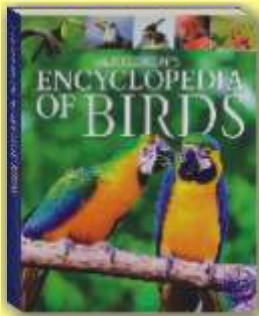


# Science & Health

## Bargain Books



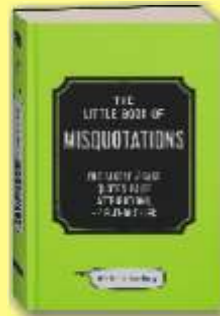
Page 43 **\$7.95**



Page 63 **\$5.95**



Page 34 **\$4.95**



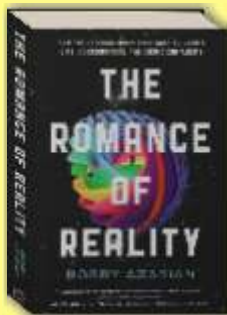
Page 17 **\$4.95**



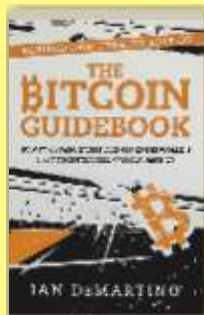
Page 11 **\$6.95**



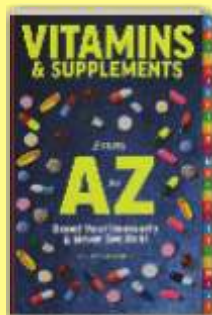
Page 55 **\$5.95**



Page 5 **\$6.95**



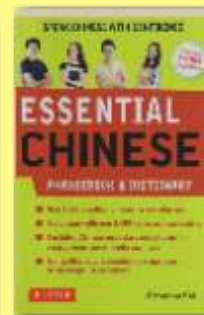
Page 21 **\$4.95**



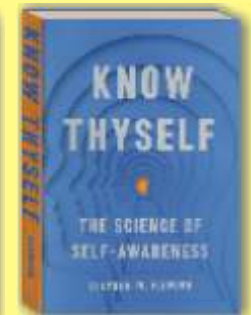
Page 56 **\$12.95**



Page 18 **\$6.95**



Page 18 **\$5.95**



Page 26 **\$7.95**



Page 52 **\$6.95**



Page 35 **\$7.95**



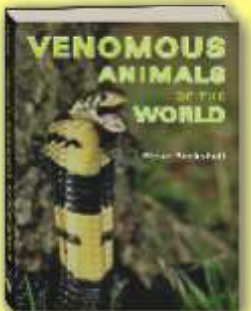
Page 35 **\$6.95**



Page 4 **\$5.95**



Page 10 **\$6.95**



Page 38 **\$9.95**

## OUR GUARANTEE

You must be satisfied with any item purchased from this catalog or return it within 60 days for a full refund. No questions asked.

All items are new, and all books are hardbound unless marked otherwise. Shipment is normally within 48 hours. Some items may be temporarily out of stock, in which case a second shipment will be made, normally in 14 days, but in no case later than 60 days. Most items are in limited supply and at these prices may sell out fast. If any item is sold out your money will be refunded by bank check.

# Save up to 80% off cover prices on these subjects:

Aging .....	63
Airplanes & Airlines .....	7
Animals .....	38
Anthropology .....	10
Archaeology .....	8
Architectural Surveys .....	24
Architecture .....	23
Astronomy, Space Travel & Cosmology .....	4
Beauty & Skin Care .....	52
Birds & Birding .....	41
Business .....	28
Chemistry & Physics .....	10
Communication Skills .....	63
Complementary & Alternative Medicine .....	55
Computer Books .....	30
Dictionaries .....	19
Diseases & Disorders .....	54
Earth Science .....	2
Economics .....	21
Education .....	17
Electronics & Electrical Systems .....	23
Engineering .....	23

Engineering & Architecture .....	23
Environment & Ecology .....	2
Essays on Nature .....	45
Exercise & Fitness .....	50
Facing Illness & Death .....	62
Farm & Domesticated Animals .....	38
Fishing & Hunting .....	35
Foreign Language .....	18
General Health & Self-Help .....	66
Healing & the Mind .....	61
Health & Medical References .....	52
Healthy Cooking & Special Diets .....	50
Horses & Horsemanship .....	37
Insects .....	34
Inspiration, Motivation & Self-Discovery .....	58
Life Science .....	9
Lives & Works of Philosophers .....	21
Marine Mammals, Fish & Reptiles .....	36
Mathematics .....	31
Medical Science .....	25
Men's Health & Self-Help .....	66
Monographs on Architects .....	25
More Works on Nature .....	45

Nature Photography .....	48
New Age Spirituality .....	57
Nutrition & Weight Management .....	49
Paleontology & Evolution .....	7
Philosophical Essays .....	21
Philosophy .....	20
Pregnancy, Childbirth & Parenting .....	65
Psychology .....	15
Regional Architectural Styles .....	25
Relationships .....	64
Religion & Science .....	33
Research Tools & Sourcebooks .....	17
Science & History .....	32
Science & Invention .....	33
Science & Nature for Children .....	43
Science Essays & Surveys .....	32
Scientific Text and Reference .....	33
Sexuality & Sexual Expression .....	64
Social Science .....	11
Stress & Pain Management .....	55
Women's Health & Self-Help .....	65
Words & Language .....	17

Current titles are marked with a ★.

## Earth Science



**7947143 BELOW THE EDGE OF DARKNESS: A Memoir of Exploring Light and Life in the Deep Sea.** By Edith Widder. A pioneering marine biologist takes us down into the deep ocean to understand bioluminescence—the language of light that helps life communicate in the darkness—and what it tells us about the future of life on Earth. 18 pages of color photos. 329 pages. Random. Pub. at \$28.00 **\$5.95**

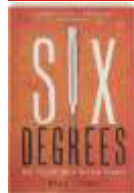


★ **7817207 LAPIDARIUM: The Secret Lives of Stones.** By Hettie Judah. Inspired by the lapidaries of the ancient world, this work is a beautifully designed collection of true stories about 60 different stones that have shaped and influenced our shared history. Through the realms of art, myth, geology, philosophy, and power, the story of humanity can be told through the minerals and the materials that allowed us to evolve and create. Illus. 336 pages. Penguin. Pub. at \$30.00 **\$21.95**

**1981013 ENDLESS NOVELTIES OF EXTRAORDINARY INTEREST: The Voyage of H.M.S. Challenger and the Birth of Modern Oceanography.** By Doug Macdougall. In this lively story of discovery, hardship, and humor, the author examines the work of the H.M.S. Challenger's expedition scientists, especially the naturalists Henry Mosely, who categorized the flora and fauna of the islands the ship visited, and the legacy of John Murray, considered the father of modern oceanography. Illus. 257 pages. Yale. Pub. at \$30.00 **\$11.95**

**1946919 OVER THE COASTS: An Aerial View of Geology.** By Michael Collier. Fully illus. in color. 120 pages. Mikaya. 9 1/4 x 12 1/4. Pub. at \$34.95 **SOLD OUT**

## Environment & Ecology



**7802552 SIX DEGREES: Our Future on a Hotter Planet.** By Mark Lynas. Argues that by the end of this century, the planet will heat up between 1.4 and 5.8 degrees Celsius. While six degrees doesn't sound like much, a six degree rise in Earth's average temperature would be enough to reshape the world almost beyond recognition, as outlined here. 335 pages. National Geographic. Paperbound. Pub. at \$16.95 **\$4.95**



**787765X SACRED COW: The Case for (Better) Meat.** By D. Rodgers & R. Wolf. Points out the flaws in our current food system and in the proposed "solutions." Reveals contrarian but science-based findings, such as: meat and animal fat are essential for our bodies; a sustainable food system cannot exist without animals; a vegan diet may destroy more life than sustainable cattle farming; and more. 306 pages. BenBella. Paperbound. Pub. at \$17.95 **SOLD OUT**



**7885148 THE REAL COST OF FRACKING.** By M. Bamberger & R. Oswald. The authors pull back the curtain on how this toxic process endangers the environment and harms people, pets, and livestock. Combining their expertise as a veterinarian and pharmacologist, they show how contamination at drilling sites translates into ill health and heartbreak for families and their animals. 230 pages. Beacon. Paperbound. Pub. at \$18.00 **\$4.95**

Due to a Supreme Court decision, we are now required to collect applicable state sales tax (which may include city and county taxes) based on the **delivery address** of your order. **If tax is due and your order will be shipped to the address preprinted on the order form, your tax rate is printed under the address.**

★ means that Postage & Handling is **NOT** part of the taxable amount.

**If you are shipping this order to one of the following states please add sales tax:**

AK 0% <sup>1</sup>	CT 6.35%	ID★ 6%	MA★ 6.25%	MS 7%	NV 6.85%	RI 7%	VA 5.3%
AL 8%	DC 6%	IL 6.25%	MD 6%	NC 4.75%	NY 4%	SC 6%	VT 6%
AR 6.5%	FL 6%	IN 7%	ME 5.5%	ND 5%	OH 5.75%	SD 4.5%	WA 6.5%
AZ 5.6%	GA 4%	KS★ 6.5%	MI★ 6%	NE 5.5%	OK★ 4.5%	TN 7%	WI 5%
CA 7.25%	HI 4.166%	KY 6%	MN 6.875%	NJ 6.625%	PA 6%	TX 8%	WV 6%
CO 2.9%	IA★ 6%	LA 4%	MO 4.225%	NM 5.125%	PR 10.5%	UT★ 4.85%	WY★ 4%

**States in red above also have local taxes. To get the total rate go to [HamiltonBook.com/tax](http://HamiltonBook.com/tax)**

<sup>1</sup>Alaska has no state tax but may have a city or borough tax.

There are currently no states where we are required to collect a delivery fee.

Scan to get the total tax rate including local taxes.

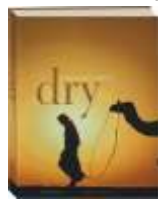




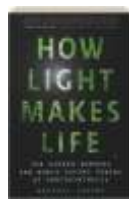
## Environment & Ecology



**7823657 THE UNINHABITABLE EARTH: Life After Warming.** By David Wallace-Wells. Brings into stark relief the climate troubles that await—food shortages, refugee emergencies, and other crises that will reshape the globe. This work is both a meditation on the devastation we have brought upon ourselves and an impassioned call to action. 310 pages. Crown. Pub. at \$27.00 **\$6.95**



**7850344 DRY: Life Without Water.** Ed. by E. Masood & D. Schaffer. More than one billion people are living without water including those who live in the dry lands of Africa, Asia, the Pacific, and the Americas. Here, the authors provide a rare window into the diversity and the fragility of life in the dry lands of earth. Well illus. in color. 192 pages. Harvard. Pub. at \$29.95 **\$5.95**



**7842929 HOW LIGHT MAKES LIFE: The Hidden Wonders and World-Saving Powers of Photosynthesis.** By Rafael Jovine. The revelatory vision of how we might harness the power of photosynthesis: to repair ecosystems, stabilize the climate, and grow more food sustainably. On this vivid journey, you'll see how every seed contains the key to our future, through the photosynthesis pigments in our own eyes! Illus. 238 pages. The Experiment. Paperbound. Pub. at \$14.95 **\$5.95**

**7931050 RUNNING OUT: In Search of Water on the High Plains.** By Lucas Bessire. Offers a uniquely personal account of aquifer depletion and the deeper layers through which it gains meaning and force. Brings readers face to face with the stark realities of industrial agriculture, eroding democratic norms, and surreal interpretations of a looming disaster. Illus. 246 pages. Princeton. Pub. at \$27.95 **\$8.95**



**7849583 SUPERCITIES ON, UNDER, AND BEYOND THE EARTH: Housing, Feeding, Powering, and Transporting the Urban Crowds of the Future.** By Jeff Dondero. Dondero imagines the Super Cities of the future and explores the ways in which they can be sustainably built; how transportation will move masses of people without cars; how people will be fed and where the waste will go; and how we will move to cities underground, under the sea, in the atmosphere, into space, and on to other planets. 283 pages. Rowman & Littlefield. Pub. at \$32.00 **\$7.95**



**7863713 ONCE UPON A TIME WE ATE ANIMALS: The Future of Food.** By Roanne van Voorst. A thought-provoking, entertaining exploration of a future where animal consumption is a thing of the past. Offers a tantalizing vision of what is not only possible but perhaps inevitable. 273 pages. Harper. Pub. at \$26.99 **\$5.95**

**7842430 EATING TO EXTINCTION: The World's Rarest Foods and Why We Need to Save Them.** By Dan Saladino. Shows that when food becomes endangered, we risk the loss of not only traditional foodways, but also flavors, smells, and textures that may never be experienced again. And the consolidation of our foods has other steep costs, including a lack of resilience in the face of climate change, pests, and parasites. Illus. 450 pages. FSG. Pub. at \$30.00 **\$7.95**

**7971788 MOVE: Where People Are Going for a Better Future.** By Parag Khanna. A compelling look at the powerful global forces that will cause billions of us to move geographically over the next decades, ushering in an era of radical change. Illus. 334 pages. Scribner. Paperbound. Pub. at \$18.99 **\$5.95**

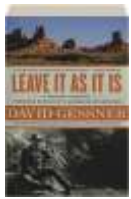


**7850433 HOLLYWOOD'S DIRTIEST SECRET: The Hidden Environmental Costs of the Movies.** By Hunter Vaughan. Offering a new history of the movies from an environmental perspective, Vaughan exposes the hidden environmental consequences of specific filmmaking practices, from water use to server farms, within a larger portrait of social perceptions and valuations of the natural world. Photos. 243 pages. Columbia. Paperbound. Pub. at \$32.00 **\$6.95**

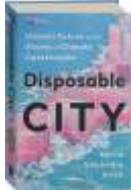
**★7909675 THE DARK CLOUD: The Hidden Costs of the Digital World.** By Guillaume Pitron. A gripping new investigation into the underbelly of digital technology, which reveals not only how costly the virtual world is, but how damaging it is to the environment. Illus. 290 pages. Scribner. Paperbound. Pub. at \$20.00 **\$14.95**



**795896X UNDER A WHITE SKY: The Nature of the Future.** By Elizabeth Kolbert. Examines how the very sorts of interventions that have imperiled our planet are increasingly seen as the only hope for its salvation. An utterly original examination of the challenges we face. Illus. 234 pages. Crown. Pub. at \$28.00 **\$5.95**



**7922833 LEAVE IT AS IT IS: A Journey Through Theodore Roosevelt's American Wilderness.** By David Gessner. As the author ventures through the grandeur of our public lands, Gessner tells the dramatic story of Theodore Roosevelt's life as a pioneering conservationist, offering an arresting history, a powerful call to arms, and a profound meditation on our environmental future. Photos. 338 pages. S&S. Paperbound. **SOLD OUT**



**7915039 DISPOSABLE CITY: Miami's Future on the Shores of Climate Change Catastrophe.** By Mario Alejandro Ariza. Miami is on the front lines of climate change, but the battle it's fighting is coming for the rest of the U.S. far sooner than we think, whether through increasingly violent flooding, fires, or some other unnatural natural disasters. A portrait of a city whose unique culture might soon succumb to a watery death if we don't act quickly to save it. 305 pages. Bold Type. Pub. at \$28.00 **\$6.95**



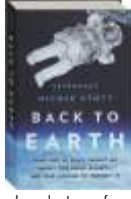
**7944462 HURRICANE LIZARDS AND PLASTIC SQUID: The Fraught and Fascinating Biology of Climate Change.** By Thor Hanson. Reveals that plants and animals don't just suffer climate change, but respond to it by adjusting, evolving, and sometimes dying out. climate change is a thing of paradoxical wonder and unprecedented biological insight. Illus. 280 pages. Bantam. Pub. at \$15.00 **\$5.95**



**7928904 FIRE AND FLOOD: A People's History of Climate Change, from 1979 to the Present.** By Eugene Linden. Focuses on the malign power of key business interests, arguing that those same interests could flip the story very quickly—if they can get ahead of looming economic catastrophe. Shows how devilishly effective moneyed climate-change deniers have been at slowing and even reversing the progress of our collective awakening. 291 pages. Penguin. Pub. at \$28.00 **\$5.95**



**7843038 NOWHERE LEFT TO GO: How Climate Change Is Driving Species to the Ends of the Earth.** By Benjamin Von Brackel. Harrowing journeys of animals and plants, fleeing skyrocketing temperatures and mega-droughts, reported from the front lines of the biggest migration of species since the Ice Age. Illus. 278 pages. The Experiment. Pub. at \$26.95 **\$6.95**



**★7926456 BORN OF ICE & FIRE: How Glaciers and Volcanoes (with a Pinch of Salt) Drove Animal Evolution.** By Graham Shields. An exploration of how the Cryogenian Period, when our planet was covered in ice for millions of years, created today's remarkable biodiversity. The journey navigates the wild swings between hot and cold climates, oxygenation and asphyxiation, biological radiations and extinctions, asking how such instability relates to the grander forces that brought our planet to its modern state. Illus. 337 pages. Yale. Pub. at \$28.00 **\$22.95**

**★7886152 THE HEAT WILL KILL YOU FIRST: Life and Death on a Scorched Planet.** By Jeff Goodell. Explains how extreme heat will dramatically change the world as we know it. Masterfully reported, mixing the latest scientific insight with on the ground storytelling, Goodell tackles the big questions and uncovers how extreme heat is a force beyond anything we have reckoned with before. 385 pages. Little, Brown. Pub. at \$29.00 **\$21.95**

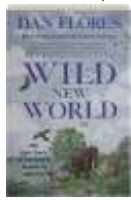
**7914679 BACK TO EARTH: What Life in Space Taught Me About Our Home Planet—and Our Mission to Protect It.** By Nicole Stott. Stott imparts essential lessons in problem solving, survival, and crisis response that every one of us can practice to make much-needed change. In addition to sharing stories from her spaceflight, she offers eye-opening insights from changemakers already transforming their communities around the world. Illus. 287 pages. Seal. Pub. at \$30.00 **\$7.95**



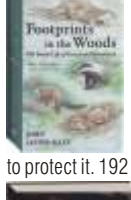
**★7824319 ALL MY RIVERS ARE GONE: A Journey of Discovery Through Glen Canyon.** By Katie Lee. David Brower always regretted the Sierra Club's failure to save the Glen Canyon calling it "The Place No One Knew." But Lee was among a handful of people who knew the 170 miles of Glen Canyon very well and made 16 trips down the river. This work celebrates a great American landscape, mourns its loss, and challenges us to undo the damage and forever prevent such destruction in the future. 260 pages. Bower House. Paperbound. Pub. at \$18.00 **\$12.95**



**7854056 THE DROWNING OF MONEY ISLAND: A Forgotten Community's Fight Against the Rising Seas Threatening Coastal America.** By Andrew S. Lewis. An intimate yet unbiased, lyrical yet investigative rediscovery of a rural hometown ravaged by sea level rise and economic hardship, and by the increasingly divisive politics those factors have helped spawn. Offers a glimpse of the future of coastal retreat in America. Maps. 213 pages. Beacon. Pub. at \$26.95 **\$6.95**



**★7945159 WILD NEW WORLD: The Epic Story of Animals & People in America.** By Dan Flores. Tracing our evolution as predatory hunters and our role in the ongoing "Sixth Extinction," the story engages topics such as why America no longer has elephants, how native people sustained biological diversity across 10,000 years, and more. Illus. 434 pages. Norton. Paperbound. Pub. at \$19.95 **\$14.95**



**★7909152 FOOTPRINTS IN THE WOODS: The Secret Life of Forest and Riverbank.** By John Lister-Kaye. The author has spent 50 years living side by side with wild animals in the Highlands and come to know much of their ways. A love letter to the otters, badgers, weasels and pine martens that populate the land and water, and a reminder of the fragility of habitat and what we can lose if we don't choose to protect it. 192 pages. Canongate. Pub. at \$25.00 **\$17.95**



**★7750528 HIMALAYA: Exploring the Roof of the World.** By John Keay. More rugged and elevated than any other zone on earth, Himalaya embraces all of Tibet, plus six of the world's eight major mountain ranges and nearly all its highest peaks. Without our commitment to an ethos of respect for its confounding, fascinating, otherworldly features, Keay argues, Himalaya will soon cease to exist. 16 pages of photos, most in color. 377 pages. Bloomsbury. Pub. at \$30.00 **\$17.95**



**★7950403 THIS AMERICA OF OURS: Bernard and Avis DeVoto and the Forgotten Fight to Save the Wild.** By Nate Schweber. The untold story of the extraordinary fight to defend American wilderness from McCarthyism, and the radical couple who led the charge—and inspired a future of conservation. Photos. 334 pages. HarperCollins. Paperbound. Pub. at \$21.99 **\$16.95**



**7879733 THIS AMERICA OF OURS: Bernard and Avis DeVoto and the Forgotten Fight to Save the Wild.** By Nate Schweber. The untold story of the extraordinary fight to defend American wilderness from McCarthyism, and the radical couple who led the charge—and inspired a future of conservation. Photos. 334 pages. Mariner. Pub. at \$28.99 **\$7.95**

**★7912285 SAVING THE PLANET WITHOUT THE BULLSH\*T: What They Don't Tell You About the Climate Crisis.** By Assaad Razouk. For too long our ideas about what's best for the environment has been unfocused and distracted, trying to go in too many directions. Reveals the one big change that need to happen soon if we're to avoid major environmental breakdown: curtailing the activities of the fossil fuel industry. 295 pages. Atlantic. Paperbound. Pub. at \$17.99 **\$13.95**

**★7939124 CULTIVATED MEAT TO SECURE OUR FUTURE: Hope for Animals, Food Security, and the Environment.** Ed. by M. Vandenbosch & P. Lymbery. Informs, inspires, and opens debates about cultivated meat through an amazing collection of visionary and respected contributors. Each powerfully presents the latest research and opinions regarding its potential for solving our current planetary crises. 183 pages. Lantern Publishing. Paperbound. Pub. at \$19.95 **\$14.95**





## Environment & Ecology



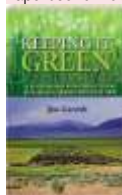
**★7915349 CLIMATE GRIEF: From Coping to Resilience and Action.** By Shawna Weaver. From looking inward at our own grief, and emerging with the motivation needed to make lifestyle changes and inspire others, the reader is invited to create a plan for building personal and planetary resilience. The planet can't be healed by few people working out of despair but by many people working out of hope, care, and openness to learn. 179 pages. Lantern Publishing. Paperbound. Pub. at \$19.95 **\$14.95**



**★7876998 THE LAST RESORT: A Chronicle of Paradise, Profit, and Peril at the Beach.** By Sarah Stodola. Dives into the psyche of the beachgoer and gets to the heart of what drives humans to seek out the sand. At the same time, Stodola grapples with the darker realities of resort culture: strangleholds on local economies, reckless construction, erosion of beaches, weighty carbon footprints, and the inevitable overdevelopment and decline of shorelines that follow. Illus. 341 pages. Ecco. Pub. at \$27.99 **PRICE CUT to \$4.95**



**★7851588 ELIXIR: In the Valley at the End of Time.** By Kapka Kassabova. In an ancient river valley in the Balkans, Kassabova seeks out the deep connection between people, plants, and place. She learns about wild plants and the ancient practice of herbalism that makes use of them, and she experiences a symbiotic system where nature and culture have blended for thousands of years. 380 pages. Graywolf. Paperbound. Pub. at \$18.00 **PRICE CUT to \$9.95**



**★7886209 KEEPING IT GREEN: A Handbook for Creating & Managing Irrigated Pasture.** By Jim Gerrish. Covers all types of irrigation—flood, solid set, hand lines, wheel line systems, line pod—with pros and cons of each. Illustrations detail cell designs and grazing with irrigation. Includes economics to determine best value and fit for your livestock class. Illus. 96 pages. Green Park. Paperbound. Pub. at \$20.00 **PRICE CUT to \$11.95**

**★7829256 CRACKED: The Future of Dams in a Hot, Chaotic World.** By Steven Hawley. Water control projects' legacy will be of needless ecological destruction fostering a host of unnecessary injustices. What started as arguably good government policy has drifted oceans away. A speed date with the history of water control—the estimated 800,000 dams around the world and the politics and power that evolved with them. Fully illus. in color. 321 pages. Patagonia Books. Pub. at \$28.00 **PRICE CUT to \$17.95**

**★7756836 THEY KNEW: The US Federal Government's Fifty-Year Role in Causing the Climate Crisis.** By James Gustave Speth. 274 pages. MIT Press. Pub. at \$27.95 **\$5.95**

**★7858930 SALMON WARS: The Dark Underbelly of Our Favorite Fish.** By D. Frantz & C. Collins. 356 pages. Holt. Pub. at \$29.99 **SOLD OUT**

**★770450X THE TREELINE: The Last Forest and the Future of Life on Earth.** By Ben Rawlence. Illus. 307 pages. St. Martin's. Pub. at \$29.99 **\$7.95**

**★7753195 SUPER VOLCANOES: What They Reveal About Earth and the Worlds Beyond.** By Robin George Andrews. 312 pages. Norton. Paperbound. Pub. at \$18.95 **\$13.95**

**★7783981 THE HUMAN AGE: How We Created the Anthropocene Epoch and Caused the Climate Crisis.** By Gísli Pálsson. Well illus., most in color. 224 pages. Welbeck. Pub. at \$29.95 **\$7.95**

**★7767021 BEAVERLAND: How One Weird Rodent Made America.** By Leila Philip. 16 pages of photos, some in color. 318 pages. Twelve. Pub. at \$30.00 **\$21.95**

**★7826729 BLUEBIRD SEASONS: Witnessing Climate Change in My Piece of the Wild.** By Mary Taylor Young. Illus. 219 pages. Chicago Review. Paperbound. Pub. at \$18.99 **PRICE CUT to \$7.95**

**★7838948 THE EARTH TRANSFORMED: An Untold History.** By Peter Frankopan. 16 pages of photos, most in color. 695 pages. Knopf. Pub. at \$40.00 **\$29.95**

**★7717146 WHAT FUTURE: The Year's Best Ideas to Reclaim, Reanimate & Reinvent Our Future.** Ed. by T. Bosch & R. Scranton. 295 pages. Unnamed Press. Paperbound. Pub. at \$18.99 **\$4.95**

**★7838476 EVERGLADES: Exploring a Wetland Like No Other.** By Anne Edge Ake. 136 pages. Pineapple Press. Paperbound. Pub. at \$21.95 **\$16.95**

**★7700792 PASTORAL SONG: A Farmer's Journey.** By James Rebanks. 294 pages. HarperCollins. Paperbound. Pub. at \$18.99 **\$9.95**

**★771064X THE WORLD ATLAS OF TREES AND FORESTS: Exploring Earth's Forest Ecosystems.** By Herman Shugart et al. 400 pages. Princeton. 9 1/4 x 12 1/4. Pub. at \$55.00 **\$39.95**

**★7796994 THE DARKNESS MANIFESTO: On Light Pollution, Night Ecology, and the Ancient Rhythms That Sustain Life.** By Johan Eklof. 252 pages. Scribner. Pub. at \$26.00 **PRICE CUT to \$14.95**

**★7817983 RESETTling THE TABLE: Straight Talk About the Food We Grow and Eat.** By Robert Paarlberg. Illus. 354 pages. Knopf. Pub. at \$27.95 **\$6.95**

**★7781458 REMNANTS OF ANCIENT LIFE: The New Science of Old Fossils.** By Dale E. Greenwalt. Illus. 278 pages. Princeton. Pub. at \$27.95 **\$22.95**

**★1953257 SAVING NATURE ONE YARD AT A TIME: How to Protect and Nurture Our Native Species.** By D. Deardorff & K. Wadsworth. Fully illus. in color. 246 pages. Countryman. Paperbound. Pub. at \$19.95 **PRICE CUT to \$11.95**

**★1949683 WHAT CLIMATE JUSTICE MEANS AND WHY WE SHOULD CARE.** By Elizabeth Cripps. 224 pages. Bloomsbury. Paperbound. Pub. at \$18.00 **\$7.95**

**★7680317 THE CARBON ALMANAC: It's Not Too Late.** Ed. by Seth Godin. Fully illus. 331 pages. Portfolio. 8 1/2 x 11. Paperbound. Pub. at \$20.00 **\$7.95**

**★7727577 THE SOUNDS OF LIFE: How Digital Technology Is Bringing Us Closer to the Worlds of Animals and Plants.** By Karen Bakker. 354 pages. Princeton. Pub. at \$33.00 **PRICE CUT to \$14.95**

**★7775423 HOOFPRIINTS ON THE LAND.** By Ilse Kohler-Rollefson. Color photos. 270 pages. Chelsea Green. Paperbound. Pub. at \$22.95 **\$14.95**

**★7895631 CANOPY OF TITANS: The Life and Times of the Great North American Temperate Rainforest.** By P. Koberstein & J. Applegate. Photos. 338 pages. OR Books. Paperbound. Pub. at \$22.95 **PRICE CUT to \$14.95**

**★7747349 HURRICANE LIZARDS AND PLASTIC SQUID: The Fraught and Fascinating Biology of Climate Change.** By Thor Hanson. Illus. 280 pages. Basic. Paperbound. Pub. at \$18.99 **PRICE CUT to \$7.95**

**★7703732 WILTED WINGS: A Hunter's Fight for Eagles.** By Mike McTee. 154 pages. Riverfeet. Paperbound. Pub. at \$18.00 **PRICE CUT to \$3.95**

**★7681577 AFTER COOLING: On Freon, Global Warming, and the Terrible Cost of Comfort.** By Eric Dean Wilson. 465 pages. S&S. Paperbound. Pub. at \$19.99 **PRICE CUT to \$5.95**

**★4969774 VEGAN GEOGRAPHIES: Spaces Beyond Violence, Ethics Beyond Speciesism.** Ed. by Paul Hodge et al. 391 pages. Lantern Publishing. Paperbound. Pub. at \$35.00 **\$9.95**

**★7750463 WHY THE WIND BLOWS: A History of Weather and Global Warming.** By Matthys Levy. Illus. 192 pages. Upper Access. Paperbound. Pub. at \$14.95 **PRICE CUT to \$7.95**

**★7695640 EXTINCTION: Our Fragile Relationship with Life on Earth.** By Marc Schlossman et al. 224 pages. Ammonite. 8 1/4 x 11. Pub. at \$45.00 **PRICE CUT to \$14.95**

**★7831161 THE LONELIEST POLAR BEAR: A True Story of Survival and Peril on the Edge of a Warming World.** By Kale Williams. Color photos. 274 pages. Crown. Pub. at \$28.00 **\$5.95**

**★771324X JUNGLE: How Tropical Forests Shaped the World—and Us.** By Patrick Roberts. Photos. 354 pages. Basic. Pub. at \$32.00 **\$7.95**

**★489488X OUR NATIONAL FORESTS: Stories from America's Most Important Public Lands.** By Greg M. Peters. Well illus. 277 pages. Timber. Pub. at \$27.95 **\$21.95**

**★7760604 PARASITES: The Inside Story.** By Scott L. Gardner et al. Well illus. some in color. 189 pages. Princeton. Pub. at \$29.95 **\$24.95**

**★1957554 GLOBAL HIVE: What the Bee Crisis Teaches Us About Building a Sustainable World.** By Horst Kornberger. Photos. 147 pages. Floris. Paperbound. Pub. at \$22.95 **\$6.95**

**★4882482 THE BIG THAW: Ancient Carbon, Modern Science, and a Race to Save the World.** By Eric Scigliano et al. photos by C. Linder. 176 pages. Braided River. 10 1/4 x 9 1/4. Pub. at \$35.00 **\$14.95**

**★4871030 THE EVERGLADES: River of Grass.** By Marjory Stoneman Douglas. 448 pages. Pineapple Press. Paperbound. Pub. at \$18.95 **SOLD OUT**

**★1930567 PANDORA'S TOOLBOX: The Hopes and Hazards of Climate Intervention.** By Wake Smith. Illus. 401 pages. Cambridge. Pub. at \$24.95 **\$9.95**

**★1906763 TRUE NORTH: Journeys into the Great Northern Ocean.** By Myron Armas. Photos. 187 pages. Upper Access. Paperbound. Pub. at \$16.95 **\$4.95**

**★4882504 BRINGING BACK THE BIRDS: Exploring Migration and Preserving Birdscapes Throughout the Americas.** By Margaret Atwood et al. photos by O. Deutsch. 208 pages. Braided River. 12 1/2 x 10 1/4. Pub. at \$35.00 **PRICE CUT to \$14.95**

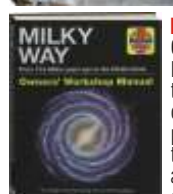
**★1973916 LET'S WILDFLOWER THE WORLD: Save, Swap and Seedbomb to Rewild Our World.** By Josie Jeffery. Color photos. 198 pages. Paperbound. Pub. at \$18.99 **\$11.95**

**★7731655 THE RESCUE EFFECT: The Key to Saving Life on Earth.** By Michael Mehta Webster. 295 pages. Timber. Pub. at \$28.00 **\$14.95**

## Astronomy, Space Travel & Cosmology



**★7915691 NASA SPACE SHUTTLE, 40TH ANNIVERSARY.** By Piers Bizony. Rare photography and stunning artworks illustrate the history of NASA's Space Shuttle program from 1981 to 2011, providing an unprecedented look at the missions, equipment, and astronauts. 192 pages. Motorbooks. 9 1/2 x 10 1/2. Pub. at \$50.00 **\$11.95**



**LIMITED QUANTITY 7911564 MILKY WAY: Owners' Workshop Manual.** By Gemma Lavender. Find out how our galaxy compares to other galaxies, why it could be unique, and discover the most exciting and perplexing phenomena within it, including supernovae, the different kinds of stars, planetary systems and radiation, plus the monstrous, super-massive black hole Sagittarius A\*. **SOLD OUT**

Color photos. 172 pages. Haynes. 8 1/2 x 11. Pub. at \$19.99 **\$5.95**



**7944594 THE SHORT STORY OF THE UNIVERSE.** By Gemma Lavender. Covering 130 key components—from dwarf galaxies and galactic spiral arms to red giant stars and the planets of the solar system—this work delves into the universe's structure and the theories that helped us understand space and time, while revealing the story of how it burst into existence and its likely fate. Well illus. most in color. 224 pages. Laurence King. Paperbound. Pub. at \$19.99 **\$5.95**

**LIMITED QUANTITY 791167X SOLAR SYSTEM.** By D.W. Hughes & C. Stott. Featuring incredible photography from satellites and manned spaceflights, from the International Space Station to the Hubble telescope, this stunning volume brings the night sky to life! 144 pages. Chartwell. 9 1/4 x 11 1/4. Pub. at \$24.95 **SOLD OUT**



**7965907 AN UNOFFICIAL HISTORY OF NASA MISSION PATCHES.** By Roger D. Launius. This unique collection of more than 250 NASA mission emblems follows NASA's history over the decades, from its creation in 1958 and its first Apollo Mission in 1969, through some of the most famous missions of the Lunar Landing, Space Shuttle, and human spaceflight eras. Includes a life size mission patch and 10 patch stickers. Well illus. in color. 208 pages. Thunder Bay. Pub. at \$22.99 **\$7.95**

**7846568 A JOURNEY THROUGH THE UNIVERSE: A Traveller's Guide from the Center of the Sun to the Edge of the Unknown.** By New Scientist. Imagine you had a spacecraft capable of traveling through space. You climb in, blast into orbit, fly through the solar system and keep going. Where do you end up, and what do you see along the way? Illus. 228 pages. Nicholas Brealey. Paperbound. Pub. at \$18.95 **\$5.95**



**7797877 THE RED PLANET: A Natural History of Mars.** By Simon Morden. Uncover the mysteries, wonders, and history of Mars, as close to an eye-witness perspective of the incredible Red Planet as any reader can get. 245 pages. Pegasus. Pub. at \$26.95 **\$6.95**



**7770456 THE SECRET LIVES OF PLANETS: Order, Chaos, and Uniqueness in the Solar System.** By Paul Murdin. An insider's guide to astronomy reveals everything you need to know about the planets, their satellites, and our place in the solar system. Color photos. 280 pages. Pegasus. Paperbound. Pub. at \$17.95 **\$5.95**



**7753780 DISCOVER THE STARS: Starwatching Using the Naked Eye, Binoculars, or a Telescope.** By Richard Berry. Leads you on a tour of all the stars and constellations visible with the naked eye and introduces you to deep-sky objects that can be seen with binoculars or a simple telescope. Covers basics, such as how the stars move through the sky, how to find your way around the moon and the planets, making an astronomer's flashlight, and choosing and using a telescope. Well illus. some in color. 119 pages. Crown. Paperbound. Pub. at \$18.00 **\$5.95**



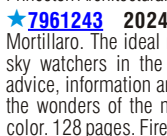
## Astronomy, Space Travel & Cosmology



**7950942 APOLLO TO THE MOON: A History in 50 Objects.** By Teasel Muir-Harmony. Collects the objects that portray the success of Apollo missions 50 years ago—and continue to spark our aspirations for future space exploration. From an emergency survival kit to engine parts, from toys honoring astronauts to the camera that took the epic “Blue Marble” photograph. 304 pages. National Geographic. Pub. at \$35.00 **\$9.95**



**7827784 50 THINGS TO SEE IN THE SKY.** By Sarah Barker. Showcases the science behind blue skies, sun dogs, and eclipses, as well as nocturnal wonders like lunar halos, martian ice caps, and far-off galaxies. With a glow in the dark cover, this handy and easy to use work is a perfect complement to your next camping expedition or an ideal gift for the backyard stargazer in your orbit. 144 pages. Princeton Architectural. Pub. at \$16.95 **\$7.95**



**7961243 2024 NIGHT SKY ALMANAC.** By Nicole Mortillaro. The ideal resource for both novice and experienced sky watchers in the United States and Canada, with all the advice, information and data you need to understand and enjoy the wonders of the night sky throughout 2024. Well illus., in color. 128 pages. Firefly. Paperbound. Pub. at \$14.95 **\$11.95**



**7915489 EARTH-SHATTERING.** By Bob Berman. From the sudden creation of dazzling “new stars” to the furiously explosive birth of our moon, from the uncomfortable truth about ultra high energy cosmic rays bombarding us to the incredible ways in which humanity has harnessed cataclysmic energy for its gain, Berman masterfully synthesizes some of our worst fears into an astonishing portrait of the universe. Illus. 308 pages. Little, Brown. Pub. at \$28.00 **\$5.95**



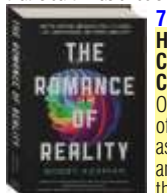
**7881762 MAKING CONTACT: Jill Tarter and the Search for Extraterrestrial Intelligence.** By Sarah Scoles. Tarter's life and her work are not just a quest to understand life in the universe; they are a quest to understand our lives within the universe. A brilliant examination of the science behind the search for extraterrestrial intelligence and its pioneer. 24 pages of photos. 275 pages. Pegasus. Paperbound. Pub. at \$16.95 **\$5.95**



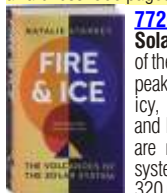
**7949073 WONDERS OF THE NIGHT SKY YOU MUST SEE BEFORE YOU DIE.** By Bob King. Fill your nights with adventure with King's bucket list collection of 57 remarkable night sky wonders and dark sky destinations. Each curiosity is complete with sight seeing activities to help you see the deep sky marvels, and is complete with background information, technological resources, equipment guides and more. Fully illus. in color. 224 pages. Page Street. Paperbound. Pub. at \$22.99 **\$6.95**



**496179X METEORITE: How Stones from Outer Space Made Our World.** By Tim Gregory. Beneath the charred crusts of meteorites lies a staggering diversity of rock types. Their unique components, vibrant colors, and pungent smells contain thrilling tales of condensing stardust, interstellar winds tearing through space, and the fiery collisions of entire worlds. If we travel far enough back in time, all that is earth was once sky. 299 pages. Basic. Pub. at \$30.00 **\$7.95**



**7896581 THE ROMANCE OF REALITY: How the Universe Organizes itself to Create Life, Consciousness, and Cosmic Complexity.** By Bobby Azarian. Outlines the fundamental misunderstanding of thermodynamics at the heart of the old assumptions about the universe's evolution, and shows us the evidence that suggests that the universe is a “self-organizing” system, one that is moving toward increasing complexity and awareness. 306 pages. BenBella. Pub. at \$26.95 **\$6.95**



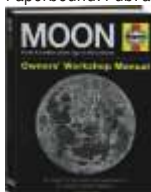
**772649X FIRE & ICE: The Volcanoes of the Solar System.** By Natalie Starkey. An exploration of the Solar System's volcanoes, from the highest peaks of Mars and the red-hot summits of Io to the icy, seemingly dormant surfaces of Enceladus and Europa. A look at how these cosmic features are made, and whether such active planetary systems might host life. Photos, some in color. 320 pages. Bloomsbury. Pub. at \$28.00 **\$7.95**



**7851030 SOLAR ECLIPSES 2024-2027: Where & When to Experience Totality.** By Sheridan Williams. A complete guide to nature's most incredible spectacle. All you need to identify and travel to the best eclipse-viewing locations. Covers paths of totality in North America, Europe and the Middle East. How to understand, prepare for and photograph each type of eclipse. Fully illus. in color. 128 pages. Bradt. Paperbound. Pub. at \$12.99 **\$9.95**



**7966970 SPACEFLIGHT: A Concise History.** By Michael J. Neufeld. A concise history of spaceflight, from military rocketry through Sputnik, Apollo, robots in space, space culture, and human spaceflight today. Illus. 233 pages. MIT Press. Paperbound. Pub. at \$15.95 **\$5.95**



**4907108 MOON: Owners' Workshop Manual.** By David M. Harland. Reviews how our understanding of the Moon has developed from classical to modern times and it follows our accelerating rate of discovery about our nearest celestial neighbor. Lavishly illustrated, it chronicles this story of discovery and looks forward to the establishment of a permanently occupied lunar base that will be part of our future in space as a prelude to venturing further. 172 pages. Haynes. 8 1/2 x 10 3/4. Pub. at \$36.95 **\$9.95**



**7756151 FIRE IN THE SKY: Cosmic Collisions, Killer Asteroids, and the Race to Defend Earth.** By Gordon L. Dillow. A scientific adventure story that takes us from scenes of ancient asteroid impacts, like the one that wiped out the dinosaurs, to mountaintop observatories where professional asteroid hunters seek their prey, to sightings of asteroids that sometimes explode in our atmosphere with the force of large nuclear bombs. Photos, most in color. 277 pages. Scribner. Paperbound. Pub. at \$17.00 **\$5.95**



**7781695 THE INVISIBLE UNIVERSE: Why There's More to Reality Than Meets the Eye.** By Matthew Bothwell. An extraordinary journey through the 99% of the cosmos we can't see, revealing entirely new galaxies, cosmic prehistory, black holes and supernovae. In a scientific detective story thousands of years in the telling, Bothwell uncovers mysteries of the Universe as we have never seen them before. Illus. some in color. 306 pages. OneWorld. Paperbound. Pub. at \$18.95 **\$13.95**



**LIMITED QUANTITY 7970706 ON THE REVOLUTIONS OF THE HEAVENLY SPHERES.** By Nicolaus Copernicus. A great work that sparked the Scientific Revolution by correctly positing that the earth and other planets of the solar system revolved around the sun. It is a milestone in our understanding of fundamental truths and the place of humanity in the universe. Illus. 256 pages. Flame Tree. Paperbound. Pub. at \$12.95 **SOLD OUT**



**7956290 THE EDGE OF REALITY: Two Scientists Evaluate What We Know of UFO Phenomenon.** By J.A. Hynek & J. Vallee. We gain insight into the thinking of the author's research and investigations into UFOs including Project Blue Book, the Pascagoula case, and the Betty and Barney Hill experience. Illus. 248 pages. MUFON. Paperbound. Pub. at \$17.95 **SOLD OUT**



**7843089 SPACE EXPLORATION: A History in 100 Objects.** By Sten Odenwald. Examines 100 objects that forever altered what we know and how we think about the cosmos, from Sputnik to Skylab and Galileo's telescope to the Curiosity rover, some objects are iconic and some obscure—but all are utterly important. Fully illus. in color. 210 pages. The Experiment. Pub. at \$25.00 **\$7.95**



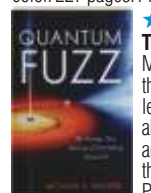
**7887779 DISCOVERING THE UNIVERSE: A Guide to the Galaxies, Planets, and Stars.** By Sten Odenwald. Reveals the secrets behind subjects as varied as the Big Bang, dark matter, the life cycle of stars, and the nature of planets both inside and outside our solar system. Beautifully illustrated throughout with stunning photographs as well as a range of diagrams and infographics. There has never been a better time to appreciate the wonders of cosmology. 192 pages. Sirius. 9 1/4 x 11 1/4. Pub. at \$19.99 **\$5.95**



**7955391 ENCOUNTERS: Experiences with Nonhuman Intelligences.** By Diana Walsh Pasulka. A riveting exploration of the leading science of nonhuman life, and a bold glimpse of the future of humanity in a universe where we are far from alone. 248 pages. St. Martin's. Pub. at \$27.00 **\$19.95**



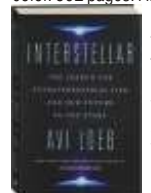
**1907727 ROCKET AGE: The Race to the Moon and What It Took to Get There.** By George D. Morgan. Traces the history of spaceflight innovation from Robert Goddard's early experiments, through World War II and the work of Werner von Braun and his German engineers, on to the postwar improvements made by Sergei Korolev and his team and culminating with the historical Moon walk made by Neil Armstrong and Buzz Aldrin. 16 pages of photos, many in color. 227 pages. Prometheus. Pub. at \$24.95 **\$5.95**



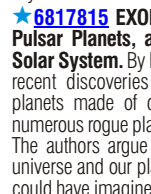
**7790716 QUANTUM FUZZ: The Strange True Makeup of Everything Around Us.** By Michael S. Walker. Describes in layperson's terms the strange phenomena that exist at the quantum level—a world of tiny dimensions where nothing is absolutely predictable, where we rethink causality, and where information seemingly travels faster than light. Well illus. 448 pages. Prometheus. Paperbound. Pub. at \$22.95 **\$17.95**



**4898141 BEYOND: The Astonishing Story of the First Human to Leave Our Planet and Journey into Space.** By Stephen Walker. Tells the thrilling story behind the epic flight of Yuri Gagarin. Drawing on extensive original research and the vivid testimonies of eyewitnesses, many of whom have never spoken before, Walker unpacks the secrets that were hidden for decades and takes the reader into the drama of one of humanity's greatest adventures. 16 pages of photos, some in color. 502 pages. Harper. Pub. at \$29.99 **\$7.95**



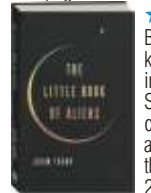
**7923317 INTERSTELLAR: The Search for Extraterrestrial Life and Our Future in the Stars.** By Avi Loeb. Combining cutting-edge science, physics, and philosophy, this work offers an intrepid new approach to our search for extraterrestrial life and our preparation for its discovery. The end result is an eye-opening, necessary look at our future that proves, once again, that scientific curiosity is the key to our survival. 246 pages. Mariner. Pub. at \$28.99 **\$21.95**



**6817815 EXOPLANETS: Diamond Worlds, Super Earths, Pulsar Planets, and the New Search for Life Beyond Our Solar System.** By M. Summers & J. Trefil. Explores the remarkable recent discoveries in space: planets revolving around pulsars; planets made of diamond; planets that are mostly water; and numerous rogue planets wandering through the emptiness of space. The authors argue we have to change how we think about the universe and our place in it, because it is more interesting than we could have imagined. Illus., most in color. 218 pages. Smithsonian. Paperbound. Pub. at \$17.95 **\$12.95**



**7808445 MARS: The Missions That Have Transformed Our Understanding of the Red Planet.** By Rod Pyle. With exceptional access to NASA's Mars archives, the author combines hand-drawn renderings of mission designs, plans, maps, and schematics with first-hand commentary and insider documents from NASA's Jet Propulsion Laboratory. Ambitious plans for the future human exploration of Mars are also shown in exquisite detail. 192 pages. Carlton. 9x11. Paperbound. Pub. at \$29.95 **\$7.95**



**7946368 THE LITTLE BOOK OF ALIENS.** By Adam Frank. Gives us everything we need to know from the scientific origins of the search for intelligent life, the Fermi Paradox, the Kardashev Scale, and the James Webb Telescope, to UFOs, conspiracy theories, what aliens might look like, and the existential risk of making contact with them. Shows us the precipice we stand on. 215 pages. Harper. Pub. at \$27.99 **\$21.95**



**7940807 THE COSMOS EXPLAINED: A History of the Universe from Its Beginnings to Today and Beyond.** By Charles Liu. A wondrous tour of the marvels of our vast universe, this account charts a course through space and time, from the moment of the Big Bang through to the present day and into the future. Take a voyage of discovery through the birth of stars and galaxies, the formation of our solar system, the evolution of life on Earth, and the far future. Well illus. in color. 192 pages. Ivy Press. 8 1/2 x 10 1/4. Pub. at \$25.00 **\$7.95**





## Astronomy, Space Travel & Cosmology



★**7939949** **EXTRATERRESTRIALS.** By Wade Rouse. Are we alone in the universe? If not, where is everybody? An engaging exploration of one of the most important unsolved problems in science. 221 pages. MIT Press. Paperbound. Pub. at \$15.95 **\$11.95**

**1980424 THE FIRST GALAXIES IN THE UNIVERSE.** By A. Loeb & S.R. Furlanetto. Provides a comprehensive, self-contained introduction to one of the most exciting frontiers in astrophysics today: the quest to understand how the oldest and most distant galaxies in our universe first formed. This is an invaluable reference for students and researchers on early galaxies. Illus., some in color. 540 pages. Princeton. Paperbound. Pub. at \$29.95 **SOLD OUT**



★**7720025** **IMPACT: How Rocks from Space Led to Life, Culture, and Donkey Kong.** By Greg Brenneka. An informative look at how meteorites have helped not only build the planet but steer its evolution. They explain our past, constructed our present, and could define our future. To understand meteorites is to understand our origins, starting at the birth of the Solar System and extending all the way to the present. Photos. 292 pages. Morrow. Pub. at \$28.99 **\$7.95**



★**7745044** **NATIONAL GEOGRAPHIC STARGAZER'S ATLAS: The Ultimate Guide to the Night Sky.** By Andrew Fazekas et al. Richly illustrated with luminous photographs and informative maps and graphics, this expansive guide is perfect for everyone discovering the wonders of the night sky, from those just learning the constellations to dedicated telescope observers. Combines science, exploration, and storytelling. 431 pages. National Geographic. 10 1/2 x 14. Pub. at \$65.00 **\$47.95**



★**7810563** **GHOST PARTICLE: In Search of the Elusive and Mysterious Neutrino.** By A. Chodos & J. Riordon. Recount the dramatic history of the neutrino—from the initial suggestion that the particle was merely a desperate solution to a puzzle that threatened to undermine the burgeoning field of particle physics to its modern role in illuminating the universe via neutrino telescopes. Illus. 304 pages. MIT Press. Pub. at \$32.95 **\$23.95**



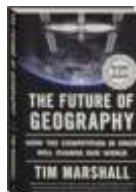
★**7745842** **THE SOLAR SYSTEM: Exploring the Sun, Planets and Their Moons.** By Robert Harvey. Within the span of a human lifetime, our spacecraft have visited all eight planets of the Solar System, together with several dwarf planets, asteroids and comets. We have mapped the surface of Mercury and Venus in detail, landed rovers on Mars, placed orbiters around Jupiter and Saturn, and more. Photos, most in color. 224 pages. Amber. 11 1/2 x 8 1/2. Pub. at \$29.99 **\$17.95**



★**7787693** **SPACESHIPS, SECOND EDITION: An Illustrated History of the Real and the Imagined.** By Ron Miller et al. Offers an encyclopedic history of spaceships in real life and pop culture, spanning 18th-century balloons, WWII V-2 ballistic missiles, the space race of the 1950s and 1960s, 20th-century pulp science fiction, the creation of the International Space Station, the XPrize spacecraft competition, spaceships depicted in 21st century media, and orbital tourism. Fully illus. most in color. 320 pages. Smithsonian. 10 x 11 1/4. Pub. at \$40.00 **\$31.95**



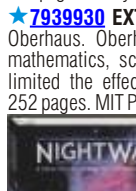
★**789838X** **THE SPACE SHUTTLE: A Mission-by-Mission Celebration of NASA's Extraordinary Spaceflight Program.** By Roland Miller. Tells the story of NASA's Space Shuttle program and its 140 space flights in a uniquely designed way. Long before the James Webb Telescope rekindled our fascination with astronomy and place in the cosmos, the Space Shuttle began to capture the world's attention with its first mission (a test launch) on April 12, 1981 and continued to do so until its final mission on July 8, 2011. Fully illus. in color. 320 pages. Artisan. 9 x 11 1/2. Pub. at \$50.00 **\$39.95**



★**7963831** **THE FUTURE OF GEOGRAPHY: How the Competition in Space Will Change Our World.** By Tim Marshall. Spy satellites orbiting the moon. Space metals worth more than most countries GDP. People on Mars within the next ten years. This isn't science fiction, its reality. Provides a detailed, clear account of the new space race, the power rivalries, and how technology, economics, and war have a ripple effect on everyone across the globe. Illus. 278 pages. Scribner. Pub. at \$28.00 **\$21.95**



★**7961286** **GALAXIES: Birth and Destiny of Our Universe.** By Govert Schilling. As distant galaxies, they offer majestic images: sweeping spiral arms with glowing red gas nebulae, glistening bright centers with black holes, and twisted traces of stellar currents guided by the all-dominant force of gravity. This uniquely deep view into the infinity of the universe lets us marvel at the origin and development of the universe. Well illus., in color. 239 pages. Firefly. 9 x 11. Paperbound. Pub. at \$29.95 **\$23.95**



★**7939930** **EXTRATERRESTRIAL LANGUAGES.** By Daniel Oberhaus. Oberhaus considers how philosophy, linguistics, mathematics, science, and art have informed the design or limited the effectiveness of our interstellar messaging. Illus. 252 pages. MIT Press. Pub. at \$24.95 **\$17.95**



★**7961332** **NIGHTWATCH, FIFTH EDITION: A Practical Guide to Viewing the Universe.** By Terence Dickinson with K. Hewitt-White. The essential reference for beginning backyard astronomers in North America and beyond. Features all new chapters on equipment and astrophotography, fully revised deep sky charts and scores of new photographs. Charts, tables and data good for use through 2035. 208 pages. Firefly. 12 x 11 1/2. Spiralbound. **\$33.95**



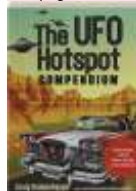
★**7959699** **SUN AND MOON: A Story of Astronomy, Photography and Cartography.** By Mark Holborn. A spectacular pictorial history of astronomical exploration, for anyone who has gazed at the sky and wondered what lies beyond. Tells the story of the burning human need to comprehend the universe, from Neolithic observations that mark the solstice to the latest space telescopes. 376 pages. Phaidon. 11 1/4 x 12 1/2. Pub. at \$79.95 **\$41.95**



★**7831757** **ASTRONAUT—1961 ONWARDS: Owners' Workshop Manual.** By Kenneth Dugald MacTaggart. Lavishly illustrated with detailed photographs and unique explanatory graphics, this complete guide offers fascinating insight into the selection, training, equipment, roles, and experience of astronauts, cosmonauts, and space-travelers of all nations. 188 pages. Haynes. 8 1/2 x 10 3/4. Pub. at \$36.95 **PRICE CUT to \$11.95**



★**7821654** **BLACK SPACE: The Nazi Super Weapons That Launched Humanity into Orbit.** By David Axe. The era of frantic, dueling, American and Soviet space-exploration efforts—which stretched from the end of World War II to the U.S.'s successful Moon landing in July 1969—had its roots in Nazi Germany, a country that pinned its hope for global conquest on equally ambitious superweapons. Well illus. 202 pages. Pen & Sword. Pub. at \$34.95 **PRICE CUT to \$19.95**



★**7727828** **THE UFO HOTSPOT COMPENDIUM: All the Places to Visit Before You Die or Are Abducted.** By Craig Campobasso. Details the latest facts behind legendary UFO cases: the when, where, story, investigations, and things to do when visiting the site. Provides a guided tour of 35 of the most remarkable UFO-related sites. Photos. 224 pages. MUFON. Paperbound. Pub. at \$18.95 **PRICE CUT to \$9.95**



★**7840039** **UNDER ALIEN SKIES: A Sightseer's Guide to the Universe.** By Philip Plait. A tour of the cosmos bringing you up close and personal with the universe like never before. For the aspiring extraterrestrial citizen, casual space tourist, or curious armchair traveler, an illuminating, always-entertaining guide to the most otherworldly views in our universe. Color photos. 311 pages. Norton. Pub. at \$30.00 **PRICE CUT to \$17.95**



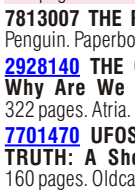
★**7832869** **WORLDS WITHOUT END: Exoplanets, Habitability, and the Future of Humanity.** By Chris Impey. An expertly guided tour of this thrilling frontier in astronomy: the search for planets with the potential to host life. Shows us the science, on horizons near and far, that may hold the answers. Illus. 368 pages. MIT Press. Pub. at \$29.95 **PRICE CUT to \$17.95**



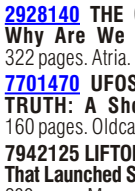
★**785689X** **BEYOND: Our Future in Space.** By Chris Impey. Showing that humans have a genetic urge to explore stretching back millennia, Impey takes us to the front lines of the new space race. He reports and proves that humans could survive on Mars, and unveils cutting edge innovations such as the space elevators poised to replace rockets at a fraction of the cost. Illus. 321 pages. Norton. Paperbound. Pub. at \$16.95 **\$5.95**



★**7739893** **WHEN GALAXIES WERE BORN: The Quest for Cosmic Dawn.** By Richard S. Ellis. Takes readers inside the decades long search for the first galaxies and the origin of starlight in this bold scientific adventure enlivened by personal insights and anecdotes that enable you to share in the thrill of discovery at the frontiers of astronomy. 32 pages of color photos. 223 pages. Princeton. Pub. at \$33.00 **PRICE CUT to \$21.95**



★**7813007** **THE PLANETS.** By Dava Sobel. Illus. 276 pages. Penguin. Paperbound. Pub. at \$20.00 **SOLD OUT**



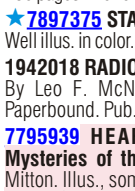
★**2928140** **THE GREATEST STORY EVER TOLD—SO FAR: Why Are We Here?** By Lawrence M. Krauss. Photos. 322 pages. Atria. Pub. at \$27.00 **\$6.95**



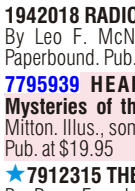
★**7701470** **UFOs, Aliens and the Battle for the Truth: A Short History of Ufology.** By Neil Nixon. 160 pages. Oldcastle. Paperbound. Pub. at \$19.95 **\$5.95**



★**7942125** **LIFTOFF: Elon Musk and the Desperate Early Days That Launched SpaceX.** By Eric Berger. 16 pages of color photos. 280 pages. Morrow. Paperbound. Pub. at \$20.00 **SOLD OUT**



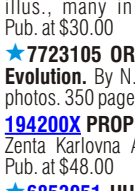
★**7897375** **STARGAZING: Pocket Nature.** By Swapna Krishna. Well illus. in color. 128 pages. Chronicle. Pub. at \$12.95 **\$9.95**



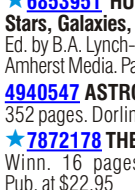
★**1942018** **RADIO AMATEURS GUIDE TO THE IONOSPHERE.** By Leo F. McNamara. Illus. 166 pages. Krieger. 8 1/2 x 11. Paperbound. Pub. at \$35.00 **SOLD OUT**



★**7795939** **HEART OF DARKNESS: Unraveling the Mysteries of the Invisible Universe.** By J.P. Ostriker & S. Mitton. Illus., some in color. 299 pages. Princeton. Paperbound. Pub. at \$19.95 **PRICE CUT to \$7.95**



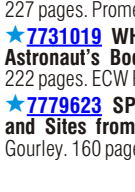
★**7912315** **THE SUN: Beginner's Guide to Our Local Star.** By Ryan French. 109 pages. Collins. Paperbound. Pub. at \$15.99 **SOLD OUT**



★**4985125** **COSMOS: Possible Worlds.** By Ann Druyan. Well illus., many in color. 384 pages. National Geographic. Pub. at \$30.00 **\$9.95**



★**7723105** **ORIGINS: Fourteen Billion Years of Cosmic Evolution.** By N.D. Tyson & D. Goldsmith. 32 pages of color photos. 350 pages. Norton. Paperbound. Pub. at \$19.95 **SOLD OUT**



★**194200X** **PROPERTIES OF GALACTIC CARBON STARS.** By Zenta Karlovna Alksne et al. 163 pages. Krieger. 8 1/2 x 11 1/4. Pub. at \$48.00 **\$7.95**



★**6853951** **HUBBLE IN SPACE: NASA Images of Planets, Stars, Galaxies, Nebulae, Black Holes, Dark Matter & More.** Ed. by B.A. Lynch-Johnt & B. Alesse. Fully illus. in color. 128 pages. Amherst Media. Paperbound. Pub. at \$24.95 **\$17.95**



## Astronomy, Space Travel & Cosmology

**7796072 THEORY OF STELLAR ATMOSPHERES: An Introduction to Astrophysical Non-equilibrium Quantitative Spectroscopic Analysis.** By I. Hubeny & D. Mihalas. 923 pages. Princeton. Paperbound. Pub. at \$95.00 **\$34.95**

**★7818246 OBSERVER'S SKY ATLAS, 4TH EDITION: The 500 Best Deep-Sky Objects with Charts and Images.** By Erich Karkoschka. 146 pages. Firefly. **SOLD OUT**

**★7754612 COSMOGENESIS: An Unveiling of the Expanding Universe.** By Brian Thomas Swimme. 315 pages. Counterpoint. Pub. at \$27.00 **PRICE CUT to \$9.95**

**★1956833 NORTH: The Rise & Fall of the Polar Cosmos.** By Gyrus. Photos. 310 pages. Strange Attractor. Paperbound. Pub. at \$20.95 **PRICE CUT to \$3.95**

**★7725388 A TRAVELER'S GUIDE TO THE STARS.** By Les Johnson. Illus. 219 pages. Princeton. Pub. at \$27.95 **\$14.95**

**★495503X ASTROQUIZZICAL: Solving the Cosmic Puzzles of Our Planets, Stars, and Galaxies.** By Jillian Scudder. Color photos. 224 pages. MIT Press. Pub. at \$29.95 **PRICE CUT to \$7.95**

**★7731590 SPACE RACE 2.0: SpaceX, Blue Origin, Virgin Galactic, NASA, and the Privatization of the Final Frontier.** By Brad Bergan. Color photos. 176 pages. Motorbooks. 9 1/2 x 10 1/4. Pub. at \$40.00 **\$19.95**

**★7847858 SPACE AGE ADVENTURES: Over 100 Terrestrial Sites and Out of This World Stories.** By Mike Bezemek. Photos. 293 pages. UNP. Paperbound. Pub. at \$27.95 **PRICE CUT to \$19.95**

**7719590 THE SIRENS OF MARS: Searching for Life on Another World.** By Sarah Stewart Johnson. 266 pages. Crown. Pub. at \$28.99 **\$6.95**

**7756771 THE NEXT 500 YEARS: Engineering Life to Reach New Worlds.** By Christopher E. Mason. 16 pages of color photos. 280 pages. MIT Press. Pub. at \$29.95 **\$9.95**

**★7747373 A JOURNEY THROUGH THE UNIVERSE: A Traveller's Guide from the Centre of the Sun to the Edge of the Unknown.** By *New Scientist*. Illus. 228 pages. Nicholas Brealey. Paperbound. Pub. at \$14.95 **\$11.95**

**★486090X FASTER THAN LIGHT: Warp Drive and Quantum Vacuum Power.** By H. David Fronsing Jr. 425 pages. Adventures Unlimited. Paperbound. **SOLD OUT**

**★7769954 OBSERVING OUR SOLAR SYSTEM: A Beginner's Guide.** By Tom Kerss. Illus. in color. 112 pages. Collins. Paperbound. Pub. at \$15.95 **\$9.95**

**★3974464 OUR UNIVERSE: An Astronomer's Guide.** By Jo Dunkley. 300 pages. Belknap. Paperbound. Pub. at \$17.95 **\$11.95**

**★4919521 THE CASE FOR SPACE: How the Revolution in Spaceflight Opens Up a Future of Limitless Possibility.** By Robert Zubrin. Color photos. 395 pages. Prometheus. Pub. at \$25.00 **\$13.95**

## Airplanes & Airlines



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



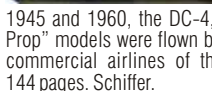
**7835272 PILOT'S HANDBOOK OF AERONAUTICAL KNOWLEDGE: FAA-H-8083-25B.** By Federal Aviation Administration. Introduces readers to flying and a history of flight; then explores the role of the FAA; criteria for earning the various pilot certificates; how to plan their flight educations; and the examinations associated with earning a pilot certificate. Well illus. in color. Skyhorse. 8 1/2 x 11. Paperbound. Pub. at \$19.99 **\$7.95**



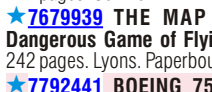
**1983067 365 AIRCRAFT YOU MUST FLY.** By Robert F. Dorr. Covers 365 of the most iconic airplanes, helicopters, and spacecraft in world history that enthusiasts, serious-minded hobbyists, and casual fans would love to fly if given the chance. The photography, personalized text, and specs in this reference will bring you as close as you can get without setting foot in a hangar. 320 pages. Crestline. 8 x 10 1/4. Pub. at \$17.99 **\$5.95**



**★7851693 DOUGLAS DC-4, DC-6, AND DC-7: Legends of Flight.** By Wolfgang Borgmann. With his hugely successful commercial aircraft, including the legendary DC-3, founder Donald W. Douglas led his company to the forefront of aircraft manufacturers starting in the 1930s. Between 1945 and 1960, the DC-4, DC-6, and DC-7 four-engine "Big Prop" models were flown by many of the world's most famous commercial airlines of the era. Fully illus. most in color. 144 pages. Schiffer. **\$25.95**



**★7679939 THE MAP OF MY DEAD PILOTS: The Dangerous Game of Flying in Alaska.** By Colleen Mondor. 242 pages. Lyons. Paperbound. Pub. at \$14.95 **\$7.95**

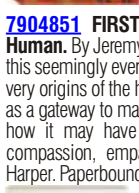


**★7792441 BOEING 757: Legends of Flight.** By Dan Dornseif. Well illus. most in color. 160 pages. Schiffer. Pub. at \$29.99 **PRICE CUT to \$19.95**

## Paleontology & Evolution



**7763336 BEASTS BEFORE US: The Untold Story of Mammal Origins and Evolution.** By Elsa Panciroli. Reframing the narrative of our mammalian ancestor and providing a counterpoint to the stereotypes of mighty dinosaur overlords and cowering little mammals. It turns out the earliest mammals weren't just precursors, they were pioneers. Color photos. 320 pages. Bloomsbury. Pub. at \$28.00 **\$7.95**



**7904851 FIRST STEPS: How Upright Walking Made Us Human.** By Jeremy DeSilva. Explores how unusual and extraordinary this seemingly everyday ability is. A seven-million year journey to the very origins of the human lineage, DeSilva describes upright walking as a gateway to many of the other attributes that make us human and how it may have laid the foundation for our species' traits of compassion, empathy, and altruism. Illus. in color. 334 pages. Harper. Paperbound. Pub. at \$19.00 **\$5.95**



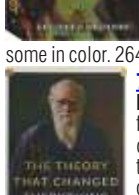
**7970692 ON THE ORIGIN OF SPECIES.** By Charles Darwin. First published in 1859. In this powerful work of natural philosophy, Darwin articulated his theory of natural selection, or survival of the fittest, that put him at the center of a debate on evolution and the origins of mankind, the embers of which are still burning today. 256 pages. Flame Tree. Paperbound. Pub. at \$12.99 **\$5.95**



**7827237 HOUSE OF LOST WORLDS: Dinosaurs, Dynasties, and the Story of Life on Earth.** By Richard Conniff. Recounts how one relatively small institution, the Yale Peabody Museum of Natural History, has dramatically reshaped our world over the past 150 years, from the introduction of some of the most celebrated dinosaurs ever discovered and the invention of modern ecology to the founding of the modern dinosaur renaissance. Photos, some in color. 331 pages. Yale. Paperbound. Pub. at \$25.00 **\$6.95**



**1991477 WHAT BUGGED THE DINOSAURS? Insects, Disease, and Death in the Cretaceous.** By Roberta & George Poinar, Jr. Bringing the age of dinosaurs marvelously to life, this volume reveals how insects, from biting sand flies to disease-causing parasites, dominated life on the planet and played a significant role in the life and death of the dinosaurs. Photos, some in color. 264 pages. Princeton. Pub. at \$29.95 **\$9.95**



**7850654 THE THEORY THAT CHANGED EVERYTHING.** By Philip Lieberman. Connects fresh contemporary findings to the major concepts of Darwinian theory. Lieberman reveals the full extent of the insights that led to groundbreaking discoveries in both Darwin's time and our own while asking challenging questions about what Darwin would have made of today's controversial issues. 210 pages. Columbia. Paperbound. Pub. at \$24.00 **\$6.95**



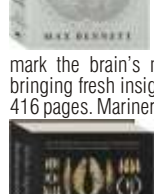
**788964X SAPIENS/HOMO DEUS.** By Yuval Noah Harari. Discover humanity's past and its future in this special box set featuring *Sapiens* and its acclaimed companion *Homo Deus*. This set is about the history of humankind since its inception, with prospects for its future, offering Harari's perspective on the life and times we're living through right now. 892 pages in two volumes, slipcased. SHOPWORN. Harper. Paperbound. Pub. at \$49.99 **\$22.95**



**★490642X DINOSAURS: New Visions of a Lost World.** By Michael J. Benton. Built on the latest research, Benton brings us a new guide to the world of dinosaurs, complete with stunning new illustrations that display the latest and most exciting scientific discoveries. This eye opening compendium will surprise and challenge everything you thought you knew about what dinosaurs looked liked and how they lived. 240 pages. Thames & Hudson. Pub. at \$39.95 **\$29.95**



**★7953283 A BRIEF HISTORY OF INTELLIGENCE: Evolution, AI, and the Five Breakthroughs That Made Our Brains.** By Max Bennett. Bridges the gap between neuroscience and AI to tell the brain's evolutionary story, revealing how understanding that story can help shape the next generation of AI innovations. Bennett identifies the "Five Breakthroughs" that mark the brain's most important evolutionary leaps forward, bringing fresh insight into the mysteries of human intelligence. 416 pages. Mariner Books. Pub. at \$35.00 **\$26.95**



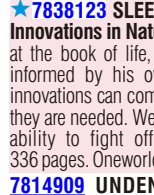
**★779620X HOMO SAPIENS REDISCOVERED: The Scientific Revolution Rewriting Our Origins.** By Paul Pettitt. Investigating ancient sites, and the art and artifacts left behind by the hominins who passed through them, Pettitt traces the deep history of our ancestors and gives readers an intimate perspective on lives as they were lived in the almost unimaginable distant past. Well illus., many in color. 304 pages. Thames & Hudson. Pub. at \$34.95 **\$26.95**



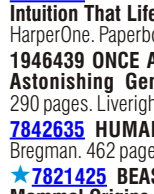
**★7939914 UNDERSTANDING THE CHRISTIANITY-EVOLUTION RELATIONSHIP.** By Michael Ruse. Explores the topic in a neutral and balanced way, focusing on the Christianity-evolution relationship. It shows that two paradigms—the world as an organism and the world as a machine—have critically informed and guided the discussions. Illus. 184 pages. Cambridge. Paperbound. Pub. at \$19.99 **\$14.95**



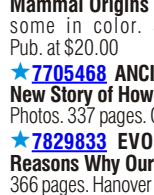
**★7838123 SLEEPING BEAUTIES: The Mystery of Dormant Innovations in Nature and Culture.** By Andreas Wagner. Looking at the book of life, from apex predators to keystone crops, and informed by his own experiments, Wagner demonstrates that innovations can come frequently and cheaply to nature, well before they are needed. We have found prehistoric bacteria that harbor the ability to fight off 21st-century antibiotics, and more. Illus. 336 pages. OneWorld. Pub. at \$30.00 **PRICE CUT to \$17.95**



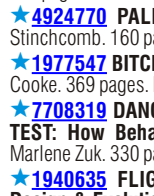
**7814909 UNDENIABLE: How Biology Confirms Our Intuition That Life Is Designed.** By Douglas Axe. 298 pages. HarperOne. Paperbound. Pub. at \$16.99 **\$5.95**



**1946439 ONCE A WOLF: The Science Behind Our Dogs' Astonishing Genetic Evolution.** By Bryan Sykes. Illus. 290 pages. Liveright. Paperbound. **SOLD OUT**



**7842635 HUMANKIND: A Hopeful History.** By Rutger Bregman. 462 pages. Little, Brown. Pub. at \$30.00 **\$7.95**



**★7821425 BEASTS BEFORE US: The Untold Story of Mammal Origins and Evolution.** By Elsa Panciroli. Well illus. some in color. 320 pages. Bloomsbury. Paperbound. Pub. at \$20.00 **\$14.95**



**★7705468 ANCIENT BONES: Unearthing the Astonishing New Story of How We Became Human.** By Rudiger Braun et al. Photos. 337 pages. Greystone. Paperbound. Pub. at \$18.95 **\$11.95**



**★7829833 EVOLUTION GONE WRONG: The Curious Reasons Why Our Bodies Work (or Don't).** By Alex Bezerides. 366 pages. Hanover Square. Paperbound. Pub. at \$21.99 **\$16.95**



**★4924770 PALEOZOIC FOSSIL PLANTS.** By Bruce L. Stinchcomb. 160 pages. Schiffer. 8 1/2 x 11. Paperbound. **\$25.95**



**★1977547 BITCH: On the Female of the Species.** By Lucy Cooke. 369 pages. Basic. Pub. at \$30.00 **\$11.95**



**★7708319 DANCING COCKATOOS AND THE DEAD MAN TEST: How Behavior Evolves and Why It Matters.** By Marlene Zuk. 330 pages. Norton. Pub. at \$28.95 **\$11.95**



**★1940635 FLIGHTS OF FANCY: Defying Gravity by Design & Evolution.** By Richard Dawkins, illus. by J. Lenzo. Fully illus. in color. 294 pages. Apollo. Pub. at \$29.95 **\$11.95**



**★7711514 DELICIOUS: The Evolution of Flavor and How It Made Us Human.** By R. Dunn & M. Sanchez. Photos. 279 pages. Princeton. Paperbound. Pub. at \$19.95 **\$9.95**



**★7724683 EVOLUTION TALK: The Who, What, Why, and How Behind the Oldest Story Ever Told.** By Rick Coste. 241 pages. Prometheus. Paperbound. Pub. at \$21.95 **PRICE CUT to \$9.95**





## Paleontology & Evolution

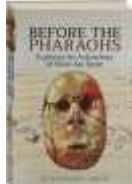
**★7724276 A VOICE IN THE WILDERNESS: A Pioneering Biologist Explains How Evolution Can Help Us Solve Our Biggest Problems.** By Joseph L. Graves Jr. Photos with illus. 376 pages. Basic. Pub. at \$30.00 **PRICE CUT to \$11.95**

**1991264 FORAGERS, FARMERS, AND FOSSIL FUELS: How Human Values Evolve.** By Ian Morris. Illus. 369 pages. Princeton. Pub. at \$29.95 **\$5.95**

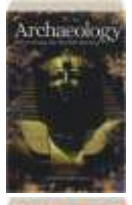
**★1952056 EXTRA LIFE: A Short History of Living Longer.** By Steven Johnson. Photos. 284 pages. Riverhead. Paperbound. Pub. at \$17.00 **\$5.95**

**★3770818 A POCKET HISTORY OF HUMAN EVOLUTION: How We Became Sapiens.** By S. Condemni & F. Savatier. Illus. 154 pages. The Experiment. Paperbound. Pub. at \$14.95 **\$11.95**

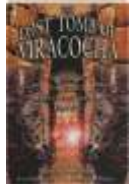
## Archaeology



**LIMITED QUANTITY 7911343 BEFORE THE PHAROHS: Exploring the Archaeology of Stone Age Egypt.** By Julian Maxwell Heath. Examines the fascinating archaeology of Stone Age Egypt, from its very beginnings, when early members of the human species arrived in Egypt from sub-Saharan Africa, to its end, when the impressive Naqada Culture emerged, setting in motion the process that led to the formation of one of the world's greatest ancient civilizations. Well illus. some in color. 195 pages. Pen & Sword. Pub. at \$12.99 **SOLD OUT**



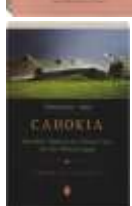
**774031X ARCHAEOLOGY: Discovering the World's Secrets.** By Gaynor Aaltonen. This volume reveals how archaeology evolved and developed as a field of research, looking at the determined men and women who made it happen, and explores how today's new technology, such as satellite imagery, is helping to rewrite history. Illus. 304 pages. Sirius. Paperbound. Pub. at \$12.99 **\$3.95**



**7802935 THE LOST TOMB OF VIRACOCOA: Unlocking the Secrets of the Peruvian Pyramids.** By Maurice Cotterell. Entombed within the long lost pyramids of Peru are the treasures encoded with secrets of a solar science. The author shows how this science holds the key to reincarnation and human spiritual realization, with answers to the spiritual mysteries of life and death. Illus. some in color. 214 pages. Bear & Company. Paperbound. Pub. at \$20.00 **\$4.95**



**7963203 THE ROMAN INSCRIPTIONS OF BRITAIN, VOLUME II, FASCICULE 7.** Ed. by S.S. Frere & R.S.O. Tomlin. Covers graffiti on samian ware (terra sigillata). The text gives transcriptions, descriptions, bibliography and notes for each entry. Illus. 152 pages. Sutton Publishing. 8 1/2 x 11 1/4. Pub. at \$62.00 **\$5.95**



**★4683897 CAHOKIA: Ancient America's Great City on the Mississippi.** By Timothy R. Pauketat. Almost 1,000 years ago, a sprawling Native American city flourished on the banks of the Mississippi near what is now St. Louis. Drawing on pioneering archaeological digs and a wealth of analysis, the author provides a detailed picture of what has been discovered so far. 194 pages. Penguin. Paperbound. Pub. at \$17.00 **\$11.95**



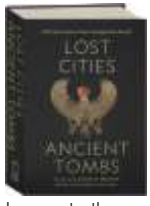
**1924591 ARCHAEOLOGY HOTSPOT GREAT BRITAIN: Unearthing the Past for Armchair Archaeologists.** By Donald Henson. Expert Henson first chronicles the deep archaeology of a long-settled region, including England, Wales, and Scotland, then explores both the famously ancient finds and more recent and iconic historic sites and monuments. He profiles the often larger than life personalities and the previously marginalized women who have contributed to British archaeology. Photos. 243 pages. Rowman & Littlefield. Pub. at \$44.00 **\$5.95**



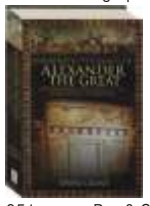
**1976508 PALENQUE: Eternal City of the Maya.** By David & George Stuart. In 1952, having spent four years clearing a secret passage inside Palenque's Temple of the Inscriptions, Mexican archaeologist Alberto Ruz gazed into a vaulted chamber. There he would make a spectacular discovery: the intact burial of King Pakal, complete with jade jewelry and an exquisite burial mask. 272 pages. Thames & Hudson. Pub. at \$34.95 **\$11.95**



**7849508 SECRETS OF THE SPRINGS: Warm Mineral Springs and Little Salt Spring.** By R. Brown & S. Derks. A tale of two deep springs in Florida that began as sinkholes about 13,000 years ago. The story of the precious water they contain reveals the recent and prehistoric story of what is now Florida and the importance of its natural resources to its people. Well illus. most in color. 87 pages. Pineapple Press. 8 1/2 x 11. Paperbound. Pub. at \$19.95 **\$5.95**



**1989081 LOST CITIES, ANCIENT TOMBS: 100 Discoveries That Changed the World.** Ed. by Ann R. Williams. A comprehensive history of archaeological discoveries. Each account relies on firsthand reports from the explorers and historians who unearthed the wonders of the past. Covers the world's most astonishing finds, from the Dead Sea Scrolls to Otzi the Iceman to the wreck of the *Titanic*. Color photos. 512 pages. National Geographic. Pub. at \$35.00 **\$12.95**



**7861877 UNEARTHING THE FAMILY OF ALEXANDER THE GREAT.** By David Grant. A cluster of subterranean tombs were unearthed in northern Greece containing the remains of the Macedonian royal line. This is the remarkable story of the quest to identify the family of Alexander the Great and the dynasty that changed the Graeco-Persian world forever. Well illus., some in color. 351 pages. Pen & Sword. Pub. at \$42.95 **\$14.95**



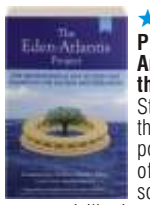
**★783232X THE LOST KING: The Search for Richard III.** By P. Langley & M. Jones. Trace the remarkable story of the search for the lost king, leading to the incredible when the 500 year-old mystery was solved by Philippa Langley as his remains were uncovered beneath a car park in Leicester. Astonishing true story of a woman who refused to be ignored and who took on the country's most eminent historians. 16 pages of photos. 304 pages. St. Martin's. Paperbound. Pub. at \$19.99 **\$14.95**



**7808119 THE SWORDFISH HUNTERS: The History and Ecology of an Ancient American Sea People.** By Bruce Bourque. Tells the story of the Red Paint People and the archaeologists who have tried to understand them for over a century. Archaeologists have adopted new research models in collaboration with a broad range of natural scientists to flesh out the life story of a remarkable prehistoric culture: the swordfish hunters. Illus., many in color. 191 pages. Bunker Hill. Pub. at \$29.95 **\$9.95**



**★DVD 7808992 NAZCA DESERT MYSTERY: NOVA.** Widescreen. One of the world's greatest ancient enigmas, the Nazca lines are a dense network of criss-crossing lines, geometric shapes, and animal figures etched across 200 square miles of Peruvian desert. Now, archaeologists have discovered hundreds of long-hidden lines and figures, offering new clues to the origins and the giant desert symbols. English SDH. 55 minutes. PBS. Pub. at \$24.99 **SOLD OUT**



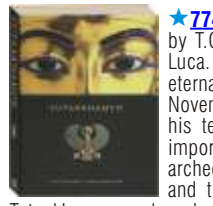
**★779357X THE EDEN-ATLANTIS PROJECT, SECOND EDITION: The Archeological Site of Eden and Atlantis in the Eastern Mediterranean.** By Robert Stanley Bates. Offers you a thorough review of the recently obtained archaeological evidence pointing to an Eastern Mediterranean location of Eden-Atlantis. It also links these new scientific facts with the historical evidence that a proto-civilization may have preceded the known civilizations of the ancient Near East. Illus. in color. 84 pages. Origin. Paperbound. Pub. at \$20.00 **\$12.95**



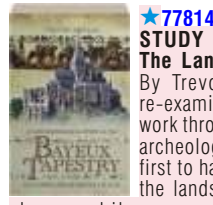
**7805012 BURIED CARS: Excavations from Stonehenge to the Grand Canyon.** By Patrick Nagatani with J. Traugott. In 1985, Japanese archaeologist Ryoichi begins to recover 29 iconic automobiles buried at power sites around the world. His journal and scientific notes—along with Nagatani's photographs of the excavations, which took place from 1986 to 1999—record the mysterious phenomenon. 116 pages. Museum of New Mexico. 8x10. Pub. at \$34.95 **\$15.95**



**★7711107 EXPOSING THE MAYA: Early Archaeological Photography in the Americas.** By K. Sainson & J.W. Hessler. Presents rare and important early photographs of the archaeological ruins and remains of the great Mayan civilizations of Mexico and Central America. Also includes the reports of six early pioneers of 19th-century Mesoamerican archeology. 176 pages. Giles. 9 1/4 x 7 3/4. Pub. at \$40.00 **\$29.95**



**★7745869 TUTANKHAMUN.** By Text by T.G. Henry James, photos by A. De Luca. A gorgeous volume celebrating the eternal splendor of the boy pharaoh. On November 4, 1922, Howard Carter and his team discovered one of the most important masterpieces in the history of archeology. The intact royal burial place and the golden mask of the boy king Tutankhamun and probably the most iconic symbols of Ancient Egypt. Photos, most in color. 320 pages. White Star. 9 1/4 x 13. Pub. at \$45.00 **\$32.95**



**★7781466 AN ARCHAEOLOGICAL STUDY OF THE BAYEUX TAPESTRY: The Landscapes, Buildings & Places.** By Trevor Rowley. Provides a unique re-examination of this famous piece of work through the historical geography and archeology of the tapestry. Rowley is the first to have analyzed the tapestry through the landscapes, buildings and structures shown, while comparing them to the landscapes, buildings, ruins and earthwork that can be seen today. Well illus. most in color. 209 pages. Pen & Sword. Paperbound. Pub. at \$29.95 **PRICE CUT to \$17.95**

**4906667 THE 50 GREATEST PREHISTORIC SITES OF THE WORLD.** By Barry Stone. Illus. 240 pages. Icon Books. Paperbound. Pub. at \$14.95 **SOLD OUT**

**1925121 MAGNETOMETRY FOR ARCHAEOLOGISTS.** By Arnold Aspinall et al. Photos. 208 pages. AltaMira Press. Pub. at \$107.00 **\$9.95**

**★7821719 SCENES FROM PREHISTORIC LIFE: From the Ice Age to the Coming of the Romans.** By Francis Pryor. Head of Zeus. Paperbound. Pub. at \$17.95 **PRICE CUT to \$9.95**

**3936422 STONEHENGE: The Story of a Sacred Landscape.** By Francis Pryor. 16 pages of illus., most in color. 208 pages. Head of Zeus. Paperbound. **SOLD OUT**

**1957457 THE EXTRAMURAL SANCTUARY OF DEMETER AND PERSEPHONE AT CYRENE, LIBYA FINAL REPORTS, VOLUME IV.** Ed. by Donald White. Illus. 191 pages. UPaP. 8 1/2 x 11 1/4. Pub. at \$65.00 **\$5.95**

**1957473 THE EXTRAMURAL SANCTUARY OF DEMETER AND PERSEPHONE AT CYRENE, LIBYA FINAL REPORTS, VOLUME VIII.** Ed. by Donald White. Well illus. 216 pages. UPaP. 8 1/2 x 11 1/4. Pub. at \$69.95 **\$5.95**

**1957562 GORDION SPECIAL STUDIES, VOLUME I: Nonverbal Graffiti, Dipinti, and Stamps.** By Lynn E. Roller. 100 pages. UPaP. 8 1/2 x 11 1/4. Pub. at \$55.00 **\$3.95**

**1957570 GORDION SPECIAL STUDIES, VOLUME II: The Terracotta Figurines and Related Vessels.** By Irene Bald Romano. 90 pages. UPaP. 8 1/2 x 11 1/4. Pub. at \$45.00 **\$5.95**

**★1973452 LOOTING SPIRO MOUNDS: An American King Tut's Tomb.** By David La Vere. Photos. 255 pages. UOKP. Paperbound. Pub. at \$24.95 **PRICE CUT to \$14.95**

**1957589 HASANLU V: The Late Bronze and Iron I Periods.** By Michael D. Danti with M. Cifarelli. 483 pages. UPaP. 8 1/2 x 11 1/4. Pub. at \$89.95 **\$7.95**

**★7790732 THE COMPLETE TUTANKHAMUN.** By Nicholas Reeves. Fully illus. most in color. 464 pages. Thames & Hudson. 7 1/2 x 10 1/2. Pub. at \$50.00 **\$39.95**

**★7803923 INTERPRETING ARCHAEOLOGY: What Archaeological Discoveries Reveal About the Past.** By Neil Faulkner. 256 pages. Sirius. 9 1/4 x 11 1/4. **\$16.95**

**4937465 AGRICULTURAL SUSTAINABILITY AND ENVIRONMENTAL CHANGE AT ANCIENT GORDION.** By John M. Marston. Fully illus. some in color. 203 pages. UPaP. 8 1/2 x 11 1/4. Pub. at \$59.95 **\$5.95**

**★7760183 THE WRITING OF THE GODS: The Race to Decode the Rosetta Stone.** By Edward Dolnick. Illus. 311 pages. Scribner. Paperbound. Pub. at \$20.00 **\$12.95**

**★493797X HOARDS FROM WILTSHIRE.** By Richard Henry. Color photos. 96 pages. Amberley. Paperbound. Pub. at \$25.95 **SOLD OUT**



## Life Science

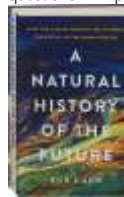


**7957823 THE PLANT HUNTER: A Scientist's Quest for Nature's Next Medicines.** By Cassandra Leah Quave. The author is in search of natural compounds, long-known to traditional healers, that could help save us from the looming crisis of untreatable superbugs. She is helping to provide clues for the next generation of advanced medicines. 371 pages. Penguin. Paperbound. Pub. at \$18.00 **\$5.95**

**LIMITED QUANTITY 7906951 BIOLOGY: An Illustrated History of Life Science.** Ed. by Tom Jackson. Tracks the history of biology, where scientists have wondered at the great diversity of living things on Earth and set out to understand the most complex process in the Universe—life itself. Biologists today explore everything from how life developed and is maintained, to robot design, artificial intelligence, and the exploration of space. Fully illus. in color. 144 pages. Shelter Harbor. 9 1/2 x 11. Pub. at \$24.95 **SOLD OUT**



**7850638 THAT'S DISGUSTING: Unraveling the Mysteries of Repulsion.** By Rachel Herz. Sheds light on an incredible range of human traits—from food preferences and sexual attraction to moral codes and political ideology—by examining them through the lens of a fascinating subject: disgust. Combining lucid scientific explanations and fascinating research with a healthy dose of humor, Herz tackles important questions. 274 pages. Norton. Pub. at \$26.95 **\$5.95**



**7964714 A NATURAL HISTORY OF THE FUTURE: What the Laws of Biology Tell Us About the Destiny of the Human Species.** By Rob Dunn. In the evolution of antibiotic resistance and the power of natural selection to create biodiversity, Dunn finds laws of life that no human activity can annul. When we create artificial islands of crops, dump toxic waste, or build communities, we provide new materials for old laws to shape. Life's future flourishing is not in question. Ours is. Illus. 306 pages. Basic. Pub. at \$30.00 **\$7.95**

**LIMITED QUANTITY 7904916 THE HUMAN BRAIN COLORING BOOK.** By Marian C. Diamond et al. Designed for students at the high school level or above, provides a full description of the structure and functions of the brain, with the coloring process designed to reinforce learning. 301 pages. Collins. 8x10 1/4. Paperbound. Pub. at \$26.99 **SOLD OUT**



**7785208 THE CREEPING GARDEN: Irrational Encounters with Plasmodial Slime Moulds.** By J. Sharp & T. Grabham. An introductory guide to the strange world of myxomycetes, or plasmodial slime molds. This lavishly illustrated companion to the feature documentary *The Creeping Garden* takes a closer look at this mysterious life form curious array of research it has inspired. 192 pages. Alchimia. Paperbound. Pub. at \$24.95 **\$5.95**



**7797559 AROUSED: The History of Hormones and How They Control Just About Everything.** By Randi Hutter Epstein. Armed with a healthy dose of wit and curiosity, a medical journalist takes us on a journey through the unusual history of these potent chemicals. From a basement filled with jarred 19th-century brains to a 21st-century hormone clinic in Los Angeles, a fascinating look at the history and science of some of medicine's most important discoveries. Photos. 313 pages. Norton. Pub. at \$26.95 **\$6.95**

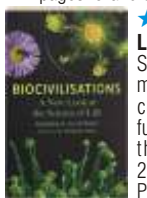


**7869916 THE HIDDEN BEAUTY OF THE MICROSCOPIC WORLD.** By James Weiss. With his captivating photographs and illustrations, Weiss presents this beginner's guide to microscopic life, from the most simple, single-celled organisms to complex micro-animals. Learn how these lifeforms work and what lessons they can teach us and discover how seeing the wonder of nature from a new perspective can change your life. 256 pages. Watkins. Pub. at \$29.95 **\$11.95**

**191801X THE COSMIC SERPENT: DNA and the Origins of Knowledge.** By Jeremy Narby. The author demonstrates that indigenous and ancient peoples have known for millennia about the double helix structure, DNA, something conventional science only discovered in 1953. A gripping investigation that opens fresh perspectives on biology, anthropology and the limits of rationalism. 257 pages. Weidenfeld & Nicolson. Paperbound. **\$4.95**



**7940920 FLUSH: The Remarkable Science of an Unlikely Treasure.** By Bryn Nelson. Both an urgent exploration of the world's most squandered natural resource and a cri de coeur for the vast hidden value in our humble "waste." Nelson is helping to usher in a necessary mental shift that could restore our balance with the rest of the planet and save us from ourselves. 421 pages. Grand Central. Pub. at \$30.00 **\$6.95**



**7886195 BIOCIVILISATIONS: A New Look at the Science of Life.** By Predrag B. Slijepcevic. A thrillingly original look at the mystery of life and a recognition of the complex civilizations of bacteria, viruses, fungi, plants and animals that have preceded the human world by billions of years. 258 pages. Chelsea Green. Paperbound. Pub. at \$24.95 **\$19.95**

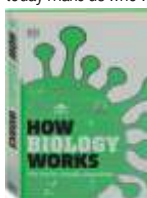


**7909276 ELEMENTAL: How Five Elements Changed Earth's Past and Will Shape Our Future.** By Stephen Porder. Focuses on five of life's essential elements—hydrogen, oxygen, carbon, nitrogen, and phosphorus. Describes how single-celled cyanobacteria and plants harnessed them to proliferate across the oceans and the land, only to precipitate environmental catastrophes. They now underpin the success of human civilization. Illus. 227 pages. Princeton. Pub. at \$27.95 **\$22.95**



**7863462 NOSE DIVE: A Field Guide to the World's Smells.** By Harold McGee. Incorporating the latest insights of biology and chemistry, and interweaving them with personal observations, McGee reveals how our sense of smell has the power to expose invisible, intangible details of our material world and trigger in us feelings that are the very essence of being alive. 654 pages. Penguin. Pub. at \$35.00 **\$9.95**

**790035X THE MASTER BUILDER: How the New Science of the Cell Is Rewriting the Story of Life.** By Alfonso Martinez Arias. Drawing on new research from his own lab and others, Martinez Arias reveals that we are composed of a thrillingly intricate, constantly moving symphony of cells. Both their long lineage—stretching back to the very first cell—and their intricate interactions within our bodies today make us who we are. 342 pages. Basic. Pub. at \$30.00 **\$23.95**



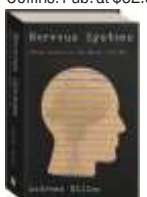
**7874294 HOW BIOLOGY WORKS: The Facts Visually Explained.** By Olivia Drake et al. With clear, easy to understand graphics and packed with fascinating facts, this work demystifies both the core biology that may have eluded us at school, and the cutting-edge life science that makes the news, answering the questions that spark our curiosity. Fully illus. in color. 224 pages. Dorling Kindersley. Pub. at \$25.00 **\$17.95**



**7826443 MICRO LIFE: Miracles of the Miniature World Revealed.** By Derek Harvey et al. With spectacular photographs made possible by cutting edge technology, this title reveals the hidden realm beyond the reach of the naked eye. From bacteria and viruses to the intricacy of hair follicles and pollen grains, this extraordinary volume explains the fascinating science that underpins the survival of all life forms. 416 pages. Dorling Kindersley. 10x12. Pub. at \$50.00 **\$24.95**



**7788649 PLANTING THE WORLD: Joseph Banks and His Collectors—An Adventurous History of Botany.** By Jordan Goodman. In a rip-roaring global expedition, based on original sources in many languages, Goodman gives a momentous history of how the discoveries made by Joseph Banks and his collectors advanced scientific understanding around the world. 16 pages of color illus. 520 pages. Collins. Pub. at \$32.99 **\$14.95**



**7942176 NERVOUS SYSTEMS: Brain Science in the Early Cold War.** By Andreas Killen. Killen traces the complex circumstances surrounding the genesis of our present day fascination with the brain. Explores the anxious context in which the mid-century sciences of the brain took shape and reveals the history that lies behind our contemporary understanding of this organ. 307 pages. Harper. Pub. at \$32.00 **\$7.95**



**778872X SOCIAL BUTTERFLIES.** By Henry S. Horn. Featured in-depth studies of five sympatric species—the Plain Ringlet, the Eyed Brown, the Great Spangled Fritillary, the Viceroy, and the Pearly Eye—showing how their social interactions span much of the range of behaviors observed in vertebrates. Poses intriguing questions about the complex and sometimes mystifying social behaviors of these marvelous creatures. Illus. 272 pages. Princeton. Paperbound. Pub. at \$39.95 **PRICE CUT to \$7.95**

**7908830 THE SECRET OF LIFE: Rosalind Franklin, James Watson, Francis Crick, and the Discovery of DNA's Double Helix.** By Howard Markel. Photos. 564 pages. Norton. Pub. at \$30.00 **\$7.95**

**7781962 THE REAL PLANET OF THE APES: A New Story of Human Origins.** By David R. Begun. Well illus. some in color. 246 pages. Princeton. Paperbound. Pub. at \$21.95 **\$6.95**

**4792564 MEET YOUR HORMONES: Discover the Hidden World of the Chemical Messengers in Your Body.** By C. Whitlock & N. Temple. Fully illus. in color. 192 pages. Firefly. Paperbound. Pub. at \$24.95 **\$6.95**

**1921835 SEEDS OF CONTINENTAL UNITED STATES LEGUMES (FABACEAE).** By R.J. Delort & C.R. Gunn. 134 pages. Agronomy. 8 1/2 x 11 1/4. Pub. at \$32.00 **\$3.95**

**7847807 THE ZOOLOGIST'S GUIDE TO THE GALAXY: What Animals on Earth Reveal About Aliens—and Ourselves.** By Arik Kershenbaum. Illus. 356 pages. Penguin. Pub. at \$28.00 **\$6.95**

**1946048 SLIME: How Algae Created Us, Plague Us, and Just Might Save Us.** By Ruth Kassinger. 301 pages. HMH. Pub. at \$26.00 **\$5.95**

**7731493 BONK: The Curious Coupling of Science and Sex.** By Mary Roach. Photos. 319 pages. Norton. Paperbound. Pub. at \$16.95 **SOLD OUT**

**7963791 BARRON'S PAINLESS BIOLOGY.** By Cynthia Pfirrmann. 297 pages. Barron's. Paperbound. Pub. at \$16.99 **\$5.95**

**7829558 DIFFERENT: Gender Through the Eyes of a Primatologist.** By Frans de Waal. 394 pages. Norton. Paperbound. Pub. at \$20.00 **PRICE CUT to \$11.95**

**7747403 A NATURAL HISTORY OF THE FUTURE: What the Laws of Biology Tell Us About the Destiny of the Human Species.** By Rob Dunn. Illus. 306 pages. Basic. Paperbound. Pub. at \$18.99 **\$9.95**

**7788479 GLIMPSES OF CREATURES IN THEIR PHYSICAL WORLDS.** By Steven Vogel. Illus. 302 pages. Princeton. Paperbound. Pub. at \$55.00 **PRICE CUT to \$7.95**

**772537X THE GENETIC LOTTERY: Why DNA Matters for Social Equality.** By Kathryn Paige Harden. Illus. 305 pages. Princeton. Paperbound. Pub. at \$18.95 **\$11.95**

**4978811 LIFE BETWEEN THE TIDES.** By Adam Nicolson. Well illus. many in color. 370 pages. FSG. Pub. at \$30.00 **\$17.95**

**1950649 THE HIDDEN KINGDOM OF FUNGI: Exploring the Microscopic World in Our Forests, Homes, and Bodies.** By Keith Seifert. Illus. 280 pages. Greystone. Pub. at \$27.95 **\$21.95**

**7726279 SILENT EARTH: Averting the Insect Apocalypse.** By Dave Goulson. 328 pages. HarperPerennial. Paperbound. Pub. at \$18.99 **PRICE CUT to \$7.95**

**1939610 THE INDIVIDUAL IN THE ANIMAL KINGDOM.** By Julian S. Huxley. Illus. 140 pages. MIT Press. Pub. at \$25.00 **\$9.95**

**7777825 ORCHID MUZE: A History of Obsession in Fifteen Flowers.** By Erica Hannickel. Well illus., some in color. 306 pages. Norton. Pub. at \$35.00 **PRICE CUT to \$17.95**

**7719183 THE SEEDS OF LIFE.** By Edward Dolnick. Photos. 310 pages. Basic. Pub. at \$28.00 **\$7.95**

**7715269 THE JOY OF SWEAT: The Strange Science of Perspiration.** By Sarah Everts. 285 pages. Norton. Pub. at \$26.95 **\$6.95**

**1957260 SCENT: A Natural History of Fragrance.** By Elise Vernon Pearlstine. Illus. 256 pages. Yale. Pub. at \$28.00 **\$22.95**

**7755287 AS GODS: A Moral History of the Genetic Age.** By Matthew Cobb. Photos. 442 pages. Basic. Pub. at \$35.00 **\$17.95**

**1965832 ON THE ORIGIN OF EVOLUTION: Tracing "Darwin's Dangerous Idea" from Aristotle to DNA.** By John & Mary Gribbin. 288 pages. Prometheus. **SOLD OUT**

**7692471 THE SECRET BODY: How the New Science of the Human Body is Changing the Way We Live.** By Daniel M. Davis. 212 pages. Princeton. Paperbound. Pub. at \$19.95 **\$11.95**

**7710267 THE SECRET LIFE OF FUNGI: Discoveries from a Hidden World.** By Aliya Whiteley. 195 pages. Pegasus. Paperbound. Pub. at \$17.95 **PRICE CUT to \$9.95**

**4883578 METAZOIA: Animal Life and the Birth of the Mind.** By Peter Godfrey-Smith. Color photos. 336 pages. Picador. Paperbound. Pub. at \$18.00 **\$7.95**

**1913891 THE SUPERORGANISM: The Beauty, Elegance, and Strangeness of Insect Societies.** By B. Holldobler & E.O. Wilson. 522 pages. Norton. 8x10 1/4. **SOLD OUT**

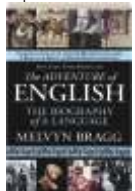




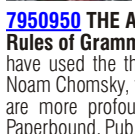
## Anthropology



**7826273 JIVARO: Head-Hunters of the Amazon.** By Bertrand Flornoy. The Jivaro Indians of the Peru-Ecuador interior have long been renowned for their ferocity and cruelty in warfare: they are also shamanistic, communing with ancient specters through the ingestion of poisonous hallucinogens. But they are perhaps best known for their macabre brand of death magic: the severing and shrinking of human heads. This volume chronicles an expedition to the Amazon to locate and study the Jivaro Indians. Photos. 144 pages. Creation Books. Paperbound. Pub. at \$19.95 **\$5.95**



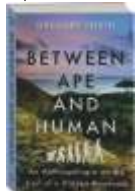
**4814258 THE ADVENTURE OF ENGLISH: The Biography of a Language.** By Melvyn Bragg. Tells the remarkable story of the English language, from its modest beginnings around AD 500 as a minor Germanic dialect to its current position as the only truly global language, spoken by nearly two billion people. Illus. 322 pages. Arcade. Paperbound. Pub. at \$14.95 **\$5.95**



**7950950 THE ATOMS OF LANGUAGE: The Mind's Hidden Rules of Grammar.** By Mark C. Baker. Shows how researchers have used the theory of one of the world's greatest linguists, Noam Chomsky, to reveal that the similarities among languages are more profound than the differences. 276 pages. Basic. Paperbound. Pub. at \$17.00 **\$7.95**



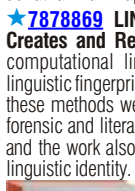
**7862253 AN ILLUSTRATED BOOK OF LOADED LANGUAGE: Learn to Hear What's Left Unsaid.** By Ali Almosawi. The battle cries of our culture wars are rife with "loaded language", be it bias, slant, or spin. But listen closely, or you'll miss what Almosawi finds more frightening still: words that erase accountability, history, even identity through what they leave unsaid. Illus. 88 pages. The Experiment. Pub. at \$16.95 **\$5.95**



**7977605 BETWEEN APE AND HUMAN: An Anthropologist on the Trail of a Hidden Hominoid.** By Gregory Forth. Follow Forth on the trail of this mystery hominoid, and the space they occupy in the islanders' culture as both natural creatures and as beings with supernatural powers. Explores Lio culture and language, zoology, and natural history, and he comes to a startling and controversial conclusion. Photos. 279 pages. Pegasus. Pub. at \$28.95 **\$7.95**



**★1968408 FIRST PEOPLE: The Lost History of the Khoisan.** By Andrew Smith. An invaluable work that reaches from the Middle and later Stone Age to recent times, and explores how the Khoisan were pushed to the margins of history and society. Smith paints a knowledgeable and fascinating portrait of their land occupation, migration, survival strategies and cultural practices. Illus. 255 pages. Jonathan Ball. Paperbound. Pub. at \$18.95 **\$13.95**



**★7878869 LINGUISTIC FINGERPRINTS: How Language Creates and Reveals Identity.** By Roger Kreuz. Forensic and computational linguists have developed methods that allow linguistic fingerprinting to be used in law enforcement. Explains how these methods were developed and how they were used to solve forensic and literary mysteries. But these techniques aren't perfect, and the work also includes some cautionary tales about mistaken linguistic identity. 241 pages. Prometheus. Pub. at \$28.95 **\$21.95**



**7788541 IN HUMBOLDT'S SHADOW: A Tragic History of German Ethnology.** By H. Glenn Penny. Tells the story of the German scientists and adventurers who, inspired by Humboldt's inclusive vision of the world, traveled the earth in pursuit of a total history of humanity. It also details the fate of the Berlin Ethnological Museum, which they hoped would be a scientists' workshop, a place where a unitary history of humanity might emerge. Illus. 220 pages. Princeton. Pub. at \$29.95 **PRICE CUT to \$7.95**



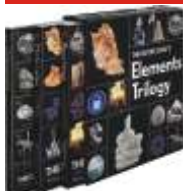
**★7722036 CULTURAL TREASURES OF THE WORLD: From the Relics of Ancient Empires to Modern-Day Icons.** By Tony Allan et al. Discover the world's most celebrated cultural artifacts from the world's greatest museums and collections. Alongside their intriguing stories, incredible images bring the pieces to life, revealing their beauty, history, and hidden meanings. 440 pages. Dorling Kindersley. 9 7/8x11 1/4. Pub. at \$50.00 **PRICE CUT to \$29.95**

**7894392 THE UNIVERSAL TRANSLATOR: Everything You Need to Know About 139 Languages That Don't Really Exist.** By Yens Wahlgren. 288 pages. History Press. Pub. at \$26.95 **\$5.95**

**782842X THE LAST SPEAKERS: The Quest to Save the World's Most Endangered Languages.** By K. David Harrison. 302 pages. National Geographic. Pub. at \$27.00 **PRICE CUT to \$4.95**

**★4967305 THE ANCIENT SOUTHWEST: Chaco Canyon, Bandelier, and Mesa Verde.** By David E. Stuart. Photos. 142 pages. UNMP. Paperbound. **\$16.95**

## Chemistry & Physics



**4880811 THEODORE GRAY'S ELEMENTS TRILOGY.** photos by N. Mann. In the *Elements*, Gray gave us a photographic view of the 118 elements in the periodic table. In *Molecules*, he shows us how the elements combine to form the things that make up our universe. With *Reactions*, he demonstrated how molecules interact in ways that are essential to our very existence. 696 pages in three volumes. Slipcased. Fully illus. Black Dog & Leventhal. 10 1/2x10 1/4. Pub. at \$65.99 **\$17.95**



**1907107 ELEMENTARY: The Periodic Table Explained.** By James M. Russell. In accessible terms, the author lays bare the construction of the table itself and the makeup of each of its vital elements, and gives us a compelling tour of the scientists who uncovered their unique properties. From aluminum to zirconium, discover the stories behind the building blocks that make up our world. 186 pages. Michael O'Mara. Paperbound. Pub. at \$12.95 **\$6.95**



**★7836147 CHEMICAL MAGIC, SECOND EDITION.** By Leonard A. Ford. Provides clear and careful explanations for creating cold fire, a disappearing flame and dust explosions; dissolving a glass in water; turning water to milk and back again to water; producing mysterious balloons, heavy air, magical eggs; and more. Also outlines directions and safety precautions for each trick. Illus. 109 pages. Dover. Paperbound. **\$6.95**



**7815905 HELGOLAND: Making Sense of the Quantum Revolution.** By Carlo Rovelli. One of the world's most renowned theoretical physicists, Carlo Rovelli has entranced millions of readers with his singular perspective on the cosmos. Here he examines the enduring enigma of quantum theory. 233 pages. Riverhead. Pub. at \$20.00 **\$6.95**

**4922018 GENESIS: The Story of How Everything Began.** By Guido Tonelli. From the origins of the universe, to the emergence of life on Earth, to the birth of human language, Tonelli both explains the fundamental physics of our universe and marvels at the profound wonder of our existence. 223 pages. FSG. Pub. at \$26.00 **\$5.95**



**LIMITED QUANTITY 7970773 SPECIAL & GENERAL RELATIVITY.** By Albert Einstein. Einstein's groundbreaking theories on relativity that also includes two of his Princeton University lectures, and the paper which led to his famous equation. 256 pages. Flame Tree. Paperbound. Pub. at \$12.99 **\$5.95**

**SOLD OUT**



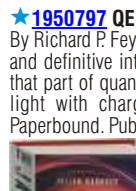
**7814658 FANTASTIC NUMBERS AND WHERE TO FIND THEM: A Cosmic Quest from Zero to Infinity.** By Antonio Padilla. An irreverent cosmic tour of nine of the most extraordinary numbers in physics, offering a startling picture of how the universe works. A lively, entertaining, and even funny exploration of the most fundamental units of the universe. Illus. 340 pages. FSG. Pub. at \$30.00 **\$7.95**



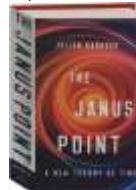
**★7779240 QUANTUM BULLSH\*T: How to Ruin Your Life with Advice from Quantum Physics.** By Chris Ferrie. Explains quantum physics in a way that makes sense, so you can see the hucksters and bullsh\*tters coming from a mile away—and school them in what quantum entanglement actually is. If you f\*cking love science and want to be slightly less dumb than you were when you woke up this morning, this work is the truly out of this world volume for you! Illus. 206 pages. Sourcebooks. Paperbound. Pub. at \$17.99 **\$12.95**



**7823231 FUNDAMENTALS: Ten Keys to Reality.** By Frank Wilczek. Offers the reader a simple yet profound exploration of reality based on the deep revelations of modern science. With clarity and an infectious sense of joy, Wilczek guides us through the essential concepts that form our understanding of what the world is and how it works. 254 pages. Penguin. Pub. at \$26.00 **\$7.95**



**★1950797 QED: The Strange Theory of Light and Matter.** By Richard P. Feynman. In this work Feynman provides a classic and definitive introduction to QED (quantum electrodynamics), that part of quantum field theory describing the interactions of light with charged particles. Illus. 158 pages. Princeton. Paperbound. Pub. at \$18.95 **\$14.95**



**487157X THE JANUS POINT: A New Theory of Time.** By Julian Barbour. Not just a new theory of time, its a hopeful argument about the destiny of our universe. Instead of inevitable decay, it envisions a future where disorder isn't necessary, and where order, the stuff of life, might grow without bound. 383 pages. Basic. Pub. at \$32.00 **\$7.95**



**1941976 PERMANENT MAGNET DESIGN AND APPLICATION HANDBOOK, SECOND EDITION.** By Lester R. Moskowitz. Covering the design and applications of permanent magnets, this study lists properties of over 400 materials and presents diverse magnet information needed to design products rather than present theory. 1995 revised edition. 962 pages. Krieger. 8 3/4x11 1/4. Pub. at \$202.00 **\$19.95**



**7825625 GOD AND THE ATOM.** By Victor J. Stenger. The concept of the particulate atom has persisted for centuries, even without direct evidence to prove it. Today, the fundamental particulate nature of matter is undeniable. In this history of atomism, Stenger makes the case that, in the final analysis, atoms and the void are all that exist. 332 pages. Prometheus. Pub. at \$25.00 **\$6.95**



**★7880073 THE PHYSICS BOOK: Big Ideas Simply Explained.** By John Farnham et al. Packed with short, pithy explanations that cut through the jargon, step by step diagrams that untangle knotty theories, memorable quotes, and witty illustrations that enhance and play with our understanding of physics. 336 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$14.95**



**7970722 THE PHYSICS: Writings on Natural Philosophy.** By Aristotle. An investigation into the nature of being, of the world and its place in the universe. Although philosophically much broader, it provides the foundation for the later work of Galileo and Isaac Newton. 256 pages. Flame Tree. Paperbound. Pub. at \$12.99 **\$5.95**



**★7721668 THE BIGGEST IDEAS IN THE UNIVERSE: Space, Time, and Motion.** By Sean Carroll. The most trusted explainer of the most mind-boggling concepts pulls back the veil that has cloaked the most valuable building blocks of modern science. Carroll presents in his uniquely lucid voice the fundamental ideas informing the modern physics of reality. 296 pages. Dutton. Pub. at \$23.00 **\$17.95**



**1951467 REACTIONS: An Illustrated Exploration of Elements, Molecules, and Change in the Universe.** By Theodore Gray, photos by N. Mann. A never before seen photographic view of the 118 elements in the periodic table, which demonstrates how molecules interact in ways that are essential to our very existence. 216 pages. Black Dog & Leventhal. 10x10. Paperbound. Pub. at \$19.99 **\$9.95**

**7916639 THE PRIMACY OF DOUBT.** By Tim Palmer. Whether we want to predict climate change or market crashes, understand how the brain is able to outpace supercomputers, or find a theory that links quantum and cosmological physics, Palmer shows how his vision of mathematical uncertainty provides new insights into some of the deepest problems in science. Illus. 297 pages. Basic. Pub. at \$30.00 **\$6.95**



## Chemistry & Physics



★ **778208X** **THE MATHEMATICAL MECHANIC: Using Physical Reasoning to Solve Problems.** By Mark Levi. Treating readers to a host of entertaining problems and mind bending puzzlers, the author turns math and physics upside down, and reveals how physics can simplify proofs and lead to quicker solutions and new theorems, and how physical solutions can illustrate why results are true in ways lengthy mathematical calculations never can. 186 pages. Princeton. Paperbound. Pub. at \$18.95 **\$14.95**



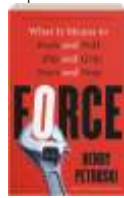
**1940732 THE EQUATIONS OF LIFE: How Physics Shapes Evolution.** By Charles S. Cockell. In this fascinating examination, a biologist argues that the laws of physics narrowly constrain how life can evolve. Despite the astounding diversity of living things on the planet, evolution's outcomes are predictable at every level of life's structure, from colonies of ants to the very atoms from which they are made. 337 pages. Basic. Pub. at \$32.00 **SOLD OUT**



**7861834 TECHNIQUES IN ORGANIC REACTION KINETICS.** By P. Zuman & R.C. Patel. This reference discusses the preparation of solutions and the choice of instrumentation in obtaining experimental data, the methods used in the evaluation of such data in finding reaction rate equations, and the detection of products and intermediates. Selected examples of systems are given. 340 pages. Krieger. **\$9.95**



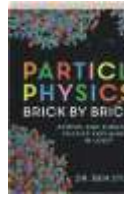
★ **2837072 QUANTUM PHYSICS: Idiot's Guides as Easy as It Gets!** By Marc Humphrey et al. Quantum physics explores the behavior of matter and energy at the atomic and subatomic levels. This clear and insightful guide skips the math and presents the concepts, paradoxes, experiments, and theories that make quantum physics so fascinating. Illus. 340 pages. Alpha. Paperbound. Pub. at \$22.99 **\$14.95**



★ **792951X FORCE: What It Means to Push and Pull, Slip and Grip, Start and Stop.** By Henry Petroski. Delves into the ongoing physical interaction between people and things that enables them to stay put or causes them to move. Explores the range of daily human experience whereby we feel the sensations of push and pull, resistance and assistance. Also about metaphorical force, which manifests itself as pressure and relief, achievement and defeat. 314 pages. Yale. Paperbound. Pub. at \$20.00 **\$15.95**



★ **7855710 THE SEVEN MEASURES OF THE WORLD.** By Piero Martin. The stories behind the essential seven units of measurement that allow us to understand the physical world. Martin delves into not only the all-important numbers but also anecdotes that underline each unit's special quality. He also explains how each unit contributes to important aspects of science, and more. Illus. 209 pages. Yale. Pub. at \$22.99 **SOLD OUT**



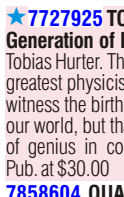
★ **7796862 PARTICLE PHYSICS BRICK BY BRICK: Atomic and Subatomic Physics Explained...in LEGO.** By Ben Still. Illustrates and illuminates the 12 core building block particles and the forces that act upon them to create the world as we know it. Starting with the Big Bang and ending with the Higgs boson particle and the future beyond, all using LEGOS. 176 pages. Firefly. Paperbound. Pub. at \$24.95 **SOLD OUT**



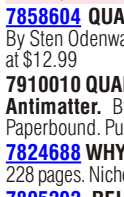
★ **7943407 GRACE IN ALL SIMPLICITY: Beauty, Truth, and Wonders on the Path to the Higgs Boson and New Laws of Nature.** By R.N. Cahn & C. Quigg. An enthralling account of humanity's quest to make sense of our physical world, told through interwoven tales of inspiration, tragedy, and triumph. Readers are taken on a thrilling voyage filled with improbable discoveries and the extraordinary community of people who make them. 386 pages. Pegasus. Pub. at \$32.00 **\$23.95**



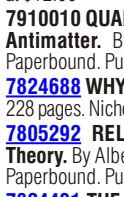
**7719248 CHASING THE SUN: How the Science of Sunlight Shapes Our Bodies and Minds.** By Linda Geddes. Analyzes all aspects of our relationship to the sun, which continues to shape our bodies and minds in the 21st-century. The stories, science and perspectives in this work make it clear that the ancients were right to put the sun at the center of our world. 240 pages. Pegasus. Pub. at \$27.95 **PRICE CUT to \$5.95**



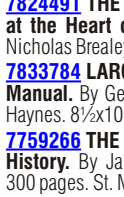
★ **7727925 TOO BIG FOR A SINGLE MIND: How the Greatest Generation of Physicists Uncovered the Quantum World.** By Tobias Hurter. The epic story of how, amid two World Wars, history's greatest physicists redefined the universe and reality we live in. We witness the birth of an idea that not only revolutionized physics and our world, but that stands as a testament to the boundless potential of genius in collaboration. Photos. 357 pages. The Experiment. Pub. at \$30.00 **PRICE CUT to \$17.95**



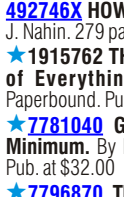
**7858604 QUANTUM PHYSICS: Knowledge in a Nutshell.** By Sten Odenwald. Illus. 240 pages. Arcturus. Paperbound. Pub. at \$12.99 **\$5.95**



**7910010 QUANTUM PHYSICS: From Schrodinger's Cat to Antimatter.** By Sten Odenwald. Illus. 256 pages. Sirius. Paperbound. Pub. at \$12.99 **SOLD OUT**



**7824688 WHY THE UNIVERSE EXISTS.** By New Scientist. Illus. 228 pages. Nicholas Brealey. Paperbound. Pub. at \$18.95 **\$6.95**



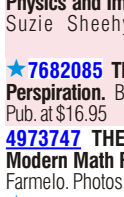
**7805292 RELATIVITY: The Special and the General Theory.** By Albert Einstein. 145 pages. Wilco Publishing House. Paperbound. Pub. at \$9.99 **\$5.95**



**7824491 THE QUANTUM WORLD: The Disturbing Theory at the Heart of Reality.** By NewScientist. Illus. 223 pages. Nicholas Brealey. Paperbound. Pub. at \$14.95 **\$5.95**



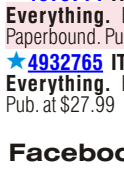
**7833784 LARGE HADRON COLLIDER: Owners' Workshop Manual.** By Gemma Lavender. Fully illus. in color. 188 pages. Haynes. 8 1/2 x 10 1/4. Pub. at \$36.95 **\$14.95**



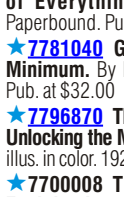
★ **7759266 THE WORLD ACCORDING TO COLOR: A Cultural History.** By James Fox. 32 pages of photos, many in color. 300 pages. St. Martin's. Pub. at \$29.99 **\$7.95**



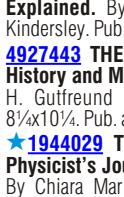
**492746X HOW TO FALL SLOWER THAN GRAVITY.** By Paul J. Nahin. 279 pages. Princeton. Pub. at \$27.95 **\$5.95**



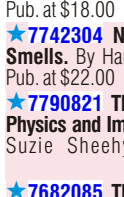
★ **1915762 THE GOD EQUATION: The Quest for a Theory of Everything.** By Michio Kaku. 226 pages. Anchor. Paperbound. Pub. at \$17.00 **SOLD OUT**



★ **7781040 GENERAL RELATIVITY: The Theoretical Minimum.** By L. Susskind & A. Cabannes. 373 pages. Basic. Pub. at \$32.00 **\$23.95**



★ **7796870 THE SECRET LIFE OF THE PERIODIC TABLE: Unlocking the Mysteries of All 118 Elements.** By Ben Still. Fully illus. in color. 192 pages. Firefly. Paperbound. Pub. at \$24.95 **\$19.95**



★ **7700008 THE CHEMISTRY BOOK: Big Ideas Simply Explained.** By Andy Brunning et al. 336 pages. Dorling Kindersley. Pub. at \$27.99 **SOLD OUT**



**4927443 THE FORMATIVE YEARS OF RELATIVITY: The History and Meaning of Einstein's Princeton Lectures.** By H. Gutfreund & J. Renn. Photos. 415 pages. Princeton. 8 1/2 x 10 1/4. Pub. at \$35.00 **\$12.95**



★ **1944029 THE SCIENCE OF CAN AND CAN'T: A Physicist's Journey Through the Land of Counterfactuals.** By Chiara Marletto. Illus. 252 pages. Penguin. Paperbound. Pub. at \$18.00 **\$5.95**



★ **7742304 NOSE DIVE: A Field Guide to the World's Smells.** By Harold McGee. 653 pages. Penguin. Paperbound. Pub. at \$22.00 **PRICE CUT to \$11.95**



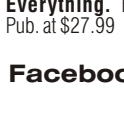
★ **7790821 THE MATTER OF EVERYTHING: How Curiosity, Physics and Improbable Experiments Changed the World.** By Suzie Sheehy. 314 pages. Knopf. Pub. at \$30.00 **PRICE CUT to \$14.95**



★ **7682085 THE JOY OF SWEAT: The Strange Science of Perspiration.** By Sarah Everts. 285 pages. Norton. Paperbound. Pub. at \$16.95 **PRICE CUT to \$3.95**



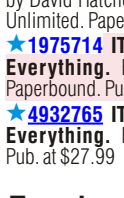
**4973747 THE UNIVERSE SPEAKS IN NUMBERS: How Modern Math Reveals Nature's Deepest Secrets.** By Graham Farmelo. Photos. 321 pages. Basic. Pub. at \$30.00 **\$7.95**



★ **1963635 THE SCIENCE OF SUBTLE ENERGY: The Healing Power of Dark Matter.** By Yuri Krons with J. Kamp. Photos. 210 pages. Inner Traditions. Paperbound. Pub. at \$18.99 **\$15.95**



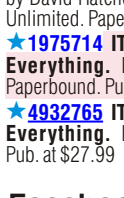
★ **7747454 TIME: 10 Things You Should Know.** By Colin Stuart. 108 pages. Seven Dials. Pub. at \$17.99 **\$12.95**



★ **4861388 ANTI-GRAVITY AND THE UNIFIED FIELD.** Ed. by David Hatcher Childress. Fully illus. 240 pages. Adventures Unlimited. Paperbound. Pub. at \$14.95 **SOLD OUT**

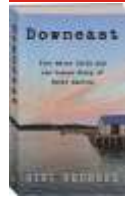


★ **1975714 IT'S ELEMENTAL: The Hidden Chemistry in Everything.** By Kate Biberdorf. 301 pages. Park Row. Paperbound. Pub. at \$18.99 **PRICE CUT to \$9.95**



★ **4932765 IT'S ELEMENTAL: The Hidden Chemistry in Everything.** By Kate Biberdorf. 301 pages. Park Row. Pub. at \$27.99 **\$21.95**

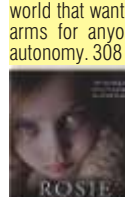
## Social Science



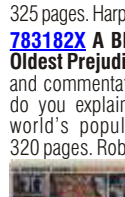
**LIMITED QUANTITY 7947496 DOWNEAST: Five Maine Girls and the Unseen Story of Rural America.** By Gigi Georges. Georges follows five girls as they come of age in one of the most challenging and geographically isolated regions of the Eastern seaboard. Their stories reveal surprising truths about rural America and offer hope for its future. 268 pages. Harper. Pub. at \$27.99 **\$5.95**



**7917007 YOU'VE BEEN PLAYED: How Corporations, Governments, and Schools Use Games to Control Us All.** By Adrian Hon. A blistering takedown of how corporations, schools, and governments use games and gamification as tools for profit and coercion. These are games that we often have no choice but to play, where losing has heavy penalties. A indictment of a tech-driven world that wants to convince us that misery is fun, and a call to arms for anyone who hopes to preserve their dignity and autonomy. 308 pages. Basic. Pub. at \$30.00 **\$6.95**



★ **7749457 SILENCED.** By Rosie Lewis. Nine year-old Caitlin has a secret, but she cannot tell anyone about it. She and her siblings have to go live with their grandmother and grandad. She finds the living conditions challenging: cat poo on the carpet, rubbish everywhere—she retreats more and more into herself. Foster carer Rosie decides to take her in, but Caitlin's silence continues, and Rosie knows she must act. 325 pages. HarperElement. Paperbound. Pub. at \$7.99 **\$3.95**



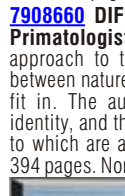
**783182X A BRIEF HISTORY OF MISOGYNY: The World's Oldest Prejudice.** By Jack Holland. This highly respected writer and commentator sets out to answer a daunting question: how do you explain the oppression and brutalization of half the world's population by the other half throughout history? 320 pages. Robinson. Paperbound. Pub. at \$15.99 **\$6.95**



**7916027 TOKYO GEEK'S GUIDE: Manga, Anime, Gaming, Cosplay, Toys, Idols & More.** By Gianni Simone. The most comprehensive guide produced to Tokyo's geeky underworld. It provides a comprehensive run-down on each major Tokyo district where geeks congregate, shop, play and hang out—from hi-tech akihabara and trendy harajuku, to newer and lesser-known haunts like chic shimo-kita and working-class ikebukuro. Fully illus. in color. 144 pages. Tuttle. Paperbound. Pub. at \$16.95 **\$5.95**



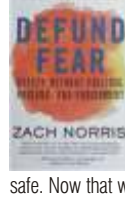
**7863594 STUFF THEY DON'T WANT YOU TO KNOW.** By Ben Bowlin et al. Takes the historical conspiracies and the current conspiracy theories discussed at face value, and dissects each claim until you're able to discern conspiracy fact from fiction. When you finish reading this, you will be able to identify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



**7908660 DIFFERENT: Gender Through the Eyes of a Primatologist.** By Frans de Waal. A thought-provoking approach to the long-running debate about the balance between nature and nurture, and where sex and gender roles fit in. The author discusses sexual orientation, gender identity, and the limitations of the gender binary, exceptions to which are also found in other primates, and more. Illus. 394 pages. Norton. Pub. at \$30.00 **\$6.95**



**7849117 BIRTH, DEATH, AND A TRACTOR.** By Kelly Payson-Roopchand. The story of a small family farm in Somerville, Maine, from its settlement in the early 1800s to its perilous transfer to a new family in 2008. Chronicling the history of seven generations reminds us of small farms' role in our national and family histories. Photos, most in color. 223 pages. Down East. Pub. at \$24.95 **\$5.95**



**7877528 DEFUND FEAR: Safety Without Policing, Prisons, and Punishment.** By Zach Norris. There is a growing consensus that our legal system serves very few of us while incarcerating too many of us. The nation is waking up to how bloated police budgets fail to keep us safe, with police who not only fail to prevent but actually perpetrate violent crime. But many of us were raised to believe that police and jails keep us safe. Now that we realize they don't, what comes next? 198 pages. Beacon. Paperbound. Pub. at \$16.00 **\$5.95**





## Social Science

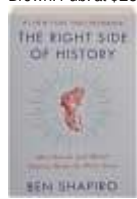


**7914717 BARRED: Why the Innocent Can't Get Out of Prison.** By Daniel S. Medwed. Argues that our justice system's stringent procedural rules are largely to blame for the ongoing punishment of the innocent. Offers clear explanations of legal procedures alongside heart-wrenching stories of their devastating impact, and exposes how the system is stacked against the innocent and makes a powerful call for change. 321 pages. Basic. Pub. at \$30.00 **\$6.95**



**7865945 THE DELUSIONS OF CROWDS: Why People Go Mad in Groups.** By William J. Bernstein. As revealing about human nature as they are historically significant, Bernstein's chronicles reveal the huge cost and alarming implications of mass mania. He observes that if we can absorb the history and biology of mass delusion, we can recognize it more readily, and avoid its often dire consequences. 16 pages of photos. 482 pages. Grove. Pub. at \$35.00 **\$7.95**

**4975227 SISTERS IN HATE: American Women on the Front Lines of White Nationalism.** By Seyward Darby. A revealing and unsettling portrait of white nationalism as told through the lives of three women whose experiences with far-right extremism offer a new understanding of America today. Darby shows how what the work women do to normalize and propagate racist extremism has consequences well beyond the hate movement. 310 pages. Little, Brown. Pub. at \$28.00 **\$4.95**



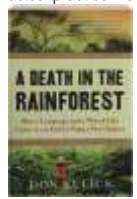
**LIMITED QUANTITY 7908016 THE RIGHT SIDE OF HISTORY.** By Ben Shapiro. Shapiro sprints through more than 3,500 years, dozens of philosophers, and the thickest of modern politics to show how our freedoms are built upon the twin notions that every human being is made in God's image and that human beings were created with reason that is capable of exploring God's world. 256 pages. Broadside. Paperbound. **SOLD OUT**



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



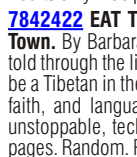
**7856962 NICE RACISM: How Progressive White People Perpetuate Racial Harm.** By Robin DiAngelo. Illuminates the subtle and insidious racial patterns of progressive white people, revealing how a culture of niceness actually protects racism. An essential work for any white person who recognizes the existence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



**7971540 A DEATH IN THE RAINFOREST: How a Language and a Way of Life Came to an End in Papua New Guinea.** By Don Kulick. Takes us inside the village of Gapun in New Guinea as the author came to know it, revealing what it is like to live in a difficult to get to know village of two hundred people, carved out like a cleft in the middle of a tropical rainforest. He takes readers into a world that endures in the face of massive changes—one that is on the verge of disappearing forever. 277 pages. Algonquin. Paperbound. Pub. at \$16.95 **\$5.95**



**7848617 WANTING YOU TO WANT ME: Stories from the Secret World of Strip Clubs.** By B. Parker-Rhodes & E. Dinsdale. Through behind the scenes candid photography and interviews, this work provides unique and intimate access to the secret world of London strip clubs, giving a voice to an age-old industry from the perspective of the dancers themselves. Adults only. 256 pages. Hardie Grant. Pub. at \$24.99 **\$6.95**



**7842422 EAT THE BUDDHA: Life and Death in a Tibetan Town.** By Barbara Demick. A gripping portrait of modern Tibet told through the lives of its people. Reveals what it is really like to be a Tibetan in the 21st-century, trying to preserve one's culture, faith, and language against the depredations of a seemingly unstoppable, technologically all-seeing superpower. Illus. 325 pages. Random. Pub. at \$28.00 **\$6.95**



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



**7848374 SCHOOL LUNCH: Unpacking Our Shared Stories.** By Lucy Schaeffer. Bought or brought? Revisit the nostalgia of the school cafeteria with this collection of interviews, vivid portraits, and elaborately re-imagined food photos. The stories are compelling, familiar, and unexpected. Fully illus. in color. 266 pages. Running Press. Pub. at \$25.00 **\$5.95**



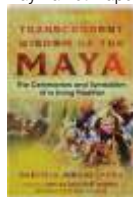
**7957866 PURE INVENTION: How Japan's Pop Culture Conquered the World.** By Matt Alt. The Walkman. Karaoke. Pikachu. Pac-Man. Akira. Emoji. Reveals how Japanese ingenuity remade global culture and may have created modern life as we know it. It's Japan's world; we're just gaming, texting, singing, and dreaming it. 352 pages. Crown. Pub. at \$28.00 **SOLD OUT**

**7962703 ALL WE KNEW WAS TO FARM: Rural Women in the Upcountry South, 1919-1941.** Ed. by Melissa Walker. Draws on interviews, archives, family and government records to reconstruct the conflict between rural women and bewildering and unsettling change. Some women adapted by becoming partners in farm operations, adopting the roles of consumers and homemakers, taking off-farm jobs, or leaving the land. Illus. 341 pages. Johns Hopkins. Paperbound. Pub. at \$35.00 **SOLD OUT**



**7896549 ONE DROP: Shifting the Lens on Race.** By Yaba Blay. Explores the extent to which historical definitions of race continue to shape contemporary racial identities and lived experiences of racial difference. Featuring perspectives of 60 contributors representing 25 countries and combining candid narratives with striking portraiture, this work provides living testimony to the diversity of Blackness. Fully illus. most in color. 275 pages. Beacon. Pub. at \$30.00 **\$7.95**

**7891822 CUBA WAS DIFFERENT: Studies in Critical Social Sciences.** By Even Sandvik Underlid. Explores the views of Cuban authorities, official press, and Party members as they reflect back on the collapse of Soviet and Eastern European socialism. Underlid contributes to a better understanding as to why the Cuban system did not itself collapse. Despite the loss of its most important allies, and more, Cuba did not embrace capitalism. Illus. 380 pages. Haymarket. Paperbound. Pub. at \$35.00 **\$6.95**



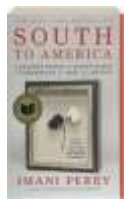
**7724942 TRANSCENDENT WISDOM OF THE MAYA: The Ceremonies and Symbolism of a Living Tradition.** By Gabriela Jurosz-Landa. Illustrating how contemporary Maya life is suffused with spiritual tradition and celebration, the author shares the teachings of the Maya from her initiate and anthropologist point of view, in order to help us all learn from the ancient wisdom of their beliefs and worldview. 16 pages of color photos. 188 pages. Inner Traditions. Paperbound. Pub. at \$18.00 **\$5.95**



**7830777 SURVEILLANCE STATE: Inside China's Quest to Launch a New Era of Social Control.** By J. Chin & L. Lin. Tells the gripping, startling, and detailed story of how China's Communist Party is building a new kind of political control: shaping the will of the people through the sophisticated—and often brutal—harnessing of data. 310 pages. St. Martin's. Pub. at \$29.99 **\$6.95**



**1987763 BUNKER: Building for the End Times.** By Bradley Garrett. A thought provoking, chilling, and eerily prescient look at "prepper" communities around the world that are building bunkers against a possible apocalypse. Garret argues that prepping is a rational response to global, social, and political systems that are failing to produce credible narratives of continued stability. 316 pages. Scribner. Pub. at \$28.00 **\$5.95**



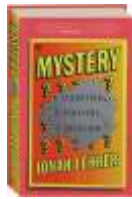
**7911238 SOUTH TO AMERICA: A Journey Below the Mason-Dixon to Understand the Soul of a Nation.** By Imani Perry. Weaving together stories of communities, artists, opportunists, enslaved peoples, and unsung heroes. Perry crafts a tapestry unlike any other. She asserts that if we want to build a more humane future for the United States, we must center below the Mason-Dixon Line. 410 pages. Ecco. Paperbound. Pub. at \$19.99 **\$5.95**



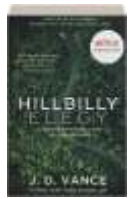
**7896344 CASTAWAY MOUNTAIN: Love and Loss Among the Wastepickers of Mumbai.** By Saumya Roy. All of Mumbai's possessions and memories come to die at the Deonar garbage mountains. Migrants and rag-pickers come to live at the mountains' edge, making a living by re-using, recycling, and re-selling. Among them is Farzana Ali Shaikh, a girl who soon becomes one of the best pickers in her community. 260 pages. Astra House. Pub. at \$28.00 **\$6.95**



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



**792965 MYSTERY: A Seduction, a Strategy, a Solution.** By Jonah Lehrer. Blends psychology, neuroscience, and anthropology to shine a new light on everything from the formulas of our favorite detective shows to the tricks of successful advertising campaigns and the calculated risks of the stock market. Illus. 246 pages. Avid Reader. Pub. at \$28.00 **\$5.95**



**7771851 HILLBILLY ELEGY: A Memoir of a Family and Culture in Crisis.** By J.D. Vance. With piercing honesty, Vance shows how he still carries around the demons of his chaotic family history. This deeply moving memoir, with its share of humor and vividly colorful figures, is the story of how upward mobility really feels. It's an urgent and troubling meditation on the loss of the American dream for a large segment of the country. 272 pages. Harper. Paperbound. Pub. at \$17.99 **\$5.95**

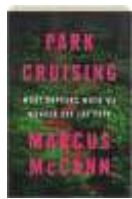
**7786522 WE HAVE NEVER BEEN MIDDLE CLASS.** By Hadas Weiss. Takes apart the ideology of the "middle class". Weiss' highly original blend of anthropology and critical theory tells the story of capitalism from the perspective of its hapless and ordinary victims. 166 pages. Verso. Pub. at \$24.95 **\$6.95**



**★7915292 THE INVERSION: How We Have Been Tricked into Perceiving a False Reality.** By Kingsley L. Dennis. Unpicks the complexities of our manipulated reality, enlightening readers to the nature and mechanisms of the inverted, mirror-world that so many people have become lost within. 163 pages. Aeon. Paperbound. Pub. at \$19.99 **\$14.95**



**7958943 TWELVE TRIBES: Promise and Peril in the New Israel.** By Ethan Michaeli. A groundbreaking portrait of contemporary Israel, revealing the polyphonic diversity of this extraordinary yet volatile nation by weaving together personal histories from ordinary citizens from all walks of life. 440 pages. Custom House. Pub. at \$29.99 **\$5.95**



**★7829272 PARK CRUISING: What Happens When We Wander Off the Path.** By Marcus McCann. An intimate look at one of culture's most enduring taboos: public sex. The result is a series of insightful and poetic walks through history, law, literature, and popular representations of cruising in search of the social value of sex. Adults only. 335 pages. House of Anansi. Paperbound. Pub. at \$17.99 **\$12.95**

**★7839162 AMERICAN GULAGS: Marxist Tyranny in Higher Education and What to Do About It.** By Oliver L. North et al. Today from kindergarten through 12th grade in the government school system, teaching reading, writing, and math have been supplanted by Marxist indoctrination. Our colleges and universities have become the final training grounds and launching pads for the next waves of Marxist activists. Equips every American to turn this travesty around. 160 pages. Fidelis. Pub. at \$20.00 **\$15.95**

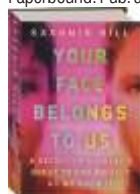


## Social Science

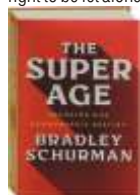


**788477X TRIGGER POINTS: Inside the Mission to Stop Mass Shootings in America.** By Mark Follman. Focuses on specialized teams of forensic psychologists, FBI agents, and other experts who are successfully stopping mass shootings. It offers a hopeful, myth-busting narrative built on new details of infamous attacks, untold accounts from perpetrators and survivors, and immerses you in confidential threat cases, casting a whole new light on how to solve a grievous problem. 286 pages. Dey Street. Pub. at \$27.99 **\$7.95**

**LIMITED QUANTITY ★7963904 LOVE IN THE TIME OF INCARCERATION: Five Stories of Dating, Sex, and Marriage in America's Prisons.** By Elizabeth Greenwood. Pulls back the curtain on the boyfriends, girlfriends, husbands, and wives supporting some of the 2.3 million Americans in prison. She sits across a visiting room table from a woman involved in a double homicide and walks a bride down the aisle at a prison wedding, and more. 263 pages. Gallery. Paperbound. Pub. at \$17.99 **\$12.95**



**★7931573 YOUR FACE BELONGS TO US: A Secretive Startup's Quest to End Privacy as We Know It.** By Kashmir Hill. A gripping true story about the rise of a technological superpower and an urgent warning that, in the absence of vigilance and government regulation, Clearview AI is one of many new technologies that challenge what Supreme Court Justice Louis Brandeis once called "the right to be let alone." 330 pages. Random. Pub. at \$28.99 **\$21.95**



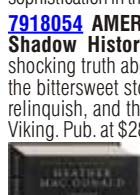
**7808674 THE SUPER AGE: Decoding Our Demographic Destiny.** By Bradley Schurman. A demographic futurist explains the coming Super Age—when there will be more people who are older than sixty-five than those under the age of eighteen—and explores what it could mean for our future. Warns that we face economic stagnation, increased isolation of at-risk populations, and accelerated decline of rural communities. 258 pages. HarperBusiness. Pub. at \$29.99 **\$4.95**



**★7819684 WORKING IT: Sex Workers on the Work of Sex.** Ed. by Matilda Bickers et al. Offers an intimate portrait of the lives of sex workers. Packed with first-person essays, interviews, and poetry including some artwork and photographs, this work honors the complexity of lived experience. Sometimes heartbreaking, sometimes hardboiled, these dazzling pieces will go straight to the heart. 221 pages. PM Press. Paperbound. Pub. at \$17.95 **\$12.95**



**7963238 SOPHISTICATION: A Literary and Cultural History.** By Faye Hammill. Explores how a word that once connoted falsification and perversion came to be regarded as signifying discrimination and refinement. Provides a literary, linguistic and cultural route from the Romantics, via the emergence of the dandy and then of modernism, to that most sophisticated of figures, Noel Coward, and on to the meaning of sophistication in the 21st century. 232 pages. Liverpool UP **\$9.95**



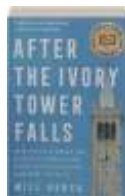
**7918054 AMERICAN BABY: A Mother, a Child, and the Shadow History of Adoption.** By Gabrielle Glaser. The shocking truth about postwar adoption in America, told through the bittersweet story of one teenager, the son she was forced to relinquish, and their search to find each other. Illus. 343 pages. Viking. Pub. at \$28.00 **\$5.95**



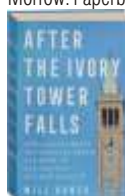
**★7822014 WHEN RACE TRUMPS MERIT: How the Pursuit of Equity Sacrifices Excellence, Destroys Beauty, and Threatens Lives.** By Heather Mac Donald. After the Black Lives Matter protests of 2020, prestigious American institutions pleaded guilty to "systemic racism." How else explain why Blacks are overrepresented in prisons and underrepresented in C-suites and faculty lounges, their leaders asked? The author provides an alternative explanation for those racial disparities. 320 pages. DW Books. Pub. at \$28.99 **\$21.95**



**7891814 CLASS WAR, USA: Dispatches from Workers' Struggles in American History.** By Brandon Weber. A rich collection of stories about ordinary people who resisted oppression and exploitation against all odds. Weber's succinct and vivid essays capture crucial moments of struggle when working-class people built movements of hope and defiance. Illus. 158 pages. Haymarket. Paperbound. Pub. at \$19.95 **\$6.95**



**★7893345 AFTER THE IVORY TOWER FALLS: How College Broke the American Dream and Blew Up Our Politics—and How to Fix It.** By Will Bunch. Today there are two Americas, separate and unequal, one educated and one not. We see how resentment of elites morphed into a rejection of knowledge itself—and how the explosion in student loan debt fueled major social movements. Lays bare the roots of our political, cultural, and economic division—and charts a path forward for America. 312 pages. Morrow. Paperbound. Pub. at \$21.99 **\$16.95**



**7898657 AFTER THE IVORY TOWER FALLS: How College Broke the American Dream and Blew Up Our Politics—and How to Fix It.** By Will Bunch. Today there are two Americas, separate and unequal, one educated and one not. We see how resentment of elites morphed into a rejection of knowledge itself—and how the explosion in student loan debt fueled major social movements. Lays bare the roots of our political, cultural, and economic division—and charts a path forward for America. 312 pages. Morrow. Pub. at \$28.99 **\$6.95**



**7918410 WE WERE ONCE A FAMILY: A Story of Love, Death, and Child Removal in America.** By Roxanna Asgarian. Uncovers persistent racial biases and corruption as young people of color are separated from birth parents without proper cause. The result is a riveting narrative and a deeply reported indictment of a system that continues to fail America's most vulnerable children while upending the lives of their families. 297 pages. FSG. Pub. at \$28.00 **\$5.95**



**★7917287 OFF WITH HER HEAD: Three Thousand Years of Demonizing Women in Power.** By Eleanor Herman. Explores the patterns that have been operating for more than 3,000 years, and are still operating today, while pointing out how society needs to tear up the misogynist's Handbook and pave a way forward for women to take their full, and fair, place in power once and for all. 374 pages. Morrow. Paperbound. Pub. at \$21.99 **\$16.95**



**★7867123 CONSPIRACIST MANIFESTO.** What if capitalism and its social machine were the outcome of a conspiratorial strategy? This anonymous work considers evidence that they must be that. Further, it argues in favor of passionate counter-conspiracies as the logical form of revolt in our time, when our very souls are said to be at stake. 367 pages. Semiotext(e). Paperbound. Pub. at \$16.95 **\$12.95**



**★7796129 THE FOXFIRE BOOK OF APPALACHIAN WOMEN: Stories of Landscape and Community in the Mountain South.** Ed. by Kami Ahrens. Focusing specifically on the lives of Appalachian women, these remarkable narratives illuminate a diverse regional culture held together by the threads that are woven between women and place, and through generations. As they take us on a journey through their lives, these stories offer a sampling of the many expressions of these women's strength. Photos. 268 pages. UNCP. Paperbound. **\$21.95**

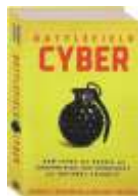


**7982658 DEFINING MOMENTS IN BLACK HISTORY: Reading Between the Lies.** By Dick Gregory. Charts the empowering yet often obscured past of the African American experience in an unapologetic and candid voice. A captivating journey through time, this collection of provocative essays explores historical movements such as the Great Migration and the Harlem Renaissance. 236 pages. Amistad. Pub. at \$24.99 **\$6.95**



**7939434 STAYING FIJIAN: Vatulele Island Barkcloth and Social Identity.** By Rod Ewins. Barkcloth or masi is the traditional art form of the women of Vatulele Island. Its manufacture continues to flourish, even increase, while many other arts are declining, despite the fact that most of its functional roles have been usurped by Western cloth and paper. Illus. some in color. 402 pages. UHIP. Pub. at \$60.00 **\$9.95**

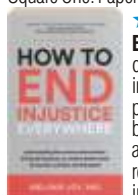
**★7897669 FURRY PLANET: A World Gone Wild.** By Joe Strike. Furs are the creative subculture of people who anthropomorphize animals, taking on an animal identity. Strike traces the history of the subculture and its various iterations today and delves deep into conventions, media, art, storytelling, community resources, costume creation, advice for newcomers, and addresses stigmas and misconceptions. 16 pages of color photos. 306 pages. Apollo. Pub. at \$26.99 **\$19.95**



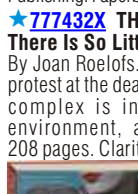
**★787880X BATTLEFIELD CYBER: How China and Russia Are Undermining Our Democracy and National Security.** By M.G. McLaughlin & W.J. Holstein. It will take many years and billions of dollars to even begin to secure our IT systems and prevent the slow rot that is destroying America. Using language that the layman can understand, this educates Americans about what has happened and inspires them to seek solutions. 285 pages. Prometheus. Pub. at \$28.95 **\$21.95**



**★7929420 SECRETS OF SUCCESSFUL WOMEN INVENTORS.** Ed. by Edith G. Tolchin. Reveals the real-life stories of 20 successful, modern-day women inventors—stories that describe the hard work, frequent struggles, and indomitable spirit. Also includes sound advice and guidance from several accomplished invention service providers to further help future inventors reach their fullest potential. 272 pages. Square One. Paperbound. Pub. at \$19.95 **\$14.95**



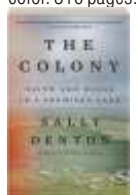
**★7909284 HOW TO END INJUSTICE EVERYWHERE.** By Melanie Joy. Reveals the common denominator driving all forms of injustice. Offers a fascinating examination of the psychology and structure of unjust systems and behaviors. It also offers practical tools to help raise awareness of these systems and dynamics, reduce infighting, and build more resilient and impactful justice movements. 235 pages. Lantern Publishing. Paperbound. Pub. at \$14.95 **\$11.95**



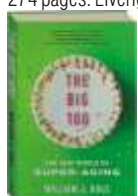
**★777432X THE TRILLION DOLLAR SILENCER: Why There Is So Little Anti-War Protest in the United States.** By Joan Roelofs. Investigates the astounding lack of popular protest at the death and destruction that the military industrial complex is inflicting on people, nations, and the environment, and its budget-draining costs. Photos. 208 pages. Clarity. Paperbound. Pub. at \$27.95 **\$17.95**



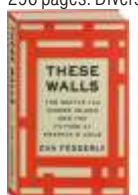
**★7954905 POCKETS: An Intimate History of How We Keep Things Close.** By Hannah Carlson. Reveals the issues of gender politics, security, sexuality, power, and privilege tucked inside our pockets. For the people obsessed with pockets and their absence, and for anyone interested in how our clothes influence the way we navigate the world. Well illus. some in color. 310 pages. Algonquin. Pub. at \$35.00 **\$26.95**



**★7956207 THE COLONY: Faith and Blood in a Promised Land.** By Sally Denton. Picks up where the initial reporting of the November 2019 killings of nine women and children in northern Mexico ended and delves into the complex story of the Le Baron clan. Their homestead, Colonia LeBaron, is a portal into the past, a place that offers a glimpse into a polygamous community on arid and dangerous frontier in the mid-1800s through now. Illus. 274 pages. Liveright. Paperbound. Pub. at \$17.95 **\$12.95**



**★7938152 THE BIG 100: The New World of Super-Aging.** By William J. Kole. By 2050, the world's centenarian population will increase eightfold. Half of today's five year olds can expect to join them thanks to astonishing scientific advances against killers like cancer and cardiovascular disease. It's going to upend health care, personal finance, retirement, politics, and more. Illus. 296 pages. Diversion. Pub. at \$28.99 **\$21.95**



**★7947895 THESE WALLS: The Battle for Rikers Island and the Future of America's Jails.** By Eva Fedderly. Part on the ground reporting, part deep social and architectural history, this work is an eye-opening look into how systems of inequity are constructed and a challenge to our long-held beliefs about what constitutes power and justice. 203 pages. Avid Reader. Pub. at \$28.00 **\$21.95**



**7835167 MISDEMEANORLAND: Criminal Courts and Social Control in an Age of Broken Windows Policing.** By Issa Kohler-Hausmann. In the early 1990s, New York City launched an initiative under the banner of Broken Windows policing to dramatically expand enforcement against low-level offenses. Documents the fates of the hundreds of thousands of people hauled into lower criminal courts as part of this policing experiment. 308 pages. Princeton. Paperbound. Pub. at \$22.95 **\$7.95**





## Social Science

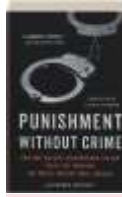


**★7682050 SKY'S STORY.** By Louise Allen. When Sky and her older sister Avril were taken into care, the social workers knew this was a case like no other. Raised by unhinged parents who hoarded compulsively, creating horrific conditions no child should live in, the two girls arrived at foster carer Louise's home, neglected, malnourished and indoctrinated. 296 pages. Welbeck. Paperbound. Pub. at \$15.95 **PRICE CUT to \$7.95**



**★7790597 THE EVIDENCE OF THINGS NOT SEEN.** By James Baldwin. Over 22 months in 1979 and 1981 nearly two dozen children were unspeakably murdered in Atlanta despite national attention and outcry; they were all Black. Baldwin investigated these murders, the Black administration in Atlanta, and Wayne Williams, the Black man tried for the crimes. With no evidence, the children's cases were closed. 118 pages. Holt. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**

**784946X REAL LACE REVISITED: Inside the Hidden World of America's Irish Aristocracy.** By James P. MacGuire. Paying tribute to and updating Stephen Birmingham's *Real Lace*, MacGuire creates his own entertaining portrait of life among the Irish rich. Detailing an engrossing portion of America's social history, he illuminates the religious, financial, and social evolution of the First Irish Families' world. Photos. 267 pages. Lyons. Pub. at \$24.95 **PRICE CUT to \$3.95**



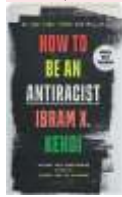
**★7850956 PUNISHMENT WITHOUT CRIME: How Our Massive Misdemeanor System Traps the Innocent and Makes America More Unequal.** By Alexandra Natapoff. Every year, approximately 13 million Americans are charged with misdemeanor offenses. The author demonstrates how our enormous misdemeanor system operates as a powerful engine of error, injustice, and inequality. As a result, vast numbers of Americans, most of them poor and people of color, are stigmatized as criminals. 344 pages. Basic. Paperbound. Pub. at \$19.99 **PRICE CUT to \$11.95**



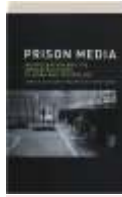
**7842694 THE LONELY CENTURY: How to Restore Human Connection in a World That's Pulling Apart.** By Noreena Hertz. Loneliness increases our risk of heart disease, cancer, and dementia. It's also an economic and political crisis, costing us billions and fueling feelings of divisiveness and extremism around the world. Hertz offers an empowering vision for how to heal our fractured communities. 368 pages. Currency. Pub. at \$28.00 **PRICE CUT to \$3.95**



**★7819722 GHOSTS OF THE ORPHANAGE: A Story of Mysterious Deaths, a Conspiracy of Silence, and a Search for Justice.** By Christine Kenneally. The shocking secret history of orphanages that hid violence, abuse, and death within their walls for decades. For ten years, Kenneally has been on a quest to uncover the harrowing truth. The incredible true-crime story and a reckoning with the past that has stayed buried for too long, with tragic consequences. 367 pages. PublicAffairs. Pub. at \$30.00 **PRICE CUT to \$17.95**



**★7825447 HOW TO BE AN ANTIRACIST.** By Ibram X. Kendi. Takes readers through a widening circle of antiracist ideas, from the most basic concepts to visionary possibilities, that will help readers see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves. 377 pages. One World. Paperbound. Pub. at \$18.99 **PRICE CUT to \$9.95**



**★7851995 PRISON MEDIA: Incarceration and the Infrastructures of Work and Technology.** By A. Kaun & F. Sternstedt. Prisons are not typically known for cutting-edge media technologies. Yet from photography in the nineteenth century to AI-enhanced tracking cameras today, there is a long history of prisons being used as a testing ground. Foregrounds the ways in which the prison is a model space for the control and transmission of information. 193 pages. MIT Press. Paperbound. Pub. at \$35.00 **PRICE CUT to \$21.95**

**★1941232 A DARK SECRET.** By Casey Watson. 279 pages. HarperElement. Paperbound. Pub. at \$7.99 **\$3.95**

**★1941224 A BOY WITHOUT HOPE.** By Casey Watson. 296 pages. HarperElement. Paperbound. Pub. at \$7.99 **\$3.95**

**★4984870 NEGLECTED.** By Cathy Glass. 306 pages. HarperElement. Paperbound. Pub. at \$7.99 **\$3.95**

**★7779941 BILLY'S STORY.** By Louise Allen. 295 pages. Welbeck. Paperbound. Pub. at \$15.95 **\$8.95**

**7833156 TWO SISTERS AND THEIR MOTHER: The Anthropology of Incest.** By Francoise Heritier. Adults only. 341 pages. MIT Press. Paperbound. Pub. at \$24.95 **SOLD OUT**

**DVD 1976729 LOVE ME.** MVD Visual. **\$3.95**

**4937783 UNSETTLING THE WEST: Violence and State Building in the Ohio Valley.** By Rob Harper. 250 pages. UPaP. Pub. at \$47.50 **\$4.95**

**Blu-ray 7849885 HUMAN FLOW.** Widescreen. Participant Media. **SOLD OUT**

**7928807 OTAFUKU: Joy of Japan.** By Amy Katoh. Fully illus. most in color. 192 pages. Tuttle. 6x6 3/4. Paperbound. Pub. at \$6.99 **SOLD OUT**

**★1958739 THE HERO.** By Lee Child. Illus. 77 pages. Harper. Paperbound. Pub. at \$9.99 **\$3.95**

**7881703 CHILD DATA CITIZEN: How Tech Companies Are Profiling Us from Before Birth.** By Veronica Barassi. 215 pages. MIT Press. Paperbound. Pub. at \$35.00 **\$7.95**

**★7710550 LIVING IN DATA: A Citizen's Guide to a Better Information Future.** By Jer Thorp. 300 pages. Picador. Paperbound. Pub. at \$18.00 **\$3.95**

**★495677X THE NEXT CIVIL WAR: Dispatches from the American Future.** By Stephen Marche. 238 pages. Avid Reader. Pub. at \$27.00 **\$19.95**

**★7787405 YOUR CONSENT IS NOT REQUIRED: The Rise in Psychiatric Detentions, Forced Treatment, and Abusive Guardianships.** By Rob Wipond. 298 pages. BenBella. Pub. at \$26.95 **\$21.95**

**★7837690 KNOWING WHAT WE KNOW: The Transmission of Knowledge from Ancient Wisdom to Modern Magic.** By Simon Winchester. 415 pages. Harper. Pub. at \$35.00 **\$26.95**

**781660X KISSING THE MASK: Beauty, Understatement and Femininity in Japanese Noh Theater.** By William T. Vollmann. Illus. 504 pages. Ecco. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**

**7871341 AMERICAN FATHERHOOD: A History.** By Jurgen Martschukat. Illus. 343 pages. NYUP. Pub. at \$45.00 **PRICE CUT to \$3.95**

**7861761 THE SPACEFLIGHT REVOLUTION.** By William Sims Bainbridge. 294 pages. Krieger. **PRICE CUT to \$7.95**

**★4977262 THE COLOR OF COMPROMISE: The Truth About the American Church's Complicity in Racism.** By Jemar Tisby. 253 pages. Zondervan. Paperbound. Pub. at \$22.99 **\$7.95**

**784770X THE VIRAL UNDERCLASS: The Human Toll When Inequality and Disease Collide.** By Steven W. Thrasher. 334 pages. Celadon. Pub. at \$29.99 **PRICE CUT to \$4.95**

**7803656 LATITUDE OF HOME: A Storytelling Journey.** By Sally Russell. 269 pages. Mercer UP. Pub. at \$27.00 **\$2.95**

**★7741235 YOU BET YOUR LIFE: Your Guide to Deadly Risk.** By Sheila & Joe Buff. 672 pages. Half Full Press. Pub. at \$35.00 **\$17.95**

**★7710089 THE DEATH DRIVE: Why Societies Self-Destruct.** By Niklas Hageback. 221 pages. Gaudium. Paperbound. Pub. at \$19.99 **\$11.95**

**7747802 UNION: The Struggle to Forge the Story of United States Nationhood.** By Colin Woodard. 417 pages. Viking. Pub. at \$30.00 **\$5.95**

**1989227 UNION: The Struggle to Forge the Story of the United States Nationhood.** By Colin Woodard. 418 pages. Penguin. Paperbound. Pub. at \$17.00 **\$2.95**

**★7856202 MOVING PAST MARRIAGE.** By Jaclyn Geller. 363 pages. Start. Paperbound. Pub. at \$18.95 **PRICE CUT to \$9.95**

**★DVD 1964232 SOCIAL MEDIA.** Widescreen. Wownow Entertainment. Pub. at \$19.95 **\$7.95**

**★7724322 THE BEHAVIORAL CODE: The Hidden Ways the Law Makes Us Better...or Worse.** By B. van Rooij & A. Fine. 302 pages. Beacon. Paperbound. Pub. at \$18.95 **PRICE CUT to \$9.95**

**★1913786 8 BILLION AND COUNTING: How Sex, Death, and Migration Shape Our World.** By Jennifer D. Sciubba. 286 pages. Norton. Pub. at \$28.95 **\$9.95**

**★7759657 BUTTS: A Backstory.** By Heather Radke. 310 pages. Avid Reader. Pub. at \$28.99 **PRICE CUT to \$11.95**

**★1956779 ANTI-VAXXERS: How to Challenge a Misinformed Movement.** By Jonathan M. Berman. 277 pages. MIT Press. Paperbound. Pub. at \$19.95 **PRICE CUT to \$7.95**

**★1982672 RULES: A Short History of What We Live By.** By Lorraine Daston. 359 pages. Princeton. Pub. at \$29.95 **\$11.95**

**★7718675 SURVIVAL OF THE RICHEST: Escape Fantasies of the Tech Billionaires.** By Douglas Rushkoff. 212 pages. Norton. Pub. at \$26.95 **PRICE CUT to \$7.95**

**★7817231 MERITS OF THE PLAGUE.** By Ibn Hajar al-Asqalani. 268 pages. Penguin. Paperbound. Pub. at \$18.00 **PRICE CUT to \$7.95**

**★195279X NO APOLOGIES: Why Civilization Depends on the Strength of Men.** By Anthony Esolen. 192 pages. Regnery. Pub. at \$29.99 **PRICE CUT to \$14.95**

**★7872429 WHATEVER HAPPENED TO TRADITION? History, Belonging and the Future of the West.** By Tim Stanley. Illus. 266 pages. Bloomsbury. Paperbound. Pub. at \$16.00 **PRICE CUT to \$7.95**

**★1982249 ROGUES: True Stories of Grifters, Killers, Rebels and Crooks.** By Patrick Radden Keefe. 348 pages. Doubleday. Pub. at \$30.00 **PRICE CUT to \$7.95**

**7847645 TECH PANIC: Why We Shouldn't Fear Facebook and the Future.** By Robby Soave. 244 pages. Threshold Editions. Pub. at \$28.00 **PRICE CUT to \$3.95**

**★7711115 FACE: One Square Foot of Skin.** By Justine Bateman. 274 pages. Akashic. Paperbound. Pub. at \$16.95 **PRICE CUT to \$3.95**

**★7763093 CARS AND JAILS: Freedom Dreams, Debt and Carcerality.** By J. Livingston & A. Ross. 201 pages. OR Books. Paperbound. Pub. at \$17.95 **PRICE CUT to \$5.95**

**★7754639 THE ESSENTIAL QUESTIONS: Interview Your Family to Uncover Stories and Bridge Generations.** By Elizabeth Keating. 212 pages. Tarcher. Pub. at \$20.00 **PRICE CUT to \$7.95**

**★7821263 THE HUMANE HOAX: Essays Exposing the Myth of Happy Meat, Humane Dairy, and Ethical Eggs.** Ed. by Hope Bohanec. 373 pages. Lantern Publishing. Paperbound. Pub. at \$24.95 **PRICE CUT to \$9.95**

**★7721781 PLAGUES AND THEIR AFTERMATH: How Societies Recover from Pandemics.** By Brian Michael Jenkins. 216 pages. Melville House. Paperbound. Pub. at \$16.99 **PRICE CUT to \$5.95**

**★4932536 THE FUTURE OF YOU: Can Your Identity Survive 21st-Century Technology?** By Tracey Follows. 231 pages. Elliott & Thompson. Pub. at \$24.95 **PRICE CUT to \$5.95**

**★7726333 WUHAN DIARY: Dispatches from a Quarantined City.** By Fang Fang. 398 pages. HarperVia. Paperbound. Pub. at \$17.99 **\$9.95**

**★7705166 THE END OF BIAS: A Beginning.** By Jessica Nordell. 353 pages. Metropolitan. Paperbound. Pub. at \$18.99 **PRICE CUT to \$5.95**

**1945238 THE END OF BIAS: A Beginning.** By Jessica Nordell. 353 pages. Metropolitan. Pub. at \$28.99 **\$5.95**

**★7687133 THE COLONY: Faith and Blood in a Promised Land.** By Sally Denton. 274 pages. Liveright. Pub. at \$27.95 **PRICE CUT to \$11.95**

**★7872356 HANDMADE: A Scientist's Search for Meaning Through Making.** By Anna Ploszajski. 320 pages. Bloomsbury. Paperbound. Pub. at \$18.00 **PRICE CUT to \$9.95**

**★7680155 UNTIL PROVEN SAFE: The History and Future of Quarantine, from the Black Death to the Space Age.** By G. Manuagh & N. Twilley. Photos. 396 pages. Picador. Paperbound. Pub. at \$20.00 **PRICE CUT to \$5.95**

**★778810X THE ONCE AND FUTURE SEX: Going Medieval on Women's Roles in Society.** By Eleanor Janega. Illus. 256 pages. Norton. Pub. at \$30.00 **PRICE CUT to \$14.95**

**★7841337 ENTRY LESSONS: The Stories of Women Fighting for Their Place, Their Children, and Their Futures After Incarceration.** By Jorja Leap. 278 pages. Beacon. Paperbound. Pub. at \$17.95 **PRICE CUT to \$9.95**

**★4956982 VEGAN ENTANGLEMENTS: Dismantling Racial and Carceral Capitalism.** Ed. by Z. Zane McNeill. 218 pages. Lantern Publishing. Paperbound. Pub. at \$27.50 **PRICE CUT to \$5.95**

**7873360 NSFW: Sex, Humor, and Risk in Social Media.** By Susanna Paasonen et al. Adults only. Illus. 217 pages. MIT Press. Pub. at \$27.95 **\$5.95**

**4894146 IT'S UP TO THE WOMEN.** By Eleanor Roosevelt. 227 pages. Bold Type. Paperbound. Pub. at \$16.99 **SOLD OUT**

**1987828 THE FUTURE IS FASTER THAN YOU THINK: How Converging Technologies Are Transforming Business, Industries, and Our Lives.** By P.H. Diamandis & S. Kotler. 365 pages. S&S. Pub. at \$28.00 **SOLD OUT**

**7831749 ASSUME NOTHING.** By Rebecca Swan. Adults only. 112 pages. Soft Skull. 9 1/2 x 12 1/2. Paperbound. Pub. at \$29.95 **SOLD OUT**

**★7868448 MAX & MIA'S STORY.** By Louise Allen. 297 pages. Welbeck. Paperbound. Pub. at \$15.95 **\$11.95**

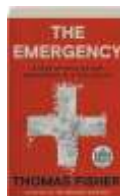
**7698917 MORBID MAGIC: Death Spirituality & Culture from Around the World.** By Tomas Prower. 340 pages. Llewellyn. Paperbound. Pub. at \$19.99 **\$7.95**

**7759932 ME AND WHITE SUPREMACY: Combat Racism, Change the World, and Become a Good Ancestor.** By Layla F. Saad. 238 pages. Sourcebooks. Pub. at \$25.99 **\$2.95**



## Social Science

- ★**4947150** **A PECULIAR INDIFFERENCE: The Neglected Toll of Violence on Black America.** By Elliott Currie. 276 pages. Metropolitan. Paperbound. Pub. at \$17.99 **\$3.95**
- ★**1983857** **HONEY TRAPPED.** By Henry R. Schlesinger. 360 pages. Rare Bird. Paperbound. Pub. at \$20.00 **\$9.95**
- ★**4975316** **THIS IS THE FIRE: What I Say to My Friends About Racism.** By Don Lemon. 213 pages. Little, Brown. Pub. at \$28.00 **\$3.95**
- ★**7786492** **UNWANTED ADVANCES: Sexual Paranoia Comes to Campus.** By Laura Kipnis. 245 pages. Verso. Paperbound. **\$3.95**
- ★**1978470** **THE DRAMA OF CELEBRITY.** By Sharon Marcus. Illus. 318 pages. Princeton. Pub. at \$29.95 **PRICE CUT to \$1.95**
- ★**7698518** **LAST RITES: The Evolution of the American Funeral.** By Todd Harra. 278 pages. Sounds True. Pub. at \$26.99 **\$19.95**
- ★**1964992** **THE FACEBOOK NARCISSIST: How to Identify and Protect Yourself and Your Loved Ones from Social Media Narcissism.** By Lena Derhally. 228 pages. Health Communications. Paperbound. Pub. at \$15.95 **\$5.95**
- ★**1917722** **THE QUICK FIX: Why Fad Psychology Can't Cure Our Social Ills.** By Jesse Singal. 337 pages. Picador. Paperbound. Pub. at \$20.00 **\$5.95**
- ★**7743440** **THE GENERATION MYTH: Why When You're Born Matters Less Than You Think.** By Bobby Duffy. Illus. 274 pages. Basic. Pub. at \$30.00 **\$5.95**
- ★**1993186** **MY BODY.** By Emily Ratajkowski. 237 pages. Metropolis. Pub. at \$26.00 **\$7.95**
- ★**774742X** **NOSTALGIA NERD'S GADGETS, GIZMOS & GIMMICKS: A Potted History of Personal Tech.** By Peter Leigh. Color photos. 224 pages. ILEX. Pub. at \$19.99 **\$11.95**
- ★**4975049** **THE ANTIRACIST: How to Start the Conversation About Race and Take Action.** By Kwadwani Fidel. 147 pages. Hot Books. Paperbound. Pub. at \$16.99 **PRICE CUT to \$1.95**
- ★**1930133** **WHAT'S UP WITH WHITE WOMEN? Unpacking Sexism and White Privilege in Pursuit of Racial Justice.** By I. Govan & T. Smith. 251 pages. New Society. Paperbound. Pub. at \$19.99 **\$7.95**
- ★**4938119** **SOCIAL (IN)JUSTICE.** By H. Pluckrose & J. Lindsay. 247 pages. Pitchstone. Pub. at \$18.99 **\$11.95**
- ★**4967488** **NO MORE WORK: Why Full Employment Is a Bad Idea.** By James Livingston. 111 pages. UNCP. Pub. at \$24.00 **\$7.95**
- ★**4956850** **THERE ARE NO ACCIDENTS: The Deadly Rise of Injury and Disaster—Who Profits and Who Pays the Price.** By Jessie Singer. 336 pages. S&S. Pub. at \$27.99 **\$7.95**
- ★**4948890** **WORK: A Deep History, from the Stone Age to the Age of Robots.** By James Suzman. 444 pages. Penguin. Paperbound. Pub. at \$18.00 **SOLD OUT**
- ★**1976370** **YOU'LL NEVER BELIEVE WHAT HAPPENED TO LACEY: Crazy Stories about Racism.** By A. Ruffin & L. Lamar. Photos. 224 pages. Grand Central. Paperbound. Pub. at \$16.99 **\$5.95**
- ★**4757084** **LIFE HACKS FOR MILITARY SPOUSES: Advice, Wit, and Humor from Those Who Served Behind the Scenes.** By Kristen Riffle et al. 153 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$3.95**
- ★**1977628** **HOW TO SOLVE A CRIME: Real Cases from the Cutting Edge of Forensics.** By Angela Gallop. 16 pages of photos. 260 pages. Hodder. Pub. at \$28.99 **\$17.95**
- ★**4940008** **ANGELS OVER MOSCOW: Life, Death and Human Trafficking in Russia.** By Juliette M. Engel. Color photos. 265 pages. Trine Day. Paperbound. Pub. at \$24.95 **\$11.95**
- ★**1930095** **THE SENIOR COHOUSING HANDBOOK, SECOND EDITION.** By Charles Durrett. Fully illus. in color. 302 pages. New Society. Paperbound. Pub. at \$39.95 **\$11.95**
- ★**7747152** **APOROPHOBIA: Why We Reject the Poor Instead of Helping Them.** By Adela Cortina. 192 pages. Princeton. Pub. at \$27.95 **\$22.95**
- ★**3780198** **SHE SAID: Breaking the Sexual Harassment Story That Helped Ignite a Movement.** By J. Kantor & M. Twohey. 310 pages. Penguin. Pub. at \$28.00 **\$11.95**
- ★**7810245** **THE SOUL OF A WOMAN.** By Isabel Allende. **LARGE PRINT EDITION.** So what feeds the soul of feminists—and all women—today? To be safe, to be valued, to live in peace, to have their own resources, to be connected, to have control over their bodies and lives, and above all, to be loved. On all these fronts, there is much work yet to be done and in this work Allende hopes this will light the spark. 224 pages. Random. Paperbound. Pub. at \$25.00 **\$6.95**



**7892985 THE EMERGENCY: A Year of Healing and Heartbreak in a Chicago ER.** By Thomas Fisher. **LARGE PRINT EDITION.** Not only the story of a dramatic year in the life of a Chicago ER but the primer in health care that we all need. Full of heartbreaking stories, compelling personal narrative, and penetrating analysis, this is a mind-opening work that offers a fresh vision of health care as a foundation of social justice. 358 pages. Random. Paperbound. Pub. at \$24.95 **SOLD OUT**



★**7850867** **KNOWING WHAT WE KNOW: The Transmission of Knowledge, from Ancient Wisdom to Modern Magic.** By Simon Winchester. **LARGE PRINT EDITION.** A deep dive into learning and the human mind. Throughout this fascinating tour, Winchester forces us to ponder what rational humans are becoming. What good is all this knowledge if it leads to lack of thought? What is information without wisdom? Illus. 652 pages. HarperLuxe. Paperbound. Pub. at \$39.00 **PRICE CUT to \$24.95**

## Psychology



★**7860609** **MINDFUL COGNITIVE BEHAVIORAL THERAPY: A Simple Path to Healing, Hope, and Peace.** By Seth J. Gillihan. A practicing psychologist offers a more holistic approach for treating mental health issues that speaks to our times, blending mindfulness and spirituality with cognitive behavioral therapy (CBT) to effectively overcome negative thinking, healing and more. 263 pages. Harper. Pub. at \$27.99 **\$5.95**



★**7887833** **PSYCHOLOGY: 50 Essential Ideas.** By E. Ralls & T. Collins. Readers are introduced to the fascinating world of psychology and its greatest practitioners. With themes ranging from structuralism to groupthink and featuring ideas from psychologists including Sigmund Freud, Abraham Maslow, and Carl Rogers, this essential guide will bring you up to speed on the core themes and theories of this subject. Well illus., many in color. 208 pages. Sirius. Pub. at \$19.99 **\$5.95**



★**7876408** **THE EGO-LESS SELF: Achieving Peace & Tranquility Beyond All Understanding.** By Cardwell C. Nuckols. A journey of discovery and a return to the deepest truth. Looks closely at the notion of "spiritual transformation" by first showing how the ego develops over time to cause suffering in our lives. Once the ego is stripped away, the pathways to the self—heart, mind, and action—can begin to work. 302 pages. Health Communications. Paperbound. Pub. at \$14.95 **\$5.95**



★**262737X** **DIFFICULT PERSONALITIES: A Practical Guide to Managing the Hurtful Behavior of Others (and Maybe Your Own).** By H. McGrath & H. Edwards. Taking the American Psychiatric Association's widely used *Diagnostic and Statistical Manual of Mental Disorders* as its starting point, this guide helpfully outlines over a dozen different personality traits and types, detailing their common characteristics and underlying motivations. It also helps equip readers with numerous strategies for dealing with difficult behaviors. 285 pages. The Experiment. Paperbound. Pub. at \$14.95 **\$9.95**



**LIMITED QUANTITY 7916957 WHY YOU LOVE MUSIC: From Mozart to Metallica—The Emotional Power of Beautiful Sounds.** By John Powell. A scientist and musician, Powell dives deep into decades of psychological and sociological studies in order to answer the question "Why does music affect us so profoundly?" This insightful work will open your eyes and ears to the astounding variety of ways that music impacts the human experience. 310 pages. Little, Brown. Pub. at \$26.00 **SOLD OUT**



★**7842082** **THINKING 101: How to Reason Better to Live Better.** By Woo-Kyoung Ahn. Goes far beyond other works on thinking, showing how we can improve not just our own daily lives through better awareness of our biases but also the lives of everyone around us. It is, quite simply, required reading for everyone who wants to think and live better. 276 pages. Flatiron. Pub. at \$28.99 **\$6.95**

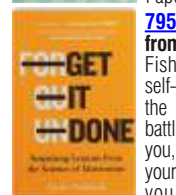
★**7899491** **DREAM PSYCHOLOGY.** By Sigmund Freud. In this fascinating work by one of the pioneers of psychology and psychoanalysis, Freud unlocks the secrets of the human mind. Decodes the symbolism of dreams and demonstrates how the unconscious mind communicates its desires. 207 pages. Arcturus. Paperbound. **\$5.95**



★**7826370** **BRAINWORKS: The Mind-Bending Science of How You See, What You Think, and Who You Are.** By Michael S. Sweeney. Official companion to the *National Geographic Channel* series *Brain Games*. Makes you the test subject in an array of mind-bending experiments. Your brain will be stimulated, tricked, and ultimately amazed, as you discover the fascinating science behind why these experiments work and how your mind wraps itself around them. Fully illus. in color. 224 pages. National Geographic. Pub. at \$27.00 **\$9.95**



★**7819420** **THE PSYCHEDELIC READER.** Ed. by Timothy Leary et al. Originally published in 1965. Essays by writers such as Alan Watts, Timothy Leary, and Sir Julian Huxley on subjects as varied as "The Religious Experience—Its Production and Interpretation" and "Botanical Sources of New World Narcotics." 240 pages. Kensington. Paperbound. Pub. at \$15.95 **\$5.95**



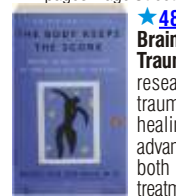
★**7957653** **GET IT DONE: Surprising Lessons from the Science of Motivation.** By Ayelet Fishbach. A new theoretical framework for self-motivated action, explaining how to identify the right goals, attack the "middle problem," battle temptations, use the help of others around you, and so much more. Strategies for pulling yourself in whatever direction you want to go—so you can achieve your goals. 286 pages. Hachette. Paperbound. Pub. at \$18.99 **\$5.95**



★**7873123** **EXPERIENCING THE IMPOSSIBLE: The Science of Magic.** By Gustav Kuhn. Examines the psychological processes that underpin our experience of magic. Reveals the intriguing and often unsettling insights into the human mind that the scientific study of magic provides. Kuhn illuminates the complex mechanisms underlying our daily activities. Well illus. 276 pages. MIT Press. Pub. at \$27.95 **\$9.95**



★**7925530** **AUTISM FOR ADULTS: An Approachable Guide to Living Excellently on the Spectrum.** By Daniel M. Jones. Packed with actionable advice that readers can immediately start putting into practice. You'll learn how to navigate common challenges, such as dating on the spectrum, holding down a job, or performing well in school. Best of all, you'll learn to improve your life while also empowering yourself. 127 pages. Page Street. Paperbound. Pub. at \$16.99 **\$12.95**



★**4871146** **THE BODY KEEPS THE SCORE: Brain, Mind, and Body in the Healing of Trauma.** By Bessel A. van der Kolk. A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing. van der Kolk uses recent scientific advances to show how trauma literally reshapes both body and mind. He explores innovative treatments that offer new paths to recovery. Illus. 445 pages. Penguin. Paperbound. Pub. at \$19.00 **\$14.95**



★**7838727** **THE INFLUENCING MACHINE: James Tilly Matthews and the Air Loom.** By Mike Jay. Confined to Bedlam in 1779, Matthews was the first recorded person to harbor the delusion that his mind was being controlled by a machine. But despite his outlandish claims, we now know that many of the incredible conspiracies he spoke of were entirely real. 283 pages. Strange Attractor. Paperbound. Pub. at \$17.95 **\$5.95**

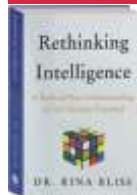


★**1907883** **UNDERSTANDING PSYCHOSIS: Issues and Challenges for Sufferers, Families, and Friends.** By Donald Capps. This one takes a look at psychosis and how it has been handled over the last century or so. Beginning with a definition of psychosis and moving to a consideration of how people who suffer from it were once institutionalized and are now expected to be cared for at home, Capps traces the challenges families and communities face. 273 pages. Rowman & Littlefield. Paperbound. Pub. at \$30.00 **\$3.95**





## Psychology

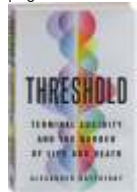


**7966148 RETHINKING INTELLIGENCE: A Radical New Understanding of Our Human Potential.** By Rina Bliss. A genetics expert and professor challenges our understanding of intelligence, explaining what it truly means to be "smart," why conventional assessments are misleading, and what everyone can do to optimize their potential. 241 pages. Harper. Pub. at \$29.99 **\$7.95**

**7691394 MANY LIVES, MANY MASTERS.** By Brian Weiss. His profoundly moving account of his exploration of past-life therapy and his unexpected spiritual awakening. 220 pages. Touchstone. Paperbound. Pub. at \$17.00 **\$5.95**



**7967969 FOOTPRINTS OF SCHIZOPHRENIA: The Evolutionary Roots of Mental Illness.** By Steven Leisk. Threads evolutionary evidence with neurological evidence, turning the mysteries of our minds into a tapestry of logic. Leisk will invite necessary cultural dialogue about this stigmatized illness, provoke new psychiatric and pharmacological research, and provide comfort to those afflicted and affected by schizophrenia. 243 pages. Prometheus. Pub. at \$28.95 **\$21.95**



**7917198 THRESHOLD: Terminal Lucidity and the Border of Life and Death.** By Alexander Batthyany. Utilizing hundreds of case studies and Batthyany's research in the related field of near-death studies to explore the mind, the body, and the nature of consciousness, this work suggests what the living can learn from those who are crossing the border from life to death. 242 pages. St. Martin's. Pub. at \$28.00 **\$21.95**

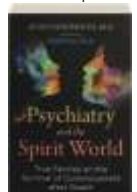
**7875622 GIRLS AND THEIR MONSTERS: The Genain Quadruplets and the Making of Madness in America.** By Audrey Clare Farley. In 1954, researchers studying the genetics of schizophrenia were shocked when they received word that four identical quadruplets had all been diagnosed with the mental illness. This account chronicles the extraordinary lives of the quadruplets and the lead psychologist who studied them. 16 pages of photos, some in color. 291 pages. Grand Central. Pub. at \$29.00 **\$21.95**



**7923333 TEN TRIPS: The New Reality of Psychedelics.** By Andy Mitchell. In this engrossing, sometimes hilarious, always dramatic chronicle, a neuropsychologist deflates the hype, explores the limitless possibilities, and reveals a much-needed perspective about psychedelics, giving us a scientist's first-person experiment with ten different compounds in ten different settings. 340 pages. Harper Wave. Pub. at \$29.99 **\$21.95**



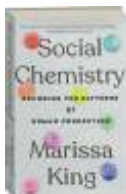
**7910215 MONSTERS ON THE COUCH: The Real Psychological Disorders Behind Your Favorite Horror Movies.** By Brian A. Sharpless. Horror movies can reveal more than we realize about psychological disorders—and clinical psychology has a lot to teach us about horror. As these tales unfold, readers not only learn state of the art science but also gain an understanding of history, folklore, and how Hollywood often gets it wrong when tackling these complex topics. Illus. 274 pages. Chicago Review. Paperbound. Pub. at \$19.99 **\$15.95**



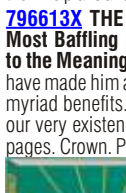
**7775466 PSYCHIATRY AND THE SPIRIT WORLD: True Stories on the Survival of Consciousness After Death.** By Alan Sanderson. First-hand accounts of the survival of the spirit after death, from ancient times to the present day, and explores end of life experiences. Presenting a wealth of evidence, as well as suggestions for new treatment possibilities for mental health problems, the author offers a comprehensive examination of spirit existence and the survival of consciousness after death. 236 pages. Bear & Company. Paperbound. Pub. at \$22.99 **\$18.95**



**7807686 PSYCHOLOGY: An Illustrated History of the Mind from Hypnotism to Brain Scans.** By Tom Jackson. The thoughts and deeds of great thinkers always make great stories, and here we have 100 all together. Each relates a ponderable, a weighty problem that became a discovery that changed the world. Knowledge does not arrive fully formed, it requires many minds to puzzle over the evidence, and step by step edge ever closer to the answer. Well illus. in color. 144 pages. Shelter Harbor. 9 7/8x11 1/4. Pub. at \$24.95 **\$7.95**



**7879695 SOCIAL CHEMISTRY: Decoding the Patterns of Human Connection.** By Marissa King. Shows how anyone can build a social network that will dramatically enhance personal relationships, work life, and even your global impact. Defines three basic network types so readers can see the roles they are already playing as an Expansionist, Broker, or Convener and enables readers to align their network style to their life plans and values. 357 pages. Dutton. Pub. at \$28.00 **\$5.95**



**796613X THE PUZZLER: One Man's Quest to Solve the Most Baffling Puzzles Ever, from Crosswords to Jigsaws to the Meaning of Life.** By A.J. Jacobs. Convinced that puzzles have made him a better person, Jacobs set out to determine their myriad benefits. And maybe, in the process, solve the puzzle of our very existence. Well, almost. Well illus. some in color. 342 pages. Crown. Pub. at \$28.00 **\$6.95**



**7965931 CHAOTIC HAPPINESS: The Psychology of Finding Yourself in a World That's Lost.** By TJ Hoegh. Hoegh outlines his three rules for chaotic happiness, helping your rise above the fray and claim the contentedness that is yours. With evidence-based advice and more than 30 practical exercises, you'll explore your own psyche, improve the quality of your relationships, and understand the impact of the outside world. Illus. in color. 224 pages. Dorling Kindersley. Pub. at \$24.99 **\$5.95**



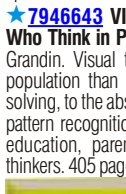
**7958595 REMEMBER: The Science of Memory and the Art of Forgetting.** By Lisa Genova. You'll learn whether forgotten memories are temporarily inaccessible or erased forever and why some memories are built to exist for only a few seconds (like a passcode), while others can last a lifetime (like your wedding day). See how memory is profoundly impacted by meaning, emotion, sleep, stress, and context. 256 pages. Harmony. Paperbound. Pub. at \$17.99 **\$12.95**



**7808771 WAYS OF BEING: Animals, Plants, Machines—The Search for a Planetary Intelligence.** By James Bridle. The things around us are slowly revealing their complexity, agency, and knowledge, just as the technologies we've built to sustain ourselves are threatening to cause their extinction and ours. Explores the multitudinous forms of knowing, doing, and being that make up the world, and that are essential for our survival. Photos. 364 pages. FSG. Pub. at \$30.00 **\$8.95**



**7962029 I FEEL LOVE: MDMA and the Quest for Connection in a Fractured World.** By Rachel Nuwer. The unlikely story of how the psychedelic drug MDMA emerged from the shadows to the forefront of a medical revolution, and the potential it may hold to help us thrive. Nuwer guides readers through a cultural and scientific upheaval that is rewriting our understanding of our brains, our selves, and the space between. 373 pages. Bloomsbury. Pub. at \$28.99 **\$6.95**



**7946643 VISUAL THINKING: The Hidden Gifts of People Who Think in Pictures, Patterns, and Abstractions.** By Temple Grandin. Visual thinkers constitute a far greater proportion of the population than previously believed with their knack for problem solving, to the abstract, mathematically inclined thinkers who excel in pattern recognition and systemic thinking. Proposes approaches to education, parenting, employing and collaborating with visual thinkers. 405 pages. Riverhead. Paperbound. Pub. at \$18.00 **\$13.95**



**7971834 PERSONALITY ISN'T PERMANENT: Break Free from Self-Limiting Beliefs and Rewrite Your Story.** By Benjamin Hardy. Offers practical, science-based advice for personal reinvention, including why personality tests are not only psychologically destructive but are no more scientific than horoscopes; how to create a network of "empathetic witnesses" who actively encourage you through the highs and lows of extreme growth; and more. 256 pages. Portfolio. Pub. at \$27.00 **\$6.95**



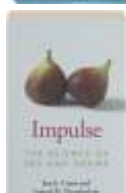
**7845510 GOOD MORNING, MONSTER: A Therapist Shares Five Heroic Stories of Emotional Recovery.** By Catherine Gildiner. Each of Gildiner's five patients embodies self-reflection, stoicism, perseverance, and forgiveness as they work to face the truth. The account of her journeys with them is moving, insightful, and sometimes very funny. It offers a behind the scenes look into the therapist's office, illustrating how the process can heal unimaginable wounds. 359 pages. St. Martin's. Pub. at \$27.99 **\$7.95**



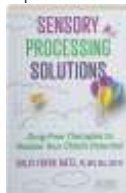
**7724497 THE TRANSGENDER ISSUE: Trans Justice Is Justice for All.** By Shon Faye. An incisive overview of systemic transphobia and argues that the struggle for trans rights is necessary to any struggle for social justice. Explores issues of class, family, housing, healthcare, sex work, the prison system, and trans participation in the LGBTQ+ and feminist communities. 295 pages. Verso. Paperbound. Pub. at \$19.95 **\$14.95**



**7959443 FREELY DETERMINED: What the New Psychology of the Self Teaches Us About How to Live.** By Kennon M. Sheldon. Full of practical insights for anyone hoping to find and pursue their purpose in life. This is an essential guide to recognizing your freedom and using it wisely. 260 pages. Basic. Pub. at \$29.00 **\$9.95**



**7950446 IMPULSE: The Science of Sex and Desire.** By J.E. Grant & S.R. Chamberlain. The authors answer questions like: Is my sex drive or sex behavior normal? Can someone have too much sex? This guide will help you understand common sexual issues, know when to worry (or not) about different sexual behaviors, and learn how our sex lives adapt to changing technology or in times of crisis. 250 pages. Cambridge. Paperbound. Pub. at \$14.95 **\$11.95**



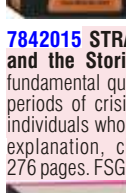
**7900546 SENSORY PROCESSING SOLUTIONS: Drug-Free Therapies to Realize Your Child's Potential.** By Sally Fryer Dietz. Dietz explains how children with sensory processing "glitches" are often misunderstood and put on medication rather than in therapies that can help them succeed naturally. He provides solutions beyond medication and helps you figure out what options are available. 178 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$13.95**



**7812906 BETWEEN THOUGHT AND EXPRESSION LIES A LIFETIME: Why Ideas Matter.** By N. Chomsky & J. Kelman. An impassioned, elucidating, and often humorous collaboration. Philosophical and intimate, it is a call to ponder, imagine, explore, and act. 276 pages. PM Press. Paperbound. Pub. at \$19.95 **PRICE CUT to \$4.95**



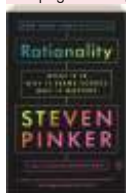
**7848439 SPITE: The Upside of Your Dark Side.** By Simon McCarthy-Jones. Spite angers and enrages us, but it also keeps us honest. In this provocative account, a psychologist examines how petty vengeance explains human thriving. 266 pages. Basic. Pub. at \$28.00 **PRICE CUT to \$3.95**



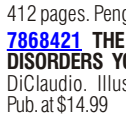
**7842015 STRANGERS TO OURSELVES: Unsettled Minds and the Stories That Make Us.** By Rachel Aviv. Poses fundamental questions about how we understand ourselves in periods of crisis and distress. Aviv explores case histories of individuals who have come up against the limits of psychiatric explanation, challenging the way we understand illness. 276 pages. FSG. Pub. at \$28.00 **PRICE CUT to \$5.95**



**4862341 RATIONALITY: What It Is, Why It Seems Scarce, Why It Matters.** By Steven Pinker. Can reading a book make you more rational? Can it help us understand why there is so much irrationality in the world? Pinker answers these important questions here. This work also explores its opposite: how the rational pursuit of self-interest, can add up to crippling irrationality in a society. Illus. 412 pages. Viking. Pub. at \$32.00 **PRICE CUT to \$19.95**



**7895267 RATIONALITY: What It Is, Why It Seems Scarce, Why It Matters.** By Steven Pinker. Can reading a book make you more rational? Can it help us understand why there is so much irrationality in the world? Pinker answers these important questions here. This work also explores its opposite: how the rational pursuit of self-interest can add up to crippling irrationality in a society. Illus. 412 pages. Penguin. Paperbound. Pub. at \$14.99 **SOLD OUT**



**7868421 THE PARANOID'S POCKET GUIDE TO MENTAL DISORDERS YOU CAN JUST FEEL COMING ON.** By Dennis DiClaudio. Illus. 208 pages. Becker & Mayer. Paperbound. Pub. at \$14.99 **\$4.95**



## Psychology

- 194178X DEVIANCE AND PSYCHOPATHOLOGY: The Sociology and Psychology of Outsiders.** By Robert Endelman. 300 pages. Krieger. **\$6.95**
- 7875029 THE UNEXPECTED GIFT OF TRAUMA: The Path to Posttraumatic Growth.** By Edith Shiro. 310 pages. Harvest. Pub. at \$29.99 **\$5.95**
- 4986997 THE LIFE-CHANGING SCIENCE OF DETECTING BULLSHIT.** By John V. Petrocelli. 322 pages. St. Martin's. Pub. at \$28.99 **\$6.95**
- 3813606 THE VOYEUR'S MOTEL.** By Gay Talese. Color photos. 233 pages. Grove. Paperbound. Pub. at \$16.00 **\$4.95**
- 7863268 HOW DO WE KNOW OURSELVES? Curiosities and Marvels of the Human Mind.** By David G. Myers. 253 pages. FSG. Pub. at \$26.00 **\$5.95**
- ★1943596 MANHOOD: The Bare Reality.** By Laura Dodsworth. Adults only. 304 pages. Pinter & Martin. Paperbound. Pub. at \$25.00 **\$14.95**
- 7914903 COLLECTIVE ILLUSIONS: Conformity, Complicity and the Science of Why We Make Bad Decisions.** By Todd Rose. 276 pages. Hachette. Pub. at \$29.00 **\$6.95**
- ★4814029 INSTANT PSYCHOLOGY: Key Thinkers, Theories, Concepts and Techniques Explained on a Single Page.** By N. Hayes & S. Tomley. 176 pages. Welbeck. Paperbound. Pub. at \$16.95 **SOLD OUT**
- ★7930291 ALTERED STATES: Minds, Drugs and Culture.** By Ben Sessa. Well illus. 58 pages. Wooden. Paperbound. **\$7.95**
- ★7836635 DARK PERSUASION: A History of Brainwashing from Pavlov to Social Media.** By Joel E. Dimsdale. 284 pages. Yale. Paperbound. Pub. at \$22.00 **\$17.95**
- 7719752 BEGINNERS: The Joy and Transformative Power of Lifelong Learning.** By Tom Vanderbilt. 299 pages. Knopf. Pub. at \$26.95 **\$5.95**
- 7701527 QUESTIONING PSYCHOLOGICAL HEALTH AND WELL-BEING: Historical and Contemporary Dialogues.** By Britt-Mari Sykes. 170 pages. Mercer UP. Paperbound. Pub. at \$32.00 **\$3.95**
- 7800878 DORA: An Analysis of a Case of Hysteria.** By Sigmund Freud. 124 pages. Scribner. Paperbound. Pub. at \$16.99 **\$5.95**
- 7884710 STRANGE CONTAGION: Inside the Surprising Science of Infectious Behaviors and Viral Emotions and What They Tell Us About Ourselves.** By Lee Daniel Kravetz. 263 pages. Harper Wave. Paperbound. Pub. at \$15.99 **PRICE CUT to \$3.95**
- ★1953370 READY: How to Know When to Go and When to Stay.** By David Richo. 170 pages. Shambhala. Paperbound. Pub. at \$17.95 **\$7.95**
- ★772313X PTSDREAMS: Transform Your Nightmares from Trauma Through Healing Dreamwork.** By Linda Yael Schiller. 294 pages. Llewellyn. Paperbound. Pub. at \$18.99 **\$11.95**
- 1946366 CLASSIFYING PSYCHOPATHOLOGY: Mental Kinds and Natural Kinds.** Ed. by H. Kincaid & J.A. Sullivan. 286 pages. MIT Press. Pub. at \$40.00 **PRICE CUT to \$11.95**
- ★7802838 IN TWO MINDS: Stories of Murder, Justice and Recovery from a Forensic Psychiatrist.** By Sohoh Das. 380 pages. Sphere. Pub. at \$26.95 **\$9.95**
- ★1937979 UNDERSTANDING INTELLIGENCE.** By Ken Richardson. 226 pages. Cambridge. Paperbound. Pub. at \$14.95 **\$7.95**
- ★7747462 TRAUMA AND RECOVERY: The Aftermath of Violence—from Domestic Abuse to Political Terror.** By Judith L. Herman. 470 pages. Basic. Paperbound. Pub. at \$18.99 **\$7.95**
- ★7683588 AURORA: The Psychiatrist Who Treated the Movie Theater Killer Tells Her Story.** By L. Fenton & K. Droban. Color photos. 289 pages. Berkley. Pub. at \$27.00 **\$11.95**
- ★7752555 THE DREAMWORK HANDBOOK: Transform Your Life Through Dreams.** By Nicholas Heyneman. 200 pages. Watkins. Pub. at \$16.99 **PRICE CUT to \$5.95**
- ★7759525 RADICAL REGENERATION: Sacred Activism and the Renewal of the World.** By A. Harvey & C. Baker. 566 pages. Inner Traditions. Paperbound. Pub. at \$29.99 **PRICE CUT to \$9.95**
- ★7779135 DOPAMINE NATION: Finding Balance in the Age of Indulgence.** By Anna Lembke. Illus. 290 pages. Dutton. Paperbound. Pub. at \$18.00 **PRICE CUT to \$9.95**
- 7742533 HURTS SO GOOD: The Science & Culture of Pain on Purpose.** By Leigh Cowart. 237 pages. PublicAffairs. Pub. at \$28.00 **\$7.95**
- 7772718 OUT OF MY HEAD: On the Trail of Consciousness.** By Tim Parks. 312 pages. New York Review of Books. Paperbound. Pub. at \$18.95 **SOLD OUT**
- 779438X FRIEND & FOE: When to Cooperate, When to Compete, and How to Succeed at Both.** By A. Galinsky & M. Schweitzer. 312 pages. Crown. Pub. at \$28.00 **PRICE CUT to \$4.95**

**7684916 THE NEITHER/NOR OF THE SECOND SEX: Kierkegaard on Women, Sexual Difference, and Sexual Relations.** By Celine Leon. 286 pages. Mercer UP. Pub. at \$45.00 **SOLD OUT**

**★4792386 THE ORIGIN OF LANGUAGE.** By Henry Kellerman. 256 pages. American Mental Health. Paperbound. Pub. at \$30.00 **\$7.95**

## Education

- 7835302 SO YOU WANT TO BE A LAWYER: The Ultimate Guide to Getting into and Succeeding in Law School.** By Lisa Fairchild Jones et al. Takes you through the process of becoming a lawyer, examining each phase in a helpful and easy to understand narrative. Find out what practicing law is like before you step into your first law class. Practice solving legal problems as law students would in law school. Get tips on how to get into law school, and more. 319 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$6.95**
- ★7873077 BARRON'S CDL COMMERCIAL DRIVER'S LICENSE TRUCK DRIVER'S TEST.** By Mike Byrnes. Sharpen your test-taking skills with two sample Knowledge Tests, a diagnostic test for assessing strengths and areas for improvement, and practice for the Skills Test. Strengthen your knowledge with in-depth review covering all topics CDL drivers need to know, and more. Well illus. 433 pages. Barron's. 8 1/2 x 10 3/4. Paperbound. Pub. at \$22.99 **\$17.95**
- 7859872 HOMESCHOOL HACKS: How to Give Your Kid a Great Education Without Losing Your Job (or Your Mind).** By Linsey Knerl. A working mother of six, who has homeschooled her own children for years, shows how any family can do it, with customized plans for every schedule, lifestyle, and educational goal. 225 pages. Tiller. Paperbound. Pub. at \$16.99 **\$5.95**
- 1924737 CRIMINOLOGY: An Integrated Approach.** By Gregg Barak. This is the first criminology textbook to provide an integrated perspective on the developing global and historical relations that unite the studies of criminology/criminologists, criminal justice/judicials, and crime/crime control in the 21st century. 379 pages. Rowman & Littlefield. Paperbound. Pub. at \$85.00 **\$9.95**
- ★7886721 BARRON'S MECHANICAL APPTITUDE AND SPATIAL RELATIONS TESTS.** By Joel Wiesen. Sharpen your test-taking skills with 18 typical tests that gauge an individual's mechanical aptitude and spatial ability, with all questions answered and explained. Strengthen your knowledge with in-depth review covering all topics for each test that helps screen applicants for jobs that range from mechanics and skilled trades apprentices to aerospace engineers and firefighters. Fully illus. 470 pages. Barron's. 8 1/2 x 10 3/4. Paperbound. Pub. at \$24.99 **\$17.95**
- ★7838018 BARRON'S POLICE OFFICER EXAM, 11TH EDITION.** By F.A. Lombardo & D.J. Schroeder. Presents information, practice tests, and strategies for the different question types, including a new question type that will be used by police departments throughout the country. Includes general strategies for dealing with multiple-choice questions and specific strategies for taking computer-based tests, as well as traditional paper tests. Illus. 607 pages. Barron's. 8 1/2 x 10 3/4. Paperbound. Pub. at \$18.99 **\$13.95**
- ★7890486 THE MILLIONAIRE PRISONER 3: Success University.** By M. Enemigo & J. Kruger. Contains advanced strategies to overcoming any obstacle in prisons. With this work you will discover the secrets to: make money from arts and crafts while inside; how to find and get free money for your dreams; mastering your time to become a cellpreneur; attract good luck to your life; how to publish for profit from prison; and more. 241 pages. The Cell Block. Paperbound. **\$17.95**
- ★7890494 THE MILLIONAIRE PRISONER 5: Free Money.** By M. Enemigo & J. Kruger. Your complete roadmap to finding all the free money options out there for convicts. You'll discover the secrets to: getting free money for incarcerated veterans; what grants are available for artists and writers; free money for college classes that you never have to pay back; where to get free legal assistance from; and more. 334 pages. The Cell Block. Paperbound. Pub. at \$24.99 **\$17.95**



**7854145 MED SCHOOL UNCENSORED: The Insider's Guide to Surviving Admissions, Exams, Residency, and Sleepless Nights in the Call Room.** By Richard Beddingfield. Reveals everything students need to know to make the most of opportunities while staying sane through the gauntlets of applying to med schools, residencies, and fellowships, and starting work as new physicians. Featuring information on everything from admissions requirements to test scores to choosing a specialty, and more. 280 pages. Ten Speed. Paperbound. Pub. at \$18.99 **PRICE CUT to \$3.95**

- ★7890508 THE MILLIONAIRE PRISONER 4: Pen Pal Mastery.** By M. Enemigo & J. Kruger. 240 pages. The Cell Block. Paperbound. **\$17.95**
- ★7890516 THE MILLIONAIRE PRISONER: Special 2-in-1 Edition.** By M. Enemigo & J. Kruger. 281 pages. The Cell Block. 8x10. Paperbound. **\$21.95**
- ★7741669 THE COMPLETE REMOTE PILOT, SECOND EDITION.** By B. Gardner & D. Ison. Well illus. 190 pages. Aviation Supplies & Acad. 8 1/2 x 10 3/4. Paperbound. Pub. at \$24.95 **\$17.95**
- ★7698658 THE ORDINARY PARENT'S GUIDE TO TEACHING READING, REVISED EDITION: Instructor Book.** By J. Wise & S. Buffington. 559 pages. Well-Trained Mind. 8 1/2 x 11. Paperbound. Pub. at \$33.95 **PRICE CUT to \$19.95**
- ★4974646 TEACHING KIDS TO READ: Embracing Guided Reading in Primary School Classrooms.** By Gail Saunders-Smith. 102 pages. Skyhorse. 8 1/2 x 11. Paperbound. Pub. at \$19.99 **\$9.95**
- ★3719200 LEARN TO DRIVE TO 10 EASY STAGES, 7TH EDITION.** By John Wells. Well illus. in color. 333 pages. Kogan Page. Paperbound. Pub. at \$19.95 **\$9.95**

## Research Tools & Sourcebooks



**★7799578 FINDING YOUR FAMILY TREE: A Beginner's Guide to Researching Your Genealogy.** By Sharon Leslie Morgan. This beginner's guide to genealogy is a concise, informative guide that provides you with all the information and tools you will need along the way. Your ancestors have shaped you into the person you are today. Discover their stories and you will learn something new about yourself too. 152 pages. Wellfleet. Pub. at \$19.99 **\$14.95**



**★7840160 THE MAGIC IN YOUR GENES: Your Personal Path to Ancestor Work.** By Cairelle Crow. A unique guide that combines traditional genealogy with magical practices to help uncover and deepen your relationship with your ancestors. Provides a clear and accessible route enabling both novices and adepts to deepen their ancestor work and genealogy practice. Unifies science, spells, and rituals to create a profound work of ancestors. Illus. 237 pages. Weiser. Paperbound. Pub. at \$18.95 **PRICE CUT to \$9.95**

- 7809573 GREAT BRITISH FAMILY NAMES AND THEIR HISTORY.** By John Moss. 314 pages. Pen & Sword. Paperbound. Pub. at \$22.95 **\$6.95**
- ★4856309 LEGAL RESEARCH, 19TH EDITION: How to Find & Understand the Law.** Ed. by Cara O'Neill. 356 pages. Nolo. Paperbound. Pub. at \$49.99 **SOLD OUT**
- 7847084 THE DEVIL NEVER SLEEPS: Learning to Live in an Age of Disasters.** By Juliette Kayyem. Illus. 219 pages. PublicAffairs. Pub. at \$29.00 **PRICE CUT to \$4.95**

## Words & Language



**7841876 POE KNOWS: A Miscellany of Macabre Musings.** By Edgar Allan Poe. Features more than 200 quotes from Poe's writings, in which he expounds his thoughts on madness, emotions, beauty, death, dreams, love, and other themes that caught his unique fancy. Illus. 256 pages. Union Square & Co. Pub. at \$16.99 **\$4.95**

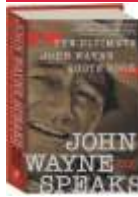


**7701047 THE LITTLE BOOK OF MISQUOTATIONS.** By Lou Harry. A collection of 200 of the most famous things people never said! Just because a quote is engraved in marble or repeated a million times online doesn't mean it's correct. This is the definitive reference of commonly misquoted quotes. 207 pages. Whalen Book Works. Pub. at \$9.95 **\$4.95**





## Words & Language



**1970577 JOHN WAYNE SPEAKS: The Ultimate John Wayne Quote Book.** By Mark Orwoll. With more than 1,000 impeccably sourced quotes from his 172 film career, this provides what has often been missing from other reference works about the Duke: accuracy, context, and comprehensiveness. 292 pages. St. Martin's. Pub. at \$17.99 **\$3.95**



**7849443 THE QUOTABLE SOUTHERNER: Centuries of Wit and Wisdom.** By Polly Powers Stramm. Focusing on the unique qualities of both the landscape and people, this work showcases the linguistic insight of the region's native and adopted sons and daughters. Sometimes insightful, sometimes hilarious, these quotes will have readers smiling, laughing, and shaking their heads. 204 pages. Globe Pequot. Paperbound. Pub. at \$16.95 **\$6.95**

**1979442 EVERYTHING I NEED TO KNOW I LEARNED FROM BETTY WHITE.** By Juliana Sharaf. What would Betty do? Betty White is a trailblazing powerhouse known for her tenacity, sincerity, enthusiasm and underlying love of looking on the bright side of life. This guide features more than 35 lessons from your favorite Betty shows, films, works, guest appearances, and more. Fully illus., most in color. 176 pages. Media Lab Books. Pub. at \$14.99 **\$5.95**

**★3729745 THE FUNNIEST THINGS EVER SAID.** Ed. by Steven D. Price. A collection of 1,193 "laugh out loud" quotes, quips, and jokes from the world of politics, show business, sports, and anywhere else—for people who need a good laugh! 332 pages. Lyons. Paperbound. Pub. at \$14.95 **\$11.95**



**7849087 THE BEST ADVICE EVER GIVEN: The Greatest Life Lessons for Success in the Real World.** Ed. by Steven D. Price. A compendium of personal tips, traditional proverbs, and clever observations from the literary, political, and entertainment worlds. Covers such diverse topics as life, love, success, forgiveness, friendship, character, health, and many more. 310 pages. Lyons. Paperbound. Pub. at \$14.95 **\$4.95**



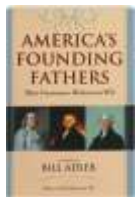
**★193709X ROGET'S INTERNATIONAL THESAURUS, EIGHTH EDITION REVISED.** Ed. by Barbara Ann Kipfer. First, you identify the general category or meaning for which you are seeking a word: Are you looking for a word related to values and ideals? Then, look up the keywords to find the exact entry you're seeking. Plus, the index allows you to find any word or phrase wherever it appears in the thesaurus. 1154 pages. Collins. Paperbound. Pub. at \$25.99 **\$18.95**

**★3162346 8,789 WORDS OF WISDOM.** By Barbara Ann Kipfer. A collection of proverbs, precepts, maxims, saws, adages, and axioms, polished over years of use, but just as true today as the day they were coined. 618 pages. Workman. Paperbound. Pub. at \$9.95 **\$7.95**

**★7971044 THE ABRAHAM LINCOLN BOOK OF QUOTES.** By Travis Hellstrom. A collection of the best quotes, speeches, and advice from one of the most influential and greatest presidents of all time. 168 pages. Hatherleigh. Pub. at \$15.00 **\$11.95**



**★7955162 CHURCHILL IN "QUOTES": Wit and Wisdom from the Great Statesman.** Ed. by Sara Harper. The selection of quotations and photographs in this work offers readers the opportunity to enjoy a unique critique and review of the inspirational and often amusing words of a man considered by many to be the greatest Briton of all time. 192 pages. Ammonite. Pub. at \$16.99 **\$12.95**



**7836856 AMERICA'S FOUNDING FATHERS: Their Uncommon Wisdom and Wit.** Ed. by Bill Adler. Centered on the personal philosophies, opinions, thoughts, witticisms, and feelings of the exemplary men who founded our nation. Gathers together the founding fathers' best quotations on a variety of subjects. 221 pages. Rowman & Littlefield. Paperbound. Pub. at \$15.95 **\$5.95**

**7742657 LIFE'S JOURNEYS ACCORDING TO MISTER ROGERS: Things to Remember Along the Way.** By Fred Rogers. An inspiring collection of thoughts to take us on the paths we travel in life. Mr. Rodgers addresses the scope of human transitions. It all comes down to knowing we're valuable, and that we're worthy of that value. 161 pages. Hachette. Pub. at \$17.00 **\$5.95**

**7825587 VICIOUS NONSENSE: Quips, Snubs & Jabs by Literary Friends & Foes.** Ed. by Kristen Hewitt. A collection of more than 100 digs, jabs, and put downs by and about the world's most respected writers. Reveals the acerbic side of beloved authors who can become brutal critics when writing about their fellow wordsmiths. A delightful collection that will ignite the armchair critic in us all. 144 pages. Princeton Architectural. Pub. at \$16.95 **PRICE CUT to \$2.95**

**★7703589 A LITTLE BOOK ABOUT BOOKS: Quotes for the Bibliophile in Your Life.** By Marcus Leaver. 192 pages. Orange Hippo. Pub. at \$8.95 **\$6.95**

**7742711 MANY WAYS TO SAY I LOVE YOU: Wisdom for Parents and Children from Mister Rogers.** By Fred Rogers. 184 pages. Hachette. Pub. at \$17.00 **SOLD OUT**

**★1956973 SIGNED & SEALED: Greetings, Goodbyes, and Fine Lines from History's Remarkable Letter Writers.** By Quotabelle. Illus. 272 pages. Running Press. Pub. at \$20.00 **\$9.95**

**★775079X SH\*T JOE ROGAN SAYS: An Unauthorized Collection of Quotes and Common Sense from the Man Who Talks to Everybody.** By Mary Wood. 176 pages. Skyhorse. Pub. at \$14.99 **SOLD OUT**

**★3717674 HISTORY DAY BY DAY: 366 Voices from the Past.** By Peter Furtado. 488 pages. Thames & Hudson. Paperbound. Pub. at \$16.95 **\$9.95**

## Foreign Language



**7954581 LAROUSSE'S FRENCH-ENGLISH/ENGLISH-FRENCH DICTIONARY.** With more than 50,000 definitions, this volume is designed expressly for the widest possible variety of interests and professions—students, teachers, travelers, and home and office libraries. You'll find keys to pronunciation, idioms, conjugations, and more, in both languages. 682 pages. Pocket. Paperbound. Pub. at \$6.99 **\$4.95**



**7878400 PORTUGUESE/ENGLISH BILINGUAL VISUAL DICTIONARY.** Ed. by A. Gavira & A. Wilkes. The quick way to learn more than 6,000 Portuguese words and phrases, featuring a complete range of illustrated objects and scenes from everyday life. 360 pages. Dorling Kindersley. Paperbound. Pub. at \$14.95 **\$6.95**

**★4858301 MERRIAM-WEBSTER'S GERMAN-ENGLISH DICTIONARY.** Ed. by Susanne Reichert. This perfect translation tool offers up to date bidirectional coverage of German and English. Clear, precise definitions deliver the words you need to enable quick and easy understanding. Includes more than 43,000 translations and more than 38,000 entry words and phrases. 420 pages. Merriam-Webster. Paperbound. Pub. at \$7.99 **\$5.95**



**7890230 LAROUSSE CONCISE DICTIONARY: English/German.** Ed. by Patrick White. Ideal companion for those who wish to learn and become fluent in contemporary German. Contains 90,000 words and phrases, incorporates changes from German spelling reform, grammatical constructions, and special cultural entries. 1238 pages. Larousse. Pub. at \$24.95 **\$5.95**



**7890249 LAROUSSE SPANISH POCKET STUDENT DICTIONARY: Spanish/English-English/Spanish.** Ed. by Dileri Borunda Johnston et al. Vocabulary perfectly adapted to the beginner's needs with 20,000 examples that show words in context. No abbreviations, making it easier to find the right word with clearly structured entries to help the beginner develop essential dictionary skills, and more. 607 pages. Larousse. Paperbound. Pub. at \$6.95 **\$4.95**

**7918453 DUTCH IN 3 MONTHS: Your Essential Guide to Understanding and Speaking Dutch.** By Jane Fenoulhet. This practical language learning course is packed with Dutch vocabulary, grammar insights, and tips to make learning a new language easier. 255 pages. Dorling Kindersley. Paperbound. Pub. at \$14.99 **\$6.95**



**7876122 ARABIC ENGLISH VISUAL BILINGUAL DICTIONARY.** Ed. by Simon Tuite. Offers a quick and intuitive way for anyone to learn thousands of words in Modern Standard Arabic. Contains over 6,000 words and phrases, each illustrated with a color photograph. Includes a pronunciation guide and a detailed index. 360 pages. Dorling Kindersley. Paperbound. Pub. at \$14.95 **\$6.95**



**7947488 COLLINS SPANISH CONCISE DICTIONARY, EIGHTH EDITION.** Ed. by T. Alvarez & S. Beattie. Comprehensive and up to date coverage of all the words and phrases you need. Clear layout and in-depth treatment of difficult words. Ideal for intermediate learners—with a Spanish grammar guide included. 1192 pages. Collins. Paperbound. Pub. at \$19.99 **\$5.95**



**783148X SPANISH: Rough Guides Phrasebook.** This diminutive reference offers over 7,000 words and phrases for every occasion along with a menu reader for easy ordering; a quick-reference bilingual dictionary; and informative tip boxes on culture, idioms or multiple meanings. 280 pages. Rough Guides. Paperbound. Pub. at \$8.99 **\$5.95**



**★3897613 5 LANGUAGE VISUAL DICTIONARY, REVISED EDITION.** Ed. by Arpita Dasgupta et al. Your one-stop shop to five major European languages and an intuitive way to learn and recall everyday vocabulary in French, Italian, Spanish, German, and English. Clear design and superb illustrations place more than 6,500 words and phrases at your fingertips. 400 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$14.95**



**LIMITED QUANTITY ★7937776 MASTERING JAPANESE KANJI, VOLUME 1: The Innovative Visual Method for Learning Japanese Characters.** By Glen Nolan Grant. Employs a unique two-step process that will help you easily learn and remember the most important kanji. Includes sample sentences, along with common words and compounds, to expand your vocabulary by showing each kanji used in context. Bonus CD-ROM includes stroke-order animations and pronunciations for all kanji, and more. Well illus. 256 pages. Tuttle. 8 1/2 x 11. Paperbound. Pub. at \$19.99 **SOLD OUT**



**★1934740 DIRTY GERMAN, 2ND EDITION: Everyday Slang from "What's Up?" to "F\*ck% Off!"** By Daniel Chaffey. Forget the German you learn in the classroom, what you really want to know is how to drop a little slang, coolly greet your friends, and pick up someone at the bar. This guide will teach you how to speak like you're a regular on the streets of Berlin. Illus. 168 pages. Ulysses. Paperbound. Pub. at \$12.95 **\$9.95**



**★7881185 6 LANGUAGE VISUAL DICTIONARY.** Ed. by Angela Garcia. Paired words and pictures, this dictionary offers you an efficient and fun way to learn and memorize thousands of terms common in six widely spoken European languages—English, German, Spanish, French, Italian and Portuguese. 400 pages. Thunder Bay. Paperbound. Pub. at \$19.99 **\$14.95**



**★7955308 READING & WRITING FARSI (PERSIAN): A Beginner's Guide to the Farsi Script and Language.** By P. Vil & A.H. Ahooie. A graded step by step approach that takes you from copying Farsi letters, to writing words, and then full sentences. Includes plentiful reading and writing practice exercises featuring everyday activities and situations. Fully illus. 190 pages. Tuttle. Paperbound. Pub. at \$16.99 **\$12.95**



**7915896 ESSENTIAL CHINESE PHRASEBOOK AND DICTIONARY.** By Catherine Dai. Contains the practical everyday phrases and expressions needed for interactions in China in a way that's clear, concise, accessible and enjoyable. Whether you're a total beginner or have some experience with the language, this is a reference you'll turn to again and again. Illus. 207 pages. Tuttle. Paperbound. Pub. at \$9.95 **\$5.95**



**★4695739 AMERICAN SIGN LANGUAGE FOR BEGINNERS: Learn Signing Essentials in 30 Days.** By Rochelle Barlow. From letters and numbers to important vocabulary and grammar basics, this beginner's guide provides the essentials to develop a solid foundation for ASL in the real world. Well illus. in color. 176 pages. Rockridge. Paperbound. Pub. at \$16.99 **\$12.95**



## Foreign Language

**7691343 ITALIAN PHRASE BOOK & DICTIONARY.** Ed. by Helen Fanthorpe. Contains over 8,000 words and phrases; color-coded sections organized by theme; easy pronunciation; and a menu reader all in a compact carry-along volume. Illus. in color. 224 pages. Berlitz. Paperbound. Pub. at \$9.99 **\$4.95**



**7915861 ELEMENTARY KOREAN, SECOND EDITION: The Complete Language Course for Beginners.** By R. King & J. Yeon. Offers a first-year course in Korean—ideal for college students and self study learners. It contains plentiful dialogues, grammar notes and exercises in Han'gul, the Korean alphabet. Geared toward beginners with no prior knowledge of the language. Illus. 334 pages. Tuttle. Paperbound. Pub. at \$29.95 **\$9.95**



**4979699 LANGENSCHIEDT UNIVERSAL POLISH DICTIONARY.** Compiled by Michal Jankowski et al. This pocket dictionary has up to date vocabulary. All main headwords in blue for quick reference. Aspect pairs with every Polish verb. The best compact reference work for use at home, in the office, at school, and for travel. 494 pages. Langenscheidt. Paperbound. Pub. at \$7.95 **\$5.95**

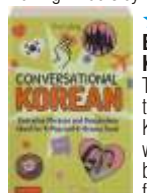
**★7912358 COLLINS UKRAINIAN-ENGLISH VISUAL DICTIONARY.** By Roksolana Mykhaylyk et al. A photo guide to 3,000 key words and phrases in Ukrainian with English translations. 256 pages. Collins. Paperbound. Pub. at \$11.99 **\$9.95**



**★7879059 FRENCH ENGLISH ILLUSTRATED DICTIONARY.** By Thomas Booth. Collects 10,000 illustrated words and phrases that make learning French fun and easy. Clear and attractive illustrations, organized by theme, help you understand new words and cement them in your memory and gives you all the vocabulary you need for work, study, travel, and leisure. 432 pages. Dorling Kindersley. Paperbound. Pub. at \$30.00 **\$21.95**



**★7879067 GERMAN ENGLISH ILLUSTRATED DICTIONARY.** By Thomas Booth. Collects 10,000 illustrated words and phrases that make learning German fun and easy. Clear and attractive illustrations, organized by theme, help you understand new words and cement them in your memory and gives you all the vocabulary you need for work, study, travel, and leisure. 432 pages. Dorling Kindersley. Paperbound. Pub. at \$30.00 **SOLD OUT**



**★7866925 CONVERSATIONAL KOREAN: Everyday Phrases and Vocabulary Ideal for K-Pop and K-Drama Fans!** By The Calling. This super-cute, full-color phrasebook covers all the situations you are likely to encounter in Korean whether at school, at work, hanging out with your friends, discussing your favorite K-Pop bands, meeting the love of your life or suffering from a broken heart. 352 pages. Tuttle. Paperbound. Pub. at \$16.99 **\$12.95**



**★770061X BEGINNER'S UKRAINIAN WITH INTERACTIVE ONLINE WORKBOOK, THIRD EDITION.** By Yuri I. Shevchuk. Offers an easy, effective, and fun way for beginners to learn how to read, write, speak and understand Ukrainian. Priority is given to developing learners' conversational skills while providing them with a solid grammar foundation. Well illus. 429 pages. Hippocrene. 8 1/2 x 10 3/4. Paperbound. Pub. at \$45.00 **\$27.95**

**4914589 WESTERN EUROPE PHRASE BOOK & DICTIONARY.** Ed. by Zara Sekhvat. Contains over 8,000 words and phrases; color-coded sections organized by theme; easy pronunciation; and a menu reader all in a compact carry-along volume. Languages featured: Dutch, French, German, Greek, Italian, Portuguese, Spanish and Turkish. Illus. in color. 224 pages. Berlitz. Paperbound. Pub. at \$9.99 **PRICE CUT to \$2.95**



**497512X NORDIC EUROPE PHRASE BOOK & DICTIONARY.** Ed. by Zara Sekhvat. This clear compact resource for travelers is packed with key words and phrases to help conversation in Danish, Swedish, Norwegian and Finnish. With over 8,000 words and phrases, it's all you need to make yourself understood, and to understand others, when you're out and about. Illus. in color. 224 pages. Berlitz. Paperbound. Pub. at \$9.99 **\$4.95**



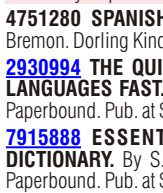
**★7767188 UKRAINIAN/ENGLISH BILINGUAL VISUAL DICTIONARY.** Ed. by P. Savage & C. Stoyan. A quick way to learn more than 6,000 English or Ukrainian words. Features a complete range of illustrated objects and scenes from everyday life. Easy to use, with two-way indexes. 360 pages. Dorling Kindersley. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**



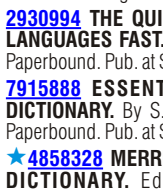
**7801556 ENJOY ESPERANTO: Improve Your Fluency and Communicate with Ease.** By Tim Owen. This course will help you improve and build upon the language you already have so that you develop your skills to a level where you can enjoy communicating in Esperanto. You will develop your vocabulary so that you can express your opinion on a number of topics, as well as react to other people's opinions, and more. 221 pages. Teach Yourself. Paperbound. Pub. at \$39.99 **PRICE CUT to \$11.95**



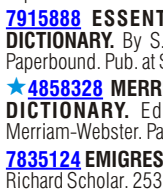
**★1927949 ITALIAN IN 3 MONTHS: Your Essential Guide to Understanding and Speaking Italian.** By Milena Reynolds. Everything you need to understand and speak Italian. This guide builds vocabulary through word lists, key phrases and model sentences; explains essential grammar; and develops conversation through exercises based on real-life scenarios. 253 pages. Dorling Kindersley. Paperbound. Pub. at \$14.99 **SOLD OUT**



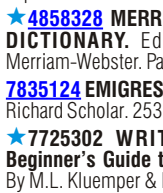
**4751280 SPANISH: Complete Language Pack.** By Ana Bregon. Dorling Kindersley. Pub. at \$14.99 **SOLD OUT**



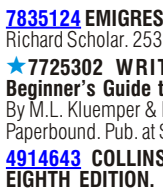
**2930994 THE QUICK AND DIRTY GUIDE TO LEARNING LANGUAGES FAST.** By Mykel Hawke. 167 pages. Racehorse. Paperbound. Pub. at \$12.99 **\$4.95**



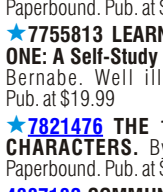
**7915888 ESSENTIAL KOREAN PHRASEBOOK AND DICTIONARY.** By S. Koh & G. Baik. Illus. 191 pages. Tuttle. Paperbound. Pub. at \$9.95 **\$5.95**



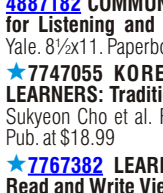
**★4858328 MERRIAM-WEBSTER'S JAPANESE-ENGLISH DICTIONARY.** Ed. by Susanne Reichert. 424 pages. Merriam-Webster. Paperbound. **\$5.95**



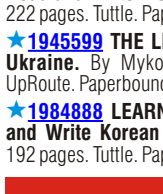
**7835124 EMIGRES: French Words That Turned English.** By Richard Scholar. 253 pages. Princeton. Pub. at \$29.95 **\$9.95**



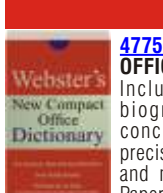
**★7725302 WRITTEN CHINESE MADE EASY: A Beginner's Guide to Learning 1,000 Chinese Characters.** By M.L. Kluemper & K.-Y.Y. Nadeau. Fully illus. 216 pages. Tuttle. Paperbound. Pub. at \$16.99 **SOLD OUT**



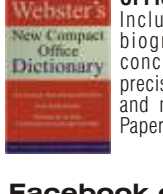
**4914643 COLLINS BEGINNER'S GERMAN DICTIONARY, EIGHTH EDITION.** Ed. by Mary O'Neill. 624 pages. Collins. Paperbound. Pub. at \$9.99 **\$4.95**



**★7755813 LEARN JAPANESE WITH MANGA, VOLUME ONE: A Self-Study Language Book for Beginners.** By Marc Bernabe. Well illus. 350 pages. Tuttle. Paperbound. Pub. at \$19.99 **SOLD OUT**



**★7821476 THE 100 MOST INTERESTING CHINESE CHARACTERS.** By Xu Hui. 106 pages. Royal Collins. Paperbound. Pub. at \$12.95 **\$9.95**



**4887182 COMMUNICATING IN CHINESE: Student's Book for Listening and Speaking.** By Cynthia Ning. 243 pages. Yale. 8 1/2 x 11. Paperbound. Pub. at \$49.00 **\$9.95**



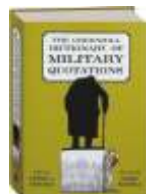
**★7747055 KOREAN FOLKTALES FOR LANGUAGE LEARNERS: Traditional Stories in Korean and English.** By Sukyeon Cho et al. Fully illus. 240 pages. Tuttle. Paperbound. Pub. at \$18.99 **SOLD OUT**



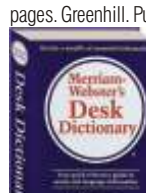
**★7767382 LEARNING VIETNAMESE: Learn to Speak, Read and Write Vietnamese Quickly!** By Bac Tran Hoai. Illus. 222 pages. Tuttle. Paperbound. Pub. at \$15.99 **\$11.95**

## Dictionaries

**4775295 WEBSTER'S NEW COMPACT OFFICE DICTIONARY.** Ed. by Michael Agnes. Includes over 60,000 entries; updated biographical and geographical entries; concise, easy to understand definitions; precise and comprehensive pronunciation key; and more. SHOPWORN. 756 pages. Wiley. Paperbound. **\$4.95**



**7815107 THE GREENHILL DICTIONARY OF MILITARY QUOTATIONS.** Ed. by Peter G. Tsouras. Featuring more than 6,000 quotations from 800 military figures broken down into 500 categories covering such subjects as courage, danger, failure, leadership, luck, military intelligence and more, this definitive collection draws on the collected wisdom of those who have experienced war at every level. 560 pages. Greenhill. Pub. at \$39.95 **\$6.95**



**★7838379 MERRIAM-WEBSTER'S DESK DICTIONARY.** Delivers easy access to information about the essential vocabulary of English. Also includes a wealth of facts and figures from the world around us. Includes over 60,000 entries and 70,000 definitions of vital vocabulary. 765 pages. Merriam-Webster. Pub. at \$14.95 **\$11.95**



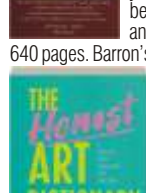
**7827288 MERRIAM-WEBSTER'S MEDICAL SPELLER, THIRD EDITION.** Presents a pocket-size guide to the spelling and division of more than 38,000 medical terms and words with special medical meanings. Also includes more than 1,000 medical abbreviations, signs, and symbols. 406 pages. Merriam-Webster. Pub. at \$7.50 **\$5.95**



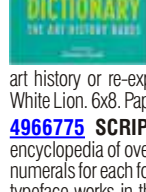
**★7861435 MERRIAM-WEBSTER'S ESSENTIAL LEARNER'S ENGLISH DICTIONARY.** Includes more than 54,000 words and phrases defined and explained with IPA pronunciations; more than 15,000 idioms, collections, and commonly used phrases; and over 78,000 example sentences and phrases. 1386 pages. Merriam-Webster. Paperbound. Pub. at \$10.95 **\$7.95**



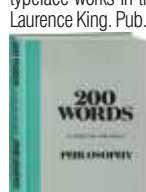
**★4956710 DICTIONARY OF LEGAL TERMS, FIFTH EDITION: Definitions and Explanations for Non-Lawyers!** By Steven H. Gifis. This cuts through the complexities of legal jargon and gives you definitions and explanations that you can understand. Here's a handy guide to "legalese" your consumers, business proprietors, legal beneficiaries, investors, property owners, litigants, and all others who have dealings with the law. 640 pages. Barron's. Paperbound. Pub. at \$19.99 **\$14.95**



**7911505 THE HONEST ART DICTIONARY: A Jovial Trip Through Art Jargon.** By Art History Babes, illus. by C. Casado. Provides easily digestible and entertaining definitions for over 300 art terms, from avant-garde to oeuvre, the Harlem Renaissance to memento mori. Authoritative and informative, humorous and informal, this is an invaluable resource to anyone who is new to art history or re-exploring the discipline. Illus. in color. 240 pages. White Lion. 6x8. Paperbound. Pub. at \$22.99 **\$7.95**



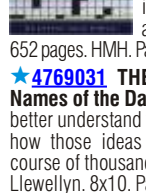
**4966775 SCRIPT FONTS.** By Geum-Hee Hong. A visual encyclopedia of over 300 fonts that includes complete alphabets and numerals for each font and a piece of sample text that shows how each typeface works in the context of a paragraph. Fully illus. 496 pages. Laurence King. Pub. at \$40.00 **\$10.95**



**7769059 200 WORDS TO HELP YOU TALK ABOUT PHILOSOPHY.** By Anja Steinbauer. Designed to demystify philosophic language and make you at ease holding a conversation on the topic. Written with digestible text enabling a quick understanding of various topics while broadening your philosophical vocabulary. 128 pages. Laurence King. Pub. at \$12.99 **SOLD OUT**



**★6755429 WEBSTER'S NEW WORLD CROSSWORD PUZZLE DICTIONARY, SECOND EDITION.** Compiled by Jane Whitfield. Discover the most complete and easy-to-use crossword puzzle dictionary of them all! Inside you'll find over 300,000 clue and answer words, expansive lists of subcategories, and convenient information tables such as Shakespeare's plays and characters, books of the Bible and more. 652 pages. HMH. Paperbound. Pub. at \$16.99 **\$9.95**



**★4769031 THE DICTIONARY OF DEMONS, REVISED: Names of the Damned.** By M. Belanger. Designed to help you better understand where our ideas about demons originated and how those ideas have developed and transformed over the course of thousands of years of written history. Illus. 494 pages. Llewellyn. 8x10. Paperbound. Pub. at \$36.99 **\$27.95**





## Dictionaries



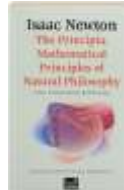
★**7851677 THE COMPLETE ENOCHIAN DICTIONARY: A Dictionary of the Angelic Language as Revealed to Dr. John Dee & Edward Kelley.** By Donald C. Laycock. Provides the following: history of Dr. John Dee and Edward Kelley's experiments; a pronunciation guide for the 21 letters that are essential in untangling both the meaning and the derivation of the messages handed down from Dee and Kelley; an essential Enochian/English and English/Enochian dictionary; and more. Illus. 274 pages. Weiser. Paperbound. Pub. at \$35.00 **\$26.95**



**7891326 THE QUEENS' ENGLISH.** By Chloe O. Davis. Created by and for gays, queers, queens, and everyone in between: LGBTQIA+ folks of all walks of life, gender expressions, sexual identities, abilities, and beyond. This playful, inventive lingo has had major influences on everything from pop culture to key moments in intersectional queer history. Well illus., some in color. 336 pages. Clarkson Potter. Pub. at \$22.50 **PRICE CUT to \$4.95**

**7697554 THE AMERICAN HERITAGE HIGH SCHOOL DICTIONARY.** Ed. by Steven R. Kleinedler et al. SHOPWORN. 1094 pages. HMH. Paperbound. Pub. at \$20.00 **SOLD OUT**

## Philosophy



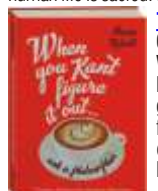
**7970730 THE PRINCIPIA: Mathematical Principles of Natural Philosophy.** By Isaac Newton. First published in 1687 in Latin. Highlights the special scientific contribution Newton has made and how, despite centuries of scientific learning, Newtonian physics still accounts for many of the natural occurrences of the world. Illus. 256 pages. Flame Tree. Paperbound. Pub. at \$12.99 **\$5.95**



**7769326 HOW PHILOSOPHY WORKS: The Concepts Visually Explained.** By Roxana Baiasu et al. Using striking graphics and clear, accessible language, this volume explains everything you need to know about philosophy—from metaphysics and the theory of knowledge to political philosophy, ethics, and logic. 256 pages. Dorling Kindersley. Pub. at \$22.00 **\$6.95**



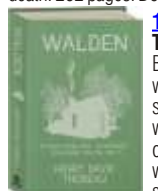
**7788401 ETHICS IN THE REAL WORLD: 82 Brief Essays on Things That Matter.** By Peter Singer. Singer applies his controversial ways of thinking to issues like climate change, extreme poverty, animals, abortion, euthanasia, sports doping and more. He also asks whether chimpanzees are people, smoking should be outlawed or consensual sex between adult siblings should be decriminalized, and human life is sacred. 355 pages. Princeton. Pub. at \$27.95 **\$6.95**



**7958986 WHEN YOU KANT FIGURE IT OUT...ASK A PHILOSOPHER: Timeless Wisdom for Modern Dilemmas.** By Marie Robert. Offers pearls of wisdom from the greatest Western philosophers to help us face and make light of some of the daily challenges of modern life. Illus. 166 pages. Little, Brown. Pub. at \$20.00 **\$5.95**



death. 262 pages. Dover. Paperbound. Pub. at \$12.00 **\$9.95**



**1919318 WALDEN: Rather Than Love, Than Money, Than Fame, Give Me Truth.** By Henry David Thoreau. Written at a time when great change was coming to American society through the industrial revolution, this work reminds readers of the forgotten virtues of self-reliance, the untamed beauty of the wilderness, and the spiritual appeal of a life spent in solitary contemplation. 269 pages. Sirius. Pub. at \$14.99 **\$5.95**



**7854285 WHAT THE BODY COMMANDS: The Imperative Theory of Pain.** By Colin Klein. Klein argues that pains are imperatives; they are sensations with a content, and that content is a command to protect the injured part of the body. He develops his account to handle a variety of pain phenomena and applies it to solve a number of historically puzzling cases. 210 pages. MIT Press. Pub. at \$45.00 **\$6.95**



★**786146X HOW TO FLOURISH: An Ancient Guide to Living Well.** By Aristotle. Omitting Aristotle's digressions and repetitions and overly technical passages, this work provides connecting commentary that allows readers to follow the continuous line of his thought; it also features the original Greek on facing pages. The result is an inviting and lively version about how to flourish and lead a good life. 302 pages. Princeton. Pub. at \$17.95 **\$13.95**



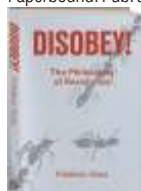
**794859X THE ART OF RHETORIC.** By Aristotle. In ancient Greece, rhetoric was at the center of public life. Many writers attempted to provide manuals to help improve debating skills, but it was not until Aristotle produced this work in the 4th century BCE that the subject had a true masterpiece. 252 pages. Arcturus. Paperbound. **\$5.95**



**7873271 WITCRAFT: The Invention of Philosophy in English.** By Jonathan Ree. In this ambitious and lively new history of philosophy Ree breaks away from high altitude narratives to show how philosophy finds its way into ordinary lives, enriching and transforming them in unexpected ways. Illus. 746 pages. Yale. Paperbound. Pub. at \$30.00 **\$6.95**



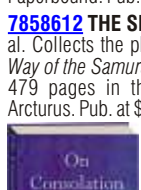
★**7790910 GATEWAY TO THE STOICS: Marcus Aurelius's Meditations, Epictetus's Enchiridion, and Selections from Seneca's Letters.** By Marcus Aurelius et al. The challenge of the Stoics is to pursue answers to the great questions of life and the universe without succumbing to passions or despair—in other words, to master oneself and to seek truth. The responses of Aurelius, Epictetus, and Seneca to the challenges of life have commanded attention for thousands of years and continue to inspire readers today. 228 pages. Gateway. Paperbound. Pub. at \$16.99 **\$12.95**



**7786433 DISOBEY! The Philosophy of Resistance.** By Frederic Gros. Behind the diversity of current social movements, Gros discerns the roots of disobedience, discovering within it a victory over generalized conformity and inertia. Draws on sources from Socrates to Thoreau, referencing evidence found in events such as the Eichmann trial or the experiments of Stanley Milgram. 214 pages. Verso. Pub. at \$24.95 **\$7.95**



**LIMITED QUANTITY ★7955006 LOSING OURSELVES: Learning to Live Without a Self.** By Jay L. Garfield. Explains why shedding the illusion that we have selves promises to liberate us and improve our lives, our relationships, and the world. The result is a transformative work about why we have nothing to lose and everything to gain by losing our selves. 203 pages. Princeton. Paperbound. Pub. at \$16.95 **SOLD OUT**



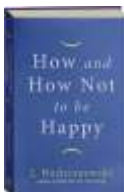
**7858612 THE SPIRIT OF THE WARRIOR.** By Inazo Nitobe et al. Collects the philosophies of the study of war. Includes *The Way of the Samurai*; *The Art of War*; and *The Book of Five Rings*. 479 pages in three volumes. Boxed. Well illus. in color. Arcturus. Pub. at \$34.99 **\$11.95**



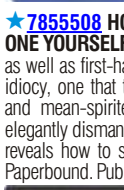
**7948107 ON CONSOLATION: Finding Solace in Dark Times.** By Michael Ignatieff. Re-creating the moments when great figures found the courage to confront their fate and the determination to continue, this work takes those stories into the present, contending that we can revive these traditions of consolation to meet the anguish and uncertainties of the 21st century. 284 pages. Metropolitan. Pub. at \$26.99 **\$5.95**



**7970404 ON THE HAPPY LIFE, VOLUME 2: St. Augustine's Cassiciacum Dialogues.** By Michael P. Foley. St. Augustine and his mother, brother, son, and friends celebrate his 32nd birthday having a "feast of words" on the nature of happiness. They conclude that the truly happy life consists of "having God" through faith, hope, and charity. 184 pages. Yale. Pub. at \$60.00 **\$21.95**



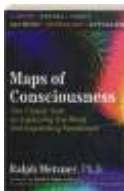
**7938845 HOW AND HOW NOT TO BE HAPPY.** By J. Budziszewski. Whether you are a woman unfulfilled in her career, a man facing a midlife crisis, a student depressed about his future, or simply a person uncertain about how to live in an age of anxiety, this is the profound but practical guide you've been looking for. 236 pages. Regnery. Pub. at \$29.99 **\$12.95**



★**7855508 HOW TO DEAL WITH IDIOTS (AND STOP BEING ONE YOURSELF).** By Maxime Rovere. Drawing on decades of study, as well as first-hand experience, Rovere illuminates a new theory of idiocy, one that transforms our understanding of inexplicable fools and mean-spirited jerks alike. He offers tools and strategies to elegantly dismantle the most desperate of idiotic situations and even reveals how to stop being the idiot ourselves. 170 pages. Profile. Paperbound. Pub. at \$16.95 **\$12.95**



★**DVD 7885814 THE FIRST WORLD.** Examines the legacy of Pythagoras and Plato and their impact on the modern world, our thoughts, our buildings, and our hierarchies. Filmed across North America and Europe, this documentary is shot on location in the hometowns of these two great historical figures. 54 minutes. Dreamscape Media. Pub. at \$14.95 **\$11.95**



★**7925859 MAPS OF CONSCIOUSNESS: The Classic Text on Exploring the Mind and Expanding Awareness.** By Ralph Metzner. Presents a guide to six ancient systems, once known only to the initiated few, to expand awareness and free your consciousness from exterior limitations and cultural conditioning. The six systems are I Ching, Tantra, Tarot, Alchemy, Astrology and Actualism. Well illus. 304 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **SOLD OUT**



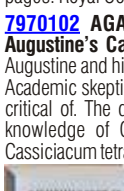
★**7912439 WHEN ANIMALS DREAM: The Hidden World of Animal Consciousness.** By David M. Peña-Guzmán. Research on animal sleep with philosophical theories of dreaming, showing how dreams provide an invaluable window into the cognitive and emotional lives of nonhuman animals. A convincing case for animals as conscious beings. Illus. 259 pages. Princeton. Paperbound. Pub. at \$17.95 **\$13.95**



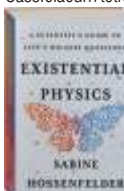
★**4864824 THE SOCRATIC METHOD: A Practitioner's Handbook.** By Ward Farnsworth. Explaining the Socratic method in detail: what it is, where it came from, and how to carry it out. The chapters teach the elements of the method step by step with examples from Plato's dialogues. A complete guide to the practical use of a great idea. 243 pages. Godine. Pub. at \$27.95 **\$17.95**



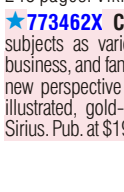
**1957872 A STUDY OF MOHIST LOGIC.** By Yang Wuji. This work examines the background and significance of the historical and cultural origins of Mohist logic, fully affirming the original classical text, the interpretation of its philosophical content and the production of translations. At the meta-theoretical level, it examines theories and principles of formal logic. 353 pages. Royal Collins. Pub. at \$49.95 **\$11.95**



**7970102 AGAINST THE ACADEMICS, VOLUME 1: St. Augustine's Cassiciacum Dialogues.** By Michael P. Foley. St. Augustine and his interlocutors explore the history and teachings of Academic skepticism, which Augustine is both sympathetic to and critical of. The dialogue serves as a fitting launching point for a knowledge of God and the soul, the overall subject of the Cassiciacum tetralogy. 307 pages. Yale. Pub. at \$60.00 **\$21.95**



★**7708432 EXISTENTIAL PHYSICS: A Scientist's Guide to Life's Biggest Questions.** By Sabine Hossenfelder. Takes on the biggest questions in physics: Does the past still exist? Do particles think? Was the universe made for us? Has physics ruled out free will? Lays out how far physicists are on the way to answering these questions, where the current limits are, and what questions might remain unanswerable forever. 248 pages. Viking. Pub. at \$28.00 **\$21.95**

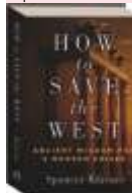


★**773462X CHINESE PROVERBS.** Providing insights on subjects as varied as morality, manners, prudence, government, business, and family, these enlightening proverbs are sure to give you new perspective and inspire you to live a better life. A beautifully illustrated, gold-embossed collectors volume. Boxed. 160 pages. Sirius. Pub. at \$19.99 **PRICE CUT to \$11.95**



## Philosophy

★ **778161X HOW CAPITALISM ENDS: History, Ideology and Progress.** By Steve Paxton. Taking a diverse range of contemporary and historical evidence—from the Putney Debates of 1647 to Modern Monetary Theory and more, this work navigates a path through current affairs, history, economics and philosophy and sets the scene for the conversation we urgently need to begin. 224 pages. Zero Books. Paperbound. Pub. at \$21.95 **PRICE CUT to \$11.95**



★ **7797001 HOW TO SAVE THE WEST: Ancient Wisdom for 5 Modern Crises.** By Spencer Klavan. Klavan identifies five "essential crises": The Crisis of Reality; The Crisis of the Body; The Crisis of Meaning; The Crisis of Religion; and The Crisis of Regime. He marshals the insights of Plato, Aristotle, the Bible, and the Founding Fathers, showing that in the wisdom of the past lies hope for the future. 228 pages. Regnery. Pub. at \$29.99 **PRICE CUT to \$17.95**



★ **7728042 THE QUEST FOR CHARACTER: What the Story of Socrates and Alcibiades Teaches Us About Our Search for Good Leaders.** By Massimo Pigliucci. Blends ancient sources with modern interpretations to give a full picture of the philosophy and cultivation of character, virtue, and personal excellence—what the Greeks called *arete*. Drawing on Socrates as well as his followers among the Stoics, this gives us lessons perhaps even more crucial: how we can each lead an excellent life. 262 pages. Basic. Pub. at \$28.00 **PRICE CUT to \$17.95**

**1925032 THE HUMAN WORLD IN THE PHYSICAL UNIVERSE: Consciousness, Free Will, and Evolution.** By Nicholas Maxwell. 305 pages. Rowman & Littlefield. Pub. at \$121.00 **\$7.95**

★ **7777809 BREAKFAST WITH SENECA: A Stoic Guide to the Art of Living.** By David Fideler. 265 pages. Norton. Paperbound. Pub. at \$16.95 **\$12.95**

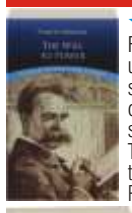
★ **7750226 THE COSMIC DANCE: Finding Patterns and Pathways in a Chaotic Universe.** By Stephen Elcock. Fully illus. in color. 256 pages. Thames & Hudson. Pub. at \$35.00 **\$17.95**

★ **7756763 NEW METHUSELAHS: The Ethics of Life Extension.** By John K. Davis. 354 pages. MIT Press. Pub. at \$40.00 **\$5.95**

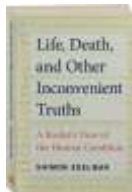
★ **7799381 THE SICKNESS UNTO DEATH.** By Søren Kierkegaard. 186 pages. Liveright. **SOLD OUT**

★ **7718241 DREAMTIMES AND THOUGHTFORMS: Cosmogony from the Big Bang to Octopus & Crow Intelligence to UFOs.** By Richard Grossinger. 170 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **PRICE CUT to \$11.95**

## Philosophical Essays



★ **7836333 THE WILL TO POWER.** By Friedrich Nietzsche. Taken from Nietzsche's unpublished notebooks and assembled by his sister after his death, these writings offer some of his most powerful and troubling thoughts, some of which were twisted by later readers. They now appear in a clear, fluent, new translation. 230 pages. Dover. Paperbound. Pub. at \$12.00 **\$5.95**



**LIMITED QUANTITY 7900236 LIFE, DEATH, AND OTHER INCONVENIENT TRUTHS: A Realist's View of the Human Condition.** By Shimon Edelman. Offers a guide to human nature and human experience—making sense of life. In 38 short, interconnected essays, Edelman considers the parameters of the human condition, addressing them in alphabetical order, from action to love to thinking to youth. 318 pages. MIT Press. **SOLD OUT**



★ **7905327 THE ESSENTIAL KIERKEGAARD.** Ed. by Howard V. & Edna H. Hong. Represents every major aspect of Kierkegaard's extraordinary output, which changed the course of modern intellectual history with a mix of philosophy, psychology, theology, and literary criticism. By revealing the most important themes of his work, this anthology is a superb guide to the Danish philosopher. 524 pages. Princeton. Paperbound. Pub. at \$29.95 **\$24.95**

★ **7686617 THE CORONATION: Essays from the Covid Movement.** By Charles Eisenstein. 180 pages. Chelsea Green. Paperbound. Pub. at \$19.95 **PRICE CUT to \$5.95**

★ **713797 PHILOSOPHY FOR BUSY PEOPLE: Everything You Really Should Know.** By Alain Stephen. 192 pages. Michael O'Mara. Paperbound. Pub. at \$12.95 **\$5.95**

★ **1937375 PROBABLE IMPOSSIBILITIES: Musings on Beginnings and Endings.** By Alan Lightman. 197 pages. Vintage. Paperbound. Pub. at \$16.00 **\$7.95**

## Lives & Works of Philosophers



**7948751 THUS SPAKE ZARATHUSTRA.** By Friedrich Nietzsche. A tremendously influential philosophical work of the late nineteenth century. In it, the ancient Persian religious leader Zarathustra serves as the voice for Nietzsche's views, which include the introduction of the controversial doctrine of the *Übermensch*, or "superman". 303 pages. Arcturus. Paperbound. **\$5.95**

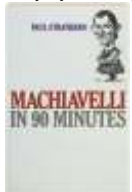


**LIMITED QUANTITY 7905971 BEYOND GOOD AND EVIL.** By Friedrich Nietzsche. In this famous text, Nietzsche considers past philosophers and religious leaders from Socrates to Descartes to Schopenhauer with a critical and pessimistic eye. Questioning the blind following of religious faith, he examines the deeper question of who is truly good or evil. 188 pages. Arcturus. Paperbound. **\$5.95**

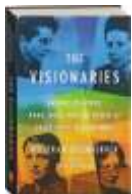


**7684908 MEDITATIONS.** By Marcus Aurelius. Used to sketch the essential traits of human character and describe ways of coping with adversity. The favorite reading of Pope, Goethe and President Bill Clinton, these richly varied reflections are unaffected by time: humane, critical, light-hearted or serious, they are always wise and illuminating. 200 pages. Weidenfeld & Nicolson. Paperbound. **\$5.95**

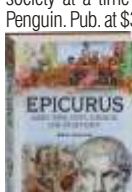
**4974913 NIETZSCHE: Great Thinkers on Modern Life.** By John Armstrong. In a highly readable work on the philosophy of Friedrich Nietzsche, learn how the great thinker's ideas are relevant to your everyday life. 120 pages. Paperbound. Pub. at \$12.95 **\$4.95**



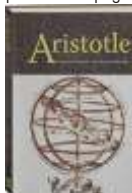
**7837224 MACHIAVELLI IN 90 MINUTES.** By Paul Strathern. A brief and enlightening exploration of Machiavelli's life and ideas, presented in entertaining and accessible fashion. A highly refined appraisal of the philosopher and his work, authoritative and clearly presented. 94 pages. Ivan R. Dee. Paperbound. Pub. at \$9.95 **\$4.95**



★ **7889887 THE VISIONARIES: Arendt, Beauvoir, Rand, Weil, and the Power of Philosophy in Dark Times.** By Wolfram Eilenberger. The period from 1933 to 1943 was one of the darkest and most chaotic in history. Eilenberger tells the story of four singular philosophers—indomitable, brave women who were refugees and resistance fighters—each putting forward a vision of a truly free and open society at a time of authoritarianism and war. Photos. 386 pages. Penguin. Pub. at \$32.00 **SOLD OUT**



**LIMITED QUANTITY ★7925077 EPICURUS AND HIS INFLUENCE ON HISTORY.** By Ben Gazur. How should we live? In ancient Greece one man came up with an answer to this question. The philosopher Epicurus taught his followers that pleasure and contentment were the aims of the good life. Reveals the life of Epicurus and traces how his teachings have influenced thinkers across time. 16 pages of photos. 216 pages. Pen & Sword. Pub. at \$36.95 **\$27.95**



**7905963 ARISTOTLE: From Antiquity to the Modern Era.** Illustrates the ways in which the Aristotelian corpus has been transmitted over time. In particular, it focuses on one crucial, extended moment: the moment when, thanks to the invention of printing, Aristotle's works became widely available in Latin, Greek, and even in vernacular languages in the late 15th and 16th centuries. Well illus. 128 pages. Giles. 8 1/2 x 1 1/4. Pub. at \$39.95 **\$15.95**

**7833229 YOURS FAITHFULLY, BERTRAND RUSSELL: A Lifelong Fight for Peace, Justice, and Truth in Letters to the Editor.** Ed. by Ray Perkins, Jr. 433 pages. Open Court. Paperbound. Pub. at \$26.95 **\$6.95**

**777671 THE RADICAL FOOL OF CAPITALISM: On Jeremy Bentham, the Panopticon, and the Auto-Icon.** By Christian Welzbacher. Illus. 204 pages. MIT Press. Paperbound. Pub. at \$19.95 **PRICE CUT to \$2.95**

★ **7680368 GOD, HUMAN, ANIMAL, MACHINE: Technology, Metaphor, and the Search for Meaning.** By Meghan O'Gieblyn. 287 pages. Anchor. Paperbound. Pub. at \$17.00 **\$9.95**

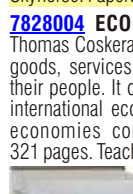
## Economics



**4982924 HOW YOU GOT SCREWED.** By Allen Marshall. If you're like most people, you want a fair shot in life, but the game has been rigged. So what can you do? Marshall tells us to not be fooled by the government's numbers that are manipulated to make you think the economy is doing good; make sure you stay out of debt; be a citizen, not a consumer; and become self-reliant. 188 pages. Skyhorse. Paperbound. Pub. at \$12.99 **\$4.95**



**1963880 THE BITCOIN GUIDEBOOK, REVISED EDITION.** By Ian DeMartino. This new revised edition has the most up to date information and recommended approaches for anyone who doesn't want to be left behind in the next technological revolution. An easy to read and easy to understand guide that explains everything the reader needs to know about how Bitcoin works. 357 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$4.95**



**7828004 ECONOMICS: A Complete Introduction.** By Thomas Coskeran. Economics studies how societies divide the goods, services, income and wealth at their disposal among their people. It covers microeconomics, macroeconomics, and international economics, which studies how different national economies connect with one another, and more. Illus. 321 pages. Teach Yourself. Paperbound. Pub. at \$19.99 **\$5.95**



**7832567 MONEY: 5,000 Years of Debt and Power.** By Michel Aglietta. Looking over the last 5,000 years, Aglietta explores the development of money and its close connection to sovereign power. Employs the tools of anthropology, history and political economy in order to analyze how political structures and monetary systems have transformed one another. 421 pages. Verso. Pub. at \$34.95 **\$7.95**



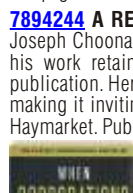
**7902700 CAPITALISM IN AMERICA: A History.** By A. Greenspan & A. Wooldridge. From the start of his fabled career, Greenspan has been famous for his deep understanding of even the most arcane corners of the American economy and his restless curiosity to know even more. In this study, he provides a master reckoning with the decisive drivers of the U.S. economy over the course of the country's history. 32 pages of photos, some in color. 486 pages. Penguin. Pub. at \$35.00 **\$5.95**



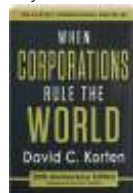
**7928892 MEGATHREATS: Ten Dangerous Trends That Imperil Our Future, and How to Survive Them.** By Nouriel Roubini. Argues we are heading toward the worst economic catastrophe of our lifetimes, unless we can defend against ten terrifying threats, called the Megathreats. From the worst debt crisis the world has ever seen, to governments pumping out too much money, and more. There is a slight chance we can avoid them, if we come to our senses—but we must act now. 312 pages. Little, Brown. Pub. at \$30.00 **\$6.95**



**7947348 EVERYDAY ECONOMICS MADE EASY: A Quick Review of What You Forgot You Knew.** By Grace Wynter. Reviews the most important basic economic concepts, history, debates, areas, and ways of thinking about economic issues—all while helping you apply these ideas to your everyday life. Complete with colorful graphics and easy to follow examples, this is a calm and patient tutor to help you appreciate the how and why of economic thinking and analysis. 144 pages. Wellfleet. Pub. at \$19.99 **\$5.95**



**7894244 A READER'S GUIDE TO MARX'S CAPITAL.** By Joseph Choonara. Marx was capitalism's greatest critic and his work retains its relevance 150 years after its initial publication. Here, Choonara breaks down the 1,000 page text, making it inviting and accessible for the reader. 200 pages. Haymarket. Pub. at \$50.00 **\$7.95**



**7854293 WHEN CORPORATIONS RULE THE WORLD, 20TH ANNIVERSARY EDITION.** By David C. Korten. Korten shares insights from his personal experience as a participant in the growing movement for a New Economy. Documents the further concentration of wealth and corporate power since 1995 and explores why our institutions resolutely resist even modest reform. Also outlines high-leverage opportunities for breakthrough change. 413 pages. Berrett-Koehler. Paperbound. Pub. at \$22.95 **\$5.95**

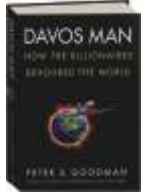




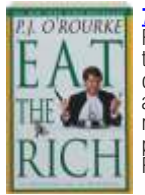
## Economics



**7940017 CATCHING HELL: The Insider Story of Seafood from Ocean to Plate.** By Allen Ricca with J. Muto. This work exposes the fact that the American diner is being lied to on a regular basis. The culprit varies, sometimes it's a chef or restaurant owner trying to cut corners to save money; other times it's an unscrupulous supplier looking to pass off poor product to an unwitting receiver. And the cost of that scam eventually gets passed on to the consumer. Recipes included. 190 pages. Skyhorse. Pub. at \$26.99 **\$6.95**

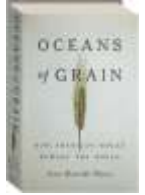


**1979418 DAVOS MAN: How the Billionaires Devoured the World.** By Peter S. Goodman. A masterwork of reporting and explanatory journalism that exposes how billionaires' systematic plunder of the world—brazenly accelerated during the pandemic—has transformed twenty-first century life and dangerously destabilized democracy. Essential for anyone concerned about economic justice, societies greatest challenges, and the sanctity of government. 472 pages. Custom House. Pub. at \$29.99 **\$7.95**



**7881088 EAT THE RICH, REVISED.** By P.J. O'Rourke. His funny tour de force through the world of economics. Embarks on a quest to investigate "good capitalism" and "bad socialism," and why countries rich in resources are utterly destitute. 278 pages. Atlantic Monthly. Paperbound. Pub. at \$16.00 **\$5.95**

**7863292 INSIDE MONEY: Brown Brothers Harriman and the American Way of Power.** By Zachary Karabell. A sweeping history of the legendary private investment firm Brown Brothers Harriman, exploring its central role in the story of American wealth and its rise to global power. Photos. 438 pages. Penguin. Pub. at \$30.00 **\$7.95**



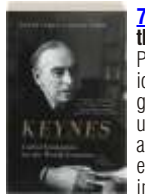
**7894147 OCEANS OF GRAIN: How American Wheat Remade the World.** By Scott Reynolds Nelson. To understand the rise and fall of empires, we must follow the paths traveled by grain—along rivers, between ports, and across seas. Nelson reveals how the struggle to dominate these routes transformed the balance of world power. 356 pages. Basic. Pub. at \$32.00 **\$9.95**



**7949464 RAW DEAL: Hidden Corruption, Corporate Greed, and the Fight for the Future of Meat.** By Chloe Sorvino. A shocking and unputdownable expose of the global meat industry, the devastating failures of the U.S. food system, and a sobering look at alternative-meat producers claiming to revolutionize the future of food. 340 pages. Atria. Pub. at \$28.99 **\$6.95**



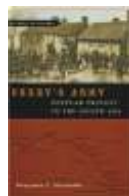
**7790937 THE LORDS OF EASY MONEY: How the Federal Reserve Broke the American Economy.** By Christopher Leonard. Tells the shocking, riveting tale of how quantitative easing is imperiling the American economy through the story of the one man who tried to warn us. This will be the first inside story of how we really got here, and why we face a frightening future. 373 pages. S&S. Paperbound. Pub. at \$18.99 **\$13.95**



**7842953 KEYNES: Useful Economics for the World Economy.** By P. Temin & D. Vines. Provides an accessible introduction to Keynesian ideas that connects Keynes's insights to today's global economy and offers readers a way to understand current policy debates. The authors also set out the Keynesian analysis of a closed economy and expand the analysis to the international economy, using a few simple graphs. 117 pages. MIT Press. Paperbound. Pub. at \$25.00 **\$6.95**



**7873255 WHAT'S WRONG WITH ECONOMICS? A Primer for the Perplexed.** By Robert Skidelsky. Insightful look at how mainstream economics' quest for scientific certainty has led to a narrowing of vision, a convergence on an orthodoxy that is unhealthy for the field, and for the societies which base policy decisions on the advice of flawed economic models. 223 pages. Yale. Pub. at \$25.00 **\$6.95**



**7962843 COXEY'S ARMY: Popular Protest in the Gilded Age.** By Benjamin F. Alexander. Explains how the demands of the Coxeyites—far from being the wild schemes of a small group of cranks—fit into a larger history of economic theories that received serious attention long before and after the Coxey march. The marchers laid down a rough outline of what, some 40 years later, emerged as the New Deal. Illus. 159 pages. Johns Hopkins. Paperbound. Pub. at \$19.95 **\$5.95**



**7904541 50 ECONOMICS IDEAS YOU REALLY NEED TO KNOW.** By Ed Conway. In a series of 50 accessible essays, the author introduces and explains the essential economic concepts needed to understand boom and busts, bulls and bears, and how economics influences every aspect of our lives, from buying a house to what you ate for breakfast this morning. 208 pages. Quercus. Paperbound. Pub. at \$12.99 **\$9.95**

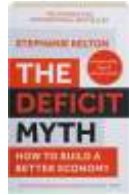
**7825439 THE HIDDEN HISTORY OF NEOLIBERALISM: How Reaganism Gutted America and How to Restore Its Greatness.** By Thom Hartmann. Traces the history on neoliberalism, a set of capitalistic philosophies favoring free trade, low taxes on the rich, financial austerity, and deregulation of big business. Hartmann outlines the destructive impact that neoliberalism has had, looking how it has increased poverty, damaged the middle class, and corrupted our nation's politics. 180 pages. Berrett-Koehler. Paperbound. Pub. at \$17.00 **\$12.95**



**73969517 THE WAR ON CASH.** By David McRee. If you like paying for things with cash, or even have some cash tucked away in your house for a rainy day, then consider yourself warned. This account blows the cover off the intimidating new tactics being used by government and their allies to restrict the public's use of cash, and to abuse the laws for their own purposes. 162 pages. Humanix. Paperbound. Pub. at \$19.99 **\$14.95**



**7856849 AGES OF AMERICAN CAPITALISM: A History of the United States.** By Jonathan Levy. Traces the evolution of American capitalism from the colonial era to the present and argues that we've reached yet another turning point that will define the era ahead. Levy proves that, contrary to political dogma, capitalism in the United States has never been just one thing. Instead, it has morphed throughout the country's history. 908 pages. Random. Pub. at \$40.00 **\$13.95**



**7899483 THE DEFICIT MYTH: How to Build a Better Economy.** By Stephanie Kelton. Exploration of modern monetary theory (MMT) changes our understanding of how we can deal with critical issues ranging from poverty and inequality to creating jobs, expanding health care coverage, climate change, and building resilient infrastructure. Any ambitious proposal inevitably runs into how to find the money to pay for it. 331 pages. John Murray. Paperbound. **\$9.95**

**791590X GLOBAL IMBALANCES AND THE LESSONS OF BRETTON WOODS.** By Barry Eichengreen. Why the current Bretton Woods-like international financial system, featuring large current account deficits in the center country, the U.S., and massive reserve accumulation by the periphery, is not sustainable. Illus. 187 pages. MIT Press. Paperbound. Pub. at \$9.99 **\$5.95**



**7739745 FOUNDATIONS OF MATHEMATICAL ECONOMICS.** By Michael Carter. Includes a thorough treatment of such material as correspondences, fixed point theorems, and constraint qualification conditions, (material often omitted from introductory texts), along with recent developments such as supermodularity and monotone comparative statistics. 649 pages. MIT Press. Paperbound. Pub. at \$60.00 **\$19.95**

**7955669 WOKE, INC.: Inside Corporate America's Social Justice Scam.** By Vivek Ramaswamy. Begins as a critique of stakeholder capitalism and ends with an exploration of what it means to be an American today—a journey that begins with cynicism and ends with hope. 358 pages. Center Street. Paperbound. Pub. at \$18.99 **\$14.95**

**7950128 GET RICH OR LIE TRYING: Ambition and Deceit in the New Influencer Economy.** By Symeon Brown. Exposing the fraud, exploitation and bribery at the core of the influencer model, this work asks if the digital rat race is costing us too much. Revealing a broken economy that resembles a pyramid scheme, this blend of reportage and analysis will captivate and horrify you in equal measure. 279 pages. Atlantic. Paperbound. Pub. at \$17.99 **\$13.95**



**7943113 THE BIG FAIL: What the Pandemic Revealed About Who America Protects and Who It Leaves Behind.** By J. Nocera & B. McLean. An expansive, insightful account on what the pandemic did to the economy and how American capitalism has jumped the rails and is essential reading to understand where we're going next. 430 pages. Portfolio. Pub. at \$32.00 **\$23.95**



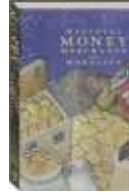
**7810555 CONFESSIONS OF AN ECONOMIC HIT MAN, 3RD EDITION.** By John Perkins. Blows the whistle on China's economic hit man (EHM) strategy, exposes corruption on an international scale, and offers solutions for curing the global Death Economy. Provides a source of hope for transforming the Death Economy into a Life Economy and inspires readers to participate in a new era of global cooperation. 371 pages. Berrett-Koehler. Paperbound. Pub. at \$21.95 **\$16.95**



**770318X THE POLITICALLY INCORRECT GUIDE TO ECONOMICS.** By Thomas J. DiLorenzo. Economics is about the choice between freedom and prosperity on the one hand and tyranny and poverty on the other. In this sprightly guide, real economics, free-market economics, is common sense governed by experience. 242 pages. Regnery. Paperbound. Pub. at \$21.99 **\$16.95**



**7903227 THE CAPITALIST MANIFESTO: Why the Global Free Market Will Save the World.** By Johan Norberg. Norberg restates the case for capitalism and the vital role played by the free market in today's uncertain world. Ultimately, he argues that a move away from global capitalism would not only squeeze the growth out of the economy but also deepen an already large social exclusion for the vulnerable—for the world's poor, it would be a killing blow. 340 pages. Atlantic. Pub. at \$29.99 **\$24.95**



**7925735 MEDIEVAL MONEY, MERCHANTS, AND MORALITY.** By Diane Wolfthal et al. Explores the ways art reflected and reinforced the complex ethical discussions that developed from the widespread role of money in everyday life in the Middle Ages. It traces the origins of global money, and surveys economic history, focusing on the environment, the plague, Jews, and institutions. Well illus. in color. 232 pages. Giles. 8 1/2 x 10 1/4. Pub. at \$44.95 **\$32.95**



**7863535 RETURN OF THE ARTISAN: How America Went from Industrial to Handmade.** By Grant McCracken. Discover the evolution of the artisanal movement from the fringes of the 1970s to the spike of domesticity—home cooking, gardening, and DIY crafting—and what it means for the future of work and American culture. Illus. 207 pages. S&S. Pub. at \$27.99 **PRICE CUT to \$3.95**



**7786301 THE FINANCE CURSE: How Global Finance is Making Us All Poorer.** By Nicholas Shaxson. Describes how finance re-engineered the global economic order in the last half-century. It's aim became not creating wealth but extracting it from the underlying economy. A must-read for anyone interested in the hidden money that makes the world go round. 376 pages. Grove. Paperbound. Pub. at \$17.00 **PRICE CUT to \$3.95**

**7738072 FREAKONOMICS, REVISED EDITION: A Rogue Economist Explores the Hidden Side of Everything.** By S.D. Levitt & S.J. Dubner. Which is more dangerous, a gun or a swimming pool? How much do parents really matter? This work reveals the answers to these and many more questions. Repeatedly turns conventional wisdom on its head and reveals how hidden incentives drive human behavior. 324 pages. Morrow. Paperbound. Pub. at \$17.99 **PRICE CUT to \$7.95**



**7768338 SOLD OUT: How Broken Supply Chains, Surging Inflation, and Political Instability Will Sink the Global Economy.** By James Rickards. Explores how we arrived at this threshold, points out clues to the future, and prepares us for what's next. Rickards details why the remedy to our supply chain crisis is not a patchwork of fixes but rather an entirely reinvented supply chain. He looks at the future of money, including the demise of the American dollar itself, and more. 247 pages. Portfolio. Pub. at \$29.00 **PRICE CUT to \$17.95**



## Economics

**7907540 \$2.00 A DAY: Living on Almost Nothing in America.** By K.J. Edin & H.L. Shaefer. 210 pages. HMH. Paperbound. Pub. at \$15.99 **SOLD OUT**

**7893558 DAVOS MAN: How the Billionaires Devoured the World.** By Peter S. Goodman. 472 pages. Mariner. Paperbound. Pub. at \$19.99 **\$5.95**

**7796005 THE RISE AND FALL OF AMERICAN GROWTH: The U.S. Standard of Living Since the Civil War.** By Robert J. Gordon. 762 pages. Princeton. Pub. at \$39.95 **\$9.95**

**4915607 ARGUING WITH ZOMBIES: Economics, Politics, and the Fight for a Better Future.** By Paul Krugman. 444 pages. Norton. Pub. at \$29.95 **\$6.95**

**★1969161 INSIDE MONEY: Brown Brothers Harriman and the American Way of Power.** By Zachary Karabell. Photos. 438 pages. Penguin. Paperbound. Pub. at \$18.00 **\$9.95**

**7825285 TIGHTROPE: Americans Reaching for Hope.** By N.D. Kristof & S. WuDunn. 304 pages. Knopf. Pub. at \$27.95 **PRICE CUT to \$2.95**

**7853440 THE RAGING 2020S: Companies, Countries, People—and the Fight for Our Future.** By Alec Ross. 322 pages. Holt. Paperbound. Pub. at \$19.99 **PRICE CUT to \$3.95**

**★7727399 PROOF OF STAKE: The Making of Ethereum and the Philosophy of Blockchains.** By Vitalik Buterin. 384 pages. Seven Stories. Paperbound. Pub. at \$18.95 **\$9.95**

**★1973347 OVERCOMING CAPITALISM: Strategy for the Working Class in the 21st Century.** By Tom Weitzel. 432 pages. AK Press. Paperbound. Pub. at \$22.00 **PRICE CUT to \$11.95**

**★1944444 REBELLION, RASCALS, AND REVENUE: Tax Follies and Wisdom Through the Ages!** By M. Keen & J. Slemrod. Photos. 511 pages. Princeton. Paperbound. Pub. at \$19.95 **PRICE CUT to \$7.95**

**★7819986 COGS AND MONSTERS: What Economics Is, and What It Should Be.** By Diane Coyle. 257 pages. Princeton. Paperbound. Pub. at \$18.95 **PRICE CUT to \$9.95**

**★7728794 THE PROFIT PARADOX: How Thriving Firms Threaten the Future of Work.** By Jan Eeckhout. 339 pages. Princeton. Paperbound. Pub. at \$22.95 **PRICE CUT to \$9.95**

**★1906097 ON THE LINE: A Story of Class, Solidarity, and Two Women's Epic Fight to Build a Union.** By Daisy Pitkin. 272 pages. Algonquin. Pub. at \$27.95 **PRICE CUT to \$5.95**

**7789130 THE NBA STORY: How the Sports League Slam-Dunked Its Way into a Global Business Powerhouse.** By Rich & Eric Mintzer. 178 pages. AMACOM. Pub. at \$19.99 **\$4.95**

**3911861 THE THEFT OF A DECADE: How the Baby Boomers Stole the Millennials' Economic Future.** By Joseph C. Sternberg. 278 pages. PublicAffairs. Pub. at \$28.00 **\$5.95**

**★788849X FOLLOW THE MONEY: How China Bought the World.** By Michael McCarthy. 180 pages. Trine Day. Paperbound. Pub. at \$24.95 **\$19.95**

**★3955443 GLOBAL CAPITALISM: Its Fall and Rise in the Twentieth Century, and Its Stumble in the Twenty-First.** By Jeffrey A. Frieden. 582 pages. Norton. Paperbound. Pub. at \$18.95 **\$11.95**

**4937597 THE CONSUMER SOCIETY READER.** Ed. by J.B. Schor & D.B. Holt. 502 pages. New Press. Paperbound. Pub. at \$26.95 **\$6.95**

**★496389X THE LORDS OF EASY MONEY: How the Federal Reserve Broke the American Economy.** By Christopher Leonard. 373 pages. Scribner. Paperbound. Pub. at \$18.00 **SOLD OUT**

**★1950746 DIGITAL CASH: The Unknown History of the Anarchists, Utopians, and Technologists Who Created Cryptocurrency.** By Finn Brunton. 255 pages. Princeton. Paperbound. Pub. at \$17.95 **\$9.95**

**★194360X NO BOSSES: A New Economy for a Better World.** By Michael Albert. 220 pages. Zero Books. Paperbound. Pub. at \$19.95 **PRICE CUT to \$5.95**

**★4751787 TAX THE RICH! How Lies, Loopholes, and Lobbyists Make the Rich Even Richer.** By M. Pearl & E. Payne. Illus. 236 pages. New Press. Paperbound. Pub. at \$17.99 **SOLD OUT**

## Electronics & Electrical Systems



**786423X COMPRESSOR AERODYNAMICS.** By N.A. Cumpsty. Starting from first principles, this work looks at the aerodynamic behavior of axial and radial compressors. The text starts with general ideas, and then moves through the simple aspects of axial compressors to more advanced three-dimensional ideas. Well illus. 517 pages. Krieger. Pub. at \$39.50 **\$9.95**

## Engineering



**1941690 ADVANCED COMPOSITE MOLD MAKING.** By John J. Morena. Includes all the design and engineering tools you need to produce molds that yield quality, trouble-free advanced-composite components. This work provides detailed instruction on how to use each kind of mold-making material and execute each mold-making process. Photos. 461 pages. Krieger. Pub. at \$36.50 **\$9.95**



**1942093 STRENGTH OF MATERIALS, PART 1 & 2.** By S. Timoshenko. Reprint of the classic text on strength of materials, from the "father of modern engineering mechanics." Part One covers the fundamentals as taught in an undergraduate course, while Part Two contains more advanced theory. 1956 revised edition. 1,014 pages in two volumes. Illus. Krieger. **\$24.95**



**★7885970 TO ENGINEER IS HUMAN: The Role of Failure in Successful Design.** By Henry Petroski. In-depth look at how failures, such as the Hyatt Regency walkway collapse and the Tacoma Narrows Bridge break-up, and successes, like the Crystal Palace and the Brooklyn Bridge, have expanded engineering knowledge. Photos. 251 pages. Vintage. Paperbound. Pub. at \$18.00 **\$12.95**



**783361X THE ENGINEERING REVOLUTION: How the Modern World Was Changed by Technology.** By Angus Buchanan. It was the discovery of ways of using power from heat engines a mere 300 years ago that accelerated the process into a prodigious expansion of technical power that fundamentally transformed human societies. It is this development that is the primary focus of this work. Fully illus. most in color. 229 pages. Pen & Sword. Pub. at \$39.95 **\$9.95**



**★4935241 THE STAR DRIVE: The True Story of a Genius, an Engine and Our Future.** By Phillip Hills. More than two centuries after it was patented, the true potential of an engine created by a little known Scottish minister is finally being realized. With the possibilities of generating clean power on Earth and enabling us to travel far beyond our own planet, Robert Stirling's invention could, quite literally, change the world. Photos, some in color. 240 pages. Birlinn. Pub. at \$21.95 **SOLD OUT**



**★781870X INVENTION AND INNOVATION: A Brief History of Hype and Failure.** By Vaclav Smil. An insightful and fact-filled jaunt through the history of invention. Explains the difference between invention and innovation, and looks not only at inventions that failed to dominate as promised (such as the airship, nuclear fission, and supersonic flight) but also at those that turned disastrous (leaded gasoline, DDT, and chlorofluorocarbons). Illus. 219 pages. MIT Press. Pub. at \$24.95 **\$14.95**



**1941771 DESIGN OF ROBUST CONTROL SYSTEMS: From Classical to Modern Practical Approaches.** By Marcel Sidi. A study of the practical aspects in designing feedback control systems in which the plant may be non-minimum phase, unstable and also highly uncertain. OFT and H-infinity design approaches are explained side by side. Published in 2001. 480 pages. Krieger. Pub. at \$96.50 **PRICE CUT to \$7.95**



**★7810482 AT THE BASE OF THE GIANT'S THROAT: The Past and Future of America's Great Dams.** By Anthony R. Palumbi. Dives into the history of dam-building in the U.S. as natural watercourses have been replaced with engineered environments and the bone-dry West became America's produce aisle. Sweeping across 500 years of history, from the swashbuckling exploits of French colonist Samuel de Champlain to the nightmarish urban flooding of Hurricane Katrina and Hurricane Sandy. 312 pages. Potomac Books. Pub. at \$34.95 **PRICE CUT to \$19.95**

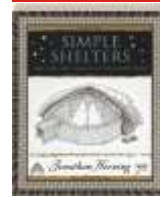


**7691319 INSTANT ENGINEERING: Key Thinkers, Theories, Discoveries, and Inventions Explained on a Single Page.** By Joel Levy. Color illus. 175 pages. Portable Press. Pub. at \$17.99 **SOLD OUT**



**1941879 HANDBOOK OF TRIBOLOGY: Materials, Coatings, and Surface Treatments.** By B. Bhushan & B.K. Gupta. Krieger. Pub. at \$45.00 **\$14.95**

## Engineering & Architecture



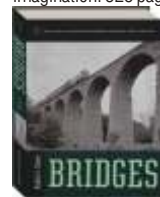
**★4957105 SIMPLE SHELTERS: Tents, Tipis, Yurts, Domes and Other Ancient Homes.** By Jonathan Horning. How do you build a yurt? In this exquisite pocket book, Horning examines many of the traditional homes found all over the world, including mud-brick adobe structure, bamboo dwellings, nomads' tents and timber frame buildings, as well as modern solutions, from geodesic domes. Illus. 58 pages. Walker. 5 1/2 x 6 3/4. Paperbound. **\$6.95**



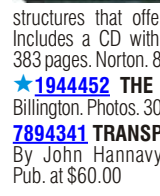
**★7818238 HOW TO BUILD A SKYSCRAPER.** By John Hill. Reveals how the world's most iconic skyscrapers were built, including the tallest building in the world, the Burj Khalifa. Each spread comprises cross-sections, information on the construction, fact boxes containing key dates, materials and more. Well illus. in color. 192 pages. Firefly. 5 1/2 x 10 1/4. Paperbound. Pub. at \$24.95 **\$19.95**



**★1931075 CATHEDRALS: Masterpieces of Architecture, Feats of Engineering, Icons of Faith.** By Simon Jenkins. Historian Jenkins, explores the history of Europe via its cathedrals. Beautifully illustrated with color photographs throughout, this joyous exploration of the history of Western civilization showcases the cathedral's central role in the European imagination. 328 pages. Rizzoli. Pub. at \$39.95 **\$29.95**



**7862814 BRIDGES: Norton/Library of Congress Visual Sourcebooks in Architecture, Design & Engineering.** By Richard L. Cleary. Ordinary or spellbinding, every bridge is a response to a problem—the spanning of a river or other obstacle, solved more or less elegantly. This visual sourcebook is an account of American bridge design, from familiar monuments to modest structures that offer eloquent statements of problems solved. Includes a CD with TIFF files of all the illustrations. Well illus. 383 pages. Norton. 8 1/2 x 11 1/4. Pub. at \$75.00 **\$21.95**



**★1944452 THE TOWER AND THE BRIDGE.** By David P. Billington. Photos. 306 pages. Paperbound. Pub. at \$22.95 **\$9.95**

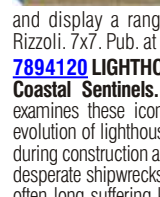


**7894341 TRANSPORTER BRIDGES: An Illustrated History.** By John Hannavy. 269 pages. Pen & Sword. 8 1/2 x 11 1/4. Pub. at \$60.00 **\$15.95**

## Architecture



**7807988 MICRO GREEN: Tiny Houses in Nature.** By Mimi Zeiger. Delves into the concept of compact living and demonstrates the possibilities of living with less while maintaining a rich life. Rustic tree houses, airy domes, and recycled scrap structures are presented through vivid full-color photography, and display a range of environmental influences. 222 pages. Rizzoli. 7 x 7. Pub. at \$29.95 **\$4.95**



**7894120 LIGHTHOUSE: An Illuminating History of the World's Coastal Sentinels.** By R.G. Grant. This extraordinary chronicle examines these iconic buildings from every angle, including the evolution of lighthouse design, the tremendous obstacles overcome during construction and upkeep, and the thrilling tales of heroism and desperate shipwrecks, as well as the daily lives of the dedicated and often long suffering keepers. Well illus., some in color. 160 pages. Black Dog & Leventhal. 7 1/2 x 12. Pub. at \$27.99 **\$9.95**



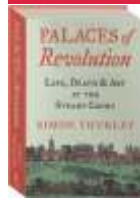
**4781732 THE DAKOTA: A History of the World's Best-Known Apartment Building.** By Andrew Alpern with C.S. Gray. The Dakota was the first truly luxury apartment house in New York. The authors tell for the first time the fascinating story of how the Dakota came to be. With rare historical photographs, redrawn plans of the entire building, newspaper reports, and more recent illustrated magazine articles to provide a virtual reference of the Dakota. 193 pages. Princeton Architectural. 8 1/2 x 11 1/4. Pub. at \$55.00 **\$14.95**



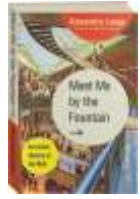
**7892659 THE ART OF MEMORY: Historic Cemeteries of Grand Rapids, Michigan.** By Thomas R. Dilley. Details the history of the park cemeteries in Grand Rapids, finding that their development mimicked national trends and changing cultural beliefs about honoring the dead. Including a thorough discussion of the religious and decorative symbols used on markers, the use of sometimes florid epitaphs, and variations in the form, structure, and materials of cemetery markers of the time. Fully illus. most in color. 280 pages. Painted Turtle. 10 1/2 x 8 1/4. Pub. at \$39.99 **\$9.95**



## Architecture



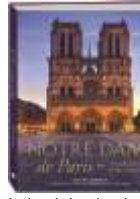
**7894228 PALACES OF REVOLUTION: Life, Death & Art at the Stuart Court.** By Simon Thurley. The Stuarts would be in power for only 111 years, but in that short time they were to bring transformational change to the palaces and their contents, becoming the greatest builders and collectors of art of any Royal House. See the intimate private lives of the monarchs, presented through the buildings in which they lived and the objects they commissioned. Well illus. some in color. 543 pages. William Collins. **\$9.95**



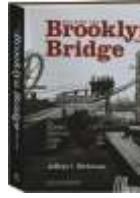
**7847297 MEET ME BY THE FOUNTAIN: An Inside History of the Mall.** By Alexandra Lange. Chronicles postwar architects' and merchants' invention of the mall, revealing how the design of these marketplaces played an integral role in their cultural ascent. Malls are environments of both freedom and exclusion—of consumerism, but also of community. Well illus. some in color. 310 pages. Bloomsbury. Pub. at \$28.00 **\$9.95**



**7833911 NEW YORK: The Book That Transforms into a Cityscape.** By Tom Wilkinson. Over 50 seminal structures in authoritative and compelling style. The accompanying illustrations press out of the page, transforming your book into a cityscape to treasure and display. 110 pages. Andre Deutsch. 6x8 1/2. **\$12.95**



**4954890 NOTRE DAME DE PARIS: A Celebration of the Cathedral.** By Kathy Borrus. Chronicles the history of this landmark building, from its impressive architecture and collection of priceless artifacts to its presence during major world historical events. Through gorgeous, striking, and rarely seen archival photographs, this volume reminds us all why this building has lodged in the hearts and minds of people around the globe. 122 pages. Black Dog & Leventhal. 7 1/2 x 10 1/2. **SOLD OUT**



**7760809 BUILDING THE BROOKLYN BRIDGE 1869-1883: An Illustrated History with Images in 3D.** By Jeffrey I. Richman. The story of how a structure of unprecedented size and technology was built over the East River, connecting, for the first time, the then independent cities of Brooklyn and New York, two of the most populous cities in America. Includes 253 illustrations, with 42 in 3D and 3D glasses. 310 pages. Bauer & Dean. 9x11 1/4. Pub. at \$55.00 **\$19.95**



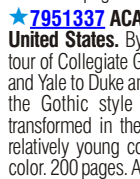
**4982460 PALAZZO TE: Giulio Romano's Masterwork in Mantua.** By Ugo Bazzotti. A lavish pleasure palace for rest and entertainment, the Palazzo Te is the masterpiece of Renaissance artist, designer and architect Giulio Romano, built between 1525 and 1536 for the Duke of Mantua. Bazzotti takes the reader through the halls, courtyards and gardens that constitute this elaborate masterpiece of Mannerist decoration. 255 color illus. 276 pages. Thames & Hudson. 12x12. Pub. at \$95.00 **\$24.95**



**LIMITED QUANTITY 7963548 THE COSMOS IN STONE: Sacred Geometry of a Master Mason.** By Tom Bree. This beautiful and groundbreaking work examines the use of sacred geometry and cosmology in Gothic cathedral design. Demonstrates how medieval Master Masons combined their knowledge of the practical building arts with ancient cosmological knowledge to endow their constructions with profound spiritual meaning. Well illus. in color. 422 pages. Squeeze Press. 8 1/2 x 11. Paperbound. **\$29.95**



**7962762 BIG BOX REUSE.** By Julia Christensen. Shows how ten communities have addressed empty box stores, turning vacated Wal-Mart and Kmart into something else: a church, a library, a school, a medical center, a courthouse, a recreation center, a museum, or other civic-minded structures. Fully illus. in color. 231 pages. MIT Press. 10 1/2 x 10 1/4. Pub. at \$19.50 **\$7.95**



**7951337 ACADEMIA: Collegiate Gothic Architecture in the United States.** By William Morgan. Provides the ultimate campus tour of Collegiate Gothic architecture across the U.S., from Princeton and Yale to Duke and the University of Chicago. Tells the story of how the Gothic style of Oxford and Cambridge was adapted and transformed in the U.S., to lend an air of history to the country's relatively young college and prep school campuses. Fully illus. in color. 200 pages. Abbeville. 9 1/2 x 12 1/4. Pub. at \$49.95 **\$39.95**



**7715927 LE CORBUSIER: The Chapel of Notre-Dame Du Haut at Ronchamp.** By M.A. Crippa & F. Causse. Explore the unique set of circumstances that resulted in the creation of an extraordinary space for worship on a remote hill in the French countryside by one of the 20th century's most controversial exponents of urbanism. Color photos. 240 pages. Royal Academy of Arts. 9 1/2 x 13. Pub. at \$75.00 **SOLD OUT**



**7925832 ISLAMIC ARCHITECTURE: A World History.** By Eric Broug. Illuminates the most famous works and reveals examples of lesser-known masterpieces drawn from 1,400 years of history and culture. Every era and global region is represented, with an expert traveler's eye for the creative exuberance that continues to reinvent itself up to the present day. Fully illus. in color. 336 pages. Thames & Hudson. 9 1/2 x 12 1/4. Pub. at \$75.00 **\$59.95**



**7917473 AT HOME WITH ROYALTY: Europe's Historic Castle Hotels.** text by K. Holupirek & L. Joppien. Transports you to elegant lords' homes and extensive vineyards, offering a glimpse behind medieval walls and into baroque staterooms. Travel to historic country estates with walls that tell stories of times when these were homes for high nobility and where guests can still feel like royalty today. Fully illus. in color. 264 pages. Schiffer. 9 1/2 x 11. **\$51.95**



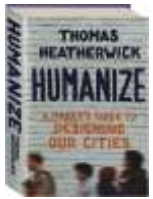
**7924311 THE FRENCH ROYAL WARDROBE: The Hotel de la Marine Restored.** Text by J. Hanover et al, photos by A. Tezenas. Traces the history of the Hotel de la Marine and the metamorphosis of this masterpiece of Parisian heritage, sumptuously revived under the guidance of the Center for National Monuments. Restored to its eighteenth-century splendor, it is an outstanding place of memory whose spirit and poetry have been captured in this work. Fully illus. in color. 288 pages. Flammarion. 10 1/2 x 13 1/4. Pub. at \$85.00 **\$63.95**



**7767366 GAS AND GLAMOUR.** By Ashok Sinha. Sinha, as an architectural photographer, wanted to capture Los Angeles' car culture induced optimism and ambition reflected in polychromatic, star-spangled coffee shops, gas stations, and car washes that once lured the gaze of passing motorists. Color photos. 70 pages. Kehrer Verlag Heidelberg. 11 1/2 x 9 1/4. Pub. at \$45.00 **\$27.95**



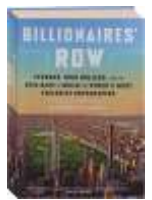
**7853874 VENICE AND THE DOGES: Six Hundred Years of Architecture, Monuments, and Sculpture.** By Toto Bergamo Rossi. A feast for the eyes and an entertaining, erudite read, this volume opens with an illustrated survey of the 120 doges who led the Venetian Republic before continuing with a detailed survey of the incredible array of sculptures and monuments that memorialize them. 358 pages. Rizzoli. 9 1/2 x 12 1/2. Pub. at \$135.00 **\$104.95**



**7963874 HUMANIZE: A Maker's Guide to Designing Our Cities.** By Thomas Heatherwick. Offers us a fiercely passionate analysis of why we're surrounded by cheap, boring buildings that make people sick and unhappy, and how we can make them better for everyone. An urgent call to arms for making our world a better place for everyone to live, as well as providing us with the tools to make it a reality. Fully illus. 496 pages. Scribner. Pub. at \$30.00 **\$21.95**



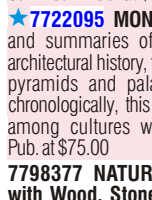
**7850271 CHARLESTON FANCY: Little Houses & Big Dreams in the Holy City.** By Witold Rybczynski. Unfolds a series of stories about a group of architects and builders in Charleston who produced an eclectic array of buildings inspired by the past. Rybczynski emphasizes the importance of architecture and urban design on a local level and how an old city can remake itself by invention as well as replication. Illus. 246 pages. Yale. 6 1/2 x 9 1/2. Pub. at \$28.00 **PRICE CUT to \$3.95**



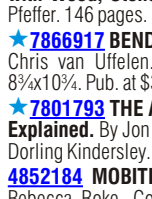
**786969X BILLIONAIRES' ROW: Tycoons, High Rollers, and the Epic Race to Build the World's Most Exclusive Skyscrapers.** By Katherine Clarke. Filled with eye-popping stories that bring the new era of extreme wealth inequality into vivid relief, this work is a juicy, gimlet-eyed account of the genius, greed, and financial one-upmanship behind the most expensive real estate in the world—a stranger than fiction saga of broken partnerships, broken marriages, lawsuits, and, for a few, fleeting triumph. Photos, most in color. 379 pages. Currency. Pub. at \$30.00 **PRICE CUT to \$17.95**



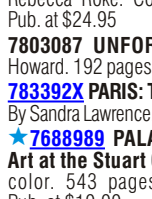
**7753144 DIVINE NEW YORK: Inside the Historic Churches and Synagogues of Manhattan.** Text by E.A. Hartman, photos by M.L. Horowitz. While Manhattan's houses of worship may today be dwarfed by office towers and high-rise apartment buildings, they still offer the most spectacular and uplifting architectural interiors to be found in the city. Takes the reader inside 65 of Manhattan's historic churches and synagogues. Fully illus. in color. 304 pages. Abbeville. 8 1/2 x 10 1/4. Pub. at \$55.00 **PRICE CUT to \$34.95**



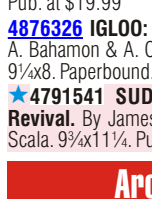
**7722095 MONUMENTAL.** Features stunning photo portraits and summaries of masterpieces from 10,000-plus years of architectural history, from churches and temples, castles and caves to pyramids and palaces, walls, towers, and more! Presented chronologically, this organization reveals often-overlooked parallels among cultures worldwide. 352 pages. Schiffer. 11 1/2 x 11 1/2. Pub. at \$75.00 **PRICE CUT to \$54.95**



**7722095 MONUMENTAL.** Features stunning photo portraits and summaries of masterpieces from 10,000-plus years of architectural history, from churches and temples, castles and caves to pyramids and palaces, walls, towers, and more! Presented chronologically, this organization reveals often-overlooked parallels among cultures worldwide. 352 pages. Schiffer. 11 1/2 x 11 1/2. Pub. at \$75.00 **PRICE CUT to \$54.95**



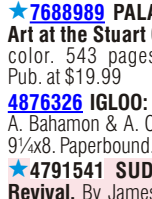
**7801793 THE ARCHITECTURE BOOK: Big Ideas Simply Explained.** By Jon Astbury et al. Fully illus. in color. 336 pages. Dorling Kindersley. 8x9 1/2. Pub. at \$27.99 **\$21.95**



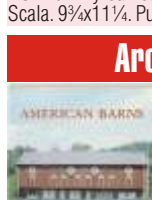
**4852184 MOBITECH: Architecture on the Move.** By Rebecca Roke. Color photos. 320 pages. Phaidon. 5 1/2 x 7 1/2. Pub. at \$24.95 **\$7.95**



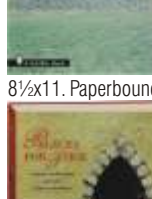
**7803087 UNFORGETTABLE ANCIENT SITES.** By M.J. Howard. 192 pages. Chartwell. 10x11. **SOLD OUT**



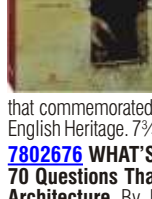
**783392X PARIS: The Book That Transforms into a Cityscape.** By Sandra Lawrence. 110 pages. Andre Deutsch. 6x8 1/2. **\$12.95**



**7688989 PALACES OF REVOLUTION: Life, Death & Art at the Stuart Court.** By Simon Thurley. Photos, some in color. 543 pages. William Collins. 5x7 1/4. Paperbound. Pub. at \$19.99 **\$11.95**



**4876326 IGLOO: Contemporary Vernacular Architect.** By A. Bahamon & A. Canizares. Illus. in color. 143 pages. Schiffer. 9 1/2 x 8. Paperbound. Pub. at \$29.99 **\$3.95**



**4791541 SUDELEY CASTLE: Royalty, Romance & Revival.** By James Parry with E. Lady Ashcombe. 160 pages. Scala. 9 1/2 x 11 1/4. Pub. at \$45.00 **SOLD OUT**

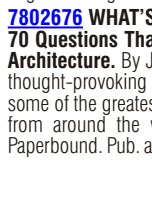
## Architectural Surveys



**7833253 AMERICAN BARNs.** By Stanley Schuler. This eye-opening study of one of America's most beloved types of buildings covers barns throughout the United States; huge barns and small barns; Pennsylvania Dutch barns and New England barns; horse barns and carriage houses; and countless more. Fully illus., some in color. 224 pages. Schiffer. 8 1/2 x 11. Paperbound. Pub. at \$24.95 **\$5.95**



**7963076 PALACES FOR PIGS.** By Lucinda Lambton. Architecture for animals has been, and still continues to be, a tremendous British tradition, as this fully illustrated volume with striking images, complemented with engaging text shows. Lambton celebrates this tradition, telling the fascinating stories behind the buildings that housed animals and the monuments that commemorated them in death. Fully illus. in color. 256 pages. English Heritage. 7 1/2 x 10. Pub. at \$50.00 **\$6.95**



**7802676 WHAT'S SO GREAT ABOUT THE EIFFEL TOWER? 70 Questions That Will Change the Way You Think About Architecture.** By Jonathan Glancey. Through 70 engaging and thought-provoking debates, take a fresh look at the works of some of the greatest architects and engineers through time and from around the world. 176 pages. Laurence King. 5 1/2 x 8. Paperbound. Pub. at \$19.99 **\$5.95**



## Architectural Surveys



**★775521X THE STORY OF ARCHITECTURE.** By Witold Rybczynski. In this sweeping history, from the Stone Age to the present day, Rybczynski shows how architectural ideas and ideals have been affected by technological, economic, and social changes—and by changes in taste. Photos. 348 pages. Yale. 8x9 1/2. Pub. at \$40.00 **PRICE CUT to \$24.95**

## Regional Architectural Styles

**★1973622 THE WOODEN ARCHITECTURE OF NORTHERN EUROPE: From the Viking Era to the 20th Century.** By John B. Hilling. Color photos. 224 pages. Lund Humphries. 7 1/2x10. Pub. at \$89.99 **\$64.95**

## Monographs on Architects



**7750374 ANTONIO GAUDI: Master Architect.** By Juan Bassegoda Nonell, photos by M. Levick. Presents the entire career of Spanish architect Antonio Gaudi, whose fanciful, exuberant buildings and sculpture have defined Barcelona's cityscape. Covers the full range of his work, from the Park Guell to the Church of the Sagrada Familia. Color photos. 288 pages. Abbeville. 4 1/4x4 1/2. Pub. at \$12.95 **\$5.95**



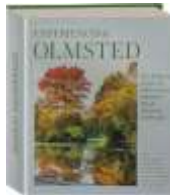
**7924151 ANDREW GELLER: Deconstructed.** By Jake Gorst. A career that lasted over fifty years, Andrew Geller, architect, artist and designer, quietly produced a large and culturally significant body of work. Complete with stories and images not only of his now famous beach houses, but also of the many lesser known buildings and early artworks, making this the definitive volume on this architectural icon. Well illus., many in color. 215 pages. Glitterati. 8 1/2x10 1/2. Pub. at \$40.00 **\$9.95**



**★7853734 FRANK LLOYD WRIGHT'S WISCONSIN: How America's Most Famous Architect Found Inspiration in His Home State.** By Kristine Hansen. Wright's organic architecture remains rooted in Wisconsin's landscape, from affordable-housing prototypes in Milwaukee to his summer home and architecture school in Spring Green. This guide to Wright's designs that are open to the public is for the architecture or history fan. Fully illus. in color. 156 pages. Globe Pequot. Paperbound. Pub. at \$24.95 **\$17.95**



**7869894 FRANK LLOYD WRIGHT AND SAN FRANCISCO.** By Paul V. Turner. Looks at the architect's complex and evolving relationship with San Francisco, surveying the full body of Wright's work in the Bay Area which was roughly thirty projects, only a third of which were built. Turner highlights aspects of the architect's career that have never before been explored, inspiring a new understanding of Wright, his personal and client interactions, and his work. Well illus., many in color. 216 pages. Yale. 9 1/2x10 1/4. Pub. at \$65.00 **\$19.95**

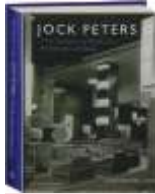


**★7731647 EXPERIENCING OLMSTED: The Enduring Legacy of Frederick Law Olmsted's North American Landscapes.** By Charles A. Birnbaum et al. Olmsted, Sr. is heralded as the father of American landscape architecture. His firm, and the successor firms that sprung from it, worked through the 19th and 20th centuries to shape some of our most beloved green spaces, including national, state, and city parks, and more. Photos, most in color. 342 pages. Timber. 8 1/2x10 1/4. Pub. at \$50.00 **\$27.95**

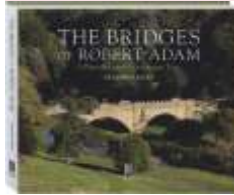


**★7935234 FRANK LLOYD WRIGHT & RALPH WALDO EMERSON: Transforming the American Mind.** By Ayad Rahmani. An interdisciplinary volume of literary and cultural scholarship that examines the link between two pivotal intellectual and artistic figures. Shows that Emerson's writings provided an avenue for interpreting Wright's complex approach to country and architecture. Photos. 324 pages. LaSUP. 6 1/2x9 1/2. **\$42.95**

**770576X FRANK LLOYD WRIGHT ON THE WEST COAST.** By Mark Anthony Wilson. This comprehensive survey of Wright's West Coast legacy features background information on the clients' relationships with Wright, including insights gleaned from correspondence with the original owners and interviews with many of the current owners. Color photos. 224 pages. Gibbs Smith. 11x12 1/4. Pub. at \$55.00 **PRICE CUT to \$19.95**



**7872518 JOCK PETERS, ARCHITECTURE AND DESIGN: THE VARIETIES OF MODERNISM.** By Christopher Long. Examines Peter's work in Germany: in Hamburg before World War I, including his design for the Levantehaus; in Berlin while at the office of Peter Behrens; and later, after the war, his brick Expressionist projects for Fritz Hoyer. 303 pages. Bauer & Dean. 8 1/2x10 1/2. Pub. at \$65.00 **PRICE CUT to \$12.95**



**★7781164 THE BRIDGES OF ROBERT ADAM: A Fanciful and Picturesque Tour.** By Benjamin Riley. Unlike his contemporaries, Adam did not view bridges as mere skeletons upon which to apply ornament. Rather, he sought to achieve architectural totality, incorporating his bridge designs into greater architectural programs, thereby producing aesthetically pleasing and contextually specific designs. Fully illus. in color. 154 pages. Triglyph. 10x8 1/4. Pub. at \$60.00 **SOLD OUT**

**194181X EHRICK K. ROSSITER: Designs for Modern Living 1880-1930.** By Ann Y. Smith. Well illus., some in color. 219 pages. Garnet Hill. 9 1/4x10 1/4. **\$11.95**

**7762178 LE CORBUSIER LE GRAND.** By J.L. Cohen & T. Benton. 768 pages. Phaidon. 13x17. **SOLD OUT**

**★7850905 HELL ON COLOR, SWEET ON SONG: Jacob Wrey Mould and the Artful Beauty of Central Park.** By Francis R. Kowsky with L. Gordon. Well illus. some in color. 238 pages. Empire State Editions. Pub. at \$39.95 **PRICE CUT to \$24.95**

**★4927079 THE OTHER MODERN MOVEMENT: Architecture, 1920-1970.** By Kenneth Frampton. Photos. 322 pages. Yale. 7 1/2x10. Pub. at \$50.00 **PRICE CUT to \$24.95**

**★7829264 GAUDI.** By Judith Carmel-Arthur. 112 pages. Orange Hippo. 5 1/2x7 1/4. Pub. at \$16.95 **PRICE CUT to \$9.95**

## Medical Science



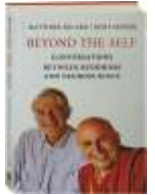
**7850298 THE COGNITIVE NEUROPSYCHIATRY OF PARKINSON'S DISEASE.** By Patrick McNamara. Offers an up to date review of current knowledge of such neuropsychiatric manifestations of Parkinson's Disease as cognitive deficits, personality changes, speech and language symptoms, sleep disorders, apathy, psychosis, and dementia. 231 pages. MIT Press. Pub. at \$45.00 **\$5.95**



**★7836279 NOTES ON NURSING: What It Is, and What It Is Not.** By Florence Nightingale. From the best known work of Florence Nightingale, the originator and founder of modern nursing, comes a collection of notes that played an important part of the much needed revolution in the field of nursing. 140 pages. Dover. Paperbound. **\$5.95**



**7908792 JOURNEY OF THE MIND: How Thinking Emerged from Chaos.** By O. Gog & S. Gaddam. Reveals why consciousness exists and how it works by examining eighteen increasingly intelligent minds, from microbes to humankind—and beyond. This is the first work to present a unified account of the mind that explains how consciousness, language, self-awareness, and civilization arose incrementally out of chaos. Illus. 415 pages. Norton. Pub. at \$30.00 **\$7.95**



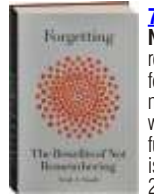
**7854005 BEYOND THE SELF: Conversations Between Buddhism and Neuroscience.** By M. Ricard & W. Singer. Offers the authors' perspectives on the mind, the self, consciousness, the unconscious, free will, epistemology, meditation, and neuroplasticity. Wide-ranging conversation stages an enlightening and engaging encounter between Buddhism's wealth of experiential findings and neuroscience's abundance of experimental results. Illus. 282 pages. MIT Press. Pub. at \$29.95 **\$7.95**



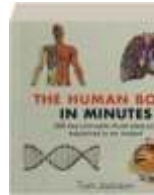
**7775296 HOW THE MIND CHANGED: A Human History of Our Evolving Brain.** By Joseph J. Belli. A seven million-year journey through our own heads, packed with vivid stories, groundbreaking science, and thrilling surprises. Discover how memory has also nothing to do with the past; meditation rewires our synapses; climate accounts for linguistic diversity; and how autism teaches us hugely positive lessons about our past and future; and more. 310 pages. Little, Brown. Pub. at \$28.00 **\$6.95**



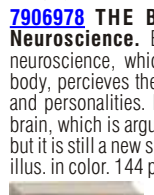
**7850247 THE BRAIN IN CONTEXT: A Pragmatic Guide to Neuroscience.** By J.D. Moreno & J. Schulkin. Provides an accessible and thought provoking account of the evolution of neuroscience and the neuroscience of evolution. The authors emphasize that the brain is not an isolated organ it extends into every part of the body and every aspect of human life. It's a stimulating assessment of the scope and limits of what we know about what we think. 270 pages. Columbia. Pub. at \$30.00 **\$6.95**



**7759347 FORGETTING: The Benefits of Not Remembering.** By Scott A. Small. A renowned neurologist explains why our routine forgetting—of names, dates, even house keys—is not a brain failure but actually, when combined with memory, one of the mind's most beneficial functions. Forgetting is in fact good for us—and it is a required function for our minds to work best. 224 pages. Crown. Pub. at \$27.00 **\$6.95**



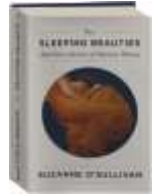
**7843461 THE HUMAN BODY IN MINUTES: 200 Key Concepts Illustrated and Explained in an Instant.** By Tom Jackson. The quickest way to learn everything you need to know about the anatomy, physiology, and science of the body, from cells to the skeleton. With 200 anatomical images and diagrams that show and explain the workings and key features of our bodies. 416 pages. Quercus. Paperbound. Pub. at \$12.99 **\$5.95**



**7906978 THE BRAIN: An Illustrated History of Neuroscience.** By Tom Jackson. Tracks the history of neuroscience, which investigates how the brain controls the body, perceives the world, and creates our emotions, thoughts, and personalities. Neuroscience has revealed much about the brain, which is arguably the most complex thing in the universe, but it is still a new science, with many discoveries to come. Fully illus. in color. 144 pages. Shelter Harbor. 9 1/4x11. **\$5.95**



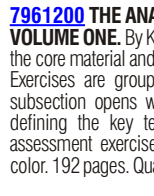
**4983157 SPARE PARTS: In Praise of Your Appendix and Other Unappreciated Organs.** By Carol Ann Rinzler. Sheds light on human body parts once considered extraneous but now shown to play an important role in our healthful survival. With wit and research-honed wisdom, Rinzler explains in layman's language why we actually need "bonus" body parts such as the appendix, the coccyx, and wisdom teeth. 274 pages. Skyhorse. Pub. at \$24.99 **\$4.95**



**7948182 THE SLEEPING BEAUTIES: And Other Stories of Mystery Illness.** By Suzanne O'Sullivan. O'Sullivan investigates psychosomatic disorders, traveling the world to visit communities suffering from these so called mystery illnesses. From a derelict post-Soviet mining town to Nicaragua to Colombia. She records the remarkable stories of syndromes related to her by people from all walks of life. 328 pages. Pantheon. Pub. at \$28.00 **\$5.95**



**7942265 SWITCH CRAFT: The Hidden Power of Mental Agility.** By Elaine Fox. The four pillars—Mental Agility, Self-Awareness, Emotional Awareness, and Situational Awareness—teach us how to move beyond rigid thinking by adopting flexible patterns of thought. Filled with illuminating case studies and engaging stories that offer the essential tools we need to flourish in a chaotic world. 337 pages. Harper. Pub. at \$27.99 **\$5.95**



**7961200 THE ANATOMY STUDENT'S REVISION WORKBOOK, VOLUME ONE.** By Ken Ashwell. Allows you to test your knowledge of the core material and to reinforce your understanding of key concepts. Exercises are grouped by body systems, and each section and subsection opens with an illustrated summary, incorporating and defining the key terms. A mixture of quiz questions, and self assessment exercises follow. Answers are included. Well illus. in color. 192 pages. Quarto. 8 1/2x11. Paperbound. **\$6.95**

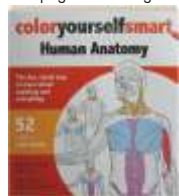




## Medical Science



**★7903375 THE SYNESTHESIA EXPERIENCE: Tasting Words, Seeing Music, Hearing Color.** By Maureen Seaberg. Synesthesia is a wondrous brain trait that is often described as blending senses. This work explores this subject, combining clear explanations of groundbreaking scientific research with an exploration of a deeper understanding of our senses. Including famous synesthetes and experts Billy Joel, Pharrell Williams, Dr. Dean Radin, and more. 267 pages. New Page Books. Paperbound. Pub. at \$18.95 **\$13.95**



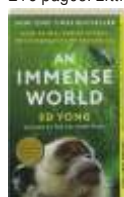
**7864590 HUMAN ANATOMY: Color Yourself Smart.** By Wendy L. Leonard, illus. by P. Ferguson-Jones. A revolutionary way to make learning easy and to improve your memory. If you've always wanted to learn about a certain subject but found the material too intimidating, then put down that boring textbook and start coloring! Fully illus., some in color. 128 pages. Thunder Bay. Paperbound. Pub. at \$12.99 **\$4.95**

**7904371 COGNITIVE PRAGMATICS: The Mental Processes of Communication.** By Bruno G. Bara. Offers a theory of human communication that is both formalized through logic and empirically validated through experimental data and clinical studies. Argues that communication is an activity in which two or more agents consciously and intentionally construct the meaning of their interaction. Illus. 304 pages. MIT Press. Pub. at \$38.00 **\$5.95**



**7958714 HOW MEDICINE WORKS AND WHEN IT DOESN'T: Learning Who to Trust to Get and Stay Healthy.** By F. Perry Wilson. Blending personal anecdotes with hard science, an accomplished physician, researcher, and science communicator pulls back the curtain on medicine and medical research, revealing how progress is made and how to rebuild trust between doctors and patients. 277 pages. Grand Central. Pub. at \$29.00 **\$5.95**

**7957645 GENDER MOSAIC: Beyond the Myth of the Male and Female Brain.** By D. Joel & L. Vikhanski. Drawing on the latest scientific evidence, including the groundbreaking results of her own studies, Dr. Joel explains that every human brain is a unique mixture—or mosaic—of “male” and “female” features, and that these mosaics don't map neatly into two categories. 216 pages. Little, Brown. Pub. at \$26.00 **\$5.95**



**★791055X AN IMMENSE WORLD: How Animal Senses Reveal the Hidden Realms Around Us.** By Ed Yong. Welcomes us into a previously unfathomable dimension—the world as it is truly perceived by other animals. We encounter beetles that are drawn into fires, turtles that can track the Earth's magnetic fields, fish that fill rivers with electrical messages, humans that wield sonar like bats, and more. 32 pages of color photos. 449 pages. Random. Paperbound. Pub. at \$20.00 **\$14.95**



**7719280 THE GREAT WAR AND THE BIRTH OF MODERN MEDICINE: A History.** By Thomas Helling. The story of the startling medical advances that developed as a reaction to the horrors unleashed by World War I. The problems of gas gangrene, hemorrhagic shock, gas poisoning, brain trauma, facial disfigurement, broken bones, and broken spirits flooded hospital beds, stressing caregivers and prompting medical innovations that would last far beyond the Armistice of 1918. Photos, some in color. 374 pages. Pegasus. Pub. at \$32.00 **\$9.95**



**7915004 DEEP MEDICINE: How Artificial Intelligence Can Make Healthcare Human Again.** By Eric Topol. Natural-language processing can record our doctors' notes, make sense of our medical histories, and read more deeply into the scientific literature than any human ever could. Deep-learning algorithms can bespoke treatment plans. And virtual medical assistants, powered by personal AI, can provide us with coaching to promote our health, and more. Illus. 378 pages. Basic. Pub. at \$32.00 **\$6.95**

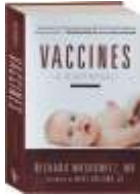
**7941889 THE BATTLE FOR YOUR BRAIN: Defending the Right to Think Freely in the Age of Neurotechnology.** By Nita A. Farahany. Offers a path forward to navigate the complex legal and ethical dilemmas that will fundamentally impact our freedom to understand, shape, and define ourselves. 277 pages. St. Martin's. Pub. at \$29.99 **\$6.95**



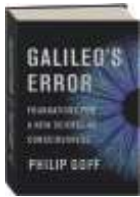
**★7740018 UNDERSTANDING CANCER.** By Robin Heskeith. Demystifies cancer by explaining the underlying cell and molecular biology in a clear and accessible style. Answers the questions commonly asked about cancer, such as what causes cancer and how cancer develops. Also gives an overview of current therapies and how treatments may advance over the next decades, and more. Illus. 233 pages. Cambridge. Paperbound. Pub. at \$14.95 **\$11.95**



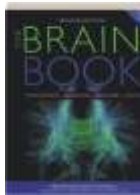
**7788738 THE SPIKE: An Epic Journey Through the Brain in 2.1 Seconds.** By Mark Humphries. Takes readers on the epic journey of a spike through a single, brief reaction. In vivid language, Humphries tells the story of what happens in our brain, what we know about spikes, and what we still have left to understand about them. 219 pages. Princeton. Pub. at \$24.95 **\$6.95**



**7744218 VACCINES: A Reappraisal.** By Richard Moskowitz. Weaving together a tapestry of observed facts, clinical and basic science research, news reports from the media, and actual cases from his own practice, Moskowitz offers a systematic review of the subject as a whole. 300 pages. Skyhorse. Pub. at \$27.99 **\$5.95**



**4914783 GALILEO'S ERROR: Foundations for a New Science of Consciousness.** By Philip Goff. Makes the case for panpsychism, a theory which posits that consciousness is not confined to biological entities but is a fundamental feature of all physical matter—from subatomic particles to the human brain. Goff provides the first step on a new path to the final theory of human consciousness. 240 pages. Pantheon. Pub. at \$26.95 **\$6.95**



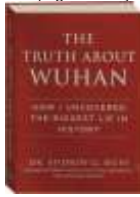
**7797257 THE BRAIN BOOK, SECOND EDITION REVISED: Development, Function, Disorder, Health.** By Ken Ashwell. This comprehensive reference explores diverse topics, from how we sense the world, memory processing, and the nature of consciousness, to diseases and disorders, the aging brain, and spinal injury repair. Hundreds of color images, including stunning 3-D illustrations revealing the intricate workings of the brain in detail. 352 pages. Firefly. Paperbound. Pub. at \$29.95 **\$7.95**



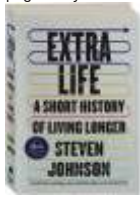
**7846584 KNOW THYSELF: The Science of Self Awareness.** By Stephen M. Fleming. Metacognition, or thinking about thinking, is the most important tool we have for understanding our own mind. It teaches us the limits of our own knowledge. Once we understand what it is and how it works, we can improve our performance and make better decisions. Illus. 290 pages. Basic. Pub. at \$30.00 **\$7.95**



**779729X A HISTORY OF MEDICINE IN 50 OBJECTS.** By Gill Paul. Examines the remarkable ways in which we have attempted to maintain good health and find a cure for the numerous diseases, injuries and misfortunes that afflict humanity. Presented chronologically, these 50 objects exemplify particular aspects of medical practice and health care. Well illus., some in color. 224 pages. Firefly. Pub. at \$29.95 **\$5.95**



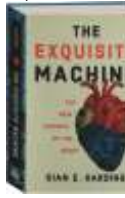
**★7767544 THE TRUTH ABOUT WUHAN: How I Uncovered the Biggest Lie in History.** By Andrew G. Huff. Simply explains the complexity of the system that led to COVID-19's emergence; how the medical industrial complex grew and became entrenched in gain of function work after 9/11; why EcoHealth Alliance was the (almost) perfect intelligence collection cover; the policy actions and decision-making process of why the U.S. government engaged in the cover-up; and more. 299 pages. Skyhorse. Pub. at \$26.99 **\$19.95**



**7971605 EXTRA LIFE: A Short History of Living Longer.** By Steven Johnson. This work celebrates the enduring power of common goals and public resources, and the heroes of public health and medicine too often ignored in popular accounts of our history. This is the sweeping story of a revolution with immense public and personal consequences: the doubling of the human life span. Illus. 284 pages. Riverhead. Pub. at \$28.00 **\$5.95**



**★7826974 YOUR BRAIN IS PLAYING TRICKS ON YOU: How the Brain Shapes Opinions and Perceptions.** By Albert Moukheiber. Why are we often convinced that we're right even when we're wrong? Filled with multiple examples from our daily lives and psychosocial experiments Moukheiber reveals the building blocks of our perception, cognition and behavior. Illus. 192 pages. Legend. Paperbound. Pub. at \$16.95 **\$11.95**



**★7722044 THE EXQUISITE MACHINE: The New Science of the Heart.** By Sian E. Harding. Describes the evolutionary forces that have shaped the heart's response to damage, the astonishing rejuvenating power of stem cells, how we can avoid heart disease, and why it can be so hard to repair a damaged heart. Tells the stories of patients who have had the devastating experiences of heart conditions and describes how cutting-edge technologies will lead us to new solutions. 223 pages. MIT Press. Pub. at \$29.95 **\$21.95**



**★793811X ALZHEIMER'S DISEASE, THIRD EDITION: The Story of Ketones.** By Mary T. Newport. Details the most recent research on the links between Alzheimer's and many common medications, illustrating how recent advances in imaging technologies have made it possible to detect subtle changes in the brain a decade or more before a person develops obvious symptoms. Illus. 569 pages. Basic Health. Paperbound. Pub. at \$26.99 **\$19.95**



**★7741464 THE SONG OF THE CELL: An Exploration of Medicine and the New Human.** By Siddhartha Mukherjee. The author tells the story of how scientists discovered cells, began to understand them, and are now using that knowledge to create new treatments and new humans. Writing so vivid, lucid, and suspenseful that complex science becomes thrilling. 473 pages. Scribner. Pub. at \$32.50 **\$19.95**



**★7947887 THE SONG OF THE CELL: An Exploration of Medicine and the New Human.** By Siddhartha Mukherjee. Tells the story of how scientists discovered cells, began to understand them, and are now using that knowledge to create new treatments and new humans. Writing so vivid, lucid, and suspenseful that complex science becomes thrilling. 473 pages. Scribner. Paperbound. Pub. at \$21.00 **\$15.95**

**★7799993 MALADY OF THE MIND: Schizophrenia and the Path to Prevention.** By Jeffrey A. Lieberman. A must-read for fans of psychological histories and anyone whose life has been affected by schizophrenia, this revelatory work offers a scientific history and comprehensive clinical portrait—with crucial insights and hope for those afflicted. Tells the story of the past, present, and future of this historically dreaded, and often disabling illness. 516 pages. Scribner. Pub. at \$30.00 **\$17.95**



**★7718853 ANATOMY EXPLORER: Your Guide to the Human Body.** By Ahmad Elmansouri. Discusses the functioning of each of the body's systems by covering key facts in an easy to understand format, and features sidebars with interesting trivia. Whether you're looking to supplement your school curriculum or just learn more about how the body works, this has what you need. Well illus. in color. 128 pages. Thunder Bay. 10x10 1/2. Pub. at \$24.99 **\$17.95**

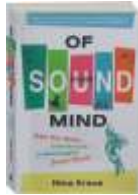


**★7830025 VIRUSES: A Natural History.** By Marilyn J. Roossinck. Examines all the aspects of viruses that are essential for understanding them—their diversity, behaviors, life cycles, and much more. Covers what they are and where they come from; how they transmit and evolve; the battle between viruses and hosts, including immunity and vaccination; viruses that are good for us and more. Well illus. in color. 288 pages. Princeton. Pub. at \$35.00 **\$27.95**

**4948203 INTRODUCTION TO EPIDEMIOLOGY, SIXTH EDITION.** By Ray M. Merrill. This new edition provides a unique focus on completing the casual picture of epidemics. Students will learn to identify casual factors and modes of transmission with the assistance of statistical tools and biomedical information, manage and analyze epidemiologic data, and design and implement appropriate research studies. 434 pages. Jones and Bartlett. 8x10. Paperbound. Pub. at \$136.95 **\$19.95**

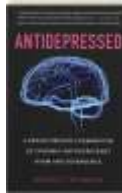


## Medical Science

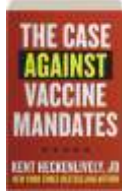


**7777663 OF SOUND MIND: How Our Brain Constructs a Meaningful Sonic World.** By Nina Kraus. Examines the partnership of sound and brain, showing that the processing of sound drives many of the brain's core functions. Our hearing is always on and yet we can ignore sounds that are unimportant. We don't just hear; we engage with sounds. Kraus explores what goes on in our brains when we hear a word—or a chord, or a meow, or a screech. Illus. 359 pages. MIT Press. Pub. at \$29.95 **PRICE CUT to \$4.95**

**7887825 NEUROSCIENCE: Unlocking the Mysteries of the Brain & Consciousness.** By Anne Rooney. Examines how we think, feel, move, remember, imagine, and experience the outside world and our own bodies. This account traces the development of neuroscience, from ancient beliefs to the technologies of the present day. Illus. 256 pages. Sirius. Paperbound. Pub. at \$12.99 **PRICE CUT to \$3.95**



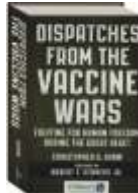
**785398X ANTIDEPRESSED: A Breakthrough Examination of Epidemic Antidepressant Harm and Dependence.** By Beverley Thomson. Breaks down the growing issue of antidepressant use, harm and dependence—how we got to this point, what's happening worldwide every single day, and most importantly, where we go from here. Exposes the holes in mental health systems and highlights the desperate need for reform. Illus. 298 pages. Hatherleigh. Paperbound. Pub. at \$17.95 **PRICE CUT to \$3.95**



**7816146 THE CASE AGAINST VACCINE MANDATES.** By Kent Heckenlively. Heckenlively points his razor sharp legal and literary skills against vaccine passports and mandates, which he believes to be the defining issues as to whether we continue to exist as a free and independent people. 150 pages. Hot Books. Paperbound. Pub. at \$16.99 **PRICE CUT to \$2.95**

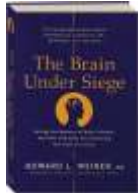


**7858116 LIFELINES: A Doctor's Journey in the Fight for Public Health.** By Leana Wen. Wen lays bare the lifesaving work of public health and its innovative approach to social ills. She also tells her own uniquely American story. She insists, it is public health that ensures citizens are not robbed of decades of life and that where children live does not determine whether they live. 334 pages. Metropolitan. Paperbound. Pub. at \$18.99 **PRICE CUT to \$3.95**

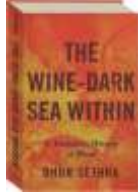


**7816197 DISPATCHES FROM THE VACCINE WARS: Fighting for Human Freedom During the Great Reset.** By Christopher A. Shaw. A comprehensive look at the origin of vaccination and the oversight of vaccines by various regulatory bodies in the U.S. and in Canada. Provides not only the official view on vaccine safety and efficacy, but also provides a critical analysis on which such views are based. 8 pages of color photos. 599 pages. Skyhorse. Pub. at \$29.99 **PRICE CUT to \$4.95**

**7815638 PLAGUE.** By K. Heckenlively & J. Mikovits. A compelling true story of groundbreaking scientific research, legal drama, and landmark scientific and political ramifications. 415 pages. Skyhorse. Paperbound. Pub. at \$19.99 **SOLD OUT**



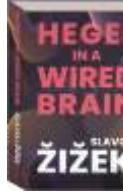
**785403X THE BRAIN UNDER SIEGE: Solving the Mystery of Brain Disease, and How Scientists Are Following the Clues to a Cure.** By Howard L. Weiner. Weiner links the brain to a crime scene, showing readers how "clues" point to causes and suggests paths to a cure. He takes readers on a journey through the latest technological advances, exploring which routes of investigation have gone cold and which have led to breakthroughs. Illus. 360 pages. BenBella. Pub. at \$28.00 **PRICE CUT to \$5.95**



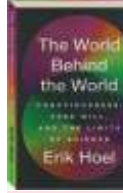
**7848676 THE WINE-DARK SEA WITHIN: A Turbulent History of Blood.** By Dhun Sethna. Argues that William Harvey's revelation that blood circulates through the body inaugurated modern medicine and paved the way for groundbreaking advances from intravenous therapy, cardiac imaging, and stent insertions to bypass surgery, dialysis, and heart-lung machines. An indispensable contribution to our understanding of how medicine became modern. 357 pages. Basic. Pub. at \$32.00 **PRICE CUT to \$5.95**



**\*7821166 GREAT DISCOVERIES IN MEDICINE: From Ayurveda to X-rays, Cancer to Covid.** Ed. by William & Helen Bynum. As we face new challenges from the globalization of disease, environmental change and increased longevity, the science of healing is now more vital than ever. This timely volume is a superb guide to medicine's achievements and its prospects for the future. 336 pages. Thames & Hudson. Paperbound. Pub. at \$16.95 **PRICE CUT to \$7.95**



**7832478 HEGEL IN A WIRED BRAIN.** By Slavoj Žižek. Investigates what G.W.F. Hegel might have had to say about the idea of the "wired brain"—what happens when a direct link between our mental processes and a digital machine emerges, and what might happen when we can share our thoughts directly with others. 201 pages. Bloomsbury. Pub. at \$40.00 **PRICE CUT to \$9.95**



**\*7889941 THE WORLD BEHIND THE WORLD: Consciousness, Free Will, and the Limits of Science.** By Erik Hoel. Delves into the quest for a theory of consciousness that will trigger a paradigm shift in neuroscience and beyond. A fascinating exploration into how the brain creates our conscious experiences—potentially revolutionizing neuroscience and the future of technology. Illus. 238 pages. Avid Reader. Pub. at \$30.00 **PRICE CUT to \$17.95**



**\*7838824 THE AUTUMN GHOST: How the Battle Against a Polio Epidemic Revolutionized Modern Medical Care.** By Hannah Wunsch. The riveting story of the epidemic that sparked a global medical revolution. Reveals how insiders and iconoclasts came together in one hospital to save the lives of polio patients dying of respiratory failure. The radical advances in respiratory care marked a turning point in treatment worldwide. Photos. 348 pages. Greystone. Pub. at \$29.95 **PRICE CUT to \$17.95**



**\*7872690 ANATOMICA: The Exquisite & Unsettling Art of Human Anatomy.** Ed. by Joanna Ebenstein. This remarkable collection of anatomical illustrations charts our fascination with the body and our desire to understand it. 272 pages. Laurence King. 8 1/2 x 10 1/2. Pub. at \$35.00 **PRICE CUT to \$24.95**



**\*1944312 THE CEILING OUTSIDE: The Science and Experience of the Disrupted Mind.** By Noga Arikha. In this work Arikha recounts the experience of her mother showing signs of Alzheimer's disease and grapples with the unbreakable links between our bodies and our sense of self. Weaving together stories of her subjects' troubles and her mother's decline, she searches for some meaning in the science she has set out to study. 294 pages. Basic. Pub. at \$29.00 **PRICE CUT to \$4.95**

**DVD 1983318 COMA.** Fullscreen. HBO. **\$3.95**

**4981553 THE PREMONITION CODE.** By T. Cheung & J. Mossbridge. 214 pages. Watkins. Paperbound. Pub. at \$17.95 **\$6.95**

**7816561 THE EMBODIED MIND: Understanding the Mysteries of Cellular Memory, Consciousness, and Our Bodies.** By Thomas R. Verny. 16 pages illus. in color. 258 pages. Pegasus. Pub. at \$27.95 **\$6.95**

**7876955 HOW WE LEARN: Why Brains Learn Better Than Any Machine...for Now.** By Stanislas Dehaene. 16 pages of color photos. 319 pages. Penguin. **SOLD OUT**

**4931327 THE GREAT SECRET: The Classified World War II Disaster That Launched the War on Cancer.** By Jenett Conant. Photos. 380 pages. Norton. Pub. at \$27.95 **\$5.95**

**\*7937288 BREATHING LESSONS: A Doctor's Guide to Lung Health.** By Meilan K. Han. 176 pages. Norton. Paperbound. Pub. at \$16.95 **\$12.95**

**\*7790813 MAN AND HIS SYMBOLS.** By Carl G. Jung et al. Well illus. 408 pages. Bantam. Paperbound. Pub. at \$18.00 **\$12.95**

**7828942 MOONSHOT: Inside Pfizer's Nine-Month Race to Make the Impossible Possible.** By Albert Bourla. Photos, most in color. 216 pages. HarperBusiness. Pub. at \$29.99 **\$4.95**

**7783663 SPARE PARTS: The Story of Medicine Through the History of Transplant Surgery.** By Paul Craddock. Photos. 307 pages. St. Martin's. Pub. at \$28.99 **PRICE CUT to \$5.95**

**\*DVD 4836065 HUMAN: The World Within.** Widescreen. PBS. Pub. at \$34.99 **\$27.95**

**\*1957171 RAVENOUS: Otto Warburg, the Nazis and the Search for the Cancer-Diet Connection.** By Sam Apple. Photos. 399 pages. Liveright. Paperbound. Pub. at \$18.95 **\$7.95**

**7801157 THE SPIRIT CATCHES YOU AND YOU FALL DOWN: A Hmong Child, Her American Doctors, and the Collision of Two Cultures.** By Anne Fadiman. 355 pages. FSG. Paperbound. Pub. at \$17.00 **\$3.95**

**\*1930761 THE DAY I DIE: The Untold Story of Assisted Dying in America.** By Anita Hannig. 297 pages. Sourcebooks. Pub. at \$27.99 **\$11.95**

**\*7796226 A MOLECULE AWAY FROM MADNESS: Tales of the Hijacked Brain.** By Sara Manning Peskin. 214 pages. Norton. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**

**\*7721986 THE INVENTION OF TOMORROW: A Natural History of Foresight.** By Thomas Suddendorf et al. Photos. 292 pages. Basic. Pub. at \$30.00 **\$14.95**

**\*7782098 THE SPIKE: An Epic Journey Through the Brain in 2.1 Seconds.** By Mark Humphries. 219 pages. Princeton. Paperbound. Pub. at \$18.95 **PRICE CUT to \$9.95**

**\*7746555 THE NEW ABNORMAL: The Rise of the Biomedical Security State.** By Aaron Kheriaty. 278 pages. Regnery. Pub. at \$29.99 **\$14.95**

**\*1988808 VIRAL: The Search for the Origin of COVID-19.** By A. Chan & M. Ridley. Photos. 432 pages. Harper. Paperbound. Pub. at \$19.99 **PRICE CUT to \$4.95**

**\*7694903 THE NEUROSCIENCE OF YOU: How Every Brain Is Different and How to Understand Yours.** By Chantel Prat. Illus. 365 pages. Dutton. Pub. at \$28.00 **\$17.95**

**\*7729669 INFECTIOUS: Pathogens and How We Fight Them.** By John S. Tregoning. Illus. 380 pages. OneWorld. Paperbound. Pub. at \$18.95 **PRICE CUT to \$7.95**

**\*7738056 THE FIRST SHOTS: The Epic Rivalries and Heroic Science Behind the Race to the Coronavirus Vaccine.** By Brendan Borrell. Illus. 306 pages. Mariner Books. Paperbound. Pub. at \$17.99 **PRICE CUT to \$5.95**

**\*7735758 BREATHLESS: The Scientific Race to Defeat a Deadly Virus.** By David Quammen. 406 pages. S&S. Pub. at \$29.99 **PRICE CUT to \$11.95**

**\*4979400 THE HELPERS: Profiles from the Front Lines of the Pandemic.** By Kathy Gilsinan. 288 pages. Norton. Pub. at \$24.95 **PRICE CUT to \$5.95**

**193256X CLASSICS IN OPHTHALMOLOGY.** By Jonathan Hutchinson et al. Illus. Krieger. 10 1/4 x 13 3/4. Pub. at \$174.00 **\$79.95**

**\*1956922 THE INFERTILITY TRAP: Why Life Choices Impact Your Fertility and Why We Must Act Now.** By R. John Aitken. Illus. 336 pages. Cambridge. Paperbound. Pub. at \$14.95 **PRICE CUT to \$3.95**

**1910302 OUT COLD: A Chilling Descent into the Macabre, Controversial, Lifesaving History of Hypothermia.** By Phil Jaekl. Photos. 255 pages. PublicAffairs. **SOLD OUT**

**7751265 VACCINATED: From Cowpox to mRNA, the Remarkable Story of Vaccines.** By Paul A. Offit. Photos. 254 pages. HarperPerennial. **SOLD OUT**

**4915704 THE SECRET LIFE OF FAT: The Science Behind the Body's Least Understood Organ and What It Means for You.** By Sylvia Tara. 235 pages. Norton. **SOLD OUT**

**1985663 VIRAL: The Search for the Origin of COVID-19.** By A. Chan & M. Ridley. 404 pages. Harper. Pub. at \$29.99 **\$3.95**

**4988345 BEHAVE: The Biology of Humans at Our Best and Worst.** By Robert M. Sapolsky. Illus. 790 pages. Penguin. Pub. at \$35.00 **SOLD OUT**

**7800347 A SCIENTIFIC REVOLUTION: Ten Men and Women Who Reinvented American Medicine.** By R.H. Hruban & W. Linder. Photos, some in color. 311 pages. Pegasus. Pub. at \$29.95 **\$7.95**

**7747918 GETTING INSIDE YOUR HEAD: What Cognitive Science Can Tell Us About Popular Culture.** By Lisa Zunshine. Photos. 217 pages. Johns Hopkins. Pub. at \$32.95 **\$5.95**

**\*4971507 UNDERSTANDING CORONAVIRUS, REVISED.** By Raul Rabadan. 146 pages. Cambridge. Paperbound. Pub. at \$14.95 **\$7.95**

**\*1948296 THE EXTENDED MIND: The Power of Thinking Outside the Brain.** By Annie Murphy Paul. 338 pages. Mariner. Paperbound. Pub. at \$17.99 **\$9.95**

**\*DVD 4837150 BIOETHICS: The Dilemmas of Modern Medicine.** Widescreen. Dreamscape Media. Pub. at \$24.95 **\$9.95**

**\*7753136 CONTROL: The Dark History and Troubling Present of Eugenics.** By Adam Rutherford. 266 pages. Norton. Pub. at \$30.00 **SOLD OUT**

**\*4971833 ON TASK: How Our Brain Gets Things Done.** By David Badre. 330 pages. Princeton. Paperbound. Pub. at \$19.95 **\$12.95**

**\*772778X TYPHOID: The Past, Present and Future of an Ancient Disease.** By Claas Kirchhelle. Photos, some in color. 96 pages. Scala. Paperbound. Pub. at \$20.00 **\$9.95**





## Medical Science

★**4858107 THE GREAT SECRET: The Classified World War II Disaster That Launched the War on Cancer.** By Jennet Conant. 380 pages. Norton. Paperbound. Pub. at \$17.95 **\$9.95**

★**377810X IS MEDICINE STILL GOOD FOR US? The Big Idea.** By Julian Sheather. Well illus., most in color. 143 pages. Thames & Hudson. Paperbound. Pub. at \$18.95 **\$9.95**



**1992851 PLAGUE OF CORRUPTION: Restoring Faith in the Promise of Science.** By J. Mikovits & K. Heckenlively. **LARGE PRINT EDITION.** Recounting her nearly four decades in science, including her collaboration of more than thirty-five years with Dr. Frank Ruscetti, one of the founders of the field of human retrovirology, this is a behind the scenes look at the issues and egos which will determine the future health of humanity. Color photos. 405 pages. Skyhorse. Pub. at \$45.00 **\$5.95**

## Business

**7805381 THINK AND GROW RICH.** By Napoleon Hill. Originally published in 1937 and presented in its original format, this masterwork identifies thirteen principles that every person serious about achieving success should adopt. 275 pages. Wilco Publishing House. Paperbound. Pub. at \$14.95 **\$6.95**



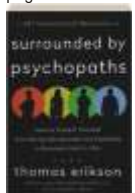
**1988247 PROFITABLE PODCASTING: Grow Your Business, Expand Your Platform, and Build a Nation of True Fans.** By Stephen Woessner. Provides you with everything you need to make it happen. Checklists, production schedules, templates, spreadsheets, recommended third-party tools, visual examples of social media strategies, access to online video tutorials, and other tools simplify the process and get you from zero to launch in just eight weeks. Illus. 258 pages. AMACOM. Paperbound. Pub. at \$22.99 **\$3.95**



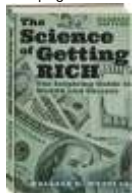
**4898478 HUMAN HACKING: Win Friends, Influence People, and Leave Them Better Off for Having Met You.** By Christopher Hadnagy with S. Schulman. A security expert draws on psychological insights to help you master the art of social engineering by communicating with genuine empathy and understanding so you can positively and effectively persuade others. 272 pages. HarperCollins. Pub. at \$32.50 **\$6.95**



**7849346 JINGLEMONEY: The Essential Guide to Making Real Money Writing Jingles.** By Walter R. Dailey. A concise and pragmatic manual that can allow you to pay the bills writing jingles. Every step from the mechanics of creating a captivating melody line to the basics of copyrights and business ownership, from the must-know of self-promotion to the not so subtle art of hawking your wares among eager advertisers, and more. 154 pages. Hal Leonard. Paperbound. Pub. at \$19.99 **\$5.95**



**1966723 SURROUNDED BY PSYCHOPATHS: How to Protect Yourself from Being Manipulated and Exploited in Business (and in Life).** By Thomas Erikson. Teaches readers how to deal with psychopaths by becoming aware of their own behavior and their weaknesses. Erikson outlines some of the most common forms of manipulation used by psychopaths and others. He includes practical methods and techniques to help readers confront controlling people and rehabilitate negative relationships into mutually respectful ones. 255 pages. St. Martin's. Paperbound. **SOLD OUT**



**7899580 THE SCIENCE OF GETTING RICH: The Inspiring Guide to Wealth and Success.** By Wallace D. Wattles. Presents a step by step guide to both financial and spiritual empowerment by transforming attitudes and harnessing opportunities. Not only explains the "Certain Way" of thinking that is crucial to getting rich, but it provides useful tips on subjects such as gratitude, getting into the right business, and thinking the right way. 111 pages. Arcturus. **\$6.95**

**7882602 TEAM SECRETS OF THE NAVY SEALS: The Elite Military Force's Leadership Principles for Business.** By Robert Needham. Using the lessons he has learned as a Navy SEAL, Needham guides the reader through the role of a leader in building a well-organized, competent, and resourceful group of professionals who work together creatively to achieve results. 130 pages. Skyhorse. Paperbound. Pub. at \$12.95 **\$5.95**



**7730578 AT YOUR BEST AS A CARPENTER.** By Juan Carosso. Your playbook for learning if a career as a carpenter is right for you, progressing from pre-apprentice to journeyman to master carpenter, and launching your own small business. 249 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$6.95**



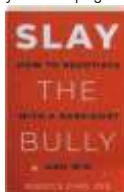
**7966091 MY BEST MISTAKE: Epic Fails and Silver Linings.** By Terry O'Reilly. Recounts how some of the biggest breakthroughs and best-loved products originated with a mistake. This work will change how you think about screwing up and will encourage you to accept mistakes and embrace the obstacles that may arise from errors, leading you to unexpected breakthroughs and silver linings of your own. Photos, most in color. 285 pages. Harper. Paperbound. Pub. at \$16.99 **\$5.95**



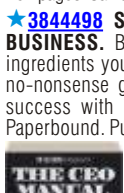
**CD 7965249 THE STORYTELLER'S SECRET: From TED Speakers to Business Legends, Why Some Ideas Catch on and Others Don't.** By Carmine Gallo. Read by the author. Reveals the keys to telling powerful stories that inspire, motivate, educate, build brands, launch movements, and change lives. Drawing from 50 icons, leaders, and legends, Gallo explains why the brain is hardwired to love stories, and how the latest science can help you craft a narrative that wins hearts and minds. Over eight hours on 7 CDs. Macmillan. Pub. at \$29.99 **\$4.95**



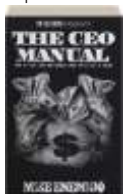
**7907575 THE BEZOS BLUEPRINT: Communication Secrets of the World's Greatest Salesman.** By Carmine Gallo. Jeff Bezos reimagined how leaders write, speak, and motivate teams and customers. The tools he created are so effective that former Amazonians who worked directly with him adopted them as blueprints to start their own companies. Now, these tools are available for you. 258 pages. St. Martin's. Pub. at \$28.99 **\$5.95**



★**7919891 SLAY THE BULLY: How to Negotiate with a Narcissist and Win.** By Rebecca Zung. Globally recognized high conflict negotiation expert, and top attorney Zung shares her revolutionary framework to SLAYING your negotiation with the narcissist. By the time you're finished reading, you will know how to shift the dynamic of power and be more confident and empowered in every aspect of your life! 251 pages. Savio Republic. Paperbound. Pub. at \$18.00 **\$12.95**



★**3844498 STARTING & RUNNING A FOOD TRUCK BUSINESS.** By Alan Philips. Fully stocked with all the ingredients you need to join the food truck community, this no-nonsense guide sets you on a sure path from start to success with your mobile restaurant. 291 pages. Alpha. Paperbound. Pub. at \$19.99 **\$14.95**



★**7890451 THE CEO MANUAL: How to Start Your Own Business When You Get Out of Prison!** By Mike Enemigo. Will teach you the simplest way to start your own business when you get out of prison, regardless of your record. Learn the certified boss subjects, such as: the five core steps to starting your own business; the five common launch errors you must avoid; how to effectively manage people; the secrets to writing a successful business plan; and more. 178 pages. The Cell Block. Paperbound. **\$17.95**



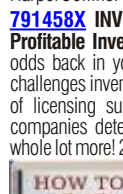
**7940270 TALK POWER: The Mind-Body Way to Speak Without Fear.** By Natalie H. Rogers. A simple step by step science-based system that actually affects your anxiety ridden brain and is guaranteed to transform every previously fearful public speaker into a much admired presenter. 411 pages. Skyhorse. Pub. at \$26.99 **\$6.95**



**7879458 LYING FOR MONEY: How Legendary Frauds Reveal the Workings of the World.** By Dan Davies. Lying, fraud, and fiscal deception are revealed every day in the news, and the list of well-known banks, companies, and multinational financial institutions prosecuted for such crimes seems never-ending. Davies shows us that all fraud belongs to one of four categories and operates under the same basic principles. 288 pages. Scribner. Pub. at \$28.00 **\$6.95**



**198828X SURVIVING A STARTUP: Practical Strategies for Starting a Business, Overcoming Obstacles, and Coming Out on Top.** By Steven S. Hoffman. Takes you on a tumultuous journey of launching a venture-funded startup, revealing what it takes to make it. Illuminates startup strategies, divulges inside secrets, and reveals the best ways to raise capital. Also dives deep on how to manage difficult employees, develop innovative products, and take an idea and transform it into a growing business. 338 pages. HarperCollins. Paperbound. Pub. at \$22.99 **\$5.95**



**791458X INVENTOR CONFIDENTIAL: The Honest Guide to Profitable Inventing.** By Warren Tuttle with J.A. Mangus. Tip the odds back in your favor with a broad picture of the many current challenges inventors have these days. See how to improve your odds of licensing success and get the insider's perspective on how companies determine the quality of a product submission, and a whole lot more! 233 pages. Tuttle. Paperbound. Pub. at \$19.99 **\$5.95**



**7958749 HOW TO LEAD: Wisdom from the World's Greatest CEOs, Founders, and Game Changers.** By David M. Rubenstein. Learn the principles and guiding philosophies of Bill Gates, Jeff Bezos, Ruth Bader Ginsburg, Warren Buffett, Oprah Winfrey, and many others through revealing conversations about their remarkable lives and careers. Illus. 424 pages S&S. Pub. at \$30. **SOLD OUT**



**7957696 THE INNOVATION DELUSION: How Our Obsession with the New Has Disrupted the Work That Matters Most.** By L. Vinsal & A.L. Russell. "Innovation" is the hottest buzzword in business. But what if its benefits have been exaggerated, and our obsession with finding the next big thing has distracted us from the work that matters most? Argues that our way of thinking about and pursuing innovation has made us poorer, less safe, and—ironically—less innovative. 260 pages. Currency. Pub. at \$28.00 **\$5.95**



★**4978862 THE SMALL BUSINESS START-UP KIT, 12TH EDITION.** By Peri H. Pakroo. Your one-stop guide to starting a small business. Shows you how to set up in your state and deal with state and local forms, fees, and regulations. This edition is updated with the latest legal and tax rules affecting small businesses, plus social media and e-commerce trends. 463 pages. Nolo. Paperbound. Pub. at \$29.99 **\$21.95**



**7841752 WORK, YOUR WAY: Reinvent Yourself, Create the Life You Want and Thrive as a Consultant.** By Lisa Hufford. A must have for anyone wanting to learn the ins and outs of consulting, this practical, easy to read guide is grounded in the realities and experiences of real consultants to guide you on the path to doing the work you love while making money doing it. 218 pages. HarperCollins. Paperbound. Pub. at \$19.99 **\$5.95**



**7915969 INSIDE THE FORD-UAW TRANSFORMATION: Pivotal Events in Valuing Work and Delivering Results.** By J. Cutcher-Gershenfeld & D. Brooks. An unprecedented inside look at how core operating assumptions are shifted and at the emergence of integrated operating systems for quality, safety, and other aspects of the enterprise. A transformation built on a foundation of dignity and mutual respect, guided by a vision of combining good jobs with high performance. Illus. 396 pages. MIT Press. Pub. at \$32.00 **\$6.95**



**791508X DECODING GREATNESS: How the Best in the World Reverse Engineer Success.** By Ron Friedman. A game changing approach to unlocking your greatness, using a secret strategy that's vaulted business titans and creative geniuses to the top of their profession. You'll learn how to take apart achievements you admire, pinpoint precisely what makes them work, and apply that knowledge to develop novel ideas and products that are uniquely your own. 262 pages. S&S. Paperbound. Pub. at \$17.99 **\$5.95**



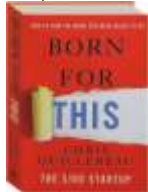
★**4815629 START YOUR OWN FOOD TRUCK BUSINESS, THIRD EDITION.** By the Staff of Entrepreneur Media, Inc & R. Mintzer. At over a billion dollars, the food industry is evolving, creating new trends and opportunities for eager entrepreneurs like you. This guide provides the details behind starting a food truck business, from gourmet food to all-American basics and hot dog wagons to restaurants. Includes setting prices, hiring help, licenses, and much more. 181 pages. Entrepreneur Press. Paperbound. Pub. at \$22.99 **\$14.95**



## Business



**★4713370 START YOUR OWN WHOLESALE DISTRIBUTION BUSINESS, FOURTH EDITION.** By the Staff of Entrepreneur Media, Inc. & C.M. Spencer. Your blueprint for starting and running a wholesale distribution business, taking you step by step through the entire process of setting up your business and making it a fantastic success. This resource is a wellspring of knowledge distilled from three decades' worth of experience. 224 pages. Entrepreneur Press. Paperbound. Pub. at \$19.99 **\$14.95**



**7878001 BORN FOR THIS: How to Find the Work You Were Meant to Do.** By Chris Guillebeau. Through inspiring stories of those who have successfully landed their dream career, as well as actionable tools, exercises, and thought experiments, Guillebeau will guide you through today's vast menu of career options to discover the work perfectly suited to your interests, skills, and experiences. 314 pages. Crown. Pub. at \$26.00 **\$6.95**



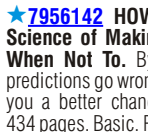
**★4769023 START YOUR OWN PODCAST BUSINESS: Your Step-by-Step Guide to Success.** By the Staff of Entrepreneur Media, Inc. & J.R. Rich. An easy to understand, comprehensive blueprint that takes you through setting up, recording, branding, marketing, and managing your podcast business. Plus get the behind the scenes tips you need to go from passion to profits. 246 pages. Entrepreneur Press. Paperbound. Pub. at \$19.99 **\$14.95**



**7868812 DRAW YOUR BIG IDEA.** By N. Herting & H. Willems. Transforms the way businesses and individuals achieve their goals. How? By teaching them to use drawing to develop thoughts and ideas. Now you too can apply these simple techniques to your own entrepreneurial projects. Learn to draw your big idea and chart a new path to creative fulfillment and success. Fully illus. in color. 172 pages. Chronicle. 7 3/4 x 9 1/4. Paperbound. Pub. at \$19.95 **\$7.95**



**7859635 BUILDING A SECOND BRAIN: A Proven Method to Organize Your Digital Life and Unlock Your Creative Potential.** By Tiago Forte. A revolutionary system to enhance your productivity, think more creatively, and remember and utilize the ideas that excite you. With a second brain, we can harness the full potential of all our thoughts and the information we consume before they fade from our mind. 260 pages. Atria. Pub. at \$28.00 **\$6.95**



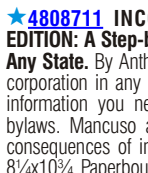
**★7956142 HOW TO EXPECT THE UNEXPECTED: The Science of Making Predictions—and the Art of Knowing When Not To.** By Kit Yates. Will teach you how and why predictions go wrong, help you to spot phony forecasts, and give you a better chance of getting your own predictions correct. 434 pages. Basic. Pub. at \$32.50 **\$23.95**



**★7938055 WRITE YOUR BUSINESS PLAN, SECOND EDITION: Your Strategic Roadmap to Business Success.** By the Staff of Entrepreneur Media, Inc. & E. Butow. The essential guide that leads you through the most critical startup step next to committing to your business vision—writing your business plan. Learn what makes a successful plan and how to create one, define your plan purpose relative to your startup; identify what to include in your plan and what to leave out; and more. 271 pages. Entrepreneur Press. Paperbound. Pub. at \$24.99 **SOLD OUT**



**★DVD 7839227 AMAZON.** Widescreen. This documentary examines one of the most powerful companies on earth, Amazon.com. Amazon is an American multinational technology company which focuses on e-commerce, cloud computing, digital streaming, and artificial intelligence. 69 minutes. Wownow Entertainment. Pub. at \$19.95 **\$14.95**



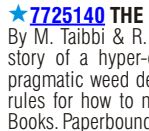
**★4808711 INCORPORATE YOUR BUSINESS, 11TH EDITION: A Step-by-Step Guide to Forming a Corporation in Any State.** By Anthony Mancuso. Clearly explains how to form a corporation in any state, and includes all the sample forms and information you need to prepare articles of incorporation and bylaws. Mancuso also fully discusses the advantages and tax consequences of incorporating your business. 310 pages. Nolo. 8 1/2 x 10 1/4. Paperbound. Pub. at \$49.99 **\$37.95**



**★4658868 LLC OR CORPORATION? 9TH EDITION: Choose the Right Form for Your Business.** By Anthony Mancuso. Whether you are starting a new business or thinking about an existing one, the big question is "which legal structure is best?" The answer has important legal and tax consequences and this volume is packed with real-world examples to help you make the best choice for your company. Updated with COVID-related information. 283 pages. Nolo. Paperbound. Pub. at \$24.99 **\$11.95**



**★7897677 LLC OR CORPORATION? 10TH EDITION: Choose the Right Form for Your Business.** By Anthony Mancuso. Whether you are starting a new business or thinking about an existing one, the big question is "Which legal structure is best for my business?" The answer has important legal and tax consequences. This valuable resource is packed with real world examples and advice to help you make the best choice for your company. 228 pages. Nolo. Paperbound. Pub. at \$26.99 **\$19.95**



**★7725140 THE BUSINESS SECRETS OF DRUG DEALING.** By M. Taibbi & R. Harris. This fast-paced outlaw tale tells the story of a hyper-observant, politically minded, humorously pragmatic weed dealer. He has spent a working life compiling rules for how to make money and avoid jail. 213 pages. OR Books. Paperbound. Pub. at \$16.95 **\$9.95**



**★7776314 START YOUR OWN PET BUSINESS, SECOND EDITION: Your Step-by-Step Guide to Success.** By the Staff of Entrepreneur Media, Inc. & R. Mintzer. Advice and tips in every emerging field including grooming, supplies, behavior training, and nutrition, with an emphasis on pet sitting. One of the most cost-effective ventures, pet sitting offers the maximum amount of flexibility and reliability as an emerging business owner, and more. 167 pages. Entrepreneur Press. Paperbound. Pub. at \$19.99 **\$14.95**



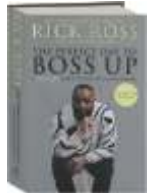
**7971532 THE DEADLINE EFFECT: How to Work Like It's the Last Minute—Before the Last Minute.** By Christopher Cox. Explains how you can understand the psychological underpinnings of expectations and time, the dynamics of teams and customers, and techniques for using deadlines to make better, more assured decisions. 221 pages. Avid Reader. Pub. at \$28.00 **\$6.95**



**★7937717 LEGAL GUIDE FOR STARTING & RUNNING A SMALL BUSINESS, 18TH EDITION.** By Stephen Fishman. Whether you're just starting a small business, or your business is already up and running, legal questions crop up on a daily basis. This edition, completely updated in 2023 with the latest tax rules, will help you start and run a successful business. 402 pages. Nolo. 8 1/2 x 10 1/4. Paperbound. Pub. at \$39.99 **\$29.95**



**★7961820 DEDUCT IT! 20TH EDITION: Lower Your Small Business Taxes.** By Stephen Fishman. Shows you how to maximize your business deductions—quickly, easily, and legally. Whether your business is just starting or well established, this volume is indispensable to your financial success. 450 pages. Nolo. Paperbound. Pub. at \$29.99 **\$21.95**



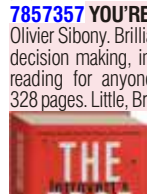
**★4928040 THE PERFECT DAY TO BOSS UP: A Hustler's Guide to Building Your Empire.** By Rick Ross with N. Martinez-Belkin. Now, for the first time, Ross shares his secrets to success, offering his own life as a road map to readers looking to build their own empire. Along the way he reveals the simple, empowering "Boss Commandments" that everyone can implement to improve their life, excel in the business world and achieve even their wildest dreams. 254 pages. Hanover Square Press. Pub. at \$27.99 **\$17.95**



**★771789X THE PERFECT DAY TO BOSS UP: A Hustler's Guide to Building Your Empire.** By Rick Ross with N. Martinez-Belkin. Now, for the first time, Ross shares his secrets to success, offering his own life as a road map to readers looking to build their own empire. Along the way he reveals the simple, empowering "Boss Commandments" that everyone can implement to improve their life, excel in the business world and achieve even their wildest dreams. 280 pages. Hanover Square Press. Paperbound. Pub. at \$18.99 **\$13.95**



**★7903359 HIRING VETERANS: How to Leverage Military Talent for Organizational Growth.** By Matthew J. Louis with A.R. Garcia, Sr. A practical guide for prospective employers who want to hire veterans. It addresses this primary question: How can employers better prepare for and employ transitioning service members to improve the productivity and competitiveness of their organizations? Illus. 284 pages. Career Press. Paperbound. Pub. at \$19.95 **\$14.95**



**7857357 YOU'RE ABOUT TO MAKE A TERRIBLE MISTAKE!** By Olivier Sibony. Brilliant, fun and wise. A tremendous guide to sensible decision making, in business and in daily life. Should be required reading for anyone looking to improve their decision process. 328 pages. Little, Brown. Pub. at \$29.00 **PRICE CUT to \$4.95**



**7785267 THE INTROVERT'S EDGE TO NETWORKING: Work the Room, Leverage Social Media, Develop Powerful Connections.** By Matthew Pollard with D. Lewis. One of the biggest myths that plagues the business world today is that our ability to network depends on having the "gift of gab." This is nonsense. You don't have to be outgoing to be successful at networking. The truth is, introverts make the best networkers—when armed with a plan that lets them be their authentic selves. 233 pages. HarperCollins. Pub. at \$27.99 **PRICE CUT to \$5.95**



**7841744 WINNING NOW, WINNING LATER: How Companies Can Succeed in the Short Term While Investing for the Long Term.** By David M. Cote. Upon becoming Honeywell's CEO, Cote encountered an organization on the verge of failure. To turn the company around, he adopted a series of bold operational reforms and leadership practices that enabled him to do two conflicting things at the same time: pursue strong short and long term results. Here the author shares his essential principles. 277 pages. HarperCollins. Paperbound. Pub. at \$19.99 **PRICE CUT to \$3.95**



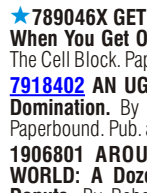
**CD 7812361 THE SCHMUCK IN MY OFFICE: How to Deal Effectively with Difficult People at Work.** By J.J. Foster & M. Joy. Read by Christina Delaine. Everyone has a "schmuck" in the office—a difficult, disruptive person who upsets the whole workplace, confuses coworkers, and causes concern. Foster explains the entire spectrum of people we may think of as schmucks, and how they can decrease productivity. Abridged. Four hours on 3 CDs. Macmillan Audio. Pub. at \$19.99 **PRICE CUT to \$3.95**



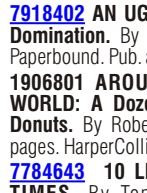
**★7832087 SILENCE KILLS: Communication Tactics to Speak with Confidence and Build Your Influence.** By Scott Harvey. Demonstrates how simple (but not easy) it is to communicate through the daily crises that can happen in any organization. Provides tools to understand; three strategies for building trust and rapport; the right tactics for delivering a message; how to be prepared for any situation; and more. 170 pages. Morgan James. Paperbound. Pub. at \$17.95 **PRICE CUT to \$9.95**



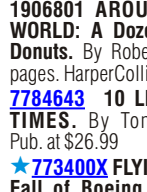
**★DVD 7805640 NFTS THE MOVIE.** Widescreen. Taking the world by storm. A non-fungible token (NFT) is considered to be a non-interchangeable unit of data which is stored on a blockchain. This can be sold and traded. This documentary explores the explosion of this incredible topic. Not Rated. 24 minutes. Wownow Entertainment. Pub. at \$19.95 **PRICE CUT to \$7.95**



**★789046X GET OUT, GET RICH: How to Get Paid Legally When You Get Out of Prison!** By Mike Enemigo. 231 pages. The Cell Block. Paperbound. **SOLD OUT**



**7918402 AN UGLY TRUTH: Inside Facebook's Battle for Domination.** By S. Frenkel & C. Kang. 351 pages. Harper. Paperbound. Pub. at \$18.99 **\$5.95**



**1906801 AROUND THE CORNER TO AROUND THE WORLD: A Dozen Lessons I Learned Running Dunkin' Donuts.** By Robert Rosenberg. Photos, many in color. 213 pages. HarperCollins. Pub. at \$24.99 **SOLD OUT**



**7784643 10 LEADERSHIP VIRTUES FOR DISRUPTIVE TIMES.** By Tom Ziglar. 243 pages. Thomas Nelson. Pub. at \$26.99 **\$5.95**



**★773400X FLYING BLIND: The 737 Max Tragedy and the Fall of Boeing.** By Peter Robison. 328 pages. Anchor. Paperbound. Pub. at \$18.00 **\$9.95**



**1988255 R.E.D. MARKETING: The Three Ingredients of Leading Brands.** By G. Creed & K. Muench. Illus. 264 pages. HarperCollins. Pub. at \$28.99 **\$3.95**





## Business

**7678193 QUANTUM MARKETING: Mastering the New Marketing Mindset for Tomorrow's Consumers.** By Raja Rajamannar. 220 pages. HarperCollins. Pub. at \$27.99 **PRICE CUT to \$1.95**

**7789394 EVERYBODY WANTS TO RULE THE WORLD: Surviving and Thriving in a World of Digital Giants.** By R "Ray" Wang. 202 pages. HarperCollins. Pub. at \$24.99 **\$2.95**

**198814X THE GOLD STANDARD: Giving Your Customers What They Didn't Know They Wanted.** By Colin Cowie. 204 pages. HarperCollins. Pub. at \$28.99 **\$3.95**

**1988158 THE GUMBO COALITION: 10 Leadership Lessons That Help You Inspire, Unite, and Achieve.** By Marc Morial. 206 pages. HarperCollins. Pub. at \$24.99 **\$3.95**

**★1963724 THE MAN WHO BROKE CAPITALISM.** By David Gelles. 264 pages. S&S. Pub. at \$28.00 **\$14.95**

**7850417 FROM HEAD SHOPS TO WHOLE FOODS: The Rise and Fall of Activist Entrepreneurs.** By Joshua Clark Davis. Photos. 314 pages. Columbia. Paperbound. Pub. at \$24.00 **PRICE CUT to \$4.95**

**★775468X POWER FAILURE: The Rise and Fall of an American Icon.** By William D. Cohan. 798 pages. Portfolio. Pub. at \$40.00 **\$19.95**

**7786255 BUILT THROUGH COURAGE: Face Your Fears to Live the Life You Were Meant For.** By Dave Hollis. 220 pages. HarperCollins. Pub. at \$26.99 **PRICE CUT to \$3.95**

**★7866763 AFTER STEVE: How Apple Became a Trillion-Dollar Company and Lost Its Soul.** By Tripp Mickle. Photos, many in color. 496 pages. Morrow. Paperbound. Pub. at \$21.99 **PRICE CUT to \$12.95**

**★7750684 FOR PROFIT: A History of Corporations.** By William Magnuson. 357 pages. Basic. Pub. at \$32.00 **PRICE CUT to \$11.95**

**★1937758 BUILD: An Unorthodox Guide to Making Things Worth Making.** By Tony Fadell. 394 pages. HarperBusiness. Pub. at \$32.50 **PRICE CUT to \$7.95**

**★1940562 THE STORY OF THE FLY: And How It Could Save the World.** By J. Drew & J. Joseph. Illus. 142 pages. Harriman House. Paperbound. Pub. at \$19.99 **PRICE CUT to \$5.95**

**7816642 NPR'S PODCAST START UP GUIDE: Create, Launch, and Grow a Podcast on Any Budget.** By Glen Weldon. Illus. 296 pages. Ten Speed. Pub. at \$28.00 **\$5.95**

**4897080 HUSTLE: The Power to Charge Your Life with Money, Meaning, and Momentum.** By Neil Patel et al. 246 pages. Rodale. Pub. at \$26.99 **\$5.95**

**7786166 RADICAL UNCERTAINTY: Decision-Making Beyond the Numbers.** By J. Kay & M. King. 528 pages. Norton. Pub. at \$30.00 **SALE**

**7720319 TOOLS AND WEAPONS: The Promise and the Peril of the Digital Age.** By B. Smith & C.A. Browne. 434 pages. Penguin. Paperbound. Pub. at \$18.00 **\$3.95**

**★DVD 4879821 CORPORATE CULTURE AND STRATEGY.** Widescreen. Dreamscape Media. Pub. at \$24.95 **\$9.95**

**★4764382 WORKING REMOTELY: Non-Obvious Guide.** By Rohit Bhargava. 179 pages. Ideapress. Paperbound. Pub. at \$17.95 **\$9.95**

**★4913361 PRESENTING VIRTUALLY: Communicate and Connect with Online Audiences.** By Patti Sanchez. Photos. 199 pages. Duarte. Paperbound. Pub. at \$19.95 **\$5.95**

**★4922980 THE HAPPY INBOX: How to Have a Stress-Free Relationship with Your Email and Overcome Your Communication Clutter.** By Maura Nevel Thomas. Photos. 128 pages. Simple Truths. Pub. at \$16.99 **\$3.95**

**★3942287 CORONAVIRUS + BUSINESS: Insights You Need from Harvard Business Review.** By Martin Reeves et al. 89 pages. Harvard Business Review. 8 1/2 x 11. Paperbound. Pub. at \$22.95 **\$7.95**

## Computer Books

**7882432 FUTURE MINDS: The Rise of Intelligence from the Big Bang to the End of the Universe.** By Richard Yonck. With the unrelenting advancement of AI and other technologies, our world is becoming increasingly intelligent. This work challenges our assumptions about intelligence—what it is, how it came to exist, its place in the development of life on Earth, and possibly throughout the cosmos. Seeks to understand where all of this has come from and more importantly, where it is headed. 371 pages. Arcade. Pub. at \$27.99 **\$5.95**



**7928645 BEAUTIFUL MINECRAFT.** By James Delaney. This volume is a compendium of stunning artwork built in Minecraft. Using millions of blocks and spending hundreds of hours, these artists have created floating steam punk cities, alien worlds, detailed classical sculptures, fantastical landscapes, architectural marvels, and more. Fully illus. in color. 104 pages. No Starch. 8 1/2 x 10 1/4. Pub. at \$19.95 **\$5.95**

**★7915284 CONFIDENT CODING: Learn How to Write Code and Master the Essentials.** By R. Percival & D. Woods. A unique combination of technical insights and practical career guidance, this work unlocks the full potential of coding, whatever your role. Whether you're an entrepreneur looking to build your own app or an aspiring developer aiming to pursue a successful career, this will give you the building blocks you need to become a proficient coder. Illus. 369 pages. Kogan Page. Paperbound. Pub. at \$17.99 **\$12.95**

**7846703 THE LOOP: How Technology Is Creating a World Without Choices and How to Fight Back.** By Jacob Ward. An eye-opening journey into the rapidly changing world of artificial intelligence reveals the dangerous ways AI is exploiting the unconscious habits of our minds—and the real threat it poses to humanity. Illuminates the dangers of writing dangerous human habits into our machines. 303 pages. Hachette. Pub. at \$29.00 **\$6.95**

**7954328 THE AGE OF AI: And Our Human Future.** By Henry A. Kissinger et al. AI is coming online in searching, streaming, medicine, education, and many other fields and, in so doing, transforming how humans are experiencing reality. An essential road map to our present and our future; an era unlike any that has come before. 254 pages. Little, Brown. Pub. at \$30.00 **\$7.95**

**7947526 EVERYBODY HAS A PODCAST (EXCEPT YOU): A How-to Guide from the First Family of Podcasting.** By Justin McElroy et al. A helpful and hilarious how-to podcast guide covering everything you need to know to make, produce, edit, and promote a podcast and get rich\* doing it! (\*Results not guaranteed). 253 pages. Harper. Pub. at \$22.99 **\$4.95**

**★7905343 THE INTERNET IS NOT WHAT YOU THINK IT IS: A History, a Philosophy, a Warning.** By Justin E.H. Smith. Offers an original deep history of the internet, from ancient to the modern world. Combining the sweep of intellectual history with the incisiveness of philosophy, Smith cuts through our daily digital lives to give a clear eyed picture of what the internet is, where it came from, and where it will be taking us. 194 pages. Princeton. Paperbound. Pub. at \$16.95 **\$13.95**

**★7801696 IPAD FOR SENIORS IN EASY STEPS, 12TH EDITION.** By Nick Vandome. Updated to cover iPadOS 16. Learn how to choose the right model for you, master Multitasking Gestures, and customize the iPad for your needs; use your iPad to keep in touch with family and friends; make video calls and send messages for free; take and share photos; and more. Fully illus. in color. 192 pages. In Easy Steps. Paperbound. Pub. at \$18.99 **\$13.95**

**★3843912 WINDOWS 10 IN EASY STEPS, 5TH EDITION.** By Nick Vandome. A concise yet comprehensive guide that has easy to follow, clear, step by step instructions that make learning to use the Windows 10 simple. This resource not only tells you how to do it, but it also shows you how. Now you can get more from your Windows 10 quickly and easily! 240 pages. In Easy Steps. Paperbound. Pub. at \$15.99 **\$11.95**

**★1917749 LAPTOPS FOR SENIORS IN EASY STEPS, 8TH EDITION.** By Nick Vandome. Updated to cover Windows 11, written in plain English without jargon, and contains clear step by step instructions accompanied by illustrations. Shows how to choose the right laptop, personalize Windows, explore apps for fun and functional tasks, and more. 192 pages. In Easy Steps. Paperbound. Pub. at \$18.99 **\$13.95**



**7879830 WHAT MAKES US HUMAN? An Artificial Intelligence Answers Life's Biggest Questions.** By Iain S. Thomas et al. The authors prompted the world's most advanced AI, GPT-3, with a wealth of humanity's most cherished works. Then they asked GPT-3 our most pressing questions about life. Contained in this work are the conversations and exchanges that followed. 220 pages. Sounds True. Pub. at \$24.99 **\$6.95**

**7949359 HUMAN COMPATIBLE: Artificial Intelligence and the Problem of Control.** By Stuart Russell. A leading artificial intelligence researcher lays out a new approach to AI that will enable us to coexist successfully with increasingly intelligent machines. Illus. 336 pages. Penguin. Paperbound. Pub. at \$19.00 **\$6.95**

**★7290386 PYTHON IN EASY STEPS, 2ND EDITION.** By Mike McGrath. Written in plain English with easy to follow step by step instructions this fully illustrated guide doesn't just tell you how to do it, it shows you how. Essentials covered include Python language basics, object oriented programming (OOP), CGI scripting to handle web form data, and more. 192 pages. In Easy Steps. Paperbound. Pub. at \$15.99 **\$11.95**

**★7736940 CODING FOR BEGINNERS IN EASY STEPS, 2ND EDITION.** By Mike McGrath. Use this guide to help you quickly create a programming environment on your computer, then in easy steps, learn how to: write Python code to create your programs; store information in data structures; control program flow using control structures; create re-usable blocks of program code; code powerful algorithms and classes for Object Oriented Programming; and more. Illus. 192 pages. In Easy Steps. Paperbound. Pub. at \$18.99 **\$13.95**

**7854102 HOW TO GROW A ROBOT: Developing Human-Friendly, Social AI.** By Mark H. Lee. Explores how robots can be more human-like, friendly, and engaging. The way to achieve more playfulness and less programmed AI according to Lee is to "grow" a robot so that it learns from experience—just as infants do. Developmental robots, with an internal model of "self," will be better interactive partners with humans. Illus. 365 pages. MIT Press. Pub. at \$29.95 **\$9.95**

**7954026 THE ASCENT OF INFORMATION: Books, Bits, Genes, Machines, and Life's Unending Algorithm.** By Caleb Scharf. Explores how our relationship with data will affect our ongoing evolution as a species. Understanding this relationship will be crucial to preventing our data from becoming more of a burden than an asset, and to preserving the possibility of a human future. Illus. 340 pages. Riverhead. Pub. at \$28.00 **\$7.95**

**★7847998 QUANTUM SUPREMACY: How the Quantum Computer Revolution Will Change Everything.** By Michio Kaku. An exhilarating look at humanity's next great technological revolution—quantum computing—which could solve everything from global warming and world hunger to incurable disease. The thrilling story of this exciting scientific frontier and the race to claim humanity's future. 337 pages. Doubleday. Pub. at \$30.00 **\$21.95**

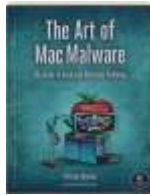
**7964382 VIRTUAL SOCIETY: The Metaverse and the New Frontiers of Human Experience.** By Herman Narula. The arrival of the metaverse marks the beginning of a new age of exploration—not outward, but inward—with the potential to reshape society and open the door to a new understanding of the human species and its capabilities. 260 pages. Currency. Pub. at \$28.99 **\$5.95**

**7915152 THE WIRES OF WAR: Technology and the Global Struggle for Power.** By Jacob Helberg. Explains the high stakes global cyber war brewing between Western democracies and the authoritarian regimes of China and Russia that could potentially crush democracy. 360 pages. Avid Reader. Paperbound. Pub. at \$18.99 **\$5.95**

**★7961863 Make: AI Robots.** By Reade Richard et al. Your gateway to the exciting world of robotics and AI, a launching pad to develop the makers of tomorrow. More than 32 fun and inspiring projects integrate crafting, electronics, simple coding with a micro:bit, and AI training to spark life into amazing creations. Fully illus. in color. 271 pages. Make Community. Paperbound. Pub. at \$24.99 **\$17.95**



## Computer Books



**793341X THE ART OF MAC MALWARE: The Guide to Analyzing Malicious Software.** By Patrick Wardle. Discover the secrets of nation-state backdoors, destructive ransomware, and subversive cryptomining as you uncover their infection methods, persistence strategies, and insidious capabilities. You'll execute the malware, instruction by instruction, discover exactly how it operates. Illus. 294 pages. No Starch. 7x9 1/4. Paperbound. Pub. at \$49.99 **\$15.95**

**1991485 WHAT CAN BE COMPUTED? A Practical Guide to the Theory of Computation.** By John MacCormick. For undergraduates who are studying the subject for the first time, and requiring minimal prerequisites, this work focuses on the essential fundamentals of computer science theory and features a practical approach that uses real computer programs (Python and Java) and encourages active experimentation. Illus. 383 pages. Princeton. Pub. at \$85.00 **\$19.95**



**7955103 UNMASKING AI: My Mission to Protect What Is Human in a World of Machines.** By Joy Buolamwini. The story of how Buolamwini uncovered what she calls "the coded gaze"—evidence of encoded discrimination and exclusion in tech products—and how she galvanized the movement to prevent AI harms by founding the Algorithmic Justice League. Illus. 308 pages. Random. Pub. at \$28.99 **\$21.95**

**7917309 WEB3: Charting the Internet's Next Economic and Cultural Frontier.** By Alex Tapscott. A cutting-edge guide to the Internet's next era, covering everything from the metaverse and NFTs to decentralized finance and self-sovereign identity. 320 pages. HarperBusiness. Pub. at \$35.00 **\$26.95**

**7856911 BITS TO BITCOIN: How Our Digital Staff Works.** By Mark Stuart Day. 353 pages. MIT Press. Pub. at \$29.95 **\$7.95**

**4912632 MAKE: Getting Started with Raspberry Pi, 4th Edition.** By Matt Richardson et al. Well illus. 223 pages. Make Community. Paperbound. Pub. at \$24.99 **\$17.95**

**4861396 BIG BROTHER TECHNOLOGY: PRISM, XKeyscore, and Other Spy Tools of the Global Surveillance State.** By Axel Balthazar. Fully illus. 264 pages. Adventures Unlimited. Paperbound. Pub. at \$19.95 **\$15.95**

**7876890 GENIUS MAKERS: The Mavericks Who Brought AI to Google, Facebook, and the World.** By Cade Metz. 371 pages. Dutton. Pub. at \$28.00 **PRICE CUT to \$4.95**

**7852185 MY BRAIN HAS TOO MANY TABS OPEN: How to Untangle Our Relationship with Tech.** By Tanya Goodin. 224 pages. White Lion. Pub. at \$18.00 **PRICE CUT to \$3.95**

**7745109 A THOUSAND BRAINS: A New Theory of Intelligence.** By Jeff Hawkins. 272 pages. Basic. Paperbound. Pub. at \$17.99 **PRICE CUT to \$7.95**

**7777701 SUPERSIGHT: What Augmented Reality Means for Our Lives, Our Work, and the Way We Imagine the Future.** By David Rose. Well illus. 293 pages. BenBella. Pub. at \$27.95 **PRICE CUT to \$3.95**

**1937669 YOUR DATA, THEIR BILLIONS: Unraveling and Simplifying Big Tech.** By Jane S. Hoffman. 272 pages. Post Hill. Pub. at \$28.00 **PRICE CUT to \$9.95**

**493069X IF THEN: How the Simulmatics Corporation Invented the Future.** By Jill Lepore. Photos. 415 pages. Liveright. Pub. at \$28.95 **\$3.95**

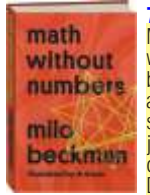
**7756712 KEEP CALM AND LOG ON: Your Handbook for Surviving the Digital Revolution.** By Gillian "Gus" Andrews. Illus. 351 pages. MIT Press. Paperbound. Pub. at \$24.95 **\$7.95**

**7877749 VIRTUAL REALITY.** By Samuel Greengard. 243 pages. MIT Press. Paperbound. Pub. at \$15.95 **\$5.95**

**7747187 "YOU ARE NOT EXPECTED TO UNDERSTAND THIS": How 26 Lines of Code Changed the World.** Ed. by Torie Bosch. Illus. 202 pages. Princeton. Paperbound. Pub. at \$19.95 **SOLD OUT**

**3995917 INTRODUCTION TO TEACHING WITH WEBEX.** By M. Jane. 64 pages. Ulysses. Paperbound. Pub. at \$13.95 **\$3.95**

## Mathematics



**7817843 MATH WITHOUT NUMBERS.** By Milo Beckman. A vivid, conversational, and wholly original guide to the three main branches of abstract math—topology, analysis, and algebra—which turn out to be surprisingly easy to grasp. Welcome to the joys and mysteries of an extraordinary frontier of human knowledge. Illus. 207 pages. Dutton. Pub. at \$27.00 **\$6.95**



**7965850 MATH MADE SIMPLE: A Complete Guide in Ten Easy Lessons.** By Kate Luckett. Discover shapes and geometry, explore different formulas in algebra, and learn how to present data through step by step explanations and informative diagrams. You'll be able to test your knowledge with a quiz at the end of each chapter. Solutions included. Ages 14 & up. Illus. 224 pages. Portable Press. Pub. at \$15.99 **\$5.95**



**7949421 THE MOST DIFFICULT MATH TESTS.** By Gareth Moore. This collection of conundrums features 200 brand-new puzzles that are certain to test even the most mathematical of minds. What unites them all is the need for any puzzler to approach them with logic, finesse, and cunning to solve them successfully. Solutions provided. 144 pages. Wellbeck. Paperbound. Pub. at \$12.95 **\$4.95**

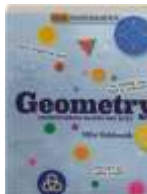


**190731X THE CIRCLE: A Mathematical Exploration Beyond the Line.** By A.S. Posamentier & R. Geretschlag. Describes in layperson's terms the many intriguing properties of this fundamental shape. If math has intimidated you, this is the ideal text to help you appreciate the discipline through one of its most important elements—the circle. Well illus. 349 pages. Prometheus. Pub. at \$25.00 **\$5.95**

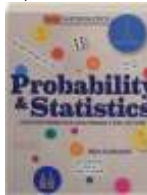
**7951191 SIMPLY MATH.** By Leo Ball et al. Sometimes, less is really more. This smart but powerful little guide explains everyday math, from percentages to prime numbers. Fully illus. in color. 160 pages. Dorling Kindersley. Pub. at \$16.99 **\$7.95**



**4892240 LIE GROUPS, LIE ALGEBRAS, AND SOME OF THEIR APPLICATIONS.** By Robert Gilmore. With rigor and clarity, this upper-level undergraduate text employs numerous exercises, solved problems, and figures to introduce upper-level undergraduates to Lie group theory and physical applications. 587 pages. Krieger. Pub. at \$35.00 **\$7.95**

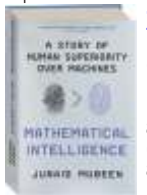


**7807597 GEOMETRY: Understanding Shapes and Sizes.** By Mike Goldsmith. Starts with the simple task of dividing up ground for making fields and a building—the word geometry means "Earth measurement." It ends by navigating us through new universes constructed entirely from mathematics, strange worlds where curved lines are straight, and a donut and coffee cup are exactly the same shape. Ages 12 & up. Well illus. in color. 184 pages. Shelter Harbor. Paperbound. Pub. at \$19.95 **\$7.95**



**7807678 PROBABILITY & STATISTICS: How Mathematics Can Predict the Future.** By Mike Goldsmith. Shows how we can use the power of math to make sense of the world and predict what might happen next. Begins with three famous names in math: Blaise Pascal, Girolamo Cardano, and Pierre de Fermat who asked a simple question—"What are the chances of that?" This set them on course to create probability theory. Another question: "What does it all mean?"—leading to statistics. Well illus. some in color. 184 pages. Shelter Harbor. Paperbound. Pub. at \$19.95 **\$7.95**

**790455X 50 MATH IDEAS YOU REALLY NEED TO KNOW.** By Tony Crilly. In a series of 50 accessible essays, the author explains and introduces mathematical laws and principles—ancient and modern, theoretical and practical, everyday and esoteric—that allow us to understand the world around us. 208 pages. Quercus. Paperbound. Pub. at \$12.99 **\$9.95**



**7928483 MATHEMATICAL INTELLIGENCE: A Story of Human Superiority Over Machines.** By Junaid Mubeen. A fresh exploration into the "human nature versus technology" debate, revealing an unexpected advantage that we have over our future robot masters: we're actually good at mathematics. 339 pages. Pegasus. Pub. at \$28.95 **\$7.95**

**1938657 THE MATH BEHIND...: Discover the Mathematics of Everyday Events.** By Colin Beveridge. From DNA testing to romance, and movies to the lottery, this work uncovers the math behind the everyday, relieving your curiosity about everything from weather forecasts to rollercoasters. Fully illus. in color. 192 pages. Firefly. Paperbound. Pub. at \$24.95 **\$4.95**

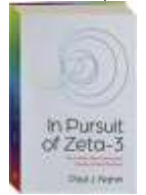


**7959419 ESCAPE FROM MODEL LAND: How Mathematical Models Can Lead Us Astray and What We Can Do About It.** By Erica Thompson. Lays bare the danger of relying naively on models to tell us what to do. Thompson demonstrates how models reflect their creators' biases, perspectives, and expectations as much as they reflect science or the world itself. What it means is that we must develop a keener understanding of their limits to use them well. 248 pages. Basic. Pub. at \$30.00 **\$9.95**

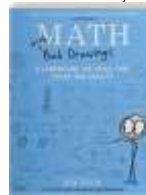
**7881894 A DIVINE LANGUAGE: Learning Algebra, Geometry, and Calculus at the Edge of Old Age.** By Alec Wilkinson. Decades after struggling to understand math as a boy, Wilkinson decides to embark on a journey to learn it as a middle-aged man. What begins as a personal challenge soon transforms into something greater than a belated effort to learn math. Soon, his exercise in personal growth morphs into an intellectually expansive exploration. 287 pages. FSG. Paperbound. Pub. at \$19.00 **\$14.95**



**7840845 IN PURSUIT OF ZETA-3: The World's Most Mysterious Unsolved Math Problem.** By Paul J. Nahin. For centuries, mathematicians the world over have tried, and failed, to solve the zeta-3 problem. This work investigates the history and significance of this conundrum, and exact solution to which would have critical implications for applications in physics and engineering. Illus. 320 pages. Princeton. Paperbound. Pub. at \$21.95 **\$17.95**



**7934939 IN PURSUIT OF ZETA-3: The World's Most Mysterious Unsolved Math Problem.** By Paul J. Nahin. Drawing on precise examples, historical anecdotes, and even occasionally poetry, Nahin sheds light on the richness of the nature of zeta-3. Detailing the trials and tribulations of mathematicians who have approached one of the field's great unsolved riddles, this account will tantalize curious math enthusiasts everywhere. 320 pages. Princeton. Pub. at \$26.95 **\$9.95**



**7911947 MATH WITH BAD DRAWINGS: Illuminating the Ideas that Shape Our Reality.** By Ben Orlin. With tools that are unorthodox: stick-figure cartoons, strange but true stories, roughly six million jokes, and beneath it all, the empathy of a veteran teacher who believes that math should belong to everyone. Well illus. in color. 367 pages. Black Dog & Leventhal. Paperbound. Pub. at \$19.99 **\$14.95**



**7835140 FINDING FIBONACCI: The Quest to Rediscover the Forgotten Mathematical Genius Who Changed the World.** By Keith Devlin. The author researches the life and legacy of the Medieval mathematician Leonardo of Pisa, popularly known as Fibonacci, whose work *Liber abbaci*, introduced modern mathematics to the Western world. Fibonacci helped to revive the West as the cradle of science, technology and he vanished from the pages of history. Illus. 241 pages. Princeton. Paperbound. Pub. at \$17.95 **\$6.95**



**7855656 THE IRRATIONALS: A Story of the Numbers You Can't Count On.** By Julian Havil. Tells the story of irrational numbers and the mathematicians who have tackled their challenges from antiquity to the 21st-century. Havil explains why irrational numbers are surprisingly difficult to define, and why so many questions still surround them. Well illus. 298 pages. Princeton. Paperbound. Pub. at \$19.95 **\$15.95**



**7828489 MATHEMATICS: All That Matters.** By Mike Askew. By looking at some of the history of mathematics, psychological studies into how we come to know mathematics and key ideas in mathematics itself, this work will help you come to understand its nature a little better. Perhaps after reading, you will even care a little more for it. Illus. 152 pages. Hodder & Stoughton. Paperbound. Pub. at \$12.99 **\$3.95**

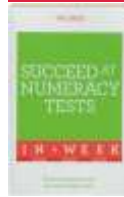


**793775X MAKE: Trigonometry.** By J. Horvath & R. Cameron. Uses 3D printable models and readily available physical objects like wire and cardboard tubes to develop intuition. Readers will imagine the thought process of the people who invented these mathematical concepts, and can try out "math elements" to see for themselves the ingenuity of ancient navigators and surveyors. Fully illus. some in color. 337 pages. Make Community. Paperbound. Pub. at \$29.99 **\$21.95**



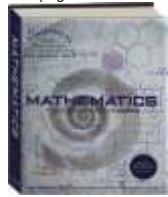


## Mathematics



**7824610 SUCCEED AT NUMERACY TESTS IN A WEEK.** By Mac Bride. A simple and straightforward guide to passing numerical tests, giving you everything you really need to know in just seven short chapters. Whether you choose to read it in a week or a single sitting, this is your guide to the fastest route to success. Solutions included. Well illus. 124 pages. Teach Yourself. Paperbound. Pub. at \$9.99 **\$3.95**

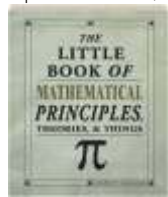
**7807643 NUMBERS: How Counting Changed the World.** By Tom Jackson. Go beyond the classroom and set out on a journey through the extraordinary world of mathematics and the geniuses who figured it all out. Along the way, you'll encounter amazing, mind-blowing, and sometimes downright weird stories that bring mathematics to life in ways you never imagined. Illus. in color. 184 pages. Shelter Harbor. Paperbound. Pub. at \$19.95 **\$7.95**



**7907125 MATHEMATICS: An Illustrated History of Numbers.** Ed. by Tom Jackson. Each story relates a confounding puzzle that became a discovery and changed the way we see the world. We call these Ponderables. Here we track the work of history's greatest mathematicians, ancient and modern. A journey that goes beyond school-day sums and you'll get a glimpse of the true power of mathematics. Included a 12-page removable timeline. Fully illus., most in color. 144 pages. Shelter Harbor. 9 1/2 x 11. Pub. at \$24.95 **\$5.95**



**★7790686 THE (FABULOUS) FIBONACCI NUMBERS.** By A.S. Posamentier & I. Lehmann. The Fibonacci Sequence is a simple pattern beginning with two ones, each succeeding number is the sum of the two numbers immediately preceding it (1,1,2,3,5,8,13,21, ad infinitum). This sequence recurs in structures found throughout nature—from the arrangement of whorls on a pinecone to the branches of certain plant stems, and more. Well illus. 385 pages. Prometheus. Paperbound. Pub. at \$22.95 **\$17.95**



**★457964X THE LITTLE BOOK OF MATHEMATICAL PRINCIPLES: Theories, & Things.** By Robert Solomon. Explains over 120 laws, principles, equations, paradoxes and theorems that serve as the foundation of modern mathematics. Making serious math simple, the author explains Fibonacci numbers, Zeno's paradoxes and lots more in fascinating yet approachable detail. 224 pages. IMM Lifestyle Books. Paperbound. Pub. at \$12.99 **\$9.95**



**7795823 BENFORD'S LAW: Theory & Applications.** Ed. by Steven J. Miller. Beginning with the general theory, the contributors explain the prevalence of the bias, highlighting explanations for when systems should and should not follow Benford's law and how quickly such behavior sets in. They go on to discuss important applications in disciplines ranging from accounting and economics to psychology and the natural sciences. Well illus. 438 pages. Princeton. Pub. at \$78.50 **\$24.95**

**★1952331 E: The Story of a Number.** By Eli Maor. In this informal and engaging history Maor portrays the curious characteristics and the elegant mathematics that lie behind the number. This work brings out the central importance of *e* to mathematics and illuminates a golden era in the age of science. 227 pages. Princeton. Paperbound. Pub. at \$16.95 **\$13.95**



**★7856792 THE CALL OF COINCIDENCE: Mathematical Gems, Peculiar Patterns, and More Stories of Numerical Serendipity.** By Owen O'Shea. Features surprising trivia gems alongside serious questions like why there is something rather than nothing. You will be enriched by this exploration of remarkable number coincidences and the mathematics that make them possible. 182 pages. Prometheus. Paperbound. Pub. at \$24.95 **\$17.95**



**★796353X COMPOUND POLYTOPES.** By Patrick Taylor. This highly illustrated book presents the regular and semiregular polyhedra in a new and exciting manner. Choosing an alternative more inclusive way to define polygons, the compound polygons can be usefully added to a polygonal vocabulary that then allows compounds tilings and polyhedra to be assembled. 120 pages. Squeeze Press. Paperbound. Pub. at \$14.95 **\$11.95**



**7959591 MORE NUMBERS EVERY DAY: How Data, Stats, and Figures Control Our Lives and How to Set Ourselves Free.** By M. Dahlen & H. Thorbjornsen. A timely and powerful investigation and warning about the trouble numbers can bring us. More than just an exploration into the somewhat mysterious, seemingly infinite pandemic of numbers. It's a numerical vaccination—for a happier and more integrally healthy life. Illus. 264 pages. Hachette. Pub. at \$28.00 **\$7.95**

**★7782071 THE ENJOYMENT OF MATH.** By H. Rademacher & O. Toeplitz. Explores captivating problems and puzzles and introduces readers to some of the most fundamental ideas in mathematics. Covers topics such as the theory of sets, the four color problem, regular polyhedrons, Euler's proof of the infinitude of prime numbers, and curves of constant breadth. 205 pages. Princeton. Paperbound. Pub. at \$19.95 **PRICE CUT to \$12.95**



**7795955 HYBRID FEEDBACK CONTROL.** By Ricardo G. Sanfelice. A self-contained introduction to hybrid control systems and developing new tools for their analysis and design. Sanfelice offers a unified control theory framework, filling an important gap in the control theory literature. Illus. 400 pages. Princeton. Pub. at \$75.00 **PRICE CUT to \$14.95**

**7797842 THE PERFECT BET: How Science and Math Are Taking the Luck Out of Gambling.** By Adam Kucharski. 272 pages. Basic. Pub. at \$26.99 **\$7.95**

**7795912 FINDING FIBONACCI: The Quest to Rediscover the Forgotten Mathematical Genius Who Changed the World.** By Keith Devlin. Illus. 241 pages. Princeton. Pub. at \$29.95 **\$9.95**

**4952383 THE BOOK OF WONDERS: The Many Lives of Euclid's Elements.** By Benjamin Wardhaugh. 403 pages. William Collins. Paperbound. **\$4.95**

**1965700 WHAT'S THE USE? How Mathematics Shapes Everyday Life.** By Ian Stewart. Illus. 326 pages. Basic. Pub. at \$28.00 **\$4.95**

**7742932 THINKING BETTER: The Art of the Shortcut in Math and Life.** By Marcus du Sautoy. 326 pages. Basic. Pub. at \$30.00 **\$7.95**

**★4737946 THE HUMONGOUS BOOK OF ALGEBRA PROBLEMS.** By W. Michael Kelley. 561 pages. Alpha. 8 1/2 x 10 3/4. Paperbound. Pub. at \$22.99 **\$17.95**

**★7878877 PI: A Biography of the World's Most Mysterious Number.** By A.S. Posamentier & I. Lehmann. 324 pages. Prometheus. Paperbound. Pub. at \$21.95 **\$16.95**

**7748140 MAKING NUMBERS COUNT: The Art and Science of Communicating Numbers.** By C. Heath & K. Starr. 182 pages. Avid Reader. Pub. at \$24.00 **\$4.95**

**1974386 ARE NUMBERS REAL? The Uncanny Relationship of Mathematics and the Physical World.** By Brian Clegg. 288 pages. St. Martin's. Pub. at \$28.99 **\$9.95**

**★7725361 SACRED GEOMETRY OF THE STARCUT DIAGRAM: The Genesis of Number, Proportion, and Cosmology.** By Malcolm Stewart. Photos, many in color. 304 pages. Inner Traditions. 8 1/2 x 10 3/4. Paperbound. Pub. at \$24.95 **SOLD OUT**

**★1948822 THE PROOF AND THE PUDDING: What Mathematicians, Cooks, and You Have in Common.** By Jim Henle. Illus. 164 pages. Pub. at \$26.95 **PRICE CUT to \$7.95**

**7864647 DIFFERENTIAL EQUATIONS: Schaum's Easy Outlines.** By Richard Bronson. 136 pages. McGraw-Hill. Paperbound. Pub. at \$11.00 **SOLD OUT**

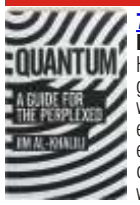
**4808401 THE MATH BOOK.** Ed. by Karl Warsi. 351 pages. Dorling Kindersley. Pub. at \$25.00 **SOLD OUT**

**3730360 ARMCHAIR ALGEBRA: Everything You Need to Know, from Integers to Equations.** By Michael Willers. Illus. 176 pages. Chartwell. Pub. at \$9.99 **SOLD OUT**

**4930614 COUNTING: How We Use Numbers to Decide What Matters.** By Deborah Stone. Illus. 291 pages. Liveright. Pub. at \$26.95 **\$3.95**

**★4945468 MATH WITHOUT NUMBERS.** By Milo Beckman. 207 pages. Dutton. Paperbound. Pub. at \$18.00 **PRICE CUT to \$9.95**

## Science Essays & Surveys



**770044X QUANTUM: A Guide for the Perplexed.** By Jim Al-Khalili. From Heisenberg's uncertainty principle to quantum genes and computers, the author untangles the weirdness of the quantum world. With short essays from pioneers in the field, this guide explains the theories and explores their consequences in an accessible and enlightening way. 276 pages. Orion. Paperbound. **\$5.95**

**7958013 WHAT'S GOTTEN INTO YOU: The Story of Your Body's Atoms, from the Big Bang Through Last Night's Dinner.** By Dan Levitt. Tells the awe-inspiring story of the elements that make up the human body, and how these building blocks traveled billions of miles across billions of years to make us who we are. 385 pages. Harper. Pub. at \$32.00 **\$7.95**



**★7898231 EUREKA! Mindblowing Science Every Day of the Year.** By Joseph Mazur. For over a decade, *New Scientist's* 'Last Word' column has provided a cornucopia of fascinating, obscure and entertaining questions and answers. This work brings together 365 of the best mindblowing questions, fascinating facts and exciting experiments. 401 pages. Nicholas Brealey. Paperbound. Pub. at \$14.95 **\$11.95**

**★475350X THE GOD EQUATION: The Quest for a Theory of Everything.** By Michio Kaku. 225 pages. Doubleday. Pub. at \$22.00 **SOLD OUT**

**★7828179 THE IMPORTANCE OF BEING INTERESTED: Adventures in Scientific Curiosity.** By Robin Ince. 384 pages. Atlantic. Paperbound. Pub. at \$16.95 **PRICE CUT to \$7.95**

## Science & History



**7875703 THE CLOCK MIRAGE: Our Myth of Measured Time.** By Joseph Mazur. What is time? This question has fascinated philosophers, mathematicians, and scientists for thousands of years. Mazur provides an innovative, engaging exploration of how the understanding of time has evolved throughout human history and offers a compelling new vision, submitting that time lives within us. 254 pages. Yale. Pub. at \$28.00 **\$5.95**

**7700466 THE SCIENCE OF SHERLOCK HOLMES.** By Stewart Ross. Uncovers a treasure trove of details that reveal the unequivocal link between Sherlock Holmes and modern science. Outlines his unique talent within the context of the scientific achievements of his time and looks at how the methods he used have developed in the modern world. 192 pages. Michael O'Mara. **\$5.95**



**LIMITED QUANTITY 7907044 THE HISTORY OF SCIENCE.** By Tom Jackson. Follows the journey from primitive stone tools and weapons, through the Bronze and Iron Ages, via the Renaissance and on to a quest for the stars. With informative text, diagrams and a continuous timeline, this work will take you on a journey the like of which has never been seen before. Well illus. most in color. 256 pages. Worth. Paperbound. Pub. at \$24.95 **SOLD OUT**



**7850700 WATERPOWER IN LOWELL: Engineering and Industry in Nineteenth-Century America.** By Patrick M. Malone. Demonstrates how innovative engineering and the environmental impacts of technology helped make Lowell, Massachusetts, a potent symbol of American industrial prowess in the 19th century. Illus. 254 pages. Johns Hopkins. Paperbound. Pub. at \$27.00 **\$5.95**



**7846657 LIFE IS SIMPLE: How Occam's Razor Set Science Free and Shapes the Universe.** By Johnjoe McFadden. Takes readers on a sweeping tour of more than 2,000 years of science to show that Occam's insight doesn't make scientific ideas better: it makes science itself possible. But McFadden goes farther, arguing that Occam's razor may well be part of the laws of the universe, as fundamental to all science as the principle of relativity is to physics. Illus. 376 pages. Basic. Pub. at \$32.00 **\$7.95**

**1948237 WHEN EINSTEIN WALKED WITH GODEL: Excursions to the Edge of Thought.** By Jim Holt. In this scintillating collection, Holt explores the human mind, the cosmos, and the thinkers who have tried to encompass the latter with the former. The result is an entertaining and accessible guide to the most profound scientific and mathematical ideas of recent centuries, from Einsteinian relativity to string theory and beyond. 368 pages. FSG. Paperbound. Pub. at \$17.00 **\$4.95**

**7792956 EINSTEIN'S FRIDGE: How the Difference Between Hot and Cold Explains the Universe.** By Paul Sen. Brings to life one of the most important scientific revolutions of all time—harnessing the power of heat and ice and formulating the theory of Thermodynamics. The author captures the thrill of discovery and the power of scientific progress to shape, and be shaped by, the course of history. 305 pages. Scribner. Paperbound. Pub. at \$18.99 **\$6.95**

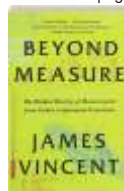


## Science & History



**7854277 WELCOME TO MARS: Fantasies of Science in the American Century 1947-1959.** By Ken Hollings. Draws upon newspaper accounts, advertising campaigns, declassified government archives, old movies and newsreels from this unique period when the future first took on a tangible presence. Illus. 291 pages. Strange Attractor. Paperbound. Pub. at \$13.95 **\$5.95**

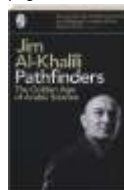
**793484X HOW THE WORLD WORKS: Plant Earth.** By Anne Rooney. An accessible and engaging account of how our extraordinary planet emerged and the processes and conditions that created the multitude of lifeforms that we know today. Well illus. most in color. 208 pages. Arcurus. Paperbound. Pub. at \$14.99 **\$5.95**



**7956177 BEYOND MEASURE: The Hidden History of Measurement from Cubits to Quantum Constants.** By James Vincent. Dives into the hidden world of measurement, taking readers from ancient Egypt, where measuring the annual depth of the Nile was an essential task, to the intellectual origins of the metric system in the French Revolution, and to our current age of the "quantified self." Illus. 423 pages. Norton. Paperbound. Pub. at \$18.95 **\$13.95**



**7947429 FUTURE STORIES: What's Next?** By David Christian. Explores how we prepare for uncertain futures, including the future of human evolution, artificial intelligence, and interstellar travel. By linking the study of the past to the study of the future, we can begin to imagine what the world will look like in 100 years and consider solutions to the biggest challenges facing us all. Illus. 356 pages. Little, Brown. Pub. at \$30.00 **\$5.95**



**7681941 PATHFINDERS: The Golden Age of Arabic Science.** By Jim Al-Khalili. For over 700 years the international language of science was Arabic. Celebrates the forgotten, inspiring pioneers who helped shape our understanding of the world during the golden age of Arabic science. 16 pages of photos. 302 pages. Penguin. Paperbound. **\$7.95**

**SOLD OUT**

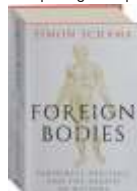


**★DVD 7875487 SECRETS IN THE BONES: The Hunt for the Black Death Killer.** Widescreen. Evolutionary biologist Hendrik Pionar's ancient DNA technology has become integral to fighting infection disease around the world. Currently it's at the heart of new research to discover whether those who survived the Black Death had specific genetic mutations that might provide the key to fighting other deadly pathogens today. Not Rated. 53 minutes. Dreamscape Media. Pub. at \$14.95 **\$11.95**

**7835116 BEDEVILED: A Shadow History of Demons in Science.** By Jimena Canales. How scientists through the ages have conducted thought experiment using imaginary entities—demons—to test the laws of nature and push the frontiers of what is possible. The world may no longer be haunted as it once was, but the demons of the scientific imagination are alive and well. 398 pages. Princeton. Pub. at \$29.95 **\$9.95**



**★7728050 THE SKEPTICS' GUIDE TO THE FUTURE: What Yesterday's Science and Science Fiction Tell Us About the World of Tomorrow.** By Steven Novella. Builds upon the work of futurists of the past by examining what they got right, what the authors got wrong, and how they came to those conclusions. By exploring the pitfalls of each era, they give their own speculations about the distant future, transformed by unbelievable technology ranging from genetic manipulation to artificial intelligence and quantum computing. 414 pages. Grand Central. Pub. at \$30.00 **\$21.95**



**★7929129 FOREIGN BODIES: Pandemics, Vaccines, and the Health of Nations.** By Simon Schemm. Cities and countries engulfed by panic and death, desperate for vaccines but fearful of what inoculation may bring. This is what the world has just gone through with Covid-19. But as Schemm shows in his epic history of vulnerable humanity caught between the terror of contagion and the ingenuity of science, it has happened before. 465 pages. Ecco. Pub. at \$32.99 **\$24.95**



**★7807171 ANAXIMANDER: And the Birth of Science.** By Carlo Rovelli. Brings to light the importance of Anaximander's overlooked influence on modern science. Examines Anaximander not from the point of view of a historian or as an expert in Greek philosophy, but as a scientist interested in the deep nature of scientific thinking. 236 pages. Riverhead. Paperbound. Pub. at \$18.00 **PRICE CUT to \$9.95**

**★7872828 THE SHORT STORY OF SCIENCE.** By Tom Jackson. Well illus. most in color. 224 pages. Laurence King. Paperbound. Pub. at \$19.99 **PRICE CUT to \$12.95**

**★7685254 VITAMIN C: A 500-Year Scientific Biography from Scurvy to Pseudoscience.** By Stephen M. Sagar. 226 pages. Prometheus. Pub. at \$24.95 **\$11.95**

**★1985000 SCIENCE FRAUD: Darwin's Plagiarism of Patrick Matthew's Theory.** By Mike Sutton. Photos. 239 pages. Curtis Press. Paperbound. Pub. at \$24.95 **\$11.95**

**★7722052 FREDERIK RUYSCHE AND HIS THESAURUS ANATOMICUS: A Morbid Guide.** Ed. by Joanna Ebenstein. 253 pages. MIT Press. 8 1/2 x 10 1/4. Pub. at \$34.95 **\$17.95**

**4968344 NO SHADOW OF A DOUBT: The 1919 Eclipse That Confirmed Einstein's Theory of Relativity.** By Daniel Kennefick. Photos. 403 pages. Princeton. Pub. at \$29.95 **\$5.95**

**787569X CHARLES DARWIN'S BARNACLE AND DAVID BOWIE'S SPIDER: How Scientific Names Celebrate Adventurers, Heroes, and Even a Few Scoundrel.** By Stephen B. Heard. 241 pages. Yale. Pub. at \$30.00 **\$7.95**

**7827849 THE BIG IDEAS IN SCIENCE: A Complete Introduction.** By Jon Evans. 278 pages. Teach Yourself. Paperbound. Pub. at \$16.99 **\$5.95**

**★1953028 BEYOND REASONABLE DOUBT: The Case for Supernatural Phenomena in the Modern World.** By Gordon Smith. 195 pages. Coronet. Paperbound. **SOLD OUT**

## Science & Invention



**7869886 EYE OF THE BEHOLDER: Johannes Vermeer, Antoni van Leeuwenhoek, and the Reinvention of Seeing.** By Laura J. Snyder. Tells the tale of a crucial moment in human discovery by focusing on the interplay between the great Dutch artist Vermeer and the amateur scientist Van Leeuwenhoek. Snyder shows how they transformed the way we see the world with the tools of art and science of the 17th century. 16 pages of photos, some color. 432 pages. Norton. Pub. at \$27.95 **\$6.95**



**7743424 FIREPOWER: How Weapons Shaped Warfare.** By Paul Lockhart. The history of warfare cannot be fully understood without considering the technology of killing. Lockhart tells the story of the evolution of weaponry and how it transformed the art, science, and practice of war, from the Renaissance to the dawn of the atomic era. He also traces the impact of weapon technology beyond the battlefield. 624 pages. Basic. Pub. at \$35.00 **\$9.95**

**7880308 GREAT DISCOVERIES AND INVENTIONS THAT HAVE CHANGED THE WORLD: From the End of the 19th Century to the Present.** Ed. by Gianni Morelli. In this fascinating and lavishly illustrated volume you'll take an extraordinary journey through the discoveries that have transformed our world, and our lives, forever. 224 pages. White Star. 9 1/2 x 11 1/4. Pub. at \$29.95 **\$9.95**



**7838719 HOFMANN'S ELIXIR: LSD and the New Eleusis.** Ed. by Amanda Feilding. Still lecturing until his death at 102, Albert Hofmann would have been a remarkable man even if he hadn't discovered the chemical compound that changed the 20th century. Collects his more recent essays and lectures, plus essays and memoirs from some of the leading psychedelic thinkers of the 20th and 21st centuries. Photos. 170 pages. Strange Attractor. Paperbound. Pub. at \$20.95 **\$7.95**



**★7851146 EDISON'S GHOSTS: The Untold Weirdness of History's Greatest Geniuses.** By Katie Spalding. Overturn everything you knew about history's greatest minds in this raucous and hilarious work, where it turns out there's a finer line between "genius" and "idiot" than we've previously known. You'll discover stories that deserve to be told but never are. 342 pages. Little, Brown. Pub. at \$29.00 **\$21.95**

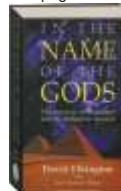
**DVD 7845960 INVENTIONS THAT SHOOK THE WORLD.** Questar. Pub. at \$49.99 **\$11.95**

**★4962087 MACHINE INTELLIGENCE AND THE IMAGINAL REALM: Spiritual Freedom and the Re-animation of Matter.** By Luke Lafitte. 462 pages. Inner Traditions. Paperbound. Pub. at \$24.99 **\$9.95**

## Religion & Science

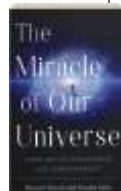


**7870051 SPIRITUAL SCIENCE: Why Science Needs Spirituality to Make Sense of the World.** By Steve Taylor. Reveals Taylor's "panspiritist" view of reality, one that transcends both conventional science and religion, and answers many of the riddles that neither can fully explain. Makes a compelling case for a spiritual vision of reality and presents a world view that is compatible with both modern science and ancient spiritual teachings. 264 pages. Watkins. Paperbound. Pub. at \$18.95 **\$5.95**

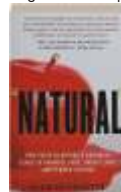


**7894031 IN THE NAME OF THE GODS: The Mystery of Resonance and the Prehistoric Messiah.** By David Elkington with P.H. Ellson. How is it that the Ancients were able to construct monuments of precise resonant qualities? How exactly do these places induce altered states of consciousness? As the answers come together, they are transformed into a revelation that, in providing a link between science and spirituality, will change your view of our ancestors, resonance and religion. 16 pages of color photos. 525 pages. Green Man. **\$14.95**

**7951469 THE FOOL AND THE HERETIC: How Two Scientists Moved Beyond Labels to a Christian Dialogue About Creation and Evolution.** By T.C. Wood & D.R. Falk. A deeply personal story told by two respected scientists who hold opposing views on the topic of origins. Their journey to explore how they can remain in Christian fellowship when each thinks the other is harming the church is one that millions like them are navigating right now. 201 pages. Zondervan. Paperbound. Pub. at \$16.99 **\$5.95**



**★7926332 THE MIRACLE OF OUR UNIVERSE: A New View of Consciousness, God, Science & Reality.** By B. Haisch & M. Sims. Our seemingly physical universe may be a virtual simulation which is thought into existence by a universal consciousness which we call God. Tackles age-old metaphysical questions, such as: Are near-death experiences real? What kind of being could God be? and more. 183 pages. New Page Books. Paperbound. Pub. at \$18.95 **\$13.95**



**7893094 NATURAL: How Faith in Nature's Goodness Leads to Harmful Fads, Unjust Laws, and Flawed Science.** By Alan Levinovitz. In this groundbreaking counter-narrative, Levinovitz demonstrates that the belief in Nature (with a capital N) and natural goodness are more religious than objective or scientific and highlights the many dangers of substituting simple myths for complicated realities. 252 pages. Beacon. Paperbound. Pub. at \$18.95 **\$4.95**

**★7821905 THE TRANSCENDENT BRAIN: Spirituality in the Age of Science.** By Alan Lightman. Answers the question: Can the scientifically inclined still hold space for spirituality? Drawing on history and conversations with scientists, philosophers, and psychologists, Lightman asks a series of thought-provoking questions that illuminate our strange place between the world of particles and forces and the world of complex human experience. Illus. 194 pages. Pantheon. Pub. at \$26.00 **\$14.95**



**★7791038 QUANTUM SPIRITUALITY: Science, Gnostic Mysticism, and Connecting with Source Consciousness.** By Peter Canova. Explains how the perennial principles of Gnosticism, a repository of Judeo-Christian mysticism, describe major theories of quantum physics, such as the Big Bang, parallel universes, the Holographic Universe theory and more. Illus. 248 pages. Inner Traditions. Paperbound. Pub. at \$20.00 **\$15.95**

## Scientific Text and Reference



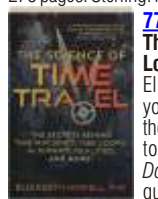
**7848455 STARTALK: Everything You Ever Need to Know About Space Travel, Sci-Fi, the Human Race, the Universe, and Beyond.** By Neil deGrasse Tyson. What will it take to colonize Mars? Can we reverse climate change? Why do we fall in love? Will we ever capture Bigfoot? Science superstar Neil deGrasse Tyson joins celebrity guests to relay smart scientific facts and witty commentary on everything from the International Space Station to our unique anatomy. Fully illus. in color. 302 pages. National Geographic. 8 1/2 x 10 1/4. Pub. at \$30.00 **\$9.95**



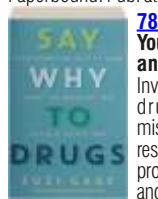
## Scientific Text and Reference



**7874650 THE DOOMSDAY BOOK: The Science Behind Humanity's Greatest Threats.** By Marshall Brain. You'll come face to face with man-made events; encounter devastating natural phenomena; and imagine science-fiction scenarios where robots take over and aliens invade the planet. Each chapter provides a detailed description of the scenario, the science behind it, and ways to prevent or prepare for its occurrence. Well illus., most in color. 278 pages. Sterling. Pub. at \$27.95 **\$7.95**



**774417X THE SCIENCE OF TIME TRAVEL: The Secrets Behind Time Machines, Time Loops, Alternate Realities, and More!** By Elizabeth Howell. Explores time travel through your favorite science-fiction franchises, from the classic time travel paradoxes of *Star Trek* to the universe-crossing shenanigans of *Doctor Who*. Discover the real science behind questions such as: Can time travel really erase our past regrets like in *A Christmas Carol*? 214 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$5.95**

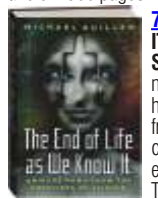


**7848358 SAY WHY TO DRUGS: Everything You Need to Know About the Drugs We Take and Why We Get High.** By Suzi Gage. Investigates the science behind recreational drugs—debunking common myths and misconceptions, as well as containing scientific research. Looking at a range of drugs, this work provides a clear understanding of how drugs work and what they're really doing to your mind and body. 341 pages. Hodder. Paperbound. Pub. at \$17.99 **\$5.95**



**7842627 HOW TO SAVE THE WORLD FOR JUST A TRILLION DOLLARS: The Ten Biggest Problems We Can Actually Fix.** By Rowan Hooper. Speaking with experts about 10 incredibly ambitious projects that—if realized—would secure profound, enduring benefits: trying to end global poverty, reverse climate change, extend our lifespans, refreeze the Arctic, save all endangered species, and more. Dives into strategies and costs to see: How far would \$1 trillion really go? Illus. 312 pages. The Experiment. Paperbound. Pub. at \$15.95 **\$5.95**

**7690150 CRYPTOGRAPHY: The Key to Digital Security, How It Works, and Why It Matters.** By Keith Martin. A nuts and bolts explanation of cryptography from a leading expert in information security. Cryptography plays a critical role in our lives today, and enables us to protect and share our information. Martin offers a profound perspective on personal security online and off. 309 pages. Norton. Pub. at \$27.95 **\$5.95**



**7807856 THE END OF LIFE AS WE KNOW IT: Ominous News from the Frontiers of Science.** By Michael Guillen. Taking us on a mesmerizing journey behind today's blaring headlines, Guillen focuses on the four scientific frontiers that are creating the most profound and controversial logistical, cultural, political, ethical, and religious changes of all: The Web; The Robot; The Spy; and The Frankenstein. 358 pages. Regnery. Pub. at \$24.99 **\$5.95**



**7864019 SCIENCE MADE SIMPLE: A Complete Guide in Ten Easy Lessons.** By Victoria Williams. Explore the universe, find out how energy is generated and used, learn about the human body, and discover the building blocks of life with this perfect guide for even the most science-shy learner. Includes engaging explanations, informative diagrams, key facts, and a quiz at the end of each chapter. 224 pages. Portable Press. Pub. at \$15.99 **\$5.95**



**7825552 DO POLAR BEARS GET LONELY? And 101 Other Intriguing Science Questions.** By *NewScientist*. Offers an endless array of fascinating questions and provides answers to all the questions you've never thought to ask, from why do we get "pins and needles," to how do toothpaste makers get stripes in toothpaste, or whether insects can get fat. 232 pages. Nicholas Brealey. Paperbound. Pub. at \$14.95 **\$4.95**

**7925875 CODEBREAKING: A Practical Guide.** By E. Dunin & K. Schmeb. A comprehensive guide to deciphering encrypted messages. From encrypted letters to recreational puzzles, you'll delve into a range of ciphers used by lovers, criminals, diarists, and spies. Fully illus. 464 pages. No Starch. Paperbound. Pub. at \$29.99 **\$21.95**



**7861583 OPTICAL FIBERS FOR TRANSMISSION.** By John E. Midwinter. Examines the optical receiver and the special properties that it shows as a result of the photon or shot noise associated with the optical signal, followed by some simple modeling to see how fibers interact and can be optimized within an optical fiber system. Well illus. 410 pages. Krieger. **\$9.95**



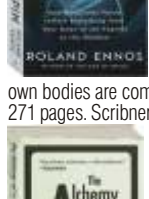
**4947606 PLANDEMIC: Fear Is the Virus. Truth Is the Cure.** By Mikki Willis. A fascinating behind the scenes account about the making of *Plandemic*; an expose of the truth behind the origins of COVID-19; an alarming examination of individuals, such as Dr. Anthony Fauci and Bill Gates, and organizations like the CDC, NIH, WHO, among others, driving the global vaccination agenda. 141 pages. Skyhorse. Pub. at \$26.99 **\$7.95**



**7911483 FORCES OF NATURE: The Women who Changed Science.** By A. Reser & L. McNeill. From the ancient world to the present-day, women have been vital to the progress of science, yet their importance is overlooked, their stories lost or actively suppressed. This volume sets the record straight and charts the fascinating history of women's discoveries in science. Well illus. some in color. 271 pages. Frances Lincoln. Pub. at \$30.00 **\$8.95**



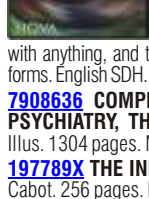
**7842678 LIFE'S EDGE: The Search for What It Means to Be Alive.** By Carl Zimmer. Zimmer tries his own hand at evolving life in a test tube, with unnerving results. Charting the obsession with Dr. Frankenstein's monster and how the world briefly believed that radium was the source of all life, he leads us into the labs and minds of humans engineering life from scratch. 348 pages. **\$7.95**



**7887264 THE SCIENCE OF SPIN: How Rotational Forces Affect Everything from Your Body to Jet Engines to the Weather.** By Roland Ennos. Shows how rotational motion dominates the workings of the world around us. Harnessing the power of spin helped launch civilization, from the first developments of the wheel to the systems that now add force to the industrial world. Even our own bodies are complex systems of rotating joints and levers. Illus. 271 pages. Scribner. Pub. at \$28.00 **\$21.95**



**7853963 THE ALCHEMY OF US: How Humans and Matter Transformed One Another.** By Ainissa Ramirez. Ramirez examines eight inventions—clocks, steel rails, copper communication cables, photographic film light bulbs, hard disks, scientific labware, and silicon chips—and reveals how they shaped the human experience. 64 pages of photos. 308 pages. MIT Press. Pub. at \$27.95 **\$7.95**



**★DVD 1920456 PARTICLES UNKNOWN: NOVA.** Widescreen. What's the most common—yet most elusive and least understood—particle in the universe? The neutrino. Starting with the invention of the nuclear bomb, billions of dollars have been spent in pursuit of this so-called ghost particle. Outnumbering atoms a billion to one, neutrinos are preposterously plentiful, they hardly interact with anything, and they mystifyingly morph between three different forms. English SDH. 55 minutes. PBS. **SOLD OUT**

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

**197789X THE INFOGRAPHIC GUIDE TO SCIENCE.** By Tom Cabot. 256 pages. Firefly. Paperbound. Pub. at \$24.95 **\$3.95**

**7850441 HOT CARBON: Carbon-14 and a Revolution in Science.** By John F. Marra. 264 pages. Columbia. Pub. at \$35.00 **\$7.95**

**7848145 THE ORIGIN OF (ALMOST) EVERYTHING.** By *New Scientist*. 312 pages. Nicholas Brealey. Paperbound. Pub. at \$14.99 **\$5.95**

**7788452 GENETICS IN THE MADHOUSE: The Unknown History of Human Heredity.** By Theodore M. Porter. Illus. 447 pages. Princeton. Pub. at \$35.00 **SOLD OUT**

**★7760647 PRESIDENTIAL TAKEDOWN: How Anthony Fauci, the CDC, NIH, and the WHO Conspired to Overthrow President Trump.** By P.E. Alexander & K. Heckenlively. 202 pages. Skyhorse. Pub. at \$29.99 **\$21.95**

**1957902 TYRANNOSAURUS SUE: The Extraordinary Saga of the Largest, Most Fought over T. Rex Ever Found.** By Steve Fiffer. 248 pages. W.H. Freeman. Pub. at \$24.95 **SOLD OUT**

**★7735715 SEEING SCIENCE: The Art of Making the Invisible Visible.** By Jack Challoner. Color photos. 272 pages. MIT Press. Paperbound. Pub. at \$34.95 **\$21.95**

**7878710 WHIPLASH: How to Survive Our Faster Future.** By J. Ito & J. Howe. 334 pages. Grand Central. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**

**★7745656 CONCRETE PLANET: The Strange and Fascinating Story of the World's Most Common Man-Made Material.** By Robert Courland. Illus. 424 pages. Prometheus. Paperbound. Pub. at \$21.95 **\$16.95**

**★771940X QUACK QUACK: The Threat of Pseudoscience.** By Joe Schwarcz. 242 pages. ECW Press. Paperbound. Pub. at \$19.95 **\$14.95**

**★1969498 SCIENCE IN AN AGE OF UNREASON.** By John Staddon. 286 pages. Regnery. Pub. at \$29.99 **PRICE CUT to \$7.95**

**★7817320 TREMORS IN THE BLOOD: Murder, Obsession, and the Birth of the Lie Detector.** By Amit Katwala. 334 pages. Crooked Lane. Paperbound. Pub. at \$18.99 **PRICE CUT to \$7.95**

**★4894901 THE STICKLER'S GUIDE TO SCIENCE IN THE AGE OF MISINFORMATION.** By R. Philip Bouchard. 276 pages. Timber. Paperbound. Pub. at \$19.95 **\$11.95**

**★4878906 WEIRDNESS! What Fake Science and the Paranormal Tell Us About the Nature of Science.** By Taner Edis. 280 pages. Pitchstone. Paperbound. Pub. at \$16.95 **\$11.95**

**★1983431 MICROBE HUNTERS: The Story of the Microscopic Discoveries That Changed the World.** By Paul de Kruif. 363 pages. Dover. Paperbound. Pub. at \$9.95 **SOLD OUT**

## Insects



**7797338 SPIDERS: The Ultimate Predators.** By Stephen Dalton. Their success lies in the astonishing array of techniques they have evolved for catching prey: building webs, jumping, chasing, ambushing, spitting, fishing and camouflage. Full of breathtaking photographs, some documenting never before seen spider behavior. 208 pages. Firefly. 8 1/2 x 11. Paperbound. Pub. at \$24.95 **\$5.95**

**7920342 THE BEGINNER'S GUIDE TO BEEKEEPING: Everything You Need to Know.** By Daniel & Samantha Johnson. Tackles the questions you're sure to have about jumping into the growing world of backyard beekeeping. Starting with the basics, addressing how to set up, care for, and harvest honey from your very own bee colonies. Fully illus. in color. 160 pages. Voyageur. Paperbound. Pub. at \$9.95 **SOLD OUT**



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



**7781776 AMAZING ARACHNIDS.** By Jillian Cowles. Covers all aspects of arachnid biology, such as anatomy, sociality, mimicry, camouflage, and venoms. Along the way, you will learn why arachnids are living fossils in some respects and nimble opportunists in others, and how natural selection has perfected their sensory structures, defense mechanisms, reproductive strategies, and hunting methods. Fully illus. in color. 328 pages. Princeton. 8 1/2 x 10 1/4. Pub. at \$45.00 **\$16.95**



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



**7833598 DRAGONFLIES & DAMSELFLIES: A Natural History.** By Dennis Paulson. A lavishly illustrated, comprehensive, and accessible natural history that reveals the beauty and diversity of one of the world's oldest and most popular insect groups. This volume offers a complete guide to the evolution, life cycles, biology, anatomy, behavior, and habitats of dragonflies and damselflies. 224 pages. Ivy Books. **\$9.95**



## Insects



**7947135 ATTRACTING BENEFICIAL BUGS TO YOUR GARDEN, REVISED SECOND EDITION: A Natural Approach to Pest Control.** By Jessica Walliser. Introduces dozens of pest-eating beneficial insects, from predatory ladybugs and minute pirate bugs to parasitic wasps and robber flies. Walliser share information on how these amazing insects work and what to plant to keep them on pest patrol in your garden for years to come. Fully illus. in color. 208 pages. Cool Springs Press. Paperbound. Pub. at \$27.99 **\$6.95**

**7918208 EXTINCT & ENDANGERED: Insects in Peril.** Levon Biss. A joint project of photographer Biss and the American Museum of Natural History, contains indelible images of 40 extinct or endangered species, selected by a team of scientists from the twenty million arthropod specimens in the museum's vast research collections. 143 pages. Abrams. 10 1/2 x 12 1/4. Pub. at \$45.00 **\$11.95**



**1989197 SUPER FLY: The Unexpected Lives of the World's Most Successful Insects.** By Jonathan Balcombe. An illuminating look into the curious habits, lurid lives, and vital importance of flies. No matter your outlook on our tiny buzzing neighbors, Balcombe will forever change the way you look at flies. Color photos. 340 pages. Penguin. Paperbound. Pub. at \$18.00 **\$4.95**



**3926168 SPIDERS OF THE WORLD: A Natural History.** Ed. by Norman Platnick et al. A captivating look at these wondrously adaptable and endlessly intriguing arachnids. Covers a breathtaking array of spider species from around the globe describing their behaviors, characteristics, and remarkable evolutionary adaptations. This is an indispensable volume for anyone

who wants to learn more about these marvelous creatures. Fully illus. in color. 256 pages. Princeton. Pub. at \$29.95 **\$24.95**

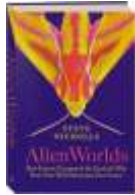


**7840195 BUTTERFLIES: Species, Habitats, Moths, Anatomy.** By Julianna Photopoulos. Showcases nature's most dazzling insect in all its gorgeous, brilliant variety. Divided into five chapters, examining butterfly species and anatomy, moth species and anatomy, habitat, life cycle and characteristics. Color photos. 224 pages. Amber. Paperbound. **\$12.95**

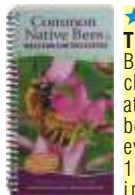
**7905297 BEETLES OF THE WORLD: A Natural History.** By M.V.L. Barclay & P. Bouchard. Featuring 300 stunning color photographs, the authors explore beetle anatomy, life cycle, fossil history, feeding habits, role in the food web, habitats, relationships with humans, and classification, as well as the essential part that beetles play in the global ecosystem, and the ways humans can help to protect them. 240 pages. Princeton. Pub. at \$29.95 **\$24.95**



**7840063 BUTTERFLIES & MOTHS.** By David Carter, photos by F. Greenaway. The sharpest recognition guide to more than 500 species of butterflies and moths. Packed with over 600 photographs with precise annotation to make identification sure and simple. Concise and jargon-free text pinpoints the key characteristics of each species and provides quick, accessible information. 304 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **\$14.95**



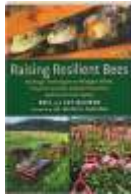
**7905289 ALIEN WORLDS: How Insects Conquered the Earth & Why Their Fate Will Determine Our Future.** By Steve Nicholls. Presents insects and other anthropoids as you never have seen them before, explaining how they conquered the planet and why there are so many of them, and shedding light on the evolutionary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



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



**1929992 KEEPING BEES WITH A SMILE: Principles and Practice of Natural Beekeeping.** By Fedor Lazutin with L. Sharashkin. This is an invaluable resource for apiculture beginners and professionals alike, complete with plans for making bee-friendly, well-insulated horizontal hives with extra-deep frames, plus other fascinating beekeeping advice you won't find anywhere else. 32 pages of color photos. 345 pages. New Society. Paperbound. Pub. at \$34.99 **\$26.95**



**7886217 RAISING RESILIENT BEES: Heritage Techniques to Mitigate Mites, Preserve Locally Adapted Genetics, and Grow Your Apiary.** By Joy & Eric McEwen. Inside you'll discover: revived and adapted heritage Integrated Pest Management techniques; methods to naturally rear queens and select for resilient, mite-resistant genetic lines without relying on swarming or grafting; key tenets of apicentric beekeeping; advice for establishing a flourishing and sustainable beekeeping business; and more. Well illus. in color. 254 pages. Chelsea Green. Paperbound. Pub. at \$34.95 **\$27.95**



**7955154 BUZZ: A Book of Happiness for Bee Lovers.** Compiled by Adam Langstroth. Takes a close-up look at this fascinating, photogenic, and beneficial creature, capturing bees in all their moods, from serious (every bee has a job to do) to quirky (they communicate using the waggle dance). Includes quotes from poets, philosophers, conservationists and, of course, Winnie the Pooh. Fully illus. in color. 160 pages. Exisle. Paperbound. Pub. at \$14.99 **\$11.95**



**7799500 THE LIVES OF BEETLES: A Natural History of Coleoptera.** By Arthur V. Evans. A richly illustrated introduction to the world of beetles. Individual chapters cover beetles' structure and function; evolution, diversity, classification, and distribution; communication, reproduction, and development; feeding habits; uses in medicine, science, and technology; and study and conservation. 288 pages. Princeton. Pub. at \$35.00 **\$27.95**



**794487X BEES OF COSTA RICA.** By Paul Hanson et al. Costa Rica is home to 117 bee genera and approximately 700 bee species. Focusing on five bee families present in Costa Rica, the authors describe the bees' general physical traits, foraging and mating behavior, nest characteristics, and more. Fully illus. in color. 280 pages. Comstock. Paperbound. **\$25.95**



**7821409 HYMENOPTERA: The Natural History & Diversity of Wasps, Bees & Ants.** By Stephen A. Marshall. Provides a colorful overview of the natural history and diversity of Hymenoptera, an enormous and diverse order of insects including saw flies, bees, spider wasps, parasitic wasps, sand wasps and ants, along with many other groups of social and solitary wasps. Essential information about importance, behavior and biology is provided for each group. Fully illus. in color. 638 pages. Firefly. 8 1/2 x 11 1/4. Pub. at \$95.00 **\$78.95**

**7831862 THE BUTTERFLY PAVILION: The Book That Transforms into a Work of Art.** By James Lowen. Displays and describes a kaleidoscope of butterflies. Exquisite illustrations accompany a lyrical text that brings to life more than 50 species. 110 pages. Andre Deutsch. **PRICE CUT to \$9.95**

**6978622 KAUFMAN FIELD GUIDE TO INSECTS OF NORTH AMERICA.** By E.R. Eaton & K. Kaufman. 392 pages. HMH. Paperbound. Pub. at \$25.00 **\$13.95**

**7794819 ANTS: Workers of the World.** Text by E.S. Rice, photos by E.F. Niga. Fully illus. in color. 144 pages. Abrams. 11 1/2 x 11 1/4. Pub. at \$40.00 **\$12.95**

**4955943 THE SECRETS OF BEES: An Insider's Guide to the Life of Honeybees.** By Michael Weiler. Illus. 160 pages. Floris. Paperbound. Pub. at \$17.95 **\$5.95**

**778841X EUROPE'S DRAGONFLIES: A Field Guide to the Damselflies and Dragonflies.** By D. Smallshire & A. Swash. Fully illus. in color. 360 pages. Princeton. Paperbound. Pub. at \$32.00 **PRICE CUT to \$9.95**

**7838697 GOSSAMER DAYS: Spiders, Humans and Their Threads.** By Eleanor Morgan. Illus., some in color. 167 pages. Strange Attractor. Paperbound. Pub. at \$20.95 **PRICE CUT to \$4.95**

**1948679 THE BEES IN YOUR BACKYARD.** By J.S. Wilson & O.M. Carril. Color photos. 288 pages. Princeton. Paperbound. Pub. at \$29.95 **\$24.95**

**4940911 WILD HONEY BEES: An Intimate Portrait.** Text by J. Tautz, photos by I. Arndt. Color photos. 192 pages. Princeton. 8 1/2 x 11 1/2. Pub. at \$29.95 **\$14.95**

**4865294 BEETLES OF WESTERN NORTH AMERICA.** By Arthur V. Evans. 624 pages. Princeton. 8x10. Paperbound. Pub. at \$45.00 **\$21.95**

**7729650 BUZZKILL: A Wild Wander Through the Weird and Threatened World of Bugs.** By Brenna Maloney. Illus. 378 pages. Holt. Pub. at \$19.99 **\$9.95**

**7804032 OF COCKROACHES AND CRICKETS: Learning to Love Creatures That Skitter and Jump.** By Frank Nischk. 214 pages. Greystone. Pub. at \$26.95 **PRICE CUT to \$11.95**

**197369X ANTS: The Ultimate Social Insects.** By Richard Jones. Color photos. 368 pages. Bloomsbury. Pub. at \$45.00 **\$27.95**

**496831X THE LAST BUTTERFLIES: A Scientist's Quest to Save a Rare and Vanishing Creature.** By Nick Haddad. 16 pages of color photos. 250 pages. Princeton. **SOLD OUT**

**7732082 DO BEEKEEPING: The Secret to Happy Honeybees.** By Orren Fox. Color photos with illus. 142 pages. Do Book Co. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**

**7788320 BRITAIN'S INSECTS: A Field Guide to the Insects of Great Britain and Ireland.** By Paul D. Brock. Fully illus. in color. 608 pages. Princeton. Paperbound. Pub. at \$32.50 **\$11.95**

**4819934 WHAT INSECTS DO, AND WHY.** By Ross Piper. Well illus. in color. 224 pages. Princeton. Pub. at \$27.95 **\$22.95**

**7692250 THE SECRET LIFE OF FLIES.** By Erica McAlister. Color photos. 248 pages. Firefly. Paperbound. Pub. at \$24.95 **\$14.95**

**DVD 1920405 EDIBLE INSECTS: NOVA.** Widescreen. PBS. Pub. at \$24.99 **\$14.95**

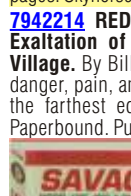
## Fishing & Hunting



**2713993 THE COMPLETE GUIDE TO GUNSMITHING, SECOND REVISED EDITION: Gun Care and Repair.** By Charles Edward Chapel. This highly detailed and essential reference is for the gun enthusiast and gunsmith alike. In more than forty chapters of exceptionally clear prose, this guide answers every question a collector, soldier, or home defender could have on topics such as: drawings and blueprints; stock design; stock repairs and alterations; and many more. 480 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$5.95**



**7743572 SHOOT TO WIN, 2ND EDITION: Training for the New Pistol, Rifle, and Shotgun Shooter.** By Chris Cheng. An excellent guide for beginning shooters, this focuses on the basics and ammunition of pistols, rifles, and shotguns, marksmanship fundamentals, and buying a firearm. Also covers dry fire practice; firearm accessories; safely storing your firearm; cleaning and maintaining your guns; and much more. Illus. in color. 262 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$6.95**



**7942214 RED SUMMER: The Danger, Madness, and Exaltation of Salmon Fishing in a Remote Alaskan Village.** By Bill Carter. A vivid, unforgettable account of the danger, pain, and joy of working on a salmon fishing boat on the farthest edge of Alaska. Illus. 234 pages. Scribner. Paperbound. Pub. at \$17.99 **\$5.95**



**7793642 SAVAGE MODEL 1895, 1899 & 99 RIFLES, VOLUME 2: Engraved and Special-Feature Models.** By David E. Royal. Nine of Savage's first model, the 1895, were manufactured by Marlin and engraved by their in-house engraver, Conrad Ulrich. The Model 1899s were engraved by Enoch Tue and featured a great variety of engraving a long list of other enhancements. The Model 99s were available with engraving sporadically until the end of production. Fully illus. in color. 304 pages. Schiffer. 11 1/2 x 8 1/4. **\$71.95**

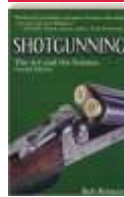


**4982908 HANDGUNS FOR SELF-DEFENSE: A Guide to Choosing and Using Your Weapon.** By David Nash. Regardless of your level of training or comfort around firearms, understanding and applying firearm fundamentals will increase your proficiency. This must-have guide provides easily understood explanations of what shooters need to do to fire more accurately. It is a valuable resource for gun owners covering every aspect of firearm possession and use. Color photos. 140 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**

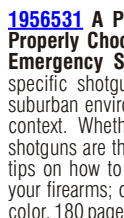




## Fishing & Hunting



**7809980 SHOTGUNNING, SECOND EDITION: The Art and the Science.** By Bob Brister. In this near legendary handbook, respected firearms expert Bob Brister offers advice, instructions, and solutions to every situation a shotgunner might face, making it a guide from which both seasoned veterans and novice shooters will benefit. Illus. 321 pages. Skyhorse. Paperbound. Pub. at \$19.95 **\$6.95**



**1956531 A PREPPER'S GUIDE TO SHOTGUNS: How to Properly Choose, Maintain, and Use These Firearms in Emergency Situations.** By Robert K. Campbell. Explores specific shotguns that are appropriate for urban, rural, and suburban environments, with tips on how to use them in each context. Whether at home or in a survival scenario, these shotguns are the best for defense. Campbell also offers expert tips on how to improve your marksmanship; how to maintain your firearms; crucial gun safety rules; and more. Well illus. in color. 180 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$7.95**



**7816413 THE ULTIMATE GUIDE TO KNIFE THROWING.** By Bobby Branton. In addition to improving one's technical skills, this guide will give readers a brief history covering the pioneers of the sport to today's modern impalement artists. It will also give you all the tools needed to learn everything from the basics of throwing to starting your own club. Well illus. most in color. 107 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$5.95**



**1907395 THE GUN BOOK FOR PARENTS.** By Silvio Calabi et al. This volume is aimed at parents whose children have read "The Gun Book for Boys" and want to get started shooting. It is a straightforward treatment of the adult concern about firearms and shooting, from safety and legal issues to costs, potential pitfalls and benefits. Photos. Shooting Sportsman. 8 1/2 x 11 1/4. Pub. at \$16.95 **\$3.95**



**★7760779 THE GUY'S GUIDE TO POCKET KNIVES: Badass Games, Throwing Tips, Fighting Moves, Outdoor Skills and Other Manly Stuff.** By Mike Yarbrough. You should never be without a trusty pocket knife, nor should you lack the skills to wield it properly and with purpose. This guide is sure to sharpen your skills and hone your appreciation for the pocket knife with nostalgic, humorous and informative sections. Illus. 184 pages. Ulisses. Paperbound. Pub. at \$15.95 **\$11.95**



**4982622 AN ANGLER'S GUIDE TO SMART BAITS: Tips and Tactics on Fishing Twenty-First Century Artificial.** By Angelo Peluso. Takes readers through all the essential elements, and explains the technology and functionality behind modern artificial hard and soft baits. Peluso also includes tactics and techniques for fishing modern lures most effectively. Well illus. in color. 198 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$4.95**



**★7722621 SHOOTER'S BIBLE, 114TH EDITION: The World's Bestselling Firearms Reference.** The most comprehensive and sought after reference guide for new firearms and their specifications, as well as for thousands of guns that have been in production and are currently on the market. This is an essential reference for any beginner, experienced hunter, firearm collector, or gun enthusiast. 608 pages. Skyhorse. 8x10 1/2. Paperbound. Pub. at \$29.99 **\$21.95**



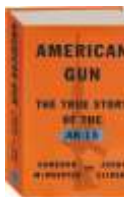
**1907840 TALES OF SOUTHERN RIVERS.** By Zane Grey. First published in 1924. America's master storyteller of the Old West recounts his tales of fishing in the Gulf of Mexico, in the Florida Keys, in the Everglades, and on remote rivers in the jungles of Mexico. Photos. 249 pages. Derrydale. Paperbound. Pub. at \$19.95 **\$4.95**



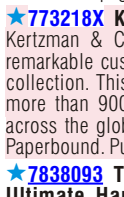
**★7679963 WINCHESTER'S 30-30, MODEL 94: The Rifle America Loves.** By Sam Fadala. The Winchester Model 94 and its revolutionary 30-30 cartridge changed the world of shooting forever. This is the whole story, tracing the development of the most popular hunting rifle ever designed, and discussing sights, ammunition, and cleaning procedures, as well as telling you how to hunt large and small game. Photos. 223 pages. Stackpole. Paperbound. Pub. at \$29.95 **\$21.95**



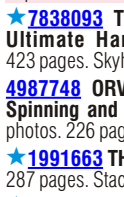
**★7926235 A RIVER RUNS THROUGH ME: A Life of Salmon Fishing in Scotland.** By Andrew Douglas-Home. An evocative account of one man's life spent fishing on arguably the world's best salmon river: a story of family, tradition and the Scottish countryside. 258 pages. Elliott & Thompson. Paperbound. Pub. at \$16.99 **\$13.95**



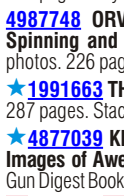
**★7925522 AMERICAN GUN: The True Story of the AR-15.** By C. McWhirter & Z. Elinson. Explore American gun culture, revealing the broad appeal of the AR-15, the awful havoc it wreaks, and the politics of trying to protect everyday people from mass shootings. The result is a moral history of contemporary America's love affair with technology, freedom, profit, and weaponry. Photos. 473 pages. FSG. Pub. at \$32.00 **\$23.95**



**★773218X KNIVES 2023, 43RD EDITION.** Ed. by J. Kertzman & C. Graff. The annual showcase of the most remarkable custom and factory-manufactured knives in one collection. This edition features more knives than ever, with more than 900 full-color photos of edged creations from across the globe. 270 pages. Gun Digest Books. 8 1/4 x 10 3/4. Paperbound. Pub. at \$39.99 **PRICE CUT to \$24.95**



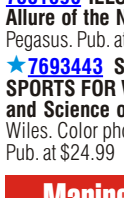
**★7838093 THE MODERN DAY GUNSLINGER: The Ultimate Handgun Training Manual.** By Don Mann. 423 pages. Skyhorse. Paperbound. Pub. at \$17.95 **\$12.95**



**4987748 ORVIS FROM LURE TO FLY: Fly Fishing for Spinning and Baitcast Anglers.** By Dave Karczynski. Color photos. 226 pages. Lyons. Paperbound. Pub. at \$24.95 **\$5.95**



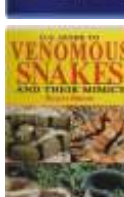
**★1991663 THE FIREARMS DICTIONARY.** By R.A. Steindler. 287 pages. Stackpole. Paperbound. Pub. at \$21.95 **\$16.95**



**★4877039 KNIVES 2022, 42ND EDITION: 700+ Stunning Images of Awesome Blades!** Ed. by Joe Kertzman. 272 pages. Gun Digest Books. 8 1/4 x 10 3/4. Paperbound. Pub. at \$36.99 **\$14.95**



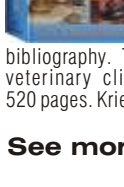
**★7727895 SMALL ARMS: The World's Greatest Small Arms from the Age of Automatic Weapons.** By Chris McNab. Photos with color illus. 224 pages. Amber. 8 1/4 x 10 3/4. Pub. at \$29.99 **PRICE CUT to \$14.95**



**1905511 SHOOTER'S BIBLE, 105TH EDITION: The World's Bestselling Firearms Reference.** Ed. by Jay Cassell. Fully illus., many in color. 600 pages. Skyhorse. 8x10 1/2. Paperbound. Pub. at \$29.95 **SOLD OUT**



**7881096 ILLUMINATED BY WATER: Fly Fishing and the Allure of the Natural World.** By Malachy Tallack. 262 pages. Pegasus. Pub. at \$27.95 **\$7.95**

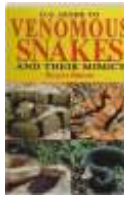


**★7693443 SHOOTER'S BIBLE GUIDE TO SHOTGUN SPORTS FOR WOMEN: A Comprehensive Guide to the Art and Science of Wing and Clay Shooting.** By Laurie Bogart. Wiles. Color photos. 273 pages. Skyhorse. 8x10 1/2. Paperbound. Pub. at \$24.99 **\$9.95**

## Marine Mammals, Fish & Reptiles



**Blu-ray 7867743 THE LONELIEST WHALE.** Widescreen. A cinematic quest to find the "52 Hertz Whale," which scientists believe has spent its entire life in solitude calling out at a frequency that is different from any other whale. 97 minutes. Bleecker Street. **\$4.95**



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



**492956X SNAKES OF THE UNITED STATES AND CANADA: Natural History and Care in Captivity.** By John V. & Roxanne Rossi. Summarizes the natural history and captive maintenance of all species of snakes found in the United States and Canada. Convenient and easy to read, this guide has over 100 color photos and an extensive bibliography. This is an essential reference for libraries, veterinary clinics, zookeepers, and herpetoculturists. 520 pages. Krieger. Pub. at \$184.00 **\$9.95**



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



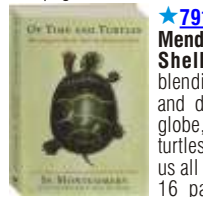
**DVD 7793898 KOMODO: Secrets of the Dragon.** Widescreen. Venture inside the world of the komodo dragon, one of the world's most fearsome predators. Not only do these dragons have a powerful set of jaws, but they may also have a secret weapon—extremely poisonous venom. Narrated by Peter Capaldi. English SDH. 50 minutes. BBC Earth. **\$5.95**



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



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



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



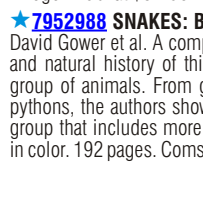
**7795904 FIELD GUIDE TO SHARKS, RAYS & CHIMAERAS OF EUROPE AND THE MEDITERRANEAN.** By D.A. Ebert & M. Dando. This field guide covers all 146 species found. Detailed species accounts describing key identification features, habitat, biology and status. Essential resource for fisheries management, trade regulation and shark conservation for this region. Fully illus. in color. 383 pages. Princeton. Paperbound. Pub. at \$32.50 **\$9.95**



**★7912048 SEA MAMMALS: The Past and Present Lives of Our Oceans' Cornerstone Species.** By Annalisa Berta. Features more than 50 individual species profiles and themed chapters of extinct species. Presents detailed accounts of these mammals' evolutionary path, anatomy, behavior, habitats, and conservation. Also offers insights into a broad variety of marine worlds today and in the future. Color photos. 224 pages. Princeton. Pub. at \$29.95 **\$24.95**



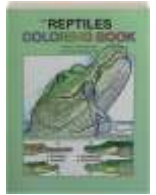
**7861745 SNAKES OF THE ORIENT: A Checklist.** By K.R.G. Welch. An attempt is made to list the snake fauna of the Orient as a whole, from Pakistan east to China and south through Asia, to include Japan, the Philippine islands, Indonesia and Papua New Guinea. The list includes current (as of 1988) names, original names, type locality and distribution. 183 pages. Krieger. Pub. at \$37.95 **\$9.95**



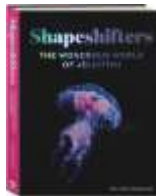
**★7952988 SNAKES: Biology, Diversity, and Behavior.** By David Gower et al. A comprehensive introduction to the biology and natural history of this ecologically diverse and important group of animals. From garter snakes and vipers to boas and pythons, the authors showcase the variety and complexity of a group that includes more than 4,000 living species. Fully illus. in color. 192 pages. Comstock. Paperbound. **\$18.95**



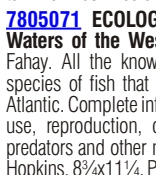
## Marine Mammals, Fish & Reptiles



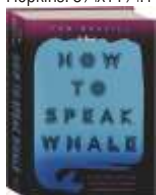
**7748570 THE REPTILES COLORING BOOK.** By James G. & Thomas M. McCabe. Includes more than eighty-five colorable illustrations—each accompanied by a short description—that makes it easy to learn about reptiles and their reproduction, anatomy, behaviors, venoms, habitats, hibernation, and much more. 180 pages. Collins. 8½x11. Paperbound. Pub. at \$24.99 **\$5.95**



**★7819536 SHAPESHIFTERS: The Wondrous World of Jellyfish.** By Lisa-Ann Cershin. Captures nearly 100 species of jellyfish within its pages, from the ubiquitous *Aurelia* to the enigmatic *Velella*, along with astounding facts about these fascinating marine lifeforms. Some are splendid, some strange, some poisonous, some deadly, some carry surprising secrets, and some are barely known, but every one of them is remarkable and has a tale to tell. Well illus. in color. 224 pages. Abrams. 8½x11¼. **\$37.95**



**7805071 ECOLOGY OF ESTUARINE FISHES: Temperate Waters of the Western North Atlantic.** By K.W. Able & M.P. Fahay. All the known facts about the ecology of 93 important species of fish that inhabit the temperate waters of the Western Atlantic. Complete information about each fish's distribution, habitat use, reproduction, development, migratory patterns, prey, and predators and other natural enemies. Well illus. 566 pages. Johns Hopkins. 8½x11¼. Pub. at \$135.00 **\$52.95**



**★7723776 HOW TO SPEAK WHALE: A Voyage into the Future of Animal Communication.** By Tom Mustill. Looks at how scientists and start-ups around the world are decoding animal languages. Whales, with their giant mammalian brains, offer one of the most realistic opportunities for this to happen. But what would the consequences of such human-animal interaction be? We're about to find out! Photos. 283 pages. Grand Central. Pub. at \$29.00 **\$17.95**



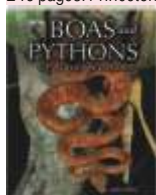
**7888090 FISHES: The Animal Answer Guide.** By G. Helfman & B. Collette. There are nearly thirty thousand species of fish—or fishes, as they are properly called when speaking of multiple species. With the most up-to-date facts on the world's fishes from two premier experts, this guide is the perfect bait for any curious naturalist, angler, or aquarist. Well illus., some in color. 178 pages. Johns Hopkins. Paperbound. Pub. at \$24.95 **PRICE CUT to \$3.95**



**★7822960 SECRETS OF THE MANATEE: An Insider's Guide to Florida's Most Iconic Marine Mammal.** By Diane Morgan. Offers a fascinating look at Florida's most mysterious marine creature. Floating just below the surface of the water, manatees have remained largely unknown to and misunderstood by humans. Now, their very survival depends on a delicate balance between human interference and conservation. Illus. in color. 119 pages. Pineapple Press. Paperbound. Pub. at \$24.95 **PRICE CUT to \$14.95**



**★7799519 SNAKES OF THE WORLD: A Guide to Every Family.** By Mark O'Shea. A gorgeously illustrated guide to the incredible diversity of snakes around the world. Explores their extraordinary diversity, with an in-depth introduction covering anatomy, behavior, habitats, reproduction, conservation, and other essential topics. Also includes profiles on approximately 4,000 species of snakes. 240 pages. Princeton. Pub. at \$29.95 **PRICE CUT to \$19.95**



**4879562 BOAS AND PYTHONS OF THE WORLD.** By Mark O'Shea. A renowned snake expert takes readers on an exciting continent by continent journey to look at these snakes in their native habitats. Featuring over 150 photographs of more than 100 species, and intriguing stories from O'Shea's encounters with these snakes in the wild. 160 pages. Princeton. Paperbound. Pub. at \$19.95 **\$6.95**

**4928954 AMPHIBIANS AND REPTILES OF TRINIDAD AND TOBAGO.** By John C. Murphy. 245 pages. Krieger. 8½x11¼. Pub. at \$84.00 **\$2.95**

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

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

**4928946 AMPHIBIANS AND REPTILES OF PAKISTAN.** By Muhammad Sharif Khan. 311 pages. Krieger. 8½x11¼. **\$2.95**

**7837380 SNAKES OF NORTH AMERICA, REVISED EDITION: Eastern and Central Regions.** By Alan Tennant et al. 605 pages. Lone Star. Paperbound. Pub. at \$50.00 **\$9.95**

**492892X THE AMPHIBIANS AND REPTILES OF EL SALVADOR.** By Gunther Kohler et al. 238 pages. Krieger. 8½x11¼. Pub. at \$72.00 **\$5.95**

**4928989 BIOLOGY, HUSBANDRY, AND MEDICINE OF THE GREEN IGUANA.** Ed. by Elliott R. Jacobson. 16 pages of photos. 188 pages. Krieger. 8½x11¼. Pub. at \$65.00 **\$2.95**

**4929055 A FIELD GUIDE TO THE AMPHIBIANS AND REPTILES OF BALI.** By J. Lindley McKay. 138 pages. Krieger. 8½x11¼. Pub. at \$42.00 **\$3.95**

**1941798 DISEASES OF AMPHIBIANS AND REPTILES.** By Gunther Kohler. Color photos. 171 pages. Krieger. Pub. at \$35.00 **\$5.95**

**1942115 THE VENOMOUS SEA SNAKES: A Comprehensive Bibliography.** By W.A. Culotta & G.V. Pickwell. 504 pages. Krieger. **\$5.95**

**7864140 AMPHIBIAN MEDICINE AND CAPTIVE HUSBANDRY.** By K.M. Wright & B.R. Whitaker. Well illus. some in color. 499 pages. Krieger. 8½x11¼. **SOLD OUT**

**★7784171 CROCODILES OF THE WORLD: A Complete Guide to Alligators, Caimans, Crocodiles and Gharials.** By Colin Stevenson. Color photos. 288 pages. New Holland. Paperbound. Pub. at \$29.99 **\$24.95**

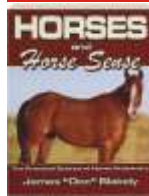
**1941720 CETACEAN BEHAVIOR: Mechanisms & Functions.** Ed. by Louis M. Herman. Photos. 463 pages. Krieger. Pub. at \$32.00 **\$9.95**

**★DVD 1982656 A TASTE OF WHALE.** Widescreen. Kino Lorber. Pub. at \$19.95 **\$7.95**

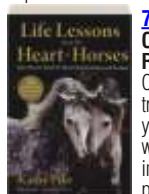
**7781806 THE DANGEROUS SNAKES OF AFRICA.** By S. Spawls & B. Branch. Well illus. in color. 336 pages. Princeton. Paperbound. Pub. at \$39.95 **\$9.95**

**★4946820 OF ORCAS AND MEN: What Killer Whales Can Teach Us.** By David Neiwert. Photos. 305 pages. Abrams. Paperbound. Pub. at \$17.95 **\$7.95**

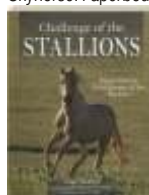
## Horses & Horsemanship



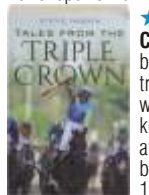
**7837097 HORSES AND HORSE SENSE: The Practical Science of Horse Husbandry.** By James "Doc" Blakely. Includes the progression of the horse from its earliest beginnings and a concise description of the history and characteristics of over fifty breeds. Addresses the value of horse psychology with practical discussions. Photos. 446 pages. Republic of Texas Press. Paperbound. Pub. at \$24.95 **\$5.95**



**7816308 LIFE LESSONS FROM THE HEART OF HORSES: How Horses Teach Us About Relationships and Healing.** By Kathy Pike. Offers poignant short stories about the trials and tribulations of befriending horses. Pike brings you on a healing journey that includes lessons a wild horse taught her, how horses teach humans in her equine facilitated learning programs, and personal insights about living off the land and engaging with the dynamics of a herd each day. 229 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$5.95**



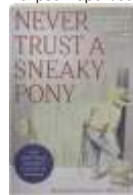
**★7908946 CHALLENGE OF THE STALLIONS: The Legend of Cloud and the Wild Horses of the Rockies.** By Ginger Kathrens. The author recounts her experiences with Cloud, a pale Palomino stallion, and his family over a five-year period, from 2003 to 2008. Captures the beauty and strength of this family and paints an amazing picture demonstrating the need for these animals to remain wild and free. Despite trials of extreme weather and more, Cloud prevails. Fully illus. in color. 160 pages. Fox Chapel. 8x10. Paperbound. Pub. at \$19.99 **\$14.95**



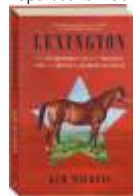
**★7945078 TALES FROM THE TRIPLE CROWN.** By Steve Haskin. Takes readers behind the scenes to introduce them to the trainers, jockeys, and horses seeking the world's most elusive sports prize. Feel the keen disappointment of trainer Bud Delp after Spectacular Bid loses his Triple Crown bid because of a stray safety pin, and more. 16 pages of photos. 260 pages. Eclipse. Paperbound. Pub. at \$21.95 **\$16.95**



**★7948344 AFFIRMED & ALYDAR: Racing's Greatest Rivalry.** By Timothy T. Capps. The more experienced Affirmed defeated Alydar, who was making his racing debut in the Youthful Stakes at Belmont Park. In nine subsequent meetings, Affirmed got the better of Alydar six times, often by just inches. Their meetings, especially during the Triple Crown season of 1978, became the stuff of racing lore. 16 pages of photos. 230 pages. Eclipse. Paperbound. Pub. at \$19.95 **\$14.95**



**★7790678 NEVER TRUST A SNEAKY PONY: And Other Things They Didn't Teach Me in Vet School.** By Madison Seamans. Race to the aid of horses with wounds, stomach aches, allergies, and bizarre behaviors, as well as those in severe physical distress. Quite by accident, you'll find yourself familiar with and understanding common equine medical problems and how they are diagnosed and treated, all while marveling at the remarkable situations a country veterinarian can find himself in. Illus. 322 pages. Trafalgar Square. Paperbound. Pub. at \$22.95 **\$17.95**



**★7882181 LEXINGTON: The Extraordinary Life and Turbulent Times of America's Legendary Racehorse.** By Kim Wickens. The dramatic true-story of the champion Thoroughbred racehorse who gained international fame in the tumultuous Civil War-era South and became the most successful sire in American racing history. Illus. 401 pages. Ballantine. Pub. at \$28.99 **\$21.95**



**★7822936 HORSEWATCHING: Why Does a Horse Whinny and Everything Else You Ever Wanted to Know.** By Desmond Morris. Throughout his long involvement with horses, Dr. Morris has never stopped asking questions. In this work, published in 1988, he sets out to answer them. As a zoologist and a lifelong student of animal behavior, Morris approaches the horse world in an unusual way, dealing with topics often ignored in equine literature. 150 pages. Eclipse. Paperbound. Pub. at \$19.95 **\$14.95**



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



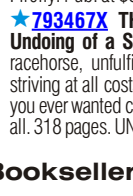
**★7948522 THE FOXES OF BELAIR: Gallant Fox, Omaha, and the Quest for the Triple Crown.** By Jennifer S. Kelly. Examines the racing legacies of Gallant Fox and Omaha and how William Woodward's service to racing during the 20th century forever changed the American Thoroughbred industry. Illus. 334 pages. UPKY. Pub. at \$32.95 **\$26.95**



**LIMITED QUANTITY ★7948557 SIR BARTON AND THE MAKING OF THE TRIPLE CROWN.** By Jennifer S. Kelly. Kelly uses extensive research and historical sources to examine Sir Barton's life, revealing his legacy and seminal contributions to thoroughbred racing one hundred years after his pioneering achievement. 32 pages of photos. 276 pages. UPKY. Paperbound. **SOLD OUT**



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

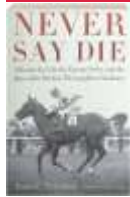


**★793467X THE FAST RIDE: Spectacular Bid and the Undoing of a Sure Thing.** By Jack Gilden. The story of a great racehorse, unfulfilled dreams, the exhilaration and steep price of striving at all costs, and an American era in which getting everything you ever wanted could be the most empty and unfulfilling sensation of all. 318 pages. UNeP. Paperbound. **\$22.95**





## Horses & Horsemanship



**★4954793 NEVER SAY DIE: A Kentucky Colt, the Epsom Derby, and the Rise of the Modern Thoroughbred Industry.** By James C. Nicholson. Traces the history of this extraordinary colt, beginning with his foaling in Lexington, Kentucky, as well as the stories of the influential individuals brought together by the horse and his victory—from their heir to the Singer sewing machine fortune to the Aga Khan. Photos. 218 pages. UPKY. Paperbound. Pub. at \$26.00 **PRICE CUT to \$11.95**

**★7840225 HORSES: Foals, Breeds, Characteristics, Anatomy.** By Paula Hammond. Color photos. 224 pages. Amber. Paperbound. Pub. at \$16.99 **\$12.95**

**★4943635 THE ORIGINAL HORSE BIBLE, 2ND EDITION.** By M.C. Reeve & S. Biggs. Color photos. 480 pages. CompanionHouse. Paperbound. Pub. at \$29.99 **\$21.95**

## Farm & Domesticated Animals



**7868324 THE CHICKEN WHISPERER'S GUIDE TO ZERO-WASTE CHICKEN KEEPING.** By A.G. Schneider & B. McCrea. This essential guide collects the Chicken Whisperer's own personal tips, tricks, and suggestions for reducing waste, re-purposing materials, and recycling everything else. With these step by step insights, your life with chickens will be more fruitful, less expensive, and better for the planet. Fully illus. in color. 120 pages. Quarry. 8x10. Paperbound. Pub. at \$19.99 **\$5.95**



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

**7781946 THE PIG: A Natural History.** By Richard Lutwyche. Provides a snout to tail natural history of this important species, from the prehistoric "hell pig" to today's placid porker, covering the pig's natural history, role in human life and culture, and breeds. Fully illus., most in color. 224 pages. Princeton. Pub. at \$27.95 **\$7.95**



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



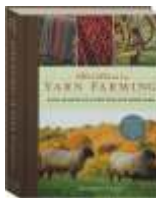
**7702930 PROVEN TECHNIQUES FOR KEEPING HEALTHY CHICKENS.** By Carissa Bonham. Boiling down chicken-keeping to the basics, Bonham offers advice ranging from how to grow your flock using a broody hen to directions for making a nesting box herb blend that will keep pests at bay. Her approach to chicken-keeping focuses on keeping hens happy and healthy using natural methods, which she shares here with her readers. Fully illus. in color. 229 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$6.95**



**★7898290 LET'S ALL KEEP CHICKENS! The Down-to-Earth Guide to Natural Practices for Healthier Birds and a Happier World.** By Dalia Monterroso. Discover the ease and joy of adding backyard chickens to your life! Chickens have sustained and connected humans in countless ways throughout history, and they still can. Monterroso presents an inclusive and intuitive guide to keeping chickens, no matter where you are or what resources you have. Fully illus. in color. 192 pages. Storey. Paperbound. Pub. at \$16.99 **\$12.95**



**1921568 GOAT SCHOOL: A Master Class in Caprine Care and Cooking.** By Janice Spaulding. Goat ownership has never been easier thanks to this one of a kind resource for the caprine curious. This work is part manual, part cookbook, and perfect for homesteaders or families looking to own goats for fun or function. Illus. 200 pages. Down East. Paperbound. Pub. at \$19.95 **\$5.95**



**7782152 ADVENTURES IN YARN FARMING: Four Seasons on a New England Fiber Farm.** By Barbara Parry. Offers a beautiful portrayal of life on a thriving fiber farm. If you are a farmer, spinner, dyer, knitter, or weaver, this is definitely a must-read. Includes 16 projects. Well illus. in color. 310 pages. Shambhala. Pub. at \$35.00 **\$9.95**



**7795858 THE COW: A Natural & Cultural History.** By Catrin Rutland. Exploring the cow's livestock credentials and beyond, this reference combines informative text, beautiful photographs, and explanatory diagrams to review the cow's fascinating biology, hard-wired behaviors, and its relationship with humankind. 224 pages. Princeton. Pub. at \$27.95 **\$9.95**



**★7723814 RAISING CHICKENS: The Essential Guide to Choosing and Keeping Happy, Healthy Hens.** By Suzie Baldwin. A comprehensive, reassuring guide for both the beginner and more experienced chicken owner alike. Packed with tips, strategies and advice that will give you the confidence to look after your hens and avoid common problems, leaving you free to enjoy your chickens and your eggs! Color photos. 142 pages. Kyle Books. Paperbound. Pub. at \$19.99 **\$12.95**



**★7841272 CHICKEN KEEPING PURE + SIMPLE: A Fun, Friendly Guide to Backyard Chicken Keeping.** By Nikki Husted. You'll learn from popular "chicken-fluencer" Husted's experience—what works and what doesn't in her flock of more than 30 chickens. This helpful guide goes through it all: caring for chicks, setting up a coop and run, medical needs, feeding, cleaning, and more. Fully illus. in color. 176 pages. Cool Springs Press. 8x10. Paperbound. Pub. at \$24.99 **\$17.95**



**7854013 BLOOMS & DREAMS: Cultivating Wellness, Generosity & a Connection to the Land.** By Misha Gillingham. Travel writer Gillingham left the hustle and bustle of Los Angeles for a quaint island in the Pacific Northwest so she could get back in touch with what matters most. You, too, can cultivate a life of wellness, generosity, and connection to the land. Fully illus. in color. 200 pages. Gibbs Smith. 8 1/4 x 10 1/4. Pub. at \$35.00 **\$9.95**



**★7967772 THE FARM ANIMAL MOVEMENT: Effective Altruism, Venture Philanthropy, and the Fight to End Factory Farming in America.** By Jeff Thomas. America is undergoing an ethical revolution involving the industrial treatment of farm animals. Tells its stories from mid-western slaughterhouses to the halls of Capitol Hill to Ivy League universities and Silicon Valley laboratories. This is the roadmap for people who want to work to end factory farming. 199 pages. Lantern Publishing. Paperbound. Pub. at \$19.95 **\$14.95**



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



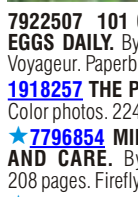
**★7939884 TAKING STOCK: A Journey Among Cows.** By Roger Morgan-Grenville. The author with no farming experience, signed on as a laborer on a beef cattle farm to tell their side of the story. Part history, part adventure and part unsentimental manifesto for how we should treat cows in the 21st century. 339 pages. Icon. Paperbound. Pub. at \$17.95 **\$12.95**



**★7934769 YARD BIRDS: The Lives and Times of America's Urban Chickens.** By Philip Levy. Mixes cultural history with animal husbandry to chronicle the weird and wonderful story of America's urban chickens. A compelling picture of city chickens that can both serve as hipster status symbols and a guarantee that families keeping them have something to eat. Illus. 254 pages. UVA. Paperbound. **\$21.95**



**7803052 RABBITS: The Animal Answer Guide.** By S. Lumpkin & J. Seidensticker. This informative guide is the one resource you will need to learn about the rabbit's anatomy and physiology, evolutionary history, ecology, and behavior, as well as about rabbit-human relationships and conservation. Illus. some in color. 235 pages. Johns Hopkins. Paperbound. Pub. at \$24.95 **PRICE CUT to \$3.95**



**7922507 101 CHICKEN KEEPING HACKS FROM FRESH EGGS DAILY.** By Lisa Steele. Well illus. in color. 176 pages. Voyageur. Paperbound. Pub. at \$24. **SOLD OUT**



**1918257 THE PIG: A Natural History.** By Richard Lutwyche. Color photos. 224 pages. Quarto. **\$5.95**



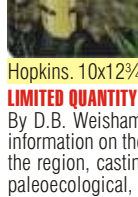
**★7796854 MINI ENCYCLOPEDIA OF CHICKEN BREEDS AND CARE.** By Frances Bassom. Fully illus. in color. 208 pages. Firefly. Paperbound. Pub. at \$19.95 **\$15.95**



**★777429X THE SECRET LIFE OF PIGS: Stories of Compassion and the Animal Save Movement.** By R. Hoyle & A. Krajnc. 359 pages. Lantern Publishing. Paperbound. Pub. at \$24.95 **\$11.95**



**★7744943 WHAT THE CLUCK? The Omlet Guide to Keeping Chickens.** By Omlet. Fully illus. in color. 192 pages. Inkspire. Pub. at \$22.99 **\$11.95**



**★7740212 THE SMALL-SCALE POULTRY FLOCK, REVISED EDITION.** By Harvey Ussery. Well illus. in color. 420 pages. Chelsea Green. 8x10. Paperbound. Pub. at \$39.95 **\$31.95**

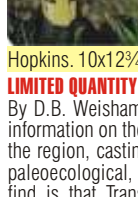
## Animals



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



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



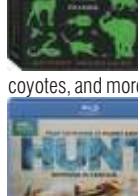
**LIMITED QUANTITY 7907192 TRANSYLVANIAN DINOSAURS.** By D.B. Weishampel & C-M. Jianu. Brings together the latest information on the fauna, flora, geology, and paleogeography of the region, casting these ancient reptiles in their phylogenetic, paleoecological, and evolutionary contexts. What the authors find is that Transylvanian dinosaurs experienced a range of unpredictable successes as they evolved. Well illus. some in color. 301 pages. Johns Hopkins. Pub. at \$63.00 **\$6.95**



**7832680 WILDLIFE OF THE ARCTIC.** By R. Sale & P. Michelsen. A must-have for the Northern traveler, covering the Arctic wildlife of Alaska, Canada, Greenland, Iceland, Scandinavia and Russia. Features over 800 color photos illustrating more than 250 bird species, 60 terrestrial mammals and 30 seals and whales. Descriptions for each species that give identification details and information on breeding and wintering grounds. 335 pages. William Collins. Paperbound. **\$6.95**



**7884613 PESTS: How Humans Create Animal Villains.** By Bethany Brookshire. An engrossing, revealing look at why we label certain animals pests—from cats to rats, elephants to pigeons—and what this tells us about our perceptions, beliefs, and place in the natural world. It's a story about human nature and how we have come to categorize the animals in our midst, including bears, coyotes, and more. 348 pages. Ecco. Pub. at \$28.99 **\$5.95**

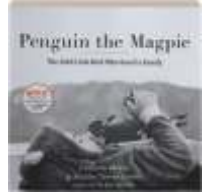


**Blu-ray 7835817 THE HUNT.** Widescreen. From the producers of *Frozen Planet* and *Planet Earth*, this series reveals the most surprising and significant events in the natural world in astonishing detail. See the dramatic encounters of predator and prey in an entirely new light. Collects all seven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



## Animals

**Blu-ray 7835884 SERENGETI.** Widescreen. A dramatized story based on the real lives of Africa's most iconic animals. Narrated by John Boyega. Collects all six episodes. English SDH. Six hours on 2 Blu-rays. BBC Earth. **\$7.95**



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



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



**788186X WILD MOMS: Motherhood in the Animal Kingdom.** By Carin Bondar. Being a mom is a tough job—but imagine doing it in the jungle or out on the plains, faced with the ravages of the elements and the threat of predators prowling at all times of the day and night. Bondar takes readers on an enthralling tour of the animal kingdom as she explores the phenomenon of motherhood in the wild. 16 pages of color photos. 271 pages. Pegasus. Pub. at \$27.95 **\$4.95**



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

**7930739 FROGS: The Animal Answer Guide.** By M. Dorcas & W. Gibbons. In addressing the amazing biology of this amphibian group, Dorcas & Gibbons highlight the frightening implications of the current worldwide amphibian crisis, which many scientists predict will bring extinction levels not seen in any vertebrate group in millions of years. 100+ illus. many in color. 160 pages. Johns Hopkins. Paperbound. Pub. at \$24.95 **\$6.95**



**7954417 THE DINOSAUR HUNTERS: The Extraordinary Story of the Discovery of Prehistoric Life.** By Lowell Dingus. Tells the story of the pioneers of prehistoric study and the revelations brought about by their research. Illustrated with 30 rare documents, photographs and hand-drawn maps, Dingus explores the unearthing of Iguanodon teeth, the discovery of the first flying dinosaur, the infamous Bone Wars and more. 144 pages. Welbeck. 9 3/4 x 11 1/4. Pub. at \$24.95 **\$6.95**



**7801408 CATS VS DOGS: Misbehaving Mammals, Intellectual Insects, Flatulent Fish and the Great Pet Showdown.** By New Scientist. From the seemingly trivial to the downright baffling, this volume reveals the animal kingdom as you've never seen it before. 244 pages. Nicholas Brealey. Pub. at \$18.95 **\$5.95**

**4984366 LONESOME FOR BEARS: A Woman's Journey in the Tracks of the Wilderness.** By Linda Jo Hunter. As caretakers and guides at Redoubt Bay Lodge in Alaska, Hunter and her husband lived side by side with brown bears, learning to understand their behavior and growing to miss their company when they left them behind at the end of each season. This account offers new insight into bear behavior. Color photos. 134 pages. Lyons. Paperbound. Pub. at \$19.95 **\$4.95**



**LIMITED QUANTITY 7923007 ON ANIMALS.** By Susan Orlean. These are stories about how we live with animals and how they abide with us. Now, Orlean examines animal-human relationships through the compelling encounters she's had over the course of her celebrated career. These tales bring to life a range of creatures. 241 pages. Avid Reader. Pub. at \$28.00 **\$5.95**



**★7893248 FUNNY FARM: My Unexpected Life with 600 Rescue Animals.** By Laurie Zaleski. This is Zaleski's story: of promises kept, dreams fulfilled, and animals lost and found. It's also the story of Annie McNulty, who fled a nightmarish marriage having few skills, no money, and no resources, dragging three kids behind her and accumulating hundreds of cast-off animals on the way. And it's the story of the funny and lovable animals that found their forever home at the Funny Farm. 244 pages. St. Martin's. Paperbound. Pub. at \$18.00 **\$12.95**



**4779290 ELEPHANTS: Birth, Life, and Death in the World of the Giants.** By Hannah Mumby. From emotional bonding to communication to the intersections of memory and trauma, Mumby's research is irresistibly engrossing. This is a captivating, revelatory exploration of how we understand these pachyderms—and a persuasive argument for rethinking our approach to animals and their conservation. 16 pages of color photos. 295 pages. Harper. Pub. at \$28.99 **\$6.95**



**7837011 FLORIDA'S FAMOUS ANIMALS: True Stories of Sunset Sam the Dolphin, Snooty the Manatee, Big Guy the Panther, and Others.** By JG Annino. Introduces 13 real-life creatures that have made news around the state. You'll read captivating stories of their rescues, rehabilitation, and adoptions—even how some got their names. Photos. 145 pages. Globe Pequot. Paperbound. Pub. at \$9.95 **\$4.95**



**7849400 NO BUDDY LEFT BEHIND: Bringing U.S. Troops' Dogs and Cats Safely Home from the Combat Zone.** By Terri Crisp with C. Hurn. Terri and her team of volunteers have saved the lives of 282 dogs and 58 cats befriended by military personnel since February 2008. Her story unfolds here on the obstacles she faces to get the soldiers' "buddies" out of danger and bring them home to the people who love them. Illus. 250 pages. Lyons. Pub. at \$21.95 **\$6.95**

**LIMITED QUANTITY 7942494 MASTER PONGO: A Gorilla Conquers Europe.** By Mustafa Haikal. Relates the story of a juvenile gorilla named Pongo, brought to Europe in 1876 and housed at the Unter den Linden Aquarium in Berlin. Examines human, animal interactions and science at a time when the theory of evolution was first gaining ground. Illus. 149 pages. Penn State Univ. Pub. at \$29.95 **\$5.95**



**★7897405 BITE CLUB: Real-Life Attacks by Sharks and Other Killer Predators.** By Douglas Wight. Meet brave people from around the world who have come face to face with sharks or other deadly predators and lived to tell the tale. And we learn of the group of survivors who are supporting each other to navigate, recover and grow from such a life-altering experience. Adults only. Photos. 286 pages. Ad Lib. Paperbound. Pub. at \$16.99 **\$13.95**



**★7843348 WILD AND CRAZY: Photos from the Comedy Wildlife Photography Awards.** Ed. by Paul Joynson-Hicks et al. An upbeat and lighthearted collection of the funniest photos of wildlife from around the world for animal lovers of all stripes. A pelican losing its lunch; an elephant falling on its face; a meerkat having a rough day; and more. Well illus. in color. S&S. Paperbound. Pub. at \$16.99 **\$12.95**



**★DVD 7928076 FACING THE STORM: Story of the American Bison.** Offers a comprehensive and compelling look at the history of the American buffalo, an incredible animal with deep ties to Native American life that is today struggling to re-establish itself in the Great Plains. 78 minutes. High Plains Films. Pub. at \$14.95 **\$11.95**

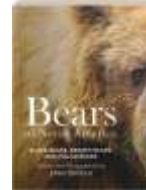


**7798385 NEVER LOOK A POLAR BEAR IN THE EYE: A Family Trip to the Arctic's Edge in Search of Adventure, Truth, and Mini-Marshmallows.** By Zac Unger. Takes readers on a spirited and often wildly funny journey to a place as unique as it is remote—a place where natives, tourists, scientists, conservationists, and polar bears converge. In the process Unger finds out that some of what we've been told about polar bears may not be quite true. Photos. 296 pages. Da Capo. Pub. at \$25.00 **\$5.95**

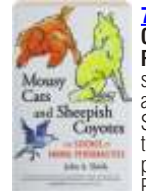


**7758898 MINI HORSE, MIGHTY HOPE: How a Herd of Miniature Horses Provides Comfort and Healing.** By D. Garcia-Bengochea & P. Frezon. Introduces you to Gentle Carousel Miniature Therapy Horses, one of the largest equine therapy programs in the world. You'll experience moments of comfort, hope, healing, and even miracles as you follow these spirited mini horses on visits to children's and veterans' hospitals, victims of natural disasters, survivors of and first responders to mass shootings, and more. Photos. 215 pages. Revell. Paperbound. Pub. at \$14.99 **\$6.95**

**LIMITED QUANTITY ★7967322 MAMMALS OF TEXAS FIELD GUIDE, 2ND EDITION.** By Stan Tekiela. Identify all 157 species of Texas mammals with this easy to use guide organized by family and featuring full color photographs with helpful information. 416 pages. Adventure Publications. Paperbound. Pub. at \$19.95 **SOLD OUT**



**★7909136 BEARS OF NORTH AMERICA: Black Bears, Brown Bears, and Polar Bears.** By Stan Tekiela. They are both beloved and feared. They are powerful and intimidating, yet they signify calmness, comfort, and peace. Bears are adored around the world, and they capture our fascination. Enjoy the lives of Black, Brown, and Polar Bears in stunning photographs and insightful descriptions. 160 pages. Adventure Publications. Paperbound. Pub. at \$19.95 **\$14.95**



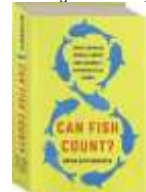
**7924208 MOUSY CATS AND SHEEPISH COYOTES: The Science of Animal Personalities.** By John A. Shivik. As mainstream scientists begin to accept the idea that animals of all kinds do indeed have individual personalities, Shivik creates an accessible, humorous guide to the emerging body of research on animal personalities. 190 pages. Beacon. Paperbound. Pub. at \$18.00 **\$5.95**



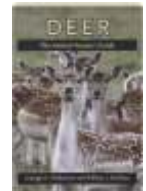
**LIMITED QUANTITY ★7922442 HOW TO CARE ABOUT ANIMALS: An Ancient Guide to Creatures Great and Small.** Selected by M.D. Usher. A fascinating menagerie of passages from classical literature about animals and the lives we share with them. Drawing on ancient writers, from Aesop to Ovid, the author has gathered selections that reveal some of the ways Greeks and Romans thought about animals, that might inspire us to rethink our own relationship with our fellow creatures. 232 pages. Princeton. Pub. at \$17.95 **\$13.95**



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



**7846983 CAN FISH COUNT? What Animals Reveal About Our Uniquely Mathematical Minds.** By Brian Butterworth. Creatures throughout the animal kingdom have innate mathematical abilities. The author reveals the long-hidden talents of our fellow creatures and gives us a new perspective on many of our own. Illus. 368 pages. Basic. Pub. at \$30.00 **\$7.95**

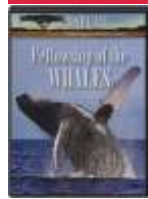


**7747861 DEER: The Animal Answer Guide.** By G.A. Feldhamer & W.J. McShea. Offering vivid color photographs and an accessible and engaging question and answer format, this is the go-to resource guide on deer. Nature lovers, hunters, and anyone curious about deer will find this fact-filled volume both fascinating and full of surprises. 163 pages. Johns Hopkins. Paperbound. Pub. at \$24.95 **\$5.95**





## Animals



**DVD 770903X FELLOWSHIP OF THE WHALES: NATURE.** In Hawaii, where new land is born as volcanic rock, another birth takes place. This documentary follows the first year of a baby humpback whale's life. Over the 12 months she will learn many skills from her mother, and the two of them will make a several thousand mile journey together to Alaska's southeast coast and back. 55 minutes. Questar. **\$7.95**



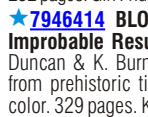
**7850336 DINOSAUR TRACKS: The Next Steps.** Ed. by Peter L. Falkingham et al. The latest advances in dinosaur ichnology are showcased in this comprehensive and timely volume, in which leading researchers and research groups cover the most essential topics in the study of dinosaur tracks. Well illus. in color. 418 pages. INUP. **\$19.95**



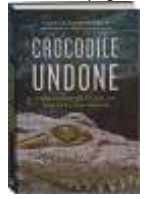
**7781881 NEW WORLD MONKEYS: The Evolutionary Odyssey.** By Alfred L. Rosenberger. Brings to life the beauty of evolution and biodiversity in action among South and Central American primates, who are now at risk. A dramatic picture of the 16 living genera of New World monkeys and a fossil record that shows that their ancestors have lived in the same ecological niches for up to 20 million years—only to now find themselves imperiled by the extinction crisis. Well illus. some in color. 334 pages. Princeton. Pub. at \$45.00 **\$9.95**



**7958153 JUST LIKE US: A Veterinarian's Visual Memoir of Our Vanishing Great Ape Relatives.** By Rick Quinn. Follow Quinn's seven-year journey across seven African countries and Indonesia, where he photographed each great ape species in its natural habitat. Using inspiring stories juxtaposed with stunning photographs, he illuminates the threats to great ape survival as well as the complexity of saving them. 232 pages. Girl Friday. 8 1/2 x 10 1/4. Pub. at \$34.95 **\$8.95**



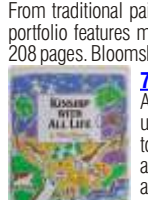
**7946414 BLOOD MEMORY: The Tragic Decline and Improbable Resurrection of the American Buffalo.** By D. Duncan & K. Burns. The epic story of the buffalo in America, from prehistoric times to today. 106 pages of illus. some in color. 329 pages. Knopf. Pub. at \$40.00 **\$29.95**



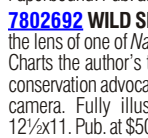
**7942370 CROCODILE UNDONE: The Domestication of Australia's Fauna.** By Marcus Baynes-Rock. Across the world, animals are being domesticated at an unprecedented rate and scale. Baynes-Rock seeks the common thread linking stories about the domestication of Australia's native animals, arguing that domestication is part of a process by which late modernity threatens to undo the world. Photos. 224 pages. Penn State Univ. Pub. at \$42.95 **\$9.95**



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



**7942117 KINSHIP WITH ALL LIFE.** By J. Allen Boone. Example after example in this unique classic—from "Strongheart" the actor-dog to "Freddie" the fly—resounds with entertaining and inspiring proof that communication with animals is a wonderful, indisputable fact. All that is required is an attitude of openness, friendliness, humility, and a sense of humor to form bonds of real friendship. 157 pages. Harper. Paperbound. Pub. at \$15.99 **\$5.95**



**7802692 WILD SEAS.** By Thomas Peschak. See the world through the lens of one of *National Geographic's* most popular photographers. Charts the author's transformation from marine biologist to full-time conservation advocate, armed with little more than a mask, fins, and a camera. Fully illus. in color. 270 pages. National Geographic. 12 1/2 x 11. Pub. at \$50.00 **\$19.95**



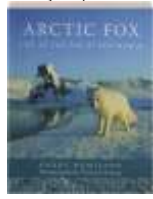
**4990048 SEXUS ANIMALIS: There Is Nothing Unnatural in Nature.** By Emmanuelle Pouydebat, illus. by J. Terrazoni. Tells us everything we never dreamed we wanted to know about the reproductive systems, genital organs, and sexual practices of animals, from elephants to fruit flies. We find heterosexual, lesbian, gay, and bisexual behavior, as well as monogamy, polygamy, and polyandry, not to mention a multiplicity of sex organs and their puzzle-piece interlockings. Fully illus. in color. 183 pages. MIT Press. Pub. at \$29.95 **\$19.95**



**7900414 METHUSELAH'S ZOO: What Nature Can Teach Us About Living Longer, Healthier Lives.** By Steven N. Austad. Is there anything humans can learn from the exceptional longevity of some animals in the wild? Tells the stories of some extraordinary animals, considering why, for example, animal species that fly live longer than earthbound species and why animals found in the ocean live longest of all. Photos. 301 pages. MIT Press. Paperbound. Pub. at \$22.95 **\$17.95**



**789841X WILDLIFE ANATOMY: The Curious Lives & Features of Wild Animals Around the World.** By Julia Rothman with L. Hiley. Discover the wondrous wild animals that inhabit our planet and explore their distinctive features, behaviors, and amazing abilities through the delightful drawings of Julia Rothman. Appealing to readers of all ages. 208 pages. Storey. Paperbound. Pub. at \$18.99 **\$14.95**



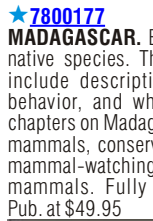
**781822X ARCTIC FOX: Life at the Top of the World.** By Garry Hamilton, photos by N. Rosing. Tells the fascinating story of the arctic fox, from its evolutionary beginnings to its current life in the far north: mating and raising a family, hunting and scavenging, its relationship with the polar bear 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 **\$24.95**



**7954891 PIGCASSO: The Painting Pig That Saved a Sanctuary.** By Joanne Lefson. This is the extraordinary, big-hearted tale of a human-pig bond that creates artworks desired by Hollywood A-listers, international brands and art collectors around the globe, breaking records en route. 16 pages of color photos. 285 pages. Mobius. Pub. at \$26.99 **\$19.95**



**7856776 ASIA'S GREATEST WILDLIFE SANCTUARIES.** By F. Lai & B. Olesen. Brings you on an unparalleled odyssey to twenty seven reserves and national parks spread across fourteen Asian countries. It is the result of over twenty years of wildlife work and travel. Fully illus. in color. 320 pages. Tuttle. Pub. at \$34.99 **SOLD OUT**



**7800177 HANDBOOK OF MAMMALS OF MADAGASCAR.** By Nick Garbutt. This work covers all 217 native species. The species accounts are up to date and include description, identification, habitat, distribution, behavior, and where to see the species. Also includes chapters on Madagascar's regions and habitats, threats to the mammals, conservation and protected areas, and important mammal-watching sites, as well as a section on extinct mammals. Fully illus. in color. 448 pages. Princeton. Pub. at \$49.95 **\$34.95**



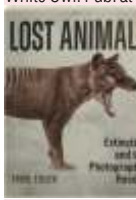
**7967799 BAT ISLAND: A Rare Journey into the Hidden World of Tropical Bats.** By Rachel A. Page et al. For decades, scientists at the Smithsonian Tropical Research Institute have studied the remarkable biodiversity of bats on Barro Colorado Island in Panama, where 76 species coexist. Now Smithsonian scientists' expertise pairs with the stunning photography of a *National Geographic* contributor for a captivating visual journey into 160 pages. Mandala. 11 1/2 x 10 1/4. Pub. at \$50.00 **\$37.95**



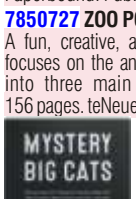
**7967608 MIND-BLOWING FACTS ABOUT THE PLANET'S STRANGEST ANIMALS.** By Kylie Keen. This captivating collection of unusual animal facts transports you across countries and continents to learn about the little-known creatures that call our planet home. Discover a plethora of animal behaviors, diets, habitats and more with over 60 fuzzy, scaly and feathered friends. Well illus. in color. 160 pages. Page Street. Paperbound. Pub. at \$23.99 **\$17.95**



**7864353 THE GIANT OTTER: Giants of the Amazon.** By Jessica Groenendijk. There are many reasons why scientists and tourists alike are fascinated by the giant otter. Spend the day in the life of a close-knit giant otter family and you'll realize why. They became the target of pelt trading in the 1940 and early 1970s, but today it is illegal, so why is the giant otter still endangered? Well illus. in color. 216 pages. White Owl. Pub. at \$50.00 **PRICE CUT to \$7.95**



**4858964 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 **PRICE CUT to \$14.95**



**7850727 ZOO PORTRAITS.** Text by S. Brauer, photos by Y. Partal. A fun, creative, and educational collection of photographs that focuses on the animal kingdom. These zany portraits are divided into three main areas, portraits, education and awareness. 156 pages. teNeues. Pub. at \$24.95 **PRICE CUT to \$3.95**



**7790902 MYSTERY BIG CATS.** By Merrily Harpur. Over 1,000 people a year in the U.K. report seeing 'big cats', possibly pumas or panthers. Have these animals escaped from zoos? Big cat tracker Harpur interviews farmers, gamekeepers, policemen and even parents who have seen curious cats on the school run. She discovers these felines may have been with us for longer than we imagine and more. Illus. 246 pages. Squeeze Press. Paperbound. Pub. at \$21.99 **PRICE CUT to \$14.95**



**7693761 EVERY LIVING THING.** By James Herriot. This heartwarming tribute to animals and the humans who love them brings back old favorites such as Tricki Woo, and introduces new friends, including Herriot's children Rosie and Jimmy and the marvelously eccentric vet Calum Buchanan. 342 pages. St. Martin's. Paperbound. Pub. at \$17.99 **PRICE CUT to \$9.95**



**7776446 GIANTS OF THE LOST WORLD: Dinosaurs and Other Extinct Monsters of South America.** By Donald R. Prothero. Prothero presents the scientific details about each of the prehistoric beasts, provides a picture of the ancient landscapes they once roamed, and includes stories of the individuals who first discovered their fossils. Illus. 2 pages. Smithsonian. Paperbound. Pub. at \$21.99 **PRICE CUT to \$12.95**



**7788037 WATCH THE BEAR: A Half Century with the Brown Bears of Alaska.** By Derek Stonorov. Mixing memoir, anecdotes, and science, Stonorov provides an inquiry into brown bear communication and social behavior as well as advice on living in harmony with bears. Through good science made accessible with stories, he offers readers an engaging and breathtaking journey into the world of a legendary but often misunderstood species. 16 pages of photos. 209 pages. Bison. Paperbound. Pub. at \$21.95 **PRICE CUT to \$14.95**



**7788088 KOALA: A Natural History and an Uncertain Future.** By Danielle Clode. Investigates the remarkable physiology of these charismatic creatures. Born the size of tiny "jellybeans," joeys face an uphill battle, from crawling into their mother's pouch to being weaned onto a toxic diet of gum-tree leaves, the koala's single source of food. Clode explains how they are simultaneously threatened with extinction in some areas due to disease, and more. 322 pages. Norton. Pub. at \$27.95 **PRICE CUT to \$17.95**



**4924754 NATURAL WONDERS OF ASSATEAGUE ISLAND.** By Mark Hendricks. Assateague Island, primarily known for its population of wild horses and pristine beaches, is a magical place. Yet few people have experienced all of its natural wonders. Includes more than 190 color photos that captures the truly rare moments with illusive creatures at many locations from windswept beaches to inland forests through all seasons. 144 pages. Schiffer. Pub. at \$24.99 **PRICE CUT to \$17.95**



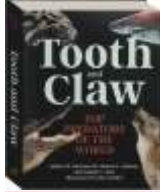
## Animals

**★7711735 THE RISE AND REIGN OF THE MAMMALS: A New History from the Shadow of the Dinosaurs to Us.** By Steve Brusatte. A sweeping and revelatory new history of mammals, illuminating the lost story of the extraordinary family tree that led to us. Photos. 500 pages. Custom House. Pub. at \$29.99 **PRICE CUT to \$17.95**



Princeton. Pub. at \$35.00

**★7735235 THE PRINCETON FIELD GUIDE TO MESOZOIC SEA REPTILES.** By Gregory S. Paul. Provides the most up to date and comprehensive coverage of the great Mesozoic groups that commanded the sea for tens of millions of years. This guide covers 435 species and discusses the history of sea reptiles through 185 million years. Fully illus. some in color. 208 pages. **PRICE CUT to \$21.95**



Princeton. Pub. at \$45.00

**★7835396 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 **PRICE CUT to \$29.95**

**4964659 WILDERNESS TRACKS: How to Sleuth Out Wild Creatures and Wayward Humans.** By Barbara Butler. 214 pages. Hancock House. Paperbound. Pub. at \$14.95 **\$2.95**

**DVD 7766645 BEST OF JACK HANNA.** Fullscreen. RLJ Entertainment. Pub. at \$29.98 **\$5.95**

**7697600 DOWN FROM THE MOUNTAIN: The Life and Death of a Grizzly Bear.** By Bryce Andrews. SHOPWORN. Illus. 274 pages. HMH. Pub. at \$25.00 **SOLD OUT**

**DVD 7768044 DYNASTIES.** Widescreen. RLJ Entertainment. Pub. at \$29.98 **SOLD OUT**

**4971043 FOREST CATS OF NORTH AMERICA.** By Jerry Kobalenko. Well illus. in color. 128 pages. Firefly. 8½x11. Paperbound. Pub. at \$19.95 **\$4.95**

**1942123 VENOMOUS AND POISONOUS ANIMALS.** By Anders Edstrom. Illus. 210 pages. Krieger. Pub. at \$9.95 **SOLD OUT**

**DVD 7793693 DEADLY DINOSAURS, VOLUME ONE.** Widescreen. BBC. **\$5.95**

**7704771 HORSE CRAZY: The Story of a Woman and a World in Love with an Animal.** By Sarah Maslin Nir. 292 pages. S&S. Paperbound. Pub. at \$17.00 **\$4.95**

**1960458 CROAK: A Book of Fun for Frog Lovers.** Compiled by Phil Bishop. 160 pages. Exisle. Pub. at \$19.99 **\$5.95**

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

**481262X WOLF, SECOND EDITION: Legend, Enemy, Icon.** By Rebecca L. Grambo, photos by D.J. Cox. 192 pages. Firefly. 9x11. Paperbound. Pub. at \$24.95 **PRICE CUT to \$5.95**

**7742800 SEX AND THE SINGLE PANDA: The Revolving Pursuit of Love in the Animal Kingdom.** By Dahlia Gallin Ramirez. 160 pages. Chronicle. Pub. at \$15.95 **\$4.95**

**★7793502 ANIMAL PALS THAT PROVE THAT LOVE IS REAL.** Text by P. Boyle, photos by H. Angel. Smith Street. Pub. at \$14.95 **\$11.95**

**7833849 MARK CARWARDINE'S GUIDE TO WHALE WATCHING IN NORTH AMERICA.** Fully illus. in color. 320 pages. Bloomsbury. Paperbound. Pub. at \$30.00 **PRICE CUT to \$3.95**

**★7734808 MAULED: Lessons Learned from a Grizzly Bear Attack.** By C. Cotton & J. Evans. 176 pages. Rocky Mountain Books. Paperbound. Pub. at \$25.00 **\$11.95**

**★4955293 THE REDEMPTION OF WOLF 302: From Renegade to Yellowstone Alpha Male.** By Rick McIntyre. Color photos. 266 pages. Greystone. Pub. at \$27.95 **\$21.95**

**★7727526 TAKING STOCK: A Journey Among Cows.** By Roger Morgan-Grenville. 339 pages. Icon. Pub. at \$27.00 **PRICE CUT to \$14.95**

**★7692463 HOW FAST DID T. REX RUN? Unsolved Questions from the Frontiers of Dinosaur Science.** By David Hone. Photos, most in color. 252 pages. Princeton. Pub. at \$29.95 **\$19.95**

**7788428 EUROPE'S SEA MAMMALS: A Field Guide to the Whales, Dolphins, Porpoises and Seals.** By Robert Still et al. Fully illus. in color. 208 pages. Princeton. Paperbound. Pub. at \$24.95 **\$9.95**

**7847750 WILD SOULS: Freedom and Flourishing in the Non-Human World.** By Emma Marris. Photos, some in color. 340 pages. Bloomsbury. Pub. at \$28.00 **PRICE CUT to \$5.95**

**★7791305 CLICKER TRAINING FOR RABBITS, GUINEA PIGS, AND OTHER SMALL PETS.** By Isabel Muller. Fully illus. in color. 96 pages. CompanionHouse. Paperbound. Pub. at \$14.99 **PRICE CUT to \$9.95**

**★7727380 THE MODERN BESTIARY: A Curated Collection of Wondrous Wildlife.** By Joanna Bagniewska. 246 pages. Smithsonian. Pub. at \$29.95 **\$14.95**

**★779925X BASIC ILLUSTRATED ANIMAL TRACKS, 3RD EDITION.** By Jonathan & Roseann Hanson. Fully illus. in color. 102 pages. Falcon. Paperbound. Pub. at \$19.95 **PRICE CUT to \$11.95**

**★7718780 A WORLD IN A SHELL: Snail Stories for a Time of Extinctions.** By Thom van Dooren. Photos, most in color. 273 pages. MIT Press. Pub. at \$29.95 **\$14.95**

**★7721315 A GUIDE TO THE DEER OF THE WORLD.** By Charles Smith-Jones. 316 pages. Stackpole. 8½x11. Pub. at \$75.00 **SOLD OUT**

**★1987321 DINOSAURS ARE COLLECTIBLE: Digging for Dinosaurs—The Art, the Science.** By T. Demeulemeester & K. Stein. Photos, many in color. 178 pages. Lannoo. Pub. at \$50.00 **\$24.95**

**★7736800 POCKET GUIDE TO THE MAMMALS OF COSTA RICA.** By F.A. Reid & G.G. Zamora. Color photos. 286 pages. Comstock. Paperbound. Pub. at \$31.95 **\$21.95**

**7788754 TRACKS AND SIGNS OF THE ANIMALS AND BIRDS OF BRITAIN AND EUROPE.** By Lars-Henrik Olsen. Fully illus. in color. 273 pages. Princeton. Paperbound. Pub. at \$29.95 **PRICE CUT to \$5.95**

**★DVD 7875282 MALAYSIA'S LAST TIGERS.** Widescreen. Dreamscape Media. Pub. at \$14.95 **SOLD OUT**

**★1946579 A HISTORY OF THE WORLD IN 100 ANIMALS.** By Simon Barnes. Well illus., many in color. 477 pages. Pegasus. Pub. at \$39.95 **\$14.95**

**★4955994 THE HEDGEHOG HANDBOOK.** By Sally Coulthard. 132 pages. Head of Zeus. Paperbound. Pub. at \$16.95 **\$9.95**



**7941080 THE RISE AND REIGN OF THE MAMMALS: A New History, from the Shadow of the Dinosaurs to Us.** By Steve Brusatte. **LARGE PRINT EDITION.** A sweeping and revelatory new history of mammals, illuminating the lost story of the extraordinary family tree that led to us. SHOPWORN. Photos. 700 pages. HarperLuxe. Paperbound. Pub. at \$31.99 **\$8.95**

## Birds & Birding



**LIMITED QUANTITY 7941870 THE BACKYARD BIRD SANCTUARY: A Beginner's Guide to Creating a Wild Bird Habitat at Home.** By Alan Bacziewicz. Enter the wonderful world of bird-watching and create your own bird habitat, all in the comfort of your own home! Learn how to make your backyard the most welcoming place for a wide variety of birds, regardless of where you live or how big your yard is. Well illus. in color. 126 pages. Adams Media. Pub. at \$19.99 **\$6.95**



**DVD 7765126 RAPTOR FORCE: NATURE.** Revolutionary tiny cameras designed by engineer and falconer Rob MacIntyre allows you to take off with the biggest, fastest, and deadliest things on wings! Learn the secrets of nature's aerial killing machines and how they've master the art of soaring. 56 minutes. Questar. **\$5.95**



**Blu-ray 4678079 WINGED PLANET 3D.** Widescreen. This 3D film features some of the most breathtaking footage from BBC's acclaimed *Earthlight* series. You can see what the birds see—snow geese dashing through Monument Valley, scarlet macaws racing through the rainforest, vultures soaring miles above the Earth and more. Hold on for the ride of your life! Also playable in 2D. 94 minutes. BBC. **\$6.95**



**7847165 THE GLITTER IN THE GREEN: In Search of Hummingbirds.** By Jon Dunn. Explores these fabulous birds' history, their compelling life cycles, and their perilous position in a changing landscape. Traveling the full length of the hummingbirds' world-wide range, from the cusp of the Arctic Circle to the sub-Antarctic islands off the tip of South America, Dunn embarks on a search for the most remarkable examples of their kind. 16 pages of color photos. 332 pages. Basic. Paperbound. Pub. at \$18.99 **\$5.95**



907 pages. Knopf. Paperbound. Pub. at \$49.95

**LIMITED QUANTITY 7911122 NATIONAL AUDUBON SOCIETY BIRDS OF NORTH AMERICA.** Ed. by Jim Cirigliano. A completely new and definitive guide to the birds of North America. With more than 800 species covered and more than 3,500 full color photographs of birds in their natural habitat, this is the most comprehensive, authoritative, and up to date work of its kind. **\$24.95**



**DVD 778001X AMAZING WORLD OF BIRDWATCHING.** Join ornithologist and nature enthusiast Ken Dial as he travels to several birding hot spots filled with the most spectacular species of birds imaginable! Places and birds include Florida Wading Birds; Massachusetts Songbirds; Washington Predators; Arizona Hummingbirds; Rare Birds of Costa Rica; and Prime Tropical Real Estate. 138 minutes. Questar. **\$5.95**

**7869843 BIRDS OF THE PACIFIC NORTHWEST: A Photographic Guide.** By Tom Aversa et al. Your birding handbook for a vast, distinctive region rich in refuges and other protected wild-lands, including numerous iconic national parks. This landscape is like no other, and no other guide is like this one. Fully illus. in color. 458 pages. UWaP. Paperbound. Pub. at \$28.95 **\$7.95**



**7781830 FAR FROM LAND: The Mysterious Lives of Seabirds.** By Michael Brooke. Takes you on a breathtaking journey around the globe to reveal where these birds actually go when they roam the sea, the tactics they employ to traverse vast tracts of ocean, the strategies they use to evade threats, and much more. Illus., some in color. 249 pages. Princeton. Pub. at \$29.95 **\$6.95**



**7947062 100 BIRDS TO SEE IN YOUR LIFETIME: The Ultimate Wish-List for Birders Everywhere.** By D. Chandler & D. Couzens. Beautifully illustrated with hundreds of color photographs, and with up to date facts and figures on conservation, population, and distribution. Painstakingly researched, this is the ultimate guide for avid birdwatchers and amateur enthusiasts alike. 224 pages. Carlton. Pub. at \$29.95 **\$7.95**

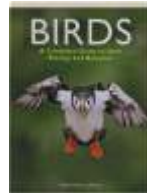
**7700202 THE GENIUS OF BIRDS.** By Jennifer Ackerman. Birds are astonishingly intelligent creatures. According to revolutionary new research, some birds rival primates and even humans in their remarkable forms of intelligence. This explores their newly discovered brilliance and how it came about. 405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



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



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



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

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

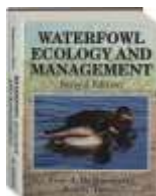




## Birds & Birding



**7788312 THE BIRDS OF NEW JERSEY: Status and Distribution.** By William J. Boyle, Jr. A succinct guide for the birds of New Jersey and includes all species known to the state from historical times to the present. Provides individual entries that include a summary of status and seasonal distribution, and comments on changes over time. Fully illus. in color. 308 pages. Princeton. Paperbound. Pub. at \$24.95 **\$7.95**

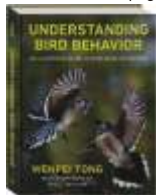


**7861923 WATERFOWL ECOLOGY AND MANAGEMENT, SECOND EDITION.** By G.A. Baldassarre & E.G. Bolen. This edition represents a major revision of the first edition and addresses all aspects of waterfowl ecology and management. Expanded to 2,800 references across eleven chapters such as classification, feeding ecology, breeding and wintering periods, wetland management, and more. Illus. 567 pages. Krieger. 8 1/2 x 11 1/4. Pub. at \$55.00 **\$11.95**

**779584X BIRDS IN WINTER: Surviving the Most Challenging Season.** By Roger F. Pasquier. Devoted to the ecology and behavior of birds during this most challenging season, Pasquier describes how winter influences the lives of birds from the poles to the equator. Illus. 304 pages. Princeton. Pub. at \$29.95 **\$9.95**



**7902719 CELEBRATING BIRDS: An Interactive Field Guide Featuring Art from Wingspan.** By N. Rojas & A.M. Martinez. A gorgeously illustrated and interactive full-color guide to more than 181 birds of North America, based on the bestselling board game, Wingspan. Includes a step by step guide that can be used to take the game into the real world. Players can collect points based on the birds, nests, and various habitat and feeding clues they find outside. 352 pages. HarperDesign. Pub. at \$29.99 **\$6.95**



**7796080 UNDERSTANDING BIRD BEHAVIOR: An Illustrated Guide to What Birds Do and Why.** By Wenfei Tong. Richly illustrated, this reference explores the increasing focus on how individual birds differ in personality and how big data and citizen scientists are helping to add to what we know about them. Drawing on classic examples and the latest research, Tong offers a close-up look at the many ways birds conduct themselves in the wild. 224 pages. Princeton. Pub. at \$27.95 **\$9.95**



**7795831 BIRD LOVE: The Family Life of Birds.** By Wenfei Tong. Looks at the range of mating systems in the avian world, exploring all the stages from courtship and nest-building to protecting eggs and raising chicks. Delves into the reasons why some species rely on males to do all the childcare, while others dump their eggs in the nests of others to raise and more. Fully illus. in color. 192 pages. Princeton. 8 1/2 x 10 1/4. Pub. at \$29.95 **\$9.95**

**7776217 100 PLANTS TO FEED THE BIRDS: Turn Your Home Garden into a Healthy Bird Habitat.** By Laura Erickson. Introduces you to the intimate relationships between birds and more than 100 native trees, shrubs, grasses, flowers, lichens, vines and cacti. You'll also learn how you can provide year-round nutritional and nesting support for birds of all kind. Fully illus. in color. 256 pages. Storey. Paperbound. Pub. at \$16.95 **\$12.95**



**7807104 GOSHAWK SUMMER: The Diary of an Extraordinary Season in the Forest.** By James Aldred. In early 2020, wildlife cameraman Aldred was commissioned to film the lives of a family of goshawks in the New Forest. Then lockdown. Amidst the fragility and the fear, there were silver nights, tumbling fox cubs, calling curlew and, of course, the soaring goshawks. 234 pages. Elliott & Thompson. Paperbound. Pub. at \$16.95 **\$13.95**



**787118X FLIGHTS OF PASSAGE: An Illustrated Natural History of Bird Migration.** By M. Unwin & D. Tipling. In this luxuriously illustrated volume, sixty-seven different species of birds from around the world are highlighted and the authors explore how each has adapted to its migratory cycle. Unwin and Tipling offer deep insights into the science, mysteries, and wonders of migration. 288 pages. Yale. 9 1/2 x 11 1/4. Pub. at \$40.00 **\$15.95**



**778290X BIRDS: Ornithology and the Great Bird Artists.** By Roger J. Lederer. A wealth of art and artists as diverse and beautiful as their subjects. A compendium of extraordinary beautiful specimens, it is a testament to the ways in which intense observation inherent in both art and science can reveal the mysteries of the natural world. Fully illus. in color. 224 pages. Andre Deutsch. 9 3/4 x 11 1/2. **\$25.95**



**7909624 BIRD TRACKS: Includes 55 North American Species.** By Jonathan Poppel. In a pocket-size format with life-size track illustrations. Helpful information about bird leg and foot anatomy, gait, bird sign and more. Fifty tracks of backyard birds, game birds, raptors, and water birds of North America. Tracks are grouped by shape and size for quick, easy identification. Adventure Publications. Spiralbound. Pub. at \$12.95 **\$9.95**



**7792492 GULLS OF NORTH AMERICA.** By Fred Shaffer III. This field guide provides a user-friendly introduction to the plumages of 27 North American gull species in different stages of maturity. Ranging in size from the dovelike Little Gull to the eagle-like Great Black-Backed Gull, their behavior and habitats are equally varied. Fully illus. in color. 287 pages. Schiffer. Paperbound. **\$16.95**



**DVD 7809026 WOODPECKERS: The Hole Story.** Widescreen. Woodpeckers come in 239 species, each one a colorful character with a story of its own. But all woodpeckers share some special gifts—they are acutely adapted to life in the trees and are experts at working with wood. Explores these abilities through the intimate stories of woodpecker families across the world. English SDH. 55 minutes. PBS. Pub. at \$24.99 **\$19.95**

**7788274 BIRDS OF KENYA'S RIFT VALLEY.** By Adam Scott Kennedy. Features the 320 bird species that are most likely to be encountered on safari in this world-famous region, which runs from Lake Baringo in the north to Lake Magadi in the south. Follows a habitat-based approach and provides interesting information about the ecology and behaviors of each species. Fully illus. in color. 256 pages. Princeton. Paperbound. Pub. at \$29.95 **\$9.95**



**4853377 THE COMPLETE BIRDS OF THE WORLD.** By N. Ariotti & B. van Perlo. Illustrates every species of the world's birds—more than 10,700 species in more than 300 amazing color plates, with detailed text explaining key identification features, preferred habitat, voice, and geographical distribution. The ultimate reference guide for birdwatchers and bird lovers. 656 pages. Princeton. 9x11 1/4. Pub. at \$65.00 **\$49.95**



**7938160 BIRDS OF LOUISIANA & MISSISSIPPI FIELD GUIDE, 2ND EDITION.** By Stan Tekiela. Make bird watching more informative and enjoyable with 146 species only from Louisiana and Mississippi. A simple color guide to easily find the right birds. A compare feature to decide between look-alikes. Includes notes from Tekiela with naturalist tidbits and facts. Fully illus. in color. 384 pages. Adventure Publications. Paperbound. Pub. at \$16.95 **\$12.95**



**7872852 OWLS: The Majestic Hunters.** By Stan Tekiela. Tekiela's photographs depict the birds of prey in a new, unique fashion. His fascinating text is drawn from detailed research and personal observations. The coffee-table work is pleasurable to browse and easy to read. Fully illus. in color. 144 pages. Adventure Publications. 8x9. Paperbound. Pub. at \$19.95 **\$14.95**



**7922469 YELLOWSTONE'S BIRDS: Diversity and Abundance in the World's First National Park.** Ed. by Douglas W. Smith et al. Provides the first comprehensive survey of the natural history, science, and conservation of birds in Yellowstone. Covering most bird species breeding within the park as well as many migrants that pass through, this title is a scientific tour de force and an essential resource for visitors to Yellowstone and bird lovers anywhere. Well illus. in color. 288 pages. Princeton. 8 1/2 x 11 1/4. **\$29.95**



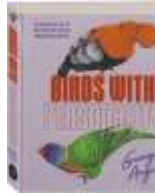
**7939116 TERNS OF NORTH AMERICA: A Photographic Guide.** By Cameron Cox. The essential identification guide to the terns, doddies, and skimmers of North America. Detailed species accounts describe the size of each bird as it appears in the field along with structure, behavior, flight style, vocalizations, subspecies, and North American and worldwide ranges. Fully illus. in color. 202 pages. Princeton. Paperbound. Pub. at \$27.95 **\$22.95**



**7931263 TEN BIRDS THAT CHANGED THE WORLD.** By Stephen Moss. The natural history of humankind, told through our long relationship with birds. Tells the gripping story of this long and intimate relationship through key species from all seven of the world's continents—from Odin's faithful raven companions to Darwin's finches, and from the wild turkey of the Americas to the emperor penguin as potent symbol of the climate crisis. 408 pages. Basic. Pub. at \$30.00 **\$21.95**



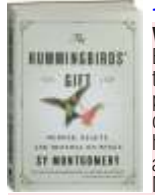
**7905300 BIRDS OF EUROPE, THIRD EDITION.** text by Lars Svensson. Combining superb illustrations, definitive text, and up to date distribution maps in a single, portable volume, this is the ultimate guide to Europe's fascinating bird life. It's an essential resource for every birdwatching trip and bookshelf. 476 pages. Princeton. Paperbound. Pub. at \$35.00 **\$27.95**



**7950705 BIRDS WITH PERSONALITY: A Guide to 50 of the World's Most Beguiling Birds.** By Georgia Angus. You'll learn about these birds' peculiar personalities and habits, their size, diet, migration patterns, behaviors as well as conservation concerns. You'll also find a handy distribution map, tips for getting started as a birdwatcher and advice for birding ethically. Well illus. most in color. 116 pages. Hardie Grant. Pub. at \$22.99 **\$17.95**



**7909101 THE NIGHTINGALE: Notes on a Songbird.** By Sam Lee. Every year, as darkness falls upon woodlands, the nightingale heralds the arrival of spring. Throughout history, its sweet song has inspired many around the world. Beautifully details the nightingale's song, habitat, characteristics and migration patterns, as well as the environmental issues that threaten its future. Illus. 228 pages. Penguin. Paperbound. Pub. at \$22.99 **\$18.95**



**1985353 THE HUMMINGBIRDS' GIFT: Wonder, Beauty, and Renewal on Wings.** By Sy Montgomery. The extraordinary care that the author provides her peanut-sized patients is revealed and, in the process, we discover just how truly amazing hummingbirds are. One of the most acclaimed chroniclers of the natural world, Montgomery joyfully celebrates the profound gift that hummingbirds are to our planet. Color photos. 83 pages. Atria. Pub. at \$20.00 **PRICE CUT to \$4.95**

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



**7796099 WHAT IS A BIRD? An Exploration of Anatomy, Physiology, Behavior, and Ecology.** Ed. by Tony D. Williams. In this absorbing and beautifully illustrated exploration of the natural history of birds, William integrates physiological adaptations with ecology and behavior and provides insights into our complex relationship with birds—from our enduring fascination with them to the threats they face and the challenges of conservation. 368 pages. Princeton. 8 1/2 x 11 1/4. Pub. at \$35.00 **PRICE CUT to \$7.95**

**7796986 BIRDS & BLOOMS BACKYARD BASICS.** Inside you'll discover why birds do all the things they do, from nesting behaviors to head-scratching antics. How to properly identify birds, butterflies and other backyard visitors. Plus, tips for welcoming them! When to plant or prune different types of flowers, shrubs and trees, with the best advice for care and maintenance. Fully illus. in color. 256 pages. Trusted Media Brands. 8x10 1/4. Paperbound. Pub. at \$19.99 **PRICE CUT to \$11.95**



## Birds & Birding



**\*794327X BIRDS & BLOOMS BIRDS IN EVERY SEASON.** Ed. by Julie Kuczynski. Take a look inside for over 300 bird photos of everything from colorful warblers and elegant egrets to stoic-looking owls and adorable finches. Hints and tricks for successful seasonal birding. Trivia tidbits to sharpen your knowledge and make you smile, and more. 256 pages. RDA Enthusiast. 8x11. Paperbound. Pub. at \$19.99 **\$14.95**



**7788266 BIRDS OF EASTERN AFRICA.** By Ber van Perlo. The only field guide to illustrate every bird species of Kenya, Tanzania, Uganda, Ethiopia, Eritrea, Somalia, and Socotra Island (Yemen). With 1,487 species illustrated on 96 color plates, informative notes conveniently placed opposite the illustrations and more. 301 pages. Princeton. Paperbound. Pub. at \$29.95 **PRICE CUT to \$9.95**

**7893957 BIRDS OF CHILE: Helm Field Guides.** By G.E.G. Cifuentes & D.M. Pina. With its diverse range of habitats, Chile supports an interesting range of breeding and visiting birds, including a number of endemic species. Covers every species recorded in Chile, including vagrants. Concise species accounts describe key identification features, status, range, habitat and voice. Fully illus. in color. 224 pages. Helm. Paperbound. Pub. at \$40.00 **PRICE CUT to \$7.95**



**7788444 FIELD GUIDE TO THE BIRDS OF CHILE.** By D.E.M. Martinez & G.E.G. Cifuentes. Covers all 468 species recorded in Chile, including vagrants. Features 89 color plates illustrating every species, with text and distribution maps on facing pages for quick and easy reference. Includes concise species accounts describing key identification features, status, range, habitat, and voice. 224 pages. Princeton. Paperbound. Pub. at \$29.95 **PRICE CUT to \$7.95**

**7788282 BIRDS OF KRUGER NATIONAL PARK.** By K. Barnes & K. Behrens. Illustrates the 259 most frequently encountered species, and a habitat-based approach assists in identification of each. Provides key information about identification, habitat, behavior, biology and conservation. Fully illus. in color. 224 pages. Princeton. Paperbound. Pub. at \$27.95 **PRICE CUT to \$5.95**



**7861605 BIRDS OF JAPAN AND NORTH-EAST ASIA, SECOND EDITION: A Photographic Guide.** By Tadao Shimba. This lavish photographic guide features all of the 520 bird species that regularly occur in the region, covering Japan, northern China, the Korean peninsula and the Russian Far East. Concise text focuses on key identification criteria, and is accompanied by a detailed distribution map for every species. 640 pages. Helm. Paperbound. Pub. at \$50.00 **PRICE CUT to \$11.95**



**778189X NIGHTJARS OF THE WORLD: Potoos, Frogmouths, Oilbird and Owlet-nightjars.** By Nigel Cleere. Covering all 135 known species of these elusive and cryptically plumaged birds, this illustrated guide features more than 580 superb color photographs depicting every species and many subspecies, including numerous images never before published. 464 pages. Princeton. Pub. at \$49.95 **PRICE CUT to \$11.95**

**778824X BIRDS OF CHILE: A Photo Guide.** By S.N.G. Howell & F. Schmitt. An introduction and maps provide an overview of Chile's geographic regions and their distinctive birdlife. Perfect for curious naturalists and experienced birders alike. Compact and easy to carry and pack. Also a great resource for birding in Argentina, Bolivia, and Peru. Fully illus. in color. 240 pages. Princeton. Paperbound. Pub. at \$29.95 **PRICE CUT to \$7.95**



**\*7832842 POCKET BIRDS OF NORTH AMERICA: Western Region.** Ed. by S. Kress & E. Wolfson. This definitive field guide uses stunning close-up photography to bring more than 420 western bird species to life on the page. Profiles of commonly seen species are detailed, yet accessible, for quick reference and identification in the field. 296 pages. Dorling Kindersley. Paperbound. Pub. at \$14.99 **PRICE CUT to \$9.95**

**7788290 BIRDS OF MALAYSIA & SINGAPORE: Princeton Field Guides.** By Lim Kim Seng et al. Features all 829 bird species of Malaysia and Singapore. Highlights facts on size, voice, range, status, habitat, country, and breeding. Looks at taxonomy and nomenclature, geography, and key birding sites. Fully illus. in color. 396 pages. Princeton. Paperbound. Pub. at \$38.00 **PRICE CUT to \$9.95**

**7827857 BIRDS OF NORTH AMERICA: Eastern Region.** Ed. by Francois Vuilleumier. 480 pages. Dorling Kindersley. Paperbound. Pub. at \$19.99 **SOLD OUT**

**4964489 A FASCINATION WITH FALCONS: A Biologist's Adventures from Greenland to the Tropics.** By Bill Burnham. 32 pages of color photos. 234 pages. Hancock House. Pub. at \$29.95 **SOLD OUT**

**1988336 THE BEST OF BIRDS & BLOOMS 2022.** 240 pages. RDA Enthusiast. 8 1/2 x 11. Pub. at \$24.99 **\$7.95**

**7917937 ON RARE BIRDS.** By Anita Albus. Well illus. most in color. 276 pages. Saraband. **\$11.95**

**486638X ATTRACTING BIRDS, BUTTERFLIES AND OTHER BACKYARD WILDLIFE.** By David Mizejewski. 128 pages. Creative Homeowner. 8 1/2 x 10 1/4. Paperbound. Pub. at \$12.95 **\$4.95**

**4927532 A PHOTOGRAPHIC FIELD GUIDE TO THE BIRDS OF INDIA, PAKISTAN, NEPAL, BHUTAN, SRI LANKA, AND BANGLADESH.** By Bikram Grewal et al. 792 pages. Princeton. Paperbound. Pub. at \$45.00 **\$9.95**

**\*4953134 BIRDS OF MISSOURI FIELD GUIDE, 2ND EDITION.** By Stan Tekiela. 328 pages. Adventure Publications. Paperbound. Pub. at \$14.95 **\$9.95**

**\*7739990 ATTRACTING & FEEDING HUMMINGBIRDS.** By Stan Tekiela. Well illus. in color. 48 pages. Adventure Publications. Paperbound. Pub. at \$7.95 **\$5.95**

**\*774000X ATTRACTING & FEEDING WOODPECKERS.** By Stan Tekiela. Fully illus. in color. 48 pages. Adventure Publications. Paperbound. Pub. at \$7.95 **\$3.95**

**7831706 AMERICAN BIRDING SKETCHBOOK.** By Michael Warren. Fully illus. in color. 144 pages. Langford. 10x12 1/4. **PRICE CUT to \$9.95**

**\*7832834 POCKET BIRDS OF NORTH AMERICA: Eastern Region.** Ed. by S. Kress & E. Wolfson. 296 pages. Dorling Kindersley. Paperbound. Pub. at \$14.99 **PRICE CUT to \$9.95**

**7788258 BIRDS OF EAST ASIA: China, Taiwan, Korea, Japan, and Russia.** By Mark Brazil. Fully illus. in color. 528 pages. Princeton. Paperbound. Pub. at \$39.95 **\$11.95**

**\*4938046 OUTWITTING SQUIRRELS, 3RD EDITION REVISED.** By Bill Adler, Jr. Illus. 220 pages. Chicago Review. Paperbound. Pub. at \$16.95 **\$11.95**

**\*1971883 TROPICAL BIRDS.** By Tom Jackson. 224 pages. Amber. 9 1/2 x 12. Pub. at \$29.99 **\$14.95**

**\*7877021 THE BOOK OF THE BARN OWL.** By Sally Coulthard. 160 pages. Head of Zeus. **SOLD OUT**

**7788304 BIRDS OF MONGOLIA: Princeton Field Guides.** By G. Sundev & C. Leahy. Fully illus. in color. 280 pages. Princeton. Paperbound. Pub. at \$35.00 **\$11.95**

**7681798 FIELD GUIDE TO THE BIRDS OF WESTERN NORTH AMERICA, SECOND EDITION.** By David Sibley. Fully illus. in color. 477 pages. Helm. Paperbound. **\$12.95**

**\*4967798 A MOST REMARKABLE CREATURE: The Hidden Life of the World's Smartest Birds of Prey.** By Jonathan Meiburg. 16 pages of photos. 366 pages. Vintage. Paperbound. Pub. at \$20.00 **\$11.95**

**\*7796277 THE WISE HOURS: A Journey into the Wild and Secret World of Owls.** By Miriam Darlington. 302 pages. Tin House. Pub. at \$27.95 **PRICE CUT to \$17.95**

**4879686 RAPTORS OF MEXICO AND CENTRAL AMERICA.** By W.S. Clark & N.J. Schmitt. 304 pages. Princeton. Pub. at \$39.95 **PRICE CUT to \$7.95**

**7788495 A GUIDE TO THE BIRDS OF PANAMA, SECOND EDITION: With Costa Rica, Nicaragua, and Honduras.** By R.S. Ridgely & J.A. Gwynne, Jr. 534 pages. Princeton. Paperbound. Pub. at \$59.95 **\$14.95**

**\*7735219 THE BIRD NAME BOOK.** By Susan Myers. 416 pages. Princeton. Pub. at \$39.95 **\$24.95**

**\*4968751 VULTURES OF THE WORLD: Essential Ecology and Conservation.** By Keith L. Bildstein. Color photos. 244 pages. Comstock. Pub. at \$34.95 **\$17.95**

**\*7694547 BIRDS AND US: A 12,000-Year History from Cave Art to Conservation.** By Tim Birkhead. 32 pages of photos, most in color. 441 pages. Princeton. Pub. at \$35.00 **PRICE CUT to \$14.95**

**\*7724675 BABY BIRD IDENTIFICATION: A North American Guide.** By Linda Tuttle-Adams. Illus. in color. 401 pages. Comstock. Paperbound. Pub. at \$39.95 **\$24.95**

**\*1944258 THE PRIVATE LIVES OF PUBLIC BIRDS: Learning to Listen to the Birds Where We Live.** By Jack Gedney. Illus. 213 pages. Heyday. Pub. at \$26.00 **PRICE CUT to \$7.95**

**\*7724284 BROWN PELICAN.** By Rien Fertel. Color photos. 101 pages. LaSOP. Paperbound. Pub. at \$21.95 **\$11.95**

**\*1958879 ELUSIVE BIRDS OF THE TROPICAL UNDERSTORY.** Ed. by John P. Whitelaw et al. Color photos. 157 pages. Comstock. 11 1/4 x 10 1/4. Pub. at \$39.95 **PRICE CUT to \$12.95**

**\*7760620 A POCKET GUIDE TO BIRDS OF GALAPAGOS.** By Tui De Roy. Color photos. 136 pages. Princeton. Paperbound. Pub. at \$19.95 **\$13.95**

**7788231 BIRDS & ANIMALS OF AUSTRALIA'S TOP END: Darwin, Kakadu, Katherine, and Kununurra.** By N. Leseberg & I. Campbell. Fully illus. in color. 272 pages. Princeton. Paperbound. Pub. at \$27.95 **\$9.95**

**780136X THE BEGINNER'S GUIDE TO BIRDING: The Easiest Way for Anyone to Explore the Incredible World of Birds.** By Nate Swick. Fully illus. in color. 176 pages. Page Street. Paperbound. Pub. at \$14.99 **\$5.95**

**487949X BIRD BRAIN: An Exploration of Avian Intelligence.** By Nathan Emery. 192 pages. Princeton. 8x10 1/4. Pub. at \$29.95 **\$9.95**

**\*4968743 THE SWAN: A Biography.** By Stephen Moss. Illus. 206 pages. Square Peg. Pub. at \$24.95 **\$11.95**

**\*4959612 ALL ABOUT BIRDS NORTHWEST: Regional Field-Guide Series.** Ed. by Jill Leichter. 296 pages. Princeton. Paperbound. Pub. at \$17.95 **\$9.95**

**\*7677677 BIRDS OF IDAHO FIELD GUIDE, 2ND EDITION.** By Stan Tekiela. 328 pages. Adventure Publications. Paperbound. Pub. at \$16.95 **SOLD OUT**

**\*489975X EUROPE'S BIRDS: An Identification Guide.** By Rob Hume et al. 640 pages. Princeton. Paperbound. Pub. at \$29.95 **\$24.95**

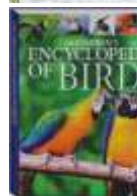


**7961596 OWLS OF THE EASTERN ICE: A Quest to Find and Save the World's Largest Owl.** By Jonathan C. Slaght. **LARGE PRINT EDITION.** Despite a wingspan of six feet and a height of over two feet, the Blakiston's fish owl is highly elusive. They are easiest to find in winter, when their tracks mark the snowy banks of the rivers where they feed. They are also endangered. Photos. 437 pages. Center Point. Pub. at \$37.95 **SOLD OUT**

## Science & Nature for Children



**\*7771371 MY LITTLE GOLDEN BOOK ABOUT BALTO.** By Chip Lovitt, illus. by S. Allsopp. Travel alongside Balto, the famous sled dog, as he races across frozen Alaska in 1925 with lifesaving medicine! This exciting true tale of a heroic dog will thrill young children. Ages 2-5. Fully illus. in color. Golden. **\$4.95**



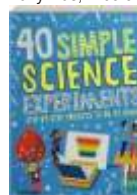
**7877838 CHILDREN'S ENCYCLOPEDIA OF BIRDS.** By Claudia Martin. Set off on an extraordinary tour of the world of birds—from powerful eagles and flocking flamingos, to beautiful hummingbirds and clever corvids. This visual encyclopedia brings together cutting-edge knowledge and awe-inspiring ideas with clarity and accuracy. Ages 3-6. 128 pages. Arcturus. **\$7.95**



**7824084 AMAZING ANIMALS: More Than 100 of the World's Most Remarkable Creatures.** By Clare Hibbert. Explore the lives and hidden talents of some of the planet's most awesome creatures. Packed with stunning photographs and fascinating facts, this work is perfect for anyone who is really wild about the extraordinary world of animals. Ages 8 and up. 128 pages. Arcturus. 8 1/2 x 10 1/2. Paperbound. Pub. at \$12.99 **\$5.95**



**LIMITED QUANTITY 7969201 THE INCREDIBLE WORLD OF BUGS.** By Melanie Hibbert. Meet the world's biggest, boldest, and most fascinating bugs! From super speedy dragonflies to beetles that can spray toxic chemicals to beautiful lantern bugs, you'll discover a new critter with every turn of the page. Press out sections let you create your very own bug parade! Ages 7-12. Fully illus. in color. 62 pages. Welbeck. **SOLD OUT**



**7904681 40 SIMPLE SCIENCE EXPERIMENTS: Step-by-Step Projects to Do at Home.** By Chris Oxlade. Learn about electricity, air and water, light and sound, and matter and materials—and how science works! Handy notes for helpers, a how to use guide, and a detailed glossary to explain new words. Ages 9-12. Fully illus. in color. 96 pages. Miles Kelly. 9x11 1/4. Paperbound. Pub. at \$18.95 **\$5.95**

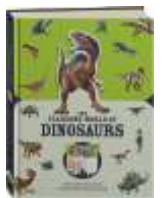




## Science & Nature for Children



**★7771398 MY LITTLE GOLDEN BOOK ABOUT DINOSAURS.** By Dennis R. Shealy, illus. by S. Laberis. Learn all about the latest dinosaur discoveries, including research that shows that many dinosaurs were feathered and the birds were close relatives of dinosaurs. Ages 2-5. Fully illus. in color. Golden. **\$4.95**

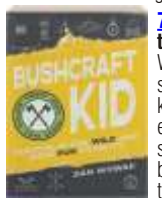


**7969066 THE FEARSOME WORLD OF DINOSAURS.** By Pat Jacobs. Meet some of the most incredible creatures to have walked on Earth! From leggy leaf eaters to reptiles that ruled the skies, mean killing machines to creatures with musical crests, you'll discover a new beast with every turn of the page. Press out sections let you create your very own prehistoric parade. Ages 7-12. Fully illus. in color. 62 pages. Welbeck. Pub. at \$19.95 **\$5.95**



**772335 THE AWESOME BOOK OF EDIBLE EXPERIMENTS FOR KIDS.** By Kate Biberdorf. Unleash your inner scientist with these 25 delicious experiments. Learn how to make your own ice cream, cookies, homemade pasta, and more with Kate the Chemist. Ages 8-12. Well illus. in color. 104 pages. Philomel. Pub. at \$17.99 **\$5.95**

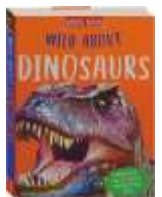
**7873522 FARM BABIES.** By H.A. Rey. Lift the flaps on these colorful pages to find adorable chicks, kittens, ducklings, and more farm babies! Ages 3-6. HMH. Pub. at \$8.99 **\$4.95**



**7914857 BUSHCRAFT KID: Survive in the Wild and Have Fun Doing It.** By Dan Wowak. More than just learning how to survive, but about using skills, tools, and knowledge to make the outdoors more enjoyable. You'll learn all the important skills you need to survive in the outdoors, but you'll also learn how to create cool things that will make your adventures a lot more fun! Ages 10 & up. Fully illus. in color. 207 pages. Dorling Kindersley. Paperbound. Pub. at \$16.99 **\$7.95**

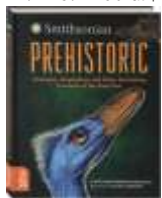


**7965885 TEN TINY DINOSAURS.** Susie Brooks, illus. by I. Cunliffe. Ten tiny dinosaurs have just hatched from their eggs. Follow along with these cute die-cut dinosaurs as the run and play. With fun rhyming text and colorful illustrations, it's perfect for little ones who love dinosaurs! Ages 3-5. Silver Dolphin. **SOLD OUT**



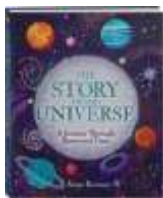
**7906439 WILD ABOUT DINOSAURS: Fantastic Facts About Prehistoric Life!** By R. Matthews & S. Parker. Discover the wealth of awesome creatures that once roamed the Earth, from the first simple animals to the might of the dinosaurs. Filled with fascinating numbered facts, stunning photos and fun cartoons. Ages 7 and up. 160 pages. Miles Kelly. Pub. at \$19.95 **\$8.95**

**7807767 THE BIG BOOK OF GIANT DINOSAURS.** Text by C. Banfi, illus. by F. Cosanti. Some dinosaurs were huge, bigger than boats and even your house. Then there were others that were smaller than your bicycle! You'll find them here. Come and meet them all! Ages 4 & up. Fully illus. in color. Shelter Harbor. 11½x15¼. Pub. at \$16.95 **\$7.95**



**778726X SMITHSONIAN PREHISTORIC: Dinosaurs, Megalodons, and Other Fascinating Creatures of the Deep Past.** By Kathleen Weidner Zoehfeld, illus. by J. Csotonyi. Traveling backwards and stopping along the way to visit saber toothed cats, awe inspiring dinosaurs, giant insects and lumbering reptiles, we watch out for asteroids and super volcanoes, and explore the coral reefs and shifting continents that have shaped the planet we live on today. Ages 7-11. Fully illus. in color. 44 pages. What on Earth. 8½x11¼. Pub. at \$18.99 **\$7.95**

**7880634 WHEN PLANTS TOOK OVER THE PLANET: The Amazing Story of Plant Evolution.** By Chris Thorogood, illus. by A. Grimes. Plants provide us with food, shelter, and the air we breathe, but where did they come from? Step back in time on a prehistoric plant safari to find out! Ages 7-12. Fully illus. in color. 64 pages. QEB Publishing. 8½x11¼. Pub. at \$17.95 **\$7.95**



**7934904 THE STORY OF THE UNIVERSE: A Journey Through Space and Time.** By Anne Rooney. Tells the tale of the universe itself, from the origins of matter and energy, to the marvels of our cosmos. Discover the science behind everything from tiny quarks to mighty supernovas and peer into the mysteries that still remain to be solved. Ages 8-12. 128 pages. Arcturus. 9¼x11¼. Pub. at \$16.99 **\$6.95**



**795459 BIOLOGY FOR KIDS: The Kitchen Pantry Scientist.** By Liz Lee Heinecke. Discover the lives of amazing biologists, past and present, and then keep learning with experiments inspired by their discoveries that will keep young ones engaged for hours. Ages 7-11. Illus. in color. 128 pages. Quarry. 8½x11. Paperbound. Pub. at \$19.99 **\$5.95**



**7958145 INSIDE OUT SHARKS.** By David George Gordon. This fascinating look at sharks includes a die-cut model of a great white that reveals how these much-misunderstood creatures operate, layer by layer! Ages 8-10. Fully illus. in color. Becker & Mayer. 8¾x11. Pub. at \$14.99 **\$5.95**



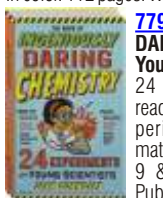
**7797532 ANCIENT ANIMALS: Terror Bird.** By Sarah L. Thomson, illus. by A. Plant. The terror bird could stand as tall as a basketball hoop, with strong beaks designed to hunt. For sixty million years, the terror bird thrived, and almost every other animal could be considered its prey. How did it eventually become extinct? Ages 6-9. Fully illus. in color. 32 pages. Charlesbridge. Pub. at \$12.95 **\$5.95**



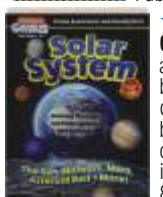
**7871260 STRANGE NATURE: The Insect Portraits of Levon Biss.** Gregory Mone. A unique photographic study of insects in mind blowing magnification that celebrates the wonders of nature and science. Bliss' photographs capture in breathtaking detail the beauty of the insect world and are printed in large scale formats to provide an unforgettable viewing experience. Ages 8-12. Well illus. in color. 36 pages. Abrams. 10¼x10¼. Pub. at \$18.99 **\$5.95**



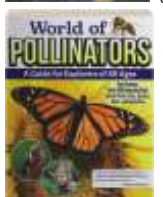
**7958854 NATIONAL PARKS OF THE U.S.A.** By Kate Siber, illus. by C. Turnham. Explore Florida's river-laced Everglades, travel down the white water rapids of the Grand Canyon, trek across the deserts of Death Valley and scale the soaring summits of the Rocky Mountains with this volume that brings you up close to nature's greatest adventures. Ages 6-9. Fully illus. in color. 112 pages. Wide Eyed. 10¼x12¼. Pub. at \$30.00 **\$9.95**



**7792883 THE BOOK OF INGENIOUSLY DARING CHEMISTRY: 24 Experiments for Young Scientists.** By Sean Connolly. These 24 eye-opening experiments take young readers on an interactive journey through the periodic table of elements. Matter really matters, and now you'll understand why! Ages 9 & up. Well illus. 242 pages. Workman. Pub. at \$14.95 **\$5.95**



**★7837577 SOLAR SYSTEM: Future Genius.** Journey through the Solar System and explore the planets in our cosmic backyard! You'll also have a blast as you complete puzzles, mazes, word games, brain teasers, coloring pages, and tons of other awesome activities. Ages 7-12. Fully illus. in color. 96 pages. Happy Fox. 8½x11. Paperbound. Pub. at \$11.99 **\$8.95**



**★7850751 WORLD OF POLLINATORS: A Guide for All Explorers.** Ed. by Joseph Borden. Filled with important information about our world's pollinators and the impact they have in our environment. Engages and informs about pollinating insects, birds, and flowers and all their unique traits. Teaches you what pollen is, how it works, why some insects and birds are pollinators and some are not, and more. Ages 9 & up. Fully illus. in color. 144 pages. Creative Homeowner. 8x10. Paperbound. Pub. at \$14.99 **\$11.95**

**7940378 FLY GUY PRESENTS: Space.** By Tedd Arnold. During a visit to a space museum Fly Guy and Buzz learn all about space. With fun facts, humorous illustrations of Fly Guy and Buzz, and vivid photography throughout, this is sure to be a hit with budding astronauts everywhere. Ages 4-8. Scholastic. Paperbound. **\$4.95**



**7940416 THE NIGHT FLOWER.** By Lara Hawthorne. As the summer sun sets over the desert, creatures gather for a very special event. The saguaro cactus is about to bloom. Join pollinating fruit bats, howling mice, and other animals on their journey to visit the flower in the beautiful nature inspired story. Ages 4-8. Fully illus. in color. 30 pages. Scholastic. 8½x11. Paperbound. **\$5.95**



**778385X THE HUMAN BODY: Adventures in Science.** By Courtney Acampora. After reading about everything from the digestive tract to the cornea, kids can assemble their own plastic skeleton and use the included stickers to put the organs and bones in the proper places on the double-sided poster. The perfect primer for learning about how the human body works. Ages 6 & up. Silver Dolphin. 10¼x13. Paperbound. Pub. at \$22.99 **PRICE CUT to \$5.95**

**★7837518 DINOSAURS: Future Genius.** Meet the creatures that ruled the Earth before humans! You'll learn how these creatures came to exist, what sounds they made, and what they looked like. Uncover even more facts through tons of activities, puzzles, quizzes, videos, articles, and more! Ages 7-12. Fully illus. in color. 96 pages. Happy Fox. 8½x11. Paperbound. Pub. at \$11.99 **PRICE CUT to \$7.95**



**7805187 JURASSIC ANIMALS: Animal Encyclopedia Activity Journals.** By J.C. Alonso & G.S. Paul. A naturalist's notebook that guides you on an exploration back 150 million years into the volcanic and tropical forests of prehistory. Walk with massive sauropods as they send shock waves through the ground with each step and more. Adventure awaits as you travel through time, bringing you closer to prehistoric life than ever before. Ages 8 & up. Fully illus. in color. 160 pages. Quarto. 8¾x11. Paperbound. Pub. at \$16.99 **PRICE CUT to \$5.95**

**7876211 THE BIRD ATLAS: A Pictorial Guide to the World's Birdlife.** By Barbara Taylor, illus. by R. Orr. A beautiful and absorbing look at the world's birdlife, packed with hundreds of superb illustrations, detailed maps, and a wealth of fascinating facts. Ages 9-12. 64 pages. Dorling Kindersley. 9¼x12. Pub. at \$20.00 **PRICE CUT to \$7.95**

**★7679912 JOEY GOES TO SEA.** By Alan Villiers, illus. by V.J. Dowling. Illus. 71 pages. Lyons. Paperbound. Pub. at \$9.95 **\$5.95**

**7756720 LOBOS: A Wolf Family Returns to the Wild.** By Brenda Peterson, photos by A.M. Musselman. Well illus. in color. Little Bigfoot. 11x8¾. Pub. at \$17.99 **PRICE CUT to \$3.95**

**780539X TYRANNOSAURUS REX: A Pop-Up Guide to Anatomy.** By Dougal Dixon, illus. by R. Caldwell. Fully illus. in color. Bonnier Books. 9½x12¼. Pub. at \$24.99 **\$12.95**

**★7837550 HUMAN BODY: Future Genius.** Fully illus. in color. 96 pages. Happy Fox. 8½x11. Paperbound. Pub. at \$11.99 **\$8.95**

**★7869703 CATCH A CRAYFISH, COUNT THE STARS: Fun Projects, Skills, and Adventures for Outdoor Kids.** By Steven Rinella with B. Henderson. Fully illus. in color. 342 pages. Random. Pub. at \$26.99 **PRICE CUT to \$14.95**

**7876416 EYEWITNESS DINOSAUR.** By David Lambert. Fully illus. in color. 72 pages. Dorling Kindersley. 8½x11¼. Pub. at \$16.99 **\$7.95**

**1981102 THE HUBBLE SPACE TELESCOPE: Our Eye on the Universe.** By Terence Dickinson with T.C. Read. 80 pages. Firefly. Pub. at \$24.95 **SOLD OUT**

**★4769074 AGE OF THE DINOSAURS: Curious Kids.** By Text Jonny Marx, illus. by C. Engel. Fully illus. in color. Tiger Tales. Pub. at \$14.99 **\$9.95**

**7801319 THE ATLAS OF AMAZING BIRDS.** By Matt Sewell. 160 pages. Princeton Architectural. 9x11¼. Pub. at \$19.95 **SOLD OUT**

**7807791 THE BOOK OF TERRIFYINGLY AWESOME TECHNOLOGY: 27 Experiments for Young Scientists.** By Sean Connolly. Illus. 228 pages. Workman. Pub. at \$15.95 **PRICE CUT to \$3.95**

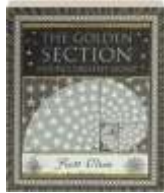
**★7819218 THE ULTIMATE BUG FIELD GUIDE.** 96 pages. Applesauce. Pub. at \$16.95 **PRICE CUT to \$9.95**

**7763298 50 REASONS TO LOVE ANIMALS.** By Catherine Barr, illus. by H. Clulow. Fully illus. in color. 40 pages. Frances Lincoln. 8½x10¼. Pub. at \$18.99 **\$5.95**

**★1956876 THE ULTIMATE DINOSAUR FIELD GUIDE.** Color illus. 96 pages. Applesauce. Paperbound. Pub. at \$16.95 **\$7.95**



## Essays on Nature



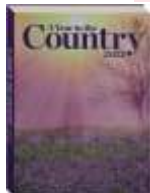
**★4820959 THE GOLDEN SECTION: Nature's Greatest Secret.** By Scott Olsen. Carefully unravels one of the greatest mysteries of all time, a code which seems to underlie life, the universe, and everything, a pattern we instinctively recognize as beautiful, and which nature uses over and over at every scale. Well illus. 58 pages. Wooden. Paperbound. **\$6.95**



**★7774125 WALKING.** By Henry David Thoreau. Published posthumously in 1862, *Walking* became a seminal influence in the environmental movement. Widely recognized to be *Walden* (Thoreau's "other" masterpiece) in a more concise form, each reading offers new epiphanies. Photos. 113 pages. Tilbury House. Pub. at \$16.95 **\$12.95**



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



**1988549 A YEAR IN THE COUNTRY 2022.** This heartwarming volume is packed with first-hand, reader shared stories that pull you into "the good life." Lose yourself in scenic landscapes, try your hand at simple, homemade crafts, and treat your family to delicious down-home recipes. Color photos. 192 pages. RDA Enthusiast. 8 1/4 x 11. Pub. at \$24.99 **PRICE CUT to \$2.95**

**★7728034 A LIFE ON OUR PLANET: My Witness Statement and a Vision for the Future.** By David Attenborough. Having been witness to the decline of our planet's wild places and its biodiversity, Attenborough argues we have one final chance to create the perfect home for ourselves and restore the wonderful world we inherited—all we need is the will to do so. Color photos. 266 pages. Grand Central. Paperbound. Pub. at \$17.99 **PRICE CUT to \$9.95**



**7831153 A LIFE ON OUR PLANET: My Witness Statement and a Vision for the Future.** By David Attenborough. Having been witness to the decline of our planet's wild places and its biodiversity, Attenborough argues we have one final chance to create the perfect home for ourselves and restore the wonderful world we inherited—all we need is the will to do so. 16 pages of photos, some in color. 266 pages. Grand Central. Pub. at \$26.00 **\$6.95**



**782727X THE LIVING FOREST: A Visual Journey into the Heart of the Woods.** By Joan Maloof, photos by R. Llewellyn. Through Maloof's lyrical essays and the arresting photographs of Robert Llewellyn, this stunning volume brings to light some of nature's most remarkable feats: the astonishing science and fascinating interrelationships that make each forest a living, breathing, whole. 260 pages. Timber. 11 1/2 x 11 1/4. Pub. at \$40.00 **PRICE CUT to \$14.95**

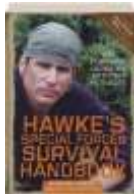
**★1980831 FINDING THE MOTHER TREE: Discovering the Wisdom of the Forest.** By Suzanne Simard. Photos. 348 pages. Vintage. Paperbound. Pub. at \$17.00 **\$12.95**

**★7730756 OTTERS DANCE: A Rancher's Journey to Enlightenment and Stewardship.** By Bob Budd. 263 pages. Fulcrum. Paperbound. Pub. at \$18.95 **PRICE CUT to \$7.95**

## More Works on Nature



**LIMITED QUANTITY 7845502 THE DISASTER-READY HOME: A Step-by-Step Emergency Preparedness Manual for Sheltering in Place.** By Creek Stewart. A realistic, achievable, affordable, and effective home plan for disaster situations. You'll find a step by step manual for you to follow to be better prepared to shelter in place inside your own home. Protect and provide for your family in any situation. Well illus. in color. 221 pages. Adams Media. Paperbound. Pub. at \$18.99 **SOLD OUT**



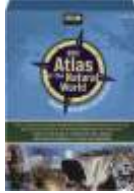
**7847262 HAWKE'S SPECIAL FORCES SURVIVAL HANDBOOK: The Portable Guide to Getting Out Alive.** By Mykel Hawke. It happens to thousands of people each year, and it could happen to you. You get lost in the forest while hiking, or you run out of gas in the desert, or you get snowed in, or your boat capsizes,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



**DVD 7765061 DEFENDERS OF THE WILD: NATURE.** Gathers classic *NATURE* episodes that tell remarkable true stories of survival. Here you will find very special animals that captured the imagination of millions around the world, and meet the scientists, conservationists, and ordinary people whose lives they touched. Programs include *Kusasi and Snowflake; Tall Blondes; Pale Male; Cloud; Chimpanzees: An Unnatural History; and Shark Mountain.* Over seven hours on 6 DVDs. Questar. Pub. at \$59.99 **SOLD OUT**



**LIMITED QUANTITY 7947224 THE BUSHCRAFT ESSENTIALS FIELD GUIDE: The Basics You Need to Pack, Know, and Do to Survive in the Wild.** By Dave Canterbury. The author simplifies his teachings and provides the necessary know-how to tackle the five main drivers of any successful bushcraft adventure. Based on his patented 5 x 5 Survival System, this field guide breaks down survival basics. Illus. 206 pages. Adams Media. Paperbound. Pub. at \$19.99 **SOLD OUT**

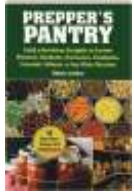


**DVD 1961608 BBC ATLAS OF THE NATURAL WORLD: Western Hemisphere and Antarctic.** Fullscreen. From the BBC's internationally renowned, award-winning *Natural History* unit comes the second release in this extraordinarily ambitious survey of life on Earth. This offers comprehensive portraits of land, wildlife and peoples of the Western Hemisphere and Antarctica including *Land of the Eagle; Spirits of the Jaguar; Wild South America; and Life in the Freezer.* Over 12 hours on six DVDs. BBC. **\$5.95**



**DVD 7693559 EARTH: One Amazing Day.** Widescreen. Over the course of one single day, this tracks the sun from the highest mountains to the remotest islands, from exotic jungles to urban sprawls. Astounding breakthroughs in film making technology bring you up close and personal with a cast of unforgettable characters. 95 minutes. BBC Earth. **\$5.95**

**7844441 THE WASP THAT BRAINWASHED THE CATERPILLAR: Evolution's Most Unbelievable Solutions to Life's Biggest Problems.** By Matt Simon. A fascinating exploration of the weird, and unsettling ingenuity of evolution. Matt Simon introduces you to the creatures that have figured it out, the ones that joust with their moustaches or choke sharks to death with snot, all in a wild struggle to survive, and, of course, find that special someone. Well illus. 260 pages. Penguin. Pub. at \$20.00 **\$5.95**



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



**7836864 BACKPACKER MAGAZINE'S OUTDOOR SURVIVAL STORIES AND THE LESSONS LEARNED.** By Molly Absolon. Recounts a variety of outdoor survival stories, from encountering dangerous animals to being trapped by deadly weather. On the heels of each story is an analysis of the factors and decisions that created the survival situations as well as a summary of outdoor survival tactics. Well illus. in color. 92 pages. Globe Pequot. Paperbound. Pub. at \$12.95 **\$4.95**

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



**★7836139 ALL ABOUT LIGHTNING.** By Martin A. Uman. Answers often-asked questions about lightning, from whether lightning strikes twice in the same place to how a lightning rod works. Includes discussions of such topics as ball lightning, St. Elmo's Fire, protecting yourself from lightning, and more. 167 pages. Dover. Paperbound. Pub. at \$9.95 **\$7.95**



**7807775 AMBER: The Natural Time Capsule.** By Andrew Ross. Provides an engaging overview of this prehistoric substance and its fossilized inclusions. Ross explains how amber is formed, where it is formed, and how to distinguish genuine amber from fakes. He also describes its uses in both art and science, while showcasing a range of specimens. Fully illus. in color. 112 pages. Firefly. Paperbound. Pub. at \$19.95 **\$5.95**



**7911041 THE LAST WINTER: The Scientists, Adventurers, Journeymen, and Mavericks Trying to Save the World.** By Porter Fox. A gripping blend of narrative travelogue, history, and climatology set against the end of ice, snow, and winter as we know it. Timely, atmospheric, and expertly investigated, Fox showcases a shocking and unexpected casualty of climate change, which may well set off its own unstoppable warming cycle. Photos. 306 pages. Little, Brown. Pub. at \$28.00 **\$5.95**



**★7822952 MUSHROOMS, SECOND EDITION: A Falcon Field Guide.** By Todd Telfander. Covers 80 of the most common and sought after species in North America. Conveniently sized to fit a pocket and featuring full color, detailed illustrations, this informative guide makes it easy to identify mushrooms in the backyard and beyond. 101 pages. Falcon. Paperbound. Pub. at \$16.95 **\$12.95**



**1955438 ULTIMATE WILDERNESS GEAR: Everything You Need to Know to Choose & Use the Best Outdoor Equipment.** By Craig Caudill. Takes you to the cutting edge of outdoor gear and reveals which items will perform the best in the field without breaking the bank. Learn what you need, why you need it and how to care for it. Well illus. in color. 224 pages. Page Street. Paperbound. Pub. at \$22.99 **\$7.95**



**7827776 50 THINGS TO DO IN THE WILD.** By Richard Skrein. Fletch an arrow, weave a fishing net, raise a tarp, take a night walk, and start a fire: enjoy these outdoor activities and many more with the help of this spirited guide to wilderness recreation and leisure. Well illus. 144 pages. Princeton Architectural. Pub. at \$17.95 **\$7.95**



**7949251 DIY WILDERNESS SURVIVAL PROJECTS: 15 Craft Projects for the Great Outdoors.** By Mike Warren. Features projects which will enable you to get the most out of the outdoors, and make your adventures fun, safe and comfortable. Will give you all the necessary maker skills to upgrade camping trips and hikes from barely organized to expertly crafted. Fully illus. in color. 160 pages. Welbeck. Pub. at \$24.95 **\$7.95**



**★4547942 PETERSON FIELD GUIDE TO MEDICINAL PLANTS AND HERBS OF EASTERN AND CENTRAL NORTH AMERICA, THIRD EDITION.** By S. Foster & J.A. Duke. Presents a clear and concise text identifying the key traits, habitats, uses, and warnings for 530 of the most significant medicinal plants in the eastern and central United States and Canada, including both native and alien species. Well illus. in color. 456 pages. HMH. Paperbound. Pub. at \$28.00 **\$14.95**



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





## More Works on Nature



**769153X THE PREPARED HOME: How to Stock, Organize, and Edit Your Home to Thrive in Comfort, Safety, and Style.** By Melissa George. Your guide to a stylish home that feels like a sanctuary in normal and in challenging times. Discover how to transform your home from entertaining mode to disaster ready mode quickly and easily, find clever and aesthetically pleasing ways to store emergency items, and more. Take steps now to make your home a place of safety, comfort, and beauty. Color photos. 168 pages. Castle Point. Pub. at \$24.99 **\$5.95**



**7869932 HUBBARD BROOK: The Story of a Forest Ecosystem.** By R.T. Holmes & G.E. Likens. Since the early 1960s, the Hubbard Brook Experimental Forest in the White Mountains of New Hampshire has been one of the most comprehensively studied landscapes on earth. This volume highlights many of the important ecological findings amassed during the long-term research conducted there, and considers their regional, national, and global implications. Well illus. in color. 271 pages. Yale. 8 1/2 x 10 1/4. Pub. at \$45.00 **\$9.95**

**★7919832 SACRED NATURE: Restoring Our Ancient Bond with the Natural World.** By Karen Armstrong. Armstrong drawing on her vast knowledge of the world's religious traditions, vividly describes nature's central place in spirituality across the centuries. In bringing this age-old wisdom to life, she shows modern readers how to rediscover nature's potency and form a connection to something greater than ourselves. 205 pages. Anchor. Paperbound. Pub. at \$17.00 **\$12.95**



**★7725280 THE SECRET NETWORK OF NATURE: Trees, Animals, and the Extraordinary Balance of All Living Things.** By Peter Wohlleben. In this tour of an almost unfathomable world, one of the world's most famous foresters describes the fascinating interplay between animals and plants and answers such questions as: How do they influence each other? Do life-forms communicate across species boundaries? And what happens when this finely tuned system gets out of sync? 260 pages. Greystone. Paperbound. Pub. at \$17.95 **\$12.95**



**1919830 A CLOUD A DAY.** By Gavin Pretor-Pinney. This work urges all of us to keep our heads in the clouds with 365 fascinating cloud formations from Pretor-Pinney's extraordinarily popular Cloud Appreciation Society collection. Inspirational quotes and informative cloud facts accompany provocative and meditative images of the sky, encouraging readers to pause for a moment and look up. Fully illus. in color. 368 pages. Chronicle. Pub. at \$24.95 **\$11.95**



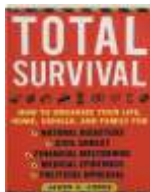
**7965451 THE SURVIVAL HANDBOOK.** By Colin Towell. Combining proven, no-nonsense military survival skills with ingenious bushcraft techniques and accessible step by step instructions, this guide shows you how to survive in the wild. Learn how to plan your expedition, how to make a fire, how to build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



**★7835345 READING THE CLOUDS, SECOND EDITION: How You Can Forecast the Weather.** By Oliver Perkins. An "at a glance" guide to the clouds that will enable you to predict the weather by recognizing cloud types, shapes, color and behavior. It will be an invaluable companion for anyone who enjoys outdoor activities. Revised and expanded to include plenty of new photos covering every possible view of the sky. 128 pages. Adlard Coles. Paperbound. Pub. at \$16.00 **\$11.95**



**★7812027 PREPPER'S MEDICAL MANUAL: The Ultimate Readiness Guide for Medical Emergencies in Disaster Situations.** By James C. Jones. Includes basic first aid subjects, such as bandaging, splinting, control of bleeding, and treatment of shock, along with those associated with true disasters and emergencies. Complete with multiple step by step response guides and checklists for stocking personal medical emergency kits. Fully illus. in color. 213 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$14.95**

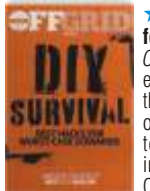


**7940289 TOTAL SURVIVAL.** By James C. Jones. The author shares a variety of practical survival skills, principles, and ideas in a easy to read format that will aid the reader in becoming stronger, safer and more self reliant. These ten survival principles are the key to success in everyday life, especially during an emergency. Well illus. in color. 179 pages. Skyhorse. 8 1/2 x 11. Paperbound. Pub. at \$16.99 **\$6.95**



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

**7698933 ADVANCED SURVIVAL: A Guide to the Self-Reliance Revolution.** By James C. Jones. A blueprint for the journey from dependence to independence, filled with practical how to information and wisdom about food, water, shelter, medicine, sanitation, transportation, energy, home, self defense, and much more. Learn what you need to know to get through any disaster, whenever it strikes. Illus. 191 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$4.95**

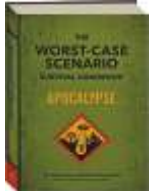


**★7792158 DIY SURVIVAL: Best Hacks for Worst-Case Scenarios.** By Compiled by OFFGRID Magazine. This is an easy-access encyclopedia of DIY survival hacks to get you through when supplies are thin, and help is out of reach. Each chapter covers a specific technique in a step by step format that includes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



**★7843291 THE LITTLE BOOK OF MUSHROOMS: An Illustrated Guide to the Extraordinary Power of Mushrooms.** By Alex Dorr, illus. by S. Richard. Explore 75 of the most unique varieties of mushrooms. From the vividly red Fly Agaric to the nutritious Chicken of the Woods to the lethal Death Cap, you will learn everything about these fungi, including where they live, their most distinguishing features, which fungi are safe to eat, and much more. Well illus., in color. 256 pages. Adams Media. Pub. at \$17.99 **\$12.95**

**★7971036 MUSHROOMING: An Illustrated Guide to the Fantastic, Delicious, Deadly, and Strange World of Fungi.** By Diane Borsato. An illustrated guide to over 100 types of mushrooms, offering insights and stories about these mysterious organisms. 232 pages. The Experiment. Pub. at \$24.95 **\$17.95**



**★795512X THE WORST-CASE SCENARIO SURVIVAL HANDBOOK: Apocalypse.** By J. Piven & D. Borgenicht. Survival experts provide step by step instructions on: how to pack a go bag in 30 minutes; how to make your bunker feel like home; how to survive an alien invasion; how to defeat a robot uprising; how to survive the next pandemic; how to fend off a hostile clan; and more. Illus. 263 pages. Quercus. Pub. at \$19.99 **SOLD OUT**



**★7836457 ROCKHOUNDING TEXAS: A Guide to the State's Best Rockhounding Sites.** By M. Freed & R. Vaskys. A complete guide to finding, collecting, and preparing Texas's gems and minerals. Anyone can learn where to find unusual mineral displays, fossils, jasper, agate, and petrified wood—not to mention more flint in a myriad of colors and patterns than one rockhouse could possibly collect in a lifetime. Includes maps and detailed site descriptions with directions. Color photos. 295 pages. Falcon. Paperbound. Pub. at \$24.95 **\$17.95**



**★4752732 276 EDIBLE WILD PLANTS OF THE UNITED STATES & CANADA.** By Caleb Warnock. Paced with over 800 color photographs of over 250 wild berries, roots, nuts, greens, and flowers, this valuable reference will show you which plants are edible, where to find them, how to prepare them, and how to avoid poisonous lookalikes. 247 pages. Familius. Paperbound. Pub. at \$24.99 **\$14.95**

**4914775 FOSSIL MEN: The Quest for the Oldest Skeleton and the Origins of Humankind.** By Kermit Pattison. Based on a half decade of research in Africa, Europe, and North America, this work is a brilliant investigation not only into the origins of the human lineage but into the oldest of human emotions: curiosity, jealousy, perseverance, and wonder. Photos. 534 pages. Morrow. Pub. at \$32.50 **\$7.95**



**★7956266 THE LIVES OF SEAWEEDS: A Natural History of Our Planet's Seaweeds & Other Algae.** By Julie A. Phillips. Takes a deep dive to explore the characteristics of seaweeds and other algae, outlining their extraordinary evolution as well as their morphology, life histories, ecology, and uses. Fully illus. in color. 288 pages. Princeton. Pub. at \$29.95 **\$24.95**



**7835159 JAPAN: The Natural History of an Asian Archipelago.** By Mark Brazil. Explains how Japan's geology, geography, climate, seas and currents have forged conditions supporting unique species from cranes, bears, eagles and monkeys to plants, butterflies, dragonflies, frogs and snakes, many of them found nowhere else in the world. Color photos. 384 pages. Princeton. Paperbound. Pub. at \$35.00 **\$12.95**



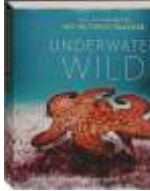
**Blu-ray 7836090 FROZEN PLANET.** Widescreen. Narrated by David Attenborough, this series captures unimaginable imagery above and below the ice, including previously unfilmed animal behavior, and follows the extraordinary fluctuations that accompany the changes of seasons. Collects all seven episodes.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



**★7886411 HOW TO READ THE WILDERNESS: An Illustrated Guide to North American Flora and Fauna.** By The Nature Study Guild. From its mountains to its ocean shores, from its wetlands to its deserts, North America teems with flora and fauna in delicately balanced ecosystems found nowhere else on Earth. With this volume in hand, you will understand the language of nature and see those wild places with new eyes. Fully illus. in color. 392 pages. Chronicle. Pub. at \$35.00 **\$27.95**



**★7796161 BUSHCRAFT: A Field Guide to Surviving the Wilderness.** By Bob Holtzman. A comprehensive guide that provides key skills, essential survival information, and life saving techniques. With this guide you can venture into the wild, safe in the knowledge that you are prepared for any eventuality, ready to enjoy all that nature has to offer. Well illus. 256 pages. Wellfleet. Paperbound. Pub. at \$19.99 **\$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 1/2. Pub. at \$50.00 **\$24.95**



**7836872 BASIC ILLUSTRATED WEATHER FORECASTING.** By Michael Hodgson. Gives detailed lessons in recognizing shifts in weather patterns, understanding why they occur, identifying cloud formations, and mastering basic meteorological concepts. 69 pages. Globe Pequot. Paperbound. Pub. at \$9.95 **\$4.95**



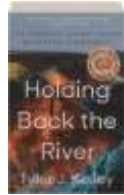
**★7791429 GEMSTONES: Understanding, Identifying, Buying.** By Keith Wallis. From Andalusite to Zircon, this wide ranging guide appraises more than 180 gemstones, minerals and metals used in jewelry today. Precious stones are examined in dazzling detail, while a treasure trove of organic and minor gemstones listings showcase lesser known gems. Well illus. in color. 160 pages. Antique Collectors' Club. Pub. at \$30.00 **\$21.95**



**★7842163 COMMON BEES OF WESTERN NORTH AMERICA.** By O.M. Carril & J.S. Wilson. Portable, full-color photographic guide to the most commonly seen species of the Western U.S. and Canada. Over 200 species are included, with multiple photographs, identification guides, and range maps for each. 415 pages. Princeton. Paperbound. Pub. at \$35.00 **\$27.95**



## More Works on Nature



**786325X HOLDING BACK THE RIVER: The Struggle Against Nature on America's Waterways.** By Tyler J. Kelley. America's great rivers are the very lifeblood of our country. Kelley spent two years traveling the heartland, getting to know the men and women whose lives and livelihoods rely on these tenuously tamed streams. The result, is a deeply human exploration of how our centuries-long dream of conquering this vast network of waterways squares with an indomitable world. 225 pages. Avid Reader. Paperbound. Pub. at \$18.00 **\$5.95**

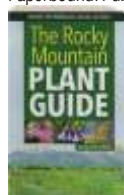
**7846800 50 THINGS TO DO AT THE BEACH.** By Easkey Britton. From engaging activities like a nature scavenger hunt, wave play, and kite making to reflective pastimes such as walking and sound meditations, this work will help transform or renew your connection with the water. Illus. 144 pages. Princeton. Pub. at \$17.95 **\$7.95**



**7790775 SEAWEEDS OF THE WORLD: A Guide to Every Order.** By John H. Bothwell. Makes sense of seaweeds' world, differentiating between the three main groups—red, green, and brown—and delving into their reproductive systems. The result is an unprecedented, accessible, and in-depth look at a previously hidden ocean world. Fully illus. most in color. 240 pages. Princeton. Pub. at \$29.95 **\$24.95**



**7943431 LOW-COST EMERGENCY PLANNING: A DIY Guide to Family Disaster Preparedness.** By Julie L. Jessep-Balaa. Learn how to develop practices and repurpose everyday household discards to improve your family's readiness for natural and human made disasters. Offers advice on the basics, from water and food to hygiene and energy alternatives. With full color photos and clear instructions, prepared for anything. 160 pages. Skyhorse. Paperbound. Pub. at \$17.99 **\$12.95**



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



**7806604 THE GREEN BERET BUSHCRAFTING GUIDE: The Eight Pillars of Survival in Any Situation.** By Brian M. Morris. In Morris's eight-pillar system, it is up to the survivor to assess their situation and then choose the pillar that is needed most to survive the situation at hand. The survivor needs to choose the pillar that is more urgent and necessary to save their life under the circumstances. Well illus. in color. 184 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$14.95**



**7937938 THE STORY OF THE DIAMOND.** By Tamara Sturtz-Filby. Discover the enchanting history of nature's most brilliant treasure. With in-depth information on styles, cuts, colors and carats, and a chapter devoted to engagements rings, there is practical information on buying diamonds as well as stories behind the most legendary stones and details on diamond dealers. Color photos. 160 pages. Welbeck. Pub. at \$16.95 **\$12.95**



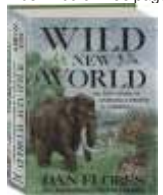
**7937539 THE UNITY OF SCIENCE: Exploring Our Universe, from the Big Bang to the Twenty-First Century.** By Irwin Shapiro. Provides a broad and entertaining survey of major scientific discoveries that have changed our views of nature and, in turn, spawned further questions. Shapiro separates his inquiry into three parts: looking up at the universe, looking down at earth and its fossils, and looking at the story of life. Illus. 359 pages. Yale. Pub. at \$32.00 **\$25.95**



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



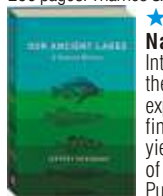
**782209X THE DEEP OCEAN: Life in the Abyss.** By Michael Vecchione et al. The deep ocean comprises more than 90 percent of our planet's biosphere and is home to some of the world's most dazzling creatures. This work leads you down into the canyons, trenches, and cold seeps of the watery abyss, presenting the deep ocean and its inhabitants as you have never seen them before. Fully illus. in color. 288 pages. Princeton. 8 1/2 x 11 1/4. **\$37.95**



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



**7741073 APOCALYPSE READY: The Manual of Manuals—A Century of Panic Prevention.** By Taras Young. An expertly curated compilation of officially published step by step guides on how to deal with every kind of disaster imaginable. Informative commentary provides historical context for the official advice, exploring how our universal preoccupation with apocalypse has manifested around the globe, and captions clarify the messages contained in the survival documents. Fully illus., many in color. 256 pages. Thames & Hudson. Pub. at \$35.00 **\$17.95**



**7950888 OUR ANCIENT LAKES: A Natural History.** By Jeffrey McKinnon. Introduces the remarkable living diversity of these aquatic bodies to the general reader and explains the surprising, often controversial, findings that the study of their faunas is yielding about the formation and persistence of species. Well illus. 315 pages. MIT Press. Pub. at \$29.95 **\$21.95**



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



**4963296 THE FORAGER'S HANDBOOK: A Seasonal Guide to Harvesting Wild, Edible & Medicinal Plants.** By Vickie Shufer. Empowers you to maintain and improve your health by following the way of the forager. Shufer highlights plants that are available through each season and how to use those plants for food and medicine. Sustainable harvesting and preparation techniques are included as well as foraging ethics. Color photos. 167 pages. Skyhorse. Paperbound. Pub. at \$22.99 **\$17.95**



**7945957 THE BOOK OF UNCONFORMITIES: Speculations on Lost Time.** By Hugh Raffles. When the author's two sisters died suddenly within a few weeks of each other, he reached for rocks, stones, and other seemingly solid objects as anchors in a world unmoored, as ways to make sense of these events through stories far larger than his own. Photos. 374 pages. Pantheon. Pub. at \$30.00 **\$7.95**



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

**7950225 STAYING SAFE: Backyard to Backcountry.** By Patrick Brighton. Learn what preventative steps can minimize your risk. Discover the recommended first aid responses to various wilderness illnesses, injuries, and emergencies—from sunburn to heart attack. Fully illus. in color. 194 pages. Adventure Publications. Paperbound. Pub. at \$19.95 **\$14.95**



**7948660 THE ARCTIC GUIDE: Wildlife of the Far North.** By Sharon Chester. This guide covers more than 800 species of plants, fishes, butterflies, birds, and mammals, that inhabit the Arctic's polar deserts, tundra, taiga, sea ice, and oceans. A color distribution map accompanies each species account, and alternative names in German, French, Norwegian, Russian, Inuit, and Inupiaq are also provided. Fully illus. in color. 542 pages. Princeton. Paperbound. Pub. at **SOLD OUT**

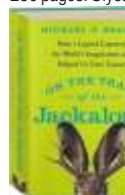


**7756011 BOOM, BUST, BOOM: A Story About Copper, the Metal That Runs the World.** By Bill Carter. A fact-rich narrative that helps us understand the paradoxical relationship we have with a substance whose necessity to civilization costs the environment and the people who mine it dearly. Part social history, part mining-town exploration, and part environmental investigation. 284 pages. Scribner. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**

**7728131 BACKWOODS SURVIVAL GUIDE: Practical Advice for the Simple Life.** By Jim Cobb. Learn techniques like how to harvest rainwater and make it safe for consumption and how to preserve food to prolong its shelf life; outdoor skills like how to fish for your dinner; and how to stay safe in the wilderness by thinking ahead. Fully illus. in color. 190 pages. Centennial. Paperbound. Pub. at \$19.99 **PRICE CUT to \$4.95**



**7776527 PREPPER'S LONG-TERM SURVIVAL GUIDE, SECOND EDITION.** By Jim Cobb. This volume will get you though when days become weeks, and then months, and then years. Offers advanced techniques and tactics necessary for surviving the most dire of situations, including: a wide range of methods to preserve and store food; updated water collection and storage techniques for drink and hygiene; and more. 230 pages. Ulysses. Paperbound. Pub. at \$19.95 **\$14.95**



**7715331 ON THE TRAIL OF THE JACKALOPE: How a Legend Captured the World's Imagination and Helped Us Cure Cancer.** By Michael P. Branch. The never before told story of the horned rabbit—the myths, the hoaxes, the very real scientific breakthrough it inspired—and how it became a cultural touchstone of the American West. Although the jackalope is an invention of the imagination, it is nevertheless connected to actual horned rabbits, which exist in nature and have for centuries been collected and studied by naturalists. 16 pages of color photos. 254 pages. Pegasus. Pub. at \$27.95 **PRICE CUT to \$4.95**



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

**7872879 THE STORY OF THE PEARL.** By Caroline Young. Discover the enchanting history of the pearl, through legend, myth and the most famous pearls of all time. Learn how to choose, buy and care for pearls, and be inspired by bygone fashions and modern pearlcore trends. Well illus. most in color. 160 pages. Orange Hippo. Pub. at \$16.95 **PRICE CUT to \$9.95**

**798288 LOOKING UP: The True Adventures of a Storm-Chasing Weather Nerd.** By Matthew Cappucci. Combining personal storytelling and infectious enthusiasm, Cappucci gives us a riveting ride through the state of our weather. Throughout, readers get a tutorial on the basics of weather science, the impact of the climate, and get to tag along on some epic storm chases. 24 pages of color photos. 293 pages. Pegasus. Pub. at \$27.95 **PRICE CUT to \$5.95**



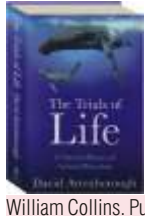
**7849206 FLORIDA'S MAGNIFICENT LAND.** By J. Valentine & D.B. Means. Showcases several decades of exacting large-format landscape photography illustrating the best of what Florida has preserved and many places that need protecting for future generations. 64 pages. Pineapple Press. 9x12. Paperbound.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

**7853831 THE BATHYPHERE BOOK: Effects of the Luminous Ocean Depths.** By Brad Fox. A wide-ranging and sensual account of early deep-sea exploration and its afterlives. 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 **PRICE CUT to \$17.95**





## More Works on Nature



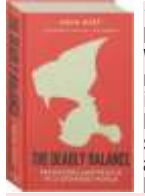
**\*7796390 THE TRIALS OF LIFE: A Natural History of Animal Behaviour.** By David Attenborough. Takes the twelve key stages in all animals' lives and looks at how the solutions developed by different species are hugely varied and often astounding. But they are all the more engaging, for they are the trials that we as a species face ourselves. 64 pages of color photos. 282 pages. William Collins. Pub. at \$30.00 **PRICE CUT to \$17.95**



**\*7784228 GRANDFATHER MOUNTAIN: The History and Guide to an Appalachian Icon.** By Randy Johnson. Guides readers on a journey through the mountain's history, from its geological beginnings millennia ago and the early days of exploration to its role in regional development and eventual establishment as a North Carolina state park. Along the way, see how Grandfather has changed, and has been changed by, the people of western North Carolina and beyond. Fully illus., most in color. 290 pages. UNC Press. 8 1/2 x 11. Paperbound. Pub. at \$28.00 **PRICE CUT to \$19.95**



**\*7703198 SURVIVE: The All-in-One Guide to Staying Alive in Extreme Conditions.** By Ky Furneaux. This extensive collection of knowledge, techniques, preparations, and lifesaving strategies will help you navigate all manner of survival situations, from backcountry avalanches to flash floods, hurricanes, and urban riots. Fully illus. in color. 640 pages. Cider Mill. Paperbound. Pub. at \$29.95 **PRICE CUT to \$17.95**



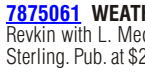
**\*7851774 THE DEADLY BALANCE: Predators and People in a Crowded World.** By Adam Hart. Explores the complex relationships we have with predators, and investigates what happens when humans become prey. From big cats to army ants via snakes, bears, wolves, crocodiles, piranhas and more, this work untangles the science behind such encounters, which are often cloaked with confusing or contradictory fear-driven myth. 368 pages. Bloomsbury. Pub. at \$28.00 **PRICE CUT to \$17.95**



**\*7742185 MARIA SIBYLLA MERIAN: Changing the Nature of Art and Science.** Ed. by Bert van de Roemer et al. Provides new insights into Merian's life and work, re-examines the existing canon, and explores her influence on the contemporary arts. Investigate her network, process and products, and her impact on art and nature history. Her work is compared to that of artists and scientists who preceded and followed her. Well illus. in color. 304 pages. Lannoo. 8 1/2 x 10 1/2. Pub. at \$70.00 **PRICE CUT to \$34.95**



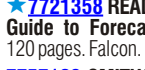
**DVD 7665274 WILD SOUTH AMERICA: Atlas of the Natural World.** Widescreen. BBC Video. **SOLD OUT**



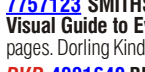
**7875061 WEATHER: An Illustrated History.** By Andrew Revkin with L. Mechale. Fully illus., most in color. 212 pages. Sterling. Pub. at \$24.95 **\$5.95**



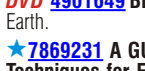
**\*7678428 SURVEILLANCE AND SURVEILLANCE DETECTION: A CIA Insider's Guide.** By John C. Kiriakou. Photos. 150 pages. Skyhorse. Paperbound. Pub. at \$29.95 **SOLD OUT**



**\*7721358 READING WEATHER, THIRD EDITION: The Field Guide to Forecasting the Weather.** By Jim Woodmancy. 120 pages. Falcon. Paperbound. Pub. at \$12.95 **\$9.95**



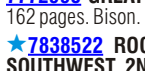
**7757123 SMITHSONIAN NATURAL HISTORY: The Ultimate Visual Guide to Everything on Earth.** Ed. by David Burnie. 664 pages. Dorling Kindersley. 9 1/2 x 11 1/4. Pub. at \$50.00 **\$24.95**



**DVD 4901649 BBC ATLAS OF THE NATURAL WORLD.** BBC Earth. **\$9.95**



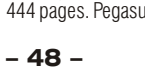
**\*7869231 A GUIDE TO WILD FOOD FORAGING: Proper Techniques for Finding and Preparing Nature's Flavorful Edibles.** By David Squire. Fully illus. in color. 176 pages. IMM Lifestyle Books. Paperbound. Pub. at \$14.99 **\$11.95**



**772998 GREAT PLAINS WEATHER.** By Kenneth F. Dewey. 162 pages. Bison. Paperbound. Pub. at \$16.95 **\$3.95**



**\*7838522 ROCKS, GEMS, AND MINERALS OF THE SOUTHWEST, 2ND EDITION.** By Garret Romaine. 151 pages. Globe Pequot. Paperbound. Pub. at \$17.95 **\$12.95**



**\*1984543 HOW THE MOUNTAINS GREW: A New Geological History of North America.** By John Dvorak. 444 pages. Pegasus. Paperbound. Pub. at \$18.95 **\$13.95**

**4879252 INTO THE ARCTIC ICE: The Largest Polar Expedition of All Time.** Text by S. Grote et al, photos by E. Horvath. Color photos. 288 pages. Prestel. 9 1/2 x 12. Pub. at \$60.00 **\$7.95**

**7879466 MAGDALENA: River of Dreams.** By Wade Davis. 16 pages of color photos. 403 pages. Knopf. Pub. at \$30.00 **\$9.95**

**\*7838514 ROCKHOUNDING SOUTHERN CALIFORNIA.** By Montana Hodges. Fully illus. in color. 210 pages. Falcon. Paperbound. Pub. at \$24.95 **\$17.95**

**\*DVD 7808941 CANADA: Surviving the Wild North.** Widescreen. PBS. Pub. at \$24.99 **\$14.95**

**\*7752385 HOW TO READ A ROCK: Our Planet's Hidden Stories.** By Jan Zalasiewicz. Well illus., in color. 224 pages. Smithsonian. Pub. at \$34.95 **SOLD OUT**

**\*7801912 READING THE GLASS: A Captain's View of Weather, Water, and Life on Ships.** By Elliot Rappaport. 323 pages. Dutton. Pub. at \$30.00 **\$17.95**

**\*7760760 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 **PRICE CUT to \$9.95**

**\*7830017 ANGRY WEATHER: Heat Waves, Floods, Storms, and the New Science of Climate Change.** By Friederike Otto. 243 pages. Greystone. Paperbound. Pub. at \$18.95 **\$13.95**

**\*7721366 THE REMARKABLE REEFS OF CUBA: Hopeful Stories from the Ocean Doctor.** By David E. Guggenheim. Color photos. 240 pages. Prometheus. Pub. at \$27.95 **\$19.95**

**\*7739958 THE SECRET LIFE OF CORALS: Sex, War, and Rocks That Don't Roll.** By David E. Vaughan. Well illus. in color. 256 pages. J. Ross. Pub. at \$29.95 **\$19.95**

**\*1938282 WILDLIFE OF INDIA.** By Bikram Grewal et al. Color photos. 400 pages. Princeton. Paperbound. Pub. at \$24.95 **\$14.95**

**\*7686641 THE EARTH: A Biography of Life.** By Elsa Panciroli. Well illus. 256 pages. Quercus. Pub. at \$35.00 **\$17.95**

**\*7886462 THE OCEAN: The Ultimate Handbook of Nautical Knowledge.** By C. Dixon & J.K. Spencer. 350 pages. Chronicle. Pub. at \$40.00 **PRICE CUT to \$27.95**

**\*4965043 SENTIENT: How Animals Illuminate the Wonder of Our Human Senses.** By Jackie Higgins. 308 pages. Atria. Pub. at \$28.00 **PRICE CUT to \$7.95**

**\*7746571 SENTIENT: How Animals Illuminate the Wonder of Our Human Senses.** By Jackie Higgins. Illus. 308 pages. Atria. Paperbound. Pub. at \$18.00 **PRICE CUT to \$5.95**

**\*1987372 THE SOUND OF THE SEA: Seashells and the Fate of the Oceans.** By Cynthia Barnett. 417 pages. Norton. Paperbound. Pub. at \$18.95 **PRICE CUT to \$5.95**

**\*4835360 MUSHROOM WANDERLAND: A Forager's Guide to Finding, Identifying, and Using More Than 25 Wild Fungi.** By Jess Starwood. Fully illus. in color. 208 pages. Countryman. Pub. at \$28.00 **\$21.95**

**\*773428X THE WILD YEAR: A Field Guide for Exploring Nature All Around Us.** By Kristyna Baczynski. Fully illus. 154 pages. Tarcher. Paperbound. Pub. at \$18.00 **\$9.95**

**\*4882385 WHERE WATER IS GOLD: Life and Livelihood in Alaska's Bristol Bay.** By Carl Johnson. 176 pages. Braided River. 10 x 9. Paperbound. Pub. at \$24.95 **\$11.95**

**\*4799151 FOUR FIFTHS A GRIZZLY: A New Perspective on Nature That Just Might Save Us All.** By Douglas Chadwick. Illus. in color. 289 pages. Patagonia Books. Pub. at \$27.95 **\$12.95**

**\*1905953 TROPICAL PLANTS OF COSTA RICA, SECOND EDITION: A Guide to Native and Exotic Flora.** By Willow Zuchowski. Color photos. 543 pages. Comstock. Paperbound. Pub. at \$34.95 **\$17.95**

**\*4882067 ELWA: A River Reborn.** By Lynda V. Mapes, photos by S. Ringman. 176 pages. Mountaineers. 10 x 9. Paperbound. Pub. at \$29.95 **\$11.95**

**\*3967859 THE HIDDEN LIFE OF ICE: Dispatches from a Disappearing World.** By M. Tedesco & A. Flores d'Arcais. 16 pages of color photos. 154 pages. The Experiment. Pub. at \$19.95 **\$7.95**

## Nature Photography

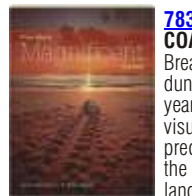


**LIMITED QUANTITY 7962096 INTO AFRICA: The Poster Portfolio.** Features 12 high-quality full-color posters from Frans Lanting, one of the world's most renowned nature photographers. Showcased in these posters are close-up images that create an enduring vision of Africa's wildlife. Earth Aware. 12 x 16. Paperbound. Pub. at \$21.99 **\$5.95**

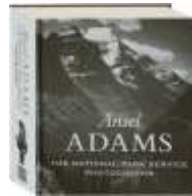
**7959559 LONELY PLANET'S BEAUTIFUL WORLD.** Journey to the planet's most magnificent places with this thought-provoking portrait of our world. See it as you've never seen it before and renew your relationship with the place we call home. Includes a silk ribbon bookmark. Color photos. 254 pages. Lonely Planet. 10 1/2 x 14. Pub. at \$39.99 **\$14.95**



**7837437 THE WESTERN HORSE: A Photographic Anthology.** Text by B. McLaury, photos by D.R. Stoecklein. Presents a lavish photographic tribute to the power, mystique, and the grace of the equine. Stoecklein's stunning photography is accompanied by a charismatic narrative of the hardships these majestic animals have had to face, as well as musings by the greatest living American horsemen on color, training, and performance. 300 pages. Stoecklein. 12 x 12. Pub. at \$60.00 **\$11.95**



**783702X FLORIDA'S MAGNIFICENT COAST.** By J. Valentine & D.B. Means. Breathtaking photos of Florida's beaches, dunes, coastal strand, and marshes. Many years in the making, this work is a special visual journey through some of the most precious wild areas in the state, presenting the breathtaking beauty preserved in state lands, parks, and natural areas. 64 pages. Pineapple Press. 9 x 12. Paperbound. Pub. at \$14.95 **\$5.95**



**\*7788851 ANSEL ADAMS: The National Park Service Photographs.** An artist and activist, Ansel Adams (1902-1984) exerted the greatest single influence in the concept of an ideal American wilderness. Adam's mastery of the manipulation of light and tonal values are evident in many of the dramatic, evocative photographs of the western American landscape he produced during his career, and are now national icons. 351 pages. Abbeville. 4 1/4 x 4 1/2. Pub. at \$12.95 **\$9.95**



**7805276 PORTRAIT OF SAN FRANCISCO.** Text by P. Fish, photos by C. Haney. Beautifully showcases California's legendary "City by the Bay." With 145 stunning color photographs, Haney celebrates the golden city's iconic landmarks and attractions, diverse people and neighborhoods, and her dazzling cityscapes and breathtaking bay views. 120 pages. Farcountry. 10 1/2 x 10 1/4. Pub. at \$26.95 **\$8.95**



**7880413 CAMOUFLAGE: Nature's Masters of Disguise.** By Steve Parker. Camouflage is a key survival strategy in the wild, used for both attack and defense. Profiles 100 elusive animals from all parts of the world, from jaguars, to chameleons, to the gorgeous flower mantis, and many more. Color photos. 240 pages. Ivy Press. 8 1/2 x 10 1/4. Pub. at \$35.00 **\$7.95**



**7794231 SWISS AND ALPINE ISLANDS.** By Farhad Vladi. Some of the most beautiful islands worldwide are situated in the Alps. Whether located in Switzerland or in Italy's lake district, each romantic property combines refined atmosphere with all the relaxing glories of nature. Including aerial shots that convey the rare beauty of these island retreats. Text in German, English, French and Italian. 143 pages. teNeues. 10 1/2 x 12 1/4. Pub. at \$12.95 **\$5.95**



**7772939 EN RECUERDO DE: The Dying Art of Mexican Cemeteries in the Southwest.** By Bruce F. Jordan. Photos show the often forgotten cities of the dead that stand as a testament to the brilliance of Mexican artisans and craftsmen. Reveals the importance of kinship and community among ethnic Mexicans in the Southwest and the perseverance of marginalized communities as they honor and care for ancestors in death. 158 pages. Bison. 10 1/2 x 7 1/4. Pub. at \$29.95 **\$4.95**



**7808143 WILDERNESS AMERICA: A Visual Journey.** By Tim Fitzharris. Take a photographic tour of America's dramatic landscape with over 100 large scale color photographs that showcase the flora, fauna, and superlative beauty of every American region. These arresting photos reveal a rarely seen side of America's wilderness. 160 pages. Whitecap. 10 1/2 x 13. Pub. at \$39.95 **\$11.95**



## Nature Photography



**7794177 AFRICA: Pocket Edition.** By Michael Poliza. Extensive experience photographing the animals and terrain of Africa, Poliza's viewpoint is shaped by his concern for the eco-systems he chronicles. These images embody the soul of Africa's flora and fauna with a true artist's eye for color and composition. 144 pages. teNeues. 5 1/2"x7 1/4". Paperbound. Pub. at \$12.95 **\$3.95**



**7705662 BISON: Portrait of an Icon.** By Chase Reynolds Ewald, photos by A. Hall. Tells the story of the bison—its history, majesty, cultural significance, and comeback. Brought back from the brink of extinction, the bison today is an icon as distinctly American as the bald eagle. Color photos. 224 pages. Gibbs Smith. 12x10 1/4". Pub. at \$50.00 **\$17.95**



**7832230 PHOTO ARK INSECTS: Butterflies, Bees, and Kindred Creatures.** By Joel Sartore. From the glorious monarch butterfly to the spiny Australian katydid, from the tilted head of a praying mantis to the delicate wings of a dragonfly, here are Sartore's exquisite portraits of the insects, spiders, and related creatures that fly, burrow, scurry, squirm—and share the planet with us. 208 pages. National Geographic. 9x8 3/4". Pub. at \$30.00 **\$21.95**



**7929447 MOUNTAINS: Great Peaks and Ranges of the World.** By Chris McNab. Arranged by geographical region, this work features the greatest, most spectacular, most infamous, and legendary mountains from every part of the world. Each entry is accompanied with a caption explaining the significance and history of the mountain. A visual feast for those who want to gaze down from the roof of the world. Fully illus. in color. 224 pages. Amber. 8 1/2"x10 3/4". Pub. at \$29. **SOLD OUT**



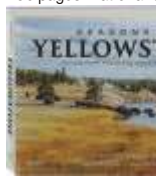
**7869428 STRANGE ANIMALS.** By Tom Jackson. Celebrates the most unusual features of more than 100 of the world's weirdest species. Showcases a broad spectrum of wildlife, from the frilled lizard and the prehistoric gharial with its long, tooth-filled snout, to the vivid scarlet hues of the tomato frog, which can numb predators with its poisonous secretion, and more. Fully illus. in color. 224 pages. Amber. 9 1/2"x12". Pub. at \$29.99 **\$21.95**



**7830262 VOLCANIC 7 SUMMITS: Dreams of the Unknown.** By Adrian Rohnfelder. Vibrant, awe inspiring photos of adventures on seven continents, with the goal of witnessing the most impressive volcanoes in the world. Venture into Tanzania's savanna, the Atacama Desert, Antarctica's heart of ice, and more as you revel in the majesty of a volcanic eruption. 200 pages. teNeues. 9x11 1/2". Pub. at \$55.00 **\$17.95**



**7742738 THE 21ST CENTURY: Photographs from the Image Collection.** By Lynsey Addario et al. A remarkable collection, culled more than 250 of the very best, most impactful National Geographic images across print, digital, and social media. Spanning the remarkable moments year by year from 2000 to 2021, this is a beautiful, giftable, and important record of our rapidly changing world—a treasury you'll want to keep on the coffee table and turn to again and again. 430 pages. National Geographic. 9 1/2"x11 1/4". Pub. at \$50.00 **\$19.95**



**7749643 SEASONS OF YELLOWSTONE: Yellowstone and Grand Teton National Parks.** By Thomas D. Mangelsen. Visit such breathtaking natural landmarks as Oxbow Bend, Old Faithful, Mammoth Hot Springs, Madison River, and more. See such incredible species as wolves, elk, bison, grizzlies, black bears, and countless birds. This collection will inspire us to preserve this special region and all of its treasures for future generations. Color photos. 240 pages. Rizzoli. 14x10 1/4". Pub. at \$55.00 **\$39.95**



**7947844 THE FLOWERS OF PROVENCE.** By Jamie Beck. Will transport you to another time and place, where you'll take in all that France has to offer, from perfect garden roses in a timeless antique vase to quiet, sweeping fields of summer and lavender and glimpse behind some of Provence's most exquisite garden walls, abuzz with butterflies, bees, and life. Fully illus. in color. S&S. 6 1/2"x7 3/4". Pub. at \$25.00 **\$17.95**



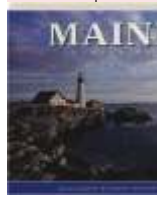
**7930070 BAIT THE TOAD.** By Kendra Powers. Bait the toad loves the camera, and the camera certainly loves him! From rising Tik Tok star to up and coming hat model, Bait has come a long way from his roots in the river. Nothing will stop him from becoming the world's next top supermodel, certainly not the fact that he's an amphibian. Color photos. Powers Squared. 6 1/4"x4 1/4". Pub. at \$14.95 **\$11.95**



**7849222 GLACIER ICONS: 50 Classic Views of the Crown of the Continent.** By Bert Gildart. Contains 50 chapters filled with thousands of facts and hundreds of full-color photographs of iconic people, places, events, foods, animals, traditions, and more from all parts of this great national park. 102 pages. Globe Pequot. Pub. at \$16.95 **PRICE CUT to \$3.95**



**7758340 MAINE COAST IMPRESSIONS.** Photos by Nance Trueworthy. The images in this work convey the coast's beauty and dramatic moods, with landscapes large and small, as well as lively city scenes. Informative captions complement the photographs, providing enough details that readers who simply browse through will learn about the Maine Coast's fascinating history and culture. 80 pages. Farcountry. 9 1/4"x8 3/4". Paperbound. Pub. at \$9.95 **PRICE CUT to \$2.95**



**7758359 MAINE IMPRESSIONS.** Photos by Nance Trueworthy. More than just lighthouses and lobster, Maine is a state with a rich history and a personality all its own. This is a lush portrait of the state, with images from the coast, cities, and the interior. 80 pages. Farcountry. 9 1/4"x8 3/4". Paperbound. Pub. at \$9.95 **\$4.95**



**7705824 WILD SPACES AND UNIQUE PLACES: Celebrating the Natural Wonders of Utah.** By Ryan Jeffery. Explore wild spaces through the dramatic and captivating photography of Jeffery, which captures Utah's beloved wildness, the wildlife, the national parks, the desert vistas, and the mountains. 192 pages. Gibbs Smith. 11 1/4"x8 3/4". Pub. at \$35.00 **PRICE CUT to \$11.95**



**7794193 GROWING: How Animals Come into the World.** By Marlonneke Willemssen. From dogs, cats, and guinea pigs to reptiles and fish, Willemssen accompanied animals in the first weeks of life to capture the precious process of early development and awareness. Eight inspiring and moving photographs of each species are accompanied by fascinating insight into each animal. Text in English, German and Dutch. 192 pages. teNeues. 9x11 1/2". Pub. at \$39.95 **PRICE CUT to \$5.95**



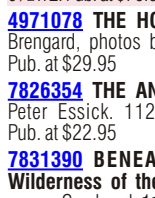
**7794207 JUNGLE SPIRITS.** By C. Ziegler & D. Dent. An ode to the tropical splendor of the planet's most diverse eco-systems, while also a call to action to protect tropical rain forests worldwide. Images captured across 20 countries and on four continents present a fascinating look at the globe's most celebrated jungles in all their lush glory. Text in English, German and French. 240 pages. teNeues. 10x12 3/4". Pub. at \$65.00 **PRICE CUT to \$14.95**



**7836376 CONNECTICUT GARDENS: A Celebration of the State's Historic, Public, and Private Gardens.** By Chris Lawrie, photos by C.B. Davis. From simple cottage gardens to stunning botanical achievements and sumptuous formal landscapes, this work introduces readers to the glorious gardens created by passionate amateurs, professional designers, and notable luminaries such as Frederick Law Olmsted, Gertrude Jekyll, and Beatrix Farrand. Color photos. 262 pages. Globe Pequot. 8x10 1/4". Pub. at \$39.95 **PRICE CUT to \$24.95**



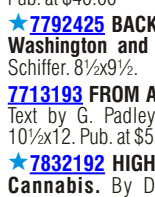
**771470X THE BEAUTY OF UKRAINE: Landscape Photography.** Text by L. Bondar, photos by Y. Samuchenko. The Ukrainian landscape is characterized by steppes, plateaus, lowlands and mountains. Unparalleled scale, out of this world colors and unique landscape shots from above make this volume a tribute to the beauty of the Ukrainian landscape. Text in English, German and Ukrainian. Fully illus. in color. 192 pages. te Neues. 9 1/2"x12". Pub. at \$70.00 **PRICE CUT to \$39.95**



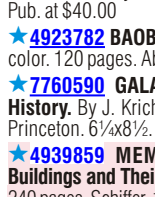
**4971078 THE HORSE: Its Nature, Revealed.** Text by E. Brengard, photos by S. Stuewer. 207 pages. Firefly. 9 1/4"x12". Pub. at \$29.95 **\$8.95**



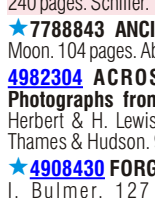
**7826354 THE ANSEL ADAMS WILDERNESS.** Photos by Peter Essick. 112 pages. National Geographic. 10 1/2"x8 3/4". Pub. at \$22.95 **\$7.95**



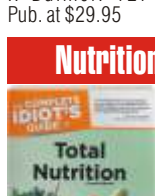
**7831390 BENEATH COLD SEAS: The Underwater Wilderness of the Pacific Northwest.** By David Hall. 160 pages. Saraband. 11 1/4"x10 1/4". **\$15.95**



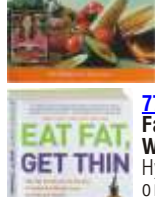
**1921665 MAINE: A Portrait.** By Lucian Niemeyer. 104 pages. Down East. 12x9". Paperbound. Pub. at \$24.99 **PRICE CUT to \$5.95**



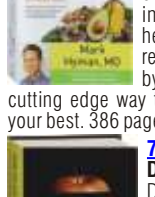
**1977857 EXTRAORDINARY LEAVES.** text by D. Schrader, photos by S. Green-Armytage. 272 pages. Firefly. 9 1/2"x11 1/4". Pub. at \$45.00 **\$16.95**



**7869630 GARDENS OF THE NATIONAL TRUST.** By Stephen Lacey. Fully illus. in color. 416 pages. National Trust. Pub. at \$40.00 **\$31.95**



**7792425 BACK ROADS OF THE PACIFIC NORTHWEST: Washington and Oregon.** By David Skernick. 176 pages. Schiffer. 8 1/2"x9 1/2". **\$25.95**



**7713193 FROM ABOVE: The Story of Aerial Photography.** Text by G. Padley, photos by E. McCabe. Laurence King. 10 1/2"x12". Pub. at \$55.00 **\$14.95**



**7832192 HIGHER: The Lore, Legends, and Legacy of Cannabis.** By Dan Michaels. 314 pages. Ten Speed. Pub. at \$40.00 **\$27.95**



**4923782 BAOBAB.** Photos by Beth Moon. Photos, some in color. 120 pages. Abbeville. 15 1/4"x10 1/4". Pub. at \$49.95 **\$29.95**



**7760590 GALAPAGOS, SECOND EDITION: A Natural History.** By J. Kricher & K. Loughlin. Color photos. 496 pages. Princeton. 6 1/4"x8 1/2". Paperbound. Pub. at \$39.95 **\$21.95**



**4939859 MEMORIES OF AUSTRALIA: Abandoned Buildings and Their Stories.** By Matt Bushell. Fully illus. in color. 240 pages. Schiffer. 11x9 1/4". Pub. at \$39.99 **PRICE CUT to \$14.95**



**7788843 ANCIENT TREES: Portraits of Time.** By Beth Moon. 104 pages. Abbeville. 11 1/4"x11 1/4". **SOLD OUT**

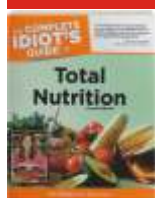


**4982304 ACROSS THE ARCTIC OCEAN: Original Photographs from the Last Great Polar Journey.** By W. Herbert & H. Lewis-Jones. Photos, most in color. 240 pages. Thames & Hudson. 9x11". Pub. at \$39.95 **\$7.95**



**4908430 FORGOTTEN NOVA SCOTIA.** By T. Pritchard & I. Bulmer. 127 pages. MacIntyre Purcell. 10x8 1/4". Pub. at \$29.95 **\$17.95**

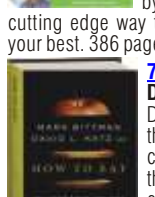
## Nutrition & Weight Management



**1910019 THE COMPLETE IDIOT'S GUIDE TO TOTAL NUTRITION, FOURTH EDITION.** By Joy Bauer. Describes myriad ways to treat your body well, through great eating, exercises you can stick with, and making smart choices at the supermarket or fast food counter. Illus. 436 pages. Alpha. Paperbound. Pub. at \$18.95 **\$4.95**



**7751613 EAT FAT, GET THIN: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health.** By Mark Hyman. A revolutionary diet program based on the latest science showing the importance of fat in weight loss and overall health. Offering practical tools, meal plans, recipes, and shopping lists, as well as step by step, easy to follow advice, this is the cutting edge way to lose weight, prevent disease, and feel your best. 386 pages. Little, Brown. Pub. at \$28.00 **\$5.95**



**7852169 HOW TO EAT: All Your Food and Diet Questions Answered.** By M. Bittman & D.L. Katz. These best-selling authors answer the common dietary questions of all people concerned about their health, and throughout they filter nutrition science through a lens of common sense, delivering their straightforward advice with a healthy dose of wit. 242 pages. HMH. Pub. at \$17.99 **\$4.95**



## Nutrition & Weight Management



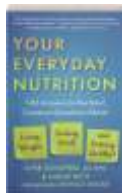
**1960350 THE WAR AGAINST VIRUSES: How the Science of Optimal Nutrition Can Help You Win.** By Aileen Burford-Mason. In this work Burford-Mason addresses how readers can help reduce the risk and severity of COVID-19 infection. But this goes much further than that and shows how staying well in general and avoiding chronic disease is possible with optimal nutrition. 212 pages. Harper. Paperbound. **\$3.95**



**781562X THE PERMANENT WEIGHT LOSS PLAN: A 10-Step Approach to Ending Yo-Yo Dieting.** By J. Asher & J. Rivera. It's all about stopping the shame associated with body size, recognizing instances of disordered eating, learning what behaviors contribute to lasting weight loss, and making use of proven strategies. Escape the comfort food cycle of hell; eat food that nourishes your intestinal microbiome and brain; commit to an exercise regimen you can enjoy; and more. 350 pages. Skyhorse. Paperbound. Pub. at \$18.99 **\$4.95**



**★7932030 THE FUTURE OF NUTRITION.** By T. Colin Campbell with N. Disla. Cuts through the noise with an in-depth analysis of our historical relationship to the food we eat, the source of our present information overload, and what our current path means for the future, both for individual health and society as a whole. 305 pages. BenBella. Paperbound. Pub. at \$19.95 **\$14.95**



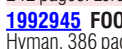
**★7943474 YOUR EVERYDAY NUTRITION: 100 Answers to the Most Common Questions About Losing Weight, Feeling Great, and Getting Healthy!** By I. Schapiro & H. Rich. Realistic in their approach without getting too technical, the authors give expert advice to readers and the tools to know what is truly important and relevant to their overall health. 222 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$14.95**



**7804547 EAT IT! The Most Sustainable Diet and Workout Ever Made.** By J. Syatt & M. Vacanti. Personal trainers explain how you can enjoy your favorite foods without guilt while losing weight, getting stronger and improving your health. 223 pages. Harper. Pub. at \$27.99 **PRICE CUT to \$3.95**



**7784554 JUST EAT: One Reporter's Quest for a Weight-Loss Regimen That Works.** By Barry Estabrook. Join the bestselling author of *Tomatoland*, as he tries the most popular diets of our time, investigating the diet gurus, sorting out the contradictory advice, and examining the science behind the programs to reveal how we should—and shouldn't—be dieting. 242 pages. Lorena Jones. Pub. at \$26.00 **PRICE CUT to \$4.95**



**1992945 FOOD: What the Heck Should I Eat?** By Mark Hyman. 386 pages. Little, Brown. Pub. at \$30.00 **\$5.95**

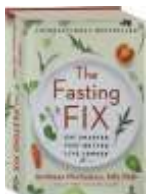
## Healthy Cooking & Special Diets



**LIMITED QUANTITY 7922019 THE HEALING POWERS OF SUPERFOODS: A Complete Guide to Nature's Favorite Functional Foods.** By Cal Orey. With over 50 recipes for both cooked and raw dishes, this down to earth guide will show you how to get healthy and stay healthy with body friendly superfoods. It will take you to a world of wellness that starts at home with our favorite foods from Mother Nature, enjoyed in a new way with an exciting twist. 16 pages of color photos. 316 pages. Citadel. Paperbound. Pub. at \$16.95 **\$5.95**



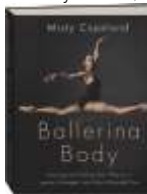
**7951671 GOOD SUGAR, BAD SUGAR: How to Power Your Body and Brain with Healthy Energy.** By Christopher Vasey. This practical guide explains how to successfully replace bad sugars with good sugars as well as how to reduce sugar cravings and break your sugar addiction. Offering a path out of sugar addiction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



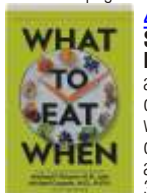
**1970224 THE FASTING FIX: Eat Smarter, Fast Better, Live Longer.** By Andreas Michalsen with S. Kirschner-Brouns. In this work Michalsen lays out the clear, indisputable science that fasting, when combined with a healthy diet, is the key to healing chronic illnesses and living longer. Learn which foods to eat and which to avoid. And learn the specific fasting program, therapeutic fasting, intermittent fasting, or a combination of both, that will benefit you the most. 422 pages. Penguin. Pub. at \$28.00 **\$5.95**



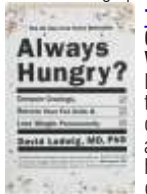
**7876580 KETO FOR LIFE: Reset Your Biological Clock in 21 Days and Optimize Your Diet for Longevity.** By Mark Sisson with B. Kearns. Discover how to escape carbohydrate dependency once and for all and incorporate the most potent ketogenic superfoods and supplements available to boost brain function and protect against heart disease, dial in your sleep habits and recovery patterns for an immediate energy boost, and successfully manage modern-life stressors. Includes more than 80 delicious keto recipes. 16 pages of color photos. 304 pages. Harmony. Pub. at \$27.99 **\$6.95**



**7876157 BALLERINA BODY: Dancing and Eating Your Way to a Leaner, Stronger, and More Graceful You.** By Misty Copeland. In her first health and fitness guide, Copeland shows you how to find the motivation to get healthier and stronger, and how to refine the body you were born with to be lean and flexible, with step by step advice, meal plans workout routines, and words of inspiration. Well illus., many in color. 226 pages. Grand Central. Pub. at \$32.00 **\$7.95**



**4922212 WHAT TO EAT WHEN: A Strategic Plan to Improve Your Health & Life Through Food.** By Michael F. Roizen et al. Reveals that the internal clock that drives our lives—when we sleep and when we wake—also affects how we process food. In other words, when you eat is just as important as what you eat, and the authors give you a 31-day program that will show you a powerful new way to help you achieve your very best life. Illus. 352 pages. National Geographic. Paperbound. Pub. at \$16.99 **\$4.95**



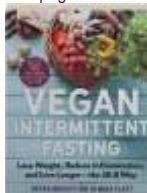
**7914660 ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells & Lose Weight Permanently.** By David Ludwig. Dr. Ludwig turns dieting on its head with a three-phase program that ignores calories and directly targets fat cells. The included recipes and meal plan feature luscious and healthy high-fat foods, savory proteins, and natural carbs. The result? Fat loss and loss of cravings. 357 pages. Grand Central. Paperbound. Pub. at \$18.99 **\$5.95**



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



**4960246 THE CELERY JUICE BOOK: And Other Plant-Powered, Cold-Pressed, Nutrition-Packed Recipes!** By Melissa Petitto. Juicing, blending, and using celery juice and celery stocks in your day to day life can lead to weight loss, balanced blood sugar levels, additional energy, and help strengthen your body against a variety of chronic illnesses. Discover the best practices; how to make celery juice from a blender; green juice and smoothies recipes; and snacks, broths, soups, and mains recipes. Color photos. 160 pages. Chartwell. Pub. at \$16.99 **\$4.95**



**7884788 VEGAN INTERMITTENT FASTING: Lose Weight, Reduce Inflammation, and Live Longer—the 16:8 Way.** By P. Bracht & M. Flatt. In this completely plant-based program and guide to 16:8 fasting, you'll unlock all the benefits of fasting while still eating the foods you love without feeling hungry. Included are over 100 balanced, plant-powered recipes and guided exercises to boost your fasting plan's effectiveness. Color photos. 278 pages. The Experiment. Paperbound. Pub. at \$19.95 **\$5.95**

**7853203 THE CASE FOR KETO: Rethinking Weight Control and the Science and Practice of Low-Carb/High-Fat Eating.** By Gary Taubes. Reveals why the established rules about eating healthfully might be the wrong approach to weight loss for most people, and how low-carbohydrate, high-fat ketogenic diets can help many of us achieve and maintain a healthy weight for life. Illus. 289 pages. Knopf. Pub. at \$26.95 **\$5.95**



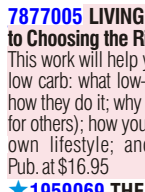
**DVD 7765894 THE FISH ON MY PLATE: Frontline.** Widescreen. As part of his quest to investigate the health of the ocean—and his own—Greenberg spends a year eating seafood at breakfast, lunch, and dinner, eating over 700 fish meals in hopes to improve his health through a dramatic increase in his Omega-3 levels. English SDH. 90 minutes. PBS. **\$5.95**



**★794344X THE PLANT-BASED DIABETES COOKBOOK: 125+ Nourishing Recipes to Satisfy Every Taste Bud.** By Jackie Newgent. With abundant tips and simple menus, you'll discover a flexible, diabetes friendly recipe guide that is not overly focused on calories, carb counting, or other strict parameters. There's no need to have a separate menu for your family and friends. Over 125 recipes that follow today's current nutrition guidelines, will bring good health to your life! 16 pages of color photos. 294 pages. Health Communications. Paperbound. Pub. at \$18.95 **\$13.95**



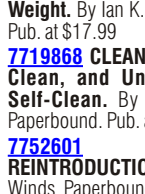
**★1973908 IMMUNITY FOOD FIX: 100 Superfoods and Nutrition Hacks to Reverse Inflammation, Prevent Illness, and Boost Your Immunity.** By Donna Beydoun Mazzola. Studies have shown that nutrition impacts immunity and disease development. Food is less expensive than medication, free of side effects and, unlike supplements, has the most complete form of the nutrient. So start boosting your immunity as soon as your next meal. Color photos. 188 pages. Fair Winds. 8x9. Paperbound. Pub. at \$26.99 **\$19.95**



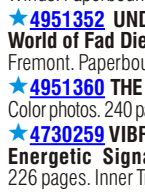
**7877005 LIVING LOW CARB, REVISED: The Essential Guide to Choosing the Right Low-Carb Plan for You.** By Jonny Bowden. This work will help you understand the most critical aspects of living low carb: what low-carb diets actually do to and for your body, and how they do it; why some programs work for some people (and don't for others); how you can adapt what you discover in this work to your own lifestyle; and more. 364 pages. Sterling. Paperbound. Pub. at \$16.95 **PRICE CUT to \$3.95**



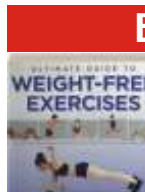
**★1959069 THE ANTI-INFLAMMATION DIET: How to Feel Better and Live Longer.** By Janet Lee. Color photos. 143 pages. Centennial. Paperbound. Pub. at \$14.99 **\$11.95**



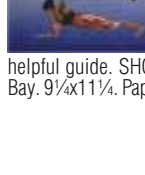
**190955X FAST THIS WAY: Burn Fat, Heal Inflammation, and Eat Like the High-Performing Human You Were Meant to Be.** By Dave Asprey. 272 pages. Harper. Pub. at \$28.99 **\$6.95**



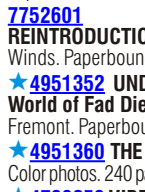
**★1935534 THE 14-DAY NEW KETO CLEANSE.** By JJ Smith. Color photos. 205 pages. S&S. Paperbound. Pub. at \$18.99 **\$7.95**



**787958X PLANT POWER: Flip Your Plate, Change Your Weight.** By Ian K. Smith. 242 pages. St. Martin's. Paperbound. Pub. at \$17.99 **\$5.95**



**7719868 CLEAN(ISH): Eat (Mostly) Clean, Live (Mainly) Clean, and Unlock Your Body's Natural Ability to Self-Clean.** By Gin Stephens. 406 pages. St. Martin's. Paperbound. Pub. at \$19.99 **\$5.95**



**7752601 THE AUTOIMMUNE PROTOCOL REINTRODUCTION COOKBOOK.** By Kate Jay. 208 pages. Fair Winds. Paperbound. Pub. at \$26.99 **\$2.95**



**★4951352 UNDIETING: Freedom from the Bewildering World of Fad Diets.** By Lisa Kilgour. Color photos. 192 pages. Fremont. Paperbound. Pub. at \$16.95 **\$3.95**



**★4951360 THE VERTICAL DIET.** By S. Efferding & D. McCune. Color photos. 240 pages. Paperbound. Pub. at \$26.95 **\$11.95**



**★4730259 VIBRATIONAL NUTRITION: Understanding the Energetic Signature of Foods.** By Candice Covington. 226 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$7.95**

## Exercise & Fitness

**7834861 ULTIMATE GUIDE TO WEIGHT-FREE EXERCISES.** By Hollis Liebman et al. Includes more than 150 exercises that you can do anytime, anywhere. Step by step instructions and detailed illustrations guide you through each exercise so that you can perform them safely and with confidence. All the major muscle groups are covered in this helpful guide. SHOPWORN. Color photos. 400 pages. Thunder Bay. 9 1/4 x 11 1/4. Paperbound. Pub. at **SOLD OUT**



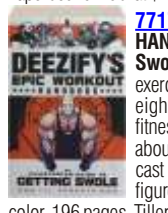
## Exercise & Fitness



**7713436 TRAIN LIKE A FIGHTER: Get MMA Fit Without Taking a Hit.** By Cat Zingano. Find out why you should train like a fighter, learn common fighter moves, and discover the equipment and nutrition that can help you achieve your fitness goals. Includes 42 step by step exercises, 20 workouts that combine exercises into 3 circuits, and three monthly programs that combine routines into plans to enhance your strength, power, and stability. Color photos. 192 pages. Alpha. Paperbound. Pub. at \$19.95 **\$5.95**



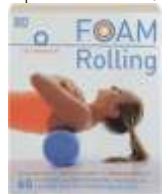
**7776764 15-MINUTE BETTER BACK.** By Suzanne Martin. Fit exercise into your busy life with these short but effective back-strengthening programs. Follow these routines for just 15 minutes regularly, anytime, anywhere, to make a difference. Feel results fast, strengthen back muscles, banish aches and pains, and improve your core. Color photos. 112 pages. Dorling Kindersley. Paperbound. Pub. at \$15.00 **\$5.95**



**7717210 DEEZIFY'S EPIC WORKOUT HANDBOOK: An Illustrated Guide to Getting Swole.** By Fil Ruberto. Featuring more than 100 exercises, custom body building routines, and an eight-week fitness plan, this handbook tells fitness fanatics everything they need to know about getting those gains. You'll be inspired by a cast of characters, including Vikings, historical figures, and mythological creatures. Fully illus. in color. 196 pages. Tiller. Paperbound. Pub. at \$19.99 **\$5.95**



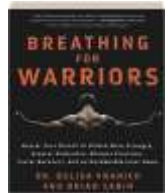
**7964773 PILATES EXPRESS: Get Maximum Results in Minimum Time.** By Lynne Robinson. Suitable for all fitness levels, these 10-minute mini workouts are each designed for a different part of your day—morning, midday and evening. As well as increasing your strength and flexibility, there are dedicated exercises to boost your immune system, improve the efficiency of your breathing, and more. Fully illus. in color. 208 pages. Kyle Books. Paperbound. Pub. at \$24.99 **\$7.95**



**7825579 FOAM ROLLING: Relieve Pain, Prevent Injury, Improve Mobility.** By Sam Woodworth. Your body is designed to be a remarkable and limber movement machine, but activities of daily living and overuse can cause pain, poor posture, and limited mobility. The foam roller and other tools help you release the tension in your body's connective tissues and restore your muscles to the optimal efficiency for which they're designed. Well illus., in color. 191 pages. Dorling Kindersley. Paperbound. Pub. at \$19.95 **\$6.95**



**7836902 BUILDING THE ELITE ATHLETE.** By the eds. of *Scientific American*. Science increasingly informs athletic training, and technology is used everyday to maintain physical performance. Presents clear, accessible prose about present—and future—advances that will enhance not only athletic performance, but also the vitality of the rest of the population. 192 pages. Lyons. Paperbound. Pub. at \$19.95 **\$5.95**



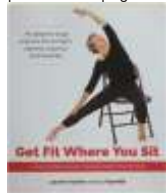
**3875741 BREATHING FOR WARRIORS.** By B. Vranich & B. Sabin. Whether you are a professional athlete, a first responder, or someone whose occupation requires physical skills and stamina, Dr. Vranich's series of exercises—which restores and reinforces how we're actually supposed to breathe—will teach you how to keep your body, and your mind, in prime condition. Illus. 260 pages. St. Martin's. Paperbound. Pub. at \$18.99 **\$13.95**



**4534212 BODYWEIGHT WORKOUTS FOR MEN: 75 Anytime, Anywhere Exercises to Build a Better Body.** By Sean Bartram. Work all your major muscle groups and blast off extra pounds with exercises that require only the weight of your body—no bulky machines, no special equipment, no expensive gym memberships. Includes 75 strengthening and toning exercises in 36 hardcore routines. 224 pages. Dorling Kindersley. Paperbound. Pub. at \$21.99 **\$13.95**



**1940775 FITNESS FOR EVERYONE: 50 Exercises for Every Type of Body.** By Louise Green. No matter what you look like or how you feel, you can exercise. Whether you want to target muscles in your upper or lower body, strengthen your cardio, or develop balance and stamina, the 50 exercises and their modifications in this work offer you all the variety you need to create a fitness routine that works best for you. Color photos. 256 pages. Alpha. Paperbound. Pub. at \$19.99 **\$5.95**



**LIMITED QUANTITY 7933509 GET FIT WHERE YOU SIT: A Guide to the Lakshmi Voelker Chair Yoga Method.** By L. Voelker & L. Oppedijk. Offers 40 active and restorative poses along with breathing techniques and meditation practices, all adapted so that you don't have to leave your chair. Fully illus. 231 pages. Shambhala. Paperbound. Pub. at \$19.95 **SOLD OUT**

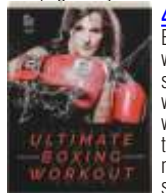


**7815662 STRENGTH TRAINING FOR WOMEN: Training Programs, Food, and Motivation for a Stronger, More Beautiful Body.** By Olga Ronnberg. Follow more than 40 step by step exercises the build and fine-tune muscles and burn calories. Define your strength training goals according to your body type. Understand the benefits of low and high intensity cardio training. Balance training and nutrition with 16 supplementary recipes and more. Fully illus. in color. 144 pages. Skyhorse. 8x10 1/4. Pub. at \$17.99 **\$5.95**

**7838077 MAKE THE POOL YOUR GYM, 2ND EDITION: No-Impact Water Workouts for Getting Fit, Building Strength, and Rehabbing from Injury.** By Karl Knopf. Water exercise has been proven to build strength, improve cardiovascular fitness, and burn calories for people of all ages—all without the strain and trauma of land-based activities. With step by step instructions this flexible training tool will introduce you to the no-impact, total-body benefits of water exercise. Fully illus. 104 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$11.95**



**4812085 HEALTHY SHOULDER HANDBOOK, SECOND EDITION: 100 Exercises for Treating Common Injuries and Ending Chronic Pain.** By Karl Knopf. Packed with more than 300 step by step photos, this user-friendly reference features a comprehensive collection of corrective exercises for treating common shoulder injuries and ending chronic pain—fast! 162 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$11.95**



**4973852 ULTIMATE BOXING WORKOUT.** By Andy & Jamie Dumas. Boxing is the ideal workout for fitness and conditioning. Stamina, strength, speed, endurance and more are all within your reach. These exhilarating interval workouts teach you the foundations of boxing training, body awareness, proper execution of movements all resulting in a challenging and safe exercise program. Fully illus. in color. 176 pages. Mosaic. 8 1/2x10 3/4. Paperbound. Pub. at \$19.95 **\$5.95**

**7778007 TRAIN LIKE A BODYBUILDER AT HOME.** By Erin Stern. Training like a bodybuilder is about training hard and also training smart. All you need is determination, some simple equipment, and a space in your home to make it happen. Stern will show you how to forget about the gym and train right in your own home through 65 exercises and over 100 variations, and training programs. Fully illus. in color. 192 pages. Alpha. Paperbound. Pub. at \$19.99 **\$14.95**

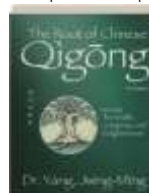


**7788789 EAT LIKE A PIG, RUN LIKE A HORSE: How Food Fights Hijacked Our Health and the New Science of Exercise.** By Anastacia Marx de Salcedo. A fascinating journey that weaves together true confessions, mad(ish) scientists, and beguiling animal stories. The author shows that we need to move beyond our diet focused model to a new concept of metabolism as regulated by exercise. Suddenly the answer to good health is simple. Don't worry about what you eat. Worry about how much you move. 288 pages. Pegasus. Pub. at \$27.95 **\$6.95**

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



**7929684 SMALL CHANGES: A Rules-Free Guide to Add More Plant-Based Foods, Peace & Power to Your Life.** By Alicia Witt. Witt shows you how adopting the "small changes philosophy" allows you to find balance, eat healthier, and feel better physically and emotionally. See how small changes can usher in larger changes and transform your life. 16 pages of color photos. 270 pages. Harper. Pub. at \$27.99 **\$9.95**



**770366X THE ROOT OF CHINESE QIGONG, THIRD EDITION: Secrets for Health, Longevity, and Enlightenment.** By Jwing-Ming Yang. Presents ancient Qigong concepts in a logical way for the western mind, which helps practitioners stay on the right path while deepening their knowledge and skills. Teaches sitting and standing meditation, demonstrates Qi massage techniques, examines the Qi pathway, correct breathing methods and more. Illus. 318 pages. YMAA. Paperbound. Pub. at \$34.95 **\$26.95**



**7723830 THE RESISTANCE TRAINING REVOLUTION: The No-Cardio Way to Burn Fat and Age-Proof Your Body—in Only 60 Minutes a Week.** By Sal Di Stefano. The author reveals how resistance training is the best form of exercise to burn fat, boost metabolism, and achieve health benefits you cannot obtain from other forms of exercise. Photos. 283 pages. Hachette. Paperbound. Pub. at \$17.99 **\$12.95**

**LIMITED QUANTITY 7951183 THE RESISTANCE TRAINING REVOLUTION.** By Sal Di Stefano. Reveals how resistance training is the best form of exercise to burn fat, boost metabolism, and achieve health benefits you cannot obtain from other forms of exercise. Illus. 283 pages. Hachette. Pub. at \$29.00 **SOLD OUT**



**4903668 MARTIAL ARTS AND THE MIRROR IMAGE.** By Phillip Starr. Pulling from self-image psychology and Qigong to offer readers a unique set of physical exercises that can be applied to any martial art tradition, as well as our everyday lives. Like two mirrors facing each other, the physical body both reflects and changes the mind, and vice versa: as we adjust the way we move, we adjust the way we think about ourselves, our lives, and our environments. Photos. 205 pages. Blue Snake Books. Paperbound. Pub. at \$19.95 **\$14.95**



**7964684 MOON YOGA: Poses, Flows and Rituals to Help You Move with the Moon.** By Lisa Hood. Insightful guidance on the lunar cycle and its effects on us as human beings will teach you how to practice yoga in sync with the moon's energy—from yin poses and yoga flows to individual poses for each full moon throughout the year. Illus. in color. 128 pages. Godsfield. Pub. at \$14.99 **\$5.95**



**7944721 TIME TO REPAIR: How Yoga Can Restore Body and Mind in 5 Minutes a Day.** By Vicky Fox. Shows how to promote recovery and repair after illness, surgery or injury through building a personalized yoga practice that can take just five minutes a day. Fully illus. 219 pages. Hammersmith. Paperbound. Pub. at \$29.95 **\$24.95**



**790682X YOGA INVERSIONS: Your Guide to Going Upside Down.** By Kat Heagberg. An easy to follow, biomechanically sound, inclusive, step by step approach to anyone who wants to try being upside down. Includes downward dog and dolphin variations to set you up for success; innovative prop tips; handstand preps and drills; tips for stepping, jumping, hopping, and pressing into handstand; and more. Fully illus. in color. 206 pages. Shambhala. Paperbound. Pub. at \$24.95 **\$17.95**



**7910592 TEACH PEOPLE, NOT POSES: Lessons in Yoga Anatomy and Functional Movement to Unlock Body Intelligence.** By Mary Richards. Offers advice, techniques, observations, and practices to give teachers and yoga therapists the tools they need to move beyond the popular ideas of "should" on the mat. Includes numerous exercises to address physical and structural imbalances such as: "Tighten the Course" for deep core training; "Forearm Plank" to develop full-body strength and stability; and more. Illus. 174 pages. Shambhala. Paperbound. Pub. at \$24.95 **\$17.95**





## Exercise & Fitness



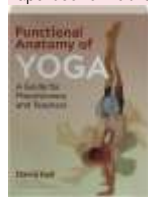
**4793684 THE MICRO-WORKOUT PLAN.** By Tom Holland. Perfect for busy people who don't have time for the gym. In this guide, Holland shares the knowledge he's gained from 30 years in the fitness industry and he explains why micro-workouts succeed, and offers a manageable method for fitness well-being.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



**7801351 BE THE FITTEST: Your Ultimate 12-Week Guide to Training Smart, Eating Clever and Learning to Listen to Your Body.** By Tyrone Brennand. Brennand shares his ground-breaking workouts and easy recipes so that anyone can learn to *Be the Fittest* in 12 weeks. Workout plans from beginner to advanced. Sixty recipes, meal plans, and nutritional tricks. Essential yoga poses, breathwork exercises, and self-care advice. Well illus. in color. 224 pages. Quadrille. Paperbound. Pub. at \$23.99 **PRICE CUT to \$4.95**



**★7854374 THE 90-DAY WEIGHT TRAINING PLAN: An Effective Workout and Nutrition Program to Build Muscle and Maximize Energy.** By Julie Germaine Coram. Learn how to properly challenge your body during weight training. A customizable program that makes nutrition simple, with easy to understand, week by week guides that explain carb timing, appropriate protein intake, and the right food choices to build lean muscle mass. 188 pages. Callisto. Paperbound. Pub. at \$16.99 **PRICE CUT to \$9.95**



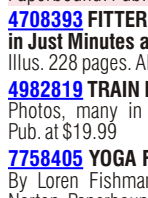
**★7786832 FUNCTIONAL ANATOMY OF YOGA: A Guide for Practitioners and Teachers.** By David Keil. Writing in an accessible, conversational tone, the author outlines how practitioners and yoga teachers alike can utilize a deeper understanding of how their anatomy and its movement and function to deepen their yoga practice, increase confidence, prevent injury, and better understand their students and their challenges. Fully illus. in color. 328 pages. Inner Traditions. Paperbound. Pub. at \$29.99 **PRICE CUT to \$19.95**



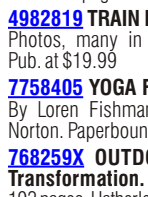
**★7832133 BUILT TO MOVE: The 10 Essential Habits to Help You Move Freely and Live Fully.** By Kelly & Juliet Starrett. Designed to improve the way your body feels and boost the overall quality of your life, no matter how you spend your time. Easy mobilization practices to increase range of motion and avoid injury. Simple guidelines for improving nutrition and sleep. Practices to help you breathe properly, and more. Illus. 318 pages. Knopf. Pub. at \$28.00 **PRICE CUT to \$14.95**



**7854315 WHY KIDS MAKE YOU FAT: And How to Get Your Body Back.** By Mark Macdonald. The proven weight-loss program designed for busy parents. Macdonald created this proven eight-week program specifically geared toward parents to help them shed the weight, gain new energy, and—most important—create sustainable habits. Illus. 308 pages. Harper. Paperbound. Pub. at \$16.99 **PRICE CUT to \$3.95**



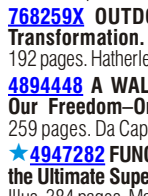
**4708393 FITTER FASTER: The Smart Way to Get in Shape in Just Minutes a Day.** By Robert J. Davis with B. Kolowich, Jr. Illus. 228 pages. AMACOM. Paperbound. Pub. at \$16.95 **\$4.95**



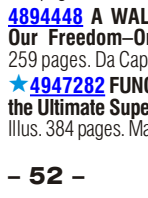
**4982819 TRAIN LIKE AN ACTION HERO.** By Dolph Lundgren. Photos, many in color. 192 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$4.95**



**7758405 YOGA FOR WEIGHT LOSS: The Complete Guide.** By Loren Fishman with C. Ardman. Well illus. 159 pages. Norton. Paperbound. Pub. at \$20.00 **\$5.95**



**768259X OUTDOOR PHYSIQUE: Your Portable Body Transformation.** By Hollis Lance Lieberman. Color photos. 192 pages. Hatherleigh. 8x10. Paperbound. Pub. at \$21.95 **\$2.95**



**4894448 A WALKING LIFE: Reclaiming Our Health and Our Freedom—One Step at a Time.** By Antonia Malchik. 259 pages. Da Capo. Pub. at \$28.00 **\$6.95**

**★4947282 FUNCTIONAL TRAINING AND BEYOND: Building the Ultimate Superfunctional Body and Mind.** By Adam Sinicki. Illus. 384 pages. Mango. Paperbound. Pub. at \$18.95 **\$9.95**

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

**★7739842 QIGONG MEDITATION, SECOND EDITION: Embryonic Breathing.** By Yang, Jwing-Ming. 395 pages. YMAA. Paperbound. Pub. at \$36.95 **SOLD OUT**

**1979310 BE PARA FIT: The 4-Week Formula for Elite Physical Fitness.** By Sam McGrath. Fully illus., most in color. 176 pages. Osprey. Paperbound. Pub. at \$20.00 **SOLD OUT**

**4958527 EMBODYING THE YOGA SUTRA: Support, Direction, Space.** By R. Roy & D. Charlton. Illus. 342 pages. Weiser. Paperbound. Pub. at \$24.95 **SOLD OUT**

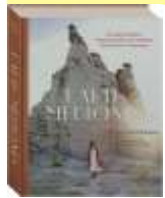
**395885X RESYNC YOUR LIFE: 28 days to a Stronger, Leaner, Smarter, Happier You.** By Samir Becic. Illus. 245 pages. Thomas Nelson. Pub. at \$24.99 **\$5.95**

**7802536 SECRET YOGA CLUB: Self-Empowerment Through the Magic of Yoga.** By Gabrielle Hales. Well illus. in color. 224 pages. Aster. Pub. at \$26.99 **\$6.95**

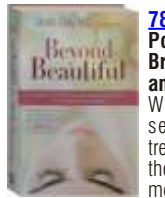
## Beauty & Skin Care



**7874545 TIMELESS BEAUTY: Over 100 Tips, Secrets, and Shortcuts to Looking Great.** By Christie Brinkley with S. Wadyka. Sharing the secrets she's learned on what to eat, how to apply makeup like a pro, and how to keep your hair shiny and your face glowing, super-model Christie Brinkley will show you how to look like a knockout at any age. Fully illus. in color. 208 pages. Grand Central. 8½x10¼. Pub. at \$30.00 **\$6.95**



**7860854 EARTH MEDICINES: Ancestral Wisdom, Healing Recipes, and Wellness Rituals from a Curandera.** By Felicia Cocotzin Ruiz, photos by N. Hedayatzadeh. The author's healing recipes and rituals draw on the power of Water, Air, Earth, and Fire, a reminder that the elements are the origins of everything and can heal not only our body but our mind and spirit as well. Promote beauty inside and out with Mineral-Rich Hair Moisturizer, Botanica Face Steam Ritual, Fierce Tigris Body Balm, and more. Well illus. in color. 212 pages. Roost. Pub. at \$24.95 **\$7.95**



**7846886 BEYOND BEAUTIFUL: Using the Power of Your Mind and Aesthetic Breakthroughs to Look Naturally Young and Radiant.** By Doris Day with J. Gould. Will teach you how to improve your self-perception, explain breakthrough treatments and products and when to use them, and give you a roadmap to become the most youthful, beautiful version of yourself! Learn how to: boost self-confidence; fight aging; tighten your chin and neck; treat acne and rashes; relieve stress; and more. Color photos. 248 pages. Center Street. Pub. at \$28.00 **\$6.95**



**7762615 NATURAL BEAUTY WITH COCONUT OIL: 50 Homemade Beauty Recipes Using Nature's Perfect Ingredient.** By Lucy Bee. Bee has put together all her favorite recipes, tips and ideas for combining coconut oil with cupboard staples and other natural ingredients to make beauty products that really work. Well illus. in color. 96 pages. Quadrille. Pub. at \$14.99 **SOLD OUT**

**7920601 GOOD CLEAN BEAUTY: Over 100 Natural Recipes for a Glowing, Beautiful You.** By C. Bercaw & I. Bercaw. Fully illus. in color. 143 pages. Rock Point. Pub. at \$23.00 **\$5.95**

**★7767005 NATURAL SKINCARE FOR ALL SEASONS: A Modern Guide to Growing & Making Plant-Based Products.** By Silvana de Soissons. Well illus. in color. 192 pages. Pavilion. Pub. at \$29.99 **\$17.95**

**★1990454 THE ART OF EXTREME WIG STYLING.** By Regan Cerato. Color photos. 104 pages. C&T. 8x10. Paperbound. Pub. at \$24.95 **PRICE CUT to \$9.95**

**★4882032 DON'T GET SUNBURNED: 50 Ways to Save Your Skin.** By Buck Tilton. 86 pages. Mountaineers. Paperbound. **\$6.95**

**★1906712 NATURAL BEAUTY BASICS: Create Your Own Cosmetics and Body Care Products.** By Dorie Byers. Illus. 198 pages. Square One Publishers. Paperbound. Pub. at \$14.95 **SOLD OUT**

**★4938089 SHAKESPEAREAN WIG STYLING: A Practical Guide to Wig Making for the 1500s-1600s.** By Brenda & Lizzee Leedham. Color photos. 144 pages. Crowood. 8½x10¼. Paperbound. Pub. at \$37.95 **PRICE CUT to \$9.95**

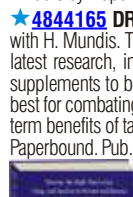
## Health & Medical References



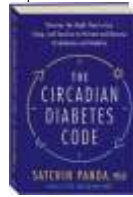
**LIMITED QUANTITY 7907753 IMMUNITY: The Science of Staying Well.** By Jenna Macciocchi. The immune system is your constant guardian, fighting around the clock to protect you from disease. There's a lot you can do to strengthen this first line of defense against all kinds of threats, from COVID-19 to cancer. You're given a crash course on how the immune system actually works, and how to keep yours in shape. 332 pages. The Experiment. Paperbound. Pub. at \$19.95 **SOLD OUT**



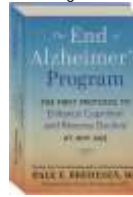
**1910221 THE MEDICAL CHECKUP BOOK: Understand the Tests You Need to Keep Your Body and Mind Healthy.** By Jess Baker et al. An essential guide to understanding and maintaining your health, covering the most common medical tests and health assessments available. Written by experts and packed with user-friendly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



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



**7945965 THE CIRCADIAN DIABETES CODE: Discover the Right Time to Eat, Sleep, and Exercise to Prevent and Reverse Prediabetes and Diabetes.** By Satchin Panda. Science shows that a simple approach that aligns your daily lifestyle—when you eat, sleep, and exercise—with your body's inherent circadian rhythm can be just as effective. Following this program can enhance every other aspect of your health, from losing weight to boosting immunity. 267 pages. Rodale. Pub. at \$27.99 **\$6.95**



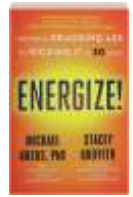
**7857748 THE END OF ALZHEIMER'S PROGRAM: The First Protocol to Enhance Cognition and Reverse Decline at Any Age.** By Dale E. Bredesen. What we call Alzheimer's disease is actually a protective response to a wide variety of insults to the brain: inflammation, insulin resistance, toxins, infections,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



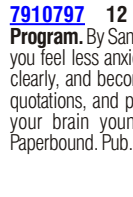
**7830734 THE SLEEP PRESCRIPTION: 7 Days to Unlocking Your Best Rest.** By Aric A. Prather. Prather shares the powerful solutions that he uses to help his patients at the clinic achieve healing and restorative sleep. Going beyond the obvious remedies, he shares surprisingly simple yet deeply effective techniques that will help you life back and let sleep work its magic. 196 pages. Penguin. Paperbound. Pub. at \$15.00 **\$5.95**



**CD 7964668 MIND OVER MEDS: Know When Drugs Are Necessary, When Alternatives Are Better—and When to Let Your Body Heal on Its Own.** By Andrew Weil. Read by the author. Alerts readers to the problem of over-medication and outlines when medicine is necessary and when it is not. Weil examines how we came to be so drastically over-medicated and presents science that proves drugs aren't always the best option. Seven hours on 6 CDs. Little, Brown. Pub. at \$30.00 **\$6.95**



**LIMITED QUANTITY 7949308 ENERGIZE! Go from Dragging Ass to Kicking It in 30 Days.** By M. Breus & S. Griffith. Using scientifically proven principles of chronobiology and biological body type, the authors offer an easy to understand, personalized program of small daily movements, sleep and intermittent fasting schedules, and mood hacks that will give you incredible energy, promote happiness, and fight off fatigue for good. 342 pages. Little, Brown. Paperbound. **SOLD OUT**



**7910797 12 WEEKS TO A SHARPER YOU: A Guided Program.** By Sanjay Gupta. The 12 week program is designed to help you feel less anxious, sleep better, improve your energy, think more clearly, and become more resilient to daily stress. Full of strategies, quotations, and prompts, this is the only guide you'll need to keep your brain young and healthy at any age! 190 pages. S&S. Paperbound. Pub. at \$20.00 **\$5.95**



## Health & Medical References



**775728X WHAT'S WRONG WITH YOU? An Insider's Guide to Your Insides.** By Sarah Holper. Takes you on a tour through the human body, exploring the remarkable mechanisms behind your medical symptoms: from headache to itch via ringing ears and fluorescent urine. Packed with memorable patient encounters, bizarre medical history, cultural tangents and insider doctor secrets, this arms you with the knowledge you need to understand your body. 294 pages. Hardie Grant. Paperbound. Pub. at \$19.99 **\$7.95**



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



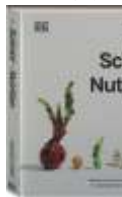
**7846975 BUILD YOUR BRAIN POWER: Think Yourself Smart.** By S. Wootton & T. Horne. Sharpen up, improve your performance at work and hone your thinking skills in all areas. Challenges you to think on your feet with hundreds of puzzles, quizzes and problem-solving games, while giving you advice on diet, exercise and lifestyle choices. Illus. 333 pages. Teach Yourself. Paperbound. Pub. at \$16.99 **\$6.95**



**7873344 IF YOUR MOUTH COULD TALK: An In-Depth Guide to Oral Health and Its Impact on Your Entire Life.** By Kami Hoss. Your mouth is the gateway to your body and the most critical organ for improving your health. From its microbiome to its shape, it impacts your physical and mental well-being in countless ways. Hoss connects the dots between oral health and whole-by health, offering a road map to a longer, more successful future for you and your family. 238 pages. BenBella. Pub. at \$26.95 **\$6.95**



**7969198 IMMUNE RESILIENCE: The Breakthrough Plan to Protect Your Body and Fight Disease.** By Romilly Hodges. Offers a fascinating tour of the incredible ways our bodies protect us against disease, with assessments throughout. Also outlines a personalized, step by step program blending defense-building foods with lifestyle strategies, including important advice on movement, sleep, and stress relief. Illus. 390 pages. Avery. Pub. at \$28.00 **\$6.95**



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



**7878532 SIT TO GET FIT: Change the Way You Sit in 28 Days for Health, Energy and Longevity.** By Suzy Reading. With good posture, breathing, easy exercises and restorative movement, when we improve how we sit we can expect less pain, increased flexibility, confidence, positive attitude, more energy, better sleep and improved focus and clarity. Fully illus., in color. 160 pages. Aster. Pub. at \$14.99 **\$5.95**



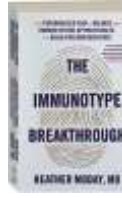
**7863438 THE NATURAL SLEEPER: A Bedside Guide to Complementary and Alternative Solutions for Better Sleep.** By Julie Wright. A one-stop guide that explores ancient, traditional, and contemporary practices, including: breathwork, acupressure, sound therapy, herbal remedies, and many more. Aims to help readers check in with themselves, take charge, commit to change, and embark on an explorative journey to find out what works for them to design their own sleep routines and rituals. Well illus. in color. 192 pages. Tiller. Paperbound. Pub. at \$18.99 **\$5.95**

**7802315 LIVING YOGA: 52 Weeks of Inspiration to Center and Enhance Everyday Life.** By Rachel Scott. Through 52 contemplations, explore how yoga's ancient ideas can help you gain a clearer sense of self, as well as help you lead a more vibrant life. Yoga is not just about poses; you will experience how the rich philosophical depths of yoga can support your life and well-being off the mat. 224 pages. Cider Mill. Paperbound. Pub. at \$14.95 **\$4.95**



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

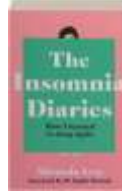
**7961847 FOOD AS MEDICINE: A Handbook of Natural Nutrition.** By Kirsten Hartvig. You will learn how foods stimulate the body's natural self-healing ability, and you will gain understanding of the role of specific nutrients in treating everyday ailments, aches and pains. 207 pages. Aeon. Paperbound.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



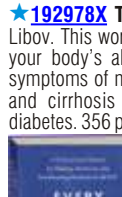
**7957688 THE IMMUNOTYPE BREAKTHROUGH.** By Heather Moday. A revolutionary program to help your unique immunotype and balance your immune system for optimal health and longevity. By identifying your personal immunotype, you can intervene by making individualized, natural lifestyle changes to ensure your system functions optimally. 280 pages. Little, Brown. Pub. at \$28.00 **\$5.95**



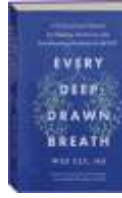
**7729022 GUT RENOVATION: Unlock the Age-Defying Power of the Microbiome to Remodel Your Health from the Inside Out.** By Roshini Raj with S. Buff. Uses the idea of a home renovation to show how different parts of the body and aspects of your life can be "renovated" in order to optimize your microbiome's functionality. It shows how you can turn back the biological clock and revamp the way you live the rest of your life. 276 pages. Morrow. Pub. at \$27.99 **\$6.95**



**7826427 THE INSOMNIA DIARIES: How I Learned to Sleep Again.** By Miranda Levy. Tells the story of one woman's experience of devastatingly disruptive insomnia, its effect on every aspect of her life and how she ultimately learned to sleep again. Part memoir, part reportage and with contributions from experts in the field, this will resonate with anyone who has ever struggled to get a good night's sleep. 294 pages. Aster. Paperbound. Pub. at \$12.99 **\$5.95**



**792978X THE LIVER CURE.** By Russell Blaylock with C. Libov. This work provides a comprehensive plan for protecting your body's ability to filter out harmful toxins and improve symptoms of many harmful conditions, from cancer, fatty liver, and cirrhosis to autoimmune diseases, inflammation, and diabetes. 356 pages. Humanix. Pub. at \$27.99 **\$21.95**



**7957637 EVERY DEEP-DRAWN BREATH: A Critical Care Doctor on Healing, Recovery, and Transforming Medicine in the ICU.** By Wes Ely. The author's groundbreaking investigations advanced the understanding of post-intensive care struggles and introduced crucial changes that reshaped treatment. Shows that there are ways to bring humanity into the ICU and that "technology plus touch" is a proven path toward returning ICU patients to the lives they had before their hospital stays. 332 pages. Scribner. Pub. at \$27.00 **\$6.95**



**7881193 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. Addresses the questions consumers want to ask about their medications and brings to light other questions they should be asking but may not know how. The go-to guide on how to use medications safely on the journey to healthy aging. 327 pages. Skyhorse. Pub. at \$28.99 **\$21.95**

**7882017 LET IT GO: Breathe Yourself Calm.** By Rebecca Dennis. Find out how you can, literally, breathe yourself calm. Dip in and out of bite-sized chapters full of simple, impactful breathing exercises to boost your health and happiness. Includes help with: anxiety and stress, energy, sleep, trauma, and more. 300 pages. Ebury. Paperbound. Pub. at \$22.99 **\$18.95**



**793726X BURN: New Research Blows the Lid Off How We Really Burn Calories, Stay Healthy, and Lose Weight.** By Herman Pontzer. This work reveals how human metabolism really works so that we can finally manage our weight and improve our health. We burn calories within a very narrow range: nearly 3,000 calories per day, no matter our activity level. At the same time, we must exercise to keep our body systems and signals functioning optimally, even if it won't make us thinner. Illus. 373 pages. Avery. Paperbound. Pub. at \$18.00 **\$9.95**



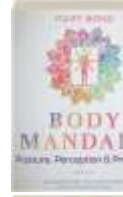
**7814526 BURN: New Research Blows the Lid Off How We Really Burn Calories, Lose Weight, and Stay Healthy.** By Herman Pontzer. Reveals how human metabolism really works so that we can finally manage our weight and improve our health. Examining such diet trends as paleo, keto, anti-gluten, anti-grain, intermittent fasting, and even veganism, Pontzer discusses how all diets succeed or fail. At the same time, we must exercise to keep our body systems and signals functioning optimally. Illus. 373 pages. Avery. Pub. at \$27.00 **\$5.95**



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



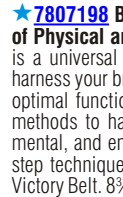
**7817673 CHEATING DEATH: The New Science of Living Longer and Better.** By Rand McClain. Shares the best drugs and supplements, treatment methods, and devices—approaches that are backed by extensive research as well as McClain's own work with his patients—including: little-known treatments that can reverse the effects of new and old injuries; emergent diagnostic and screening technologies that deter early onset disease sooner; and more. Illus. 230 pages. BenBella. Pub. at \$24.95 **\$17.95**



**7958331 BODY MANDALA: Posture, Perception & Presence.** By Mary Bond. Presents more than 50 self-explorations that allow you to transform your sensory experience, expand your awareness, and make embodiment—your own complex body—the focus of contemplative practice. Well illus. 274 pages. Inner Traditions. 8x10. Paperbound. Pub. at \$24.99 **\$19.95**



**7939493 THE GIFT OF THE NIGHT: A Six-Step Program for Better Sleep.** By Philip Carr-Gomm. A fast and easy to follow six step program to help you sleep better, combines knowledge from sleep science and cognitive behavioral therapy with techniques drawn from spiritual traditions and insights from the emerging field of psychedelic therapy, showing you how to truly benefit from everything the night offers to body and soul. 192 pages. Inner Traditions. Paperbound. Pub. at \$18.99 **\$14.95**



**7807198 BODY BY BREATH: The Science and Practice of Physical and Emotional Resilience.** By Jill Miller. Breath is a universal vital sign displaying your health, and you can harness your breath so that every aspect of you rebounds toward optimal function. Gives you all of the scientifically-supported methods to harvest the power of breath for optimal physical, mental, and emotional health. Presents more than 100 step by step techniques and practices. Well illus. in color. 480 pages. Victory Belt. 8 1/2 x 11. Pub. at \$69.95 **\$54.95**



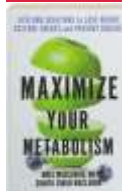
**7748183 MOVE THE BODY, HEAL THE MIND: Overcome Anxiety, Depression, and Dementia and Improve Focus, Creativity, and Sleep.** By Jennifer Heisz. Heisz shares her paradigm-shifting research on how exercise affects the brain, finding that intervals of intense workouts, even leisurely walks, can help stop depression and dementia, lessen anxiety and ADHD, and encourage better sleep, creativity, and resilience. Illus. 240 pages. Mariner. Pub. at \$27.00 **PRICE CUT to \$4.95**

**784218X THE BREATHABLE BODY: Transforming Your World and Your Life, One Breath at a Time.** By Robert Litman. You can change your life by changing how you breathe. Learn techniques to support your body and alleviate respiratory ailments, insomnia, digestive difficulties, anxiety and more. 272 pages. Hay House. Paperbound. Pub. at \$17.99 **PRICE CUT to \$9.95**

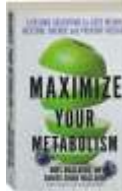




## Health & Medical References



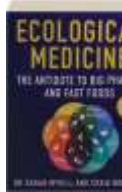
**\*7829302 MAXIMIZE YOUR METABOLISM: Lifelong Solutions to Lose Weight, Restore Energy, and Prevent Disease.** By Noel & Sunita Singh Maclaren. The authors share their revolutionary new approach to mastering your metabolism that combines medical and behavioral insights in order to help balance your weight, boost your energy, and improve your cognitive abilities. With this matrix, you will learn how to manage these 10 elements to help achieve robust health and an overall sense of wellbeing in as little as six months. 326 pages. Grand Central. Pub. at \$18.99 **PRICE CUT to \$9.95**



**\*795882X MAXIMIZE YOUR METABOLISM: Lifelong Solutions to Lose Weight, Restore Energy, and Prevent Disease.** By Noel & Sunita Singh Maclaren. The authors have identified several key components—including genetic legacies, appetite signals, and sleep patterns—to develop a 10 part Metabolic Matrix. With this matrix, you will learn how to manage these 10 elements to help achieve robust health and an overall sense of wellbeing in as little as six months. 326 pages. Grand Central. Pub. at \$28.00 **\$6.95**



**\*7888082 THE KETAMINE HANDBOOK.** By Janelle Lassalle. Understand exactly what ketamine is and how it could make an impact in your life. Written with easy, simple to understand terminology, this work aims to answer important questions like: What's the history of ketamine? Can KAP (ketamine-assisted psychotherapy) address conditions like anxiety, depression, chronic pain, PTSD, and trauma? 151 pages. Ulysses. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**



**\*779634X ECOLOGICAL MEDICINE, SECOND EDITION: The Antidote to Big Pharma and Fast Foods.** By S. Myhill & C. Robinson. With completely revised chapters on iodine, vitamin C, the paleo-ketogenic diet, and eye problems, plus new detail throughout drawn from experience during the Covid-19 pandemic, this work represents the most comprehensive and up to date account of Dr. Myhill's approach to empowering us all to take charge of our own health. Hammersmith. Paperbound. Pub. at \$45.00 **PRICE CUT to \$24.95**

**\*4716388 THE EXPERT GUIDE TO SLEEPING WELL.** By Chris Idzikowski. 242 pages. Watkins. Paperbound. Pub. at \$14.95 **\$2.95**

**\*7779380 TAKE CARE OF YOURSELF, 10TH EDITION: The Complete Illustrated Guide to Medical Self-Care.** By J.F. Fries & D.M. Vickery. 386 pages. Da Capo. Paperbound. Pub. at \$19.99 **\$5.95**

**\*7853424 THE POWER OF STRETCHING: Simple Practices to Promote Wellbeing.** By Bob Doto. Fully illus. 128 pages. Fair Winds. Pub. at \$16.99 **\$5.95**

**\*7802846 DON'T EAT THIS IF YOU'RE TAKING THAT: The Hidden Risks of Mixing Food and Medicine.** By Madelyn & John Fernstrom. 213 pages. Skyhorse. Paperbound. Pub. at \$17.99 **SOLD OUT**

**\*4707842 EAT FOR LIFE.** By Joel Fuhrman. 394 pages. HarperOne. Pub. at \$28.99 **\$7.95**

**\*4759060 SAY GOODBYE TO KNEE PAIN.** By J.A. Hannafin & M. Betancourt. 327 pages. Pocket. Paperbound. Pub. at \$9.99 **\$5.95**

**\*7842309 CHAKRAS, FOOD, AND YOU: Tap Your Individual Energy System for Health, Healing, and Harmonious Weight.** By C. Dale & D. Childs. 304 pages. St. Martin's. Pub. at \$19.99 **\$5.95**

**\*7819226 NIACIN, SECOND EDITION REVISED: The Real Story.** By Abram Hoffer et al. 507 pages. Basic Health. Paperbound. Pub. at \$17.99 **\$12.95**

**\*773722X HEALTHY HEART, HEALTHY BRAIN.** By Bradley Bale et al. Illus. 455 pages. Little, Brown. **SOLD OUT**

**\*3926699 HUMAN HEALTH AND ITS MAINTENANCE WITH THE AID OF MEDICINAL PLANTS.** By Julian Barker. 561 pages. Aeon. Pub. at \$60.00 **\$44.95**

**\*7881681 WHAT'S EATING US: Women, Food, and the Epidemic of Body Anxiety.** By Cole Kazdin. 248 pages. St. Martin's. Pub. at \$27.99 **PRICE CUT to \$3.95**

**\*1950886 MASTER YOUR STRESS, RESET YOUR HEALTH: The Personalized Program to Calm Anxiety, Boost Energy, and Beat Burnout.** By Doni Wilson. 270 pages. BenBella. Paperbound. Pub. at \$16.95 **\$7.95**

**\*7857152 HANGER MANAGEMENT: Master Your Hunger and Improve Your Mood, Mind, and Relationships.** By Susan Albers. 254 pages. Little, Brown. Pub. at \$28.00 **PRICE CUT to \$4.95**

**\*781920X PRESCRIPTION FOR HAPPINESS: How to Eat, Move, and Supplement for Peak Mental Health.** By Robin Berzin. 294 pages. S&S. Paperbound. Pub. at \$17.99 **PRICE CUT to \$7.95**

**\*7851049 THE SOUL & THE SEA: Essential Healing for Everyday Life.** By Benig Mauger. 219 pages. O Books. Paperbound. Pub. at \$19.95 **PRICE CUT to \$11.95**

**\*768469X MINDFUL MEDICINE: 40 Simple Practices to Help Healthcare Professionals Heal Burnout & Reconnect to Purpose.** By Jan Chozen Bays. 230 pages. Shambhala. Paperbound. Pub. at \$18.95 **PRICE CUT to \$5.95**

**\*4857240 SLEEP SENSE: Improve Your Sleep, Improve Your Health.** By Katharina Lederle. 220 pages. Exisle. Paperbound. Pub. at \$22.99 **\$2.95**

**\*4717295 OVERKILL: When Modern Medicine Goes Too Far.** By Paul A. Offit. 276 pages. Harper. Pub. at \$28.99 **\$6.95**

**\*7746881 THE SECRET LANGUAGE OF DOCTORS.** By Brian Goldman. 351 pages. Triumph. Paperbound. Pub. at \$16.95 **\$5.95**

**\*1931814 THE 6 KEYS: Unlock Your Genetic Potential for Ageless Strength, Health, and Beauty.** By Jillian Michaels with M. Murphy. 296 pages. Little, Brown. Paperbound. Pub. at \$17.99 **\$2.95**

**\*4937295 READER'S DIGEST HEALTH SECRETS FOR LONG LIFE.** Well illus. in color. 256 pages. Trusted Media Brands. Paperbound. Pub. at \$15.99 **\$9.95**

**\*7802307 LIVE WELL EVERY DAY: Your Plan for a Happy Body and Mind.** By Alex George. Well illus. in color. 240 pages. Aster. Paperbound. Pub. at \$22.99 **\$5.95**

**\*4961536 CHINA RX: Exposing the Risks of America's Dependence on China for Medicine.** By R. Gibson & J.P. Singh. 312 pages. Prometheus. Paperbound. Pub. at \$17.95 **\$9.95**

**\*4932862 SAVED BY THE SIESTA: Fight Tiredness and Boost Your Health by Unlocking the Science of Napping.** By Brice Faraut with C. Weis. 184 pages. Scribe. Paperbound. Pub. at \$18.00 **\$9.95**

**\*4943724 SPLITTING: The Inside Story on Headaches.** By Amanda Ellison. 234 pages. Green Tree. Paperbound. Pub. at \$15.00 **\$7.95**

**\*3877132 SEE BETTER NOW, SECOND EDITION: LASIK, Lens Implants, and Lens Exchange.** By R.K. Maloney & N. Shamie. 153 pages. Addicus. Paperbound. Pub. at \$15.00 **SOLD OUT**

**\*4723740 YOUR BEST YEAR AHEAD: Small, Easy Steps to Wellness.** By Cris Beer. 338 pages. Rockpool. Paperbound. Pub. at \$18.95 **\$9.95**

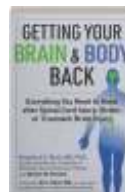
## Diseases & Disorders

**\*7948891 FOODS THAT COMBAT DIABETES: The Nutritional Way to Wellness.** By Maggie Greenwood-Robinson. Offers many type-2 diabetes sufferers a natural and effective way to control the levels of insulin in their bodies without injections and medication, and helps those who are genetically or constitutionally at risk to avoid the disease. 288 pages. HarperCollins. Paperbound. Pub. at \$6.99 **\$4.95**

**\*7771940 THE THYROID RESET DIET: Reverse Hypothyroidism and Hashimoto's Symptoms with a Proven Iodine-Balancing Plan.** By Alan Christianson. Backed by new research showing that proper dietary iodine intake can start to reverse thyroid disease in a little as four weeks, Dr. Christianson's diet plan contains the optimal amount of iron and dietary iodine to control thyroid hormones, effectively resetting the thyroid. 286 pages. Rodale. Pub. at \$26.99 **\$6.95**

**\*7862067 CHRONIC: The Hidden Cause of the Autoimmune Epidemic and How to Get Healthy Again.** By Steven Phillips et al. Reveals striking evidence that a broad range of microbes, including the Lyme bacterium, cause a variety of recurrent conditions and autoimmune diseases. Explores the science behind common infections that are difficult to diagnose and treat, debunk widely held beliefs by doctors and patients alike, and provide solutions that empower sufferers to reclaim their lives. 286 pages. HMH. Paperbound. Pub. at \$16.99 **\$5.95**

**\*7840519 US OF AA: How the Twelve Steps Hijacked the Science of Alcoholism.** By Joe Miller. An expose full of secrecy, irony, liquor industry money, the shirrlet of scare tactics, and, at its center, a grand deception. Shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire enterprise. 194 pages. Chicago Review. Pub. at \$26.99 **\$6.95**



**\*7862172 GETTING YOUR BRAIN & BODY BACK: Everything You Need to Know After Spinal Cord Injury, Stroke, or Traumatic Brain Injury.** By Bradford C. Berk with M.W. Murphy. Make the fullest possible recovery after neurological injury with this guide by a doctor and spinal cord injury survivor who's been there. Dr. Berk's candid advice on medical treatment and daily living—plus insights from the brightest minds in the field—will help get you or your loved one back to life. Illus. 310 pages. The Experiment. Paperbound. Pub. at \$19.95 **\$6.95**



**\*7857241 THE NOCTURNAL BRAIN: Nightmares, Neuroscience, and the Secret World of Sleep.** By Guy Leschziner. With compassionate stories of his patients and their conditions, Dr. Leschziner reveals the neuroscience behind our sleeping minds and explores the many biological and psychological factors that allow us to find the rest necessary to maintain our health and also improve our cognitive abilities and overall happiness. Illus. 353 pages. St. Martin's. Pub. at \$28.99 **\$6.95**



**\*4964217 MEMORY'S LAST BREATH: Field Notes on My Dementia.** By Gerda Saunders. In 2010, just before her sixty-first birthday, Saunders was given the diagnosis of dementia. Facing "the premature death of the mind," she took to jotting down notes about her daily misadventures. This memoir is an astonishing window into a life distorted by dementia. Photos. 272 pages. Hachette. Paperbound. Pub. at \$15.99 **\$4.95**

**\*7843445 DEMENTIA: Everything Your Doctor Doesn't Have Time to Tell You.** By Matt Piccaver. Tells you everything you need to know about dementia and its various forms. It will help you to understand what happens to the brain when it develops dementia, and what the treatment possibilities are. It explains what to expect from symptoms, suggests several non-pharmacological approaches to managing the condition and covers practicalities. 99 pages. Sheldon. Paperbound. Pub. at \$14 **SOLD OUT**



**\*7816421 THE VACCINE COURT 2.0, REVISED: The Dark Truth of America's Vaccine Injury Compensation Program.** By Wayne Rohde. The National Vaccine Injury Compensation Program was supposed to offer a no-fault alternative to the traditional injury claims filed in state or federal courts and was to provide compensation for those who have been injured by vaccines. Rohde takes a hard look at the program and sheds light on families struggling to navigate their way through it. 266 pages. Skyhorse. Paperbound. Pub. at \$19.99 **\$3.95**

**\*7852045 THE IODINE BALANCING HANDBOOK: Optimize Your Diet, Regulate Thyroid Hormones, and Transform Your Total-Body Health.** By Malini Ghoshal. By stimulating the thyroid glands to produce certain hormones, iodine can affect every aspect of your health, from the heart and brain to your energy and weight. A guide to achieving the proper balance needed to naturally treat a wide range of chronic illnesses, including: Hyperthyroidism, Graves' disease, Heart disease, and more. 152 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$11.95**



**\*4971027 CHRONIC HEARTBURN: Managing Acid Reflux and GERD Through Understanding, Diet and Lifestyle.** By B.E. Wendland & L.M. Ruffolo. A comprehensive resource for fully understanding the medical reasons behind chronic heartburn, this resource also provides practical coping strategies, featuring dietary advice based on the most current medical research, more than 100 recipes and all the key issues of interest to those with chronic heartburn. 253 pages. Robert Rose. Paperbound. Pub. at \$24.95 **\$5.95**

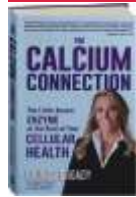


**\*2870428 OVERCOMING POSITIONAL VERTIGO.** By Carol A. Foster. Benign paroxysmal positional vertigo, or BPPV, is the medical term for dizziness caused by loose crystals in the inner ear. This study provides an in depth guide to the diagnosis of BPPV, the specifics of treatments and maneuvers, and simple, preventative measures readers can take to help avoid recurrence. Photos. 198 pages. Bull Publishing. Paperbound. Pub. at \$21.95 **\$13.95**

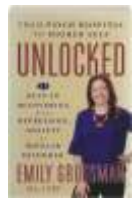
**\*3748170 WHAT YOU MUST KNOW ABOUT DRY EYE: How to Prevent, Stop, or Reverse Dry Eye Disease.** By Jeffrey Anshel. If you are one of the millions of people who suffer from dry eye, you know that this disorder can affect both your feeling of well-being and your ability to function. Anshel tells you how to relieve this common condition while improving and safeguarding your vision. 136 pages. Square One Publishers. Paperbound. Pub. at \$16.95 **\$12.95**



## Diseases & Disorders



**7743890 THE CALCIUM CONNECTION: The Little-Known Enzyme at the Root of Your Cellular Health.** By Brunde Broady et al. The accessible, information-packed format teaches you all about Calcium ATPase: how it works, what happens when it goes awry, and easy practical methods to bring it back into balance and protect it—and your overall health. 236 pages. Skyhorse. Pub. at \$24.99 **\$6.95**



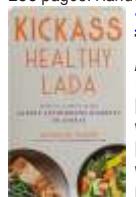
**7930143 UNLOCKED: 25 Keys to Recovering from Depression, Anxiety or Bipolar Disorder.** By Emily Grossman. Shows you that the challenge of mental illness can actually help you to discover and live your life purpose. Through a series of spiritual lessons this will help you to discover strategies such as: finding a authentic spiritual practice; learning to trust your instincts; developing critical coping skills; and more. 220 pages. G&D Media. Paperbound. Pub. at \$19.95 **\$14.95**



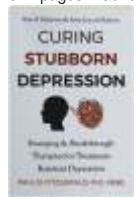
**7939507 OVERCOMING CHRONIC DIGESTIVE CONDITIONS: Release the Visceral Layers of Post-Traumatic Gut Disorder.** By Nikki Kenward. Sharing visualization exercises and a hands on process of listening to the gut layer by layer, the author helps readers unwind stagnant cellular patterns, discover the dynamic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



**7817304 TRAVELERS TO UNIMAGINABLE LANDS: Stories of Dementia, the Caregiver, and the Human Brain.** By Dasha Kiper. Dementia disorders transform the minds of those with the disease and the minds of those who care for them. Reveals the neurological obstacles to caregiving, not only enumerating the terrible pressures the disease exerts on our closest relationships but offering solace and perspective as well. 233 pages. Random. Pub. at \$28.00 **\$17.95**



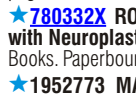
**7964552 KICKASS HEALTHY LADA: How to Thrive with Latent Autoimmune Diabetes in Adults.** By Jacqueline Haskins. Provides critical information and insights, including a detailed breakdown of the different diabetes diagnoses; what makes LADA different and how to find the best treatment team; an explanation of insulin: what it is, what it does, and how to know when we need more of this natural hormone; and more. 371 pages. Hachette. Paperbound. Pub. at \$19.99 **\$5.95**



**7964927 CURING STUBBORN DEPRESSION: Emerging & Breakthrough Therapies for Treatment-Resistant Depression.** By Paul B. Fitzgerald. Seeks to not only explain the underlying causes of this persuasive form of depressive disorder, but to shine a light on a number of non-traditional treatments, new therapies and clinical developments, offering hope to those who feel like they have none. 213 pages. Hatherleigh. Paperbound. Pub. at \$17.95 **\$12.95**



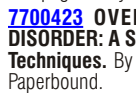
**1932691 FAST ASLEEP: Improve Brain Function, Lose Weight, Boost Your Mood, Reduce Stress, and Become a Better Sleeper.** By Michael Mosley. Color photos, illus. 295 pages. Atria. Pub. at \$27.00 **SOLD OUT**



**780332X ROCK STEADY: Healing Vertigo or Tinnitus with Neuroplasticity.** By Joey Remenyi. 298 pages. Page Two Books. Paperbound. Pub. at \$18.00 **\$12.95**



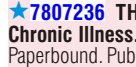
**1952773 MAYO CLINIC THE ESSENTIAL DIABETES BOOK: A Complete Guide to Prevent, Manage and Live Well with Diabetes.** By M. Regina Castro. Illus. in color. 320 pages. Mayo Clinic. Paperbound. Pub. at \$29.99 **SOLD OUT**



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



**7750455 SMART MEDICINE FOR YOUR EYES, SECOND EDITION: A Guide to Natural, Effective, and Safe Relief of Common Eye Disorders.** By Jeffrey Anshel. 431 pages. Square One. Paperbound. Pub. at \$29.99 **SOLD OUT**



**7807236 THE INVISIBLE KINGDOM: Reimagining Chronic Illness.** By Meghan O'Rourke. 324 pages. Riverhead. Paperbound. Pub. at \$18.00 **PRICE CUT to \$7.95**

**7757905 THE LONG HAUL: Solving the Puzzle of the Pandemic's Long Haulers and How They Are Changing Healthcare Forever.** By Ryan Prior. 336 pages. Post Hill. Pub. at \$28.00 **\$17.95**

**6888216 THE DIABETES CODE: Prevent and Reverse Type 2 Diabetes Naturally.** By Jason Fung. 265 pages. Greystone. Paperbound. Pub. at \$19.99 **SOLD OUT**

**7742290 MASTERING DIABETES.** By Cyrus Khambatta et al. 384 pages. Avery. Paperbound. Pub. at \$24.99 **SOLD OUT**

**3997294 THE CORONAVIRUS PREVENTION HANDBOOK: 101 Science-Based Tips That Could Save Your Life.** Ed. by Wang Zhou. 108 pages. Skyhorse. Paperbound. Pub. at \$12.99 **\$7.95**

**493315X THE THYROID CURE: Take Control of Your Metabolism.** By Janet Lee. Well illus. in color. 144 pages. Centennial. Paperbound. Pub. at \$14.99 **\$11.95**

**3895351 PANDEMIC SURVIVAL: It's Why You're Alive.** By A. Love & J. Drake. Illus. in color. 122 pages. Tundra. 8 1/2 x 10 1/4. Pub. at \$22.95 **\$13.95**

**4978854 OVERCOMING MULTIPLE SCLEROSIS HANDBOOK: Roadmap to Good Health.** Ed. by G. Jelinek & S. Neate. 366 pages. Paperbound. Pub. at \$24.99 **SOLD OUT**

**3963578 PREVENTING LYME & OTHER TICK-BORNE DISEASES.** By Alexis Chesney. Illus. 191 pages. Storey. Paperbound. Pub. at \$16.95 **SOLD OUT**

**4957598 STRANGE BEDFELLOWS: Adventures in the Science, History, and Surprising Secrets of STDs.** By Ina Park. 353 pages. Flatiron. Paperbound. Pub. at \$19.99 **\$7.95**

**3828239 BE A SURVIVOR, THIRD EDITION: Lung Cancer Treatment Guide.** By Vladimir Lange. 161 pages. Lange Productions. Paperbound. Pub. at \$24.95 **\$14.95**

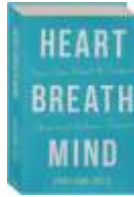
## Stress & Pain Management



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



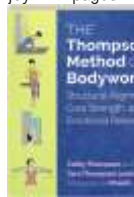
**LIMITED QUANTITY 7955596 THE LITTLE BOOK OF BREATHWORK.** By Jo Peters. With an overview of the history of breathwork and step by step instructions for carrying out different breathing techniques safely, this work provides everything you need to embark on your journey to feeling great every day. 125 pages. Summersdale. Paperbound. Pub. at \$9.99 **SOLD OUT**



**790150X HEART BREATH MIND: Train Your Heart to Conquer Stress and Achieve Success.** By Leah Lagos. Lagos's ten-week program recognizes the link between heart rate variability and resilience to create specific, clinically tested breathing techniques that allow you to control your body's physical response to stress. She pairs this with cognitive strategies to offer a two-tiered process that will enable you to respond more flexibly to stressful situations. 279 pages. Mariner Books. Pub. at \$28.00 **\$5.95**



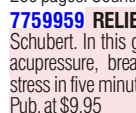
**7863500 OUTSMART YOUR PAIN: Mindfulness and Self-Compassion to Help You Leave Chronic Pain Behind.** By Christiane Wolf. Shows the way with 20 easy guided meditations and self-compassion practices. By separating your pain from the stressful thoughts and troubled feelings that come with it, you can lay down your burden and live with joy. 224 pages. The Experiment. Pub. at \$16.95 **\$6.95**



**7736096 THE THOMPSON METHOD OF BODYWORK: Structural Alignment, Core Strength, and Emotional Release.** By C. Thompson & T.T. Lewis. Developed by Cathy Thompson through her many years as a bodywork therapist, the Thompson Method incorporates Zen shiatsu, Roling, yoga, and Gestalt psychotherapy to heal pain in the physical body both through bodywork and by recognizing the emotional blockages that often underlie chronic pain, tension, and poor alignment. Offers 90 corrective alignment exercises. Illus. in color. 318 pages. Healing Arts. 8x10. Paperbound. Pub. at \$35.00 **\$11.95**



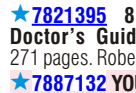
**7912404 CHRONIC PAIN RESET: 30 Days of Activities, Practices, and Skills to Help You Thrive.** By Alton L. Hassett. Will help you evaluate your pain and its triggers, offering straightforward and often fun strategies to improve it. Using the principles of cognitive-behavioral therapy, you'll try one new strategy each day for 30 days, from paced breathing and healthy sleep hacks to mindful walking and acts of kindness. 269 pages. Countryman. Pub. at \$28.00 **\$21.95**



**7759959 RELIEVE STRESS: 20 Quick Techniques.** By Katrin Schubert. In this guide you will learn 20 easy techniques, including acupressure, breathing exercises, and guided imagery, to relieve stress in five minutes or less. Illus. 111 pages. Hazelden. Paperbound. Pub. at \$9.95 **PRICE CUT to \$2.95**



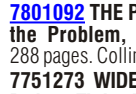
**2916754 HEAL YOUR KNEES, REVISED EDITION: How to Prevent Knee Surgery & What to Do if You Need It.** By R. Klapper & L. Huey. Illus. 304 pages. M. Evans. Paperbound. Pub. at \$17.95 **SOLD OUT**



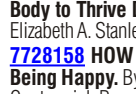
**7821395 8 STEPS TO CONQUER CHRONIC PAIN: A Doctor's Guide to Lifelong Relief.** By Andrea Furlan. 271 pages. Robert Rose. Paperbound. Pub. at \$24.95 **\$19.95**



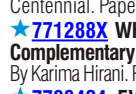
**7887132 YOUR GUIDE TO FOREST BATHING: Experience the Healing Power of Nature.** By M. Amos Clifford. 186 pages. Red Wheel. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**



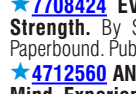
**7760027 REST IS RESISTANCE: A Manifesto.** By Tricia Hersey. 212 pages. Pub. at \$27.00 **PRICE CUT to \$11.95**



**7801092 THE POWER OF PRESSURE: Why Pressure Isn't the Problem, It's the Solution.** By Dane Jensen. Illus. 288 pages. Collins. Pub. at \$23.70 **\$5.95**



**7751273 WIDEN THE WINDOW: Training Your Brain and Body to Thrive During Stress and Recover from Trauma.** By Elizabeth A. Stanley. 486 pages. Penguin. Pub. at \$27.00 **SOLD OUT**



**7728158 HOW TO BEAT STRESS: The Scientific Guide to Being Happy.** By Alyssa Shaffer. Fully illus. in color. 192 pages. Centennial. Paperbound. Pub. at \$16.99 **\$3.95**



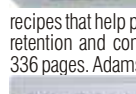
**771288X WHAT YOUR DOCTOR DIDN'T TELL YOU: How Complementary and Alternate Medicine Can Help Your Pain.** By Karima Hirani. Photos. 148 pages. Pub. at \$24.99 **\$11.95**



**7708424 EVERYDAY VITALITY: Turning Stress into Strength.** By Samantha Boardman. 256 pages. Penguin. Paperbound. Pub. at \$18.00 **\$7.95**



**4712560 AN ANATOMY OF PAIN: How the Body and the Mind Experience and Endure Physical Suffering.** By Abdul-Ghaaliq Lalkhen. 244 pages. Scribner. Pub. at \$28.00 **\$9.95**



**7907206 THE ULTIMATE GUIDE TO ESSENTIAL OILS: A Complete Reference to the Amazing Healing Powers of Essential Oils.** By Kymberly Keniston-Pond. Essential oils have been praised for their ability to lift moods, treat common health ailments, and enhance one's appearance. Featuring step by step instructions and plenty of helpful tips, this edition offers essential oil recipes that help promote healthy skin, hair and nails, boost memory retention and concentration and more. 16 pages of color photos. 336 pages. Adams Media. Pub. at \$26.95 **\$5.95**



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



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



**DVD 7799799 HEAL YOURSELF, HEAL THE WORLD.** Fullscreen. Join Howard Straus (author, scientist, son of Charlotte Gerson and grandson of Dr. Max Gerson) for an in-depth examination of the Gerson Therapy—known worldwide as the all-natural solution for cancer and chronic disease. Not Rated. 96 minutes. Gerson Media. **\$5.95**



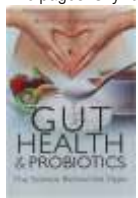


## Complementary & Alternative Medicine



**7884516 HOME APOTHECARY WITH ASHLEY ENGLISH: All You Need to Know to Create Natural Health and Body Care Products.** English shares all she's learned about creating a natural home apothecary and a carefully curated collection of her tried and true recipes. Using equipment and ingredients that are easy to find, tackle a dry scalp with the help of a simple apple cider vinegar rinse, whip up a gentle four-ingredient hand sanitizer and much more. Well illus. in color. 118 pages. Lark. Pub. at \$19.95 **\$5.95**

**7940009 CBD AND HEMP REMEDIES: A Quick & Easy Guide to Help You Destress, Relax, and Relieve Pain Using Cannabis Products.** By Sandra Hinchliffe. Guides you through the types of products available to you in mainstream stores and how to use each one. Introduces the beginner CBD/hemp user to 75 different ways they can use the products they've purchased. Includes recipes for massage oils, hand soaks, lotion bars, lip balms, salt scrubs, candies, and more. Well illus. in color. 176 pages. Skyhorse. Paperbound. Pub. at \$16.99 **\$6.95**



**7840357 GUT HEALTH & PROBIOTICS: The Science Behind the Hype.** By Jenny Tschiesche. A simplified explanation of probiotics and what they can do for and to the human body. Takes readers on a quest to understand what both probiotics and prebiotics can do for their long term gut health and how this might affect a broad range of body systems from skin health to mental health. Illus. in color. 142 pages. White Owl. Paperbound. Pub. at \$24.95 **\$6.95**



**7836511 12 ESSENTIAL OILS OF THE BIBLE: Ancient Healing Oils and Their Contemporary Uses.** By K. Opitz-Kreher & J. Huber. The essential oils in this guide are cassia, galbanum, myrrh, myrtle, spikenard, onycha, sandalwood, frankincense, hyssop, cedar, cistus, and cypress. Each oil is described, beginning with Bible verse that refer to it, followed by historical information about the oil, its botanical and chemical components, its uses in folk medicine, and its modern application for healing and well-being. Well illus. in color. 96 pages. Earthdancer. Paperbound. Pub. at \$14.99 **\$11.95**



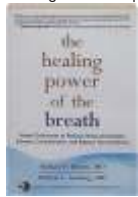
**7934831 HERBS AND SPICES: Natural Alternatives for Healthy Living.** By Cinzia Trenchi. Herbs and plants don't just provide shade and lighten the mood with their flowers and fruit; they have also been used for centuries in the preparation of remedies for ailments. Filled with recipes and interesting ideas, Trenchi will guide you step by step through the preparation of home-made remedies. Well illus. in color. 160 pages. White Star. Pub. at \$16.95 **\$5.95**



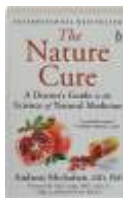
**DVD 7731671 THE BEAUTIFUL TRUTH.** After the accidental and tragic death of his mother, 15-year old Garrett was withdrawn from school for home schooling. Garrett's first assignment was to read a book written by Dr. Max Gerson, which maintains that there is a direct link between diet and a cure for cancer. Garrett embarks on a cross-country road trip to investigate the merits of the Gerson Therapy. 92 minutes. **\$5.95**



**7842600 HOMEOPATHIC REMEDIES: A Quick and Easy Guide to Common Disorders and Their Homeopathic Treatments.** By Asa Herschoff. Begins by explaining what homeopathy is—its principles, its view of disease, and its emphasis on symptom observation. Then discusses how preparations should be used—how they are made, how potency is measured, and how they should be taken. Your guide to the gentle art of healing. Illus. 319 pages. Avery. Paperbound. Pub. at \$17.00 **\$6.95**



**7868944 THE HEALING POWER OF THE BREATH: Simple Techniques to Reduce Stress and Anxiety, Enhance Concentration and Balance Your Emotions.** By R.P. Brown & P.L. Gerberg. Here's a drug-free solution to common stress and mood problems, developed by two physicians. This alternative approach works through a range of simple breathing techniques drawn from yoga, Buddhist meditation, the Chinese practice of qigong, Orthodox Christian monks, and other sources. 168 pages. Shambhala. Paperbound. Pub. at \$19.95 **\$8.95**



**1971360 THE NATURE CURE: A Doctor's Guide to the Science of Natural Medicine.** By Andreas Michalsen. Sunlight, forest bathing, fasting, cold-water baths, bloodletting, leeches, cupping—these ways of healing have been practiced in different cultures around the world for centuries. Here Dr. Michalsen shares the culmination of his years of research and offers practical guidance in what your body needs to heal. 330 pages. Penguin. Paperbound. Pub. at \$18.00 **\$4.95**



**1970895 THE CBD BIBLE: Cannabis and the Wellness Revolution That Will Change Your Life.** By Dani Gordon. Explains how these products work in your body to produce an abundance of positive health effects such as alleviating insomnia, reducing pain, quelling stress and anxiety, and numerous others. Dr. Gordon also offers essential guidance on dosing, sourcing, different types of products, and much more. 322 pages. Grand Central. Paperbound. Pub. at \$17.99 **\$4.95**



**7951698 HEALING WITH ESSENTIAL OILS: The Antiviral, Restorative, and Life-Enhancing Properties of 58 plants.** By Heather Dawn Godfrey. Presents an accessible yet scientifically based guide to healing with essential oils and provides a must have reference for those who use essential oils at home, for health and well being practitioners, or for anyone wanting to explore the dynamic qualities of essential oils for themselves. Illus. in color. 340 pages. Healing Arts. Paperbound. Pub. at \$24.99 **\$8.95**



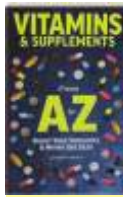
**7834276 PRESCRIPTION FOR NUTRITIONAL HEALING, REVISED: The A-Z Guide to Supplements.** By Phyllis A. Balch. This portable A to Z reference guide of the most commonly available types of nutrients, dietary supplements, and herbs puts the information at your fingertips. Whether you are looking for relief from a specific ailment or simply to achieve and maintain optimum health this provides access to everything you'll need to design a nutritional program. 386 pages. Avery. Paperbound. Pub. at \$20.00 **\$14.95**



**7821255 GET GROUNDED, GET WELL: Connect to the Earth to Improve Your Health, Well-Being, and Energy.** By S. Sinatra & S. Whiteley. Offers readers the secret to better health through grounding. Grounding, the simple act of connecting to the always-abundant, nourishing energy of the Earth's surface, has been scientifically and medically proven to have significant positive effects on our physiology. It helps restore energy, improve circulation, alleviate stress, and more. 204 pages. Hampton Roads. Paperbound. Pub. at \$19.95 **\$14.95**



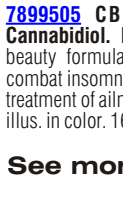
**7911394 THE CBD BOOK: The Essential Guide to CBD Oil.** By Mary Biles. Examines the scientific research and looks at some startling case studies to provide concise information on what CBD is, conditions it may help and how to navigate the confusing process of choosing the best CBD product for you. Illus. in color. 143 pages. Thorsons. Pub. at \$25.24 **\$9.95**



**4911644 VITAMINS & SUPPLEMENTS FROM A TO Z: Boost Your Immunity & Never Get Sick!** Boost your body's innate powers! That's where vitamins, minerals and other important supplements come in. This comprehensive guide will help you determine which supplements should be an essential part of your health routine and what you should skip. Includes 99 vitamins, minerals and other supplements. Fully illus. in color. 143 pages. Centennial. Paperbound. Pub. at \$16.99 **\$12.95**



**790648X CRYSTAL SHAMANISM: Sacred Earth Medicine Healings.** By Rachelle Charman. Offers ceremonial practical healing to kindle your knowledge of earth medicine. By using crystals, you will experience a shamanic awakening that will assist you to build a strong relationship with the spirit of each medicine. Each story offers earth medicine and healing for you to learn and teach others. Illus. some in color. 282 pages. Rockpool. Paperbound. Pub. at \$18.95 **\$13.95**



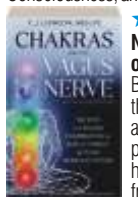
**7899505 CBD: Transformational Healing with Cannabidiol.** By Colleen Quinn. Found in everything from beauty formulations and health drinks to pillow mists that combat insomnia and, in the case of medicinal cannabis, for the treatment of ailments such as epilepsy and certain cancers. Well illus. in color. 160 pages. Arcturus. **\$8.95**



**7962207 THE NATURAL REMEDIES GUIDE: Discover 250 Healing Remedies, from Soothing Honeys and Lemons to Revitalizing Lavender and Crystal.** By Rachel Newcombe et al. Nature is a powerhouse of healing remedies, and in this comprehensive guide you will discover the herbs, essential oils, food and drink, and crystals that can benefit your whole being. With recipes, A-Z lists, inspiring and colorful photos, and much more, this healing resource will make nature your best friend. 304 pages. Thunder Bay. 8 1/2x10 3/4. Paperbound. Pub. at \$24.99 **\$17.95**



**7842643 JOURNEYING THROUGH THE INVISIBLE: The Craft of Healing with, and Beyond, Sacred Plants, as Told by a Peruvian Medicine Man.** By Hachumak with D.L. Carroll. In the past 50 years, Ayahuasca has become increasingly popular around the world. Hachumak's approach is based on ritualistic simplicity and highlights the essence of the Art, which includes the borrowed forces from Nature. He also introduces the concepts of Soul Consciousness and Suffering Consciousness, and more. 370 pages. Harper. Pub. at \$27.99 **\$6.95**



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



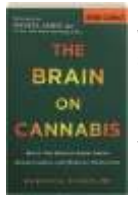
**7950845 THE DOCTOR-APPROVED CANNABIS HANDBOOK: Reverse Disease, Treat Pain, and Enhance Your Wellness with Medical Marijuana and CBD.** By Benjamin Caplan. The ultimate resource for navigating research-based cannabis treatments. Dr. Caplan explains how cannabis works, which products are best for specific illnesses, what typical dosages are, and more—all in an easy to understand format that makes improving your health as straightforward as possible. 297 pages. BenBella. Paperbound. Pub. at \$24.95 **\$17.95**



**7954689 THE PHYSICK GARDEN: Ancient Cures for Modern Maladies.** By Alice Smith with M. Purdy. Imagines a physick garden of healing plants that have been used across the globe by different generations. But were Italian Renaissance women dicing with death when they dropped belladonna in their eyes? Can comfrey really be used to heal broken bones? And can St. John's wort scare away more than bad spirits? Fully illus. in color. 176 pages. Frances Lincoln. Pub. at \$24.99 **\$9.95**



**7887744 A WORKING HERBAL DISPENSARY: Respecting Herbs as Individuals.** By Lucy Jones. Journey through the physiological actions, energetic qualities, and emotional resonances of individual herbs. Also included are historical insights, magical associations, recipes for the home herbal apothecary, and informal case studies to illustrate the virtues of the herbs. Well illus. in color. 434 pages. Aeon. Pub. at \$40.00 **\$29.95**



**7776551 THE BRAIN ON CANNABIS: What You Should Know About Recreational and Medical Marijuana.** By Rebecca Siegel. Delivers the most complete guide yet about the benefits and risks of using marijuana today. Based on the latest scientific research, this easy to read work busts all the myths and helps you navigate the sometimes confusing and often-changing world of marijuana. 268 pages. Citadel. Paperbound. Pub. at \$16.95 **\$12.95**



**7950691 ASIAN AMERICAN HERBALISM: Traditional and Modern Healing Practices for Everyday Wellness.** By Erin Masako Wilkins. Walks you through the basics of setting up your own herbal pantry at home, why we get sick, the common causes of illness, the role of energetics and concepts like Qi and Yin Yang Theory, and much more. Included are 100 easy and accessible herbal recipes for everyday ailments. Illus. in color. 319 pages. Princeton Architectural. Paperbound. Pub. at \$29.95 **\$21.95**



## Complementary & Alternative Medicine



**★7684096 THE MAGIC OF MUSHROOMS: Fungi in Folklore, Superstition and Traditional Medicine.** By Sandra Lawrence. At the center of superstition, folklore and magical beliefs, as well as in food and medicine both traditional and modern, mushrooms have long been known to possess incredible powers. Explores more than 100 species, sourced from the archives at the Royal Botanic Gardens, Kew. Fully illus. in color. 208 pages. Welbeck. Pub. at \$16.95 **\$12.95**



**★7937865 PSYCHED: Seven Cutting-Edge Psychedelics Changing the World.** By Amanda Siebert. Explores the history, culture, and potential of seven psychedelic substances. Siebert interweaves real-life stories, clinical research, and interviews with the world's leading psychedelics experts and cultural allies to offer a definitive guide to these cutting-edge treatments. 210 pages. Greystone. Paperbound. Pub. at \$16.95 **\$12.95**



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



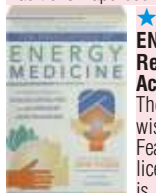
**7843429 WHEN PLANTS DREAM: Ayahuasca, Amazonian Shamanism and the Global Psychedelic Renaissance.** By D. Pinchbeck & S. Rokhlin. Looks at the science and culture of ayahuasca, from its historical use to its appropriation by the West, and the impact it has on cultures beyond the Amazon. 192 pages. Watkins. Paperbound. Pub. at \$16.95 **PRICE CUT to \$3.95**



**★7849818 HEALING THERAPIES FOR LONG COVID: An Integrative & Intuitive Guide to Recovering from Post-Acute Covid.** By Vir McCoy. Discusses the primary symptoms and predispositions of long Covid and outlines the basic steps for dealing with each of them, including brain fog, tinnitus, loss of smell and hair, debilitating headaches, hormonally dysregulation, immune malfunction, limbic system dysfunction, gut issues and more. Methods range from pharmaceutical, herbal, and homeopathic remedies. 226 pages. Healing Arts. Paperbound. Pub. at \$18.99 **PRICE CUT to \$11.95**



**★7854757 MAXIMIZE YOUR HEALING POWER: Shamanic Healing Techniques to Overcome Your Health Challenges.** By Sharon E. Martin. Blending allopathic medicine with ancient shamanic knowledge Dr. Martin helps her patients not only heal but also increase their vitality. Presents a clear step wise approach to attaining mastery of your health as well as simple practices and methods to gain control over illness and experience being more fully alive. 208 pages. Inner Traditions. Paperbound. Pub. at \$18.99 **PRICE CUT to \$12.95**



**★7827008 THE ENCYCLOPEDIA OF ENERGY MEDICINE: A Comprehensive Reference to Healing Modalities from Acupressure to Zero Balancing.** By Linnie Thomas. An extensive directory for anyone wishing to study energy healing practices. Features dozens of healing schools as well as licensure and certification programs in a field that is constantly growing and evolving. 510 pages. Llewellyn. Paperbound. Pub. at \$39.99 **PRICE CUT to \$19.95**



**★7895658 SACRED MASSAGE: The Magic and Ritual of Soothing Touch.** By Debra DeAngelo. Discover how meditation and deity worship can help you establish a deeply spiritual session. Use herbs, crystals, essential oils, and candles to elevate the therapeutic experience. Culminating in a full-body massage sequence, this guide provides everything you need to create a magical massage experience for yourself and your loved ones. 265 pages. Llewellyn. Paperbound. Pub. at \$24.99 **PRICE CUT to \$14.95**

**DVD 773168X DYING TO HAVE KNOWN.** Gerson Media. **\$5.95**

**7769032 THE YOGA SUTRAS DESK REFERENCE: A Comprehensive Guide to the Core Concepts of Yoga.** By Nicolai Bachman. Illus. in color. 315 pages. Sounds True. Paperbound. Pub. at \$25.99 **\$6.95**

**7748949 MEDICAL MARIJUANA: Dr. Kogan's Evidence-Based Guide to the Health Benefits of Cannabis and CBD.** By M. Kogan & J. Liebmann-Smith. Illus. 290 pages. Avery. Pub. at \$27.00 **\$6.95**

**4980050 THE HERBALIST'S KITCHEN: Cooking and Healing with Herbs.** By Pat Crocker. Well illus. in color. 424 pages. Sterling Epicure. Pub. at \$24.95 **\$5.95**

**7698879 BOOST YOUR IMMUNE POWER WITH AYURVEDA: Simple Lifestyle Adjustments to Balance the Elements in the Body & Mind.** By Janesh Vaidya. 226 pages. Llewellyn. Paperbound. Pub. at \$17.99 **\$3.95**

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

**★780198X HEALING WITH COPPER.** By Yvette Stines. 144 pages. Ulysses. Paperbound. Pub. at \$15.95 **\$11.95**

**4976746 CANNABIS FOR HEALTH: The Essential Guide to Using Cannabis for Total Wellness.** By M. Clifton & B. Brownell. Illus. in color. 180 pages. Sterling. Paperbound. Pub. at \$24.95 **\$6.95**

**★194293X PLANT SPIRIT MEDICINE: A Guide to Making Healing Products from Nature.** By Nicola McIntosh. Color photos. 196 pages. Rockpool. Pub. at \$22.95 **\$14.95**

**★7733992 THE ETHICAL PSYCHIC: A Beginner's Guide to Healing with Integrity, Avoiding Unethical Encounters, and Using Your Gifts for Good.** By Jennifer Lisa Vest. 172 pages. North Atlantic. Paperbound. Pub. at \$16.95 **PRICE CUT to \$5.95**

**★7843216 HOMEOPATHY FOR TODAY: Family Friendly, Simple & Safe Healing.** By David Robert Card. 318 pages. Kalindi. Paperbound. Pub. at \$29.95 **PRICE CUT to \$19.95**

**★493556X GRANDMOTHER AYAHUASCA: Plant Medicine and the Psychedelic Brain.** By Christian Funder. Color photos. 246 pages. Park Street. Paperbound. Pub. at \$19.99 **\$9.95**

**★1906674 DR. EARL MINDELL'S GUIDE TO HEALING WITH CBD: How to Maximize the Healing Power of CBD for Your Health.** By Earl Mindell. 102 pages. Square One. Paperbound. Pub. at \$12.95 **\$7.95**

**7727269 PSYCHEDELIC CANNABIS: Therapeutic Methods and Unique Blends to Treat Trauma and Transform Consciousness.** By Daniel McQueen. 218 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$7.95**

**★4894898 SOUTHEAST MEDICINAL PLANTS: Identify, Harvest, and Use 106 Wild Herbs for Health and Wellness.** By Corey Pine Shane. Well illus. in color. 304 pages. Timber. Paperbound. Pub. at \$27.95 **SOLD OUT**

**★7718268 MICRODOSING WITH AMANITA MUSCARIA: Creativity, Healing, and Recovery with the Sacred Mushroom.** By Baba Masha. Photos with illus. 330 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **\$15.95**

**★4937260 THE CBD HANDBOOK: Using and Understanding CBD and Medical Cannabis.** By Karin Mallion. 193 pages. Aeon. Paperbound. Pub. at \$21.95 **\$9.95**

**★4935578 A HEALER'S JOURNEY TO INTUITIVE KNOWING: The Heart of Therapeutic Touch.** By Dolores Krieger. 256 pages. Bear & Company. Paperbound. Pub. at \$20.00 **\$9.95**

**★1944223 MARIJUANA ON MY MIND: The Science and Mystique of Cannabis.** By Timmen Cermak. Illus. 322 pages. Cambridge. Paperbound. Pub. at \$14.95 **\$11.95**

**3913139 THE CBD OIL SOLUTION.** By Rachna Patel. Illus. in color. 128 pages. Alpha. Paperbound. Pub. at \$16.99 **\$5.95**

**★4864697 SPIRITUAL HEALING IN HOSPITALS AND CLINICS.** By Sandy Edwards. 252 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **\$5.95**

**7788622 THE MOTHER MANTRA: The Ancient Shamanic Yoga of Non-Duality.** By Selene Calloni Williams. Illus. 154 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$5.95**

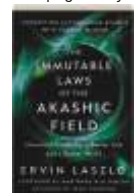
## New Age Spirituality



**7868936 THE HEALING ENERGIES OF TREES.** By Patrice Bouchardon. Ancient myths and legends celebrate the powerful energies of trees by placing them at the center of the world, as the link between the life force and the earth. Here is a comprehensive guide to discovering and using these tree energies for yourself. Fully illus. in color. 160 pages. Octopus. Paperbound. Pub. at \$19.99 **\$8.95**



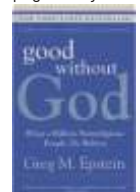
**★7693427 THE 369 MANIFESTATION JOURNAL: A 52-Week Guide to Using Divine Numbers & Law of Attraction Techniques to Manifest Your Desires.** By Berni Johnson. Complete the exercises within and learn about the law of attraction, the connection to Nikola Tesla, and how to use the divine numbers 3, 6, and 9 to your benefit. Guided and undated, this workbook will help you focus your desires and create the life you want. 176 pages. Ulysses. Pub. at \$16.95 **\$12.95**



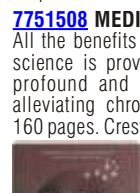
**7839839 THE IMMUTABLE LAWS OF THE AKASHIC FIELD: Universal Truths for a Better Life and a Better World.** By Ervin Laszlo et al. A renowned authority in the fields of new science, consciousness, and spirituality, has written an accessible introduction to the mysteries of the Akashic Field, explaining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



**★4691008 THE SEVEN TYPES OF SPIRIT GUIDE: How to Connect and Communicate with Your Cosmic Helpers.** By Yamile Yemoonyah. A spirit guide medium will introduce you to each of the seven types of spirit guides: angels, ancestors, nature spirits, star beings, animal spirits, ascended masters, and deities. You'll learn the unique reasons your spirit guides are here to support you on your personal path. 247 pages. Hay House. Paperbound. Pub. at \$18.99 **\$13.95**



**7804652 GOOD WITHOUT GOD: What a Billion Nonreligious People Do Believe.** By Greg M. Epstein. Questions about the role of God and religion in today's world have never been more relevant or felt more powerfully. For some, answers are found in the divine; for others, religion is an "enemy." Here, Epstein offers a more inclusive and balanced response: humanism. 250 pages. HarperCollins. Paperbound. Pub. at \$15.99 **\$5.95**



**7751508 MEDITATION MADE SIMPLE.** By Paula Watkins. All the benefits of meditation in just minutes a day! Today, science is proving that a regular meditation practice has profound and measurable benefits in reducing stress, alleviating chronic pain, and promoting happiness. Illus. 160 pages. Crestline. Pub. at \$13.99 **\$5.95**



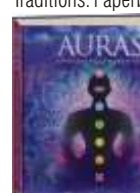
**7958781 THE LINE: A New Way of Living with the Wisdom of Your Akashic Records.** By Ashley & Ben Wood. In every moment, you are receiving divine messages to help you align with your soul's path. Filled with tools, practices, and teachings channeled from a spiritual group of beings known as The Pinnacle, this work offers a profound approach to fully expressing the truth of your wholeness and purpose in this lifetime. 153 pages. Sounds True. Paperbound. Pub. at \$17.99 **\$6.95**



**LIMITED QUANTITY ★7906501 GOD IS A WOMAN: The Path to Singlediversity.** By Edin Huskovic. You may discover by reading this work that your religious, spiritual, or national feelings cherished by you for years are shaken and questioned. All in all, it will not leave you feeling indifferent. 181 pages. Big Sandy Press. Paperbound. Pub. at \$17.00 **\$12.95**



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



**7696787 AURAS: Awakening Awareness.** By Vanessa Tucker. Our aura reveals the state of our mood and health and even our personality, and it can be enhanced or depleted by our actions and external forces. The clear text, vibrant design and inspirational imagery of this text will set you on the path to feeling fantastic, having more energy and, most importantly, personal and spiritual evolution. 128 pages. Flame Tree. Pub. at \$15.99 **\$5.95**

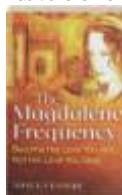




## New Age Spirituality



**★7786808 ACTIVATE YOUR SUPER-HUMAN POTENTIAL: The Ultimate 5D Toolkit.** By Jerry Sargeant. Combining qigong, breathwork, meditation, exercise, nutrition, healing, light codes, and more, Sargeant has blended a unique recipe that offers you the opportunity to create a life of freedom. Are you ready to embark on a life-changing journey? Illus. 304 pages. Inner Traditions. 8x10. Paperbound. Pub. at \$29.99 **\$24.95**



**★7963807 THE MAGDALENE FREQUENCY: Become the Love You Are, Not the Love You Seek.** By Adele Venneri. Leading you on a step by step initiatory journey, Venneri reveals how Mary Magdalene, or Myriam, is not a biblical myth but an ancient frequency of the soul. She explains how she awakened to Myriam and was transformed from seeking outward love to realizing that true love, true self, comes from within. 172 pages. Inner Traditions. Paperbound. Pub. at \$20.00 **\$15.95**



**★4808991 11:11 THE TIME PROMPT PHENOMENON: Mysterious Signs, Sequences, and Synchronicities.** By M.D. Jones & L. Flaxman. Does the same number sequence seem to appear throughout your life over and over? These mysterious number sequences, known as "time prompts" which we encounter regularly, seem like pure coincidence. The authors explore the many theories about what these number sequences really are. Illus. 223 pages. New Page Books. Paperbound. Pub. at \$16.95 **\$12.95**



**★7900406 SHAMANIC REIKI DRUMMING: Intuitive Healing with Sound and Vibration.** By Fay Johnstone. Exploring the magic of the drum, this explains the essence of shamanic journeying, including how to set intentions, access and navigate the three shamanic worlds, meet spirit guides, and connect deeply with your intuition. Outlining the protocols of drumming for yourself and others, this presents a shamanic Reiki treatment flow protocol for the basic structure of a session. 203 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **\$15.95**



**★7843194 BEYOND AND WITHIN: The White Eagle Way to Meditate Effortlessly.** Ed. by Anna Hayward. The perfect guide to meditating the White Eagle's way. It is helpful at all stages of developing the meditation practice, because it deals with its subject topic by topic and problem by problem, except that it does not see these as problems but as possibilities to explore. 240 pages. White Eagle. Paperbound. Pub. at \$14.95 **\$11.95**



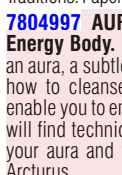
**7899556 MYSTICAL HEALING READING CARDS.** By Inna Segal. Propel yourself into your inner life of feelings, soul wisdom and spiritual evolution with this mystical card deck. Each card's evocative image offers you profound knowledge of Self and Spirit combined with practical guidance and tools for transformation. Includes 36 cards and an 87 page guidebook. Well illus. in color. Rockpool. Pub. at \$24.95 **\$12.95**



**★7842139 THE ELOQUENCE OF SILENCE: Surprising Wisdom in Tales of Emptiness.** By Thomas Moore. Ancient and modern stories gently show that our constant multitasking may not be getting us anywhere, and that emptiness is not a lack, but an invitation that can be our greatest teacher. Learn an easier, lighter way of moving through life. 187 pages. New World Library. Paperbound. Pub. at \$18.95 **\$13.95**



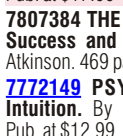
**★7925247 VENERATION RITES OF CURANDERISMO: Invoking the Sacred Energy of Our Ancestors.** By Erika Buenaflor. Whether you are able to create a long and detailed family tree or have no knowledge of your grandparents or even parents, this work offers many ways to connect with your spiritual forebearers, heal your lineage, and receive spiritual aid as you reclaim your ancestors and welcome them into your life. Color photos. 196 pages. Inner Traditions. Paperbound. Pub. at \$20.00 **\$15.95**



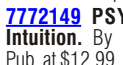
**7804997 AURAS: How to Balance and Cleanse Your Energy Body.** By Hamraz Ahsan. Everyone and everything has an aura, a subtle body that surrounds the physical one. Learning how to cleanse your aura and that of your environment will enable you to enjoy a healthy, happy, and balanced life. Here you will find techniques and meditations that will permit you to see your aura and that of others. Fully illus. in color. 160 pages. Arcturus. **PRICE CUT to \$7.95**



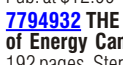
**787006X WINTER: Rituals to Thrive in the Dark Cycle of the Saeculum.** By Jo Graham. A fascinating exploration of one of the four cycles in the ancient Etruscan system known as the saecula. Winter is the final cycle of endings before the time of renewal and rebirth. With hands-on exercises and rituals Graham invites you to find the spirit of heroism within as you transform your life and soul in this challenging era. 212 pages. Llewellyn. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**



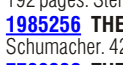
**7807384 THE SECRETS OF MIND POWER: The Secret of Success and Other Essential Works.** By William Walker Atkinson. 469 pages. St. Martin's. Paperbound. **SOLD OUT**



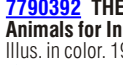
**7772149 PSYCHIC POWERS: Unlock Your Natural Intuition.** By Sahar Huneidi-Palmer. 207 pages. Arcturus. Pub. at \$12.99 **\$8.95**



**7794932 THE CHAKRA PROJECT: How the Healing Power of Energy Can Transform Your Life.** By Georgia Coleridge. 192 pages. Sterling Ethos. Pub. at \$19.95 **\$5.95**



**1985256 THE FREEDOM TRANSMISSIONS.** By Carissa Schumacher. 421 pages. HarperOne. Pub. at \$28.99 **\$3.95**



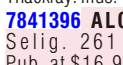
**7790392 THE SPIRIT ANIMAL DIRECTORY: 100 Spirit Animals for Inner Enlightenment.** By Dawn Baumann Brunke. Illus. in color. 192 pages. Chartwell. Pub. at \$14.99 **\$9.95**



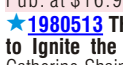
**★7926359 THE SHAMAN'S PATH TO FREEDOM: A Toltec Wisdom Book.** By Don Jose Ruiz. 206 pages. Hierophant. Paperbound. Pub. at \$18.99 **SOLD OUT**



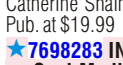
**★7773862 HOW TO MANIFEST: Bring Your Goals into Alignment with the Alchemy of the Universe.** By Gill Thackray. Illus. 128 pages. Ten Speed. Pub. at \$14.99 **\$11.95**



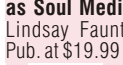
**7841396 ALCHEMY: A Channeled Text.** By Paul Selig. 261 pages. St. Martin's. Paperbound. Pub. at \$16.99 **PRICE CUT to \$2.95**



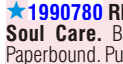
**★1980513 THE KABBALAH OF LIGHT: Ancient Practices to Ignite the Imagination and Illuminate the Soul.** By Catherine Shainberg. 332 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **\$11.95**



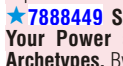
**★7698283 IN OUR ELEMENT: Using the Five Elements as Soul Medicine to Unleash Your Personal Power.** By Lindsay Fautleroy. 295 pages. Llewellyn. Paperbound. Pub. at \$19.99 **PRICE CUT to \$5.95**



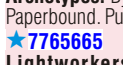
**★1990780 RITUAL AS REMEDY: Embodied Practices for Soul Care.** By Mara Branscombe. 288 pages. Findhorn. Paperbound. Pub. at \$18.99 **PRICE CUT to \$7.95**



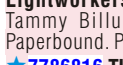
**★7888449 SAGE, HUNTRESS, LOVER, QUEEN: Access Your Power and Creativity Through Sacred Female Archetypes.** By Mara Branscombe. Illus. 256 pages. Findhorn. Paperbound. Pub. at \$18.99 **PRICE CUT to \$11.95**



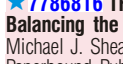
**★7765665 ANIMAL WAYSHOWERS: The Lightworkers Ushering in 5D Consciousness.** By Tammy Billups. Illus. 240 pages. Inner Traditions. Paperbound. Pub. at \$18.00 **PRICE CUT to \$7.95**



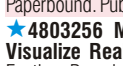
**★7786816 THE BIODYNAMICS OF THE IMMUNE SYSTEM: Balancing the Energies of the Body with the Cosmos.** By Michael J. Shea et al. Illus. 428 pages. Inner Traditions. 8 1/2 x 11. Paperbound. Pub. at \$45.00 **PRICE CUT to \$24.95**



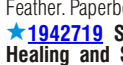
**★4803256 MANIFESTING: Using Thought Forms to Visualize Real Change.** By Von Braschler. 168 pages. Red Feather. Paperbound. Pub. at \$16.99 **SOLD OUT**



**★1942719 SHAMANISM: Your Personal Journey to Healing and Self-Discovery.** By Mark Nelson. 241 pages. Llewellyn. Paperbound. Pub. at \$18.99 **\$11.95**



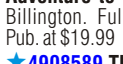
**★4976339 NINE WAYS TO CHARM A DRYAD: A Magical Adventure to Connect with the Spirit of Trees.** By Penny Billington. Fully illus. 296 pages. Llewellyn. Paperbound. Pub. at \$19.99 **\$11.95**



**★4908589 THE PATH OF THE WARRIOR-MYSTIC: Being a Man in an Age of Chaos.** By Angel Millar. 232 pages. Inner Traditions. Paperbound. Pub. at \$18.99 **\$12.95**



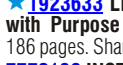
**★1923633 LIFE, PART TWO: Seven Keys to Awakening with Purpose and Joy as You Age.** By David Chernikoff. 186 pages. Shambhala. Paperbound. Pub. at \$18.95 **\$7.95**



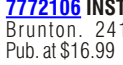
**7772106 INSTRUCTIONS FOR SPIRITUAL LIVING.** By Paul Brunton. 241 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$7.95**



**★3992659 FINDING YOUR ELVENHEART: Working with the Inner Realm of the Sidhe.** By Soren Hauge. Illus. 222 pages. Inner Traditions. Paperbound. Pub. at \$16.99 **\$9.95**



**★7710909 STARSEEDS: What's It All About?** By Alexander Quinn. 300 pages. Ozark Mountain. Paperbound. Pub. at \$22.00 **PRICE CUT to \$9.95**

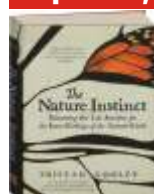


**★1975188 BELIEF, BEING, AND BEYOND: Your Journey to Questioning Ideas, Deconstructing Concepts & Healing from Harmful Belief Systems.** By Granddaughter Crow. 210 pages. Llewellyn. Paperbound. Pub. at \$16.99 **\$9.95**

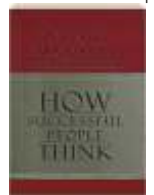
**★1931059 MASTERING YOUR 5D SELF: Tools to Create a New Reality.** By Maureen J. St. Germain. Photos. 168 pages. Inner Traditions. Paperbound. Pub. at \$16.00 **PRICE CUT to \$9.95**

**★372431X 20 THINGS I KNOW FOR SURE: Principles for Cultivating a Peaceful Life.** By Karen Casey. 144 pages. Conari Press. Paperbound. Pub. at \$14.95 **\$11.95**

## Inspiration, Motivation & Self-Discovery



**7860943 THE NATURE INSTINCT: Relearning Our Lost Intuition for the Inner Workings of the Natural World.** By Tristan Gooley. This master outdoorsman shows us how expert observers—from hunters in the English countryside to the Pygmy people in the Congo—have recovered and rekindled this lost "sixth sense," a subconscious, deeper understanding of our surroundings. By training ourselves through slow, careful observation, Gooley argues that we too can unlock this kind of intuition. Illus. 361 pages. The Experiment. Pub. at \$24.95 **\$5.95**



**796448X HOW SUCCESSFUL PEOPLE THINK.** By John C. Maxwell. Learn the 11 essential types of thinking, including how to: be more creative; focus your thoughts; develop shared ideas; capture the big picture; and more. With these keys to more effective thinking, you'll clearly see the path to personal success. 127 pages. Center Street. Pub. at \$17.00 **\$6.95**



**7848730 YOU ARE STRONGER THAN YOU THINK: Unleash the Power to Go Bigger, Go Bold, and Go Beyond What Limits You.** By Joel Osteen. Encourages you to stand firm when difficulty is not turning around. You will find the power to break the cycle of defeat, the courage to set a new standard for your family, the hope to conquer your fear, and the confidence to accomplish every dream. 224 pages. FaithWords. Pub. at \$26.00 **\$6.95**



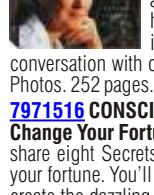
**784235X A CRAFTSMAN'S LEGACY: Why Working with Our Hands Gives Us Meaning.** By Eric Gorges with J. Sternfeld. The author identifies values that are useful for all of us; taking time to slow down and enjoy the process, embracing failure, knowing when to stop and when to push through, and accepting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



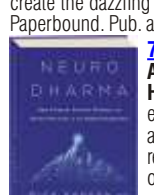
**789449X I AM THE STORM: Inspiring Stories of People Who Fight Against Overwhelming Odds.** By Janice Dean. Dean shares how she decided to go up against New York's most powerful political dynasty and tells the stories of others who stood like David against Goliath, choosing to fight for what was right rather than take the easy path. These stories will reveal what it takes for real people to go through life's storms. Color photos. 234 pages. HarperCollins. Pub. at \$28.99 **\$5.95**



**1965956 THE BOOK OF HOPE: A Survival Guide for Trying Times.** By Jane Goodall et al. In a world that seems so troubled, how do we hold on to hope? Goodall and Abrams explore through intimate and thought provoking dialogue, one of the most sought after and least understood elements of human nature: hope. Filled with moving and inspirational stories, this a deeply personal conversation with one of the most beloved figures in the world. Photos. 252 pages. Celadon. Pub. at \$28.00 **\$6.95**



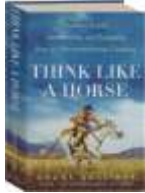
**7971516 CONSCIOUS LUCK: Eight Secrets to Intentionally Change Your Fortune.** By G. Hendricks & C. Kline. The authors share eight Secrets that will allow you to intentionally change your fortune. You'll learn how to take control of your destiny and create the dazzling life of your dreams. 180 pages. St. Martin's. Paperbound. Pub. at \$18.00 **\$5.95**



**7957793 NEURODHARMA: New Science, Ancient Wisdom, and Seven Practices of the Highest Happiness.** By Rick Hanson. Not only explores the new neuroscience of awakening but also offers a bold yet plausible plan for reverse-engineering peak experiences, sense of oneness, and even enlightenment itself. Hanson guides you along this high-reaching path with good humor, accessible tools, and personal examples. 326 pages. Harmony. Pub. at \$26.99 **\$5.95**



## Inspiration, Motivation & Self-Discovery



**LIMITED QUANTITY 7923120 THINK LIKE A HORSE: Lessons in Life, Leadership, and Empathy from an Unconventional Cowboy.** By Grant Gollhofer. The lessons Gollhofer shares are as fundamental and ageless as the relationship between horses, the people who ride them, and the beauty of the West. In fact, it's an approach that anyone can learn to better understand our common humanity, overcome trauma, and foster more fulfilled relationships. Photos. 260 pages. Putnam. Pub. at \$24.99 **SOLD OUT**



**7969481 HOW TO MANIFEST: Make Your Dreams a Reality in 40 Days.** By Laura Chung. Teaches how to create an abundance mindset through journaling, provides step by step instructions for making impactful vision boards, and shares prompts and daily lessons on Universal Laws, the chakra system, and other knowledge to help you manifest quickly and effectively. 232 pages. Sterling. Pub. at \$19.99 **\$5.95**



**7847491 RETURN TO NATURE: The New Science of How Natural Landscapes Restore Us.** By Emma Loewe. Blends new research and ancient spiritual knowledge on the healing properties of landscape to prove why we need to return to nature for the sake of our health—and the planets. Well illus. in color. 278 pages. Harper. Pub. at \$26.99 **\$5.95**

**7793057 JOHN WAYNE GRIT: Daily Inspiration and Frontier Wisdom for Men.** Ed. by Juliana Sharaf. Packed with 365 timeless truths drawn from Duke's most beloved films as well as remarkable life lessons from the man himself, this daily reader allows you to start each morning with inspiration from the legend. Well illus. 384 pages. Media Lab. Pub. at \$15.99 **\$5.95**



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



**7858590 THE POWER OF COINCIDENCE: Harness the Magic of Synchronicity to Lead a Charmed Life.** By Frank Joseph. We all have experienced inexplicable coincidences. This work reveals that such events are not random, but crucial pieces in the puzzle of our lives. Joseph shows us how to recognize instances of meaningful coincidences and the guidance they offer in finding our true path in life. 208 pages. Sirius. Paperbound. Pub. at \$12.99 **\$5.95**

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



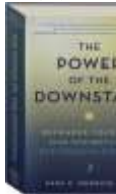
**789645X GET OUT OF MY HEAD: Creating Modern Clarity with Stoic Wisdom.** By M. Andrew McConnell. Demonstrates how to effectively allocate your mental resources, set boundaries, and overcome challenges by seizing ownership of your own mind and channeling adversity as a vehicle for growth. Find stories of high-achieving modern Stoics who have successfully reclaimed their headspace, as well as the tools you need to develop better resilience. 252 pages. BenBella. Pub. at \$25.00 **\$5.95**



**★3983722 YOUR SUBCONSCIOUS BRAIN CAN CHANGE YOUR LIFE.** By Mike Dow. Readers are introduced to a groundbreaking, life changing program Dr. Dow created: Subconscious Visualization Technique (STV). The cutting edge research will help you speak directly to your subconscious brain and tap into your greatest strengths, gifts, and resources. In short, your subconscious brain can change your life! 263 pages. Hay House. Paperbound. Pub. at \$18.99 **\$13.95**



**7847688 THE TOLTEC WAY: A Guide to Personal Transformation.** By Susan Gregg. Designed to make Toltec wisdom accessible and simple. About change, self-transformation, and the empowering freedom of personal responsibility. Included in each chapter are exercises and guided visualizations, along with parable-like stories that are powerful sources of wisdom. 194 pages. St. Martin's. Paperbound. Pub. at \$14.99 **\$5.95**



**7848285 THE POWER OF THE DOWNSTATE: Recharge Your Life Using Your Body's Own Restorative Systems.** By Sara C. Mednick. Drawing on her original findings—and those of others across many fields of medicine—Mednick creates a comprehensive picture of the Upstate/Downstate rhythms that orchestrate all of our bodies' vital systems, along with a novel theory about aging. Offers practical, evidence-based insight into how we can all enable those systems to work together in better harmony. 337 pages. Hachette. Pub. at \$29.00 **\$7.95**



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



**7900279 SLUDGE: What Stops Us from Getting Things Done and What to Do About It.** By Cass R. Sunstein. We've all had to fight our way through administrative sludge—filling out complicated online forms, mailing in paperwork, standing in line at the motor vehicle registry. It can impair health, reduce growth, entrench poverty, and exacerbate inequality. The author explains what we can do to reduce the sludge. 153 pages. MIT Press. Pub. at \$24.95 **\$5.95**



**LIMITED QUANTITY ★7909144 EXPAND YOUR MAGNIFICENT MIND.** By Jose Silva et al. To help you take full advantage of Silva's wisdom and advice, this work includes instructions on how to enter the alpha brainwave level, and also includes many of his problem-solving techniques to help you change your life for the better. 331 pages. G&D Media. Paperbound. Pub. at \$24.99 **SOLD OUT**



**DVD 4886291 THE SECRET.** Widescreen. Based on the bestselling book, this astonishing film holds the secret to everything: joy, wealth, money, relationships, happiness. For the first time in history, leading scientists, authors, and philosophers reveal the secret that utterly transformed the lives of the visionaries who lived it. 91 minutes. TS Production. Pub. at \$9.98 **\$5.95**



**★7854501 MIND-BODY CONNECTION FOR PAIN MANAGEMENT: Vital Meditation, Mindfulness, and Movement Techniques to Ease Chronic Pain.** By Anna McConville. The mind body connection is a holistic approach to healing that addresses how your thoughts, feelings, and attitude can positively impact your body. Shows you how to integrate this approach into your life, with step by step exercises that help you use the power of your mind to relieve all types of pain. 174 pages. Callisto. Paperbound. Pub. at \$14.99 **\$11.95**



**7929730 ASPIRE HIGHER: How to Find the Love, Positivity, and Purpose to Elevate Your Life and the World!** By Ken Lindner. With so many people today feeling lost, fearful, demoralized, and anxiety ridden, we want and need to know how to elevate our lives and spirits. Lindner show you how, through clear steps and strategies, to instill love, positivity, purpose, and empowering feelings of high self esteem into your heart as you elevate yourself and the world. 230 pages. Greenleaf Book Group. Pub. at \$19.95 **\$5.95**

**7908733 HEARTBREAK: A Personal and Scientific Journey.** By Florence Williams. A remarkable merging of science and self-discovery that will change the way we think about loneliness, health, and what it means to fall in and out of love. 296 pages. Norton. Pub. at \$30.00 **\$6.95**



**★7937849 THE POWER OF YOUR SUBCONSCIOUS MIND SUBLIMINAL PROGRAM.** By Joseph Murphy. Once you master the basics of the laws of the mind and the foundations of positive thinking, you can move toward relaxation and self-confidence, health and well-being, wealth and success, and harmonious relationships. 244 pages. G&D Media. Paperbound. Pub. at \$14.95 **SOLD OUT**



**★1967754 LAW OF ATTRACTION MANIFESTATION JOURNAL.** By Latha Jay. We are always manifesting, creating our reality through thoughts, beliefs, and actions. But without focused intention, we manifest by default, allowing limiting beliefs to hold us back. In this journal, spiritual manifestation coach Jay provides you with the guidance and methods you need to change your perceptions so you can create a life you love. 128 pages. Zeitgeist. Paperbound. Pub. at \$13.13 **\$9.95**



**7971443 THE ART OF FLANEURING: How to Wander with Intention and Discover a Better Life.** By Erika Owen. Discover the many ways flaneuring (someone who wanders with intention) can spark creativity, support a more mindful mentality, and improve your overall well-being. Illus. 178 pages. S&S. Paperbound. Pub. at \$16.99 **\$5.95**



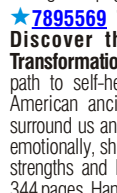
**LIMITED QUANTITY ★7955545 MANEKI NEKO: The Japanese Secret to Good Luck and Happiness.** By Nobuo Suzuki. Explores the ways in which "good luck" symbols and rituals in Japan are used in tandem with diligence and a positive attitude to help people overcome life's many twists, turns and bad patches. Well illus. most in color. 158 pages. Tuttle. Pub. at \$16.99 **SOLD OUT**



**7918356 ROAR: Into the Second Half of Your Life (Before It's Too Late).** By Michael Clinton. Change is all around us—in our careers, in our relationships, and throughout our world. Clinton will show you a dynamic and empowering process called ROAR: Reimagine yourself. Own who you are. Act on what's next for you. Reassess your relationships. 205 pages. Atria. Paperbound. Pub. at \$17.99 **\$5.95**



**7941153 THE SWEET SPOT: The Pleasures of Suffering and the Search for Meaning.** By Paul Bloom. Suffering has its rewards. Pain can distract us from our anxieties and help us transcend the self. Feeling of fear and sadness are part of the pleasure of immersing ourselves in play and fantasy, and can provide certain moral satisfactions. Shows us how a life without chosen suffering would be empty—and, worse than that, boring. 272 pages. Ecco. Paperbound. Pub. at \$19.99 **\$5.95**



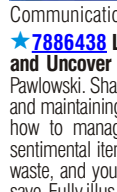
**★7895569 THE POWER OF COLORS, SECOND EDITION: Discover the Path to Self-Healing and Personal Transformation Through the Use of Colors.** By Noah Goldhirsh. A path to self-healing and personal transformation through Native American ancient wisdom. Shares the meaning of colors that surround us and how they affect us physically, psychologically and emotionally, showing how we can use their power to understand our strengths and how to maximize these to realize our full potential. 344 pages. Hammersmith. Paperbound. Pub. at \$24.99 **\$19.95**



**★7922485 THE GIFT OF FAILURE.** By Dan Bongino. Reflecting on all of the hurdles and pitfalls Bongino had encountered that wound up motivating him, he digs in to deliver a rich, wild and rewarding collection that will fire you up, make you think and maybe even help you take something positive from your own failures. After all, as Bongino dutifully documents, they are gifts. Color photos. 154 pages. Liberatio Protocol. Pub. at \$28.99 **\$21.95**



**★7916310 THE OWNER'S MANUAL TO LIFE: Simple Strategies to Worry Less and Enjoy Life More.** By Michael Zajackowski. This inspirational guide provides you with 100 practical, often lighthearted, and immediately useful tips, strategies, and techniques to help you reduce stress and anxiety, and to discover the sense of peace and happiness you've been looking for. 286 pages. Health Communications. Paperbound. Pub. at \$15.95 **\$11.95**



**★7886438 LOVE YOUR HOME AGAIN: Organize Your Space and Uncover the Home of Your Dreams.** By A. Lightfoot & K. Pawlowski. Sharing tried and true systems of decluttering, organizing, and maintaining, along with real client stories, the authors teach you how to manage your home. You'll find guidance on handling sentimental items, embracing quality over quantity, cutting down on waste, and you'll be amazed at the time, money, and energy you'll save. Fully illus. in color. 224 pages. Pub. at \$27.95 **\$22.95**



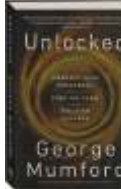
## Inspiration, Motivation & Self-Discovery



**★7872399 SIMPLE SUCCESS: How to Prosper in Good Times and Bad.** By Napoleon Hill et al. Your guide to navigating both the good and bad times with courage and wisdom. This collection will help you build a life you love no matter what comes your way. Whether you're negotiating financial struggles and career setbacks or looking to build on your momentum and seize your potential. 376 pages. St. Martin's. Paperbound. Pub. at \$17.00 **\$12.95**



**7881584 THE NEW ALPHA MALE: Walking the Path of the Heart.** By Lance Allred. Brings you a winning game plan for growing, leading, and succeeding—while staying true to your authentic self. Allred helps you break down the outdated ideas our culture presents as “truths” regarding competition, addiction, fear, gender roles, spirituality, and more. 194 pages. Sounds True. Paperbound. Pub. at \$18.99 **\$5.95**



**7971958 UNLOCKED: Embrace Your Greatness, Find the Flow, Discover Success.** By George Mumford. A world-renowned performance and mindfulness expert who has worked with legends such as Michael Jordan and Kobe Bryant offers proven strategies for avoiding burnout, unleashing our innate strengths, and finding enduring success. 234 pages. Harper. Pub. at \$29.99 **\$6.95**



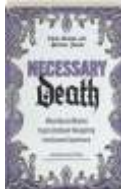
**★7885776 THIS IS YOUR BRAVERY TEST: 55 Challenges for Art & Life Inspired by Bob Ross.** By Michelle Witte. This collection of ideas inspired by the iconic artist's philosophy of stretching a little past your limits will motivate you just as he does when painting. Creative and thought-provoking challenges range from ideas for making new friends, to breaking routines, to trying new art techniques. Fully illus. in color. Running Press. Pub. at \$18.00 **\$12.95**



**★783649X CONFIDENT EMPATH: A Complete Guide to Multidimensional Empathing and Energetic Protection.** By Suzanne Worthley. Delves into aspects of empathing not often explored, such as quantum and paranormal empathing, soul contracts, and advanced empathing strategies. Included are compelling true accounts from Worthley's professional work that illustrate the concepts taught. 288 pages. Findhorn. Paperbound. Pub. at \$22.99 **\$18.95**



**★7909187 21 DAY ABUNDANCE CHALLENGE: Plan for a Prosperous Future.** By Gill Hasson. Evolve from a scarcity mindset to an abundant mindset in a 21 day program of reflective exercises, meditations, support and encouragement. Full of tips and techniques to attract new opportunities. Learn how to identify what really matters and set goals accordingly; how to manifest your dreams into reality; and more. 192 pages. John Murray. Paperbound. Pub. at \$19.99 **\$14.95**



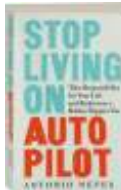
**★7945868 NECESSARY DEATH: What Horror Movies Teach Us About Navigating the Human Experience.** By C. Grosso & P. Fassel. Based on very real and practical commentary, life experience, and occasionally tongue in cheek look at the misfortunes of horror legends, this work explores how the horror genre, motifs, and characters offer individuals a unique opportunity for insight and understanding of their own lives. 226 pages. Health Communications. Paperbound. Pub. at \$15.95 **\$11.95**



**7954832 THE WISDOM OF THE BULLFROG: Leadership Made Simple (But Not Easy).** By William H. McRaven. A short, inspirational work of advice and leadership lessons that Admiral McRaven collected over his four decades as a Navy SEAL. 208 pages. Grand Central. Pub. at \$25.00 **\$5.95**



**7756216 HERE & HEREAFTER: How Wisdom from the Departed Can Transform Your Life Now.** By Tyler Henry. Celebrated clairvoyant medium Henry has communicated with thousands of departed souls, receiving insightful advice on how we can best trust our intuition, manage our difficulties, and live more authentic lives in the times we're in. An inspirational guide to finding meaning in life—and living it well. 278 pages. St. Martin's. Pub. at \$27.99 **PRICE CUT to \$5.95**



**7879717 STOP LIVING ON AUTOPILOT: Take Responsibility for Your Life and Rediscover a Bolder, Happier You.** By Antonio Neves. Will guide you to confront hard truths about where you are and how you got there, while inviting compassion, honesty, and accountability. There's no better time than now to reevaluate your life and lay a stronger foundation for your next 30 days. Step by step, you can become an active player in your own life again and rediscover what makes you great. 248 pages. Rodale. Pub. at \$25.99 **PRICE CUT to \$5.95**



**★7822030 THE LITTLE BOOK OF WISDOM: For When Life Gets a Little Tough.** Ed. by Victoria Denne. Offers guidance for when the scales of life are tipped and wisdom feels in short supply. Packed full of insightful musing from some of the world's best-known figures, this work will show you that wisdom can be found in the most surprising places. 192 pages. Orange Hippo. Pub. at \$8.95 **PRICE CUT to \$4.95**



**7893000 F\*CK NO! A No F\*cks Given Guide.** By Sarah Knight. Life is so much better when you say no with confidence—and without guilt, fear, or regret. This guide delivers practical strategies that give you the power to decline, and concrete examples that put the words right into your mouth. 289 pages. Little, Brown. Pub. at \$19.99 **PRICE CUT to \$3.95**



**7854188 ONE DECISION: The First Step to a Better Life.** By Mike Bayer. An inspiring and practical action plan to help you improve your life, find your purpose, improve your mental health and relationships, work on your physical health, and even make more money. A refreshing approach for motivating you to take a risk, be bold, and take real action toward a better life. Illus. 290 pages. Penguin. Pub. at \$27.00 **PRICE CUT to \$5.95**



**7795521 ME TIME: The Self-Care Guide That Transforms You from Surviving to Thriving.** By Jessica Sanders. Shows you how to carve out time for self-care and make these moments count. Ranging from one minute rituals through the day, to long adventures, each act is designed to transform you from surviving to thriving. Illus. in color. 128 pages. White Lion. Pub. at \$14.99 **PRICE CUT to \$2.95**



**7876483 HAPPIER HERE & NOW: The Restorative Power of Life's Simple Pleasures.** By Mary Jane Grant. Grant shares her journey of traveling solo in the UK and France, and the six simple steps that can help anyone learn to embrace the restorative power of life's simple pleasures. Quietly, gently and with ease—it might just lead to a new kind of happiness. 195 pages. Coronet. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**



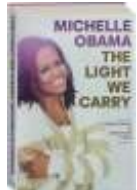
**7880391 BE BOLD: A Guide to Unbreakable Confidence.** By Anna Goldstein. If you're ready to take control of your life, let this be your guide. Learn to applaud your imperfections, set boundaries, work with your fear, tune into your intuition, and more! Well illus. in color. 144 pages. Rock Point. Pub. at \$18.00 **PRICE CUT to \$3.95**



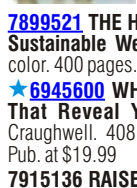
**★7768222 HOW TO BE HIGHLY SENSITIVE & EMPOWERED: A Revolutionary Healing Guide for Empaths.** By Jane Novak. The most emotionally perceptive and sensitive people, known as empaths, have a gift: they connect with others deeply, and they can understand and channel the energy around them. This work will take you on a transformational journey to reclaim your sensitivity as a superpower, and unlock a sense of freedom in all areas of your life. 159 pages. Watkins. Paperbound. Pub. at \$16.95 **PRICE CUT to \$9.95**



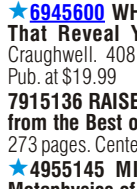
**★DVD 7875142 THE BODY LANGUAGE OF SLEEP.** Just like our non-verbal communication during the day, our sleep-fueled body language reflects the complexities of who we are and how we feel. Join relationship and body-language expert Loisel as she explores the body language of sleep and reveals what your sleep position tells about you and your relationship. 158 minutes. Dreamscape Media. Pub. at \$14.95 **PRICE CUT to \$9.95**



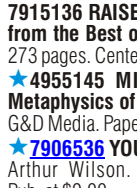
**★7754647 THE LIGHT WE CARRY: Overcoming in Uncertain Times.** By Michelle Obama. Offers readers a series of fresh stories and reflections on change, challenge, and power, including Obama's belief that when we light up for others, we can illuminate the potential of the world around us, discovering deeper truths and new pathways to progress. Photos. 318 pages. Crown. Pub. at \$32.50 **PRICE CUT to \$19.95**



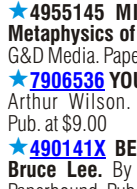
**7899521 THE HAPPINESS BIBLE: The Definitive Guide to Sustainable Well-Being.** By Cheryl Rickman. Well illus. in color. 400 pages. Firefly. Paperbound. Pub. at \$19.95 **\$7.95**



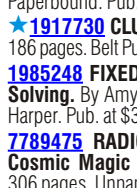
**★6945600 WHO ARE YOU? 145 Easy-to-Score Quizzes That Reveal Your Personality.** By S.V. Didato & T.J. Craughwell. 408 pages. Black Dog & Leventhal. Paperbound. Pub. at \$19.99 **\$14.95**



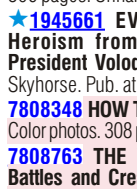
**7915136 RAISE YOUR GAME: High-Performance Secrets from the Best of the Best.** By Alan Stein Jr with J. Sternfeld. 273 pages. Center Street. Pub. at \$29.99 **SOLD OUT**



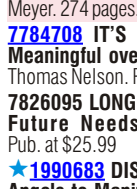
**★4955145 MIND AS BUILDER: The Positive-Mind Metaphysics of Edgar Cayce.** By Mitch Horowitz. 128 pages. G&D Media. Paperbound. Pub. at \$19.99 **SOLD OUT**



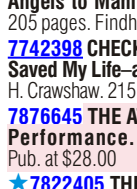
**★7906536 YOU SELFISH BASTARD: A Self-Help Book.** By Arthur Wilson. 96 pages. Ozark Mountain. Paperbound. Pub. at \$9.00 **\$6.95**



**★490141X BE WATER, MY FRIEND: The Teachings of Bruce Lee.** By Shannon Lee. Photos. 229 pages. Flatiron. Paperbound. Pub. at \$16.99 **\$9.95**



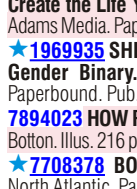
**★1917730 CLUTTER: An Untidy History.** By Jennifer Howard. 186 pages. Belt Publishing. Paperbound. Pub. at \$16.95 **\$7.95**



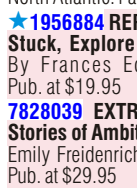
**1985248 FIXED: How to Perfect the Fine Art of Problem Solving.** By Amy E. Herman. Photos, many in color. 320 pages. Harper. Pub. at \$35.00 **\$5.95**



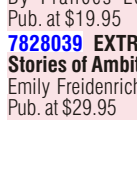
**7789475 RADICAL CURIOSITY: One Man's Search for Cosmic Magic and a Purposeful Life.** By Ken Dychtwald. 306 pages. Unnamed Press. Pub. at \$28.00 **\$3.95**



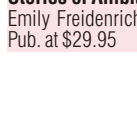
**★1945661 EVERYTHING IS POSSIBLE: Words of Heroism from Europe's Bravest Leader, Ukrainian President Volodymyr Zelensky.** By Mary Wood. 168 pages. Skyhorse. Pub. at \$14.99 **\$7.95**



**7808348 HOW TO HOST A VIKING FUNERAL.** By Kyle Scheele. Color photos. 308 pages. Pub. at \$25.99 **PRICE CUT to \$4.95**



**7808763 THE WAY FORWARD: Master Life's Toughest Battles and Create Your Lasting Legacy.** By R. O'Neill & D. Meyer. 274 pages. Dey Street. Pub. at \$28.99 **PRICE CUT to \$4.95**



**7784708 IT'S ABOUT TIME: The Art of Choosing the Meaningful over the Urgent.** By Valorie Burton. 233 pages. Thomas Nelson. Paperbound. Pub. at \$18.99 **\$2.95**



**7826095 LONGPATH: Becoming the Great Ancestors Our Future Needs.** By Ari Wallach. 190 pages. Harper. Pub. at \$25.99 **SOLD OUT**



**★1990683 DISCOVER YOUR SOUL MISSION: Calling on Angels to Manifest Your Life Purpose.** By Kathryn Hudson. 205 pages. Findhorn. Paperbound. Pub. at \$16.99 **\$9.95**



**7742398 CHECKING IN: How Getting Real About Depression Saved My Life—and Can Save Yours.** By Michelle Williams with H. Crawshaw. 215 pages. Thomas Nelson. Pub. at \$26.99 **\$3.95**



**7876645 THE ATTRIBUTES: 25 Hidden Drivers of Optimal Performance.** By Rich Diviney. 289 pages. Random. Pub. at \$28.00 **PRICE CUT to \$4.95**



**★7822405 THE EMPOWERMENT SOLUTION: Six Keys to Unlocking Your Full Potential with the Subconscious Mind.** By Friedemann Schaub. 342 pages. Destiny. Paperbound. Pub. at \$24.99 **\$19.95**



**★1983873 YOUR UNLIMITED SELF: 9 Proven Techniques to Clear Your Mind and Attract the Right Results.** By Joe Vitale. 178 pages. G&D Media. Paperbound. Pub. at \$17.95 **\$7.95**



**★1952781 MY POCKET GUIDE TO MANIFESTATION: Anytime Activities to Set Intentions, Visualize Goals, and Create the Life You Want.** By Kelsey Aida Roudales. 176 pages. Adams Media. Paperbound. Pub. at \$14.99 **PRICE CUT to \$7.95**



**★1969935 SHE/HE/THEY/ME: An Interactive Guide to the Gender Binary.** By Robyn Ryle. 431 pages. Sourcebooks. Paperbound. Pub. at \$17.99 **\$7.95**



**7894023 HOW PROUST CAN CHANGE YOUR LIFE.** By Alain de Botton. Illus. 216 pages. Picador. Paperbound. **PRICE CUT to \$4.95**



**★7708378 BODY AWARE.** By Erica Hornthal. 217 pages. North Atlantic. Paperbound. Pub. at \$17.95 **\$7.95**



**★1956884 REPOTTING YOUR LIFE: Sense When You're Stuck, Explore What's Possible, Claim Room to Grow.** By Frances Edmonds. 206 pages. The Experiment. Pub. at \$19.95 **PRICE CUT to \$5.95**

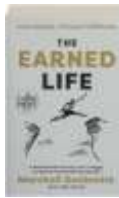


**7828039 EXTRAORDINARY MOTHERS & DAUGHTERS: Stories of Ambition, Resilience, and Unstoppable Love.** By Emily Freidenrich. Well illus. 136 pages. Chronicle. 8 1/4x10 3/4. Pub. at \$29.95 **PRICE CUT to \$7.95**



## Inspiration, Motivation & Self-Discovery

- ★ **7819633 FUNCTIONAL TRAINING FOR THE MIND: How Physical Fitness Can Improve Your Focus, Mental Clarity, and Concentration.** By Jeremy Bhandari. 216 pages. Mango. Paperbound. Pub. at \$19.99 **PRICE CUT to \$9.95**
- ★ **1949667 12 NOTES: On Life and Creativity.** By Quincy Jones. 180 pages. Abrams. Pub. at \$26.00 **PRICE CUT to \$7.95**
- ★ **4977270 HERO ON A MISSION: A Path to a Meaningful Life.** By Donald Miller. 205 pages. HarperCollins. Pub. at \$24.99 **PRICE CUT to \$5.95**
- ★ **1957201 THE GRIND CULTURE DETOX: Heal Yourself from the Poisonous Intersection of Racism, Capitalism, and the Need to Produce.** By Heather Archer. Illus. 200 pages. Hierophant. Paperbound. Pub. at \$18.99 **PRICE CUT to \$5.95**
- ★ **7735243 WHY WE ARE RESTLESS: On the Modern Quest for Contentment.** By Benjamin & Jenna S. Storey. 252 pages. Princeton. Paperbound. Pub. at \$19.95 **PRICE CUT to \$7.95**
- ★ **1911368 PERMISSION TO DREAM.** By C. Gardner & M.E. Rivas. 189 pages. Amistad. Paperbound. Pub. at \$16.99 **PRICE CUT to \$1.95**
- ★ **7737785 YOUR FAMILY REVEALED: A Guide to Decoding the Patterns, Stories, and Belief Systems in Your Family.** By Elaine Carney Gibson. 187 pages. Sounds True. Paperbound. Pub. at \$18.99 **PRICE CUT to \$5.95**
- ★ **4937082 THE MYTH OF CLOSURE: Ambiguous Loss in a Time of Pandemic and Change.** By Pauline Boss. 180 pages. Norton. Pub. at \$21.95 **PRICE CUT to \$3.95**
- ★ **7888570 GETTING GOOD AT BEING YOU: Learning to Love Who God Made You to Be.** By Lauren Alaina. 196 pages. Thomas Nelson. Pub. at \$22.99 **\$5.95**
- ★ **786048X WHAT WOULD MAISIE DO?** By Jacqueline Winspear. Illus., many in color. 176 pages. HarperPerennial. Paperbound. Pub. at \$17.99 **\$4.95**
- ★ **7884400 BE WHERE YOUR FEET ARE: Seven Principles to Keep You Present, Grounded, and Thriving.** By Scott M. O'Neil et al. 254 pages. St. Martin's. Pub. at \$25.99 **\$5.95**
- ★ **7811756 SURROUNDED BY SETBACKS: Turning Obstacles into Success (When Everything Goes to Hell).** By Thomas Erikson. Illus. 326 pages. St. Martin's. Pub. at \$27.99 **\$5.95**
- ★ **4956699 THE ABUNDANCE PROJECT: 40 Days to More Wealth, Health, Love, and Happiness.** By Derek Rydall. 255 pages. Atria. Paperbound. Pub. at \$17.99 **\$7.95**
- ★ **7871279 WAKE ME WHEN YOU LEAVE: Love and Encouragement via Dreams from the Other Side.** By Elisa Donovan. 200 pages. Llewellyn. Paperbound. Pub. at \$16.99 **\$5.95**
- ★ **7735057 CONSCIOUS CONFIDENCE: Use the Wisdom of Sanskrit to Find Clarity and Success.** By Sarah Mane. 191 pages. Findhorn. Paperbound. Pub. at \$16.99 **\$3.95**
- ★ **4955226 THE POWER OF THE MASTER MIND.** By Mitch Horowitz. 171 pages. G&D Media. Paperbound. Pub. at \$17.95 **\$12.95**
- ★ **4955331 THE SECRET FORMULA: Discover Your Greater Self—and Revolutionize Your Life.** By Joseph Murphy. 208 pages. G&D Media. Paperbound. Pub. at \$17.95 **\$12.95**
- ★ **4967135 HOW TO USE THE LAWS OF MIND.** By Joseph Murphy. 317 pages. G&D Media. Paperbound. Pub. at \$24.95 **SOLD OUT**
- ★ **7694970 THE WARRIOR WITHIN: Own Your Power to Serve, Fight, Protect, and Heal.** By D.J. Vanas. 236 pages. Portfolio. Pub. at \$27.00 **\$11.95**
- ★ **496795X THE GREAT REBELLION: The Only Remedy for Suffering.** By Samael Aun Weor. Photos. 171 pages. Glorian. Paperbound. Pub. at \$14.95 **\$7.95**
- ★ **1968505 AMERICAN DETOX: The Myth of Wellness and How We Can Truly Heal.** By Kerri Kelly. 304 pages. North Atlantic. Paperbound. Pub. at \$18.95 **PRICE CUT to \$3.95**
- ★ **4965655 START FINISHING: How to Go from Idea to Done.** By Charlie Gilkey. 255 pages. Sounds True. Paperbound. Pub. at \$18.99 **\$11.95**
- ★ **4943066 NEUROAFFECTIVE MEDITATION: A Practical Guide to Lifelong Brain Development, Emotional Growth, and Healing Trauma.** By Marianne Bentzen. 240 pages. Inner Traditions. Paperbound. Pub. at \$19.99 **\$15.95**
- ★ **4853571 THE SELF-LOVE SUPERPOWER: The Magical Art of Approving of Yourself (No Matter What).** By Tess Whitehurst. 208 pages. Llewellyn. Paperbound. Pub. at \$16.99 **\$7.95**
- ★ **4921801 WALKING IN MUD: A Navy SEAL's 10 Rules for Surviving the New Normal.** By Steve Giblin with J. Land. Photos. 200 pages. Post Hill. Pub. at \$27.00 **\$11.95**
- ★ **7862237 THE HERO CODE: Lessons Learned from Lives Well Lived.** By William H. McRaven. **LARGE PRINT EDITION.** From the acclaimed #1 *New York Times* bestselling author of *Make Your Bed* comes a short, inspirational work about the qualities of true, everyday heroes. 187 pages. Grand Central. Pub. at \$24.00 **\$6.95**



★ **7892969 THE EARNED LIFE: Lose Regret, Choose Fulfillment.** By M. Goldsmith & M. Reiter. **LARGE PRINT EDITION.** Reveals that the key to living the earned life, unbound by regret, requires committing to a habit of earning and, crucially, connecting that habit to something greater than the isolated achievements of careerism. By grounding our achievements in a higher aspiration,

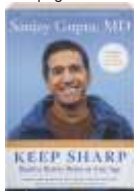
Goldsmith shows, we can avoid the easy temptation to wallow in regret. 366 pages. Random. Paperbound. Pub. at \$30.00 **\$6.95**

★ **7892977 EMBRACE YOUR ALMOST: Find Clarity and Contentment in the In-Betweens, Not-Quites, and Unknowns.** By Jordan Lee Dooley. **LARGE PRINT EDITION.** 226 pages. Random. Paperbound. Pub. at \$26.00 **PRICE CUT to \$4.95**

## Healing & the Mind

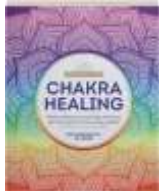


★ **7920369 THE BREATHWORK COMPANION: Unlock the Healing Power of Breathing.** By Margaret Townsend. A tool to keep you calm; increase your energy; clarify your thinking; release muscle tightness; enhance your physical, emotional, and spiritual health—even give you a youthful glow. It's not some miracle app. It's your breath. Now learn how to harness it. Illus. 271 pages. Artisan. Paperbound. Pub. at \$19.99 **\$5.95**



★ **7968426 KEEP SHARP: Build a Better Brain at Any Age.** By Sanjay Gupta. Debunks common myths about aging and mental decline, and explores whether there's a "best" diet or exercise regimen for the brain, and explains whether it's healthier to play video games that test memory and processing speed or to engage in more social interactions. 318 pages. S&S. Paperbound. Pub. at \$17.00 **\$5.95**

★ **7700369 A MIND OF ITS OWN: How Your Brain Distorts and Deceives.** By Cordelia Fine. Shows that the human brain is in fact stubborn, emotional and deceitful, and teaches you everything you always wanted to know about the brain—and plenty you probably didn't know about. 246 pages. Icon. Paperbound. **\$4.95**

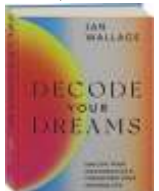


★ **193497X CHAKRA HEALING: Restore Balance to Your Body, Mind, and Spirit Through the Seven Energy Centers.** By B. Rippentrop & E. Adamson. This comprehensive guide will provide readers with a thorough dive into the concept of chakras, their adaptive qualities, their signs of balance and imbalance, and the healing techniques they possess. Illus. 330 pages. Alpha. Paperbound. Pub. at \$19.99 **\$6.95**

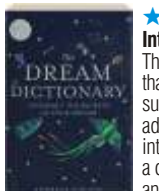
★ **7959648 THE POWER OF AWE.** By J. Eagle & M. Amster. A.W.E. stands for Attention, Wait, Exhale, and Expand, and the method is a five to 15 second, three-step process—a type of "microdosing mindfulness," or a brief, mindfulness practice. It transports us into awe, a powerful emotion that produces wonderment and a heightened state of consciousness. 252 pages. Hachette. Pub. at \$29.00 **\$7.95**



★ **4963636 HEAVEN SENT: A Simple Guide to Communicating with Angels.** By Belinda Grace. Outlines how to communicate with your angels. Begin each day by using heavenly exercise from this guide. This is the perfect gift for friends in need, outlines easy to follow exercises on how to talk to your angels, and how to meet and honor your own angels. Well illus. in color. 119 pages. Rockpool. Paperbound. Pub. at \$9.95 **\$4.95**



★ **7920504 DECODE YOUR DREAMS: Unlock Your Unconscious & Transform Your Waking Life.** By Ian Wallace. Dreams are powerful tools for processing our fears, desires, anxieties and dilemmas. Complete with over 90 dream scenarios, learn how to unlock the secrets of your unconscious and take transformative action. 191 pages. White Lion. Pub. at \$16.99 **\$5.95**



★ **7910290 THE DREAM DICTIONARY: Interpret the Secrets of Your Dreams.** By Theresa Cheung. A comprehensive handbook that will help you interpret the meaning of the surreal world of your dreams. As well as expert advice on the optimum way to recall and interpret your dreams. Discover why dreaming of a car hints at the direction your life is heading in, and why being chased suggests that you are trying to avoid something or someone, and more. 558 pages. Thunder Bay. Paperbound. Pub. at \$24.00 **SOLD OUT**



★ **7870043 SITTING COMFORTABLY: Preparing the Mind and Body for Peaceful Meditation.** By Swami Saradananda. Illustrates the key stretches, yoga poses and breathing exercises (pranayama) to help you sit comfortably, outlines diet and lifestyle tips and much more. With evocative artwork, serene photography and step by step guidance, this is the ultimate guide to preparing for a meditation practice. 176 pages. Watkins. Paperbound. Pub. at \$19.95 **\$6.95**



★ **7929552 LIFE TIME: Your Body Clock and Its Essential Roles in Good Health and Sleep.** By Russell Foster. By dismantling long-standing myths and citing cutting-edge science, Foster empowers readers to get back into rhythm and live healthier, sharper lives: scheduling meals; timing medications to increase their effectiveness; getting better sleep through exposure to natural light; and much more. 466 pages. Yale. Paperbound. Pub. at \$20.00 **\$15.95**



★ **7965699 TRAIN YOUR BRAIN: Memory.** By Gareth Moore. Uses puzzles, tests and carefully constructed challenges to maintain and sharpen your mind's memory skills. Each chapter focuses on a different aspect of memory, from acrostics and number phrases to creative images and memory palaces. Fully illus. in color. 224 pages. Welbeck. Paperbound. Pub. at \$14.95 **\$11.95**



★ **7955057 THE LANGUAGE OF BREATH: Discover Better Emotional and Physical Health Through Breathing and Self-Awareness.** By Jesse Coomer. Shows how we can learn to respond to and interact with the language of our breath to achieve better health, decreased anxiety, and improved overall wellness. A vital tool for self-discovery, transformation, and reclaiming agency amidst the strains and stresses of modern-day life. 218 pages. North Atlantic. Paperbound. Pub. at \$19.95 **\$14.95**



★ **7939485 THE EMOTIONAL ROOTS OF CHRONIC ILLNESS: Homeopathy for Existential Stress.** By Jerry M. Kantor. Revealing that the subconscious mind is amenable to change, Kantor shows how to accurately select remedies to defuse the energetic charge of unresolved existential stress and thus quell the root causes of chronic illness. 208 pages. Inner Traditions. Paperbound. Pub. at \$24.99 **\$19.95**



★ **7966458 BRAIN REBOOT: New Treatments for Healing Depression.** By Michael Henry. Introduces three treatments proven to help with severe depressions: ketamine, transcranial magnetic stimulation (TMS), and electroconvulsive therapy (ECT). When all else have failed, they have provided a "brain reboot" to help you regain your life. 257 pages. Hachette. Pub. at \$29.00 **\$6.95**



★ **7874960 THE SELF-HEALING MIND: An Essential Five-Step Practice for Overcoming Anxiety and Depression, and Revitalizing Your Life.** By Gregory Scott Brown. A holistic approach to emotional and psychological healing that focuses on how evidence-based self-care strategies can be used to improve and sustain mental health. Brown's personal and professional experience has taught him that lifestyle interventions are also key to sustainable mental wellness. 285 pages. Harper. Pub. at \$27.99 **PRICE CUT to \$3.95**



★ **7795610 THE POWER OF GUIDED MEDITATION: Simple Practices to Promote Wellbeing.** By Jessica Crow. This guide is organized into three parts that invite you into a relationship with your body and mind through a nonjudgmental lens. As you build up your meditation practice, you will find that these benefits extend into every area of your life. 128 pages. Fair Winds. Pub. at \$16.99 **PRICE CUT to \$3.95**



★ **7828233 GETTING IT DONE WHEN YOU'RE DEPRESSED, SECOND EDITION: 50 Strategies for Keeping Your Life on Track.** By J.A. Fast & J.D. Preston. 310 pages. Alpha. Paperbound. Pub. at \$15.99 **\$5.95**

★ **4898575 THE COMPLETE GUIDE TO DREAM INTERPRETATION.** By Marsha Trimble Dunstan. 336 pages. Baker Books. Paperbound. Pub. at \$17.99 **\$4.95**



## Healing & the Mind

**7948115 THE ORACLE OF NIGHT: The History and Science of Dreams.** By Sidarta Ribeiro. 466 pages. Pantheon. Pub. at \$32.50 **\$7.95**

**7854498 MEMORY ACTIVITY BOOK: 100+ Brain Exercises to Supercharge Your Memory.** By Alexis Olson. 130 pages. Callisto. Paperbound. Pub. at \$9.99 **SOLD OUT**

**4875575 THE DAILY LAWS: 366 Meditations on Power, Seduction, Mastery, Strategy, and Human Nature.** By Robert Greene. 453 pages. Viking. Pub. at \$30.00 **\$17.95**

**7718950 52 SMALL CHANGES FOR THE MIND.** By Brett Blumenthal. 320 pages. Chronicle. Paperbound. Pub. at \$16.95 **\$7.95**

**1966693 SMARTER TOMORROW: How 15 Minutes of Neurohacking a Day Can Help You Work Better, Think Faster, and Get More Done.** By Elizabeth R. Ricker. 356 pages. Little, Brown. Pub. at \$28.00 **\$4.95**

**7807511 LLEWELLYN'S COMPLETE DICTIONARY OF DREAMS.** By Michael Lennox. 277 pages. Llewellyn. 8x10. Paperbound. Pub. at \$25.99 **SOLD OUT**

**7717164 AWAKENING TO THE FIFTH DIMENSION: Discovering the Soul's Path to Healing.** By Kimberly Meredith. 265 pages. St. Martin's. Pub. at \$21.99 **\$6.95**

**7824335 THE KETAMINE BREAKTHROUGH: How to Find Freedom from Depression, Lift Anxiety, and Open Up to a New World of Possibilities.** By M. Dow & R. Levy. 220 pages. Hay House. Paperbound. Pub. at \$17.99 **\$12.95**

**7739850 QIGONG MEDITATION, SECOND EDITION: Small Circulation.** By Yang, Jwing-Ming. 408 pages. YMAA. Paperbound. Pub. at \$36.95 **\$27.95**

**7763794 STATE CHANGE: End Anxiety, Beat Burnout, and Ignite a New Baseline of Energy and Flow.** By Robin Berzin with S. Toland. 294 pages. S&S. Pub. at \$28.00 **\$3.95**

**195718X A SENSE OF SELF: Memory, the Brain, and Who We Are.** By Veronica O'Keane. Illus. 268 pages. Norton. Paperbound. Pub. at \$17.95 **\$5.95**

**1953184 ANSWERS IN THE DARK: Grief, Sleep and How Dreams Can Help You Heal.** By Delphi Ellis. 212 pages. O-Books. Paperbound. Pub. at \$18.95 **PRICE CUT to \$7.95**

**7804245 21 DAYS TO DECODE YOUR DREAMS: Unlock the Signs, Symbols, and Meanings of Your Dreams.** By Leon Nacson. 173 pages. Hay House. Paperbound. Pub. at \$14.99 **PRICE CUT to \$9.95**

**7734115 HURT, HEALING, HEALED: Release Limiting Beliefs, Fears & Blocks to Supercharge Your Manifestation.** By Emma Mumford. 211 pages. Watkins. Paperbound. Pub. at \$16.95 **PRICE CUT to \$7.95**

**7777256 INITIATION INTO DREAM MYSTERIES: Drinking from the Pool of Mnemosyne.** By Sarah Janes. 180 pages. Destiny. Paperbound. Pub. at \$18.99 **\$9.95**

**1942697 THE COURAGEOUS PATH TO HEALING: When Commitment to Yourself & Your Recovery Becomes Your Greatest Teacher.** By Jennifer Kraitsoulas. 212 pages. Llewellyn. Paperbound. Pub. at \$16.99 **PRICE CUT to \$3.95**

**DVD 789497X THE LOVE DESTINATION: Guided Meditation.** Widescreen. Dreamscape Media. Pub. at \$14.95 **PRICE CUT to \$9.95**

**7755821 NIGHTMARES: Your Guide to Interpreting Your Darkest Dreams.** By J.M. DeBord. 285 pages. Visible Ink. Paperbound. Pub. at \$19.95 **\$14.95**

**7773889 THE STRESS PRESCRIPTION: 7 Days to More Joy and Ease.** By Elissa Epel. 240 pages. Penguin. Paperbound. Pub. at \$15.00 **PRICE CUT to \$5.95**

**4960998 THE LITTLE BOOK OF DREAMS.** By Lisa Dyer. 192 pages. Orange Hippo. Pub. at \$8.95 **\$4.95**

**7735065 DRUGS OF THE DREAMING.** By G. Toro & B. Thomas. 149 pages. Park Street. Paperbound. Pub. at \$12.95 **\$5.95**

**4704908 MEMORY CRAFT: Improve Your Memory with the Most Powerful Methods in History.** By Lynne Kelly. 16 pages of color illus. 306 pages. Pegasus. Paperbound. Pub. at \$16.95 **\$9.95**

**7772750 PRECOGNITIVE DREAMWORK AND THE LONG SELF: Interpreting Messages from Your Future.** By Eric Wargo. 308 pages. Inner Traditions. Paperbound. Pub. at \$18.99 **\$7.95**

**7733933 THE ANXIETY ANTIDOTE: How Awareness and Action Can Lead to Self-Control and Inner Peace.** By Kamran Bedi. 216 pages. Watkins. Paperbound. Pub. at \$16.95 **\$9.95**

**1975730 A BETTER BRAIN FOR BETTER AGING: The Holistic Way to Improve Your Memory, Reduce Stress, and Sharpen Your Wits.** By Sondra Kornblatt. Illus. 215 pages. Conari Press. Paperbound. Pub. at \$19.95 **\$11.95**

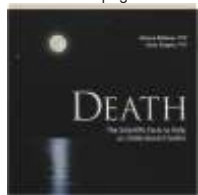
**1974017 DREAM GUIDANCE: Connecting to the Soul Through Dream Incubation.** By Machiel Klerk. 161 pages. Hay House. Paperbound. Pub. at \$14.99 **\$5.95**

**7740050 HOW TO BUILD A HEALTHY BRAIN: Reduce Stress, Anxiety and Depression and Future-Proof Your Brain.** By Kimberley Wilson. Illus. 359 pages. Yellow Kite. Paperbound. Pub. at \$17.99 **\$9.95**

## Facing Illness & Death



**LIMITED QUANTITY 7927746 WHAT DOES IT FEEL LIKE TO DIE? Inspiring New Insights into the Experience of Dying.** By Jennie Dear. As a long-time hospice volunteer, Dear has helped countless patients, families, and caregivers cope with the many challenges of the dying process. Inspired by her own personal journey with her mother's long-term illness, she demystifies the experience of dying for everyone whose lives it touches. 246 pages. Citadel. Paperbound. Pub. at \$16.95 **\$5.95**



**7797273 DEATH: The Scientific Facts to Help Us Understand It Better.** By R. Beliveau & D. Gingras. Sprinkled with humor and the wisdom of great thinkers, this work reflects on our philosophical, scientific and spiritual understanding of death. Chapters cover diverse topics such as consciousness and the soul; terminal illness and dying slowly; how the body dies; murder and execution; and more. Well illus., many in color. 264 pages. Firefly. Paperbound. Pub. at \$29.95 **\$5.95**



**7957475 BITTERSWEET: How Sorrow and Longing Make Us Whole.** By Susan Cain. Explores why we experience sorrow and longing, and how embracing the bittersweetness at the heart of life is the true path to creativity, connection, and transcendence. The author shows how a bittersweet state of mind is the quiet force that helps us transcend our personal and collective pain. Photos. 310 pages. Crown. Pub. at \$28.00 **\$6.95**



**7882955 MY TWO ELAINES: Learning, Coping, and Surviving as an Alzheimer's Caregiver.** By Martin J. Schreiber with C. Breitenbucher. An intimate love story that offers practical advice, support and hope. Captures the full spectrum of emotions that caregivers often experience. The author hopes that sharing his own journey will help other caregivers and their loved ones live the best lives possible in the face of this relentless illness. 167 pages. Harper. Pub. at \$27.99 **\$9.95**

**785546X THE AFTERLIFE BOOK: Heaven, Hell, and Life After Death.** By M.D. Jones & L. Flaxman. Packed with facts and thought-provoking insights, this work thoroughly reviews ideas of heaven, reincarnation, Christian and other religious beliefs; cremation, burial, and historic death rituals; accounts of near-death experiences; and more. Well illus. 323 pages. Visible Ink. Paperbound. Pub. at \$22.95 **\$17.95**

**7958846 MINDFULNESS AND THE JOURNEY OF BEREAVEMENT: Restoring Hope After Death.** By Peter Bridgewater. Explores how denial, anger, bargaining, depression and acceptance are all natural stages of the grief cycle, and shows how we can gain insight into our feelings, nourish our needs, and face the future positively, with hope and mindfulness through the life-changing process of grieving. 143 pages. Leaping Hare. Paperbound. Pub. at \$12.99 **\$5.95**

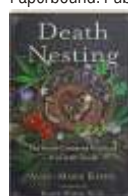
**7925883 I'M NOT A MOURNING PERSON: Braving Loss, Grief, and the Big Messy Emotions That Happen When Life Falls Apart.** By Kris Carr. Includes tools and practices to help you tend to your most painful wounds with fierce grace. When your life has been turned upside down, whether by the dissolution of a relationship or marriage; the end of a job or career; or the grief of illness or death, it may be easier to bury the feelings, but you can be free from the fear of pain. 211 pages. Hay House. Pub. at \$19.99 **\$14.95**

**7731531 SIX FEET OVER: Science Tackles the Afterlife.** By Mary Roach. What happens when we die? What will it feel like? Roach consults scientists, schemers, engineers, and mediums, all trying to prove (or disprove) that life goes on after we die. Photos. 309 pages. Norton. Paperbound. Pub. at \$16.95 **\$12.95**

**SOLD OUT**



**7916205 HOPE FOR THE BEST, PLAN FOR THE REST: 7 Keys for Navigating a Life-Changing Diagnosis.** By S. Winemaker & H. Seow. Drawing on the authors' decades spent researching and caring for thousands of seriously ill patients they reveal the seven keys for a better illness experience. With real-life stories, tips, and exercises to improve your journey right from diagnosis, these compassionate experts empower you with practical tools. 253 pages. Page Two Books. Paperbound. Pub. at \$19.95 **\$14.95**



**7900384 DEATH NESTING: The Heart-Centered Practices of a Death Doula.** By Anne-Marie Keppel. Providing support for caregivers and loved ones as well, Anne-Marie explores self-care methods for moving with grief, ideas for "things to do" when there is nothing to do, and mindfulness practices for contemplating your own mortality. She also offers visualizations and techniques for talking with children about death and dying. 176 pages. Inner Traditions. Paperbound. Pub. at \$18.00 **\$14.95**



**7917805 HEALING FROM GREAT LOSS: Facing Pain and Grief to Recover Your Authentic Self.** By Ann J. Clark. Chronicles the author's journey back to herself and provides a road map for understanding and healing from a great loss, in which we have lost our sense of identity and/or life direction. It is envisioned as the soul's invitation to return to the purpose we have set for this life, after we have lost our way. 185 pages. Llewellyn. Paperbound. Pub. at \$16.99 **\$8.95**



**7935560 THE HOMES OF THE SOUL: A Short Guide to the Real Possibility of Life After Death.** By Jennifer Vanbergen. A compelling and thoughtful discussion on the possibility of life after death. Using the works of numerous renowned thinkers, this work compares Carl Jung's theories of the psyche to a modern, quantum theory of consciousness. The result is a short guide to the real possibility of life after death. Illus. 153 pages. Aeon. Paperbound. Pub. at \$19.99 **\$14.95**

**7854722 THE DENIAL OF DEATH.** By Ernest Becker. First published in 1974, tackles man's refusal to acknowledge his own mortality, sheds new light on the nature of humanity, and answers the "why" of existence. 314 pages. Free Press. Paperbound. Pub. at \$18.99 **\$13.95**



**7820151 THE BIG EXIT: The Surprisingly Urgent Challenge of Handling the Remains of a Billion Boomers.** By Ian Sutton. Someday soon we'll see the greatest explosion of deaths in history, and we aren't ready for it. Cemeteries are full and new ones aren't being created. Also, burying bodies in the ground is bad for the environment. Burning them, is even worse, which rules out cremation. So what should you do? 217 pages. Sutherland House. Paperbound. Pub. at \$19.95 **PRICE CUT to \$9.95**

**7846614 LANGUAGES OF LOSS: A Psychotherapist's Journey Through Grief.** By Sasha Bates. A powerful insight into what it is to lose someone you love, but importantly, alongside this, a practical and objective view on how to help someone who is grieving, and help them find hope even among all the pain. 266 pages. Yellow Kite. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**



**7890583 THE IN-BETWEEN: Unforgettable Encounters During Life's Final Moments.** By Hadley Vlahos. Vlahos recounts the most impactful experiences she's had with the people she's worked with—from the woman who never once questioned her faith until she was close to death, to the older man seeing visions of his late daughter, to the young patient who laments that she spent too much of her short life worrying about what others thought of her—while also sharing her own journey. 259 pages. Ballantine. Pub. at \$27.00 **PRICE CUT to \$14.95**



**7707851 WE NEVER DIE: Secrets of the Afterlife.** By Matt Fraser. Revealed through never before told stories and Fraser's conversations with the dearly departed, the wisdom is perfect for anyone seeking uplifting answers about life's biggest questions. Discover the healing and fulfillment that await us and our loved ones in the afterlife—plus how these truths can bring us comfort, meaning, and guidance in our earthly lives. 216 pages. Gallery. Pub. at \$27.99 **PRICE CUT to \$17.95**



## Facing Illness & Death



★ **7714963 THE LONG COVID SELF-HELP GUIDE: Practical Ways to Manage Symptoms.** By Emily Fraser et al. Filled with case studies and was written with the involvement of real Long Covid sufferers. The focus is on self-management with a simple, consistent message about improving symptoms. Each chapter takes a different issue in turn and offers clear guidance on key areas such as breathlessness, psychological aspects, brain fog, fatigue, returning to exercise and returning to work. 200 pages. Green Tree. Paperbound. Pub. at \$22.00 **PRICE CUT to \$12.95**

★ **7724616 DEATH INTERRUPTED: How Modern Medicine Is Complicating the Way We Die.** By Blair Bigham. 289 pages. Walrus. Paperbound. Pub. at \$17.99 **PRICE CUT to \$5.95**

★ **1942700 FROM GRIEF TO HEALING: A Holistic Guide to Rebuilding Mind, Body & Spirit After Loss.** By Amanda Mackenzie. Illus. 290 pages. Llewellyn. Pub. at \$18.99 **\$9.95**

★ **7735227 LIFE IS SHORT: An Appropriately Brief Guide to Making It More Meaningful.** By Dean Rickles. 114 pages. Princeton. Pub. at \$22.95 **\$11.95**

★ **7736738 SOULBROKEN: A Guidebook for Your Journey Through Ambiguous Grief.** By Stephanie Sarazin. 275 pages. Balance. Paperbound. Pub. at \$17.99 **PRICE CUT to \$5.95**

★ **7699824 THE INEVITABLE: Dispatches on the Right to Die.** By Katie Engelhart. 338 pages. St. Martin's. Paperbound. Pub. at \$18.99 **PRICE CUT to \$5.95**

★ **7802277 THE KNOCK AT THE DOOR: Three Gold Star Families Bonded by Grief and Purpose.** By Ryan Manion et al. 16 pages of color photos. 276 pages. Center Street. Pub. at \$28.00 **\$4.95**

★ **7711158 THIS PARTY'S DEAD: Grief, Joy and Spilled Rum at the World's Death Festivals.** By Erica Buist. 309 pages. Unbound. Paperbound. Pub. at \$17.95 **\$7.95**

★ **1984322 WHATSAPPS FROM HEAVEN: Bereavement in the Twenty-First Century.** By Louise Hamlin. 90 pages. O-Books. Paperbound. Pub. at \$12.95 **\$9.95**

★ **1983237 LIGHT AFTER LOSS: A Spiritual Guide for Comfort, Hope, and Healing.** By Ashley Davis Bush. 181 pages. Viva Editions. Paperbound. Pub. at \$17.95 **\$5.95**

★ **773666 NAVIGATING GRIEF AND LOSS: 25 Buddhist Practices to Keep Your Heart Open to Yourself and Others.** By Kimberly Brown. 189 pages. Prometheus. Paperbound. Pub. at \$19.95 **\$11.95**

★ **7706030 EVERYTHING IS TEMPORARY: Illustrated Contemplations on How Death Shapes Our Lives.** By Iris Gottlieb. Fully illus. 175 pages. Tarcher. Paperbound. Pub. at \$17.00 **\$5.95**

★ **1968165 HOW TO SURVIVE LOSING A LOVED ONE.** By K.J. Taylor & C. Pearson. 340 pages. Robinson. Paperbound. Pub. at \$19.99 **PRICE CUT to \$11.95**

## Aging



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



★ **7702027 THE AGE FIX: A Leading Plastic Surgeon Reveals How to Really Look 10 Years Younger.** By Anthony Youn with E. Adamson. Youn's customizable Age Fix routine will help improve the health of your skin and with the diet based prescription to rejuvenate your appearance and overall health from the inside out. Revealing how labels lie, how the foods you eat can be more effective than the creams you buy, and most important, why surgery is (usually) *not* the best option. 244 pages. Grand Central. Paperbound. Pub. at \$17.99 **\$4.95**

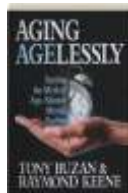


★ **7739052 THE SCIENCE AND TECHNOLOGY OF GROWING YOUNG.** By Sergey Young. The prospect of living to 200 years old isn't science fiction anymore. A leader in the emerging field of longevity offers his perspective on what cutting-edge breakthroughs are on the horizon, as well as the practical steps we can take now to live healthily to 100 and beyond. 255 pages. BenBella. Pub. at \$27.95 **\$7.95**



lifestyle. Illus. in color. 239 pages. Crestline. Pub. at \$14.99 **\$7.95**

★ **794022X NECESSARY CONVERSATIONS, SECOND EDITION: Between Families and Their Aging Parents.** By Gerald W. & L. Marlene Kaufman. The authors urge aging people, their adult children, family members, and other caretakers to talk directly with each other about the decisions that lie ahead as they age. Focuses on four primary areas: parents' finances; parents' medical care; parents' living arrangements; and driving. 189 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$6.95**



★ **7930054 AGING AGELESSLY: Busting the Myth of Age-Related Mental Decline.** By T. Buzan & R. Keene. Enables you to become a much better thinker and communicator as you progress through life. You will be able to remember names, facts, and figures using easy to learn memory techniques; read more rapidly and with greater retention; learn principles and techniques used by great minds in the business, sports, creative worlds; and more. Illus. 244 pages. G&D Media. Paperbound. Pub. at \$19.95 **\$14.95**



★ **7909691 DON'T ACT YOUR AGE: How Twenty Minutes a Day Will Restore Vitality and Add Years to Your Life.** By Jim Sargent. Told with good humor and personal experience, Sargent illustrates how 20 minutes a day will change your life in this informative, instructional and motivational work. He shares his philosophy and advice in this easy to follow guide to a longer and more meaningful life. Illus. 147 pages. Rare Bird. Paperbound. Pub. at \$16.95 **\$12.95**

★ **7869622 AGE PROOF: The New Science of Living a Longer and Healthier Life.** By Rose Anne Kenny. Distilling scientific theory into practical advice that we can apply to our everyday lives, Kenny examines the impact that food, genetics, friendships, purpose, sex, exercise and laughter have on how our cells age. Discover the steps you can take to stay younger for longer and prove that you are just as young as you feel. Illus. 328 pages. Lagon. Paperbound. Pub. at \$17.99 **\$13.95**



★ **7777345 THE SWEDISH ART OF AGING EXUBERANTLY: Life Wisdom from Someone Who Will (Probably) Die Before You.** By Margareta Magnusson. Introduces the word to the Swedish tradition of *dostadning*, or "death cleaning"—clearing out your unnecessary belongings so others don't have to do it for you. The author reveals her discoveries about aging and offers advice on how to age gracefully. 141 pages. Scribner. Pub. at \$19.99 **\$14.95**

★ **7881495 THE GREAT AGE REBOOT: Cracking the Longevity Code for a Younger Tomorrow.** By Michael F. Roizen. As the human lifespan expands and more people are living to 100 years and beyond, explains how to prepare for a longer future. 320 pages. National Geographic. Pub. at \$28.00 **PRICE CUT to \$4.95**



★ **7874324 MY RETIREMENT, MY WAY: A Workbook for the Newly Retired.** By Veronica McCain. Helps you dig deep to plan for a successful, fulfilling retirement. Create a unique roadmap to retirement with guided exercises, explore innovative advice for living your best retirement life, and find everything you need to make smart, confident decisions. 168 pages. Zeitgeist. Paperbound. Pub. at \$17.99 **PRICE CUT to \$9.95**

★ **7775822 SUCCESSFUL AGING: A Neuroscientist Explores the Power and Potential of Our Lives.** By Daniel J. Levitin. 498 pages. Dutton. Pub. at \$30.00 **\$6.95**

★ **7836503 SHILAJIT: The Ayurvedic Adaptogen for Anti-Aging and Immune Power.** By Wolfgang Windmann. Well illus. in color. 160 pages. Earthdancer. Paperbound. Pub. at \$17.99 **\$13.95**

★ **7773935 AARP CHECKLIST FOR MY FAMILY, SECOND EDITION: A Guide to My History, Financial Plans, and Final Wishes.** By Sally Balch Hurme. 270 pages. American Bar Association. Paperbound. Pub. at \$14.99 **SOLD OUT**

★ **7788010 JELLYFISH AGE BACKWARDS: Nature's Secrets to Longevity.** By Nicklas Brendborg. 268 pages. Little, Brown. Pub. at \$29.00 **\$21.95**

★ **199073X THE INNER WORK OF AGE: Shifting from Role to Soul.** By Connie Zweig. 394 pages. Park Street. Paperbound. Pub. at \$19.99 **\$11.95**

★ **1944045 TRUE AGE: Cutting-Edge Research to Help Turn Back the Clock.** By Morgan Levine. 294 pages. Avery. Pub. at \$27.00 **PRICE CUT to \$14.95**

★ **787328X AGEISM UNMASKED: Exploring Age Bias and How to End It.** By Tracey Gendron. 180 pages. Steerforth. Pub. at \$19.95 **\$5.95**

## Communication Skills



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

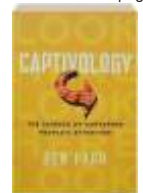


★ **4873033 BODY LANGUAGE 101.** By David Lambert. Offers a practical introduction to the conscious and unconscious body language people use to express mood, attitude, and status. Nonverbal communication from around the world is examined and interpreted. Illus. in color. 192 pages. Skyhorse. Paperbound.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

★ **1917919 THE ART OF READING MINDS: Understand Others to Get What You Want.** By Henrik Fexeus. This work teaches you how to use non-verbal communication, body language and suggestion techniques to find out what another person thinks and feels, and how you can create an impact on that individual's thoughts and beliefs. Photos. 238 pages. Yellow Kite. Paperbound. **\$4.95**



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



★ **1988352 CAPTIVOLGY: The Science of Capturing People's Attention.** By Ben Parr. Employing the latest scientific research and inspiring stories, Parr offers a new understanding of how attention works. He reveals seven captivation triggers: psychological techniques that help you capture attention by appealing to fundamental aspects of human nature. 250 pages. HarperOne. Paperbound. Pub. at \$16.99 **\$4.95**

★ **7957513 BRAG BETTER: Master the Art of Fearless Self-Promotion.** By Meredith Fineman. This effortless and unapologetic approach to self-promotion will manage your anxiety and allow you to champion yourself. You'll even learn to brag on behalf of others whose good work has gone unnoticed for too long. 278 pages. Portfolio. Pub. at \$27.00 **\$5.95**



★ **777725 THE POWER OF CONFLICT: Speak Your Mind and Get the Results You Want.** By Jon Taffer. Provides you with the rules to argue smarter, uphold your values, and keep the conversation real. This step by step guide starts with the inception of the conflict and carries through the difficult conversation's conclusion, arming readers with the skills and confidence to fight for their principles. 209 pages. Morrow. Pub. at \$27.99 **\$7.95**



★ **7777051 SAY LESS, GET MORE: Unconventional Negotiation Techniques to Get What You Want.** By Fotini Iconomopoulos. Shows you how to take the fear out of getting what you want, explains why "splitting the difference" is not a good idea and debunks other common myths and tactics along the way. The author will help you figure out your ideal starting position and how to manage the negotiation process, including who should make the first move, and more. Illus. 316 pages. Collins. Pub. at \$22.99 **PRICE CUT to \$4.95**



## Communication Skills



**★7819773 FAILURE TO COMMUNICATE: Why We Misunderstand What We Hear, Read, and See.** By Roger Kreuz. "Why didn't they understand me? I was as clear as I could be." Everyone has had this thought at one time or another. Features dozens of examples and provides explanations based on what researchers have discovered about how communication works—and why so often fails. 275 pages. Prometheus. Pub. at \$26.95 **PRICE CUT to \$11.95**



**★7868642 GOOD ARGUMENTS: How Debate Teaches Us to Listen and Be Heard.** By Bo Seo. Drawing insights from its strategies, structure, and history, proves that good faith debate, far from being a source of conflict, can enrich our lives and improve our communication with friends, family, and colleagues alike. Good arguments are more important than ever at a time when bad faith is all around us. 342 pages. Penguin. Paperbound. Pub. at \$18.00 **PRICE CUT to \$9.95**

**480824X THE TRUTH DETECTOR: An Ex-FBI Agent's Guide for Getting People to Reveal the Truth.** By Jack Schafer with M. Karlins. 268 pages. Atria. Paperbound. Pub. at \$18.00 **\$5.95**

**7678940 BODY READING PLAIN & SIMPLE.** By Sasha Fenton. Well illus. 140 pages. Hampton Roads. Paperbound. Pub. at \$14.95 **\$3.95**

**1956485 BODY LANGUAGE, 3RD EDITION: How to Read Others, Detect Deceit, and Convey the Right Message.** By James Borg. Illus. 262 pages. Skyhorse. Paperbound. Pub. at \$14.99 **\$6.95**

**7743874 BODY LANGUAGE FOR WOMEN: Learn to Read People Instantly and Increase Your Influence.** By Donna Van Natten. Photos. 194 pages. Paperbound. Pub. at \$14.99 **\$3.95**

**★4988701 STOLEN FOCUS: Why You Can't Pay Attention—and How to Think Deeply Again.** By Johann Hari. 345 pages. Crown. Pub. at \$28.00 **\$11.95**

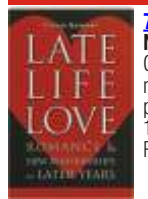
**★7737947 CONNECTED FATES, SEPARATE DESTINIES: Using Family Constellations Therapy to Recover from Inherited Stories and Trauma.** By Marine Selenee. 197 pages. Hay House. Paperbound. Pub. at \$16.99 **PRICE CUT to \$5.95**

**7808518 THE POWER OF VOICE: A Guide to Making Yourself Heard.** By Denise Woods. 308 pages. HarperOne. Paperbound. Pub. at \$17.99 **PRICE CUT to \$3.95**

**★1991612 BODY LANGUAGE, REVISED.** By Julius Fast. 171 pages. M. Evans. Paperbound. Pub. at \$15.95 **\$7.95**

**★1926381 HOW TO COMMUNICATE EFFECTIVELY WITH ANYONE, ANYWHERE: Your Passport to Connecting Globally.** By R. Sanchez & D. Bullock. Fully illus. 264 pages. Career Press. Paperbound. Pub. at \$18.95 **\$11.95**

## Relationships



**7837186 LATE-LIFE LOVE: Romance & New Relationships in Later Years.** By Connie Goldman. Contains interviews with more than twenty older couples about their partnerships and late-life romances. 192 pages. Fairview. Paperbound. Pub. at \$14.95 **\$4.95**

**795462X LOVE AFTER 50: How to Find It, Enjoy It, and Keep It.** By Francine Russo. This ultimate, comprehensive, and intimate guide will help you find and keep love after 50. 256 pages. S&S. Pub. at \$27.00 **\$5.95**

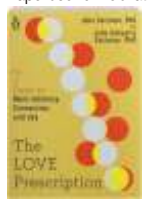


**7918186 EMOTIONAL BLACKMAIL: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You.** By Susan Forward with D. Frazier. Provides powerful, practical strategies for blackmail targets, including checklists, practice scenarios, and concrete communications techniques that will strengthen relationships and break the blackmail cycle for good. 252 pages. Harper. Paperbound. Pub. at \$16.99 **\$5.95**



**7801084 PLAYS WELL WITH OTHERS: The Surprising Science Behind Why Everything You Know About Relationships Is (Mostly) Wrong.** By Eric Barker. Entertaining guide to building better relationships—a cure-all in our age of increasing emotional distance and loneliness. Combines science with storytelling to reveal the truth behind the conventional wisdom about relationships. 293 pages. Harper. Pub. at \$28.99 **\$5.95**

**★7911939 EVERYDAY SOCIOPATHS: How Evil Spreads and How We Can Stop It.** By Jane McGregor. Designed to help you identify the sociopath destroying your happiness, and equip you with the tools to protect yourself against these arch-manipulators. Not only will it allow you to regain control over your life, but this will also help you to understand why those with no conscience can, and do, flourish in positions of political or economic power. 248 pages. Sheldon. Paperbound. Pub. at \$14.99 **\$11.95**



**7894570 THE LOVE PRESCRIPTION: 7 Days to More Intimacy, Connection, and Joy.** By John & Julie Schwartz Gottman. A seven-day action plan with easy, immediately actionable steps. There will be no grand gestures and no big, hard conversations. There's nothing to buy or do to prepare. Anyone can do this, from any starting point. There is a formula for a good relationship, and this guide will show you how a few small changes can fundamentally transform your relationship for the better. 178 pages. Penguin. Paperbound. Pub. at \$15.00 **\$5.95**



**7805888 CHANGES THAT HEAL: Four Practical Steps to a Happier, Healthier You.** By Henry Cloud. Never before has an expert defined the steps toward self-fulfillment and satisfying relationships with such clear, insightful, and easy to follow guidelines. Dr. Henry Cloud combines his expertise, well-developed faith, and keen understanding of human nature in a four-step program of healing and growth. 323 pages. Zondervan. Paperbound. Pub. at \$19.99 **\$5.95**

**DVD 7803915 CUDDLE.** Widescreen. Chronicles the revolutionary movement taking place around the world. More and more people are cuddling. Through cuddle parties, where non-sexual physical touch can be practiced within a safe and innocent setting, the healing power of touch is reaching more people every day. Not Rated. 67 minutes. True Mind. Pub. at \$14.95 **PRICE CUT to \$7.95**

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

**★7781091 THE SH!T NO ONE TELLS YOU ABOUT DIVORCE: A Guide to Breaking Up, Falling Apart, and Putting Yourself Back Together.** By Dawn Dais. 228 pages. Hachette. Paperbound. Pub. at \$18.99 **PRICE CUT to \$9.95**

**7789408 FIGHT FOR US: Win Back the Marriage God Intends for You.** By C.M. Robichaux & A. Davis. 210 pages. Thomas Nelson. Pub. at \$25.99 **PRICE CUT to \$3.95**

**★7819145 HEAL YOUR ANCESTRAL ROOTS: Release the Family Patterns That Hold You Back.** By Anuradha Dayal-Gulati. 288 pages. Findhorn. Paperbound. Pub. at \$18.99 **PRICE CUT to \$7.95**

**★1990608 THE NO-NONSENSE GUIDE TO DIVORCE: Getting Through and Starting Over.** By Lori Hellis. 243 pages. Rowman & Littlefield. Paperbound. Pub. at \$19.95 **PRICE CUT to \$5.95**

**★1972243 THE CURIOUS HISTORY OF DATING: From Jane Austen to Tinder.** By Nichi Hodgson. 248 pages. Robinson. Paperbound. Pub. at \$17.99 **\$9.95**

**★4926625 MANSLATIONS: Decoding the Secret Language of Men.** By Jeff Mac. 208 pages. Sourcebooks. Paperbound. Pub. at \$18.99 **\$11.95**

## Sexuality & Sexual Expression



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



**5773768 LOVING THE G-SPOT: The Definitive Guide on the Secret Center of Feminine Pleasure.** By Marcia Durante. A manual to the enigmatic G-spot, including detailed instructions that show, step by step, the path to female ecstasy. Along the way, it reveals tricks to activate new erogenous centers and unlock intense, prolonged orgasms she'll never forget. Adults only. 120 pages. Skyhorse. Paperbound. Pub. at \$12.99 **\$5.95**

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



**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**



**★4708954 SHE COMES FIRST: The Thinking Man's Guide to Pleasuring a Woman.** By Ian Kerner. A virtual encyclopedia of female pleasure, detailing tried and true techniques for consistently satisfying a woman and ensuring that sexual fulfillment is mutual. Illus. 220 pages. Morrow. Paperbound. Pub. at \$16.99 **\$12.95**



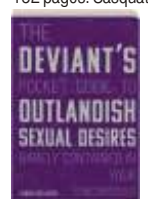
**7876076 ACTION: A Book About Sex.** By Amy Rose Spiegel. Finally a book about sex you won't feel embarrassed to own. Spiegel dissects threesomes, celibacy as a display of autonomy, consent, safety, group sex, gender, and the best breakfast to make for a one-night stand. She even includes how-tos on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



**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**



**7900260 SAVAGE LOVE FROM A TO Z: Advice on Sex and Relationships, Dating and Mating, Exes and Extras.** By Dan Savage, illus. by J. Newton. A collection of 26 edgier than ever essays that showcase Savage's signature candor, phrases, and philosophies. A modern guidebook for the bedroom and beyond, this volume is for anyone who's had, is having, or hopes to have sex. Well illus. in color. 152 pages. Sasquatch. Pub. at \$19.95 **\$5.95**



**4911520 THE DEVIANT'S POCKET GUIDE TO OUTLANDISH SEXUAL DESIRES BARELY CONTAINED IN YOUR SUBCONSCIOUS.** By Dennis DiClaudio. Each entry in this one of a kind encyclopedia explores the psychological underpinnings, important logistics, and typical fantasies associated with the deviance in question. Adults only. 208 pages. Becker & Mayer. Paperbound. Pub. at \$14.99 **\$6.95**

**4913876 50 THINGS TO DO WITH A RABBIT & OTHER SEX TOYS.** By Daisy Valetta. Whether you're single or coupled up, the exciting range of sex toys available these days will tease and please you into the most mind-blowing orgasms imaginable. This guide will provide hours of entertainment and even includes a chapter for getting guys in on the action too. Adults only. Illus. in color. 95 pages. Carlton. Paperbound. Pub. at \$9.95 **\$4.95**

**7680147 SENSATION: Adventures in Sex, Love and Laughter.** By Isabel Losada. For anyone who has ever been tempted to dip their toes into the deep waters of sexual exploration, this work plunges you straight in. A quest to find out how we can make our sex lives better. 318 pages. Watkins. Paperbound. Pub. at \$14.95 **\$4.95**



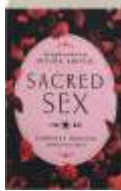
**★7968027 YOUR BLUEPRINT FOR PLEASURE: Discover the 5 Erotic Types to Awaken—and Fulfill—Your Desires.** By Jaiya. Jaiya has identified five Core Erotic Blueprint Types, and knowing yours and your partner's can help bridge any sexual incompatibility gaps and build a life that makes pleasure a priority. Also provides 50 exercises to master the turn-ons for all five Blueprint Types. Adults only. 304 pages. Union Square & Co. Paperbound. Pub. at \$17.99 **\$12.95**



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



## Sexuality & Sexual Expression



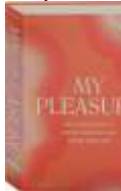
**★7680457 SACRED SEX: The Magick and Path of the Divine Erotic.** By Gabriela Herstik. Covers topics including: how to work with the Divine Erotic and sex magick; related mystical traditions from around the world, such as tantra, kundalini yoga, Kabbalah, and Taoism; how to weave intention and mindfulness throughout sex; rituals and sex magick to activate self-love; and more. Illus. 335 pages. Tarcher. Paperbound. Pub. at \$17.00 **\$9.95**



**★7889852 SUPERFREAKS: Kink, Pleasure, and the Pursuit of Happiness.** By Arielle Greenberg. A journey into the rich and widely misunderstood world of kink. Traces the community's history from the infamous orgies of ancient Rome and explains the science behind sexual fetishes; delves into the psychology behind power exchange; lays out the importance of consent; and parses the politics of sexual deviance. 269 pages. Beacon. Pub. at \$28.95 **\$21.95**



**★7955227 FOUNDATIONS OF ROPE BONDAGE: A Fun and Friendly Introduction to Rope Fundamentals.** By TheDuchy. With easy to follow step by step instructions, you'll learn 16 essential rope bondage techniques, from beginner knots like Lark's Head and Half Hitch to more advanced ties like the Shinju and Hishi Karada. Fully illus. 443 pages. Green Candy. 8 1/2 x 11. Paperbound. **SOLD OUT**



**7828500 MY PLEASURE: An Intimate Guide to Loving Your Body and Having Great Sex.** By Laura Delarato. This guide will empower you to explore your body and cultivate a satisfying sex life no matter your relationship status. It begins with loving your body and yourself. Tackles everything from body image and self-confidence to solo and partner play. Adults only. Illus. 240 pages. Chronicle. Pub. at \$24.95 **PRICE CUT to \$7.95**



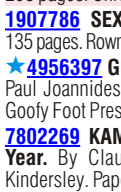
**7874979 SEX, HEALTH & CONSCIOUSNESS.** By Liz Goldwyn. An inclusive, holistic, and much-needed guide to sexual well-being—and the new paradigm of pleasure that's possible when we embrace our sexuality as a natural part of a healthy human experience. 193 pages. Sounds True. Paperbound. Pub. at \$18.99 **PRICE CUT to \$3.95**



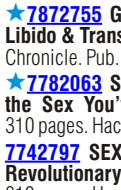
**★7747438 SEX: Lessons from History.** By Fern Riddell. In this wide-ranging and powerful new history of sex, Riddell uncovers the sexual lives of our ancestors and show that, just like us, they were as preoccupied with sexual identities, masturbation, foreplay, sex and deviance; facing it with the same confusion, joy and accidental hilarity that we do today. 355 pages. Hodder. Paperbound. Pub. at \$17.99 **PRICE CUT to \$9.95**



**7869045 THE CBD SOLUTION: Sex.** By Merry Jane with A. Manta. Connect with your body as the ultimate act of self-care, and change the way you think about sex with yourself and others. Guides you through the ins and outs of assembling a CBD tool kit for reinvigorating your pleasure journey, rituals, and body love, and provides recipes for your next date night, and more. 208 pages. Chronicle. Pub. at \$19.95 **PRICE CUT to \$7.95**



**1907786 SEX: A Philosophical Primer.** By Irving Singer. 135 pages. Rowman & Littlefield. Paperbound. Pub. at \$34.00 **\$2.95**



**★4956397 GUIDE TO GETTING IT ON! 10TH EDITION.** By Paul Joannides. illus. by D. Gross Sr. Adults only. 808 pages. Goofy Foot Press. Paperbound. Pub. at \$27.95 **\$14.95**

**7802269 KAMA SUTRA: A Position a Day, 365 Days a Year.** By Claudia Blake. Adults only. Fully illus. Dorling Kindersley. Paperbound. Pub. at \$16.99 **\$7.95**

**★7872755 GREAT SEX STARTS AT 50: Age-Proof Your Libido & Transform Your Sex Life.** By Tracey Cox. 276 pages. Chronicle. Pub. at \$21.95 **\$17.95**

**★7782063 SATISFACTION GUARANTEED: How to Have the Sex You've Always Wanted.** By Bat Sheva Marcus. 310 pages. Hachette. Paperbound. Pub. at \$17.99 **\$12.95**

**7742797 SEX POINTS: Reclaim Your Sex Life with the Revolutionary Multi-Point System.** By Bat Sheva Marcus. 310 pages. Hachette. Pub. at \$28.00 **\$5.95**

**★1906070 DO AS I SAY, NOT WHO I DID: Honest Advice on Hookups and Relationships in College.** By Ali Drucker. 262 pages. The Experiment. Paperbound. Pub. at \$16.95 **\$5.95**

**1970119 COSMO'S GLOW-IN-THE-DARK KAMA SUTRA.** Katie Buckleitner. Adults only. Fully illus. Hearst. **SOLD OUT**

**4913922 FIFTY SHADES OF BONDAGE & SUBMISSION: A Beginner's Guide to BDSM.** By Renee Dubois. Adults only. 128 pages. Carlton. Paperbound. Pub. at \$9.95 **\$5.95**

**★471329X F\*CK YOURSELF FIT: Get in Shape, Get Shagging.** By Shagging World. Drawings. 128 pages. Pop Press. Paperbound. Pub. at \$15.95 **\$12.95**

**★195511X YOUR SEXUAL HEALTH: A Guide to Understanding, Loving and Caring for Your Body.** By Kate White. 128 pages. Mayo Clinic. Pub. at \$14.99 **\$7.95**

## Pregnancy, Childbirth & Parenting



**7938950 SECOND NATURE: How Parents Can Use Neuroscience to Help Kids Develop Empathy, Creativity, and Self-Control.** By Erin Clabough. Practicing these skills requires a new mindset, but "second nature" parenting is low effort and high impact. It only takes a few minutes each day to nurture the skills your kids need, simply by using everyday situations that you're already facing in a different way. Illus. 267 pages. Sounds True. Paperbound. Pub. at \$17.95 **\$5.95**



**7895496 THE WARRIOR METHOD: A Parents' Guide to Rearing Healthy Black Boys.** By Raymond A. Winbush. A program designed for parents and teachers to help Black boys become strong, self-reliant men. Filled with reflections on the author's own experiences, this work looks at the male's life through the prism of four seasons: spring—conception to four years-old; summer—ages five through 12; autumn—ages 12 through 21; and winter—age 22 and beyond. 262 pages. Amistad. Paperbound. Pub. at \$15.99 **\$5.95**



**7946228 THE SOUL OF DISCIPLINE: The Simplicity Parenting Approach to Warm, Firm, and Calm Guidance—from Toddlers to Teens.** By Kim John Payne. Combining Payne's astute observations and stories with brain-based evidence and child development expertise, this work offers a simple, three-phased road map for orienting children to appropriate behavior without resorting to punishment and ultimatums. 316 pages. Ballantine. Pub. at \$28.00 **\$5.95**



**7898878 LICENSE TO PARENT: How My Career as a Spy Helped Me Raise Resourceful, Self-Sufficient Kids.** By Christina & Ryan Hillsberg. Using honest and relatable parenting anecdotes, the Hillsbergs share their family's approach to raising confident, resilient children, giving practical takeaways rooted in CIA tradecraft along the way. 275 pages. Putnam. Pub. at \$26.00 **\$6.95**



**7938969 STAR CHILD: Joyful Parenting Through Astrology.** By Briana Saussy. Help your child make the most of their unique gifts, challenges, and potentials with this guide to parenting by the stars. Use Astrology to better understand your children and become more joyful and effective parents as a result. Illus. 289 pages. Sounds True. Paperbound. Pub. at \$19.99 **\$7.95**



**782906X TO RAISE A BOY: Classrooms, Locker Rooms, Bedrooms, and the Hidden Struggles of American Boyhood.** By Emma Brown. Combines assiduous reporting, cutting-edge scientific research, and boys' powerful testimonials to expose the crisis in young men's emotional and physical health. Connects the dots between educators, researchers, policy makers, and mental health professionals in this tour de force that upends everything we thought we knew about boys. 305 pages. Atria. Paperbound. Pub. at \$18.00 **PRICE CUT to \$3.95**

**7789432 THE JOY OF PREGNANCY, 2ND EDITION REVISED: The Complete, Candid, and Reassuring Companion for Parents-to-Be.** By Tori Kropp. Illus. 424 pages. Harvard Common. Paperbound. Pub. at \$19.99 **\$2.95**

**7893698 THE GIFT OF FAILURE: How the Best Parents Learn to Let Go So Their Children Can Succeed.** By Jessica Lahey. 272 pages. Paperbound. Pub. at \$15.99 **PRICE CUT to \$3.95**

**7876467 GRANDPARENTS: Enjoying and Caring for Your Grandchild.** By Miriam Stoppard. Fully illus. in color. 224 pages. Dorling Kindersley. Paperbound. Pub. at \$17.95 **PRICE CUT to \$5.95**

**7790287 MIND, BODY, BUMP: The Complete Plan for an Active Pregnancy.** By Brit Williams. Well illus. in color. 192 pages. White Lion. Paperbound. Pub. at \$22.00 **PRICE CUT to \$1.95**

**785420X REACHING UP FOR MANHOOD: Transforming the Lives of Boys in America.** By Geoffrey Canada. 160 pages. Beacon. Paperbound. Pub. at \$16.00 **PRICE CUT to \$3.95**

**7882912 EMBRACING MOTHERHOOD.** By Donna-Marie Cooper O'Boyle. 141 pages. Servant. Paperbound. Pub. at \$13.99 **PRICE CUT to \$2.95**

**★1937359 THE OUT-OF-SYNC CHILD, THIRD EDITION: Recognizing and Coping with Sensory Processing Differences.** By Carol Stock Kranowitz. 383 pages. Tarcher/Perigee. Paperbound. Pub. at \$20.00 **PRICE CUT to \$5.95**

**7882920 FIRST CLASS FATHERHOOD: Advise & Wisdom from High-Profile Dads.** By Alec Lacey. 254 pages. Harper. Pub. at \$27.99 **PRICE CUT to \$7.95**

**★7770030 THE SECRET SCIENCE OF BABY: The Surprising Physics of Creating a Human, from Conception to Birth—and Beyond.** By Michael Banks. 292 pages. BenBella. Paperbound. Pub. at \$18.95 **\$9.95**

**7888589 HEALTHY KIDS, HAPPY MOMS.** By Sheila Kilbane. 278 pages. Harper. Pub. at \$27.99 **PRICE CUT to \$5.95**

**7785933 SILENCE IS A SCARY SOUND: And Other Stories on Living Through the Terrible Twos and Threes.** By Clint Edwards. 288 pages. Page Street. Paperbound. Pub. at \$16.99 **\$2.95**

**★4923030 HOW YOUR CHILD LEARNS BEST.** By Judy Willis. 308 pages. Sourcebooks. Paperbound. Pub. at \$22.99 **\$5.95**

**★1939815 WHEN GRANDPARENTS BECOME PARENTS: How to Succeed at Raising Your Children's Children.** By Rick Johnson. 184 pages. Salem Books. Paperbound. Pub. at \$16.99 **PRICE CUT to \$3.95**

**★4913353 PARENTING WITHOUT GOD, SECOND EDITION.** By Dan Arel. 151 pages. PM Press. Paperbound. Pub. at \$15.95 **\$3.95**

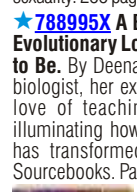
## Women's Health & Self-Help



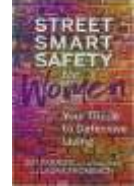
**782470X THE WONDER DOWN UNDER: The Insider's Guide to the Anatomy, Biology, and Reality of the Vagina.** By E.S. Dahl & N. Brochmann. A comprehensive guide to a miraculous and complex part of the body that too few of us, regardless of gender, are all that familiar with. With wisdom, humor, and scientific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



**7896611 THE SEX LIVES OF AFRICAN WOMEN: Self-Discovery, Freedom, and Healing.** By Nana Darko Sekyiamah. In these confessional pages, women control their own bodies and desires, work toward healing their painful pasts, and learn to assert their sexual power. Weaving a rich tapestry of experiences with a sex positive outlook, this work is an empowering, subversive volume that celebrates the liberation, individuality, and joy of African women's multifaceted sexuality. 288 pages. Astra House. Pub. at \$28.00 **\$6.95**



**★788995X A BRIEF HISTORY OF THE FEMALE BODY: An Evolutionary Look at How and Why the Female Form Came to Be.** By Deena Emera. Draws on Emera's vast expertise as a biologist, her experience as a mother of four children, and her love of teaching to look far into our evolutionary past, illuminating how and, more importantly, why the female form has transformed over millions of years. Illus. 359 pages. Sourcebooks. Paperbound. Pub. at \$18.99 **\$13.95**



**★7925352 STREET SMART SAFETY FOR WOMEN: Your Guide to Defensive Living.** By J. Farrow & L. Frombach. Written by women for women, this work offers tips on defensive living that will increase readers' reliance on the one thing that can protect them most: their safety intuition. Focuses on understanding underlying behavior issues and providing early warning signs of a potential domestic abuser. 326 pages. Health Communications. Paperbound. Pub. at \$17.95 **\$12.95**



**7964544 IT'S PROBABLY NOTHING: The Stress-Less Guide to Dealing with Health Anxiety, Wellness Fads, and Overhyped Headlines.** By Casey Gueren. Fine-tune your B.S. detector and spot the wellness industry's sneaky tricks. Get answers to your health questions without spiraling down search holes. Manage health stress and learn to listen to your body (just enough). Decode the latest overhyped health headlines, and more. 218 pages. Running Press. Paperbound. Pub. at \$19.99 **\$6.95**



## Women's Health & Self-Help



**7957955 THE SPARK FACTOR: The Secret to Supercharging Energy, Becoming Resilient, and Feeling Better Than Ever.** By Molly Maloof. This innovative program offers lifestyle changes that target the unique biology of women and provide immediate and long-term benefits. Once we become aware of our physical needs, we can give ourselves the resources to become more connected, nourished, safe, and strong—at both the micro- and the macro-level. 312 pages. Harper. Pub. at \$32.00 **\$6.95**



**7821824 BREASTS: An Owner's Guide.** By Philippa Kaye. Every question answered about our most mythologized body part. Offers straightforward advice, explaining every what, why, and how of your mammaries, helping you improve your self-care routine both today and tomorrow. Illus. in color. 208 pages. Dorling Kindersley. Pub. at \$19.99 **PRICE CUT to \$11.95**

**1935232 THE VAGINA BOOK: An Owner's Manual for Taking Care of Your Down There.** By Jenn Conti. Fully illus. in color. 240 pages. Chronicle. Pub. at \$24.95 **\$5.95**

**7809514 VAGINA OBSCURA: An Anatomical Voyage.** By Rachel E. Gross. 307 pages. Norton. Paperbound. Pub. at \$17.95 **PRICE CUT to \$9.95**

**7810415 F\*CK LIKE A GODDESS: Heal Yourself, Reclaim Your Voice, Stand in Your Power.** By Alexandra Roxo. 222 pages. Sounds True. Paperbound. Pub. at \$19.99 **\$14.95**

**7841620 VAGINA PROBLEMS: Endometriosis, Painful Sex, and Other Taboo Topics.** By Lara Parker. 224 pages. St. Martin's Griffin. Paperbound. Pub. at \$16.99 **PRICE CUT to \$2.95**

**7708246 MY BROKEN VAGINA: And How I Tried to Fix It.** By Fran Bushe. Illus. 253 pages. Hodder. Paperbound. Pub. at \$17.99 **\$7.95**

**7779038 WHEN SEX HURTS, REVISED: Understanding and Healing Pelvic Pain.** By Andrew Goldstein et al. 378 pages. Hachette. Paperbound. Pub. at \$19.99 **PRICE CUT to \$9.95**

**7878885 PRIESTESS PATH: 13 Powerful Lessons to Build Your Inner Strength.** By Stacey Demarco. 212 pages. Rockpool. Paperbound. Pub. at \$18.95 **PRICE CUT to \$9.95**

**7735324 MENOPAUSE BOOTCAMP: Optimize Your Health, Empower Your Self, and Flourish as You Age.** By Suzanne Gilberg-Lenz with M. Korn. 276 pages. Harper Wave. Pub. at \$28.99 **PRICE CUT to \$9.95**

**7718225 DR. SONIA'S GUIDE TO NAVIGATING PELVIC PAIN: Result-Oriented Strategies for Better Quality of Life.** By Sonia Bahlani. Illus. 210 pages. Countryman. Paperbound. Pub. at \$18.95 **PRICE CUT to \$5.95**

**7686706 NEW HANDBOOK FOR A POST-ROE AMERICA: The Complete Guide to Abortion Legality, Access, and Practical Support.** By Robin Marty. 247 pages. Seven Stories. Paperbound. Pub. at \$17.95 **PRICE CUT to \$3.95**

**1950614 SECOND SPRING: The Self-Care Guide to Menopause.** By Kate Codrington. 398 pages. HQ. Paperbound. Pub. at \$19.95 **PRICE CUT to \$5.95**

**4698053 BODY POSITIVE: A Guide to Loving Your Body.** By Emily Lauren Dick. 238 pages. Familius. 8x10. Paperbound. Pub. at \$19.99 **\$14.95**

**3965406 VAGINA: A Re-Education.** By Lynn Enright. 229 pages. Atlantic. Paperbound. Pub. at \$15.95 **\$6.95**

**7762356 SELF SOURCE-ERY: Come to Your Senses, Trust Your Instincts, Remember Your Magic.** By Lisa Lister. 251 pages. Hay House. Paperbound. Pub. at \$16.99 **\$9.95**

**7714858 THE EMPOWERMENT CYCLE: Know Your Flow.** By Sharon Wood. Well illus. in color. 182 pages. Rockpool. Paperbound. Pub. at \$18.95 **\$11.95**

**3906124 YOUR PERIOD HANDBOOK: Natural Solutions for Stress Free Menstruation.** By Natasha Richardson. 255 pages. Aeon. Paperbound. Pub. at \$22.95 **\$5.95**

## Men's Health & Self-Help



**7875851 THE MASCULINITY MANIFESTO: How a Man Establishes Influence, Credibility & Authority.** By Ryan Michler. A step by step guide to restoring masculinity in a culture that works tirelessly to eradicate it. Michler's message is clear: men are not to be feared and shunned but honored and respected. If you want to fulfill your role as protector, provider, and president, confidently leading yourself and your family, you'll find this resource essential. 210 pages. Salem Books. Pub. at \$26.99 **\$7.95**



**7832273 MAXIMIZE YOUR MALE HORMONES: Symptoms, Causes, and Treatments of Men's Most Common Health Disorders.** By Pamela Wartian Smith. A clear guide for men to understand, identify, and treat the many common sources of ailments and problems including: fatigue, depression, anxiety, stress, diabetes, male infertility, and more. You will learn that there is a good deal that you can do to help control or even eliminate many of these disorders by understanding your hormones. 234 pages. Square One. Paperbound. **SOLD OUT**



**7840985 WHITMAN ON WELLNESS: Poetry & Prose for a Healthy Life.** By Walt Whitman writing as M. Velsor. Extols the virtues of self-care for the human body, dispensing tips on men's health including diet, exercise, physical beauty, sex, habit, vitality, and a host of other subjects. This volume juxtaposes excerpts of his well-known verse with his lesser-known prose and is illustrated with Victorian line drawings. 92 pages. Dover. Pub. at \$14.95 **PRICE CUT to \$9.95**

**7680007 BACKBONE: The Modern Man's Ultimate Guide to Purpose, Passion, and Power.** By David H. Wagner. 288 pages. Watkins. Paperbound. Pub. at \$15.95 **\$3.95**

**4853539 YOUR PENIS: Everything You Need to Know About Your Friend!** By Michael Lenois. Illus. 208 pages. Firefly. Paperbound. Pub. at \$24.95 **SOLD OUT**

**1991841 THE TESTOSTERONE SYNDROME: The Critical Factor for Energy, Health, & Sexuality—Reversing the Male Menopause.** By E. Shippen & W. Fryer. 230 pages. M. Evans. Paperbound. Pub. at \$16.95 **SOLD OUT**

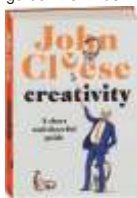
## General Health & Self-Help



**LIMITED QUANTITY 7916906 WAYS TO FALL ASLEEP: 100 Hacks for When You Can't Get to Sleep.** Ed. by Sarah Kennedy. In this handy little guide you'll find a whole range of tips, tricks and relaxing activities to help you switch off and unwind so you can go to sleep. 100 pages. Pyramid. Pub. at \$9.99 **\$5.95**



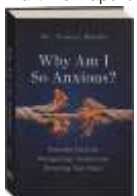
**7929641 MARTHA STEWART'S ORGANIZING: The Manual for Bringing Order to Your Life, Home & Routines.** By the eds. of Martha Stewart Living. Learn how to declutter drawers; stay on top of your finances; plan family meals; clean more efficiently; eat what's in season; maximize closet storage; schedule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



**7857632 CREATIVITY: A Short and Cheerful Guide.** By John Cleese. Drawing on his lifelong experience as a writer, Cleese shares his insights into the nature of the creative process and offers advice on how to get your own inventive juices flowing. 105 pages. Crown. Pub. at \$14.00 **\$5.95**



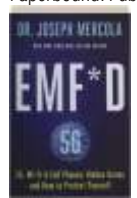
**7860544 DREAM BIG: Overcoming Fear and Achieving Success.** By Napoleon Hill. The ideas in this volume were chosen to give time-honored advice on such topics as finding your definite aim in life, turning failure and adversity into blessings, protecting yourself from negative influences, overcoming our own self-defeating attitudes and overcoming fear. 102 pages. St. Martin's. Paperbound. Pub. at \$9.99 **\$4.95**



**7916949 WHY AM I SO ANXIOUS? Powerful Tools for Recognizing Anxiety and Restoring Your Peace.** By Tracey Marks. Will help you understand how and why anxiety occurs, and how you can take charge of your mental health to create a plan that will empower you to take back control of your life. Includes helpful explanations of all the most common forms of anxiety and their origins, simple worksheets and exercises that will help you develop your personal "toolkit" for combating your anxiety, and more. 326 pages. Dorling Kindersley. Pub. at \$24.99 **\$6.95**



**LIMITED QUANTITY 7914601 WHAT TO DO WHEN YOU'RE NEW: How to Be Comfortable, Confident, and Successful in New Situations.** By Keith Rollag. You'll learn not only why we feel uneasy in new situations, but what you can do to become a more comfortable and effective newcomer. With practice, anyone can get better at being new with strategies, tools and exercises you'll find in this practical guide to help you. 230 pages. AMACOM. Paperbound. Pub. at \$17.95 **\$5.95**



**4879082 EMF\*D: 5G, Wi-Fi & Cell Phones—Hidden Harms and How to Protect Yourself.** By Joseph Mercola. The hazards of electronic pollution may once have been the stuff of science fiction, but now we know they're all too real. And with the advent of 5G ultra-wideband technology, the danger is greater than ever. The coming 5G technology will be pervasive and powerful, and it will also be one of the largest public-health experiments in history—with no opting out. 339 pages. Hay House. Paperbound. Pub. at \$17.99 **\$12.95**



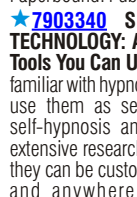
**7916108 LIGHTLY: How to Live a Simple, Serene, & Stress-Free Life.** By Francine Jay. Whether you want to strip down your life to a backpack or free up some space in your closet, overhaul your schedule or gain back an hour in the evening, this work helps you identify what you treasure, while letting what's unnecessary fall away. 254 pages. HMH. Pub. at \$19.99 **\$6.95**



**7851944 HOW TO DEAL WITH ANGRY PEOPLE: 10 Strategies for Facing Anger at Home, at Work and in the Street.** By Ryan Martin. Drawing on real-life examples, current research and practical exercises, this guide helps you understand the angry people in your life and interact with them in a way that protects you from their toxicity and encourages positive communications. 218 pages. Watkins. Paperbound. Pub. at \$16.95 **\$12.95**



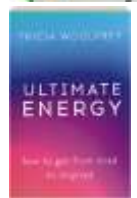
**7846878 BEAT INSOMNIA WITH NLP: Neurolinguistic Programming Techniques to Improve Your Sleep.** By Adrian Tannock. This practical guide to using NLP techniques to sleep better will help you master your biological clock and transform your relationship with sleep. Help you optimize your behaviors, your thoughts and your feelings so they are sleep-promoting. 160 pages. Teach Yourself. Paperbound. Pub. at \$19.99 **\$7.95**



**7903340 SELF-HYPNOSIS AND SUBLIMINAL TECHNOLOGY: A How-to Guide for Personal-Empowerment Tools You Can Use Anywhere!** By Eldon Taylor. Most people are familiar with hypnosis and subliminal technology but are reluctant to use them as serious self-help tools. The truth is that both self-hypnosis and subliminal communication are backed by extensive research that demonstrates their efficacy. Once learned, they can be customized for any situation and used almost anytime and anywhere. 202 pages. Hay House. Paperbound. Pub. at \$17.99 **\$12.95**



**7848072 MR. BODDINGTON'S ETIQUETTE: Charm and Civility for Every Occasion.** From daily niceties to the hard to remember rules of polite society, Mr. Boddington provides all the answers for impeccable etiquette advice, on the proper way to comport oneself on any occasion, with his signature wit and charm. 224 pages. Chronicle. Pub. at \$18.95 **\$7.95**



**7824645 ULTIMATE ENERGY: How to Get from Tired to Inspired.** By Tricia Woolfrey. Living with brain fog can make even the simplest task challenging. But you can overcome fatigue if you follow the simple strategies in this work. It covers everything you need to maximize your energy, strength and vitality in all areas of your life. 214 pages. John Murray. Paperbound. Pub. at \$12.99 **\$5.95**



**7688210 DON'T BE A VICTIM: Fighting Back Against America's Crime Wave.** By Nancy Grace with J. Hassan. With insights on a wide range of potential threats, you'll be empowered to protect yourself and your children at home and in the world around you by becoming proactive. Grace's crime-fighting expertise will help keep you, your family, and anyone else you love out of harm's way. 396 pages. Grand Central. Paperbound. Pub. at \$18.99 **\$3.95**



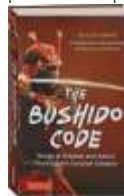
## General Health & Self-Help



**1970909 DON'T BE A VICTIM: Fighting Back Against America's Crime Wave.** By Nancy Grace with J. Hassan. With insights on a wide range of potential threats, you'll be empowered to protect yourself and your children at home and in the world around you by becoming proactive. Grace's crime-fighting expertise will help keep you, your family, and anyone else you love out of harm's way. 368 pages. Grand Central. Pub. at \$28.00 **\$4.95**

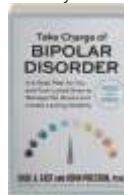


**7700415 OVERCOMING INSOMNIA AND SLEEP PROBLEMS: A Self-Help Guide Using Cognitive Behavioural Techniques.** By Colin A. Espie. Poor sleep is one of the most common health problems and can leave you feeling exhausted and stressed. While prescribed medications and over the counter remedies rarely offer lasting benefits, Cognitive Behavioral Therapy can help enormously and is the treatment of choice for insomnia. Use CBT strategies to help you overcome sleep problems. 235 pages. Robinson. Paperbound. **\$6.95**



**★7847823 THE BUSHIDO CODE: Words of Wisdom and Advice from Japan's Greatest Samurai.** By Tadashi Kamiko. This collection of wisdom from Japan's greatest Samurai warriors has tremendous relevance for us today. Much of the advice relates to aspects of daily life—such as not envying the belongings of others, eating well but lightly, and taking care of your appearance. 192 pages. Tuttle. **SOLD OUT**

**7957815 PEAK MIND: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day.** By Amishi P. Jha. Reveals remarkably easy to adapt, flexible, 12 minutes a day exercises to lift the mental fog, de-clutter the mind, and strengthen focus so that you can experience more of your life. 358 pages. HarperOne. Pub. at \$28.99 **\$6.95**



**★7850964 TAKE CHARGE OF BIPOLAR DISORDER, REVISED.** By J.A. Fast & J. Preston. A comprehensive program to help those with bipolar disorder—and those who care about them—gain permanent control over their lives. A personal treatment plan incorporating: medications and bipolar-safe supplements; lifestyle changes that help manage bipolar symptoms naturally; behavior modifications that reduce and prevent symptoms; and more. 317 pages. Balance. Paperbound. Pub. at \$18.99 **\$13.95**



**7824424 ORGANIZE TOMORROW TODAY: 8 Ways to Retrain Your Mind to Optimize Performance at Work and in Life.** By J. Selk & T. Bartow. Two of the top minds in human performance come together to deliver the pathway to extreme success. The secret, they argue, isn't doing more. It's doing less, but with more confidence, focus, and priorities in check. 211 pages. Da Capo. Paperbound. Pub. at \$14.99 **\$5.95**



**7678185 THE NOTICER RETURNS: Sometimes You Find Perspective, and Sometimes Perspective Finds You.** By Andy Andrews. Through a chance encounter at a local bookstore, Andy is reunited with the man who changed everything for him—Jones, also known as “The Noticer.” As the story unfolds, Jones uses his unique talent of noticing little things that make a big difference. 227 pages. Thomas Nelson. Pub. at \$19.99 **\$2.95**

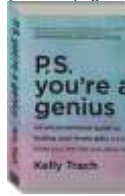


**7789092 THE GREATEST YOU: Face Reality, Release Negativity, and Live Your Purpose.** By Trent Shelton with L. Aronica. Walks you on a journey to become the best hope-filled version of yourself. Takes you through the necessary steps to become everything you are meant to be, including: facing the reality of your circumstances and realizing your purpose in life, breaking free from toxic environments, forgiving those—including yourself—who have harmed you, and more. 205 pages. Thomas Nelson. Pub. at \$26.99 **\$7.95**

**★7791666 THE LONG GRIEF JOURNEY: How Long-Term Unresolved Grief Can Affect Your Mental Health and What to Do About It.** By P.D. Blair & B.M. Hansen. For the people who are past the acute pain and effects of a loss and are now learning to live beyond that. If you feel stuck after experiencing the death of a loved one, even if much time has passed, this is for you. Education and actionable exercises show how to embrace life again, while still cherishing the past. 390 pages. Sourcebooks. Paperbound. Pub. at \$16.99 **\$9.95**



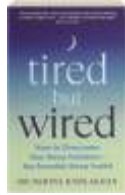
**★7931867 SURROUNDED BY ENERGY VAMPIRES: How to Slay the Time, Joy, and Soul Suckers in Your Life.** By Thomas Erikson. Will help you recognize and deal with the three most common vampires who exist to take, not give: time suckers; joy suckers; and soul suckers. Aside from human vampires there are also habit vampires. Social media addiction, negative thinking, and more can suck the life right out of you! 348 pages. St. Martin's. Paperbound. Pub. at \$20.00 **\$14.95**



**787491X P.S. YOU'RE A GENIUS.** By Kelly Trach. Takes you on a self-reflective journey to find your own gifts (especially when you don't feel “gifted” at all), asking questions like: How are your idols a reflection of your own genius? What are you great at that nobody taught you how to do? You'll unlock the gumption to go after what you really want and ditch the mindset blocks holding you back. 212 pages. BenBella. Pub. at \$24.00 **\$5.95**



**★7933568 LIFE IS HARD: How Philosophy Can Help Us Find Our Way.** By Kieran Setiya. Offers guidance for coping with pain and making new friends, for grieving the lost and failing with grace, for confronting injustice and searching for meaning in life. Setiya acknowledges that the best is often out of reach. Instead, he asks how we can weather life's adversities, finding hope and living well when life is hard. 222 pages. Riverhead. Paperbound. Pub. at \$18.00 **\$12.95**



**★7922426 TIRED BUT WIRED: How to Overcome Your Sleep Problems.** By Nerina Ramlakhan. Offers proven solutions that can help everyone, from anxiety ridden teens and burnt out executives to busy parents balancing the demands of work and children, to get better sleep. Practical and realistic, here is advice that works with your lifestyle to cultivate good sleep habits and banish bedtime blues, for a sleep, every night. 238 pages. Souvenir. Paperbound. Pub. at \$16.95 **\$12.95**



**7944640 UNDOING DRUGS: How Harm Reduction Is Changing the Future of Drugs and Addiction.** By Maia Szalavitz. Developed and championed by an outcast group of people who use drugs and by former users and public health geeks, harm reduction offers guidance on how to save lives and improve health. And it provides a way of understanding behavior and culture that has relevance far beyond drugs. 372 pages. Hachette. Paperbound. Pub. at \$17.99 **\$5.95**



**7954298 THE GREAT MONEY RESET: Change Your Work, Change Your Wealth, Change Your Life.** By Jill Schlesinger. Shows us how to take advantage of the seismic change unfurling all around us to make big life improvements. Whether it's negotiating a better deal with your boss, starting or selling a business, moving to a new locale, retraining for a new career, taking time off to find yourself, or retiring early. 274 pages. St. Martin's. Pub. at \$28.99 **\$6.95**

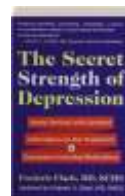


**7882548 MAKE SPACE: A Minimalist's Guide to the Good and the Extraordinary.** By Regina Wong. Offers you the tools to achieve the liberating mindset of a non-cluttered life by marrying minimalist philosophy with practical action points to unlock simple living. You'll learn how to declutter your home; design and maximize minimalist budgets; clear the mind of negative distractions; and avoid emotional drains. 181 pages. Skyhorse. Pub. at \$16.99 **PRICE CUT to \$3.95**

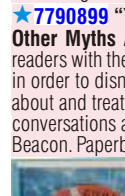


**7880472 GUY TALK: Growing Up.** By Lizzie Cox, illus. by D. Weighill. Growing up can be a roller coaster ride, but it's a whole lot easier if you know what to expect. With advice on everything from shaving to your social life, this guide will tell you everything you need to know. Well illus. 64 pages. QEB Publishing. Paperbound. Pub. at \$14.95 **PRICE CUT to \$2.95**

**785997X MED SCHOOL CONFIDENTIAL.** By R.H. Miller & D.M. Bissell. Takes the reader step by step through the entire med school process—thinking about, applying to, and choosing a medical school and program; not only surviving but excelling in the four-year curriculum, internships, residencies, and fellowships; choosing a specialty; and finding the perfect job. 282 pages. St. Martin's. Paperbound. Pub. at \$21.99 **PRICE CUT to \$3.95**



**★787300X THE SECRET STRENGTH OF DEPRESSION, FIFTH EDITION.** By Frederic Flach. With clear, reassuring language, this volume has provided home for millions of depression sufferers worldwide. A true self-help classic, this timeless work—updated with the latest information on depression treatment—still offers invaluable insight 30 years after its original publication. 284 pages. Hatherleigh. Paperbound. Pub. at \$18.00 **PRICE CUT to \$9.95**



**★7790899 “YOU JUST NEED TO LOSE WEIGHT.” And 19 Other Myths About Fat People.** By Aubrey Gordon. Equips readers with the facts and figures to reframe myths about fatness in order to dismantle the anti-fat bias ingrained in how we think about and treat fat people. An essential tool for having effective conversations around fat acceptance and fat justice. 205 pages. Beacon. Paperbound. Pub. at \$15.95 **PRICE CUT to \$7.95**



**★7886497 PRETTY SURE YOU'RE FINE: The Health and Wellness Guide for Hypochondriacs, Overthinkers, and Worriers.** By David Vienna. Packed with amusing yet comforting advice on topics from physical fitness and nutrition to motivation and work-life balance, this is the place to turn when you need to quit worrying about the little stuff. So far now, go ahead and skip the workout, break out the snacks, open this work, and relax. 144 pages. Chronicle. Pub. at \$16.95 **PRICE CUT to \$9.95**

**7794436 IN CASE YOU GET HIT BY A BUS: How to Organize Your Life Now for When You're Not Around Later.** By Abby Schneiderman et al. Illus. 244 pages. Workman. Paperbound. Pub. at \$17.95 **\$5.95**

**★6359752 YOUR BLOOD NEVER LIES: How to Read a Blood Test for a Longer, Healthier Life.** By James B. LaValle. 351 pages. Square One Publishers. Paperbound. Pub. at \$16.95 **\$11.95**

**7762852 TABLE MANNERS: How to Behave in the Modern World and Why Bother.** By Jeremiah Tower. Illus. 148 pages. FSG. Pub. at \$20.00 **\$4.95**

**4885791 BECOMING A LIFE COACH: Masters at Work.** By Tom Chiarella. 137 pages. S&S. Pub. at \$18.00 **\$3.95**

**7717377 LIFE SKILLS.** By Nic Compton et al. Well illus. 352 pages. Chartwell. Paperbound. Pub. at \$14.99 **SOLD OUT**

**★7836481 THE ART OF MASTERY: Principles of Effective Interaction.** By Peter Ralston. 232 pages. Park Street. Paperbound. Pub. at \$19.99 **\$15.95**

**7789572 THURSDAY IS THE NEW FRIDAY: How to Work Fewer Hours, Make More Money and Spend Time Doing What You Want.** By Joe Sanok. 246 pages. HarperCollins. Pub. at \$27.99 **\$2.95**

**★7788177 THE URGE: Our History of Addiction.** By Carl Erik Fisher. 376 pages. Penguin. Paperbound. Pub. at \$18.00 **\$9.95**

**★787233X FOUR THOUSAND WEEKS: Time Management for Mortals.** By Oliver Burkeman. 287 pages. Picador. Paperbound. Pub. at \$18.00 **PRICE CUT to \$9.95**

**7870256 DESIGNING YOUR WORK LIFE: How to Thrive and Change and Find Happiness at Work.** By B. Burnett & D. Evans. 292 pages. Knopf. Pub. at \$27.95 **PRICE CUT to \$4.95**

**★195069X COPING WITH BLUSHING.** By Robert J. Edelmann. Illus. 98 pages. Sheldon. Paperbound. Pub. at \$14.99 **\$5.95**

**★1957317 THE SEVEN WAYS OF AYURVEDA: Discover Your Dosha, Tap into Your Strengths—and Thrive in Work, Love, and Life.** By Sarah Kucera. 238 pages. The Experiment. Pub. at \$19.95 **PRICE CUT to \$5.95**

**★7747357 AN INTRODUCTION TO COPING WITH PARANOID THOUGHTS.** By K. Pownell & M. Sarsam. Illus. 80 pages. Robinson. Paperbound. Pub. at \$15.99 **PRICE CUT to \$5.95**

**★4666704 DISCIPLINE EQUALS FREEDOM: Field Manual Mk1-MOD1.** By Jocko Willink. 247 pages. St. Martin's. Pub. at \$29.99 **\$17.95**

**787054X LAUNDRY LOVE: Finding Joy in a Common Chore.** By Patric Richardson with K.B. Miller. 185 pages. Flatiron. Paperbound. Pub. at \$17.99 **SOLD OUT**

**4949102 BRAIN LOCK: Free Yourself from Obsessive-Compulsive Behavior.** By Jeffrey M. Schwartz with B. Beyette. 219 pages. HarperPerennial. Paperbound. Pub. at \$14.99 **SOLD OUT**

**★7679009 GET IT DONE NOW! Own Your Time, Take Back Your Life.** By Brian Tracy. 206 pages. G&D Media. Paperbound. Pub. at \$17.95 **\$7.95**

**★474232X ELDER CARE MADE EASIER, SECOND EDITION.** By Marion Somers. 171 pages. Addicus. Paperbound. Pub. at \$19.95 **\$15.95**

**★4801156 THE PIERCING BIBLE, REVISED: The Definitive Guide to Safe Piercing.** By Elayne Angel with J. Saunders. Illus. 370 pages. Ten Speed. Paperbound. Pub. at \$21.99 **\$9.95**



# Science & Health Bargain Books

Edward R. Hamilton Bookseller Company  
PO Box 15 • Falls Village, CT 06031-0015

C9237

PRSR STD  
U.S. Postage Paid  
Edward R. Hamilton

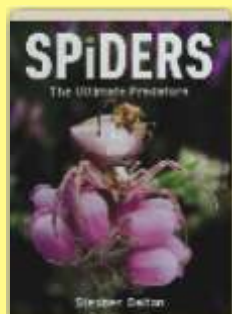
Scan Here  
to →  
Shop Now



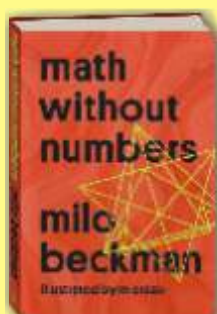
Current titles are marked with a ★.

©2024 Edward R. Hamilton Bookseller Company

*A special selection of Astronomy & Space Travel – Chemistry & Physics – Engineering – Mathematics – Economics  
Nature – Animals – Medicine – Nutrition – Healthy Cooking – Exercise – Self-Help – Sexuality – Aging – and more!*



Page 34 **\$5.95**



Page 31 **\$6.95**



Page 35 **\$6.95**



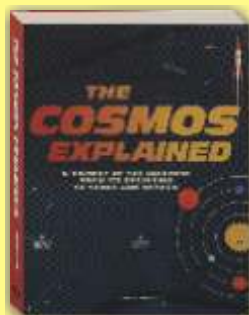
Page 28 **\$14.95**



Page 28 **\$3.95**



Page 41 **\$5.95**



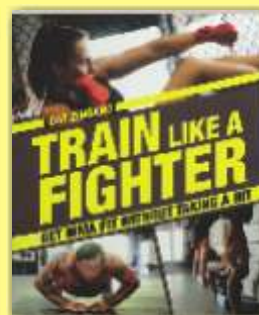
Page 5 **\$7.95**



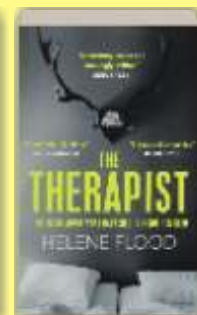
Page 45 **\$5.95**



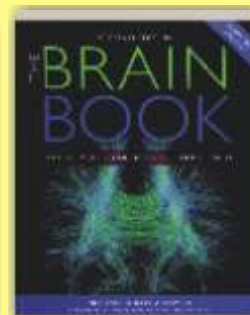
Page 45 **\$7.95**



Page 51 **\$5.95**



Page 46 **\$7.95**



Page 26 **\$7.95**



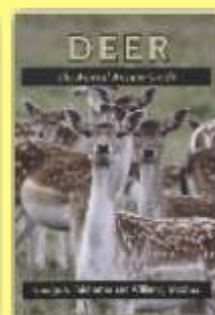
Page 33 **\$9.95**



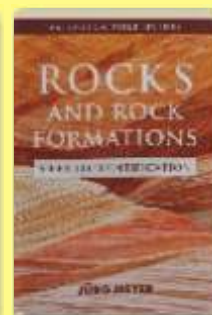
Page 46 **\$4.95**



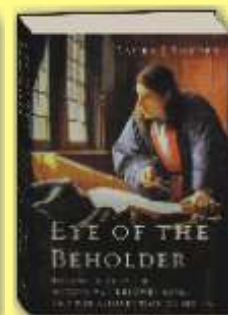
Page 58 **\$6.95**



Page 39 **\$5.95**



Page 47 **\$9.95**



Page 33 **\$6.95**

**Order all you want for one low \$4.00 Postage & Handling charge.**

To allow the lowest prices, we do no billing and do not accept credit cards. However, the same items may be obtained online from [www.HamiltonBook.com](http://www.HamiltonBook.com) using MasterCard, VISA, or PayPal.