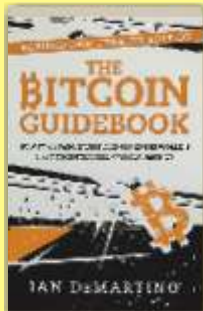
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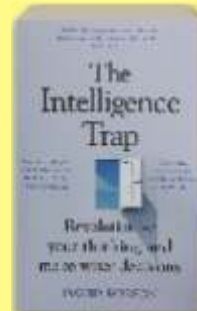
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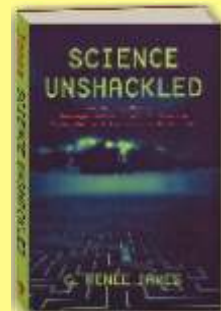
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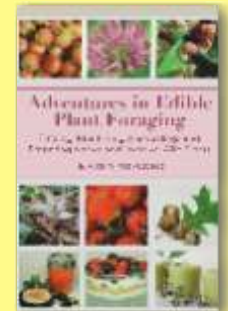
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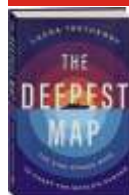
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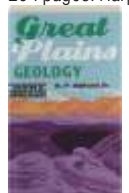
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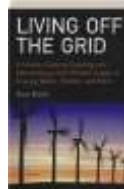




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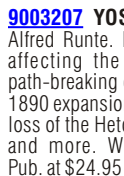
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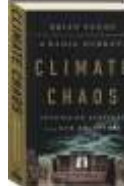
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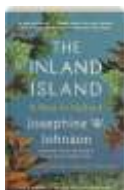
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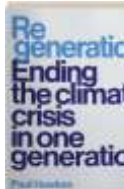
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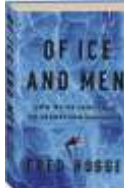
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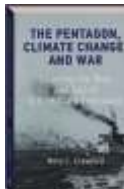
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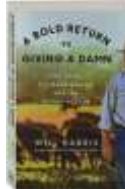


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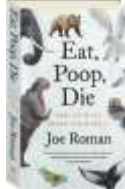
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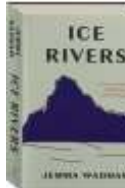
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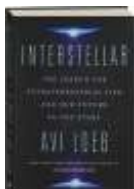
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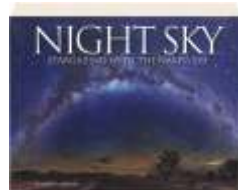
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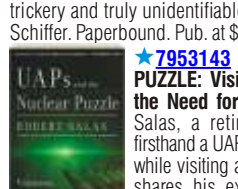
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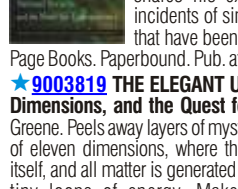
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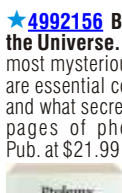
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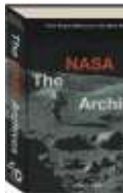
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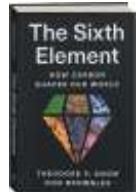


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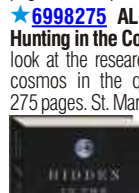
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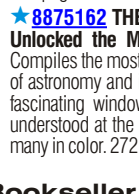
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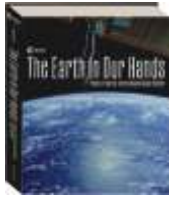
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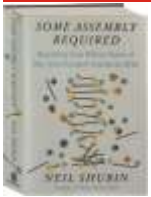
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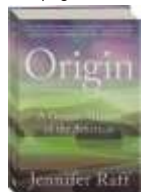
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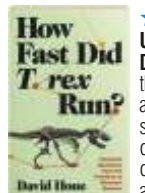
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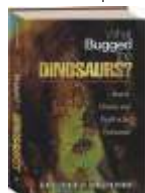
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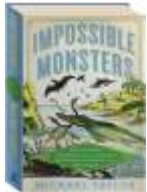


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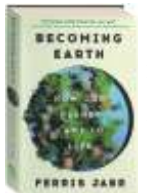


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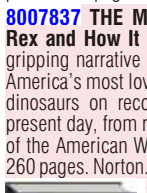
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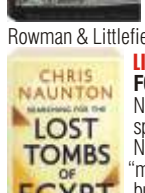
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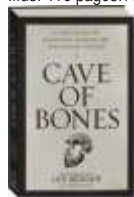
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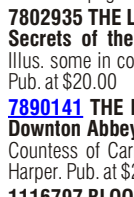
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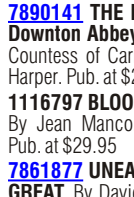


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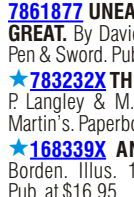


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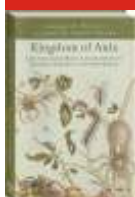


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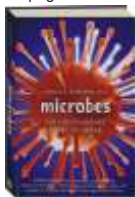
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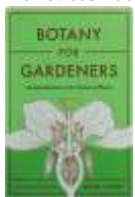
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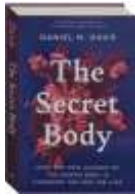
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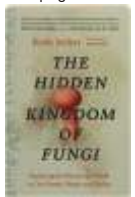
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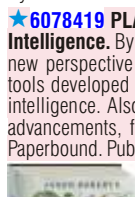
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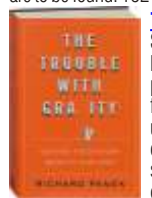
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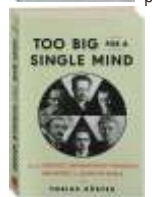
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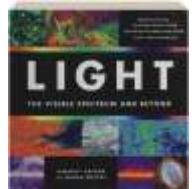


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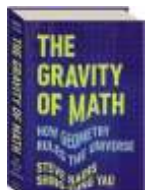
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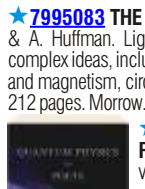
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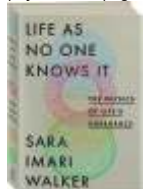
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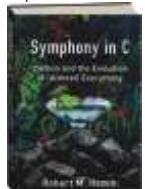
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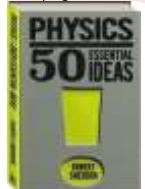
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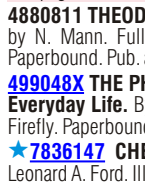
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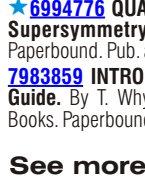
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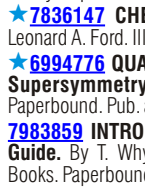
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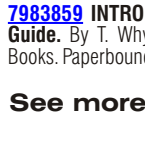
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**★7895216 PERIODIC TABLE EXPLORER: Your Guide to the Elements.** By Adrian Dingle. Fully illus., many in color. 128 pages. Thunder Bay. 9 1/4 x 10 3/4. Pub. at \$24.99. **\$17.95**

**7916639 THE PRIMACY OF DOUBT.** By Tim Palmer. Illus. 297 pages. Basic. Pub. at \$30.00. **\$6.95**

**★7790821 THE MATTER OF EVERYTHING: How Curiosity, Physics and Improbable Experiments Changed the World.** By Suzie Sheehy. 314 pages. Knopf. Pub. at \$30.00. **PRICE CUT to \$7.95**

**★7796870 THE SECRET LIFE OF THE PERIODIC TABLE: Unlocking the Mysteries of All 118 Elements.** By Ben Still. Fully illus. in color. 192 pages. Firefly. Paperbound. Pub. at \$24.95. **\$14.95**

**★7742304 NOSE DIVE: A Field Guide to the World's Smells.** By Harold McGee. 653 pages. Penguin. Paperbound. Pub. at \$22.00. **SOLD OUT**

## Social Science



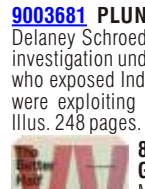
**9002898 SEX, BOMBS, AND BURGERS: How War, Pornography, and Fast Food Have Shaped Modern Technology.** By Peter Nowak. A fun and fascinating exploration of modern technology, this book uncovers how these three billion-dollar industries have shaped our everyday lives. It's also a chronicle of popular culture, chock-full of surprising revelations. Illus. 386 pages. Lyons. Pub. at \$26.95. **\$4.95**



**7863594 STUFF THEY DON'T WANT YOU TO KNOW.** By Ben Bowlin et al. Takes the historical conspiracies and the current conspiracy theories discussed at face value, and dissects each claim until you're able to discern conspiracy fact from fiction. When you finish reading this, you will be able to identify the true stuff. The stuff they don't want you to know. 224 pages. Flatiron. Pub. at \$29.99. **\$7.95**



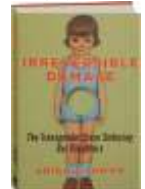
**2176238 THREE WOMEN.** By Lisa Taddeo. Based on eight years of immersive research, Taddeo introduces the reader to three unforgettable women: Lina, a young mother in suburbia whose marriage has lost its passion; Maggie, a 17 year old student engaged in a relationship with her married teacher; and Sloan, a successful restaurant owner, whose husband likes to watch her have sex with other men and women. 306 pages. S&S. Paperbound. Pub. at \$17.00. **\$5.95**



**9003681 PLUNDER OF THE ANCIENTS.** By Lucinda Delaney Schroeder. Offers a rare look inside the undercover investigation undertaken by special agent Lucinda Schroeder who exposed Indian Art thieves and dealers in Santa Fe who were exploiting sacred artifacts for huge sums of money. Illus. 248 pages. Lyons. Pub. at \$22.95. **\$4.95**



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## Social Science



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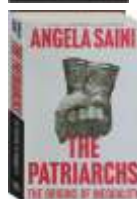
**LIMITED QUANTITY 9056920 YOU ARE WHAT YOU WATCH: How Movies and TV Affect Everything.** By Walt Hickey. Entertainment can and does affect us in surprising and significant ways. But did you know that our most popular forms of entertainment can have a direct physical effect on us, a measurable impact on society, geopolitics, the economy and even the future itself? Well illus. in color. 229 pages. Westview. Pub. at \$30.00 **SOLD OUT**



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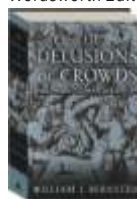
**★6188176 DAMAGED.** By Cathy Glass. Eight-year-old Jodie's behavior is so challenging and disturbing that she has already been through five foster homes in four months. But it is Jodie who is the real victim. A powerful, moving story of one woman's love for a little girl abandoned by everyone, and about the neglect and failure of the Social Services. 339 pages. Harper. Paperbound. Pub. at \$12.99 **\$9.95**



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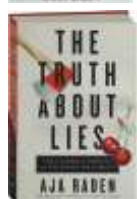
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**8116571 DIRTY WORK: Essential Jobs and the Hidden Toll of Inequality in America.** By Eyal Press. Illuminating the moving, sometimes harrowing stories of the people doing society's dirty work, and incisively examining the structures of power and complicity that shape their lives, Press reveals fundamental truths about the moral dimensions of work and the hidden costs of inequality in America. 303 pages. FSG. Paperbound. Pub. at \$18.00 **\$5.95**



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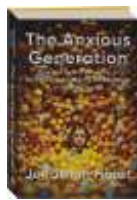


**9002782 REAL LACE: America's Irish Rich.** By Stephen Birmingham. How the Irish elite emerged out of poverty into positions of both social and business prominence in American history. Birmingham recounts the ultimate rags to riches story of the American Irish in a social history as entertaining as it is important. 322 pages. Lyons. Paperbound. Pub. at \$17.95 **\$4.95**



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**787488X LUMBERJACK: The History, the Lore, the Life.** By Lauren Jarvis. Being a lumberjack is about more than just wearing plaid. Charting the evolution of an iconic figure, this guide takes you on an epic adventure through logging history, legend, and pop culture. Includes captivating photos, fascinating essays and first hand accounts from seasoned loggers. 144 pages. Sterling. Pub. at \$19.95 **\$6.95**



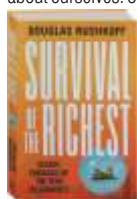
**★5368731 THE ANXIOUS GENERATION: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness.** By Jonathan Haidt. Lays out the facts about the epidemic of teen mental illness that hit many countries at the same time. Haidt traces the problem to the rise of the "phone-based childhood" starting in the 2010s, and issues a call to action against this public health crisis. 385 pages. Penguin. Pub. at \$30.00 **\$21.95**



**9019669 LOOKING FOR AN ENEMY: Essays on Antisemitism.** Ed. by Jo Glanville. In eight illuminating essays from brilliant Jewish writers and thinkers, this volume offers an urgent, profound take on the experience of antisemitism and its historical context. Explores how an irrational belief can still flourish in a supposedly rational age and more. 158 pages. Norton. Pub. at \$25.95 **\$6.95**



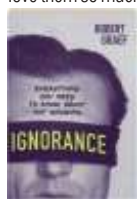
**1044036 LOVE AND LET DIE: James Bond, the Beatles, and the British Psyche.** By John Higgs. An exploration of the unique connections between the two titans of the British cultural psyche, the Beatles and the Bond films. Told over a period of sixty dramatic years, this is an account of how two outsized cultural phenomena continue to define American aspirations, fantasies, and our ideas about ourselves. 515 pages. Pegasus. Pub. at \$29.95 **\$9.95**



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## Social Science



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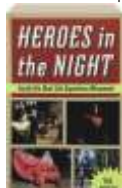
**★8998582 THE UNDERWORLD SEWER: A Prostitute Reflects on Life in the Trade, 1871-1909.** By Josie Washburn. A former madam offers a scorching examination of the social forces that have driven women to sell their bodies, and decries the cultural, political, and religious double-standards that these women face. Adults only. 342 pages. Bison. Paperbound. **\$19.95**



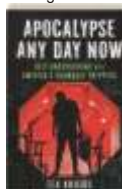
**8091994 FREEING DAVID MCCALLUM: The Last Miracle of Rubin "Hurricane" Carter.** By Ken Klonsky. For ten years before Rubin "Hurricane" Carter's death, he and his friend and coauthor Klonsky had been working to help free another wrongfully convicted man, David McCallum. McCallum was eventually exonerated and freed after serving twenty-nine years in prison. This is the story of how they managed to secure McCallum's release. 296 pages. Lawrence Hill. Paperbound. Pub. at \$16.99 **\$5.95**



**★6262376 TITS UP: What Sex Workers, Milk Bankers, Plastic Surgeons, Bra Designers, and Witches Tell Us About Breasts.** By Sarah Thornton. Thornton draws insights from plastic surgeons, lactation consultants, body-positive witches, lingerie models, and "free the nipple" activists to explore the status of breasts as emblems of femininity. Well illus. 321 pages. Norton. Pub. at \$28.99 **\$21.95**



**8092028 HEROES IN THE NIGHT: Inside the Real Life Superhero Movement.** By Tea Krulos. Traces Krulos's journey into the strange subculture of real Life Superheroes, random citizens who have adopted comic book style personas and hit the streets to fight injustice. Some concentrate on humanitarian or activist activities, while others actively patrol their neighborhoods looking for crime to fight. Photos, some in color. 276 pages. Chicago Review. Paperbound. Pub. at \$16.95 **\$5.95**



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**5871182 SLAB CITY: Dispatches from the Last Free Place.** By Charlie Hailey, photos by D. Wylie. Under the unforgiving sun of southern California's Colorado Desert lies Slab City, a community of squatters, artists, snowbirds, migrants, survivalists, and homeless people. Called by some "the last free place" and by other "an enclave of anarchy," Slab City is also the end of the road for many. Illus. in color. 175 pages. MIT Press. 7 1/4 x 9 1/4. Pub. at \$35.00 **\$11.95**

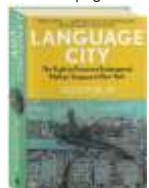


**★DVD 6995667 DO I LOVE YOU ROBOT, DO I?** Widescreen. Explores the most human-like robots and the advancements in technology blurring the lines between cyborg and human, including humans who are married to their electronic partners. Discusses the semantics, language, programming, personalities, and endless possibilities and reality that are developing faster due to cutting-edge science. 52 minutes. Dreamscape Media. Pub. at \$14.95 **\$11.95**

**8870748 HIGH CONFLICT: Why We Get Trapped and How We Get Out.** By Amanda Ripley. Based on cutting edge science that breaks down the idea of extreme conflict, the kind that paralyzes people and places, and then shows how to escape it. Illus. 352 pages. S&S. Paperbound. Pub. at \$18.99 **\$4.95**



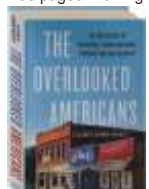
**★4993411 FOREVER BARBIE: The Unauthorized Biography of a Real Doll.** By M.G. Lord. Traces Barbie's development and transformation, through countless makeovers and career changes, into an international pop culture icon and now "traditional toy." Though not every doll in the line has been a hit, with 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 **\$13.95**



**9012842 LANGUAGE CITY: The Fight to Preserve Endangered Mother Tongues in New York.** By Ross Perlin. A captivating portrait of contemporary New York City through six speakers of little-known and overlooked languages, diving into the incredible history of the most linguistically diverse place ever to have existed on the planet. 415 pages. Atlantic Monthly. Pub. at \$28.00 **\$6.95**



**544473X MIGRATIONS: A History of Where We All Come From.** By John Fardon et al. Tells the story of human movement throughout history, and tracks its lasting influence on cultures and societies around the globe. Combining striking images with sensitive narrative and intimate first hand accounts, it reveals where our ancestors came from and the ways they shaped the place we call home. Fully illus. some in color. 288 pages. Dorling Kindersley. 9 1/2 x 1 1/4. Pub. at \$40.00 **\$16.95**



**7998619 THE OVERLOOKED AMERICANS: The Resilience of Our Rural Towns and What It Means for Our Country.** By Elizabeth Currid-Halkett. Revealing rural America has not been left behind by the rest of the nation, the author traces how small towns are doing as well as, or better than cities by many measures, including home ownership, income, and employment, bringing to light that the nation is less fractured by geography than many believe. 416 pages. Basic. Pub. at \$32.00 **\$9.95**

**9034242 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 **\$5.95**

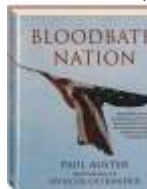


**9024522 ROLL RED ROLL: Rape, Power, and Football in the American Heartland.** By Nancy Schwartzman. An incisive narrative about a teen rape case that divided a Rust Belt town, exposing the hostile and systemic undercurrents that enabled sexual violence, and spotlighting ways to make change. 283 pages. Hachette. Pub. at \$29.00 **\$6.95**

**2222876 THE JOURNEY OF HUMANITY: The Origins of Wealth and Inequality.** By Oded Galor. A work of urgent truths and enduring relevance, with lessons that are both hopeful and profound: gender equality, investment in education, and balancing diversity with social cohesion are the keys not only to our species' thriving but to its survival. Illus. 287 pages. Dutton. Pub. at \$28.00 **\$6.95**



**9013113 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. Princeton. Pub. at \$35.00 **\$16.95**



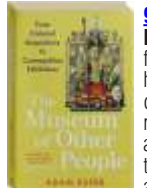
**9012567 BLOODBATH NATION.** By Paul Auster, photos by S. Ostrander. Traces centuries of America's use and abuse of guns, from the violent displacement of the native population to the forced enslavement of millions, to the bitter divide between embattled gun control and anti-gun control camps that has developed over the past 50 years and the mass shootings that dominate the news today. Fully illus. 190 pages. Grove. 8 1/2 x 10. Pub. at \$40.00 **\$9.95**



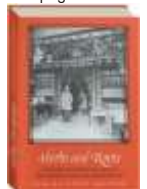
**★879541X RUIN THEIR CROPS ON THE GROUND: The Politics of Food in the United States, from the Trail of Tears to School Lunch.** By Andrea Freeman. A groundbreaking addition to the history and politics of food and its critical role in colonization, inequality, and oppression. This work will permanently upend the notion that we freely and equally choose what we put on our plates. 254 pages. Metropolitan. Pub. at \$29.99 **\$21.95**



**7986629 TECHNOLOGY IN AMERICA, THIRD EDITION: A History of Individuals and Ideas.** Ed. by Carroll Pursell. Traces the history of American technology—its inventions and inventors—from the age of the artisan to the era of Silicon Valley. The focus on inventors acknowledges that technology is a fundamental form of human behavior. Well illus. 338 pages. MIT Press. Paperbound. Pub. at \$30.00 **\$7.95**



**9033335 THE MUSEUM OF OTHER PEOPLE.** By Adam Kuper. Traces the fascinating, complex and sometimes disturbing history of ethnographic collections; offers a considered, skeptical review of debates about restitution and the decolonization of scholarship; and makes the case for a cosmopolitan museum that values expertise, respects local knowledge and fosters international connections. Photos. 415 pages. Profile. **\$9.95**



**4996623 HERBS AND ROOTS: A History of Chinese Doctors in the American Medical Marketplace.** By Tamara Venit Shelton. Chronicles the dynamic systems of knowledge and therapies crossing between China and the United States from the eighteenth century to the present. It is a story of racial constructions, immigration politics, cross-cultural medical history and the experiences of Asian Americans in American history. 344 pages. Yale. Pub. at \$37.50 **\$7.95**



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## Social Science



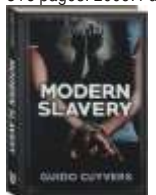
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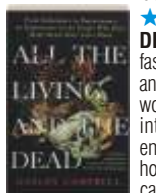
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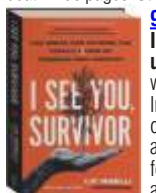
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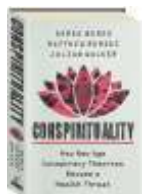


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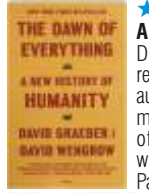
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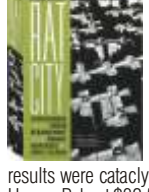
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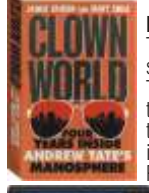
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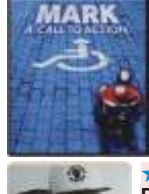
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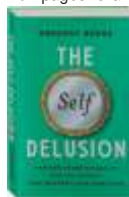
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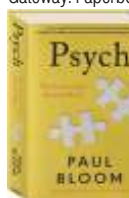


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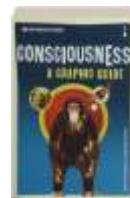
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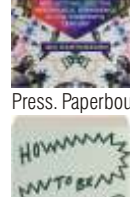
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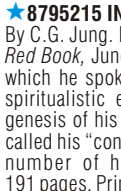
## Psychology



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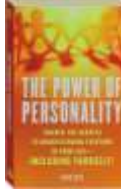
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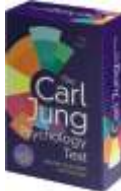


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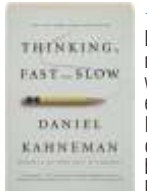


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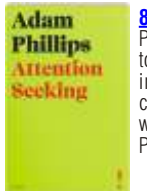
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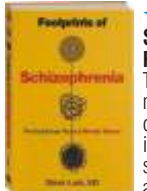
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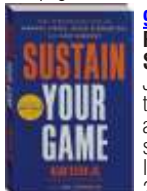
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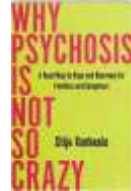


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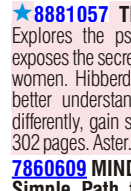


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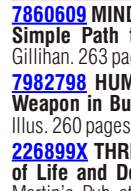
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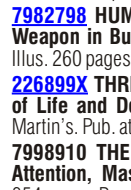
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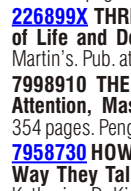
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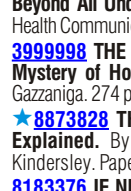
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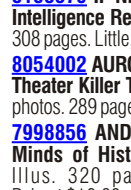
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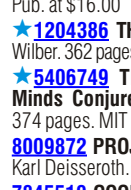
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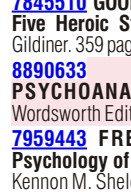
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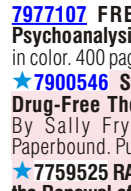
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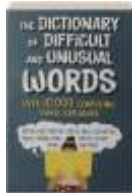


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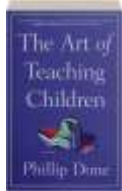


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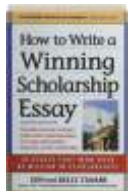
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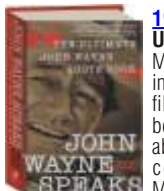
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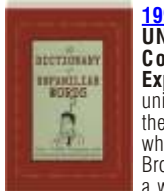
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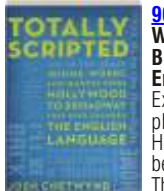


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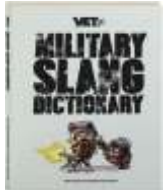
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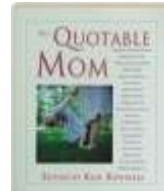
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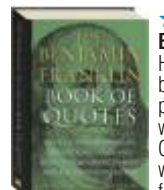
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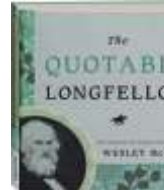
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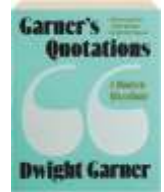


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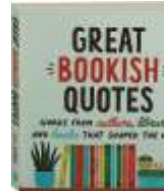


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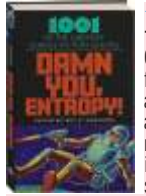


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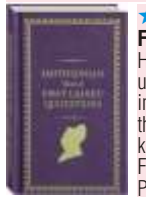


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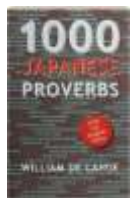
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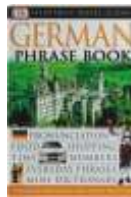
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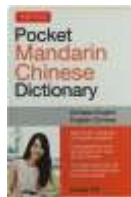
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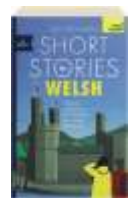


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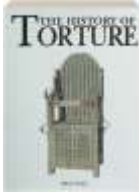
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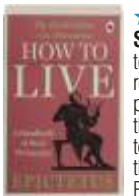




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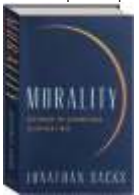


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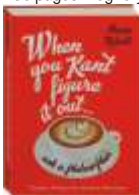


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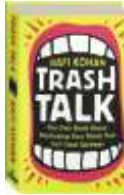


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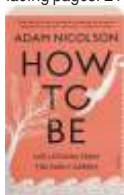
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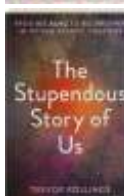
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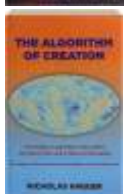
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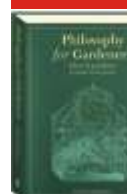
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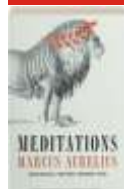
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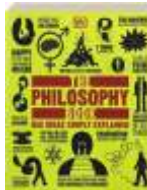
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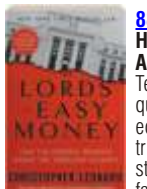
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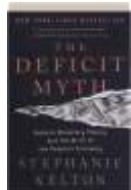
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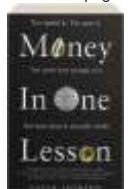
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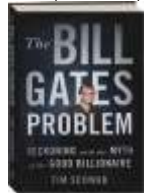
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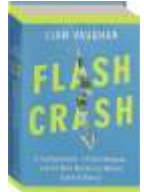


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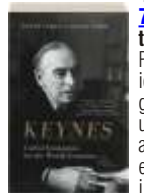
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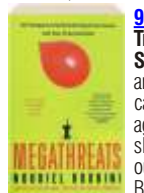


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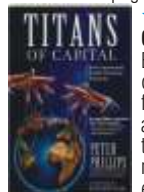
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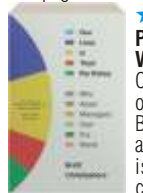


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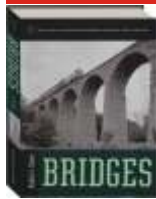
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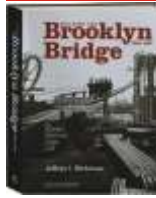
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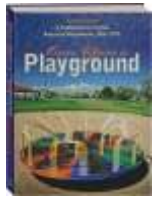
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## Architecture



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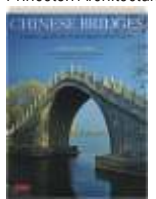
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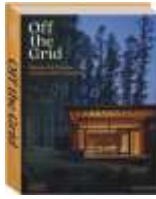


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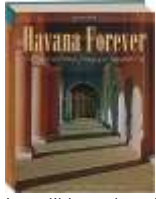
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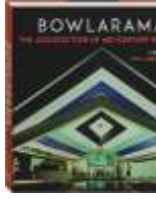
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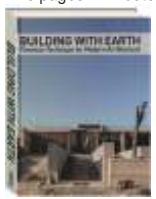
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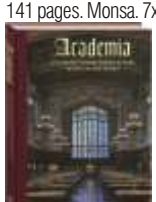
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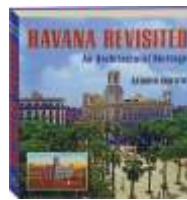


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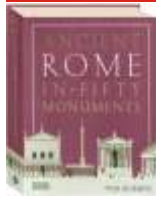
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## Architecture



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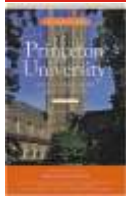
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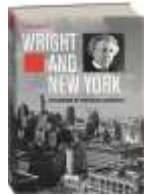
**★1567969 THE BOOTLEG HOMES OF FRANK LLOYD WRIGHT: His Clandestine Work Revealed.** By Robert J. Hartnett. From 1892 through the spring of 1893, Wright experimented with the elements that would become his signature in houses in Chicago, La Grange and Oak Park. The full roster of these "bootleg homes" has remained a matter of mystery and debate. Illus. 124 pages. History Press. 6x9. Paperbound. Pub. at \$23.99 **\$17.95**



**6997899 WRIGHT ON EXHIBIT: Frank Lloyd Wright's Architectural Exhibitions.** By Kathryn Smith. Shows how Wright was an artist-architect projecting an avant-garde program, an innovator who expanded the palette of installation design as technology evolved, and a social activist driven to revolutionize society through design. Fully illus. some in color. 279 pages. Princeton. 9 1/4 x 10 1/4. Pub. at \$63.00 **\$21.95**



## Monographs on Architects



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**8996288 RICHARD RIEMERSCHMID'S EXTRAORDINARY LIVING THINGS.** By Freyja Hartzell. Celebrates Riemerschmid's understudied legacy as a designer of everyday objects—furniture, tableware, clothing—that were imbued with an extraordinary sense of vitality and even personality. Well illus. most in color. 401 pages. MIT Press. 7 1/4 x 9 1/4. Pub. at \$39.95 **\$9.95**



**7869894 FRANK LLOYD WRIGHT AND SAN FRANCISCO.** By Paul V. Turner. Looks at the architect's complex and evolving relationship with San Francisco, surveying the full body of Wright's work in the Bay Area which was roughly thirty projects, only a third of which were built. Turner highlights aspects of the architect's career that have never before been explored, inspiring a new understanding of Wright, his personal and client interactions, and his work. Well illus., many in color. 216 pages. Yale. 9 1/2 x 10 1/4. Pub. at \$65.00 **\$14.95**



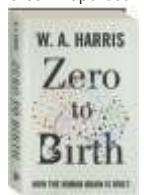
**7894260 RICHARD NEUTRA: The Story of the Berlin Houses 1920-1924.** Harriet Roth. The houses in Zehlendorf represent a fascinating phase in Neutra's work. With their complex color schemes and extravagant interior design, they reveal themselves to be more than just an experimental and radically innovative design. These lesser-known aspects hit at elements that will be taken up again in future projects. Fully illus. most in color. 301 pages. Hatje Cantz. 9 x 10 1/4. Pub. at \$75.00 **\$21.95**

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**★7935234 FRANK LLOYD WRIGHT & RALPH WALDO EMERSON: Transforming the American Mind.** By Ayad Rahmani. Photos. 324 pages. LaSUP. 6 1/2 x 9 1/2. Pub. at \$49.95 **PRICE CUT to \$24.95**

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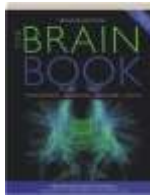


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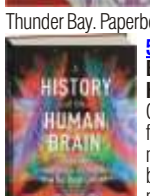
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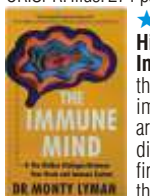
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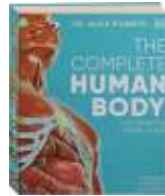
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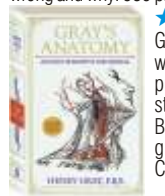
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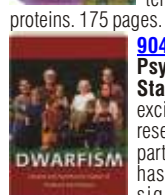
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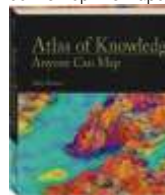
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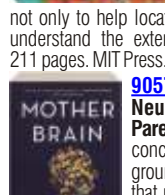
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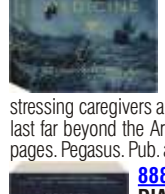
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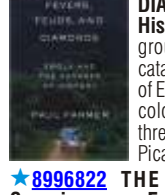
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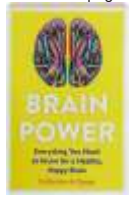
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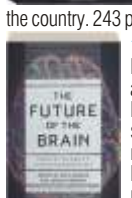
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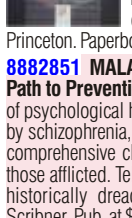
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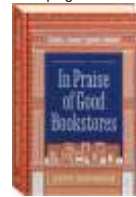
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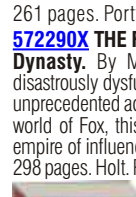
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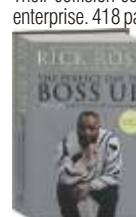
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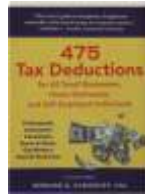
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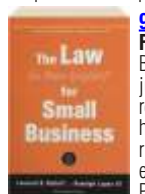
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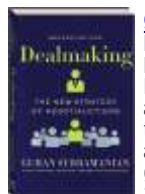


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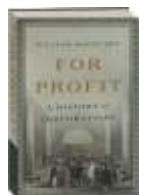
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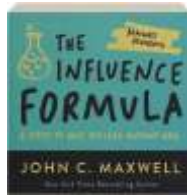
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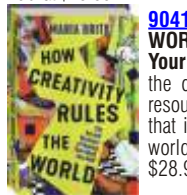
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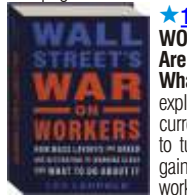
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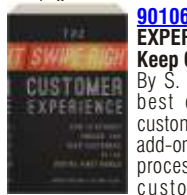
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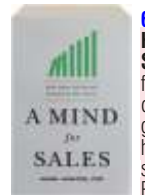
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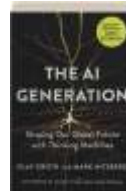
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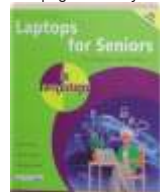


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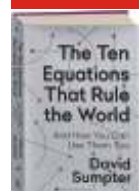
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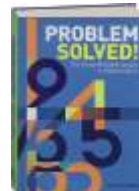
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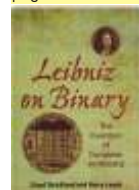
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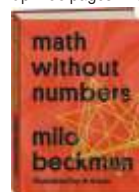
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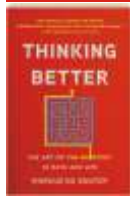
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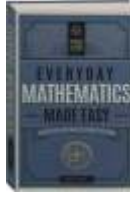


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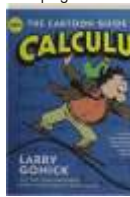


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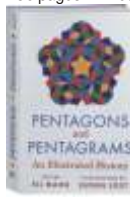
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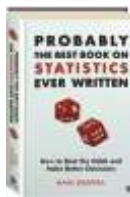
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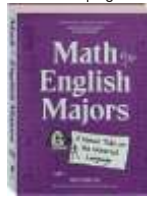
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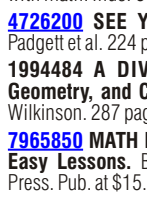
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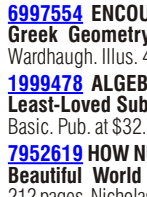
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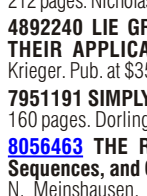
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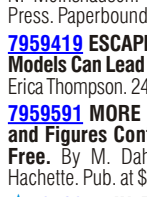
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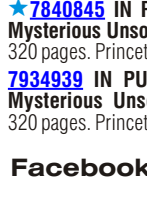
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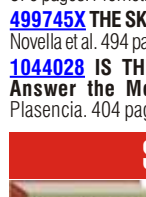
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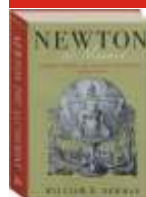
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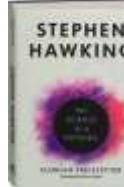
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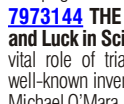
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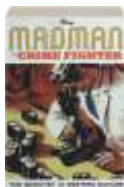
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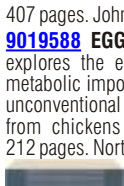
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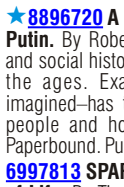
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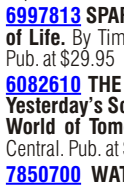
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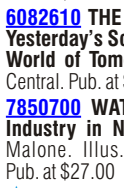
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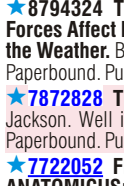
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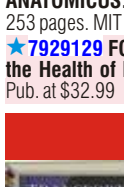
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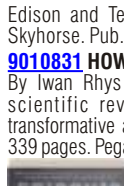
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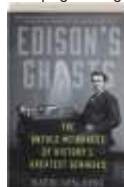
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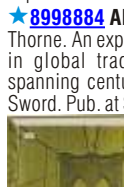
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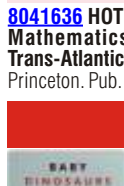
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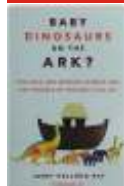


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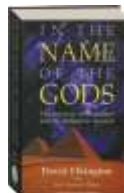
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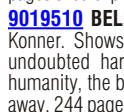
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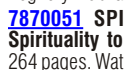
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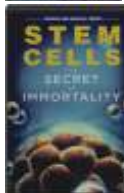
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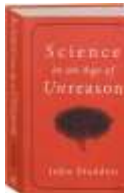
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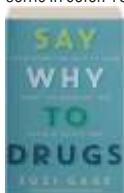
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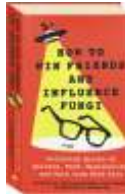
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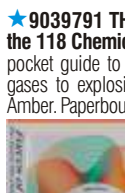
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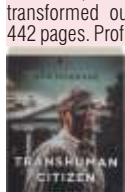
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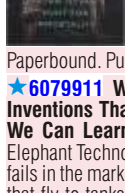
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## Insects

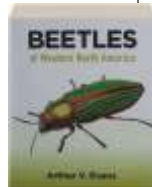


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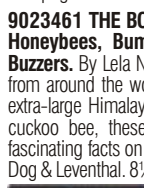
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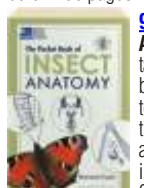
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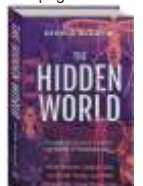
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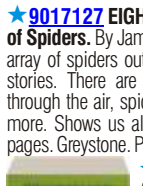
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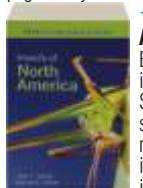
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## Insects



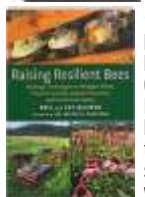
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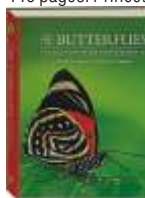
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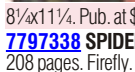
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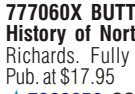
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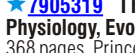
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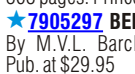
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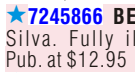
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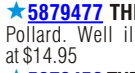
**\*7905319 THE COMPLETE INSECT: Anatomy, Physiology, Evolution, and Ecology.** Ed. by David A. Grimaldi. 368 pages. Princeton. 8 3/4x11 1/4. **\$29.95**



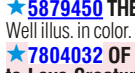
**\*7905297 BEETLES OF THE WORLD: A Natural History.** By M.V.L. Barclay & P. Bouchard. 240 pages. Princeton. Pub. at \$29.95 **\$14.95**



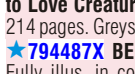
**\*7245866 BEEKEEPING: Pocket Nature.** By Ariel Silva. Fully illus. in color. 128 pages. Chronicle. Pub. at \$12.95 **PRICE CUT to \$7.95**



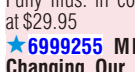
**\*5879477 THE LITTLE BOOK OF SPIDERS.** By Simon D. Pollard. Well illus. in color. 160 pages. Princeton. Pub. at \$14.95 **\$11.95**



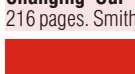
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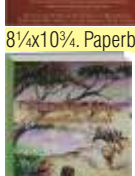
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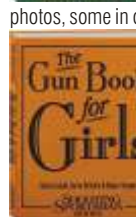
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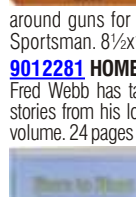
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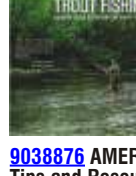
**9039392 TROUT FLY FISHING: An Expert Approach.** By M. Cairncross & J. Dawson. Applies the latest developments to all aspects of trout fly fishing around the world. Techniques are suggested for fishing a large range of lakes, rivers and springs in a straightforward, detailed and sometimes humorous, approach; and more. Fully illus. in color. 184 pages. Derrydale. 9x11 1/2. Pub. at \$65.00 **\$5.95**



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## Fishing & Hunting



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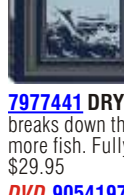
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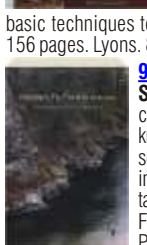
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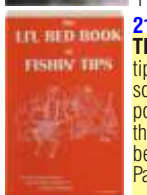
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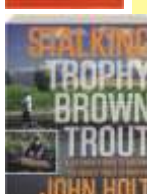
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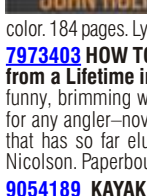
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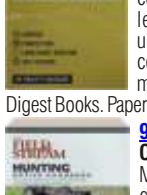
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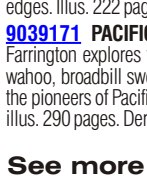
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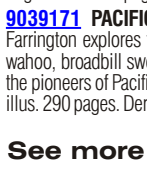
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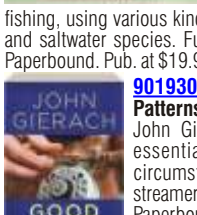
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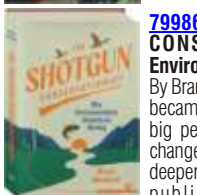
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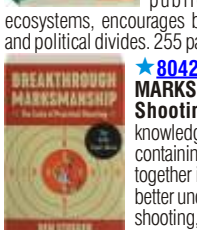
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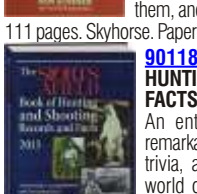
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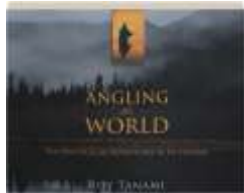
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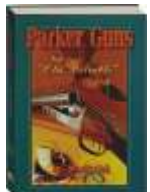
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**★6077587 ARMING THE WORLD: American Gun-Makers in the Gilded Age.** By Geoffrey S. Stewart. Tells the story of the American small arms industry from the early 1800s through the post-Civil War era. Almost from the beginning, the U.S. produced arms in new and radically different ways, relying on machinery to mass-produce guns when others still made them by hand. 16 pages of photos. 333 pages. Lyons. Pub. at \$37.95 **\$27.95**

**797812X HEYDAY OF THE SHOTGUN: The Art of the Gunmaker at the Turn of the Last Century.** By David J. Baker. Fully illus. most in color. 156 pages. **SOLD OUT**

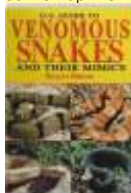
**★7897472 GUN DIGEST 2024, 78TH EDITION.** Ed. by Philip P. Massaro. Fully illus. some in color. 622 pages. Gun Digest Books. 8½x10¼. Paperbound. Pub. at \$39.99 **\$29.95**

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## Marine Mammals, Fish & Reptiles



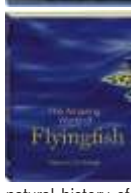
**9045686 MARSUPIAL FROGS: Gastrotheca & Allied Genera.** By William E. Duellman with L. Trueb. Reveals the many aspects of the lives of marsupial frogs and closely allied genera. Showing the diversity of the frogs' exotic color patterns and geographic distribution, more than 200 photographs, illustrations, and maps accompany the detailed text. 407 pages. Johns Hopkins. 7x10¼. Pub. at \$120.00 **\$5.95**



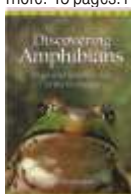
**3747484 U.S. GUIDE TO VENOMOUS SNAKES AND THEIR MIMICS.** By Scott Shupe. Shupe's expertise and knowledge of snakes is apparent in the thoughtful descriptions and handy hints on how to tell poisonous snakes from their harmless imitators. Includes full-color photos for definitive identification and accurate region by region range maps for each snake. 160 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**



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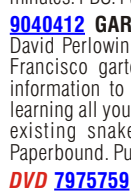
**DVD 8054797 THE WHALE.** Narrated by Ryan Reynolds, *The Whale* tells the life-affirming true story of a young, wild killer whale—an orca—nicknamed Luna, who lost contact with his family on the coast of British Columbia and became famous around the world when he tried to make friends with human beings. CC. 85 minutes. Docurama. **\$6.95**



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**DVD 7975759 BLACKFISH.** Widescreen. A documentary following the controversial captivity of killer whales, with a focus on Tilikum, and its dangers for both humans and whales. English SDH. 83 minutes. Magnolia. **\$2.95**



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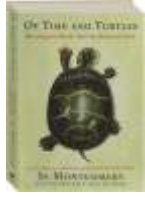




## Marine Mammals, Fish & Reptiles



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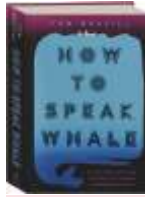
**★7917279 OF TIME AND TURTLES: Mending the World, Shell by Shattered Shell.** By Sy Montgomery. Blending science, memoir, and philosophy, and drawing on cultures from across the globe, this portrait of injured turtles and their determined rescuers invites us all to slow down and slip into turtle time. 16 pages of color photos. 288 pages. Mariner Books. Pub. at \$28.99 **\$21.95**



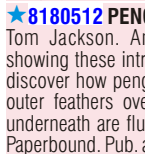
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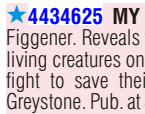
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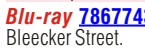
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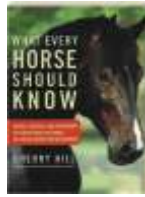
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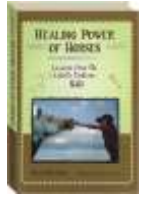
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## Horses & Horsemanship



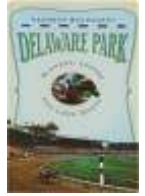
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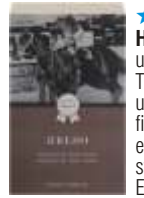
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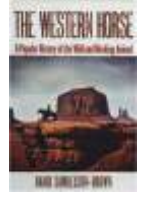
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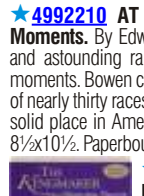
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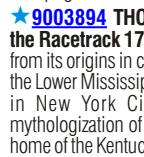
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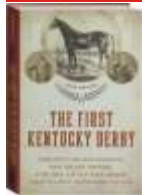
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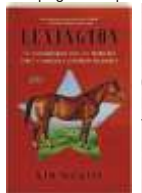
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## Horses & Horsemanship



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**\*4954793 NEVER SAY DIE: A Kentucky Colt, the Epsom Derby, and the Rise of the Modern Thoroughbred Industry.** By James C. Nicholson. Photos. 218 pages. UPKY. Paperbound. Pub. at \$26.00 **\$7.95**

**\*793467X THE FAST RIDE: Spectacular Bid and the Undoing of a Sure Thing.** By Jack Gilden. 318 pages. UNEP. Paperbound. Pub. at \$26.95 **\$14.95**

**\*7818270 THE TURCOTTES: The Remarkable Story of a Horse Racing Dynasty.** By Curtis Stock. 32 pages of photos, some in color. 368 pages. Firefly. Pub. at \$35.00 **\$27.95**

## Farm & Domesticated Animals



**7797311 RAISING AND KEEPING DAIRY GOATS: A Practical Guide.** By Katie Normet. Explores the daily challenges and rewards of life as a goat farmer. Normet's account covers: purchasing, housing, feeding, breeding, kidding, milking and diseases. Included are chapters on cheese making and soap making with many tips and recipes. Color photos. 192 pages. Firefly. Paperbound. Pub. at \$19.95 **\$5.95**



**LIMITED QUANTITY 8799334 HENTOPIA: Create a Hassle-Free Habitat for Happy Chickens.** By Frank Hyman. Turn your backyard into a hentopia: a chicken habitat that keeps your flock safe, clean, fed, and entertained, with less work left over for you. This ingenious guide will help you build inexpensive, low-maintenance structures and accessories to create a sustainable paradise for your hens. Fully illus. in color. 208 pages. Storey. 8x10. Paperbound. Pub. at \$24.95 **\$6.95**



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



**7979819 LLAMAS & ALPACAS: Keeping a Small-Scale Camelid Herd.** By Sue Weaver. You'll learn the ins and outs of buying and caring for these remarkable creatures and delight in what they can do for you in return! Tips on building fencing and shelter for safety and comfort, spot symptoms of common diseases, breed, deliver, and care for healthy crias, and more. Fully illus. in color. 200 pages. CompanionHouse. Paperbound. Pub. at \$14.95 **\$4.95**



**7805195 KEEPING CHICKENS.** By Liz Wright. Guides you through all you need to know to choose breeds and prepare and care for your birds. Also included are sections on collecting and storing your eggs, raising birds for the table and fantastic recipe suggestions. Well illus. in color. 256 pages. Flame Tree. Paperbound. Pub. at \$15.99 **\$6.95**



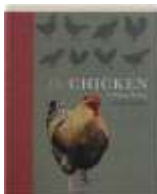
**9053816 ESSENTIAL GUIDE TO CALVING: Giving Your Beef or Dairy Herd a Healthy Start.** By Heather Smith Thomas. Whether you keep a single family milk cow or oversee a large herd, this volume will guide you through every situation likely to arise before, during, and after calving, from routine births to nursing difficulties. Fully illus. 325 pages. Storey. 8½x10¼. Paperbound. Pub. at \$34.99 **\$6.95**



**\*8794391 THE BEGINNER'S GUIDE TO RAISING CHICKENS: How to Raise a Happy Backyard Flock.** By Anne Kuo. Makes it simple and easy to start keeping these surprisingly smart birds right in your backyard. Build the perfect home for your flock with the help of detailed backyard coop designs and construction guides. Find out how to pick the right breed, raise chicks, collect eggs, keep the birds safe from predators, and more. Illus. in color. 176 pages. Callisto. Paperbound. Pub. at \$17.99 **\$12.95**



**\*7898207 AN ABSOLUTE BEGINNER'S GUIDE TO RAISING BACKYARD DUCKS.** By Gail Damerow. In this straightforward guide, poultry expert Damerow leads beginner duck keepers through all the basics, including: profiles of popular breeds; acquiring a starter flock; facilities and feeding; why ducks do what they do; managing for eggs and meat; and more. Fully illus. in color. 160 pages. Storey. Paperbound. Pub. at \$16.99 **\$12.95**



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



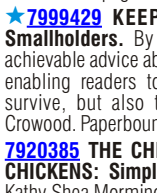
**9024581 STOREY'S GUIDE TO RAISING DAIRY GOATS, FIFTH EDITION.** By J. Belanger & S.T. Bredeken. Learn how to choose the right goats for your goals; set up secure fencing and humane facilities; keep your herd healthy; oversee breeding and kidding; milk your does properly; produce cheese, yogurt, soap, and chevon; and more. Fully illus. in color. 286 pages. Storey. Pub. at \$34.95 **\$7.95**



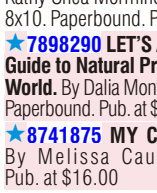
**\*8794405 THE BEGINNER'S GUIDE TO RAISING GOATS: How to Keep a Happy Herd.** By Amber Bradshaw. Helps you get the most out of these hearty herd animals with step by step instructions and easy to follow tips for beginners. Breaks down the dos and don'ts of starting your herd. Learn how to pick the right kind of goat for your homestead, build fences and shelters, feed and breed your herd, and more. Illus. in color. 144 pages. Callisto. Paperbound. Pub. at \$14.99 **\$11.95**



**\*7820003 THE BACKYARD CHICKEN KEEPER'S BIBLE: Discover Chicken Breeds, Behavior, Coops, Eggs, and More.** By Jessica Ford et al. Combining practical chicken-keeping information and advice, chicken history and art, and the insights of international authors, poultry show winners, botanists, and homesteaders, this work is a stunning celebration of the incredible world of chickens. Fully illus. most in color. 416 pages. Abrams. **\$33.95**



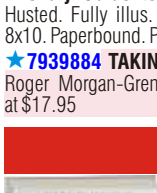
**\*7999429 KEEPING PIGS: A Practical Guide for Smallholders.** By Claire Scott et al. Offers practical and achievable advice about all aspects of pig husbandry and health, enabling readers to understand how their pigs cannot just survive, but also thrive. Fully illus. in color. 224 pages. Crowood. Paperbound. Pub. at \$29.99 **\$21.95**



**7920385 THE CHICKEN CHICK'S GUIDE TO BACKYARD CHICKENS: Simple Steps for Healthy, Happy Hens.** By Kathy Shea Mormino. Fully illus. in color. 180 pages. Voyageur. 8x10. Paperbound. Pub. at \$19.99 **\$5.95**



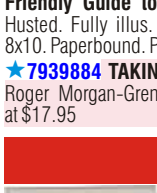
**\*7898290 LET'S ALL KEEP CHICKENS! The Down-to-Earth Guide to Natural Practices for Healthier Birds and a Happier World.** By Dalia Monterroso. Fully illus. in color. 192 pages. Storey. Paperbound. Pub. at \$16.99 **PRICE CUT to \$7.95**



**\*8741875 MY CHICKEN FAMILY: A Keepsake Album.** By Melissa Caughey. Well illus. in color. Storey. Pub. at \$16.00 **PRICE CUT to \$7.95**



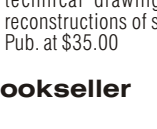
**\*777429X THE SECRET LIFE OF PIGS: Stories of Compassion and the Animal Save Movement.** By R. Hoyle & A. Krajnc. 359 pages. Lantern Publishing. Paperbound. Pub. at \$24.95 **\$7.95**



**\*7934769 YARD BIRDS: The Lives and Times of America's Urban Chickens.** By Philip Levy. Illus. 254 pages. UVaP. Paperbound. Pub. at \$24.95 **\$14.95**



**\*7841272 CHICKEN KEEPING PURE + SIMPLE: A Fun, Friendly Guide to Backyard Chicken Keeping.** By Nikki Husted. Fully illus. in color. 176 pages. Cool Springs Press. 8x10. Paperbound. Pub. at \$24.99 **\$17.95**



**\*7939884 TAKING STOCK: A Journey Among Cows.** By Roger Morgan-Grenville. 339 pages. Icon. Paperbound. Pub. at \$17.95 **PRICE CUT to \$5.95**

## Animals



**LIMITED QUANTITY 9057803 DINOSAUR FACTS AND FIGURES: The Sauropods and Other Sauropodomorphs.** By R. Molina-Perez & A. Larramendi. An essential compendium of sauropod facts and figures—from the biggest and the oldest to the smallest and the rarest. It covers every known species and features more than 2,000 diagrams and technical drawings along with hundreds of full-color reconstructions of specimens. 272 pages. Princeton. 9¾x12. Pub. at \$35.00 **\$9.95**





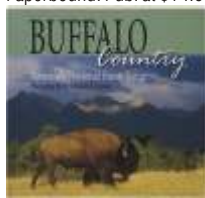
## Animals



**9003223 IN WOLF COUNTRY.** By Jim Yuskavitch. Reveals the story of the first groups of wolves that emigrated from reintroduced areas in Idaho to re-colonize their former habitat in the Pacific Northwest. The political maneuvering and intense controversy that has defined wolves' recovery in the West makes this a compelling and timely read. Illus. 209 pages. Lyons. Paperbound. Pub. at \$18.95 **\$4.95**



**9003541 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 **\$4.95**



**9011986 BUFFALO COUNTRY: America's National Bison Range.** Photos by Donald M. Jones. Learn the story of bison: how they live, the bison cultures of Native Americans, their near extermination and recovery, and how the National Bison Range was created. Jones's gorgeous photography highlights the range's beauty and wildlife. 72 pages. Riverbend. Paperbound. Pub. at \$14.95 **\$5.95**



**9002987 TALES OF AN AFRICAN VET.** By Roy Aronson. Brings together Dr. Aronson's adventures in a rare behind the scenes look at those who treat wild animals in their natural habitat. For lovers of outdoor adventure stories, this is a riveting volume with rich insights into both the animal and human cultures of Africa. 228 pages. Lyons. Paperbound. Pub. at \$14.95 **\$4.95**

**DVD 7793987 SERENGETI.** Widescreen. A dramatized story based on the real lives of Africa's most iconic animals. Narrated by John Boyega. Collects all six episodes. English SDH. Six hours on 2 DVDs. BBC Earth. **\$5.95**



**9034889 FUNNY FARM: My Unexpected Life with 600 Rescue Animals.** By Laurie Zaleski. The author's mother aspired to open an animal shelter, and after a career in business, Zaleski was determined to make her dream come true. But when her mother died only two weeks before moving day, she made that dream her own and opened the Funny Farm Animal Rescue in her mother's memory. 16 pages of color photos. 244 pages. St. Martin's. Pub. at \$27.99 **\$6.95**



**9011722 ON WILD HOGS AND JAVELINAS: History, Biology, Management, and Hunting.** By Richard B. Taylor. The author gives us a comprehensive history of the feral hog, where they occur, how and with what to hunt them, how to trap them if they cannot be shot, what to be careful of, and what methods to use to help you get your hog. Also includes a comprehensive section on the distant cousin of the feral hog. Fully illus. 274 pages. Safari. Paperbound. Pub. at \$24.95 **\$4.95**



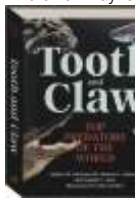
**LIMITED QUANTITY 9003312 LONESOME FOR BEARS: A Woman's Journey in the Tracks of the Wilderness.** By Linda Jo Hunter. As caretakers and guides at Redoubt Bay Lodge in Alaska, Hunter and her husband lived side by side with brown bears, learning to understand their behavior and growing to miss their 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 **\$5.95**



**Blu-ray 8997802 YELLOWSTONE: Battle for Life.** Widescreen. Join the charismatic cast of Yellowstone's wildlife as they turn to face extreme challenges of the seasons and discover what it takes to break temperatures 40 degrees below zero, to live through raging forest fires or to fight to the death for the right to breed. 150 minutes. BBC Earth. **\$4.95**



**8056528 WILD SEX: The Science Behind Mating in the Animal Kingdom.** By Carin Bondar. An intriguing guide to the sex lives of the animal kingdom. Bondar presents razor-sharp penises, murderous carnal cannibals, and spontaneous chemical warfare in an epic battle between the sexes. Exhilarating, amusing, petrifying—and guaranteed to make you think about sex in a whole new way. 366 pages. Pegasus. Pub. at \$27.95 **\$5.95**



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



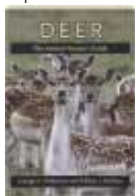
**★1168762 WISDOM OF OWLS.** Compiled by Lisa Purcell. Charming images of these mysterious nocturnal raptors are presented with inspiring wise words of wits throughout the ages. The pairing of quotations and photos are heartfelt messages about knowledge and self-confidence, laughter and smiles, hopes and dreams, and just plain fun. **SOLD OUT**

**9038965 CHRISTIAN THE LION: The Illustrated Legacy.** By John Rendall, photos by D. Cattani. In 1969, Harrods department store in London sold a three month old lion cub to two young Australians, John Rendall and Anthony (Ace) Bourke. They called him Christian. When Christian outgrew his London environment he was entrusted to the care of George Adamson in Kenya. The YouTube clip of their reunion, a year later, still inspires millions. Fully illus. some in color. 192 pages. Bradt. Pub. at \$25.99 **\$5.95**



**7751699 PAWFECT LOVE: Life Is Best with a Love Like Yours.** Photos by Warren Photographic. 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 **\$4.95**

**★9009116 MOO: A Book of Happiness for Cow Lovers.** By Angus St. John Galloway. A celebration of these endearing animals, pairing memorable quotes and charming photographs of around 50 of the world's most popular cattle breeds to create a collection of words and images to treasure. 160 pages. Exisle. Paperbound. Pub. at \$15.99 **\$11.95**



**7747861 DEER: The Animal Answer Guide.** By G.A. Feldhamer & W.J. McShea. Offering vivid color photographs and an accessible and engaging question and answer format, this is the go-to resource guide on deer. Nature lovers, hunters, and anyone curious about deer will find this fact-filled volume both fascinating and full of surprises. 163 pages. Johns Hopkins. Paperbound. Pub. at \$24.95 **\$3.95**



**DVD 8993181 UNLEASHED! Deadly Animal Attacks.** Widescreen. Get behind the eyes of nature's deadliest predators and begin to understand the reasons they attack. Hear from those who survived attacks and relive, blow by blow, man and animal encounters around the planet. Includes *When Animals Strike* and *Nature's Deadliest*. Over 4 hours on two DVDs. Gaia. Pub. at \$19.98 **\$4.95**



**7951310 THE WISDOM OF WOLVES: Lessons from the Sawtooth Pack.** By Jim & Jamie Dutcher. This collection of stories will draw you into the natural world of the wolf, bringing a deeper understanding of the values we share with all living beings. Also illustrates the urgent issues surrounding the protection of wolves and other wildlife. Photos. 219 pages. National Geographic. Paperbound. Pub. at \$16.99 **\$5.95**

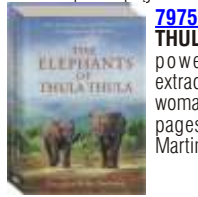
**7744226 WHEN ANIMALS RESCUE: Amazing True Stories About Heroic and Helpful Creatures.** By Belinda Recio. Presents dozens of astonishing and heart-warming stories about animals, such as mice, horses, dolphins, and wolves, who engage in acts of helpful kindness. Tales of heroism, kindness, and compassion suggest we have far more in common with other animals than we once believed. Well illus., in color. 144 pages. Skyhorse. Pub. at \$19.99 **\$7.95**



**8884412 DOES SOMEBODY NEED A HEDGEHOG?** By Anita Wood. A delightful collection of animal puns of encouragement and endearment for friends, family members or coworkers. Cheeky humor always has a place among friends! Color photos. Gibbs Smith. Pub. at \$9.99 **\$4.95**



**7962118 WILD FAMILY: Seven Stories of Extraordinary Animal Friendship.** By Bhagavan Doc Antle with J.M. Greene. Reminds us that friendships aren't just for humans. When the struggles of living in the wild are removed, all kinds of animals can become best buds. This collection of extraordinary stories and amazing photographs chronicles seven such interspecies friendships. 64 pages. Earth Aware. Pub. at \$16.99 **\$5.95**



**7975368 THE ELEPHANTS OF THULA THULA.** By Francoise Malby-Anthony. A powerful, gripping story about an extraordinary herd of elephants and the woman dedicated to keeping them safe. 16 pages of color photos. 310 pages. St. Martin's. Pub. at \$29.99 **\$6.95**



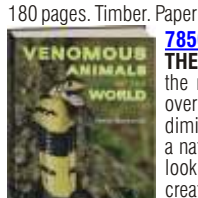
**9000682 THE CHRISTMAS ANIMAL BOOK: Celebration.** By Clint Viebrock. Animals, great and small, wild and tame, play roles in Christmas contemplation and celebration as the artists of early last century saw it. In this collection of holiday cards of yore, Viebrock chronicles Christmas in the pasture, the forests and in the barnyard. Fully illus. in color. 64 pages. Red Rock. Pub. at \$9.95 **\$4.95**



**1041207 A HANDFUL OF HAPPINESS: How a Prickly Creature Softened a Prickly Heart.** By Massimo Vacchetta with A. Tomaselli. A veterinarian cares for an orphaned baby hedgehog and connects with her in a way he's never connected with any other animal. Through this life affirming story of a man and his hedgehog, we learn that there's no such thing as too small an act if it's done out of compassion and love. 16 pages of color photos. 184 pages. Rodale. Pub. at \$22.99 **\$6.95**



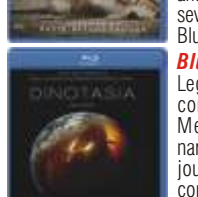
**9053751 ANIMALS REVIEWED: Starred Ratings of Our Feathered, Furred, and Furry Friends.** By Association of Zoos & Aquariums. Zoos and aquariums poke affectionate fun at their animal friends giving this title five stars for cuteness and hilarity! Fully illus. in color. 180 pages. Timber. Paperbound. Pub. at \$9.95 **\$4.95**



**785675X VENOMOUS ANIMALS OF THE WORLD.** By Steve Backshall. From the mighty King Cobra, which can reach over five meters in length, down to the diminutive but lethal Black Widow Spider, a natural history expert takes a fascinating look at more than 60 of the most venomous creatures across the world's continents. Well illus. in color. 160 pages. Johns Hopkins. 10x12 1/4. Pub. at \$47.00 **\$9.95**



**Blu-ray 7835817 THE HUNT.** Widescreen. From the producers of *Frozen Planet* and *Planet Earth*, this series reveals the most surprising and significant events in the natural world in astonishing detail. See the dramatic encounters of predator and prey in an entirely new light. Collects all seven episodes. Nearly 6 hours on two Blu-rays. BBC Earth. **\$6.95**



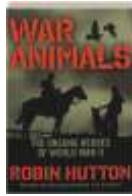
**Blu-ray 7988524 DINOTASIA.** Legendary filmmaker Werner Herzog conducts this immersive tour of the Mesozoic, lending his distinctive narrative voice to a unique transporting journey back in time. The depictions combine the latest scientific thinking with stories crafted in a purely visual style not seen since the classic era of silent cinema. 82 minutes. Flatiron. **\$4.95**



## Animals



**902607X KOALA: A Natural History and an Uncertain Future.** By Danielle Clode. Investigates the remarkable physiology of these charismatic creatures. Born the size of tiny "jellybeans," joeys face an uphill battle, from crawling into their mother's pouch to being weaned onto a toxic diet of gum-tree leaves, the koala's single source of food. 322 pages. Norton. Pub. at \$27.95 **\$6.95**



**7879210 WAR ANIMALS: The Unsung Heroes of World War II.** By Robin Hutton. Tells the heartwarming stories of the dogs, horses, mules, pigeons, and one cat, who did their bit for the war effort. American and British families volunteered beloved family pets and farm dogs to aid in the war effort. The shining loyalty and courage of these heroes is a testimony to the enduring bond between us and the animals we love. Illus. 428 pages. Regnery. Paperbound. Pub. at \$16.99 **\$5.95**



**1177834 WAR ANIMALS: The Unsung Heroes of World War II.** By Robin Hutton. Tells the heartwarming stories of the dogs, horses, mules, pigeons, and one cat, who did their bit for the war effort. American and British families volunteered beloved family pets and farm dogs to aid in the war effort. The shining loyalty and courage of these heroes is a testimony to the enduring bond between us and the animals we love. Illus. 428 pages. Regnery. Pub. at \$29.99 **\$6.95**



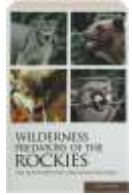
**8217645 THE ALPHA FEMALE WOLF: The Fierce Legacy of Yellowstone's 06.** By Rick McIntyre. Tells the dramatic true story of 06 and five generations of female leaders in Yellowstone National Park, showing us that it is female wolves, not their male counterparts, who are the true leaders of the pack. Photos. 256 pages. Greystone. Paperbound. Pub. at \$18.95 **\$13.95**



**9029370 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 **\$4.95**



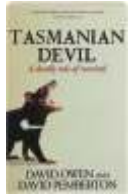
**9002863 SEA TURTLES: The Watcher's Guide.** By M. Timothy O'Keefe. Gives an overview of sea turtle life and also provides the specifics of appropriate personal conduct and behavior for human beings on turtle nesting beaches. Fully illus. 126 pages. Larsen's Outdoor. Paperbound. Pub. at \$17.95 **\$4.95**



**9030433 WILDERNESS PREDATORS OF THE ROCKIES: The Bond Between Predator and Prey.** By Mike Lapinski. First hand accounts and amazing photos capture the lives of secretive hunters like the mighty grizzly, stately wolf, and stealthy mountain lion that prowl the backcountry of the Rockies. 193 pages. Falcon. Paperbound. Pub. at \$17.95 **\$4.95**



**9057773 CAT WARS: The Devastating Consequences of a Cuddly Killer.** By P.P. Marra & C. Santella. Tells the story of the threats free-ranging cats pose to biodiversity and public health throughout the world, and sheds new light on the controversies surrounding the management of the explosion of these cat populations. Traces the historical and cultural ties between humans and cats. 16 pages of color photos. 212 pages. Princeton. Pub. at \$24.95 **\$5.95**



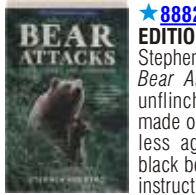
**9017550 TASMANIAN DEVIL, SECOND EDITION: A Deadly Tale of Survival.** By D. Owen & D. Pemberton. Until 3,000 years ago, the Tasmanian devil lived in the great eastern forests on mainland Australia. Now confined to Tasmania, it was ravaged by a facial tumor disease that threatened its existence. This work recounts the fascinating story of its rescue from the brink. Photos, most in color. 242 pages. Allen & Unwin. Paperbound. **SOLD OUT**



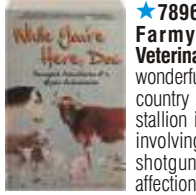
**7981007 BEARS BEHAVING BADLY.** By John McDonald, photos by P. Cyr. Tired of being thought of as shaggy, bumbling clowns, these bears are here to set the record straight. Includes more than 70 photographs of bears just doing their thing and being bears along with captions that reveal what they're thinking in the process. 96 pages. Down East. 7x7 1/4. Pub. at \$14.95 **\$5.95**



**1173510 THE ENCYCLOPEDIA OF DINOSAURS.** By Dougal Dixon. A detailed guide to the world's best-known dinosaurs, together with many lesser-known species from the Triassic, Jurassic and Cretaceous periods of Earth's history. Informative text provides a description of each creature, maps locate the sites where their fossils have been excavated, and illustrations show how each looked according to current scientific understanding. 256 pages. Hermes House. 8 3/4 x 11 1/4. **SOLD OUT**



**8882096 BEAR ATTACKS, THIRD EDITION: Their Causes and Avoidance.** By Stephen Herrero. For more than three decades, *Bear Attacks* has been the thorough and unflinching landmark study of the attacks made on humans by the great grizzly and the less aggressive, but occasionally deadly, black bear. This is the sometimes horrific yet instructive story of bears and people, written by the leading scientific authority in the field. Photos. 294 pages. Lyons. Paperbound. Pub. at \$19.95 **\$14.95**



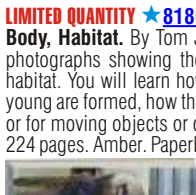
**7896972 WHILE YOU'RE HERE, DOC: Farmyard Adventures of a Maine Veterinarian.** By Bradford B. Brown. Shares a wonderful collection of stories from the life of a country vet. Whether trying to geld a spooked stallion in a blizzard or endure an all-out fracas involving a monkey's abscessed tooth and a shotgun, Doc Brown's stories are hilarious, affectionate, and endlessly entertaining. Photos. 174 pages. Down East. Paperbound. **SOLD OUT**



**7896883 JUST ONE MORE THING, DOC: Further Farmyard Adventures of a Maine Veterinarian.** By Bradford B. Brown. Whether he's escaping the personal vendetta of a bull named Killer, chasing a stallion through downtown Bangor, performing heart surgery in an arena, desperately dancing with a rabid cow, or having a close airborne encounter with a B-52 bomber, this vet regards it all as part of a (long) working day. 154 pages. Down East. Paperbound. Pub. at \$18.95 **\$13.95**



**8180466 BEARS: Cubs, Species, Characteristics, Habitats.** By Tom Jackson. An outstanding collection of photographs showing these fascinating animals in their natural habitats. From the polar bears of the Arctic to the brown bears that prowl North America, and from the giant pandas of Asia to the Andean bears of South America. 224 pages. Amber. Paperbound. Pub. at \$16.99 **\$12.95**



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**7942389 ELEPHANT HOUSE.** By Nigel Rothfels, photos by D. Blau. Offers a thought provoking study of the Oregon Zoo's Asian Elephant Building and the daily routines of its residents, human and pachyderm alike. This work is the result of Blau and Rothfels' unique creative collaboration that explores the relationships between captive elephants and their human caregivers through photos. Penn State Univ. Pub. at \$29.95 **\$4.95**



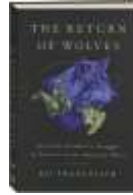
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**LIMITED QUANTITY 8204365 CREATURES THAT EAT PEOPLE: Why Wild Animals Might Eat You.** By Richard Freeman. Examines incredible, terrifying, and heartbreaking encounters of man coming face to face with snakes, Komodo dragons, polar bears, crocodiles and more. These real-life thrilling stories are cautionary tales, reminding us that humanity, no matter what we've achieved, is still prey. 245 pages. Mango. Paperbound. Pub. at \$24.99 **\$17.95**



**6075819 SECRETS OF THE OCTOPUS.** By Sy Montgomery. Reveals an astonishing array of curious behaviors unique to these extraordinary animals. Join Montgomery on this marvelous marine adventure and meet some of the most beautiful and intriguing creatures on the planet. Fully illus. in color. 190 pages. National Geographic. Pub. at \$30.00 **\$21.95**



**799866X 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 **\$7.95**



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**9032827 TRACK FINDER: Identifying Mammal Tracks in Eastern North America.** By Dorcas S. Miller, illus. by C.H. Day. Learn to identify mammal tracks by trail width, trail pattern, and print size. Introduces more than 50 common mammals and their tracks. Fully illus. some in color. 61 pages. Nature Study Guild. 6x4. Paperbound. Pub. at \$7.95 **SOLD OUT**



**9032800 PACIFIC COAST MAMMAL FINDER: Identifying Mammals by Their Tracks, Skulls, and Other Signs.** By Ron Russo, illus. by P. Frazier. This guide begins with introductions of various signs: animal tracks, burrows, nests, scat, scratch or chew marks, and skulls/jaws. Presenting more than 50 mammals, with range maps and descriptions. Fully illus. some in color. 93 pages. Nature Study Guild. 6x4. Paperbound. Pub. at \$7.95 **\$5.95**





## Animals



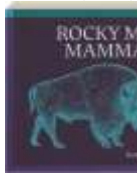
**9045619 ENTERTAINING ELEPHANTS: Animal Agency and the Business of the American Circus.** By Susan Nance. Examines elephant behavior, drawing on the scientific literature of animal cognition learning and communications, to offer a study of elephants as actors in American circus entertainment between 1800 and 1940. By developing a deeper understanding of animal behavior, the author asserts, we can more fully explain the common history of all species. Illus. 294 pages. Johns Hopkins. Pub. at \$60.00 **\$9.95**



**LIMITED QUANTITY ★ 9034765 WHAT THE BEARS KNOW: How I Found Truth and Magic In America's Most Misunderstood Creatures.** By S. Searles & C. Erskine. The incredible story of how one man went from a hired hunter to becoming one of America's top champions for this iconic animal. You'll never look at bears or nature the same way again. 16 pages of color photos. 252 pages. Pegasus. Paperbound. Pub. at \$19.95 **SOLD OUT**



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**LIMITED QUANTITY ★ ROCKY MOUNTAIN MAMMAL FINDER: Identifying Mammals by Their Tracks, Skulls, and Other Signs.** By Ron Russo, illus. by B. Downs. This guide begins with introductions of various signs:

animal tracks, burrows, nests, scat, scratch or chew marks, and skulls/jaws. Presenting more than 50 mammals, with range maps and descriptions. Fully illus. some in color. 133 pages. Nature Study Guild. 6x4. Paperbound. Pub. at \$7.95 **\$5.95**



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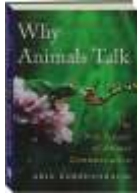
**★ 7939108 DINOSAUR BEHAVIOR: An Illustrated Guide.** By Michael J. Benton, illus. by B. Nicholls. Explores the behavior, evolution, physiology, and extinction of dinosaurs, taking readers inside the mysterious world of these marvelous animals, explaining how the dinosaurs lived and courted, fought and fed, signaled and interacted with each other, and more. Well illus. in color. 224 pages. Princeton. 8 1/4 x 11 1/4. Pub. at \$35.00 **\$27.95**



**7871392 CATCH AND RELEASE: The Enduring Yet Vulnerable Horseshoe Crab.** By Lisa Jean Moore. Shows how humans literally harvest the life out of horseshoe crabs: we use them as markers for understanding geologic time, collect them for agricultural fertilizer, eat them as delicacies, capture them as bait and more. Also details the biomedical bleeding of crabs: how they are caught, drained of 40 percent of their blood, and then released back into their habitat. Well illus. 197 pages. NYUP. Paperbound. Pub. at \$29.00 **\$5.95**



**★ 900002X COWPUPPY: An Unexpected Friendship and a Scientist's Journey into the Secret World of Cows.** By Gregory Berns. In this fascinating glimpse into the cognitive and emotional lives of cows, a neuroscientist weaves together his hands-on experiences with the growing herd on his farm, accessible scientific explanations of animal behavior, and evocative portraits of the animals at the center of his study. Color photos. 229 pages. Harper. Pub. at \$29.99 **\$21.95**



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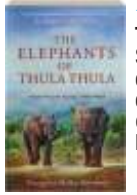
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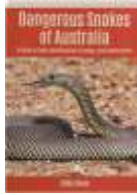
**★ 8893934 WILD TREASURES: A Year of Extraordinary Encounters with Cornwall's Wildlife.** By Hannah Stittall. Shares her incredible stories, beautiful photographs and often funny meetings with Cornwall's wildlife through the course of a year. From brown hares boxing, watching an otter cub hunt, to witnessing the unique bioluminescence of a glow-worm. 255 pages. Gaia. Pub. at \$22.99 **\$17.95**



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**★ 9011013 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. **\$21.95**



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**7783914 DINOSAUR: The Definitive Visual Guide to Prehistoric Animals.** By Douglas Palmer et al. Featuring an incredible mix of digital reconstructions, extraordinary skeletons, and amazingly intricate fossils. This guide surveys millions of years of life on planet Earth. It uses the latest scientific knowledge to reconstruct hundreds of ancient species. Features gilt-edged pages. Fully illus. in color. 400 pages. Dorling Kindersley. 10x12. Pub. at \$34.95 **\$16.95**



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**★ 1038702 THE LAST OF ITS KIND: The Search for the Great Auk and the Discovery of Extinction.** By Gisli Palsson. Blending a richly evocative narrative with rare, unpublished material as well as the insights from ornithology, anthropology, and the author's own North Atlantic travels, this account reveals how the saga of the great auk opens a window onto the human causes of mass extinction. Illus., some in color. 291 pages. Princeton. Pub. at \$27.95 **\$22.95**



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**★ 899918X 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 **\$29.95**



## Animals



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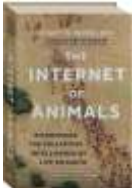


**8877009 NEXTINCTION.** By R. Steadman & C. Levy. Features the incredible art of cartoonist Ralph Steadman that focuses on birds there's still time to save. These are the 192 Critically Endangered Birds on the IUCN Red List, species such as the Giant Ibis, the Kakapo, the iconic Spoon-billed Sandpiper and more. Fully illus., in color. 224 pages. Bloomsbury. Paperbound. Pub. at \$30.00 **PRICE CUT to \$7.95**

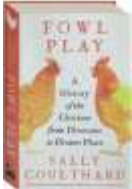
**8878935 THE MAGNIFICENT BEARS OF NORTH AMERICA: ... And Where to Find Them.** By Keith Scott. The author tells many unforgettable stories of his encounters with grizzly bears in the wild. He also shares his knowledge of the continent's greatest carnivores and shows us their lives in page after page of stunning photographs. 158 pages. Hancock House. Paperbound. Pub. at \$14.95 **PRICE CUT to \$3.95**



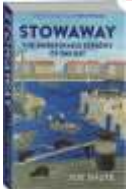
**7850336 DINOSAUR TRACKS: The Next Steps.** Ed. by Peter L. Falkingham et al. The latest advances in dinosaur ichnology are showcased in this comprehensive and timely volume, in which leading researchers and research groups cover the most essential topics in the study of dinosaur tracks. Well illus. in color. 418 pages. InUP. 8 3/4x11 1/4. Pub. at \$40.00 **PRICE CUT to \$7.95**



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**★8874794 REPTILES.** text by Steve K. Wilson. 208 pages. New Holland. 9 1/4x10 1/2. Pub. at \$39.99 **PRICE CUT to \$24.95**

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## Birds & Birding



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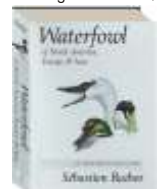
**9054057 THE SCREECH OWL COMPANION: Everything You Need to Know About These Beneficial Raptors.** By J. Wright & S. Weston. Shows you how to attract screech owls to nest in your yard year after year. Follow step by step instructions to make your yard screech-ready; build and site a nest box; install a simple nest cam; watch as owls move in, lay eggs, and raise a family; learn about the owl's life cycle and enjoy fun legends and lore. Well illus. in color. 228 pages. Timber. Paperbound. Pub. at \$24.99 **PRICE CUT to \$7.95**



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## Birds & Birding



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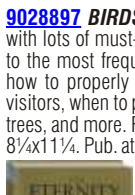
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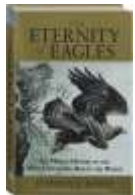
**8063133 EUROPE'S BIRDS: An Identification Guide.** By Rob Hume et al. Covering more than 900 species, and illustrated with 4,700 photographs, this is the most comprehensive, authoritative and ambitious single-volume photographic guide to Europe's birds ever produced. Easy to use, this guide provides the information necessary for birdwatchers to name any bird they see. 640 pages. Princeton. Paperbound. Pub. at \$29.95 **\$6.95**



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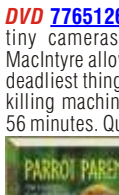
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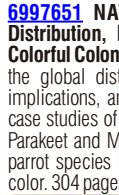
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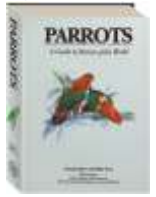


## Birds & Birding

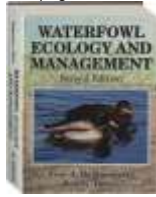


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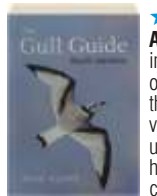
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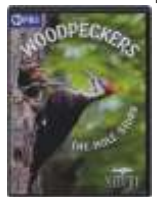
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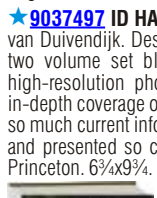
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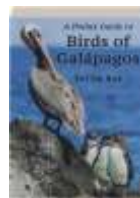
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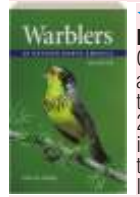
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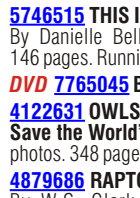
**1167928 WARBLERS OF EASTERN NORTH AMERICA, 2ND EDITION.** By Chris G. Earley. Your essential guide to identifying and enjoying the huge range of warbler species that live in Eastern North America. With over 240 crisp, full color photographs and precise identification notes, this is an indispensable tool for naturalists, students, and birders of all levels of experience. 131 pages. Firefly. Paperbound. Pub. at \$19.99 **PRICE CUT to \$12.95**



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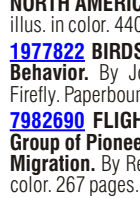
**7770634 JOURNEY WITH THE OWLS.** By David C. Evers et al. Fully illus. in color. 160 pages. Willow Creek. 10 1/4 x 8 1/4. Pub. at \$27.95 **SOLD OUT**



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**4122631 OWLS OF THE EASTERN ICE: A Quest to Find and Save the World's Largest Owl.** By Jonathan C. Slaght. Color photos. 348 pages. FSG. Pub. at \$28.00 **\$6.95**



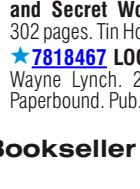
**4879686 RAPTORS OF MEXICO AND CENTRAL AMERICA.** By W.S. Clark & N.J. Schmitt. 304 pages. Princeton. Pub. at \$39.95 **\$3.95**



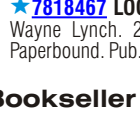
**768178X FIELD GUIDE TO THE BIRDS OF EASTERN NORTH AMERICA, SECOND EDITION.** By David Sibley. Fully illus. in color. 440 pages. Helm. Paperbound. Pub. at \$24.95 **SOLD OUT**



**1977822 BIRDS: A Complete Guide to Their Biology and Behavior.** By Jonathan Elphick. Color photos. 272 pages. Firefly. Paperbound. Pub. at \$29.95 **\$7.95**



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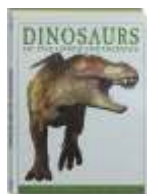


## Birds & Birding

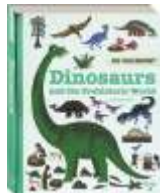
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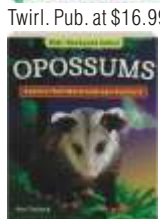
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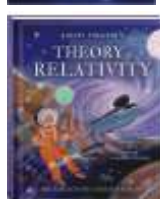
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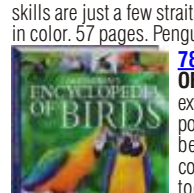
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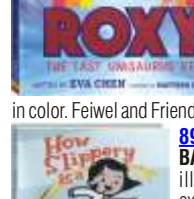
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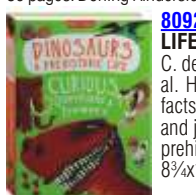
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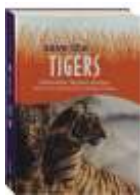
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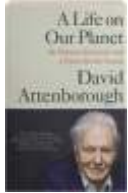


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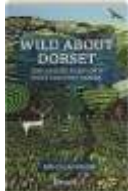
**8878048 CANOEING IN THE WILDERNESS.** By Henry David Thoreau. The eminent American essayist vividly recounts his journey through the mid-19th century Maine woods. The landscapes he encounters reflect both the charms and wildness of nature untouched by modern man. 124 pages. Arcturus. Paperbound. **\$5.95**



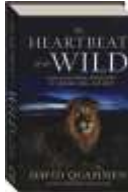
**★4820959 THE GOLDEN SECTION: Nature's Greatest Secret.** By Scott Olsen. Carefully unravels one of the greatest mysteries of all time, a code which seems to underlie life, the universe, and everything, a pattern we instinctively recognize as beautiful, and which nature uses over and over at every scale. Well illus. 58 pages. Wooden. Paperbound. Pub. at \$7.95 **\$4.95**



**9039473 WILD ABOUT BRITAIN: A Lifetime of Award-Winning Nature Writing.** By Brian Jackman. A love letter to Britain's unspoiled coast and countryside. Focusing not only on the island's wildlife and wild places, but on the people—fishermen, sailors and farmers—who have sculpted its rural landscape. Illus. 252 pages. Bradt. Paperbound. Pub. at \$16.99 **\$4.95**



**9039481 WILD ABOUT DORSET: The Nature Diary of a West Country Parish.** By Brian Jackman. Jackman charts one complete year in his home country—from the snowdrops of winter to the arrival of the swifts in spring, and from the winking glow-worms of summer to the harvesting squirrels of autumn. Fully illus. in color. 154 pages. Bradt. Paperbound. Pub. at \$16.99 **\$4.95**



**9026045 THE HEARTBEAT OF THE WILD: Dispatches from Landscapes of Wonder, Peril, and Hope.** By David Quammen. Collects and updates 21 of Quammen's most illuminating dispatches, elegantly chronicling our planet's wildest place and humanity's imaginative efforts to protect them. These inspiring stories remind us of the places on our planet where wild nature still prevails—and the urgent need to keep them that way. 351 pages. National Geographic. Pub. at \$28.00 **\$7.95**

**7849605 THROUGH GLACIER PARK.** By Mary Roberts Rinehart. 57 pages. TwoDot. Paperbound. Pub. at \$14.95 **\$3.95**

**★7774125 WALKING.** By Henry David Thoreau. Photos. 113 pages. Tilbury House. Pub. at \$14.95 **SOLD OUT**

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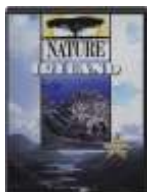


**LIMITED QUANTITY 905782X GEMSTONES: A Concise Reference Guide.** By Robin Hansen. Covers every known type of gemstone, exploring each one's unique beauty, rarity, and durability. It reveals how gems form, where they are found and mined, how to identify them, and more. Color photos. 240 pages. Princeton. Paperbound. Pub. at \$19.95 **SOLD OUT**



**385888X HOW TO DISAPPEAR AND NEVER BE FOUND.** By Barry Davies. Whether you're just concerned about privacy and data security, or being followed or stalked and need to get away as soon as possible, being able to disappear without a trace is something that you will need to know someday, and with this invaluable guide you'll be able to do just that. Illus. in color. 205 pages. Skyhorse. Paperbound. Pub. at \$14.95 **\$5.95**

**DVD 9021302 WILD SOUTH AMERICA: BBC Atlas of the Natural World.** Widescreen. Explores the rich and unique wildlife that inhabits the diverse landscapes of the vast South American Continent. Collects six episodes including *Lost Worlds*; *Mighty Amazon*; *The Great Plains*; *The Andes*; *Amazon Jungle*; and *Penguin Shores*. Nearly 5 hours on two DVDs. BBC Video. **\$6.95**



**LIMITED QUANTITY DVD 8899339**

**IRELAND: NATURE.** From its ocean shores and wooded glens to its isolated mountains, Ireland's breathtaking landscapes seem untouched by time. This PBS enchanting episode etches a vivid portrait of the Emerald Isle, one of the most varied landscapes on earth. 60 minutes. Questar. Pub. at \$19.99 **\$7.95**



**794893X HOW TO DEFEND YOUR FAMILY AND HOME.** By Dave Young with A. Seise. Packed with life-saving information that will turn chilling "what-if" scenarios into planned strategies to protect your loved ones and belongings from any threat. Using practical everyday language, Young helps you view your home from a criminal's perspective to help you identify weak spots in your defense and correct them. Illus. 191 pages. Page Street. Paperbound. Pub. at \$19.99 **\$5.95**

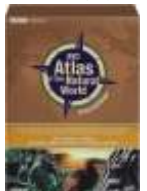
**DVD 8899436 WILD LIFE.** Provides a magical tour of some of the world's most pristine and beautiful places. Includes the episodes *The Ocean's Border*; *Looking South*; *Queitza's Land*; *The rarest Piece of the Puzzle*; *Iberian Europe*; and *Mediterranean Iberia*. Over 5 hours on six DVDs. Questar. **\$11.95**



**195654X PREPPER'S PANTRY.** By Daisy Luther. A one year food supply means freedom. It means that you are less subject to the whims of the economy or personal financial emergencies. This guide is a detailed compendium of all things food storage. It teaches you how much food you need, the components of a perfect pantry, a thrifty way of shopping so you can afford to build your pantry, and more. Illus. in color. 216 pages. Racehorse. Paperbound. Pub. at \$14.99 **\$6.95**



**1992694 THE ULTIMATE BOOK OF SURVIVAL GEAR: A Beginner's Guide to Choosing the Products That Will Keep You Alive.** By James C. Jones. Here you will find detailed descriptions of the following gear: sleeping bags, shovels and saws, stoves, clothing and footwear, advanced medical care equipment, communications and monitoring devices, biological and chemical survival equipment, and much more. Well illus. in color. 164 pages. Skyhorse. Paperbound. Pub. at \$12.99 **\$5.95**



**DVD 1961594 BBC ATLAS OF THE NATURAL WORLD: Africa and Europe.** Fullscreen. From the BBC's internationally renowned, award-winning *Natural History* unit comes the second release in this extraordinarily ambitious survey of life on Earth. This offers comprehensive portraits of Africa (*Wild Africa and Congo*), the Mediterranean (*The First Eden*), and Europe (*Europe: A Natural History*). Over 12 hours on six DVDs. BBC. Pub. at \$59.98 **\$5.95**



**Blu-ray 8992649 LIFE.** Widescreen. Presents 130 incredible stories from the frontiers of the natural world, 54 of which have never been filmed before. Packed with revelation and entertainment, this 11-part blockbuster narrated by Oprah Winfrey, demonstrates the spectacular tactics animals and plants have developed to survive. Over 8 hours on four Blu-rays. BBC Earth. **\$5.95**

**7837321 SAS AND ELITE FORCES GUIDE PREPARING TO SURVIVE.** By Chris McNab. Learn about developing a survival plan; securing your home; building a bunker; survival cooking; finding water; preparing a survival kit; communications; stockpiling and storage; survival medicine; self defense; using weapons; and more. Illus. 320 pages. Lyons. Paperbound. **SOLD OUT**



**793534X DR. PREPPER: The Disaster Preparedness Guide to Home Remedies.** By Jeff Garrett. When you never know what's going to happen, this comprehensive guide will give you the resources to plan ahead, assess your situation, find a solution, and help you keep going. Covers what to include in your survival bug-out bag; home treatments when emergency responders are not within reach; and much more. Illus. 197 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**

**Blu-ray 1283588 EARTH: Disneynature.** Widescreen. Disneynature's breathtaking documentary follows three remarkable animal families on a journey across our planet—polar bears, elephants and humpback whales. Narrated by James Earl Jones. Includes Blu-ray and DVD versions. English SDH. 90 minutes. **SOLD OUT**



**DVD 7765207 LAND OF THE EAGLE: Atlas of the Natural World.** Widescreen. The story of how North America was discovered is told through two sets of eyes—the Native Americans and the European newcomers. This series is a magnificent ensemble of paintings, photographs, old songs played on period instruments, contemporary Native Americans voicing the words of their ancestors, and gorgeous wildlife filming. Over 6 hours on two DVDs. BBC. **\$5.95**



**1041177 EXPEDITION DEEP OCEAN: The First Descent to the Bottom of All Five of the World's Oceans.** By Josh Young. The story of the exploration of some of the most unforgiving and mysterious places on our planet, including the site of the *Titanic* wreck and the little-understood Hadal Zone. The expedition mapped hidden landscapes, discovered previously unknown life forms, and began to piece together how life in the deep oceans affects our planet. 24 pages of color photos. 320 pages. Pegasus. Paperbound. Pub. at \$18.95 **\$5.95**



**7996098 THE OFFICIAL JOHN WAYNE HANDY BOOK OF EMERGENCY PREPAREDNESS.** By C. Freedman & B. Jensen. This handy guide will help you face the unknown with confidence, composure and gumption, just like Duke. Includes just the thing you need to ensure the safety of yourself and your family should disaster strike with over 100 tips and techniques. Well illus. 248 pages. Media Lab. Pub. at \$16.99 **\$5.95**

**★9032835 WINTER TREE FINDER: Identifying Deciduous Trees of Eastern North America by Their Bark and Twigs.** By May T. & Tom Watts. Learn to identify trees from late fall through winter. Simply answer basic questions about a tree's appearance and location. Details about 120 species of deciduous trees. Fully illus. some in color. 61 pages. Nature Study Guild. 6x4. Paperbound. Pub. at \$7.95 **\$5.95**



**6077242 WILDLIFE OF NEW ZEALAND, REVISED: A Field Guide.** By Julian Fitter. Includes up to date descriptions of all manner of birds, mammals, amphibians and reptiles, insects, seashore species, trees and shrubs, grasses, fungi, and lichen, and new sections look at fish and places to visit. Succinct text contains information on identification, distribution, and biology. Fully illus. in color. 304 pages. Princeton. Paperbound. Pub. at \$26.95 **\$5.95**



**★1130684 THE ULTIMATE SURVIVAL GUIDE: An Essential Resource for Dealing with Any Type of Danger.** By John "Lofty" Wiseman. Covers everything from basic first aid to disaster preparedness, from setting up camp to making it through a hurricane—an absolute must-have volume for anyone who has ever placed him or herself at the mercy of Mother Nature. Fully illus. 291 pages. Harper. Paperbound. Pub. at \$8.99 **\$6.95**



**9054782 BUSHCRAFT BASICS: A Common Sense Wilderness Survival Handbook.** By Leon Pantenburg. Be ready for any emergency, at any time with the help of this survival instructor who shares his immense knowledge of bushcraft and survivalist skills so that anyone—backpackers, hunters, preppers, city dwellers, and more—can be ready for any possible emergency. Illus. in color. 175 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$5.95**



**9041621 SURVIVING THE FIRST 36 HOURS: What to Do to Ensure Rescue.** By Ky Furneaux. This collection of knowledge explains how to navigate survival situations, covering building shelters, finding and creating portable water, starting and maintaining fires, dealing with natural disasters, and giving first aid. Fully illus. in color. 176 pages. Cider Mill. Paperbound. Pub. at \$19.99 **\$5.95**



**LIMITED QUANTITY 9041613 SURVIVE: The All-in-One Guide to Staying Alive in Extreme Conditions.** By Ky Furneaux. This extensive collection of knowledge, techniques, preparations, and lifesaving strategies will help you navigate all manner of survival situations, from backcountry avalanches to flash floods, hurricanes, and urban riots. Fully illus. in color. 640 pages. Cider Mill. Paperbound. Pub. at \$29.95 **SOLD OUT**



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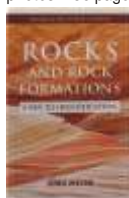
**7386872 BASIC ILLUSTRATED WEATHER FORECASTING.** By Michael Hodgson. Gives detailed lessons in recognizing shifts in weather patterns, understanding why they occur, identifying cloud formations, and mastering basic meteorological concepts. 69 pages. Globe Pequot. Paperbound. Pub. at \$9.95 **\$4.95**



**799608X THE OFFICIAL JOHN WAYNE HANDY BOOK OF BUSHCRAFT: Essential Tips and Techniques for Surviving in the Wild.** By B. Jensen & C. Freedman. Filled with fundamentals and advanced tactics, step by step instructions and helpful tips all informed by Green Beret training, this work presents more than 100 practical skills for surviving in the wild, from constructing your own tools and shelter to finding food and purifying water. Color photos. 256 pages. Media Lab Books. Pub. at \$16.99 **\$5.95**



**6078974 FRINGED WITH MUD AND PEARLS: An English Island Odyssey.** By Ian Crofton. Embarking on a personal odyssey to a number of islands encircling England, Crofton explores some that were once places of refuge or holiness and others that have become locations for prisons, rubbish dumps and military installations. Describes the diverse ways in which England's islands have been formed, and how they are constantly changing. 16 pages of color photos. 286 pages. Birlinn. Pub. at \$29.95 **\$5.95**



**7862989 ROCKS AND ROCK FORMATIONS: A Key to Identification.** By Jurg Meyer. Allows everyone, amateur or professional, to successfully distinguish these amazing masses of minerals, using only careful observation, a magnifying glass, a pocket knife, this guide--and a bit of patience. Illus. in color. 192 pages. Princeton. Paperbound. Pub. at \$19.95 **\$9.95**



**6077234 WILDLIFE OF INDIA.** By Bikram Grewal et al. Begins with an overview of India's climate and geography, its wildlife habitats and how to enjoy them, and threats to wildlife. It concludes with a section on wildlife-watching in the national parks and wildlife sanctuaries, which offer the best chance of seeing many of the species described. Color photos. 400 pages. Princeton. Paperbound. Pub. at \$24.95 **\$5.95**



**Blu-ray 9046399 WONDERS OF THE ARCTIC.** Widescreen. The Arctic is the focal point of our changing planet, raising troubling questions about the impact of human activities on a fragile frontier. This program centers on the ongoing mission to explore and save the Arctic, brought to life in breathtaking footage and captivating stories. English SDH. 44 minutes. Shout! Factory. Pub. at \$19.99 **\$4.95**



**1125923 BUNKER: What It Takes to Survive the Apocalypse.** By Bradley Garrett. As seen on *60 Minutes*, a thought-provoking, chilling, and eerily prescient look at "prepper" communities around the world that are building bunkers against a possible apocalypse. Illus. 333 pages. Scribner. Paperbound. Pub. at \$18.00 **\$5.95**



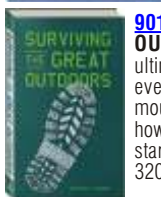
**9057897 THE NEW NATURAL HISTORY OF MADAGASCAR.** Ed. by Steven M. Goodman. This beautifully illustrated compendium covers the history of scientific exploration in Madagascar, as well as the islands geology and soils, climate, forest ecology, human ecology, marine and coastal ecosystems, plants, invertebrates, fishes, amphibians, reptiles, birds, and mammals. Princeton. Pub. at \$175.00 **\$49.95**



**4878205 U.S. ARMY GUIDE TO MAP READING AND NAVIGATION.** By Department of the Army. Begins with a comprehensive explanation of the meaning and uses of maps, whether photographic, planimetric (standard-style), or topographic, then proceeds to the use of these maps, discussing compass techniques, celestial navigation, and determination of distance. Illus. Skyhorse. Paperbound. Pub. at \$12.95 **\$5.95**



**Blu-ray 7988877 FLORIDA'S STATE PARKS.** Florida has one of the most diverse landscapes in America, from white sand beaches and spring-red rivers to mossy swamps and pine forests. Explore more than 15 of Florida's state parks, from Falling Waters State Park to John Pennekamp Coral Reef. Includes Blu-ray and DVD versions. 80 minutes. Topics Entertainment. **\$5.95**



**9017755 SURVIVING THE GREAT OUTDOORS.** By Brendan Leonard. This ultimate guide to your next adventure includes everything you need to know about: the mountains, the water, the snow, camping, and how to survive, plus how to navigate by the stars--and know when to bail. Color illus. 320 pages. Artisan. Pub. at \$24.95 **\$5.95**



**9002766 THE NATURE OF FLORIDA'S WATERWAYS.** By Cathie Katz. Florida's waterways are host to thousands of land, air and water species. Describes some of the things you'll "see, smell, taste, hear and feel" around Florida's waterways. Fully illus. 64 pages. Great Outdoors. 8 1/2 x 11. Paperbound. Pub. at \$8.95 **\$4.95**



**9002758 THE NATURE OF FLORIDA'S NEIGHBORHOODS.** By Cathie Katz. Fascinating facts about the plants, insects, spiders, birds, mammals, reptiles and amphibians that are likely to share your personal habitat in Florida. Fully illus. 64 pages. Atlantic. 8 1/2 x 11. Paperbound. Pub. at \$8.95 **\$4.95**



**9048952 100 TRAILS, 5000 IDEAS: Where to Go, When to Go, What to See, What to Do.** By Joe Yogerst. From the waterfalls of Kauai's Napali coast to the tests of the Appalachian Trail, this guide highlights the preeminent hiking treks across the United States and Canada, including the best scenic overlooks, camping sites and off-trail activities. Fully illus. in color. 350 pages. National Geographic. Paperbound. Pub. at \$29.99 **\$7.95**



**LIMITED QUANTITY 9023933 WILDSCAPE: Trilling Chipmunks, Bekoning Blooms, Salty Butterflies, and Other Sensory Wonders of Nature.** By Nancy Lawson. A fascinating tour of the abundant web of nature outside our back door and beyond--where animals and plants experience their surroundings using marvelous sensory abilities we are only beginning to understand. Fully illus. in color. 304 pages. Princeton Architectural. Pub. at \$27.95 **SOLD OUT**



**7827776 50 THINGS TO DO IN THE WILD.** By Richard Skrein. Fletch an arrow, weave a fishing net, raise a tarp, take a night walk, and start a fire: enjoy these outdoor activities and many more with the help of this spirited guide to wilderness recreation and leisure. Well illus. 144 pages. Princeton Architectural. Pub. at \$17.95 **\$5.95**



**DVD 7995534 BBC ATLAS OF THE NATURAL WORLD: Wild Africa.** Fullscreen. Seen from space, Africa is a rich mosaic. This mesmerizing series examines each of Africa's stunning natural realms in turn, revealing little-known facts and showing how humans and nature co-exist within this vast area. CC. Five hours on 2 DVDs. BBC. **\$5.95**



**8125244 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 **\$12.95**



**9036512 THE MOUNTAIN ENCYCLOPEDIA: An A-Z Compendium of More Than 2,300 Terms, Concepts, Ideas, and People.** By F.V. Hartemann & R. Hauptman. This is the first English language A-to-Z compendium of all topics related to mountains, including geological, geographical, and zoological terms, as well as many entries on significant explorers, surveyors, mountaineers, rock climbers, and skiers. Color photos. 291 pages. Taylor Trade. 8 1/2 x 11. Paperbound. Pub. at \$29.95 **\$7.95**



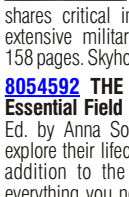
**★3872076 THE PREPPER'S MEDICAL HANDBOOK: How to Provide Medical Care When You Can't Rely on Anyone but Yourself.** By William W. Forgey. Provides the basis of prevention, identification, and long-term management of survivable medical conditions that can be performed with minimal training. You'll learn to identify materials you will need and should stockpile, and discusses storage issues. Illus. 311 pages. Lyons. Paperbound. Pub. at \$19.95 **\$14.95**



**LIMITED QUANTITY ★9032703 BERRY FINDER: Identifying Native Plants with Fleshy Fruits in Eastern North America.** By Dorcas S. Miller, illus. by C.H. Day. Learn to identify plants with berries and other fruits by shape and appearance. Simply answer basic questions about plant type, leaf patterns, leaf margin, and fruit color. Fully illus. 61 pages. Nature Study Guild. 6x4. Paperbound. **SOLD OUT**



**★9026363 EMERGENCY HOME PREPAREDNESS: The Ultimate Guide for Bugging in During Natural Disasters, Pandemics, Civil Unrest, and More.** By EJ Snyder & The Survival Summit. In a world filled with natural disasters, and civil unrest, the need for readiness has never been more crucial. The author has developed a profound expertise in preparing for emergencies on home turf and shares critical insights and life saving tips gleaned from his extensive military service and survivalist experiences. Photos. 158 pages. Skyhorse. Paperbound. Pub. at \$18.99 **\$13.95**



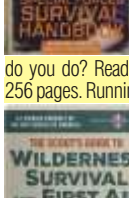
**8054592 THE BUTTERFLY HUNTER'S HANDBOOK: The Essential Field Guide for Exploring the World of Butterflies.** Ed. by Anna Southgate. Discover how butterflies evolved, and explore their lifecycle and migration patterns. This information, in addition to the comprehensive butterfly directory, provides everything you need to identify and classify your sightings. Fully illus. in color. 192 pages. Baker and Taylor. **\$8.95**



**★7776527 PREPPER'S LONG-TERM SURVIVAL GUIDE, SECOND EDITION.** By Jim Cobb. This volume will get you though when days become weeks, and then months, and then years. Offers advanced techniques and tactics necessary for surviving the most dire of situations, including: a wide range of methods to preserve and store food; updated water collection and storage techniques for drink and hygiene; and more. 230 pages. Ulysses. Paperbound. Pub. at \$19.95 **\$11.95**



**7847262 HAWKE'S SPECIAL FORCES SURVIVAL HANDBOOK: The Portable Guide to Getting Out Alive.** By Mykel Hawke. It happens to thousands of people each year, and it could happen to you. You get lost in the forest while hiking, or you run out of gas in the desert, or you get snowed in, or your boat capsizes, or some other disaster strands you with no food, shelter, or any means of survival or escape. What do you do? Read this work and keep it with you at all times. Illus. 256 pages. Running Press. Paperbound. Pub. at \$18.00 **\$5.95**



**★7869401 THE SCOUT'S GUIDE TO WILDERNESS SURVIVAL AND FIRST AID: 400 Essential Skills.** By J.W. Fears & G.S. Lipman. Offers practical advice to help with: building a fire; purifying water; identifying common edible plants and mushrooms; signaling for help; building simple shelters; practical navigation skills; treating wounds; responding in a medical emergency; and so much more! Fully illus. in color. 310 pages. Skyhorse. Paperbound. Pub. at \$24.99 **\$17.95**



**★124678X MUSHROOM HUNTING FOR BEGINNERS: A Starter's Guide to Identifying and Foraging Fungi.** By Gary Lincoff. You'll learn best practices for hunting and identifying wild mushrooms, mushroom safety, as well as some tips for preparing and using the mushrooms you collect. Fully illus. in color. 144 pages. New Shoe. Paperbound. Pub. at \$16.99 **\$12.95**



**Blu-ray 7836090 FROZEN PLANET.** Widescreen. Narrated by David Attenborough, this series captures unimaginable imagery above and below the ice, including previously unfilmed animal behavior, and follows the extraordinary fluctuations that accompany the changes of seasons. Collects all seven episodes. Nearly 6 hours on three Blu-rays. BBC Earth. **\$9.95**





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**★499535X MEDICINAL PLANTS OF NORTH AMERICA, 3RD EDITION: A Field Guide.** By Jim Meuninck. Presents plant descriptions, clear identification, practical information on where they are found, interesting facts, and colorful author commentary about familiar plants as well as those that are less common and more difficult to identify. Fully illus. in color. 226 pages. Falcon. Paperbound. Pub. at \$24.95 **\$17.95**



**6076246 CENTRAL SCOTLAND: Landscapes in Stone.** By Alan McKirdy. The geological story of Central Scotland stretches back over 400 million years. Rocks found near Lesmahagow have yielded some of the oldest fossilized fish on Earth. This work is a fascinating introduction to the geology of Scotland's most populous area. Well illus. in color. 48 pages. Birlinn. Paperbound. Pub. at \$12.95 **\$4.95**



**LIMITED QUANTITY ★9032843 WINTER WEED FINDER: Identifying Dry Plants of Central and Eastern North America.** By Dorcas S. Miller, illus. by E. Amendolara. Learn to identify plants from late summer through winter. Simply answer basic questions about a plant's post-flowering appearance and dry fruiting structures. Details about 100 species or groups. Fully illus. 61 pages. Nature Study Guild. 6x4. Paperbound. Pub. at \$7.95 **SOLD OUT**



**★8095698 CLOUDSPOTTING FOR BEGINNERS.** By Gavin Pretor-Pinney, illus. by W. Grill. A whimsical lesson on the oft-overlooked extraordinary lives of clouds that will serve as a gentle reminder to be present and observant in the face of impermanence. Just as informative as it is poetic and peaceful, this is the perfect guide for cloud appreciators and sky lovers. Fully illus. in color. Ten Speed. 8 1/2 x 10 3/4. Pub. at \$24.99 **\$17.95**



**★8998590 WEEDS OF THE NORTHEAST, SECOND EDITION REVISED.** By Joseph C. Neal et al. Provides illustrations for identification of more than 500 common and economically important weeds in the Northeast and in the Upper Midwest and Mid-Atlantic states. Includes descriptions of floral and vegetative characteristics, giving anyone who works with plants the ability to identify weeds before they flower. 592 pages. Comstock. Paperbound. Pub. at \$32.95 **\$26.95**



**6079482 THE SECRET LIFE OF AN ARABLE FIELD: Plants, Animals and the Ecosystem.** By Sophie McCallum. Brings together the eco-system of the Arable Field, from trees to insect life and how they all work together. Images of all species described, making identification in the field easy for adults and children alike. 250 pages. White Owl. Pub. at \$50.00 **\$9.95**

**7965842 HOW TO SURVIVE IN THE WILD.** By S. Martin & C. Casucci. Whether you seek a few days of peace and quiet or a longer break away from civilization, this guide contains all you need to know about finding shelter, food, warmth, and to embrace a simpler day to day existence in the wilderness. Illus. 143 pages. Thunder Bay. Paperbound. Pub. at \$14.99 **\$5.95**



**★9037500 THE LITTLE BOOK OF FUNGI.** By Britt A. Bunyard. A charming, richly illustrated, pocket-size exploration of the world's fungi. Packed with surprising facts, this delightful and gorgeously designed book will beguile any nature lover. Expertly written and beautifully illustrated throughout with color photographs and original color artwork. Well illus. in color. 160 pages. Princeton. Pub. at \$15.95 **\$12.95**



**★9032738 DESERT TREE FINDER: Identifying Trees and Tree-Like Cacti of the Desert Southwest.** By M. Theilgaard & T. Watts. Learn to identify trees of the desert and dry desert hills. Simply answer basic questions about a tree's appearance and location. Identify about 70 species of trees and tree-like cacti. Fully illus. some in color. 61 pages. Nature Study Guild. 6x4. Paperbound. Pub. at \$7.95 **\$5.95**



**7980981 AWAKENING FIRE: An Essential Guide to Waking Flame, Wood, and Ignition.** By Nate Summers. A one of a kind survival guide that unlocks the practical, ancient, and powerful art of making fire for a modern world that's forgotten this vital skill. Reclaim your birthright to light your own way, no matter where you live or adventure. Well illus. in color. 180 pages. Falcon. Paperbound. Pub. at \$22.95 **\$6.95**



**7996462 COLLECTOR'S GUIDE TO THE BLACK TOURMALINE OF PIERREPONT, NEW YORK.** By Steven C. Chamberlain et al. The origin of the mineralization, and the extensive suite of accessory minerals are presented in detail. The authors also resolve many identification questions about the tourmaline and its many accessory minerals. Fully illus. in color. 128 pages. Schiffer. 8 1/2 x 11. Paperbound. Pub. at \$24.99 **\$8.95**

**★9037519 THE LITTLE BOOK OF WEATHER.** By Adam Scaife. A charming, richly illustrated, pocket-size exploration of the world's weather. Packed with surprising facts, this delightful and gorgeously designed book will beguile anyone who is curious about weather. Expertly written and beautifully illustrated throughout with color photographs and original color artwork. 160 pages. Princeton. Pub. at \$15.95 **\$12.95**

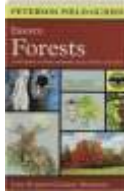


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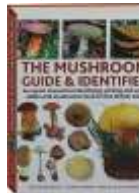


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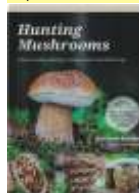
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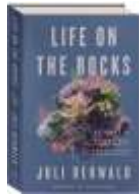
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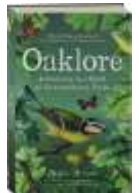
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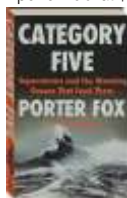
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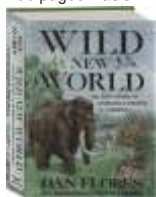
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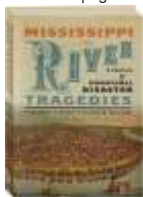
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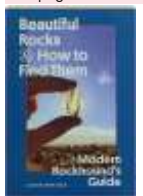
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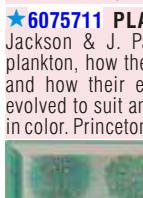
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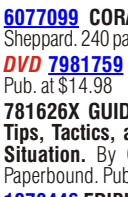
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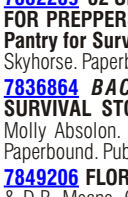
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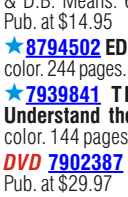
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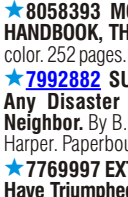
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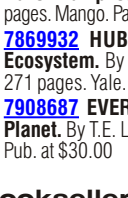
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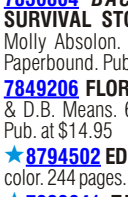
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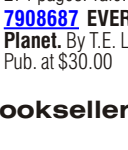
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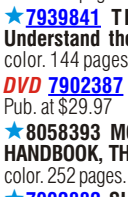
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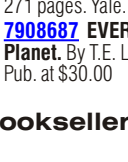
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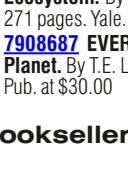
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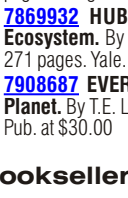
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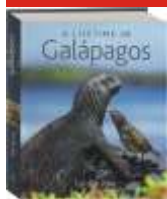




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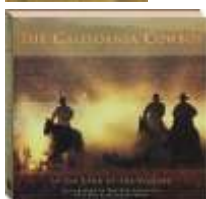
## Nature Photography



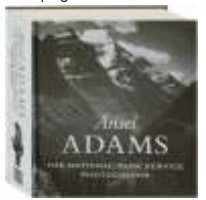
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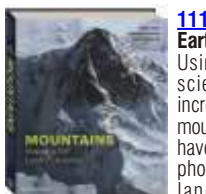
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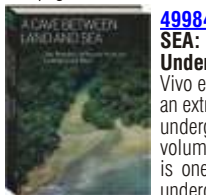
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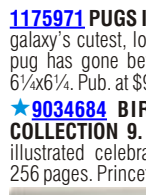
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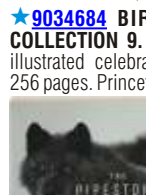
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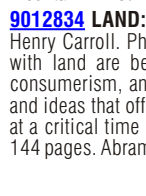
★ **9034684 BIRD PHOTOGRAPHER OF THE YEAR, COLLECTION 9.** Ed. by W. Nicholls & P. Sterry. A stunning illustrated celebration of the world's best bird photography. 256 pages. Princeton. 11 1/2 x 9 1/4. **\$29.95**



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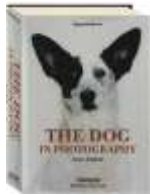
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## Nature Photography



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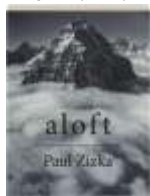
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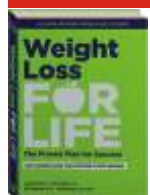
**★7869428 STRANGE ANIMALS.** By Tom Jackson. Fully illus. in color. 224 pages. Amber. 9¼x12. Pub. at \$29.99. **\$21.95**

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**★7930070 BAIT THE TOAD.** By Kendra Powers. Color photos. Powers Squared. 6¼x4¼. Pub. at \$14.95. **PRICE CUT to \$5.95**

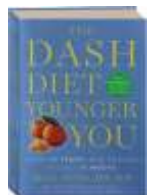
## Nutrition & Weight Management



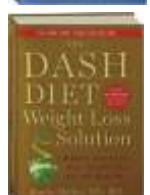
**9045848 WEIGHT LOSS FOR LIFE: The Proven Plan for Success.** By L.J. Cheskin & K.A. Gudzone. Provides you with all of the information you need on your weight loss journey. Leading experts in behavioral health, nutrition, exercise, and nursing help you develop a plan that works best for you, and that's not focused on just restricting calories and certain foods. 380 pages. Johns Hopkins. 7¼x10¼. Pub. at \$29.95. **\$5.95**



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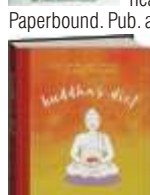
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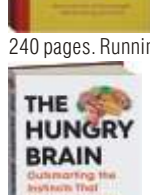
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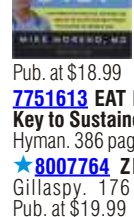
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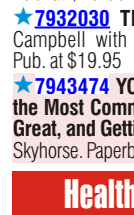
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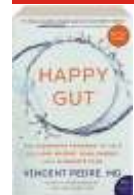
**9000178 THE 17 DAY KICKSTART DIET: A Doctor's Plan for Dropping Pounds, Toxins, and Bad Habits.** By Mike Moreno. A three-step weight loss program that promotes a plant-forward lifestyle and other accessible strategies for making healthy decisions automatically for life. This clear-cut guide proves it's never too late to achieve optimal health. 257 pages. Atria. Paperbound. Pub. at \$18.99. **\$5.95**



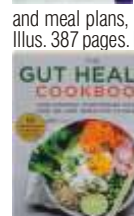
**7751613 EAT FAT, GET THIN: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health.** By Mark Hyman. 386 pages. Little, Brown. Pub. at \$28.00. **\$5.95**



**★8007764 ZERO SUGAR/ONE MONTH.** By Becky Gillaspay. 176 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99. **\$14.95**

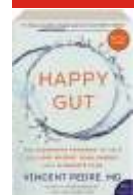


**★7932030 THE FUTURE OF NUTRITION.** By T. Colin Campbell with N. Disla. 305 pages. BenBella. Paperbound. Pub. at \$19.95. **\$9.95**



**★7943474 YOUR EVERYDAY NUTRITION: 100 Answers to the Most Common Questions About Losing Weight, Feeling Great, and Getting Healthy!** By I. Schapiro & H. Rich. 222 pages. Skyhorse. Paperbound. Pub. at \$19.99. **PRICE CUT to \$6.95**

## Healthy Cooking & Special Diets



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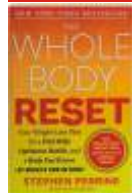


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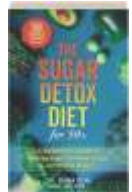




## Healthy Cooking & Special Diets



**8794685 THE WHOLE BODY RESET: Your Weight-Loss Plan for a Flat Belly, Optimum Health, and a Body You'll Love—at Midlife and Beyond.** By Stephen Perrine with H. Skolnik. Learn about the power of "protein timing" for those at midlife—research that blows current government guidelines away and refutes the myth of slowing metabolisms and inevitable weight gain. Six simple secrets and scores of recipes are easy to follow and designed for real people living in the real world. 390 pages. S&S. Paperbound. Pub. at \$19.99 **\$5.95**



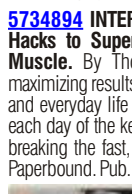
**5879787 THE SUGAR DETOX DIET FOR 50+ : A Complete Guide to Quitting Sugar, Boosting Energy, and Feeling Great.** By Dana Elia. Explains how to safely and effectively eliminate excess sugar from your diet to boost energy, help with weight loss, and prevent harmful health conditions such as heart disease, diabetes, and high cholesterol. Inside you'll also find recipes for breakfast, lunch, dinner, and snack options. 255 pages. Ulysses. Paperbound. Pub. at \$16.95 **\$5.95**



**8992347 SUGARLESS: A 7-Step Plan to Uncover Hidden Sugars, Curb Your Cravings, and Conquer Your Addiction.** By Nicole M. Avena. Through this plan, you'll discover why sugar causes you to overeat; understand the long-term, adverse effects; identify places sugar might be hiding; adopt nutrition hacks focused on replacing sugar; learn to cope with cravings; manage withdrawal symptoms and more. Includes 30 sugar-free recipes. 310 pages. Union Square & Co. Pub. at \$27.99 **\$5.95**



**1139797 THE MINIMUM METHOD: The Least You Can Do to Be a Stronger, Healthier, Happier You.** By Joey Thurman. You'll learn practical advice, simple nutrition truths, and how to exercise smarter, not harder. Teaches how to adopt a healthier mindset and lifestyle: feeling your best when you don't get enough sleep, working fitness into your busiest days, and getting back on track when you slip up. Illus. 286 pages. BenBella. Pub. at \$26.95 **\$6.95**



**5734894 INTERMITTENT FASTING MADE EASY: Next-Level Hacks to Supercharge Fat Loss, Boost Energy, and Build Muscle.** By Thomas DeLauer. Gives you an action plan for maximizing results, designed with busy people juggling family, career and everyday life in mind. Walks you through the best practices for each day of the key stages of intermittent fasting: the fasting window, breaking the fast, and eating window. Illus. 256 pages. Fair Winds. Paperbound. Pub. at \$19.99 **\$5.95**



**608186X THE NUTRITIONIST'S KITCHEN: Transform Your Diet and Discover the Healing Power of Whole Foods.** By Carly Knowles. Offers an approachable guide that includes the latest science and nutrition recommendations to help you restore balance and promote optimal health and wellness. Use the seasonal qualities chart to identify your unique constitution and align your diet and lifestyle more holistically with the current season. Includes 60 nutrient-dense recipes. Color photos. 256 pages. Roost. Paperbound. Pub. at \$24.95 **\$6.95**



**9047026 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 **\$5.95**



**8889880 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 **\$6.95**



**7950918 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 **\$4.95**



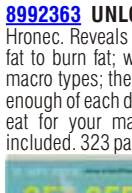
**7982801 I'M SO EFFING HUNGRY: Why We Crave What We Crave—and What to Do About It.** By Amy Shah. A science-based plan designed to help you take charge of your health and your cravings, without feeling deprived. A 5-step plan to help you make peace with food and your body: replenish, rewrite, reset, refresh, and retrain. 225 pages. Harvest. Pub. at \$28.99 **\$5.95**



**7899041 TWO MEALS A DAY: The Simple, Sustainable Strategy to Lose Fat, Reverse Aging, & Break Free from Diet Frustration Forever.** By Mark Sisson with B. Kearns. You'll implement an eating style that's incredibly nourishing and easy to adhere to for a lifetime, dial-in a winning fitness routine, prioritize sleep and recovery, and learn powerful strategies for overcoming self-limiting beliefs and behavior patterns. 282 pages. Grand Central. Pub. at \$28.00 **\$6.95**



**8894108 THE COMPLETE IBS DIET PLAN: Step-by-Step Meal Plans and Low-FODMAP Recipes for Relief and Healing.** By Amanda Foote. Explains why certain foods may produce symptoms and how IBS sufferers can avoid these triggers by following a low FODMAP diet. You'll find lifestyle advice, easy meal plans, and soothing recipes, many of which are 30-minute, 5-ingredient, or one-pot dishes. 152 pages. Rockridge. Paperbound. Pub. at \$17.99 **\$12.95**



**8992363 UNLOCK YOUR MACRO TYPE.** By Christine Hrncic. Reveals the secret code of fat, and why you need to eat fat to burn fat; why drastic carb-cutting can backfire for many macro types; the essential macronutrient most people don't get enough of each day; the single biggest factor that dictates how to eat for your macro type; and more. Recipes and workouts included. 323 pages. Mariner. Pub. at \$28.99 **\$6.95**



**7951094 GET OFF YOUR SUGAR: Burn the Fat, Crush Your Cravings, and Go from Stress Eating to Strength Eating.** By Daryl Gioffre. Along with tips for customizing his plan to get you off sugar, Gioffre includes using clean keto and intermittent fasting to tune up your metabolism, along with 65 craving-stopping recipes to help get you started. Seven days to detox, 21 days to crush your cravings, and a lifetime of satisfying, strengthening eating. 300 pages. Hachette. Paperbound. Pub. at \$17.99 **\$3.95**



**9047174 RAW FOOD LIFE FORCE ENERGY: Enter a Totally New Stratosphere of Weight Loss, Beauty, and Health.** By Natalia Rose. If we can properly harness and increase our Life Force Energy through simple dietary and environmental principles, we can experience radically improved levels of health, beauty, and happiness. 266 pages. Harper. Paperbound. Pub. at \$15.99 **SOLD OUT**



**9031383 THE SETPOINT DIET: The 21-Day Program to Permanently Change What Your Body "Wants" to Weigh.** By Jonathan Bailor. The breakthrough eating plan proven to help you lose weight naturally and maintain it for the rest of your life. With this 21-day plan, you can reprogram your body to rev up your metabolism, kick the cravings, stay energized all day, and get your body working like that of a naturally thin person—permanently. 333 pages. Hachette. Pub. at \$27.00 **\$4.95**



**8095752 HOW NOT TO GET SICK: A Cookbook and Guide to Prevent and Reverse Insulin Resistance, Lose Weight, and Fight Chronic Disease.** By B. Bikman & D. Keulian. Prevent chronic disease, reach your ideal weight, and feel better than ever with the ultimate cookbook and lifestyle companion. Features 70 low-carb and keto-friendly recipes and beginner-friendly exercises to help the nearly 9 in 10 American adults affected with insulin resistance. Well illus. in color. 266 pages. BenBella. 8x10. Paperbound. Pub. at \$26.95 **\$19.95**



**7951671 GOOD SUGAR, BAD SUGAR: How to Power Your Body and Brain with Healthy Energy.** By Christopher Vasey. This practical guide explains how to successfully replace bad sugars with good sugars as well as how to reduce sugar cravings and break your sugar addiction. Offering a path out of sugar addiction and easy steps to power your brain and body with healthy energy, Dr. Vasey gives you the tools to take ownership of your own health. 168 pages. Inner Traditions. Paperbound. Pub. at \$14.99 **\$7.95**



**8990689 28-DAY FAST START DAY-BY-DAY.** By Gin Stephens. Expert, lively, and fun information and day by day instructions give you what you need to know and when you need to know it. It's ideal for a refresh too: a happy and helpful jump start if you want to get back to an intermittent fasting lifestyle. 354 pages. St. Martin's. Paperbound. Pub. at \$20.00 **\$5.95**



**8054045 CLEAN(ISH): Eat (Mostly) Clean, Live (Mainly) Clean, and Unlock Your Body's Natural Ability to Self-Clean.** By Gin Stephens. You will learn how to shift your choices so you're not burdening your body with a bucket of chemicals, additives, and obesogens it wasn't designed to handle. You'll cut through the confusion, lose the fear, and embrace the freedom that comes from becoming clean(ish). 406 pages. St. Martin's. Paperbound. Pub. at \$19.99 **\$4.95**



**8882193 THE SCIENCE OF PLANT-BASED NUTRITION: How to Enhance the Power of Plants for Optimal Health.** By Rhiannon Lambert. Covering every conceivable topic—from vegan and plant-based diets, sustainability, physical and mental health outcomes, and nutrition across the lifespan—this guide offers clear answers with informative graphics, enabling you to make decisions that are best suited to your lifestyle about what, when, and how to eat responsibly. 224 pages. Dorling Kindersley. 8½x10½. Pub. at \$30.00 **\$21.95**



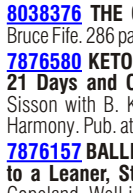
**1997750 EAT REAL TO HEAL: Using Nutrient Dense Foods for Longevity and Happiness.** By Nicolette Richer. Empowers you with metabolic nutrition and detoxification, defying medical expectations. Richer shows you how improving your life with whole foods, juicing, shifting stress, detoxing your body and your home, breathwork, and yoga, welcome a future where optimal health is a vibrant reality waiting to be unleashed within you. Photos. 254 pages. Mango. Paperbound. Pub. at \$19.99 **\$11.95**



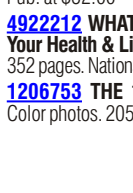
**8897336 THE FAT-LOSS PLAN: 100 Quick and Easy Recipes with Workouts.** By Joe Wicks. With quick and easy recipes such as Steak Taco with Lime Salsa; Naked Lamb Burger with Feta and Popcorn Chicken with Super Slaw, you'll be left feeling satisfied and won't ever go hungry. The author also shares his 12 steps to success and five easy to follow workouts. Well illus., in color. 240 pages. Pan Macmillan. Paperbound. **\$5.95**



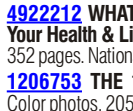
**8997276 THE MACRO METHOD: The Science-Backed Approach to Lasting Weight Loss.** By H. Foster & A. Dowden. A science-backed diet that focuses on the quality and balance of the calories you consume. By finding the right ratio you are guaranteed results without having to cut out the foods you love. Includes more than 40 simple recipes with macro counts. 218 pages. Aster. Paperbound. Pub. at \$12.99 **\$4.95**



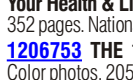
**8038376 THE COCONUT OIL MIRACLE, 5TH EDITION.** By Bruce Fife. 286 pages. Avery. Paperbound. Pub. at \$18.00 **\$5.95**



**7876580 KETO FOR LIFE: Reset Your Biological Clock in 21 Days and Optimize Your Diet for Longevity.** By Mark Sisson with B. Kearns. 16 pages of color photos. 304 pages. Harmony. Pub. at \$27.99 **\$6.95**



**7876157 BALLERINA BODY: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You.** By Misty Copeland. Well illus., many in color. 226 pages. Grand Central. Pub. at \$32.00 **\$7.95**



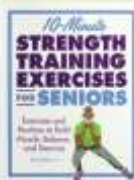
**4922212 WHAT TO EAT WHEN: A Strategic Plan to Improve Your Health & Life Through Food.** By Michael F. Roizen et al. Illus. 352 pages. National Geographic. Paperbound. Pub. at \$16.99 **\$4.95**



**1206753 THE 14-DAY NEW KETO CLEANSE.** By JJ Smith. Color photos. 205 pages. S&S. Paperbound. Pub. at \$18.99 **\$2.95**



## Exercise & Fitness



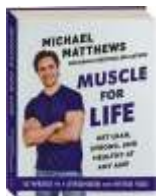
Paperbound. Pub. at \$14.99

**★8794332 10-MINUTE STRENGTH TRAINING EXERCISES FOR SENIORS: Exercises and Routines to Build Muscle, Balance, and Stamina.** By Ed Deboo. Featuring step by step instructions, you'll learn how to build muscle mass, improve bone density, and feel great in only 10 minutes a day. Fully illus. in color. 154 pages. Callisto. **\$11.95**



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**9038809 10,000 STEPS A DAY TO YOUR OPTIMAL WEIGHT: Walk Your Way to Better Health.** By Greg Isaacs. Walking not only fights the effects of aging, but it's safe, easy, inexpensive, and best of all it works! Includes a pedometer. 257 pages. Volt. 5x9 1/4. Paperbound. **\$4.95**



best. Illus. 465 pages. Gallery. Pub. at \$35.00

**224702X MUSCLE FOR LIFE: Get Lean, Strong, and Healthy at Any Age!** By Michael Matthews. A science-based blueprint for eating and exercising that anyone can follow at any age and fitness level. Gives you a plan for transforming your body faster than you ever thought possible. Will show you how to look, feel, and perform your best. Illus. 465 pages. Gallery. Pub. at \$35.00 **\$6.95**



minutes. Total Content. Pub. at \$14.95

**★DVD 887672X YOGA GETS BETTER WITH AGE.** Nothing softens the aging process like yoga. Whatever you're looking for at this time of life, wisdom, serenity, meaning, energy, bliss, or simply to feel better, Lilius will show how a mindful practice of yogic principles can help you find it with her new method of "yin" stretching for the maturing body. 70 minutes. Total Content. Pub. at \$14.95 **\$7.95**



163 pages. Skyhorse. Paperbound. Pub. at \$17.99

**★792531X QUICK FUNCTIONAL EXERCISES FOR SENIORS: 50 Exercises to Optimize Your Health.** By Cody Sipe. Contains more than fifty exercises for seniors, with beautiful full-color step by step images to illustrate each. Also offers exercises to improve balance and mobility, strength and power, posture, core stability, and more. **\$12.95**



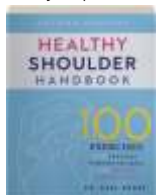
for all. Includes everything from step by step exercises to the right diet. Fully illus. in color. 244 pages. Knack. Paperbound. Pub. at \$19.95

**9030212 KNACK ABSOLUTE ABS: Routines for a Fit & Firm Core.** By JJ Flizanes, photos by S. Fortunato. The abdominal region is one of the toughest areas of the body to keep in shape, especially as we age. This comprehensive guide contains all the information you need to kick belly fat once and **\$4.95**



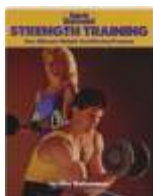
it in a practical context. Topics covered include theory of anatomy and physiology, core stability, and practical application of health and fitness. Well illus. 303 pages. Firefly. Paperbound. Pub. at \$24.95

**7961448 THE FITNESS INSTRUCTOR'S HANDBOOK, 2ND EDITION: A Professional's Complete Guide to Health and Fitness.** By Morc Coulson. An essential guide for anyone working in, or wishing to enter the fitness industry. Clear, concise and accessible, covering every theoretical aspect of fitness instruction and places **\$6.95**



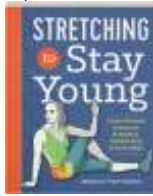
ending chronic pain—fast! 162 pages. Ulysses. Paperbound. Pub. at \$15.95

**★4812085 HEALTHY SHOULDER HANDBOOK, SECOND EDITION: 100 Exercises for Treating Common Injuries and Ending Chronic Pain.** By Karl Knopf. Packed with more than 300 step by step photos, this user-friendly reference features a comprehensive collection of corrective exercises for treating common shoulder injuries and **\$11.95**



Paperbound. Pub. at \$16.95

**9011846 SPORTS ILLUSTRATED STRENGTH TRAINING: Your Ultimate Weight Conditioning Program.** By John Garhammer. Improve your total fitness by incorporating strength training into your regular fitness program. Includes everything from information on how our bodies work to specific exercises. Fully illus. 204 pages. Sports Illustrated. **\$4.95**



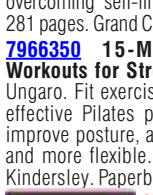
three offers complete flexibility-training routines. Well illus. in color. 210 pages. Althea. Paperbound. Pub. at \$18.99

**★6786162 STRETCHING TO STAY YOUNG: Simple Workouts to Keep You Flexible, Energized, & Pain-Free.** By Jessica Matthews. Offers accessible yet effective exercises designed to relieve your stiffness, improve your mobility, and reduce joint discomfort and pain. Part one teaches you the fundamentals; part two profiles each stretch with detailed instructions; and part **\$6.95**



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**794117X TWO MEALS A DAY: The Simple, Sustainable Strategy to Lose Fat, Reverse Aging, & Break Free from Diet Frustration Forever.** By Mark Sisson with B. Kearns. You'll master an eating style that's incredibly nourishing and easy to adhere to for a lifetime, dial-in a winning fitness routine, prioritize sleep and recovery, and learn powerful strategies for overcoming self-limiting beliefs and behavior patterns. Illus. 281 pages. Grand Central. Paperbound. Pub. at \$18.99 **\$6.95**



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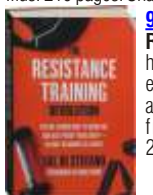
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**★8794561 STRENGTH TRAINING OVER 40: A 6-Week Program to Build Muscle and Agility.** By Alana Collins. Whether you're looking to jump back into a strength training routine, or this is your first time trying it out, this guide makes it easy and safe to do at any age. You'll find illustrated exercises and stretches, complete with step by step instructions, weekly home **\$12.95**



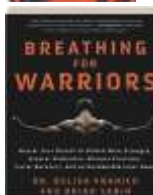
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**9013474 THE RESISTANCE TRAINING REVOLUTION.** By Sal Di Stefano. Reveals how resistance training is the best form of exercise to burn fat, boost metabolism, and achieve health benefits you cannot obtain from other forms of exercise. Illus. 283 pages. Hachette. Pub. at \$29.00 **\$6.95**



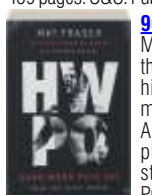
body, and your mind, in prime condition. Illus. 260 pages. St. Martin's. Paperbound. Pub. at \$18.99

**★3875741 BREATHING FOR WARRIORS.** By B. Vranich & B. Sabin. Whether you are a professional athlete, a first responder, or someone whose occupation requires physical skills and stamina, Dr. Vranich's series of exercises—which restores and reinforces how we're actually supposed to breathe—will teach you how to keep your **\$13.95**



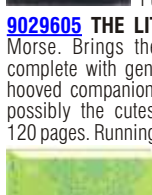
459 pages. S&S. Pub. at \$35.00

**★7804431 THE MIRACLE OF FLEXIBILITY: A Head-to-Toe Program to Increase Strength, Improve Mobility, and Become Pain Free.** By Miranda Esmonde-White. You will learn how to train your body as one interconnected unit, use constant movement as your guide, and improve the range of motion of every joint to reach your strength and flexibility goals. Step by step instructions for increasing strength, performance, and agility; body-shaping movements that tone and lift muscles from head to toe; and more. Fully illus. 459 pages. S&S. Pub. at \$35.00 **\$26.95**



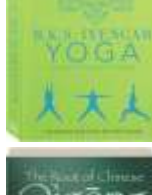
120 pages. Running Press. Paperbound. Pub. at \$15.99

**9001093 HWP: Hard Work Pays Off.** By Mat Fraser with S. Mestel. Fraser reveals for the first time the program that helped make him a champion. This is a glimpse into the mind of one of the world's greatest athletes. And it's a resource of elite strategies, eating plans, illustrated workouts, and motivated stories. 308 pages. Rodale. Paperbound. Pub. at \$20.00 **\$5.95**



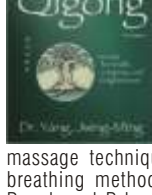
Fully illus. in color. 432 pages. Dorling Kindersley. 8 1/2 x 11. Pub. at \$40.00

**9029605 THE LITTLE BOOK OF GOAT YOGA.** By Lainey Morse. Brings the goat yoga experience straight to you, complete with gentle sequences you can do with or without hooved companions. It's animal therapy in a book—and quite possibly the cutest way yet to get fit! Well illus. in color. 120 pages. Running Press. Paperbound. Pub. at \$15.99 **\$4.95**



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**★770366X THE ROOT OF CHINESE QIGONG, THIRD EDITION: Secrets for Health, Longevity, and Enlightenment.** By Jwing-Ming Yang. Presents ancient Qigong concepts in a logical way for the western mind, which helps practitioners stay on the right path while deepening their knowledge and skills. Teaches sitting and standing meditation, demonstrates Qi **\$21.95**



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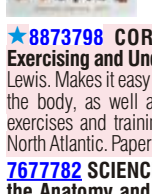
167 pages. G&D Media. Paperbound. Pub. at \$24.95

**★804810X BACK ON TRACK: The Lifestyle & Exercise Guide on Healing Back Pain.** By Roberta Bergman. The focus is on back pain prevention through posture improvement, ergonomics, therapeutic exercise, stress reduction, proper body mechanics, disciplined exercise and the basics of good nutrition. Well illus. 167 pages. G&D Media. Paperbound. Pub. at \$24.95 **\$14.95**



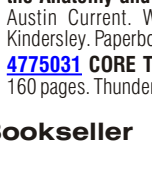
160 pages. Thunder Bay. Paperbound. Pub. at \$14.99

**★8898979 MOVEMENT FOR EVERY BODY: An Inclusive Fitness Guide for Better Movement.** By Marcia Dornie. An inclusive guide to improving mobility, building strength, and increasing flexibility for every body and any size, shape, and ability. Well illus. in color. 144 pages. North Atlantic. Paperbound. Pub. at \$22.95 **\$17.95**



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**★8873798 CORE: A Science-Backed Approach to Exercising and Understanding Our Central Anatomy.** By Owen Lewis. Makes it easy to understand the anatomy of the core region of the body, as well as key principles for more effective and safe exercises and training regimens. Fully illus. in color. 136 pages. North Atlantic. Paperbound. Pub. at \$25.95 **PRICE CUT to \$14.95**



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**7677782 SCIENCE OF STRENGTH TRAINING: Understand the Anatomy and Physiology to Transform Your Body.** By Austin Current. Well illus. in color. 224 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$9.95**





## Exercise & Fitness

**7964773 PILATES EXPRESS: Get Maximum Results in Minimum Time.** By Lynne Robinson. Fully illus. in color. 208 pages. Kyle Books. Paperbound. Pub. at \$24.99 **\$7.95**

**★7950349 STRETCHING FOR A PAIN-FREE LIFE.** By J. Cybulski & B. Riley. Well illus. in color. 128 pages. Page Street. Paperbound. Pub. at \$19.99 **\$14.95**

**★7852010 SAFE MOVEMENT FOR ALL SPINES: A Guide to Spinal Anatomy and How to Work with 21 Spine and Hip Conditions.** By Gwen Miller. 366 pages. North Atlantic. Paperbound. Pub. at \$25.95 **\$18.95**

**★5879507 THE ART OF YOGA SEQUENCING: Contemporary Approaches and Inclusive Practices for Teachers and Practitioners.** By Sage Rountree. Fully illus. 292 pages. North Atlantic. Paperbound. Pub. at \$24.95 **\$17.95**

**★4903668 MARTIAL ARTS AND THE MIRROR IMAGE.** By Phillip Starr. Photos. 205 pages. Blue Snake Books. Paperbound. Pub. at \$19.95 **\$11.95**

**7929684 SMALL CHANGES: A Rules-Free Guide to Add More Plant-Based Foods, Peace & Power to Your Life.** By Alicia Witt. 16 pages of color photos. 270 pages. Harper. Pub. at \$27.99 **\$5.95**

**★4996011 THE HEART OF YOGA, REVISED EDITION: Developing a Personal Practice.** By T.K.V. Desikachar. Well illus. 244 pages. Inner Traditions. 8x10. Paperbound. Pub. at \$19.95 **\$12.95**

**★7976496 THE WELLNESS GUIDE: Embrace 100 Expressions of Positive Self-Care, from Meditation to Yoga, Superfoods to Journaling.** Ed. by R. Newcombe & C. Martin. Fully illus. in color. 303 pages. Thunder Bay. 8½x10½. Paperbound. Pub. at \$24.99 **\$14.95**

**★7786832 FUNCTIONAL ANATOMY OF YOGA: A Guide for Practitioners and Teachers.** By David Keil. Fully illus. in color. 328 pages. Inner Traditions. Paperbound. Pub. at \$29.99 **\$19.95**

**★7910592 TEACH PEOPLE, NOT POSES: Lessons in Yoga Anatomy and Functional Movement to Unlock Body Intelligence.** By Mary Richards. Illus. 174 pages. Shambhala. Paperbound. Pub. at \$24.95 **\$11.95**

**★790682X YOGA INVERSIONS: Your Guide to Going Upside Down.** By Kat Heagberg Rebar. Fully illus. in color. 206 pages. Shambhala. Paperbound. Pub. at \$24.95 **PRICE CUT to \$9.95**

**★7832133 BUILT TO MOVE: The 10 Essential Habits to Help You Move Freely and Live Fully.** By Kelly & Juliet Starrett. Illus. 318 pages. Knopf. Pub. at \$28.00 **\$11.95**

**★7944721 TIME TO REPAIR: How Yoga Can Restore Body and Mind in 5 Minutes a Day.** By Vicky Fox. Fully illus. 219 pages. Hammersmith. Paperbound. Pub. at \$29.95 **PRICE CUT to \$11.95**

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**7733143 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 Lipolic Acid-lines, wrinkles, under-eye puffiness, acne scars, and enlarged pores can disappear. 218 pages. Warner. Paperbound. Pub. at \$6.99 **\$4.95**



**1999265 YOUR BEST SKIN: The Science of Skincare.** By Hannah English. Will help you identify your skin type with a comprehensive quiz before revealing how you can heal yourself with a new beauty ritual that is actually tailored to your needs. Your essential skincare manual, breaking down the science of your skin in a friendly, trustworthy and accessible way. Illus. in color. 224 pages. Hardie Grant. Pub. at \$22.99 **\$9.95**



**7998775 WIGGING OUT: Fake Hair That Made Real History.** By Jessica Glasscock. A stunning visual journey through the fascinating history of wigs and hairpieces, covering thousands of years of hair. Features capsule fashion histories set alongside spectacular images of real and synthetic wigs, in this mash up of styles, stories and personalities all backcombed into an iconic chronicle of hair history. 250 pages. Black Dog & Leventhal. Pub. at \$30.00 **\$9.95**

**8996946 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. 9¼x8¾. Paperbound. Pub. at \$19.99 **\$6.95**

**5879728 BREAK FREE FROM ECZEMA.** By Rachel Zohn. 240 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$5.95**

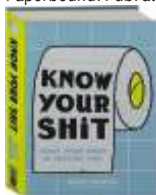
**7878761 YOUNGER: The Breakthrough Anti-Aging Method for Radiant Skin.** By Harold Lancer. Illus. 243 pages. Grand Central. Pub. at \$28.00 **\$5.95**

**8799113 THE CANNABIS APOTHECARY.** By Laurie & Mary Wolf. Fully illus. in color. 242 pages. Black Dog & Leventhal. Pub. at \$35.00 **\$9.95**

## Health & Medical References



**LIMITED QUANTITY 9030239 KNACK FIRST AID: A Complete Illustrated Guide.** By Buck Tilton et al. Learn all about the most common injuries and illnesses: how to recognize them, how to manage them, and, often, how to prevent them. Whether performing CPR, assessing spine injury, or applying a tourniquet, the clear step by step instructions give you the tools you need to get through an emergency. Fully illus. in color. 244 pages. Knack. Paperbound. Pub. at \$19.95 **\$4.95**



**1043889 KNOW YOUR SHIT: What Your Crap Is Telling You.** By Shawn Shafner. This work lifts the lid off the potty taboo and breaks the stall door down in search of the Perfect Poo. Along the way, learn what happens inside your body to make poo, how the process can go wrong, and simple fixes to make sure you stay in the Goldilocks Zone. Fully illus. in color. 110 pages. Cider Mill. Pub. at \$10.99 **\$4.95**



**★4844165 DR. EARL MINDELL'S VITAMIN BIBLE, REVISED.** with H. Mundis. This indispensable guide has been updated with the latest research, including three brand new chapters on how to use supplements to boost your immune system, which supplements are best for combating the effects of aging, and the myriad short and long term benefits of taking a CBD supplement. 644 pages. Grand Central. Paperbound. Pub. at \$9.99 **\$7.95**



**7835280 RANGER MEDIC HANDBOOK.** By U.S. Department of Defense. After decades of medic experience in war theaters throughout the world, the U.S. Army Rangers have distilled the critical components of lifesaving first aid into this official guide. Learn how to handle lacerations, contusions, burns, traumatic head injuries, amputations, and more. Skyhorse. Paperbound. Pub. at \$16.99 **\$6.95**



**775728X 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 **\$7.95**

**8990751 BE HEALTHIER NOW: 100 Simple Ways to Become Instantly Healthier.** By Jacob Sager Weinstein. A collection of 100 things you can do this very moment to lead a healthier life. Includes tips on healthy eating and exercise, but it doesn't stop there. Remember the why of being healthy; treat happiness as a medical necessity; and work less to live longer. Well illus. in color. 136 pages. Odd Dot. Paperbound. Pub. at \$17.99 **\$5.95**



**8991332 THE VIRUS AND THE HOST.** By Chris Chlebowski. Emerging science about how toxic exposure, chronic inflammation, infections, and chronic diseases interact and predispose us to poor outcomes from acute viral infections such as COVID-19. Outlines the tools we need for better health: how to eat like your life depends on it; how to detoxify simply and safely at home; and more. 274 pages. Chelsea Green. Paperbound. Pub. at \$24.95 **\$5.95**



**483559X EXHALE: 40 Breathwork Exercises to Help You Find Your Calm, Supercharge Your Health, and Perform at Your Best.** By Richie Bostock. More than forty simple breathing exercises to help you transform your mental and physical health. SEALs you'll find the solution to life's everyday challenges in as little as three minutes. This will be the ultimate tool to transform your wellbeing. Illus. 221 pages. Penguin. Paperbound. Pub. at \$16.00 **\$5.95**



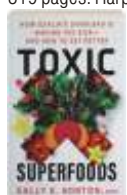
**1137344 CHEATING DEATH: The New Science of Living Longer and Better.** By Rand McClain. Shares the best drugs and supplements, treatment methods, and devices, including little-known treatments that can reverse the effects of new and old injuries, emergent diagnostic and screening technologies that deter early-onset disease sooner, and more. Illus. 230 pages. BenBella. Pub. at \$24.95 **\$6.95**



**5879760 THE POWER OF POOPING: A Cheeky Diet and Lifestyle Guide to End Constipation and Transform Your Health.** By Susan Wong with J. Rietchek. Offers professional advice and tips on how you can make lifestyle changes that not only get your bowels moving but also help tackle anxiety, inflammation, indigestion, weight management, and more. Break the taboo and make sure you're doing it right with the informative tips and tricks included here. Illus. 239 pages. Ulysses. Pub. at \$19.95 **\$5.95**



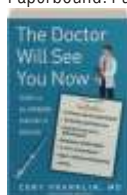
**8889619 POWERHOUSE: Protect Your Energy, Optimize Your Health and Supercharge Your Performance.** By Greg Wells. Wells shows you simple yet revolutionary ways of healing and boosting your mitochondria to repair and improve your whole body. These methods include quick and easy breathing exercises, as well as advice about supplements and ways to avoid damaging your mitochondria. As a result, you will feel less tired, experience better moods, and increase your hormonal health. 319 pages. Harper. Paperbound. Pub. at \$20.99 **\$5.95**



**★7779186 TOXIC SUPERFOODS: How Oxalate Overload Is Making You Sick—and How to Get Better.** By Sally K. Norton. If you're eating a healthy diet and you're still dealing with fatigue, inflammation, anxiety, recurrent injuries, or chronic pain, the problem could be your spinach, almonds, sweet potatoes, and other trusted plant foods. This guide shines light on how our modern diets are overloaded with oxalates and offers fresh solutions. Illus. 368 pages. Rodale. Paperbound. Pub. at \$17.99 **\$12.95**



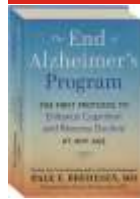
**1910221 THE MEDICAL CHECKUP BOOK: Understand the Tests You Need to Keep Your Body and Mind Healthy.** By Jess Baker et al. An essential guide to understanding and maintaining your health, covering the most common medical tests and health assessments available. Written by experts and packed with user-friendly information and practical lifestyle advice, this is the ultimate resource for anyone interested in advocating for their health. Well illus. in color. 192 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$7.95**



**7999976 THE DOCTOR WILL SEE YOU NOW: Essays on the Changing Practice of Medicine.** By Cory Franklin. A quirky and eclectic collection of short pieces that explore the evolving patient-physician relationship; famous doctors and notorious patients; surprising hospital practices and the future of health care; medical reporting, research, ethics, drugs, and money; and the brave new world of neurology. 270 pages. Chicago Review. Paperbound. Pub. at \$16.99 **\$3.95**



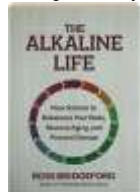
## Health & Medical References



**7857748 THE END OF ALZHEIMER'S PROGRAM: The First Protocol to Enhance Cognition and Reverse Decline at Any Age.** By Dale E. Bredesen. What we call Alzheimer's disease is actually a protective response to a wide variety of insults to the brain: inflammation, insulin resistance, toxins, infections, and inadequate levels of nutrients, hormones, and growth factors. Figure out which of these that need to be addressed and continue by giving a personalized lifestyle plan, and more. Illus. 336 pages. Avery. Pub. at \$28.00 **\$6.95**



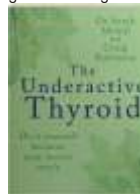
**7848382 THE SCIENCE OF NUTRITION.** By Rhiannon Lambert. Providing clear answers backed up by the very latest research, this work has the answers to all your nutritional questions, covering every conceivable topic, from gut bacteria to weight management to heart health and immune support to plant-based eating and intermittent fasting and everything inbetween. Fully illus., in color. 224 pages. Dorling Kindersley. 8 1/2 x 10 1/4. Pub. at \$30.00 **\$12.95**



**\*1027395 THE ALKALINE LIFE: New Science to Rebalance Your Body, Reverse Aging, and Prevent Disease.** By Ross Bridgford. Provides the foundational principles and realistic blueprint for living a long-term alkaline lifestyle and targeting specific health issues such as: chronic fatigue; thyroid healing; immunity building; cardiovascular disease; type 2 diabetes; autoimmune conditions; and more. 328 pages. Hay House. Paperbound. Pub. at \$18.99 **\$13.95**



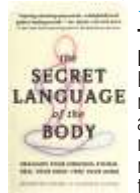
**8041814 CLEARING THE FOG: From Surviving to Thriving with Long Covid-A Practical Guide.** By James C. Jackson. An empathetic and practical guide to navigating life with the cognitive and mental health impairments that often accompany long Covid. Will help people living with long Covid understand their current situation while offering ways to address it, make sense of it, and move through it with the goal of thriving. 280 pages. Hachette. Pub. at \$29.00 **\$6.95**



**\*7790554 THE UNDERACTIVE THYROID: Do It Yourself Because Your Doctor Won't.** By S. Myhill & C. Robinson. Shows us what the signs and symptoms are, all stemming from the metabolism running slow, and what the problems with diagnostic blood tests are that mean they cannot be relied on in isolation. Advocating lifestyle measures, iodine, and natural thyroid glandulars where found to be necessary, the authors also show the consequences of untreated hypothyroidism, and more. 234 pages. Hammersmith. Paperbound. Pub. at \$27.99 **\$22.95**



**8996830 THE 21-DAY IMMUNITY PLAN: How to Rapidly Improve Your Metabolic Health and Resilience to Fight Infection.** By Aseem Malhotra. With the evidence-based science behind the plan, Dr. Malhotra shares how simple changes to our diet, along with daily exercise and stress relief, can have remarkable results in improving our metabolic health. 100 pages. Yellow Kite. Paperbound. Pub. at \$17.99 **\$5.95**



**\*109324X 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 **\$14.95**



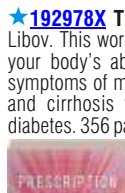
**7998929 THE BLISSFUL BREATH: 10 Minutes of Daily Breathing Exercises That Will Change Your Life.** By Niall O Murchu. Teaches you how to harness the power of your breath to heal your body and mind in entirely new ways. These easy, accessible exercises can be practiced at your desk, in the shower or in bed and promise to improve your overall wellbeing: from increasing energy, strengthening the immune system and even enhancing creativity. 160 pages. Hardie Grant. Pub. at \$22.99 **\$9.95**



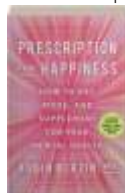
**\*8894094 THE CAREGIVER'S GUIDE TO STROKE RECOVERY: Practical Advice for Caring for You and Your Loved One.** By Lucille Jorgensen. A stroke changes the life of more than just the survivor. This guide will help you through these challenging times with knowledge, compassionate guidance, and reaffirming 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 **\$11.95**



**4997220 SUGARPROOF: The Hidden Dangers of Sugar That Are Putting Your Child's Health at Risk and What You Can Do.** By M.I. Goran & E.E. Ventura. The authors bust the myths about the various types of sugars and sweeteners; help families identify sneaky sources of sugar in their diets; and suggest realistic, family based solutions to reduce sugar consumption. Along with more than thirty-five recipes all without added sugars, everyone can give their children a healthy new start to life. 354 pages. Avery. Pub. at \$26.00 **\$5.95**



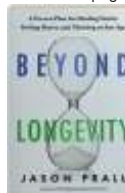
**\*192978X THE LIVER CURE.** By Russell Blaylock with C. Libov. This work provides a comprehensive plan for protecting your body's ability to filter out harmful toxins and improve symptoms of many harmful conditions, from cancer, fatty liver, and cirrhosis to autoimmune diseases, inflammation, and diabetes. 356 pages. Humanix. Pub. at \$27.99 **\$21.95**



**6997287 PRESCRIPTION FOR HAPPINESS: How to Eat, Move, and Supplement for Peak Mental Health.** By Robin Berzin. Explores the new science of optimizing the body in ways that will establish a new baseline for energy, calm, and optimism. And offers a prescription sorely missing from our health care system for the foods, tests, workouts, and emotional healing practices that can change the state of how we feel every day. 294 pages. S&S. Paperbound. Pub. at \$17.99 **\$5.95**



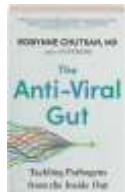
**\*9025006 BLIND SPOTS: When Medicine Gets it Wrong and What It Means for Our Health.** By Marty Makary. Explores the latest research on critical topics, reveals the biggest blind spots of modern medicine and tackles the most urgent yet unsung issues in our health care ecosystem. The path to these medical mishaps can be absurd, entertaining, and jaw dropping, but the truth is essential to our health. 265 pages. Bloomsbury. Pub. at \$28.99 **\$21.95**



**\*7991282 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 **\$11.95**



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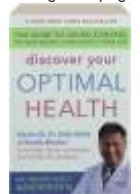
**9024085 THE 25-DAY AYURVEDA CLEANSE: A Holistic Wellness Plan Using Ayurvedic Practices to Reset Your Health Naturally.** By Kerry Harling. Ayurveda works because it's not a diet; it's a holistic approach to living that's tailored to your "dosha," or unique metabolic type. Broken down into three distinct, easy to follow phases with more than 60 delicious recipes. Fully illus. in color. 223 pages. Page Street. Paperbound. Pub. at \$22.99 **\$5.95**



**7998538 LONG ILLNESS: A Practical Guide to Surviving, Healing, and Thriving.** By M. Jobson & J. Morgan. If you have a chronic illness, you know how difficult it can be to get answers. Drs. Jobson and Morgan are on the front lines of long illness and are here to help. Providing everything from tips for assembling the best care team for you to strategies to alleviate symptoms, all in accessible clear language. Get the help you need from the experts. 358 pages. Hachette. Pub. at \$30.00 **\$7.95**



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**9023496 DISCOVER YOUR OPTIMAL HEALTH: The Guide to Taking Control of Your Weight, Your Vitality, Your Life.** By Wayne Scott Andersen. The steps toward reaching and maintaining your optimal health include integrating the habits of health into your life; discovering the habits of healthy weight loss; using the habits of healthy eating; practicing the habits of healthy sleep; and more. Illus. 214 pages. Hachette. Paperbound. Pub. at \$18.99 **\$5.95**



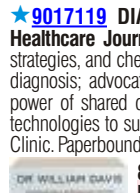
**\*8998957 GETTING HEALTHY IN TOXIC TIMES: An Ecological Doctor's Prescription for Healing Your Body and the Planet.** By Jenny Goodman. With the right information, we can safeguard ourselves by minimizing our interactions with pollutants; ensuring our bodies have the right anti-toxin nutrients; taking collective action to fight for our health and that of the environment; and more. 259 pages. Chelsea Green. Paperbound. Pub. at \$24.95 **\$19.95**



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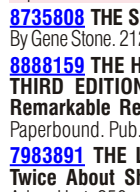
**\*8996733 NATURE'S WAY TO HEALING: A Long Covid Guide.** By Lee Holmes. Offers a step by step approach to reduce the duration of Long Covid. Guides readers through a tried and tested practical plan with workbook tools including a symptom tracker, self-care checklist and pacing diary to monitor progress. Fully illus. in color. 248 pages. Rockpool. Paperbound. Pub. at \$18.95 **\$13.95**



**\*9017119 DIAGNOSED: An Insider's Guide for Your Healthcare Journey.** By C. Ross & E. Marx. Offering guidance, strategies, and checklists for how to process the shock and grief of a diagnosis; advocate for yourself (or your loved one); harness the power of shared decision-making; access the best resources and technologies to support your recovery; and more. 205 pages. Mayo Clinic. Paperbound. Pub. at \$24.99 **\$17.95**



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**8888159 THE HEALING POWERS OF VINEGAR, REVISED THIRD EDITION: A Complete Guide to Nature's Most Remarkable Remedy.** By Cal Orey. 360 pages. Kensington. Paperbound. Pub. at \$15.95 **\$4.95**  
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**7763603 LYMPH & LONGEVITY: The Untapped Secret to Health.** By Gerald M. Lemole. 215 pages. Scribner. Pub. at \$23.00 **SOLD OUT**

**7944578 REGULAR: The Ultimate Guide to Taming Unruly Bowels and Achieving Inner Peace.** By Tamara Duker Freuman. 325 pages. Hachette. Pub. at \$29.00 **\$6.95**

**7998244 RADICAL LONGEVITY: The Powerful Plan to Sharpen Your Brain, Strengthen Your Body, and Reverse the Symptoms of Aging.** By Ann Louise Gittleman. 324 pages. Hachette. Pub. at \$28.00 **\$7.95**

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**8048215 HEALING ADAPTOGENS.** By T. Isokaupila & D.R. Broida. Illus. 230 pages. Hay House. Paperbound. Pub. at \$17.99 **\$9.95**

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**7829302 MAXIMIZE YOUR METABOLISM: Lifelong Solutions to Lose Weight, Restore Energy, and Prevent Disease.** By Noel & Sunita Singh Maclaren. 326 pages. Grand Central. Paperbound. Pub. at \$18.99 **PRICE CUT to \$3.95**

**795882X MAXIMIZE YOUR METABOLISM: Lifelong Solutions to Lose Weight, Restore Energy, and Prevent Disease.** By Noel & Sunita Singh Maclaren. 326 pages. Grand Central. Pub. at \$28.00 **\$4.95**

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**8890137 MED SPA MAYHEM: The Good, the Bad, and the Ugly Secrets of the Aesthetic Industry.** By Kate Dee. 177 pages. Advantage Media Group. Paperbound. Pub. at \$19.99 **PRICE CUT to \$11.95**

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**7851049 THE SOUL & THE SEA: Essential Healing for Everyday Life.** By Benig Mauger. 219 pages. O Books. Paperbound. Pub. at \$19.95 **PRICE CUT to \$3.95**

**7807198 BODY BY BREATH: The Science and Practice of Physical and Emotional Resilience.** By Jill Miller. Well illus. in color. 480 pages. Victory Belt. 8 1/2 x 11. Pub. at \$69.95 **\$34.95**

## Diseases & Disorders

**LIMITED QUANTITY 9045597 THE EAR BOOK: A Complete Guide to Ear Disorders and Health.** By T.J. Balkany & K.D. Brown. Recognized experts on ears and hearing, explain how our intricately shaped and amazingly sensitive ears facilitate hearing and balance. In addition to thoroughly examining the causes, symptoms, and treatment of common problems of the outer, middle, and inner ear, they address some frequently asked questions. 245 pages. Johns Hopkins. **SOLD OUT**

**9029389 THE EVERYTHING GUIDE TO LYME DISEASE.** By Rafal Tokarz. If you're suffering from Lyme disease, you need clear, easy to understand information. Written by a leading expert in infectious diseases, this is a comprehensive resource for living with Lyme disease. Learn about all aspects of the disease, how to prevent it, and how to find the best medical care. 256 pages. Adams Media. Paperbound. Pub. at \$18.99 **\$4.95**

**9030050 BEATING PROSTATE CANCER WITHOUT SURGERY.** By James D. Priest. When Dr. Priest was diagnosed with prostate cancer, he documented his experiences in a daily journal and quickly learned that, although urologists often recommend surgical removal of the prostate, other treatments for prostate cancer can be as effective. 172 pages. Fairview. Paperbound. Pub. at \$14.95 **\$5.95**

**9013369 HOW TO SLEEP: The New Science-Based Solutions for Sleeping Through the Night.** By Rafael Pelayo. Dr. Pelayo, an expert sleep clinician, offers advice for the bedroom—on white noise machines, ambient temperature, what to look for in a pillow—and answers to our most pressing questions, from when to see a sleep medicine specialist to how aging affects our sleep. 160 pages. Artisan. Paperbound. Pub. at \$24.95 **\$6.95**

**9057013 HIDDEN BRILLIANCE: Unlocking the Intelligence of Autism.** By L.K. Koegel & C. LaZebnik. A groundbreaking exploration of the ways in which the intelligence and abilities of children and young adults with autism are often overlooked and misjudged, with tried and true interventions that can be used to help them reach their full potential. 267 pages. Harper. Pub. at \$32.00 **\$5.95**

**LIMITED QUANTITY 9029451 HOW TO LIVE WELL WITH DIABETES: A Comprehensive Guide to Taking Control of Your Life with Diabetes.** By Val Wilson. Wilson advises readers in every aspect of their life with diabetes, including managing blood glucose levels; preventing or stabilizing complications arising from the condition; diet and exercise; sex, relationships and lifestyle changes; depression and mood changes; and more. 308 pages. Robinson. Paperbound. Pub. at \$21.99 **SOLD OUT**

**8799520 HELP HEAL YOURSELF FROM CANCER.** By William & Martha Sears. Helps you go from patient to partner in your cancer-healing journey. The authors outline the steps you can take, both in working with your cancer-care providers and on your own, to maximize your chances of not just beating cancer, but thriving in its wake. Illus. 238 pages. BenBella. Pub. at \$26.95 **\$6.95**

**6993435 ROCK STEADY: Healing Vertigo or Tinnitus with Neuroplasticity.** By Joey Remenyi. Explains why holistic neuroplasticity is often overlooked; why nobody else can prescribe it for you; and why ignoring, denying, distracting, and avoiding symptoms may not work. Joey gives hope to the hopeless with her pioneering self-study approach to healing chronic symptoms. 290 pages. Page Two Books. Paperbound. Pub. at \$18.00 **\$5.95**

**7862067 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 **\$5.95**

**6078486 POSTDIABETIC: An Easy-to-Follow 9-Week Guide to Reversing Prediabetes and Type 2 Diabetes.** By E. Edmeades & R. Ruiz. Over the course of nine weeks, you'll learn how to make subtle changes to your lifestyle and deep changes to your psychology. You'll look at what you eat, when you eat it, and why you eat it. You'll find out how to shift your metabolism from primarily sugar-burning to primarily fat-burning, learn more about seasonal eating, and reap the benefits of cyclical eating patterns. 199 pages. Hay House. Pub. at \$25.99 **\$18.95**

**899711X FOODOLOGY: A Food Lover's Guide to Digestive Health & Happiness.** By Saliha Mahmood Ahmed. A culinary journey that incorporates science, medical research and recipes to show us how the food we eat influences the way we feel. Illus. 334 pages. Yellow Kite. Pub. at \$26.99 **\$6.95**

**★6994652 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 **\$16.95**

**9054030 REGENERATIVE HEALTH: Discover Your Metabolic Type and Renew Your Liver for Life.** By K. Kirkpatrick & I. Hanounieh. With practical tips on nutrition, exercise, and wellness; meal suggestions; recipes; and recommended snacks, this work is not only a preventive tool, but also helps you treat your current liver issues. 357 pages. Hachette. Pub. at \$30.00 **\$6.95**

**★1027182 GUT CHECK: Unleash the Power of Your Microbiome to Reverse Disease and Transform Your Mental, Physical, and Emotional Health.** By Steven R. Gundry with J. Lipper. Offers a definitive guide to the gut biome and its control over its home, us! Reveals the unimaginably complex and intelligent ecosystem determining our health and teaches us how to heal our cuts to prevent and reverse every type of disease. 320 pages. Harper Wave. Pub. at \$32.00 **\$23.95**

**★7937504 HOW TO PREVENT DEMENTIA: Understanding and Managing Cognitive Decline.** By Richard Restak. A comprehensive guide to preventing Alzheimer's and other thinking disorders. The reader will understand what practical steps can be taken each day to lessen the odds of dementia and how to take advantage of new medications, while gaining a better understanding of thinking and what it is like to have it falter. 208 pages. Skyhorse. Pub. at \$26.99 **\$19.95**

**7977255 TAKE CONTROL OF YOUR CANCER RISK.** By John Whyte. Shares straightforward information and equips you with strategies to help you on a journey to better health, including assessing your cancer risk; knowing which screenings you need, and when; learning the role food, exercise, and sleep play; and more. Illus. 252 pages. Harper. Pub. at \$27.99 **\$5.95**

**7940467 TAKE CONTROL OF YOUR DIABETES RISK.** By John Whyte. Shares straightforward information and equips you with strategies to help you on a journey to better health, including knowing the causes of the different types of diabetes, and learning the role food, exercise, sleep play, and understanding the relationship between diabetes, heart disease, and cancer. 276 pages. Harper. Pub. at \$27.99 **\$8.95**

**★9008985 THE TMJ HANDBOOK: A Therapeutic Guide to Relieving Jaw Tension and Pain with Yoga and Mindfulness.** By Cator Shachoy. Unpacks the physical, emotional, and energetic reasons why this pain can occur and become so debilitating—including injury, stress and tension, emotional trauma, grief and rage, and hormonal imbalances, among other causes. Well illus. 266 pages. Shambhala. Paperbound. Pub. at \$24.95 **\$17.95**

**9045635 HEPATITIS C: A Complete Guide for Patients and Families.** By Paul J. Thuluvath. Explains how hepatitis C is diagnosed and managed, including recently available, dramatically improved treatments. 288 pages. Johns Hopkins. Pub. at \$45.00 **\$5.95**

**★6075541 THE CANCER CODE: Understanding Cancer as an Evolutionary Disease.** By Jason Fung. Sheds light on the strange and fascinating story of cancer. Also explains the disease process itself—from the cancerous transformation of a normal cell to its progression and metastasis—and how factors like nutrition, obesity, and type 2 diabetes can influence risk. Illus. 360 pages. Harper. Paperbound. Pub. at \$21.99 **PRICE CUT to \$14.95**

**8888906 RESTORING YOUR DIGESTIVE HEALTH: A Proven Plan to Conquer Crohn's, Colitis, and Digestive Diseases.** By J.S. Rubin & J. Brasco. 364 pages. Citadel. Paperbound. Pub. at \$17.95 **\$4.95**

**607815X TIRED—SO TIRED! And the Yeast Connection.** By William G. Crook. 386 pages. Square One Publishers. Paperbound. Pub. at \$16.95 **\$5.95**



## Diseases & Disorders

**8888841 NO MORE HEARTBURN: The Safe, Effective Way to Prevent and Heal Chronic Gastrointestinal Disorders.** By Sherry A. Rogers. 247 pages. Citadel. Paperbound. Pub. at \$15.95 **\$4.95**

**7951248 TAKE CHARGE OF YOUR THYROID DISORDER.** By A. Christianson & H. Bender. 320 pages. Alpha. Paperbound. Pub. at \$19.99 **\$5.95**

**5722578 THE END OF FOOD ALLERGY: The First Program to Prevent and Reverse a 21st-Century Epidemic.** By K. Nadeau & S. Barnett. 342 pages. Avery. Pub. at \$28.00 **\$6.95**

**★1177095 SOUNDS LIKE MISOPHONIA: How to Stop Small Noises from Causing Extreme Reactions.** By Jane Gregory with A. Ahmad. 336 pages. Green Tree. Paperbound. Pub. at \$22.00 **\$16.95**

**★7964927 CURING STUBBORN DEPRESSION: Emerging & Breakthrough Therapies for Treatment-Resistant Depression.** By Paul B. Fitzgerald. 213 pages. Hatherleigh. Paperbound. Pub. at \$17.95 **\$9.95**

**6999034 ENDO UNFILTERED: How to Take Charge of Your Endometriosis and PCOS.** By Erin Barnett. Illus. 221 pages. Murdoch Books. Paperbound. Pub. at \$27.99 **PRICE CUT to \$5.95**

**★6998127 THE FUTURE OF ALZHEIMER'S: Finding Inspiration & Hope Through Expert Insight.** By Sharon Ricardi. 162 pages. Paperbound. Pub. at \$15.00 **PRICE CUT to \$9.95**

**★7939507 OVERCOMING CHRONIC DIGESTIVE CONDITIONS: Release the Visceral Layers of Post-Traumatic Gut Disorder.** By Nikki Kenward. 202 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **\$15.95**

**★1105736 DODGING DEMENTIA: Understanding MCI and Other Risk Factors.** By Mary Jordan with J. Thompson. 231 pages. Hammersmith. Paperbound. Pub. at \$29.99 **\$19.95**

**★7817304 TRAVELERS TO UNIMAGINABLE LANDS: Stories of Dementia, the Caregiver, and the Human Brain.** By Dasha Kiper. 233 pages. Random. Pub. at \$28.00 **\$14.95**

## Stress & Pain Management

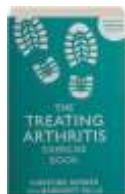
**9045546 CONFRONTING CHRONIC PAIN: A Pain Doctor's Guide to Relief.** By Steven Richeimer with K. Steligo. A eminent voice in the field of pain management, discusses what causes pain in such disorders such as arthritis, cancer, fibromyalgia, chronic headache, and back pain, and describes how to get relief. 231 pages. Johns Hopkins. Paperbound. Pub. at \$30.00 **\$5.95**

**9029176 AND BREATHE: The Complete Guide to Conscious Breathing for Health and Happiness.** By Rebecca Dennis. Shows you how to harness the power of your own breath through conscious breathing, which helps alleviate stress, fatigue, and negative emotions. You'll feel calm yet energized, focused yet relaxed. Conquer anxious thought patterns, relax and calm your mind, improve sleep, and increase physical energy. 200 pages. Da Capo. Paperbound. Pub. at \$15.99 **\$4.95**

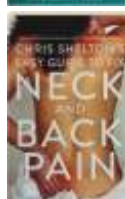
**7807961 LIVE PAIN-FREE: Eliminate Chronic Pain Without Drugs or Surgery.** By Lee Albert. Shows you how to quickly identify pain causing misalignments in your body and use simple techniques to get your body back into balance, out of pain and back to health. Most pain is the result of imbalances in a musculoskeletal system that is out of alignment. Albert's approach delivers simple, therapeutic techniques that anyone can do. 157 pages. Dudley Court. 8x10. Paperbound. Pub. at \$29.95 **\$6.95**

**7982623 BREAKING THE STRESS CYCLE: 7 Steps to Greater Resilience, Happiness, and Peace of Mind.** By Andrew Bernstein. Offers a complete reeducation in the nature of stress, and can permanently change the way you handle challenges in all areas of your life. Guided worksheets and coaching show you how to reframe your thinking on relationships, money, work-life balance, weight loss, discrimination, regret, grief, and more. 285 pages. Atria. Paperbound. Pub. at \$17.00 **\$3.95**

**★673698X 1,500 STRETCHES: The Complete Guide to Flexibility and Movement.** By Hollis Liebman. The essential go-to guide for everyone, from weekday commuters to weekend warriors. Organized by body part, it is the most extensive and up-to-date volume of stretches available anywhere. It targets every muscle in the body from the tiniest in the neck to the largest in the back and legs. Fully illus. in color. 739 pages. Black Dog & Leventhal. 8½x10. Pub. at \$35.00 **\$26.95**

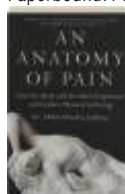


**★1177168 THE TREATING ARTHRITIS EXERCISE BOOK.** By Christine Horner with M. Hills. Gives stepped and manageable exercises that work to improve fitness and function in anyone experiencing inflammation or pain. 145 pages. Sheldon. Paperbound. Pub. at \$14.99 **\$11.95**



**★9017100 CHRIS SHELTON'S EASY GUIDE TO FIX NECK AND BACK PAIN.** A step by step guide to get immediate relief on your own, without painful, invasive, and expensive surgeries. Guides you through exercises, stretches, cupping, breathing, and crucial emotional and lifestyle adjustments to put the healing power back into your hands. Illus. in color. 262 pages. Radius. Paperbound. Pub. at \$24.99 **SOLD OUT**

**★1207598 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 **\$14.95**



**8056536 AN ANATOMY OF PAIN: How the Body and the Mind Experience and Endure Physical Suffering.** By Abdul-Ghaaliq Lalkhen. Pain is a universal human experience, but we understand very little about the biology behind it. This is the first work to clearly explain the current issues and complexities surrounding the treatment of pain, how our bodies experience it, and how society deals with those who are suffering. 244 pages. Scribner. Paperbound. Pub. at \$17.00 **PRICE CUT to \$3.95**

**6994040 EVERYDAY VITALITY: Turning Stress into Strength.** By Samantha Boardman. Shows readers how to find strength within their stress and how to transform full days into more fulfilling days. Boardman shares strategies for cultivating vitality, the positive feeling of aliveness and energy that lies at the core of well-being and at the heart of a good day. 256 pages. Penguin. Paperbound. Pub. at \$18.00 **PRICE CUT to \$3.95**

**★4903749 PAIN FREE, REVISED SECOND EDITION: A Revolutionary Method for Stopping Chronic Pain.** By Pete Egoscue. Photos. 290 pages. Bantam. Paperbound. Pub. at \$18.00 **SOLD OUT**

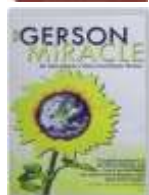
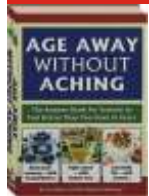
**★798247X RESTORE YOUR LIFE FROM CHRONIC PAIN: Find Lasting Relief from Arthritis, Headache, and Back Pain.** By Mark B. Weisberg. 280 pages. Mango. Paperbound. Pub. at \$19.99 **\$14.95**

**★7912404 CHRONIC PAIN RESET: 30 Days of Activities, Practices, and Skills to Help You Thrive.** By Afton L. Hassett. 269 pages. Countryman. Pub. at \$28.00 **PRICE CUT to \$11.95**

**★7821395 8 STEPS TO CONQUER CHRONIC PAIN: A Doctor's Guide to Lifelong Relief.** By Andrea Furlan. 271 pages. Robert Rose. Paperbound. Pub. at \$24.95 **PRICE CUT to \$14.95**

**★7760027 REST IS RESISTANCE: A Manifesto.** By Tricia Hersey. 212 pages. Little, Brown. Pub. at \$27.00 **PRICE CUT to \$5.95**

## Complementary & Alternative Medicine



**9028854 AGE AWAY WITHOUT ACHING: The Answer Book for Seniors to Feel Better Than You Have in Years.** By FC&A Medical Publishing. Gathered here are the best natural remedies for everything from anxiety and depression to high blood pressure, kidney stones, heartburn, and even cancer. 376 pages. FC&A Medical. Pub. at \$41.34 **\$7.95**

**DVD 7799780 THE GERSON MIRACLE.** Introduces you to the physician who developed the Gerson Therapy more than 75 years ago—a therapy that has proven to cure cancer and most other chronic and degenerative diseases. Nine current and former patients speak passionately through their first-person stories. Not Rated. 91 minutes. Gerson Media. **\$5.95**



**9054812 DR. CHASE'S OLD-TIME HOME REMEDIES.** By Alvin Wood Chase. Learn about original medicinal and household practices from the late 19th century! This collection provides an in-depth look into more than eight hundred wildly varied and fascinating "recipes" which helped, and can still help, people with everyday health concerns. 865 pages. Clydesdale. Paperbound. Pub. at \$19.99 **\$5.95**



**7801440 THE COMPLETE REFLEXOLOGY TUTOR: Everything You Need to Achieve Professional Expertise.** By Ann Gillanders. The one-stop guide to self-healing and treating others with reflexology. Provides in-depth knowledge of the theory and practice of reflexology. Explains the origins and how it works. Clearly describes the anatomy and physiology of each of the body's systems with step by step instructions on how to work the associated reflex points and more. Fully illus. in color. 256 pages. Gaia. Paperbound. Pub. at \$26.99 **\$7.95**



**8888116 THE HEALING POWERS OF ESSENTIAL OILS: A Complete Guide to Nature's Most Magical Medicine.** By Cal Orey. Follow your nose to nature's pharmacy the garden, where the essence of flowers, fruits, and trees provide some of our most powerful and pleasurable sources of health and healing. Enjoy over 50 recipes for delicious dishes, discover dozens of home remedies, and more. 16 pages of color photos. 315 pages. Citadel. Paperbound. Pub. at \$16.95 **\$4.95**



**7826400 HEALTHY AT HOME: Get Well and Stay Well Without Prescriptions.** By Tieraona Low Dog. The author, an expert in natural medicine, collects her favorite remedies and recipes—the ones she has used in her own home for years—and shares them, along with wise, practical advice on when to call the doctor and when to stay put and use your own resources to get healthy at home. 336 pages. National Geographic. Pub. at \$26.00 **\$5.95**

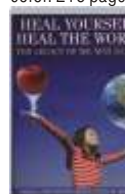
**8096813 PRESS HERE! Ayurvedic Head Massage for Beginners.** By Hillary Arrieta. A beginner's guide to achieving authentic beauty, rejuvenation, and stress-relief through an Ayurvedic Eastern massage technique anyone can do. Fully illus. in color. 128 pages. Fair Winds Press. Pub. at \$16.99 **\$4.95**



**★8897077 GINGER, THIRD EDITION: Common Spice & Wonder Drug.** By Paul Schulick. Not a single modern drug can rival the power of the favorite spice, ginger. Inspired by ginger's 5,000-year history, Schulick began an investigation that ultimately linked the claims of the ancient herbals to the remarkable and extensive findings of international medical research. Illus. 166 pages. Kalindi. Paperbound. Pub. at \$19.99 **SOLD OUT**



**7928637 THE GOOD LIVING GUIDE TO MEDICINAL TEA: 50 Ways to Brew the Cure for What Ails You.** By Jennifer Browne. More than just a comforting drink, tea has medicinal properties that are severely under-used. This guide invites us to discover these rejuvenating benefits, showing how plants from Fennel to Dandelion can be used in simple recipes to fight pain, insomnia, high blood pressure, and more. Illus. in color. 216 pages. Good Books. Pub. at \$14.99 **\$7.95**



**DVD 7799799 HEAL YOURSELF, HEAL THE WORLD.** Fullscreen. Join Howard Straus (author, scientist, son of Charlotte Cerson and grandson of Dr. Max Gerson) for an in-depth examination of the Gerson Therapy—known worldwide as the all-natural solution for cancer and chronic disease. Not Rated. 96 minutes. Gerson Media. **\$3.95**



**7716648 THE BIG BOOK OF BACKYARD MEDICINE: The Ultimate Guide to Home-Grown Herbal Remedies.** By J. Bruton-Seal & M. Seal. The most thorough compilation of home cures yet, it brings alternative medicine back to the forefront. Anyone who wants to improve their health in a completely natural way will find this resource to be an absolute must have. Well illus. in color. 446 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$9.95**





## Complementary & Alternative Medicine



**9023585 HOLISTIC CANCER CARE.** By Chanchal Cabrera. A guide to using herb-based therapies in conjunction with conventional treatments. Holistic therapies can help boost the immune system, which can slow the spread of certain cancers and, in some cases, even enhance the cancer-killing effects of chemotherapy and more. 572 pages. Storey. Pub. at \$40.00 **\$9.95**



**899689X DRAW BREATH: The Art of Breathing, Mindfulness & Meditation.** By Tom Granger. Mindfully explore your breath through a series of simple, relaxing and creative exercises. Combining the hot-trend topics of health, mindfulness and yoga along with adult creativity and coloring books. Includes a silk ribbon bookmark. Fully illus. in color. 160 pages. Summersdale. 9 1/4 x 7 1/4. Pub. at \$17.99 **\$5.95**

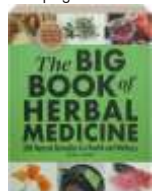


**9007504 HEALING WITH ESSENTIAL OILS: The Antiviral, Restorative, and Life-Enhancing Properties of 58 Plants.** By Heather Dawn Godfrey. Presents an accessible yet scientifically based guide to healing with essential oils and provides a must have reference for those who use essential oils at home, for health and well being practitioners, or for anyone wanting to explore the dynamic qualities of essential oils for themselves. Illus. in color. 340 pages. Healing Arts. Paperbound. Pub. at \$24.99 **\$7.95**

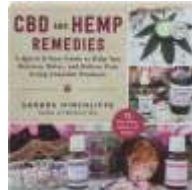


**★8893829 THE BEGINNER'S GUIDE TO ACUPRESSURE: DIY Steps for Self-Care.** By Karin Parramore. An introduction to acupressure for self-treatment, primarily dedicated to reducing symptoms of common ailments. Adapts Traditional Chinese Medicine acupressure techniques to create an easy to use program for people to use at home. Contains more than 140 step by step photographs and easy to follow directions. 160 pages. Robert Rose. Paperbound. Pub. at \$19.95 **\$15.95**

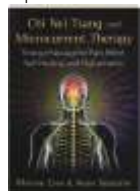
**★6994636 THE WELL-LIVED LIFE: A 103-Year-Old Doctor's Six Secrets to Health and Happiness at Every Age.** By Gladys McGarey. McGarey shares her extraordinary stories and eternal wisdom, from her early childhood in India, to her life as a physician and mother of six children, to survival of both heartbreak and illness. She has a 10 year plan and an eye to a healthier and more joyful future for us all. 240 pages. Atria. Paperbound. Pub. at \$17.99 **\$12.95**



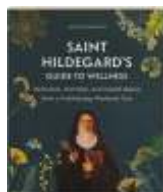
**★8894078 THE BIG BOOK OF HERBAL MEDICINE: 300 Natural Remedies for Health and Wellness.** By Tina Sams. Better health and wellness can begin in your own backyard. This definitive guide to herbal medicine shows you how to use plants to treat common ailments like rashes, exhaustion, inflammation, stomachaches, and more. Includes a survey of herbal medicine, 90 herb profiles, and 300 natural remedies. Well illus. 410 pages. Callisto. Paperbound. Pub. at \$23.99 **\$19.95**



**7940009 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 **\$4.95**



**820859X CHI NEI TSANG AND MICROCURRENT THERAPY: Energy Massage for Pain Relief, Self-Healing, and Rejuvenation.** By M. Chia & A. Sieburth. With illustrated, step by step instructions, this guide explains how to use microcurrent therapy during massage and describes the basic techniques of CNT massage. Also see how CNT microcurrent therapy is beneficial for general physical health and for a host of specific ailments. 179 pages. Destiny. Paperbound. Pub. at \$16.99 **\$8.95**



**★9016600 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 Hildegard was and why she is still worth listening to today. Fully illus. in color. 96 pages. Schiffer. Paperbound. **\$16.95**



**★1176862 PSYCHEDELICS: The Revolutionary Drugs That Could Change Your Life.** By David Nutt. At a time where there is an enormous amount of noise around the benefits of psychedelics, this work contains the knowledge you need to know about a drug that is about to go mainstream, free from the hot air, direct from the expert. Are you ready to change your mind? 328 pages. Hachette. Paperbound. Pub. at \$19.99 **\$14.95**

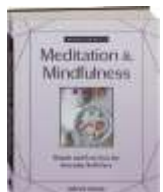
**★905023X PANIC PROOF: The New Holistic Solution to End Your Anxiety Forever.** By Nicole Cain. Unlike therapies that address only symptoms, Cain's protocol heals the root causes of anxiety and recalibrates the mind, body, and nervous system so that you can take back control of your life. Illus. 405 pages. Rodale. Paperbound. Pub. at \$19.99 **\$14.95**



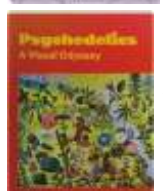
**★7958579 NATIONAL GEOGRAPHIC HERBAL: 100 Herbs from the World's Healing Traditions.** By Mimi Prunella Hernandez. While plants hold remarkable curative powers, the workings of medicinal herbs are complex. In these pages you will find: 100 herb profiles; a wide array of species; useful kitchen and garden tips; wisdom from around the world; and sustainability tips. Fully illus. in color. 336 pages. National Geographic. Pub. at \$40.00 **\$29.95**



**★4996216 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 **\$15.95**



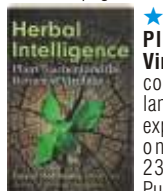
**9017690 MEDITATION & MINDFULNESS: Whole Beauty.** By Shiva Rose. Learn how to create a sacred space for yourself, how to start a meditation practice, and how to use and benefit from Ayurvedic practices, like oil pulling and dry brushing. Color photos. 96 pages. Artisan. Pub. at \$12.95 **\$4.95**



**★5406390 PSYCHEDELICS: A Visual Odyssey.** By Erika Dyck. A gorgeously illustrated journey through psychedelics and their global history that explores how psychedelic visions have inspired and given meaning to humans throughout time. Reveals not only how psychedelic plants have been illustrated and understood, but also how these plants and chemical synthetics have inspired visual representations. 224 pages. MIT Press. Paperbound. Pub. at \$34.95 **\$26.95**



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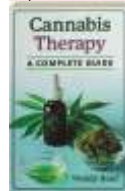


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## New Age Spirituality



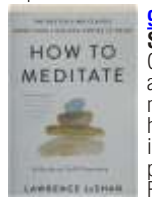
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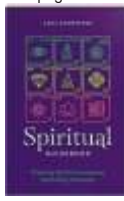
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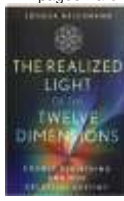
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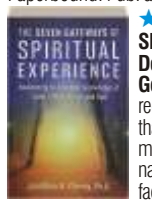
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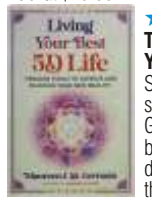
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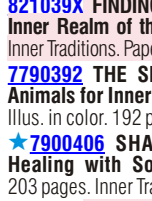
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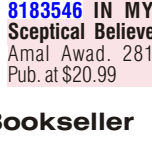
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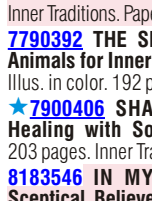
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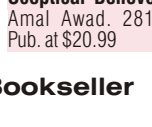
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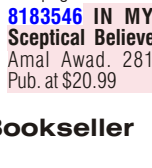
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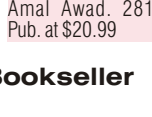
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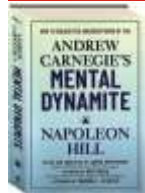


## New Age Spirituality

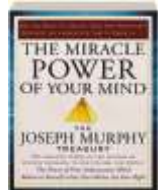
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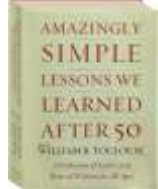
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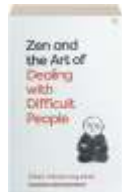
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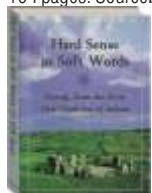
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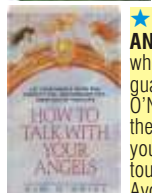
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**905331X HARD SENSE IN SOFT WORDS: Sayings from the Great Oral Tradition of Ireland.** By C.B. Ryan. A collection of sayings and stories on a multitude of subjects. Each chapter embraces unique Irish wisdom on a different topic, including such classic Irish themes as friendship, money, trust, romance, faith, blarney, gossip, and luck. 131 pages. M. Evans. Pub. at \$17.95. **\$4.95**



Avon. Paperbound. Pub. at \$8.99. **\$6.95**

**★1127713 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. **\$6.95**

**902655X 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. **\$5.95**



Illus. 361 pages. The Experiment. Pub. at \$24.95. **\$5.95**

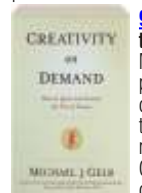
**7860943 THE NATURE INSTINCT: Relearning Our Lost Intuition for the Inner Workings of the Natural World.** By Tristan Gooley. This master outdoorsman shows us how expert observers—from hunters in the English countryside to the Pygmy people in the Congo—have recovered and rekindled this lost "sixth sense," a subconscious, deeper understanding of our surroundings. By training ourselves through slow, careful observation, Gooley argues that we too can unlock this kind of intuition. **\$5.95**

**★1026844 DICK SUTPHEN'S HYPNOSIS.** By Roberta Sutphen. The amazing powers of hypnosis are well known, but few know how to use them to improve life and win success. Hypnosis will help you make use of your limitless brain power. Your mind is by far your most valuable resource. Let this important and powerful work show you how to use it most effectively. 294 pages. G&D Media. Paperbound. Pub. at \$19.95. **\$14.95**



path to success. 296 pages. Celadon. Pub. at \$29.00. **\$5.95**

**9034846 FEEL-GOOD PRODUCTIVITY: How to Do More of What Matters to You.** By Ali Abdaal. The secret to productivity isn't discipline. Its joy! Learn about hidden "energizers" that underpin enjoyable productivity, "blockers" we must overcome to beat procrastination and "sustainers" that prevent burnout and help us achieve lasting fulfillment. Discover an easier and happier path to success. 296 pages. Celadon. Pub. at \$29.00. **\$5.95**



Sounds True. Paperbound. Pub. at \$16.95

**9022694 CREATIVITY ON DEMAND: How to Ignite and Sustain the Fire of Genius.** By Michael J. Gelb. Teaches a series of time tested practices to clear blockages and open the flow of creative energy, then reveals how these techniques can be integrated with the renowned creative mindset and process tool Gelb has taught to individuals and organizations world wide. Photos. 231 pages. **\$4.95**



Illus. 235 pages. Andrews McMeel. **SOLD OUT**

**LIMITED QUANTITY 9020187 THE HONEST ENNEAGRAM: Know Your Type, Own Your Challenges, Embrace Your Growth.** By Sarajane Case. Learn how to utilize your Enneagram personality type in order to have an authentic relationship with yourself. Celebrate who you truly are and create a positive path forward by using the H.O.N.E.S.T. method. **SOLD OUT**



goals without quitting, what to do when you feel stuck, and more. 285 pages. Baker Books. Pub. at \$26.99. **\$5.95**

**8896305 YOUR BEST YEAR EVER, REVISED EDITION: A 5-Step Plan for Achieving Your Most Important Goals.** By Michael Hyatt. Shares a powerful, proven, research-driven system for setting and achieving your goals. You'll learn how to design your best year ever by discovering what's holding you back, how to overcome past setbacks, how to set and pursue worthy goals without quitting, what to do when you feel stuck, and more. 285 pages. Baker Books. Pub. at \$26.99. **\$5.95**



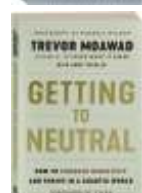
color. 160 pages. Castle Point. Paperbound. Pub. at \$17.99. **\$5.95**

**9057005 HELLO, UNIVERSE: Over 75 Quick Exercises to Manifest Your Dreams.** By Melanie Baker. Here are the tools you need to make your vision a reality. Over 75 simple prompts help you gain clarity, break down limiting beliefs, and shift your energy to make manifesting your heart's desires as easy as talking to an old friend. Fully illus. in color. 160 pages. Castle Point. Paperbound. Pub. at \$17.99. **\$5.95**



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**9050639 DEEPER MINDFULNESS: The New Way to Rediscover Calm in a Chaotic World.** By M. Williams & D. Penman. A new eight-week guided meditation program that takes mindfulness to the next level. Reveals how the latest advances in neuroscience, combined with millennia-old wisdom, can be harnessed to transform your life. 261 pages. Balance. Pub. at \$29.00. **\$7.95**



204 pages. Harper. Pub. at \$22.99. **\$5.95**

**9001492 GETTING TO NEUTRAL: How to Conquer Negativity and Thrive in a Chaotic World.** By Trevor Moawad with A. Staples. Provides life-changing, step by step guidance on how to successfully navigate adversity and defeat negativity by downshifting to neutral thinking. 238 pages. HarperOne. Pub. at \$27.99. **\$5.95**



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**804192X 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. Pub. at \$22.99. **\$5.95**

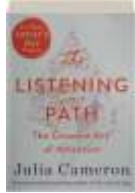


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**8166676 A SHORT GUIDE TO A HAPPY LIFE.** By Anna Quindlen. Quindlen reflects on what it takes to "get a life"—to live deeply every day and from your own unique self, rather than merely to exist through your days. Guides us with an understanding that comes from knowing how to see the view, the richness in living. Well illus. 50 pages. Random. Pub. at \$14.00. **\$5.95**



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**8889503 THE LISTENING PATH: The Creative Art of Attention.** By Julia Cameron. A new method of creative and personal transformation that will make you a better listener to your environment, the people around you, and yourself. In six weeks, your attention will be heightened and you will gain healing, insight and clarity. Most importantly it will help you to embrace a new world of creativity that will resonate through every aspect of your life. 190 pages. St. Martin's. Paperbound. Pub. at \$17.99 **\$5.95**



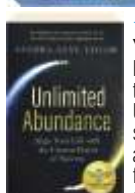
**9031464 STILTE: The Dutch Art of Quietude.** By Mirjam van der Vegt. Encourages each of us to focus on stillness and literal silence, creating space for moments of mindfulness and calmness into your personal daily practice. Teaches you how to experience the benefits of silence. 199 pages. Worthy. Pub. at \$21.00 **\$4.95**



**7857209 THE LITTLE BOOK OF BOB: Life Lessons from a Streetwise Cat.** By James Bowen. In Bob the Cat, Bowen found a model for friendship, steadfastness, balance, and joy that we can all apply to our own lives. Here are heartfelt and wholesome thoughts about how to be kinder to ourselves and kinder to the world around us. 166 pages. St. Martin's. Pub. at \$24.99 **\$5.95**



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**★9038787 UNLIMITED ABUNDANCE: Align Your Life with the Unseen Forces of Success.** By Sandra Anne Taylor. Offers easy and effective techniques to accelerate your alignment with Universal energy and the unseen forces of success. Those forces exist within you and all around you. Once you learn to activate these forces, they can elevate your life to levels of abundance you never thought possible. 307 pages. Hay House. Paperbound. Pub. at \$18.99 **\$13.95**



**9018026 LEARNED EXCELLENCE: Mental Disciplines for Leading and Winning from the World's Top Performers.** By E. Potterat & A. Eagle. Potterat distills his insights into five mental disciplines: values & goals, mindset, process, adversity tolerance, and balance & recovery. Clear principles and practices that anyone can use to raise their game. The road map to help each of us perform at our very best. 242 pages. HarperCollins. Pub. at \$30.00 **\$6.95**



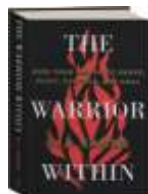
**9010262 DO IT TODAY: An Encouragement Journal.** By Kara Cutruzzola. This generous, empathetic, and accessible guide combines short essays, prompts, and open-ended questions that will inspire, and is inventively designed to give the reader space to dream and plan. You will read, feel motivated, and take action today. Well illus., in color. Abrams. Paperbound. Pub. at \$16.99 **SOLD OUT**



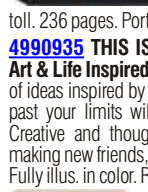
**8997063 AN EDITED LIFE: Simple Steps to Streamlining Your Life, at Work and at Home.** By Anna Newton. Declutter every aspect of your life—from your wardrobe, schedule and kitchen cupboards to your workspace, social life and beauty regime—with this realistic guide to getting neat and keeping things that way. 256 pages. Quadrille. Pub. at \$22.99 **\$5.95**



**★1194550 WISDOM FROM THE HIDDEN LIFE OF TREES.** By Peter Wohlleben. This collection of inspiring passages is lushly illustrated with paintings of forests and trees from around the world. Enchants readers by teaching us all how trees live—and how they're not so different from us. 144 pages. Greystone. Pub. at \$15.95 **\$11.95**



**8889902 THE WARRIOR WITHIN: Own Your Power to Serve, Fight, Protect, and Heal.** By D.J. Vanas. Throughout history, Native American warriors have sustained their strength and endured against incredible odds. Vanas draws on inspiration from this tradition to present a framework for resilience and renewal—for anyone whose work demands a heightened mental, physical, or emotional toll. 236 pages. Portfolio. Pub. at \$27.00 **\$5.95**



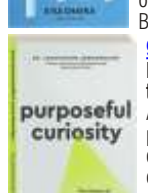
**4990935 THIS IS YOUR BRAVERY TEST: 55 Challenges for Art & Life Inspired by Bob Ross.** By Michelle Witte. This collection of ideas inspired by the iconic artist's philosophy of stretching a little past your limits will motivate you just as he does when painting. Creative and thought-provoking challenges range from ideas for making new friends, to breaking routines, to trying new art techniques. Fully illus. in color. Running Press. Pub. at \$18.00 **\$4.95**



**6996833 THE ABUNDANCE PROJECT: 40 Days to More Wealth, Health, Love, and Happiness.** By Derek Rydall. This guide brings a fresh perspective on the meaning of abundance and how the true source of everything we need isn't something we achieve but rather a fount from within. Inside you lies an infinite source of potential that is fully accessible, as well as useful to the world around you. 255 pages. Atria. Paperbound. Pub. at \$17.99 **\$5.95**



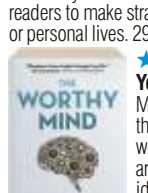
**9035508 THE LONGING FOR LESS: What's Missing from Minimalism.** By Kyle Chayka. Delves beneath the glossy surface of minimalist trends, seeking better ways to claim the time and space we crave. Reminding us that what we most require is presence, not absence. The result is an elegant synthesis of our minimalist desires and our profound emotional needs. 264 pages. Bloomsbury. Paperbound. Pub. at \$18.99 **\$5.95**



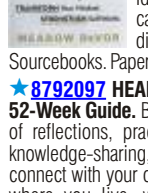
**9024492 PURPOSEFUL CURIOSITY: The Power of Asking the Right Questions at the Right Time.** By Constantine Andriopoulos. Shows us how we can use purposeful curiosity to challenge the status quo, solve complex puzzles, immerse ourselves in the unknown, and discover fresh ways of thinking in our daily lives. How to see through the "noise" of information overload and how to turn our passions into a powerful drive to discover, create, and thrive. 247 pages. Hachette. Pub. at \$29.00 **\$6.95**



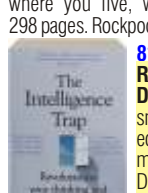
**8892245 MONEY AND LOVE: An Intelligent Roadmap for Life's Biggest Decisions.** By M. Strober & A. Davisson. A guide for navigating life's most consequential and daunting decisions using research-based insights road tested in a popular Stanford University course. Offers simple and effective steps that empower readers to make strategic decisions without sacrificing their careers or personal lives. 297 pages. Harper. Pub. at \$28.99 **\$5.95**



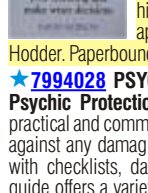
**★8891591 THE WORTHY MIND: Transform Your Mindset, Strengthen Self-Worth.** By Meadow DeVor. Shares life-changing insights that allow you to finally step into your own worthiness, showing you how to: question the arbitrary rules you've put in place for your life; identify and confront your defense mechanisms; care for yourself just as you care for others; discover your lost self; and more. 214 pages. Sourcebooks. Paperbound. Pub. at \$16.99 **\$12.95**



**★8792097 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 **\$13.95**



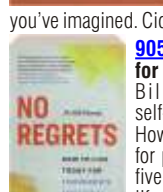
**8125228 THE INTELLIGENCE TRAP: Revolutionise Your Thinking and Make Wiser Decisions.** By David Robson. We assume that smarter people are less prone to error. But greater education and expertise can often amplify our mistakes while rendering us blind to our biases. Drawing on the latest behavior science and historical examples, Robson demonstrates how to apply our intelligence more wisely. 337 pages. Hodder. Paperbound. **\$5.95**



**★7994028 PSYCHIC SHIELD: The Personal Handbook of Psychic Protection.** By Caitlin Matthews. Teaches you all the practical and commonsense strategies necessary to defend yourself against any damaging external forces you may encounter. Packed with checklists, danger-point indicators, and reality checks, this guide offers a variety of spiritual housekeeping techniques to help you. 308 pages. Ulysses. Paperbound. Pub. at \$17.95 **\$12.95**



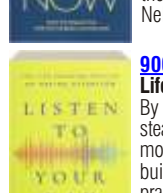
**1043757 CHANGE YOUR FORTUNE: 365 Creative Strategies to Transform Your Life.** These 365 thought-provoking strategies will spark your creativity and help you build better habits, making insurmountable obstacles nothing more than momentary diversions. Find the answers you've been searching for and realize the life you've imagined. Cider Mill. Paperbound. Pub. at \$14.95 **\$5.95**



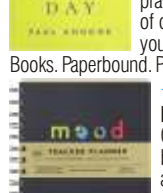
**9057323 NO REGRETS: How to Live Today for Tomorrow's Emotional Well-Being.** By Bill Howatt. Using a combination of self-assessments, reflections, and exercises, Howatt teaches you how to build a framework for positive change. You'll learn to master the five key ingredients in any recipe for a better life. 274 pages. Page Two Books. Paperbound. Pub. at \$17.95 **\$5.95**



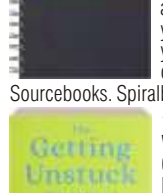
**9010637 LIFE STARTS NOW: How to Create the Life You've Been Waiting For.** By Chanel Dokun. Drawing on experiences as a therapist and certified life planner to help you redefine what success really means, the author offers practical strategies to help you create the life you are longing for. 213 pages. Thomas Nelson. Paperbound. Pub. at \$18.99 **\$5.95**



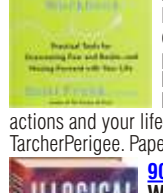
**9009809 LISTEN TO YOUR DAY: The Life-Changing Practice of Paying Attention.** By Paul Angone. Helps you overcome what's stealing your attention; discover new mindset models through which to view your everyday life; build better relationships through intentional practices of paying attention; form new practices of observation that add meaning and purpose to your life; and more. Illus. 205 pages. Baker Books. Paperbound. Pub. at \$17.99 **\$4.95**



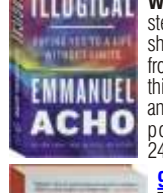
**★8891443 MOOD TRACKER PLANNER: Daily Prompts & Charts.** Chart your emotions, relieve your anxiety, build a happier you, and thrive this year with an undated mood planner! When you start actively understanding the invisible parts of yourself—your emotions—you'll equip yourself with the tools to make visible changes in your daily life. Illus. Sourcebooks. Spiralbound. Pub. at \$16.99 **\$12.95**



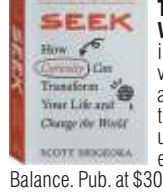
**★875800X THE GETTING UNSTUCK WORKBOOK: Practical Tools for Overcoming Fear and Doubt—and Moving Forward with Your Life.** By Britt Frank. You'll find researched-backed quizzes, writing prompts, and other practical exercises to help you break bad habits, communicate more skillfully, hold healthy boundaries, and take control of your actions and your life—one small step at a time. Illus. 227 pages. TarcherPerigee. Paperbound. Pub. at \$18.00 **\$12.95**



**9044329 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 **\$5.95**



**9035613 SEEK: How Curiosity Can Transform Your Life and Change the World.** By Scott Shigeoka. Learn to detach, intend, value and embrace. With electric vulnerability, thoughtful storytelling, and actionable tools, this work called each of us to stop turning away from what is unfamiliar, uncomfortable, or unknown and, instead, embrace our power to seek. 241 pages. Balance. Pub. at \$30.00 **\$6.95**

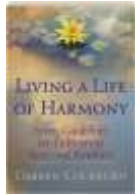


**9009892 QUITTING: A Life Strategy.** By Julia Keller. Reminds us that, in order to live meaningful, satisfying lives, sometimes we have to say no. With Keller's guidance, readers will learn the art of the quasi-quit, see how quitting makes space for key breakthroughs, navigate the relationship between quitting and our public lives, manage quitter's guilt, and more. 222 pages. Hachette. Pub. at \$29.00 **\$5.95**





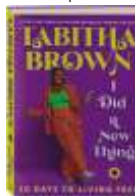
## Inspiration, Motivation & Self-Discovery



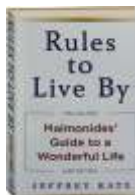
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**★9009353 THE IMAGINATION MUSCLE: Where Good Ideas Come from (and How to Have More of Them).** By Albert Read. Reveals how we can harness the imagination in our day to day lives and why, in the Information Age, it is more pressing than ever that we 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 **\$13.95**



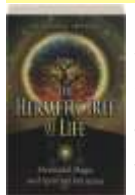
**8896119 I DID A NEW THING: 30 Days to Living Free.** By Tabitha Brown. The author shares her own stories and those of others, alongside gentle guidance and encouragement to create these incredible changes for yourself and see what good can come from them. Tab has a plan for you: try one new thing, every single day, for thirty days. 241 pages. Morrow. Pub. at \$29.99 **\$6.95**



**★3999580 RULES TO LIVE BY: Maimonides' Guide to a Wonderful Life.** By Jeffrey Katz. Reveals the insights and lessons from Maimonides and how to apply them to each area of your life, why character counts, how to achieve success at work, the importance of family, why your legacy matters, how to create spiritual connections, why your attitude matters, how a healthy body equals a good life, and more. 246 pages. Humanix. Pub. at \$24.99 **\$17.95**



**7961499 THE DOG WHO TOOK ME UP A MOUNTAIN: How Emme the Australian Terrier Changed My Life When I Needed it Most.** By R. Crandall & J. Cosgriff. Fearing that his future was headed downhill, Crandall's fortunes change with a move to Colorado, a new marriage, and his wife Pamela's fortuitous suggestion: "Let's get a dog." So begins the friendship of Rick and Emme, a pint-sized Australian terrier. With an irrepressible life, Emme shows Rick that passion is the key to spirit and joy for fulfillment. 16 pages of color photos. 228 pages. Health Communications. Paperbound. Pub. at \$15.95 **\$3.95**



**★8007632 THE HERMETIC TREE OF LIFE: Elemental Magic and Spiritual Initiation.** By William R. Mistele. Providing a roadmap to the spiritual world, Mistele empowers you to have more self-understanding, to be more successful and confident, and to have the imagination and spiritual freedom to transform into the person you wish to be. 280 pages. Inner Traditions. Paperbound. Pub. at \$29.99 **\$24.95**



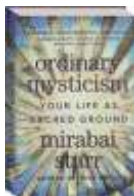
**9010610 GROWING BOLDLY: Dare to Build a Life You Love.** By Emily Ley. Gather your grit, your learned lessons, and your deep down belief in who you were created to be because it's all valuable for the journey ahead. You'll discover how to transform your passions into a life you love that reflects authenticity, simplicity, and life changing connections. 202 pages. Thomas Nelson. Pub. at \$22.99 **\$5.95**



**9035370 GROWING SEASONS.** By Kristin Johns. Pull up a chair and gather in close with Johns as she shares her best-kept secrets: mouthwatering recipes, design inspiration, and ways we all can grow, celebrate, and find nourishment in every season of life. Well illus. in color. 216 pages. Harper. Pub. at \$35.99 **\$9.95**



**9056165 THE WAY HOME: Discovering the Hero's Journey to Wholeness at Midlife.** By Ben Katt. A work for those struggling to find their way back to themselves, especially at midlife. An accessible, ten-step program to help readers move beyond their limitations, find fulfillment, and make the greatest possible contribution to their community and world. 265 pages. St. Martin's. Paperbound. Pub. at \$19.00 **\$6.95**



**★9034633 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 **\$19.95**



**6994350 STRENGTH IN STILLNESS: The Power of Transcendental Meditation.** By Bob Roth. Introduces cutting-edge material that addresses the turbulent times we face today. The Transcendental Meditation technique is a simple, proven practice that dramatically improves how we respond to stress, solve problems, and deal with life's challenges. 217 pages. S&S. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**



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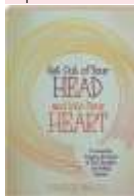
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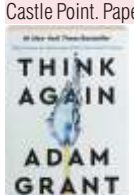
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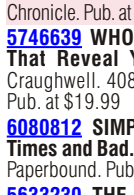
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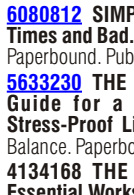
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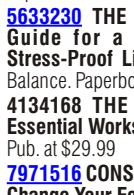
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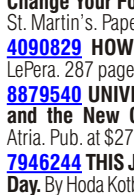
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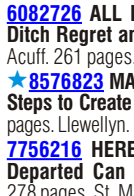
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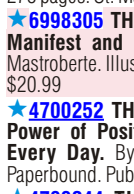
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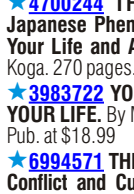
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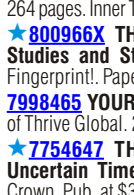
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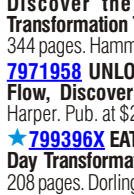
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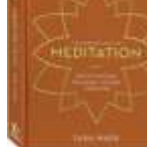
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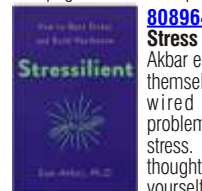
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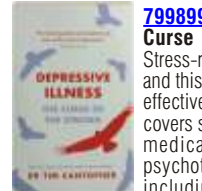
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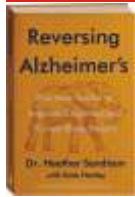


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## Healing & the Mind



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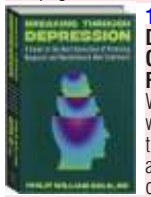


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★**1207474** **ANXIETY AND DYSAUTONOMIA: Do I Have POTS or Autonomic Dysfunction?** By Nicholas L. DePace et al. Well illus. in color. 169 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$12.95**

★**DVD 789497X** **THE LOVE DESTINATION: Guided Meditation.** Widescreen. Dreamscape Media. Pub. at \$14.95 **\$7.95**

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**7966458** **BRAIN REBOOT: New Treatments for Healing Depression.** By Michael Henry. 257 pages. Hachette. Pub. at \$29.00 **PRICE CUT to \$1.95**

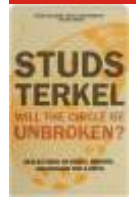
★**7955057** **THE LANGUAGE OF BREATH: Discover Better Emotional and Physical Health Through Breathing and Self-Awareness.** By Jesse Coomer. 218 pages. North Atlantic. Paperbound. Pub. at \$19.95 **\$9.95**

★**7939485** **THE EMOTIONAL ROOTS OF CHRONIC ILLNESS: Homeopathy for Existential Stress.** By Jerry M. Kantor. 208 pages. Inner Traditions. Paperbound. Pub. at \$24.99 **\$14.95**

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★**8886962** **THE WILD REMEDY JOURNAL: Finding Wellness in Nature.** By Emma Mitchell. Well illus. in color. 128 pages. Michael O'Mara. Paperbound. Pub. at \$19.99 **PRICE CUT to \$12.95**

## Facing Illness & Death



**8996407** **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 **\$5.95**



**7797273** **DEATH: The Scientific Facts to Help Us Understand It Better.** By R. Beliveau & D. Gingras. Sprinkled with humor and the wisdom of great thinkers, this work reflects on our philosophical, scientific and spiritual understanding of death. Chapters cover diverse topics such as consciousness and the soul; terminal illness and dying slowly; how the body dies; murder and execution; and more. Well illus., many in color. 264 pages. Firefly. Paperbound. Pub. at \$29.95 **\$3.95**



**1041711** **FOR YOU WHEN I AM GONE: A Journal.** By Steve Leder. Provides prompts, exercises, and inspirational quotes to guide us in creating our ethical will. Your honest answers will tell a truth about who and what really matters in your life that your loved ones will cherish for the rest of their when you are gone. 249 pages. Avery. Paperbound. Pub. at \$18.00 **\$5.95**



**7857659** **DEATH IS BUT A DREAM: Finding Hope and Meaning at Life's End.** By Christopher Kerr with C. Mardorossian. Drawing on interviews with over 1,400 patients and more than a decade of quantified data, Dr. Kerr reveals that pre-death dreams and visions are extraordinary occurrences that humanize the dying process. He shares how his hospice patient's stories point to death as not solely the end of life, but as the final chapter of humanity's transcendence. 248 pages. Avery. Pub. at \$27.00 **\$6.95**



★**7904665** **SPONTANEOUS CONTACTS WITH THE DECEASED.** By Evelyn Elsaesser. This large-scale international investigation into spontaneous After-Death Communications reveals the circumstances, nature and consequences of these beautiful and consoling experiences. Discover the powerful beneficial impact of these deeply meaningful contacts, allegedly initiated by the deceased towards their loved ones. 321 pages. Iff Books. Paperbound. Pub. at \$19.95 **\$14.95**



**6997570** **GRIEF: A Philosophical Guide.** By Michael Cholbi. An original account of how grieving works and why it is so important, this work shows how the pain of this experience gives us a chance to deepen our relationships with others and ourselves. 219 pages. Princeton. Pub. at \$24.95 **\$6.95**



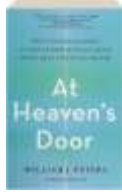
## Facing Illness & Death



**★8892946 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 **\$5.95**



**★199798X 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. Paperbound. Pub. at \$16.99 **\$12.95**



**★8876169 AT HEAVEN'S DOOR: What Shared Journeys to the Afterlife Teach About Dying Well and Living Better.** By William J. Peters with M. Kinsella. An exploration with rich and powerful personal stories and convincing research of the many ways the living can and do accompany the dying on their journey into the afterlife. 248 pages. S&S. Paperbound. Pub. at \$17.99 **\$5.95**



**★7982739 GRIEF IS LOVE: Living with Loss.** By Marisa Renee Lee. Reveals that healing does not mean moving on after losing a loved one—healing means learning to acknowledge and create space for your grief. The key factors that we all need for proper healing are permission, safety, care, grace, and more. 178 pages. Legacy. Pub. at \$26.00 **\$5.95**



**★7897561 NINE DAYS OF ETERNITY: An Extraordinary Near-Death Experience That Teaches Us About Life and Beyond.** By Anke Evertz. An incredible account of an almost unimaginable adventure between life and death, and a wake-up call for everyone who wants to live a fulfilled and connected life. Through her story, Evertz will show you how to recognize your boundless creative power, understand your divine nature and true purpose, and see every day as a miracle. 219 pages. HayHouse. Paperbound. Pub. at \$18.99 **\$13.95**



**★785546X THE AFTERLIFE BOOK: Heaven, Hell, and Life After Death.** By M.D. Jones & L. Flaxman. Packed with facts and thought-provoking insights, this work thoroughly reviews ideas of heaven, reincarnation, Christian and other religious beliefs; cremation, burial, and historic death rituals; accounts of near-death experiences; and more. Well illus. 323 pages. Visible Ink. Paperbound. Pub. at \$22.95 **\$14.95**



**★811661X DON'T TAKE MY GRIEF AWAY: What to Do When You Lose a Loved One.** By Doug Manning. Addresses the painful, often disorienting aftermath of the death of a loved one, helping the bereaved cope with the emotions and confront the decisions that are an inevitable part of this time of radical life adjustment. Covering such important areas as the choice of a minister, family dynamics, and personalizing the funeral service. 129 pages. Paperbound. Pub. at \$14.95 **PRICE CUT to \$3.95**

**★7897073 WE NEVER DIE: Secrets of the Afterlife.** By Matt Fraser. 216 pages. Gallery. Paperbound. Pub. at \$17.99 **\$12.95**

**★7995482 SPIRITUAL REVELATIONS FROM BEYOND THE VEIL: What Humanity Can Learn from the Near Death Experience.** By Douglas Charles Hodgson. 135 pages. O-Books. Paperbound. Pub. at \$15.95 **\$11.95**

**★7890583 THE IN-BETWEEN: Unforgettable Encounters During Life's Final Moments.** By Hadley Vlahos. 259 pages. Ballantine. Pub. at \$27.00 **PRICE CUT to \$7.95**

**★7935560 THE HOMES OF THE SOUL: A Short Guide to the Real Possibility of Life After Death.** By Jennifer Vanbergen. Illus. 153 pages. Aeon. Paperbound. Pub. at \$19.99 **\$14.95**

**★7990154 GRIEF: A Philosophical Guide.** By Michael Cholbi. 222 pages. Princeton. Paperbound. Pub. at \$16.95 **\$11.95**

**★7925883 I'M NOT A MOURNING PERSON: Braving Loss, Grief, and the Big Messy Emotions That Happen When Life Falls Apart.** By Kris Carr. 211 pages. Hay House. Pub. at \$19.99 **\$9.95**

**★7900384 DEATH NESTING: The Heart-Centered Practices of a Death Doula.** By Anne-Marie Keppel. 176 pages. Inner Traditions. Paperbound. Pub. at \$18.00 **\$9.95**

**★7916205 HOPE FOR THE BEST, PLAN FOR THE REST: 7 Keys for Navigating a Life-Changing Diagnosis.** By S. Winemaker & H. Seow. 253 pages. Page Two Books. Paperbound. Pub. at \$19.95 **\$9.95**

**★1942700 FROM GRIEF TO HEALING: A Holistic Guide to Rebuilding Mind, Body & Spirit After Loss.** By Amanda Mackenzie. Illus. 290 pages. Llewellyn. Pub. at \$18.99 **\$7.95**

**★7854722 THE DENIAL OF DEATH.** By Ernest Becker. 314 pages. Free Press. Paperbound. Pub. at \$18.99 **\$11.95**

**★7820151 THE BIG EXIT: The Surprisingly Urgent Challenge of Handling the Remains of a Billion Boomers.** By Ian Sutton. 217 pages. Sutherland House. Paperbound. Pub. at \$19.95 **PRICE CUT to \$3.95**

## Aging



**7701705 AGELESS: The New Science of Getting Older Without Getting Old.** By Andrew Steele. Charts the astounding progress science has made in recent years to secure biological immortality for humans: to help us become old without getting frail, to live longer without ill health or disease. Helps us see most illnesses can be prevented by treating the aging process. 334 pages. Doubleday. Pub. at \$29.00 **\$5.95**



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



**7791852 STUPID THINGS I WON'T DO WHEN I GET OLD.** By Steven Petrow with R.F. Henry. Candidly addresses the fears, frustrations, and stereotypes that accompany aging. Petrow offers a blueprint for the new old age, and an understanding that aging and illness are not the same. This essential guide reveals how to do it with grace, wisdom, humor, and hope. And without hording. 257 pages. Citadel. Pub. at \$26.00 **\$5.95**

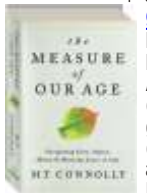


**9029982 THE AGELESS SPIRIT: Reflections on Living Life to the Fullest in Midlife and Years Beyond.** Ed. by Connie Goldman. People over the age of 70 talk about how they remain vital. The result is a treasure of humor and profundity by some of the most fascinating and gifted men and women of our time. Well illus. 339 pages. Fairview. Paperbound. Pub. at \$14.95 **\$4.95**

**CD 7367694 AGELESS SOUL: The Lifelong Journey Toward Meaning and Joy.** By Thomas Moore. Read by Thomas Moore. Reveals a fresh, optimistic, and rewarding path toward aging, a journey that need not be feared, but rather should be embraced and cherished. Aging is the process by which one becomes a more distinctive, complex, loving and connected person. Ten hours on 8 CDs. Macmillan Audio. Pub. at \$39.99 **\$4.95**



**7905084 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 build and strengthen its immune system, this guide is based on ancient wisdom and science. 224 pages. Artisan. Pub. at \$24.95 **\$7.95**



**9053964 THE MEASURE OF OUR AGE: Navigating Care, Safety, Money, and Meaning Later in Life.** By M.T. Connolly. An expert on elder justice maps the challenges of aging, showing how things go wrong and presenting powerful tools we can use to improve the odds of a better old age. 373 pages. PublicAffairs. Pub. at \$30.00 **\$6.95**



**7983867 JELLYFISH AGE BACKWARDS: Nature's Secrets to Longevity.** By Nicklas Brendborg. From the backward aging jellyfish to the woman who successfully edited her DNA, the author follows the thread of every experiment, story and myth in search of immortality. With mind bending discoveries and physiological gifts that feel closer to magic than reality, this work will reshape everything you thought you knew about aging. 270 pages. Hodder. Paperbound. **\$7.95**



**4283619 TRUE AGE: Cutting-Edge Research to Help Turn Back the Clock.** By Morgan Levine. Introduces readers to the latest developments in the science of aging and longevity. It provides an in-depth understanding of biological age and the methods now available to estimate our own. It helps us target an individualized plan to eating, exercise, sleep, intermittent fasting and caloric restriction. 294 pages. Avery. Pub. at \$27.00 **\$6.95**



**7994362 HOW TO AGE WITHOUT GETTING OLD: The Steps You Can Take Today to Stay Young for the Rest of Your Life.** By Joyce Meyer. Shows you how to live dynamically while delighting in the journey. Equips us to become wise enough to embrace God's changing grace and the evolution of our calling to the next season of life. 151 pages. FaithWords. Paperbound. Pub. at \$15.99 **\$3.95**

**★8008051 MAYO CLINIC ON HEALTHY AGING, REVISED.** By N. K. LeBrasseur & C. Chen. Explores the biology of aging—why we age and possible ways to slow the aging process. More importantly, it outlines steps that you can take now to help you enjoy a healthier and more purposeful life in your later years. Mayo Clinic. Pub. at \$27.99 **\$21.95**

**★9038779 THE SCIENCE AND TECHNOLOGY OF GROWING YOUNG.** By Sergey Young. A leader in the emerging field of longevity offers his perspectives on what cutting edge breakthroughs are on the horizon, as well as the practical steps we can take now to live healthily to 100 and beyond. 269 pages. BenBella. Paperbound. Pub. at \$18.95 **\$13.95**



**★8093334 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 **\$12.95**

**7843933 TWO OLD BROADS: Stuff You Need to Know That You Didn't Know You Needed to Know.** By M.E. Hecht & Whoopi Goldberg. 222 pages. Harper. Pub. at \$27.99 **\$7.95**

**1906860 100 MOST EFFECTIVE WAYS TO STOP AGING AND STAY YOUNG.** By Julia Maranan. Illus. in color. 239 pages. Crestline. Pub. at \$14.99 **\$5.95**

**8517355 JELLYFISH AGE BACKWARDS: Nature's Secrets to Longevity.** By Nicklas Brendborg. 268 pages. Little, Brown. Pub. at \$29.00 **\$6.95**

**★797390X HOW NOT TO AGE: The Scientific Approach to Getting Healthier as You Get Older.** By Michael Greger. 628 pages. Flatiron. Pub. at \$39.99 **\$29.95**

**★795204X THE COMPLETE ELDERCARE PLANNER, REVISED 4TH EDITION: Where to Start, Which Questions to Ask, and How to Find Help.** By Joy Loverde. 402 pages. Rodale. 8x10. Paperbound. Pub. at \$23.00 **\$17.95**

**794022X NECESSARY CONVERSATIONS, SECOND EDITION: Between Families and Their Aging Parents.** By Gerald W. & L. Marlene Kaufman. 189 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$2.95**

**★7930054 AGING AGELESSLY: Busting the Myth of Age-Related Mental Decline.** By T. Buzan & R. Keene. Illus. 244 pages. G&D Media. Paperbound. Pub. at \$19.95 **\$12.95**

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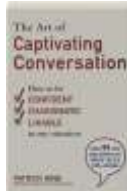
**★7836503 SHILAJIT: The Ayurvedic Adaptogen for Anti-Aging and Immune Power.** By Wolfgang Windmann. Well illus. in color. 160 pages. Paperbound. Pub. at \$17.99 **\$11.95**

**★6999336 CONSCIOUS LIVING, CONSCIOUS AGING: Embrace & Savor Your Next Chapter.** By Ron Pevny. 215 pages. Atria. Paperbound. Pub. at \$17.99 **PRICE CUT to \$9.95**





## Communication Skills



**905474X THE ART OF CAPTIVATING CONVERSATION: How to be Confident, Charismatic and Likable in Any Situation.** By Patrick King. Enhance your social skills and develop conversation starters by learning what makes a good interaction, as well as techniques to become more confident, charismatic, and likable. Be empowered to move out of your comfort zone to not only break the ice, but to engage in a meaningful and enriching conversation. 146 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$5.95**

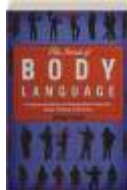
**7700482 SPY THE LIE: Former CIA Officers Teach You How to Detect Deception.** By Philip Houston et al. Former CIA officers—among the world's foremost authorities on recognizing deceptive behavior—share proven techniques for uncovering a lie. Imagine how different your life would be if you could tell whether someone was lying or telling you the truth, both in business and in your personal life. 258 pages. Icon Books. Paperbound. **\$5.95**



**6898882 UNLOCKING SECRETS: How to Get People to Tell You Everything.** By David Craig. Craig has simplified the psychological methods by criminal investigators and covert operatives to persuade others to reveal their secrets. These methods could be used to assist people working with patients, clients, children, or friends who carry a difficult secret. 150 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$5.95**



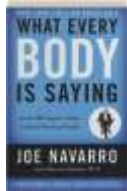
**7983786 IMPROVE YOUR HANDWRITING: Write in a Confident and Fluent Hand.** By R. Sassoon & G. SE Briem. Helps you to improve your handwriting and find a mature and individual style. Experiment with the way you write and choose the style that suits you best, enabling you to write quickly and legibly when it really matters. 175 pages. Teach Yourself. Paperbound. **\$6.95**



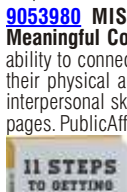
**7816367 THE SECRETS OF BODY LANGUAGE: An Illustrated Guide to Knowing What People Are Really Thinking and Feeling.** By Philippe Turchet. Learn the ways you have been inadvertently communicating negative, positive, or mixed messages with simple body movements you habitually make. You will discover how you can read the signs of others' bodies, and how to most effectively use your body to "say" what you really mean. Well illus. 360 pages. Skyhorse. Paperbound. Pub. at \$14.95 **\$5.95**



**4873033 BODY LANGUAGE 101.** By David Lambert. Offers a practical introduction to the conscious and unconscious body language people use to express mood, attitude, and status. Nonverbal communication from around the world is examined and interpreted. Illus. in color. 192 pages. Skyhorse. Paperbound. Pub. at \$12.95 **\$5.95**



**★6082211 WHAT EVERY BODY IS SAYING: An Ex-FBI Agent's Guide to Speed-Reading People.** By Joe Navarro with M. Karlins. Read this guide and send your nonverbal intelligence soaring. You will discover: the ancient survival instincts that drive body language, why the face is the *least* likely place to gauge true feelings, simple nonverbals that establish trust & instantly communicate authority, and more. Photos. 250 pages. HarperCollins. Paperbound. Pub. at \$19.99 **\$14.95**



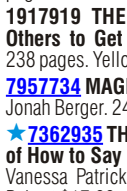
**9053980 MISSING EACH OTHER: How to Cultivate Meaningful Connections.** By E. Brodtkin & A. Pallathra. The ability to connect with another person and truly be in tune with their physical and emotional state is one of the most elusive interpersonal skills to develop. This work shows you how. 242 pages. PublicAffairs. Pub. at \$28.00 **\$6.95**



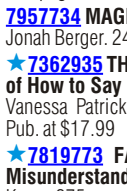
**7836988 11 STEPS TO GETTING WHAT YOU WANT: Persuasion and Influence in the 21st Century.** By Charles U. Larson. Many people are either uneasy or actually afraid of influencing or trying to persuade others on a range of topics. Helps the reader overcome fear and uneasiness when it comes to persuading others to alter their behaviors or beliefs by offering scientifically proven communication strategies and tactics with sample "scripts" that can easily be altered for various situations. 169 pages. Rowman & Littlefield. Pub. at \$31.00 **\$6.95**



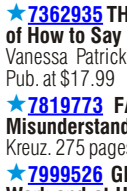
**★8891559 THE SECRET TO GETTING ALONG: And Why It's Easier Than You Think.** By Gabrielle Hartley. This guide to everyday conflict resolution will help you: reframe your approach to conflict; find your way to more harmony and less discord; create better outcomes even in your most difficult relationships; feel more connected to the important people in your life; and more. 264 pages. Sourcebooks. Paperbound. Pub. at \$16.99 **\$12.95**



**1917919 THE ART OF READING MINDS: Understand Others to Get What You Want.** By Henrik Fexeus. Photos. 238 pages. Yellow Kite. Paperbound. **SOLD OUT**



**7957734 MAGIC WORDS: What to Say to Get Your Way.** By Jonah Berger. 246 pages. Harper. Pub. at \$32.00 **\$6.95**



**★7362935 THE POWER OF SAYING NO: The New Science of How to Say No That Puts You in Charge of Your Life.** By Vanessa Patrick. Illus. 295 pages. Sourcebooks. Paperbound. Pub. at \$17.99 **\$12.95**



**★7819773 FAILURE TO COMMUNICATE: Why We Misunderstand What We Hear, Read, and See.** By Roger Kreuz. 275 pages. Prometheus. Pub. at \$26.95 **\$9.95**



**★7999526 GETTING TO SORRY: The Art of Apology at Work and at Home.** By M. Ingall & S. McCarthy. 356 pages. Gallery. Paperbound. Pub. at \$19.99 **\$11.95**

## Relationships



**LIMITED QUANTITY 8799229 EVERYDAY SOCIOPATHS: How Evil Spreads and How We Can Stop It.** By Jane McGregor. Designed to help you identify the sociopath destroying your happiness, and equip you with the tools to protect yourself against these arch-manipulators. Not only will it allow you to regain control over your life, but this will also help you to understand why those with no conscience flourish in positions of power. 248 pages. Sheldon. Paperbound. Pub. at \$14.99 **\$5.95**



**6082882 HOW TRUST WORKS: The Science of How Relationships Are Built, Broken, and Repaired.** By Peter H. Kim. Transforms our understanding of our deepest bonds, giving us the tools to build strong and supportive relationships on every level—with our families, coworkers, and friends, with the groups, organizations, and institutions that touch our lives, and even with societies and nations. 237 pages. Flatiron. Pub. at \$28.99 **\$5.95**



**7989555 HOW TO CULTIVATE BELONGING: A Guide to Improving Your Relationship and Connection with Others.** By Adele R. Ackert. Your guide to finding a place in the world, by working through what's holding you back and discovering ways to find purpose. With a little guidance, you'll learn how to notice and appreciate the unique traits you have to offer, and share them with the people who make you feel welcome and wanted. 158 pages. Rockridge. Paperbound. Pub. at \$15.99 **\$4.95**



**7801084 PLAYS WELL WITH OTHERS: The Surprising Science Behind Why Everything You Know About Relationships Is (Mostly) Wrong.** By Eric Barker. Entertaining guide to building better relationships—a cure-all in our age of increasing emotional distance and loneliness. Combines science with storytelling to reveal the truth behind the conventional wisdom about relationships. 293 pages. Harper. Pub. at \$28.99 **\$3.95**



**7983670 TOXIC FRIENDSHIPS: Knowing the Rules and Dealing with the Friends Who Break Them.** By S. Degges-White & J.P. Van Tieghem. Explores toxic friendships and how women navigate the ups and downs, as well as how broken friendships can be mended and bad friendships ended. We all need friends, but knowing when and how to let go can help us all be better friends—to ourselves, and also to others. 265 pages. Rowman & Littlefield. Pub. at \$48.00 **\$6.95**



**LIMITED QUANTITY 8896070 THE FOUR RELATIONSHIP STYLES: How Attachment Theory Can Help You in Your Search for Lasting Love.** By Anita Knight Kuhnley. If you've been caught in a cycle of unsatisfying relationships, discover how attachment theory can help you take the guesswork out of understanding why people behave the way they do—especially in times of stress—so you can find and nurture a love that lasts. 224 pages. Baker Books. Paperbound. Pub. at \$18.99 **SOLD OUT**



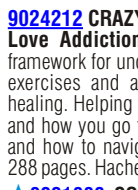
**9026096 THE LONG-DISTANCE RELATIONSHIP SURVIVAL GUIDE: Secrets and Strategies from Successful Couples Who Have Gone the Distance.** By C. Bell & K. Brauer-Bell. The authors provide strategies for making the distance seem shorter and outline eight essential skills for relationship success: communicating effectively; establishing mutual goals and expectations; having fun in spite of the distance; keeping the relationship real; and more. 201 pages. Ten Speed. Paperbound. Pub. at \$14.99 **\$5.95**



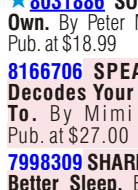
**9026614 THE SHIT NO ONE TELLS YOU ABOUT DIVORCE: A Guide to Breaking Up, Falling Apart, and Putting Yourself Back Together.** By Dawn Dais. After 12 years together, two children, ten pets, and five properties, Dais and her partner decided to call it quits. Join her on her own bumpy, meandering, and often absurd journey through the destruction of a life exploded by divorce. Delivers a true to life and funnier than it should be guide to discovering the unexpected value in the wreckage. 228 pages. Hachette. Paperbound. Pub. at \$18.99 **\$4.95**



**DVD 7803915 CUDDLE.** Widescreen. Chronicles the revolutionary movement taking place around the world. More and more people are cuddling. Through cuddle parties, where non-sexual physical touch can be practiced within a safe and innocent setting, the healing power of touch is reaching more people every day. Not Rated. 67 minutes. True Mind. Pub. at \$14.95 **\$3.95**



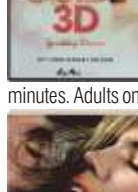
**9024212 CRAZY FOR YOU: Breaking the Spell of Sex and Love Addiction.** By Kerry Cohen. Provides an inclusive framework for understanding relationships, along with practical exercises and advice for self-assessment, discovery, and healing. Helping you determine where you fall on the spectrum and how you go there; strategies for breaking the spell of SLA; and how to navigate healthy, safe, and fulfilling relationships. 288 pages. Hachette. Paperbound. Pub. at \$18.99 **\$5.95**



**★8031886 SOLO: Building a Remarkable Life of Your Own.** By Peter McGraw. 229 pages. Diversion. Paperbound. Pub. at \$18.99 **\$13.95**



**8166706 SPEAKING IN THUMBS: A Psychiatrist Decodes Your Relationship Texts So You Don't Have To.** By Mimi Winsberg. 285 pages. Doubleday. Pub. at \$27.00 **PRICE CUT to \$3.95**



**7998309 SHARING THE COVERS: Every Couple's Guide to Better Sleep.** By Wendy M. Troxel. 244 pages. Hachette. Pub. at \$28.00 **PRICE CUT to \$3.95**

## Sexuality & Sexual Expression



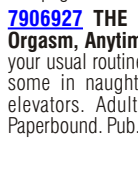
**DVD 9004599 THE LOVERS' GUIDE 3D: Igniting Desire.** Twenty years after the release of the original, the ground-breaking guide returns for another no holds barred exploration of the pleasures of lovemaking. Created using cutting edge 3D technology, it delivers an unprecedented sense of intimacy and unlocks the secrets of truly sensual sex. Includes two 3D glasses. Not Rated. 66 minutes. Adults only. Alive Mind. Pub. at \$24.95 **\$9.95**



**4760107 EXPLOSIVE SEX! Step-by-Step Techniques for the Hottest Sex Ever.** By Richard Emerson. Includes twenty-three penetrative sex position sequences that lead you step by step to earth shaking climaxes. Not only will you achieve finesse in the bedroom, you will also learn how to shed your inhibitions and discover your sexual "personality." Adults only. Fully illus. in color. 128 pages. Carlton. Paperbound. Pub. at \$16.95 **\$4.95**



**8897603 G-STRINGS AND SYMPATHY: Strip Club Regulars and Male Desire.** By Katherine Frank. An insider's account on the personal and cultural fantasies motivating male heterosexual strip club regulars. Frank finds that the clubs provide an intermediate space—not work, not home—where men can enjoyably experience their bodies and selves through conversation, fantasy, and ritualized voyeurism. 332 pages. Duke. Paperbound. Pub. at \$29.98 **\$6.95**



**7906927 THE ART OF THE QUICKIE: Fast Sex, Fast Orgasm, Anytime, Anywhere.** By Joel D. Block. Break out of your usual routine with these tips for quickie-friendly positions, some in naughty but safe places, like movie theaters or elevators. Adults only. Color photos. 128 pages. Quiver. Paperbound. Pub. at \$19.99 **\$5.95**



## Sexuality & Sexual Expression



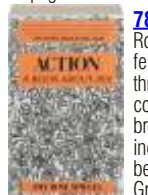
**7848684 WOMEN ON TOP OF THE WORLD: What Women Think About When They're Having Sex.** Ed. by Lucy-Anne Holmes. Fifty-one women, from all walks of life and from all over the world, reveal their most intimate and private thoughts about sex. This work pushes boundaries and explores female sexuality in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



**777169X 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 **\$4.95**



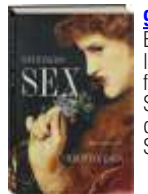
**4913876 50 THINGS TO DO WITH A RABBIT & OTHER SEX TOYS.** By Daisy Valetta. Whether you're single or coupled up, the exciting range of sex toys available these days will tease and please you into the most mind-blowing orgasms imaginable. This guide will provide hours of entertainment and even includes a chapter for getting guys in on the action too. Adults only. Illus. in color. 95 pages. Carlton. Paperbound. Pub. at \$9.95 **\$2.95**



**7876076 ACTION: A Book About Sex.** By Amy Rose Spiegel. Finally a book about sex you won't feel embarrassed to own. Spiegel dissects threesomes, celibacy as a display of autonomy, consent, safety, group sex, gender, and the best breakfast to make for a one-night stand. She even includes how-tos on picking people up without being a skeezer. Adults only. Illus. 217 pages. Grand Central. Paperbound. Pub. at \$15.99 **\$5.95**



**★9058702 FANTASTIC FOREPLAY: The Erotic Couple's Playbook.** Text by Jessica O'Reilly. Features 60 techniques, tricks, and tips for scintillating finger, lip, and tongue play perfect for couples of all kinds. Adults only. Illus. 127 pages. Quarto. Pub. at \$12.99 **\$9.95**



**9002405 RETHINKING SEX.** By Christine Emba. Emba invites us to reconsider long-held assumptions about sex positivity, feminism, and healthy sexual relationships. She reveals the many ways today's consent-only sexual code fails us. 204 pages. Sentinel. Pub. at \$27.00 **\$5.95**



**★4708954 SHE COMES FIRST: The Thinking Man's Guide to Pleasuring a Woman.** By Ian Kerner. A virtual encyclopedia of female pleasure, detailing dozens of tried and true techniques for consistently satisfying a woman and ensuring that sexual fulfillment is mutual. Illus. 220 pages. Morrow. Paperbound. Pub. at \$17.99 **\$12.95**



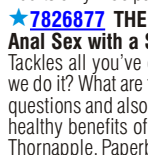
**LIMITED QUANTITY ★9058710 STEAMY SEX GAMES: The Erotic Couple's Playbook.** Ed. by Jill Hamilton. The perfect work to help you break out of your sexual habits and try something adventurous. Choose from dozens of tantalizing seductions and sex games based on whether you want to play sweet and nice or hot and spicy. Adults only. Illus. 127 pages. Quarto. Pub. at \$12.99 **SOLD OUT**



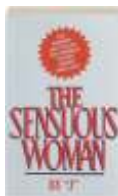
**9031499 T: The Story of Testosterone, the Hormone That Dominates and Divides Us.** By Carole Hooven. Through riveting personal stories and the latest research, Harvard evolutionary biologist Hooven shows how testosterone drives the behavior of the sexes apart and how understanding the science behind this hormone is empowering for all. Illus. 338 pages. Holt. Pub. at \$27.99 **\$4.95**



**★496800X A VISUAL HISTORY OF MASTURBATION.** By Richard Battenberg. An incredible collection of scientific and literary texts combined with obscene illustrations and photos. Adults only. 256 pages. Goliath. Pub. at \$48.99 **\$35.95**



**★7826877 THE PEGGING BOOK: A Complete Guide to Anal Sex with a Strap-On Dildo.** By C.S. Beckett & L. Miller. Tackles all you've ever wanted to know about pegging. How do we do it? What are the right tools for the job? The authors answer questions and also talk about your safety, male anatomy, and the healthy benefits of being pegged. Adults only. Illus. 193 pages. Thornapple. Paperbound. Pub. at \$19.95 **\$15.95**



**★7991770 THE SENSUOUS WOMAN.** By J. The author opened the eyes—and minds—of millions of American women with her explicit step by step account of her pursuit of the ultimate in sexual pleasure. This work will teach every woman how to free her body, train her senses, and tap her own hidden erotic resources. 192 pages. Dell. Paperbound. Pub. at \$7.99 **\$5.95**



**7951124 KAMA SUTRA: A Position a Day.** Dive deep into the ancient sex manual of the Kama Sutra, now hot off the press with 365 brand-new illustrations to get you in the mood. Whether you're after some slow, sensual lovemaking or a quick, orgasmic fix, find a sex position for every time, place, and mood. Adults only. Dorling Kindersley. Paperbound. Pub. at \$16.99 **\$7.95**



**★DVD 4588630 THE LOVERS' GUIDE.** Explore your sexual self with this comprehensive collection, offering compelling advice from sex experts Dr. Sarah Brewer, Dr. Sarah Humphrey, Dr. Dawn Harper, and bestselling author Tracey Cox. Discover a world of erotic possibility with programs like *Secrets of Sensational Sex*; *What Women Really Want*; *Sex Play*; *Sexual Positions*; *Better Orgasms for Men*; *Better Orgasms for Women*; and more. "The ultimate sex and relationship guide"—*Cosmopolitan*. Eleven hours on 10 DVDs. Adults only. True Mind. Pub. at \$69.95 **\$49.95**



**★5328799 TANTRIC PATHWAYS TO SUPERNATURAL SEX: A Groundbreaking Look at the Chemistry of Sexual Electricity.** By S. Pokras & J. Talltrees. Reveals dozens of erogenous zones so you can experience the many different kinds of orgasm and unleash dormant sexual energy. Explore more than sixty exercises to help you liberate the spiritual force that will transform your lovemaking into something supernatural every time. Adults only. Illus. 263 pages. Llewellyn. Paperbound. Pub. at \$21.99 **\$16.95**



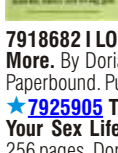
**9037683 A QUICK & EASY GUIDE TO CONSENT.** By Isabella Rotman. A quick, easy, and important educational comic guide to giving and receiving consent in sex, relationships, and other physical contact. Fully illus. 77 pages. Limerence. Paperbound. Pub. at \$7.99 **\$4.95**



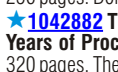
**8897557 THE DECONSTRUCTION OF SEX.** By J.-L. Nancy & I. Goh. The authors discuss how a deconstructive approach to sex helps us negotiate discourses about sex and foster a better understanding of how sex complicates our everyday existence in the ages of #MeToo. 113 pages. Duke. Paperbound. Pub. at \$23.95 **\$6.95**



**7918682 I LOVE ORGASMS, SECOND EDITION: A Guide to More.** By Dorian Solot et al. Adults only. 348 pages. Hachette. Paperbound. Pub. at \$18.99 **SOLD OUT**



**★7925905 THE SCIENCE OF SEX: Every Question About Your Sex Life Answered.** By Kate Moyle. Adults only. Illus. 256 pages. Dorling Kindersley. Pub. at \$25.00 **\$17.95**



**★1042882 THE SHORTEST HISTORY OF SEX: Two Billion Years of Procreation and Recreation.** By David Baker. Illus. 320 pages. The Experiment. Paperbound. Pub. at \$16.95 **\$9.95**

## Pregnancy, Childbirth & Parenting



**LIMITED QUANTITY 9001131 HOW TO RAISE KIDS WHO AREN'T ASSHOLES.** By Melinda Wenner Moyer. Offers a fresh, often surprising perspective on parenting issues, from toddlerhood through the teenage years. Outlines the traits we want our children to possess and then provides scientifically based strategies that will help parents instill those characteristics in their kids. 340 pages. Putnam. Pub. at \$27.00 **SOLD OUT**

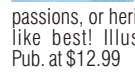


**8994242 DIFFERENTLY WIRED: Raising an Exceptional Child in a Conventional World.** By Deborah Reber. Weaving together personal stories and a tool kit of expert advice, it's a how to, a manifesto, and a reassuring companion for parents who can so often feel that they have no place to turn. The author has 18 paradigm shifting ideas which includes how to accept and lean into your role as a parent. 278 pages. Workman. Pub. at \$26.95 **\$5.95**

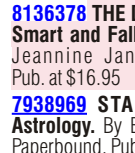
**9041389 THE A TO Z OF GRANDPARENT NAMES: From Abba to Zumu.** By Katie Hankinson. Learn everything you need to know about time-honored and unique names for grandparents all over the world. 124 pages. Cider Mill. Pub. at \$16.95 **\$5.95**



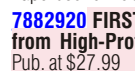
**★8891257 THE BEST GRANDFATHER NAMES EVER: Choose Your Perfect Grandpa Name, from Papa to Nonno and Beyond!** By Cathy Livingstone. From Boss to Pappou, Nonno to Glampa, this work features more than 200 fantastic grandpa names, along with other fun and interactive elements to help you get excited about your new role. You can choose a name inspired by your personality, passions, or heritage—or you can just pick whichever name you like best! Illus. 103 pages. Sourcebooks. Paperbound. Pub. at \$12.99 **\$9.95**



**8136378 THE DISINTEGRATING STUDENT: Struggling but Smart and Falling Apart...and How to Turn It Around.** By Jeannine Jannot. 204 pages. Citadel. Paperbound. Pub. at \$16.95 **PRICE CUT to \$2.95**



**7938969 STAR CHILD: Joyful Parenting Through Astrology.** By Briana Saussy. Illus. 289 pages. Sounds True. Paperbound. Pub. at \$19.99 **\$3.95**



**7882920 FIRST CLASS FATHERHOOD: Advise & Wisdom from High-Profile Dads.** By Alec Lace. 254 pages. Harper. Pub. at \$27.99 **PRICE CUT to \$1.95**

## Women's Health & Self-Help



**8994358 LADY SECRETS: Real, Raw & Ridiculous Confessions of Womanhood.** By Keltie Knight et al. A hilarious, embarrassing, and honest collection of secrets from ladies around the world, paired with confessional essays from the authors. It's time to stop feeling ashamed of your unladylike habits and own the real, raw, and ridiculous things that make you authentically you. 249 pages. Rodale. Pub. at \$24.00 **\$5.95**



**9031626 THE WONDER DOWN UNDER: The Insider's Guide to the Anatomy, Biology, and Reality of the Vagina.** By E. Stokken & N. Brochmann. The authors take readers on a fascinating journey of female sexual organs and sexual health—from the clitoris to contraception to cervical cancer. A funny, frank tribute to the vagina that we have been waiting for. Illus. 304 pages. Quercus. Paperbound. Pub. at \$16.99 **\$4.95**



**8996938 BEAUTY 40+: 24 Beautiful Step-by-Step Looks.** By Boris Entrup. Learn how to work with the changes in your skin and celebrate your features with an inspiring collection of glamorous, elegant, and downright fabulous looks, from minimalist sophistication to bold rock-star chic. Fully illus. in color. 160 pages. Dorling Kindersley. Pub. at \$20.00 **\$7.95**



**1095684 100 WAYS TO CHANGE YOUR LIFE: The Science of Leveling Up Health, Happiness, Relationships & Success.** By Liz Moody. Offers powerful, habit-building tips across subjects ranging from mental health, careers, and relationships to confidence and physical health in 100 fun to read, easy to digest parts. 347 pages. Harper. Pub. at \$32.00 **\$6.95**



**7998473 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 **\$5.95**



**782470X THE WONDER DOWN UNDER: The Insider's Guide to the Anatomy, Biology, and Reality of the Vagina.** By E. Stokken & N. Brochmann. A comprehensive guide to a miraculous and complex part of the body that too few of us, regardless of gender, are all that familiar with. With wisdom, humor, and scientific aplomb, the authors take readers on a fascinating journey of female sexual organs and sexual health. Illus. 304 pages. Quercus. Pub. at \$26.99 **\$7.95**





## Women's Health & Self-Help



**9031316 PRACTICAL PRINCESS PERFECT WARDROBE: Declutter and Re-Jig Your Closet to Transform Your Life.** By Erika Gibbs, photos by P. Wreford. Gibbs shares the secrets of her unique three-step Practical Princess process, putting the luxury of a complete wardrobe makeover within everyone's reach. Fully illus. in color. 128 pages. CICO Books. Pub. at \$14.95 **\$4.95**



**7821824 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 **\$11.95**



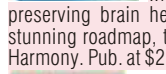
**8994382 MENUPAUSE: Five Unique Eating Plans to Break Through Your Weight Loss Plateau and Improve Mood, Sleep, and Hot Flashes.** By Anna Cabece. Offers five unique, six day eating plans that put a "pause" on the use of symptom exacerbating ingredients. With more than 125 delicious recipes, this is your guide to a more comfortable menopausal transition, and ensures you won't go hungry in the process. Try Southwestern Spiced Pork Tenderloin; Salmon Quinoa Bowl; and more. Well illus., in color. 304 pages. Rodale. Pub. at \$26.99 **\$5.95**



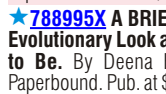
**9040129 MEDICAL GASLIGHTING: How to Get the Care You Deserve in a System That Makes You Fight for Your Life.** By Ilana Jacqueline. Our healthcare system is broken. But it doesn't have to break you. Designed to fit medical bias and neglect, this practical, realistic handbook will help women get the care they need—and deserve. 249 pages. BenBella. Paperbound. Pub. at \$21.95 **\$16.95**



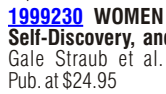
**5781779 THE UPGRADE: How the Female Brain Gets Stronger and Better in Midlife and Beyond.** By Louann Brizendine. Explains how a woman's brain gets "upgraded" in midlife, inspiring women to unlock their full potential. With guidance for navigating the perimenopausal and menopausal storm while it lasts, science-backed steps for preserving brain health for the rest of your life, this is a stunning roadmap, told through intimate stories. 310 pages. Harmony. Pub. at \$27.99 **PRICE CUT to \$4.95**



**5781779 THE ART OF BADASSERY: Unleash Your Mojo with Wisdom of the Dojo.** By Jennifer Cassetta. Through thought-provoking exercises and no-holds-barred humor, the author shows women how to close the door on blame and shame; how to grow from their Greatest (S)Hits List of life disappointments; and how to disarm and defend against the blocks that hold them back. 201 pages. Health Communications. Paperbound. Pub. at \$15.95 **PRICE CUT to \$3.95**



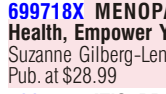
**788995X A BRIEF HISTORY OF THE FEMALE BODY: An Evolutionary Look at How and Why the Female Form Came to Be.** By Deena Emera. Illus. 359 pages. Sourcebooks. Paperbound. Pub. at \$18.99 **\$11.95**



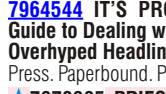
**1999230 WOMEN AND WATER: Stories of Adventure, Self-Discovery, and Connection in and on the Water.** By Gale Straub et al. Color photos. 240 pages. Chronicle. Pub. at \$24.95 **\$7.95**



**887770X MAKE SOME NOISE: Speak Your Mind and Own Your Strength.** By Andrea Owen. 287 pages. TarcherPerigee. Pub. at \$26.00 **PRICE CUT to \$2.95**



**699718X MENOPAUSE BOOTCAMP: Optimize Your Health, Empower Your Self, and Flourish as You Age.** By Suzanne Gilberg-Lenz with M. Korn. 276 pages. Harper Wave. Pub. at \$28.99 **PRICE CUT to \$3.95**

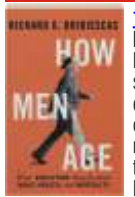


**7964544 IT'S PROBABLY NOTHING: The Stress-Less Guide to Dealing with Health Anxiety, Wellness Fads, and Overhyped Headlines.** By Casey Gueren. 218 pages. Running Press. Paperbound. Pub. at \$19.99 **\$2.95**



**7878885 PRIESTESS PATH: 13 Powerful Lessons to Build Your Inner Strength.** By Stacey Demarco. 212 pages. Rockpool. Paperbound. Pub. at \$18.99 **SOLD OUT**

## Men's Health & Self-Help



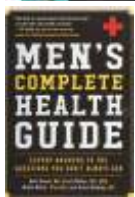
**118145 HOW MEN AGE: What Evolution Reveals About Male Health and Mortality.** By Richard G. Bribiescas. Explores how natural selection has shaped male aging, how evolutionary theory can inform our understanding of male health and well-being, and how older men may have contributed to the evolution of some of the very traits that make us human. 177 pages. Princeton. Paperbound. Pub. at \$17.95 **\$5.95**



**8874867 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 **\$15.95**

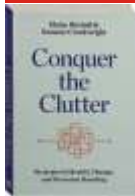


**8871264 WHAT ABOUT MEN? A Feminist Answers the Question.** By Caitlin Moran. Moran opens a genuinely new debate about how to reboot masculinity for the 21st century, so that "straight white man" isn't shorthand for "bad news"—and she makes a lot of jokes about testicles and trousers along the way. 310 pages. Harper. Pub. at \$29.99 **\$5.95**

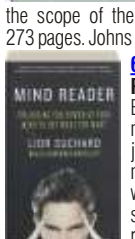


**7938330 MEN'S COMPLETE HEALTH GUIDE: Expert Answers to the Questions You Don't Always Ask.** By Neil Baum et al. Men no longer need to suffer in silence or dwell in denial. This valuable resource enables every man to become his own health advocate, more likely to discuss body concerns with family and friends, and more open to seeking a doctor's advice for remedy. 378 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$12.95**

## General Health & Self-Help



**9045554 CONQUER THE CLUTTER: Strategies to Identify, Manage, and Overcome Hoarding.** By E. Birchall & S. Cronkright. Offers hope to anyone affected by hoarding disorder. Real life vignettes, combined with easy to use assessment and intervention tools, support those who hoard, and those who care about them. Includes numerous worksheets to assist individuals in determining the scope of their hoarding disorder and tackling the problem. 273 pages. Johns Hopkins. 7x10 1/4. Pub. at \$57.00 **\$5.95**



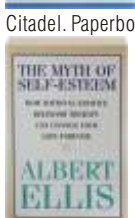
**6997198 MIND READER: Unlocking the Power of Your Mind to Get What You Want.** By Lior Suchard. A renowned entertainer and mentalist takes the reader on an incredible journey through the wonders of the human mind, sharing his remarkable personal story while offering invaluable advice. Lior Suchard's secrets and lessons, revealed here, will enable readers to unlock their untapped mental powers. 225 pages. Morrow. Paperbound. Pub. at \$15.99 **\$4.95**



**8089876 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 **\$5.95**



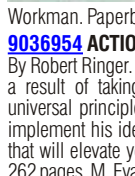
**1041223 HOW TO CONTROL YOUR ANXIETY BEFORE IT CONTROLS YOU.** By Albert Ellis. Using the easy to master, proven precepts of Rational Emotive Behavior Therapy (REBT), this work not only helps you distinguish between healthy and unhealthy anxiety, but teaches you how to understand and dispute the irrational beliefs that make you anxious. 244 pages. Citadel. Paperbound. Pub. at \$15.95 **\$5.95**



**9012427 THE MYTH OF SELF-ESTEEM: How Rational Emotive Behavior Therapy Can Change Your Life Forever.** By Albert Ellis. Providing an explanation of self-esteem and self-acceptance, examining the thinking of great religious teachers, philosophers, and psychologists. Offering exercises and tools for achieving unconditional acceptance of ourselves and others, and life. 344 pages. Prometheus. Paperbound. Pub. at \$21.99 **\$4.95**



**LIMITED QUANTITY 9026584 KEEP WHAT YOU LOVE: A Visual Decluttering Guide.** By I. Smit & A. van der Hulst. In this whimsical yet practical guide to sorting through the "too much stuff" of modern life, the premise is simple: on each page, a delightful illustration of items that fill our lives, and beneath it two checkboxes: Yes and No. Includes tips for how to organize what you keep. 236 pages. Workman. Paperbound. Pub. at \$9.99 **SOLD OUT**



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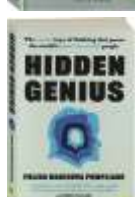
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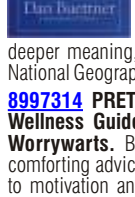
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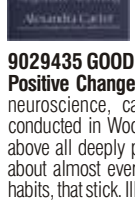
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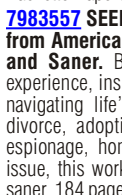
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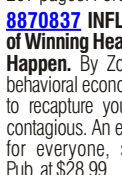
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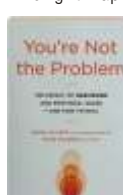
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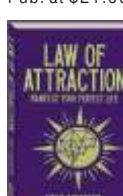
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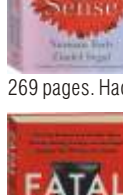
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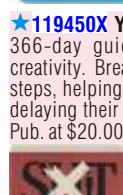
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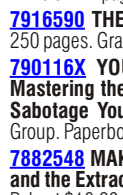
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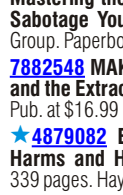
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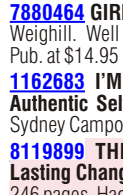
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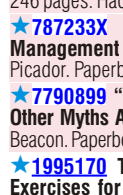
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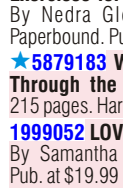
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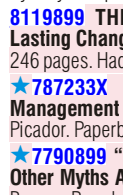
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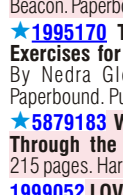
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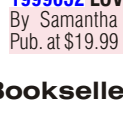
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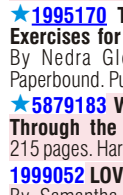
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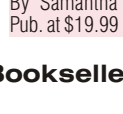
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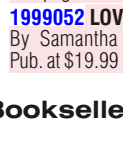
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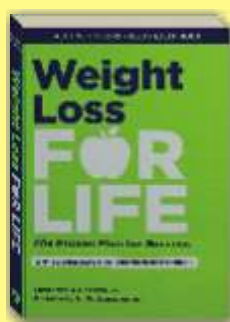
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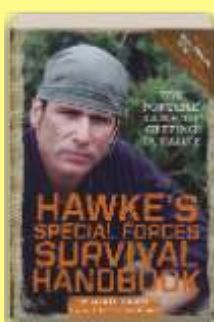
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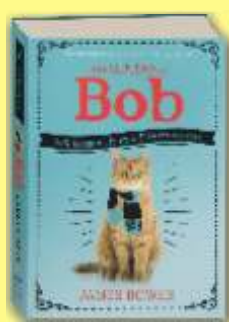
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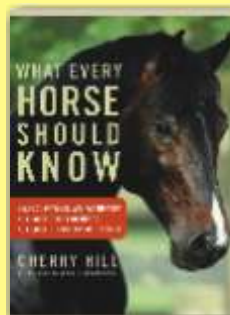
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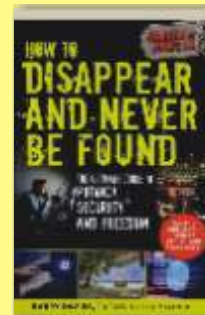
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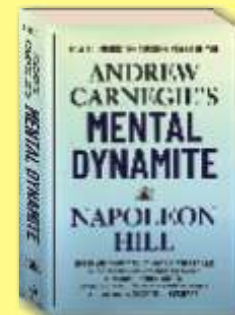
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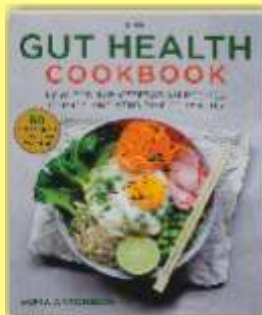
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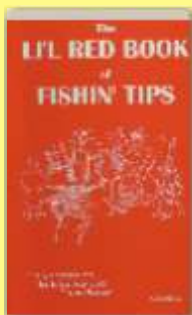
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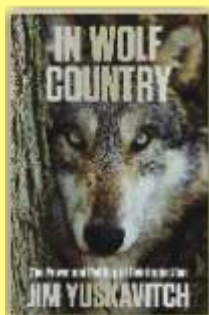
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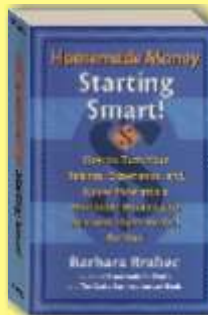
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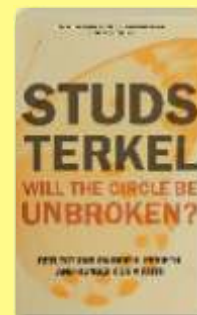
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