

SCIENCE & HEALTH

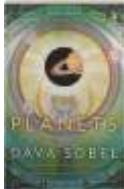
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THE PLANETS By Dava Sobel. The author presents an intimate account of the planets in our solar system. Filled with fascination, beauty, and surprise, this work is a stunningly original celebration of our solar system that offers a distinctive view of our place in the universe. Illus. 276 pages. Penguin. Paperbound. Pub. at \$20.00

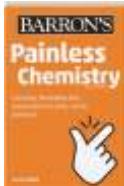
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★ STARGAZING: Pocket Nature By Swapna Krishna. Reveal the fascinating objects we can see in space—no telescope required—such as the moon craters, luminous nebulae and galaxies, and 17 easy to spot constellations. This guide to the cosmos will enrich your stargazing experience and inspire you to make it a regular practice. Includes a ribbon bookmark. Well illus. in color. 128 pages. Chronicle. Pub. at \$12.95

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DIGITAL MADNESS: How Social Media Is Driving Our Mental Health Crisis—and How to Restore Our Sanity By Nicholas Kardaras. Reveals the toxic impact of our tech obsession and corrosive social media. But there is a solution, and the author explains how classical philosophy that encourages resilience, critical thinking, and the pursuit of genuine purpose in your life can restore us to sanity. 272 pages. St. Martin's. Pub. at \$28.99

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PIPE DREAMS: The Urgent Global Quest to Transform the Toilet By Chelsea Wald. Takes us on a world tour—from a compost toilet project in Haiti, to a plant in the Netherlands that salvages used toilet paper from sewage—and shows us how this revolution in sanitation can reduce inequities, mitigate climate change and water scarcity, improve agriculture, and optimize health. 282 pages. Avid Reader. Paperbound. Pub. at \$18.99

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A searing expose of the effects of the mass incarceration crisis on families, including the 2.7 million American children who have a parent locked up. An account of the way incarceration has impacted generations of American families; it delivers a galvanizing clarion call to fix this broken system. 278 pages. Bold Type. Pub. at \$28.00

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263 pages. Gallery. Paperbound. Pub. at \$17.99

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THE FUTURE IS FASTER THAN YOU THINK: How Converging Technologies Are Transforming Business, Industries, and Our Lives By P.H. Diamandis & S. Kotler. The authors investigate how wave after wave of exponentially accelerating technologies will impact both our daily lives and society as a whole. What happens as AI, robotics, virtual reality, digital biology, and sensors crash into 3D printing, blockchain, and global gigabit networks? 365 pages. S&S. Pub. at \$28.00

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ESSENTIAL KOREAN PHRASEBOOK AND DICTIONARY By S. Koh & G. Baik.

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SCIENCE AND THE GOOD: The Tragic Quest for the Foundations of Morality By J.D. Hunter & P. Nedelisky. Can science resolve deep moral disagreement in our society? Hunter and Nedelisky explain why it cannot, but show how this centuries-long scientific quest explains much about our current moment. 289 pages. Yale. Paperbound. Pub. at \$18.00

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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

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ONLY THE RICH CAN PLAY: How Washington Works in the New Gilded Age By David Wessel. Tells the story of the creation of a massive tax break, in which political and economic elites attend to the care and feeding of the super-rich, and inequality compounds. Wessel follows the money to see who profited from this plan that was supposed to spur development of blighted areas and help people out of poverty. 337 pages. PublicAffairs. Pub. at \$30.00

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OUT COLD: A Chilling Descent into the Macabre, Controversial, Lifesaving History of Hypothermia By Phil Jaekl. The author chronicles the underappreciated story of human innovation with cold, from Ancient Egypt, where it was used to treat skin irritations, to 18th century London, where scientists used it in their first explorations of suspended animation. Throughout history, physicians have used cold to innovate life extension, enable distant space missions, and explore consciousness. Photos. 255 pages. PublicAffairs. Pub. at \$28.00

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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

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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

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Business

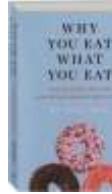


★THE LAST AMERICAN CEO By J. Vines & J. Cappy. The ultimate insider's view of one of the biggest global business deals in history—Chrysler's 1987 purchase of AMC from the French which single-handedly saved Chrysler from near-bankruptcy in the early 1990s and again in 2009. 24 pages of photos. 243 pages. Waldorf Publishing. Pub. at \$19.95

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WHY YOU EAT WHAT YOU EAT: The Science Behind Our Relationship with Food By Rachel Herz. Weaves curious findings and compelling facts into a narrative that tackles important questions, revealing how psychology, neurology, and physiology shape our relationship with food, and how food alters the relationship we have with ourselves and each other. 352 pages. Norton. Pub. at \$25.95

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EXTRAORDINARY INSECTS: The Fabulous, Indispensable Creatures Who Run Our World By Anne Sverdrup-Thygeson. An enthusiastic, witty, and fascinating introduction to the world of insects and why we—and the planet we inhabit—could not survive without them. Illus. 235 pages. S&S. Paperbound. Pub. at \$17.00

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MURRAY MCMURRAY HATCHERY'S CHICKENS IN FIVE MINUTES A DAY Whether you're just thinking about chickens, have already ordered them or have a flock and want a few tips, this guide offers straightforward advice, step by step instructions and the best practices for efficient feeding, watering and brooding. Illus. 176 pages. Page Street. Paperbound. Pub. at \$19.99

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Animals



THE KOALA: Natural History, Conservation and Management By R. Martin & K. Handasyde. A deep look at koala behavior, reproduction, and history, with a particular focus on the long standing mysteries of koala biology. Includes information on koala diseases, particularly Chlamydia. 1999 edition. Illus., some in color. 132 pages. Krieger. Paperbound. Pub. at \$36.00

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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

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★OUR LOVE OF OWLS By Stan Tekiela. Beautiful and mysterious, owls have entranced people throughout history. It is a rare delight to glimpse any owl, from the powerful Great Gray Owl to the tiny Elf Owl. Anyone who appreciates the wonders of nature will treasure this spectacular collection of stunning wildlife

photographs and the amazing natural history of owls. Adventure Publications. Pub. at \$9.95

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Birds & Birding



KITCHEN SCIENCE FOR KIDS: Little Learning Labs By Liz Lee Heinecke. Offers 26 fun science activities for families to do together that are simple and inexpensive, like straw rockets, green slime, and paper bag volcanoes using everyday ingredients. Ages 6-10. Illus. in color. 80 pages. Quarry. Paperbound. Pub. at \$12.99

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MAINE IMPRESSIONS 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 1/4x8 1/4. Paperbound. Pub. at \$9.95

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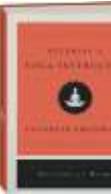


EXTRAORDINARY LEAVES Leaves are all around us, but few appreciate their amazing beauty. This volume contains over 230 full-color photographs that show them in all their variety. Arranged in chapters according to physical qualities, the eye of this master photographer creates a new understanding of the beauty of nature. 272 pages. Firefly. 9 1/2x11 1/4. Pub. at \$45.00

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BECOMING A YOGA INSTRUCTOR: Masters at Work By Elizabeth Greenwood. Find out what it really takes to become a yoga instructor. Whether you see yoga as a side gig or your life's calling, this is the perfect guide to help you make your fantasy a reality. Required reading for anyone considering this challenging yet rewarding path. 132 pages. S&S. Pub. at \$18.00

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Beauty & Skin Care



BEYOND SOAP: The Real Truth About What You Are Doing to Your Skin and How to Fix It for a Beautiful, Healthy Glow By Sandy Skotnicki. In this surprising and remarkably practical resource, Dr. Skotnicki reveals the harmful effects of modern skincare habits and provides a step by step guide to preserve the microbiome, fight aging and develop beautiful, problem free skin.

296 pages. Penguin. Paperbound. Pub. at \$18.95

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★ THE MIRACLE OF VINEGAR By A. MacKenzie & E. Marsden. With over 150 brilliant tips, tricks and recipes for everything from ferments to fresheners, salad dressing to skincare, let this guide show you the true miracle of vinegar. 170 pages. HQ. Pub. at \$16.99

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Health & Medical References



HEALING OURSELVES: Biofield Science and the Future of Health By Shamini Jain. Dr. Jain rejects the "either or" thinking that has placed conventional medicine at odds with so called alternative methods, and offers an integrated path based on sound specific evidence and personal empowerment. 298 pages. Sounds True. Pub. at \$25.99

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FIRST AID AT SEA, 8TH EDITION By D. Justins & C. Berry. This essential guide to first aid afloat is an essential part of any on-board medical kit. Its waterproof ring-bound pages, color-coded tabs and clear layout make it easy to use in an emergency. 31 pages.

Adlard Coles. Spiralbound. Pub. at \$20.00

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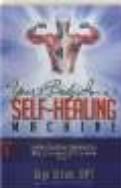


★ YOUR BODY IS A SELF-HEALING MACHINE, BOOK 3: Understanding How Epigenetics Heals You By Gigi Siton. Explains the basics of applied epigenetics and its practical use. Learn how you can reprogram epigenetics information to influence your gene expression—your decisions will positively or negatively update or downgrade your epigenome on each factor.

Illus. 233 pages. Clovercroft. Paperbound. Pub. at \$14.99

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Health & Medical References



★ YOUR BODY IS A SELF-HEALING MACHINE, BOOK 1: Understanding Epigenetics, Why It Is Important to Know By Gigi Siton. Discusses the basic concepts of epigenetics, applied epigenetics, and bio-individuality. Epigenetics is mainly from your free will and less from your inherent genetic traits, and the good news is that your gene expression can be turned off or on. Your choices will define your health or disease.

daily epigenetic
143 pages. Clovercroft. Paperbound. Pub. at \$14.99

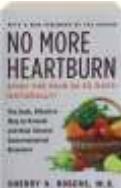
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★ READER'S DIGEST HEALTH SECRETS FOR LONG LIFE Reviewed by medical and nutritional experts, this guide offers essential information to boost your physical, mental and emotional health at every stage of life. Well illus. in color. 256 pages. Trusted Media Brands. Paperbound. Pub. at \$15.99

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★ NO MORE HEARTBURN: The Safe, Effective Way to Prevent and Heal Chronic Gastrointestinal Disorders By Sherry A. Rogers. A leading expert in drug-free gastrointestinal therapy explains how you can pinpoint the causes of your stomach distress and offers easy to follow advice for creating an effective, personalized program for achieving and maintaining total gastrointestinal health.

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★ HOW TO HELP SOMEONE WITH DEMENTIA By M. Hamill & M. McCarthy. There can be fear and worry when a loved one receives a diagnosis of dementia. The authors believe that a relationship centered understanding of dementia can help to acknowledge the challenges of the condition, while enabling people to live well and with dignity. You and your loved one will gain the knowledge you need on your journey through dementia.

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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

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★ 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

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THE HAPPINESS BIBLE: The Definitive Guide to Sustainable Well-Being By Cheryl Rickman. Long-lasting happiness is an elusive condition, but not unreachable. It is a skill as much as a state, and it takes effort practice even. This guide works with the reader to explain how happiness works and evolves, where it comes from, and how it can be nurtured and maintained. Well

illus. in color. 400 pages. Firefly. Paperbound. Pub. at \$19.95

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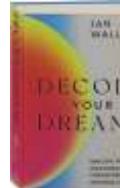
Inspiration, Motivation & Self-Discovery



THE GIFT OF FORGIVENESS: Inspiring Stories from Those Who Have Overcome the Unforgivable By Katherine Schwarzenegger Pratt. One of the most difficult challenges in life, to forgive. Based on more than 20 in-depth interviews and stories as well as personal reflections, full of hard-won wisdom for those seeking a way to live with greater acceptance, grace, and peace. 210 pages. Viking. Pub. at \$20.00

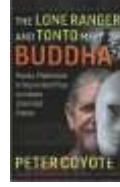
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Healing & the Mind



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

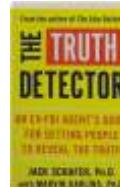
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★ THE LONE RANGER AND TONTO MEET BUDDHA: Masks, Meditation & Improvised Play to Induce Liberated States By Peter Coyote. Coyote reveals how to use masks, meditation, and improvisation to free yourself from fixed ideas of who you think you are and help you release your ego from constant defensive strategizing, calm the mind's overactivity, and allow spontaneous playfulness to arise out of your deepest nature. Photos. 176 pages. Inner Traditions. Paperbound. Pub. at \$16.99

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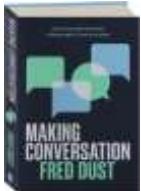
Communication Skills



THE TRUTH DETECTOR: An Ex-FBI Agent's Guide for Getting People to Reveal the Truth By Jack Schafer with M. Karlins. Filled with easy to follow, accessible lessons reinforced by fascinating stories of how to put these skills into action, this practical road map shows how to establish rapport, read visual cues, and use conversational techniques to encourage information sharing. 268 pages. Atria. Paperbound. Pub. at \$18.00

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MAKING CONVERSATION: Seven Essential Elements of Meaningful Communication By Fred Dust. Outlining the seven elements essential to successful exchanges: Commitment, Creative Listening, Clarity, Context, Constraints, Change, and Creation. Taken together, these seven elements form a set of resources anyone can use to be more deliberate and purposeful in making conversations work. 240 pages. Harper. Pub. at \$29.99

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★ FIND OUT ANYTHING FROM ANYONE, ANYTIME: Secrets of Calculated Questioning from a Veteran Interrogator By J.O. Pyle & M. Karinch. The secret to finding out anything you want to know is amazingly simple: ask good questions. This guide will give you the power to determine when and how to control the conversation; recognize types of questions to avoid; identify and practice good questioning techniques; and more.

281 pages. Career Press. Paperbound. Pub. at \$16.99
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Pregnancy, Childbirth & Parenting



AND THEN THEY STOPPED TALKING TO ME: Making Sense of Middle School By Judith Warner. Through the stories of kids and parents in the middle school trenches, this work reveals why these years are so painful, how parents unwittingly make them worse, and what we all need to do to grow up. 287 pages. Crown. Pub. at \$27.00

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★ BETTER PARENTING WITH THE ENNEAGRAM: 9 Types of Children & 9 Types of Parents By Ann Gadd. Certified practitioner Gadd explores the nine Enneagram parenting types and the nine Enneagram child types, revealing each type's strengths and challenges, as well as exploring all 81 parent-child type combinations. This work is like having your own personal manual for yourself and your child.

255 pages. Findhorn. Paperbound. Pub. at \$18.99
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Women's Health & Self-Help



★ THE YONI EGG: Reveal and Release the Sacred Feminine Within By Lilou Mace. In this step by step guide you'll learn how to use yoni eggs: egg-shaped stones used internally to help tone the pelvic floor and vaginal muscles as well as increase sensitivity, enhance intimate awareness, release emotional traumas, and open access to the sacred feminine within. Illus. in color.

176 pages. Destiny. Paperbound. Pub. at \$19.99

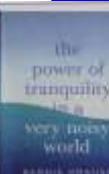
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General Health & Self-Help



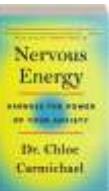
TO HELL AND BACK: Personal Experiences of Trauma and How We Recover and Move On By John Marzillier. Provides an honest, human description of how trauma affects us at the time and also after the event as we return to everyday life. Whether discussing accounts of terrorist bombings, natural disasters, road accidents, or physical attacks, Marzillier looks at what these experiences do to us and offers practical and consoling advice. 326 pages. Little, Brown. Paperbound. Pub. at \$15.99

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THE POWER OF TRANQUILITY IN A VERY NOISY WORLD By Bernie Krause. With the author's guidance, you will be able to fine-tune your surroundings, improve your sense of wellness, reduce anxiety, and restore a sense of inner peace and productivity to your own acoustic space. 146 pages. Little, Brown. Pub. at \$24.00

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★ NERVOUS ENERGY: Harness the Power of Your Anxiety By Chloe Carmichael. A roadmap for high achievers to harness restlessness, roadblocks, and distractions into a productive drive toward personal and professional fulfillment. 290 pages. St. Martin's. Paperbound. Pub. at \$17.99

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