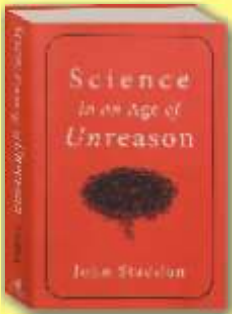
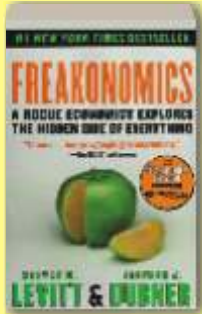


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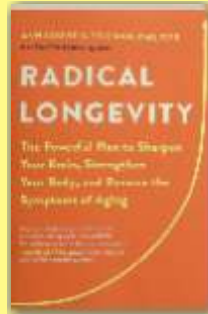
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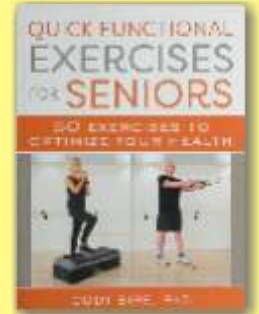
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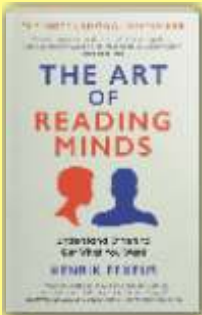
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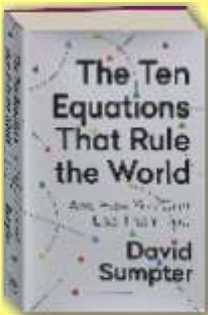
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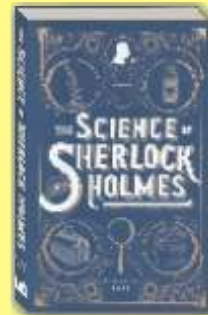
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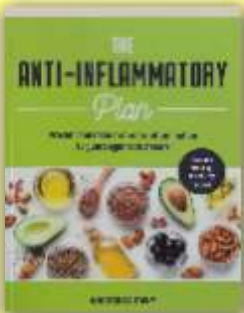
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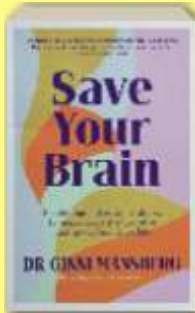
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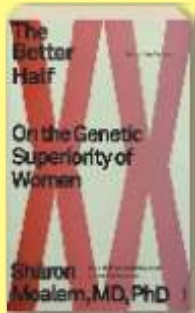
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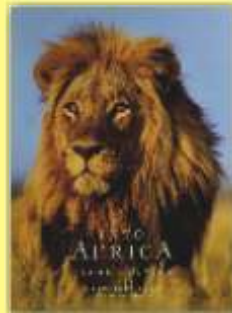
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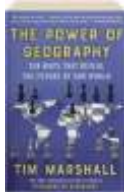
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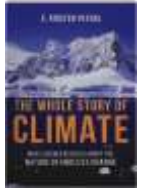
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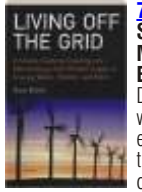
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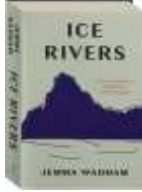
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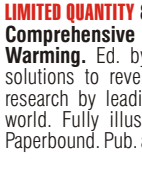
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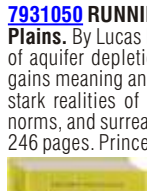
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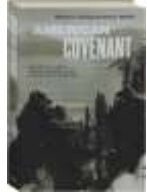
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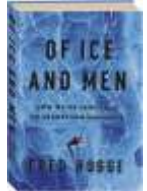
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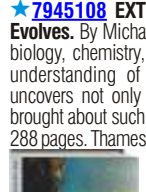
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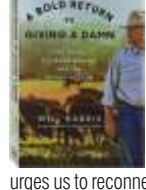
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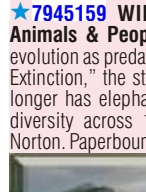
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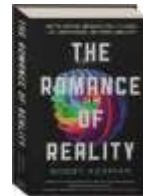
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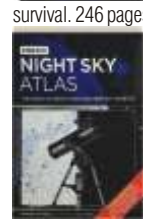
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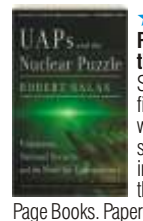
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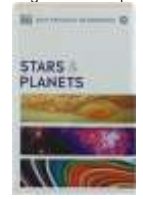
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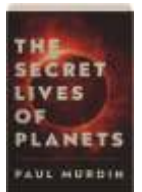
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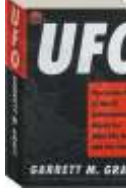
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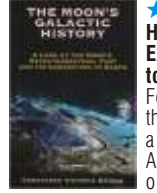
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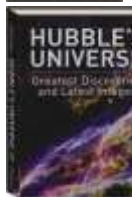
★800806X OUR MOON: How Earth's Celestial Companion Transformed the Planet, Guided Evolution, and Made Us Who We Are. By Rebecca Boyle. Boyle takes readers on a dazzling lunar tour to reveal the intimate roles that our 4.51 billion year-old companion has played in our biological and cultural evolution. 16 pages of photos, most in color. 313 pages. Random. Pub. at \$28.99 **\$21.95**



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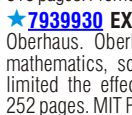
★8176671 EYES IN THE SKY: Space Telescopes from Hubble to Webb. By Andrew May. Looking at the development of revolutionary instruments, such as Hubble and the James Webb Space Telescope, May explores how such technology has helped us understand the evolution of the Universe. Illus. 166 pages. Icon. Paperbound. Pub. at \$17.99 **\$13.95**



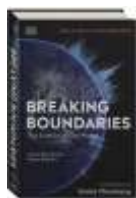
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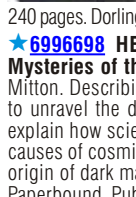
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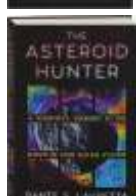
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★6996698 HEART OF DARKNESS: Unraveling the Mysteries of the Invisible Universe. By J.P. Ostriker & S. Mitton. Describing the incredible saga of humankind's quest to unravel the deepest secrets of the universe, the authors explain how scientists confront the mysteries of the ultimate causes of cosmic structure formation and the real nature and origin of dark matter and dark energy. 299 pages. Princeton. Paperbound. Pub. at \$18.95 **\$14.95**



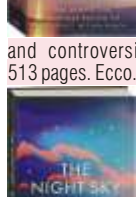
★6082408 COME FLY WITH US: NASA's Payload Specialist Program. By M. Croft & J. Youskauskas. The story of an elite group of space travelers who flew as members of many space shuttle crews from pre-Challenger days to Columbia in 2003. Not part of the regular NASA astronaut corps, these professionals known as "payload specialists" came from a wide variety of backgrounds. Illus. UNeP. Paperbound. **\$25.95**



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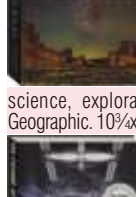
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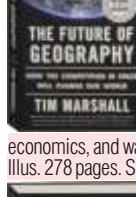
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★7745044 NATIONAL GEOGRAPHIC STARGAZER'S ATLAS: The Ultimate Guide to the Night Sky. By Andrew Fazekas et al. Richly illustrated with luminous photographs and informative maps and graphics, this expansive guide is perfect for everyone discovering the wonders of the night sky, from those just learning the constellations to dedicated telescope observers. Combines science, exploration, and storytelling. 431 pages. National Geographic. 10 1/4 x 14. Pub. at \$65.00 **PRICE CUT to \$39.95**



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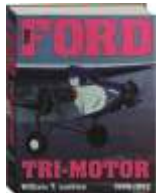
Airplanes & Airlines



7835221 AIRPLANE FLYING HANDBOOK: FAA-H-8083-3C. By Federal Aviation Administration. The definitive guide to airplane flying, developed by FAA experts. Topics covered include flight training, ground operations, basic flight maneuvers, airport traffic patterns, approaches and landings, performance maneuvers, night operations, and emergency procedures. Complete with full color illustrations, photos, and diagrams detailing every chapter. Skyhorse. 8 1/2 x 11. Paperbound. Pub. at \$19.99 **\$7.95**



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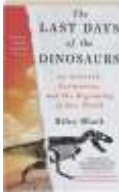


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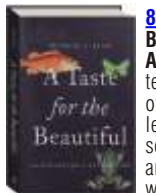
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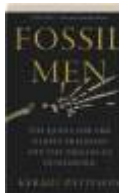
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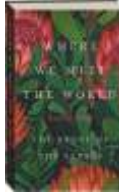
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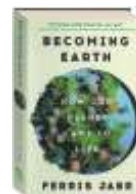
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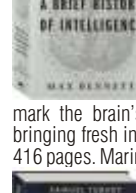
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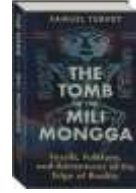
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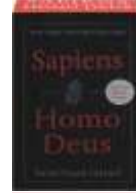
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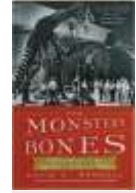
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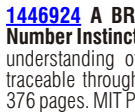
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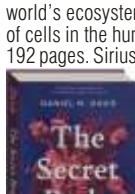
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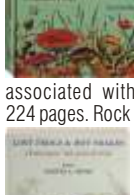
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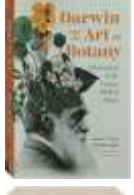
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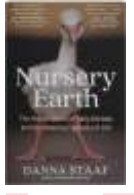
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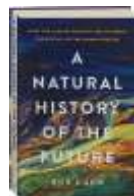
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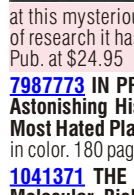
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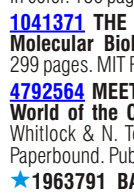
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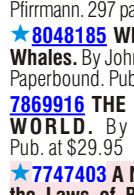
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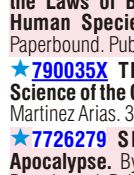
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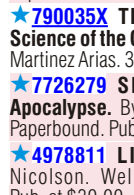
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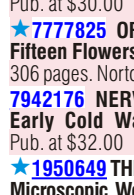
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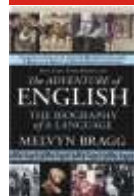


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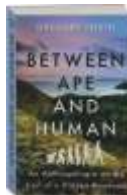
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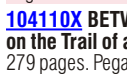
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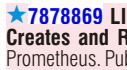
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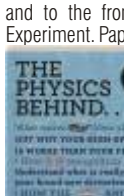
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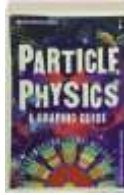
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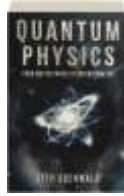
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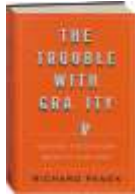


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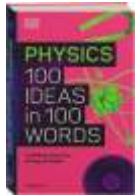


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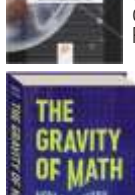
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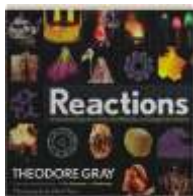
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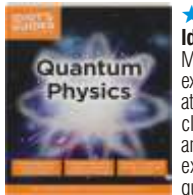
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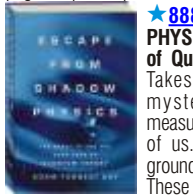
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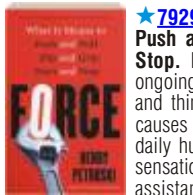
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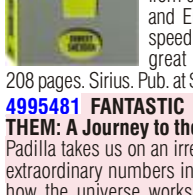
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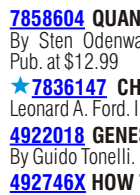
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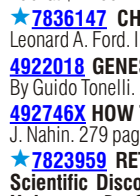
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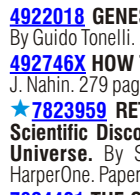
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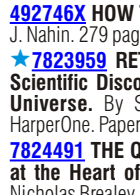
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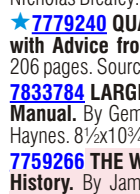
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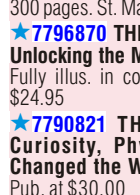
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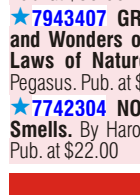
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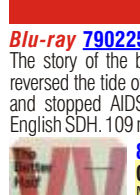
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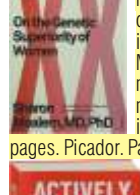
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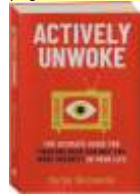
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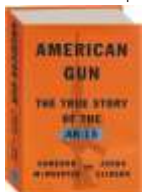
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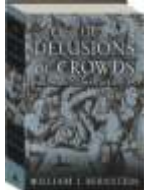


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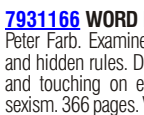
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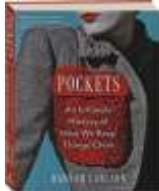
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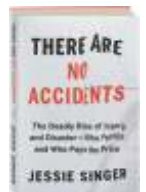
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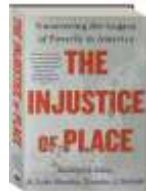
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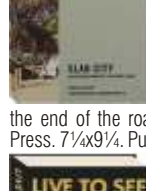
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★4993411 FOREVER BARBIE: The Unauthorized Biography of a Real Doll. By M.G. Lord. Traces Barbie's development and transformation, through countless makeovers and career changes, into an international pop culture icon and now "traditional toy." Though 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**

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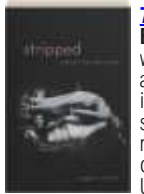


544473X MIGRATIONS: A History of Where We All Come From. By John Fardon et al. Tells the story of human movement throughout history, and tracks its lasting influence on cultures and societies around the globe. Combining striking images with sensitive narrative and intimate first hand accounts, it reveals 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 1/2x11 1/4. Pub. at \$40.00 **\$16.95**



7856962 NICE RACISM: How Progressive White People Perpetuate Racial Harm. By Robin DiAngelo. Illuminates the subtle and insidious racial patterns of progressive white people, revealing how a culture of niceness actually protects racism. An essential work for any white person who recognizes the existence of systemic racism and white supremacy and wants to take steps to align their values with their actual practice. 201 pages. Beacon. Pub. at \$24.95 **\$5.95**

7843151 UNWANTED. By Cathy Glass. Lara and her one year old son Arthur are brought to foster care giver Cathy Glass. Lara has fled an abusive relationship and Arthur has suspected non-accidental injuries. Day and night Cathy must monitor Lara whenever she is with her son. As Cathy teaches Lara how to care for Arthur, will it be enough for her to keep him? 306 pages. HarperElement. Paperbound. Pub. at \$9.99 **\$7.95**



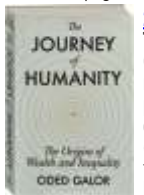
7942621 STRIPPED: Reading the Erotic Body. By Maggie M. Werner. Examines the way in which erotic bodies communicate in performance and as cultural figures. Focusing on symbols independent of language, Werner explores the signs and symbols of erotic dance, audience responses to these codes, and how this exchange creates embodied rhetoric. 203 pages. Penn State Univ. Paperbound. Pub. at \$32.95 **\$6.95**



5453143 NOSTALGIA NERD'S GADGETS, GIZMOS & GIMMICKS: A Potted History of Personal Tech. By Peter Leigh. Takes a fun, informative and irreverent look at the history of personal tech, charting the successes, failures and oddities from over five decades of our obsession with gadgetry. Color photos. 224 pages. ILEX. Pub. at \$19.99 **\$5.95**



7952716 ALL THE LIVING AND THE DEAD. By Hayley Campbell. Fueled by a fascination with death, Campbell searches for answers in the people who make a living by working with the dead. Through incisive candid interviews with mass fatality interrogators, embalmers, an executioner, gravediggers, and a homicide detective, the author offers readers a captivating look into the psychology of Western death. 268 pages. St. Martin's. Paperbound. Pub. at \$19.00 **\$14.95**



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7967268 MODERN SLAVERY. By Guido Cuyvers. Slavery is a phenomenon that appears not to interfere with the daily lives of most people. But in 2023 it still consists for a large group of people. For more than 50 million individuals worldwide, freedom does not exist. People are still being exploited and traded as commodities. This account will give you a glimpse of what slavery looks like today. 229 pages. Vita Histris. Pub. at \$29.99 **\$24.95**



8762759 POVERTY, BY AMERICA. By Matthew Desmond. Drawing on history, research, and original reporting, Desmond shows how affluent Americans knowingly and unknowingly keep poor people poor: some lives are made small so that others may grow. Gives us new ways of thinking about and solving a morally urgent problem. 288 pages. Crown. Paperbound. Pub. at \$20.00 **\$14.95**



1997688 WOMB: The Inside Story of Where We All Began. By Leah Hazard. A clear-eyed and inclusive examination of the cultural prejudices and assumptions that have made the uterus so poorly understood for centuries. This work takes a fresh look at an organ that brings us pain and pleasure—a small part of our bodies that has a larger impact than we ever thought possible. 316 pages. Ecco. Paperbound. Pub. at \$17.99 **\$12.95**



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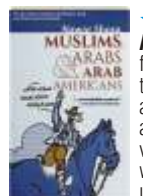
8886350 LET'S GET PHYSICAL: How Women Discovered Exercise and Reshaped the World. By Danielle Friedman. A captivating blend of reportage and personal narrative that explores the untold history of women's exercise culture—from jogging and Jazzercise to Jane Fonda—and how women have parlayed physical strength into other forms of power. Photos. 328 pages. Putnam. Pub. at \$27.00 **\$5.95**



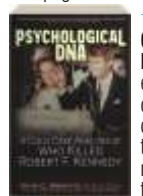
6994245 NERD: Adventures in Fandom from This Universe to the Multiverse. By Maya Phillips. Phillips has written on the latest blockbusters—with her love of some of the most popular and nerdy fandoms informing her career. She analyzes how these beloved intellectual properties leave an indelible mark on young and adult minds, and what they teach us about race, gender expressions, religion, and more—especially as fandom becomes more mainstream. 268 pages. Atria. Paperbound. Pub. at \$17.99 **\$5.95**



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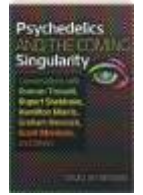
5879272 MUSLIMS, ARABS & ARAB-AMERICANS. By Nawar Shora. Perfect for anyone interested in learning more about the people, culture, faiths, geography, social and behavioral norms, and more of Muslim and Arab people. Will help everyone from voices on the topic, to experienced academics who are curious to achieve greater understanding of these cultures. Illus. 204 pages. Cune Press. Paperbound. Pub. at \$16.00 **\$11.95**



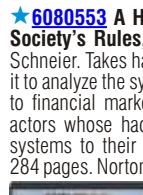
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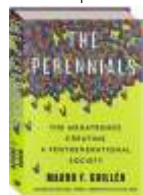
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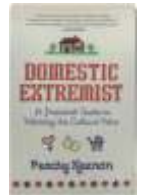
6080553 A HACKER'S MIND: How the Powerful Bend Society's Rules, and How to Bend Them Back. By Bruce Schneier. Takes hacking out of the world of computing and uses it to analyze the systems that underpin our society: from tax laws to financial markets to politics. Reveals an array of powerful actors whose hacks bend our economic, political, and legal systems to their advantage, at the expense of everyone else. 284 pages. Norton. Paperbound. Pub. at \$19.99 **\$14.95**



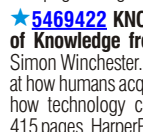
DVD 1147056 EATING UP EASTER. Widescreen. On Easter Island, the most isolated community in the Pacific uses lessons learned from their past to solve environmental and social challenges brought on by booming tourism and rapid development. Directed by native Papanui filmmaker Sergio Mata'u Rapu, this film is crafted as a story passed down to his newborn son. Not Rated. 77 minutes. Dreamscape Media. Pub. at \$14.95 **\$11.95**



6993303 THE PERENNIALS: The Megatrends Creating a Postgenerational Society. By Mauro F. Guillen. A new post generational workforce know as "perennials" makes it possible to liberate scores of people from the constraints of the sequential model of life and level the playing field so that everyone has a chance at living a rewarding life. Guillen unveils how this generational revolution will impact people young and older alike. 250 pages. St. Martin's. Pub. at \$30.00 **\$6.95**



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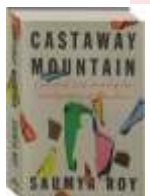
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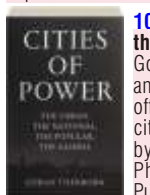
1987763 BUNKER: Building for the End Times. By Bradley Garrett. A thought provoking, chilling, and eerily prescient look at "prepper" communities around the world that are building bunkers against a possible apocalypse. Garret argues that prepping is a rational response to global, social, and political systems that are failing to produce credible narratives of continued stability. 316 pages. Scribner. Pub. at \$28.00 **PRICE CUT to \$3.95**



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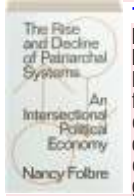
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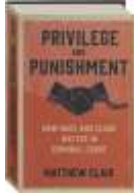
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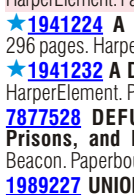
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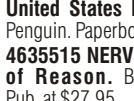
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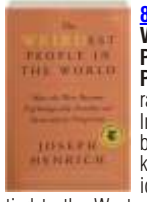
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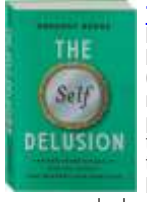
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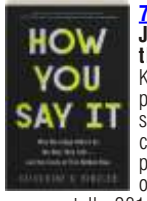
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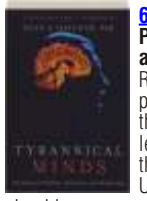
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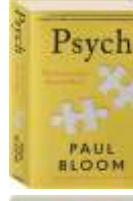
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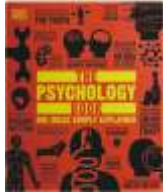


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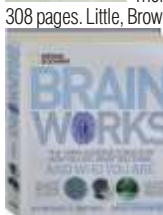
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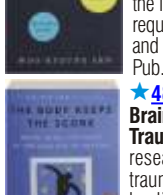
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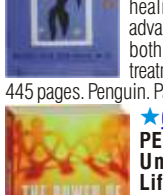
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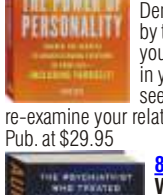
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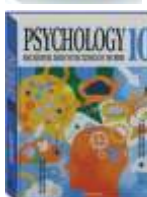
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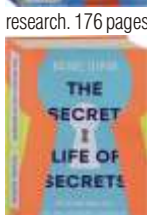
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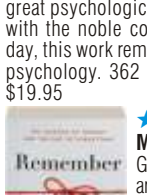
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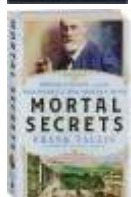
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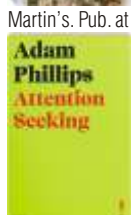
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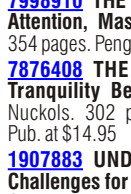
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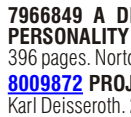
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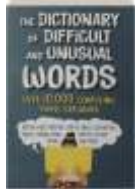
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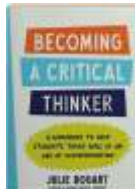
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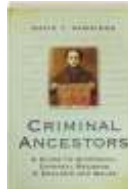
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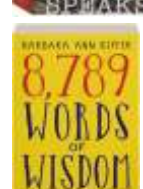
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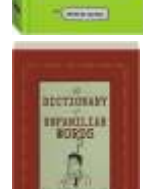
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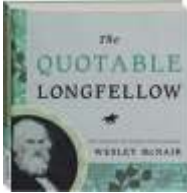


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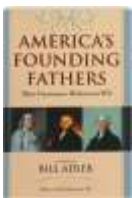


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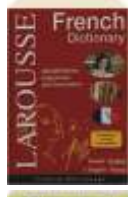
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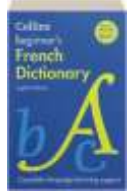
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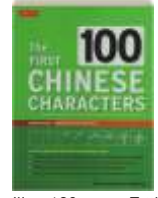
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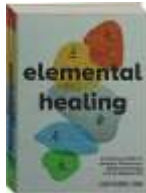
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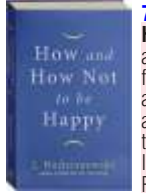
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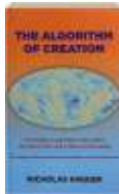


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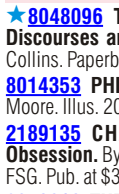


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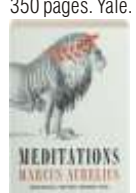
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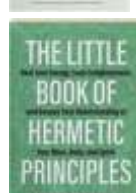
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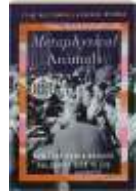
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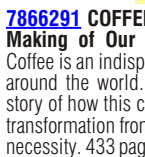
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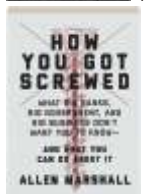
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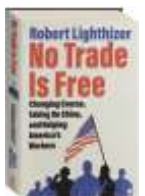
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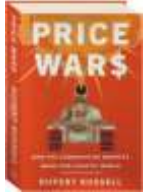


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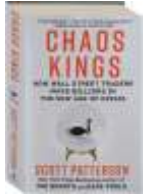


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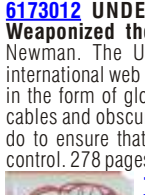


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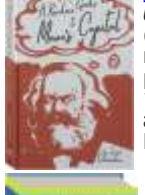


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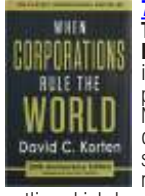


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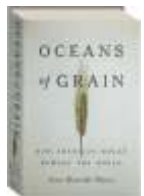


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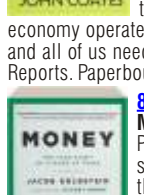
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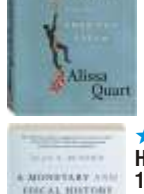
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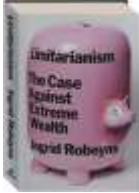


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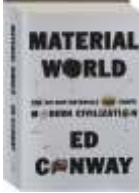


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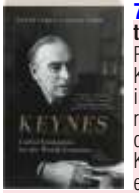
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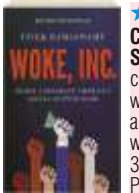
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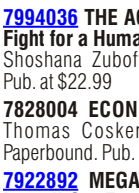
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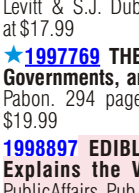
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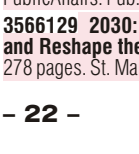
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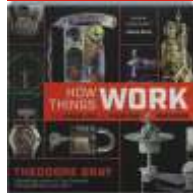
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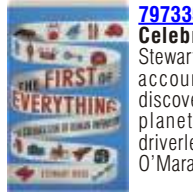
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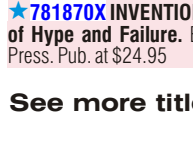
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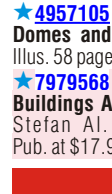
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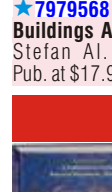
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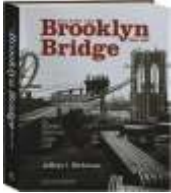


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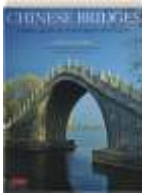
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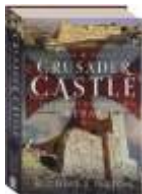
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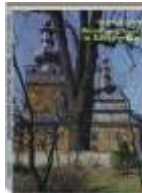
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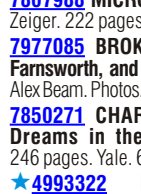
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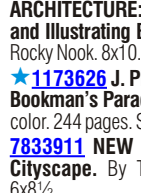
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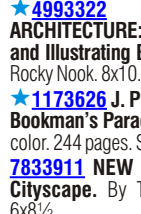
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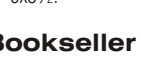
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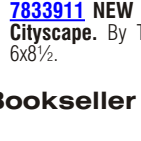
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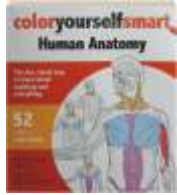
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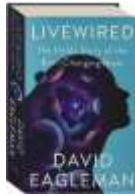
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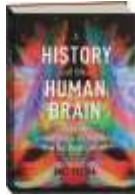
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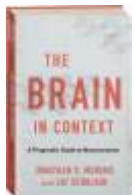
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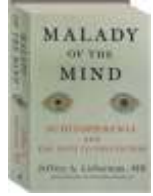
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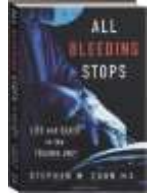
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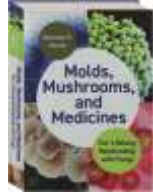
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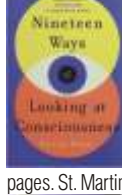
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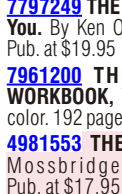
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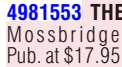
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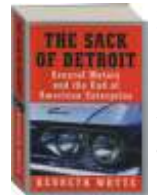
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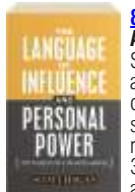
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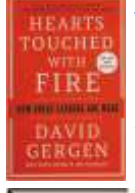
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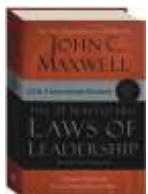
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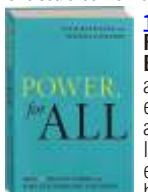
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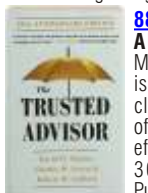
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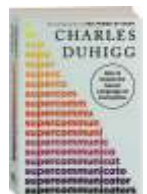
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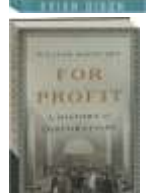
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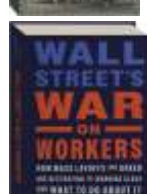
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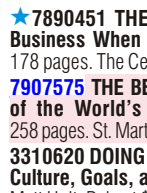
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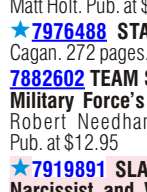
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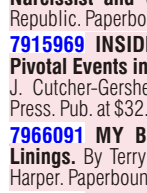
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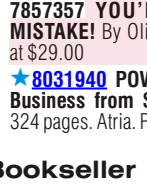
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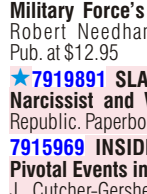
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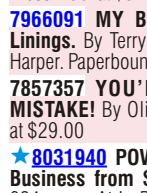
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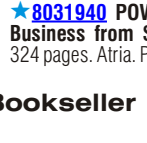
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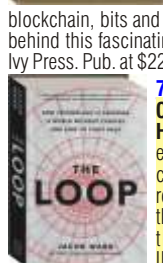
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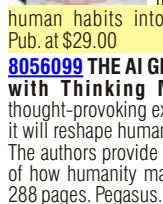
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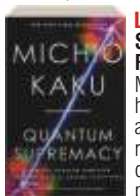


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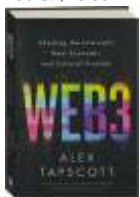
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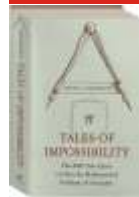
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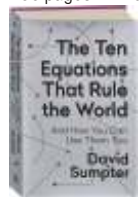
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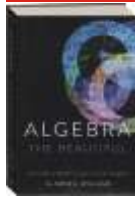


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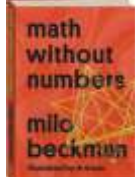
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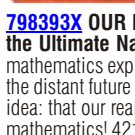
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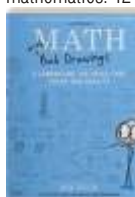
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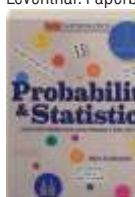
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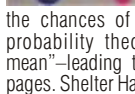
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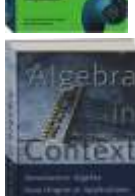
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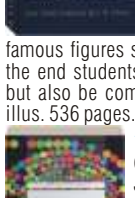
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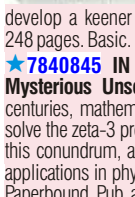
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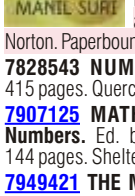
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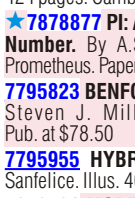
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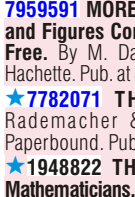
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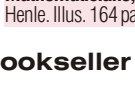
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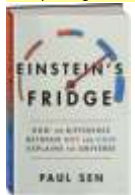
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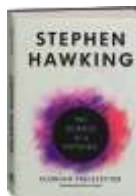
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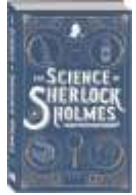
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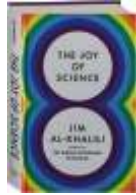
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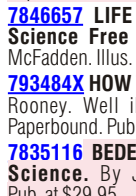
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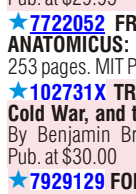
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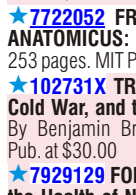
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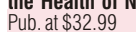
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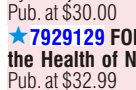
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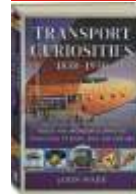
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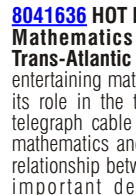
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Science & Invention



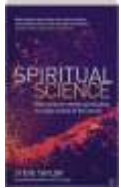
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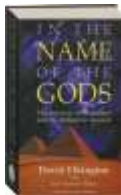


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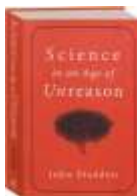


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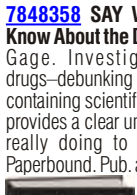
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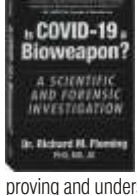
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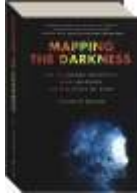
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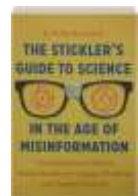
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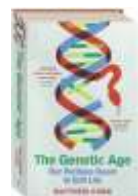
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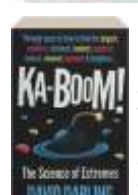
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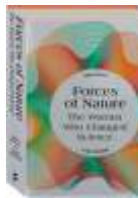


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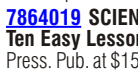
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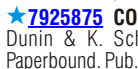
7908636 COMPREHENSIVE TEXTBOOK OF GERIATRIC PSYCHIATRY, THIRD EDITION. Ed. by Joel Sadavoy et al. Illus. 1304 pages. Norton. Pub. at \$140.00 **\$14.95**



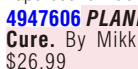
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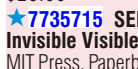
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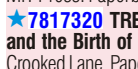
★7925875 CODEBREAKING: A Practical Guide. By E. Dunin & K. Schmech. Fully illus. 464 pages. No Starch. Paperbound. Pub. at \$29.99 **\$21.95**



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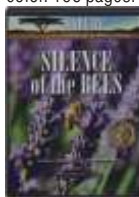
8042691 NATURE UNDERFOOT: Living with Beetles, Crabgrass, Fruit Flies, and Other Tiny Life Around Us. By John Hainze. With insight into the lives of the underappreciated and reviled creatures that surround us, Hainze's accessible and engaging natural history draws on ethics, religion, and philosophy as he passionately argues that creepy crawlies and unwanted plants deserve both empathy and accommodation as partners dwelling with us on Earth. Illus. 254 pages. Yale. Pub. at \$30.00 **\$5.95**



★5484731 SPIDERS OF THE UNITED STATES & CANADA. By Sebastian Echeverri. Designed for ease of use, this booklet is organized by type of spider web for quick identification. Narrow your choices by the web you see, and view just a few spiders at a time. Plus, you'll also find sections for spiders that don't utilize webs. Fully illus. in color. Adventure Publications. Spiralbound. Pub. at \$9.95 **\$7.95**



7815468 BUZZ INTO BEEKEEPING: A Step-by-Step Guide to Becoming a Successful Beekeeper. By Charlotte Anderson. Maybe you want to produce fresh honey for your family, or increase the yield of your garden through better pollination; a master beekeeper gives you all the fundamentals of becoming a successful beekeeper and more in this guide. Illus. in color. 106 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$6.95**



DVD 7973837 SILENCE OF THE BEES: NATURE. Join researchers as they follow the trail of clues from the United States to southern France, from the hills of Spain to England, all the way to Australia and China as the scramble to discover why honeybees are dying in record numbers, and to stop the epidemic before it spreads further. Also includes a bonus program *Parrots in the Land of Oz*. 118 minutes. Questar. **\$5.95**



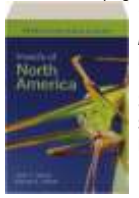
1928546 TALES FROM THE ANT WORLD. By Edward O. Wilson. Richly illustrated with depictions of ant species as well as photos from Wilson's expeditions throughout the world, this is a fascinating—if not hair-raising—personal account by one of our greatest scientists and a necessary reference for students of the natural world. 227 pages. Livright. Pub. at \$26.95 **\$9.95**



★7909659 COMMON NATIVE BEES OF THE WESTERN UNITED STATES. By Ryan Bartlett. Simple and convenient—narrow your choices by group, and view just a few species at a time. More than 170 species of bees and bee look-alikes. Easy to use information for even the casual observer. The author's "Top 10 Things You Can Do for Bees." Fully illus. in color. Adventure Publications. Spiralbound. Pub. at \$9.99 **\$7.95**



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★7829582 INSECTS OF NORTH AMERICA. By John C. & Kendra K. Abbott. Enables you to identify all 738 families of insects currently recognized in the United States and Canada. With more than 3,700 stunning photos along with keys to families for many of the orders. Features a comprehensive introduction that discusses classification, insect diversity, global threats, and more. 585 pages. Princeton. Paperbound. Pub. at \$24.95 **\$19.95**



★1038710 WASPS OF THE WORLD: A Guide to Every Family. By S. van Noort & G. Broad. Wasps have been around since before the dinosaurs and are one of the world's largest insect groups, with more than 150,000 species. This richly illustrated guide provides a breathtaking look at the diverse characteristics, habitats, and lifestyles of these extraordinary insects. 240 pages. Princeton. Pub. at \$29.95 **\$24.95**



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★1042491 VELVET ANTS OF NORTH AMERICA: Princeton Field Guides. By Kevin A. Williams et al. Covers nearly 460 species found in North America and throughout the world. Detailed species accounts and keys allow for easy and rewarding identification. Includes distribution maps of nearly all diurnal species in the U.S. and Canada. Fully illus. most in color. 440 pages. Princeton. Paperbound. Pub. at \$35.00 **\$27.95**



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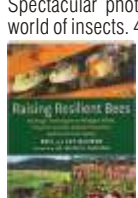
★8053936 THE ANT COLLECTIVE: Inside the World of an Ant Colony. By Armin Schieb. Ants share a vibrant and complex communal life and remarkable abilities to communicate with each other. Presents the world of ants as you have never seen it before, using hyperrealistic, computer-generated imagery that shows 3D-like views of activities inside and outside a thriving nest of red wood ants. 128 pages. Princeton. 8 1/4 x 11 1/4. Pub. at \$24.95 **\$19.95**



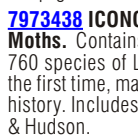
★7905319 THE COMPLETE INSECT: Anatomy, Physiology, Evolution, and Ecology. Ed. by David A. Grimaldi. Explores all aspects of the natural history of these remarkable creatures, providing a close up look at their fascinating anatomy, physiology, evolution, ecology, behavior, and more. Features hundreds of stunning color photographs and illustrations, and draws on a broad range of examples, from familiar ants to iridescent jewel beetles. 368 pages. Princeton. 8 3/4 x 11 1/4. **\$29.95**



★7905289 ALIEN WORLDS: How Insects Conquered the Earth & Why Their Fate Will Determine Our Future. By Steve Nicholls. Presents insects and other arthropods as you never have seen them before, explaining how they conquered the planet and why there are so many of them, and shedding light on the evolutionary marvels that enabled them to thrive. Spectacular photos provide a rare up close look at the alien world of insects. 484 pages. Princeton. Pub. at \$39.95 **\$31.95**



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Insects



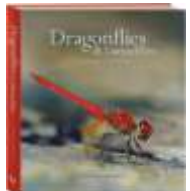
★**1929992** **KEEPING BEES WITH A SMILE: Principles and Practice of Natural Beekeeping.** By Fedor Lazutin with L. Sharashkin. This is an invaluable resource for apiculture beginners and professionals alike, complete with plans for making bee-friendly, well-insulated horizontal hives with extra-deep frames, plus other fascinating beekeeping advice you won't find anywhere else. 32 pages of color photos. 345 pages. New Society. Paperbound. Pub. at \$34.99 **\$21.95**



★**7988109** **MAGIC EYES OF MASOALA: The Colorful Lepidoptera of Madagascar Rainforests.** By Armin Dett. The unique diversity of butterflies, especially moths, of this habitat is presented systematically and in great detail. Four hundred specimens were identified and assigned and their families characterized and described. Includes a ribbon bookmark. Fully illus. in color. 416 pages. Benteli. 9 3/4 x 11 1/4. Pub. at \$59.95 **\$49.95**



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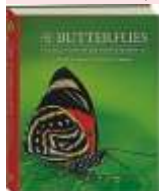
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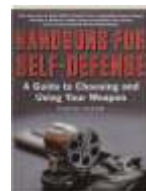
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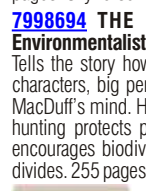
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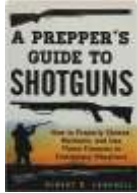
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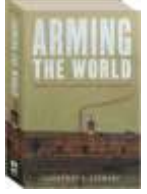
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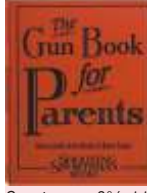
4928059 AR-15 SETUP, MAINTENANCE AND REPAIR. By Patrick Sweeney. This is your one stop guide to repairing, maintaining and modifying America's favorite rifle. If you need to disassemble and maintain your AR rifle, or you're ready to swap barrels or handguards, add optics, or customize its stock, this manual tells you everything you need to know. Well illus. 320 pages. Gun Digest Books. 8 1/4 x 10 3/4. Paperbound. Pub. at \$35.99 **\$26.95**



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774403X GUNS & AMMO GUIDE TO AK-47S. Well illus. in color. 167 pages. Skyhorse. Paperbound. **SOLD OUT**

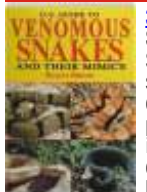
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3747484 U.S. GUIDE TO VENOMOUS SNAKES AND THEIR MIMICS. By Scott Shupe. Shupe's expertise and knowledge of snakes is apparent in the thoughtful descriptions and handy hints on how to tell poisonous snakes from their harmless imitators. Includes full-color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



Blu-ray 1994123 SHARK. Widescreen. You may have seen shark programs, but you've never seen one like this. The most ambitious shark series ever made is a stunning high-definition spectacle that captures astounding, jaw-dropping footage. English SDH. 117 minutes. BBC Earth. **\$5.95**

7977700 THE OFFICIAL U.S. ARMY ILLUSTRATED GUIDE TO VENOMOUS SNAKES, REVISED EDITION. A full-color guide to these sometimes dangerous but often misunderstood creatures, filled with practical knowledge and interesting facts. A must-have for campers, climbers, hikers, and snake lovers. 105 pages. Lyons. Paperbound. Pub. at \$19.95 **\$5.95**



DVD 7957157 MARCH OF THE PENGUINS: Limited Edition Giftset. Widescreen. This set includes *March of the Penguins* about the family life of Antarctic emperor penguins, narrated by Morgan Freeman; and *On the Wings of Penguins* about the lives and adventures of warm weather African penguins. Also includes eight penguin postcards and an adorable penguin plush toy. English SDH. 149 minutes on two DVDs. Warner Bros. Enter. Pub. at \$39.92 **\$7.95**



7762526 SEAHORSES: Mysteries of the Oceans. By Catherine Wallis. The seahorse is one of nature's most startling creations. It is a voracious eating machine, deadly to small shrimps, eating up to 300 in an hour. To protect eggs in open water and ensure the survival of the next generation, it is the male that becomes pregnant—a solution almost unique in the animal kingdom. Fully illus. in color. 80 pages. Bunker Hill. Pub. at \$11.95 **\$5.95**



6994121 HOW TO SPEAK WHALE: A Voyage into the Future of Animal Communication. By Tom Mustill. Looks at how scientists and start-ups around the world are decoding animal languages. Whales, with their giant mammalian brains, offer one of the most realistic opportunities for this to happen. But what would the consequences of such human-animal interaction be? We're about to find out! Photos. 283 pages. Grand Central. Pub. at \$29.00 **\$6.95**



8877092 STRANDINGS: Confessions of a Whale Scavenger. By Peter Riley. Each time a whale washes up on Britain's coast, a fugitive community descends to claim its trophies. Join Riley as he enters the clandestine world of these scavengers, perhaps Britain's most bizarre subculture. Illus. 236 pages. Profile. Pub. at \$19.95 **\$5.95**



LIMITED QUANTITY 7582013 CHAMELEONS. By C. Mattison & N. Garbutt. Delve into the little-known world of chameleons with this colorful guide to their biology and natural history. Illustrated with eye-catching close-up photographs and including details of where to see chameleons in the wild, this is the perfect introduction to the lives of these captivating creatures. 112 pages. Firefly. Pub. **SOLD OUT**



780718X ANCIENT SEA REPTILES: Plesiosaurs, Ichthyosaurs, Mosasaurs, and More. By Darren Naish. The ocean's fiercest and most spectacular reptiles from the Mesozoic Era come alive through amazing fossil photography and stunning artistic reconstructions that fire the imagination. Presents a compressive guide to the biology, behavior, and evolution of fearsome predators who are lesser known than dinosaurs. 192 pages. Smithsonian. Pub. at \$29.95 **\$21.95**

4434625 MY LIFE WITH SEA TURTLES. By Christine Figgner. Reveals the secret life of sea turtles, one of the oldest living creatures on Earth, and the story of one female scientist's fight to save their future. Illus. some in color. 255 pages. Greystone. Pub. at \$28.95 **\$21.95**



7986726 SHARK: The World's Most Misunderstood Predator. By Paul de Gelder. From shark-attack survivor to the shark's biggest activist, this is de Gelder's love letter to these unfairly vilified animals and his warning to the world about what will happen if we don't look out for them. Color photos. 232 pages. Mudlark. Paperbound. Pub. at \$19.99 **\$14.95**

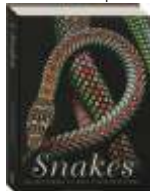


8180512 PENGUINS: Chicks, Family, Types, Habitat. By Tom Jackson. An outstanding collection of photographs showing these intriguing animals in their natural habitat. You'll discover how penguins survive the frozen Antarctic: their short outer feathers overlap to form a thick waterproof layer, and underneath are fluffier feathers for warmth. 224 pages. Amber. Paperbound. Pub. at \$16.99 **\$12.95**

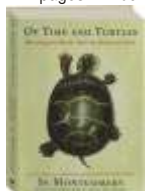
Marine Mammals, Fish & Reptiles



★5522080 FIELD GUIDE TO SHARKS, RAYS & CHIMAERAS OF THE EAST COAST OF NORTH AMERICA. By D.A. Ebert & M. Dando. Covers all 173 species found along the eastern seaboard of the U.S. and Canada, including Bermuda and the Bahamas, and extending into the Gulf of Mexico to the Yucatan Peninsula. Includes species that are encountered in the shallow waters of estuaries and coasts and in the open ocean, including rarely seen deepsea species. Fully illus. in color. 430 pages. Princeton. Paperbound. Pub. at \$39.95 **\$31.95**



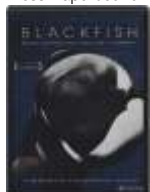
★7887043 SNAKES: From Vipers to Boa Constrictors. By Julianna Photopoulos. With full captions explaining the history, behavior, and feeding habits of more than 150 snake species, this is a fascinating examination of these reptilian killers in vivid photographs. Few animals strike as much fear as snakes, which kill either through their poisonous venom or through suffocation. Snakes can be found in virtually every environment other than Antarctica. Fully illus. in color. 224 pages. Amber. 9 1/4 x 12. Pub. at \$29.99 **\$21.95**



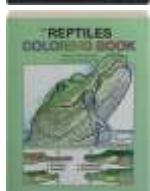
★7917279 OF TIME AND TURTLES: Mending the World, Shell by Shattered Shell. By Sy Montgomery. Elegantly blending science, memoir, and philosophy, and drawing on cultures from across the globe, this compassionate portrait of injured turtles and their determined rescuers invites us all to slow down and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



★882118 OUR SEA TURTLES, SECOND EDITION: A Practical Guide for the Atlantic and Gulf, from Canada to Mexico. By Blair & Dawn Witherington. Reflects new discoveries and developments in turtle biology and conservation. An abundantly illustrated guide to our human experience with a majestic and intriguing group of marine animals. Dives deep into the lives of sea turtles, telling their story with unique perspectives and fascinating images. 282 pages. Pineapple Press. Paperbound. Pub. at \$29.95 **\$21.95**



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. **PRICE CUT to \$2.95**



7784570 THE REPTILES COLORING BOOK. By James G. & Thomas M. McCabe. Includes more than eighty-five colorable illustrations—each accompanied by a short fact-filled description—that makes it easy to learn about reptiles and their reproduction, anatomy, defensive behaviors, venom mechanisms, habitats, hibernation, and much more. 180 pages. Collins. 8 1/2 x 11. Paperbound. Pub. at \$24.99 **PRICE CUT to \$3.95**



★791203X THE LIVES OF SHARKS: A Natural History of Shark Life. By Daniel C. Abel & R. Dean Grubbs. Sharks are the top predators in many marine ecosystems. Explore shark physiology, anatomy, behavior, ecology, and evolution, as well as conservation and the impact of human activity on shark populations. A comprehensive, authoritative, and inviting introduction to global shark life today. Color photos. 288 pages. Princeton. Pub. at \$35.00 **PRICE CUT to \$24.95**



7805071 ECOLOGY OF ESTUARINE FISHES: Temperate Waters of the Western North Atlantic. By K.W. Able & M.P. Fahay. All the known facts about the ecology of 93 important species of fish that inhabit the temperate waters of the Western Atlantic. Complete information about each fish's distribution, habitat use, reproduction, development, migratory patterns, prey, and predators and other natural enemies. Well illus. 566 pages. Johns Hopkins. 8 1/4 x 11 1/4. Pub. at \$135.00 **PRICE CUT to \$34.95**

Blu-ray 7867743 THE LONELIEST WHALE. Widescreen. Bleecker Street. **\$4.95**

4928938 AMPHIBIANS AND REPTILES OF MADAGASCAR AND THE MASCARENE, SEYCHELLES, AND COMORO ISLANDS. By Friedrich-Wilhelm Henkel et al. Well illus. in color. 316 pages. Krieger. Pub. at \$93.00 **\$4.95**

492911X GUIDE TO THE REPTILES OF THE EASTERN PALEARCTIC. By Nikolai N. Szczerbak. Well illus., many in color. 260 pages. Krieger. Pub. at \$69.00 **\$2.95**

4929055 A FIELD GUIDE TO THE AMPHIBIANS AND REPTILES OF BALI. By J. Lindley McKay. 138 pages. Krieger. 8 1/2 x 11 1/4. Pub. at \$42.00 **PRICE CUT to \$1.95**

492892X THE AMPHIBIANS AND REPTILES OF EL SALVADOR. By Gunther Kohler et al. 238 pages. Krieger. 8 1/2 x 11 1/4. Pub. at \$72.00 **\$5.95**

1942115 THE VENOMOUS SEA SNAKES: A Comprehensive Bibliography. By W.A. Culotta & G.V. Pickwell. 504 pages. Krieger. **PRICE CUT to \$3.95**

★7939078 THE CURIOUS WORLD OF SEAHORSES: The Life and Lore of a Marine Marvel. By Till Hein. 217 pages. Greystone. Pub. at \$26.95 **\$19.95**

★117374X THE ULTIMATE BOOK OF SNAKES AND REPTILES. By B. Taylor & M. O'Shea. Fully illus. in color. 256 pages. Armadillo. 8 1/2 x 11 1/4. Pub. at \$25.00 **\$17.95**

7795904 FIELD GUIDE TO SHARKS, RAYS & CHIMAERAS OF EUROPE AND THE MEDITERRANEAN. By D.A. Ebert & M. Dando. Fully illus. in color. 383 pages. Princeton. Paperbound. Pub. at \$32.50 **\$7.95**

7861745 SNAKES OF THE ORIENT: A Checklist. By K.R.G. Welch. 183 pages. Krieger. Pub. at \$37.95 **\$7.95**

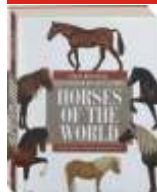
1941720 CETACEAN BEHAVIOR: Mechanisms & Functions. Ed. by Louis M. Herman. Photos. 463 pages. Krieger. Pub. at \$32.00 **PRICE CUT to \$4.95**

★7912048 SEA MAMMALS: The Past and Present Lives of Our Oceans' Cornerstone Species. By Annalisa Berta. Color photos. 224 pages. Princeton. Pub. at \$29.95 **PRICE CUT to \$14.95**

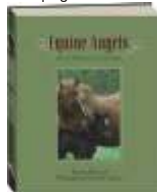
★7822960 SECRETS OF THE MANATEE: An Insider's Guide to Florida's Most Iconic Marine Mammal. By Diane Morgan. Illus. in color. 119 pages. Pineapple Press. Paperbound. Pub. at \$24.95 **PRICE CUT to \$9.95**

★7819536 SHAPESHIFTERS: The Wondrous World of Jellyfish. By Lisa-Ann Cershwin. Well illus. in color. 224 pages. Abrams. 8 1/2 x 11 1/4. Pub. at \$45.00 **PRICE CUT to \$24.95**

Horses & Horsemanship



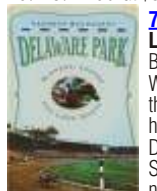
LIMITED QUANTITY 6077129 HORSES OF THE WORLD. By Elise Rousseau, illus. by Y. Le Bris. A comprehensive overview of 570 breeds of domestic and extant wild horses, including hybrids between the two and between domestic breeds and other equids, such as zebras. Collects 600 color illustrations showcasing every breed, including color photos and maps. 536 pages. Princeton. 8 1/2 x 10 1/4. Pub. at \$39.95 **\$14.95**



7977476 EQUINE ANGELS: Stories of Rescue, Love, and Hope. By Frank Weller. Tells the surprising and moving stories of horses and foals saved from slaughter, and how the animals have changed the lives of the human families that have adopted them. Fully illus. in color. 182 pages. Lyons. Pub. at \$24.95 **\$5.95**



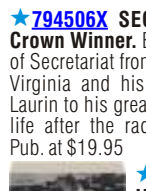
5779871 NATURE, NURTURE AND HORSES: A Journal of Four Dressage Horses—from Birth Through the First Year of Training. By Paul Belasik. Follow along as four young horses—Corsana, Kara, Elsa, and Escarpa—leave their babyhood behind and begin their training for future careers as sport horses, well schooled in the art of classical dressage. Color photos. 150 pages. Trafalgar Square. 10 1/4 x 8 1/4. Pub. at \$31.95 **\$5.95**



7980078 DELAWARE PARK: Winners, Losers and Long Shots. By Kenneth Baumgardt. The park was designed and built by Willie DuPont, a lean and wiry man for whom there was no sweeter music than "the pound of horses' hooves." In the decades that followed, Delaware Park became the home of Kelso, Secretariat and Barbaro, some of the greatest names in horse racing history. Fully illus. 124 pages. History Press. Paperbound. Pub. at \$19.99 **\$5.95**



1176684 THE LAST DIVING HORSE IN AMERICA: Rescuing Gamal and Other Animals—Lessons in Living and Loving. By Cynthia A. Branigan. Branigan writes of the history of diving horses and of how rescuing and caring for Gamal led to her saving other animals, burros, llamas, and goats, first as company for Gamal and then finding homes for them all; and, finally, saving a 10 year old retired greyhound called King, who is now running free in the fields with Gamal. Photos. 274 pages. Pantheon. Pub. at \$28.00 **\$6.95**



★794506X SECRETARIAT: Racing's Greatest Triple Crown Winner. By Timothy T. Capps. Tells the riveting story of Secretariat from the champion's birth at Meadow Stable in Virginia and his tutelage under renowned trainer Lucien Laurin to his great victories with jockey Ron Turcotte and his life after the racetrack. 222 pages. Eclipse. Paperbound. Pub. at \$19.95 **\$14.95**



★8058385 KELSO: Racing's Five-Time Horse of the Year. By Steve Haskin. Racing until the age of nine, Kelso won 39 of 63 races. This superstar of the 1960s earned an unprecedented five Horse of the Year titles and five divisional championships, set or equaled eight track records, and set three American classics. 16 pages of photos. 207 pages. Eclipse. Paperbound. Pub. at \$22.95 **\$17.95**



★6996094 SEATTLE SLEW: Racing's First Undeclared Triple Crown Winner. By Dan Means. One of the most popular Thoroughbreds in recent times, Seattle Slew was one of the first undefeated Triple Crown winners. Explores the life of the great horse, who was one of only 13 Triple Crown winners in the history of horse racing. Photos. 159 pages. Eclipse. Paperbound. Pub. at \$22.95 **\$17.95**



★4998324 THE 10 BEST KENTUCKY DERBIES. By Edward L. Bowen et al. A panel of racing experts selected these 10 Kentucky Derbies as the all-time greatest, most exciting, and riveting first Saturdays in May. Fully illus. 212 pages. Eclipse. Paperbound. Pub. at \$22.95 **\$17.95**



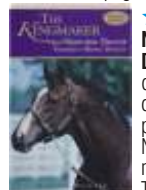
★607829X DUEL FOR THE CROWN: Affirmed, Alydar, and Racing's Greatest Rivalry. By L. Carroll & D. Rosner. Affirmed and Alydar are as inseparably linked in legend as they were on the racetrack. Bound from conception by shared bloodlines of the great Native Dancer, this peerless pair of chestnut colts traded wins multiple times even before their showdown in the 1978 Kentucky Derby spurred an unmatched rivalry that transcended the Triple Crown. Illus. 329 pages. Eclipse. Paperbound. Pub. at \$29.95 **\$21.95**



★4992210 AT THE WIRE: Horse Racing's Greatest Moments. By Edward L. Bowen. Dominating victories, great duels, and astounding rallies make up some of horse racing's greatest moments. Bowen captures these and more in this work, a compilation of nearly thirty races plus Breeders' Cup highlights that have earned a solid place in America's Turf history. Well illus. 236 pages. Eclipse. 8 1/2 x 10 1/2. Paperbound. Pub. at \$29.95 **\$21.95**

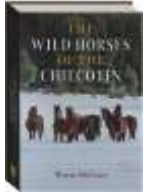


★753101X THE KENTUCKY OAKS: 150 Years of Running for the Lilies. By Avalyn Hunter. Beginning with Meriwether Lewis Clark Jr.'s creation of a race designed to parallel England's historic Oaks Stakes, Hunter traces the evolution of the Kentucky Oaks through the stories of men, women, and fillies that have made the Kentucky Oaks a symbol for women's growing participation in the sport at all levels. Photos. 246 pages. UPKY. Paperbound. Pub. at \$30.00 **\$24.95**

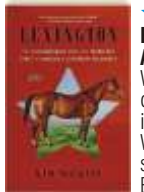


★4995325 THE KINGMAKER: How Northern Dancer Founded a Racing Dynasty. By Avalyn Hunter. Tells the compelling story of the fiery colt who towered over both his peers and the humans who played supporting roles. Also chronicles Northern Dancer's ascendancy as the world's most coveted stallion and the founder of a Thoroughbred dynasty. More than 30 years after his death, his descendants continue to write racing and breeding history around the world. 16 pages of photos. 264 pages. Eclipse. Paperbound. Pub. at \$26.95 **\$19.95**

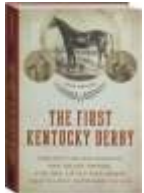
Horses & Horsemanship



***6082335 THE WILD HORSES OF THE CHILCOTIN: Their History and Future.** By Wayne McCrory. The Chilcotin's wild horses are beautiful, but they are also controversial: they are seen as intruders competing for range land with native species and domestic cattle and have been subject to culls. McCrory draws upon two decades of research to make a case for considering these animals a resilient part of the area's balanced prey-predator ecosystem. Fully illus. some in color. 332 pages. Harbour. Pub. at \$29.95 **\$21.95**



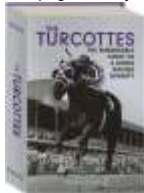
***539581X LEXINGTON: The Extraordinary Life and Turbulent Times of America's Legendary Racehorse.** By Kim Wickens. The dramatic true story of the champion Thoroughbred racehorse who gained international fame in the tumultuous Civil War-era South and became the most successful sire in American racing history. Illus. 401 pages. Ballantine. Paperbound. Pub. at \$22.00 **\$16.95**



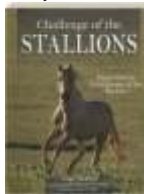
***7836384 THE FIRST KENTUCKY DERBY: Thirteen Black Jockeys, One Shady Owner, and the Little Red Horse That Wasn't Supposed to Win.** By Mark Shrager. Examines the events leading up to the first "Run for the Roses," the unsuccessful effort that the winning owner might have made to rig the race for his preferred horse, and the prominent role played by African Americans in Gilded Age racing culture—a holdover from pre-emancipation days, when slaves were trained from birth to ride for their owners. Illus. 252 pages. Eclipse. Pub. at \$28.95 **\$21.95**



***7530641 THE HISTORY OF THE KENTUCKY DERBY IN 75 OBJECTS.** By J.K. Whitehead & Kentucky Derby Museum. Whitehead sets out to recover the accurate history of America's longest continuously held sporting event and establish a balance between well-known narratives and those that are less widely shared. She is the curator of the collection at the Kentucky Derby Museum and gives readers a personal tour of 75 objects from the museum. Fully illus. most in color. 320 pages. UPKY. 8 1/2 x 11 1/4. **\$29.95**



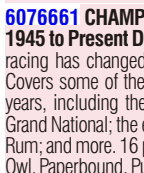
***7818270 THE TURCOTTES: The Remarkable Story of a Horse Racing Dynasty.** By Curtis Stock. Secretariat's rider was Ron Turcotte, one of 14 children. Four of his brothers followed him into horse racing. All finding success, collectively winning 8,251 races! But the jockey's life takes a toll. The unlikely triumph of one of horse racing's greatest families was not without tragedy. 32 pages of photos, some in color. 368 pages. Firefly. Pub. at \$35.00 **\$27.95**



***7908946 CHALLENGE OF THE STALLIONS: The Legend of Cloud and the Wild Horses of the Rockies.** By Ginger Kathrens. The author recounts her experiences with Cloud, a pale Palomino stallion, and his family over a five-year period, from 2003 to 2008. Captures the beauty and strength of this family and paints an amazing picture demonstrating the need for these animals to remain wild and free. Despite trials of extreme weather and more, Cloud prevails. Fully illus. in color. 160 pages. Fox Chapel. 8x10. Paperbound. Pub. at \$19.99 **PRICE CUT to \$11.95**



7930801 HORSE/HUMAN: An Emotional Bond. By Bob Tabor. This collection of stunning and powerful images is a testament to photographer Bob Tabor's profound understanding of and respect for these magnificent horses. His uniquely poignant photographs invite the reader to connect with these majestic and beautiful animals. 183 pages. Glitterati. 14 1/4 x 11 1/4. Pub. at \$95.00 **PRICE CUT to \$29.95**



6076661 CHAMPION JUMP HORSE RACING JOCKEYS: From 1945 to Present Day. By Neil Clark. Traces how much National Hunt racing has changed since 1945—and how Britain has changed too. Covers some of the biggest stories in jump racing over the last 75 years, including the dramatic collapse of Devon Loch in the 1956 Grand National; the exploits of three-times Grand National winner Red Rum; and more. 16 pages of photos, some in color. 246 pages. White Owl. Paperbound. Pub. at \$29.95 **PRICE CUT to \$4.95**

7816308 LIFE LESSONS FROM THE HEART OF HORSES: How Horses Teach Us About Relationships and Healing. By Kathy Pike. 229 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**

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***7790678 NEVER TRUST A SNEAKY PONY: And Other Things They Didn't Teach Me in Vet School.** By Madison Seamans. Illus. 322 pages. Trafalgar Square. Paperbound. Pub. at \$22.95 **\$14.95**

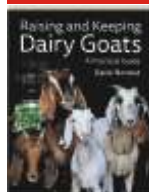
***7882181 LEXINGTON: The Extraordinary Life and Turbulent Times of America's Legendary Racehorse.** By Kim Wickens. Illus. 401 pages. Ballantine. Pub. at \$28.99 **\$21.95**

***7948522 THE FOXES OF BELAIR: Gallant Fox, Omaha, and the Quest for the Triple Crown.** By Jennifer S. Kelly. Illus. 334 pages. UPKY. Pub. at \$32.95 **\$26.95**

***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 **PRICE CUT to \$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 **PRICE CUT to \$14.95**

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**



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**



4997514 TEACH YOURSELF GET STARTED IN PIG KEEPING. By Tony York. Whether you are interested in breeding pigs, meat production, or just want the pleasure of their company, this practical guide contains all the information you need on keeping swine which are healthy and happy throughout their lives. 206 pages. Teach Yourself. Paperbound. Pub. at \$19.99 **SOLD OUT**



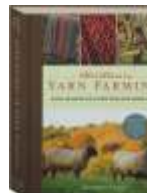
7979916 PIGS: Keeping a Small-Scale Herd. By Arie B. McFarlen. Here is a comprehensive guide covering all the essentials for raising a small herd of pigs, including expert advice from real pig farmers. Topics include selecting the right breed, constructing a shelter, feeding, keeping pigs healthy, producing homegrown pork for home and market, and more. Well illus. in color. 184 pages. I-5 Press. Paperbound. Pub. at \$25.95 **SOLD OUT**



5746620 WHAT'S KILLING MY CHICKENS? The Poultry Predator Detective Manual. By Gail Damerow. As a chicken owner, keeping your flock safe is your top priority, and few things are as devastating as finding your birds the victims of a hen house heist. This manual teaches you how to piece together the clues predators leave behind, identify the culprit, and adopt effective strategies for keeping poultry safe. Well illus. in color. 272 pages. Storey. Paperbound. Pub. at \$19.95 **\$5.95**



7920385 THE CHICKEN CHICK'S GUIDE TO BACKYARD CHICKENS: Simple Steps for Healthy, Happy Hens. By Kathy Shea Mormino. Takes enthusiasts through all aspects of small-flock ownership: researching, feeding, housing, flock health, and more. Fully illus. in color. 180 pages. Voyageur. 8x10. Paperbound. Pub. at \$19.99 **\$5.95**



7782152 ADVENTURES IN YARN FARMING: Four Seasons on a New England Fiber Farm. By Barbara Parry. Offers a beautiful portrayal of life on a thriving fiber farm. If you are a farmer, spinner, dyer, knitter, or weaver, this is definitely a must-read. Includes 16 projects. Well illus. in color. 310 pages. Shambhala. Pub. at \$35.00 **\$7.95**



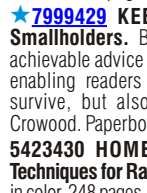
***7898290 LET'S ALL KEEP CHICKENS! The Down-to-Earth Guide to Natural Practices for Healthier Birds and a Happier World.** By Dalia Monterosso. Discover the ease and joy of adding backyard chickens to your life! Chickens have sustained and connected humans in countless ways throughout history, and they still can. Monterosso presents an inclusive and intuitive guide to keeping chickens, no matter where you are or what resources you have. Fully illus. in color. 192 pages. Storey. Paperbound. Pub. at \$16.99 **\$9.95**



***8741875 MY CHICKEN FAMILY: A Keepsake Album.** By Melissa Caughey. This beautifully designed keepsake album is perfect for chronicling chicken-keeping adventures, tracking the growth from chick to flock elder—with spaces and prompts for distinctive personalities, names, photos, and amusing anecdotes. Well illus. in color. Storey. Pub. at \$16.00 **\$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**



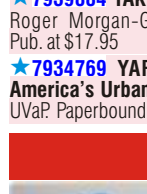
***7999429 KEEPING PIGS: A Practical Guide for Smallholders.** By Claire Scott et al. Offers practical and achievable advice about all aspects of pig husbandry and health, enabling readers to understand how their pigs cannot just survive, but also thrive. Fully illus. in color. 224 pages. Crowood. Paperbound.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



5423430 HOMEGROWN PORK: Humane, Healthful Techniques for Raising a Pig for Food. By Sue Weaver. Illus. some in color. 248 pages. Storey. Paperbound. **SOLD OUT**



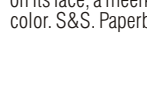
***777429X THE SECRET LIFE OF PIGS: Stories of Compassion and the Animal Save Movement.** By R. Hoyle & A. Krajnc. 359 pages. Lantern Publishing. Paperbound. Pub. at \$24.95 **PRICE CUT to \$7.95**



***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 \$7.95**



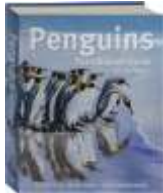
***7934769 YARD BIRDS: The Lives and Times of America's Urban Chickens.** By Philip Levy. Illus. 254 pages. UVAp. Paperbound. Pub. at \$24.95 **PRICE CUT to \$14.95**

Animals



LIMITED QUANTITY 8886768 WILD AND CRAZY: Photos from the Comedy Wildlife Photography Awards. Ed. by Paul Joynson-Hicks et al. An upbeat and lighthearted collection of the funniest photos of wildlife from around the world for animal lovers of all stripes. A pelican losing its lunch; an elephant falling on its face; a meerkat having a rough day; and more. Well illus. in color. S&S. Paperbound. Pub. at \$16.95 **SOLD OUT**

Animals



LIMITED QUANTITY 607717X PENGUINS, SECOND EDITION: The Ultimate Guide. By Tui De Roy et al. Many of the extraordinary facets of penguin life are only just being revealed. This work is the first to comprehensively cover all of the 18 penguin species in an engaging blend of accessible writing, the latest scientific research and over 400 breathtaking photographs. 240 pages. Princeton. 9 1/2 x 1 1/4. Pub. at \$35.00 **\$9.95**



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**



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**



Blu-ray 7999704 TINY GIANTS 3D. Widescreen. The epic adventures of the world's smallest heroes! This is a spectacular ground-level view of the smallest wonders of the natural world. Special 3D cameras capture the larger than life adventures of earth's littlest heroes. English SDH. 43 minutes. BBC Earth. **\$5.95**



1445189 ANIMAL LANGUAGES. By Eva Meijer. Explores the possibility that animals speak in their own languages, to each other and to us. Talking with animals forces us to challenge the hierarchy of humans and other animals, and suggests a new way of thinking about language. Illus. 276 pages. MIT Press. Pub. at \$27.95 **\$6.95**



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**



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**



***1169351 WISDOM OF SLOTHS.** Compiled by Lisa Purcell. Charming images of this entertaining animal are presented with an inspiring compendium of the wise words of wits throughout the ages. The pairing of quotations and photos pass along optimistic and heartfelt messages about idleness and energy, hopes and dreams, and just plain fun! Firefly. Pub. at \$9.95 **\$7.95**

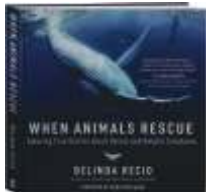


***1168762 WISDOM OF OWLS.** Compiled by Lisa Purcell. Charming images of these mysterious nocturnal raptors are presented with inspiring wise words of wits throughout the ages. The pairing of quotations and photos are heartfelt messages about knowledge and self-confidence, laughter and smiles, hopes and dreams, and just plain fun. Firefly. Pub. at \$9.95 **\$7.95**

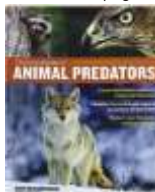


6077110 FROGS AND TOADS OF THE WORLD. By Chris Mattison. Explores frogs' interaction with humans, from modern day collection for the meat trade, scientific research, and the trade in exotic pets, to how their survival is threatened by over-exploration, habitat destruction, climate change, and disease. Fully illus. in color. 192 pages. Princeton. Pub. at \$29.95 **\$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**



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**



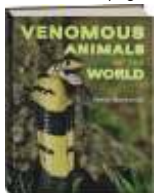
8883033 THE ENCYCLOPEDIA OF ANIMAL PREDATORS. By Janet Vorwald Dohner. Discover how to prevent your livestock, poultry, and pets from becoming prey with this comprehensive guide to more than 50 animal predators. Learn how to identify their habitat, tracks, scat, and attack patterns while gaining valuable insights into how these animals think, live, and hunt. Fully illus. in color. 280 pages. Storey. 8x10. Paperbound. Pub. at \$24.95 **SOLD OUT**



8041466 WILD ANIMALS I HAVE KNOWN. By Ernest Thompson Seton. Through the fateful encounter with the wolf Lobo, Seton became a dedicated wildlife protector, individualizing animals and exploring their motivations, feelings, and personalities. Experience Seton's transformation with the stories of Lobo and other creatures and reconnect with the beauty of the wild. 186 pages. Gibbs Smith. Pub. at \$16.99 **\$5.95**



7878729 WILD BABIES: Photographs of Baby Animals from Giraffes to Hummingbirds. By Traer Scott. With more than 30 baby animal portraits, Scott provides a glimpse into the rarely seen world of newborn animals. Paired with informative captions, these photos highlight the formative moments of these infants' first weeks as they explore the thrilling world outside their nests, dens, and burrows. 136 pages. Chronicle. Pub. at \$24.95 **\$9.95**



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 3/4. Pub. at \$47.00 **\$9.95**



7983271 BARN STORIES: Reflections from a Saratoga County Horse Farm. By Mary Cuffe Perez. The stories in this collection are drawn from the author's 15 years managing a horse boarding business on a Saratoga Country farm. They chronicle her experiences with a struggling business and a cast of intriguing characters—both animal and human—whose lives intersect under the gable roof of a 200 year old barn. Illus. 126 pages. North Country. Paperbound. Pub. at \$17.95 **\$5.95**

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**



788186X WILD MOMS: Motherhood in the Animal Kingdom. By Carin Bondar. Being a mom is a tough job—but imagine doing it in the jungle or out on the plains, faced with the ravages of the elements and the threat of predators prowling at all times of the day and night. Bondar takes readers on an enthralling tour of the animal kingdom as she explores the phenomenon of motherhood in the wild. 166 pages of color photos. 271 pages. Pegasus. Pub. at \$27.95 **\$2.95**



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**

Blu-ray 7835884 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 Blu-rays. BBC Earth. **\$7.95**



DVD 797373X ANIMALS ARE PEOPLE TOO! Alan Thicke and his faithful golden retriever Max co-host over 60 animal "tails" that are as touching as they are entertaining. Follow the fascinating feats performed by birds, cats, dogs, pigs, monkeys, bears—and even elephants and giraffes. Over 3 hours on two DVDs. Questar. **\$5.95**



7998716 THE SOCIAL LIVES OF ANIMALS. By Ashley Ward. Takes us on a wild tour across the globe as a biologist searches for a more accurate picture of how animals build societies. Along the way, Ward shows that the social impulses we've long thought separated humans from other animals might actually be our strongest connection to them. 372 pages. Basic. Pub. at \$30.00 **\$7.95**



***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**



***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. Pub. at \$18.95 **\$13.95**

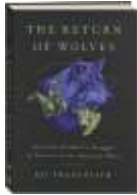


1177834 WAR ANIMALS: The Unsung Heroes of World War II. By Robin Hutton. Tells the heartwarming stories of the dogs, horses, mules, pigeons, and one cat, who did their bit for the war effort. American and British families volunteered beloved family pets and farm dogs to aid in the war effort. The shining 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**



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**

Animals



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**



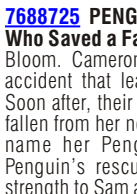
★8180466 BEARS: Cubs, Species, Characteristics, Habitats. By Tom Jackson. An outstanding collection of photographs showing these fascinating animals in their natural habitats. From the polar bears of the Arctic to the brown bears that prowl North America, and from the giant pandas of Asia to the Andean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



★8888515 GEORGE: A Maggie Memoir. By Frieda Hughes. When Hughes moved to the Welsh countryside, she was expecting to take on a few projects, and possibly breathe new life into her ailing marriage. But instead, she found herself rescuing a baby magpie, George, the sole survivor of a nest destroyed in a storm—and embarking on an obsession that would change the course of her life. 264 pages. Avid Reader. Paperbound. Pub. at \$18.99 **\$13.95**



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 **\$9.95**



7688725 PENGUIN THE MAGPIE: The Odd Little Bird Who Saved a Family. By Bradley Trevor Greive, photos by C. Bloom. Cameron Bloom's wife, Sam, suffers a near-fatal accident that leaves her paralyzed and deeply depressed. Soon after, their sons find an injured magpie chick who has fallen from her nest onto the pavement of a parking lot. They name her Penguin for her black-and-white feathers. Penguin's rescue and recovery give incredible joy and strength to Sam and the entire Bloom family. Photos, most in color. 208 pages. Atria. Paperbound. Pub. at \$22.00 **\$6.95**



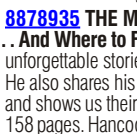
7930739 FROGS: The Animal Answer Guide. By M. Dorcas & W. Gibbons. In addressing the amazing biology of this amphibian group, Dorcas & Gibbons highlight the frightening implications of the current worldwide amphibian crisis, which many scientists predict will bring extinction levels not seen in any vertebrate group in millions of years. 100+ illus. many in color. 160 pages. Johns Hopkins. Paperbound. Pub. at \$24.95 **\$4.95**



7915160 ZOOBORNS: Motherly Love. By A. Bleiman & C. Eastland. These moms and their babies are much more than just adorable, furry faces. They are ambassadors for their species in the wild, helping to educate about conservation while they entertain. This collection of full color photos is sure to put a smile on your face and warm your heart. 158 pages. S&S. Paperbound. Pub. at \$9.99 **\$4.95**



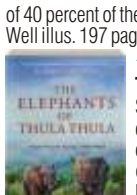
★4993640 ANIMAL STORIES: Lives at a Farm Sanctuary. By William Crain. In 2006, William "Bill" Crain and his wife, Ellen, purchased a run-down farm in upstate New York, and two years later opened Safe Haven Farm Sanctuary. It is now home to over 170 animals rescued from slaughter. Here Bill tells the story of 25 of their animals and their surprising behaviors. Illus. in color. 99 pages. Lantern Publishing. Paperbound. Pub. at \$19.95 **\$14.95**



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 **\$5.95**



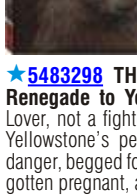
7871392 CATCH AND RELEASE: The Enduring Yet Vulnerable Horseshoe Crab. By Lisa Jean Moore. Shows how humans literally harvest the life out of horseshoe crabs: we use them as markers for understanding geologic time, collect them for agricultural fertilizer, eat them as delicacies, capture them as bait 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**



★7999208 THE ELEPHANTS OF THULA THULA. By Francoise Malby-Anthony with K. Sidley. A powerful, gripping story about an extraordinary herd of elephants and the woman dedicated to keeping them safe. 16 pages of color photos. 310 pages. St. Martin's. Paperbound. Pub. at \$20.00 **\$14.95**



★7278276 YOU'RE A GOOD FRIEND, CAPYBARA. Whether they're sharing their favorite snacks, laughing along with your best jokes, or cheering you on through thick and thin, everyone could use a friend like the capybara! Fully illus. in color. Chronicle. Pub. at \$14.95 **\$11.95**



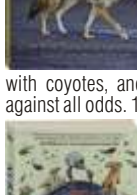
★5483298 THE REDEMPTION OF WOLF 302: From Renegade to Yellowstone Alpha Male. By Rick McIntyre. Lover, not a fighter. That was wolf 302, who was anything but Yellowstone's perfect alpha male. For starters he fled from danger, begged for food from other wolves, ditched females he'd gotten pregnant, and even napped during a heated battle with a rival pack. McIntyre observed wolf 302 mature, and eventually become a pack leader in his old age. Color photos. 266 pages. Greystone. Paperbound. Pub. at \$18.95 **\$13.95**



★1998560 FINDING THE FOX: Encounters with an Enigmatic Animal. By Andreas Tjernshaugen. Exploring folktales, science, and history, this evocative work of nature writing shows how humans through the centuries, have thought about this unique animal—the red fox. 213 pages. Greystone. Pub. at \$26.95 **\$19.95**



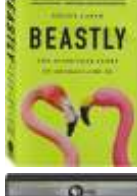
★1039040 COYOTES AMONG US: Secrets of the City's Top Predator. By Stanley D. Gehrt with K. Luft. An eye-opening volume of research and photographs exploring one of North America's most persistent—and misunderstood—predators. Draws from decades of experience to dispel coyote myths, highlight the benefits of living with coyotes, and embrace the coyote as a brilliant survivor against all odds. 126 pages. Flashpoint. Pub. at \$29.95 **\$21.95**



1175912 NURSERY EARTH: The Wondrous Lives of Baby Animals and the Extraordinary Ways They Shape Our World. By Danna Staaf. Enter the perilous world of animal babies, where Mother Nature is at her most ingenious—and biologists keep finding fresh surprises. Makes the case that these young creatures are not just beings in progress but beings in their own right. And our planet needs them all: the maggots as much as the kittens! Well illus. some in color. 260 pages. The Experiment. Pub. at \$27.95 **\$6.95**



1998056 BEASTLY: The 40,000-Year Story of Animals and Us. By Keggie Carew. A deeply researched and intensely felt journey into the splendor and genius of animals and the long, complicated story of our interactions with them as humans. Our relationship with animals has shaped our planet and, if reimagined, could save it. Illus. 368 pages. Abrams. Pub. at \$28.00 **\$7.95**



DVD 8884587 LEAVE IT TO BEAVERS. Widescreen. The fascinating story of beavers in North America—their history, their near extinction, and their current comeback. Many scientists, conversationalists, and grass-roots environmentalists regard beavers as overlooked tools when reversing the disastrous effects of global warming and worldwide water shortages. English SDH. 60 minutes. PBS. **SOLD OUT**



755110X ANIMAL LORE AND LEGEND: The Wisdom and Wonder of Animals Revealed. By Ruth Binney. What makes owls wise and foxes sly? How did the lion become king of the beasts, and why do serpents symbolize evil? Binney provides captivating examples of attempts to explain nature's wonders and mysteries with animal-related proverbs and folk wisdom. Illus. 141 pages. Dover. Pub. at \$12.95 **\$5.95**



★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 1/2 x 11 1/4. Pub. at \$35.00 **\$27.95**



7781881 NEW WORLD MONKEYS: The Evolutionary Odyssey. By Alfred L. Rosenberger. Brings to life the beauty of evolution and biodiversity in action among South and Central American primates, who are now at risk. A dramatic picture of the 16 living genera of New World monkeys and a fossil record that shows that their ancestors have lived in the same ecological niches for up to 20 million years—only to now find themselves imperiled by the extinction crisis. Well illus. some in color. 334 pages. Princeton. Pub. at \$45.00 **\$7.95**



★4998286 DANGEROUS SNAKES OF AUSTRALIA: A Guide to Their Identification, Ecology, and Conservation. By Mike Swan. A field guide to all 141 identified species of venomous elapid snakes on the continent. Through details species accounts, Swan introduces readers to the physical features, habitat, behavior, and other distinctive characteristics of some of the most charismatic and deadly snakes in the world. Fully illus. in color. 249 pages. Comstock. Paperbound. Pub. at \$29.95 **\$23.95**



★7979401 MANY THINGS UNDER A ROCK: The Mysteries of Octopuses. By David Scheel. A behavioral ecologist's riveting account of his decades-long obsession with octopuses: his discoveries, adventures, and new scientific understanding of their behaviors. Illus. 307 pages. Norton. Pub. at \$28.95 **\$21.95**



★7338244 SHARKPIDIA: A Brief Compendium of Shark Lore. By Daniel C. Abel. An enlightening celebration of sharks featuring close to 100 entries, based on the latest knowledge. Abel gives new bite to essential information about sharks, including their adaptations as top predators, 450 million year evolution, behavioral complexity, and more. Well illus. 168 pages. Princeton. Pub. at \$17.95 **\$13.95**



★6075703 FROGS OF THE WORLD: A Guide to Every Family. By M. O'Shea & S. Maddock. An essential guide to this astonishingly diverse group of animals. An in-depth introduction covers everything from the origins and evolution of frogs to their life cycles and defense strategies. Fully illus. in color. 240 pages. Princeton. Pub. at \$29.95 **\$24.95**



★7803931 MESOZOIC ART: Dinosaurs and Other Ancient Animals in Art. Ed. by S. White & D. Naish. Presents 20 of the best artists working in this fascinating field, representing a broad diversity of styles and techniques that are used to bring the world of dinosaurs and other ancient animals to life. From traditional painting to cutting-edge digital technology, each portfolio features magnificent artwork situated alongside captions. 208 pages. Bloomsbury. 12 1/2 x 11. Pub. at \$40.00 **\$31.95**



★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**

Animals

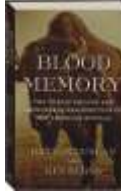


★7978413 DEVILFISH: When Giant Squid Ruled the Northern Sea. By Jenny Higgins. Higgins informs and delights with myths, facts, and stories of giant squid in the North Atlantic Ocean. Contains 11 pull-out facsimile archival documents and a stunning 3d giant squid pop up. Well illus. some in color. 88 pages. Boulder. 11 $\frac{1}{4}$ x10 $\frac{1}{4}$. Pub. at \$34.95 **\$27.95**



★8881960 STOWAWAY: The Disreputable Exploits of the Rat. By Joe Shute. Rats are creatures which inspire fear and fascination in equal measure. Their lives are more closely entwined with humans than any other animal, but they remain the most misunderstood of all species. This work asks: is there a better way to live alongside our ancient enemies in the modern age? 272 pages. Bloomsbury. Pub. at \$26.00 **\$18.95**

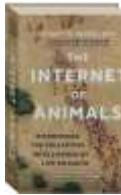
★8871388 A FIELD GUIDE TO THE LARGER MAMMALS OF SOUTH AMERICA. By R. Webb & J. Blicnow. The species accounts include a description of key features and information on subspecies, comparisons with similar species that overlap in range, details of habitats in which the species occurs, a summary of its distribution in South America and information on its conservation. Well illus., in color. 488 pages. Princeton. Paperbound. Pub. at \$49.95 **\$39.95**



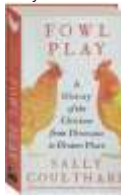
★7946414 BLOOD MEMORY: The Tragic Decline and Improbable Resurrection of the American Buffalo. By D. Duncan & K. Burns. The epic story of the buffalo in America, from prehistoric times to today. 106 pages of illus. some in color. 329 pages. Knopf. Pub. at \$40.00 **\$24.95**



★6196217 THE ANIMAL MIND: Profiles of Intelligence and Emotion. By Marianne Taylor. A fascinating exploration of animal intelligence and emotion, with thought-provoking essays, surprising insights, and breathtaking images by Joel Sartore, Melissa Groo, Peter Delaney, and more. 240 pages. Abrams. Pub. at \$40.00 **\$31.95**



★1604295 THE INTERNET OF ANIMALS: Discovering the Collective Intelligence of Life on Earth. By Martin Wikelski. A living map of animal movements made possible through a new satellite-based animal tracking system called International Cooperation for Animal Research Using Space, or ICARUS. Its founder Wikelski convincingly argues that animals possess a unique "sixth sense" that humans are only beginning to grasp. Illus. some in color. 244 pages. Greystone. Pub. at \$28.95 **\$21.95**



★6998291 FOWL PLAY: A History of the Chicken from Dinosaur to Dinner Plate. By Sally Coulthard. Charts the chicken's fascinating journey from dinosaur to domestication to exploitation, exploring every aspect of the history of *Gallus gallus domesticus*. From its importance to the ancient Egyptians, Greeks and Romans through to its darker modern-day fate as battery bird raised to satisfy society's unquenchable addiction to wings and nuggets. Illus. 278 pages. Head of Zeus. Pub. at \$27.99 **\$21.95**



★8874794 REPTILES. text by Steve K. Wilson. Stunning shots of snakes, lizards, crocodiles and turtles from around the world are brought together via a forward from expert herpetologist Wilson, who explains why reptiles are such an ongoing success story, having been around for 200 million years. 208 pages. New Holland. 9 $\frac{3}{4}$ x10 $\frac{1}{2}$. Pub. at \$39.99 **\$29.95**



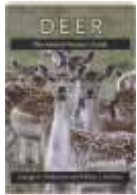
DVD 8993181 UNLEASHED! Deadly Animal Attacks. Widescreen. Get behind the eyes of nature's deadliest predators and begin to understand the reasons they attack. Hear from those who survived attacks and relive, blow by blow, man and animal encounters around the planet. Includes *When Animals Strike* and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



★4568605 MADIKWE GAME DRIVE. By Ingrid van den Berg. Includes not only beautiful photographs of a wide array of birds, mammals and reptiles, but informative text which is both extremely compact and highly comprehensive. HPH. Pub. at \$19.00 **\$14.95**



★4563840 KRUGER WILDLIFE: Get the Most from Your Game Drive. By Ingrid van den Berg. Includes not only beautiful photographs of a wide array of birds, mammals and reptiles, but informative text which is both extremely compact and highly comprehensive. 184 pages. HPH. Paperbound. Pub. at \$16.00 **\$12.95**



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 **PRICE CUT to \$3.95**



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 **PRICE CUT to \$4.95**



7832680 WILDLIFE OF THE ARCTIC. By R. Sale & P. Michelsen. A must-have for the Northern traveler, covering the Arctic wildlife of Alaska, Canada, Greenland, Iceland, Scandinavia and Russia. Features over 800 color photos illustrating more than 250 bird species, 60 terrestrial mammals and 30 seals and whales. Descriptions for each species that give identification details and information on breeding and wintering grounds. 335 pages. William Collins. Paperbound. **PRICE CUT to \$4.95**



7942346 AMONG THE BONE EATERS: Encounters with Hyenas in Harar. By Marcus Baynes-Rock. Takes us to the city of Harar in Ethiopia, where *gey waraba* (hyenas of the city) are welcome in the streets and appreciated by the locals for the protection they provide from spirits and dangerous "mountain" hyenas. They've even become a local tourist attraction. 48 pages of photos. 214 pages. Penn State Univ. Pub. at \$34.95 **PRICE CUT to \$7.95**



7996322 ANIMALS IMPACTING THE WORLD. By D. Roseberry & M. Gasparo. Find 33 stories told by people who have felt incredible connections with their animal companions. Included are instructions for you to become an animal communicator, pendulum, animal healing guidance, and information about pet grieving—not yours, but your pets. Illus. in color. 160 pages. Schiffer. Paperbound. Pub. at \$16.99 **PRICE CUT to \$3.95**



★7897405 BITE CLUB: Real-Life Attacks by Sharks and Other Killer Predators. By Douglas Wight. Meet brave people from around the world who have come face to face with sharks or other deadly predators and lived to tell the tale. And we learn of the group of survivors who are supporting each other to navigate, recover and grow from such a life-altering experience. Adults only. Photos. 286 pages. Ad Lib. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**



★7979282 EIGHT BEARS: Mythic Past and Imperiled Future. By Gloria Dickie. Today, most of the eight remaining bear species are threatened with extinction. Dickie embarks on a globe-trotting journey to explore each bear's story. Delivers a clear warning for what we risk losing if we don't learn to live alongside the animals that have shaped our cultures, geographies, and stories. Illus. 250 pages. Norton. Pub. at \$30.00 **PRICE CUT to \$17.95**



★7925395 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. As Searles shares his remarkable knowledge and we become immersed in the ursine world, you'll never look at bears or nature the same way again. 16 pages of color photos. 252 pages. Pegasus. Pub. at \$28.95 **PRICE CUT to \$17.95**



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 $\frac{3}{4}$ x11 $\frac{1}{4}$. Pub. at \$40.00 **PRICE CUT to \$11.95**



★1997092 HUNT FOR THE SHADOW WOLF: The Lost History of Wolves in Britain and the Myths and Stories That Surround Them. By Derek Gow. With biting funny but also tender stories, this is Gow's quest to uncover the true nature of this creature because, as we seek to heal our landscape, we must reconcile our relationship with it. Before we can even begin to bring the wolf back, we need to understand it. 246 pages. Chelsea Green. Paperbound. Pub. at \$24.95 **PRICE CUT to \$14.95**



★7967799 BAT ISLAND: A Rare Journey into the Hidden World of Tropical Bats. By Rachel A. Page et al. For decades, scientists at the Smithsonian Tropical Research Institute have studied the remarkable biodiversity of bats on Barro Colorado Island in Panama, where 76 species coexist.

New Smithsonian scientists' expertise pairs with the stunning photography of a *National Geographic* contributor for a captivating visual journey into. 160 pages. Mandala. 11 $\frac{3}{4}$ x10 $\frac{3}{4}$. Pub. at \$50.00 **PRICE CUT to \$31.95**

DVD 7973683 AMAZING ANIMAL MIRACLES. Questar. **\$5.95**
Blu-ray 798913X HIDDEN KINGDOMS. Widescreen. BBC Earth. **\$4.95**

4990552 TERRESTRIAL VERTEBRATES OF PENNSYLVANIA: A Complete Guide to Species of Conservation Concern. Ed. by Michael A. Steele et al. 507 pages. Johns Hopkins. Pub. at \$57.00 **\$5.95**

7798385 NEVER LOOK A POLAR BEAR IN THE EYE: A Family Trip to the Arctic's Edge in Search of Adventure, Truth, and Mini-Marshmallows. By Zac Unger. Photos. 296 pages. Da Capo. Pub. at \$25.00 **\$3.95**

7837011 FLORIDA'S FAMOUS ANIMALS: True Stories of Sunset Sam the Dolphin, Snooty the Manatee, Big Guy the Panther, and Others. By JG Annino. Photos. 145 pages. Globe Pequot. Paperbound. Pub. at \$9.95 **\$2.95**

7954417 THE DINOSAUR HUNTERS: The Extraordinary Story of the Discovery of Prehistoric Life. By Lowell Dingus. 144 pages. Welbeck. 9 $\frac{3}{4}$ x11 $\frac{1}{4}$. Pub. at \$24.95 **\$6.95**

7837178 LARGE MAMMALS OF THE ROCKY MOUNTAINS. By Jack Ballard. Fully illus. in color. 432 pages. Falcon. Paperbound. Pub. at \$34.95 **\$11.95**

1992260 THE ADORABLE CIRCLE OF LIFE: A Cute Celebration of Savage Predators and Their Hopeless Prey. By Alex Solis. Skyhorse. Pub. at \$9.99 **\$2.95**

★1166395 STRANGE SEA CREATURES. By Erich Hoyt. 112 pages. Firefly. 10x10. Paperbound. Pub. at \$19.95 **\$15.95**

★DVD 7928076 FACING THE STORM: Story of the American Bison. High Plains Films. Pub. at \$14.95 **\$11.95**

★7912021 THE LIVES OF OCTOPUSES & THEIR RELATIVES: A Natural History of Cephalopods. By Danna Staaf. Color photos. 288 pages. Princeton. Pub. at \$35.00 **\$27.95**

★7693761 EVERY LIVING THING. By James Herriot. 342 pages. St. Martin's. Paperbound. Pub. at \$17.99 **\$9.95**

7864353 THE GIANT OTTER: Giants of the Amazon. By Jessica Groenendijk. Well illus. in color. 216 pages. White Owl. Pub. at \$50.00 **PRICE CUT to \$3.95**

7958153 JUST LIKE US: A Veterinarian's Visual Memoir of Our Vanishing Great Ape Relatives. By Rick Quinn. 232 pages. Girl Friday. 8 $\frac{3}{4}$ x10 $\frac{1}{4}$. Pub. at \$34.95 **\$8.95**
798278X HOW TO LOVE ANIMALS IN A HUMAN-SHAPED WORLD. By Henry Mance. 389 pages. Viking. Pub. at \$27.00 **\$6.95**

Animals

★ **7909136 BEARS OF NORTH AMERICA: Black Bears, Brown Bears, and Polar Bears.** By Stan Tekiela. 160 pages. Adventure Publications. Paperbound. Pub. at \$19.95 **\$14.95**

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★ **4990048 SEXUS ANIMALIS: There Is Nothing Unnatural in Nature.** By Emmanuelle Pouydebat, illus. by J. Terrazoni. Fully illus. in color. 183 pages. MIT Press. Pub. at \$29.95 **\$19.95**

★ **7942370 CROCODILE UNDONE: The Domestication of Australia's Fauna.** By Marcus Baynes-Rock. Photos. 224 pages. Penn State Univ. Pub. at \$42.95 **\$7.95**

★ **7776446 GIANTS OF THE LOST WORLD: Dinosaurs and Other Extinct Monsters of South America.** By Donald R. Prothero. Illus. 2 pages. Smithsonian. Paperbound. Pub. at \$21.99 **PRICE CUT to \$7.95**

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★ **7942117 KINSHIP WITH ALL LIFE.** By J. Allen Boone. 157 pages. Harper. Paperbound. Pub. at \$15.99 **SOLO TO GO**

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★ **779925X BASIC ILLUSTRATED ANIMAL TRACKS, 3RD EDITION.** By Jonathan & Roseann Hanson. Fully illus. in color. 102 pages. Falcon. Paperbound. Pub. at \$19.95 **\$9.95**

★ **7788754 TRACKS AND SIGNS OF THE ANIMALS AND BIRDS OF BRITAIN AND EUROPE.** By Lars-Henrik Olsen. Fully illus. in color. 273 pages. Princeton. Paperbound. Pub. at \$29.95 **PRICE CUT to \$1.95**

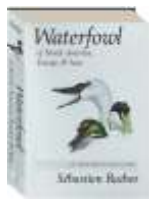
★ **7788088 KOALA: A Natural History and an Uncertain Future.** By Danielle Clode. 322 pages. Norton. Pub. at \$27.95 **PRICE CUT to \$11.95**

★ **7727526 TAKING STOCK: A Journey Among Cows.** By Roger Morgan-Grenville. 339 pages. Icon. Pub. at \$27.00 **PRICE CUT to \$9.95**

Birds & Birding

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★ **228751X BIRDS & BLOOMS EVERYDAY NATURE SECRETS 2023: Discover the Hidden World in Your Backyard.** See nature as never before with fascinating facts about birds and other wildlife, real-life reader stories, expert advice and gorgeous photographs. 256 pages. RDA. Paperbound. Pub. at \$24.99 **\$5.95**



★ **607720X WATERFOWL OF NORTH AMERICA, EUROPE & ASIA: An Identification Guide.** By Sebastien Reeber. A guide to the 84 species of ducks, geese, and swans of Europe, Asia, and North America. Details on taxonomy, identification features, determination of age and sex, geographic variants, measurements, voice, molt, hybridization, habitat and life cycle, range and populations, and status in captivity. Fully illus. in color. 656 pages. Princeton. Pub. at \$48.00 **\$9.95**



★ **LIMITED QUANTITY 8878838 BIRDS: An Illustrated Field Guide.** By Alice Sun, illus. by J. Lee. A compact field guide to 50 of North America's most popular birds. Find profiles on feathered friends, tips on where to spot them, how and when to find them, recognizable bird songs, and, last but not least, fascinating facts and stories about bird science and conservation. Color illus. 216 pages. Whalen Book Works. Paperbound. Pub. at \$14.95 **SOLD OUT**



★ **7977484 AN ETERNITY OF EAGLES: The Human History of the Most Fascinating Bird in the World.** By Stephen J. Bodio. Traces our love-hate relationship with these "living dinosaurs," from Neolithic rock art and Native American religion through the practices of Kazakh falconers who use them to hunt wolves, all the way to contemporary art and popular culture. Well illus. in color. 202 pages. Lyons. Pub. at \$26.95 **\$5.95**



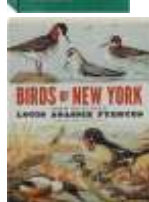
★ **LIMITED QUANTITY 8180490 BIRDS OF PREY: Eagles, Hawks, Kestrels, Owls, Vultures.** By Tom Jackson. From the magnificent golden eagle to the tiny pearl kite, from the bee-eating crested honey buzzard to the Arctic-dwelling snowy owl, this volume explores the hunting habits, lifecycles, habits, diets and migratory patterns from every part of the world. Fully illus. in color. 224 pages. Amber. Paperbound. Pub. at \$19.95 **SOLD OUT**



★ **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**



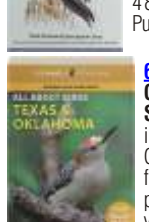
★ **5746515 THIS IS A BOOK FOR PEOPLE WHO LOVE BIRDS.** By Danielle Belleny, illus. by S. Singleton. From birding basics to dozens of species profiles, explore the fascinating, feathered world of North American birds. Illus. in color. 146 pages. Running Press. Pub. at \$16.00 **\$4.95**



★ **LIMITED QUANTITY 7566468 BIRDS OF NEW YORK: Over 100 Plates.** By Louis Agassiz Fuertes. In 1910 and 1914, a two volume study of New York's native birds was issued as a part of the State Museum's annual report. A vast catalog of hundreds of species, the survey was illustrated by Fuertes. This reproduction of all 106 of Fuertes's stunning full color images spotlights more than 300 birds. 106 pages. Dover. 8 1/2 x 10 1/4. Paperbound. Pub. at \$22.95 **\$6.95**



★ **6077072 BIRDS OF ARGENTINA AND THE SOUTH-WEST ATLANTIC.** By M. Pearman & J.I. Areta. Provides detailed species accounts, a plethora of distribution maps, and close to 200 stunning color plates illustrating every species and many distinct plumages and subspecies. 480 pages. Princeton. Paperbound. Pub. at \$42.00 **\$7.95**



★ **6077056 ALL ABOUT BIRDS TEXAS & OKLAHOMA: Regional Field-Guide Series.** Ed. by Jill Leichter. Provides the best information from the Cornell Lab of Ornithology. This is your guide to 238 species from Texas and Oklahoma, including color photos, updated range maps, and a full color visual index. 320 pages. Princeton. Paperbound. Pub. at \$17.95 **\$5.95**



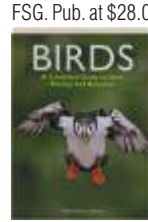
★ **DVD 7765126 RAPTOR FORCE: NATURE.** Revolutionary tiny cameras designed by engineer and falconer Rob McIntyre allows you to take off with the biggest, fastest, and deadliest things on wings! Learn the secrets of nature's aerial killing machines and how they've mastered the art of soaring. 56 minutes. Questar. **\$3.95**



★ **796479X POCKET BIRDS OF NORTH AMERICA: Western Region.** Ed. by S. Kress & E. Wolfson. This definitive field guide uses stunning close-up photography to bring more than 420 western bird species to life on the page. Profiles of commonly seen species are detailed, yet accessible, for quick reference and identification in the field. 296 pages. Dorling Kindersley. Paperbound. Pub. at \$14.95 **\$7.95**



★ **4122631 OWLS OF THE EASTERN ICE: A Quest to Find and Save the World's Largest Owl.** By Jonathan C. Slaght. Despite a wingspan of six feet and a height of over two feet, the Blakiston's fish owl is highly elusive. They are easiest to find in winter, when their tracks mark the snowy banks of the rivers where they feed. They are also endangered. Color photos. 348 pages. FSG. Pub. at \$28.00 **\$6.95**



★ **1977822 BIRDS: A Complete Guide to Their Biology and Behavior.** By Jonathan Elphick. Explore the wonders of the avian world with this comprehensive guide to every aspect of bird life. From anatomy, plumage, calls and songs, to breeding habitats, migration, flight techniques, food and feeding, each of the significant elements of bird biology and behavior are explained. Color photos. 272 pages. Firefly. Paperbound. Pub. at \$29.95 **\$7.95**



★ **1977873 THE HANDBOOK OF BIRD FAMILIES.** By Jonathan Elphick. Provides a comprehensive survey of every one of the 36 orders and 234 families of birds, revealing their remarkable diversity, appearance, behavior and lifestyle. With clear, lively text, informative fact boxes that include the latest research and data, and special photography, this volume belongs on the shelf of everyone interested in birds. 416 pages. Firefly. Paperbound. Pub. at \$35.00 **\$7.95**



★ **6077137 HOW BIRDS LIVE TOGETHER: Colonies and Communities in the Avian World.** By Marianne Taylor. Offers a broad overview of social living in the avian world. From long-established seabird colonies that use the same cliffs for generations to the fast-shifting dynamics of flock formation. Taylor explores the different ways birds choose to dwell together. Color photos. 223 pages. Princeton. Pub. at \$29.95 **\$6.95**



★ **6997635 THE LAST FLIGHT OF THE SCARLET MACAW: One Woman's Fight to Save the World's Most Beautiful Bird.** By Bruce Barcott. Explores the tension between environmental conservation and human development, puts a human face on the battle over globalization, and ultimately shows us how one unwavering woman risked her life to save the most beautiful bird in the world. 313 pages. Random. Paperbound. Pub. at \$16.00 **\$5.95**

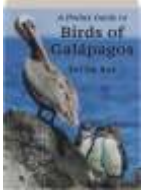


★ **7868782 CLOSE TO BIRDS.** Text by Mats & Asa Ottosson, photos by R. Magnusson. These gorgeous photographs capture the intimate beauty and detail of each bird's form, as well as their unique character and personality. The accompanying short essays share charming details from birds' lives. 251 pages. Roost. 9x9 1/2. Pub. at \$39.95 **\$11.95**



★ **7833423 MALLARDS: A Pictorial Study.** By Tricia Veasey. A comprehensive photographic study of mallards from diverse regions in many natural environments and body positions. Most of the ducks shown are wild, but there are a few penned. The majority are in full breeding plumage while a few drakes in moult are included for identification. Fully illus. in color. Schiffer. Paperbound. Pub. at \$14.95 **\$2.95**

Birds & Birding



6077196 A POCKET GUIDE TO BIRDS OF GALAPAGOS. By Tui De Roy. A one of a kind field guide that every birder visiting the archipelago will want to carry with them wherever they go. Packed with detailed, easy to access information in bullet-point format. With precise descriptions including plumage and beak variations, this work corrects many common identification errors. Color photos.

136 pages. Princeton. Pub. at \$17.95 **\$5.95**

7700202 THE GENIUS OF BIRDS. By Jennifer Ackerman. Birds are astonishingly intelligent creatures. According to revolutionary new research, some birds rival primates and even humans in their remarkable forms of intelligence. This explores their newly discovered brilliance and how it came about. 405 pages. Corsair. Paperbound. **\$5.95**

768178X FIELD GUIDE TO THE BIRDS OF EASTERN NORTH AMERICA, SECOND EDITION. By David Sibley. Covers North American species east of the Rocky Mountains. Includes almost 700 species and region populations, side by side comparisons of species, maps and identification information. Fully illus. in color. 440 pages. Helm. Paperbound. **\$12.95**

7982690 FLIGHT PATHS: How a Passionate and Quirky Group of Pioneering Scientists Solved the Mystery of Bird Migration. By Rebecca Heisman. Follows the scientists who cracked the secrets of bird migration, and explains their methods, from the origins of bird banding to the latest in high-throughput genetic sequencing and space-based tracking systems. 16 pages of photos, most in color. 267 pages. Harper. Pub. at \$30.00 **\$7.95**

8887101 BEST LITTLE BOOK OF BIRDS: The Cascade Range and Columbia River Gorge. By Sarah Swanson. While following hiking trails and scenic byways, exploring riverside shorelines or remote forests, you'll learn where and when to find the most beautiful birds by their sound, appearance, habitats, and migration habits. Fully illus. in color. 337 pages. Timber. Paperbound. Pub. at \$18.99 **\$5.95**

6997651 NATURALIZED PARROTS OF THE WORLD: Distribution, Ecology, and Impacts of the World's Most Colorful Colonizers. Ed. by Stephen Pruett-Jones. Experts discuss the global distribution of parrots, their genetics, conservation implications, and human responses to these birds. Also features case studies of the two most successful species—the Rose-ringed Parakeet and Monk Parakeet—as well as studies of the introduced parrot species located in specific countries and regions. Illus. in color. 304 pages. Princeton. Pub. at \$48.00 **\$14.95**

DVD 7765045 BIRDS: NATURE. Get a bird's eye view of nature with two exciting programs. In *Extraordinary Birds*, nature photography takes flight to capture the behavior of many bird species, some of whom have developed close relationships with human kind. Then, discover the remarkable wonders of parrots with the species profile *Parrots: Look Who's Talking*. 112 minutes. Questar. **\$5.95**

4998812 A WORLD ON THE WING: The Global Odyssey of Migratory Birds. By Scott Weidensaul. Bird migration remains perhaps the most singularly compelling natural phenomenon in the world. As our world comes increasingly under threat from the effects of climate change, these ecological miracles may provide an invaluable guide to a more sustainable future for ourselves. 16 pages of color photos. 385 pages. Norton. **\$9.95**

8873313 BETTER BIRDING: Tips, Tools & Concepts for the Field. By G.L. Armistead & B.L. Sullivan. Reveals the techniques expert birders use to identify a wide range of bird species in the field, quickly and easily. Featuring hundreds of stunning photos and composite plates throughout, this guide simplifies identification by organizing the birds you see into groupings and offering strategies specifically tailored to each group. 318 pages. Princeton. Paperbound. Pub. at \$29.95 **\$9.95**



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7916248 BOOK OF NORTH AMERICAN BIRDS: An Illustrated Guide to More Than 600 Species. By Norman M. Barrett et al. Celebrates the hundreds of species that spend at least part of the year in the United States or Canada. Each page features a full-color painting and information for quick reference, with details on identification, habitat, nesting, and food. In addition, includes a color-coded range map showing where it can be found. 492 pages. Reader's Digest. Paperbound. Pub. at \$19.99 **\$14.95**

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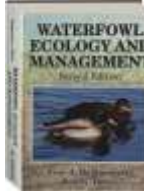
Birds & Birding



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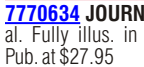
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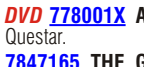
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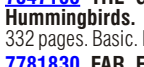
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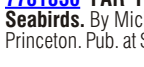
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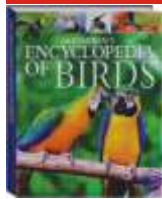


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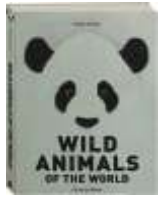
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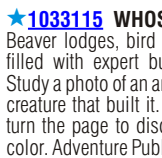
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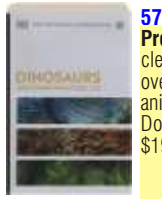
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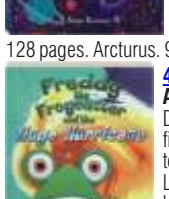
7807767 THE BIG BOOK OF GIANT DINOSAURS. Text by C. Banfi, illus. by F. Cosanti. Some dinosaurs were huge, bigger than boats and even your house. Then there were others that were smaller than your bicycle! You'll find them here. Come and meet them all! Ages 4 & up. Fully illus. in color. Shelter Harbor. 11 1/2 x 15 1/4. Pub. at \$16.95 **\$5.95**



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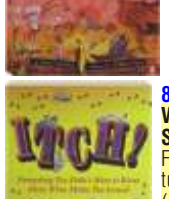
7934904 THE STORY OF THE UNIVERSE: A Journey Through Space and Time. By Anne Rooney. Tells the tale of the universe itself, from the origins of matter and energy, to the marvels of our cosmos. Discover the science behind everything from tiny quarks to mighty supernovas and peer into the mysteries that still remain to be solved. Ages 8-12. 9 1/4 x 11 1/4. Pub. at \$16.99 **\$6.95**



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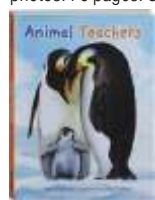
8886229 ROTTEN! Vultures, Beetles, Slime, and Nature's Other Decomposers. By Anita Sanchez, illus. by G. Ford. Decomposition seems like the last stop on the food chain, but it's just the beginning. When dead things rot, they give life to a host of other creatures. Ages 8-12. Fully illus. in color. 83 pages. HMH. Pub. at \$17.99 **\$5.95**



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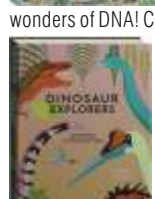
8886180 THE LIZARD SCIENTISTS: Studying Evolution in Action. By Dorothy Hinshaw Patent, photos by N. Dappen et al. Discover how lizards rapidly adapt to life in the Caribbean islands, allowing scientists to study Charles Darwin's theory of evolution by natural selection in real time. Ages 8-12. Color photos. 76 pages. Clarion. 11 1/4 x 9 1/4. Pub. at \$18.99 **\$5.95**



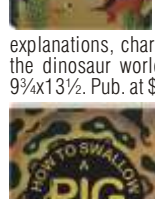
8883866 ANIMAL TEACHERS. By Janet Halfmann, illus. by K. Hudson. Showcases the teacher-student dynamic between adult and young animals as they are taught crucial skills needed to handle daily challenges. Ages 4-8. Fully illus. in color. Blue Apple Books. 8 1/2 x 11 1/4. Pub. at \$17.99 **\$4.95**



1033182 GROW: Secrets of Your DNA. By Nicola Davies, illus. by E. Sutton. Earth is full of life! All things, plants, animals, and human beings grow. And the way you grow connects you with every creature on the planet. You do not have to think about growing because your body comes with instructions called DNA. Discover the wonders of DNA! Candlewick. 10 x 11 1/2. Pub. at \$17.99 **\$5.95**



8141142 DINOSAUR EXPLORERS: Infographics for Discovering the Prehistoric World. Cristina Banfi, illus. by G. De Amicis. Colorful illustrations and graphics help bring to life the scientific and historical data packed into the pages. Children will learn everything from the shape of the eggs and the anatomy of the dinosaur to their great extinction. Clear explanations, charts and scales will reveal all the secrets of the dinosaur world. Ages 7-10. 72 pages. Shelter Harbor. 9 1/2 x 13 1/2. Pub. at \$14.95 **\$6.95**



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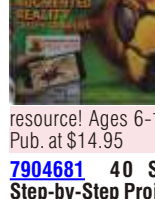
7494599 THE STORY OF LIFE: A First Book About Evolution. By Catherine Barr et al, illus. by A. Husband. This astonishing story of the evolution of life on our planet spans nearly four billion years, and is brilliantly told and illustrated for younger children. Ages 5-8. Frances Lincoln. 9 1/2 x 11. Pub. at \$19.99 **\$5.95**



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Science & Nature for Children

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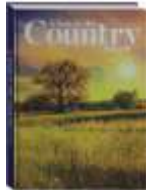
7974116 DINOSAURS: Talk Like an Expert. Ed. by Ellen-Therese Lamm, illus. by D. Long. Fully illus. in color. 64 pages. Merriam-Webster. Pub. at \$16.99 **\$12.95**

7837518 DINOSAURS: Future Genius. Fully illus. in color. 96 pages. Happy Fox. 8 1/2 x 11. Paperbound. Pub. at \$11.99 **\$5.95**

7869703 CATCH A CRAYFISH, COUNT THE STARS: Fun Projects, Skills, and Adventures for Outdoor Kids. By Steven Rinella with B. Henderson. Fully illus. in color. 342 pages. Random. Pub. at \$26.99 **\$11.95**

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8885249 DESERT ORACLE, VOLUME 1: Strange True Tales from the American Southwest. By Ken Layne. This work is the celebrated late-night radio show and pocket-sized field guide from Joshua Tree, collecting stories of snakes and scorpions, coyotes and cacti, artist and aliens, musicians and mystics, the thirsty and the dead. Well illus. 287 pages. Picador. Paperbound. Pub. at \$18.00 **\$5.95**



7831153 A LIFE ON OUR PLANET: My Witness Statement and a Vision for the Future. By David Attenborough. Having been witness to the decline of our planet's wild places and its biodiversity, Attenborough argues we have one final chance to create the perfect home for ourselves and restore the wonderful world we inherited—all we need is the will to do so. 16 pages of photos, some in color. 266 pages. Grand Central. Pub. at \$26.00 **\$4.95**



7849605 THROUGH GLACIER PARK. By Mary Roberts Rinehart. First published in 1916. Rinehart introduced readers to the recently minted national park, to the scenic wonders of Montana, and to the adventures to be found there. 57 pages. TwoDot. Paperbound. Pub. at \$14.95 **\$3.95**



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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 **PRICE CUT to \$4.95**



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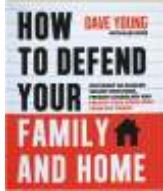
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781626X GUIDE TO MAKING FIRE WITHOUT MATCHES: Tips, Tactics, and Techniques for Starting a Fire in Any Situation. By Christopher Nyerges. With helpful diagrams, color illustrations, and sidebars, this resource is the ultimate reference for learning about an essential element: how to make a fire in the rain; the best locations to build a fire; how to tend your fire; how to make a signal fire; and much more. 148 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$6.95**



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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**



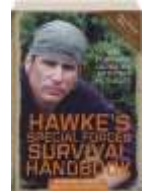
195654X PREPPER'S PANTRY. By Daisy Luther. A one year food supply means freedom. It means that you are less subject to the whims of the economy or personal financial emergencies. This guide is a detailed compendium of all things food storage. It teaches you how much food you need, the components of a 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**



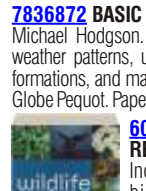
DVD 7765207 LAND OF THE EAGLE: Atlas of the Natural World. Widescreen. The story of how North America was discovered is told through two sets of eyes—the Native Americans and the European newcomers. This series is a magnificent ensemble of paintings, photographs, old songs played on period instruments,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



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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**



7836872 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**



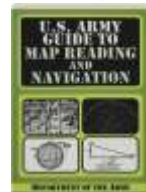
6077242 WILDLIFE OF NEW ZEALAND, REVISED: A Field Guide. By Julian Fitter. Includes up to date descriptions of all manner of birds, mammals, amphibians and reptiles, insects, seashore species, trees and shrubs, grasses, fungi, and lichen, and new sections look at fish and places to visit. Succinct text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



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**



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**



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**



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**

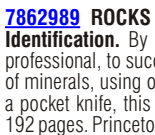
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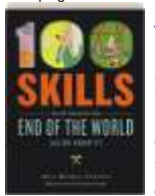
LIMITED QUANTITY 6065805 **THE YELLOW RIVER: A Natural and Unnatural History.** By Ruth Mostern. A 3,000 year history of the Yellow River and the legacy of interactions between humans and the natural landscape. Fully illus. some in color. 326 pages. Yale. Pub. at \$35.00 **\$6.95**



DVD 7693559 EARTH: One Amazing Day. Widescreen. Over the course of one single day, this tracks the sun from the highest mountains to the remotest islands, from exotic jungles to urban sprawls. Astounding breakthroughs in film making technology bring you up close and personal with a cast of unforgettable characters. 95 minutes. BBC Earth. **\$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**



8887012 100 SKILLS YOU'LL NEED FOR THE END OF THE WORLD (AS WE KNOW IT). By Ana Maria Spagna. Whether you're prepping for a shipwreck, economic collapse, a zombie attack, or catastrophic climate change, Spagna has you covered with her quirky collection of essential skills for a brave new world—from blacksmithing and falconry to bartering and music making. Sharpen your skills! Well illus. in color. 224 pages. Storey. Paperbound. Pub. at \$14.95 **\$5.95**



7984014 THE SECRET WORLD OF WEATHER: How to Read Signs in Every Cloud, Breeze, Hill, Street, Plant, Animal and Dewdrop. By Tristan Gooley. A meteorologist takes readers down a path that will lead to a wonderful realm of microclimates. Gooley focuses on the clues we find as we walk around nature or down a street, and explains what they tell us about weather. 16 pages of color photos. 376 pages. Sceptre. Paperbound. **\$7.95**



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**



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**



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**



7826613 FOOD STORAGE FOR PREPPERS: A Week-by-Week Plan for Surviving an Apocalypse. By David Nash. Everyone begins somewhere, and in this work you'll find a project for every week of the year designed to teach you the fundamentals of canning and preserving any sort of food as safely as possible. The ultimate instructional guide to preparing food and making sure it keeps. Color photos. 270 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$7.95**



7882289 52 UNIQUE TECHNIQUES FOR STOCKING FOOD FOR PREPPERS: A Strategy a Week to Help Stock Your Pantry for Survival. By David Nash. It doesn't matter how prepared you are for a disaster with all your fancy tools and gadgets—if you run out of food, you will soon run out of time. Here you'll find a project for every week designed to teach you the fundamentals of canning and preserving any sort of food as safely as possible. Color photos. 270 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**



7965451 THE SURVIVAL HANDBOOK. By Colin Towell. Combining proven, no-nonsense military survival skills with ingenious bushcraft techniques and accessible step by step instructions, this guide shows you how to survive in the wild. Learn how to plan your expedition, how to make a fire, how to build a shelter and everything you need to know about wild food and natural dangers. Fully illus. in color. 320 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$7.95**



★6081703 THE POCKET GUIDE TO EDIBLE WILD PLANTS: How to Forage Safely and Responsibly. By the Department of the Army. This is a full-color reference to plants both common and rare, from purslane to the prickly pear. Inside are details on how to locate, identify, and prepare edible wild plants, as well as information on their specific nutritional benefits and other handy uses. 143 pages. Skyhorse. Paperbound. Pub. at \$12.99 **\$9.95**



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**

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**



★1178172 MINERALS AND GEMSTONES: 300 of the Earth's Natural Treasures. By D.C. Cook & W.L. Kirk. Learn what the Earth is made of, how its rocks were formed and how minerals and gems are used today with this guide. Each entry is illustrated with a color photo and includes an information table with color, luster, streak, hardness, specific gravity, cleavage, habit and crystal system. 320 pages. Amber. Paperbound. Pub. at \$14.95 **\$11.95**

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**



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**



★7313020 LICHENPEDIA: A Brief Compendium. By Kay Hurley. A delightfully entertaining A to Z treasury about the strange, obscure, and remarkable world of lichens, from their unique and essential role in nature and the ways they are used in dyeing, brewing, and drug-making to how they have inspired writers and artists, from Henry David Thoreau to modern painters. Well illus. 178 pages. Princeton. Pub. at \$17.95 **\$13.95**

DVD 7999534 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**



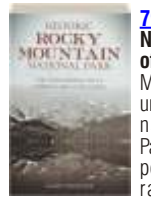
★124678X MUSHROOM HUNTING FOR BEGINNERS: A Starter's Guide to Identifying and Foraging Fungi. By Gary Lincoff. You'll learn best practices for hunting and identifying wild mushrooms, mushroom safety, as well as some tips for preparing and using the mushrooms you collect. Fully illus. in color. 144 pages.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



★3872076 THE PREPPER'S MEDICAL HANDBOOK: How to Provide Medical Care When You Can't Rely on Anyone but Yourself. By William W. Forgy. 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**



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**



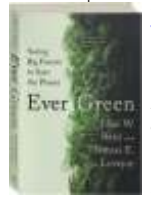
7978138 HISTORIC ROCKY MOUNTAIN NATIONAL PARK: The Stories Behind One of America's Great Treasures. By Randi Minetor. Captures fascinating moments and untold stories in the history of this magnificent national park, from the days when Paleo-Indians roamed between the mountain peaks to the settlement of the valleys by ranchers, hoteliers, and more. Illus. 214 pages. Lyons. Paperbound. Pub. at \$16.95 **\$5.95**



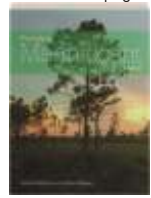
8054592 THE BUTTERFLY HUNTER'S HANDBOOK: The Essential Field Guide for Exploring the World of Butterflies. Ed. by Anna Southgate. Discover how butterflies evolved, and explore their lifecycle and migration patterns. This information, in addition to the comprehensive butterfly directory, provides everything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



★499535X MEDICINAL PLANTS OF NORTH AMERICA, 3RD EDITION: A Field Guide. By Jim Meuninger. 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**



7908687 EVER GREEN: Saving Big Forests to Save the Planet. By T.E. Lovejoy & J.W. Reid. Five stunningly large forests remain on Earth: The Taiga, the North American boreal, the Amazon, the Congo, and the island forest of New Guinea. These megaforests are vital to preserving global biodiversity, thousands of cultures, and a stable climate. The authors offer practical solutions to address the biggest challenges these forests face. Photos. 302 pages. Norton. Pub. at \$30.00 **\$5.95**



7849206 FLORIDA'S MAGNIFICENT LAND. By J. Valentine & D.B. Means. Showcases several decades of exacting large-format landscape photography illustrating the best of what Florida has preserved and many places that need protecting for future generations. 64 pages. Pineapple Press. 9x12. Paperbound. Pub. at \$14.95 **\$3.95**



7871651 MISSISSIPPI RIVER TRAGEDIES: A Century of Unnatural Disaster. By C.A. Klein & S.B. Zellmer. Engineers have done astounding things to bend the Mississippi River to their will: transforming over a thousand miles of rolling current into a placid staircase of water; imprisoning the mighty flow behind the walls of levees; even forcing one of the tributaries to flow uphill. Illus. 258 pages. NYUP. Pub. at \$40.00 **\$9.95**

More Works on Nature



★**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**



★**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**



★**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**

Blu-ray 7836090 FROZEN PLANET. Widescreen. Narrated by David Attenborough, this series captures unimaginable imagery above and below the ice, including previously unfiled 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**



★**8058393 MODERN ROCKHOUDING & PROSPECTING HANDBOOK, THIRD EDITION.** By Garret Romaine. Explains everything from geology basics to identification tips, tools of the trade, how to record your findings, and how to set up a lab or gem shop. Learn how to polish, preserve, craft, and display your treasures. Fully illus. in color. 252 pages. Falcon. Paperbound. Pub. at \$24.95 **\$17.95**



★**8870969 SENTIENT: How Animals Illuminate the Wonder of Our Human Senses.** By Jackie Higgins. Assembles a menagerie of zoological creatures—from land, air, sea, and all parts of the globe—to help us understand what it means to be human. Higgins explores this evolutionary heritage and, in doing so, enables us to engage with the world in ways we never knew possible. 308 pages. Atria. Pub. at \$28.00 **\$6.95**



★**724584X BEAUTIFUL ROCKS & HOW TO FIND THEM: A Modern Rockhound's Guide.** By Alison Jean Cole. Shows you that beautiful rocks can be found anywhere. Going beyond the where and how of rock identification, this work will introduce you to everything you need to know about rockhounding responsibility, including the ethics and impacts of rock collecting, and more. Fully illus. most in color. 208 pages. Princeton Architectural. Paperbound. Pub. at \$24.95 **\$19.95**



★**7792158 DIY SURVIVAL: Best Hacks for Worst-Case Scenarios.** By Compiled by OFFGRID Magazine. This is an easy-access encyclopedia of DIY survival hacks to get you through when supplies are thin, and help is out of reach. Each chapter covers a specific technique in a step by step format that includes photos and illustrations. 352 pages. OffGrid. Paperbound. Pub. at \$24.99 **\$17.95**



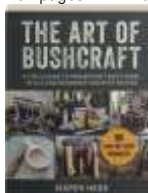
★**1206958 SURVIVING EXTREME WEATHER: The Complete Climate Change Preparedness Manual.** By M. Hawke & J.N.R. Dale. The world has changed, and impacts of global warming means weather events like extreme heat, wild fires, hurricanes and droughts are being felt by all of us. We must prepare ourselves to survive in new conditions as we understand extreme weather events. This is the only guide you need to prepare for the effects of climate change. Photos. 317 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$14.95**



★**7996462 COLLECTOR'S GUIDE TO THE BLACK TOURMALINE OF PIERREPONT, NEW YORK.** By Steven C. Chamberlain et al. The origin of the mineralization, the true nature of the black tourmaline, 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. 8½x11. Paperbound. Pub. at \$24.99 **\$8.95**



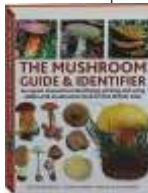
★**8884439 IMPERFECTION: A Natural History.** By Telmo Pievani. In the beginning, there was imperfection, which became the source of all things. Pievani shows that life on our planet has flourished and survived not because of its perfection but despite (and perhaps because of) its imperfection. The author offers a comprehensive explanatory theory for the ubiquity of imperfection. 164 pages. MIT Press. Pub. at \$24.95 **\$6.95**



LIMITED QUANTITY ★6081606 THE ART OF BUSHCRAFT: A Field Guide to Preserving Traditional Skills and Reconnecting with Nature. By Jesper Hede. Many have forgotten how to use the resources of nature to produce the things we need in our daily lives. This guide introduces this forgotten skill to both beginners and more experienced bushcrafters, with more than fifty different projects using wood, leather, clay, and the like. Fully illus. in color. 235 pages. Skyhorse. Paperbound. Pub. at \$24.99 **SOLD OUT**



★**7835159 JAPAN: The Natural History of an Asian Archipelago.** By Mark Brazil. Explains how Japan's geology, geography, climate, seas and currents have forged conditions supporting unique species from cranes, bears, eagles and monkeys to plants, butterflies, dragonflies, frogs and snakes, many of them found nowhere else in the world. Color photos. 384 pages. Princeton. Paperbound. Pub. at \$35.00 **\$9.95**



★**3999688 THE MUSHROOM GUIDE & IDENTIFIER.** By Peter Jordan. A detailed introduction explains the essentials a mushroom forager needs to know, followed by an illustrated guide to the most popular edible wild mushrooms in the United Kingdom and Northern Europe, describing their identifying features and typical habitats, along with storage and cooking tips. 160 pages. Lorenz. Pub. at \$16.00 **\$11.95**



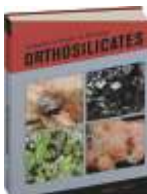
★**7869932 HUBBARD BROOK: The Story of a Forest Ecosystem.** By R.T. Holmes & G.E. Likens. Since the early 1960s, the Hubbard Brook Experimental Forest in the White Mountains of New Hampshire has been one of the most comprehensively studied landscapes on earth. This volume highlights many of the important ecological findings amassed during the long-term research conducted there, and considers their regional, national, and global implications. Well illus. in color. 271 pages. Yale. 8¾x10¼. Pub. at \$45.00 **\$9.95**



★**7919832 SACRED NATURE: Restoring Our Ancient Bond with the Natural World.** By Karen Armstrong. Armstrong drawing on her vast knowledge of the world's religious traditions, vividly describes nature's central place in spirituality across the centuries. In bringing this age-old wisdom to life, she shows modern readers how to rediscover nature's potency and form a connection to something greater than ourselves. 205 pages. Anchor. Paperbound. Pub. at \$17.00 **\$9.95**



★**4995376 STRANGE YELLOWSTONE: Weird, True Stories About America's Premier Park.** By Scott Herring. These surprising and sometimes eerie facts about Yellowstone cover both natural history and human history, and they are carefully researched, including interviews with park insiders. From bad behaving bears to bizarre landscapes, this work shows visitors hidden mysteries and strange surprises that lie behind the park's famous scenery. Illus. 282 pages. Riverbend. Paperbound. Pub. at \$22.95 **\$17.95**



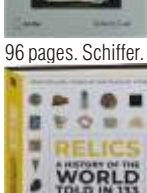
★**7996438 COLLECTOR'S GUIDE TO SILICATES: Orthosilicates.** By Robert J. Lauf. The definitive resource for mineral collectors, this comprehensive volume describes the structural relationships among orthosilicate minerals, known for their hardness and brilliant colors, and the geological conditions that create prized specimens. Fully illus. in color. 240 pages. Schiffer. 8½x11¼. Pub. at \$45.00 **\$17.95**



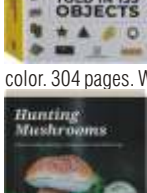
★**799642X COLLECTOR'S GUIDE TO SILICATES: Di- and Ring Silicates.** By Robert J. Lauf. Explains the structural relationships among di- and ring silicate minerals, known for their hardness and brilliant colors, and the geological conditions that create the beautiful crystals prized by collectors. Fully illus. in color. 272 pages. Schiffer. 8½x11¼. Pub. at \$45.00 **\$17.95**



★**7996446 COLLECTOR'S GUIDE TO THE AMPHIBOLE GROUP.** By Robert J. Lauf. This timely volume provides mineral collectors with information on how the amphibole group is organized and named. Over 135 full-color photos of crystals help the reader to visualize the important structural features that define amphiboles and control their physical properties. 96 pages. Schiffer. 8½x11. Paperbound. Pub. at \$19.99 **\$6.95**



★**887896X RELICS: A History of the World Told in 133 Objects.** By James B. Grove. Takes you on an amazing journey through history, from prehistoric life to the tombs of ancient Egypt to the first supercomputer. It also offers inspiration for your own collection of wonders from your backyard and beyond. Fully illus. in color. 304 pages. Weldon Owen. Pub. at \$30.00 **\$9.95**



★**6997961 HUNTING MUSHROOMS: How to Safely Identify, Forage and Cook Wild Fungi.** By Barbara Batokova. With in-depth profiles of over 25 mushrooms, you'll learn to identify prized specimens like chanterelles, king boletes, lion's mane, morels, or chicken of the woods. Each profile details the species' unique features, as well as where and when it grows. Accompanied by rustic recipes to cook up your finds and a history of fungi. Fully illus. in color. 239 pages. Page Street. Paperbound. Pub. at \$29.99 **\$21.95**



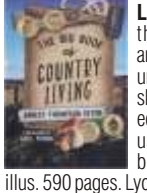
★**8884765 THE OKEFENOKEE SWAMP: A Natural and Cultural History.** By Marie Lathers. Meet the animals named for the Swamp—the Okefenokee fishing spider and zale moth—as well as an imaginary resident, Pogo the Opossum. Delves into the importance of the Okefenokee for Indigenous Americans, swampers' religious and musical practices and even Hollywood depictions of this unique habitat. Illus., some in color. 171 pages. History Press. Paperbound. Pub. at \$24.99 **\$17.95**



★**6075711 PLANKTON: A Worldwide Guide.** By T. Jackson & J. Parker. Reveals the amazing diversity of plankton, how they belong to a wide range of living groups, and how their ecology, lifestyles, and adaptations have evolved to suit an enormous range of conditions. Fully illus. in color. Princeton. Pub. at \$29.95 **\$24.95**



★**4995287 THE BIG BOOK OF COUNTRY LIVING.** By Ernest Thompson Seton. Within these pages lie instructions and anecdotes—some expected, some delightfully unanticipated—regarding hundreds of arts, crafts, skills, and games. You can learn to distinguish edible plants from poisonous ones; start a fire using only a jackknife; build a four-story birdhouse out of a wooden box; and more. Fully illus. 590 pages. Lyons. Paperbound. Pub. at \$29.95 **\$21.95**



★**1978446 EDIBLE MUSHROOMS: Safe to Pick, Good to Eat.** By B. Forsberg & S. Lindberg. Presents forty different mushrooms; all are safe to pick and delicious to eat. The authors illustrate how each mushroom grows, the environments where one can expect to find them, the ways in which the same species may vary from one specimen to the next and more. Fully illus. in color. 218 pages. Skyhorse. Paperbound. Pub. at \$16.95 **\$6.95**

More Works on Nature



★7769997 EXTREME SURVIVAL: Lessons from Those Who Have Triumphed Against All Odds. By Michael J. Tougas. You'll be on the edge of your seat as you read these true survival stories and learn survival techniques. Tougas interviewed over 100 people who survived against all odds, first chronicling their harrowing survival stories, and then discussing in detail the lessons learned. 220 pages. Mango. Paperbound. Pub. at \$19.99 **\$11.95**

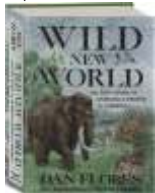


7890427 UNDERWATER WILD: My Octopus Teacher's Extraordinary World. By C. Foster & R. Frylinck. An immersive journey into the underwater world that inspired it—and holds transformative lessons for us all. The divers behind the film *My Octopus Teacher* reveal a new version of the sea, one full of

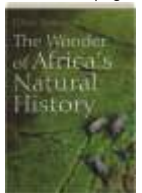
wonder, new insights into marine biology, and life-changing teachings even for the most land-bound of us. Fully illus. in color. 324 pages. HMH. 12½x12¼. Pub. at \$50.00 **\$19.95**



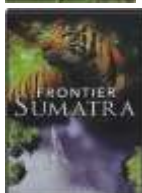
★7909179 THE ROCKY MOUNTAIN PLANT GUIDE. By George Oxford Miller. Presents 700 species of plants, organized by color and then by family—with a separate section for trees. Includes location information with range and elevation details for every plant. Quick ID at a glance, tips for identifying each species, and more. Fully illus. in color. 412 pages. Adventure Publications. Paperbound. Pub. at \$24.95 **\$17.95**



★7745230 WILD NEW WORLD: The Epic Story of Animals & People in America. By Dan Flores. Chronicles the epoch in which humans and animals have coexisted in the "wild new world" of North America—a place shaped both by its own grand evolutionary forces and by momentous arrivals from Asia, Africa, and Europe. With portraits of iconic creatures such as mammoths, horses, wolves, and bison, Flores describes the evolution and historical ecology of North America like never before. 434 pages. Norton. Pub. at \$30.00 **\$21.95**



★6077625 THE WONDER OF AFRICA'S NATURAL HISTORY. By Clive Spingane. An enjoyable and highly informative account of natural history in Africa. Based upon decades of experience in African wildlife studies and features the great diversity of life from habitats to the animals. Fully illus. most in color. 147 pages. Whittles. Paperbound. Pub. at \$23.95 **\$17.95**



★DVD 7875215 FRONTIER SUMATRA. Widescreen. The incredible story of a ground-breaking conservation project called Restorasi Ekosistem Riau (RER). The remote Kampar Peninsula is home to the last great peatland rainforest on the island. Roughly the size of London, the RER is home to rare and exotic wildlife, ancient cultures, and carbon-rich peat soil. Not Rated. 53 minutes. Dreamscape Media. Pub. at \$14.95 **\$11.95**



★782209X THE DEEP OCEAN: Life in the Abyss. By Michael Vecchione et al. The deep ocean comprises more than 90 percent of our planet's biosphere and is home to some of the world's most dazzling creatures. This work leads you down into the canyons, trenches, and cold seeps of the watery abyss, presenting the deep ocean and its inhabitants as you have never seen them before. Fully illus. in color. 288 pages. Princeton. 8¾x11¼. **\$37.95**



1247069 AN OAK SPRING HERBARIA: Herbs and Herbals from the Fourteenth to the Nineteenth Centuries. By L.T. Tomasi & T. Willis. Describes 63 works and manuscripts about herbs and includes illustrations selected from the works themselves. Spanning the 14th to 19th centuries, and featuring works by Brunfels, Culpeper, Monardes, and Linnaeus, among others, this catalog will prove fascinating to botanists, bibliophiles, garden historians, and herbalists alike. 394 pages. Oak Spring Garden Library. 9¾x11½. Pub. at \$80.00 **\$32.95**



★8873674 THE PLANTS OF THE APPALACHIAN TRAIL: A Hiker's Guide to 398 Species. By Kristen Wickert. Quickly find, identify, and learn about the amazing range of plants and fungi growing along the Appalachian Trail. Organized by type, color, and trail section. Fully illus. in color. 285 pages. Timber. Paperbound. Pub. at \$29.99 **\$21.95**



8056145 BETWEEN LIGHT AND STORM: How We Live with Other Species. By Esther Woolfson. An examination of the fraught relationship between humans and animals, taking the reader from Genesis to climate change. Examines some of the most complex issues surrounding our treatment of animals and argues passionately for a more humble, more humane relationship with the creatures

who share our world. 358 pages. Pegasus. Pub. at \$28.95 **\$7.95**



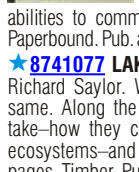
★6081592 ALASKA: Travellers' Wildlife Guides. By D. Paulson & L. Beletsky. From the broad expanses of tundra in the Arctic National Wildlife Refuge and the rich seabird colonies of the Bering Sea to the glacier-bedecked snowy mountains and magnificent forests of the Southeast, wildlife viewing opportunities abound. Illus. in color. 426 pages. Interlink. Paperbound. Pub. at \$30.00 **\$21.95**



★7950713 FUNGI COLLECTED IN SHROPSHIRE AND OTHER NEIGHBOURHOODS: A Victorian Woman's Illustrated Field Notes. By M.F. Lewis. Venture into the woods alongside a pioneering female mycologist. This one of a kind, keepsake volume celebrates the timeless fascination of fungi. Lewis's delicately drawn, boldly colored images evoke the strange and powerful beauty of this kingdom. 168 pages. Chronicle. Pub. at \$22.95 **\$17.95**



★6996280 A FIELD GUIDE TO THE APOCALYPSE: A Mostly Serious Guide to Surviving Our Wild Times. By Athena Aktipis. Drawing on evolutionary psychology, history, brain science, game theory, and more, cooperation theorist (and zombie expert) Aktipis reassuringly explains how we, as a species, are hardwired to survive big existential crises, and how we can do so again by leveraging our innate abilities to communicate and cooperate. 244 pages. Workman. Paperbound. Pub. at \$17.99 **\$12.95**



★8741077 LAKES: Their Birth, Life, and Death. By John Richard Saylor. Without lakes our world would never be the same. Along the way we learn all the many forms that lakes take—how they come to be and how they feed and support ecosystems—and what happens when lakes vanish. Illus. 240 pages. Timber. Pub. at \$27.95 **\$21.95**



★7776527 PREPPER'S LONG-TERM SURVIVAL GUIDE, SECOND EDITION. By Jim Cobb. Will get you through 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 **PRICE CUT to \$11.95**



7844441 THE WASP THAT BRAINWASHED THE CATERPILLAR: Evolution's Most Unbelievable Solutions to Life's Biggest Problems. By Matt Simon. A fascinating exploration of the weird, and unsettling ingenuity of evolution. Matt Simon introduces you to the creatures that have figured it out, the ones that joust with their moustaches or choke sharks to death with snot, all in a wild struggle to survive, and, of course, find that special someone. Well illus. 260 pages. Penguin. Pub. at \$20.00 **PRICE CUT to \$3.95**



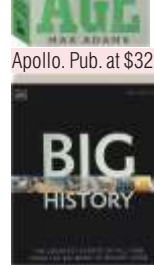
7911041 THE LAST WINTER: The Scientists, Adventurers, Journeymen, and Mavericks Trying to Save the World. By Porter Fox. A gripping blend of narrative travelogue, history, and climatology set against the end of ice, snow, and winter as we know it. Timely, atmospheric, and expertly investigated, Fox showcases a shocking and unexpected casualty of climate change, which may well set off its own unstoppable warming cycle. Photos. 306 pages. Little, Brown. Pub. at \$28.00 **PRICE CUT to \$3.95**



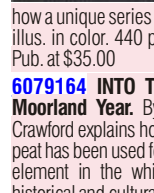
★7886411 HOW TO READ THE WILDERNESS: An Illustrated Guide to North American Flora and Fauna. By The Nature Study Guild. From its mountains to its ocean shores, from its wetlands to its deserts, North America teems with flora and fauna in delicately balanced ecosystems found nowhere else on Earth. With this volume in hand, you will understand the language of nature and see those wild places with new eyes. Fully illus. in color. 392 pages. Chronicle. Pub. at \$35.00 **PRICE CUT to \$21.95**



★1994719 THE MUSEUM OF THE WOOD AGE. By Max Adams. Investigates the influence of six basic devices—lever, wedge, windlass, spring, cordage and float—and in so doing reveals the myriad of ways in which wood has been worked throughout human history. Tracing the path of human ingenuity across a half a million years of history. Well illus. 441 pages. Apollo. Pub. at \$32.00 **PRICE CUT to \$19.95**



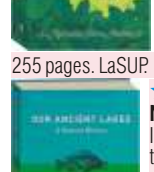
7950993 BIG HISTORY: The Greatest Events of All Time from the Big Bang to Binary Code. Ed. by M. Parrish & C. Lusiak. The full story of how we came to be. It places us in the context of your universe, revealing how and why we got to where we are now. Starting with the Big Bang and our Origins in the stars, travel through 13.8 billion years of cosmic and human history and shows you how a unique series of events shaped the world we know today. Fully illus. in color. 440 pages. Dorling Kindersley. 8½x10. Paperbound. Pub. at \$35.00 **PRICE CUT to \$14.95**



6079164 INTO THE PEATLANDS: A Journey Through the Moorland Year. By Robin A. Crawford. Exploring the peatlands, Crawford explains how they have come to be and also considers how peat has been used for millennia, principally as a fuel but also as a key element in the whisky-making process. He also reflects on the historical and cultural importance that peat has played, and continues to play in the story of Scotland. Illus., many in color. 258 pages. Birlinn. Paperbound. Pub. at \$18.95 **PRICE CUT to \$4.95**



★1995154 DEVOURED: The Extraordinary Story of Kudzu the Vine That Ate the South. By Ayurella Horn-Muller. Detangles the complicated story of the South's fickle relationship with kudzu, chronicling the ways the boundless weed has evolved over centuries, and dissecting what climate change could mean for its future across the U.S. Color photos. 255 pages. LaSUP. Pub. at \$34.95 **PRICE CUT to \$24.95**



★7950888 OUR ANCIENT LAKES: A Natural History. By Jeffrey McKinnon. Introduces the remarkable living diversity of these aquatic bodies to the general reader and explains the surprising, often controversial, findings that the study of their faunas is yielding about the formation and persistence of species. Well illus. 315 pages. MIT Press. Pub. at \$29.95 **PRICE CUT to \$17.95**



★7842163 COMMON BEES OF WESTERN NORTH AMERICA. By O.M. Carril & J.S. Wilson. Portable, full-color photographic guide to the most commonly seen species of the Western U.S. and Canada. Over 200 species are included, with multiple photographs, identification guides, and range maps for each. 415 pages. Princeton. Paperbound. Pub. at \$35.00 **PRICE CUT to \$21.95**



★7937539 THE UNITY OF SCIENCE: Exploring Our Universe, from the Big Bang to the Twenty-First Century. By Irwin Shapiro. Provides a broad and entertaining survey of major scientific discoveries that have changed our views of nature and, in turn, spawned further questions. Shapiro separates his inquiry into three parts: looking up at the universe, looking down at earth and its fossils, and looking at the story of life. Illus. 359 pages. Yale. Pub. at \$32.00 **PRICE CUT to \$17.95**



DVD 7981759 AMAZING EARTH COLLECTION. Gaiam. Pub. at \$14.98 **\$5.95**



5742471 ROCK AND GEM: The Definitive Guide to Rocks, Minerals, Gems, and Fossils. By Ronald Louis Bonowitz. 360 pages. Dorling Kindersley. Paperbound. Pub. at \$26.99 **SOLD OUT**



DVD 1961608 BBC ATLAS OF THE NATURAL WORLD: Western Hemisphere and Antarctic. Fullscreen. BBC. **\$5.95**

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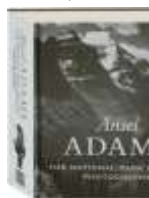
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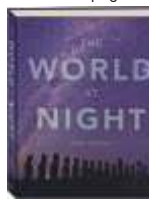
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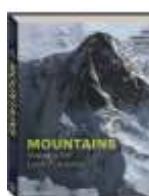
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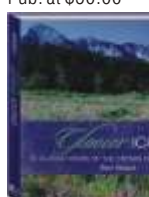
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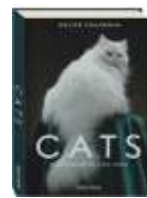
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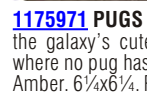
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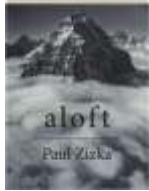


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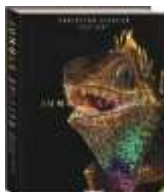
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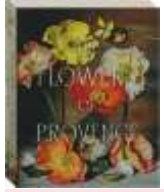
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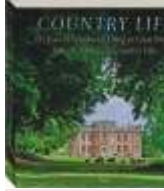


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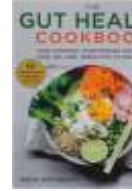
★8007764 ZERO SUGAR/ONE MONTH. By Becky Gillaspay. 176 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$14.95**

★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 \$9.95**



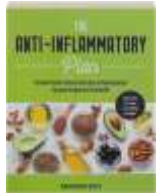
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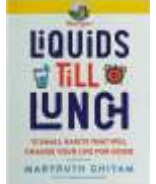


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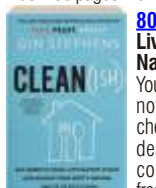
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LIMITED QUANTITY 8886369 LIQUIDS TILL LUNCH: 12 Small Habits That Will Change Your Life for Good. By MaryRuth Ghiyam with S. Durand. A dozen life-changing and easy to follow actions everyone can replicate regardless of budget or time. Anyone can follow to substantially improve their health, happiness, and psychological well-being. From the importance of portion control to positivity, from fasting to stressing less, and more. Illus. in color. 296 pages. Harper. Paperbound. **SOLD OUT**



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**



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**



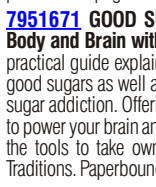
5734894 INTERMITTENT FASTING MADE EASY: Next-Level Hacks to Supercharge Fat Loss, Boost Energy, and Build Muscle. By Thomas DeLauer. Gives you an action plan for maximizing results, designed with busy people juggling family, career and everyday life in mind. Walks you through the best practices for each 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**



LIMITED QUANTITY 8558698 EAT TO BEAT YOUR DIET: Burn Fat, Heal Your Metabolism, and Live Longer. By William W. Li. Shows readers how adding the right foods to your diet can heal your metabolism, reduce unhealthy body fat, and result in the right kind of weight loss that can increase your lifespan and help you thrive. Dr. Li offers a four-week meal plan for food lovers; easy food swaps and shopping tips; and more than a month of recipes. Illus. 474 pages. Hachette. **SOLD OUT**



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**



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**



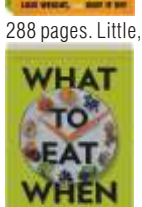
7982801 I'M SO EFFING HUNGRY: Why We Crave What We Crave—and What to Do About It. By Amy Shah. A science-based plan designed to help you take charge of your health and your cravings, without feeling deprived. A 5-step plan to help you make peace with food and your body: replenish, rewrite, reset, refresh,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



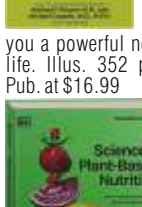
7950918 10-DAY CELERY JUICE CLEANSE. By H. Ebelthite & K. Adams. Discover the amazing benefits of adding celery juice to your life with the included 3-day juice cleanse and a 7-day juice and soup cleanse, each packed with the healthy ingredients you need to make you feel like a new person. 96 pages. Aster. Paperbound. Pub. at \$6.99 **\$4.95**



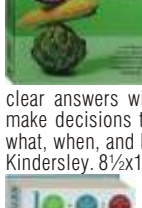
7957416 21-DAY KETO MAGIC: Eat Healthy, Burn Fat, Lose Weight, and Keep It Off. By Michael Mosley. The secret to this new approach is that it combines keto with intermittent fasting, which means you go into ketosis faster while also being able to enjoy delicious Mediterranean-style food. Includes protein-rich, low-carb recipes and easy to follow menus. 288 pages. Little, Brown. Pub. at \$29.00 **\$5.95**



4922212 WHAT TO EAT WHEN: A Strategic Plan to Improve Your Health & Life Through Food. By Michael F. Roizen et al. Reveals that the internal clock that drives our lives—when we sleep and when we wake—also affects how we process food. In other words, when you eat is just as important as what you eat, and the authors give you a 31-day program that will show you a powerful new way to help you achieve your very best life. Illus. 352 pages. National Geographic. Paperbound. Pub. at \$16.99 **\$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. 8 1/2 x 10 1/4. Pub. at \$30.00 **\$21.95**



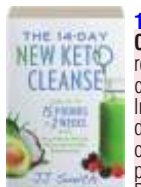
8041946 KETO-GREEN 16. By Anna Cabeca. With 16 days of what to eat instructions; more than 50 delicious breakfast, lunch, dinner, and snack recipes; information about the 16 best alkaline foods; a 16-hour intermittent fasting strategy; 16 minute HIIT exercise routines; and a chapter outlining the specifics of the nutritional plan just for men; will ensure you get on with rapid and amazing weight loss. 16 pages of color photos. 326 pages. Ballantine. Pub. at \$28.00 **\$7.95**



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 **PRICE CUT to \$3.95**



★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 **PRICE CUT to \$11.95**



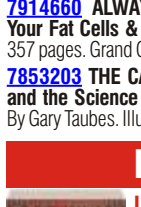
1206753 THE 14-DAY NEW KETO CLEANSE. By JJ Smith. New keto smoothie recipes that feature tasty ingredients such as chocolate, berries, avocados, and much more. Includes comprehensive shopping lists and daily meal and movement guides, plus plenty of opportunities to customize the plan. Color photos. 205 pages. S&S. Paperbound. Pub. at \$18.99 **PRICE CUT to \$2.95**



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



7876602 THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET. By Mark Hyman. 338 pages. Little, Brown. Pub. at \$28.00 **\$6.95**



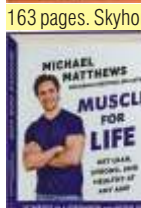
7876580 KETO FOR LIFE: Reset Your Biological Clock in 21 Days and Optimize Your Diet for Longevity. By Mark Sisson with B. Kearns. 16 pages of color photos. 304 pages. Harmony. Pub. at \$27.99 **\$6.95**



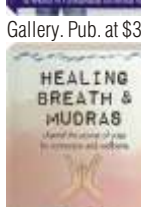
4960246 THE CELERY JUICE BOOK: And Other Plant-Powered, Cold-Pressed, Nutrition-Packed Recipes! By Melissa Petitto. Color photos. 160 pages. Chartwell. Pub. at \$16.99 **\$2.95**



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**



7914660 ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells & Lose Weight Permanently. By David Ludwig. 357 pages. Grand Central. Paperbound. Pub. at \$18.99 **\$3.95**



7853203 THE CASE FOR KETO: Rethinking Weight Control and the Science and Practice of Low-Carb/High-Fat Eating. By Gary Taubes. Illus. 289 pages. Knopf. Pub. at \$26.95 **\$3.95**

Exercise & Fitness



LIMITED QUANTITY 8056137 BAR-JUTSU: The American Art of Bar Fighting. By James Porco with J. Monaco. After years working as a bouncer at bars, Porco—a certified ninjitsu instructor and former pro wrestler—set out to teach every man and woman how to stand tall when barroom trouble found them. Here is his step-by-step guide to defending yourself against brazen pub predators. Well illus. in color. 128 pages. Tuttle. Paperbound. Pub. at \$13.95 **\$5.95**



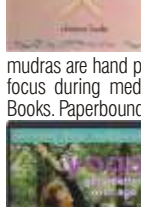
★792531X QUICK FUNCTIONAL EXERCISES FOR SENIORS: 50 Exercises to Optimize Your Health. By Cody Sipe. Contains more than fifty exercises for seniors, with beautiful full-color step by step images to illustrate each. Also offers exercises to improve balance and mobility, strength and power, posture, core stability, and more. 163 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$12.95**



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**



LIMITED QUANTITY 8887489 HEALING BREATH & MUDRAS: Channel the Power of Yoga for Connection and Wellbeing. By Christine Burke. Breath awareness has been linked to calming the body and brain, regulating blood pressure, improving memory and immune function, preventing heart attacks, and easing chronic pain and asthma. Hand yoga is known as mudras; mudras are hand positions that channel energy and offer a point of focus during meditation. Well illus. in color. 144 pages. CICO Books. Paperbound. Pub. at \$19.99 **SOLD OUT**



★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, Liliias 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**

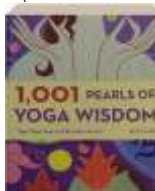
Exercise & Fitness



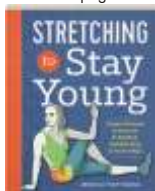
7961448 THE FITNESS INSTRUCTOR'S HANDBOOK, 2ND EDITION: A Professional's Complete Guide to Health and Fitness. By Marc Coulson. An essential guide for anyone working in, or wishing to enter the fitness industry. Clear, concise and accessible, covering every theoretical aspect of fitness instruction and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



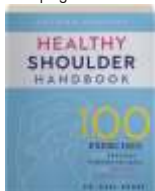
7966350 15-MINUTE PILATES: Four 15-Minute Workouts for Strength, Stretch, and Control. By Alycea Ungaro. Fit exercise into your busy life with these short but effective Pilates programs. Feel results fast—ease tension, improve posture, and watch as your body becomes stronger and more flexible. Fully illus. in color. 112 pages. Dorling Kindersley. Paperbound. Pub. at \$15.00 **\$5.95**



8117470 1,001 PEARLS OF YOGA WISDOM: Take Your Practice Beyond the Mat. By Liz Lark. This treasury of classic yoga teachings on the mind, emotions, spirit, and body will enrich your practice. Also defines key yoga terms and concepts. Plus, features asanas, meditations, breathing exercises, mantras, and mudras for every occasion and skill level. Illus. in color. 384 pages. Chronicle. Paperbound. Pub. at \$19.95 **SOLD OUT**



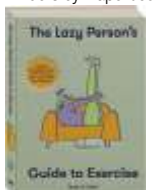
6786162 STRETCHING TO STAY YOUNG: Simple Workouts to Keep You Flexible, Energized, & Pain-Free. By Jessica Matthews. Offers accessible yet effective exercises designed to relieve your stiffness, improve your mobility, and reduce joint discomfort and pain. Part one teaches you the fundamentals; part two profiles each stretch with detailed instructions; and part three offers complete flexibility-training routines. Well illus. in color. 210 pages. Althea. Paperbound. Pub. at \$14.99 **\$11.95**



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 ending chronic pain—fast! 162 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$11.95**



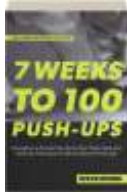
5761956 YOGA FOR ATHLETES: 10-Minute Yoga Workouts to Make You Better at Your Sport. By Dean Pohlman. For any athlete or fitness enthusiast who has heard about the benefits of yoga for their performance but isn't sure how to start: this is everything you need (and nothing you don't). For runners, weight lifters, CrossFitters, triathletes, cyclists, and any athlete who wants to get better. Color photos. 176 pages. Dorling Kindersley. Paperbound. Pub. at \$19.95 **SOLD OUT**



7937709 THE LAZY PERSON'S GUIDE TO EXERCISE. By Susan E. Clark. Over 40 simple exercises you can sneakily squeeze in while in bed, at your desk, commuting, watching TV, in the bath and more. Stretching is the ultimate low-intensity exercise, with science-backed benefits including improved flexibility, toned muscles and a stronger core. Fully illus. in color. 128 pages. OH Editions. Pub. at \$12.95 **\$9.95**



4793684 THE MICRO-WORKOUT PLAN. By Tom Holland. Perfect for busy people who don't have time for the gym. In this guide, Holland shares the knowledge he's gained from 30 years in the fitness industry and he explains why micro-workouts succeed, and offers a motivating, manageable method for fitness well-being. Includes a step by step photographic section of 80 exercises teaching proper form. 210 pages. Sterling. Paperbound. Pub. at \$22.95 **\$4.95**



7993986 7 WEEKS TO 100 PUSH-UPS. By Steve Speirs. Sculpt every muscle from your neck down to your calves and transform your fitness, look great, and feel even better. Offering several custom-designed, day by day plans, this guide has something for everyone: from beginners embarking on a new workout regimen to athletes looking to enhance their strength training program. Well illus. 200 pages. VeloPress. Paperbound. Pub. at \$18.95 **\$13.95**



7929226 THE QIGONG BIBLE: The Definitive Guide to Energy Cultivation Exercise. By Katherine Allen. The ultimate guide to practicing Qigong and finding a mental and physical balance in life, encouraging readers of all levels to make Qigong a part of their everyday routine. The ancient art of Qigong not only allows you to maintain your health but also heals the bodies and calms the minds of those who practice it. Fully illus. in color. 320 pages. Godsfield. Paperbound. Pub. at \$19.99 **\$14.95**

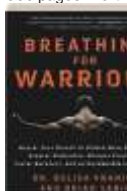
794117X TWO MEALS A DAY: The Simple, Sustainable Strategy to Lose Fat, Reverse Aging, & Break Free from Diet Frustration Forever. By Mark Sisson with B. Kearns. You'll master an eating style that's incredibly nourishing and easy to adhere to for a lifetime, dial-in a winning fitness routine, prioritize 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**



4973852 ULTIMATE BOXING WORKOUT. By Andy & Jamie Dumas. Boxing is the ideal workout for fitness and conditioning. Stamina, strength, speed, endurance and more are all within your reach. These exhilarating interval workouts teach you the foundations of boxing training, body awareness, proper execution of movements all resulting in a challenging and safe exercise program. Fully illus. in color. 176 pages. Mosaic. 8 1/2 x 10 1/4. Paperbound. Pub. at \$19.95 **\$5.95**



7852010 SAFE MOVEMENT FOR ALL SPINES: A Guide to Spinal Anatomy and How to Work with 21 Spine and Hip Conditions. By Gwen Miller. An essential guide for yoga teachers, Pilates instructors, personal trainers, and movement therapists—exercise, ergonomic adjustments, and daily-living activities for back pain, scoliosis, disc disease, and a variety of other spine and hip conditions. Each condition is clearly explained with detailed illustrations and photos to show how to do each exercise. 366 pages. North Atlantic. Paperbound. Pub. at \$25.95 **\$18.95**



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 body, and your mind, in prime condition. Illus. 260 pages. St. Martin's. Paperbound. Pub. at \$18.99 **\$13.95**



7950349 STRETCHING FOR A PAIN-FREE LIFE. By J. Cybulski & B. Riley. The authors show you their most effective stretching routines, simple enough for anyone to do at home, that strengthen key areas of the body so you can move properly and live pain-free once more. Well illus. in color. 128 pages. Page Street. Paperbound. Pub. at \$19.99 **\$14.95**



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 **\$18.95**

1997041 YOGA FOR EMOTIONAL BALANCE: Simple Practices to Help Relieve Anxiety and Depression. By Bo Forbes. An integrative, mind-body approach to healing anxiety, depression, and chronic stress. Forbes offers some of her most important teachings and practices, including simple ways to understand your emotional patterns, five tools for building emotional balance, restorative yoga sequences designed to balance anxiety and lift depression, and more. Illus. 236 pages. Shambhala. Paperbound. Pub. at \$24.95 **\$6.95**



6771572 EVEN THE STIFFEST PEOPLE CAN DO THE SPLITS. By Eiko. Whether you spend your days running marathons or slouching over a keyboard, you can benefit from stretching and the increased flexibility that comes along with it. With only 5 minutes of stretching a day, you will experience a host of health benefits such as better circulation, fewer joint injuries, improved balance, and more. Well illus. in color. 154 pages. Rodale. Pub. at \$18.99 **\$13.95**



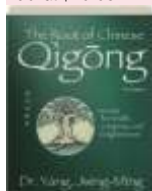
7804431 THE MIRACLE OF FLEXIBILITY: A Head-to-Toe Program to Increase Strength, Improve Mobility, and Become Pain Free. By Miranda Esmonde-White. You will learn how to train your body as one interconnected unit, use constant movement as your guide, and improve the range of motion of every joint to reach 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**



4903668 MARTIAL ARTS AND THE MIRROR IMAGE. By Phillip Starr. Pulling from self-image psychology and Qigong to offer readers a unique set of physical exercises that can be applied to any martial art tradition, as well as our everyday lives. Like two mirrors facing each other, the physical body both reflects and changes the mind, and vice versa: as we adjust the way we move, we adjust the way we think about ourselves, our lives, and our environments. Photos. 205 pages. Blue Snake Books. Paperbound. Pub. at \$19.95 **\$11.95**



7836902 BUILDING THE ELITE ATHLETE. By the eds. of *Scientific American*. Science increasingly informs athletic training, and technology is used everyday to maintain physical performance. Presents clear, accessible prose about present—and future—advances that will enhance not only athletic performance, but also the vitality of the rest of the population. 192 pages. Lyons. Paperbound. Pub. at \$19.95 **PRICE CUT to \$1.95**



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 massage techniques, examines the Qi pathway, correct breathing methods and more. Illus. 318 pages. YMAA. Paperbound. Pub. at \$34.95 **PRICE CUT to \$21.95**

7929684 SMALL CHANGES: A Rules-Free Guide to Add More Plant-Based Foods, Peace & Power to Your Life. By Alicia Witt. Witt shows you how adopting the "small changes philosophy" allows you to find balance, eat healthier, and feel better physically and emotionally. See how small changes can usher in larger changes and transform your life. 16 pages of color photos. 270 pages. Harper. Pub. at \$27.99 **PRICE CUT to \$5.95**



7976496 THE WELLNESS GUIDE: Embrace 100 Expressions of Positive Self-Care, from Meditation to Yoga, Superfoods to Journaling. Ed. by R. Newcombe & C. Martin. You'll learn how to enhance your physical, mental, emotional, and social well being, to help support your wider wellness journey. Nurture your body through gentle exercise, nutrition, and rest. Understand meditative techniques to help boost your mental health, and more. Fully illus. in color. 303 pages. Thunder Bay. 8 1/2 x 10 3/4. Paperbound. Pub. at \$24.99 **PRICE CUT to \$14.95**



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 **PRICE CUT to \$14.95**

Exercise & Fitness

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**

7713436 TRAIN LIKE A FIGHTER: Get MMA Fit Without Taking a Hit. By Cat Zingano. Color photos. 192 pages. Alpha. Paperbound. Pub. at \$19.95 **\$5.95**

788513X PRETTY INTENSE. By Danica Patrick with S. Perrine. Well illus., most in color. 304 pages. Avery. Pub. at \$30.00 **\$5.95**

7944624 STRENGTH TRAINING: Exercise in Action. By Hollis Lance Liebman. 160 pages. Thunder Bay. Paperbound. Pub. at \$19.95 **\$5.95**

1996967 GET YOUR YOGA ON: 30 Days to Build a Practice That Fits Your Body and Your Life. By Kino MacGregor. Fully illus. in color. 154 pages. Shambhala. Paperbound. Pub. at \$24.95 **\$5.95**

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**

7825579 FOAM ROLLING: Relieve Pain, Prevent Injury, Improve Mobility. By Sam Woodworth. Well illus., in color. 191 pages. Dorling Kindersley. Paperbound. Pub. at \$19.95 **\$6.95**

★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**

7964684 MOON YOGA: Poses, Flows and Rituals to Help You Move with the Moon. By Lisa Hood. Illus. in color. 128 pages. Godfield. Pub. at \$14.99 **\$3.95**

7801351 BE THE FITTEST: Your Ultimate 12-Week Guide to Training Smart, Eating Clever and Learning to Listen to Your Body. By Tyrone Brennand. Well illus. in color. 224 pages. Quadrille. Paperbound. Pub. at \$23.99 **SOLD OUT**

★1973568 INTELLIGENT FITNESS: The Smart Way to Reboot Your Body and Get in Shape. By Simon Waterson. Photos, many in color with illus. 256 pages. Triumph. Paperbound. Pub. at \$20.00 **\$11.95**

★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 **PRICE CUT to \$12.95**

★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 **PRICE CUT to \$11.95**

★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**

★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 \$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 \$14.95**

★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 **PRICE CUT to \$11.95**

Beauty & Skin Care



LIMITED QUANTITY 5742412 PURE SKIN CARE: Nourishing Recipes for Vibrant Skin & Natural Beauty. By Stephanie L. Tourles. Feed your skin, feet, and hands with these easy to create all natural cleansers, toners, masks, steams, scrubs, moisturizers, and balms. Tourles, a holistic esthetician, offers 78 of her all time favorite recipes that nourish, protect, and pamper your outer layer from head to toe. Well illus. in color. 248 pages. Storey. Spiralbound. Pub. at \$19.95 **SOLD OUT**



5879728 BREAK FREE FROM ECZEMA. By Rachel Zohn. This friendly guide offers a complete breakdown of what eczema is, how your unique genes and environment can affect your skin, and how to harness that important information for feeling better as soon as possible. You'll find practical tips on ways to manage eczema. 240 pages. Ullyesses. Paperbound. Pub. at \$15.95 **\$5.95**



4284070 VINTAGE BEAUTY PARLOR: Flawless Hair and Make-Up in Iconic Vintage Styles. By Hannah Wing, photos by P. Wincer. Re-create beautiful vintage hair and make-up looks in the iconic styles from the 1920s to the 1980s. Using step by step photography and inspiring tips on how to dress, you can master each stunning look and truly styles of each decade. 137 pages. Ryland Peters & Small. Pub. at \$14.95 **\$5.95**



7874545 TIMELESS BEAUTY: Over 100 Tips, Secrets, and Shortcuts to Looking Great. By Christie Brinkley with S. Wadyka. Sharing the secrets she's learned on what to eat, how to apply makeup like a pro, and how to keep your hair shiny and your face glowing, super-model Christie Brinkley will show you how to look like a knockout at any age. Fully illus. in color. 208 pages. Grand Central. 8 1/2 x 10 1/4. Pub. at \$30.00 **\$6.95**



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



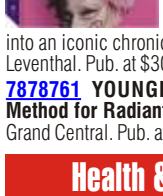
1999265 YOUR BEST SKIN: The Science of Skincare. By Hannah English. Will help you identify your skin type with a comprehensive quiz before revealing how you can heal yourself with a new beauty ritual that is actually tailored to your needs. Your essential skincare manual, breaking down the science of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



8651841 MASKS & SCRUBS: Whole Beauty. By Shiva Rose. Features recipes for face masks, hair treatments, exfoliants for face and body, and nourishing oils so you can give yourself a spa-like treat at home and tap into the full force of female energy. Color photos. 96 pages. Artisan. Pub. at \$12.95 **\$4.95**



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**

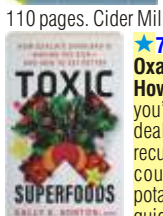


7878761 YOUNGER: The Breakthrough Anti-Aging Method for Radiant Skin. By Harold Lancer. Illus. 243 pages. Grand Central. Pub. at \$28.00 **\$5.95**

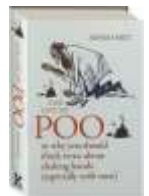
Health & Medical References



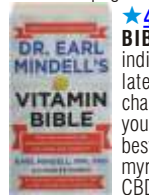
1043889 KNOW YOUR SHIT: What Your Crap Is Telling You. By Shawn Shafar. This work lifts the lid off the potty taboo and breaks the stall door down in search of the Perfect Poo. Along the way, learn what happens inside your body to make poo, how the process can go wrong, and simple fixes to make sure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



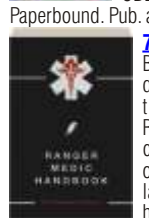
★7779186 TOXIC SUPERFOODS: How Oxalate Overload Is Making You Sick—and How to Get Better. By Sally K. Norton. If you're eating a healthy diet and you're still dealing with fatigue, inflammation, anxiety, recurrent injuries, or chronic pain, the problem could be your spinach, almonds, sweet potatoes,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



7983891 THE LIFE OF POO: Or Why You Should Think Twice About Shaking Hands (Especially with Men). By Adam Hart. Explores the profound, unexpected, sometimes unpleasant, but often beneficial, impact this microscopic horde has on our health, wealth and well being. Join Hart on a humorous, myth busting journey that is flush with facts, from the poo in your toilet to the latest scientific research beyond the bowl. 256 pages. Kyle Cathie. **\$4.95**



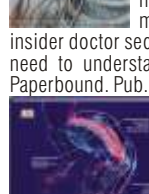
★4844165 DR. EARL MINDELL'S VITAMIN BIBLE, REVISED. with H. Mundis. This indispensable guide has been updated with the latest research, including three brand new chapters on how to use supplements to boost your immune system, which supplements are best for combating the effects of aging, and the myriad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



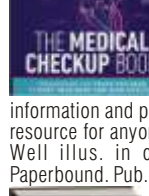
7835280 RANGER MEDIC HANDBOOK. By U.S. Department of Defense. After decades of medic experience in war theaters throughout the world, the U.S. Army Rangers have distilled the critical components of lifesaving first aid into this official guide. Learn how to handle lacerations, contusions, burns, traumatic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



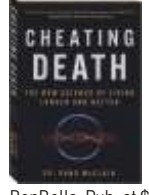
775728X WHAT'S WRONG WITH YOU? An Insider's Guide to Your Insides. By Sarah Holper. Takes you on a tour through the human body, exploring the remarkable mechanisms behind your medical symptoms: from headache to itch via ringing ears and fluorescent urine. Packed with memorable patient encounters, bizarre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



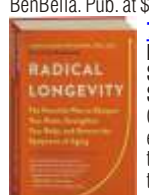
1910221 THE MEDICAL CHECKUP BOOK: Understand the Tests You Need to Keep Your Body and Mind Healthy. By Jess Baker et al. An essential guide to understanding and maintaining your health, covering the most common medical tests and health assessments available. Written by experts and packed with user-friendly 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**



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**

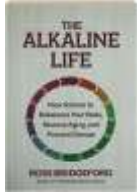


7998244 RADICAL LONGEVITY: The Powerful Plan to Sharpen Your Brain, Strengthen Your Body, and Reverse the Symptoms of Aging. By Ann Louise Gittleman. Inside you'll discover the most essential vitamins, minerals, and hormones to reclaim youthful immunity; the transformative Radical Longevity Power Plan and 5 Day Radical Reset to soothe the gut and revitalize the liver; how to manipulate your metabolism; and more. 324 pages. Hachette. Pub. at \$28.00 **\$7.95**



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 well-being: from increasing energy, strengthening the immune system and even enhancing creativity. 160 pages. Hardie Grant. Pub. at \$22.99 **\$9.95**

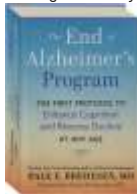
Health & Medical References



★**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**



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**



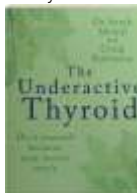
7857748 THE END OF ALZHEIMER'S PROGRAM: The First Protocol to Enhance Cognition and Reverse Decline at Any Age. By Dale E. Bredesen. What we call Alzheimer's disease is actually a protective response to a wide variety of insults to the brain: inflammation, insulin resistance, toxins, infections, and 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**



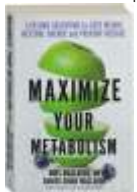
8041814 CLEARING THE FOG: From Surviving to Thriving with Long Covid-A Practical Guide. By James C. Jackson. An empathetic and practical guide to navigating life with the cognitive and mental health impairments that often accompany long Covid. Will help people living with long Covid understand their 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**



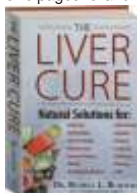
4997220 SUGARPROOF: The Hidden Dangers of Sugar That Are Putting Your Child's Health at Risk and What You Can Do. By M.I. Goran & E.E. Ventura. The authors bust the myths about the various types of sugars and sweeteners; help families identify sneaky sources of sugar in their diets; and suggest realistic, 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**



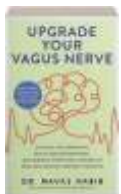
★**7790554 THE UNDERACTIVE THYROID: Do It Yourself Because Your Doctor Won't.** By S. Myhill & C. Robinson. Shows us what the signs and symptoms are, all stemming from the metabolism running slow, and what the problems with diagnostic blood tests are that mean they cannot be relied on in isolation. Advocating 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**



795882X MAXIMIZE YOUR METABOLISM: Lifelong Solutions to Lose Weight, Restore Energy, and Prevent Disease. By Noel & Sunita Singh Maclaren. The authors have identified several key components—including genetic legacies, appetite signals, and sleep patterns—to develop a 10 part Metabolic Matrix. With this matrix, you will learn how to manage these 10 elements to help achieve robust health and an overall sense of wellbeing in as little as six months. 326 pages. Grand Central. Pub. at \$28.00 **\$4.95**



★**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**



★**1033395 UPGRADE YOUR VAGUS NERVE.** By Navaz Habib. Unlock the full potential of your vagus nerve by going beyond activation alone to explore stressors, measurement techniques, and practical protocols to create a roadmap to a healthier, happier life. 199 pages. Ulysses. Paperbound. Pub. at \$16.95 **\$12.95**



7994303 THE HEALTH FIX: Transform Your Health in 8 Weeks. By Ayan Panja. Will show you how to: tighten up on the eight key factors which affect your everyday health; improve your ability to control your habits and change behaviors; experience the subtle power of how, what and when; generate your own targeted lifestyle prescription; and more. 255 pages. Kyle Books. Pub. at \$19.99 **\$5.95**



★**6999204 GUT: An Owner's Guide.** By Austin Chiang. An informative, practical, and engaging introduction to this hidden-away part of the body. This myth-busting work focuses on all aspects of gut health so you can steer clear of Dr Google and discover what will make your gut happier and healthier. Illus. 208 pages. Dorling Kindersley. Pub. at \$19.99 **\$14.95**



821719X SUPER GUT: A Four-Week Plan to Reprogram Your Microbiome, Restore Health and Lose Weight. By William Davis. Shares a four-week plan that gets to the root of many diseases, improves levels of oxytocin, brain health, and promotes anti-aging, weight loss, mental clarity and more restful sleep. Provides an arsenal of other yogurt fermentation projects that enhance immunity, reduce anxiety and arthritis pain, and more. Also includes forty recipes. 350 pages. Yellow Kite. Paperbound. Pub. at \$30.00 **\$14.95**



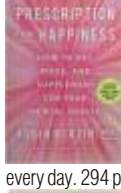
★**7943040 FOREVER STRONG: A New, Science-Based Strategy for Aging Well.** By Gabrielle Lyon. Offers an easy to follow food, fitness, and self care program anchored in evidence and pioneering research that teaches you how to optimize muscle, no matter your age or health history. Discover how to overcome everything from obesity to autoimmune disorders and prevent diseases by following Dr. Lyon's powerful new approach to becoming strong. 389 pages. Atria. Pub. at \$29.99 **\$21.95**



7966830 THE CURE FOR EVERYTHING: Untangling Twisted Messages About Health, Fitness, and Happiness. By Timothy Caulfield. Caulfield interviews experts, reviews research in-depth, and even tries out some of today's health fads himself to discover what works and what doesn't. He proves, alas, that there are no shortcuts to health and fitness, and offers up the scientifically sound, tough-love truth about how we can live longer, healthier lives. 234 pages. Beacon. Paperbound. Pub. at \$17.00 **\$5.95**



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**



★**7961847 FOOD AS MEDICINE: A Handbook of Natural Nutrition.** By Kirsten Hartvig. You will learn how foods stimulate the body's natural self-healing ability, and you will gain understanding of the role of specific nutrients in treating everyday ailments, aches and pains. 207 pages. Aeon. Paperbound. Pub. at \$25.00 **\$17.95**



★**1998587 THE MICROBIOME CONNECTION: Your Guide to IBS, SIBO, and Low-Fermentation Eating.** By M. Pimentel & A. Rezaie. An essential resource for understanding the microbiome and the connection to diet as a means to promote better digestive health, including suggestions of when and how to eat certain foods in moderation and avoid other foods altogether. 200 pages. Agate Surrey. Paperbound. Pub. at \$18.99 **\$13.95**



★**7935374 DOES COFFEE CAUSE CANCER? And 8 More Myths About the Food We Eat.** By Christopher Labos. A refreshingly clarifying work about food, food myths, and how sloppy science perpetuates misconceptions about food. Does vitamin C prevent the common cold? Why were eggs once bad for you but now good for you again? Is red wine really good for your heart? and more. Illus. 290 pages. ECW Press. Paperbound. Pub. at \$19.95 **\$14.95**



8116733 THE END OF CRAVING: Recovering the Lost Wisdom of Eating Well. By Mark Schatzker. Reveals how our dysfunctional relationship with food began—and how science is leading us back to healthier living and eating. Only by restoring the relationship between nutrition and pleasure of eating can we hope to lead longer and happier lives. 257 pages. Avid Reader. Pub. at \$27.00 **\$5.95**



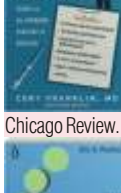
★**8200149 STAYING HEALTHY WHEN YOU TRAVEL: Avoiding Bugs, Bites, Bellyaches, and More.** By Jane Wilson-Howarth. Packed with crucial advice on immunizations, medicines, traveling with children, flying, culture shock, ailments, accidents, and more, this volume covers everything you have and haven't thought of. Illus. in color. 320 pages. CompanionHouse. Paperbound. Pub. at \$22.99 **\$17.95**



★**8890137 MED SPA MAYHEM: The Good, the Bad, and the Ugly Secrets of the Aesthetic Industry.** By Kate Dee. An essential read for anyone considering med spa services, offering a much-needed and expert perspective on the balance between beauty and health. Dr. Dee's passionate advocacy for patient safety makes Med Spa Mayhem a pivotal work in understanding and navigating the complex world of medical spas. 177 pages. Advantage Media Group. Paperbound. Pub. at \$19.99 **\$14.95**



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 **PRICE CUT to \$3.95**



7830734 THE SLEEP PRESCRIPTION: 7 Days to Unlocking Your Best Rest. By Aric A. Prather. Prather shares the powerful solutions that he uses to help his patients at the clinic achieve healing and restorative sleep. Going beyond the obvious remedies, he shares surprisingly simple yet deeply effective techniques that will help you life back and let sleep work its magic. 196 pages. Penguin. Paperbound. Pub. at \$15.00 **PRICE CUT to \$3.95**



CD 7964668 MIND OVER MEDS: Know When Drugs Are Necessary, When Alternatives Are Better—and When to Let Your Body Heal on Its Own. By Andrew Weil. Read by the author. Alerts readers to the problem of over-medication and outlines when medicine is necessary and when it is not. Weil examines how we came to be so drastically over-medicated and presents science that proves drugs aren't always the best option. Seven hours on 6 CDs. Little, Brown. Pub. at \$30.00 **PRICE CUT to \$4.95**

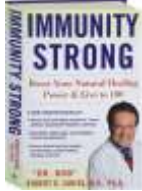


4997069 IF IT SOUNDS LIKE A QUACK... A Journey to the Fringes of American Medicine. By Matthew Hongoltz-Hetling. A bizarre journalistic journey through the world of fringe medicine, filled with leeches, baking soda IVs, and, according to at least one person, zombies. Asks critical questions while telling the story of how we got to this improbable moment, and wondering where we go from here. 323 pages. PublicAffairs. Pub. at \$29.00 **PRICE CUT to \$3.95**



★**8048215 HEALING ADAPTOGENS.** By T. Isokauppila & D.R. Broida. Welcome to the world of adaptogens: nutrient-dense, calorie-sparse superfoods that have been clinically proven to help support your body's immunity and gut health; increase your body's energy, productivity, and focus; aid with stress and mood; and more. Illus. 230 pages. Hay House. Paperbound. Pub. at \$17.99 **PRICE CUT to \$9.95**

Health & Medical References



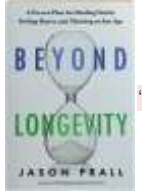
4996631 IMMUNITY STRONG: Boost Your Natural Healing Power & Live to 100. By Robert G. Lahita. Helps readers integrate the science of the immune system with its spiritual side to unlock the secrets to longevity. Dr. Bob covers a wide array of topics, including: the essential role bacteria in your gut, lungs, and skin play in good health; the effect of spiritual actions such as yoga, meditation, and prayer on immunity; and more. 250 pages. Humanix. Pub. at \$24.99 **PRICE CUT to \$4.95**

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7910797 12 WEEKS TO A SHARPER YOU: A Guided Program. By Sanjay Gupta. The 12 week program is designed to help you feel less anxious, sleep better, improve your energy, think more clearly, and become more resilient to daily stress. Full of strategies, quotations, and prompts, this is the only guide you'll need to keep your brain young and healthy at any age! 190 pages. S&S. Paperbound. Pub. at \$20.00 **PRICE CUT to \$3.95**

S&S. Paperbound. Pub. at \$20.00

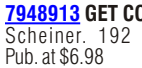


★7991282 BEYOND LONGEVITY: A Proven Plan for Healing Faster, Feeling Better, and Thriving at Any Age. By Jason Prall. Features new science that updates the "blue zones" secrets to healthy, happy longevity with a flexible, holistic approach that incorporates epigenetics, nutrition, and mental health. 223 pages. Hay House. Paperbound. Pub. at \$18.99 **PRICE CUT to \$11.95**



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 **PRICE CUT to \$7.95**

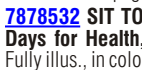
accessible clear language. Get the help you need from the experts. 358 pages. Hachette. Pub. at \$30.00



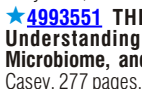
7948913 GET CONTROL OF YOUR BLOOD SUGAR. By Gary Scheiner. 192 pages. Publications Int'l. Paperbound. Pub. at \$6.98 **\$4.95**



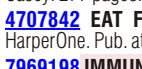
7944578 REGULAR: The Ultimate Guide to Taming Unruly Bowels and Achieving Inner Peace. By Tamara Duker Freuman. 325 pages. Hachette. Pub. at \$29.00 **\$6.95**



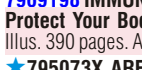
7878532 SIT TO GET FIT: Change the Way You Sit in 28 Days for Health, Energy and Longevity. By Suzy Reading. Fully illus., in color. 160 pages. Aster. Pub. at \$14.99 **\$5.95**



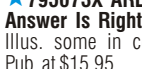
★4993551 THE MIND-GUT-IMMUNE CONNECTION: Understanding How Food Impacts Our Mind, Our Microbiome, and Our Immunity. By Emeran Mayer with N. Casey. 277 pages. Harper. Paperbound. Pub. at \$17.99 **\$12.95**



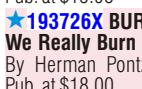
4707842 EAT FOR LIFE. By Joel Fuhrman. 394 pages. HarperOne. Pub. at \$28.99 **\$5.95**



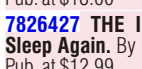
7969198 IMMUNE RESILIENCE: The Breakthrough Plan to Protect Your Body and Fight Disease. By Romilly Hodges. Illus. 390 pages. Avery. Pub. at \$28.00 **PRICE CUT to \$4.95**



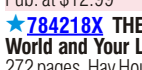
★795073X ARE YOUR TEETH MAKING YOU SICK? The Answer Is Right Under Your Nose! By Charles Reinertsen. Illus. some in color. 105 pages. HigherLife. Paperbound. Pub. at \$15.95 **SOLD OUT**



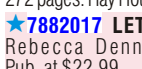
★193726X BURN: New Research Blows the Lid Off How We Really Burn Calories, Stay Healthy, and Lose Weight. By Herman Pontzer. Illus. 373 pages. Avery. Paperbound. Pub. at \$18.00 **PRICE CUT to \$5.95**



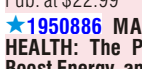
7826427 THE INSOMNIA DIARIES: How I Learned to Sleep Again. By Miranda Levy. 294 pages. Aster. Paperbound. Pub. at \$12.99 **PRICE CUT to \$3.95**



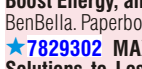
★784218X THE BREATHABLE BODY: Transforming Your World and Your Life, One Breath at a Time. By Robert Litman. 272 pages. Hay House. Paperbound. Pub. at \$17.99 **\$7.95**



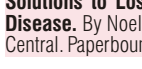
★7882017 LET IT GO: Breathe Yourself Calm. By Rebecca Dennis. 300 pages. Ebury. Paperbound. Pub. at \$22.99 **PRICE CUT to \$14.95**



★1950886 MASTER YOUR STRESS, RESET YOUR HEALTH: The Personalized Program to Calm Anxiety, Boost Energy, and Beat Burnout. By Doni Wilson. 270 pages. BenBella. Paperbound. Pub. at \$16.95 **PRICE CUT to \$3.95**



★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 \$5.95**



607815X TIRED—SO TIRED! And the Yeast Connection. By William G. Crook. Tells readers with chronic fatigue syndrome and other causes of exhaustion about steps they can follow to regain their health. 386 pages. Square One Publishers. Paperbound. Pub. at \$16.95 **\$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**

★7881193 MAYBE IT'S YOUR MEDICATIONS: How to Avoid Unnecessary Drug Therapy and Adverse Drug Reactions. By Hedva Barenholtz Levy. 327 pages. Skyhorse. Pub. at \$28.99 **\$21.95**

★7939493 THE GIFT OF THE NIGHT: A Six-Step Program for Better Sleep. By Philip Carr-Gomm. 192 pages. Inner Traditions. Paperbound. Pub. at \$18.99 **PRICE CUT to \$9.95**

★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"x11. Pub. at \$69.95 **PRICE CUT to \$34.95**

★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 \$5.95**

Diseases & Disorders

607815X TIRED—SO TIRED! And the Yeast Connection. By William G. Crook. Tells readers with chronic fatigue syndrome and other causes of exhaustion about steps they can follow to regain their health. 386 pages. Square One Publishers. Paperbound. Pub. at \$16.95 **\$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**

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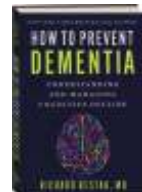
★4503856 DIABETES, REVISED SECOND EDITION: The Real Cause and the Right Cure. By John M. Poothullil. Shows how you can follow eight simple steps to change your diet to lower your blood sugar, develop new eating patterns to stop overeating, and reconnect with your "authentic" weight. 210 pages. New Insights. Paperbound. Pub. at \$15.95 **\$12.95**

7857241 THE NOCTURNAL BRAIN: Nightmares, Neuroscience, and the Secret World of Sleep. By Guy Leschziner. With compassionate stories of his patients and their conditions, Dr. Leschziner reveals the neuroscience behind our sleeping minds and explores the many biological and psychological factors that allow us to find the rest necessary to maintain our health and also improve our cognitive abilities and overall happiness. Illus. 353 pages. St. Martin's. Pub. at \$28.99 **\$4.95**

★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**

7862172 GETTING YOUR BRAIN & BODY BACK: Everything You Need to Know After Spinal Cord Injury, Stroke, or Traumatic Brain Injury. By Bradford C. Berk with M.W. Murphy. Make the fullest possible recovery after neurological injury with this definitive guide by a doctor and spinal cord injury survivor who's been there. Dr. Berk's candid advice on medical treatment and daily living—plus insights from the brightest minds in the field—will help get you or your loved one back to life. Illus. 310 pages. The Experiment. Paperbound. Pub. at \$19.95 **\$4.95**

★8031843 A SILENT FIRE: The Story of Inflammation, Diet & Disease. By Shilpa Ravella. Inflammation is the body's ancestral response to its greatest threats, the first line of defense it deploys against injury and foreign pathogens. This work unveils hidden inflammation's emerging role as a common root of modern disease, exploring why the immune system is turning against us—and what we might do about it. 340 pages. Norton. Paperbound. Pub. at \$18.99 **\$13.95**



★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**



★7852045 THE IODINE BALANCING HANDBOOK: Optimize Your Diet, Regulate Thyroid Hormones, and Transform Your Total-Body Health. By Malini Ghoshal. By stimulating the thyroid glands to produce certain hormones, iodine can affect every aspect of your health, from the heart and brain to your energy and weight. A guide to achieving the proper balance needed to naturally treat a wide range of chronic illnesses, including: Hyperthyroidism, Graves' disease, Heart disease, and more. 152 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$9.95**

naturally treat a wide range of chronic illnesses, including: Hyperthyroidism, Graves' disease, Heart disease, and more. 152 pages. Ulysses. Paperbound. Pub. at \$15.95



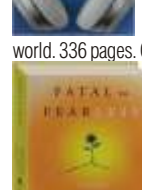
5722578 THE END OF FOOD ALLERGY: The First Program to Prevent and Reverse a 21st-Century Epidemic. By K. Nadeau & S. Barnett. The problem of food allergy is exploding around us. But this work offers the first glimpse of hope with a powerful message: you can work with your family and your doctor to eliminate your food allergy forever. 342 pages. Avery. Pub. at \$28.00 **\$6.95**



★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 **\$16.95**



★1177095 SOUNDS LIKE MISOPHONIA: How to Stop Small Noises from Causing Extreme Reactions. By Jane Gregory with A. Ahmad. Gregory takes you through step by step exercises to change your relationship with sounds and streamline your coping strategies. Alongside you on your journey is podcaster and misophonia Adeel Ahmad, who carries out experiments and shares case studies from volunteers around the world. 336 pages. Green Tree. Paperbound. Pub. at \$22.00 **\$16.95**



★199476X FATAL TO FEARLESS: 12 Steps to Beating Cancer in a Broken Medical System. By Kathy Giusti. Tells the story of how Giusti took on the system and turned it to her advantage. A crash course in surviving a difficult diagnosis, organized around 12 essential steps. Her hard-fought wisdom ranges from how to access the best diagnostics and treatments to preventing disease in the first place, and more. 270 pages. Harper Wave. Pub. at \$30.00 **\$21.95**



★7939507 OVERCOMING CHRONIC DIGESTIVE CONDITIONS: Release the Visceral Layers of Post-Traumatic Gut Disorder. By Nikki Kenward. Sharing visualization exercises and a hands on process of listening to the gut layer by layer, the author helps readers unwind stagnant cellular patterns, discover the dynamic intelligence in every cell, and transforms Post-Traumatic Gut into Post-Traumatic growth. 202 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **\$15.95**

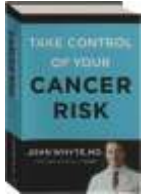


6999034 ENDO UNFILTERED: How to Take Charge of Your Endometriosis and PCOS. By Erin Barnett. Barnett shares her experience of navigating her teens and twenties while living with endometriosis and polycystic ovary syndrome (PCOS). Her words of wisdom are shared in the hopes of empowering fellow sufferers to take charge of their own health and wellbeing, no matter their age. Illus. 221 pages. Murdoch Books. Paperbound. Pub. at \$27.99 **\$7.95**

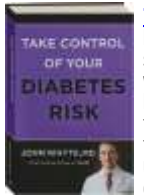
place, and more. 270 pages. Harper Wave. Pub. at \$30.00

★6998127 THE FUTURE OF ALZHEIMER'S: Finding Inspiration & Hope Through Expert Insight. By Sharon Ricardi. Offers an informative and inspirational look forward into the next 10 years of Alzheimer's treatment and beyond. Provides a perspective on the current state of Alzheimer's care, what newly diagnosed individuals can expect, and the likelihood of a cure in our lifetime. 162 pages. Hatherleigh. Paperbound. Pub. at \$15.00 **\$11.95**

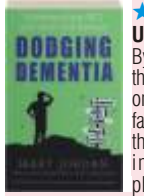
Diseases & Disorders



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 **PRICE CUT to \$5.95**



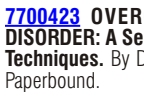
7940467 TAKE CONTROL OF YOUR DIABETES RISK. By John Whyte. Shares straightforward information and equips you with strategies to help you on a journey to better health, including knowing the causes of the different types of diabetes, and learning the role food, exercise, sleep play, and understanding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



★1105736 DODGING DEMENTIA: Understanding MCI and Other Risk Factors. By Mary Jordan with J. Thompson. Guides you through how to assess your personal risk based on the latest evidence. Shows the reader the many factors associated with developing dementia and the science behind our current understanding, including: diet, exercise, trauma, pharmaceuticals, genetics, social isolation, sleep, neurological deficits, and more. 231 pages. Hammersmith. Paperbound. Pub. at \$29.99 **PRICE CUT to \$19.95**



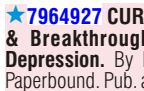
7951248 TAKE CHARGE OF YOUR THYROID DISORDER. By A. Christianson & H. Bender. 320 pages. Alpha. Paperbound. Pub. at \$19.99 **\$5.95**



7700423 OVERCOMING OBSESSIVE COMPULSIVE DISORDER: A Self-Help Guide Using Cognitive Behavioral Techniques. By D. Veale & R. Willson. 451 pages. Robinson. Paperbound. **\$3.95**



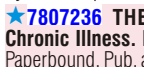
7840519 US OF AA: How the Twelve Steps Hijacked the Science of Alcoholism. By Joe Miller. 194 pages. Chicago Review. Pub. at \$26.99 **\$6.95**



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



★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**

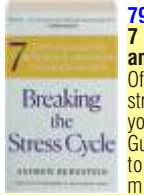


★7807236 THE INVISIBLE KINGDOM: Reimagining Chronic Illness. By Meghan O'Rourke. 324 pages. Riverhead. Paperbound. Pub. at \$18.00 **PRICE CUT to \$3.95**

Stress & Pain Management



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**



8056536 AN ANATOMY OF PAIN: How the Body and the Mind Experience and Endure Physical Suffering. By Abdul-Ghaaliq Laikhen. 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 **\$5.95**



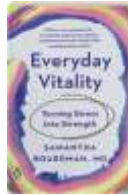
★4903749 PAIN FREE, REVISED SECOND EDITION: A Revolutionary Method for Stopping Chronic Pain. By Pete Egoscue. Starting today, you don't have to live in pain. That is the revolutionary message of The Egoscue Method, a breakthrough system for eliminating musculoskeletal pain without drugs, surgery, or expensive physical therapy. A step by step guide designed to return the body to its balanced, pain-free state. Photos. 290 pages. Bantam. Paperbound. Pub. at \$18.00 **\$9.95**



★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. 8 1/2 x 10. Pub. at \$35.00 **\$26.95**



★798247X RESTORE YOUR LIFE FROM CHRONIC PAIN: Find Lasting Relief from Arthritis, Headache, and Back Pain. By Mark B. Weisberg. Inside this guide, find real, validating medical information, including details on how the brain changes due to chronic pain; suggestions for helpful changes to your sleep routine, diet, and more; strategies for assembling your healing team; and pain management tips to help you improve your day to day life. 280 pages. Mango. Paperbound. Pub. at \$19.99 **\$14.95**



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 **\$5.95**



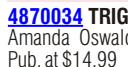
7863500 OUTSMART YOUR PAIN: Mindfulness and Self-Compassion to Help You Leave Chronic Pain Behind. By Christiane Wolf. Shows the way with 20 easy guided meditations and self-compassion practices. By separating your pain from the stressful thoughts and troubled feelings that come with it, you can lay down your burden and live with joy. 224 pages. The Experiment. Pub. at \$16.95 **PRICE CUT to \$2.95**



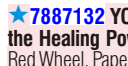
★1207598 PAIN & PERFORMANCE: The Revolutionary New Way to Use Training as Treatment for Pain and Injury. By R. Whited & M. Fitzgerald. Presents a radically new way for athletes to understand and manage pain that exposes the shocking lack of evidence for modern medicine's approach to pain and injury management. 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 **PRICE CUT to \$14.95**



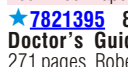
★7912404 CHRONIC PAIN RESET: 30 Days of Activities, Practices, and Skills to Help You Thrive. By Afton L. Hassett. Will help you evaluate your pain and its triggers, offering straightforward and often fun strategies to improve it. Using the principles of cognitive-behavioral therapy, you'll try one new strategy each day for 30 days, from paced breathing and healthy sleep hacks to mindful walking and acts of kindness. 269 pages. Countryman. Pub. at \$28.00 **PRICE CUT to \$14.95**



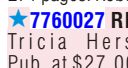
4870034 TRIGGER POINTS: A Little Book of Self Care. By Amanda Oswald. Fully illus. 144 pages. Dorling Kindersley. Pub. at \$14.99 **\$5.95**



★7887132 YOUR GUIDE TO FOREST BATHING: Experience the Healing Power of Nature. By M. Amos Clifford. 186 pages. Red Wheel. Paperbound. Pub. at \$16.95 **PRICE CUT to \$5.95**



★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 **\$16.95**



★7760027 REST IS RESISTANCE: A Manifesto. By Tricia Hersey. 212 pages. Little, Brown. Pub. at \$27.00 **PRICE CUT to \$7.95**

Complementary & Alternative Medicine



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**



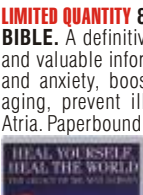
7989881 THE PRACTICAL HANDBOOK OF HOMEOPATHY, REVISED EDITION: The How, When, Why & Which of Home Prescribing. By Colin Griffith. Provides comprehensive, trustworthy advice for homeopathy at home. Twenty-seven sections cover all aspects of health—from accidents and emergencies to emotional well-being—are supplemented by answers to frequently asked questions and detailed information on diagnosis, prevention and cure. 386 pages. Watkins. Paperbound. Pub. at \$25.95 **\$6.95**



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**



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**



LIMITED QUANTITY 8162492 DR. EARL MINDELL'S HERB BIBLE. A definitive guide to herbal remedies. Includes new and valuable information on how herbs can treat depression and anxiety, boost energy, improve your sex life, combat aging, prevent illnesses, and speed healing. 380 pages. Atria. Paperbound. Pub. at \$19.99 **SOLD OUT**



DVD 7799799 HEAL YOURSELF, HEAL THE WORLD. Fullscreen. Join Howard Straus (author, scientist, son of Charlotte Gerson 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**

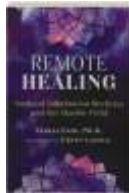


7928637 THE GOOD LIVING GUIDE TO MEDICINAL TEA: 50 Ways to Brew the Cure for What Ails You. By Jennifer Browne. More than just a comforting drink, tea has medicinal properties that are severely under-used. This guide invites us to discover these rejuvenating benefits, showing how plants from Fennel to 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**



★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**

Complementary & Alternative Medicine



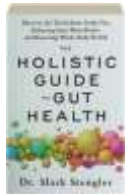
6065627 REMOTE HEALING: Nonlocal Information Medicine and the Akashic Field. By Maria Sagi. In this practical guide to the Sagi method of information medicine, Sagi, reveals nonlocal healing as a quantum science that works through the transformation of information. Its effects can be controlled and verified, and it can be learned. Illus. 224 pages. Bear & Company. Paperbound. Pub. at \$18.99 **\$5.95**



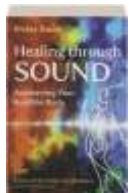
1970895 THE CBD BIBLE: Cannabis and the Wellness Revolution That Will Change Your Life. By Dani Gordon. Explains how these products work in your body to produce an abundance of positive health effects such as alleviating insomnia, reducing pain, quelling stress and anxiety, and numerous others. Dr. Gordon also offers essential guidance on dosing, sourcing, products, and much more. 322 pages. Grand Central. Paperbound. Pub. at \$17.99 **\$2.95**



4996062 JIN SHIN HEALING TOUCH: Quick Help for Common Ailments. By Tina Stumpf. With clear step by step illustrations, Stumpf explains how to hold the energy points in easy sequences to address ailments, conditions, and injuries throughout the body. This ancient Japanese healing art is akin to an easier form of acupressure, and offers a simple self-help tool that can quickly alleviate and soothe symptoms. 176 pages. Inner Traditions. Paperbound. Pub. at \$17.99 **\$14.95**



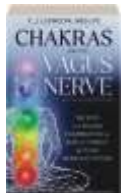
LIMITED QUANTITY 6998623 THE HOLISTIC GUIDE TO GUT HEALTH. By Mark Stengler. Dives into the gut-body connection so you can discover the true cause of many of your health issues—including leaky gut—and how to resolve them through scientific and clinically proven holistic methods. 275 pages. Hay House. Paperbound. Pub. at \$14.99 **SOLD OUT**



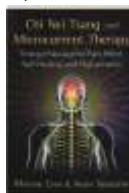
LIMITED QUANTITY 6994563 HEALING THROUGH SOUND: Awakening Your Audible Body. By Vickie Dodd. Dodd shares her system for addressing trauma locked in the physical body with the potent healing quality of sound. She explains how sound travels the inner pathways of the body, eliciting responses from the memory of tissues and muscles while bypassing the mind. 176 pages. Inner Traditions. Paperbound. Pub. at \$18.99 **\$14.95**



LIMITED QUANTITY 6080340 HERBAL REMEDIES FOR SLEEP. By Maria Noel Groves. Explains the science behind getting a good night's sleep, offers natural strategies for overcoming insomnia, and recommends the top 18 herbs for relaxation, stress relief, and sedation, along with 22 herbal remedies and recipes for using the herbs in bedtime beverages, tinctures, powders, glycerites, and aromatherapy blends. Fully illus. in color. 184 pages. Storey. Paperbound. Pub. at \$19.99 **\$14.95**



7826982 CHAKRAS AND THE VAGUS NERVE: Tap into the Healing Combination of Subtle Energy & Your Nervous System. By C.J. Llewellyn. Teaches you how to identify the information your nervous system is sending and work toward calming it. You'll discover the psychological dimensions each of your chakras hold and how to release pain instead of running from it. Demonstrates how to fully engage with your energies and learn to trust your body. 245 pages. Llewellyn. Paperbound. Pub. at \$17.99 **\$13.95**



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**



8007624 THE HEART AND ITS HEALING PLANTS: Traditional Herbal Remedies and Modern Heart Conditions. By Wolf D. Storf. Presenting heart strengthening herbs and folk remedies for cardiovascular diseases, the author offers in-depth descriptions of plants used for millennia to treat heart related conditions as well as plants in use by modern herbalists and cardiologists. Illus., many in color. 306 pages. Inner Traditions. Paperbound. Pub. at \$29.99 **\$24.95**



5274230 MEDITATION FOR BEGINNERS: Techniques for Awareness, Mindfulness & Relaxation. By Stephanie Clement. Meditation is a very natural state of awareness that can be developed in just a few minutes a day. The benefits are infinite! Learn to focus your attention; release fears; exchange old habits for new ones; develop concentration; and more. Illus. 243 pages. Llewellyn. Paperbound. Pub. at \$15.99 **\$11.95**



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**



7988095 A HISTORY OF PLANT MEDICINE: Western Herbal Medicine from the Ancient Greeks to the Modern Day. By Christina Stapley. An encyclopedic and accessible guide to the theory and practice of western herbal medicine throughout history. Spanning a timeline of 2,000 years—from the beginning of botany in the Greek and Roman world, to changes and developments in the modern day. Well illus. 416 pages. Aeon. Pub. at \$60.00 **\$44.95**



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**



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**



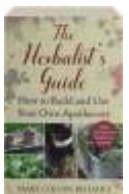
5189381 ANXIETY TO EMPOWERMENT: Exercises & Meditations to Stop Stressing & Start Engaging. By Amanda Huggins. Enables you to fully understand your own patterns, break free of harmful cycles, and transform your stress into clear boundaries, healing, and success. 237 pages. Llewellyn. Paperbound. Pub. at \$16.99 **\$12.95**



7962207 THE NATURAL REMEDIES GUIDE: Discover 250 Healing Remedies, from Soothing Honeys and Lemons to Revitalizing Lavender and Crystal. By Rachel Newcombe et al. Nature is a powerhouse of healing remedies, and in this comprehensive guide you will discover the herbs, essential oils, food and drink, and crystals that can benefit your whole being. With recipes, A-Z lists, inspiring and colorful photos, and much more, this healing resource will make nature your best friend. 304 pages. Thunder Bay. 8 1/2 x 10 3/4. Paperbound. Pub. at \$24.99 **\$17.95**



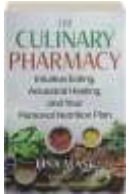
7950845 THE DOCTOR-APPROVED CANNABIS HANDBOOK: Reverse Disease, Treat Pain, and Enhance Your Wellness with Medical Marijuana and CBD. By Benjamin Caplan. The ultimate resource for navigating research-based cannabis treatments. Dr. Caplan explains how cannabis works, which products are best for specific illnesses, what typical dosages are, and more—all in an easy to understand format that makes improving your health as straightforward as possible. 297 pages. BenBella. Paperbound. Pub. at \$24.95 **\$14.95**



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7976593 MEDICAL HERBALISM: The Science and Practice of Herbal Medicine. By David Hoffmann. Offers a textbook on the scientific principles of therapeutic herbalism and its application in medicine. It contains information concerning the identification and use of medicinal plants both by chemical structure and physiological effect, the art and science of making herbal medicine, and the challenge to current research paradigms posed by complex plant medicines. Illus. 666 pages. Healing Arts. 8 1/2 x 11. Pub. at \$60.00 **\$47.95**



7986769 THE CULINARY PHARMACY: Intuitive Eating, Ancestral Healing, and Your Personal Nutrition Plan. By Lisa Mase. Provides clear, easy to follow instructions for determining your unique constitution and how best to heal yourself. Discussing the energetics of food, Mase explains the importance of personalized nutrition based on genetics, epigenetics, intuitive eating, and seasonal, local foods. Illus. in color. 260 pages. Inner Traditions. Paperbound. Pub. at \$24.99 **\$19.95**



7911920 ENCHANTED FORAGING: Wildcrafting for Herbal Remedies, Rituals, and a Magical Life. By Ebony Gheorghe, illus. by H. Powers. Nature as a source of magic and wellness, all year round, from identifying plants to using them in herbal remedies and crafts. A friendly guide for anyone looking to cultivate a more meaningful relationship with the natural world, exploring its abundance, hidden applications, and how it makes enchanted beings of us all. Fully illus. in color. 138 pages. Running Press. Pub. at \$22.00 **\$16.95**



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**



3279499 CANNABIS THERAPY: A Complete Guide. By Wendy Read. In this in-depth guide to cannabis therapy, written for both health practitioners and those looking for self-care methods, Read provides a complete look at why marijuana medicine works, its medical and spiritual uses throughout history, and how to develop a personalized healing plan. 296 pages. Park Street. Paperbound. Pub. at \$22.99 **\$18.95**



5522048 PSILOCYBIN THERAPY: Understanding How to Use Nature's Psychedelics for Mental Health. By JJ Pursell. Pursell breaks down how psychedelics work: their biochemical makeup, what makes them powerful, and the impact they have on the brain. Demystifies concepts like microdosing, gives metrics for assessing and managing potential risks and more. 239 pages. Timber. Pub. at \$32.00 **\$23.95**



5179742 420 MEDITATIONS: Enhance Your Spiritual Practice with Cannabis. By Kerri Connor. The meditations in this work have been designed to enhance the reader's spiritual journey and integrate the profound feelings, healing energies, and wise insights of cannabis. 273 pages. Llewellyn. Paperbound. Pub. at \$15.99 **\$11.95**



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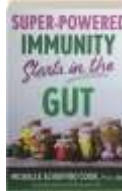
Complementary & Alternative Medicine



★8181098 THE TIGER PROTOCOL: An Integrative 5-Step Program to Treat and Heal Your Autoimmunity. By Akil Palanisamy. This holistic approach will guide you as you reduce the occurrence of flare-ups, rebuild your health, attain remission with a minimum of medications, and feel better so that you can live life to the fullest. 384 pages. Balance. Paperbound. Pub. at \$21.99 **\$16.95**



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 **PRICE CUT to \$4.95**



★804208X SUPER-POWERED IMMUNITY STARTS IN THE GUT. By Michelle Schoffro Cook. Provides a detailed seven step plan for healing the gut and obtaining and sustaining optimum immune system function. This guide empowers you to take charge of your gut health, transform your immune system, and achieve vibrant health. 150 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **PRICE CUT to \$11.95**



7954689 THE PHYSICK GARDEN: Ancient Cures for Modern Maladies. By Alice Smith with M. Purdy. Imagines a physick garden of healing plants that have been used across the globe by different generations. But were Italian Renaissance women dicing with death when they dropped belladonna in their eyes? Can comfrey really be used to heal broken bones? And can St. John's wort scare away more than bad spirits? Fully illus. in color. 176 pages. Frances Lincoln. Pub. at \$24.99 **PRICE CUT to \$7.95**

7907206 THE ULTIMATE GUIDE TO ESSENTIAL OILS: A Complete Reference to the Amazing Healing Powers of Essential Oils. By Kymberly Keniston-Pond. 16 pages of color photos. 336 pages. Adams Media. Pub. at \$26.95 **\$5.95**

7840357 GUT HEALTH & PROBIOTICS: The Science Behind the Hype. By Jenny Tschiesche. Illus. in color. 142 pages. White Owl. Paperbound. Pub. at \$24.95 **\$6.95**

7842600 HOMEOPATHIC REMEDIES: A Quick and Easy Guide to Common Disorders and Their Homeopathic Treatments. By Asa Hershoff. Illus. 319 pages. Avery. Paperbound. Pub. at \$17.00 **SOLD OUT**

★7836511 12 ESSENTIAL OILS OF THE BIBLE: Ancient Healing Oils and Their Contemporary Uses. By K. Opitz-Kreher & J. Huber. Well illus. in color. 96 pages. Earthdancer. Paperbound. Pub. at \$14.99 **\$11.95**

7868944 THE HEALING POWER OF THE BREATH: Simple Techniques to Reduce Stress and Anxiety, Enhance Concentration and Balance Your Emotions. By R.P. Brown & P.L. Gerbarg. 168 pages. Shambhala. Paperbound. Pub. at \$19.95 **\$8.95**

★4845544 HERBAL ANTIVIRALS, 2ND EDITION REVISED: Natural Remedies for Emerging & Resistant Viral Infections. By Stephen Harrod Buhner. 474 pages. Storey. Paperbound. Pub. at \$24.95 **\$14.95**

7911394 THE CBD BOOK: The Essential Guide to CBD Oil. By Mary Biles. Illus. in color. 143 pages. Thorsons. Pub. at \$25.24 **PRICE CUT to \$5.95**

★7937865 PSYCHED: Seven Cutting-Edge Psychedelics Changing the World. By Amanda Siebert. 210 pages. Greystone. Paperbound. Pub. at \$16.95 **\$12.95**

★7827008 THE ENCYCLOPEDIA OF ENERGY MEDICINE: A Comprehensive Reference to Healing Modalities from Acupressure to Zero Balancing. By Linnie Thomas. 510 pages. Llewellyn. Paperbound. Pub. at \$39.99 **PRICE CUT to \$14.95**

7899505 CBD: Transformational Healing with Cannabidiol. By Colleen Quinn. Well illus. in color. 160 pages. Arcturus. **PRICE CUT to \$4.95**

★7950691 ASIAN AMERICAN HERBALISM: Traditional and Modern Healing Practices for Everyday Wellness. By Erin Masako Wilkins. Illus. in color. 319 pages. Princeton Architectural. Paperbound. Pub. at \$29.95 **\$17.95**

★7849818 HEALING THERAPIES FOR LONG COVID: An Integrative & Intuitive Guide to Recovering from Post-Acute Covid. By Vir McCoy. 226 pages. Healing Arts. Paperbound. Pub. at \$18.99 **\$11.95**

4994140 THE POWER OF ANCIENT WELLNESS: Traditional Remedies and Activities for Modern Living. By Gill Thackray. Fully illus. 128 pages. Michael O'Mara. Paperbound. **PRICE CUT to \$5.95**

★7895658 SACRED MASSAGE: The Magic and Ritual of Soothing Touch. By Debra DeAngelo. 265 pages. Llewellyn. Paperbound. Pub. at \$24.99 **PRICE CUT to \$9.95**

★4993721 THE HEALING TREE: Botanicals, Remedies, and Rituals from African Folk Traditions. By Stephanie Rose Bird. 298 pages. Weiser. Paperbound. Pub. at \$26.95 **PRICE CUT to \$14.95**

★7843216 HOMEOPATHY FOR TODAY: Family Friendly, Simple & Safe Healing. By David Robert Card. 318 pages. Kalindi. Paperbound. Pub. at \$29.95 **PRICE CUT to \$14.95**

★1191624 THE LAND IN OUR BONES: Plantcestral Herbalism and Healing Cultures from Syria to the Sinai. By Layla K. Feghali. 352 pages. North Atlantic. Paperbound. Pub. at \$24.95 **PRICE CUT to \$14.95**

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8888922 SHAMANISM FOR EVERY DAY: 365 Journeys. By Mara Bishop. Introduces the simple yet profound method of shamanic journeying. On this path you will connect to your innate knowing, for calm and confidence in intense times; develop meaningful relationships with nature for healing and guidance; explore spiritual realm with the aid of compassionate spirits; and more. 448 pages. Citadel. Paperbound. Pub. at \$18.00 **\$4.95**

699394X AWAKENING IN THE DREAM: Contact with the Divine. By David Wilcock. Combines Wilcox's extensive research, the Law of One series, new insider revelations, and his own connection with the divine to bring humanity closer to full disclosure than ever before, as well as to help us activate our full potential on the eve of Ascension. 562 pages. Dutton. Pub. at \$29.95 **\$5.95**

7839839 THE IMMUTABLE LAWS OF THE AKASHIC FIELD: Universal Truths for a Better Life and a Better World. By Ervin Laszlo et al. A renowned authority in the fields of new science, consciousness, and spirituality, has written an accessible introduction to the mysteries of the Akashic Field, explaining how leading science supports this ancient intuition of the deep reality of the universe. 186 pages. St. Martin's. Paperbound. Pub. at \$17.99 **\$6.95**

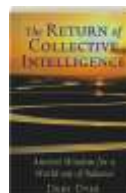
699959X THE ESSENTIAL BOOK OF SHAMANISM: Meet Your Powerful Healing Allies. By Suzanne Edwards. Shamanic practice is within all of us—an altered state of consciousness that allows us to connect with and interpret messages from the world of spirit. Introduces us to classical shamanic thought as well as modern techniques and practical exercises to connect with our spirit guides and allies. Well illus. in color. 160 pages. Arcturus. Pub. at \$12.99 **\$5.95**

7989806 A COURSE IN MASTERING ALCHEMY: Tools to Shift, Transform and Ascend. By J. Self & R. Burnett. Offers a self-contained program that will teach you how to master your alchemy and access a totally new way of life, using energy tools of unparalleled power. Follow the step by step techniques to become conscious of the limitations of your present reality and step out of the unnecessary concept of "suffering" into complete well-being. 366 pages. Watkins. Paperbound. Pub. at \$27.95 **\$7.95**

6077331 HOW TO MANIFEST: Bring Your Goals into Alignment with the Alchemy of the Universe. By Gill Thackray. Brings together the essential tools needed to develop a manifesting mindset and make meaningful change in your life. Whether you are looking for love, peace, purpose, or happiness, this is the secret to your success. Illus. 128 pages. Ten Speed. Pub. at \$14.99 **\$5.95**



8876088 365 THOUGHTS FOR DAILY MEDITATION. Ed. by Valeria Manferto De Fabianis. Practicing mindfulness means developing empathy for the wholeness of which we are part, opening ourselves to the world, and establishing a mutually beneficial relationship with others. Fully illus. in color. White Star. **SOLD OUT**



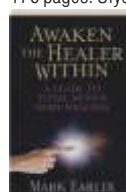
6065643 THE RETURN OF COLLECTIVE INTELLIGENCE: Ancient Wisdom for a World Out of Balance. By Dery Dyer. The author shows how the ability to think and act collectively for the highest good is hardwired in all living things. Dyer explains how to release ourselves from enslavement by technology and offers ways to reconnect to the infinite source of wisdom that fuels collective intelligence which manifests everywhere in the natural world. Illus. 278 pages. Inner Traditions. Paperbound. Pub. at \$18.00 **\$5.95**



★7976909 HOW TO SMILE. By Thich Nhat Hanh. Through personal stories, insights, and practices, the author offers ways to generate happiness and healing, understanding and compassion, so we're able to face life's complexities while living each moment deeply and with the ease a light smile can bring. Well illus. 120 pages. Parallax. Paperbound. Pub. at \$9.95 **\$7.95**



★7693427 THE 369 MANIFESTATION JOURNAL: A 52-Week Guide to Using Divine Numbers & Law of Attraction Techniques to Manifest Your Desires. By Berni Johnson. Complete the exercises within and learn about the law of attraction, the connection to Nikola Tesla, and how to use the divine numbers 3, 6, and 9 to your benefit. Guided and undated, this workbook will help you focus your desires and create the life you want. 176 pages. Ulysses. Pub. at \$16.95 **\$9.95**



★7952767 AWAKEN THE HEALER WITHIN: A Guide to Total Mind & Body Healing. By Mark Earlix. Gives easy, clear guidance for meditations that will connect you with your Higher Self. Other exercises show you ways of bringing deeper and more powerful energies into your life and body and into those of others. With these practices you will never feel at the mercy of sickness, disease, or pain again. 222 pages. G&D Media. Paperbound. Pub. at \$19.95 **\$14.95**

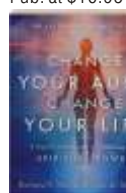


8876142 THE ART OF SACRED SMOKE: Energy-Balancing Rituals to Cleanse, Protect, and Empower. By Neelou Malekpoor. Offers rituals that are essential to aligning and calibrating your energy—using natural, responsibly sourced ingredients from rose petals to palo santo—and will help nourish a deeper relationship with yourself, the cosmos, and Mother Earth. Illus. in color. 221 pages. Tarcher. Pub. at \$24.00 **\$5.95**



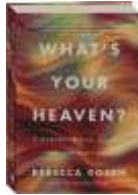
7804997 AURAS: How to Balance and Cleanse Your Energy Body. By Hamraz Ahsan. Everyone and everything has an aura, a subtle body that surrounds the physical one. Learning how to cleanse your aura and that of your environment will enable you to enjoy a healthy, happy, and balanced life. Here you will find techniques and meditations that will permit you to see your aura and that of others. Fully illus. in color. 160 pages. Arcturus. **\$5.95**

5448638 THE MINDFUL WAY TO A GOOD NIGHT'S SLEEP. By Tzivia Gover. A holistic program that not only helps you improve your sleep habits but extends into the waking hours too. Includes meditation, relaxation, yoga, journaling and dreamwork. 172 pages. Storey. Paperbound. Pub. at \$16.95 **\$4.95**



★4495179 CHANGE YOUR AURA, CHANGE YOUR LIFE: A Step-by-Step Guide to Unfolding Your Spiritual Power. By B.Y. Martin & D. Moraitis. Everything you think, feel, and do radiates a spiritual energy that comes through in various colors and hues. This is your aura, your spiritual blueprint. By changing the quality of your aura, you can change the quality of your life. Illus. most in color. 402 pages. Spiritual Arts Institute. Paperbound. Pub. at \$25.00 **SOLD OUT**

New Age Spirituality



8010005 WHAT'S YOUR HEAVEN? 7 Lessons to Heal the Past and Live Fully Now. By Rebecca Rosen with S. Rose. Teaches us how to connect to the deepest sources of wisdom within and around us in order to live with more intention and honesty, to identify our biggest lessons, and embrace the personal "homework" necessary to become the person you are meant to be. 266 pages. Harper. Pub. at \$32.00 **\$7.95**



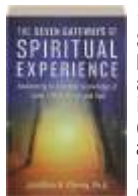
821039X FINDING YOUR ELVENHEART: Working with the Inner Realm of the Sidhe. By Soren Hauge. Awaken to your closest kin, the Sidhe, and let them inspire you to unravel the secret Hallows of your innermost nature. The Sidhe, also known as the Faery People or the Good Neighbors, are not just figments of human imagination. Hauge offers an invitation to engage with your Sidhe partners on the quest for the real, gentle, wild, and powerful you. Illus. 222 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$8.95**



★3809595 THE QUANTUM AKASHIC FIELD: A Guide to Out-of-Body Experiences for the Astral Traveler. By Jim Willis. Detailing a step by step process centered on safe, simple meditative techniques, Willis shows how to bypass the filters of your five senses while still fully awake and aware and engage in extrasensory, out of body travel. 174 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$13.95**



★725337 HERMETIC PHILOSOPHY AND CREATIVE ALCHEMY: The Emerald Tablet, the Corpus Hermeticum, and the Journey Through the Seven Spheres. By Marlene Seven Bremner. Offers a detailed understanding of Hermetic philosophy and the art of alchemy as a foundation for a psycho-spiritual creative practice. Examines the foundational principles of Hermeticism and alchemy and shows how these traditions are a direct means for accessing higher consciousness and true self-knowledge. Color photos with illus. 356 pages. Inner Traditions. Pub. at \$40.00 **\$31.95**



★1247867 THE SEVEN GATEWAYS OF SPIRITUAL EXPERIENCE: Awakening to a Deeper Knowledge of Love, Life Balance, and God. By Jonathan H. Ellerby. Guiding us in how to recognize and integrate the spiritual experiences that are already a part of our life and those that we may yet pursue, Ellerby provides a map for navigating sacred encounters and prepares us to face life with passion, purpose, and resilience. 173 pages. Inner Traditions. Paperbound. Pub. at \$18.99 **\$15.95**



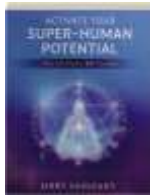
8889295 BLUES AIN'T NOTHING BUT A GOOD SOUL FEELING BAD: Daily Steps to Spiritual Growth. By Sheldon Kopp. Explores the uncertainties that plague us all. With insightful, accessible writing and short, daily spiritual exercises, Kopp gives us an entry point to our own psychic journey and guides us to look inwardly. 388 pages. Atria. Paperbound. Pub. at \$18.00 **\$5.95**



8183546 IN MY PAST LIFE I WAS CLEOPATRA: A Sceptical Believer's Journey Through the New Age. By Amal Awad. Awad shares her personal journey to peace and empowerment via a wide array of psychics, healers and witches, considering the smorgasbord of spiritual thinking on offer for people wanting to #livetheirbestlife and exploring whether these practices can help, harm or both in the quest for spiritual enlightenment. 281 pages. Murdoch Books. Paperbound. Pub. at \$20.99 **\$5.95**



★6076882 ANCESTRAL WHISPERS: A Guide to Building Ancestral Veneration Practices. By Ben Stimpson. Provides exercises and journal prompts specially designed to help you develop an authentic, living practice. Reveals the various types of ancestors and discusses the physical elements of practice, including sacred space, objects of power, and offerings. 254 pages. Llewellyn. Paperbound. Pub. at \$19.99 **\$14.95**



★7786808 ACTIVATE YOUR SUPER-HUMAN POTENTIAL: The Ultimate 5D Toolkit. By Jerry Sargeant. Combining qigong, breathwork, meditation, exercise, nutrition, healing, light codes, and more, Sargeant has blended a unique recipe that offers you the opportunity to create a life of sovereignty and freedom. Are you ready to embark on a life-changing journey? Illus. 304 pages. Inner Traditions. 8x10. Paperbound. Pub. at \$29.99 **PRICE CUT to \$19.95**

7989857 THE LIGHT WITHIN A HUMAN HEART: The Book of Asaph. By Lars Muhl. 216 pages. Watkins. Pub. at \$24.95 **\$6.95**

8041571 CHAKRA HEALING: How to Balance and Align Yourself. By Sahar Huneidi Palmer. Well illus. in color. 160 pages. Arcturus. **\$8.95**

6065740 THE TRANSFORMATIONAL POWER OF DREAMING: Discovering the Wishes of the Soul. By S. Larsen & T. Verner. Illus. in color. 338 pages. Inner Traditions. Paperbound. Pub. at \$19.95 **\$5.95**

1133918 THE SPIRIT OF BOTANY: Aromatic Recipes and Rituals. By Jill McKeever. Well illus. in color. 148 pages. Andrews McMeel. Pub. at \$24.99 **\$7.95**

7868936 THE HEALING ENERGIES OF TREES. By Patrice Bouchardon. Fully illus. in color. 160 pages. Octopus. Paperbound. Pub. at \$19.99 **\$8.95**

7696787 AURAS: Awakening Awareness. By Vanessa Tucker. 128 pages. Flame Tree. Pub. at \$15.99 **\$6.95**

6999530 THE ESSENTIAL BOOK OF AURAS: Protect and Strengthen Your Energy Body. By Hamraz Ahsan. Well illus. in color. 160 pages. Arcturus. Pub. at \$12.99 **\$5.95**

7790392 THE SPIRIT ANIMAL DIRECTORY: 100 Spirit Animals for Inner Enlightenment. By Dawn Baumann Brunke. Illus. in color. 192 pages. Chartwell. Pub. at \$14.99 **\$9.95**

★4996208 THE PSYCHEDELIC EXPLORER'S GUIDE: Safe, Therapeutic, and Sacred Journeys. By James Fadiman. 336 pages. Park Street. Paperbound. **\$15.95**

7899556 MYSTICAL HEALING READING CARDS. By Inna Segal. Well illus. in color. Rockpool. Pub. at \$24.95 **PRICE CUT to \$9.95**

★7842139 THE ELOQUENCE OF SILENCE: Surprising Wisdom in Tales of Emptiness. By Thomas Moore. 187 pages. New World Library. Paperbound. Pub. at \$18.95 **PRICE CUT to \$11.95**

★7843194 BEYOND AND WITHIN: The White Eagle Way to Meditate Effortlessly. Ed. by Anna Hayward. 240 pages. White Eagle. Paperbound. Pub. at \$14.95 **\$11.95**

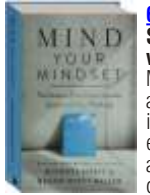
★7900406 SHAMANIC REIKI DRUMMING: Intuitive Healing with Sound and Vibration. By Fay Johnstone. 203 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **PRICE CUT to \$9.95**

★1990780 RITUAL AS REMEDY: Embodied Practices for Soul Care. By Mara Branscombe. 288 pages. Firehond. Paperbound. Pub. at \$18.99 **PRICE CUT to \$3.95**

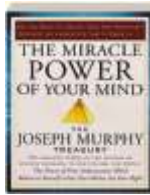
★7925247 VENERATION RITES OF CURANDERISMO: Invoking the Sacred Energy of Our Ancestors. By Erika Buenafior. Color photos. 196 pages. Inner Traditions. Paperbound. Pub. at \$20.00 **PRICE CUT to \$9.95**

★7786816 THE BIODYNAMICS OF THE IMMUNE SYSTEM: Balancing the Energies of the Body with the Cosmos. By Michael J. Shea et al. Illus. 428 pages. Inner Traditions. 8 1/2x11. Paperbound. Pub. at \$45.00 **PRICE CUT to \$14.95**

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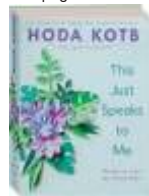
6994229 MIND YOUR MINDSET: The Science That Shows Success Starts with Your Thinking. By M. Hyatt & M.H. Miller. By understanding the latest science about how the brain works, we can leverage it to maximize our performance. Our daily experience, our plans and goals, our actions and reactions are all the product of our thoughts and mindset. Illus. 245 pages. Baker Books. Pub. at \$26.99 **\$5.95**



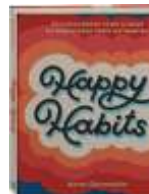
★4619439 THE MIRACLE POWER OF YOUR MIND: The Joseph Murphy Treasury. Collects 24 books and pamphlets, including enduring works like *The Power of Your Subconscious Mind* and *How to Attract Money*. Murphy, a minister and mystic, taught that within you dwells an awesome power that you can harness through your thoughts and emotive states. By attending to the forces of your mind, you can remake your world for the better. 929 pages. Tarcher/Penguin. 8 1/2x10 1/2. Paperbound. Pub. at \$30.00 **\$17.95**



798992X ZEN AND THE ART OF DEALING WITH DIFFICULT PEOPLE. By Mark Westmoquette. Drawing on personal experiences of profound tragedy, Westmoquette stresses that the only way to grow is by facing our pain, acknowledging how we feel and committing to end the repeating pattern of suffering. By bringing awareness and kindness to these relationships, will naturally shift into something more inclusive. 196 pages. Watkins. Paperbound. Pub. at \$16.95 **\$4.95**



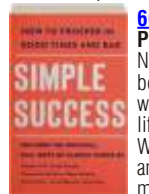
7946244 THIS JUST SPEAKS TO ME: Words to Live by Every Day. By Hoda Kotb. When her first collection of quotes, *I Really Needed This Today*, was published in 2019, Kotb never imagined how deeply her favorite words, stories, and memories would resonate with readers. Now, to follow up, she is back with 365 new quotations and stories to share. 375 pages. Putnam. Pub. at \$24.00 **\$5.95**



8054150 HAPPY HABITS: 50 Science-Backed Rituals to Adopt (or Stop) to Boost Health and Happiness. By Karen Salmansohn. Shares the tools you need to master fundamental habits (daily meditation; practicing gratitude), surprising happiness-boosting techniques (crying regularly; strategic complaining), and tips for easily incorporating new habits into your daily life. Fully illus. in color. 122 pages. Ten Speed. Pub. at \$14.99 **\$4.95**



5633230 THE ALIGN METHOD: A Modern Movement Guide for a Stronger Body, Sharper Mind, and Stress-Proof Life. By Aaron Alexander. Offers a revolutionary approach to body alignment to build strength, reduce pain, and put you on a direct path to peak performance that is both fun and accessible. Centers on five daily optimizations that can be easily integrated into any workout, mindfulness practice, or daily life activity. Photos. 298 pages. Balance. Paperbound. Pub. at \$17.99 **\$4.95**



6080812 SIMPLE SUCCESS: How to Prosper in Good Times and Bad. By Napoleon Hill et al. Your guide to navigating both the good and bad times with courage and wisdom. This collection will help you build a life you love no matter what comes your way. Whether you're negotiating financial struggles and career setbacks or looking to build on your momentum and seize your potential. 376 pages. St. Martin's. Paperbound. Pub. at \$17.00 **\$5.95**



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



7971516 CONSCIOUS LUCK: Eight Secrets to Intentionally Change Your Fortune. By G. Hendricks & C. Kline. The authors share eight Secrets that will allow you to intentionally change your fortune. You'll learn how to take control of your destiny and create the dazzling life of your dreams. 180 pages. St. Martin's. Paperbound. Pub. at \$18.00 **\$3.95**



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**

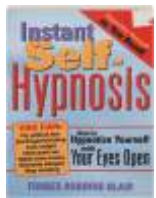


7961499 THE DOG WHO TOOK ME UP A MOUNTAIN: How Emme the Australian Terrier Changed My Life When I Needed it Most. By R. Crandall & J. Cosgriff. Fearing that his future was headed downhill, Crandall's fortunes change with a move to Colorado, a new marriage, and his wife Pamela's fortuitous suggestion: "Let's get a dog." So begins the friendship of Rick and Emme, a pint-sized Australian terrier. With an irrepressible spirit and joy for life, Emme shows Rick that passion is the key to fulfillment. 16 pages of color photos. 228 pages. Health Communications. Paperbound. Pub. at \$15.95 **\$5.95**

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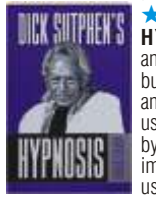
4134168 THE POWER OF AWARENESS: And Other Essential Works. By Neville Goddard. Venturing into the realms of mysticism and religion, Goddard's work is rooted in an empowering insistence on our own intrinsic ability to share our realities. This volume features a broad selection of Goddard's published works and lectures. 661 pages. St. Martin's. Pub. at \$29.99 **\$7.95**



★288884X INSTANT SELF-HYPNOSIS: How to Hypnotize Yourself with Your Eyes Open. By Forbes Robbins Blair. Lose weight, fly without fear, end fingernail biting, stop smoking, this guide will help you make the changes you have been trying to make for years. With this fail proof method you remain aware of your surroundings and can bring yourself back to normal consciousness slowly and gently. This technique will make eliminating bad habits easy. 194 pages. Sourcebooks. Paperbound. Pub. at \$14.95 **\$11.95**



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



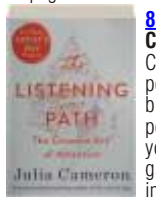
8166676 A SHORT GUIDE TO A HAPPY LIFE. By Anna Quindlen. Quindlen reflects on what it takes to "get a life"—to live deeply every day and from your own unique self, rather than merely to exist through your days. Guides us with an understanding that comes from knowing how to see the view, the richness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



789449X I AM THE STORM: Inspiring Stories of People Who Fight Against Overwhelming Odds. By Janice Dean. Dean shares how she decided to go up against New York's most powerful political dynasty and tells the stories of others who stood like David against Goliath, choosing to fight for what was right rather than take the easy path. These stories will reveal what it takes for real people to go through life's storms. Color photos. 234 pages. HarperCollins. Pub. at \$24.99 **SOLD OUT**



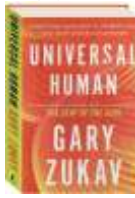
★7886063 THE LAW OF ATTRACTION: The Power of Thought to Manifest Your Best Life. By William Walker Atkinson. Introduces the paradigm shifting concept of the Law of Attraction. This "one great law" governs the universe and the world we experience. It simply states that whatever the focus of our thoughts and expectations—whatever we desire or fear—is exactly what we receive. Atkinson shows readers how to harness this radical power to create a life of abundance and happiness. 89 pages. St. Martin's. Paperbound. Pub. at \$17.00 **\$12.95**



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**



LIMITED QUANTITY 8870950 SEEKING WISDOM: A Spiritual Path to Creative Connection. By Julia Cameron. A collection of prayer practices that open our creative souls. You'll explore prayers of petition, gratitude, creativity, and more. The three tools—Morning Pages, Artist Dates, and walks—are refreshed and reintroduced to provide a proven, grounded framework for growth and development. 225 pages. St. Martin's. Paperbound. Pub. at \$18.99 **\$5.95**



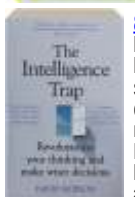
8879540 UNIVERSAL HUMAN: Creating Authentic Power and the New Consciousness. By Gary Zukav. Gives us fresh tools to grow spiritually and shows us how to transform experiences of hopelessness, emptiness, and pain into fulfillment, meaning, and joy. Examines our disintegrating social structures and the new ones that are replacing them. 302 pages. Atria. Pub. at \$27.00 **\$5.95**



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 **\$5.95**



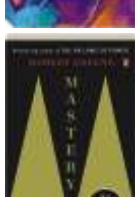
4990994 YOU ARE A BADASS: How to Stop Doubting Your Greatness and Start Living an Awesome Life. By Jen Sincero. Packed with humor, inspiration, and advice, this is the self-help guide that teaches you how to get better without getting busted. A refreshingly entertaining guide to reshape your mindset and your life. 269 pages. Running Press. Pub. at \$27.00 **\$6.95**



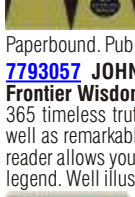
8125228 THE INTELLIGENCE TRAP: Revolutionise Your Thinking and Make Wiser Decisions. By David Robson. We assume that smarter people are less prone to error. But greater education and expertise can often amplify our mistakes while rendering us blind to our biases. Drawing on the latest behavior science and historical examples, Robson demonstrates how to apply our intelligence more wisely. 337 pages. Hodder. Paperbound. **\$7.95**



4572238 EUPHORIC: Ditch Alcohol and Gain a Happier, More Confident You. By Karolina Rzakowolska. Your eight-week plan for an alcohol-free lifestyle that can lead to more well-being and self-love. It's the modern guide to relax without alcohol, find freedom from cravings and fitting in, and create the life you want—along with the audacity to go after it. 259 pages. HarperCollins. Pub. at \$27.99 **\$7.95**



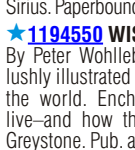
★1923676 MASTERY. By Robert Greene. The author of *The 48 Laws of Power*; *The 33 Strategies of War*; and *The Art of Seduction* here argues convincingly that the potential for Mastery lies within each of us, and guides us along the secret paths you must follow. He also profiles such Masters as Charles Darwin, Benjamin Franklin, Henry Ford, Carl Jung, and Albert Einstein. 336 pages. Penguin. Paperbound. Pub. at \$25.00 **\$17.95**



7793057 JOHN WAYNE GRIT: Daily Inspiration and Frontier Wisdom for Men. Ed. by Juliana Sharaf. Packed with 365 timeless truths drawn from Duke's most beloved films as well as remarkable life lessons from the man himself, this daily reader allows you to start each morning with inspiration from the legend. Well illus. 384 pages. Media Lab. Pub. at \$15.99 **\$3.95**



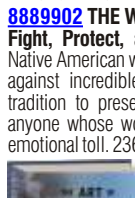
7858590 THE POWER OF COINCIDENCE: Harness the Magic of Synchronicity to Lead a Charmed Life. By Frank Joseph. We all have experienced inexplicable coincidences. This work reveals that such events are not random, but crucial pieces in the puzzle of our lives. Joseph shows us how to recognize instances of meaningful coincidences and the guidance they offer in finding our true path in life. 208 pages. Sirius. Paperbound. Pub. at \$12.99 **\$3.95**



★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**



★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**



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**



2688344 THE ART OF INSUBORDINATION: How to Dissent & Defy Effectively. By Todd B. Kashdan. This is an essential guidebook for anyone seeking to be heard, make change, and rebel against a stagnant status quo. Filled with fresh and engaging stories about dissenters in the trenches as well as science that will make you see the world differently, this is for anyone who wants to create a world with more justice, creativity, and innovation. 278 pages. Avery. Pub. at \$27.00 **\$5.95**



8879621 YOUR DIFFERENCE IS YOUR STRENGTH: A Guide to Accepting Yourself—for Anyone Who Has Ever Felt Out of Place. By Kris Ferraro. Will help you identify your own genre-defying brand of self and harness that power in your outlook, your relationships, your work, and your life. Illus. 210 pages. St. Martin's. Paperbound. Pub. at \$19.00 **\$5.95**



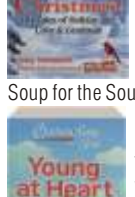
784235X A CRAFTSMAN'S LEGACY: Why Working with Our Hands Gives Us Meaning. By Eric Gorges with J. Sternfeld. The author identifies values that are useful for all of us; taking time to slow down and enjoy the process, embracing failure, knowing when to stop and when to push through, and accepting that perfection is an illusion. Shows how all of us can embrace a more creative and authentic life and learn to focus on doing what we love. 244 pages. Algonquin. Pub. at \$24.95 **\$6.95**



7938802 FAIL, FAIL AGAIN, FAIL BETTER: Wide Advice for Leaning into the Unknown. By Pema Chodron. Chodron offers us her heartfelt advice on facing the unknown, in ourselves and in the world, and how our missteps can open our eyes to see new possibilities and purpose. 133 pages. Sounds True. Pub. at \$14.95 **\$5.95**



★7947828 CHICKEN SOUP FOR THE SOUL: Time for Christmas! Ed. by Amy Newmark. These 101 true personal stories are filled with the cheer of the season—from the true meaning of Christmas to holiday miracles, from Thanksgiving turkeys to New Year's Eve toasts, from the joy of children to family reunions, and from holiday mishaps to the perfect gifts. 340 pages. Chicken Soup for the Soul. Paperbound. Pub. at \$16.95 **\$12.95**



★849889X CHICKEN SOUP FOR THE SOUL: Young at Heart. By Amy Newmark. These 101 stories from dynamic, active people who are still young at heart prove the adage that age is just a number. Whether they're relaxing at home or hitting the road, married or single, working or retired, these folks do it all. 339 pages. Chicken Soup for the Soul. Paperbound. Pub. at \$16.99 **\$12.95**



★8576823 MANIFEST ANYTHING YOU WANT: Six Magical Steps to Create an Extraordinary Life. By Shantini Rajah. Join Rajah on a delightful manifesting journey that integrates spiritual and scientific concepts with simple exercises and tools anyone can use to attract their dream life. Helps you generate a deep sense of safety in the body, mind, and spirit so you can confidently and joyfully partner with the Universe to receive everything you desire. 242 pages. Llewellyn. Paperbound. Pub. at \$19.99 **\$14.95**

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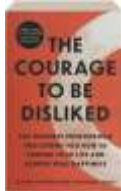
6082726 ALL IT TAKES IS A GOAL: The 3-Step Plan to Ditch Regret and Tap into Your Massive Potential. By Jon Acuff. Shows you how to plan goals that you're guaranteed to reach by focusing on your best moments, navigating the three zones of performance, and finding ways to fuel your passions, all while actually enjoying the ride. 261 pages. Baker Books. Pub. at \$28.99 **\$6.95**



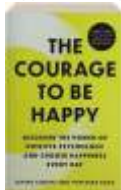
1043757 CHANGE YOUR FORTUNE: 365 Creative Strategies to Transform Your Life. These 365 thought-provoking strategies will spark your creativity and help you build better habits, making insurmountable obstacles nothing more than momentary diversions. Find the answers you've been searching for and realize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



***6998305 THE HIGHER HELP METHOD: Stop Trying to Manifest and Let the Universe Guide You.** By Tammy Mastroberte. Mastroberte shares her tried and true system for framing your intentions with clarity; calling in specialized higher help such as angels, guides, and loved ones; shifting your energy; and recognizing guidance from the Universe. Illus. 301 pages. Sounds True. Paperbound. Pub. at \$20.99 **\$15.95**



***4700244 THE COURAGE TO BE DISLIKED: The Japanese Phenomenon That Shows You How to Change Your Life and Achieve Real Happiness.** By I. Kishimi & F. Koga. Simple yet profound advice showing us how to harness our inner power to become the person we would like to be. By developing the courage to change and to ignore the limitations so frequently imposed upon us, it is possible to find happiness. 270 pages. Atria. Paperbound. Pub. at \$18.99 **\$13.95**



***4700252 THE COURAGE TO BE HAPPY: Discover the Power of Positive Psychology and Choose Happiness Every Day.** By I. Kishimi & F. Koga. Reveals a liberating new way to think, empowering you to let go of the past, stop worrying about what you "should" do, and use this freedom to create the life you truly desire. Discover the courage to choose happiness. 275 pages. Atria. Paperbound. Pub. at \$18.99 **\$13.95**



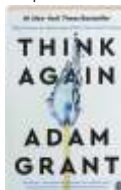
7998465 YOUR TIME TO THRIVE. By M. Khidekel & the eds. of Thrive Global. Brings together science, storytelling, ancient wisdom, and advice from inspiring people from all walks of life to create a revolutionary behavior change system that will help you improve your health, happiness, and sense of purpose—immediately. 251 pages. Hachette. Pub. at \$28.00 **\$7.95**



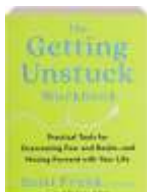
6996833 THE ABUNDANCE PROJECT: 40 Days to More Wealth, Health, Love, and Happiness. By Derek Rydall. This guide brings a fresh perspective on the meaning of abundance and how the true source of everything we need isn't something we achieve but rather a fount from within. Inside you lies an infinite source 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**



641656X STRESS INTO STRENGTH: Resilience Routines for Warriors, Wimps, and Everyone in Between. By Nick Arnett. Discovering and practicing your ideal rhythm of stress and renewal—physical, social, and spiritual—will enhance your health, strength, and resilience. The proven tips included here will help you do exactly that. 212 pages. HarperCollins. Paperbound. Pub. at \$19.99 **\$5.95**



***8765960 THINK AGAIN: The Power of Knowing What You Don't Know.** By Adam Grant. Examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life. Illus. 310 pages. Penguin. Paperbound. Pub. at \$20.00 **\$14.95**



***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**

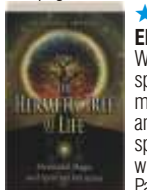


8116903 EVERYDAY DHARMA: 8 Essential Practices for Finding Success and Joy in Everything You Do. By Suneel Gupta. Bringing together ancient wisdom and modern science, this work delivers breakthrough habits, actionable tools, and unforgettable stories. Rediscover your calling, follow your wildest dreams, and finally find the fulfillment you've been searching for all along. Cover includes gold foil stamping. 178 pages. Harper. Pub. at \$27.99 **\$5.95**

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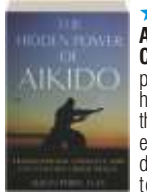
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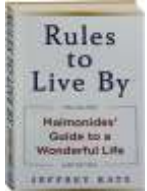
8117810 THE ESSENTIAL BOOK OF MINDFULNESS: Healing Through Being Present. By Wendy Hobson. The mindfulness and meditation exercises included will help readers release stress and tension and appreciate the joy that every day brings. Beautiful gold foil-stamped cover. Fully illus. in color. 160 pages. Arcturus. Pub. at \$12.99 **\$6.95**



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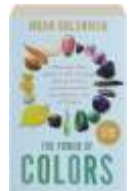
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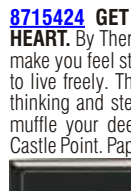
8878668 THE GAMES DO COUNT: America's Best and Brightest on the Power of Sports. By Brian Kilmeade. A diverse group of people, all of whom are in the public eye, share their experiences of playing sports in their youth, what it taught them, and how they've carried those lessons into their careers. Well illus. 333 pages. ReganBooks. Paperbound. Pub. at \$19.99 **\$5.95**



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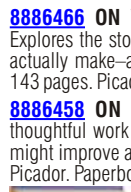
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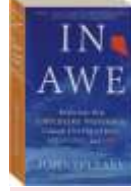
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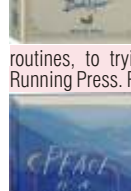
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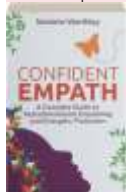


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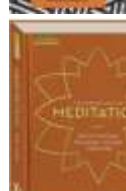
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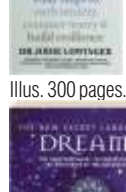
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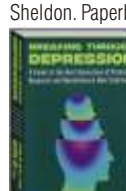
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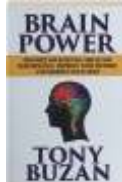
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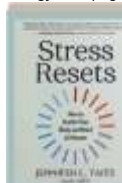
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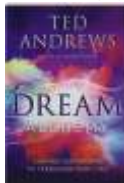
6081967 THE MYSTERY OF LIFE ENERGY: Biofield Healing, Phantom Limbs, Group Energetics & Gaia Consciousness. By Eric Leskowitz. Explores the role of life energy in healing therapies and outlines its many manifestations at the individual, group, and global levels. Blending hard science with ancient healing wisdom, the author reveals how we can all thrive together by remembering our shared energetic roots and our interconnectedness through the global web of life energy. 310 pages. Paperbound. Pub. at \$24.00 **\$18.95**



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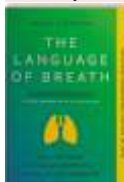
8041563 DREAMS THAT CAN SAVE YOUR LIFE: Early Warning Signs of Cancer and Other Diseases. By L. Burk & K. O'Keefe-Kanavos. Showcasing the important role of dreams and their power to detect and heal illness, the authors share amazing research and true stories of physical and emotional healings triggered by dreams. Alongside these stories of survival and faith, the authors also include an introduction to dream journaling and interpretation. 288 pages. Findhorn. Paperbound. Pub. at \$17.99 **PRICE CUT to \$5.95**



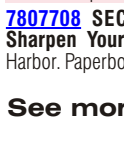
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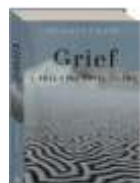
Facing Illness & Death



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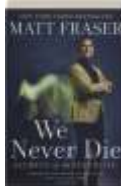


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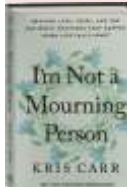
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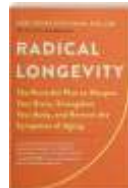
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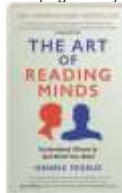
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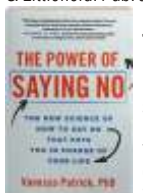
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7989555 HOW TO CULTIVATE BELONGING: A Guide to Improving Your Relationship and Connection with Others. By Adele R. Ackert. Your guide to finding a place in the world, by working through what's holding you back and discovering ways to find purpose. 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**



★1924028 THE ART OF SEDUCTION. By Robert Greene. By the author of *The 48 Laws of Power*, the rules of a timeless amoral game expressed in 24 maneuvers and strategies, selections from the classic literature of seduction, and the philosophies of some of civilization's greatest seducers, from Cleopatra to JFK. 467 pages. Penguin. Paperbound. Pub. at \$26.00 **\$18.95**



★8031886 SOLO: Building a Remarkable Life of Your Own. By Peter McGraw. In a world built for two, Solos break the rules and hold space for every type of individual—single or not. Meet the thriving "Just Mays," who welcome romance if it comes their way, the determined "No Ways," who prefer life unpartnered, and the bold "New Ways," who redefine and redesign what relationships even mean. 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. An essential look at the love language of texts, helping you decipher the personalities of online daters, the subtle signals from your romantic partner, and the red flags hiding in plain sight. 285 pages. Doubleday. Pub. at \$27.00 **\$5.95**



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 **PRICE CUT to \$3.95**



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 **PRICE CUT to \$3.95**

Relationships

4228812 FRIENDS: Understanding the Power of Our Most Important Relationships. By Robin Dunbar. 424 pages. Abacus. Paperbound. Pub. at \$19.99 **\$5.95**

★7679149 ALL NIGHT LONG: How to Make Love to a Man over 50. By Barbara Keesling. 224 pages. M. Evans. Paperbound. Pub. at \$14.95 **\$9.95**

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 \$5.95**

★7781091 THE SHIT NO ONE TELLS YOU ABOUT DIVORCE: A Guide to Breaking Up, Falling Apart, and Putting Yourself Back Together. By Dawn Dais. 228 pages. Hachette. Paperbound. Pub. at \$18.99 **PRICE CUT to \$7.95**

Sexuality & Sexual Expression



LIMITED QUANTITY DVD 8123764 KAMA SUTRA: Touch & the Intimate Kiss. Discover how the lightest caress has the power to overwhelm the senses, creating the perfect atmosphere for the most intimate expressions of love. Filled with demonstrations by three attractive couples, this program features sections like *Achieving the Highest Levels of Intimacy* and *Learning the Sensuous Arts of Kissing*. Not Rated. 60 minutes. Adults only. Romantic Styles. Pub. at \$24.95 **\$6.95**



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**



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**



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**



7918682 I LOVE ORGASMS, SECOND EDITION: A Guide to More. By Dorian Solot et al. Whether you're looking to have your first orgasm or hoping to turn up the heat for a partner, this volume is for you. Sex education experts Solot and Miller help you find the pleasure they know is within your reach. Adults only. 348 pages. Hachette. Paperbound. Pub. at \$18.99 **\$5.95**



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**



★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**



★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**



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**

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 on the action too. Adults only. Illus. in color. 95 pages. Carlton. Paperbound. Pub. at \$9.95 **\$2.95**

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**

★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**



7828500 MY PLEASURE: An Intimate Guide to Loving Your Body and Having Great Sex. By Laura Delarato. This guide will empower you to explore your body and cultivate a satisfying sex life no matter your relationship status. It begins with loving your body and yourself. This work tackles everything from body image and self-confidence to solo and partner play. Adults only. Illus. 240 pages. Chronicle. Pub. at \$49.99 **SOLD OUT**



★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**

★1175858 THE SEX YOU WANT: A Shameless Journey to Deep Intimacy, Honest Pleasure, and a Life You Love. By Rena Martine. With no holds barred honesty, stories from real-life women, and sparkling humor, this work will help you: build a secure relationship with your most important partner—yourself; get in touch with your expectations for relationships so you can date more intentionally, find apps, products, and communities to satisfy any curiosity; and more. 294 pages. Sourcebooks. Paperbound. Pub. at \$16.99 **\$12.95**



★7925905 THE SCIENCE OF SEX: Every Question About Your Sex Life Answered. By Kate Moyle. Dispelling the myth that everyone else is having "perfect sex," or even that there is such a thing, this groundbreaking and inclusive work answers burning questions, explores taboos, and takes shame out of the equation. Adults only. Illus. 256 pages. Dorling Kindersley. Pub. at \$25.00 **\$17.95**



★7986777 FREEING SEXUALITY: Psychologists, Consent Teachers, Polyamory Experts, and Sex Workers Speak Out. By Richard Louis Miller. Validating the extraordinary range and diversity of our sexual thoughts, feelings, and behaviors, the author gathers voices that help us free our sexuality from the past, accept our natural urge for physical pleasure, and open us up to sexuality as a power for health, healing, and happiness. 398 pages. Inner Traditions. Paperbound. Pub. at \$24.99 **PRICE CUT to \$15.95**

4911520 THE DEVIANT'S POCKET GUIDE TO OUTLANDISH SEXUAL DESIRES BARELY CONTAINED IN YOUR SUBCONSCIOUS. By Dennis DiClaudio. Adults only. 208 pages. Becker & Mayer. Paperbound. Pub. at \$14.99 **\$6.95**

★793176X SEX TIPS FOR CREATIVE LOVERS: Pleasure for Everybody. By June Pla. Adults only. Fully illus. in color. 253 pages. Hardie Grant. Paperbound. Pub. at \$20.99 **\$15.95**

7869045 THE CBD SOLUTION: Sex. By Merry Jane with A. Manta. 208 pages. Chronicle. Pub. at \$19.95 **PRICE CUT to \$3.95**

★7747438 SEX: Lessons from History. By Fern Riddell. 355 pages. Hodder. Paperbound. Pub. at \$17.99 **PRICE CUT to \$7.95**

★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 **PRICE CUT to \$9.95**

Pregnancy, Childbirth & Parenting



LIMITED QUANTITY 8875375 101 WAYS TO LULL YOUR BABY TO SLEEP. By Alexandra Paige. For those nights when your usual bedtime ritual isn't doing the trick, calm and soothe your baby to sleep with one of over 100 easy and creative ideas! From classic standbys to innovative new suggestions, we've got you covered. Photos. 188 pages. Cider Mill. Paperbound. Pub. at \$9.95 **\$4.95**



8136378 THE DISINTEGRATING STUDENT: Struggling but Smart and Falling Apart...and How to Turn It Around. By Jeannine Jannot. Learn how to build trust, and encourage responsibility and problem solving. Empowering and engaging, Dr. Jannot will show you how to help your child embrace what's going right, address what's going wrong, and develop the skills needed for success in school and in life. 204 pages. Citadel. Paperbound. Pub. at \$16.95 **\$4.95**

7938950 SECOND NATURE: How Parents Can Use Neuroscience to Help Kids Develop Empathy, Creativity, and Self-Control. By Erin Clabough. Illus. 267 pages. Sounds True. Paperbound. Pub. at \$17.95 **PRICE CUT to \$1.95**

7946228 THE SOUL OF DISCIPLINE: The Simplicity Parenting Approach to Warm, Firm, and Calm Guidance—from Toddlers to Teens. By Kim John Payne. 316 pages. Ballantine. Pub. at \$28.00 **SOLD OUT**

7898878 LICENSE TO PARENT: How My Career as a Spy Helped Me Raise Resourceful, Self-Sufficient Kids. By Christina & Ryan Hillsberg. 275 pages. Putnam. Pub. at \$26.00 **PRICE CUT to \$4.95**

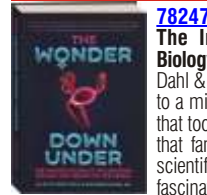
7938969 STAR CHILD: Joyful Parenting Through Astrology. By Briana Saussy. Illus. 289 pages. Sounds True. Paperbound. Pub. at \$19.99 **PRICE CUT to \$3.95**

7876467 GRANDPARENTS: Enjoying and Caring for Your Grandchild. By Miriam Stoppard. Fully illus. in color. 224 pages. Dorling Kindersley. Paperbound. Pub. at \$17.95 **SOLD OUT**

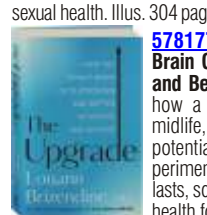
7882920 FIRST CLASS FATHERHOOD: Advise & Wisdom from High-Profile Dads. By Alec Lacey. 254 pages. Harper. Pub. at \$27.99 **PRICE CUT to \$3.95**

7888589 HEALTHY KIDS, HAPPY MOMS. By Sheila Kilbane. 278 pages. Harper. Pub. at \$27.99 **PRICE CUT to \$1.95**

Women's Health & Self-Help

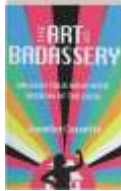


782470X THE WONDER DOWN UNDER: The Insider's Guide to the Anatomy, Biology, and Reality of the Vagina. By E.S. Dahl & N. Brochmann. A comprehensive guide to a miraculous and complex part of the body that too few of us, regardless of gender, are all that familiar with. With wisdom, humor, and scientific 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**



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 **\$6.95**

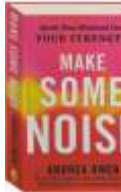
Women's Health & Self-Help



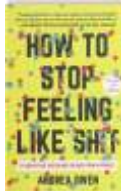
587971X THE ART OF BADASSERY: Unleash Your Mojo with Wisdom of the Dojo. By Jennifer Cassetta. Through thought-provoking exercises and no-holds-barred humor, the author shows women how to close the door on blame and shame; how to grow from their Greatest (S)Hits List of life disappointments; and how to disarm and defend against the blocks that hold them back. 201 pages. Health Communications. Paperbound. Pub. at \$15.95 **\$5.95**



★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**



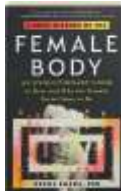
887770X MAKE SOME NOISE: Speak Your Mind and Own Your Strength. By Andrea Owen. Owen pushes women to step outside of rigid societal expectations and shows them how to take back control of their lives, and make them all their own. Deconstructs common behavior patterns that sabotage our power as women, and suggests new behaviors for creating a life that truly serves our desires and needs. 287 pages. TarcherPerigee. Pub. at \$26.00 **\$4.95**



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 imposter complex or to one's inner critic. 227 pages. Seal. Paperbound. Pub. at \$17.99 **\$5.95**



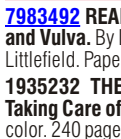
699718X MENOPAUSE BOOTCAMP: Optimize Your Health, Empower Your Self, and Flourish as You Age. By Suzanne Gilberg-Lenz with M. Korn. Packed with answers to common questions and helpful insights this work is an invitation to embrace and even celebrate this remarkable developmental phase in the lives of women. It's a welcome reminder that life doesn't end at menopause—it's the start of something new and wonderful. 276 pages. Harper Wave. Pub. at \$28.99 **\$5.95**



★788995X A BRIEF HISTORY OF THE FEMALE BODY: An Evolutionary Look at How and Why the Female Form Came to Be. By Deena Emera. Draws on Emera's vast expertise as a biologist, her experience as a mother of four children, and her love of teaching to look far into our evolutionary past, illuminating how and, more importantly, why the female form has transformed over millions of years. Illus. 359 pages. Sourcebooks. Paperbound. Pub. at \$18.99 **\$11.95**



7896611 THE SEX LIVES OF AFRICAN WOMEN: Self-Discovery, Freedom, and Healing. By Nana Darko Sekyiamah. In these confessional pages, women control their own bodies and desires, work toward healing their painful pasts, and learn to assert their sexual power. Weaving a rich tapestry of experiences with a sex positive outlook, this work is an empowering, subversive volume that celebrates the liberation, individuality, and joy of African women's multifaceted sexuality. 288 pages. Astra House. Pub. at \$28.00 **PRICE CUT to \$4.95**



7983492 READ MY LIPS: A Complete Guide to the Vagina and Vulva. By D. Herbenick & V. Schick. 292 pages. Rowman & Littlefield. Paperbound. Pub. at \$15.95 **\$4.95**

1935232 THE VAGINA BOOK: An Owner's Manual for Taking Care of Your Down There. By Jenn Conti. Fully illus. in color. 240 pages. Chronicle. Pub. at \$14.99 **SOLD OUT**



5722667 THE ART OF CHILLING OUT FOR WOMEN: 100+ Ways to Replace Worry and Stress with Spiritual Healing, Self-Care, and Self-Love. By Angela D. Coleman. 240 pages. Adams Media. Pub. at \$24.99 **\$5.95**

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 **PRICE CUT to \$7.95**

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 **PRICE CUT to \$2.95**

★7718225 DR. SONIA'S GUIDE TO NAVIGATING PELVIC PAIN: Result-Oriented Strategies for Better Quality of Life. By Sonia Bahlani. Illus. 210 pages. Countryman. Paperbound. Pub. at \$18.95 **PRICE CUT to \$1.95**

7957955 THE SPARK FACTOR: The Secret to Supercharging Energy, Becoming Resilient, and Feeling Better Than Ever. By Molly Maloof. 312 pages. Harper. Pub. at \$32.00 **PRICE CUT to \$2.95**

★7878885 PRIESTESS PATH: 13 Powerful Lessons to Build Your Inner Strength. By Stacey Demarco. 212 pages. Rockpool. Paperbound. Pub. at \$18.95 **PRICE CUT to \$4.95**

Men's Health & Self-Help



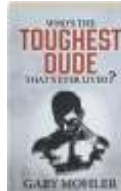
1118145 HOW MEN AGE: What Evolution Reveals About Male Health and Mortality. By Richard G. Bribiescas. Explores how natural selection has shaped male aging, how evolutionary theory can inform our understanding of male health and well-being, and how older men may have contributed to the evolution of some of the very traits that make us human. 177 pages. Princeton. Paperbound. Pub. at \$17.95 **\$5.95**



★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**



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**



★1998609 WHO'S THE TOUGHEST DUDE THAT'S EVER LIVED? By Gary Mohler. Nineteen inspiring stories explore the lives of tough men, past to present, and their demonstrations of toughness in the face of life's difficulties, their willingness to give up everything for a greater cause than themselves and, sometimes, even sacrificing their own lives. Find out what it truly means to be tough! 225 pages. Morgan James. Paperbound. Pub. at \$18.95 **\$13.95**

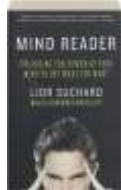


★7840985 WHITMAN ON WELLNESS: Poetry & Prose for a Healthy Life. By Walt Whitman writing as M. Velsor. 92 pages. Dover. Pub. at \$14.95 **PRICE CUT to \$7.95**

General Health & Self-Help



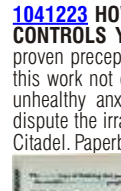
7929641 MARTHA STEWART'S ORGANIZING: The Manual for Bringing Order to Your Life, Home & Routines. By the eds. of Martha Stewart Living. Learn how to declutter drawers; stay on top of your finances; plan family meals; clean more efficiently; eat what's in season; maximize closet storage; schedule strategically; plant your garden; manage home improvements; and much more with this practical guide. Well illus. in color. 288 pages. HMH. Pub. at \$30.00 **\$9.95**



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**



499566X THE SILVA MIND CONTROL METHOD. By J. Silva & P. Miele. Based on the four day course pioneered by Silva, this edition shows how people have learned to overcome tension, bad habits, emotional insecurity, and even illness with the techniques of Mind Control, and how, with "creative visualization," they have mastered the ability to "see" what they desire, then make it happen! 224 pages. Gallery. Paperbound. Pub. at \$17.99 **\$6.95**



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**



2722097 HIDDEN GENIUS: The Secret Ways of Thinking That Power the World's Most Successful People. By Polina Marinova Pompliano. The highest performers don't use tricks or hacks to achieve greatness. They use mental frameworks that fundamentally change the way they see the world. They've learned how to unlock their hidden genius in order to reach their full potential. This work will help you do the same. 252 pages. Harriman House. Pub. at \$27.99 **\$6.95**



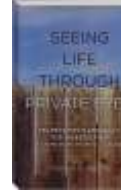
6996884 ASK FOR MORE: 10 Questions to Negotiate Anything. By Alexandra Carter. We've been taught that the loudest, most assertive voice prevails in negotiation, leaving the other side with less. But negotiation is not a zero-sum game. Carter offers a better, proven approach: that you can get far more out of negotiation by asking the right questions than you can from arguing. 255 pages. S&S. Paperbound. Pub. at \$17.00 **\$5.95**



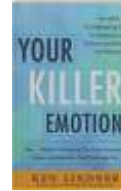
8878137 HOW TO WIN FRIENDS AND INFLUENCE PEOPLE. By Dale Carnegie. Published during the Great Depression and equally valuable during booming economies and difficult times—Carnegie's valuable, time tested, rock solid advice has carried millions of people up the ladder of success in their personal and business lives. 239 pages. Wilco Publishing House. Paperbound. **SOLD OUT**



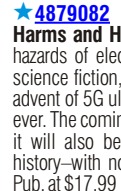
7916590 THE POWER OF AWARENESS. By Dan Schilling. A comprehensive, lifesaving handbook on how to be cognizant of your surroundings, evaluate threats, and trust your intuition in unfamiliar and unnerving situations. Incorporates valuable exercises to understand how situational awareness works in real life, how to better listen to your intuition, and when confronted by a criminal, how to take action with confidence. 250 pages. Grand Central. Pub. at \$28.00 **\$6.95**



7983557 SEEING LIFE THROUGH PRIVATE EYES: Secrets from America's Top Investigator to Living Safer, Smarter, and Saner. By Thomas G. Martin. Provides a wealth of experience, insider information, and valuable advice to readers navigating life's inevitable challenges. Domestic difficulties, divorce, adoption, runaways, background checks, corporate espionage, home protection, traveling wisely: whatever your issue, this work offers the secrets to living safer, smarter and saner. 184 pages. Rowman & Littlefield. Pub. at \$42.00 **\$6.95**

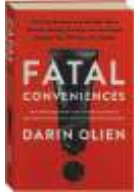


790116X YOUR KILLER EMOTIONS: The 7 Steps to Mastering the Toxic Emotions, Urges, and Impulses That Sabotage You. By Ken Lindner. Think of this guide as your emotion mastery kit, to be used to consistently make positive life choices; it will enable you to beneficially channel the supremely potent energy charges triggered by your potentially sabotaging emotions, impulses, and urges, thereby turning them into your allies so that you can make beneficial life choices. 258 pages. Greenleaf Book Group. Paperbound. Pub. at \$14.95 **\$5.95**



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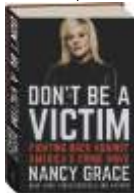
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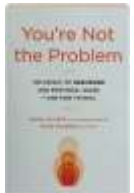
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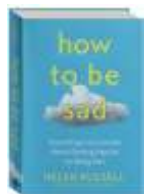
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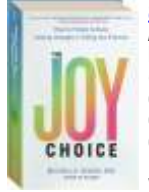
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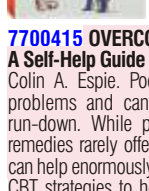
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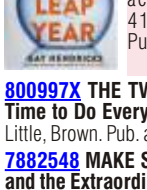
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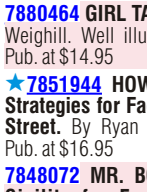
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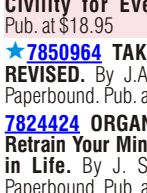
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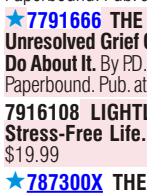
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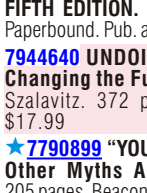
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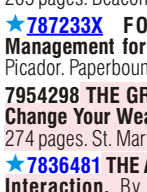
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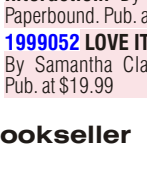
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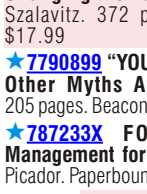
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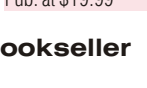
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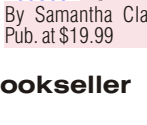
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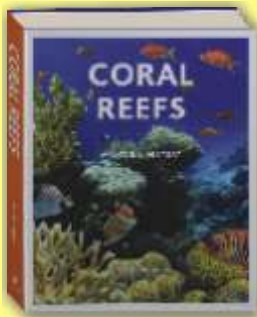
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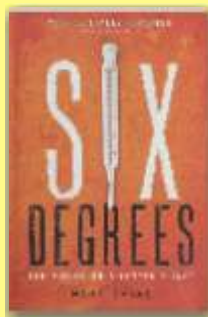
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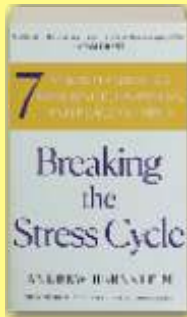
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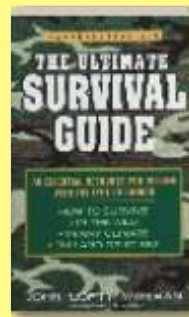
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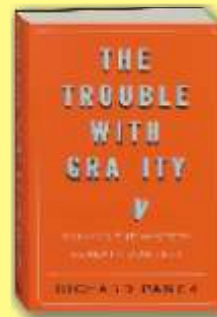
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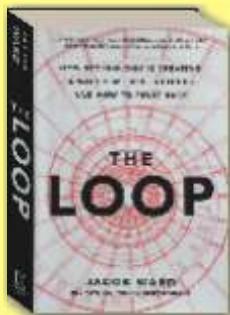
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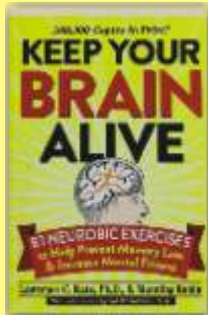
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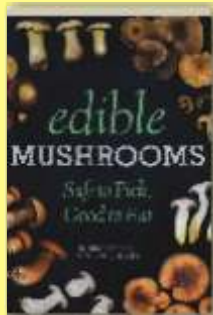
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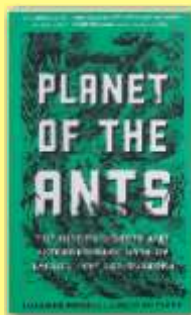
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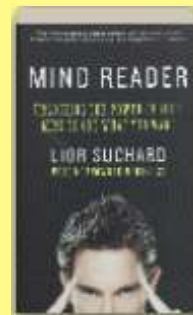
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