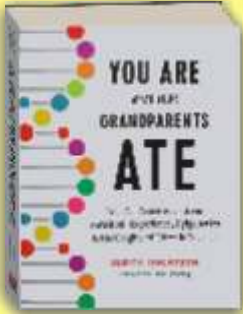


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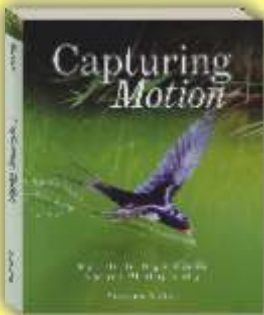
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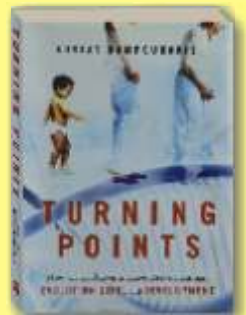
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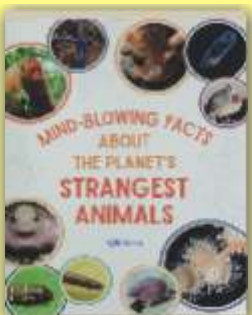
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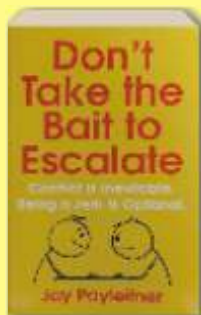
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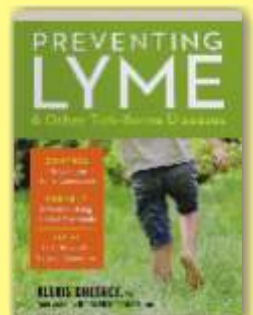
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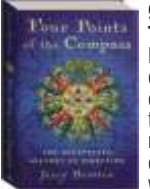
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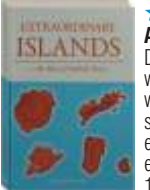
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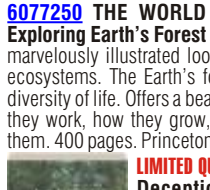
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Environment & Ecology



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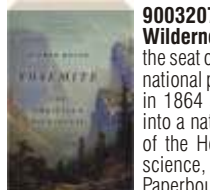


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Environment & Ecology



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save us. Illus. 364 pages. Random. Pub. at \$28.99

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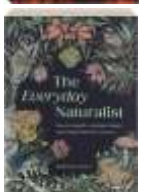
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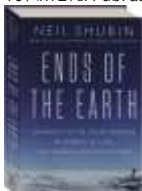
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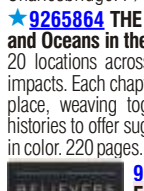


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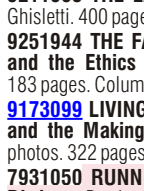
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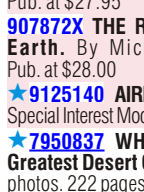
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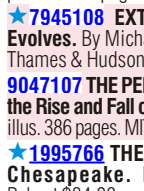
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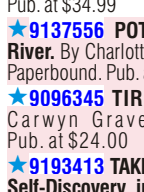
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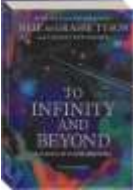
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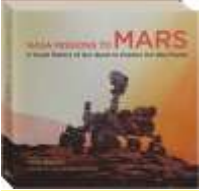
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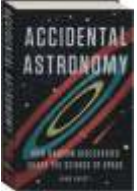
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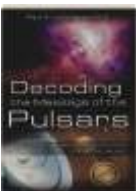
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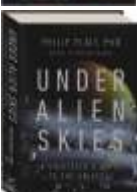
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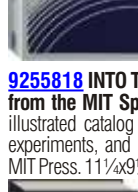
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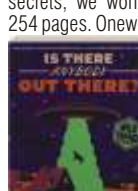
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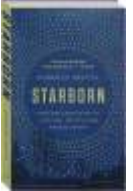
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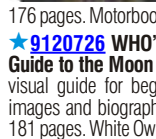
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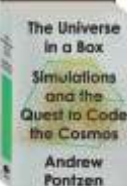


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Astronomy, Space Travel & Cosmology



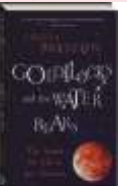
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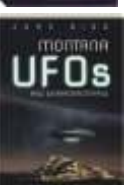
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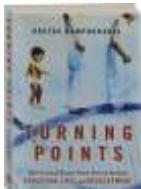
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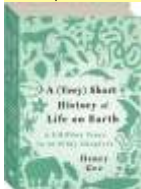
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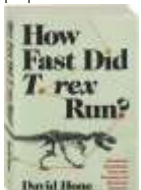
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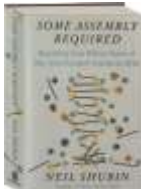
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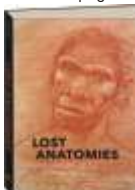
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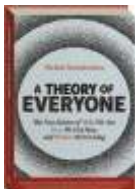
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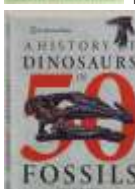
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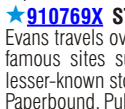
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9137254 SCATTERED ROUND STONES: A Mayo Village in Sonora, Mexico. By David Yetman. The Mayos have evolved a profound union between the monte, or thornscrub forest, and their cultural life. Yetman describes the region's plant and animal life and recounts the stories and traditions that animate the monte for the Mayos. That folk culture, so critical to their identity, is under assault by the global economic revolution. Photos. 352 pages. UNMP. Paperbound. Pub. at \$19.95 **\$4.95**



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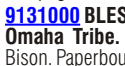
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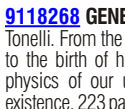
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LIMITED QUANTITY 9211098 THE SPINNING MAGNET: The Electromagnetic Force That Created the Modern World—And Could Destroy It. By Alanna Mitchell. This globe-trotting history of the science of electromagnetism and the Earth's magnetic field, right up to the latest indications that the North and South Pole may soon reverse with apocalyptic results, will change the way you think about our planet. 323 pages. Dutton. Pub. at \$28.00 **SOLD OUT**



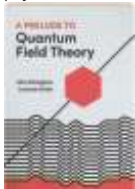
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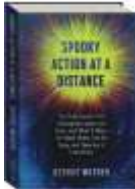


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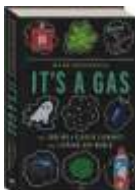


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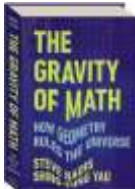
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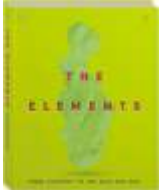
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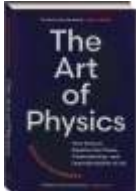
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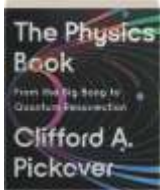


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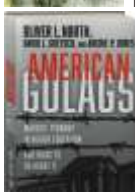
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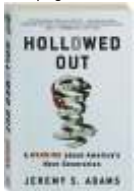
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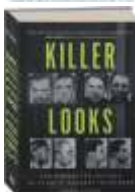
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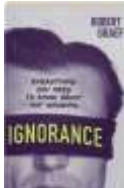


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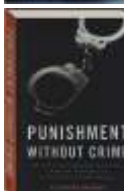
Social Science



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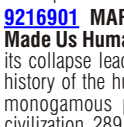
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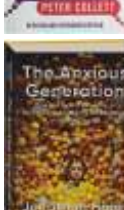
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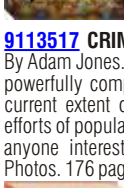
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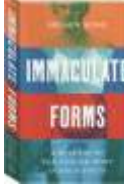
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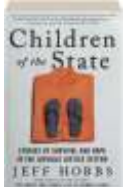
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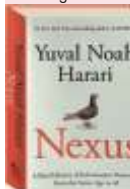


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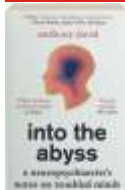
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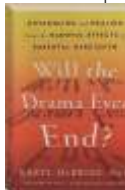
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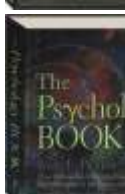
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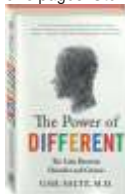
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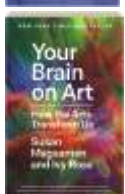


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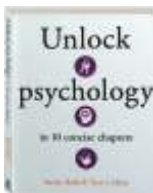


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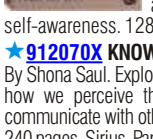
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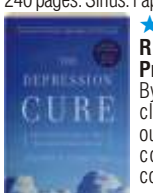
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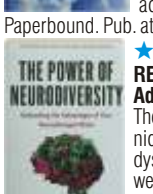
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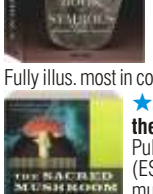
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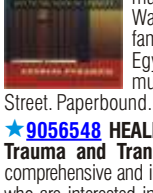
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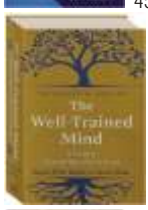
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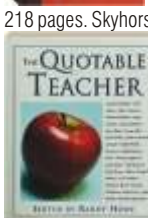


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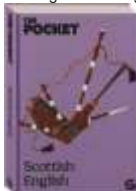


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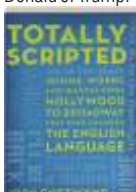


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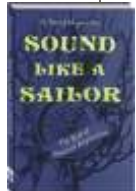


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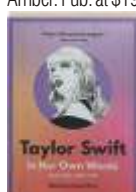


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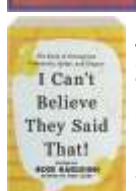


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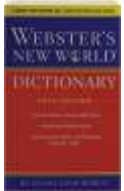
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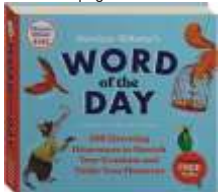
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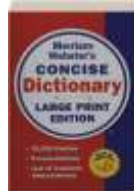
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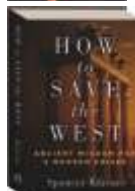
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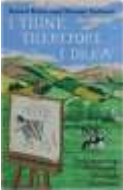


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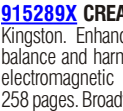


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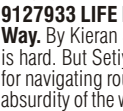
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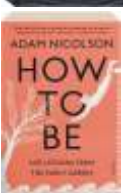
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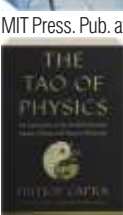
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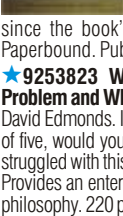
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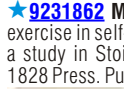


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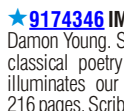
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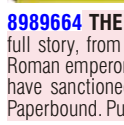
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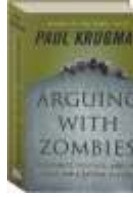
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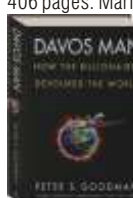
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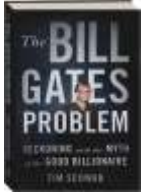


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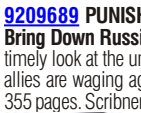
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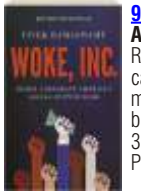
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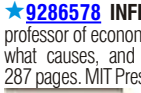
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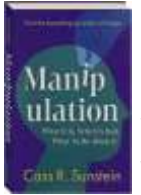
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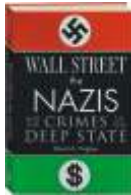
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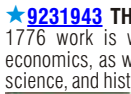
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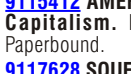
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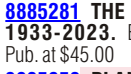
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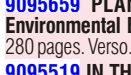
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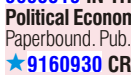
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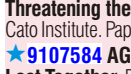
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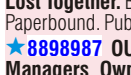
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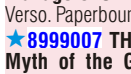
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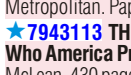
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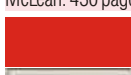
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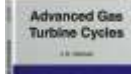
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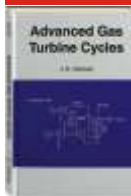


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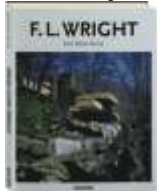
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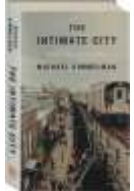
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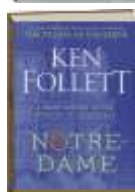


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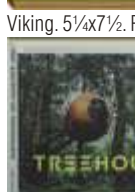
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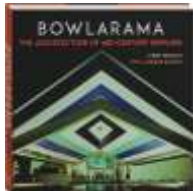
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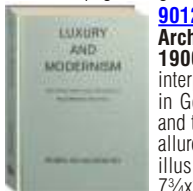
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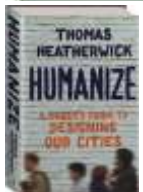
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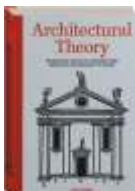


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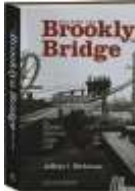
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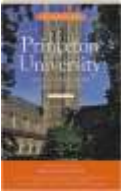
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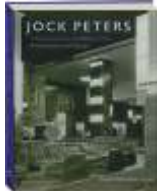
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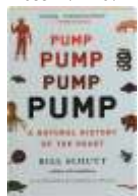
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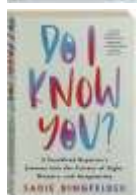
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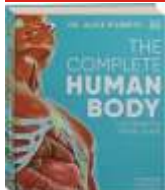
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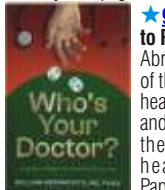


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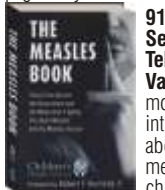
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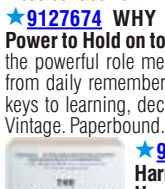
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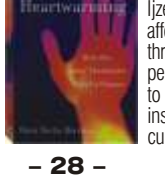
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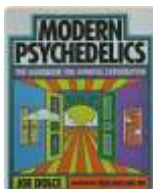
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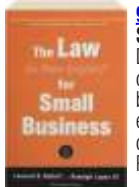
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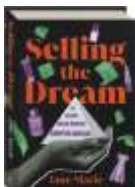
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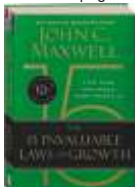
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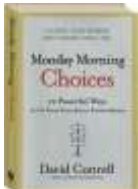
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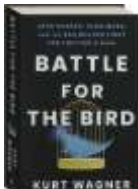
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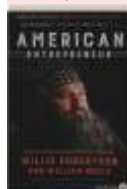
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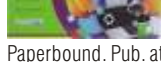
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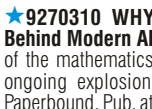
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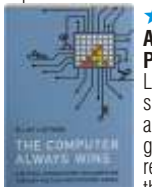
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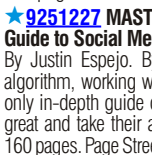
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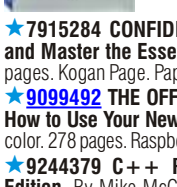
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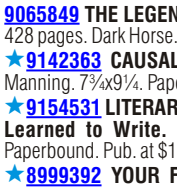
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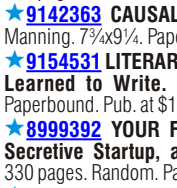
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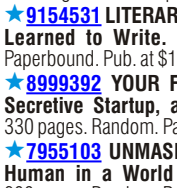
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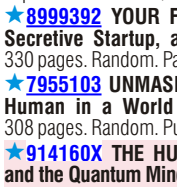
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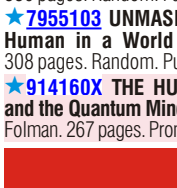
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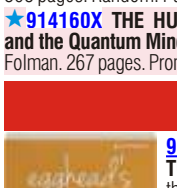
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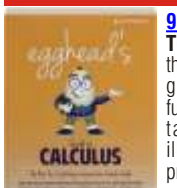


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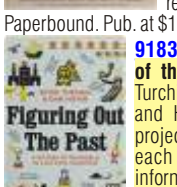


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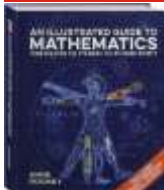


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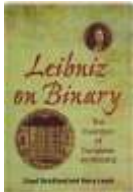


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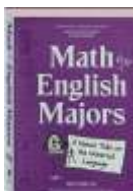
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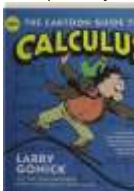


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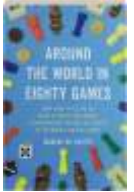


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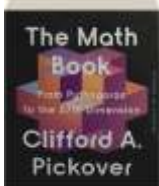
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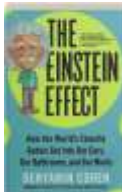


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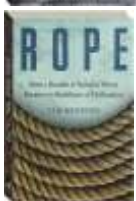
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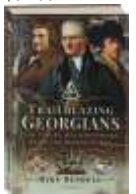


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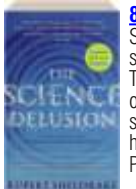
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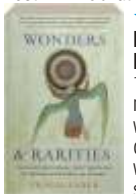
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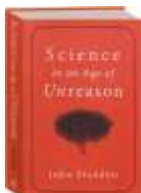
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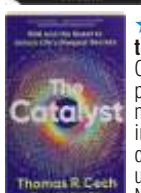
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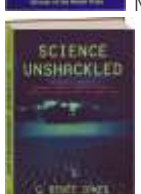
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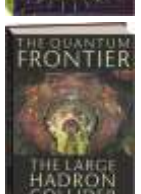
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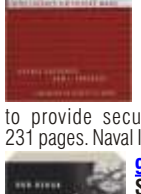
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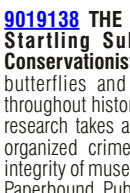
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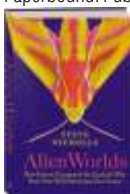
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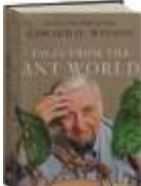


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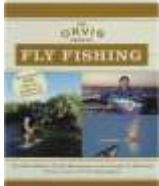


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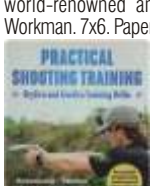
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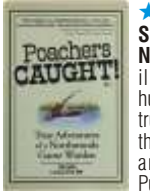
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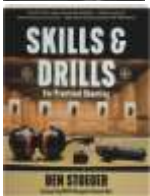
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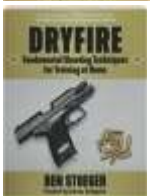
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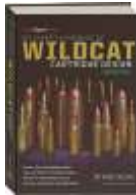


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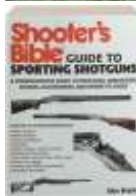
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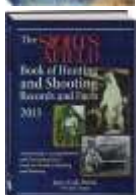
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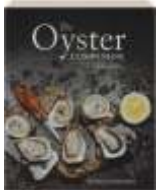


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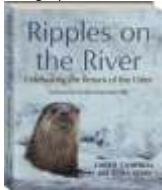
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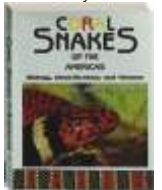
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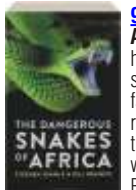
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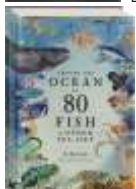
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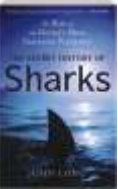


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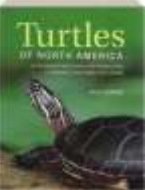
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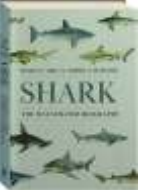


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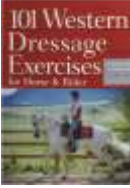
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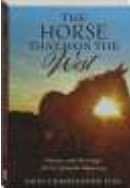
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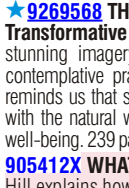
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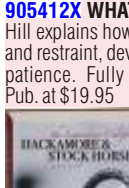
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9076336 THE HORSE ENCYCLOPEDIA. By Elwyn Hartley Edwards. Fully illus. in color. 360 pages. Dorling Kindersley. 9½x11¼. Pub. at \$40.00 **\$19.95**



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7530641 THE HISTORY OF THE KENTUCKY DERBY IN 75 OBJECTS. By J.K. Whitehead & Kentucky Derby Museum. Fully illus. most in color. 320 pages. UPKy. 8¾x11¼. Pub. at \$35.00 **PRICE CUT to \$19.95**



539581X LEXINGTON: The Extraordinary Life and Turbulent Times of America's Legendary Racehorse. By Kim Wickens. Illus. 401 pages. Ballantine. Paperbound. Pub. at \$22.00 **PRICE CUT to \$6.95**



4998324 THE 10 BEST KENTUCKY DERBIES. By Edward L. Bowen et al. Fully illus. 212 pages. Eclipse. Paperbound. Pub. at \$22.95 **PRICE CUT to \$9.95**

Horses & Horsemanship

★**9003894** **THOROUGHBRED NATION: Making America at the Racetrack 1791-1900.** By Natalie A. Zacek. Illus. 331 pages. LaSUP. Pub. at \$39.95 **\$29.95**

★**8894000** **THE HORSE: A Galloping History of Humanity.** By Timothy C. Winegard. Photos. 519 pages. Dutton. Pub. at \$35.00 **PRICE CUT to \$14.95**

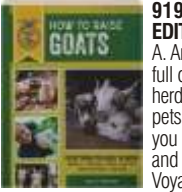
Farm & Domesticated Animals



7834748 **FOR CLUCK'S SAKE!** By Stacia Toiman. Filled with photos of familiar and unusual breeds, fascinating chicken and egg facts, chicken-related quotes, chicken humor, and nuggets of chicken "wisdom," you can celebrate everyone's favorite fowl with this fun, lighthearted volume. 96 pages. Andrews McMeel. Paperbound. Pub. at \$12.99 **\$3.95**



9258744 **KEEPING PET CHICKENS.** By J. Paul & W. Windham. Provides essential information you need for a successful flock at home. Instructive captioned illustrations and down-to-earth language show prospective chicken owners exactly how to master every aspect of keeping and raising healthy and productive poultry. 96 pages. Barron's. Paperbound. Pub. at \$11.99 **\$4.95**



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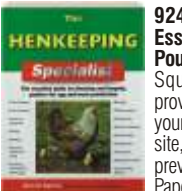
9074074 **NATURAL PARASITE CONTROL FOR LIVESTOCK: Pasture Management, Chemical-Free Deworming, Growing Antiparasitics, and More.** By Wendy Lombardi. Includes easy to follow scientific explanations, and provides research-based practices that really work. In this practical guide you'll learn about parasites,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



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9242651 **THE HENKEEPING SPECIALIST: The Essential Guide to Choosing and Keeping Poultry for Egg and Meat Production.** By David Squire. This essential guide to henkeeping provides all the key information needed for keeping your poultry, from setting up and choosing the right site, housing, feeding, daily care routines, disease prevention, and breeding. 80 pages. New Holland. Paperbound. Pub. at \$16.99 **SOLD OUT**



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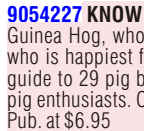
★**9197842** **THE SALT STONES: Seasons of a Shepherd's Life.** By Helen Whybrow. In the heart of Vermont's Green Mountains, the author has restored an old two-hundred-acre farm, where she tends to a flock of Icelandic sheep. Her vivid, reflective prose explores the seasons and cycles of farming and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



9057838 **THE GOAT: A Natural & Cultural History.** By Sue Weaver. Provides a comprehensive, illustrated introduction to the natural and cultural history of the goat, featuring clear and engaging text plus infographics, diagrams, and stunning color photographs. Weaver includes a photographic directory to forty-eight popular breeds. 224 pages. Princeton. Pub. at \$27.95 **PRICE CUT to \$5.95**



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



9054227 **KNOW YOUR PIGS.** By Jack Byard. From the American Guinea Hog, who loves a good belly rub, to the hardy Yorkshire, who is happiest foraging outdoors, this fascinating pocket-sized guide to 29 pig breeds will turn readers both young and old into pig enthusiasts. Color photos. 64 pages. Fox Chapel. Paperbound. Pub. at \$6.95 **PRICE CUT to \$2.95**



9054219 **KNOW YOUR DONKEYS & MULES.** By Jack Byard. Discover interesting facts about 24 breeds—from the critically endangered Abyssinian to the speedy Onager—including their appearance, history and breeding, and uses in agriculture and tourism. Color photos. 78 pages. Fox Chapel. Paperbound. Pub. at \$6.95 **\$4.95**



★**9193162** **THE LITTLE BOOK OF CHICKENS: An Illustrated Guide to the Extraordinary Lives of Chickens.** By Jessica Ford. Charming, informative guide to all things chicken. Learn about their life stages and how clever they really are, plus heaps of fun factoids, truly gorgeous breeds and their colourful eggs—all beautifully illustrated. 143 pages. William Collins. Pub. at \$16.99 **PRICE CUT to \$9.95**



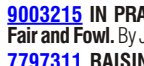
9192743 **HOW TO BUILD CHICKEN COOPS.** By Daniel & Samantha Johnson. Fully illus. in color. 192 pages. Voyageur. Paperbound. Pub. at \$19.99 **SOLD OUT**



9153527 **ELECTRIC FENCING: How to Choose, Build, and Maintain the Best Fence for Your Plants and Animals.** By Ann Larkin Hansen. Illus. 91 pages. Storey. Paperbound. **SOLD OUT**



9236082 **THE NEW RULES OF THE ROOST: Organic Care & Feeding for the Family Flock.** By Robert & Hannah Litt. Well illus. in color. 207 pages. Timber. Paperbound. Pub. at \$19.95 **\$5.95**



9003215 **IN PRAISE OF CHICKENS: A Compendium of Wisdom Fair and Fowl.** By Jane S. Smith. 166 pages. Lyons. Pub. at \$14.95 **\$4.95**



7797311 **RAISING AND KEEPING DAIRY GOATS: A Practical Guide.** By Katie Normet. Color photos. 192 pages. Firefly. Paperbound. Pub. at \$19.95 **\$5.95**



★**7898207** **AN ABSOLUTE BEGINNER'S GUIDE TO RAISING BACKYARD DUCKS.** By Gail Damerow. Fully illus. in color. 160 pages. Storey. Paperbound. Pub. at \$16.99 **\$12.95**

Animals

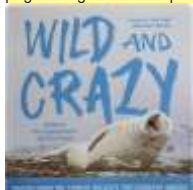


DVD 7988923 **LIFE STORY.** Widescreen. Brings a new and fascinating look at the perilous and exhilarating lives of the world's animals. You'll get a close-up, in-depth view of the challenges every animal must overcome and it's an unbelievable, awe-inspiring journey. Narrated by David Attenborough. Collects all six episodes. Over 5 hours on two DVDs. BBC Earth. **\$5.95**

Animals



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



LIMITED QUANTITY 9233350 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. Fully illus. in color. S&S. Paperbound. Pub. at \$9.99 **SOLD OUT**



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



Blu-ray 9255257 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. **\$4.95**



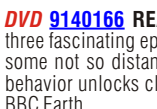
DVD 7793987 SERENGETI. Widescreen. A dramatized story based on the real lives of Africa's most iconic animals. Narrated by John Boyega. Collects all six episodes. English SDH. Six hours on 2 DVDs. BBC Earth. **\$5.95**



DVD 9027866 DEADLIEST CRITTERS: Wild Things with Dominic Monaghan. Widescreen. Take a walk on the wild side with Dominic Monaghan as he searches the globe for some of the deadliest critters alive. Starting in Guatemala, Monaghan faces off with the venomous beaded lizard. He then travels to Namibia, Ecuador, and finally to Vietnam. English SDH. Three hours. BBC. **\$5.95**



9106618 NORTH AMERICAN WILDLIFE. By David Jones. Journey into a world where the grizzly bear rules the clearings, the lynx silently stalks the forests, and the rattlesnake slithers through the deserts. Some of the most expansive parkland on earth protects these animals, and provides a dramatic backdrop for this close-up look at life in the wild. Color photos. 304 pages. Whitecap. 9x12. Paperbound. Pub. at \$29.95 **\$6.95**



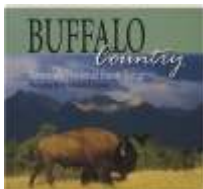
DVD 9140166 REAL APES OF THE PLANET. Widescreen. In three fascinating episodes, you'll mingle and monkey around with some not so distant relatives: a colorful cast of primates whose behavior unlocks clues about our own. English SDH. Three hours. BBC Earth. **\$5.95**



DVD 9221727 HIDDEN KINGDOMS. Widescreen. When you are less than a foot tall, the raindrops fall like meteorites, and the breeze feels like a tornado. The challenges these tiny yet adorable creatures face are exceptional, and their enemies gigantic—but their solutions are ingenious. Narrated by Stephen Fry. English SDH. 177 minutes. BBC Earth. **\$5.95**



DVD 8993483 CHASED BY DINOSAURS. Widescreen. Get ready to be transported back more than 75 million years in this dinosaur triple feature. In *The Giant Claw*, amazing life-like computer animation brings the colossal Therizinosaurus thunderingly alive. In *Land of Giants*, travel to South Africa's Patagonia. Finally, *Allosaurus* follows a male Allosaurus from birth to death. English SDH. 90 minutes. BBC. **\$5.95**



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



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 **\$3.95**



1041207 A HANDFUL OF HAPPINESS: How a Prickly Creature Softened a Prickly Heart. By Massimo Vacchetta with A. Tomaseili. A veterinarian cares for an orphaned baby hedgehog and connects with her in a way he's never connected with any other animal. Through this life affirming story of a man and his hedgehog, we learn that there's no such thing as too small an act if it's done out of compassion and love. 16 pages of color photos. 184 pages. Rodale. Pub. at \$22.99 **\$9.95**



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



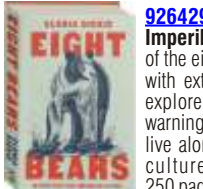
9191860 CRABS: A Global Natural History. By Peter J.F. Davie. Richly illustrated natural history of the world's crabs examining their diversity, ecology, anatomy, behavior, and more. There are more than 7,000 crab species in 100 different families. Each profile has been chosen to emphasize remarkable and intriguing aspects of the lives of these fascinating creatures. Fully illus. in color. 224 pages. Princeton. Pub. at \$29.95 **\$9.95**



8090734 PLATYPUS MATTERS: The Extraordinary Story of Australian Mammals. By Jack Ashby. Scientifically informed and funny, a firsthand account of Australia's wonderfully unique mammals and how our perceptions impact their future. This celebration of Australian wildlife will open eyes and change minds about how we contemplate and interact with the natural world—everywhere. Photos, most in color. 369 pages. William Collins. **\$5.95**



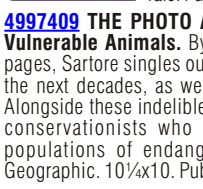
6077161 LOST ANIMALS: Extinction and the Photographic Record. By Errol Fuller. A unique photographic record of extinction, presented by a world authority on vanished animals. Collected together for the first time, these photographs provide a tangible link to animals that have now vanished forever, bringing the past to life while delivering a warning for the future. 256 pages. Princeton. Paperbound. Pub. at \$24.95 **\$9.95**



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



9212094 THE FIRST DOMESTICATION: How Wolves and Humans Coevolved. By R. Pierotti & B.R. Fogg. In this fascinating work, the authors change the narrative about how wolves became dogs and, in turn, humanity's best friend. Rather than recount how people mastered and tamed an aggressive, dangerous species, they describe coevolution and mutualism. Illus. 326 pages. Yale. Pub. at \$38.00 **\$9.95**

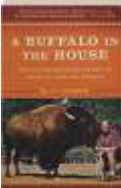


4997409 THE PHOTO ARK VANISHING: The World's Most Vulnerable Animals. By J. Sartore & E. Kolbert. In these vivid pages, Sartore singles out the species most likely to disappear in the next decades, as well as some that have already been lost. Alongside these indelible images are the words of scientists and conservationists who are working to protect and restore populations of endangered species. 400 pages. National Geographic. 10 1/4 x 10. Pub. at \$40.00 **\$14.95**

Animals



9168788 BEARS IN THE BACKYARD: Big Animals, Sprawling Suburbs, and the New Urban Jungle. By Edward R. Ricciuti. Explores cutting-edge research into why wildlife encroaches on human turf, how it impacts all of us, and how to deal with it on both societal and personal levels. Readers will learn how to protect against potential dangers even as hair-raising tales of real-life encounters thoroughly entertain them. Photos. 248 pages. Countryman. Paperbound. Pub. at \$14.95 **\$4.95**



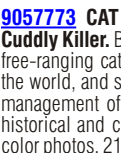
9046879 A BUFFALO IN THE HOUSE: The Extraordinary Story of Charlie and His Family. By R.D. Rosen. Tells the story of Veryl Goodnight and Roger Brooks, who adopt an orphaned buffalo calf. They open their home to the buffalo, and discover how strong a bond between man and animal can be. Well illus. 257 pages. Random. Paperbound. Pub. at \$14.00 **\$5.95**



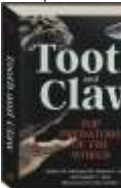
9064001 ARCTIC FOX: Life at the Top of the World. By Garry Hamilton, photos by N. Rosing. Tells the fascinating story of the arctic fox, from its evolutionary beginnings to its current life in the far north: mating and raising a family, hunting and scavenging, its relationship with the polar bear and other arctic inhabitants, and the never-ending struggle for survival in a fragile vanishing environment. Color photos. 231 pages. Firefly. 8 1/2 x 11. Paperbound. Pub. at \$29.95 **\$4.95**



9184015 MAMMALS OF INDIANA, REVISED EDITION. By J.O. Whitaker, Jr. & R.E. Mumford. Placing strong emphasis on ecology with descriptions of Indiana's habitats, climate, and vegetation and detailed species accounts, this comprehensive reference also summarizes the current knowledge about Indiana's mammal species. Illus., some color. 661 pages. InUP 8 1/2 x 11 1/4. Pub. at \$75.00 **\$8.95**



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



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



★9124462 HOW TO READ A CHICKEN'S MIND: Understand How Chickens Learn, Perceive People, Express Emotions, and Pass Down Knowledge. By Melissa Caughey. Caughey shares her years of experience and research about our feathered friends with this entertaining and informative exploration of what chickens think and feel. She offers insights into the range of feelings that chickens can express and their unexpected intelligence, personality types, and flock dynamics. Fully illus. in color. 128 pages. Storey. Paperbound. Pub. at \$18.99 **\$13.95**



265198X CHICKEN WISDOM: 50 Inspirational Prints to Put You in a Fresh Frame of Mind. By Melissa Caughey. Sage sentiments meet delightful chicken photography on 50 individual cards, and with a pull-out table-top frame included, you can display your favorite card or easily swap it out for one that fits the mood or suits the moment. Storey. Paperbound. Pub. at \$14.95 **\$5.95**



9030433 WILDERNESS PREDATORS OF THE ROCKIES: The Bond Between Predator and Prey. By Mike Lapinski. First hand accounts and amazing photos capture the lives of secretive hunters like the mighty grizzly, stately wolf, and stealthy mountain lion that prowl the backcountry of the Rockies. 193 pages. Falcon. Paperbound. Pub. at \$17.95 **\$2.95**



8 1/2 x 10 1/4. Pub. at \$16.99 **\$4.95**

9275371 ANIMALS THAT MAKE ME SAY EWWW! By Dawn Cusick. From blood-squirting reptiles to blood-sweating mammals to nose-picking primates, learn about some of the ickiest creatures in the animal kingdom and the amazing purposes served by their gross behaviors. From cleanup to dinner time to self-defense, each off-putting act is an aid to survival. 80 pages. Imagine!. **\$4.95**



9169075 REPTILES & AMPHIBIANS OF NEW ZEALAND: A Field Guide. By Dylan van Winkel et al. Field guide to New Zealand's 123 species of reptiles and amphibians, featuring a comprehensive introduction to evolution, conservation, ecosystems and geographic history of these fascinating tetrapods. Packed with extraordinary full-color photographs! Color photos. 368 pages. Bloomsbury. Paperbound. Pub. at \$18.00 **\$4.95**



8090491 EXOTIC VETTING: What Treating Wild Animals Teaches You About Their Lives. By Romain Pizzi. Pizzi shares his extraordinary stories as well as his insight into the amazing breadth of biology and the bewildering range of veterinary procedures needed to help animals get better. He also shares tips on where to run when the patient unexpectedly wakes up. Illus. most in color. 408 pages. William Collins. Paperbound. **\$5.95**



9045678 LIFE IN THE DARK: Illuminating Biodiversity in the Shadowy Haunts of Planet Earth. By Dante Fenolio. Shows the many ways that life forms have adapted to lightless environments. More than 200 mesmerizing color photographs shed new light on the world's fascinating creatures of darkness. 317 pages. Johns Hopkins. 9 1/4 x 11 1/4. Pub. at \$39.95 **\$7.95**



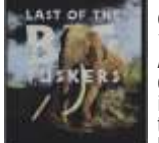
9030069 BISON: Falcon Pocket Guide. By Jack Ballard. Presents readers with substantive, yet easily digestible, information on this majestic symbol of the American West. This handy field guide contains all you need to know to become familiar with these fascinating animals. Fully illus. in color. 85 pages. Falcon. 4 1/4 x 7. Paperbound. Pub. at \$12.95 **\$4.95**



★9136924 ZOOBORNS: The Newest, Cutest Animals from the World's Zoos and Aquariums. By A. Bleiman & C. Eastland. Showcases the newest and cutest animal babies from zoos and aquariums worldwide, featuring fascinating animal facts and stories that illustrate the connections between zoo births and conservation initiatives. Fully illus. in color. 149 pages. S&S. Paperbound. Pub. at \$17.99 **\$12.95**



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



★DVD 9281045 LAST OF THE BIG TUSKERS. A big tusker elephant has at least one tusk weighing 100 pounds or more. Only 100 years ago, thousands roamed the wilds of Africa. Today, only 22 remain. This documentary focuses on the last of these iconic animals and what is being done to keep them safe. 52 minutes. Dreamscape Media. Pub. at \$17.95 **\$13.95**



★9136797 INCREDIBLE BEAR ATTACKS: Terrifying Tales of Savage Encounters Between Bears and People. Ed. by Lamar Underwood. Features the nasty—and often fatal—encounters humans have had with all different kinds of bears! Bears are not to be trifled with: don't ever feed them, shout at them, or try to play with them. 274 pages. Lyons. Paperbound. Pub. at \$22.95 **\$17.95**



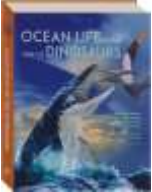
★8217645 THE ALPHA FEMALE WOLF: The Fierce Legacy of Yellowstone's 06. By Rick McIntyre. Tells the dramatic true story of 06 and five generations of female leaders in Yellowstone National Park, showing us that it is female wolves, not their male counterparts, who are the true leaders of the pack. Photos. 256 pages. Greystone. Paperbound. Pub. at \$18.95 **\$11.95**

★9154353 FOUR THOUSAND PAWS: Caring for the Dogs of the Iditarod—A Veterinarian's Story. By Lee Morgan. The first account from a trail veterinarian, chronicling the canines who brave the challenges of "The Last Great Race on Earth." An intimate look inside the animal mind, from huskies of Iditarod past to the intrepid dogs of today. Photos. 276 pages. Liveright. Paperbound. Pub. at \$18.99 **\$13.95**

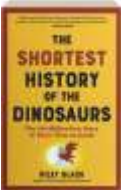
Animals



***9136754 COUGARS ON THE CLIFF: One Man's Pioneering Quest to Understand the Mythical Mountain Lion.** By Maurice Hornocker with D. Johnson. Recounts the early years of Hornocker's research, when he tracked mountain lions following a dog's nose and footprints in the snow, before telemetry was available. He was the first to learn that mountain lions living in stable populations limit their own numbers through territoriality and a concept he called "mutual avoidance." Well illus., some in color. 295 pages. Lyons. Paperbound. Pub. at \$24.95 **\$17.95**



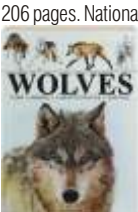
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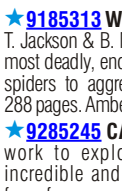
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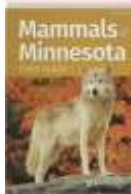
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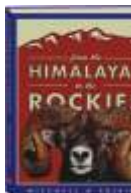


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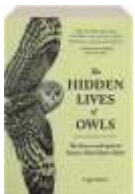
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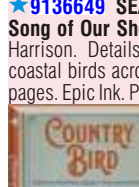
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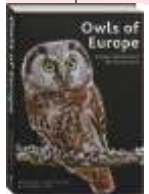
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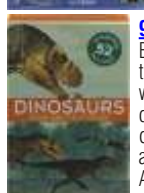
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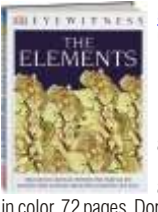
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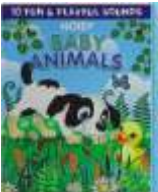
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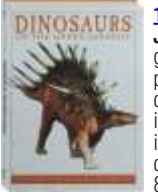
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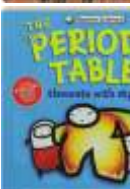
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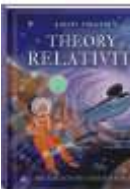
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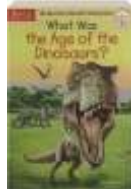


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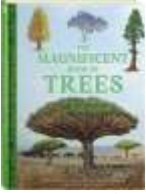
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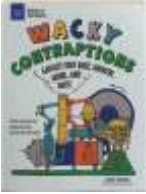
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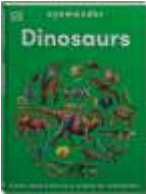


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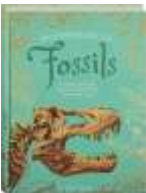


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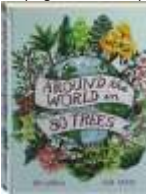
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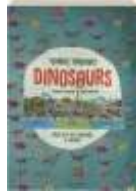
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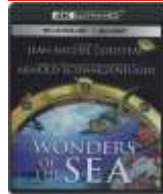


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9054715 150 SURVIVAL SECRETS. By James C. Jones. You have to be prepared for anything, even the worst. The author provides insider tips to help you and your family survive any catastrophe. This manual answers every question you've had about disaster preparedness and gives practical details of making it through any kind of emergency situation. Illus. 284 pages. Skyhorse. Paperbound. Pub. at \$17.99 **SOLD OUT**

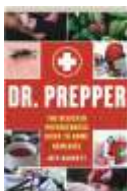


1992694 THE ULTIMATE BOOK OF SURVIVAL GEAR: A Beginner's Guide to Choosing the Products That Will Keep You Alive. By James C. Jones. Here you will find detailed descriptions of the following gear: sleeping bags, shovels and saws, stoves, clothing and footwear, advanced medical care equipment, communications 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**



Blu-ray 9233865 IMAX: Under the Sea. Widescreen. An underwater look at the diverse coastal regions of Southern Australia, New Guinea, and the Indo-Pacific areas, and the impact of global warming on the oceans. Narrated by Jim Carrey. English SDH. 41 minutes. Warner Bros. Enter. **\$4.95**

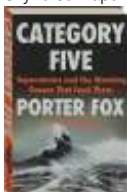
9130411 THE GREEN BERET BUSHCRAFTING GUIDE: The Eight Pillars of Survival in Any Situation. By Brian M. Morris. Using Morris's eight pillar system, become an expert at finding food, water, shelter, security, establishing communication, maintaining your health, navigating and making fire utilizing the KISS methodology, "keep it simple, stupid", an acronym widely used to remind soldiers that the best solutions are often the simplest. Well illus. in color. 184 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$6.95**



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



771663X ADVENTURES IN EDIBLE PLANT FORAGING: Finding, Identifying, Harvesting, and Preparing Native and Invasive Wild Plants. By Karen Monger. Written with novice foragers in mind, this guide with recipes for soups, salads, muffins, desserts and more, is a must have for anyone looking to save money and plan their first expedition into foraging. Includes a glossary of botanical terms. Well illus. in color. 217 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$7.95**



9182063 CATEGORY FIVE: Superstorms and the Warming Oceans That Feed Them. By Porter Fox. Superstorms, hurricanes, typhoons, and spiraling freak weather: the fall out of global warming is a real life natural thriller as captured in Fox's urgent and stunning story of chasing the world's most devastating storms. 270 pages. Little, Brown. Pub. at \$30.00 **\$6.95**



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



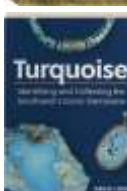
9103740 THE HUDSON, THIRD EDITION: An Illustrated Guide to the Living River. By Stephen P. Stanne et al. Since 1996, *The Hudson* has been an essential resource for understanding the full sweep of the great river's natural history and human heritage. Includes the latest information about the ongoing fight against pollution and environmental damage to the river, plus vibrant illustrations of the plants and wildlife that make this ecosystem so special. 267 pages. Rutgers. 8 1/2 x 11. Paperbound. Pub. at \$36.95 **\$6.95**



LIMITED QUANTITY ★ 9168583 CLOUDS: How to Identify Nature's Most Fleeting Forms. By Edward Graham. Explore a one-of-a-kind illustrated guide to clouds, cloud formations, and the artists who painted them. It curates, classifies, and measures every species, including recently discovered ones, considering the height, size, texture, arrangement, modifications, and movement of their many shifting forms. 224 pages. Princeton. 8 1/2 x 10 1/4. Pub. at \$29.95 **\$24.95**



9154078 STEPPES: The Plants and Ecology of the World's Semi-Arid Regions. By Michael Bone et al. Offering a comprehensive overview of the world's four steppe regions, this volume surveys the plants, climate, geology, and geography of the steppes of North America, Eurasia, Patagonia, and South Africa. Fully illus. in color. 360 pages. Timber. 8 1/2 x 10 1/4. Pub. at \$49.95 **\$13.95**



★ 9136525 TURQUOISE: Identifying and Collecting the Southwest's Iconic Gemstone. By Dan R. Lynch with B. Lynch. A deep dive into why turquoise is such a remarkable gem and why people have mined, traded, and worn it for millennia. Fully illus. in color. 140 pages. Adventure Publications. Paperbound. Pub. at \$15.95 **\$11.95**



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. **SOLD OUT**

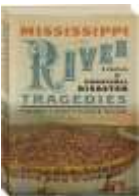
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9054782 BUSHCRAFT BASICS: A Common Sense Wilderness Survival Handbook. By Leon Pantenburg. Be ready for any emergency, at any time with the help of this survival instructor who shares his immense knowledge of bushcraft and survivalist skills so that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



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**



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 **\$7.95**



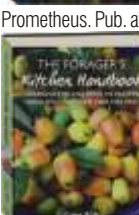
9191836 BIG PACIFIC. By Rebecca Tansley. The Pacific Ocean covers one-third of Earth's surface and contains half of the world's water. Illustrated in full color, this guide blends a wealth of stunning images with spellbinding storytelling to take you into a realm teeming with exotic life rarely witnessed up close. 239 pages. Princeton. 12x9½. Pub. at \$29.95 **\$9.95**



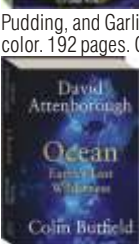
9206647 OUR ANCIENT LAKES: A Natural History. By Jeffrey McKinnon. Introduces the remarkable living diversity of these aquatic bodies to the general reader and explains the surprising, often controversial, findings that the study of their faunas is yielding about the formation and persistence of species. Well illus. 315 pages. MIT Press. Pub. at \$29.95 **\$8.95**



9107258 THE REMARKABLE REEFS OF CUBA: Hopeful Stories from the Ocean Doctor. By David E. Guggenheim. Reveals the hidden potential that Cuba's reefs may contain for the reefs of the world. While the past 60 years have seen the worst decline in ocean health in human history, Cuba's oceans and coral reefs remain remarkably healthy, a living laboratory never before seen by this generation of scientists. Color photos. 240 pages. Prometheus. Pub. at \$27.95 **\$4.95**



9253475 THE FORAGER'S KITCHEN HANDBOOK: Foraging Tips and over 100 Recipes Using What You Can Find for Free. By Fiona Bird. Shares the author's knowledge that she has gained from years of gathering food from the land. Provides over 100 recipes for everything from preserves and baking to main meals and tasty snacks, such as Sweet Cicely Cookies, Red Berries & Meadowsweet Pudding, and Garlic Mustard & Chickweed Bruschettas. Fully illus. in color. 192 pages. CICO. Pub. at \$16.99 **SOLD OUT**



9192247 OCEAN: Earth's Last Wilderness. By David Attenborough & C. Butfield. From the icy seas of our poles to remote coral islands, Attenborough has filmed in every ocean habitat on planet Earth. Now, with long-term collaborator Colin Butfield, he shares the story of our last great wilderness—the one that shapes the land we live on, regulates our climate, and creates the air we breathe. 32 pages of color Grand Central. Pub. at \$34.00 **\$24.95**



DVD 902123X SPIRITS OF THE JAGUAR: BBC Atlas of the Natural World. Fullscreen. In Central America and the Caribbean, everything is vibrant—from the tropical rain forests teeming with wildlife to the coral reefs to the volcanoes. This series reveals the dramatic relationships that exist here between the natural inhabitants, wildlife, and environment. CC. Over three hours. BBC. **\$5.95**



8125244 LAPIDARIUM: The Secret Lives of Stones. By Hettie Judah. Explores the unexpected stories behind 60 stones that have shaped and inspired human history, from Dorset fossil-hunters to Chinese philosophers, Catherine the Great to Michelangelo. Stone by stone, story by fascinating story, this work builds into a dazzling, epoch-spanning adventure through human culture, and beyond. Illus. in color. 336 pages. John Murray. Pub. at \$30.00 **\$9.95**



7709528 THE MINERALS ENCYCLOPEDIA. By Rupert Hochleitner. The essential guide to rare and beautiful minerals. Identify over 700 minerals, gems and rocks using the proven classification: streak color, degree of hardness and origin. Color photos. 446 pages. Firefly. Paperbound. Pub. at \$29.95 **\$24.95**



9217819 THE SCIENCE OF THE EARTH: The Secrets of Our Planet Revealed. By Philip Eales et al. This breathtakingly beautiful work reveals the unique wonders of our planet, from core to atmosphere. Illustrated with detailed images of fascinating objects, along with awe-inspiring landscape photography, it brings to life the story of Earth's past and the dynamic processes that shaped its present. 416 pages. Dorling Kindersley. 9½x11¼. Pub. at \$50.00 **\$24.95**



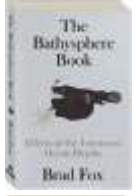
9091777 DISASTER SURVIVAL 101: The Essential Guide to Preparing for—and Surviving—Any Emergency Scenario. By Creek Stewart. Be prepared for any disaster and put your mind at ease with this step by step plan for surviving natural disasters, technological and grid failures, attacks, hazards, and more including sheltering in place or evacuating as conditions dictate. Well illus. 255 pages. Adams Media. Paperbound. Pub. at \$19.99 **SOLD OUT**



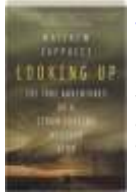
7776527 PREPPER'S LONG-TERM SURVIVAL GUIDE, SECOND EDITION. By Jim Cobb. This volume will get you though when days become weeks, and then months, and then years. Offers techniques and tactics necessary for surviving the most dire of situations, including: a wide range of methods to preserve and store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



9181830 WORLD GUIDE TO TROPICAL DRIFT SEEDS AND FRUITS. By J.V. Dennis & C.R. Gunn. This guide is for amateurs and professionals who find pleasure and excitement in beachcombing for stranded sea-beans on beaches ranging from Norway and Holland to South America, Africa, Southeast Asia, the Pacific Islands, South Florida, and the west coast of the United States. Fully illus. 240 pages. Krieger. **\$4.95**



9093710 CHEROKEE NATIONAL FOREST: A History. By Marci Spencer. Created in 1920, the 650,000-acre Cherokee National Forest lies north and south of the Great Smoky Mountains National Park. It pays tribute to the heritage in its name and protects an ancient Indigenous burial cave and a portion of the Trail of Tears. Fully illus. some in color. 265 pages. History Press. Paperbound. Pub. at \$24.99 **\$17.95**



9249745 THE BATHYSPHERE BOOK: Effects of the Luminous Ocean Depths. By Brad Fox. A wide-ranging, philosophical, and sensual account of early deep-sea exploration and its afterlives. It begins with the first-ever voyage to the deep ocean and expands to explore the adventures and entanglements of its all-too-human participants at a time when the world still felt entirely new. Color photos. 336 pages. Astra House. Pub. at \$29.00 **\$6.95**



9199357 LOOKING UP: The True Adventures of a Storm-Chasing Weather Nerd. By Matthew Cappucci. Combining reportage and accessible science with storytelling and infectious enthusiasm, this volume is a riveting ride through the state of our weather and a touching story about parents and mentors helping a budding scientist achieve his improbable dreams. 24 pages of color photos. 293 pages. Pegasus. Paperbound. Pub. at \$18.95 **\$5.95**

9174249 BACKYARD GUIDE TO WILD EDIBLE PLANTS. By M.P. Hernandez & H.W. Buzzard. Forage more than 100 delicious edible plants from your backyard using this beautifully illustrated guide. Turn your backyard into a bounty with tips for identifying wild plants, advice for beginner and experienced harvesters, and more than 600 ideas and recipes to bring the wild into the kitchen. 285 pages. National Geographic. Paperbound. Pub. at \$24.99 **\$17.95**

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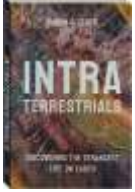
9250778 WILD WISDOM: Primal Skills to Survive in Nature. By Donny Dust. Teaches readers to use situational awareness to avoid danger, problem-solve, prioritize, find shelter, and be able to pivot and improvise in any given situation. Focuses on essential gear, sheltering, building fire, staying hydrated, foraging, trapping, and more. Well illus. 321 pages. Simon Element. Pub. at \$28.99 **\$11.95**



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



9235604 KEW: The Psychedelic Garden—Mind-Alerting Plants in Folklore, Superstition and Popular Culture. By Sandra Lawrence. Psychoactive plants have been used by different cultures for thousands of years for everything from shamanic rituals to staying awake. This is a fascinating exploration of the mind-altering plants that for centuries have helped shape the way we experience the world. Fully illus. in color. 207 pages. Wellbeck. Pub. at \$19.95 **\$14.95**



9181253 INTRATERRESTRIALS: Discovering the Strangest Life on Earth. By Karen G. Lloyd. A biologist's first-hand account of the hunt for life beneath Earth's surface—and how new discoveries are challenging our most basic assumptions about the nature of life on Earth. Reveals what microbes in Earth's deep subsurface biosphere can tell us about the prospects for finding life on other planets—and the future of life on our own. Photos. 232 pages. Princeton. Pub. at \$27.95 **\$22.95**



906883X BEAUTIFUL SHELLS. By Mark Carnall. Following an introductions exploring our fascination with shells and their impact on human history, culture and science, each of the 61 color plates is included alongside a description of notable shells and what is known of the mysterious organisms that make them. 183 pages. Bodleian Library. Pub. at \$40.00 **\$31.95**



9210350 CLOUD WARRIORS: Deadly Storms, Climate Chaos—And the Pioneers Cheating a Revolution in Weather Forecasting. By Thomas E. Weber. The unprecedented inside story of the people pushing boundaries of science and technology to build better weather forecasts—providing life-saving warnings and crucial intelligence about nature's deadliest threats. 275 pages. St. Martin's. Pub. at \$27.00 **\$21.95**



8095698 CLOUDSPOTTING FOR BEGINNERS. By Gavin Pretor-Pinney, illus. by W. Grill. A whimsical lesson on the oft-overlooked extraordinary lives of clouds that will serve as a gentle reminder to be present and observant in the face of impermanence. Just as informative as it is poetic and peaceful, this is the perfect guide for cloud appreciators and sky lovers. Fully illus. in color. Ten Speed. 8 1/4 x 10 1/4. Pub. at \$24.99 **\$14.95**



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. 12 1/2 x 12 1/4. Pub. at \$50.00 **\$19.95**



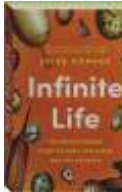
9204393 MAMMALS OF COLORADO FIELD GUIDE, 2ND EDITION. By Stan Tekiela. Identify 130 Colorado mammals with this easy-to-use field guide, organized by family and featuring full-color photographs and helpful information. 372 pages. Adventure Publications. Paperbound. Pub. at \$18.95 **\$13.95**



9276963 MAMMALS OF MICHIGAN FIELD GUIDE, 2ND EDITION. By Stan Tekiela. Make mammal identification simple and informative! This handy guide contains all 66 species of Michigan's mammals, fascinating facts, sighting tips, track patterns, naturalist tidbits, and more. Organized by family and features full-color photos. 312 pages. Adventure Publications. Paperbound. Pub. at \$16.95 **\$12.95**



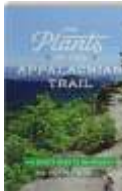
9225129 ROCKHOUDING NEW YORK, SECOND EDITION: A Guide to the State's Best Rockhounding Sites. By Robert Beard. Complete guide to finding and collecting gems, minerals, and fossils throughout New York. Includes maps and detailed descriptions with directions, GPS coordinates for all sites, suggested tools and techniques, and information on nearby attractions. Well illus. in color. 297 pages. Falcon. Paperbound. Pub. at \$24.95 **\$17.95**



9180729 INFINITE LIFE: The Revolutionary Story of Eggs, Evolution, and Life on Earth. By Jules Howard. An investigation into the most unifying and enduring structure in the history of life, the crucial piece of evolutionary engineering to which every animal on the planet owes its existence: the egg. 258 pages. Pegasus. Pub. at \$29.95 **PRICE CUT to \$4.95**



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9036512 THE MOUNTAIN ENCYCLOPEDIA: An A-Z Compendium of More Than 2,300 Terms, Concepts, Ideas, and People. By F.V. Hartemann & R. Hauptman. This is the first English language A-to-Z compendium of all topics related to mountains, including geological, geographical, and zoological terms, as well as many entries on significant explorers, surveyors, mountaineers, rock climbers, and skiers. Color photos. 291 pages. Taylor Trade. 8 1/2 x 11. Paperbound. Pub. at \$25.00 **SOLD OUT**



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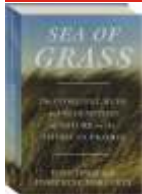
9124756 HABITATS OF NORTH AMERICA: A Field Guide for Birders, Naturalists, and Ecologists. By P. Chaon & I. Campbell. Provides an unparalleled treatment of North America's wonderfully diverse habitats. Up-to-date descriptions cover each habitat's unique features, from geology and climate to soil and hydrology. Fully illus. in color. 376 pages. Princeton. Paperbound. Pub. at \$35.00 **PRICE CUT to \$23.95**



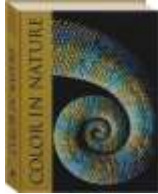
9198180 Rockhounding Washington, Second Edition: A Guide to the State's Best Sites. By Lars W. Johnson. Provides directions and GPS coordinates to the best rockhounding sites in Washington, with valuable tips on what tools to bring and how to conduct your search. Comprehensive lists of minerals or fossils for each site and color photos will help you search for and identify what you've found. 254 pages. Falcon. Paperbound. Pub. at \$24.95 **SOLD OUT**

9201726 HOW TO SURVIVE AGAINST THE ODDS: Tales & Tips for Animal Attacks and Natural Disasters. By Sean Evans. Inspired by Wonders's hit podcast *Against the Odds*, learn how to survive whatever nature can throw at you through gut-twisting true stories of survival on the brink. Includes tips on how to endure being adrift at sea; mauled by a bear; buried by an earthquake; and more! Illus. 290 pages. Morrow. Pub. at \$26.00 **PRICE CUT to \$14.95**

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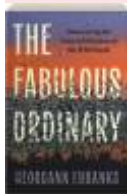
★ **9064796 COLOR IN NATURE.** By Justin Marshall et al. Unlocks nature's colorful purpose, revealing how creatures see it as well as shedding light on the important part that color plays in animal behavior, from reproduction and communication to aggression and defense. Fully illus. in color. 288 pages. Princeton. Pub. at \$35.00 **PRICE CUT to \$17.95**



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★ **9193731 LITTLE BEASTS: Art, Wonder, and the Natural World.** Ed. by Alexandra Libby et al. Blending lively and informative essays with beautiful illustrations, this volume traces the connections between artists, naturalists, and collectors in an age of scientific discovery and broadening horizons, inviting readers to look with wonder at nature's variety. Includes gilded edges. 223 pages. Princeton. Pub. at \$50.00 **PRICE CUT to \$34.95**



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794893X HOW TO DEFEND YOUR FAMILY AND HOME. By Dave Young with A. Seise. Illus. 191 pages. Page Street. Paperbound. Pub. at \$19.99 **SOLD OUT**

9181059 THE LIVES OF SEAWEEDS: A Natural History of Our Planet's Seaweeds & Other Algae. By Julie A. Phillips. Fully illus. in color. 288 pages. Princeton. Pub. at \$35.00 **\$7.95**

DVD 9021302 WILD SOUTH AMERICA: BBC Atlas of the Natural World. Widescreen. BBC Video. **SOLD OUT**

9123628 OUTDOOR LIFE HOW TO SURVIVE OFF THE GRID. With Tim MacWelch. Fully illus. in color. 215 pages. Weldon Owen. Paperbound. Pub. at \$29.00 **\$9.95**

1041177 EXPEDITION DEEP OCEAN: The First Descent to the Bottom of All Five of the World's Oceans. By Josh Young. 24 pages of color photos. 320 pages. Pegasus. Paperbound. Pub. at \$18.95 **\$5.95**

★ **7874405 SMITHSONIAN ROCK & GEM: The Definitive Guide to Rocks, Minerals, Gems, and Fossils.** Ed. by Christine Heilman. 360 pages. Dorling Kindersley. Paperbound. Pub. at \$29.99 **\$21.95**

★ **3872076 THE PREPPER'S MEDICAL HANDBOOK: How to Provide Medical Care When You Can't Rely on Anyone but Yourself.** By William W. Forgey. Illus. 311 pages. Lyons. Paperbound. Pub. at \$19.95 **SOLD OUT**

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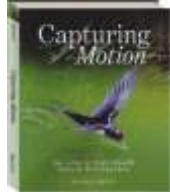
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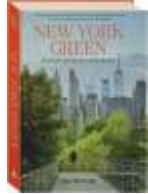


9064036 CAPTURING MOTION: My Life in High-Speed Nature Photography. By Stephen Dalton. Dalton explains his techniques in detail. Also takes readers on his many subject-scouting journeys into the English countryside. Fully illus. in color. 192 pages. Firefly. 9 1/4 x 11 1/4. Pub. at \$35.00 **\$2.95**

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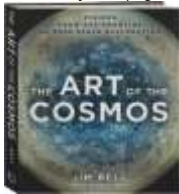
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Nature Photography



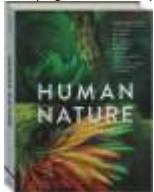
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By A. Shah & F. Rogers. Drawn from years spent in the company of the world-famous chimpanzees of Tanzania's Gombe National Park, this volume gives us an unparalleled look into their world. Through endearing stories and stunningly intimate photography, we experience their lives: an epic saga of intrigue, love, suffering, ambition, surprises, and controversy. 324 pages. Firefly. 13½x11¼. Pub. at \$69.95 **\$11.95**



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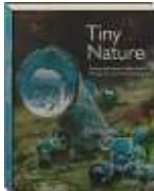
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By Paul Nicklen et al. The United Nations has declared that nature is in more trouble now than at any other time in human history. Extinction looms over one million species of plants and animals. Here, twelve of the world's most influential nature and conservation photographers address the biggest questions of our time. Color photos. 300 pages. Chronicle. 8½x11¼. Pub. at \$45.00 **\$14.95**



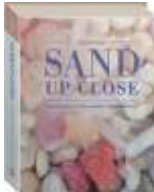
6081827 THE HUNT: The Outcome Is Never Certain.

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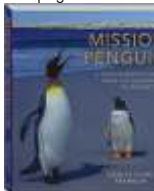
9272526 TINY NATURE: Discovering Nature's Hidden World Through the Lens of Macrophotography.

By Jamie Rosengrans. Every leaf, pebble, and tiny inhabitant has a story of resilience, beauty, and the timeless dance of life. Be inspired as you enter the heart of the forest floor and see the sheer wonder of nature's design. Fully illus. in color. 255 pages. Wellfleet. 9½x11¼. Pub. at \$35.00 **\$28.95**



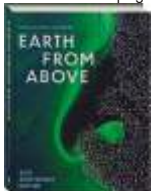
9232540 SAND UP CLOSE: Aesthetics, Philosophy, and Science.

By Oliver Lenzen. Explores microscopic pictures of sand grains worldwide, blending scientific rigor, personal anecdotes, and cultural insights. Richly illustrated, the book offers unique perspectives on sand's beauty and diverse landscapes. Includes over 700 color microphotographs showcasing the beauty of sand grains. 372 pages. Schiffer. 9½x11¼. **\$36.95**



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By Ursula Clare Franklin. Franklin embarked on a personal mission to see and photograph every species of penguin in their natural habitats. The result is hundreds of striking photographs accompanied by engaging text detailing the penguins' features and characteristics while exploring how humanity's actions have threatened their very existence. 240 pages. Bloomsbury. 10x11¼. Pub. at \$35.00 **\$24.95**



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By Yann Arthus-Bertrand. Timed to the 25th anniversary of the groundbreaking international bestselling book *Earth from Above*, this updated version features new images and refreshed text that creates an unforgettable, inspiring portrait of our planet today. 431 pages. Abrams. 8½x11½. Pub. at \$65.00 **\$51.95**



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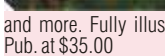
9272615 THE RADIANT SEA: Color and Light in the Underwater World.

By S. Haddock & S. Johnsen. Breathtaking displays of color and light from an array of ocean life forms, with vivid photography and insightful text about the science of transparency, bioluminescence, and fluorescence. 224 pages. Abrams. 10½x12¼. **\$46.95**



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By Ethan Daniels. Daniels captures the mystery and importance of the often overlooked natural communities along the Cape Cod coast. He reveals the vivid rhythms in detail: the arresting orange of a sponge, the silvery flash of fish scales, the bright blue of a crab claw, and more. Fully illus. in color. 151 pages. Union Park. 12½x10¼. Pub. at \$35.00 **PRICE CUT to \$3.95**



7962096 INTO AFRICA: The Poster Portfolio.

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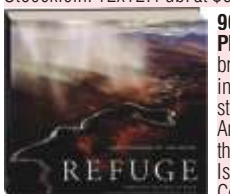
9096337 LIVING WITH VOLCANOES.

By Cris Toala Olivares. Toala Olivares visited 13 volcanoes, from Iceland to Indonesia, and stood literally on top of his giant subjects. He talked to residents who lived on or under a volcano, and who would never leave their beloved yet threatened homes. This collection documents the impact volcanoes have on people and their surroundings. Fully illus. in color. 319 pages. Terra. 10x13¾. Pub. at \$80.00 **PRICE CUT to \$9.95**



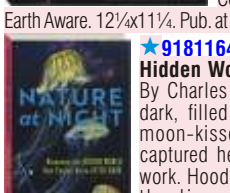
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By David R. Stoecklein with B. Prunty. A photographic celebration of the American Quarter Horse, the history of its evolution, and the ranches that breed these powerful creatures. Prunty's text traces the history of the breed and explores the different paths it has taken in the equine industry. 304 pages. Stoecklein. 12x12. Pub. at \$60.00 **PRICE CUT to \$5.95**



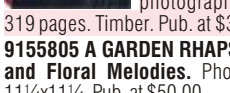
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9123490 EXTRAORDINARY LEAVES. Text by D. Schrader, illus. by S. Green-Armytage. Fully illus. in color. 272 pages. Firefly. 9x11. Paperbound. Pub. at \$29.95 **\$11.95**

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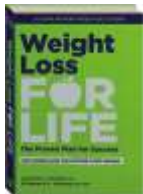
★6082319 WHAT BEARS TEACH US. text by S. Elmeligi, photos by J.E. Marriott. 224 pages. Rocky Mountain. 11x8½. Paperbound. Pub. at \$35.00 **PRICE CUT to \$12.95**

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Nutrition & Weight Management



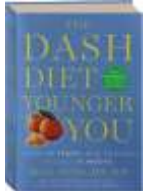
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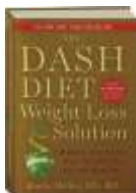
9045848 WEIGHT LOSS FOR LIFE: The Proven Plan for Success. By L.J. Cheskin & K.A. Gudzone. Provides you with all of the information you need on your weight loss journey. Leading experts in behavioral health, nutrition, exercise, and nursing help you develop a plan that works best for you, and that's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



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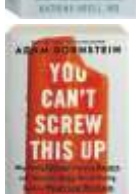
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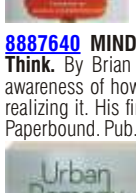
9240047 THE OZEMPIC REVOLUTION. By Alexandra Sowa. The first comprehensive user guide to GLP-1s (including Ozempic, Wegovy, and Zepbound), with an overview of how they work and possible side effects. Also contains companion recipes, exercise guidance, and new habits to maintain lifelong health and keep weight off for good. 235 pages. Harvest. Pub. at \$28.99 **\$5.95**



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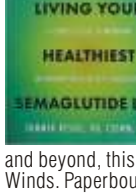
9237186 YOU CAN'T SCREW THIS UP. By Adam Bornstein. What if the healthiest diet included the foods that were enjoyable and respectful of our stressful, overbooked lives? You couldn't screw it up! Here's a can't-miss plan that will build unbreakable habits by incorporating mindset changes, easy restaurant options, and more. 320 pages. Morrow. Paperbound. Pub. at \$19.99 **\$5.95**



8887640 MINDLESS EATING: Why We Eat More Than We Think. By Brian Wansink. A food psychologist revolutionizes our awareness of how much, what, and why we're eating, often without realizing it. His findings will astound you. Illus. 292 pages. Bantam. Paperbound. Pub. at \$17.00 **\$4.95**



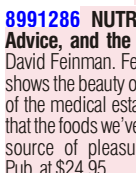
9231188 URBAN REMEDY: The 4-Day Home Cleanse Retreat. By Neka Pasquale. Using a food as medicine philosophy, this solution-oriented DIY cleanse program features a mostly raw and vegan eating plan centered around whole foods and juices. This is an appealing, lifestyle-driven roadmap to whole-food cleansing, weight loss, and balanced health. Fully illus. in color. 175 pages. S&S. Paperbound. Pub. at \$24.95 **\$5.95**



★9220372 LIVING YOUR HEALTHIEST SEMAGLUTIDE LIFE: A Complete Guide to Nutrition and Mindset While on GLP-1 Medications. By Summer Kessel. Ultimate nutrition and mindset guide for navigating the challenges of weight management with semaglutide and tirzepatide. From starting medication to the weight loss phase, through maintenance and beyond, this life-changing guide covers it all. 224 pages. Fair Winds. Paperbound. Pub. at \$26.99 **\$19.95**

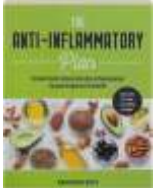


7989571 INTERMITTENT FASTING FOR WOMEN. By Lori Russell. A science backed fasting guide that's tailored to a woman's physiology, giving you a healthy alternative to stressful and ineffectual diet practices. You'll alternate periods of fasting with periods of nutritious eating to reset your metabolism, helping you lose weight, regulate your hormones, and slow down aging. 95 pages. Rockridge. Paperbound. Pub. at \$12.99 **PRICE CUT to \$1.95**



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Healthy Cooking & Special Diets



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\$5.95



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

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9002383 THE PLANT-BASED ATHLETE: A Game-Changing Approach to Peak Performance. By Matt Frazier et al. Reveals proof that the human body does not need meat, eggs, or dairy to be strong. Instead, research shows that a plant-based diet offers the greatest recovery times, cell oxidation, injury prevention, and restorative sleep, and allows athletes to train more effectively, with better results. 338 pages. Harper. Paperbound. Pub. at \$21.99

\$5.95

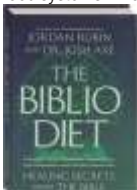
9105123 THE FULL-BODY FAT FIX. By Stephen Perrine. Discover a groundbreaking new way of eating that can reverse inflammation, heal your gut, and improve your overall health, fitness, and athletic performance—in just one week—while setting you on the path to easy, sustainable weight loss for life! 257 pages. St. Martin's. Pub. at \$30.00

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9161856 GANDHI'S SEARCH FOR THE PERFECT DIET: Eating with the World in Mind. By Nico Slate. Choosing what to eat was intimately tied to Gandhi's beliefs, his core values of nonviolence, religious tolerance, and rural sustainability. Vegetarianism, limiting salt and sweets, avoiding processed food and fasting, anticipated 21st century food debates and the need to build healthier and more equitable global food systems. Photos. 237 pages. UWaP. Pub. at \$29.95

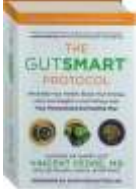
\$4.95



9284982 BIBLIO DIET: Live Long, Master Metabolism, Reduce Pain, Fight Depression, and Conquer Cancer with Healing Secrets from the Bible. By J. Rubin & J. Axe. An intuitive and easy-to-follow plan that invites you to experience a breakthrough in the health of your entire family by learning to eat and live God's way. 293 pages. Worthy. Pub. at \$30.00

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923506X THE GUTSMART PROTOCOL. By Vincent Pedre with Lee Holmes. Take back control of your health, starting with the foundation for ultimate well-being: your gut and its microbiome. Use the GutSMART Quiz to evaluate your gut-related wellness and get a personalized 14-day meal plan and food lists based on your GutSMART score. 16 pages of color photos. 319 pages. BenBella. Pub. at \$29.95

\$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 \$21.95

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

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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

PRICE CUT to \$13.95

CD 9219552 HOW NOT TO DIE: Discover the Foods Scientifically Proven to Prevent and Reverse Disease. By Michael Greger with G. Stone. Macmillan Audio. Pub. at \$49.99

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9076166 EATING FOR ACID REFLUX: A Handbook and Cookbook for Those with Heartburn. By J. Sklar & A. Cohen. 273 pages. Da Capo. Paperbound. Pub. at \$16.95

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5879787 THE SUGAR DETOX DIET FOR 50+: A Complete Guide to Quitting Sugar, Boosting Energy, and Feeling Great. By Dana Elia. 255 pages. Ulysses. Paperbound. Pub. at \$16.95

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9071911 BEYOND KETO: Burn Fat, Heal Your Gut, and Reverse Disease with a Mediterranean-Keto Lifestyle. By Don Colbert. 240 pages. Siloam. Pub. at \$24.99

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7882440 THE GUT HEALTH COOKBOOK. By Sofia Antonsson. Well illus. in color. 144 pages. Skyhorse. Paperbound. Pub. at \$18.99

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7950918 10-DAY CELERY JUICE CLEANSE. By H. Ebelthite & K. Adams. 96 pages. Aster. Paperbound. Pub. at \$6.99

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8889880 UNLOCKING THE KETO CODE: The Revolutionary New Science of Keto That Offers More Benefits Without Deprivation. By Steven R. Gundry. 262 pages. Harper Wave. Pub. at \$28.99

\$6.95

9126627 NATURAL BEAUTY RESET: The 7-Day Program to Harmonize Hormones & Restore Radiance. By Trevor Cates. Well illus. in color. 251 pages. BenBella. Paperbound. Pub. at \$28.95

\$6.95

9246975 WHAT TO EAT WHEN: A Strategic Plan to Improve Your Health & Life Through Food. By M.F. Roizen & M. Crupain. 351 pages. National Geographic. Pub. at \$28.00

PRICE CUT to \$3.95

9103678 HOW TO EAT: An Ancient Guide for Healthy Living. Selected by Claire Bubb. Illus. 242 pages. Princeton. Pub. at \$17.95

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91997750 EAT REAL TO HEAL: Using Nutrient Dense Foods for Longevity and Happiness. By Nicolette Richer. Photos. 254 pages. Mango. Paperbound. Pub. at \$19.99

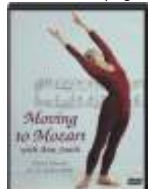
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Exercise & Fitness



7845707 YOGA FOR INFLEXIBLE PEOPLE. By Max & Liz Lowenstein. Are you struggling with a limited range of motion? This guide demonstrates that with time and patience, anyone can increase their flexibility through yoga. Each pose is broken down into beginner, intermediate, and advanced stages and makes use of blocks and straps, as well as your unique anatomy to achieve amazing results. Fully illus. in color. 160 pages. Thunder Bay. Paperbound. Pub. at \$19.99

\$6.95



9064850 MOVING TO MOZART WITH ANN SMITH. Fullscreen. Ann Smith's innovative exercise system has won her thousands of fans through sold-out classes, lectures and bestselling videos. Based on the stretches dancers use to stay limber and set to beautiful music, her exercises are safe and effective for all ages. 65 minutes. Total Content. Pub. at \$9.95

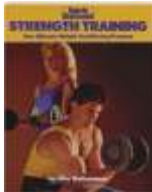
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9253580 STRETCHING WITH EASE: An Illustrated Guide to Your Fit and Flexible Body. By Linda Minarik. Discover the many ways you can work with your body to assist it to be fluid and flexible as this guide takes you from the basics and benefits of stretching, to all you need to know to make stretching a lifelong habit, with practical guidance and supportive encouragement. Fully illus. in color. 192 pages. CICO Books. Paperbound. Pub. at \$21.95

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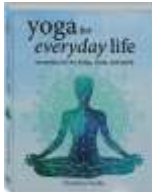
Exercise & Fitness



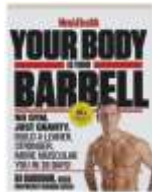
9011846 SPORTS ILLUSTRATED STRENGTH TRAINING: Your Ultimate Weight Conditioning Program. By John Garhammer. Improve your total fitness by incorporating strength training into your regular fitness program. Includes everything from information on how our bodies work to specific exercises. Fully illus. 204 pages. Sports Illustrated. Paperbound. Pub. at \$16.95 **\$4.95**



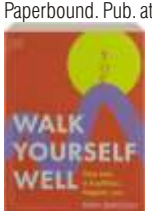
9240233 FOAM ROLLING: 50 Exercises for Massage, Injury Prevention, and Core Strength. By Karina Inkster. Foam rolling is a gentle yet effective way to heal overworked muscles, eliminate painful knots, improve posture and increase flexibility. Reap the benefits of a foam rolling workout with this guide, offering easy to follow exercises, plus tips and advice from a number of experts. Color photos. 170 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$4.95**



9133879 YOGA FOR EVERYDAY LIFE: Remedies for the Body, Mind, and Spirit. By Christine Burke. Burke gives you the power to heal and revitalize yourself—mind, body, and spirit! Includes yoga remedies for 40 specific conditions and concerns, as well as yoga sequences for everyday wellbeing. Features gilded page edges. Fully illus. in color. 176 pages. CICO Books. Pub. at \$16.99 **\$5.95**



6536468 MEN'S HEALTH YOUR BODY IS YOUR BARBELL. By BJ Gaddour. This guide shows you how to master eight critical fitness moves (the Bodyweight 8) and use them to achieve the strength, power, endurance, and mobility of an elite athlete. Includes the Bodyweight Burners, a 5-month program to achieve single-digit body-fat percentage and 8-pack abs. Color photos. 271 pages. Rodale. Paperbound. Pub. at \$24.99 **SOLD OUT**



9193464 WALK YOURSELF WELL: Step Into a Healthier, Happier You. By Nina Barough. Get moving with step-by-step introductions to new ways to walk and do it right with science-backed training programs for all levels. Begin your low-impact, high-reward regimen today for a happier, healthier, and longer life. Illus., some in color. 190 pages. Dorling Kindersley. Paperbound. Pub. at \$21.99 **\$16.95**



7976984 T'AI CHI CLASSICS: Illuminating the Ancient Teachings on the Art of Moving Meditation. By Waysan Liao. Exploring all the core aspects of T'ai Chi thought and practice, this guide explains how T'ai Chi exercises increase your inner vitality (ch'i), enliven energetic power (jing), and empower you to bring your energy to bear to overcome inner and outer obstacles in every sphere of life. Well illus. 210 pages. Shambhala. Paperbound. Pub. at \$21.95 **\$16.95**



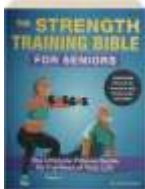
9126325 YOGA FOR MIND, BODY & SPIRIT: Poses, Meditations & Wisdom for Leading a Balanced Life. By Rachel Scott. Collects a series of meditations and yoga poses that demonstrate how to embrace the pursuit of yoga in all aspects of life. Well illus. in color. 247 pages. Cider Mill. Pub. at \$19.95 **\$3.95**



9255923 THE WOMEN'S HEALTH FITNESS FIX. By Jen Aton. You'll find all the tools you need for successful and lasting weight loss—no rigid, inflexible diet rules or demanding, time-consuming workout programs. These easy-to-follow strategies are practiced by the U.S.'s leading fitness experts, tested by the world's top researchers, and proven by everyday busy people across the U.S. Illus. 326 pages. Rodale. Paperbound. Pub. at \$18.99 **\$5.95**



9245928 THE 5 PRINCIPLES: A Revolutionary Path to Health, Inner Wealth, and Knowledge of Self. By Khnum "Stic" Ibomu. Award-winning rapper, producer, and champion of healthy living, Stic, wasn't always the people's champ of healthy living in hip-hop. This non-preachy, proactive work empowers readers to experience the wealth of wellbeing via the numerous tools and disciplines that Stic has lived and learned. 325 pages. Balance. Paperbound. Pub. at \$21.99 **\$5.95**



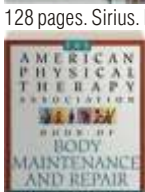
9014438 THE STRENGTH TRAINING BIBLE FOR SENIORS: The Ultimate Fitness Guide for the Rest of Your Life. By Karl Knopf. Comprehensive and customizable total-body workouts for people 50 years and older. They provide everything you need to: build muscle & get stronger; foster core stability & flexibility; avoid injury; improve posture; develop low-back health; boost mind-body awareness; and more. Fully illus. 384 pages. VeloPress. 8 1/2 x 10 1/4. Paperbound. Pub. **SOLD OUT**



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. Ullyses. Paperbound. Pub. at \$15.95 **SOLD OUT**



9169482 FIT FOR LIFE: Boost Your Health and Wellbeing with Practical Fitness Plans. By Anna Blewett et al. You'll learn the importance of raising your heart rate with exercises that get you moving, like running, cycling, and swimming. You'll also find out why it is crucial to balance this with strength training, which is beneficial for muscles and bones. Includes diet tips and yoga poses! 128 pages. Sirius. Paperbound. Pub. at \$12.99 **\$5.95**



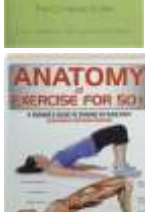
7892012 BOOK OF BODY MAINTENANCE AND REPAIR: The American Physical Therapy Association. By M. Moffat & S. Vickery. This work offers illustrated descriptions of the structure and mechanics of each major body part, explaining what can go wrong and how to properly care for that area. A middle section provides general information on posture, body mechanics, weight control, aerobic conditioning, and maintenance programs. Adults only. 288 pages. Holt. 8 1/2 x 10 1/4. Paperbound. Pub. at \$41.99 **\$31.95**



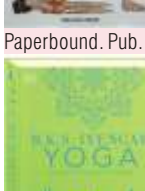
9179550 RAGE YOGA: Unleash Your Inner Badass. By Lindsay Istace. Embrace the misfits of the yoga world! This vinyasa discipline pairs well with a cold beer and is often practiced in alternative venues such as pubs and breweries. Blast your music, curse like a sailor as you learn how it came to be, and how it just might be the thing for you. Illus. 264 pages. Sourcebooks. Paperbound. Pub. at \$16.99 **PRICE CUT to \$3.95**



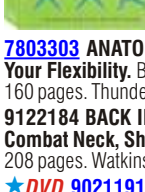
9154485 YOGA FOR OSTEOPOROSIS, REVISED: The Complete Guide. By Loren Fishman with C. Ardman. Study after study has shown that low-impact, bone-strengthening exercises are the best treatment for osteoporosis, with yoga being ideal. A thoroughly illustrated guide for beginners and experts alike. 383 pages. Norton. Paperbound. Pub. at \$29.99 **PRICE CUT to \$17.95**



9067469 ANATOMY OF EXERCISE FOR SENIORS, SECOND EDITION. By Hollis Lance Liebman. A detailed guide to attaining optimum physical fitness, showing exactly how to maintain and improve your physique with every passing day. You'll find 75 exercises, with step by step instructions from an experienced personal trainer. Fully illus. in color. 192 pages. Firefly. 8 1/4 x 11. Paperbound. Pub. at \$24.95 **PRICE CUT to \$16.95**



8996911 B.K.S. IYENGAR YOGA: The Path to Holistic Health. Learn how you can use yoga to improve every aspect of your life with this definitive guide. Leads you through more than 50 poses step by step, including special sequences to alleviate ailments ranging from asthma to arthritis. Fully illus. in color. 432 pages. Dorling Kindersley. 8 1/4 x 11. Pub. at \$40.00 **PRICE CUT to \$9.95**



7803303 ANATOMY OF STRETCHING: A Guide to Increasing Your Flexibility. By Craig Ramsay. SHOPWORN. Fully illus. in color. 160 pages. Thunder Bay. Paperbound. Pub. at \$14.99 **\$6.95**

9122184 BACK IN BALANCE: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain. By Richard Brennan. Illus. 208 pages. Watkins. Paperbound. Pub. at **SOLD OUT**

DVD 9021191 SIT AND BE FIT: Ready, Set & Move! Workouts for Seniors. Total Content. Pub. at \$14.95 **\$7.95**

Exercise & Fitness

9038809 10,000 STEPS A DAY TO YOUR OPTIMAL WEIGHT: Walk Your Way to Better Health. By Greg Isaacs. 257 pages. Volt. 5x9 $\frac{3}{4}$. Paperbound. Pub. at \$19.95 **\$4.95**

★7796137 SIMPLE EXERCISES TO STIMULATE THE VAGUS NERVE. By Lars Lienhard et al. Well illus., in color. 320 pages. Healing Arts. 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. Illus. 281 pages. Grand Central. Paperbound. Pub. at \$19.99 **SOLD OUT**

224702X MUSCLE FOR LIFE: Get Lean, Strong, and Healthy at Any Age! By Michael Matthews. Illus. 465 pages. Gallery. Pub. at \$35.00 **SOLD OUT**

9250417 COMPLETE GUIDE TO YOGA, PILATES, MEDITATION & STRESS RELIEF. Fully illus. in color. 256 pages. Parragon. Paperbound. Pub. at \$12.95 **SOLD OUT**

★9136339 I KNOW I SHOULD EXERCISE BUT...: 44 Reasons We Don't Move & How to Get Over Them. By D. Hill & K. Bowman. 239 pages. Uphill. Paperbound. Pub. at \$19.95 **\$14.95**

★898979 MOVEMENT FOR EVERY BODY: An Inclusive Fitness Guide for Better Movement. By Marcia Dornie. Well illus. in color. 144 pages. North Atlantic. Paperbound. Pub. at \$22.95 **PRICE CUT to \$7.95**

★9123938 THE YOGI'S WAY: Transform Your Mind, Health, and Reality. By Reema Datta. Illus. 281 pages. New World Library. Paperbound. Pub. at \$19.95 **PRICE CUT to \$9.95**

★7976496 THE WELLNESS GUIDE: Embrace 100 Expressions of Positive Self-Care, from Meditation to Yoga, Superfoods to Journaling. Ed. by R. Newcombe & C. Martin. Fully illus. in color. 303 pages. Thunder Bay. 8 $\frac{1}{2}$ x10 $\frac{3}{4}$. Paperbound. Pub. at \$24.99 **PRICE CUT to \$6.95**

★496011 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 **SOLD OUT**

★9252304 STRENGTH TRAINING FOR SENIORS. By Paige Waehner. **LARGE PRINT EDITION.** A large-print resource to help seniors stay in shape, reduce aging, and live a longer and healthier life. Not only will your body be stronger for the future after following these guidelines, but you'll also build your confidence and mentality to do more of what you want. Well illus. in color. 145 pages. Skyhorse. Paperbound. Pub. at \$12.99 **SOLD OUT**

★9107452 CHAIR YOGA FOR SENIORS: Stretches and Poses That You Can Do Sitting Down at Home. By Lynn Lehmkuhl. **LARGE PRINT EDITION.** Fully illus., in color. 151 pages. Skyhorse. 8 $\frac{1}{2}$ x11. Paperbound. Pub. at \$29.99 **SOLD OUT**

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

9217355 THE BOTANICAL BEAUTY HUNTER: Natural Recipes and Rituals for Skincare, Haircare and Cosmetics. By Maddy Dixon. Practical guide filled with recipes, advice, and the secrets behind everything natural beauty—from ancient Ayurvedic rituals to superfoods—for healthy, beautiful skin. Well illus. in color. 175 pages. Hardie Grant. Pub. at \$19.99 **\$5.95**

9238654 FLAWLESS: Lessons in Looks and Culture from the K-Beauty Capital. By Elise Hu. 372 pages. **SOLD OUT**

★9123946 FACE MASSAGE FOR EVERYONE: A Practical Guide. By Ksenija Selivanova. Fully illus. 205 pages. Hay House. Paperbound. Pub. at \$17.99 **SOLD OUT**

1999265 YOUR BEST SKIN: The Science of Skincare. By Hannah English. Illus. in color. 224 pages. Hardie Grant. Pub. at \$22.99 **\$7.95**

★9071814 EXPOSING BAD PLASTIC SURGERY AND THE SECRET TO AVOIDING IT. By Thomas J. Francel. Illus. 255 pages. Morgan James. Paperbound. Pub. at \$19.95 **PRICE CUT to \$9.95**

8996946 THE BEAUTY SKETCHBOOK: Illustrate Your Own Modern Makeup Looks. By R. Black & R. Yazdi. Fully illus. most in color. 160 pages. Abrams. 9 $\frac{3}{4}$ x8 $\frac{3}{4}$. Paperbound. Pub. at \$19.99 **PRICE CUT to \$4.95**

Health & Medical References

9224025 THE HEALING POWERS OF HONEY. By Cal Orey. Drawing on the latest honeybuzz and interviews with medical doctors, beekeepers, and researchers, the author reveals thirty healing varieties, tells you how to incorporate honey into heart-healthy recipes, and provides more than 50 home cures. Also includes beauty treatments and household uses. 394 pages. Kensington. Paperbound. Pub. at \$8.99 **\$4.95**

9167412 THE SECRET LANGUAGE OF DOCTORS. By Brian Goldman. Pulls back the curtain to reveal some of modern medicine's darkest secrets, and decodes the colorful and clandestine expressions doctors employ to describe difficult patients, situations, and medical conditions—and sometimes even other colleagues. 351 pages. Triumph. Paperbound. Pub. at \$16.95 **\$4.95**

9172351 MAYBE IT'S YOUR MEDICATIONS: How to Avoid Unnecessary Drug Therapy and Adverse Drug Reactions. By Hedva Barenholtz Levy. Provides information, insider tips, and strategies that empower patients and caregivers to have important conversations. The go-to guide on how to use medications safely on the journey to healthy aging. 327 pages. Skyhorse. Pub. at \$28.99 **\$8.95**

1043889 KNOW YOUR SHIT: What Your Crap Is Telling You. By Shawn Shafner. This work lifts the lid off the potty taboo and breaks the stall door down in search of the Perfect Poo. Along the way, learn what happens inside your body to make poo, how the process can go wrong, and simple fixes to make sure you stay in the Goldilocks Zone. Fully illus. in color. 110 pages. Cider Mill. Paperbound. Pub. at \$19.99 **SOLD OUT**

★9232788 THE OFFICIAL POCKET GUIDE TO DIABETES FOOD CHOICES, 6TH EDITION. By American Diabetes Association. This work provides basic nutritional values for evaluating the consumption of common foods relating to blood glucose management and overall health and wellness for people living with diabetes. 93 pages. American Diabetes Assoc. Paperbound. Pub. at \$9.95 **\$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**

920282X FOOD OR FICTION: The Truth About the Ultraprocessed Foods Making America Sick. By David A. Kessler. The former FDA Commissioner and *New York Times* bestselling author explains why Americans suffer in unprecedented numbers from obesity, heart disease, diabetes, and other debilitating illnesses, and offers concrete solutions for better health and longevity. 299 pages. Harper. Paperbound. Pub. at \$21.99 **SOLD OUT**

9206108 MEDICAL POLITICS: How to Protect Yourself from Bad Doctors, Insurance Companies, and Big Government. By Stephen Soloway with D. Lister. Takes readers inside Soloway's fight against Big Pharma and Big Insurance in search of better care for his patients. These pages chart a path for Americans to better advocate for themselves and receive better care. 208 pages. Skyhorse. Pub. at \$24.99 **\$6.95**

9037942 WA: The Art of Balance—Live Healthier, Happier and Longer the Japanese Way. By Kaki Okumura. Create a long, meaningful, and joyful life the Japanese way. This beautifully illustrated guide provides four simple and easy-to-adopt practices based on the Japanese lifestyle: Nourish, Move, Rest and Socialize. Revolutionize how you care for yourself and experience greater peace, fulfillment and contentment. 246 pages. Watkins. Pub. at \$19.95 **\$5.95**

9250379 THE BIGGER BOOK OF 30-DAY CHALLENGES. By R. Casper & A. Thueson. Packed with motivating ideas for improving your life in all areas, including fitness, food, mindfulness, relationships, networking, and more, this guide compiles the best daily routines for building lasting habits. Includes step-by-step calendars, practical tips, and helpful resources. Illus. 239 pages. Ulysses. Paperbound. Pub. at \$24.95 **\$6.95**

Health & Medical References



9184775 THE COMPLETE WHAT'S YOUR POO TELLING YOU? By J. Richman & A. Sheth. Like a snowflake, each poo is unique. But what does it mean? Dr. Sheth has compiled profiles of the most important types of poo, sure to improve your health and well-being with just a glance in the bowl. Illus. 160 pages. Chronicle. Pub. at \$14.95

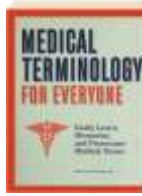
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9167110 THE COMPLETE WELLBEING MANUAL: Your Guide to an Optimally Healthy Mind and Body. Ed. by E.V. Hinsbergh & F. Forster. A modern-day guide to ultimate health and happiness. If you're looking to get a better night's sleep, balance your hormones, boost your immunity, or banish health concerns, this is the manual for you. Fully illus. in color. 256 pages. Sirius. 9¾x8¾. Paperbound. Pub. at \$24.99

\$8.95

★8894132 MEDICAL TERMINOLOGY FOR EVERYONE: Easily Learn, Memorize, and Pronounce Medical Terms. By John Louis Temple. When it comes to communicating with your doctor, mastering healthcare terminology you might hear from them is essential. Knowing what these words mean can help you ask the right questions and better understand your body, medical conditions, and any health guidance you



receive. 156 pages. Rockridge. Paperbound. Pub. at \$14.99

\$11.95

★779186 TOXIC SUPERFOODS: How Oxalate Overload Is Making You Sick—and How to Get Better. By Sally K. Norton. If you're eating a healthy diet and you're still dealing with fatigue, inflammation, anxiety, recurrent injuries, or chronic pain, the problem could be your spinach, almonds, sweet potatoes, and other trusted plant foods. This guide shines light on how our modern diets are overloaded with oxalates and offers fresh solutions.



Illus. 368 pages. Rodale. Paperbound. Pub. at \$20.00

\$12.95

9266968 THE FOOD COUNTER'S POCKET COMPANION, 5TH EDITION. By J. Stephenson & R. Lindberg. Knowing what's in your food and making sure to consume a balanced diet are keys to a healthy life. It can be tough to keep track of the nutritional content of each meal and snack; this work supplies authoritative data on the nutritional values of foods in a form that's quick and easy to reference. 174 pages. The Experiment. Paperbound. Pub. at \$8.95



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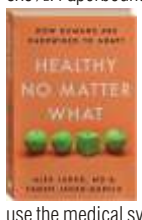
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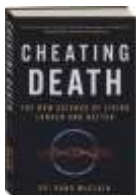
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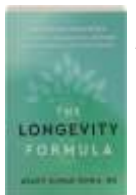
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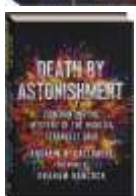
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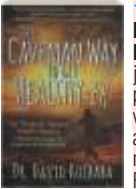
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Diseases & Disorders



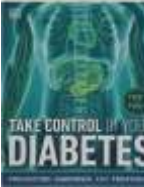
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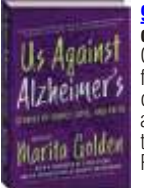
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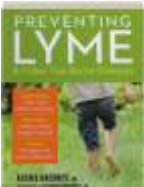
9202765 DIABETES ESSENTIALS: Tips & Recipes to Manage Type 2 Diabetes. By K. Graham & M. Shomali. Each topic is divided into 10 key points, from 10 ways to reduce your morning blood sugar to 10 steps to manage your stress. Also includes 10 quizzes and a bonus section of home-tested recipes for soups, salads, dinner, desserts, and snacks. Fully illus. in color. 191 pages. Robert Rose. 8 1/2 x 10 3/4. Paperbound. Pub. at \$24.95 **SOLD OUT**



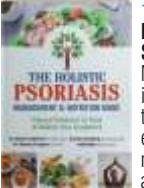
1999192 TAKE CONTROL OF YOUR DIABETES: Prevention, Diagnosis, and Treatment. By Rosemary Walker. Provides clear and simple diet, fitness, lifestyle, and medical advice—the support you need to live life to the fullest with type 1 or type 2 diabetes. Well illus. in color. 208 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$9.95**



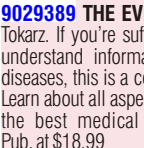
9230432 US AGAINST ALZHEIMER'S: Stories of Family, Love, and Faith. Ed. by Marita Golden. This groundbreaking anthology presents forty narratives, both nonfiction and fiction, that capture the impact and complexity of Alzheimer's and other dementias on not only patients, but also their caregivers and family. 292 pages. Arcade. Pub. at \$25.99 **\$5.95**



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9200096 COMPLETE DIABETES GUIDE, SECOND EDITION: Advice for Managing Type 2 Diabetes. By K. Graham & M. Shomali. Well illus. in color. 416 pages. Robert Rose. 8 1/2 x 10 3/4. Paperbound. Pub. at \$27.95 **SOLD OUT**

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***6078486 POSTDIABETIC: An Easy-to-Follow 9-Week Guide to Reversing Prediabetes and Type 2 Diabetes.** By E. Edmeades & R. Ruiz. 199 pages. Hay House. Pub. at \$25.99 **\$18.95**

***9165533 POSTDIABETIC: An Easy-to-Follow 9-Week Guide to Reversing Prediabetes and Type 2 Diabetes.** By E. Edmeades & R. Ruiz. 199 pages. Hay House. Paperbound. Pub. at \$25.99 **SOLD OUT**

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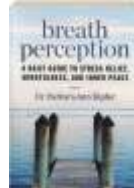
9172866 A BODY MADE OF GLASS: A Cultural History of Hypochondria. By Caroline Crampton. 321 pages. Ecco. Pub. at \$29.99 **PRICE CUT to \$3.95**

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Stress & Pain Management



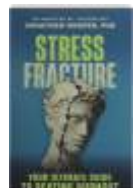
9240187 BREATH PERCEPTION: A Daily Guide to Stress Relief, Mindfulness, and Inner Peace. By Barbara Ann Kipfer. Offers a daily guide to harnessing the amazing power of breath to help you sleep better at night, concentrate better at work, connect better with loved ones at home, and reduce overall stress.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



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9273573 PSYCHEDELIC OUTLAWS: The Movement Revolutionizing Modern Medicine. By Joanna Kempner. Kempner unearths how a group of ordinary people debilitated by excruciating pain developed their own medicine from home-grown psilocybin mushrooms—crafting near-clinical grade dosing protocols—and fought for recognition in a broken medical system. 362 pages. Hachette. Pub. at \$32.00 **\$6.95**



9164014 STRESS FRACTURE: Your Ultimate Guide to Beating Burnout. By Jonathan Hoover. Combining psychological studies with biblical insight, use practical tools to assess your susceptibility to stress-induced breakdowns, learn highly effective coping strategies for preventing and overcoming burnout, improve the quality of your emotional experiences and relationships, and much more. 190 pages. Bethany House. Paperbound. Pub. at \$18.99 **\$5.95**

Stress & Pain Management



★9244131 POWERFUL HABITS FOR OVERCOMING ANXIETY: Strategies for Inner Calm. Anxiety can take over your life. Uncover your anxiety issues and create daily habits for managing your anxious thoughts and feelings. Through engaging exercises, you'll explore the underlying causes, identify triggers, and learn how to effectively cope with your emotions. 159 pages. Fair Winds. Pub. at \$16.99 **\$12.95**

★9060685 SOOTHE: Restoring Your Nervous System from Stress, Anxiety, Burnout, and Trauma. By Nahid de Belgeonne. Stress is inevitable, but if left unprocessed it can accumulate in the body and dysregulate your nervous system. This guide reveals how to physically release the pent-up stressors that are holding you back by tapping into your senses, breath and movement. 276 pages. Penguin. Paperbound. Pub. at \$19.00 **PRICE CUT to \$11.95**

7807961 LIVE PAIN-FREE: Eliminate Chronic Pain Without Drugs or Surgery. By Lee Albert. 157 pages. Dudley Court. 8x10. Paperbound. Pub. at \$29.95 **\$6.95**

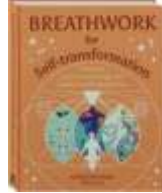
9144781 BACK SENSE: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain. By Ronald D. Siegel et al. 246 pages. Broadway. Paperbound. Pub. at \$12.95 **\$5.95**

★673698X 1,500 STRETCHES: The Complete Guide to Flexibility and Movement. By Hollis Liebman. Fully illus. in color. 739 pages. Black Dog & Leventhal. 8 1/2x10. Pub. at \$40.00 **\$26.95**

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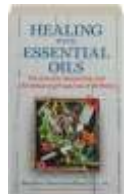
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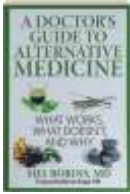


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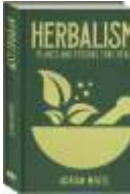
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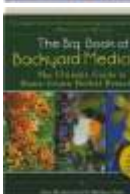
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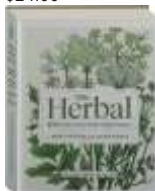


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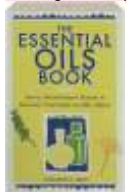
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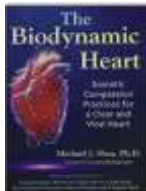
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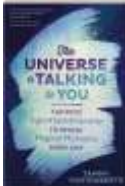
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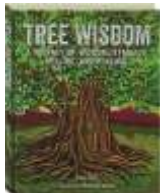
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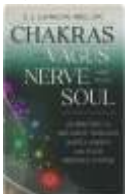
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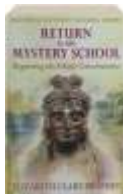
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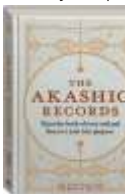


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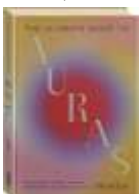


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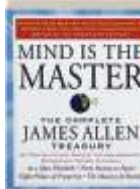
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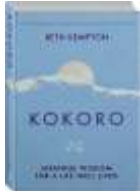
9259198 WISDOM OF WOLVES: Leadership Lessons from Nature. By Twyman Towery. "Respect the elders, teach the young, and cooperate with the pack." A professional speaker and consultant who studies the lessons of leadership in nature has captured them in this little volume of simple truths, sharing the parallels between humans and wolves. Illus. in color. 104 pages. Simple Truths. Pub. at \$15.95 **\$4.95**



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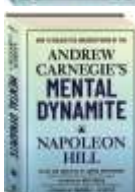
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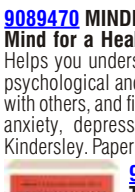
8990697 ANDREW CARNEGIE'S MENTAL DYNAMITE: How to Unlock the Awesome Power of You. By Napoleon Hill. Based on a series of booklets written by Hill, this work outlines the importance of three essential principles of success: self-discipline, learning from defeat, and the Golden Rule Applied. Contains excerpts of interviews with Carnegie that offers a wealth of inspiration on key subjects ranging from common causes of failure to the power of thought. 268 pages. Sterling. Pub. at \$18.99 **PRICE CUT to \$11.95**



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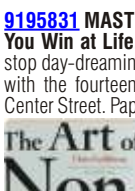
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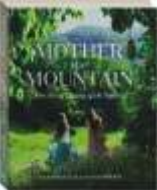


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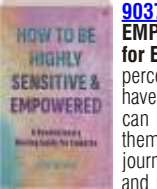
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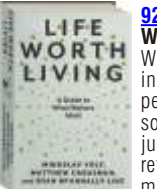
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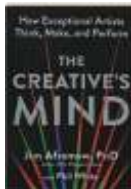
9264957 LIFE WORTH LIVING: A Guide to What Matters Most. By Miroslav Volf et al. What makes a good life? This question is inherent to the human condition, asked by people across generations, professions, and social classes. The authors provide readers with jumping-off points, road maps, and habits of reflection for determining where their lives hold meaning and where things need to change. 315 pages. Open Field. Pub. at \$29.00

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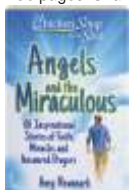
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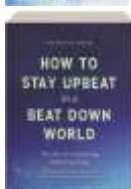
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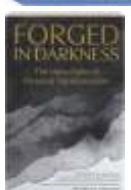
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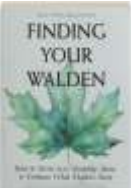
9153861 FORGED IN DARKNESS: The Many Paths of Personal Transformation. By Joanna LaPrade. The author urges us to explore mythic archetypes that can teach us to stop rejecting the darkness inherent in life and be present for the transformation it makes available to us. By noticing the archetypes manifesting around you, in thoughts and memories, dreams and images, allow them to guide you toward the changes you need. Illus. 314 pages. Watkins. Paperbound. Pub. at \$19.95

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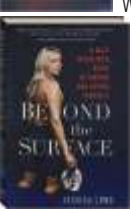
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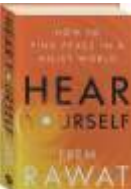
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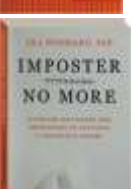
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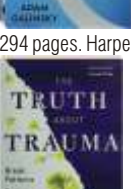
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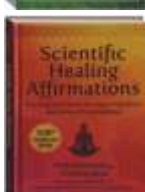
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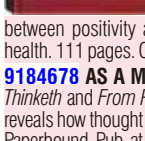
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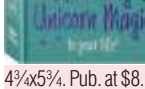
9184678 AS A MAN THINKETH. By James Allen. Collects *As a Man Thinketh* and *From Power to Poverty*. This combination of literary classics reveals how thought can shape your destiny. 150 pages. Page Publications. Paperbound. Pub. at \$13.99 **PRICE CUT to \$3.95**



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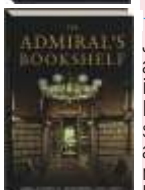
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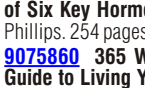
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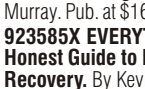
★**4619439 THE MIRACLE POWER OF YOUR MIND: The Joseph Murphy Treasury.** 929 pages. Tarcher/Penguin. 8 1/4 x 10 1/2. Paperbound. Pub. at \$35.00 **\$17.95**



9122206 HOW TO BE COMFORTABLE WITH BEING UNCOMFORTABLE: 43 Weird & Wonderful Ways to Build a Strong Resilient Mindset. By Ben Aldridge. 222 pages. Watkins. Paperbound. Pub. at \$18.95 **SOLD OUT**



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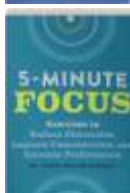


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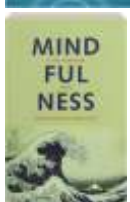
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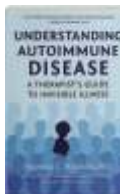
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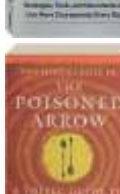
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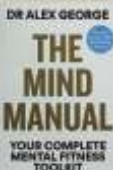
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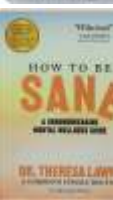
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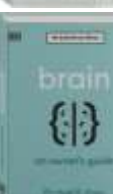


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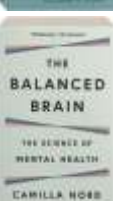
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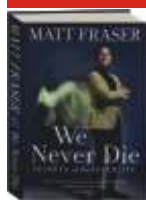
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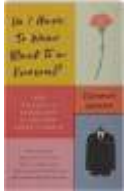


914207X THIS IS ASSISTED DYING: A Doctor's Story of Empowering Patients at the End of Life. By Stefanie Green. A compassionate and transformative memoir by a pioneer in medically assisted dying who began her career in the maternity ward and now helps suffering patients fulfill their end-of-life wishes. 295 pages. Scribner. Pub. at \$28.00 **\$6.95**

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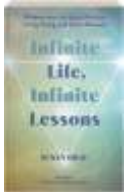
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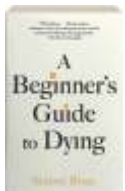


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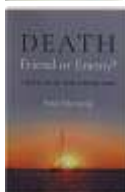
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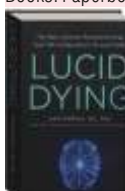
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9171487 THE BLUE ZONES SECRETS FOR LIVING LONGER: Lessons From the Healthiest Places on Earth. By Dan Buettner. Explore a beautifully illustrated and informative guide to the places on Earth where people live the longest, including lessons learned, top longevity foods, and the behaviors to help you live to 100. 285 pages. National Geographic. Pub. at \$32.50 **\$6.95**

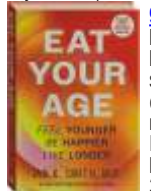


9002871 SENIOR MOMENTS: What Happens When Your Brain Lets You Down. By Shelley Klein. Comprising the experiences of everyone from the famous to the infamous, this collection is chock full of advice, anecdotes, confessions, quotes, tips, and excuses. Well illus. 155 pages. Lyons. Paperbound. Pub. at \$14.95 **\$2.95**

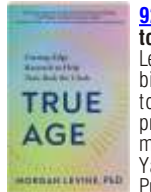
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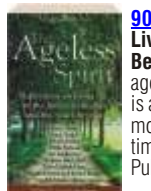
7822170 EIGHTYSOMETHINGS: A Practical Guide to Letting Go, Aging Well, and Finding Unexpected Happiness. By Katharine Esty. Describes the series of dramatic and difficult transitions that eightysomethings usually experience and how, despite their losses, they so often find themselves unexpectedly happy.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



9235426 EAT YOUR AGE: Feel Younger, Be Happier, Live Longer. By Ian K. Smith. Learn how to defy the effects of aging by implementing simple changes at every decade. Many things change in our bodies as we age, while getting old may be inevitable, feeling old is not. Readers will learn to age well and maximize each decade of life by doing the right things at the right time. 374 pages. Harvest. Pub. at \$30.00 **\$6.95**



9278974 TRUE AGE: Cutting-Edge Research to Help Turn Back the Clock. By Morgan Levine. What if there was a way to measure our biological age, and what if there were strategies to slow down—or even reverse—the aging process? Dr. Levine answers these questions and more with groundbreaking work from her lab at Yale. 294 pages. Avery. Paperbound. Pub. at \$18.00 **\$5.95**



9029982 THE AGELESS SPIRIT: Reflections on Living Life to the Fullest in Midlife and Years Beyond. Ed. by Connie Goldman. People over the age of 70 talk about how they remain vital. The result is a treasure of humor and profundity by some of the most fascinating and gifted men and women of our time. Well illus. 339 pages. Fairview. Paperbound. Pub. at \$14.95 **\$2.95**

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Aging



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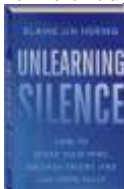
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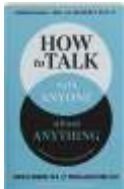
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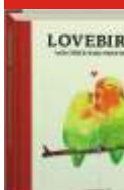
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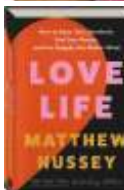
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9229892 EROTIC MASSAGE FOR COUPLES: Head to Toe Techniques to Arouse and Gratify Your Partner. By Sylvia Patterson. This comprehensive manual is an invitation to discover the secrets of erotic massage for couples. It will teach you step by step how to unleash new sensual pleasures on your partner. Includes recipes for massage oils. Adults only. 188 pages. Skyhorse. Pub. at \$24.95 **\$5.95**



903143X SLUTEVER: Dispatches from a Sexually Autonomous Woman in a Post-Shame World. By Karley Sciortino. Here *Vogue* columnist Sciortino is on a mission to reclaim the world "slut" to represent a person who seek out visceral experiences through sex, and who isn't ashamed of it. Sluts are special, and radical. And sluts are skilled at time management, because they can handle multiple partners and work life balance. 280 pages. Grand Central. Paperbound. Pub. at \$16.99 **\$4.95**



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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**



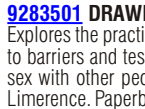
7991398 SLOW SEX SECRETS. By Adam Tokunaga. Learn about the plague of "junk sex" and how to avoid it; the essential role of time; the building of sexual ki or energy; and the Adam Touch, the amazing technique that drives women wild. Adults only. Illus. 155 pages. Vertical. Paperbound. Pub. at \$13.95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



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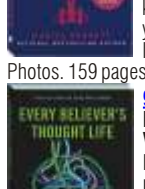
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777169X SATISFACTION GUARANTEED: 350 Best Sex Tips Ever. By Lisa Sussman. A frank, practical, and humorous guide for the woman who demands concise and insightful advice about her sex life. This manual will tell you everything you need to keep sex sizzling. 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**



927510X 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 **\$9.95**



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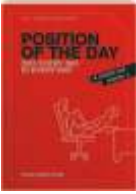
Sexuality & Sexual Expression



9235442 FEEL IT ALL: A Therapist's Guide to Reimagining Your Relationship with Sex. By Casey Tanner. A groundbreaking guide to sexuality that dispels the stale cultural attitudes about sex that leave many people feeling inadequate, and offers an expansive, attachment-based framework to free us and develop bolder, more satisfying relationships with our sexual selves. 235 pages. Harper. Pub. at \$30.00 **\$5.95**



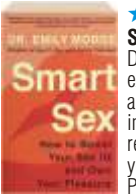
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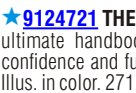
★ 9120858 SMART SEX: How to Boost Your Sex IQ and Own Your Pleasure. By Emily Morse. Drawing from science, research, and lived experience, and written in a voice that's entertaining and inclusive, this work will help you radically improve your sex life, your confidence, and your relationships, including your relationship with yourself. Illus. 299 pages. Park Row. Paperbound. Pub. at \$21.99 **\$14.95**



★ 7826877 THE PEGGING BOOK: A Complete Guide to Anal Sex with a Strap-On Dildo. By C.S. Beckett & L. Miller. Tackles all you've ever wanted to know about pegging. How do we do it? What are the right tools for the job? The authors answer questions and also talk about your safety, male anatomy, and the healthy benefits of being pegged. Adults only. Illus. 193 pages. Thornapple. Paperbound. Pub. at \$9.95 **SOLD OUT**



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★ 7991770 THE SENSUOUS WOMAN. By J. 192 pages. Dell. Paperbound. Pub. at \$7.99 **\$5.95**

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★ 5328799 TANTRIC PATHWAYS TO SUPERNATURAL SEX: A Groundbreaking Look at the Chemistry of Sexual Electricity. By S. Pokras & J. TallTrees. Adults only. Illus. 263 pages. Llewellyn. Paperbound. Pub. at \$21.99 **\$16.95**

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9235450 THE FERTILITY DOCTOR'S GUIDE TO OVERCOMING INFERTILITY. By Mark P. Trillice. Readers will give themselves the best possible odds for getting pregnant and having a baby with this concise, expert, and encouraging companion. This work provides ample grounds for optimism and hope, empowering readers as they take this journey. 216 pages. Harvard Common. Paperbound. Pub. at \$24.99 **\$5.95**

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Women's Health & Self-Help



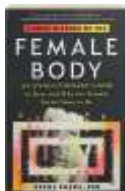
923327X IT AIN'T OVER TILL IT'S OVER: Reinventing Your Life and Realizing Your Dreams Anytime, at Any Age. By Marlo Thomas. Anyone who has ever tried to make a big life change knows it can be complicated and frightening, especially when feeling stuck. But how do you get up the nerve to leap? This title introduces 60 amazing women who proved that it's never too late to pull yourself out of a hole or to live out a dream. 375 pages. Atria. Paperbound. Pub. at \$24.99 **\$5.95**

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Women's Health & Self-Help



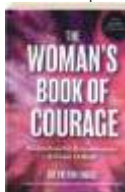
9217363 BREASTS: An Owner's Guide. By Philippa Kaye. Every question answered about our most mythologized body part. Offers straightforward advice, explaining every what, why, and how of your mammaries, helping you improve your self-care routine both today and tomorrow. Illus. in color. 208 pages. Dorling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



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



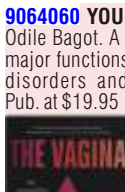
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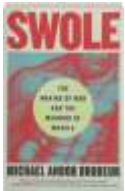


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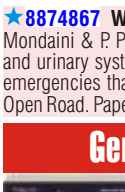
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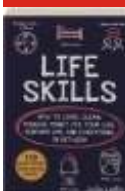


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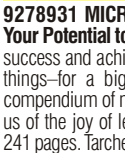


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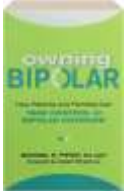
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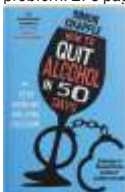
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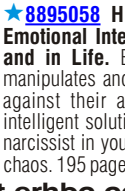
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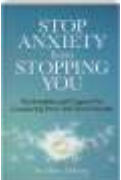
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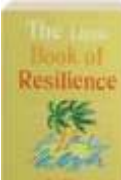
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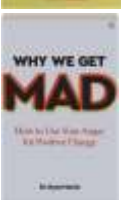
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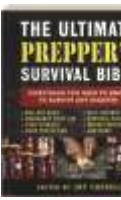
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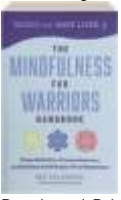
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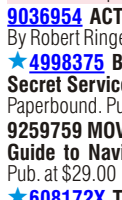
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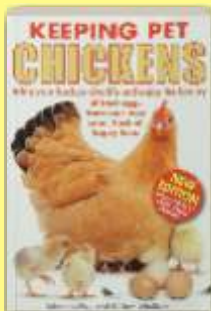
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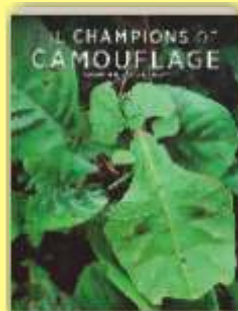


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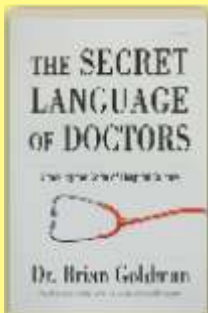
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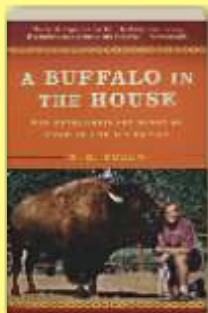
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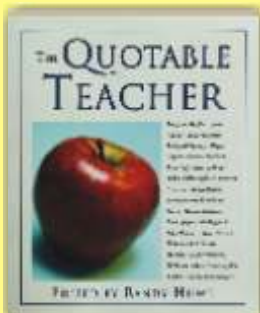
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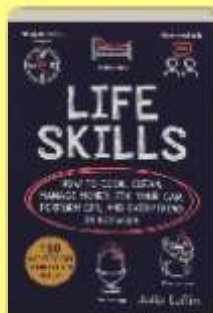
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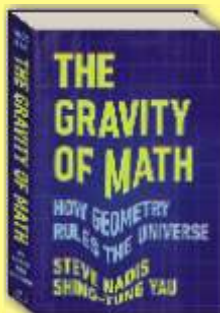
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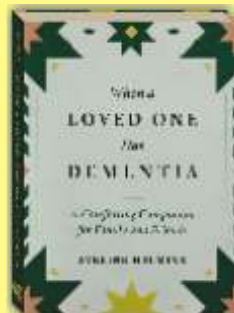
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