

SCIENCE & HEALTH

CLOSEOUT BARGAIN BOOKS

Items in this online catalog are in limited supply and are no longer listed in our print catalogs, so this may be your last chance to purchase them.

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

Animals.....3	Exercise & Fitness.....3	Philosophy.....2
Astronomy, Space Travel & Cosmology2	Facing Illness & Death4	Pregnancy, Childbirth & Parenting.....4
Beauty & Skin Care.....3	Fishing & Hunting3	Psychology.....2
Birds & Birding.....3	Foreign Language.....2	Science & Nature for Children.....3
Business.....3	General Health & Self-Help.....5	Science Essays & Surveys3
Chemistry & Physics2	Healing & the Mind4	Sexuality & Sexual Expression4
Communication Skills4	Health & Medical References3	Social Science2
Diseases & Disorders4	Inspiration, Motivation & Self-Discovery.....4	Stress & Pain Management.....4
Economics.....2	Medical Science.....3	Women's Health & Self-Help.....5
Environment & Ecology.....2	New Age Spirituality.....4	

Environment & Ecology



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

Item # [7971788](#)

\$5.95

Astronomy, Space Travel & Cosmology



★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

Item # [7897375](#)

\$9.95

Chemistry & Physics

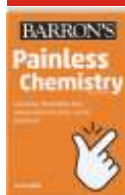


THE PHYSICS: Writings on Natural Philosophy By Aristotle. An investigation into the nature of being, of the world and its place in the universe. Although philosophically much broader, it provides the foundation for the later work of Galileo and Isaac Newton. 256 pages. Flame Tree. Paperbound. Pub. at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

Item # [7970722](#)

\$5.95

Chemistry & Physics



★BARRON'S PAINLESS CHEMISTRY, THIRD EDITION By Loris Chen. Provides comprehensive review and practice in an easy, step by step format with painless methods for understanding chemical reactions; clear examples for all topics, including matter, energy, and molecules; and brain tickler quizzes throughout each chapter. 213 pages. Barron's. Paperbound. Pub. at \$16.99

Item # [3992152](#)

\$9.95

Social Science



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

Item # [7839642](#)

\$6.95



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

Item # [7778775](#)

\$5.95



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

Item # [7958943](#)

\$5.95

Social Science



THE SHADOW SYSTEM: Mass Incarceration and the American Family By Sylvia A. Harvey. 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

Item # [4871669](#)

\$4.95



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

Item # [7963904](#)

\$12.95

Psychology



COLLECTIVE ILLUSIONS: Conformity, Complicity and the Science of Why We Make Bad Decisions By Todd Rose. Drawing on cutting-edge neuroscience, behavioral economics, and social psychology research, Rose demonstrates how so much of our thinking about each other is informed by false assumptions that drive conformity and self-censorship, which makes us dangerously mistrustful as a society and needlessly unhappy as individuals. 276 pages. Hachette. Pub. at \$29.00

Item # [7914903](#)

\$6.95

Foreign Language



Item # [7915888](#)

\$5.95

ESSENTIAL KOREAN PHRASEBOOK AND DICTIONARY By S. Koh & G. Baik. Contains the practical everyday phrases and expressions needed for interactions in Korea 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. 191 pages. Tuttle. Paperbound. Pub. at \$9.95

Foreign Language



ÉMIGRÉS: French Words That Turned English By Richard Scholar. The fascinating history of French words that have entered the English language and the fertile but fraught relationship between English and French-speaking cultures across the world. 253 pages. Princeton. Pub. at \$29.95

Item # [7835124](#)

\$9.95



★THE 100 MOST BEAUTIFUL CHINESE CHARACTERS By Xu Hui. Selects and explains the 100 most beautiful Chinese characters with the help of eye-catching illustrations that bring their meanings alive, and historic tracings through seal script all the way back to ancient oracle bone carvings. For novices and experts alike. 106 pages. Royal Collins. Paperbound. Pub. at \$12.95

Item # [7749058](#)

\$9.95

Philosophy



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

Item # [7970404](#)

\$21.95

Economics



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

Item # [7677758](#)

\$7.95

Medical Science

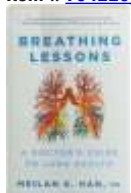


SWITCH CRAFT: The Hidden Power of Mental Agility By Elaine Fox. The four pillars—Mental Agility, Self-Awareness, Emotional Awareness, and Situational Awareness—teach us how to move beyond rigid thinking by adopting flexible patterns of thought. Filled with illuminating case studies and engaging stories that offer the essential tools we need to flourish in a chaotic world.

337 pages. Harper. Pub. at \$27.99

Item # **7942265**

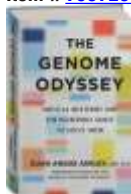
\$5.95



BREATHING LESSONS: A Doctor's Guide to Lung Health By Meilan K. Han. An authoritative, accessible guide to how our lungs work and how best to protect them. Han takes readers on a fascinating tour of this neglected yet crucial organ. She argues powerfully for social policies that make preserving lung health a national priority. 176 pages. Norton. Paperbound. Pub. at \$16.95

Item # **7937288**

\$12.95

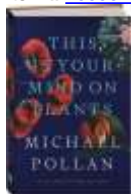


THE GENOME ODYSSEY: Medical Mysteries and the Incredible Quest to Solve Them By Evan Angus Ashley. Dr. Ashley brings the breakthroughs of precision medicine to vivid life through the real diagnostic journeys of his patients and the tireless efforts of his fellow doctors and scientists to prevent, predict, and beat disease. Here he details the medicine behind genome sequencing with clarity and

accessibility. 380 pages. Celadon. Pub. at \$28.99

Item # **4869346**

PRICE CUT to \$4.95



THIS IS YOUR MIND ON PLANTS By Michael Pollan. Dives deep into three plant drugs—opium, caffeine, and mescaline—and throws the fundamental strangeness and arbitrariness of our thinking about them into sharp relief. Exploring and participating in the cultures that have grown up around these drugs while consuming them, Pollan reckons with the powerful human attraction to

psychoactive plants. 274 pages. Penguin. Pub. at \$28.00

Item # **4816749**

\$13.95

Business



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

Item # **791508X**

\$5.95

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

Item # **5995604**

\$5.95

Science Essays & Surveys



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

Item # **7747837**

\$6.95

Fishing & Hunting



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

Item # **7942214**

\$5.95

Animals

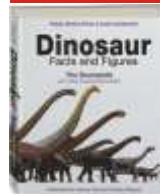


ON ANIMALS By Susan Orlean. These are stories about how we live with animals and how they abide with us. Now, Orlean examines animal-human relationships through the compelling encounters she's had over the course of her celebrated career. These tales bring to life a range of creatures. 241 pages. Avid Reader. Pub. at \$28.00

Item # **7923007**

\$5.95

Animals



★DINOSAUR FACTS AND FIGURES: The Sauropods and Other Sauropodomorphs By R. Molina-Perez & A. Larramendi. An essential compendium of sauropod facts and figures—from the biggest and the oldest to the smallest and the rarest. It covers every known species and features more than 2,000 diagrams and technical drawings

along with hundreds of full-color reconstructions of specimens. 272 pages. Princeton. 9¼x12. Pub. at \$35.00

Item # **3992292**

\$17.95

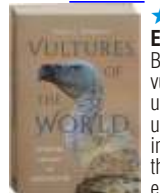
Birds & Birding



ON RARE BIRDS By Anita Albus. Tells the compelling stories of 10 rare or extinct bird species, from the tragic demise of the once-abundant Passenger Pigeon to the shooting death of the last Carolina Parakeet in the wild, and from the startling natural defenses of the "willful Nightjar" to the diverse cultural significance of the Kingfisher. Well illus. most in color. 276 pages. Saraband.

Item # **7917937**

\$11.95



★VULTURES OF THE WORLD: Essential Ecology and Conservation By Keith L. Bildstein. Provides an engaging look at vultures and condors, seeking to help us understand these widely recognized but underappreciated birds. Bildstein's work is an inspirational and long overdue blend of all things vulture. He introduces readers to the essential nature of vultures and condors.

Color photos. 244 pages. Comstock. Pub. at \$34.95

Item # **4968751**

PRICE CUT to \$17.95

Science & Nature for Children



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

Item # **7795475**

\$4.95

Science & Nature for Children



★AGE OF THE DINOSAURS: Curious Kids By Text Jonny Marx, illus. by C. Engel. There are many incredible dinosaurs to meet in this pop-up jungle, from Ankylosaurus and Tyrannosaurus to Triceratops and Diplodocus. Learn fun facts about all of them as you engage the pop-up on each page! Ages 3-8. Fully illus. in color. Tiger Tales. Pub. at \$14.99

Item # **4769074**

\$9.95

Exercise & Fitness



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

Item # **7769105**

\$5.95

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

Item # **380612X**

\$4.95

Health & Medical References



THE POWER OF STRETCHING: Simple Practices to Promote Wellbeing By Bob Doto. Accessible to anyone, stretching is quick and easy, can be done in more environments, and has proven to relieve pain, increase rates of recovery, as well as help manage stress and anxiety. Fully illus. 128 pages. Fair Winds. Pub. at \$16.99

Item # **7853424**

\$5.95

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

Item # [7853297](#) **\$6.95**



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

Item # [7839731](#) **\$5.95**



★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

Item # [4779177](#) **\$11.95**



★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

daily epigenetic choices will define your health or disease. 143 pages. Clovercroft. Paperbound. Pub. at \$14.99

Item # [4786025](#) **\$11.95**



★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

Item # [4937295](#) **\$9.95**

Diseases & Disorders

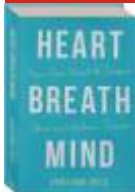


★HOW TO HELP SOMEONE WITH DEMENTIA By M. Hamill & M. McCarthy. There can be fear and worry when a loved one receives a diagnosis of dementia. The authors believe that a relationship centered understanding of dementia can help to acknowledge the challenges of the condition, while enabling people to live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

knowledge you need on your journey through dementia. 236 pages. Welbeck. Paperbound. Pub. at \$12.95

Item # [4928067](#) **\$9.95**

Stress & Pain Management



HEART BREATH MIND: Train Your Heart to Conquer Stress and Achieve Success By Leah Lajos. Lajos'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

Item # [790150X](#) **\$5.95**

New Age Spirituality



★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

Item # [7906501](#) **\$12.95**

Inspiration, Motivation & Self-Discovery

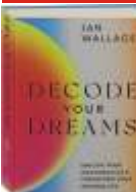


THE HAPPINESS BIBLE: The Definitive Guide to Sustainable Well-Being By Cheryl Rickman. Long-lasting happiness is an elusive condition, but not unreachable. It is a skill as much as a state, and it takes effort practice even. This guide works with the reader to explain how happiness works and evolves,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

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

Item # [7899521](#) **\$7.95**

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

Item # [7920504](#) **\$5.95**

★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

Item # [4921437](#) **\$7.95**

Facing Illness & Death



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

Item # [7927746](#) **\$5.95**

Communication Skills



★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

Item # [6419852](#) **\$11.95**

Sexuality & Sexual Expression



FIFTY SHADES OF BONDAGE & SUBMISSION: A Beginner's Guide to BDSM By Renee Dubois. Fire up your sex life by learning the ropes, getting into some power play and trying titillating torture for a spanking good time. Adults only. 128 pages. Carlton. Paperbound. Pub. at \$9.95

Item # [4913922](#) **\$5.95**

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

Item # [7783159](#) **\$5.95**



★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

Item # [1917544](#) **\$7.95**

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

Item # [3738051](#)

\$7.95

General Health & Self-Help

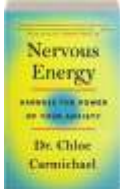


TO HELL AND BACK: Personal Experiences of Trauma and How We Recover and Move On By John Marzillier. Provides an honest, human description of how trauma affects us at the time and also after the event as we return to everyday life. Whether discussing accounts of terrorist bombings, natural disasters, 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

Item # [7864760](#)

\$5.95



★**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

Item # [1929429](#)

PRICE CUT to \$2.95