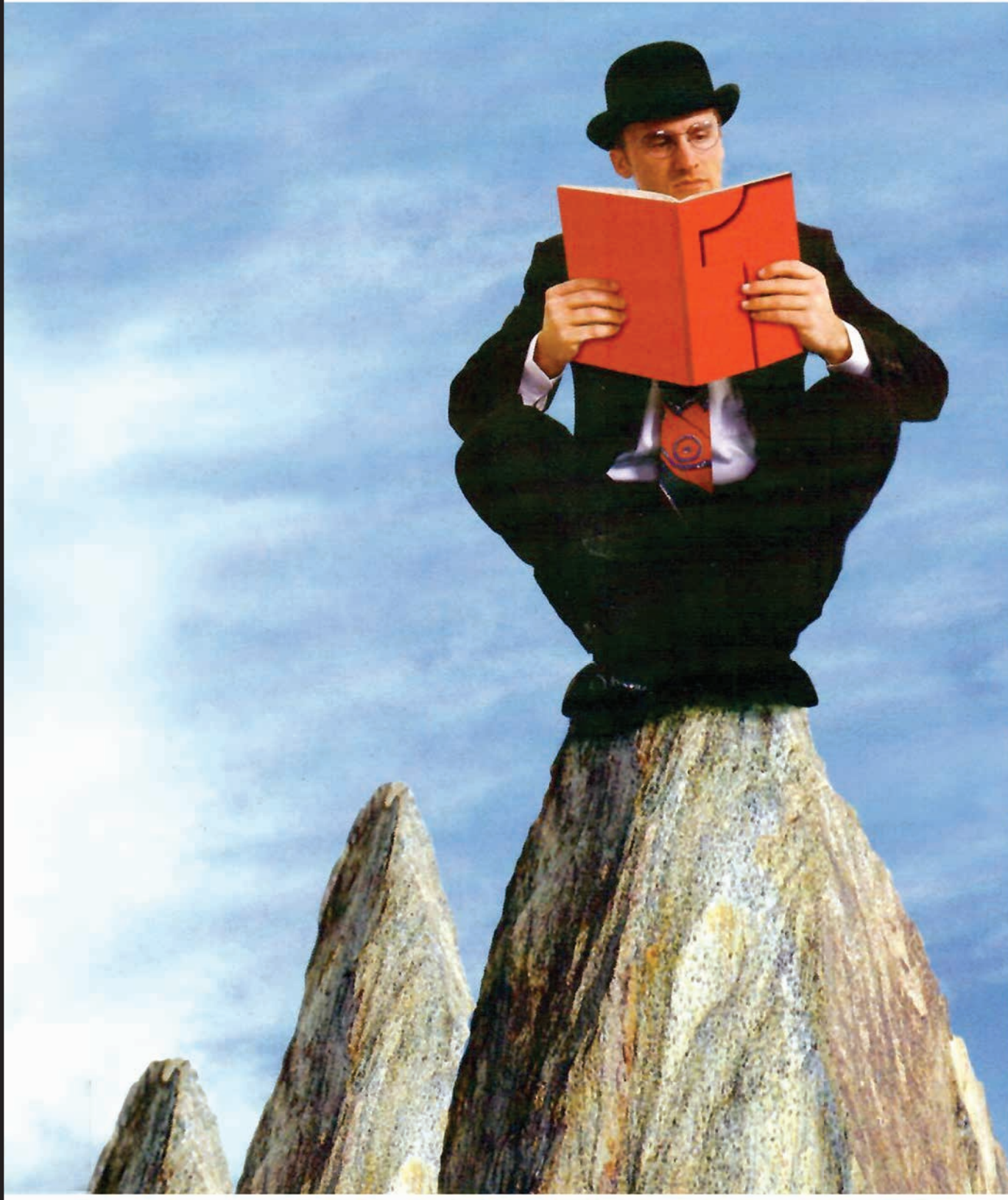


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SQUAREONEPUBLISHERS

So, what exactly is Square One Publishers? For the most part, we are a niche publisher of nonfiction books—although we also have some well-reviewed novels and children’s books in our growing list. And, as you can see from the *Contents* list below, we cover a wide range of topics—everything from birth to death, and from health issues to children’s learning disabilities. Our authors range from Monkees pop star Micky Dolenz and basketball legend Rick Barry to oceanographer Jean-Michel Cousteau and Black civil rights pioneer W. E. B. Du Bois. We have published groundbreaking bestsellers like *How to Teach Your Baby to Read*, *Your Blood Never Lies*, and the acclaimed memoir *Taking Woodstock*, as well as books that shed continued light on important issues such as *Unsafe as Any Meal*, *Suicide by Sugar*, and the second edition of the still-controversial *Dressed to Kill: The Link Between Breast Cancer and Bras*. We have worked hard these past 24 years to make all of our books clear and accessible to all readers, and we are proud of the titles you will find in this catalog. And yet, you very well may not have heard of us or our titles—until now.

It’s not always easy to get the media attention that our titles deserve when competing against the five giant publishing houses that dominate our industry. However, as an independent publisher since 2000, it has not stopped us from doing all we can to make sure our authors’ voices are heard.

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Rudy Shur
Publisher

Contents

New Releases, 1–11	Weight Loss / Diets, 31–32	Doman Learning Series, 51	Games / Gambling / Hobbies, 65
Knights of Columbus, 12	Yoga/Meditation, 33–34	Special Needs / Overcoming Learning Disabilities, 52–53	Memoirs / Bios, 66–68
Recovery, 13–14	Mason Health Series, 35	Parenting, 54	Novels, 69–71
What You Must Know About Series, 15–16	Dr. Crook Health Series, 36	Parenting / Children’s Books, 55	Faith, 72–74
Eye Health, 17–18	Sounding the Alarm, 37–38	Business, 56	On Death & Dying, 75–76
Specific Health Issues, 19–20	Special Needs Cookbooks, 39–41	Business / Sales, 57	Body / Mind / Spirit, 77–80
Kidney Health, 21	Natural Foods Cookbooks, 42–43	Home Care, 58	History, 81
Cancer, 22	Raw Veggie Cookbooks, 44	Inventing / Law, 59	Holocaust, 82
Integrative Approaches, 23–24	General Cookbooks / Wine, 45	Publishing, 60–62	Military History, 83–84
Supplements, 25–27	General Cookbooks, 46	Relationships / Communications, 63	Postcard Histories, 85
Acid-Alkaline Balance, 28	Macrobiotics, 47–49	Communications, 64	Index, 86–92
Memory Loss, 29	Nature & Environment, 50		Ordering Information, 93
Women’s Health, 30			Order Form / Distributors, 94

Cover Photo: Corbis

Divorce Matters

What You Really Need to Know When It's Time to Get a Divorce

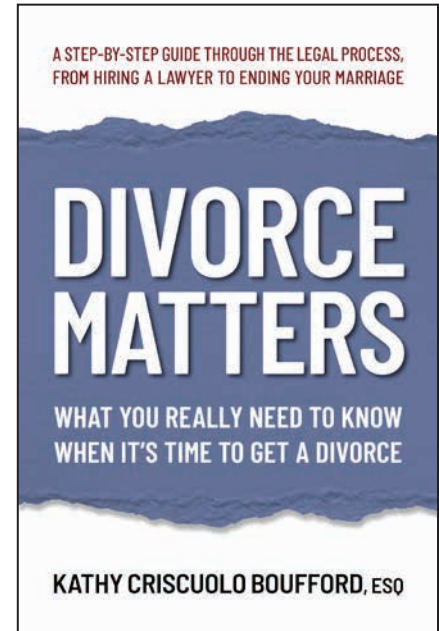
Kathy Criscuolo Boufford, ESQ

If you are thinking of getting divorced or about to go through one, you likely have many questions and concerns. How will it influence your daily life? How will it impact your children? How will it affect your finances? Written by family law expert Kathy Boufford, *Divorce Matters* provides all the answers and advice you need to navigate the process from start to finish in one step-by-step guide.

Based on the author's years of legal experience, *Divorce Matters* discusses the practical issues to consider at the outset of a divorce. It explains how to find the right professional to help you with your divorce and walks you through how to prepare for your case, detailing all the elements you may be required to produce. It even strikes a hopeful note by showing how couples can bypass traditional litigation and end their marriage through mediation. It talks about contentious divorce-related issues such as children and finances, and outlines the process of negotiation, settlement, and trial. Finally, it offers guidance on divorcing a spouse who may be abusive or struggling with mental illness and closes by teaching you how to pave the way for a happy post-divorce life.

Divorce Matters is meant to prevent you from making the common mistakes so many divorcing couples make and hopefully save you some heartache, time, and money. Going through a divorce may not be easy, but thanks to this book, it doesn't have to be overwhelming.

June 2024 • \$18.95 US / \$27.95 CAN • 224 pages • 6 X 9-inch paperback • ISBN 978-0-7570-0525-1



Kiss Your Dentist Goodbye, SECOND EDITION

A Do-It-Yourself Mouth Care System for Healthy, Clean Gums and Teeth

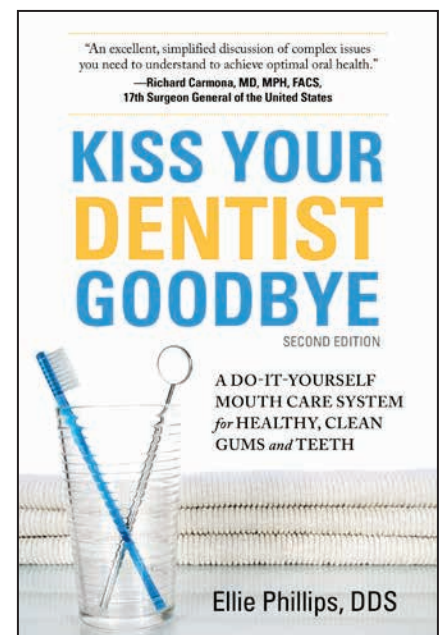
Ellie Phillips, DDS

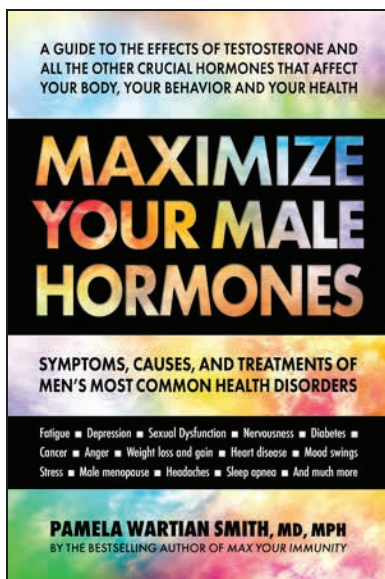
You can brush, floss, be mindful of your diet, and follow all the traditional oral hygiene advice, yet still find yourself needing fillings and ongoing dental cleanings. Dr. Phillips challenges this conventional dental instruction to “brush and floss,” arguing it can be both ineffective and potentially harmful. In her groundbreaking book, *Kiss Your Dentist Goodbye*, she unveils the secrets to achieving and maintaining a truly healthy mouth. Now available in a fully revised and updated Second Edition, Dr. Phillips explains the importance of bacterial balance for oral health, highlighting how it will never be attained through excessive flossing, aggressive cleanings, or the indiscriminate killing of mouth bacteria. She exposes the detrimental effects of certain dental procedures and products, including tooth whitening, bleaching, dental sealants, and certain fluorides. By adopting her practical “do-it-yourself” daily routine, you can effortlessly reduce plaque buildup, strengthen your teeth, heal and even reverse small cavities, cure periodontal disease, and eliminate tooth sensitivity.

The book is divided into two parts. Part One examines the underlying causes of cavities and gum disease, as well as how teeth and gums can naturally heal themselves. It provides a clear picture of why we must rethink our fundamental beliefs about oral care if we want to avoid dental problems, and how best to sidestep all the chronic health conditions that are so closely associated with poor oral health. Part Two then provides all the details of Dr. Phillips' complete mouth care system that has the power to stop, prevent, and even reverse dental problems.

Isn't it time to bid farewell to cavities, gum disease, and the general health dangers from poor oral health? With *Kiss Your Dentist Goodbye* as your guide, you will be empowered to take rapid action and dramatically enhance the look, feel, and health of your teeth—at any stage of life, and with the confidence that it is never too late to begin.

October 2024 • \$17.95 US / \$25.95 CAN • 248 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0531-2





Maximize Your Male Hormones

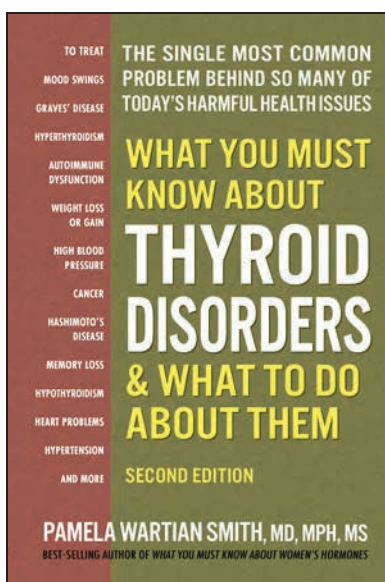
Symptoms, Causes, and Treatments of Men's Most Common Health Disorders

Pamela Wartian Smith, MD, MPH

To a great degree, we are who we are because of the hormones produced in our bodies. From our sexuality, physical and mental development, and general health status, we all rely upon them to function properly. When there is an over- or under-production of any of our hormones, we can experience serious and potentially life-threatening problems. The challenge is that few *men* ever connect these issues with their hormone levels. To address this challenge, bestselling author Dr. Pamela Wartian Smith has written *Maximize Your Male Hormones*.

Here is a clear guide for men to understand, identify, and treat the many common sources of these ailments, including: Fatigue; Depression; Sexual Dysfunction; Headaches; Cancer; Sleep Apnea; and so much more. By first recognizing conditions and identifying the hormone(s) affected, you will learn there is a great deal that can be done to fix things for yourself. In this book, Dr. Smith not only provides the medical treatments available—she also includes the natural supplements, as well as lifestyle changes, that can help bring a hormone back in balance.

Available • \$17.95 US / \$22.95 CAN • 248 pages • 6 x 9-inch quality paperback • ISBN 978-0-7570-0515-2



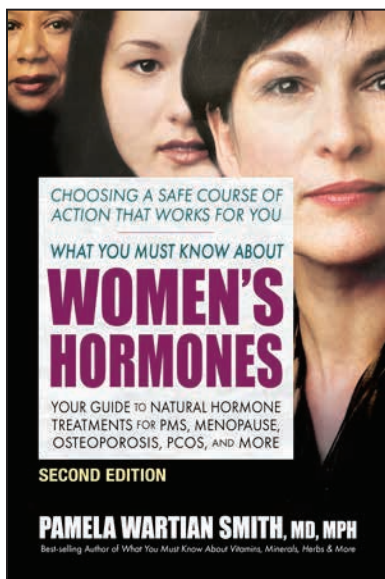
What You Must Know About Thyroid Disorders & What to Do About Them, SECOND EDITION

Pamela Wartian Smith, MD, MPH

It is estimated that one in twenty Americans has a thyroid condition, with the majority of sufferers being women. To make matters worse, many who are affected by thyroid dysfunction are unaware that something is wrong. In the meantime, they experience a variety of symptoms, including fatigue, weight gain or loss, forgetfulness, sleepless nights, irritability, and more. But it doesn't have to be this way.

Written in easy-to-understand language, this updated edition begins by explaining how important the thyroid is in regulating the body's metabolism, which, in turn, plays a vital role in controlling the functions of the heart, brain, liver, lungs, kidneys, and intestines. The book then goes on to explore the most common thyroid-related disorders and telltale signs, including hypothyroidism, hyperthyroidism, autoimmune dysfunction, celiac disease, thyroid cancer, mood swings, and excess weight gain. It also features an overview of each malady, which can help readers determine what they may have. Diagnostic tests are also discussed, along with conventional and alternative treatment approaches to these problems—and potential *solutions*.

April 2024 • \$18.95 US / \$27.95 CAN • 352 pages • 6 x 9-inch quality paperback • ISBN 978-0-7570-0533-6



What You Must Know About Women's Hormones, SECOND EDITION

Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporosis, PCOS, and More

Pamela Wartian Smith, MD, MPH

Hormonal imbalances in women can occur at any age. The reasons for these imbalances vary widely, and can include heredity, environment, nutrition, and aging. While most hormone-related problems are associated with menopause, the fact is that fluctuating hormonal levels can also cause a variety of other conditions; and for some women, the effects can be truly debilitating. In this new and expanded edition, Dr. Pamela Wartian Smith provides a clear and concise guide to the treatments of hormonal irregularities without the health risks associated with standard hormone replacement therapy.

This book is divided into three parts. Part One describes the body's own hormones, looking at their functions and the different side effects that can occur if these hormones are not at optimal levels. Part Two focuses on the many common problems that arise from hormonal imbalances, while Part Three details hormone replacement therapy, focusing on the difference between natural and synthetic hormone treatments. It explains how you can have your hormonal levels measured and provides examples of the various hormone replacement therapies available.

Available • \$18.95 US / \$27.95 CAN • 416 pages • 6 x 9-inch quality paperback • ISBN 978-0-7570-0518-3

Healing Floaters and Detachments Naturally

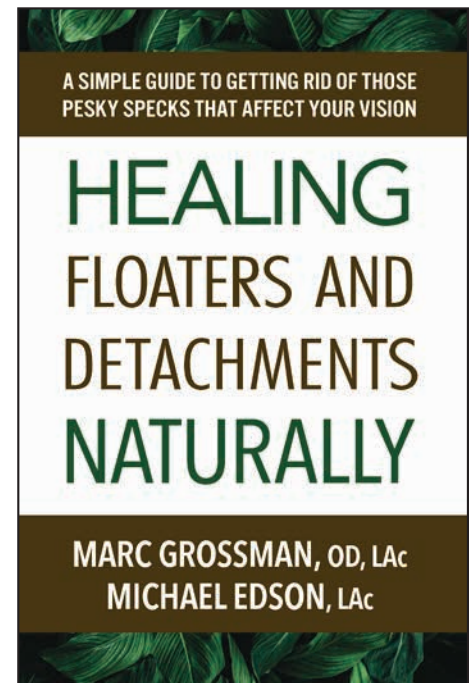
A Simple Guide to Getting Rid of Those Pesky Specks That Affect Your Vision

Marc Grossman, OD, LAc, and Michael Edson, LAc

As we age, we all become increasingly susceptible to seeing a recurring parade of spots or streaks appear before our eyes. If your vision is affected by this problem, chances are you've been told that you will just need to learn to live with it—but there are alternatives. In *Healing Floaters and Detachments Naturally*, authors Dr. Marc Grossman and Michael Edson tell you what you can do to regain a clearer view of the world around you—one free of those annoying little objects that drift in and out of your field of vision.

This book is divided into four parts. Parts One and Two discuss floaters and detachments, respectively, explaining their risk factors and possible treatments, which may include both conventional methods and complementary approaches such as supplementation, lifestyle changes, and traditional Chinese medicine. Part Three then details the common drugs that can lead to floaters and detachments, while Part Four describes the importance of a proper diet in relation to alleviating and avoiding these troublesome issues. If you are among those people who have been told to learn to accept these visual nuisances as an unavoidable part of life, *Healing Floaters and Detachments Naturally* can help you to put these distractions out of sight—and out of mind.

Available • \$15.95 US / \$22.95 CAN • 98 pages • 6 x 9-inch paperback • ISBN: 978-0-7570-0530-5



Low Vision Matters

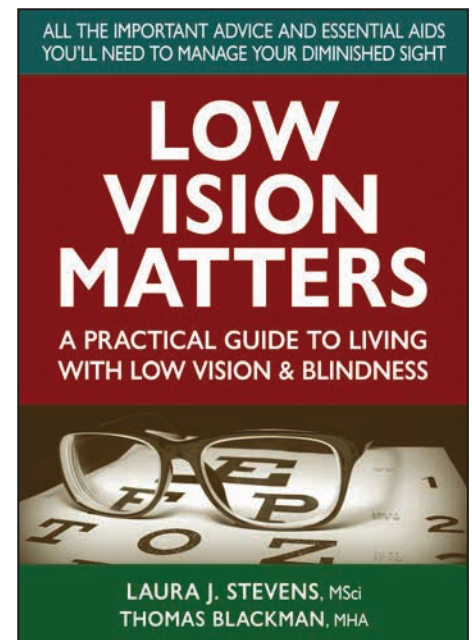
A Practical Guide to Living with Low Vision & Blindness

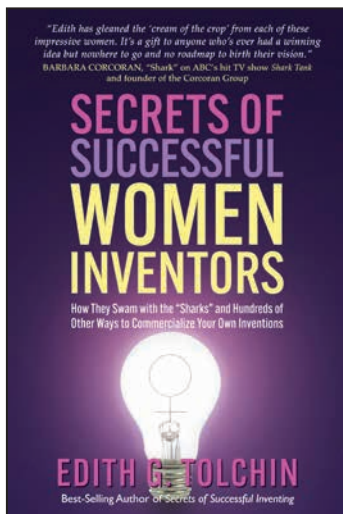
Laura J. Stevens, MSci, and Thomas Blackman, MHA

According to the Centers for Disease Control and Prevention (CDC), over seven million people in the US alone suffer from severe vision loss or blindness. In the past, low vision was truly a life-altering condition. Those seemingly everyday tasks that were once so simple instead became difficult—whether one had to work, cook, read, drive, go out to shop, or even turn on a light switch, one's world had been completely turned upside down. Today, however, things have begun to change. With the revolution of Artificial Intelligence (AI) already underway, many of the major barriers caused by diminished or fully lost vision have been lessened or completely eliminated. In *Low Vision Matters*, authors Laura Stevens and Thomas Blackman provide a comprehensive guide to all the aids and equipment now available—along with important practical advice—to those who are vision-challenged.

The book is divided into two parts. Part One focuses on the day-to-day activities that low vision can affect—from safety in your home or traveling outside, to the handling of finances or one's home entertainment system. It discusses the latest technologies that can enable a person with eyesight problems to turn on a light, start a dishwasher, or even answer a phone through the use of oral commands—and that's just the tip of the iceberg. Part Two then provides a breakdown of the various kinds of helpful vision-aid products now available. Because the authors understand the costs involved in purchasing such equipment, they include the names of those organizations and associations in an extensive Resources section along with various other crucial contacts about which those with low vision and their loved ones and caretakers need to know.

June 2024 • \$19.95 US / \$28.95 CAN • 288 pages • 8 x 10-inch paperback • ISBN 978-0-7570-0534-3





Secrets of Successful Women Inventors

How They Swam with the “Sharks” and Hundreds of Other Ways to Commercialize Your Own Inventions

Edith G. Tolchin, Editor

“Edith G. Tolchin has spent her entire career working with inventors. In Secrets of Successful Women Inventors, Edith highlights some of the greatest top-notch successful women inventors and reputable service providers, all eager to share their stories and advice. In her easy-going, personable style, Edith has gleaned the ‘cream of the crop’ from each of these impressive women. It’s a gift to anyone who’s ever had a winning idea but nowhere to go and no roadmap to birth their vision.”

BARBARA CORCORAN, “Shark” on ABC’s hit TV show *Shark Tank* and founder of the Corcoran Group

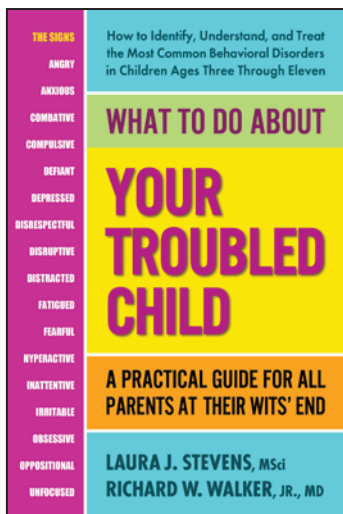
Until recently, history has tended to highlight male inventors—but why not women inventors as well? And where are the women inventors of color? Why have so many of these women not found their rightful places in history? Thankfully, over the last few decades—with increasing opportunities to shatter the “glass ceiling”—women have begun to achieve equal footing with men in careers and in salaries. Women worldwide

have also made great gains with their inventions! While in the past, many of their inventions have been largely related to the improvement of household and child care items, things have changed. With women achieving influential positions in business, scientific research, and government—women’s creative innovations are limitless.

In her new book, *Secrets of Successful Women Inventors*, Edith G. Tolchin reveals the real-life stories of over twenty successful modern-day women inventors—stories that describe their hard work, frequent struggles, and relentless dedication to their ideas. Ms. Tolchin presents a look behind the scenes at their respective journeys—from their inventions first being sketched on napkins to the creation of multimillion-dollar companies—and offers sound advice to future inventors from several accomplished invention service providers. She also includes brief snippets of information on women inventors throughout history.

While this book is about women who had dreams and made them come true, it can also serve as a blueprint for any woman looking to turn her own ideas into reality.

Available • \$19.95 USD / \$28.95 CAN • 280 pages • 6 x 9-inch paperback • ISBN: 978-0-7570-0524-4



What to Do About Your Troubled Child

A Practical Guide for All Parents at Their Wits’ End

Laura J. Stevens, MSci, and Richard W. Walker, Jr., MD

As children grow, there may be times when their behavior seems out of place or troubling. When there is a recurrent pattern of one or more of these types of behavior, something may be wrong. As a parent, if you have noticed something “off” about the way your child has been acting, perhaps it’s time to take a closer look at what might actually be going on—before it gets worse. *What to Do About Your Troubled Child* is designed to provide you with the information you need to get to the bottom of the mystery. If a behavioral disorder is caught early enough and treated correctly, it can be greatly lessened or even eliminated. Unfortunately, many behavioral problems in children go undiagnosed for so long that they progress beyond the possibility of improvement.

This book is divided into two parts. Part One looks at six of the most common behavioral disorders: Obsessive-Compulsive Disorder (OCD), Attention-Deficit/Hyperactivity Disorder (ADHD), Autism, Anxiety Disorders, Oppositional Defiant Disorder, and Conduct Disorder. Each chapter focuses on one disorder and includes a list of questions intended to determine if your child exhibits enough of the tendencies associated

with this disorder to warrant a closer look. It then describes the symptoms and risk factors of the problem, how it may be professionally diagnosed, and traditional means of treatment, which include therapy and medication. Part Two offers a detailed look at complementary approaches to treatment, such as lifestyle changes, nutrition, beneficial programs, and helpful devices.

Telling yourself that your child is bound to grow out of a certain pattern of behavior may be causing you to ignore the signs of a serious issue—one that should be addressed. By the time your child reaches adolescence, the disorder may be too far gone. Now is the time for you to understand and do something about it. Now is the time to let *What to Do About Your Troubled Child* be your guide.

Available • \$17.95 US / \$25.95 CAN • 256 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0514-5

Matchsticks

An Education in Black and White

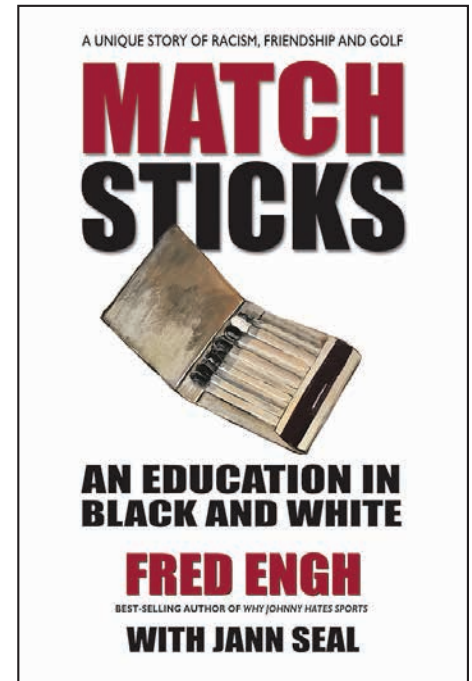
Fred Engh with Jann Seal

The year was 1961, a year marking the start of the racial unrest that would last throughout the decade. Living in a trailer camp in Maryland with his wife and children, Fred's future seemed bleak—that is, until he heard a college football coach being interviewed on a local radio show talking about becoming a Physical Education teacher. The coach's words would inspire him enough to register at Maryland State College, a then all-black college. The thing of it was, Fred Engh was white. He would become the first white student to attend Maryland State, a segregated college. His intention was not to break any racial barriers or make any headlines. He simply wanted a better life for himself and his family as an accredited teacher. What he learned from attending that college, however, was something he had not expected. *Matchsticks: An Education in Black & White* is his story.

Fred Engh and his non-profit organization, NAYS—the National Association for Youth Sports—have positively affected the lives of millions of children throughout the country for decades, but chances are you have never heard of him or his group. What he has tried to do is make organized sports for kids *fun*. He has done this by training coaches to be fair, avoid playing favorites, bullying players, and stopping fans from getting out of control. He has also tried to even the playing field for children of different colors and ethnicities. From baseball to soccer to golf, he has made it his mission to let children choose to play the sport they love—no matter where they live or how well they play. And yet, the story behind how he discovered his calling in life is definitely a remarkable one of transition.

Today, when racial disparagement has once again taken the form of marches, protesters, and daily news headlines, here is a tale of discovery, understanding, and personal change. A lesson still as valuable today as it was *then*.

Available • \$24.95 US / \$37.95 CAN • 176 pages • 6 x 9-inch hardback • ISBN 978-0-7570-0505-3



“In this intriguing, entertaining look into the past, the author shares what it was like to become fully aware of the insidious entrenchment of racism in American society. . . . Given the ‘rampant’ division that currently plagues our social landscape, the author’s lesson of acceptance and intellectual growth is heartening.”

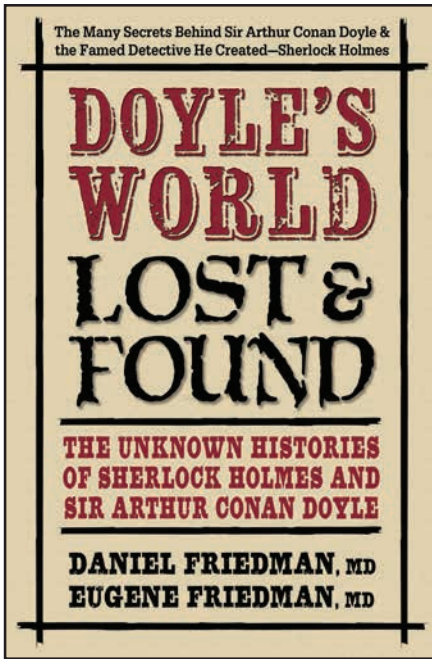
—KIRKUS REVIEWS

“Engh’s experience as the school’s lone white student enabled him to empathize with his Black colleagues who were routinely regarded with disgust or hostility because of their skin color . . . this fascinating fish-out-of-water account provides a unique perspective on race and culture.”

—PUBLISHERS WEEKLY

“Inspired and inspiring, *Matchsticks* is both timely and timeless. Timely in this era of protests against structural racial injustice and the rise of white power elements in our society and governments, Timeless in that all that is necessary is for good people of all diverse backgrounds work toward creating a non-prejudicial future for themselves and for the next generation.”

—MIDWEST BOOK REVIEW



Doyle's World—Lost & Found

The Unknown Histories of Sherlock Holmes and Sir Arthur Conan Doyle
Daniel Friedman, MD, and Eugene Friedman, MD

Doyle's World is no ordinary book. It is instead a work that deciphers the cryptic origins and actual scientific methods used by fiction's most famous detective, Sherlock Holmes—and provides a detailed look into the psyche and working life of Holmes' creator, Sir Arthur Conan Doyle. Revealed here for the first time—by son-father writing team Daniel Friedman, MD, and Eugene Friedman, MD—are the inspirations behind the physical, emotional, and intellectual characteristics that Doyle wove together so deftly to bring his legendary sleuth to life.

The book is divided into three sections. The first is dedicated to the elements—both good and bad—that comprised Doyle's childhood and early adult years, and how an assemblage of persons and places and things from his life found their way into his literature. The second section emphasizes the complex themes and plots present in the Sherlock Holmes adventures, while it also examines some of Doyle's strengths—and weaknesses—as a public figure of his time. And in the book's concluding part, the authors offer two “lost” stories they uncovered that were written by Doyle under a pseudonym. *Doyle's World* is a work of rich detail and in-depth scholarship that should win over established fans of Doyle and devoted “Sherlockians” everywhere—and which should engage, and entertain, all others who enter this intriguing hall of literary mirrors.

Available • \$29.95 US / \$44.95 CAN • 344 pages • 6 x 9-inch hardback • ISBN 978-0-7570-0448-3 (hb)
May 2024 • \$18.95 US / \$27.95 CAN • 344 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0536-7 (pb)

“Everything you ever wanted to know about the dynamic duo.”

**NICHOLAS MEYER, BESTSELLING AUTHOR OF
*THE SEVEN-PER-CENT SOLUTION***

“[F]ather-and-son team of Eugene and Daniel Friedman offers a ‘fresh and unexpected perspective’ on the doctor and his famous fictional character . . . A deep dive into all things Doyle.”

—KIRKUS REVIEWS

“There’s a whole book-load here . . . illustrating the authors’ thesis that ‘Doyle used his own life as a source for his fiction.’ . . . Sometimes gloriously, as when the Skriker, a mythical beast from his childhood, is magnificently reincarnated as the glowing *Hound of the Baskervilles*. . . There are knockouts, such as when it’s revealed that ‘The Sign of the Four’ is a landlocked version of Stevenson’s *Treasure Island*. . . Sherlockians will love this and want more.”

—BOOKLIST

“If the world of Sherlock Holmes and its ever-inventive creator Doyle grip you in the same thrall that it so clearly has the Friedmans, then *Doyle's World—Lost & Found* will be a great read. It’s packed with lore, real-life detail, ambitious assertions, and an obvious—and infectious—love of its subject.”

—MEDIUM.COM

The DAR & Earth Series

Athena M. Kaiman

“Highly recommended for the YA audience and enlightened adults concerned about climate change!”

—The San Francisco Examiner

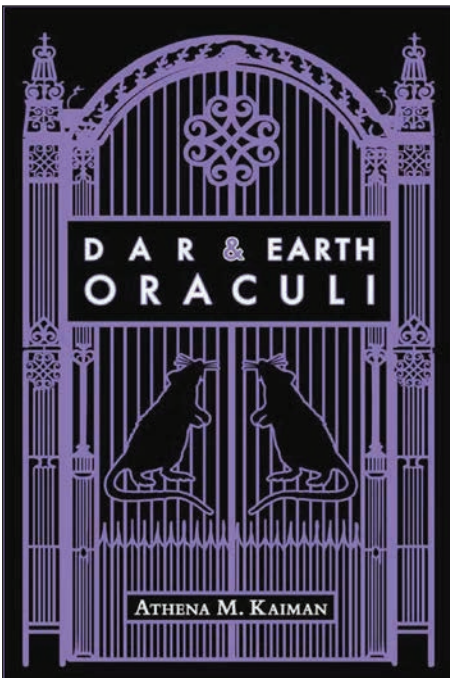
DAR & Earth is a debut YA fantasy series rooted in accurate historical and scientific facts.

ORACULI (Book One) begins the odyssey of two worlds, interconnected by a shared sun. Through the protagonist Aelish—a magical being born of human parents in 1546 Ireland—and her appointed mentor (“Oraculi”) Lady Antonia, born in 1521 at King Henry VIII’s Court, readers learn about the dual history of “DAR & Earth” from medieval times to present day. The leaders of DAR elect to send Aelish back to Earth as an Oraculi to a twelve-year-old human girl of Mexican-American descent named Isabela. It is the hope of DAR’s governing females that Isabela will become a leader in combating the imminent ravages of climate change. But Isabela is unraveling under the despair of her mother’s battle with cancer and wants nothing to do with DAR. Will Aelish fail in her first mission as an Oraculi, as she desperately tries to save her birthplace?

REVELATIONS (Book Two) continues the story of Aelish and Isabela, while further illuminating the present-day truths about climate change. Faced with an extraordinary circumstance, Aelish must make a decision that will change everything for her and her beloved Thagar, esteemed Commander of the S.E. Quadrant within the realm of DAR.

YASTERON (Book Three) continues the story of Aelish and Isabela, who must both somehow rise from the ashes of their shattered lives after the breathtaking cliffhanger in Book Two. While Aelish agonizes over whether to annihilate the entire Kingdom of Yasteron or forge ahead with a peace treaty, Isabela tries to recover from being captured and tortured in her Earth-bound research lab by Yasteron soldiers. The clock is ticking, and the overall global temperature is climbing. Isabela knows once it reaches 1.4° Celsius, it will flip the switch on an irreversible tipping point for the climate syndrome, causing humanity’s extinction.

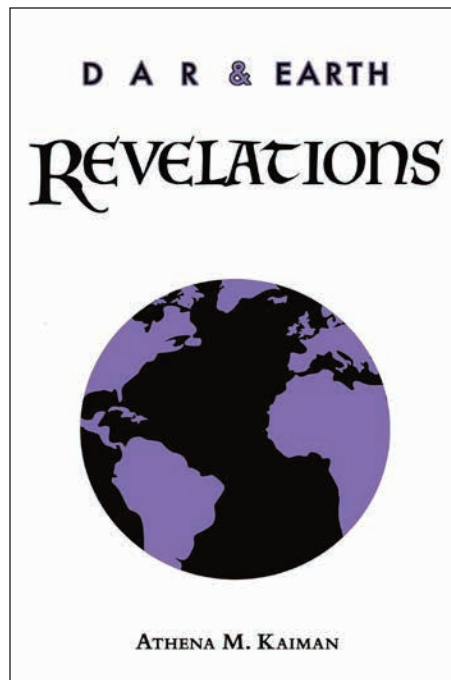
From the devastation of the plague to the current threat of humanity’s extinction from anthropogenic climate change, the exciting storytelling at the heart of **DAR & Earth** reveals the complex ramifications when politics, religion, science, and patriarchal ideology collide in both worlds.



ORACULI (Book 1)

\$17.95 US / \$25.95 CAN

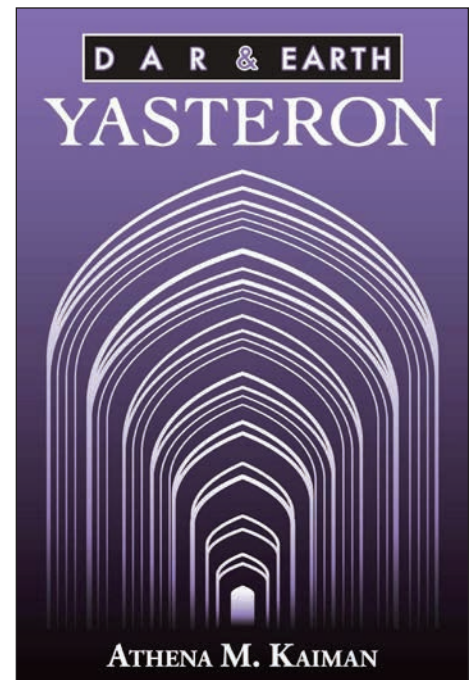
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REVELATIONS (Book 2)

\$18.95 US / \$27.95 CAN

450 pages • 5 ½ x 8 ½-inch paperback
ISBN 978-1-7-339828-1-8



YASTERON (Book 3)

\$19.95 US / \$28.95 CAN

425 pages • 5 ½ x 8 ½-inch paperback
ISBN 978-1-7-339828-4-9

When the Subject Is Rape

A Guide for Male Partners, Friends & Family Members

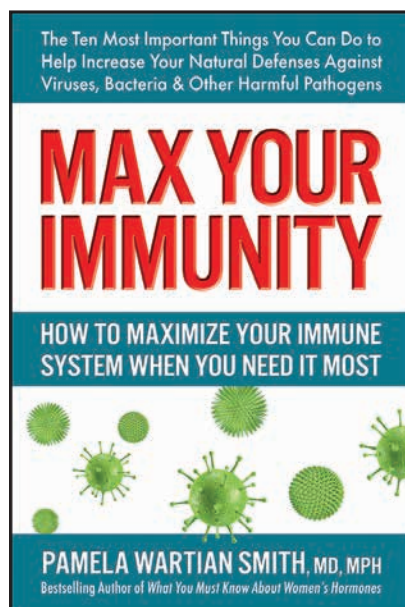
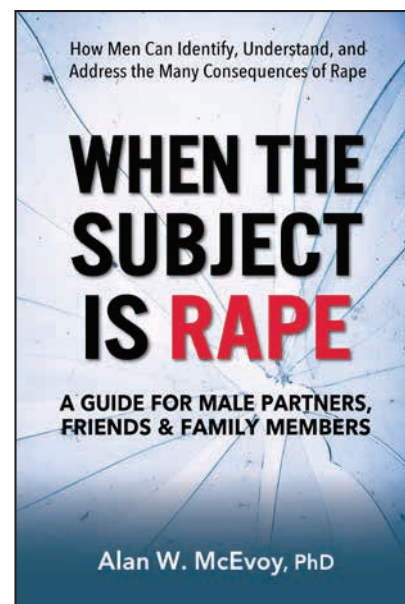
Alan W. McEvoy, PhD

Rape remains an all-too-common violent crime usually perpetrated against women. For victims, the process of sharing information about the assault with loved ones or reporting the crime to the police can be harrowing, embarrassing, and painful. The emotional aftermath and the responses of others can greatly affect the way a rape survivor copes. Although there are trained counselors to help women through the process of recovery, the question remains: What role should the men in their lives play? Often the men who are closest to rape survivors—intimate partners, friends, and family members—are simply unprepared to offer the right assistance. The wrong word or action may trigger an unexpected response. *When the Subject Is Rape*, written by Dr. Alan McEvoy, is designed specifically for men to help them identify, understand, and respond appropriately in their role as allies in a woman's recovery from rape.

The book delves into the many aspects of rape. It looks at both the short- and long-term emotional impact it has on a woman, the legal procedures involved in the aftermath, and the strategies that will help her to recover. It discusses how one needs to communicate with and address the needs of women. It explains the best ways men can act to avoid unintentionally causing more pain. Even if this crime goes unreported, both the emotional consequences and the need for support throughout the recovery process is evident. This book also can provide guidelines to identify if a significant change in behavior may be due to such an undisclosed event.

Rape is not an easy subject to discuss. For women, sexual violence can be life altering. While the men in their lives may not be therapists, by understanding the trauma involved they can play an important part in the healing process. *When the Subject Is Rape* provides the information that can help men to create a climate of support for the empowerment of women who are on the path to recovery.

Available • \$17.95 US / \$25.95 CAN • 168 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0522-0



Max Your Immunity

How to Maximize Your Immune System When You Need It Most

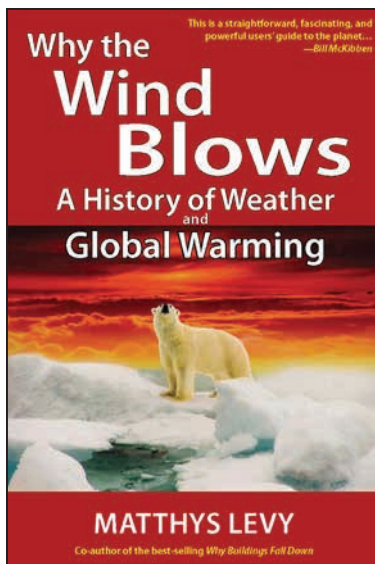
Pamela Wartian Smith, MD, MPH

The word *immunity* has unfortunately become an all-too-common term in our vocabulary, and for good reason. When the pandemic hit, many of the major drug companies jumped at the opportunity to create a vaccine that could offer us “immunity” against this specific virus. Yet, few of us understand that almost all these vaccines work based upon their activating our own built-in systems of defense. It is our very own immunity to these viruses that can make the difference between illness and health. To help clarify what each of us can do to protect ourselves and our loved one, Pamela Wartian Smith, MD has written *Max Your Immunity*. Here is a complete guide to understanding and maximizing your natural defenses against various infectious diseases.

Max Your Immunity is divided into three parts. Part One explains how our innate and adaptive immunity systems work. Our innate immunity system is based on our built-in barriers designed to fight or separate us from infectious agents. Our adaptive immunity, also called acquired immunity, is composed of lymphocyte cells that are triggered when a specific pathogen enters the body. These cells learn to identify the invading pathogens and hunt them down. In this section, each component in both systems are clearly identified and explained. Part Two provides ten important things that you can do to increase and strengthen all of these components. And Part Three provides specific nutritional plans to increase your body's immunity to help defend off the most common health disorders.

The fact is, few of us make it a point to keep our immune system in top shape. However when our immune system is weakened, we greatly increase the odds of our getting sick. By simply having a clear understanding of how our internal defenses work and what we can do to increase our immunity; we can play an important role in maintaining good health. *Max Your Immunity* can help show you what you need to know to protect yourself and your family.

Available • \$16.95 US / \$23.95 CAN • 280 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0512-1



Why the Wind Blows

A History of Weather and Global Warming

Matthys Levy

The story of weather is intertwined with the story of humankind. *Why the Wind Blows* offers a unique look at how man has observed the power of weather, how weather has influenced major events of the past, and how man has unleashed the ominous threat of global warming.

Author Matthys Levy has drawn together fascinating true stories of exploration that offer insightful views of weather throughout history. From the theories of ancient Chinese astronomers to the voyages of Magellan to the sinking of the *Titanic*—this book shows how these adventures were influenced by the weather and man’s ignorance of its consequences. The science of meteorology is interspersed throughout, so that understanding weather becomes an integral part of the stories.

Today, climate change in the form of global warming can no longer be attributed solely to “natural” trends. *Why the Wind Blows* offers a rare blend of history and science to better understand the climate changes that are becoming more apparent every year.

\$14.95 US / \$21.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-942679-31-1 • AN UPPER ACCESS BOOK

The Word Gobblers

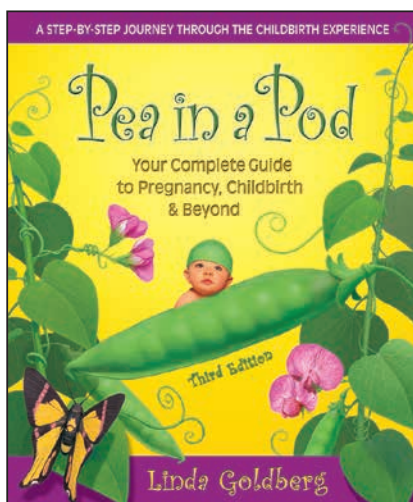
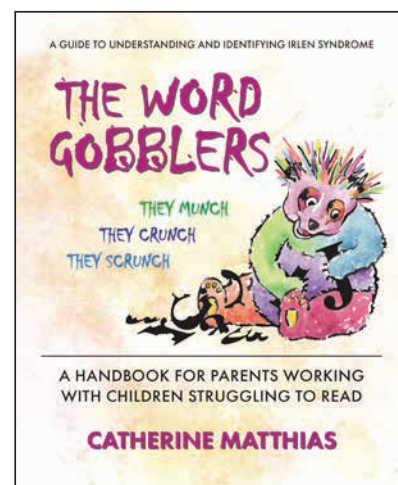
A Handbook for Parents Working with Children Struggling to Read

Catherine Matthias

Is your child reading below grade level? Does he or she miss words while reading? Read choppy? Have difficulty staying focused? Complain of headaches or stomachaches while reading? Experience sensitivity to light? Does your child avoid reading? Millions of children and adults throughout the world cope with reading, writing, and depth perception problems, such as dyslexia. For one in every six, this problem is the result of a condition called Irlen Syndrome—the inability of the brain to process certain light waves or colors. As a result, visual information is not interpreted correctly.

The Word Gobblers is a beautifully illustrated handbook for any parent whose child is struggling to read. After defining Irlen Syndrome, the book presents a questionnaire concerning symptoms your child may exhibit while reading. It offers examples of how a child with Irlen Syndrome might see words and numbers and provides reading exercises to further determine if he or she may have this condition. Most important, it offers easy-to-implement modifications to help overcome the problem.

\$15.95 US / \$22.95 CAN • 96 pages • 7.5 x 9.25-inch paperback • ISBN 978-0-7570-0502-2



Pea in a Pod, THIRD EDITION

Your Complete Guide to Pregnancy, Childbirth & Beyond

Linda Goldberg, RN

Over 1 Million
Copies in Print

Back in the good ol’ days, mothers-to-be visited their obstetricians once a month and gave birth under heavy sedation, while dads paced nervously in the waiting room. If you choose to be more active in the birth experience, *Pea in a Pod* is your perfect playbook.

Up-to-date and complete, *Pea in a Pod* is a “one-stop-shopping” guide that provides a wealth of pertinent, accurate information for expectant parents. After presenting an overview of birthing options and caregiver choices, this book offers a detailed description of conception and fetal development, along with the physical and emotional changes to expect during pregnancy. It provides nutritional guidelines, information on prenatal tests and procedures, and helpful hints for the expectant father and labor partner. The final chapters focus on infant care, detailing such topics as breastfeeding and childhood immunizations. The birth of a baby is one of the most significant events in a parent’s lifetime. *Pea in a Pod* will help make the journey from pregnancy to parenthood both memorable and rewarding.

\$19.95 US / \$28.95 CAN • 496 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0489-6

“Of all the forms of inequality, injustice in health is the most shocking and inhuman.” –Dr. Martin Luther King, Jr.

Black Health Matters

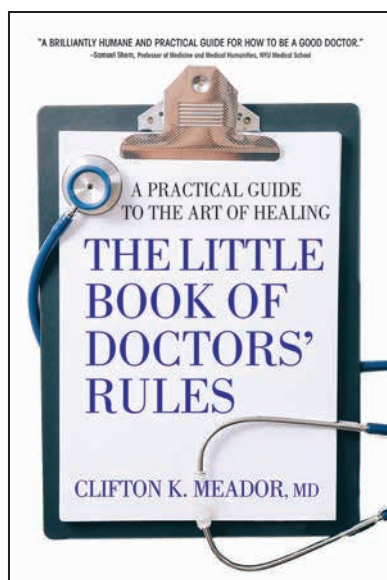
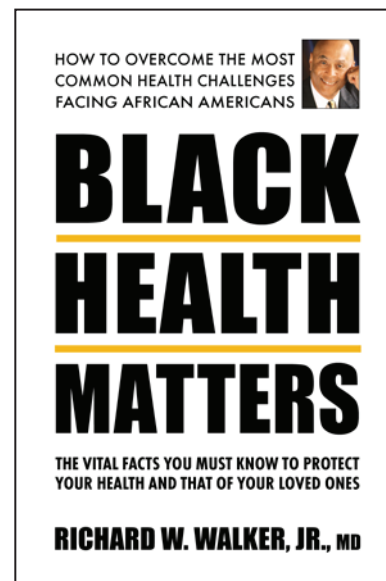
The Vital Facts You Must Know

Richard W. Walker, Jr., MD

The Black community tops the list of groups afflicted by hypertension, stroke, diabetes, heart disease, kidney failure, and cancer. As an African-American doctor, Dr. Richard Walker has studied these conditions among his patients for years. In *Black Health Matters*, he offers a number of commonsense ways to prevent, manage, and possibly eliminate these killers.

This unique book follows the healthcare journey of African captives into slavery and describes what they had to do to survive nutritionally and culturally, ultimately resulting in the chronic ill health now pervasive in Black communities. Most important, Dr. Walker explains how African Americans can turn their health around by incorporating better nutrition, exercise, and healthcare checkups into their lives. Each chapter explains a different health problem common to the Black community and offers concrete ways in which that condition can be avoided or better managed. Highly practical and reader friendly, *Black Health Matters* is an important step towards achieving a healthier, longer life for millions of people.

Available • \$16.95 US / \$23.95 CAN • 336 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0507-7



The Little Book of Doctors' Rules

A Practical Guide to the Art of Healing

Clifton K. Meador, MD

Clearly the science of medicine is in a continuous state of progress. Yet medicine is more than just a science. It is also an art. While scientific knowledge is fundamental to proper healthcare, the importance of patient interaction can be equally significant. Drawing on his nearly sixty-year medical career, Dr. Clifton Meador has written *The Little Book of Doctors' Rules*, which focuses on how vital it is for doctors to humanize the practice of medicine. An effective physician treats the whole patient, not just a patient's disease.

Designed for any healthcare professional, this book offers brief insightful guidelines that include such topics as developing a rapport with patients, diagnosing dementia, and prescribing drugs. In addition to his own reflections, Dr. Meador has included advice offered by some of the past giants of medicine. It is no coincidence that their words echo the message of this book, which gets to the true center of the healing arts.

Available • \$14.95 US / \$21.95 CAN • 112 pages • 5.5 x 8.5-inch paperback • ISBN 978-0-7570-0493-3

What's in Your Blood & Why You Should Care

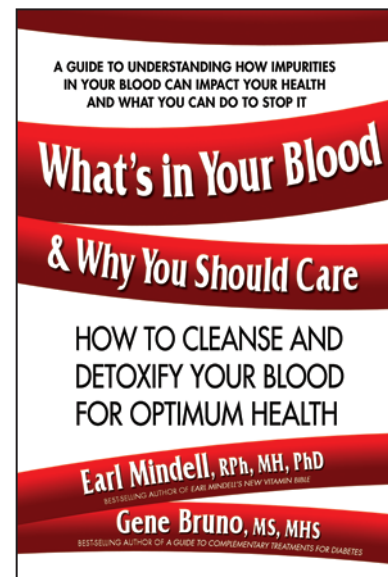
How to Cleanse and Detoxify Your Blood for Optimum Health

Earl Mindell, RPh, MH, PhD, and Gene Bruno, MS, MHS

Your circulatory system is like the canals of Venice. Just as this city's waterways allow travelers to go from one place to another, your blood picks up and drops off "passengers" throughout your body on a continuous basis. Your arteries, veins, and capillaries are, in essence, a vast network of "canals." Just as Venice's canals are used by a variety of boats that take people and cargo from one location to another, your blood includes many different working parts. But what happens if one of these parts stops functioning properly? What happens if some "passengers" cause damage to your body?

Written in easy-to-understand language, *What's in Your Blood & Why You Should Care* tells you everything you need to know about your blood and offers proven methods of cleansing and detoxifying your bloodstream. You will learn how to keep your circulatory system running smoothly. From diets to supplements to medical treatments, it's all here in this groundbreaking book.

Available • \$16.95 US / \$23.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0443-8





Secrets of Successful Coaching

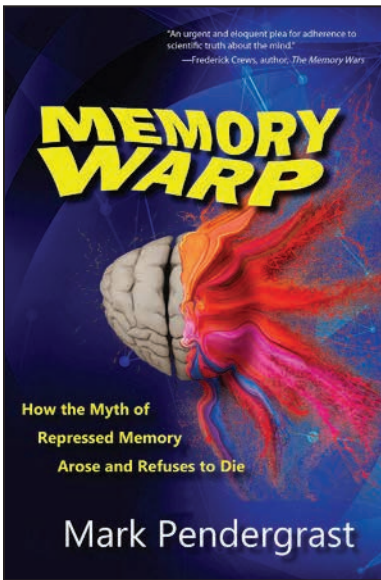
Winning Tips & Advice from 50 of America's Most Successful Coaches

Greg Bach

Coaching youth sports is a fulfilling, yet challenging endeavor. Whether it's T-ball with five-year-olds, an under-ten soccer team, or an elite travel basketball team, as a coach, you'll face a lengthy to-do list. Along with teaching game skills, you'll be organizing practices, managing game days, and—most important—meeting the diverse needs of the children on your team.

In *Secrets of Successful Coaching*, fifty of the country's most respected professional and collegiate coaches help you navigate the challenges that accompany a youth sports season. Coaches like Joe Maddon, Jenny Boucek, John Harbaugh, and Sean Payton are among those offering invaluable insights. They share secrets on how to connect with kids and offer effective ways to inspire and motivate them, build their confidence, and help them learn from disappointments. Coaching is a privilege and an opportunity to influence young lives both on and off the field. This book will help you be the coach that kids love playing for—and remember for the rest of their lives.

\$17.95 US / \$25.95 CAN • 240 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0468-1



Memory Warp

How the Myth of Repressed Memory Arose and Refuses to Die

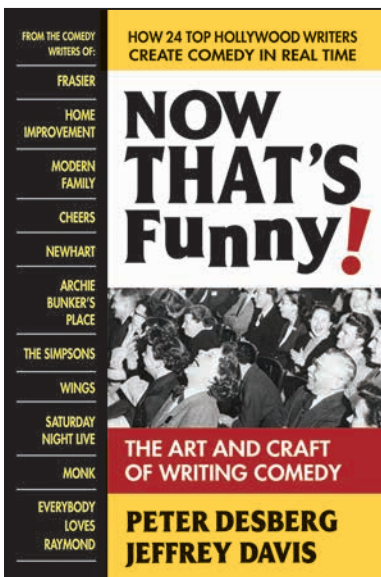
Mark Pendergrast

In the 1990s, the theory that people can repress years of traumatic childhood memories and then recall them during adulthood reached epidemic heights. Stemming from Freud's "seduction theory" (which he himself soon abandoned), it was believed that through a pseudo-scientific form of psychotherapy, memories of childhood sexual abuse could come to light. This therapy resulted in the destruction of millions of families through false accusations of childhood abuse. Although the concept of repressed memories has been discredited, unfortunately, it has seen a resurgence.

In *Memory Warp*, science writer and researcher Mark Pendergrast sounds a warning bell to stop the dangerous practice of repressed memory therapy. In his 1995 book, *Victims of Memory*, he brought the repressed memory craze to light and helped to debunk it. Through meticulous research and documentation, Pendergrast once again provides a warning in *Memory Warp*. Here is up-to-date coverage of this myth, which is still promoted and still shattering lives.

\$19.95 US / \$28.95 CAN • 448 pages • 6 x 9-inch paperback • ISBN 978-0-942679-41-0 •

AN UPPER ACCESS BOOK



Now That's Funny!

The Art and Craft of Writing Comedy

Peter Desberg and Jeffrey Davis

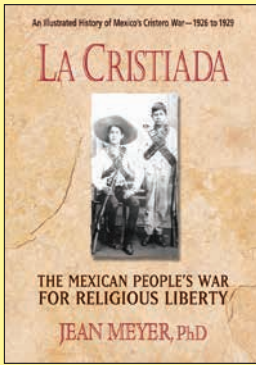
"Particularly valuable to aspiring comedy writers."

—The Humor Connection

Blessed with a special gene, comedy writers are able to see the world a little to the left. *Now That's Funny!* provides an intimate look into the minds of twenty-four of Hollywood's funniest writers from such hit shows as *Modern Family*, *Saturday Night Live*, *Cheers*, and *The Simpsons*.

The authors presented each writer with the same generic comedy premise. The writers were asked to develop this premise. There were no rules, no boundaries, and no limits. Because the writers started with the same premise, you'll see how some jumped in and began creating, while others took longer. Some writers stuck closely to the premise, while others turned it on its head. What emerges is an entertaining look at the creative process behind hit TV shows and movies. If you're one of the millions of people who enjoy watching the work of comedy writers, here is an opportunity to go behind the scenes and watch comedy as it's being created. Now that's funny!

\$17.95 US / \$25.95 CAN • 384 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0445-2



La Cristiada

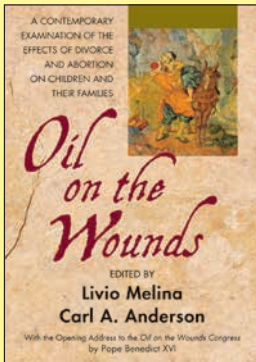
The Mexican People's War for Religious Liberty

Jean Meyer, PhD

After the 1916 Mexican Revolution, the new Mexican Constitution restricted the function of the Catholic Church, banning monastic orders, eliminating religious

processions, and imposing other oppressive regulations. By 1926, these laws had created a rebellion. *La Cristiada* weaves text with hundreds of photographs for a unique perspective on this historic period.

\$29.95 US / \$44.95 CAN • 224 pages • 9 x 12-inch paperback • Full-Color • Over 300 photos • ISBN 978-0-7570-0315-8



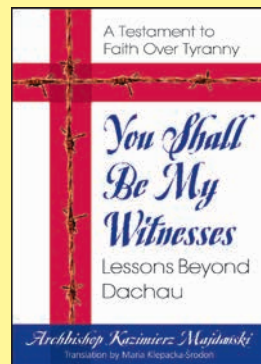
Oil on the Wounds

A Contemporary Examination of the Effects of Divorce and Abortion on Children and Their Families

Livio Melina and Carl A. Anderson, Editors

The damage caused by divorce or abortion can be devastating. Pontifical John Paul II Institute's International Congress focused on the physical, psychological, and spiritual suffering of people affected by these acts, and how their pain can be relieved. The symposium's findings form the basis of *Oil on the Wounds*.

\$21.00 US / \$30.95 CAN • 268 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0360-8



You Shall Be My Witnesses

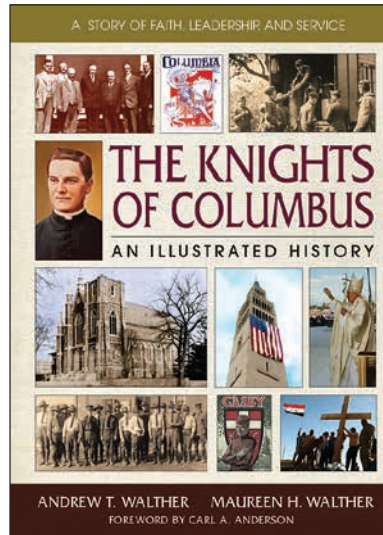
Lessons Beyond Dachau

Archbishop Kazimierz Majdański

Translation by Maria Klepacka-Środoń

When the Nazis invaded Poland in 1939, the Catholic Church had a powerful influence on the Polish people. So the Nazis set out to destroy the clergy, who were thrown into concentration camps with the Jews. Here is the story of seminarian Kazimierz Majdański and his prison experiences during the war.

\$17.95 US / \$25.95 CAN • 208 pages • 6 x 9-inch paperback • Illustrated • ISBN 978-0-7570-0223-6



The Knights of Columbus

An Illustrated History

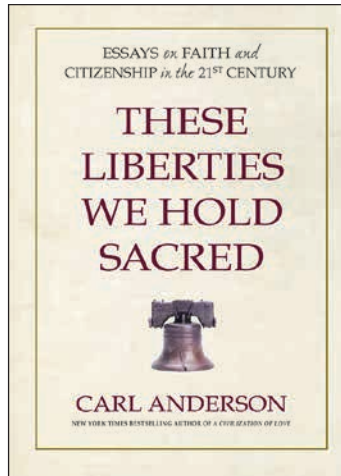
Andrew T. Walther and Maureen H. Walther

From its 1882 founding by a handful of men from a small, predominantly Irish Catholic parish in New Haven, Connecticut, the Knights of Columbus has grown to an international brotherhood of nearly 2 million members living across North America and throughout the world. Formed by Father Michael J. McGivney with the men of his parish, the new fraternal organization

was committed to the principles of charity and unity, while supporting the faith and financial viability of its members.

Lavishly illustrated with hundreds of photos, this book presents the story of this remarkable organization. You'll discover the Knights' decisive contributions during times of disaster; its public stands against bigotry, its fight for religious freedom, and much more. Since its humble beginnings, the Knights of Columbus has touched countless lives—Catholic and non-Catholic. Through war and peace, it has remained the "strong right arm of the Catholic Church," serving its neighbors next door and around the world with help and hope, faith and freedom.

\$34.95 US / \$52.95 CAN • 296 pages • 9 x 12-inch hardback • Over 400 full-color photos • ISBN 978-0-7570-0308-0



These Liberties We Hold Sacred

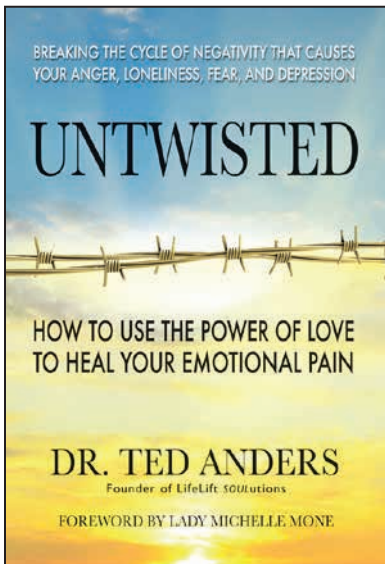
Essays on Faith and Citizenship in the 21st Century

Carl Anderson

The First Amendment in the US Constitution's Bill of Rights states, "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof. . . ." Over the past few decades, however, power of the state has usurped a growing number of rights clearly ascribed to those who wish to practice their faith.

Carl Anderson, *NY Times* best-selling author and former supreme knight of the Knights of Columbus, has taken an active role in highlighting—and protecting against—this governmental infringement over religious freedom. In *These Liberties We Hold Sacred*, he has gathered together many of his most thought-provoking speeches, articles, and essays that lay bare the facts of this unjustified restriction of religious beliefs. It is a call to action to first understand what is happening to our religious and personal freedoms and then do all we can to hold onto these precious rights before more of them slip away.

\$24.95 US / \$37.95 CAN • 304 pages • 6 x 9-inch hardback • ISBN 978-0-7570-0504-6



Untwisted

How to Use the Power of Love to Heal Your Emotional Pain

Ted Anders, PhD

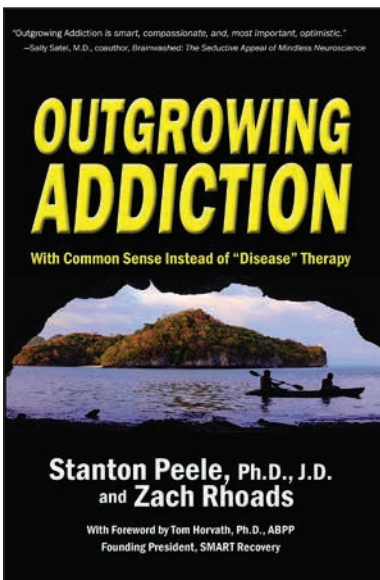
So many of us awaken each morning feeling twisted inside. We force ourselves to get dressed and begin our days in a world that seems oppressive, unyielding, and beyond our control. If you are one of the millions of people who are caught in this web of unhappiness, educational psychologist Dr. Ted Anders is here to help. In *Untwisted*, he unlocks the key to sustained joy, peace, and contentment.

Designed to guide you toward the sole path to happiness, *Untwisted* encourages the understanding that we all possess divine love—and that we are united in this likeness. Dr. Anders presents a straightforward series of reflections and activities to help you shake off negative thoughts and habits, while awakening a consciousness of joy and universal connection with others. Once you’ve come to the understanding that Love (with a capital L) is not outside yourself, but within yourself and everyone else, any negative thoughts or feelings will disappear as soon as they arise.

\$16.95 US / \$23.95 CAN • 112 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0453-7

“A book that can change your life.”

—Neale Donald Walsch



Outgrowing Addiction

With Common Sense Instead of “Disease” Therapy

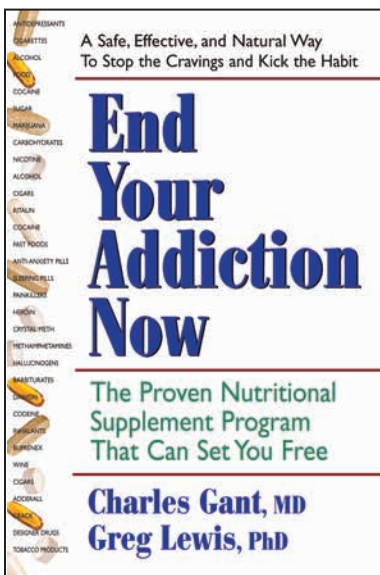
Stanton Peele, PhD, JD, and Zach Rhoads

Drug overdoses continue to rise in the US at an alarming rate. According to the Centers for Disease Control and Prevention, in 2020, over 93,000 people died of a drug overdose—an increase of nearly 30 percent from the previous year. Tragically, the response to drug addiction has been to charge full-speed ahead with solutions that have consistently failed. In *Outgrowing Addiction*, addiction expert Stanton Peele and child behavioral counselor Zach Rhoads offer a better future for anyone struggling with this complex problem.

After pointing out that twelve-step programs often fail and that defining addiction as a “disease” makes recovery much more difficult, the authors provide an extensive research-and-experience-based natural approach to dealing with addiction. They include critical research on natural recovery methods and present case studies of fully recovered adults and children with various addictions. Much of the focus is on childhood addiction, but the realistic and practical strategies found in this book are helpful for people of all ages.

\$16.95 US / \$23.95 CAN • 240 pages • 6 x 9-inch paperback • ISBN 978-0-942679-46-5

AN UPPER ACCESS BOOK



End Your Addiction Now

The Proven Nutritional Supplement Program That Can Set You Free

Charles Gant, MD, and Greg Lewis, PhD

Whether it involves drugs, alcohol, or smoking, addiction is a destructive force. While many rehabilitation programs are available, too many people return to their old habits. *End Your Addiction Now* not only explores the biochemical factors that are the real cause of this problem, but also offers proven advice on how to break addictions once and for all.

Based upon the research and experience of Dr. Charles Gant and other pioneers, this practical handbook provides simple step-by-step directions for kicking the habit. The book is designed to guide its readers to effective physicians and treatment facilities, and to provide a path for those who wish to seek wellness on their own. At the heart of Dr. Gant’s approach is a distinctive program of nutritional supplements designed to jump-start recovery. He then walks readers through a natural process of detoxification and biochemical testing that pinpoints the specific deficiencies that must be addressed to achieve complete recovery.

\$16.95 US / \$23.95 CAN • 304 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0313-4

Conversations with the Past

How to Let Go of the Past, Redefine Your Present, and Create a Positive Future

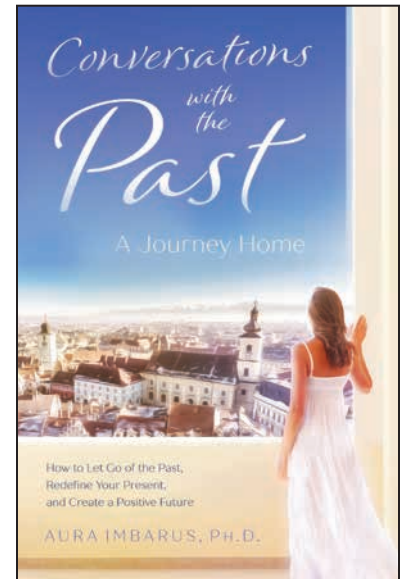
Aura Imbarus, PhD

There are no accidents in this life—and the more aware we become of this, the more we are able to discover the patterns that challenge, elevate, and enlighten us. In *Conversations with the Past*, renowned educator and life coach Dr. Aura Imbarus delves into many of the profound experiences she has had over the years. She shares these personal events—from emotional breakdowns to spiritually elevated states—to help people discover and understand their own purpose in life. This exploration will inspire you to examine your own life and take the necessary steps to enhance your happiness and well-being.

Emotional, physical, and spiritual experiences are all part of the intricate, interwoven tapestry of existence. And though it may sometimes feel like finding your life's purpose is difficult and elusive, *Conversations with the Past* will demonstrate how it can—and will—be revealed to those with a curious mind and willing heart.

\$16.95 US / \$23.95 CAN • 248 pages • 6 x 9-inch paperback • ISBN 978-1-937907-68-6 •

A RAINBOW RIDGE BOOK



Chrysalis Crisis

How Life's Ordeals Can Lead to Personal & Spiritual Transformation

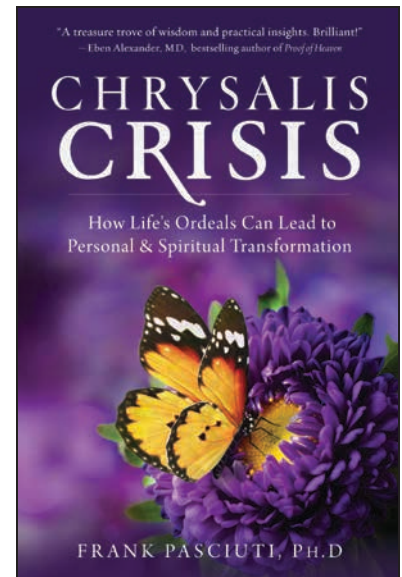
Frank Pasciuti, PhD

Recovering from a challenging life experience—be it the death of a loved one, a divorce, the loss of a job, or a serious physical injury or illness—can often result in personal and spiritual growth. Clinical psychologist Dr. Frank Pasciuti refers to this transformative experience as a “Chrysalis Crisis.” Just as a beautiful butterfly emerges from a cocoon-like chrysalis, challenging life ordeals can result in increased physical, emotional, intellectual, social, and moral development.

In *Chrysalis Crisis*, Dr. Pasciuti shares stories from his clients as well as his personal experiences to show how life's crises can prompt growth in a number of key areas of human functioning. He shows how it can awaken our very real capacity for psychic performance and deeply enhance our spiritual lives. In this invaluable guide, he presents a model of human development that enables everyone, not just those in crisis, to achieve greater personal growth and transformation, leading to an increased sense of peace, happiness, and well-being.

\$16.95 US / \$23.95 CAN • 336 pages • 6 x 9-inch paperback • 978-1-937907-60-0 •

A RAINBOW RIDGE BOOK



From *New York Times* Best-selling
Author Richard Bach

Thank Your Wicked Parents

Blessings from a Difficult Childhood

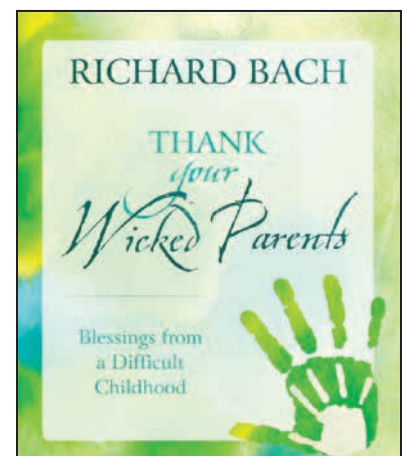
Richard Bach

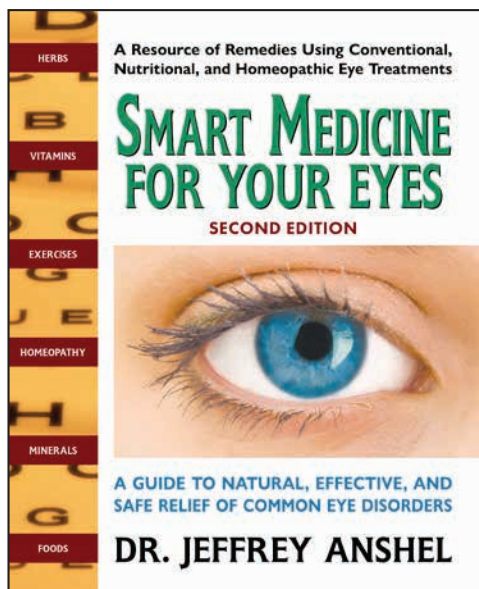
At its core, *Thank Your Wicked Parents* focuses on a shocking but undeniable truth: Some parents are inherently wicked and torment their helpless children with humiliation and abuse. Other parents, while not intentionally hurtful, nevertheless fail to provide their children with the loving kindness that they need and deserve. In this unique book, author Richard Bach, along with discussing the painful truth, also offers a positive message of hope. While uncaring, cruel parents can't change the history of their abuse, their grown children should learn to let the misery of the past go. They should also learn from the lessons that their parents unintentionally taught them through their actions. In other words, the pain of the past can be transformed into blessings.

Thank Your Wicked Parents is intended to offend abusive parents and, more important, to provide their adult children with a new perspective on the past and a path to a far brighter future.

\$12.95 US / \$18.95 CAN • 128 pages • 4.5 x 5-inch hardback • ISBN 978-1-937907-02-0 •

A RAINBOW RIDGE BOOK





Smart Medicine for Your Eyes SECOND EDITION

A Guide to Natural, Effective, and Safe Relief of Common Eye Disorders

Jeffrey Anshel, OD

Eye trouble can start with headaches, blurred vision, or difficulty seeing at night. Certainly, going to an eyecare professional for help is essential, but to be part of the solution, you must also be informed. That's why the new edition of *Smart Medicine for Your Eyes* was written. Here is an updated A-to-Z guide to the most common eye disorders and their treatments, using conventional, complementary, and lifestyle care.

Written in an easy-to-understand style, *Smart Medicine for Your Eyes* is divided into three parts. Part One provides a simple overview of how the eyes work. It then clearly explains various treatment methods for eye problems, including herbal, homeopathic, and nutritional therapies; acupressure; and acupuncture. It also includes a useful section on choosing the eyecare specialist best suited to handle your particular problem to guide you to appropriate professional care. Part Two is a comprehensive A-to-Z directory of childhood and adult eye disorders and their various treatment options. Finally, Part Three guides you in using the specific techniques and procedures suggested in Part Two. Handy troubleshooting and first-aid sections are highlighted throughout for quick reference.

A vital bridge between the best of mainstream medicine and proven traditional therapies, *Smart Medicine for Your Eyes* is a reliable source of information that you can turn to time and time again to protect the greatest of your possessions: your eyes.

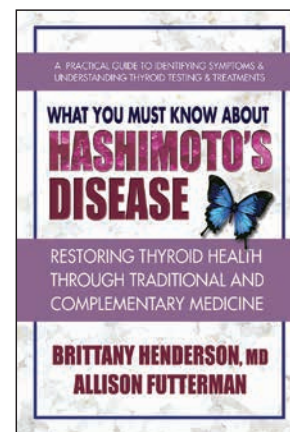
\$21.95 US / \$32.95 CAN • 448 pages • 7.5 x 9-inch quality paperback • ISBN 0-7570-0523-7

What You Must Know About Hashimoto's Disease

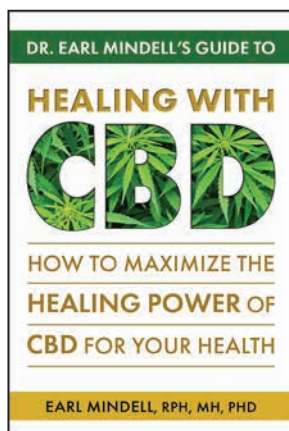
Restoring Thyroid Health Through Traditional and Complementary Medicine

Brittany Henderson, MD, and Allison Futterman

The most common of the many thyroid conditions experienced by over 20 million people in the United States is Hashimoto's disease—a form of hypothyroidism in which the body's immune system attacks its own thyroid gland. Many with this condition suffer with life-changing symptoms for years without being diagnosed. And even after diagnosis, many continue to experience the disease's debilitating effects. Knowing that far too many patients are not getting the care they require, thyroid specialist Dr. Brittany Henderson and patient Allison Futterman joined forces to create this reader-friendly informative book. After explaining how the thyroid functions, *What You Must Know About Hashimoto's Disease* details the signs and symptoms of the disease, presents the most reliable tests for diagnosing the condition, and provides the most effective conventional medications and complementary treatments.



\$16.95 US / \$23.95 CAN • 272 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0475-9



Dr. Earl Mindell's Guide to Healing with CBD

How to Maximize the Healing Power of CBD for Your Health

Earl Mindell, RPh, MH, PhD

The explosion of CBD products in this country and around the world has occurred for a reason. Medical studies have shown that CBD can relieve a host of health issues, including anxiety, chronic pain, insomnia, and more. The problem is that many of the CBD products out there are simply ineffective. Now, best-selling health author Dr. Earl Mindell has written a simple and concise guide to selecting the best CBD products available. Part One provides a consumers' guide to buying CBD so you can choose the best product for your needs. Then Part Two looks at the health disorders that can be improved or even eliminated by CBD and provides directions for use. With *Dr. Earl Mindell's Guide to Healing with CBD* in hand, you will learn how to take the guesswork out of buying and using CBD.

\$9.95 US / \$13.95 CAN • 128 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0521-3

“A must-read for anyone with questions about strokes.”
 —Publishers Weekly

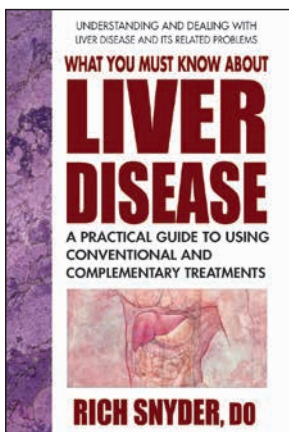
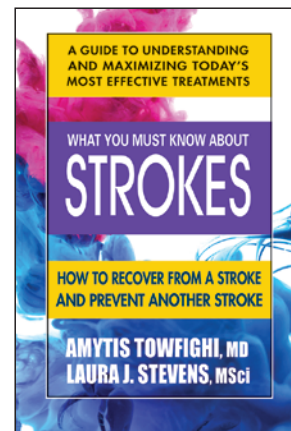
What You Must Know About Strokes

How to Recover from a Stroke and Prevent Another Stroke

Amytis Towfighi, MD, and Laura J. Stevens, MSci

The fifth leading cause of death in the US, strokes affect nearly 800,000 Americans annually. Because these “brain attacks” typically occur without warning, most people aren’t prepared for them—and the results can be life altering. If you or a family member has had a stroke, you undoubtedly have questions: Why did this happen? Was it preventable? Am I at risk for another? *What You Must Know About Strokes* answers these questions and many others. After presenting basic information on strokes, this book explains what to expect in the hospital, from the ER to the intensive care unit. It then offers a comprehensive section on the common therapies used during rehabilitation. Guidelines on stroke prevention and tools for living well after having a stroke are also included. The road back is not always easy—the information in this book is here to help.

\$16.95 US / \$23.95 CAN • 320 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0483-4



What You Must Know About Liver Disease

A Practical Guide to Using Conventional and Complementary Treatments

Rich Snyder, DO

When a diagnosis of liver disease is given, the road that lies ahead is unfamiliar to most patients and may seem frightening. To ease their journey, best-selling author and physician Dr. Rich Snyder has written *What You Must Know About Liver Disease*, a reader-friendly guide to understanding the disease and its various treatment options. Divided into two parts, the book begins by explaining liver function and examining the many ways in which the liver can be damaged. It also provides an overview of the conventional approach to treatment—including tests, medications, and more—and looks at the signs and symptoms of possible complications. Part Two then provides a comprehensive examination of the complementary therapies, such as nutrition and natural supplements, that can be used in coordination with your ongoing care.

\$17.95 US / \$25.95 CAN • 224 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0404-9

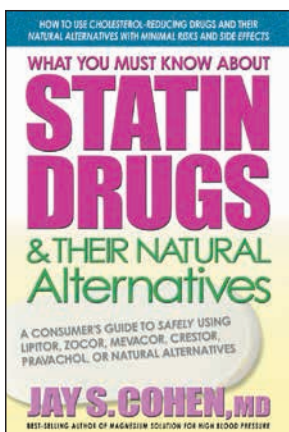
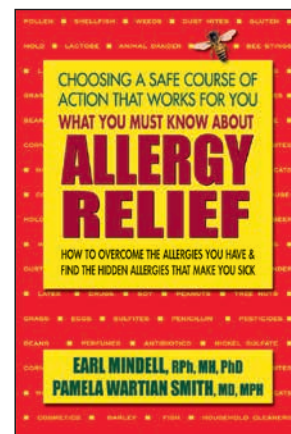
What You Must Know About Allergy Relief

How to Overcome the Allergies You Have & Find the Hidden Allergies That Make You Sick

Earl Mindell, RPh, MH, PhD, and Pamela Wartian Smith, MD, MPH

When most people have allergies, they know it. Symptoms come quickly and can range from mild to debilitating. But for millions of others, allergies and intolerances are often *hidden* culprits that lie at the heart of a number of health conditions. If you are an allergy sufferer or have a recurring health issue that you can’t seem to resolve, *What You Must Know About Allergy Relief* is the book for you. Written by a pharmacist and medical doctor, it provides important answers to the most common questions about allergies—what causes them, how they can affect your health, and, most important, what you can do to overcome them. Beautifully written, easy to understand, and up-to-date, *What You Must Know About Allergy Relief* offers the tools to identify hidden allergies as well as the means to relieve their symptoms.

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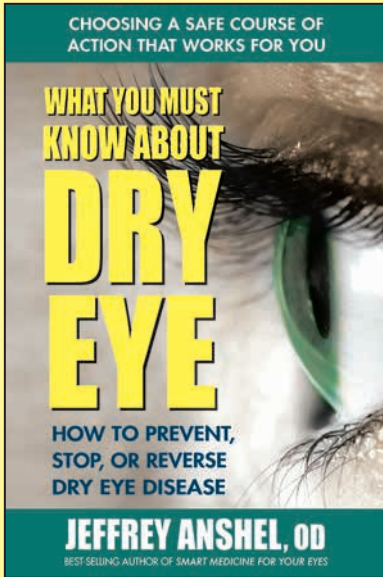


What You Must Know About Statin Drugs & Their Natural Alternatives

A Consumer’s Guide to Safely Using Lipitor, Zocor, Mevacor, Crestor, Pravachol, or Natural Alternatives

Used for reducing elevated levels of cholesterol and C-reactive protein, statins—the most prescribed drugs in the United States—reduce the risk of heart attacks, strokes, and cardiac death. While over 20 million people take these medications, many experience side effects, and up to 70 percent eventually stop treatment. Here, for the first time, is a simple guide that not only explains how to use statins with minimal risk of side effects, but also highlights natural cholesterol-lowering remedies and key nutrients for cardiac health. If you have elevated cholesterol and C-reactive proteins, or if you are currently using a statin and experiencing problems, *What You Must Know About Statin Drugs & Their Natural Alternatives* can make a profound difference in the quality of your life.

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What You Must Know About Dry Eye

How to Prevent, Stop, or Reverse Dry Eye Disease

Jeffrey Anshel, OD

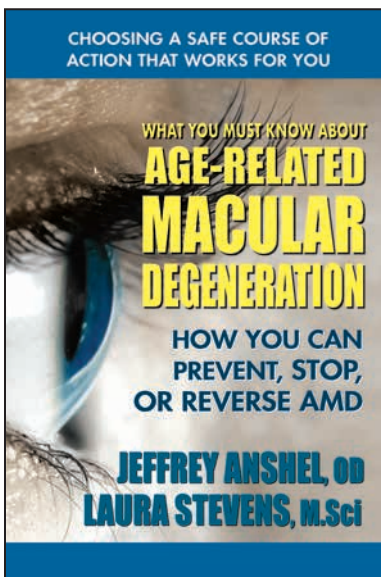
While the condition known as *dry eye* may sound like a minor problem, it can cause tremendous discomfort, even pain. Worse, it can lead to eye fatigue, blurred vision, and difficulty driving, especially at night. In a healthy eye, lubricating tears continuously bathe the cornea—the dome-shaped outer surface of the eye—protecting and nourishing the eye while helping it to function properly. But when tears are not of adequate quality or quantity, dry eye disease occurs.

Written by optometrist Jeffrey Anshel, *What You Must Know About Dry Eye* is divided into two parts. Part One first explains the anatomy of the eye and how it works. It then focuses on dry eye—what the condition is, what causes it, how it impacts vision, and how it is diagnosed. Part Two examines a full range of treatments, including conventional therapies, smart nutrition, and a proven supplement plan. Here is a complete guide to relieving this common condition while improving and safeguarding your vision.

\$16.95 US / \$23.95 CAN • 144 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0479-7

“Optometrist Anshel (*Smart Medicine for Your Eyes*) tackles the common ailment of eyestrain in this informative guide . . . offers plenty of small but significant ways to improve or correct the problem . . . there’s a helpful ‘symptom and cause chart,’ a useful ‘Three B’ mantra (it stands for blink, breathe, and break), and some workspace modifications to implement. Anshel also explores the anatomy of the eye, visual stress, eyestrain in children, vision and aging, and the possibility of eyeglass lenses to help the issue, even if one has good sight . . . almost encyclopedic in its comprehensiveness. This accessible resource will empower readers to get their eyes in check.”

—*Publishers Weekly*



What You Must Know About Age-Related Macular Degeneration

How You Can Prevent, Stop, or Reverse AMD

Jeffrey Anshel, OD, and Laura Stevens, M.Sci

Age-related macular degeneration (AMD) is the most common cause of vision loss in people over the age of fifty. Yet for many years, the only treatment offered to most people has been a supplement formula that can slow the progression of AMD, but cannot prevent, stop, or reverse it. Now, for the first time, is a comprehensive program for the treatment of this all-too-common disorder.

Written by an optometrist and a medical researcher who herself has AMD, this book is divided into four parts. Part One explains how the eye works, how the two forms of AMD develop, and what its most common risk factors are. Part Two looks at the specific nutrients that offer protection to the eye, including the famous AREDS supplement as well as many other nutritional supplements. Part Three explains which foods contribute to eye health and presents an easy-to-follow Anti-AMD Diet. Finally, Part Four recommends simple lifestyle changes you can make to maintain eye health.

\$17.95 US / \$25.95 CAN • 288 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0449-0

What You Must Know About Food and Supplements for Optimal Vision Care

Ocular Nutrition Handbook

Jeffrey Anshel, OD

Over the last twenty years, an increasing number of studies have demonstrated that certain foods and natural supplements can play a major role in the treatment of eye problems. From optometrist Jeffrey Anshel, the best-selling author of *Smart Medicine for Your Eyes*, comes a concise, easy-to-read guide to these powerful substances.

Divided into three parts, the book begins by exploring the function of nutrients that benefit not only vision, but also the entire body. Part Two presents a list of common eye disorders and provides a brief discussion of each condition, along with helpful charts that detail the nutritional, herbal, and homeopathic treatments used to alleviate each disorder. Part Three offers further guidance by presenting dietary approaches to eye health and offering vital information on the interaction of various foods and medications. Here, in one easy-to-use resource, is a wealth of information on the most effective natural products and foods that you can use to promote optimal vision.

\$16.95 US / \$23.95 CAN • 176 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0410-0

What You Must Know About Eyestrain

Jeffrey Anshel, OD

Do you often find yourself rubbing your eyes? After working at a computer or reading a book, do you experience a headache? Do you have problems focusing your vision—with or without eye-glasses? If the answer to any of these questions is yes, you may be suffering from eyestrain. Your vision is one of your most important assets, and by not recognizing the signs of eyestrain, you leave yourself open to a host of problems, including headache, neck and shoulder pain, dry eyes, eye pain, blurred vision, double vision, and more.

The good news is that there is no reason to suffer from any of these common and annoying symptoms. Written by noted optometrist and best-selling author Jeffrey Anshel, *What You Must Know About Eyestrain* provides the most up-to-date information needed to identify the source of the problem—from display screens to inadequate lighting to poor nutrition—and take the steps necessary to protect your precious vision.

\$16.95 US / \$23.95 CAN • 192 pages • 6 x 9-inch paperback • 978-0-7570-0501-5

High Performance Vision

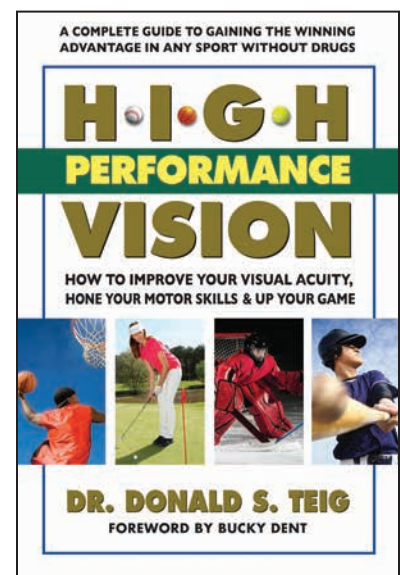
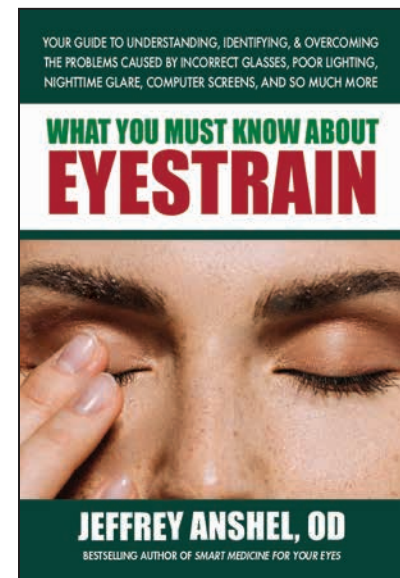
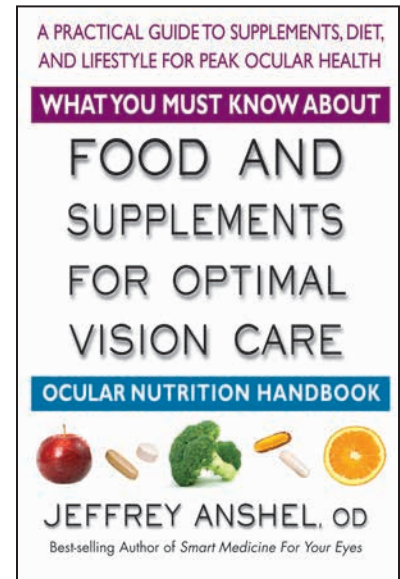
How to Improve Your Visual Acuity, Hone Your Motor Skills & Up Your Game

Dr. Donald S. Teig

Beyond physical superiority, mental stamina, and good instincts, most of the world's best athletes possess another advantage that gives them an edge—good vision. Being able to follow a fastball as it flies over home plate or catch a spiraling football at just the right moment all depend on having good eyesight. In *High Performance Vision*, sports-vision specialist Dr. Donald S. Teig shares his highly successful approach to visual enhancement.

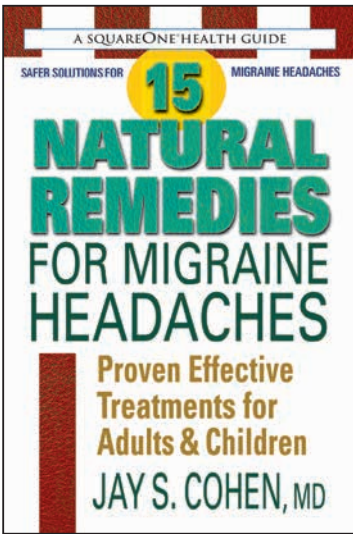
Part One includes a questionnaire to help you determine your athletic goals, gives a brief overview of the visual system, and explores the eye conditions and injuries common to athletes. It also describes the ways in which eyesight may be measured and lists available corrective options. But *High Performance Vision* is about much more than correcting your vision. Part Two goes on to explain how the author's training program can optimize your eyesight and outlines at-home and in-office eye exercises you can do to achieve peak vision and rise to that elusive next level.

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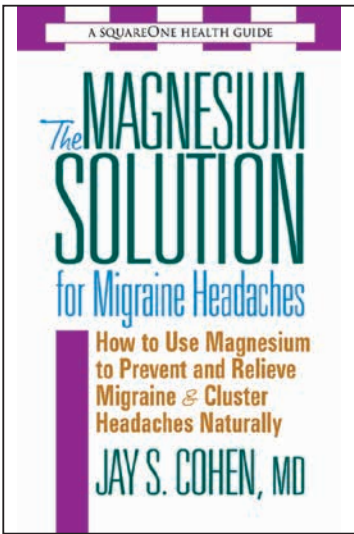


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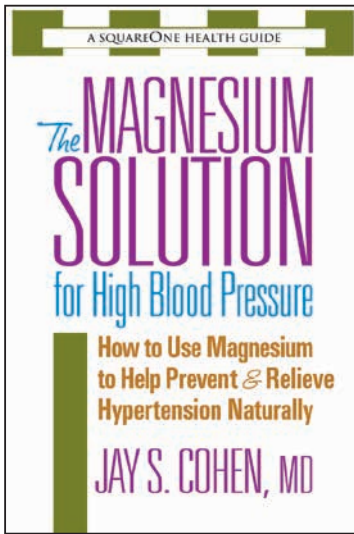
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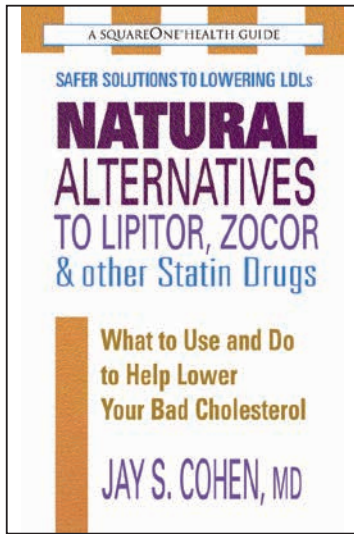
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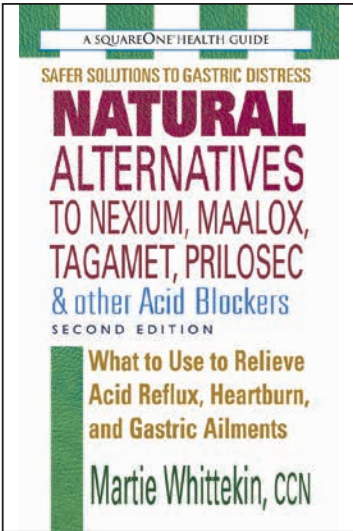
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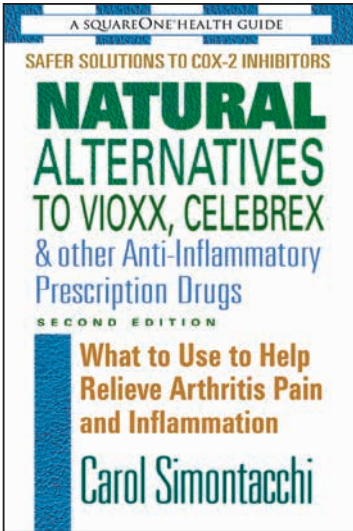
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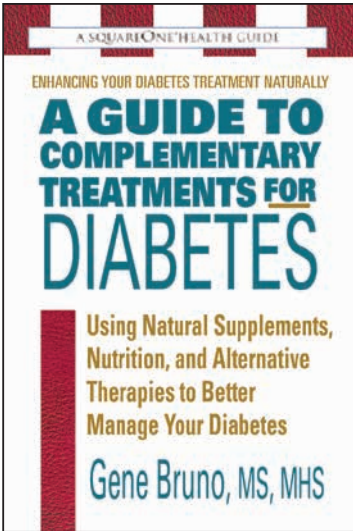
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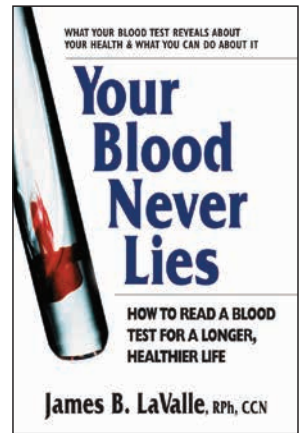
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“This empowering text will help readers decipher their blood test results.”
 —Publishers Weekly

Your Blood Never Lies

How to Read a Blood Test for a Longer, Healthier Life

James B. LaValle, RPh, CCN



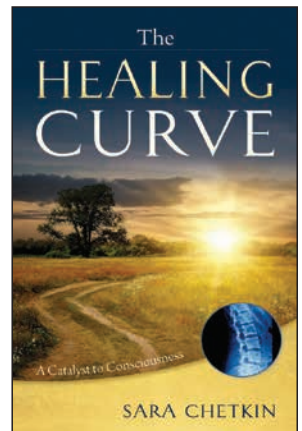
A standard blood test indicates how well the kidneys and liver are functioning, the potential for heart disease, and a host of other vital health markers. Unfortunately, most of us cannot decipher these results ourselves or even formulate the right questions to ask about them—or we couldn't, until now. In *Your Blood Never Lies*, best-selling author James LaValle clears the mystery surrounding blood test results. In simple language, he explains all of the information found on these forms, making it understandable and accessible. This means that you can look at the results yourself and know the significance of each marker. Dr. LaValle even recommends the most effective treatments—conventional and complementary—for dealing with problematic findings. Rounding out the book are the names of test markers that should be requested for a complete physical picture.

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The Healing Curve

A Catalyst to Consciousness

Sara Chetkin



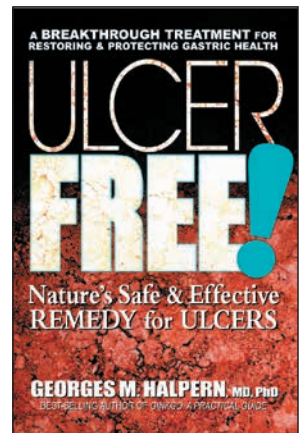
Healing is more than just a physical experience. Genuine restoration unveils the self and awakens the seeker. It requires and inspires openness, enduring courage, and honest inquiry into the self—and, ultimately, total surrender. *The Healing Curve* chronicles one seeker's ardent quest for true and lasting recovery from scoliosis. The story begins in the physical, leading us across the United States, Brazil, New Zealand, and Europe—encountering healers, exploring cathedrals, and meditating in gas stations. But Sarah Chetkin's journey also ventures inward as she realizes her own limitations and strives for awareness and a deeper understanding of herself and her place in the world. This perceptive book offers powerful truths about our capabilities as human beings and shows us how we can access this potential to create lives that are meaningful, rewarding, and fruitful.

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Ulcer Free!

Nature's Safe & Effective Remedy for Ulcers

Georges M. Halpern, MD, PhD



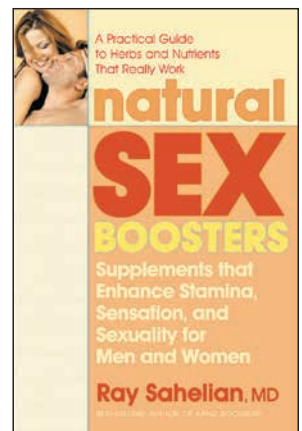
Over 4 million Americans are diagnosed annually with peptic ulcer disease. While many learn to live with the resulting heartburn, acid reflux, and stomach pain with the aid of over-the-counter antacids, these products help only temporarily. But it doesn't have to be that way. *Ulcer Free!* begins with a look at why we get ulcers, and then provides a clear and unbiased review of the various treatments—both conventional and alternative—that can stop the symptoms and actually heal the ulcers. Finally, it introduces the breakthrough nutrient Zinc-Carnosine, which can be used in conjunction with other treatments or alone. If you are tired of being victim to continual gastric distress, and you are not sure what your next step might be, *Ulcer Free!* can help. Up-to-date and accurate, it offers the key to permanent relief.

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Natural Sex Boosters, SECOND EDITION

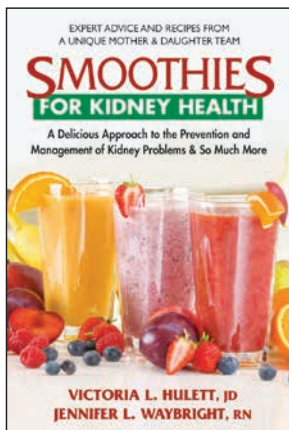
Supplements that Enhance Stamina, Sensation, and Sexuality for Men and Women

Ray Sahelian, MD



Although science has made great breakthroughs in the treatment of sexual dysfunction, it has been found that the new prescription drugs do not help everyone, and that they involve risk. Fortunately, there are effective alternatives—herbs, nutrients, and natural hormones that have been used for centuries around the world. In this easy-to-use A-to-Z guide, Dr. Sahelian discusses each natural substance, explaining what it is, what it does, and how it is taken. He also presents the research behind each supplement's claims, and shares both his own and his patients' personal experiences with natural sex boosters. Throughout the book, Dr. Sahelian highlights how these alternatives can remedy such issues as decreased desire, impotency, poor staying power, and decreased hormone production—as well as simply enhance sexual pleasure. *Natural Sex Boosters* provides new solutions to some very old problems.

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Smoothies for Kidney Health

A Delicious Approach to the Prevention and Management of Kidney Problems & So Much More

Victoria L. Hulett, JD, and Jennifer L. Waybright, RN

Smoothies for Kidney Health is a very special recipe book. Created by Victoria Hulett, who began losing kidney function at an early age due to an inherited disorder, and her daughter Jennifer Waybright, a registered nurse who became determined to support her mother's health through proper nutrition, *Smoothies for Kidney Health* offers invaluable nutritional information plus easy-to-make smoothie recipes designed to enhance the health of patients at any stage of CKD. After explaining the basics of kidney function, the authors show how certain foods can speed deterioration of kidney function while others can actually safeguard kidney function, preventing or slowing the progression of CKD. This is followed by eighty kitchen-tested recipes for satisfying smoothies that contain the very ingredients scientifically shown to protect kidney health. Each recipe is accompanied by fascinating facts that explain its health benefits.

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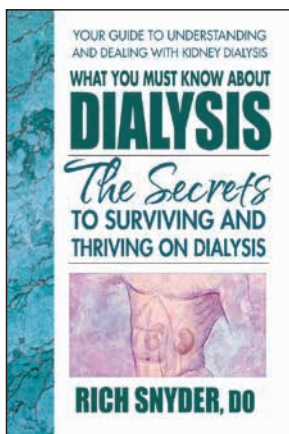
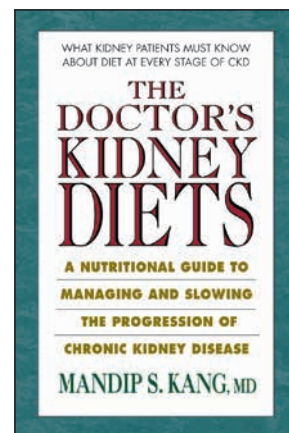
The Doctor's Kidney Diets

A Nutritional Guide to Managing and Slowing the Progression of Chronic Kidney Disease

Mandip S. Kang, MD

Chronic kidney disease is manageable, and a crucial part of any successful treatment plan is diet. Until now, the problem has been that while practicing nephrologists can monitor kidney function and treat patients with medications, few can offer the crucial nutritional guidance that every kidney patient requires. To fill this information gap, Dr. Mandip Kang has written *The Doctor's Kidney Diets*, a comprehensive guide to managing, slowing, and even stopping the progression of CKD through diet. Part One of the book provides a clear overview of kidney function, kidney disease, and the role that nutrition plays in the treatment of kidney problems. The doctor then reviews the special dietary considerations of individuals with CKD, and discusses the most commonly prescribed CKD diets. Part Two offers a wide variety of recipes for delicious dishes that follow the dietary guidelines highlighted in Part One.

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What You Must Know About Dialysis

The Secrets to Surviving and Thriving on Dialysis

Rich Snyder, DO

Dialysis can be a life-saving technique. If you've been told that you must begin treatment, though, you probably have a myriad of questions about the next step. *What You Must Know About Dialysis* is designed to not only answer all your questions but also provide the up-to-date information you need to make smart choices and confidently deal with the many aspects of your treatment plan. Part One provides the basics about dialysis—why it's needed, how it works, and what types are available. It tells you everything you need to know about the dialysis access, guides you in understanding your monthly blood work, and explains the medications that your physician may prescribe to address dialysis-related issues. Part Two provides a wealth of information about the many ways in which you can enhance both your dialysis sessions and your overall well-being.

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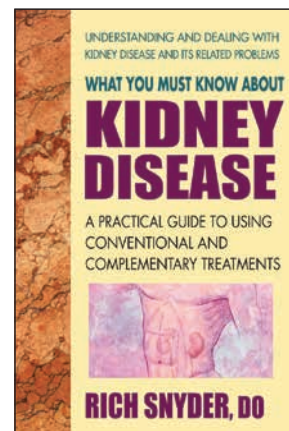
What You Must Know About Kidney Disease

A Practical Guide to Using Conventional and Complementary Treatments

Rich Snyder, DO

While the news that you or a loved one has kidney disease can be shocking, for over 26 million Americans, it is a reality. After the initial diagnosis, patients and families usually have many questions about treatment options. *What You Must Know About Kidney Disease* is designed to provide the up-to-date information you need to cope with this potentially devastating problem. The book is divided into three parts. Part One provides an overview of the kidneys' structure and function, as well as common kidney disorders. It also guides you in asking your doctor questions that will help you better understand both status and prognosis. Part Two examines kidney problems and their conventional treatments. Part Three provides an in-depth look at the most effective complementary treatments, from lifestyle changes to alternative healing methods.

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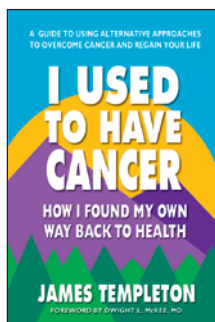
I Used to Have Cancer

How I Found My Own Way Back to Health

James Templeton

I Used to Have Cancer is the inspiring memoir of how highly successful businessman James Templeton overcame stage 4 melanoma. James takes you with him on a trip crisscrossing America, during which he shares the various natural approaches he followed to battle his cancer—from diet and supplements to meditation and lifestyle adjustments. His story is about taking control of your life and finding a way back from the brink of death. It is about being able to tell your friends, “I used to have cancer.”

\$16.95 US / \$23.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0478-0



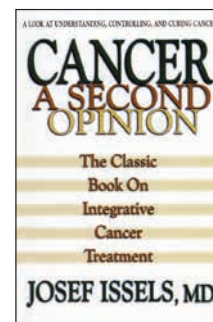
Cancer: A Second Opinion

A Look at Understanding, Controlling, and Curing Cancer

Josef Issels, MD

Long before the term “alternative” was part of our medical culture, Dr. Josef Issels created the world’s first fully “integrative” cancer therapy, curing advanced, recurrent cancer. Issels hypothesized that primary and recurrent malignancies result from a tendency of the body to produce tumors. He therefore made use of every weapon in his arsenal to reduce tumors and strengthen the immune response. In *Cancer: A Second Opinion*, Issels describes the treatment that produced the most remarkable, independently verified cure rate in medical history.

\$16.95 US / \$23.95 CAN • 220 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0279-3



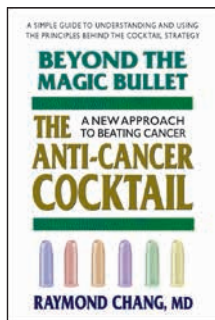
Beyond the Magic Bullet—The Anti-Cancer Cocktail

A New Approach to Beating Cancer

Raymond Chang, MD

While the world continues to look for the “magic bullet” that will defeat cancer, modern medicine may already have the arsenal of weapons it needs to conquer this killer. In *Beyond the Magic Bullet*, Dr. Raymond Chang examines a bold new strategy for using our weapons in a more effective way. The book begins by clearly explaining modern medicine’s use of radiation, chemotherapy, surgery, and hormone therapy in the war against cancer. It then addresses the cocktail strategy, a powerful therapy that combines off-label medications and nutritional supplements.

\$16.95 US / \$23.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0232-8



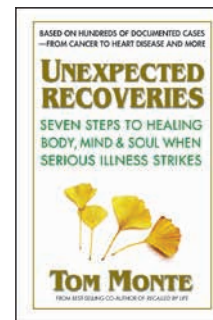
Unexpected Recoveries

Seven Steps to Healing Body, Mind, and Soul When Serious Illness Strikes

Tom Monte

A leading voice in the natural healing community, Tom Monte has written a book of hope for anyone dealing with a serious health condition. Based on medical research and the experiences of patients who overcame such life-challenging conditions as cancer, heart disease, chronic pain, and more, *Unexpected Recoveries* provides hope, purpose, and—most important—a proactive plan in the face of illness. It combines modern medical knowledge, ancient healing methods, and lifestyle practices to create a path to physical, emotional, and spiritual recovery.

\$17.95 US / \$25.95 CAN • 256 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0400-1



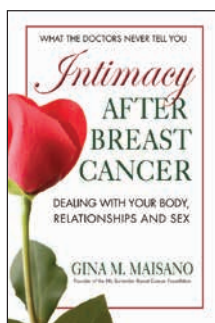
Intimacy After Breast Cancer

Dealing with Your Body, Relationships, and Sex

Gina M. Maisano

Congratulations! You survived breast cancer. So why do you feel so empty and alone? In *Intimacy After Breast Cancer*, breast cancer survivor Gina Maisano discusses the sensitive issues of self-esteem, body image, and sexuality that often arise after treatment. Part One examines the emotions experienced by survivors, including anxiety and fear of recurrence, and offers guidance on regaining the confidence you need to start living again. Part Two focuses on rediscovering your sexuality, addressing the issues that commonly challenge women and presenting suggestions for overcoming them.

\$16.95 US / \$23.95 CAN • 240 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0324-0



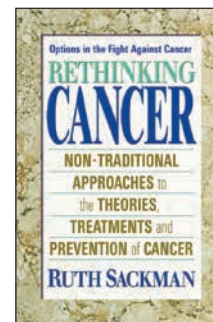
Rethinking Cancer

Non-Traditional Approaches to the Theories, Treatments, and Prevention of Cancer

Ruth Sackman

The Foundation for Advancement in Cancer Therapy (FACT) has long worked to educate cancer patients about alternative therapies, enabling them to make informed decisions on treatment options. Unfortunately, there still remains a major gap in the distribution of information. To meet this challenge, Ruth Sackman has written *Rethinking Cancer*. Here, you’ll find pertinent information on a wide range of topics, including the role of nutrition in health and strategies for achieving detoxification. The author provides both valid research and specific advice.

\$16.95 US / \$23.95 CAN • 240 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0093-5

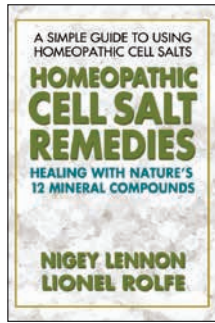


Homeopathic Cell Salt Remedies

Healing with Nature's 12 Mineral Compounds

Nigey Lennon and Lionel Rolfe

In 1870, Dr. W. H. Schuessler discovered that cell salts are essential to maintaining health, and developed the use of twelve cell salt remedies. *Homeopathic Cell Salt Remedies* is a simple but comprehensive guide to healing with these mineral compounds. Part One describes each cell salt, explaining how it works and detailing its use. Part Two offers an A-to-Z listing of common disorders and the remedies that can treat them. Here is a much-needed introduction to the effective use of cell salts.

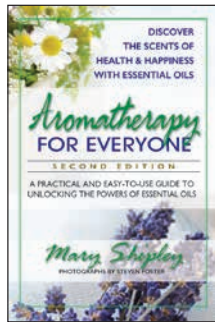


\$12.95 US / \$18.95 CAN • 160 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0250-2

Aromatherapy for Everyone, SECOND EDITION

A Practical and Easy-to-Use Guide to Unlocking the Powers of Essential Oils
Mary Shipley

It's well known that essential oils can relax, stimulate, and heal, but how do you know which ones to use? *Aromatherapy for Everyone* provides easy-to-understand information on how to choose and use essential oils. This revised edition begins by discussing the foundations of aromatherapy. It then introduces you to the "aroma families" and explains how to build an aromatherapy starter kit, create basic recipes, and protect and store the oils. An all-new reference guide matches problem conditions with the appropriate oils. Finally, the author presents fifty-nine essential oils and their recommended uses.



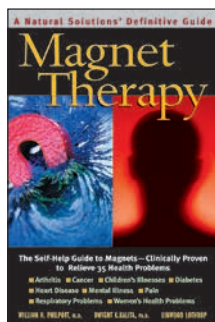
\$13.95 US / \$19.95 CAN • 184 pages • 6 x 9-inch paperback • Full-Color Photos • ISBN 978-0-7570-0473-5

Magnet Therapy

The Self-Help Guide to Magnets—Clinically Proven to Relieve 35 Health Problems

William H. Philpott, MD, Dwight K. Kalita, PhD, and Linwood Lothrop

Remember when you were a kid and you raked a magnet through the sand, attracting specks of iron? Well, just as a magnet draws iron from the sand, it can manipulate the iron in your bloodstream, increasing circulation and improving body function. Filled with practical information as well as success stories that will bolster your determination to work toward greater health, *Magnet Therapy* discusses thirty-five health issues—from diabetes to heart disease to multiple sclerosis—that can be healed with magnets.



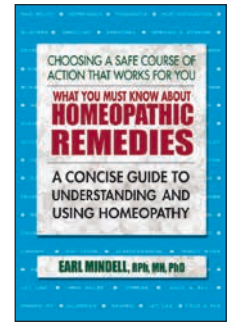
\$17.95 US / \$25.95 CAN • 248 pages • 5.25 x 8.25-inch paperback • Fully Illustrated • ISBN 978-0-7570-0332-5

What You Must Know About Homeopathic Remedies

A Concise Guide to Understanding and Using Homeopathy

Earl Mindell, RPh, MH, PhD

Go to any pharmacy today, and you'll find dozens of homeopathic products that provide relief from a host of health issues. The fact is, homeopathy has become a widely accepted way of treating many common disorders. And why not? These medicines have no known side effects, are easy to take, and are highly effective. In response to the growing interest in this traditional method of healing, Dr. Earl Mindell has written a simple and concise guide to understanding and using homeopathic remedies.

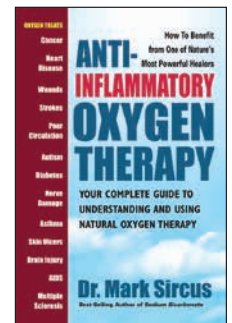


\$9.95 US / \$13.95 CAN • 96 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0457-5

Anti-Inflammatory Oxygen Therapy

Your Complete Guide to Understanding and Using Natural Oxygen Therapy
Dr. Mark Sircus

Until now, oxygen therapy has been a well-kept secret. This groundbreaking book serves as a guide to oxygen therapy, explaining its use in detoxification and as a treatment for a range of disorders, including arthritis, asthma, cancer, and more. Author Mark Sircus first looks at oxygen's purpose in the body, and then discusses its role in reversing inflammation. He examines the current treatments that use hyperbaric oxygen chambers as well as newer protocols. Finally, he offers a simple, safe, and highly effective fifteen-minute technique that can be used at home.



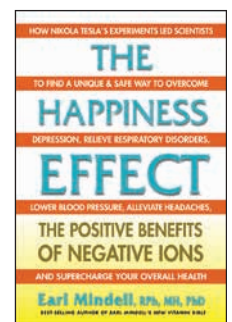
\$15.95 US / \$22.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0415-5

The Happiness Effect

The Positive Benefits of Negative Ions

Earl Mindell, RPh, MH, PhD

Imagine a simple force of nature that can provide you with a feeling of well-being, energize you, help you sleep better, increase your ability to concentrate, and improve your mood. The healing power of negative ions has been researched and studied for over a century, and the benefits associated with exposure to these tiny therapeutic elements have been experienced time and time again. In *The Happiness Effect*, Dr. Earl Mindell provides a complete guide to understanding and using negative ions to achieve a happier, healthier life.



\$14.95 US / \$21.95 CAN • 112 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0422-3

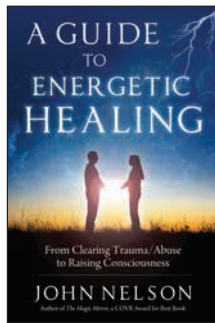
A Guide to Energetic Healing

From Clearing Trauma/Abuse to Raising Consciousness

John Nelson

Every physical, emotional, or sexual exchange you have with another human being creates an energetic cord between you and that individual, and your energy is connected to that experience and that person until you sever the cord. As these exchanges mount, your energy is depleted, opening you to disease and accidents. After showing you how to reclaim lost energy through the Toltec art of recapitulation, this book guides you in nurturing the rise of consciousness to become a fully integrated spiritual being.

\$16.95 US / \$23.95 CAN • 192 pages • 5.5 x 8.5-inch paperback • ISBN 978-1-937907-54-9 • **A RAINBOW RIDGE BOOK**



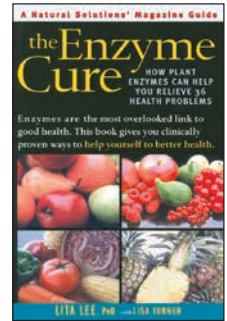
The Enzyme Cure

How Plant Enzymes Can Help You Relieve 36 Health Problems

Lita Lee, PhD, with Lisa Turner

The medical industry continues to tell us that conventional medicine is the only way to treat our health issues. For many people, however, these treatments do little more than cost money. But there are alternatives. *The Enzyme Cure* teaches you how to use plant enzymes to help reverse asthma, cancer, diabetes, menopausal symptoms, weight problems, and dozens of other common disorders. It not only details the enzymes that should be used for each condition, but also guides you in treating many underlying problems through diet and lifestyle changes.

\$18.95 US / \$27.95 CAN • 304 pages • 5.25 x 8.25-inch paperback • ISBN 978-0-7570-0331-8



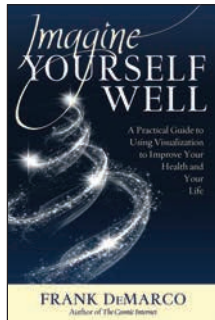
Imagine Yourself Well

A Practical Guide to Using Visualization to Improve Your Health and Your Life

Frank DeMarco

Imagine Yourself Well guides you in using visualization to improve your health, your well-being, and your life. Best-selling author Frank DeMarco offers four simple and effective techniques: *thinking differently*, which enables you to envision new possibilities; *taking charge*, which helps you become an active creator and shaper of your life's patterns; *living right*; and *what can be done*, which wraps up the "how" of imagining yourself well. Use your mind to create the life you desire with *Imagine Yourself Well*.

\$15.95 US / \$22.95 CAN • 128 pages • 5.5 x 8.5-inch paperback • ISBN 978-1-937907-29-7 • **A RAINBOW RIDGE BOOK**



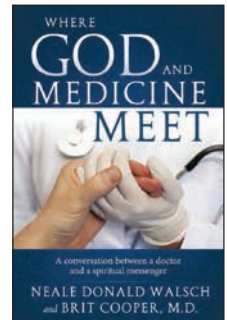
Where God and Medicine Meet

A Conversation Between a Doctor and a Spiritual Messenger

Neale Donald Walsch and Brit Cooper, MD

Are medical miracles real, and is there a spiritual reason they occur? Is there an intersection between spirituality and physicality? Is there a place for God in the system of modern Western medicine? The answer to these questions is yes. More than physical entities with highly developed minds, human beings may also be spiritual entities. In addition to "fixing" a body, healing could involve engaging the Source from which we have emerged. This book examines many significant questions about our nature and, most important, provides highly significant answers.

\$16.95 US / \$23.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-1-937907-48-8 • **A RAINBOW RIDGE BOOK**



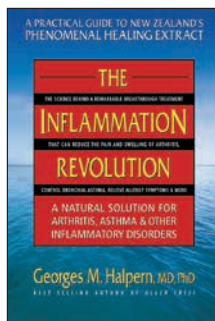
The Inflammation Revolution

A Natural Solution for Arthritis, Asthma & Other Inflammatory Disorders

Georges M. Halpern, MD, PhD

More than two decades ago, researchers observed that New Zealand's coast-dwelling Maori had a lower incidence of arthritis-related disease than the Maori who lived inland. The cause was traced to the coastal Maori's consumption of green-lipped mussels. With the risks of anti-inflammatory prescription drugs continuing to make headlines, it is vital for arthritis sufferers, asthmatics, and others with inflammation-related disorders to find safer options. In *The Inflammation Revolution*, you will learn how a "miracle from the sea" can bring relief to millions.

\$13.95 US / \$19.95 CAN • 144 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0283-0



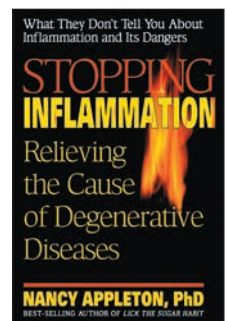
Stopping Inflammation

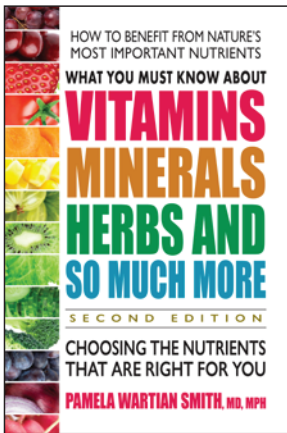
Relieving the Cause of Degenerative Diseases

Nancy Appleton, PhD

Most of us think of inflammation as a symptom associated with an infection or injury, but Dr. Nancy Appleton has discovered that it might be more harmful than previously thought. Drawing on the latest medical research, *Stopping Inflammation* begins with an explanation of inflammation and its causes. It then looks at inflammation's role in various health disorders, from obesity to cancer. Finally, the book provides a number of nondrug treatments aimed not at controlling the problem, but at removing its cause.

\$14.95 US / \$21.95 CAN • 224 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0148-2





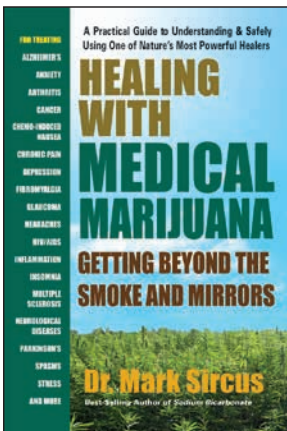
What You Must Know About Vitamins, Minerals, Herbs and So Much More, SECOND EDITION

Choosing the Nutrients That Are Right for You
Pamela Wartian Smith, MD, MPH

Over 100,000 Copies in Print

Even if you follow a healthful diet, you are probably not getting all the nutrients you need to prevent disease. Why? The reasons range from the mineral-depleted soils in which our foods grow to medications that rob the body of vitamins and minerals. Reflecting the latest scientific research, *What You Must Know About Vitamins, Minerals, Herbs and So Much More* explains how you can restore and maintain health through the wise use of nutrients. Part One presents the nutrients necessary for wellness. Part Two offers nutritional programs for dealing with a variety of health concerns. Whether you are trying to overcome a medical condition or you simply want to preserve good health, this book will help you make the best dietary and supplement choices.

\$16.95 US / \$23.95 CAN • 512 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0471-1



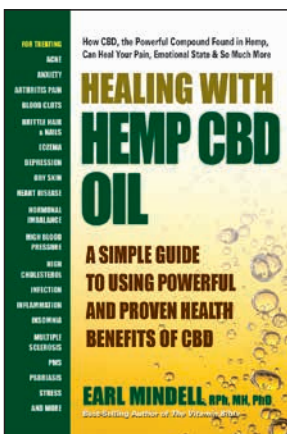
Healing with Medical Marijuana

Getting Beyond the Smoke and Mirrors
Dr. Mark Sircus

“A clear guide to understanding the power of the cannabis plant.”
—Midwest Book Review

Imagine that there is an effective treatment for dozens of serious ailments—from cancer and Parkinson’s disease to headaches and depression. Now imagine that the government is preventing you from using it because it is derived from cannabis, a controversial herb. Marijuana is still looked upon by many as a social evil; yet, scientific evidence shows the compounds it contains can reduce, halt, and even reverse many serious health conditions. In *Healing with Medical Marijuana*, medical researcher Dr. Mark Sircus has written a clear guide to understanding the healing power of the cannabis plant. Although more and more states are legalizing medical marijuana, the controversy continues to block its use for many. For those who may be unable to obtain medical marijuana, this book provides options that can offer the much-needed help they are seeking.

\$16.95 US / \$23.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0441-4



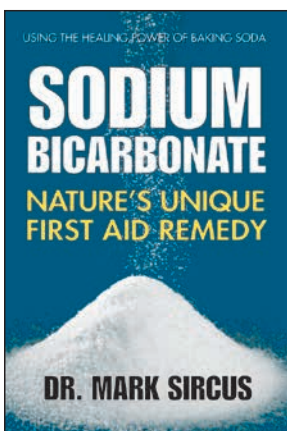
Healing with Hemp CBD Oil

A Simple Guide to Using Powerful and Proven Health Benefits of CBD
Earl Mindell, RPh, MH, PhD

“Mindell shines a bright light on hemp's potential benefits.”
—Publishers Weekly

The health benefits of marijuana are gaining in public awareness. Yet hemp—a close relative of marijuana and a richer source of CBD (the compound responsible for effectively treating dozens of disorders)—has been classified as a Class 1 drug. For this reason, it cannot be grown commercially in the United States. In *Healing with Hemp CBD Oil*, author Earl Mindell looks at the important role the hemp plant has played in both Eastern and Western societies. After discussing the science behind CBD’s medical benefits, he presents an A-to-Z guide of health conditions—from arthritis and depression to headaches and high blood pressure—that can be effectively treated by hemp and CBD oils. *Healing with Hemp CBD Oil* guides you in using this all-natural substance as a remedy that is both safe and free of side effects.

\$16.95 US / \$23.95 CAN • 160 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0455-1



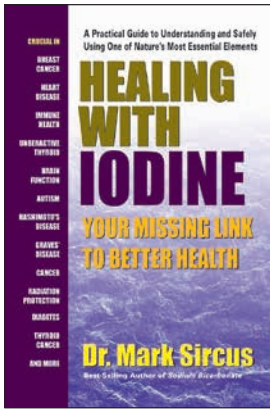
Sodium Bicarbonate

Nature’s Unique First Aid Remedy
Dr. Mark Sircus

Over 75,000 Copies in Print

What if there were a natural health-promoting substance that was inexpensive, available at any grocery store in the country, and probably sitting in your cupboard right now? There is. It’s called sodium bicarbonate—more commonly known as baking soda—and most people are unaware of its full therapeutic potential. In *Sodium Bicarbonate*, author Marc Sircus begins with an overview of baking soda, chronicling its use as a home remedy. He then explains the role sodium bicarbonate plays in pH balance—a significant factor in maintaining good health. Next, he details how this extraordinary substance can alleviate a number of health disorders and suggests the most effective way to use it in the treatment of each condition. Let this book show you how sodium bicarbonate can help you balance your system, regain your well-being, and avoid future health problems.

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Healing with Iodine

Your Missing Link to Better Health

Dr. Mark Sircus

It is estimated that 90 percent of our population is iodine deficient. Yet most of us don't know that insufficient iodine can result in serious health problems, such as cancer and heart failure. Even worse, few doctors bother to see if iodine deficiency is the underlying cause of these disorders. *Healing with Iodine* describes what iodine is and how it helps maintain maximum health, examines the role it plays in medical treatments, and explains how various health problems are related to iron deficiency.

\$16.95 US / \$23.95 CAN • 176 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0467-4

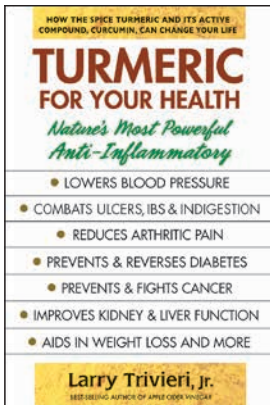
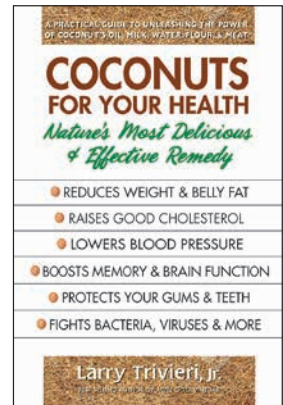
Coconuts for Your Health

Nature's Most Delicious & Effective Remedy

Larry Trivieri, Jr.

Before their introduction to the Standard Western Diet, natives of the South Pacific islands were among the healthiest people in the world, with low rates of cardiovascular disease, obesity, infectious disease, and dementia. Remarkably, the majority of calories consumed by the islanders came from coconuts. Today, medical researchers have rediscovered the coconut's many health benefits. This book focuses on specific concerns—from heart disease to high blood pressure to memory loss—and explains how coconut combats these issues.

\$15.95 US / \$22.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0451-3



Turmeric for Your Health

Nature's Most Powerful Anti-Inflammatory

Larry Trivieri, Jr.

Imagine a natural spice that has the power to reduce or eliminate inflammation, the cause of many serious health disorders. For over 5,000 years, India's Ayurvedic medical practitioners have understood the benefits of turmeric, and recently, US medical researchers have discovered this ancient root's effectiveness in lowering blood pressure, reducing arthritis pain, aiding in weight loss, and much more. *Turmeric for Your Health* explains the science behind turmeric's effectiveness and guides you in using it to combat common ailments.

\$15.95 US / \$22.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0452-0

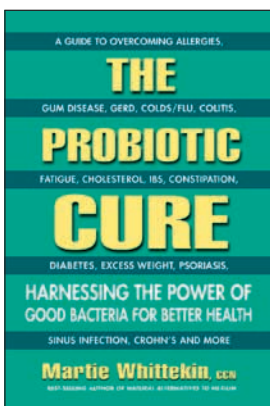
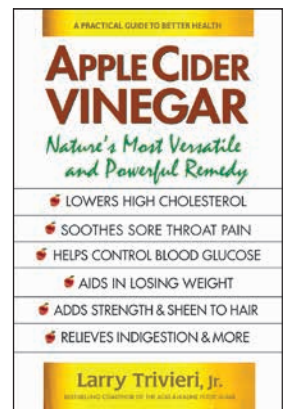
Apple Cider Vinegar

Nature's Most Versatile and Powerful Remedy

Larry Trivieri, Jr.

Apple cider vinegar has long been used as a folk remedy to treat health issues ranging from indigestion to sore throat. As a beauty aid, it can help remove blemishes and add sheen to hair. And that's just a sampling of what this elixir can do. This complete A-to-Z guide shows how to use apple cider vinegar to prevent and reverse over eighty common conditions and to improve the health and appearance of your hair, skin, teeth, and gums.

\$14.95 US / \$21.95 CAN • 240 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0446-9



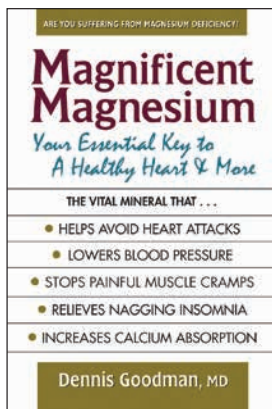
The Probiotic Cure

Harnessing the Power of Good Bacteria for Better Health

Martie Whittekin, CCN

Recently, scientists have recognized that an imbalance in the bacteria of your stomach can cause a host of serious disorders, including ulcers, allergies, diabetes, and osteoporosis. *The Probiotic Cure* is a complete guide to overcoming these health issues with probiotics—good bacteria that are readily available in supplement form. Part One explains how our internal flora work to promote health, how they can become unbalanced, and how probiotics can restore this balance. Part Two discusses both conventional treatments and the probiotics approach to healing common health problems.

\$16.95 US / \$23.95 CAN • 272 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0423-0



Magnificent Magnesium

Your Essential Key to a Healthy Heart & More

Dennis Goodman, MD

Despite the development of many “breakthrough” drugs, heart disease remains the number-one killer of Americans. In *Magnificent Magnesium*, cardiologist Dr. Dennis Goodman shines a spotlight on this mineral, which can maximize your heart health without side effects. The author first establishes a firm foundation for understanding heart disease. Next, he details magnesium’s astounding heart-healthy benefits, as well as the additional advantages it provides. Finally, he offers clear guidelines on how to select and use this mineral to greatest effect.

\$14.95 US / \$21.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0391-2

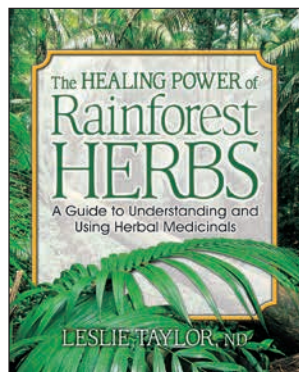
The Thrill of Krill

What You Should Know About Krill Oil

Dennis Goodman, MD

For decades, medical researchers have extolled the health benefits of the essential fatty acids known as omega-3s, which protect against heart attack, lower blood pressure and cholesterol, improve memory, and much more. While fish oil has long been viewed as the best supplement for obtaining omega-3s, there is now a better alternative—oil sourced from tiny ocean-dwelling crustaceans called krill. Here is your introduction to a powerful supplement that can change your life for the better.

\$15.95 US / \$22.95 • 176 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0418-6



The Healing Power of Rainforest Herbs

A Guide to Understanding and Using Herbal Medicinals

Leslie Taylor, ND

Rainforests contain an abundance of plant life, and now, scientists have begun to uncover the medicinal qualities of these plants. *The Healing Power of Rainforest Herbs* is a unique guide to these herbs and their uses. Detailing more than seventy rainforest botanicals, the book presents the history of the herbs’ uses by indigenous peoples and describes current usage by health practitioners. Dosage and preparation methods are provided, and a handy table helps you locate the best botanicals for each disorder.

\$23.95 US / \$35.95 CAN • 528 pages • 7.5 x 9-inch paperback • 2-Color • Fully Illustrated • ISBN 978-0-7570-0144-4

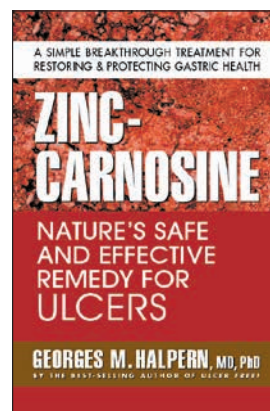
Zinc-Carnosine

Nature’s Safe and Effective Remedy for Ulcers

Georges Halpern, MD, PhD

For years, relief from peptic ulcer disease came in the form of antacids, dietary changes, and sometimes surgery. Later, antibiotics became the treatment of choice—and with them, a set of often-severe side effects. Now, a major nutritional scientific breakthrough offers a safe and totally natural approach to treating this gastric problem. In this book, you’ll learn of Zinc-Carnosine’s discovery, its clinical studies, and, most important, how it can be used to successfully treat ulcers.

\$5.95 US / \$8.95 CAN • 48 pages • 5.25 x 8.25-inch paperback • ISBN 978-0-7570-0274-8



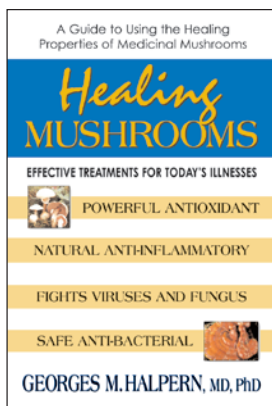
Healing Mushrooms

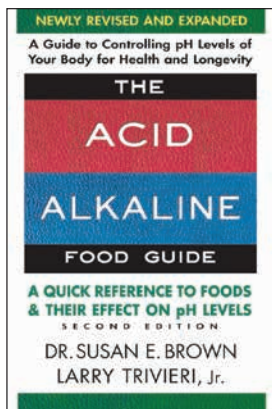
Effective Treatments for Today’s Illnesses

Georges M. Halpern, MD, PhD

For over five thousand years, mushrooms have been used as an effective medicine. Now, researchers are rediscovering the amazing value of these traditional medicinals, as well as uncovering new benefits that can safely and naturally improve your health and well-being. This easy-to-use guide examines the folklore, health benefits, and culinary uses of mushrooms. Included are detailed instructions on how to buy, store, and use these products, as well as a helpful, up-to-date resource section offering important consumer information.

\$15.95 US / \$22.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0196-3





The Acid-Alkaline Food Guide, SECOND EDITION

A Quick Reference to Foods & Their Effect on pH Levels

Susan E. Brown, PhD, and Larry Trivieri, Jr.

Over 250,000 Copies in Print

The importance of acid-alkaline balance to good health is no secret. *The Acid-Alkaline Food Guide* was designed as an easy-to-follow guide to the most common foods that influence your body's pH level. Now in its Second Edition, this bestseller has been expanded to include many more domestic and international foods. Updated information also explores (and refutes) the myths about pH balance and diet, and guides you to supplements that can help you achieve a pH level that supports greater well-being.

\$8.95 US / \$12.95 CAN • 224 pages • 4 x 7-inch paperback • ISBN 978-0-7570-0393-6

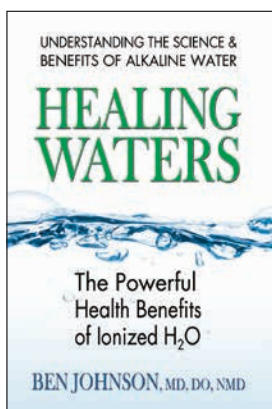
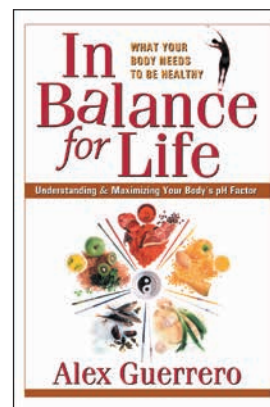
In Balance for Life

Understanding & Maximizing Your Body's pH Factor

Alex Guerrero

In this brilliant book, sports doctor Alex Guerrero explains how you can become well—now and for an extended lifetime—by restoring your pH balance. He first describes how you can assess your health, and then provides a plan, including a diet and supplements, that will bring your body back into balance. *In Balance for Life* presents a revolutionary look at why we become ill, and offers the simple steps you can follow to enjoy optimal health.

\$15.95 US / \$22.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0264-9



Healing Waters

The Powerful Health Benefits of Ionized H₂O

Ben Johnson, MD, DO, NMD

Water is essential to your body, but although not all water is equal, it's hard to choose from the staggering array of bottled beverages. *Healing Waters* guides you to oxygen-rich ionized water—a substance that has been proven to maximize well-being—and explains what it is, why it is necessary to wellness, and how you can produce it. With *Healing Waters*, you'll find that a good source of health and longevity may be no farther than your own home.

\$15.95 US / \$22.95 CAN • 128 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0328-8

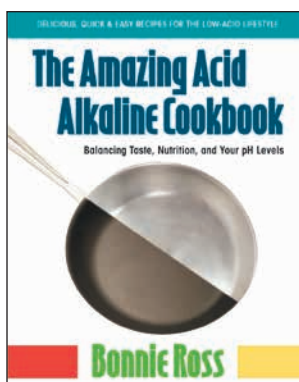
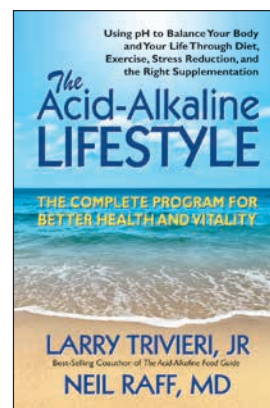
The Acid-Alkaline Lifestyle

The Complete Program for Health and Vitality

Larry Trivieri, Jr. and Neil Raff, MD

Why are so many of us afflicted with degenerative diseases? And why are the diseases that once plagued only the elderly, such as heart disease and diabetes, now increasingly affecting younger generations? *The Acid-Alkaline Lifestyle* first provides a simple answer to these questions and then presents the first and only complete acid-alkaline balancing program—one that goes far beyond diet and nutrition. Here is the information you need to restore and maintain your health and achieve a longer life.

\$17.95 US / \$25.95 CAN • 272 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0389-9



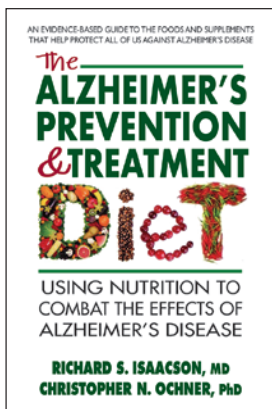
The Amazing Acid-Alkaline Cookbook

Balancing Taste, Nutrition, and Your pH Levels

Bonnie Ross

For optimum wellness, the body needs the proper balance of acid and alkaline compounds, which are influenced by diet. But we tend to consume highly processed foods that produce acid, making us prone to a range of health problems. Bonnie Ross offers a solution with *The Amazing Acid-Alkaline Cookbook*. Here are over 140 kitchen-tested recipes for balanced dishes that are satisfying and delicious. Choose from breakfast favorites, soups, salads, snacks, and sides, as well as delectable entrées, baked goods, and desserts.

\$17.95 US / \$25.95 CAN • 176 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0316-5



The Alzheimer's Prevention & Treatment Diet

Using Nutrition to Combat the Effects of Alzheimer's Disease

Richard S. Isaacson, MD and Christopher N. Ochner, PhD

As seen on *The Dr. Oz Show*

Increasingly, research suggests that the proper diet may make a real difference in both preventing and slowing the progression of Alzheimer's disease. *The Alzheimer's Prevention & Treatment Diet* outlines a cutting-edge nutritional program that will be of interest to Alzheimer's patients and anybody who wants to maintain optimal memory and mental agility. The authors share their innovative program for Alzheimer's prevention, explaining how to maximize cognitive health through diet, supplements, and exercise.

\$17.95 US / \$25.95 CAN • 320 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0408-7

Overcoming Senior Moments

Vanishing Thoughts—Causes and Remedies

Frances Meiser and Nina Anderson

Millions of Americans suffer from Alzheimer's disease, and each year, younger and younger people are diagnosed with this devastating illness. In *Overcoming Senior Moments*, authors Frances Meiser and Nina Anderson provide simple but effective techniques to advance brain function and prevent memory loss for all ages. The book begins with an explanation of memory loss and its basic remedies. The authors then explore ways to maintain brain health, guard against dementia, and improve overall brain function.

\$9.95 US / \$13.95 CAN • 88 pages • 6 x 9-inch paperback • ISBN 978-0-9701110-9-8



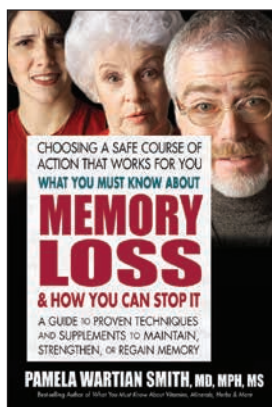
What You Must Know About Memory Loss & How You Can Stop It

A Guide to Proven Techniques and Supplements to Maintain, Strengthen, or Regain Memory

Pamela Wartian Smith, MD, MPH

Not all memory loss is caused by the aging process. In this book, Dr. Pamela Wartian Smith describes what you can do to reverse the problem and enhance your mental abilities for years to come. You'll learn about the most common causes of memory loss, including nutritional deficiencies, hormonal imbalances, toxic overload, poor blood circulation, and lack of physical and mental exercise. The author first explains how each cause is involved in impaired memory and then supplies a list of proven remedies.

\$15.95 US / \$22.95 CAN • 240 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0386-8



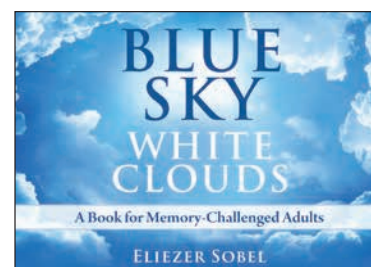
Blue Sky, White Clouds

A Book for Memory-Challenged Adults

Eliezer Sobel

In working with his mother, who was in the advanced stages of Alzheimer's disease, Eliezer Sobel made an astounding discovery. Although his mother could not follow a story line, she could still read, and would sit in rapt attention as she paged through magazines and coffee-table books. That is why he wrote *Blue Sky, White Clouds*, a simple picture book with beautiful photographs and large, easy-to-read type that is the perfect gift for any memory-challenged loved one.

\$19.95 US / \$28.95 CAN • 32 pages • 11 x 8.5-inch hardback • ISBN 978-1-937907-07-5 • A RAINBOW RIDGE BOOK



L'Chaim!

Pictures to Evoke Memories of Jewish Life

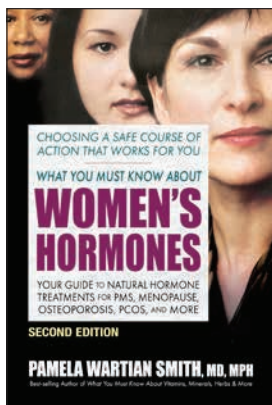
Eliezer Sobel

When the author's mother was in the advanced stages of Alzheimer's disease, he searched for books written for patients with dementia—and found none. *L'Chaim!* was created for Jewish elders with memory loss. Pictures and large captions stimulate the recollection of past events and provide tender moments of connection between caregivers and loved ones.

\$17.95 US / \$25.95 CAN • 32 pages • 11 x 8.5-inch hardback • ISBN 978-1-937907-44-0 •

A RAINBOW RIDGE BOOK





What You Must Know About Women's Hormones SECOND EDITION

Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporosis, PCOS, and More
Pamela Wartian Smith, MD, MPH

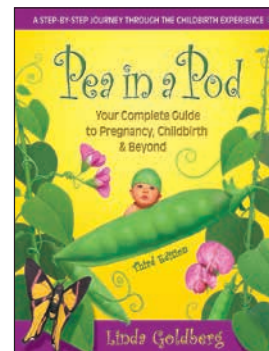
Hormonal imbalances can occur at any age—before, during, or after menopause—and for a variety of reasons. While most hormone-related problems are associated with menopause, fluctuating hormonal levels can also cause a variety of other conditions, and for some women, the effects can be truly debilitating. *What You Must Know About Women's Hormones* is a clear guide to the treatment of hormonal irregularities without the health risks associated with standard hormone replacement therapy.

\$18.95 US / \$27.95 CAN • 416 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0518-3

Pea in a Pod, THIRD EDITION

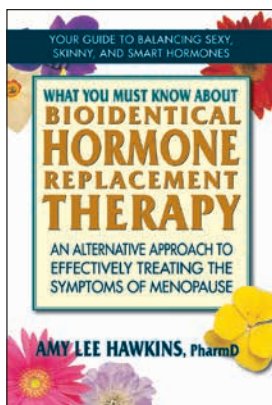
Your Complete Guide to Pregnancy, Childbirth & Beyond

Linda Goldberg, RN



Back in the good ol' days, mothers-to-be gave birth under heavy sedation, while dads paced nervously in the waiting room. If you choose to be more active in the birth experience, *Pea in a Pod* is your perfect playbook. It details the physical and emotional changes to expect during pregnancy, provides information on prenatal testing and labor variations, offers helpful hints for the expectant father/labor partner, and much more. Final chapters focus on infant care.

\$19.95 US / \$28.95 CAN • 496 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0489-6



What You Must Know About Bioidentical Hormone Replacement Therapy

An Alternative Approach to Effectively Treating the Symptoms of Menopause

Amy Lee Hawkins, PharmD

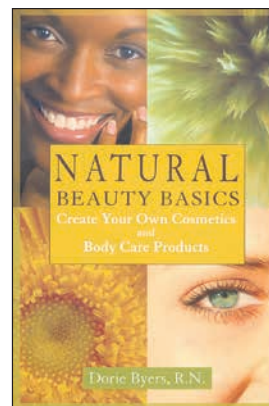
Menopause can cause severe symptoms, ranging from insomnia and hot flashes to anxiety and depression. Because standard hormone replacement therapy can increase the risk of heart attack and other serious health problems, women often choose to go untreated—or they did, until now. In her new book, Dr. Amy Lee Hawkins offers real help through a lesser-known approach called *bioidentical hormone replacement therapy* (BHRT), a treatment that can effectively diminish menopausal symptoms without the dangers of synthetic drugs.

\$17.95 US / \$25.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0380-6

Natural Beauty Basics

Create Your Own Cosmetics and Body Care Products

Dorie Byers, RN



Every day, television and magazine ads tell you that beautiful skin and hair are available only through the use of costly brand-name products. But the fact is that you can attain a radiant appearance by using products made inexpensively at home. *Natural Beauty Basics* guides you to the equipment and ingredients you'll need to make your own products, and then presents easy-to-follow recipes for over 150 all-natural, effective, allergen-free creams, shampoos, soaps, and more.

\$14.95 US / \$21.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-1-890612-19-1

Natural Health for Women, SECOND EDITION

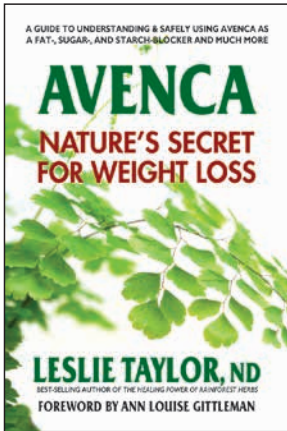
Natural Cures for Women's Health Issues

Roger Mason



Women know that menopause can cause troubling side effects like hot flashes, or even serious disorders like osteoporosis and diabetes. *Natural Health for Women* is a concise guide to coping with menopause as well as other problems that are of concern to women. The book first looks at menopause and explores various treatments. It then discusses related health issues, including osteoporosis and cardiovascular disease. Most important, it presents crucial information about diet and supplements.

\$9.95 US / \$13.95 CAN • 160 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0368-4



Avenca

Nature's Secret for Weight Loss

Leslie Taylor, ND

While there may not be any perfect formula for losing weight, nature has created one that comes very close. For centuries, the fern known as avenca has been safely used to treat numerous ailments, from respiratory problems to slow-healing wounds. Recently, research has revealed that along with its healing benefits, this medicinal plant can also prevent calorie-laden fats, sugars, and starches from being absorbed during digestion. Just as important, it curbs your appetite so that you eat less. The result is weight loss—without dietary restrictions or rigorous exercise. Based on Leslie Taylor's research and testing, this exciting book provides a complete guide to understanding avenca and using it to shed those unwanted pounds. Included is a useful consumer's guide to buying and using the plant, followed by the author's simple but effective avenca weight-loss plan.

\$16.95 US / \$23.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0491-9

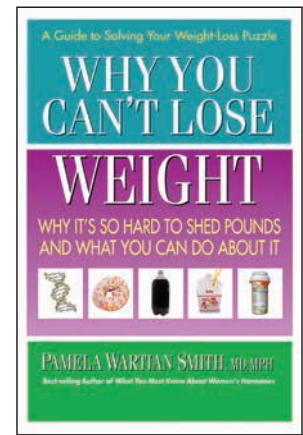
Why You Can't Lose Weight

Why It's So Hard to Shed Pounds and What You Can Do About It

Pamela Wartian Smith, MD, MPH

If you have tried to slim down without success, it may not be your fault. In this revolutionary book, Dr. Pamela Smith discusses the eighteen most common reasons why you can't lose weight, and guides you in overcoming the obstacles that stand between you and a trimmer body. These obstacles include lifestyle practices such as insufficient exercise and sleep, health disorders such as food allergies and thyroid hormone dysfunction, and biochemical conditions such as insulin resistance and depression. Dr. Smith teaches you how to recognize these problems, explains how they contribute to weight gain, and then guides you in creating a customized weight-loss program. It's time to learn what's really keeping you from reaching your goal. With *Why You Can't Lose Weight*, you'll discover how to shed pounds and enjoy radiant health.

\$16.95 US / \$23.95 CAN • 256 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0312-7



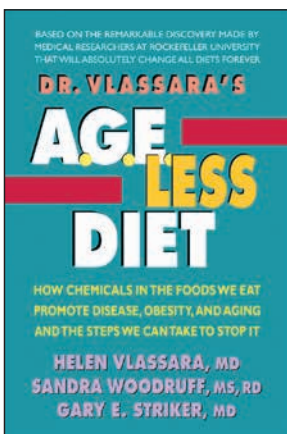
Dr. Vlassara's A.G.E.-Less Diet

How Chemicals in the Foods We Eat Promote Disease, Obesity, and Aging and the Steps We Can Take to Stop It

Helen Vlassara, MD, Sandra Woodruff, MS, RD, and Gary E. Striker, MD

Imagine naturally occurring substances that are responsible for chronic disease and accelerated aging. When trying to discover why diabetes patients were prone to complications such as heart disease, Helen Vlassara and her research team focused on compounds called *advanced glycation end products*, or AGEs, which enter the body through the foods we eat. For years, these amazing studies remained unknown to the public. Now, Dr. Vlassara, Dr. Gary Striker, and best-selling author Sandra Woodruff have written a complete guide to understanding what AGEs are and how to avoid them through the careful selection of foods and cooking techniques. By lowering your AGE levels, you can reduce the potential of developing any number of serious disorders and enjoy greater health. *Dr. Vlassara's A.G.E.-Less Diet* will guide you in making a real difference in your life.

\$16.95 US / \$23.95 CAN • 336 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0420-9



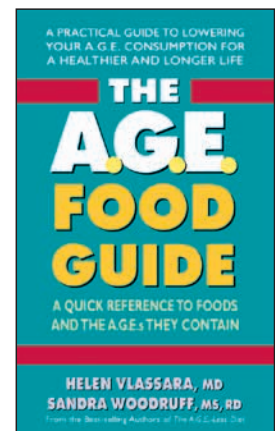
The A.G.E. Food Guide

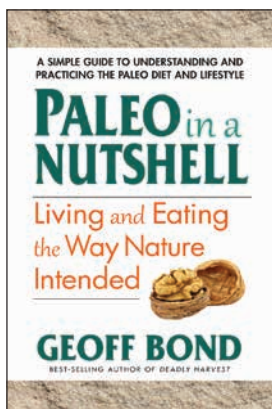
A Quick Reference to Foods and the AGEs They Contain

Helen Vlassara, MD, and Sandra Woodruff, MS, RD

All foods contain naturally occurring toxic substances called AGEs—*advanced glycation end products*. Studies have shown that a buildup of AGEs increases oxidation and free radicals, hardens tissue, and creates chronic inflammation, leading to a host of illnesses. While many foods contain high AGE levels, many others contain very little. By knowing the best foods to choose and their optimal preparation methods, you can lower your consumption of these harmful substances. *The A.G.E. Food Guide* is designed to help. This comprehensive guide lists hundreds of common foods and their AGE levels. In an easy-to-follow format, the foods are listed both alphabetically and within categories for quick and easy access. With *The A.G.E. Food Guide* in hand, you can feel confident in making wise food choices that will allow you to enjoy greater health and longevity.

\$8.95 US / \$12.95 CAN • 192 pages • 4 x 7-inch paperback • ISBN 978-0-7570-0429-2





Paleo in a Nutshell

Living and Eating the Way Nature Intended
Geoff Bond

Our ancient forefathers—and mothers—were nourished in the same manner as the beasts that surrounded them. These Stone Age diets, now called Paleo diets, reflect the types of foods that nature intended us to eat. Unfortunately, we have lost touch with this dietary direction. Written by scientist Geoff Bond, *Paleo in a Nutshell* is an eye-opening guide to restoring our health by eating the foods our bodies are designed to consume. Included is a step-by-step plan for a new dietary lifestyle.

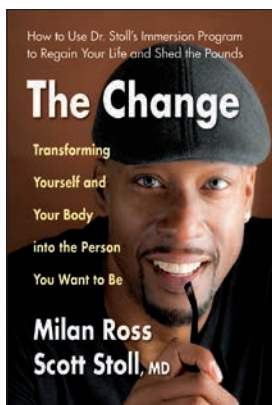
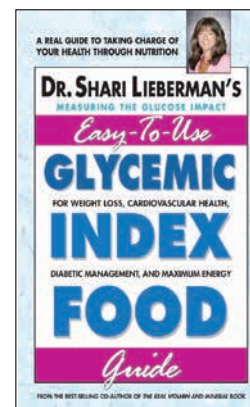
\$15.95 US / \$22.95 CAN • 176 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0450-6

Glycemic Index Food Guide

For Weight Loss, Cardiovascular Health, Diabetic Management, and Maximum Energy
Dr. Shari Lieberman

By indicating how quickly a given food triggers a rise in blood sugar, the glycemic index (GI) enables you to choose foods that can help you manage a range of conditions and improve your overall health. Designed as an easy-to-use guide to the glycemic index, this book answers commonly asked questions, ensuring that you truly understand the GI and know how to use it, and then provides both the glycemic index and the glycemic load for hundreds of foods and beverages.

\$7.95 US / \$10.95 CAN • 160 pages • 4 x 7-inch paperback • ISBN 978-0-7570-0245-8



The Change

Transforming Yourself and Your Body Into the Person You Want to Be
Milan Ross and Scott Stoll, MD

Not just another weight-loss book, *The Change* is the true story of how Milan Ross—with the help of Dr. Scott Stoll's unique seven-day immersion program—lost 275 pounds of excess weight and regained control of his life. The book not only includes a day-to-day account of what Milan accomplished during that crucial week, but also the voice of Dr. Stoll, who takes you through the very same program Milan experienced.

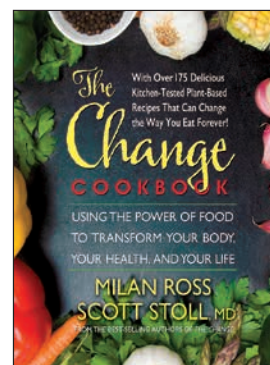
\$24.95 US / \$37.95 CAN • 240 pages • 6 x 9-inch hardback • ISBN 978-0-7570-0432-2

The Change Cookbook

Using the Power of Food to Transform Your Body, Your Health, and Your Life
Milan Ross and Scott Stoll, MD

Imagine delicious, satisfying dishes that can reduce your cholesterol, lower your blood pressure, boost your immune system, and decrease your odds of getting cancer, type 2 diabetes, heart disease, and a host of other common health problems. Based on the principles of Dr. Stoll's seven-day immersion program, here are over 175 kitchen-tested recipes for luscious smoothies, satisfying soups and stews, sensational salads, and more—all of which can make a positive change in your life.

\$17.95 US / \$25.95 CAN • 208 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0438-4

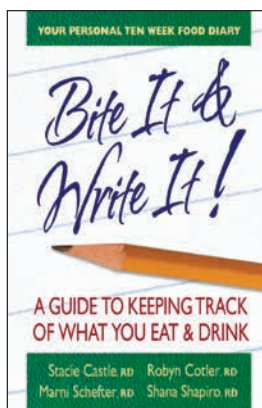


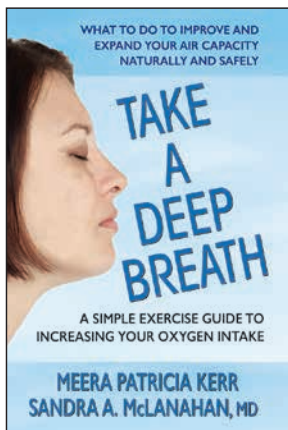
Bite It & Write It!

A Guide to Keeping Track of What You Eat & Drink
Stacie Castle, RD, Robyn Cotler, RD, Marni Schefter, RD, and Shana Shapiro, RD

Bite It & Write It! combines a structured food journal with an easy-to-follow nutrition guide. It presents ten health goals—one for each week of the journal—and lets you record your daily food consumption as you work toward your objective. Included is a wealth of nutritional information, tips on meal planning and preparation, and more. Whether you want to lose weight, manage a health condition, or simply enjoy greater well-being, this guide can be your key to success.

\$7.95 US / \$10.95 CAN • 192 pages • 4 x 7-inch paperback • ISBN 978-0-7570-0343-1





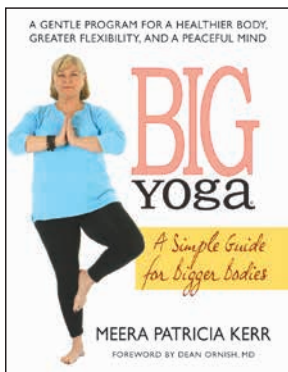
Take a Deep Breath

A Simple Exercise Guide to Increasing Your Oxygen Intake

Meera Patricia Kerr and Sandra A. McLanahan, MD

When you are unable to breathe in an adequate amount of air—for any number of reasons—your body isn't receiving the oxygen it requires. The resulting health issues can range from fatigue and depression to organ damage. *Take a Deep Breath* provides an effective breathing exercise program to increase lung capacity safely and naturally. The book is divided into two parts. Part One provides information basic to understanding the authors' unique program. Part Two presents the full breathing program, from assuming the right postures to carrying out essential techniques for lung improvement. As you will discover, this program offers benefits far beyond easier breathing, including the ability to overcome stress, gain mental clarity, and take greater control over your life. Here are all the tools you need to enhance your breathing. All it takes is one deep breath at a time.

\$16.95 US / \$23.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0481-0



Big Yoga

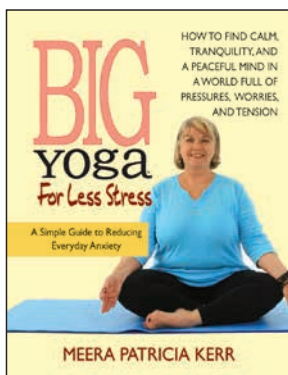
A Simple Guide for Bigger Bodies

Meera Patricia Kerr

IBPA Ben Franklin Award Winner

Think yoga is only for skinny young things? Think again. To expert Meera Patricia Kerr, yoga can and should be used by everyone—especially plus-size individuals. In *Big Yoga*, Meera shares the unique yoga program she developed for all those who think that yoga is not for them. Part One of *Big Yoga* begins with a clear explanation of what yoga is, what benefits it offers, and how it can fit into anyone's life. Included is an important discussion of self-image. The book goes on to provide practical information regarding clothing, mats, and suitable environments, and to emphasize the need to begin with care. Part Two offers over forty different exercises specifically designed to work with bigger bodies. In each case, the author explains the technique, details its advantages, and offers step-by-step instructions along with easy-to-follow photographs.

\$17.95 US / \$25.95 CAN • 240 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0215-1



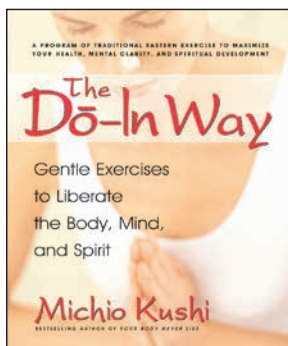
Big Yoga for Less Stress

A Simple Guide to Reducing Everyday Anxiety

Meera Patricia Kerr

We seem to be overwhelmed by stress. We wake up with it, carry it around with us, and even take it to bed. We know we're stressed because we experience the telltale symptoms—tension headaches, nervousness, exhaustion, high blood pressure, and lowered immunity. But the truth is that we have the power to control, reduce, and even eliminate the stress we feel. For over thirty-five years, gifted instructor Meera Patricia Kerr has taught thousands of people how to use yoga to overcome their anxiety and develop greater physical and emotional health. In her book *Big Yoga for Less Stress*, Meera provides a complete program of movements and exercises to combat all the stressors in our lives. If you're tired of feeling stressed, perhaps it's time to consider a new approach. Used by millions of people around the world, yoga is a safe and effective way to find tranquility.

\$17.95 US / \$25.95 CAN • 176 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0405-6



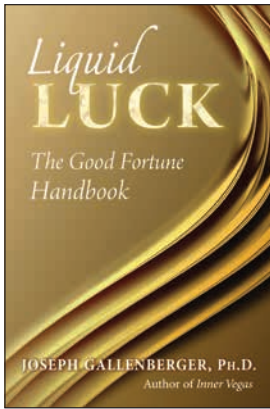
The Dō-In Way

Gentle Exercises to Liberate the Body, Mind, and Spirit

Michio Kushi

Dō-In is an ancient traditional exercise for the cultivation of physical health, mental serenity, and spirituality. Over the last 5,000 years, it has served as the origin of such well-known disciplines as shiatsu, acupuncture, moxibustion, yogic exercises, and meditation. Literally meaning to pull and stretch, it originated as a way of achieving longevity and attaining the highest potential of mental and spiritual development. Its techniques are a series of successive motions that harmonize body systems. *The Dō-In Way* details the fundamental aspects of this exercise, which involves breathing, posture, and self-massage and manipulation to stimulate body systems. The gentle application of pressure on the body's meridians corresponds directly with physical processes, and allows for the conditioning and stimulation of internal organs. Here is a comprehensive handbook to an ancient system of movement designed to enhance physical, mental, and spiritual health.

\$17.95 US / \$25.95 CAN • 224 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0268-7



Liquid Luck

The Good Fortune Handbook

Joseph Gallenberger, PhD

In *Liquid Luck*, Dr. Joe Gallenberger explains why happiness, gratitude, compassion, praise, love, and feeling abundant are essential, and how these qualities can be increased in practical ways. His knowledge and the many stories he shares—inspiring true stories of people who used his method to achieve success—show that you can indeed be a miracle worker in your own life. This is an essential handbook that you can consult repeatedly, each time finding a clear path toward your dreams lit with humor and heart.

\$15.95 US / \$22.95 CAN • 176 pages • 5.5 x 8.5-inch paperback • ISBN 978-1-937907-27-3 • **A RAINBOW RIDGE BOOK**

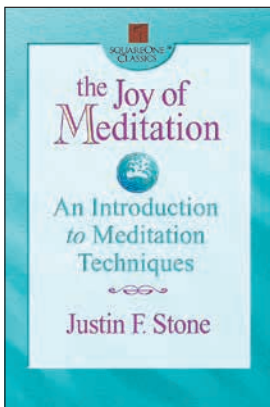
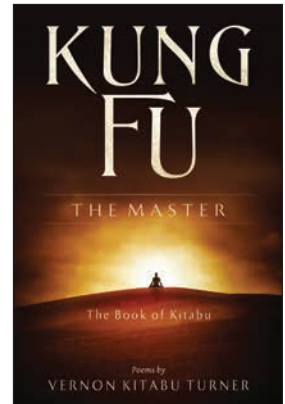
Kung Fu: The Master

The Book of Kitabu

Poems by Vernon Kitabu Turner

Originally published in the 1970s, *Kung Fu: The Master* was originally praised for its meaningful prose and its diverse range of topics. This newly extended edition contains all of the poetry from the original book, as well as new poems by the author. Each poem is a work of art—a story in itself that is filled with color and rhythm—and addresses topics that are both timely and timeless.

\$14.95 US / \$21.95 CAN • 128 pages • 5 x 7.5-inch paperback • ISBN 978-1-937907-65-5 • **A RAINBOW RIDGE BOOK**



The Joy of Meditation

An Introduction to Meditation Techniques

Justin F. Stone

Without knowing what they are doing, would-be meditators often find it difficult to sit still for even five minutes. On the other hand, experienced meditators go about their business directly and purposefully. In this classic work, teacher Justin F. Stone presents easy-to-follow instructions for many common forms of meditation, including Zazen (Zen Meditation), Japa (one of the oldest spiritual practices in India), Satipatthana (Mindfulness), Nei Kung (Buddhist Meditation), and Tibetan meditations.

\$12.95 US / \$18.95 CAN • 128 pages • 5.5 x 8.5-inch paperback • ISBN 978-0-7570-0025-6

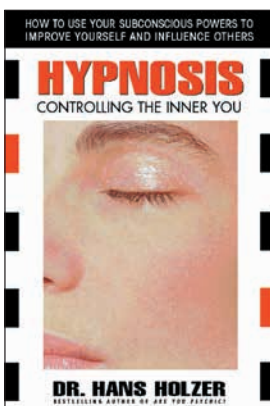
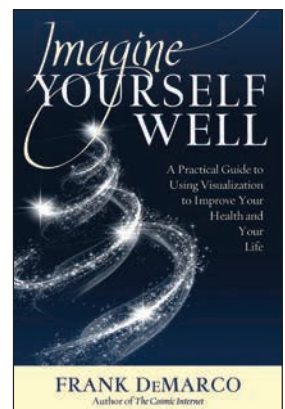
Imagine Yourself Well

A Practical Guide to Using Visualization to Improve Your Health and Your Life

Frank DeMarco

Imagine Yourself Well guides you in using visualization to improve your health and your life. Author Frank DeMarco offers four simple techniques: *thinking differently*, which enables you to envision new possibilities; *taking charge*, which helps you become an active creator and shaper of your life's patterns; *living right*; and *what can be done*, which wraps up the “how” of imagining yourself well. It's true: You can use your mind to create the life you desire with *Imagine Yourself Well*.

\$15.95 US / \$22.95 CAN • 128 pages • 5.5 x 8.5-inch paperback • ISBN 978-1-937907-29-7 • **A RAINBOW RIDGE BOOK**



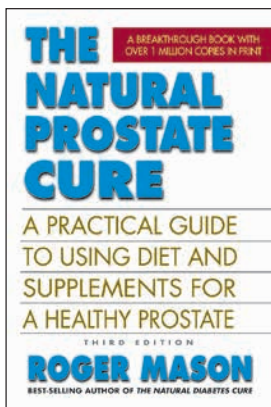
Hypnosis

Controlling the Inner You

Hans Holzer, PhD

Have you ever wished to lose weight, give up smoking, quit biting your nails, or stop dozens of other bad habits? Have you ever wanted to become a better lover? Hypnosis—the power to control the subconscious through posthypnotic suggestion—can make it happen. This easy-to-understand book provides basic hypnosis techniques and examines how this fascinating power, whether self-induced or performed by a professional, can be used in such areas as healing, stress reduction, love, and more.

\$12.95 US / \$18.95 CAN • 112 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0271-7



The Natural Prostate Cure, THIRD EDITION

A Practical Guide to Using Diet and Supplements for a Healthy Prostate

Roger Mason

Traditional treatments for critical prostate disorders include surgery, radiation, chemotherapy, and even castration, but these methods have potentially drastic results. This updated edition of *The Natural Prostate Cure* provides a unique and effective alternative. The author begins by discussing nutrition and the best supplements for prostate health. He then details the causes of and natural treatments for common prostate disorders. Finally, he discusses natural hormone treatments that can prevent and combat these problems.

\$9.95 US / \$13.95 CAN • 144 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0476-6

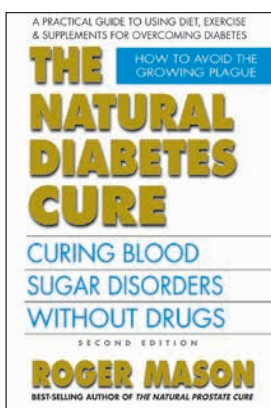
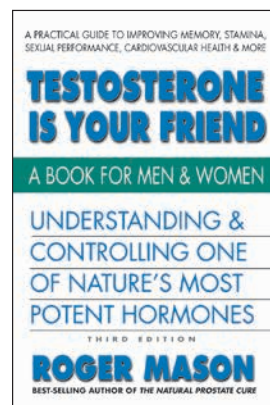
Testosterone Is Your Friend, THIRD EDITION

Understanding & Controlling One of Nature's Most Potent Hormones

Roger Mason

Low levels of testosterone cause countless health problems, including sexual dysfunction and infertility. This updated edition of *Testosterone Is Your Friend* presents the latest and most effective natural treatments for testosterone deficiency. The author first looks at how this hormone functions in men and women and how it affects important health conditions, including osteoporosis, heart disease, and weight gain. He then provides safe, natural treatments designed to elevate testosterone levels and achieve good health.

\$9.95 US / \$13.95 CAN • 128 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0477-3



The Natural Diabetes Cure, SECOND EDITION

Curing Blood Sugar Disorders Without Drugs

Roger Mason

In *The Natural Diabetes Cure*, Roger Mason provides an effective nutritional approach to preventing and combating type 2 diabetes. The book describes how diabetes develops, and then explains how a balanced diet of whole grains, healthy fats, and fresh vegetables can greatly improve overall health and well-being. Additional chapters discuss vitamins and nutritional supplements that can help regulate blood sugar, and offer other strategies for leading a longer, higher-quality life.

\$9.95 US / \$13.95 CAN • 128 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0369-1

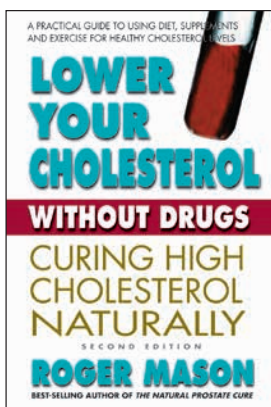
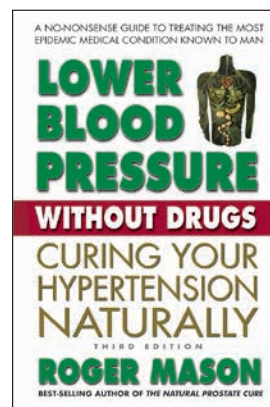
Lower Blood Pressure Without Drugs, THIRD EDITION

Curing Your Hypertension Naturally

Roger Mason

Although prescription drugs may effectively treat high blood pressure, they can have various dangerous side effects. In this updated edition of *Lower Blood Pressure Without Drugs*, best-selling author Roger Mason offers a nutritional approach to lowering blood pressure safely and naturally. First, you'll learn all about hypertension. Then, you'll discover how a simple diet—rich in whole grains, low in fat, and enhanced by the best nutritional supplements—can improve both blood pressure and general health.

\$9.95 US / \$13.95 CAN • 144 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0482-7



Lower Your Cholesterol Without Drugs, SECOND EDITION

Curing High Cholesterol Naturally

Roger Mason

Research shows that high cholesterol is a major risk factor for coronary heart disease. But while prescription drugs can lower cholesterol, they come with many unwelcome side effects. In *Lower Your Cholesterol Without Drugs*, Roger Mason offers you a safe, effective way to treat this condition and improve your health. The book looks at the causes of high cholesterol and then explains how a balanced, vitamin-rich diet can naturally lower cholesterol. Here is your guide to achieving good health naturally.

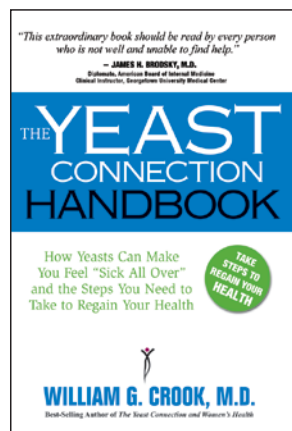
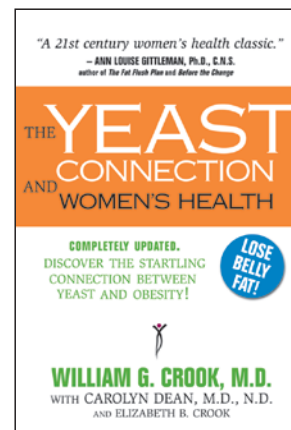
\$9.95 US / \$13.95 CAN • 128 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0367-7

The Yeast Connection and Women's Health

William G. Crook, MD, with Carolyn Dean, MD, ND, and Elizabeth B. Crook

A growing number of women suffer from chronic health disorders that seem to defy treatment. Their problems, which range from vaginitis to migraines and from multiple sclerosis to depression, interfere with every part of their life. And for too long, there has been no solution. Finally, hope is at hand in the completely revised and updated *The Yeast Connection and Women's Health*. In this book, Drs. William G. Crook and Carolyn Dean show women suffering from a number of debilitating problems how they can take steps to treat existing disorders, and prevent future yeast-related problems. Included is information on diet, both prescription and nonprescription antifungals, simple lifestyle changes, dietary modifications, and nutritional supplements—all presented in easy-to-understand language and with real-life examples of women who have enhanced their well-being. *The Yeast Connection and Women's Health* is must reading for every woman who wants to restore vibrant health.

\$18.95 US / \$27.95 CAN • 304 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0058-4



The Yeast Connection Handbook

How Yeasts Can Make You Feel “Sick All Over” and the Steps You Need to Take to Regain Your Health
William G. Crook, MD

Most people don't realize how many health disorders can be caused by yeast. Fatigue, headache, depression, digestive problems, PMS, sexual dysfunction, asthma, ADHD, and autism can all be yeast-related. But once you recognize that yeast is the offender, what can you do to regain your health? *The Yeast Connection Handbook* is a great resource for anyone who wants to learn about yeast-related problems. It is comprehensive, not only discussing a wide range of health disorders, but also addressing a wide range of sufferers, including men, women, and children. Most important, this book provides a step-by-step program that effectively relieves health problems through dietary changes, nutritional supplements, medication, and simple lifestyle changes. If you've been looking for a solution to your yeast-related problem, *The Yeast Connection Handbook* provides the information you need to take charge of your health.

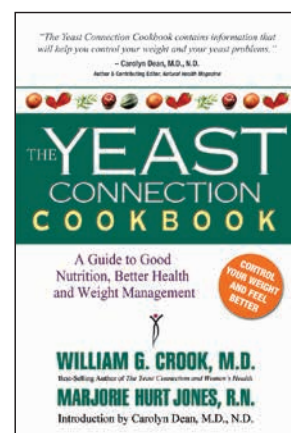
\$15.95 US / \$22.95 CAN • 288 pages • 6 x 9-inch paperback • Illustrated • ISBN 978-0-7570-0060-7

The Yeast Connection Cookbook

A Guide to Good Nutrition, Better Health, and Weight Management
William G. Crook, MD, and Marjorie Hurt Jones, RN

What exactly can you eat if you have a yeast-related problem? *The Yeast Connection Cookbook* offers hundreds of delicious answers to that question. Written by a doctor and a nurse who has her own food sensitivities, *The Yeast Connection Cookbook* begins with a discussion of yeast-related disorders and the important role diet plays in their management. It also provides general information on the effects—both positive and negative—that some common foods can have on yeast sufferers, as well as crucial instructions on detecting the specific foods to which you are particularly sensitive or allergic. The authors then present over 225 recipes—for breads, soups, entrées, desserts, and much more—that eliminate most common food allergens while providing beneficial complex carbohydrates. Throughout, tips and suggestions guide you in adopting a diet that is both nutritious and satisfying.

\$15.95 US / \$22.95 CAN • 384 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0059-1

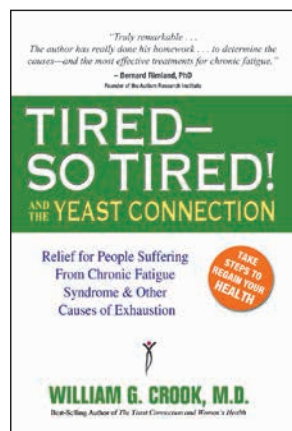


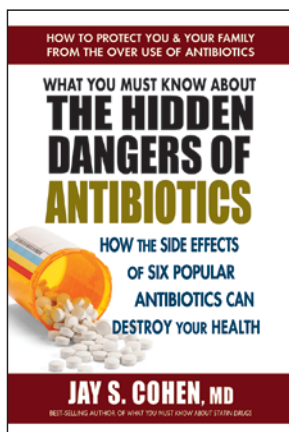
Tired—So Tired! and the Yeast Connection

Relief for People Suffering from Chronic Fatigue Syndrome & Other Causes of Exhaustion
William G. Crook, MD

Every day, millions of people complain that they are tired. In fact, studies show that fatigue is one of the most common problems for which people seek a physician's help. But tests often fail to provide an explanation of chronic fatigue. *Tired—So Tired!* explains why so many people experience exhaustion and, more important, presents easy-to-follow steps for boosting energy and regaining health. After years of research, Dr. William G. Crook discovered that sugar and yeast, along with other foods and chemicals to which people can develop sensitivities, are major dietary culprits, and can cause everything from headaches to chronic fatigue syndrome. He also found a connection between fatigue and certain nutrient deficiencies. The doctor then developed a diet and vitamin plan that can eliminate fatigue and related symptoms. *Tired—So Tired!* presents the doctor's proven treatment program.

\$16.95 US / \$23.95 CAN • 400 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0063-8





What You Must Know About the Hidden Dangers of Antibiotics

How the Side Effects of Six Popular Antibiotics Can Destroy Your Health

Jay S. Cohen, MD

While the hazards of taking too many antibiotics are now common knowledge, there is another danger of which the public is not aware. As beneficial as antibiotics can be, one widely prescribed family of these “wonder drugs” is highly destructive. Called fluoroquinolones, they are better known by the names Cipro, Levaquin, Avelox, Factive, Floxin, and Norflox. *What You Must Know About the Hidden Dangers of Antibiotics* has two main goals. First, it exposes the truly destructive capability of these drugs, which have been shown to cause serious, sometimes long-term, even permanent injuries, including musculoskeletal and nervous system problems, psychiatric disorders, gastrointestinal distress, and more. Second, it presents safe alternatives that can help reduce pain, clear up persistent antibiotic-based health issues, and—just as important—provide hope for the many people who are searching for answers.

\$15.95 US / \$22.95 CAN • 144 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0469-8

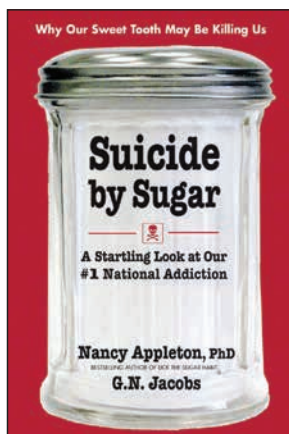
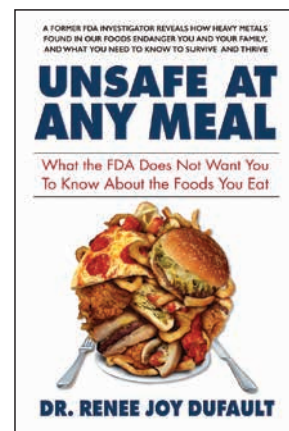
Unsafe at Any Meal

What the FDA Does Not Want You to Know About the Foods You Eat

Dr. Renee Joy Dufault

Each year, Americans consume hundreds of food products containing dangerous compounds, including heavy metals, pesticides, and harmful additives—with the blessing of the FDA. Why is this happening and why haven't we heard about it? In *Unsafe at Any Meal*, Dr. Renee Dufault, former food investigator for the Food and Drug Administration, provides the startling answers, including disturbing findings that still appear to be a well-kept secret by the FDA. Dr. Dufault also presents an in-depth look at the toxic substances commonly found in our food supply and explains how they affect our genes, our health, and the surrounding environment. Backed by research and first-hand experience, in this book, Dr. Dufault reveals how the FDA has failed us, and outlines how you can protect yourself and your family by filling your kitchen with food that is free of toxic substances.

\$16.95 US / \$23.95 CAN • 240 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0436-0



Suicide by Sugar

A Startling Look at Our #1 National Addiction

Nancy Appleton, PhD, and G.N. Jacobs

More than three decades ago, Nancy Appleton's *Lick the Sugar Habit* exposed the health dangers of America's high-sugar diet. In *Suicide by Sugar*, Appleton and journalist G.N. Jacobs present a broader view of the problems caused by our favorite ingredient. The authors offer startling facts linking a range of disorders—from dementia and hypoglycemia to obesity and cancer—to our growing sugar addiction. Rounding out the book is a sound diet plan along with a number of recipes for sweet, easy-to-prepare, delectable dishes that are all made without sugar or fruit. As children, we fell under the spell of ads that lured us to indulge in all things sweet. Is it any wonder that as adults, so few of us can see the dark side of sugar? *Suicide by Sugar* shines a bright light on our nation's addiction and helps us begin the journey toward good health.

\$15.95 US / \$22.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0306-6

“[L]ays out a compelling argument for just saying no to soda.”

—Booklist

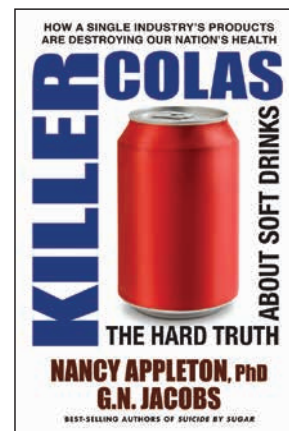
It's as American as fast foods. So why are people saying all those nasty things about soft drinks? The answer is simple: They're true. In *Killer Colas: The Hard Truth About Soft Drinks*, Dr. Nancy Appleton and G.N. Jacobs provide a startling picture of an industry hell-bent on destroying our country's health. Over the last few decades, the sale of sodas and sports drinks has exploded, as has the incidence of obesity, diabetes, hypertension, heart disease, cancer, and stroke. *Killer Colas* looks at the history and growth of the soft drink industry, explores its powerful influence over the media, and examines the harmful ingredients that these companies have added to their formulas. It also offers scientific evidence that links America's consumption of soft drinks with our declining health. Once you have read *Killer Colas*, you will never look at a soft drink in the same way.

\$15.95 US / \$22.95 CAN • 144 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0341-7

Killer Colas

The Hard Truth About Soft Drinks

Nancy Appleton, PhD, and G.N. Jacobs



“A potent, important call to action.”
 —Kirkus Reviews

Guardianships and the Elderly

The Perfect Crime

Dr. Sam Sugar



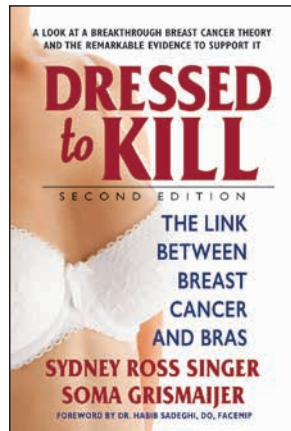
Imagine a system of justice that preys on those unable to care for themselves and enables those in the know to commit the “perfect crime” against them. Written by Dr. Sam Sugar, founder of Americans Against Abusive Probate Guardianship, this book begins by looking at the history of guardianship—from ancient times to today. It then provides a clear overview of how this system is set up to work, from the triggers that set it off to the different groups of people that make up the process. It also presents an accurate picture of just how difficult it is to free a family member from the system. While loved ones can fight a guardianship, many obstacles and pitfalls await them in the battle. *Guardianships and the Elderly* is meant to prepare the reader for these eventualities.

\$19.95 US / \$28.95 CAN • 240 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0433-9

Dressed to Kill, SECOND EDITION

The Link Between Breast Cancer and Bras

Sydney Ross Singer and Soma Grismaijer



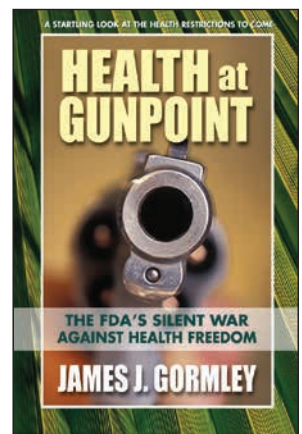
Breast cysts and cancer are epidemic at this time in history. The healthcare industry says that the cause of 70 percent of all breast cancer is unknown. *Dressed to Kill* helps solve this mystery, explaining how one of the greatest threats to breast health is something that women do to themselves every day. Authors Sydney Ross Singer and Soma Grismaijer, pioneers in the field of applied medical anthropology, explain their unique approach to researching and understanding the cultural causes of disease in easy-to-read language that is accessible to the layperson and the professional alike. Controversial for its challenge to established custom and medical dogma, this breakthrough work is a classic, and in this updated edition, it continues to suggest new ways of dealing with an old and all-too-common women’s health issue.

\$16.95 US / \$23.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0462-9

Health at Gunpoint

The FDA’s Silent War Against Health Freedom

James J. Gormley



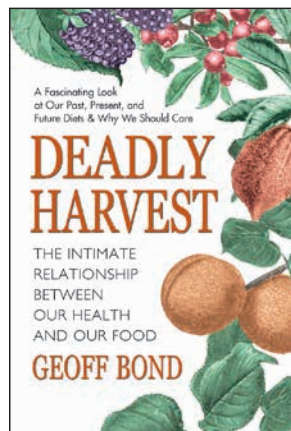
The Food and Drug Administration (FDA) was established in 1906 to protect the U.S. public from misbranded and adulterated foods and drugs. While the original intent may have been honorable, over the years, the mission has become tainted by lobbyists and money. In *Health at Gunpoint*, award-winning health writer James Gormley presents a history of this Federal agency’s long-standing battle against health products and examines some of its most controversial decisions and the troubling reasons behind them. Now, the FDA is once again poised to make decisions that would have a major impact on the public’s health—this time, by imposing restrictions that would eventually eliminate many of the nutritional supplements Americans take every day. *Health at Gunpoint* not only sheds light on what is happening, but also prepares you for the coming battle.

\$14.95 US / \$21.95 CAN • 176 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0381-3

Deadly Harvest

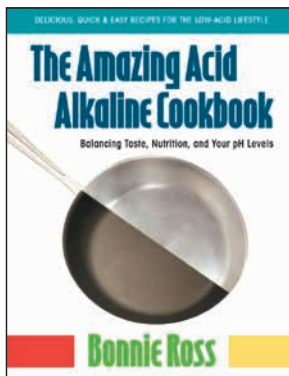
The Intimate Relationship Between Our Health and Our Food

Geoff Bond



With an increasing number of people suffering from obesity, heart disease, and other diet-related disorders, many of us turn to fad diets in an effort to drop excess pounds or recover our health. But what if our foods were doing more harm than good, and fad diets made matters worse? *Deadly Harvest* examines how the foods we eat today have little in common with those of our ancestors, and why this fact is so important. Using the latest scientific research and studies of primitive lifestyles, the author first explains the diet that our ancestors followed—one in harmony with the human species. He then describes how our present diets affect our health, leading to disorders such as cancer, diabetes, and heart disease. Most important, he details measures we can take to improve our diet, our health, and our quality of life.

\$16.95 US / \$23.95 CAN • 336 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0142-0



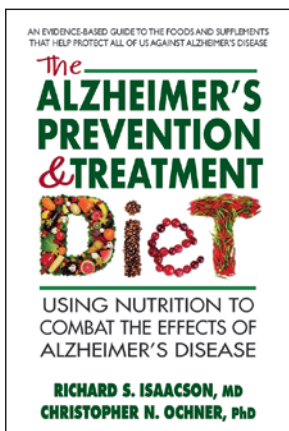
The Amazing Acid-Alkaline Cookbook

Balancing Taste, Nutrition, and Your pH Levels

Bonnie Ross

It's no secret that the foods we eat have a direct impact on our health. But did you know that for optimum wellness, the body needs the proper pH balance of acid and alkaline compounds, which are influenced by diet? The problem is that as a society, we tend to consume highly processed foods that produce acid, making us prone to a variety of health disorders. Bonnie Ross offers a solution with *The Amazing Acid-Alkaline Cookbook*. The book opens with pH basics, including an explanation of how an overly acidic body wreaks havoc on health. The author then presents ten chapters packed with over 140 kitchen-tested recipes for balanced dishes that are also delicious. With *The Amazing Acid-Alkaline Cookbook*, you'll learn how easy it is to make meals that will naturally correct your body's pH balance, helping you regain vigor and well-being.

\$17.95 US / \$25.95 CAN • 176 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0316-5



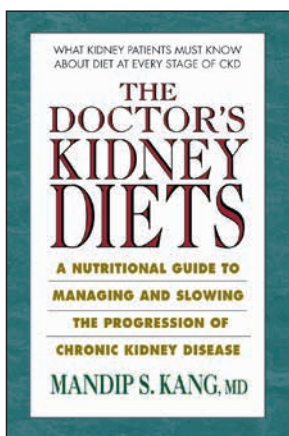
The Alzheimer's Prevention & Treatment Diet

Using Nutrition to Combat the Effects of Alzheimer's Disease

Richard S. Isaacson, MD and Christopher N. Ochner, PhD

Increasingly, research suggests that the proper diet may make a real difference in both preventing and slowing the progression of Alzheimer's disease. In *The Alzheimer's Prevention & Treatment Diet*, Drs. Isaacson and Ochner outline a cutting-edge nutritional program that will be of interest not only to Alzheimer's patients, but also to anybody who wants to maintain optimal memory. First, you'll learn about Alzheimer's disease. Next, the authors take a closer look at the impact of nutrition on your ability to think and remember. Then, they share their innovative program for Alzheimer's prevention, showing you how to maximize your cognitive health through diet, supplements, and exercise; and they explain how to adapt this program for people who already have the disease. Here are simple changes that can, over time, significantly enhance your cognitive well-being—now and for a lifetime.

\$17.95 US / \$25.95 CAN • 320 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0408-7



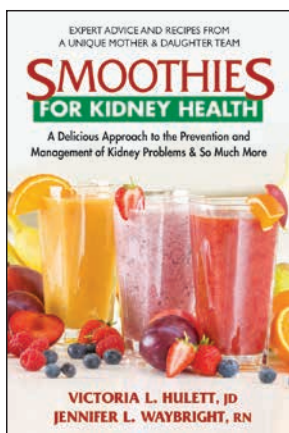
The Doctor's Kidney Diets

A Nutritional Guide to Managing and Slowing the Progression of Chronic Kidney Disease

Mandip S. Kang, MD

Chronic kidney disease is manageable, and a crucial part of any successful treatment plan is diet. Until now, the problem has been that while practicing nephrologists can monitor kidney function and treat patients with medications, few can offer the crucial nutritional guidance that every kidney patient requires. To fill this information gap, Dr. Mandip Kang has written *The Doctor's Kidney Diets*, a comprehensive guide to managing, slowing, and even stopping the progression of CKD through diet. Part One of the book provides a clear overview of kidney function, kidney disease, and the role that nutrition plays in the treatment of kidney problems. The doctor then reviews the special dietary considerations of individuals with CKD, and discusses the most commonly prescribed CKD diets. Part Two offers a wide variety of recipes for delicious dishes that follow the dietary guidelines highlighted in Part One. With this book, you can become an active participant in your treatment plan.

\$17.95 US / \$25.95 • 224 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0373-8



Smoothies for Kidney Health

A Delicious Approach to the Prevention and Management of Kidney Problems & So Much More

Victoria L. Hulett, JD, and Jennifer L. Waybright, RN

Smoothies for Kidney Health is a very special recipe book. Created by Victoria Hulett, who began losing kidney function at an early age due to an inherited disorder, and her daughter Jennifer Waybright, a registered nurse who became determined to support her mother's health through proper nutrition, *Smoothies for Kidney Health* offers invaluable nutritional information plus easy-to-make smoothie recipes designed to enhance the health of patients at any stage of CKD. After explaining the basics of kidney function, the authors show how certain foods can speed the deterioration of kidney function while others can actually safeguard kidney function, preventing or slowing the progression of CKD. This is followed by eighty kitchen-tested recipes for satisfying smoothies that contain the very ingredients scientifically shown to protect and even improve kidney health. Each recipe is accompanied by fascinating facts that explain its many health benefits.

\$16.95 US / \$23.95 CAN • 240 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0411-7

Soft Foods for Easier Eating Cookbook

Easy-to-Follow Recipes for People Who Have Chewing and Swallowing Problems

Sandra Woodruff, RD, and Leah Gilbert-Henderson, PhD

Each year, medical treatments leave millions of patients with chewing and swallowing difficulties. Most hospitals deal with this simply by pureeing their food. The unfortunate result is that food becomes unappetizing, and patients fail to obtain the nourishment they need. Now, nutritionists Sandra Woodruff and Leah Gilbert-Henderson have written an easy-to-follow guide that offers maximum nutrition and taste with minimum discomfort. Part One highlights simple strategies for living with chewing and swallowing difficulties, and offers guidelines for modifying recipes for soft and smooth texture, or to increase or decrease calories, fat, and carbohydrates. Part Two presents over 150 recipes for smashing smoothies, sumptuous soups, hearty entrées, and more. Information on nutrition and texture accompany each recipe, making it easy to find the best dishes for your needs.

\$18.95 US / \$27.95 CAN • 320 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0290-8



The Ultimate Allergy-Free Cookbook

Over 150 Easy-to-Make Recipes That Contain No Milk, Eggs, Wheat, Peanuts, Tree Nuts, Soy, Fish, or Shellfish

Judi Zucker and Shari Zucker

For too many people, the term “allergy-free cooking” conjures images of bland and boring meals—dishes that seem to be “missing something.” But the fact is that meals can be made flavorful, satisfying, and healthful, and still eliminate common allergenic foods. Best-selling authors Judi and Shari Zucker have created a cookbook that will guide you in doing just that. *The Ultimate Allergy-Free Cookbook* is an exciting collection of over 150 delectable dishes that contain absolutely no eggs, cow’s milk, soy, wheat, peanuts, tree nuts, fish, or shellfish—the eight most common allergenic foods according to the US Food and Drug Administration. All of the dishes are also free of gluten and refined white sugar. Best of all, these recipes are not just for those with allergies—they will delight everyone in your family.

\$15.95 US / \$22.95 CAN • 192 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0397-4



The Ultimate Allergy-Free Snack Cookbook

Over 100 Kid-Friendly Recipes for the Allergic Child

Judi Zucker and Shari Zucker

As seen on NBC’s *Today Show*

While commercial snacks are unhealthy for any child, they pose a special danger when kids have food allergies, since nearly all supermarket treats contain dairy, eggs, wheat (gluten), soy, peanuts, or tree nuts—the six key ingredients that cause over 80 percent of all food allergies. To help parents gain some control, Judi and Shari Zucker have written *The Ultimate Allergy-Free Snack Cookbook*, a collection of over one hundred nutritious and delicious allergen-free treats. The book begins by looking at important food allergy basics. This is followed by a complete recipe section of both sweet and savory kid-favorite choices, including chips, cookies, pizza, burgers, smoothies, and more. Best of all, the snacks are wholesome and nutritious—rich in whole grains and fiber, and low in calories—and absolutely scrumptious. This really is the ultimate snack cookbook!

\$15.95 US / \$22.95 CAN • 144 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0346-2



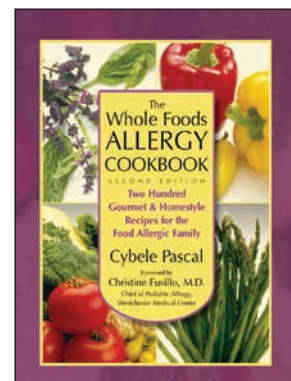
The Whole Foods Allergy Cookbook, SECOND EDITION

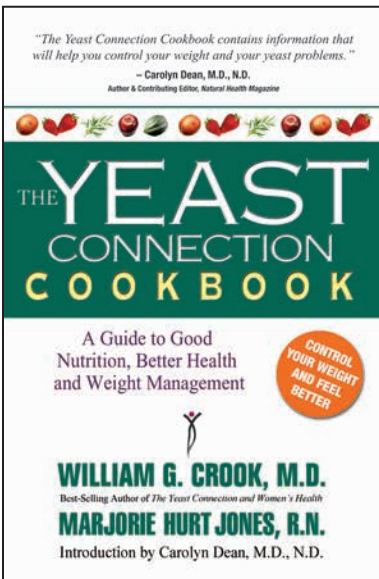
Two Hundred Gourmet & Homestyle Recipes for the Food Allergic Family

Cybele Pascal

If you thought that allergies meant missing out on nutrition, variety, and flavor, think again. With *The Whole Foods Allergy Cookbook*, you’ll have both the wonderful taste you want and the radiant health you deserve. The author first learned about hypoallergenic cooking when her son was diagnosed with severe food allergies, and she rose to the challenge by making each family meal a delicacy. Every dish is free of dairy, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish, which are the allergens responsible for most food allergies. You’ll find tempting recipes for breakfast pancakes, breads, and cereals; lunch soups, salads, and sandwiches; dinner entrées and side dishes; puddings, cupcakes, cookies, cakes, and pies; and even after-school snacks. Included is a resource guide to organizations that can supply information and support, as well as a shopping guide for hard-to-find items.

\$18.95 US / \$27.95 CAN • 240 pages • 8 x 10-inch paperback • ISBN 978-1-890612-45-0





The Yeast Connection Cookbook

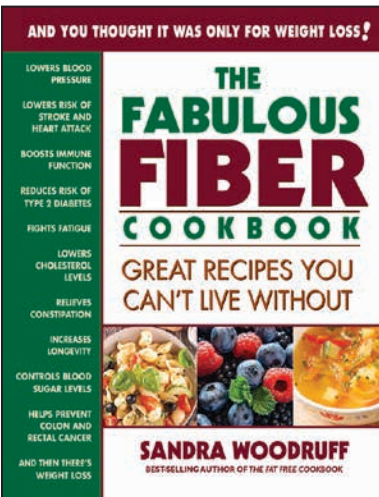
A Guide to Good Nutrition, Better Health, and Weight Management

William G. Crook, MD, and Marjorie Hurt Jones, RN

What exactly can you eat if you have a yeast-related problem? *The Yeast Connection Cookbook* offers hundreds of delicious answers to that question.

Written by a doctor and a nurse who has her own food sensitivities, *The Yeast Connection Cookbook* is divided into two parts. Part One begins with a discussion of yeast-related disorders and the important role that diet plays in their management. It also provides general information on the effects—both positive and negative—that some common foods can have on yeast sufferers, as well as crucial instructions for detecting the specific foods to which you are particularly sensitive or allergic. In Part Two, the authors present over 225 kitchen-tested recipes for breakfasts, lunches, breads, soups, salads, sauces and dressings, entrées, desserts, and much more. All of these dishes eliminate most common food allergens while providing beneficial complex carbohydrates. Throughout, tips and suggestions guide you in adopting a diet that is both nutritious and satisfying.

\$15.95 US / \$22.95 CAN • 384 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0059-1



The Fabulous Fiber Cookbook

Great Recipes You Can't Live Without

Sandra Woodruff

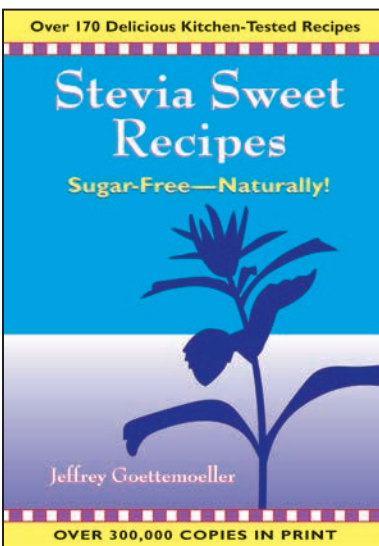
"[A] pleasure to browse through and ideal for planning menus."

—Midwest Book Review

Imagine a pill that could stabilize your blood sugar levels, lower your blood pressure and cholesterol, relieve constipation, and reduce your risk of stroke, heart attack, diabetes, and colon cancer—all the while helping you lose weight. Although no such pill exists, there is a powerful substance available that has all these effects: dietary fiber. Filled with recipes for scrumptious fiber-rich dishes, *The Fabulous Fiber Cookbook* is here to show you how to reap the amazing benefits of fiber and create fantastic meals.

Part One begins by explaining what fiber is, where to find it, and how high-fiber foods can fill you up, slim you down, and improve your overall health. It also provides tips for stocking your pantry with the best ingredients for a super-nutritious high-fiber diet. Part Two presents over 170 easy-to-follow recipes that are packed with fiber and nutrients, making it simple for you to enjoy both a good meal and good health.

\$16.95 US / \$23.95 CAN • 224 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0421-6



Stevia Sweet Recipes

Sugar-Free—Naturally!

Jeffrey Goettmoeller

Over 300,000 Copies in Print

You probably know that sugar—as well as many other sweeteners—has been linked to poor health. While you may want to give up refined sugar in light of this information, and you also may want to avoid chemical-laden artificial sweeteners, chances are that you can't always ignore your sweet tooth. Fortunately, nature has provided stevia, a non-glycemic, safe, and virtually calorie-free alternative that, in its extracted form, is over 200 times sweeter than sugar! But how can you use stevia in cooking and baking? You've come to the right place.

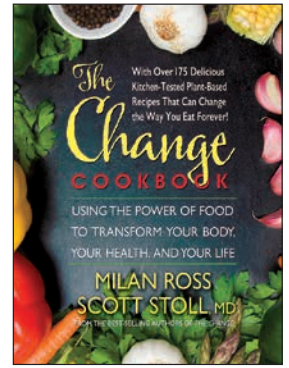
Stevia Sweet Recipes offers health-conscious readers well over 165 kitchen-tested recipes that use the herbal sweetener stevia in place of refined sugar or artificial sweeteners. After providing easy-to-understand information about stevia, author Jeffrey Goettmoeller presents recipes for satisfying breakfasts, refreshing beverages, hearty breads, sensational salads, tempting main dishes, and, of course, cookies, cakes, and other tasty treats. You'll even find tips for incorporating this amazing herb into your family's favorite recipes.

\$13.95 US / \$19.95 CAN • 200 pages • 6 x 8.5-inch paperback • ISBN 978-1-890612-13-9

The Change Cookbook

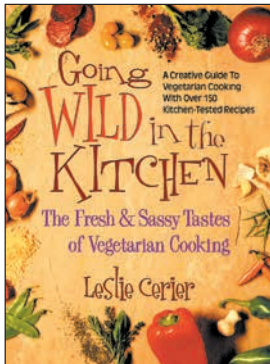
Using the Power of Food to Transform Your Body, Your Health, and Your Life

Milan Ross and Scott Stoll, MD



Based on the principles of Dr. Stoll's seven-day immersion program, these satisfying, taste-tempting plant-based dishes can help you drop unwanted pounds, reduce your cholesterol, lower your blood pressure, boost your immune system, and greatly decrease your odds of developing cancer, type 2 diabetes, heart disease, and a host of other common health problems. Included in this book are over 175 easy-to-follow kitchen-tested recipes for truly exceptional dishes. You'll find breakfast favorites, luscious smoothies, tempting dips and spreads, satisfying soups and stews, sensational burgers, savory pilafs and other grain creations, hearty main dishes, and more, all topped off with a collection of fantastic desserts. Let *The Change Cookbook* guide you in changing your diet and health for the better with plant-based recipe creations that are as satisfying and delectable as they are good for you.

\$17.95 US / \$25.95 CAN • 208 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0438-4



Going Wild in the Kitchen

The Fresh & Sassy Tastes of Vegetarian Cooking

Leslie Cerier

"Innovatively crafted."

—VegParadise

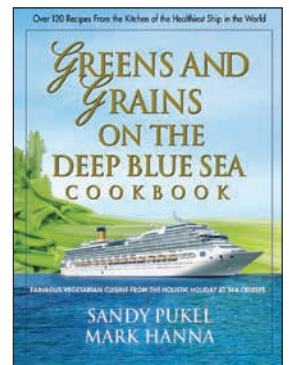
Go wild in the kitchen! Venture beyond the usual beans, grains, and vegetables to include an exciting variety of organic vegetarian fare in your meals. *Going Wild in the Kitchen* shows you how. In addition to providing helpful cooking tips and techniques, this book offers over 150 kitchen-tested recipes for taste-tempting dishes that contain such unique ingredients as edible flowers; tasty sea vegetables; wild mushrooms, berries, and herbs; and exotic ancient grains like teff, quinoa, and Chinese "forbidden" black rice. Author Leslie Cerier encourages the creative instincts of novice and seasoned cooks alike, prompting them to "go wild" by adding, changing, or substituting ingredients in existing recipes. *Going Wild in the Kitchen* is more than a unique cookbook—it's a recipe for inspiration. Excite your palate with this treasure trove of distinctive, healthy, and taste-tempting recipe creations.

\$16.95 US / \$23.95 CAN • 240 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0091-1

Greens and Grains on the Deep Blue Sea Cookbook

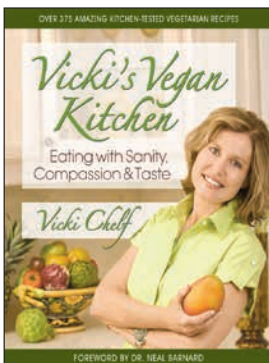
Fabulous Vegetarian Cuisine from the Holistic Holiday at Sea Cruises

Sandy Pukel and Mark Hanna



You are invited to come aboard one of America's premier health cruises. Even if you're too busy to get away, you can still enjoy its gourmet cuisine, because natural foods expert Sandy Pukel and master chef Mark Hanna have created *Greens and Grains on the Deep Blue Sea Cookbook*—a titanic collection of the most popular vegetarian dishes served aboard the Holistic Holiday at Sea cruises. Each of the book's more than 120 recipes is designed to provide not only great taste, but also maximum nutrition. Choose from among an innovative selection of taste-tempting appetizers, soups, salads, entrées, side dishes, and desserts. Easy-to-follow instructions ensure that even novices will have superb results. With this book in hand, you can enjoy fabulous signature dishes from the Holistic Holiday at Sea cruises in the comfort of your own home.

\$16.95 US / \$23.95 CAN • 160 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0287-8



Vicki's Vegan Kitchen

Eating with Sanity, Compassion & Taste

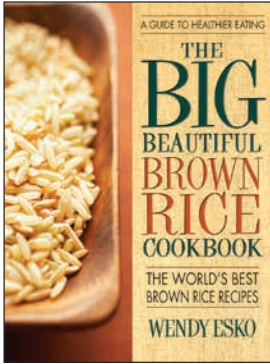
Vicki Chelf

"Nutritionally sound and delicious!"

—Dr. T. Colin Campbell

Vegan dishes are healthy, delicious, and surprisingly easy to make. Yet many people are daunted by the idea of preparing meals that contain no animal products. For them, and for everyone who loves great food, vegetarian chef Vicki Chelf presents *Vicki's Vegan Kitchen*, a comprehensive cookbook designed to take the mystery out of meatless meals. The book begins with an overview of the vegan diet, including its nutritional benefits and impact on weight control. Chapters on kitchen staples, cooking methods, and food preparation techniques come next, along with helpful shopping guidelines. Over 375 of Vicki's favorite recipes and recipe variations follow. Vicki shares delectable breakfast choices—from pancakes and waffles to hot cereals and scrambles—and shows you how to make heavenly breads, perfect pie crusts, scrumptious soups, incredible homemade pasta, and much more. And every dish is a winner—easy to make and utterly delicious.

\$17.95 US / \$25.95 CAN • 320 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0251-9



The Big Beautiful Brown Rice Cookbook

The World's Best Brown Rice Recipes

Wendy Esko

Sometimes, restaurant patrons are offered a choice: “Would you like that with white or brown rice?” And all too often, the brown rice they’re given is far from a culinary treat. But brown rice can be as tempting as it is beneficial. To prove the point, *The Big Beautiful Brown Rice Cookbook* first shows you the many ways in which you can cook brown rice and then provides over one hundred easy-to-follow recipes for breakfast, lunch, and dinner. And from waffles to paella, all are winners.

\$16.95 US / \$23.95 CAN • 192 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0364-6

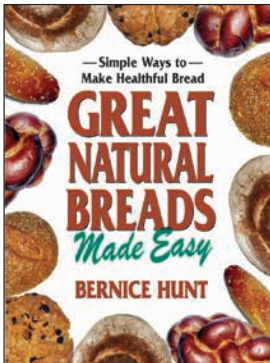
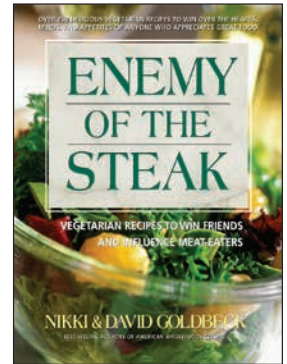
Enemy of the Steak

Vegetarian Recipes to Win Friends and Influence Meat-Eaters

Nikki and David Goldbeck

Enemy of the Steak is a wonderfully tempting vegetarian cookbook that offers a wealth of recipes which nourish the body, please the palate, and satisfy the heartiest of appetites. After presenting basics on vegetarian cooking, the book offers over 250 recipes for breakfast fare; appetizers and hors d’oeuvres; soups; salads; entrées; side dishes; sauces, toppings, and marinades; and desserts. A perfect marriage of nutrition and taste, *Enemy of the Steak* is for everyone who loves a good healthy meal.

\$16.95 US / \$23.95 CAN • 248 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0273-1



Great Natural Breads Made Easy

Simple Ways to Make Healthy Bread

Bernice Hunt

Illustrated by Lauren Jarrett

This simple-to-follow, beautifully illustrated guide can show anyone how to make a spectacular loaf of bread—even if they’ve never baked before. The author explains how to mix, knead, shape, and decorate over 100 nutritious, mouth-watering loaves, including such classics as Honey Whole Wheat, Italian Semolina, Jewish Challah, and French-Style Baguettes, as well as sweet rolls, muffins, flatbreads, bagels, biscuits, and much more. Also included is a chapter on luscious dips and spreads to accompany your freshly baked loaves.

\$16.95 US / \$23.95 CAN • 160 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0294-6

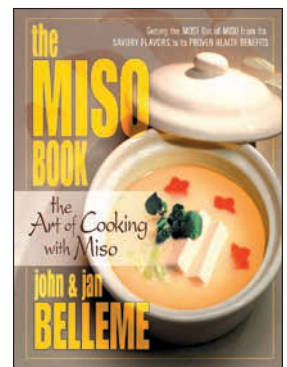
The Miso Book

The Art of Cooking with Miso

John Belleme and Jan Belleme

For centuries, the preparation of miso has been considered an art form in Japan. Through a time-honored process, soybeans and grains are transformed into this wondrous food, which is both a flavorful addition to dishes and a powerful medicinal. Part One of this book begins with miso basics—its types and uses. Easy directions for making miso at home are also included. Part Two presents over 140 recipes in which miso is used in dips, spreads, soups, and much more.

\$15.95 US / \$22.95 CAN • 192 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0028-7



Cooking with Seitan

The Complete Vegetarian “Wheat-Meat” Cookbook

Barbara Jacobs and Leonard Jacobs

Derived from wheat flour, seitan is a spectacular meat substitute that is naturally nutritious and low in fat, cholesterol, and calories. Best of all, it is amazingly adaptable and can be seasoned and prepared to fit into any menu. *Cooking with Seitan* introduces this versatile food with over 250 recipes, featuring twists on traditional and international favorites as well as new and imaginative dishes, from salads and appetizers to soups, stews, and even desserts.

\$17.95 US / \$25.95 CAN • 208 pages • 8 x 10-inch paperback • Illustrated • ISBN 978-0-7570-0304-2

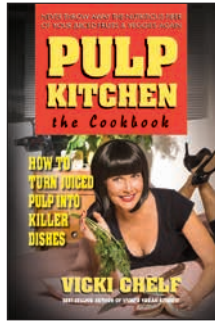
Pulp Kitchen— The Cookbook

How to Turn Juiced Pulp
into Killer Dishes

Vicki Chelf

If you juice, you may have wondered if there is a way to use the leftover pulp. Actually, the pulp from juiced produce can improve the texture of foods while adding flavor, color, and fiber. *Pulp Kitchen* highlights the many uses for often overlooked ingredient. It includes preparation and storage guidelines, as well as a handy chart of pulp yields for various types of produce. Next come dozens of kitchen-tested recipes spotlighting pulp's versatility. Great food can be made even better through the simple addition of pulp.

\$14.95 US / \$21.95 CAN • 144 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0396-7



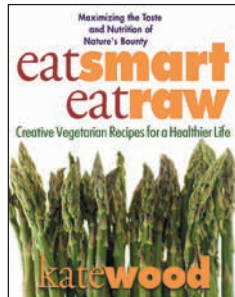
Eat Smart, Eat Raw

Creative Vegetarian Recipes
for a Healthier Life

Kate Wood

As the popularity of raw vegetarian cuisine continues to soar, so does the evidence that uncooked food is good for you. From lowering cholesterol to reducing weight, the benefits of this diet are too important to ignore. Now there is another reason to go raw—taste! In this book, author Kate Wood not only explains how to get started, but also provides over 150 recipes for exceptional breakfasts, soups, entrées, desserts, and more. Each kitchen-tested recipe is easy-to-make and guaranteed to delight even the fussiest of eaters.

\$15.95 US / \$22.95 CAN • 184 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0261-8



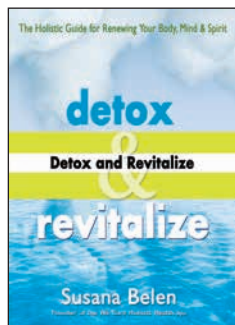
Detox and Revitalize

The Holistic Guide for Renewing
Your Body, Mind & Spirit

Susana Belen

Every day, toxins and waste materials accumulate in your cells, compromising your health. *Detox and Revitalize* is a complete guide to cleansing your body from daily air, food, and water pollutants to help you regain natural vitality and restore mental clarity. The book explains the need for detoxification and guides you in purifying your body. It also presents taste-tempting recipes for increasing vitality. Helpful chapters on herbs and home remedies round out the book, providing all the information you need for a healthier future.

\$16.95 US / \$21.95 CAN • 160 pages • 8 x 10-inch paperback • ISBN 978-1-890612-46-7



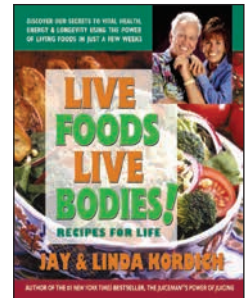
Live Foods, Live Bodies!

Recipes for Life

Jay and Linda Kordich

Through years of healthful living, Jay and Linda Kordich learned that abundant energy, enhanced mental clarity, and a sense of well-being are easily within reach. In *Live Foods, Live Bodies!*, they reveal all their secrets, including juice therapy and a living foods diet. This powerful book—lavishly illustrated with beautiful full-color photos—was designed to help you transform the person you are into the person you want to become, and features over 100 kitchen-tested recipes for delectable breakfasts, juices, salads and salad dressings, soups, spreads, and much more.

\$18.95 US / \$27.95 CAN • 240 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0385-1



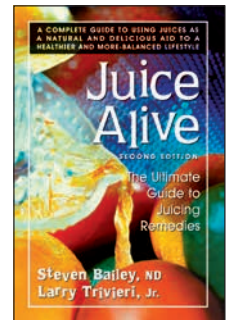
Juice Alive, SECOND EDITION

The Ultimate Guide
to Juicing Remedies

Steven Bailey, ND, and Larry Trivieri, Jr.

Fresh juices offer a powerhouse of antioxidants, vitamins, minerals, and enzymes. In this easy-to-use guide, two health experts tell you everything you need to know to maximize the benefits and tastes of juice. They explore the history of juicing, examine the healthful components of juice, and offer practical advice about the types of juices available, as well as buying and storing tips for nutrient-packed produce. A chart matches up common ailments with the most appropriate juices, and 100 recipes make good nutrition completely delicious.

\$14.95 US / \$21.95 CAN • 288 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0266-3



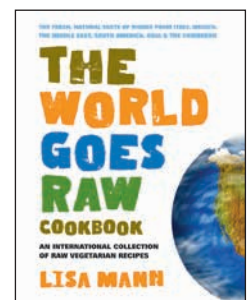
The World Goes Raw Cookbook

An International Collection
of Raw Vegetarian Recipes

Lisa Mann

Although raw food can be delicious and improve your well-being, for years, raw cuisine cookbooks offered little variety. In this book, chef Lisa Mann provides a fresh approach to (un)cooking. After guiding you in stocking your kitchen with the tools and ingredients needed to prepare raw meals, Lisa presents a range of international dishes highlighting the cuisines of Italy, Mexico, Asia, South America, the Caribbean, and the Middle East. Let *The World Goes Raw* add variety to your life while helping you feel your best.

\$16.95 US / \$23.95 CAN • 176 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0320-2

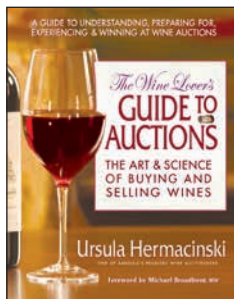


The Wine Lover's Guide to Auctions

The Art & Science of Buying and Selling Wines

Ursula Hermacinski

Savvy collectors, top chefs, and wine aficionados know that the wine auction is an important place to find superior wines. In *The Wine Lover's Guide to Auctions*, renowned auctioneer Ursula Hermacinski explains how wine auctions work so that you, too, can become a successful player. After exploring wine auction history, the author provides information on wine basics and the auction process. Rounding out the book are helpful hints for starting or expanding your wine collection, choosing the best auction house for your needs, and organizing a wine tasting.



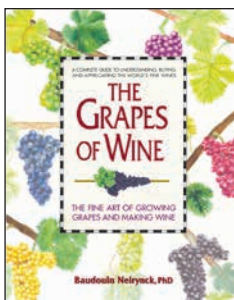
\$17.95 US / \$25.95 CAN • 256 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0275-5

The Grapes of Wine

The Fine Art of Growing Grapes and Making Wine

Baudouin Neiryneck, PhD

Once viewed as elixirs of the gods, fine wines are still treasured and enjoyed. How and why wines reach greatness is the focus of this beautifully illustrated book. The book first looks at the processes of growing grapes and making wine, and then discusses the most popular grapes used. Included are chapters on storing wines, matching wines with foods, and more. Whether you are a connoisseur or simply someone who enjoys an occasional glass, *The Grapes of Wine* is as mesmerizing as a glass of Cabernet.



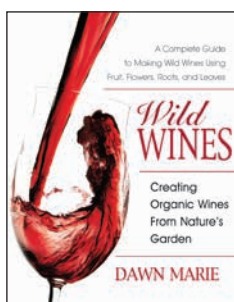
\$29.95 US / \$44.95 CAN • 224 pages • 9 x 12-inch hardback • ISBN 978-0-7570-0247-2

Wild Wines

Creating Organic Wines from Nature's Garden

Dawn Marie

Every year, more people learn to appreciate wine as part of their dining experience. But did you know that you can make wine in your own home using Nature's bounty? *Wild Wines* begins by examining the differences between commercial, organic, and wild wines. Every aspect of winemaking is then explained in detail, from choosing ingredients and equipment to brewing and bottling. This is followed by over seventy-five wild wine recipes that use fruits, flowers, roots, and leaves. Here is all the information you need to revel in one of life's greatest pleasures.



\$18.95 US / \$27.95 CAN • 224 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0292-2

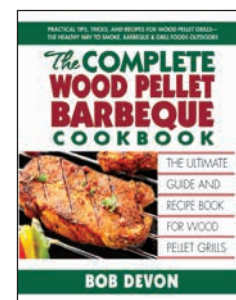
The Complete Wood Pellet Barbeque Cookbook

The Ultimate Guide and Recipe Book for Wood Pellet Grills

Bob Devon

Flavorful, juicy, and absolutely irresistible—that's what you can expect from food prepared on a wood pellet grill. This cookbook provides all the information you need to create taste-tempting meals on this unique outdoor cooker.

Bob Devon, barbeque master extraordinaire, kicks off the recipes with a medley of rubs, marinades, and sauces. Following this are tantalizing recipes for beef; burgers, hot dogs, and sausages; pork; chicken; turkey; seafood; vegetables; breads; and even desserts. Every dish is easy to make and a pleasure to eat.



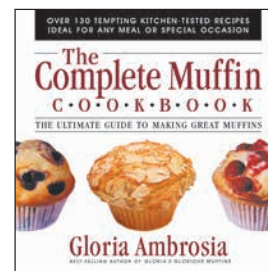
\$17.95 US / \$25.95 CAN • 208 pages • 8 x 10-inch paperback • ISBN 978-0-7570-0337-0

The Complete Muffin Cookbook

The Ultimate Guide to Making Great Muffins

Gloria Ambrosia

Expert baker Gloria Ambrosia shares an extraordinary collection of her favorite muffins that are not only sensational, but also quick and easy to prepare (you can whip up a batch in under thirty minutes). After revealing muffin-making basics, Gloria presents six chapters that are packed with over 130 muffin varieties, from sweet and fruity to rich and savory. Not just for breakfast, Gloria's muffins make delicious snacks, perfect accompaniments to soups and salads, and even welcome guests at the dinner table.



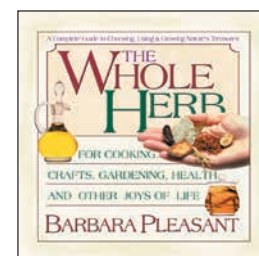
\$14.95 US / \$21.95 CAN • 216 pages • 7.5 x 7.5-inch paperback • ISBN 978-0-7570-0179-6

The Whole Herb

For Cooking, Crafts, Gardening, Health and Other Joys of Life

Barbara Pleasant

This easy-to-follow guide begins by looking at the history and benefits of herbs, while subsequent chapters focus on their many uses, including herbs and health, herbs in the kitchen, herbs around the house, and herbs in the garden. Next comes an A-to-Z reference profiling over fifty common herb varieties. Each entry provides information on the herb's background, benefits, and uses, along with helpful buying guides, growing instructions, preservation methods, and safety information. Throughout, insets highlight important facts and techniques, helping you fully enjoy the herbal experience.

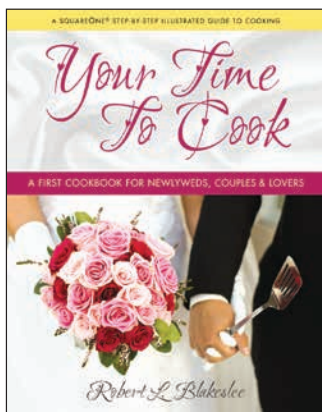


\$14.95 US / \$21.95 CAN • 248 pages • 7.5 x 7.5-inch paperback • ISBN 978-0-7570-0080-5

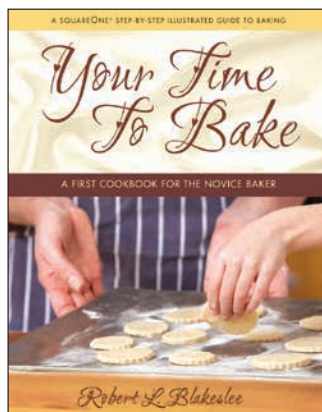
LEARNING TO COOK MADE FUN & EASY

Ever dreamed of having an expert cook next to you in the kitchen, teaching you how to prepare great meals? Seasoned cook Robert L. Blakeslee is here to fulfill that culinary dream.

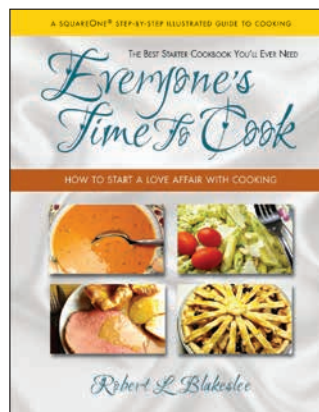
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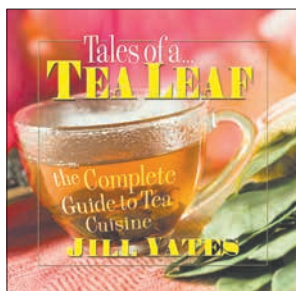
A PASSION FOR FLAVORS

If you have a passion for the robust flavor and pungent aroma of garlic, enjoy the sumptuous taste of olives, or are a devoted tea or coffee drinker, you're going to enjoy this special series.

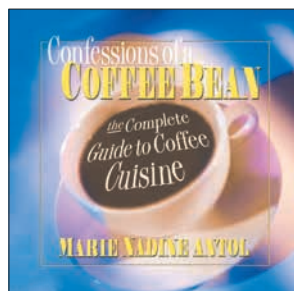
Each illustrated book is filled with fascinating information on these culinary favorites, as well as a wide variety of enticing kitchen-tested recipes.



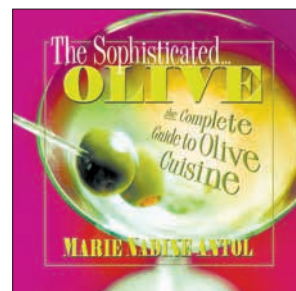
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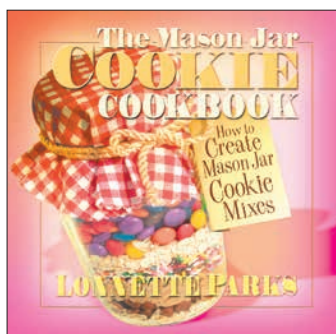


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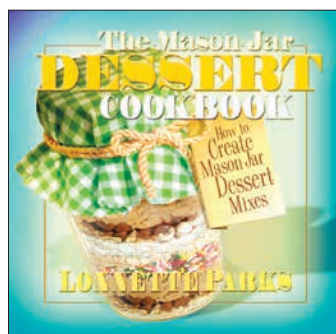
CREATE A MASON JAR GIFT

The popularity of Mason jar mixes is taking the country by storm. These beautifully decorated jars are filled with attractive layers of ingredients for making a variety of scrumptious

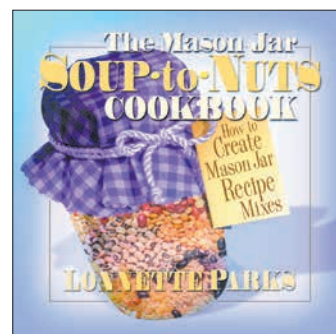
kitchen creations. Topped with an eye-catching square of fabric that is tied on with decorative ribbon, these jars are a pleasure to give and a joy to receive.



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Michio Kushi with Marc Van Cauwenberghe, MD

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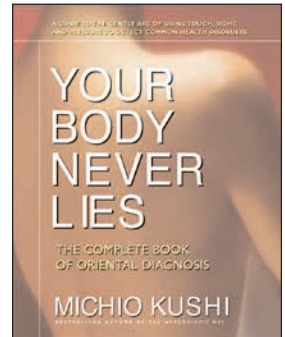
Your Body Never Lies

The Complete Book of Oriental Diagnosis

Michio Kushi

Your Body Never Lies was designed to help you understand and use Oriental diagnosis, an ancient holistic system that can reveal physical problems even before they arise. The book begins by explaining the principles of Oriental medicine, and then shows you how to detect problems simply by looking at the mouth, lips, teeth, eyes, nose, cheeks, ears, forehead, hands, feet, and other body features. Here is a complete guide to identifying and preventing disease while preserving health and harmony.

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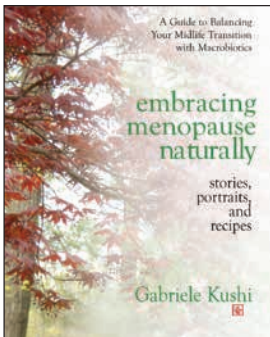
Embracing Menopause Naturally

Stories, Portraits, and Recipes

Gabriele Kushi

While menopause triggers many physical changes, it also prompts spiritual issues that, for many women, mark a redefinition of the feminine self. To address the impact of menopause, Gabriele Kushi presents a practical guide to dealing with this time through a natural foods diet, as well as stories of twenty menopausal women. Here is a true companion for any woman who wants to adopt a natural foods diet and enjoy physical and spiritual well-being throughout her midlife years.

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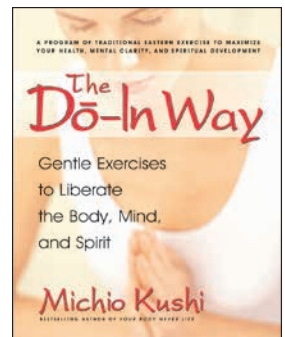
The Dō-In Way

Gentle Exercises to Liberate the Body, Mind, and Spirit

Michio Kushi

Dō-In is an ancient form of exercise that uses breathing techniques, posture, and self-massage and manipulation to stimulate body systems. Over the last 5,000 years, it has served as the origin of such well-known disciplines as shiatsu, acupuncture, moxibustion, yogic exercises, and meditation. *The Dō-In Way* is a comprehensive handbook to this ancient system of movement, which is designed to harmonize the body and cultivate physical health, mental serenity, and spiritual well-being.

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Macrobiotics for Everyone, SECOND EDITION

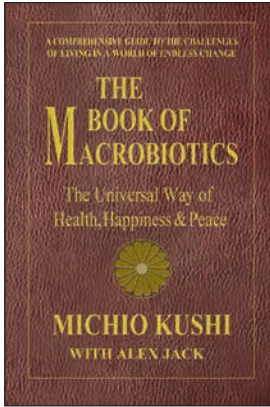
A Practical & Delicious Approach to Eating Right for Better Health, Natural Balance & Less Stress

Roger Mason

In today's stress-filled world, maintaining a healthy, balanced diet can be a constant struggle, and making the right food choices is not always a priority. But the truth is that practicing good dietary health is not as difficult as you might think. In this concise guide, Roger Mason makes wholesome eating fun and, most important, easy. Expanding on the Japanese macrobiotic tradition, *Macrobiotics for Everyone* offers a diet that is not only balanced, but also delicious and satisfying.

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The Book of Macrobiotics

The Universal Way of Health, Happiness & Peace

Michio Kushi with Alex Jack

Michio Kushi's Classic Work on Macrobiotics

The Book of Macrobiotics has been read by hundreds of thousands of people who seek a comprehensive approach to living in a world of endless change. Now, after two decades, the book has been revised and expanded to reflect refinements in Michio Kushi's teachings, as well as developments in the modern practice of macrobiotics. This revised edition presents a simplified, broader diet, evolved approaches to health disorders, and an all-new chapter on the Spiritual World.

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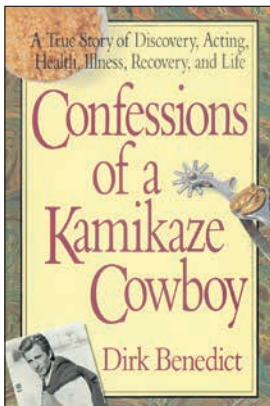
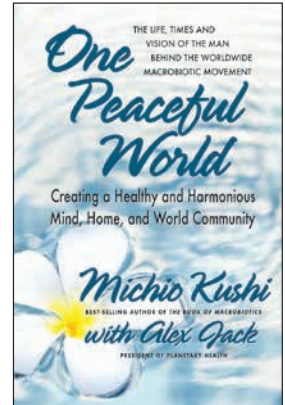
One Peaceful World

Creating a Healthy and Harmonious Mind, Home, and World Community

Michio Kushi with Alex Jack

Food is an essential factor that shapes the way we think, feel, and respond to one another. In this milestone book, Michio Kushi presents his vision for building world peace through a sane way of eating. In 1987, he launched his One Peaceful World society, which seeks to bring about world peace through an awareness of the links between food, emotions, natural law, and international order. This book lays the foundation for One Peaceful World, offering a new approach to diet and thought.

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Confessions of a Kamikaze Cowboy

A True Story of Discovery, Acting, Health, Illness, Recovery, and Life

Dirk Benedict

Confessions of a Kamikaze Cowboy tells the fascinating story of actor Dirk Benedict's journey from the big sky country of Montana to the hustle and hype of Hollywood. It also describes his odyssey of self-discovery as he changes from struggling actor to celebrity, from meat eater to vegetarian, from cancer victim to cancer victor. Brilliantly written, this book may change the way you perceive actors, and even make you reconsider the truths in your own life.

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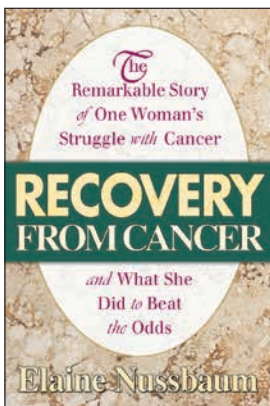
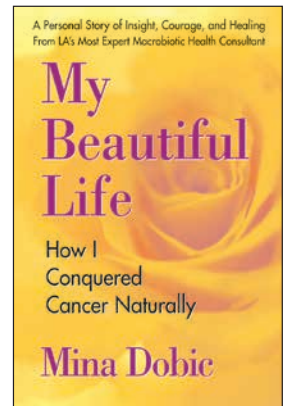
My Beautiful Life

How I Conquered Cancer Naturally

Mina Dobic

As an academican, Mina Dobic led a privileged life, but that changed when she was diagnosed with stage IV ovarian cancer that had metastasized to her liver, bones, and lymph system. Given two months to live by her physicians, Mina rejected conventional treatments and adopted macrobiotics. Six months later, Mina Dobic was cancer free. *My Beautiful Life* both explains how Mina recovered from cancer and details how cancer can be prevented through diet and living in balance with nature.

\$15.95 US / \$22.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0244-1



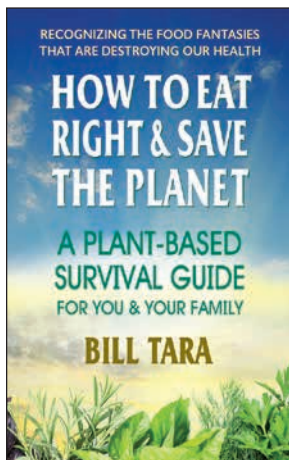
Recovery from Cancer

The Remarkable Story of One Woman's Struggle with Cancer and What She Did to Beat the Odds

Elaine Nussbaum

The words slowly sank in—"Mrs. Nussbaum, you have cancer." So began Elaine Nussbaum's struggle with this frightening disease. Despite surgery, chemotherapy, and radiation, the cancer spread to Elaine's bones and lungs. Finally, she stopped all treatments and began to practice macrobiotics in a last-ditch effort to save her life. Slowly, steadily, she regained her health. Here, in Elaine's own words, is the dramatic and moving account of recovery against all odds.

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How to Eat Right & Save the Planet

A Plant-Based Survival Guide for You & Your Family

Bill Tara

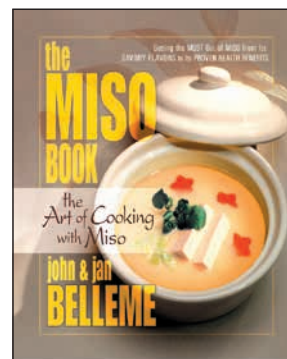
Today's common diet—largely manufactured by big business and big advertising—is the root cause of many serious health conditions, including heart disease, cancer, diabetes, and so much more. It has also created an industry that kills over 70 billion land animals every year. Recognizing the impact of our food choices is the first important step in reversing habits that damage the body, heart, and soul. *How to Eat Right & Save the Planet* cuts through all the dietary hype and confusion. Along with providing vital nutritional facts based on current research, it explains how our diet impacts social justice and environmental sustainability. Here is a complete guide to creating a healthy, Earth-friendly diet for you and your family. You will discover how to take back control of your health, your family's health, and, to the health of the planet.

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The Miso Book

The Art of Cooking with Miso

John Belleme and Jan Belleme



For centuries, the preparation of miso has been considered an art form in Japan. Through a time-honored process, soybeans and grains are transformed into this wondrous food, which is both a flavorful addition to a variety of dishes and a powerful medicinal. Part One of this guide begins with miso basics—its types and uses. A chapter called “Miso Medicine” then details this superfood’s healing properties and role in maintaining good health. Easy directions for making miso at home are also found in Part One. Then Part Two presents over 140 healthy recipes in which miso is used in dips, spreads, soups, and much more. Whether you are in search of healthful foods or you simply want a delicious new take on old favorites, *The Miso Book* may be just what the doctor ordered.

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Cooking with Seitan

The Complete Vegetarian “Wheat-Meat” Cookbook

Barbara Jacobs and Leonard Jacobs

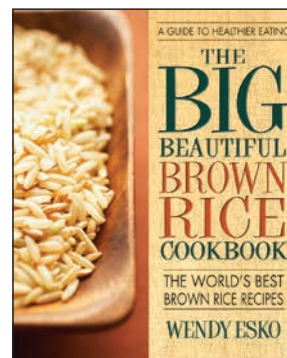
Seitan (pronounced *say-tan*) is a spectacular meat substitute with a look, taste, and texture that satisfies the heartiest of appetites. Derived from wheat flour, seitan is naturally nutritious and low in fat, cholesterol, and calories. Perhaps best of all, it is amazingly adaptable and can be prepared to fit into any menu. *Cooking with Seitan* provides a wonderful introduction to this versatile food. For those unfamiliar with seitan, the book explains how seitan can be made, stored, and used. Also included are over 250 kitchen-tested recipes featuring twists on traditional and international favorites as well as many new and imaginative dishes, from salads and appetizers to soups, stews, and even desserts. Whether you want to expand your repertoire of vegetarian dishes or you simply love great food, this book can add a deliciously healthful touch to your menu.

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The Big Beautiful Brown Rice Cookbook

The World's Best Brown Rice Recipes

Wendy Esko



Every once in a while, restaurant patrons are offered a choice: “Would you like that with white or brown rice?” And all too often, the brown rice that appears on the plate, while healthful, is far from a culinary treat. But brown rice can be as tempting as it is beneficial. To prove the point, cookbook author Wendy Esko has created a collection of her finest rice recipes in *The Big Beautiful Brown Rice Cookbook*. Wendy first shows you the many ways in which you can cook brown rice to yield a nutty flavor and enticingly robust texture. She then provides over one hundred easy-to-follow kitchen-tested recipes. As Wendy demonstrates, this wonderful food can be a culinary star—which is why her collection includes dishes for breakfast, lunch, and dinner. And every one is a winner.

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Servants of the Fish

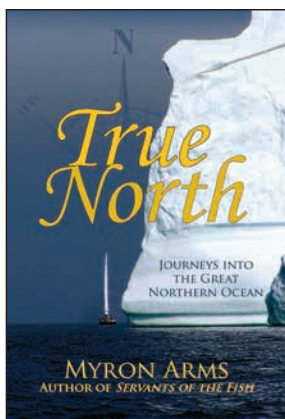
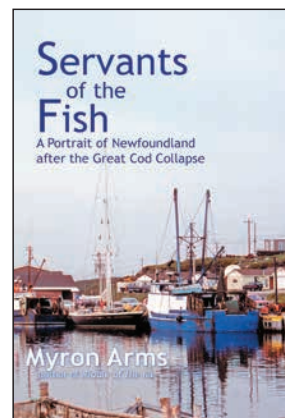
A Portrait of Newfoundland After the Great Cod Collapse

Myron Arms

As the last of the northern cod disappeared from the fishing banks of eastern North America during the waning years of the twentieth century, more than just fish faced the threat of extinction. In communities all around the island of Newfoundland, thousands of fishermen and their families suddenly found themselves facing a similar threat.

In *Servants of the Fish*, author Myron Arms presents the story of these people, who are both the perpetrators and the victims of this event. He brings readers face to face with the people and the geography of the story, which is a tale of a particular time and place. Yet it is also an allegory of sorts—about predators and prey, about greed and denial, and about our collective ability as human beings to destroy natural systems once thought to be infinite.

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True North

Journeys Into the Great Northern Ocean

Myron Arms

From the fiords of northern Labrador to the ice fields of western Greenland, and from the out ports of Newfoundland to the fishing villages of Iceland, lifelong sailor Myron Arms chronicles his decades of voyaging into some of the Earth's most remote destinations.

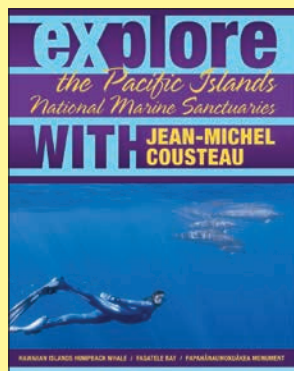
A tale of white-knuckled adventure, *True North* is a celebration of natural places. You will set sail with Arms and experience the allure and challenges of northern landscapes—stormy nights at sea, the Arctic sun at midnight, and much more. You'll explore the geology, archeology, and natural history of these landscapes. Thought-provoking and environmentally savvy, *True North* expresses one man's fierce determination "to encounter the natural world, to live deliberately within it, to strive to minimize one's footprint upon it, and to bear witness to it before it is altered irrevocably—before it is lost."

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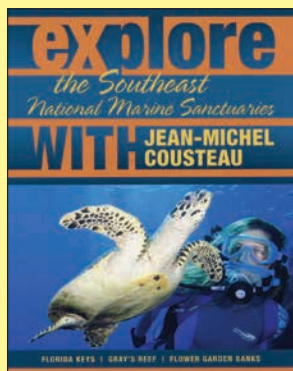
Based on the famed French explorer's film series *Jean-Michel Cousteau: Ocean Adventures*, this four-book series is the definitive guide to America's thirteen National Marine Sanctuaries and its one Marine National Monument. Each full-color volume conducts a grand adventure through one of the four regions of the National Marine Sanctuary system, combining engaging descriptions, hundreds of

photos, and behind-the-scenes stories from the Ocean Futures Society expedition team. Inquiries into the health of the world's oceans are provided along with an overview of several underwater treasures. Conveying the beauty of the ocean and the measures being taken to preserve it, this inspirational collection also features practical information for planning visits to the sanctuaries.



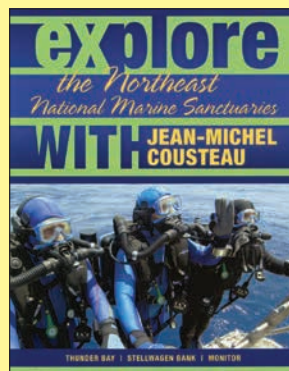
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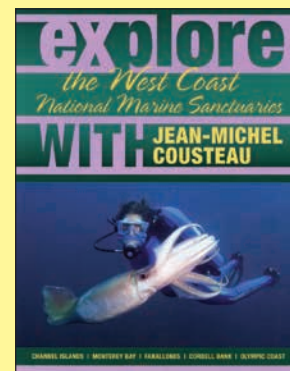
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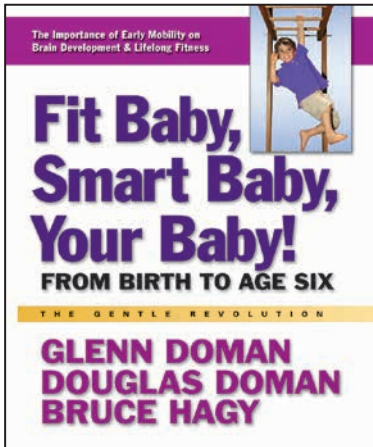
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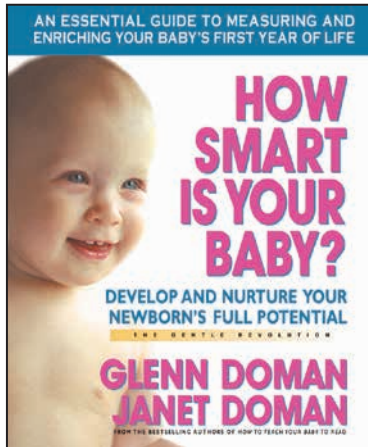
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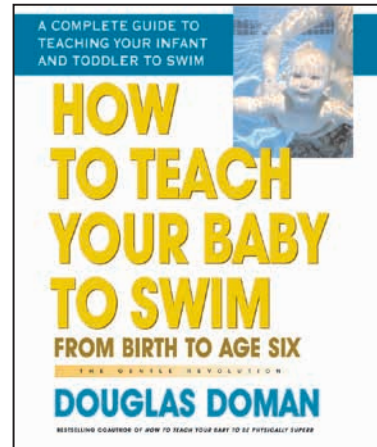
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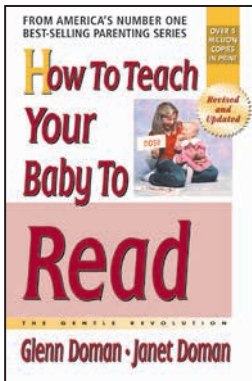
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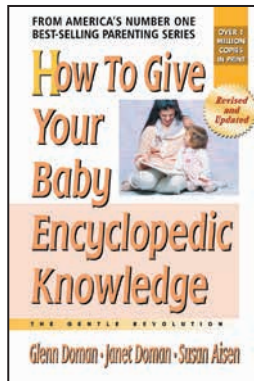
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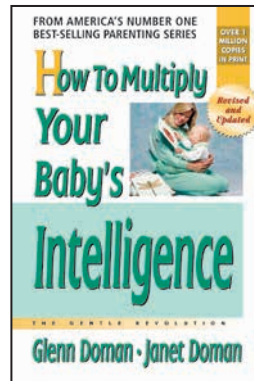
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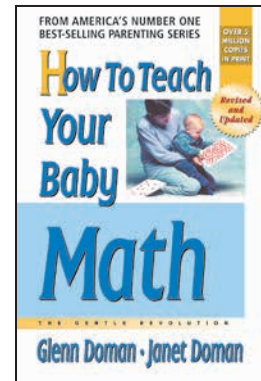
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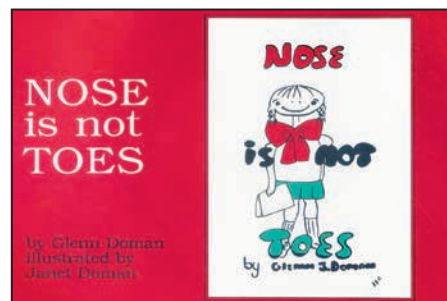
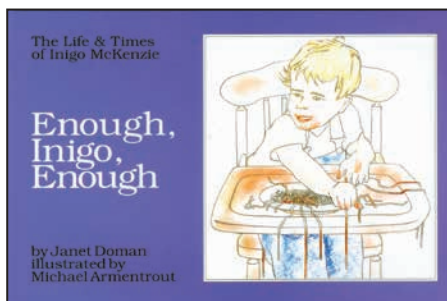


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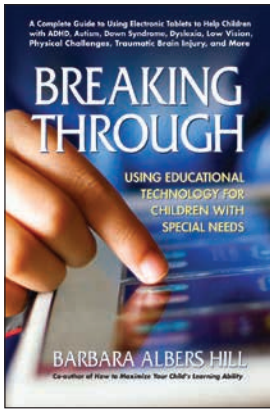


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Breaking Through

Using Educational Technology for Children with Special Needs

Barbara Albers Hill

Electronic tablets have been proven to enable communication, socialization, and acquisition of new skills. Written by special education expert Barbara Albers Hill, here is a complete guide to using tablets to help children with learning differences. You'll learn how tablets can create a nonthreatening environment that can be modified to suit any child, regardless of disability; what to buy and where to find it; and how to select add-ons that will make your tablet easier to use.

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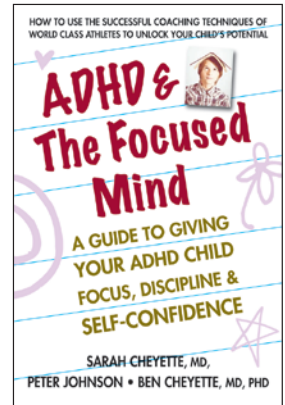
ADHD & the Focused Mind

A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence

Sarah Cheyette, MD, Peter Johnson, and Benjamin Cheyette, MD, PhD

As a boy, his difficulty in concentrating was diagnosed as ADHD. But Debbie Phelps found a way to reach past her son's ADHD—and Michael Phelps went on to win twenty-eight Olympic medals. Based on the principle that guided Debbie Phelps and written by three experts in their fields—a pediatric neurologist, a psychiatrist, and a martial arts instructor—this book provides a complete program for instilling the ability to focus in both children and adults with ADHD.

\$17.95 US / \$25.95 CAN • 256 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0414-8

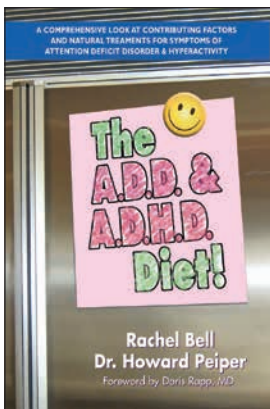


The A.D.D. & A.D.H.D. Diet!

Rachel Bell and Howard Peiper, ND

In this book, Rachel Bell and Dr. Howard Peiper take a uniquely nutritional approach to treating ADD and ADHD. After addressing the causes of the disorders, from food allergies to environmental contaminants, the authors discuss which foods your child can eat and which should be avoided. To make changing your child's diet easier, the authors also offer healthy and delicious recipes. Final chapters examine the importance of detoxifying the body, supplementing with vitamins and nutrients, and exercising.

\$10.95 US / \$15.95 CAN • 112 pages • 6 x 9-inch paperback • ISBN 978-1-884820-29-8



A.D.D.

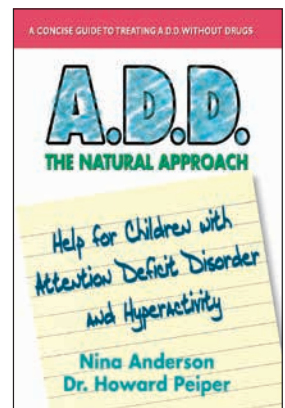
The Natural Approach

Nina Anderson and Howard Peiper, ND

Children with ADD are given powerful drugs to cope with their condition, but the drugs often have dangerous side effects. How can these children be helped? This book first explains how ADD is triggered by a central nervous system imbalance, and then offers a variety of effective natural therapies.

\$7.95 US / \$10.95 CAN • 50 pages • 5.5 x 8.5-inch paperback • ISBN 978-0-7570-0383-7

Spanish Edition: \$6.95 US / \$9.95 CAN • 54 pages • 5.5 x 8.5-inch paperback • ISBN 978-1-884820-49-6



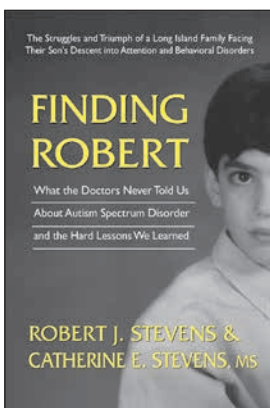
Finding Robert

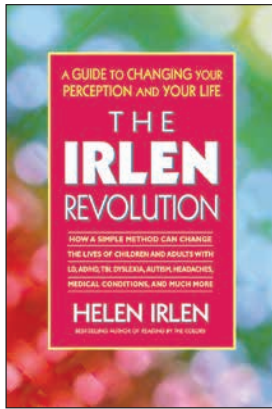
What the Doctors Never Told Us About Autism Spectrum Disorder and the Hard Lessons We Learned

Robert J. Stevens and Catherine E. Stevens, MS

Diagnosed with a number of behavioral and learning disorders at an early age, Robert Stevens was an intelligent child who could not function in a mainstream environment. On the advice of experts, Robert's parents placed him in a special education program and on medication. When nothing worked, his family turned to holistic therapies. Here is one family's journey through the world of developmental disorders, depicting the struggles faced, the decisions made, and the therapies used.

\$16.95 US / \$23.95 CAN • 256 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0402-5





The Irlen Revolution

A Guide to Changing Your Perception and Your Life
Helen Irlen

As seen on CBS-TV's 60 Minutes

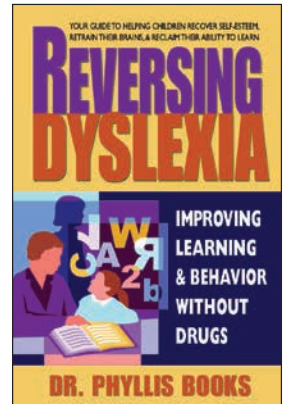
After revolutionizing the treatment of dyslexia through the use of colored lenses, Helen Irlen turned her attention to children and adults who suffer from light sensitivity, headaches, ADD, and other visual perception-related conditions and learning disabilities. This book begins by sharing Helen's journey, focusing on her work with struggling readers. It then discusses the individual issues that can get in the way of learning—what they are and how the Irlen Method can treat them.

\$17.95 US / \$25.95 CAN • 224 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0236-6

Reversing Dyslexia

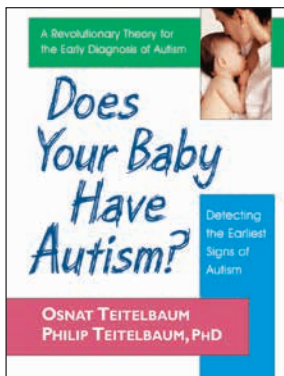
Improving Learning & Behavior Without Drugs

Dr. Phyllis Books



Dyslexia is often accompanied by social, emotional, and even physical issues that can make everyday tasks unmanageable. Unfortunately, mainstream treatment often leaves those with dyslexia feeling hopeless. *Reversing Dyslexia* offers a new approach that in some cases can reverse dyslexia. After defining dyslexia and associated conditions, the author explains how an improperly functioning brain can be “rewired” through therapy. She then details the steps you can take to enjoy significant improvements in both reading and general learning.

\$16.95 US / \$23.95 CAN • 160 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0378-3



Does Your Baby Have Autism?

Detecting the Earliest Signs of Autism

Osnat Teitelbaum and Philip Teitelbaum, PhD

Although experts agree that early intervention is key to the effective treatment of autism, most believe that this disorder's telltale signs don't reveal themselves until age two or three. *Does Your Baby Have Autism?* focuses on detecting signs of potential autism or Asperger's syndrome through early motor development. The book first provides general information about the Ladder of Motor Development. Then each chapter examines one motor milestone, making it easy to recognize unusual patterns of movement.

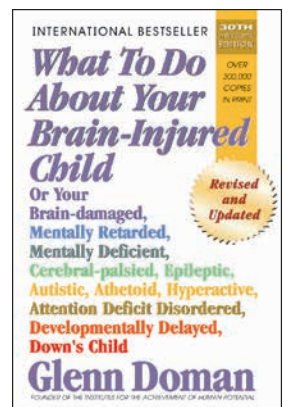
\$17.95 US / \$25.95 CAN • 176 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0240-3

What to Do About Your Brain-Injured Child

Glenn Doman

Glenn Doman, founder of The Institutes for the Achievement of Human Potential and pioneer in the treatment of brain-injured children, brings hope to thousands with *What to Do About Your Brain-Injured Child*. Doman first recounts The Institutes' efforts to refine treatment of the brain-injured. He then shares the staff's lifesaving techniques and the tools used to measure visual, auditory, tactile, mobile, and manual development. Finally, he guides parents in working with their children at home.

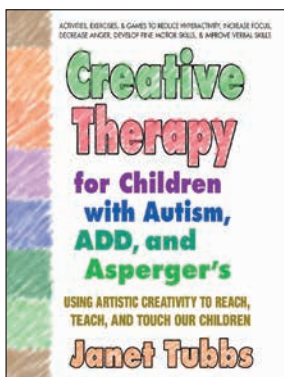
\$18.95 US / \$27.95 CAN • 336 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0186-4
\$24.95 US / \$37.95 CAN • 336 pages • 6.5 x 9.5-inch hardback • ISBN 978-0-7570-0187-1



Creative Therapy for Children with Autism, ADD, and Asperger's

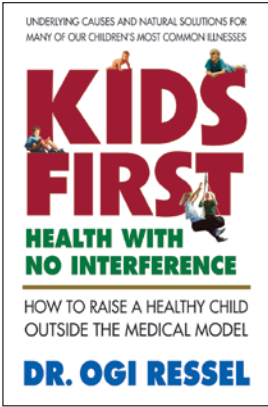
Using Artistic Creativity to Reach, Teach, and Touch Our Children

Janet Tubbs



Thirty years ago, Janet Tubbs began using art, music, and movement to reach children with behavioral problems. She then successfully applied her program to children with autism, ADD, and Asperger's syndrome. *Creative Therapy* starts by explaining the author's unconventional approach. It then provides a variety of exercises and activities designed to reduce hyperactivity, increase focus, decrease anger, develop fine motor skills, or improve social and verbal skills while helping children relate to their environment without fear.

\$18.95 US / \$27.95 CAN • 336 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0300-4



Kids First

Health with No Interference

Ogi Ressel, DC

Designed for all who share in the care of children, *Kids First* helps you determine the underlying causes of many children's illnesses and assists you in creating a healing program with lasting results. Chiropractic healer Ogi Ressel first looks at the history of conventional medicine and explores how to maintain health without using drugs that can interfere with the innate potential for wholeness. Commonsense remedies are offered, and important topics such as vaccination are discussed.

\$16.95 US / \$23.95 CAN • 272 pages • 6 x 9-inch paperback • ISBN 978-0-9701110-8-1

"[A] thorough and convincing book."
 —*Library Journal*

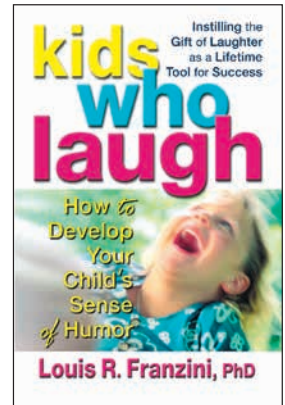
Kids Who Laugh

How to Develop Your Child's Sense of Humor

Louis R. Franzini, PhD

While some children are born with an innate sense of humor, for most kids, humor is a learned behavior. *Kids Who Laugh* is the first book to examine the psychology of humor in children and explore the many benefits that this characteristic has to offer, including self-confidence, coping skills, creativity, self-control, and more. Most important, it offers the actual tools that parents can use to give their child the gift of laughter.

\$14.95 US / \$21.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0008-9



Why Johnny Hates Sports

Why Organized Youth Sports Are Failing Our Children and What We Can Do About It
 Fred Eng

A growing number of children are dropping out of organized sports simply because the system is failing them. Written by one of this country's leading advocates of youth sports, *Why Johnny Hates Sports* explains why many of the original goals of youth leagues have been affected by today's win-at-all-costs attitude. It then documents the negative physical and psychological effects that parents, coaches, and administrators can have on children, while providing effective solutions to each of the problems covered.

\$14.95 US / \$21.95 CAN • 224 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0041-6

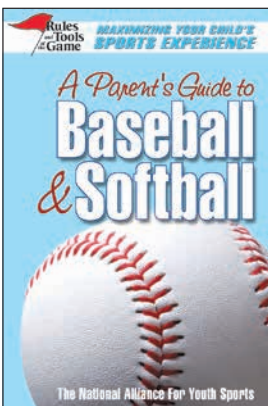
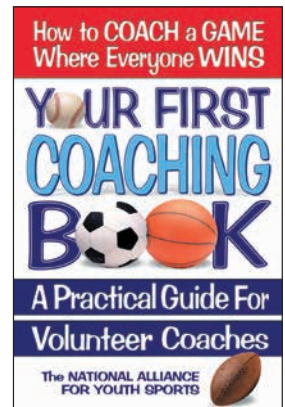
Your First Coaching Book

A Practical Guide for Volunteer Coaches

The National Alliance For Youth Sports

Coaching can be rewarding, but starting the season unprepared can be frustrating. *Your First Coaching Book* provides tips on how to encourage fun and good sportsmanship, maximize skill development, deal with inappropriate behavior from players and parents, and prevent injuries through high safety standards. The children on your team will remember their sports experience for the rest of their lives, and *Your First Coaching Book* will help ensure that these memories are happy ones.

\$5.95 US / \$8.95 CAN • 80 pages • 4 x 7-inch paperback • ISBN 978-0-7570-0200-7



A Parent's Guide to Baseball & Softball

Maximizing Your Child's Sports Experience

The National Alliance For Youth Sports

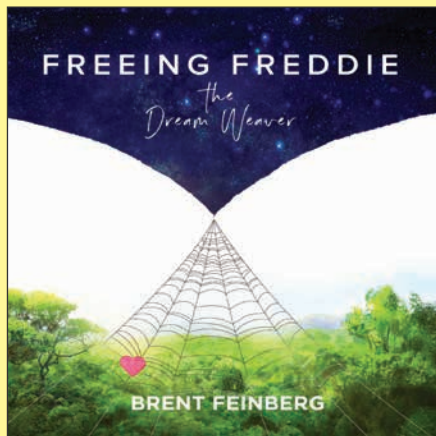
The world of organized youth baseball and softball is an exciting one, and as a parent, you can make a big difference in helping your youngster grow and make the most of the experience. *A Parent's Guide to Baseball & Softball* lends a hand by offering advice to help your child set and meet season goals, develop the necessary skills for the sport, gain self-confidence and self-esteem, develop good sportsmanship, deal with challenges, respect coaches and other players, and have a safe and rewarding season.

\$4.95 US / \$6.95 CAN • 64 pages • 4 x 7-inch paperback • ISBN 978-0-7570-0201-4

FREEING FREDDIE SERIES

Brent Feinberg

In this series, young readers accompany Freddie, a young boy who lives in a magical rainforest, on a journey of discovery. Designed to help children overcome their fears, this full-color reader comes with a related workbook and activity book. Available in Spanish.



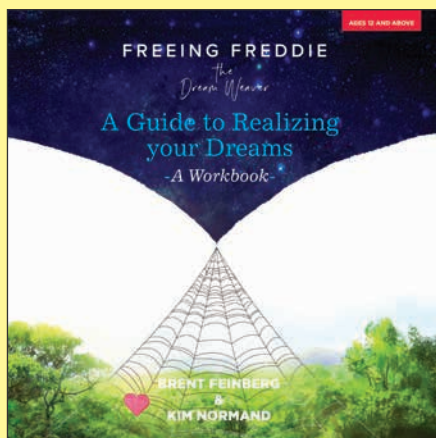
FREEING FREDDIE READER

\$16.95 US / \$23.95 CAN • 48 pages •
9 x 9-inch hardback • ISBN 978-0-7570-0458-2



FREEING FREDDIE ACTIVITY BOOK

\$16.95 US / \$23.95 CAN • 56 pages •
9.75 x 9.75-inch paperback • ISBN 978-0-7570-0459-9



FREEING FREDDIE WORKBOOK

\$19.95 US / \$28.95 CAN • 72 pages •
9.75 x 9.75-inch paperback • ISBN 978-0-7570-0460-5



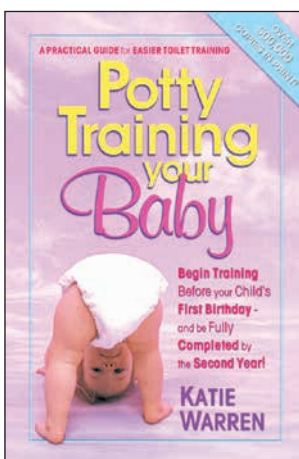
Massaging Your Baby

The Joy of Touch Time

Elaine Fogel Schneider, PhD

The power of touch is very real and has been scientifically shown to have remarkable positive effects. For infants, it encourages relaxation; improves sleep patterns; reduces discomfort from teething, colic, and gas; strengthens digestive and circulatory systems; and so much more. For parents, it nurtures bonding, increases communication, promotes parenting skills, and actually reduces stress levels. In *Massaging Your Baby*, Dr. Elaine Fogel Schneider has written the ultimate guide to using infant massage at home. She explains why massage is so beneficial, and then provides an easy-to-follow guide to effective massage techniques.

\$15.95 US / \$22.95 CAN • 224 pages • 7.5 x 9-inch paperback • ISBN 978-0-7570-0263-2



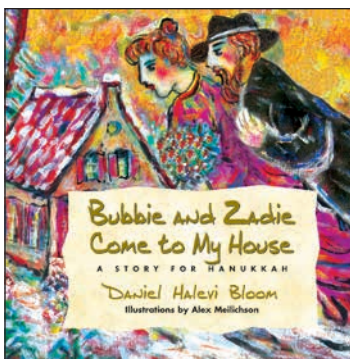
Potty Training Your Baby

A Practical Guide for Easier Toilet Training

Katie Warren

Contrary to traditional belief, the transition from diaper to potty can be started even before your child's first birthday—and completed by the second! In *Potty Training Your Baby*, Katie Warren encourages taking advantage of the early months, as children understand things intuitively much sooner than they understand words. She provides information on everything from where to buy a potty to dealing with those inevitable little "accidents." Perhaps most important, she shows how you can turn this often dreaded task into a time of growth and learning for both you and your child.

\$9.95 US / \$13.95 CAN • 104 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0180-2



Bubbie and Zadie Come to My House

A Story for Hanukkah

Daniel Halevi Bloom

Illustrations by Alex Meilichson

For decades, Jewish children have written letters to Bubbie and Zadie because of this special holiday tale. It is the story of a magical grandmother and grandfather who visit Jewish children throughout the world on the first night of Hanukkah. They tell them wonderful stories, play holiday games, and offer words of wisdom. Most important, they bring with them the true spirit of Hanukkah itself. Whether read by a child, or by a parent or grandparent to a child, *Bubbie and Zadie Come to My House* brings greater meaning to the Festival of Lights.

\$16.95 US / \$23.95 CAN • 32 pages • 9.5 x 9.5-inch hardback • ISBN 978-0-7570-0298-4

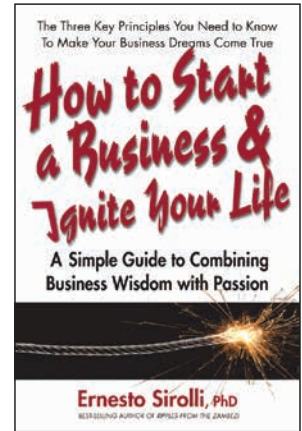
How to Start a Business & Ignite Your Life

A Simple Guide to Combining Business Wisdom with Passion

Ernesto Sirolli, PhD

Starting a business from scratch can be a huge undertaking, and even the best have been known to fail because they didn't know a few simple but essential rules. In *How to Start a Business & Ignite Your Life*, world-renowned business consultant Ernesto Sirolli offers an easy-to-follow formula for success that allows you to discover your strengths while surrounding yourself with people who have complementary skills. The first half of the book provides an overview of the author's Trinity of Management—the three key areas of product, marketing, and financial management. In the second half, Dr. Sirolli explains how these ideas can be practically applied to your startup, enabling you to turn it into a prosperous enterprise. Whether you are an aspiring entrepreneur or a current business owner, here are all the tools you need to make a living by simply doing what you love.

\$16.95 US / \$23.95 CAN • 144 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0374-5



A New York Times Bestseller

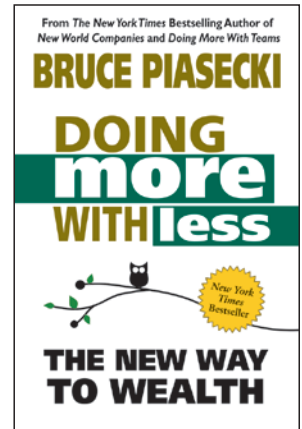
Doing More with Less

The New Way to Wealth

Bruce Piasecki

Benjamin Franklin knew instinctively what so many of us have forgotten: Frugality and industriousness are the ways to wealth. Today, many powerful interests, from governments to multinational corporations, are exploring this approach and discovering how it can help secure their future. In *Doing More With Less*, author Bruce Piasecki dives into our primal competitive instinct and shows us how to recognize and embrace frugality as a crucial competitive edge. Providing relevant examples from his thirty-plus years of experience as a management consultant and change agent, Piasecki convincingly explains the case for following this more prudent path. Applicable to professionals in any industry, *Doing More With Less* is an actionable call to arms with global insights that will make you more adept in the short run and more adaptive in the long run.

\$16.95 US / \$23.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0426-1



Doing More with Teams

The New Way to Winning

Bruce Piasecki

Since the “hunter-gatherer” days of old, human beings have instinctively worked in teams. But what have we really learned about what drives us to cooperate and collaborate with each other? Does all of the selfishness and scandal in business and government today suggest we have spilled the special sauce of teamwork? *Doing More With Teams* explores ways to encourage a new form of competition, so that organizations complete the challenges before them to drive growth and get results. It offers a new premise for the concept of teamwork and challenges the perception that individualism is the only way to wealth. Through real-life and historical examples of teams that have inspired awe, *Doing More With Teams* shows us how tapping into the magic of teamwork provides us with a new, more ethical, and more collaborative way forward.

\$16.95 US / \$23.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0427-8



“[F]or green-money investors and consumers bent on putting their money to work in positive ways.”

—Kirkus Reviews

New World Companies

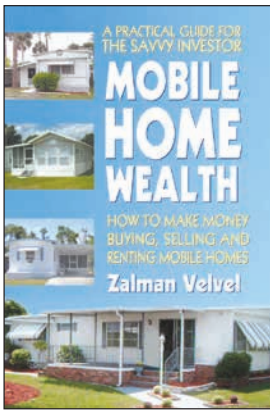
The Future of Capitalism

Bruce Piasecki

Since 1981, more than 60 percent of Fortune 500 companies have either failed or been significantly downgraded in size, influence, or governance structures. In *New World Companies*, best-selling author Bruce Piasecki examines this sobering reality and explains why certain twenty-first century companies are likely to thrive while others fall short. The book opens with an overview of today's global corporate environment. It examines the growing trend toward socially responsive policies and practices as an integral part of a successful operation. Also included are informative discussions of the evolution of shared values in business networks, the importance of innovation and sustainability, and much more. Whether you are an investor, an executive, or a consumer, *New World Companies* provides you with the tools needed to measure a company's potential for success—or its likelihood of failure.

\$17.95 US / \$25.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0413-1





Mobile Home Wealth

How to Make Money Buying, Selling and Renting Mobile Homes

Zalman Velvel

For years, mobile homes have ambled along under the radar of most real estate investors. Yet for a growing group of savvy profit-minded folks, they have become a tremendous asset. Written by one of the top professionals in the business, *Mobile Home Wealth* is an easy-to-understand book that can guide you through all the steps you will need to succeed in one of the most lucrative real estate investments available.

\$19.95 US / \$28.95 CAN • 384 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0237-3

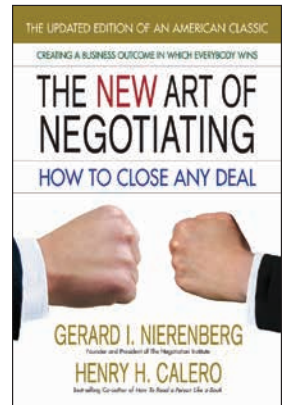
The New Art of Negotiating—Updated Edition

How to Close Any Deal

Gerard I. Nierenberg and Henry H. Calero

It turns out you negotiate every day of your life—whether asking your employer for a raise or persuading your child to do his homework. *The New Art of Negotiating* is an updated version of the million-copy best-seller that introduced us to the art of effective negotiation. You will learn how to analyze your opponent's motivation, negotiate mutually satisfying terms, recognize body language, and much more, all while applying Nierenberg's famous "everybody wins" tactics to the bargaining process.

\$15.95 US / \$22.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0305-9



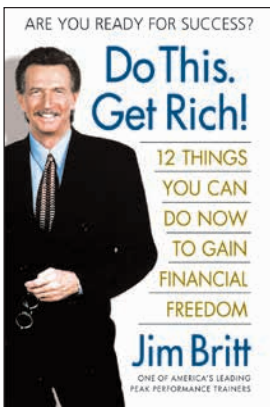
Do This. Get Rich!

12 Things You Can Do Now to Gain Financial Freedom

Jim Britt

Do This. Get Rich! is a straightforward guide that offers twelve powerful tools for achieving financial success by awaking the entrepreneur within. You will not only gain the skills needed to build your own business, but you will win a new sense of direction and confidence in reaching your goals. You will also have a practical framework from which to handle everyday challenges, alongside strategies needed in today's business world.

\$25.95 US / \$38.95 CAN • 216 pages • 6.5 x 9.5-inch hardback • ISBN 978-0-7570-0241-0



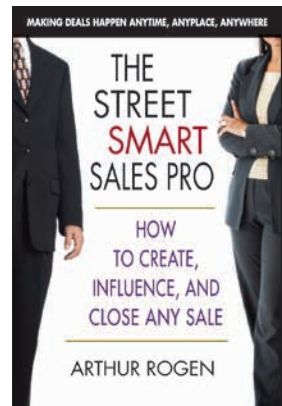
The Street Smart Sales Pro

How to Create, Influence, and Close Any Sale

Arthur Rogen

Offering a "street smart" approach that focuses on real people in real situations, this book covers every aspect of selling, from making that initial contact to closing the deal. No matter how difficult the challenge ahead or how many doors have been closed to you in the past, knowing how to be a street smart sales pro will allow you to see the world as a place filled with opportunities.

\$16.95 US / \$23.95 CAN • 224 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0390-5



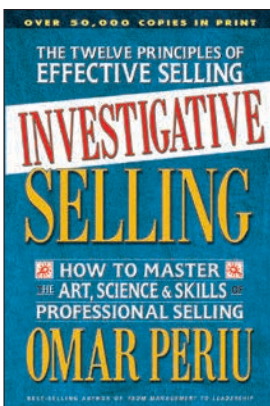
Investigative Selling

How to Master the Art, Science & Skills of Professional Selling

Omar Periu

Within each super salesperson is an expert detective, as skilled as Sherlock Holmes. Now, nationally renowned "high energy" sales trainer Omar Periu provides his readers with the secrets of becoming a top sales professional through investigative selling techniques. The author not only details vital skills, but also explains the most effective way to apply these proven techniques to a wide range of sales activities, from prospecting to presenting to closing.

\$15.95 US / \$22.95 CAN • 240 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0285-4



About the House With Henri de Marne

How to Maintain, Repair, Upgrade, and Enjoy Your Home

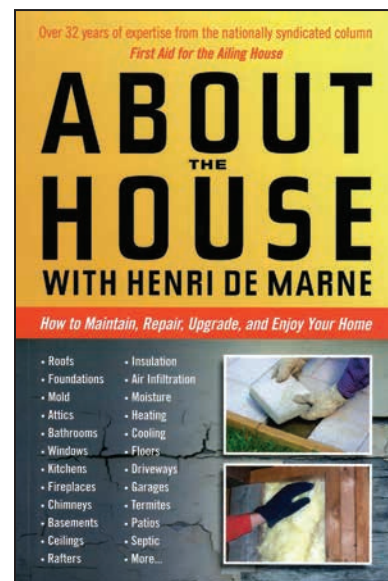
Henri de Marne

Homeowners, this book is for you. Whenever things go wrong, or when you feel you are ready to remodel, you will need expert advice. Henri de Marne is one of America's best known and most trusted experts, who has answered just about every question a homeowner can face in his syndicated newspaper column, *First Aid for the Ailing House*.

Now with *About the House*, you can find the answers to all of your home-related questions whenever you need them. De Marne has updated all of his answers and helpful advice for this book, to reflect the latest in research, materials, methods, concerns, and tastes. The result is a comprehensive manual for today's homeowners, a ready reference to consult whenever things go wrong or improvements are planned. Whether you're concerned with that green stuff growing on your roof or how to keep your basement from getting damp, De Marne has you covered from top to bottom.

\$16.95 US / \$23.95 CAN • 464 pages • 6 x 9-inch paperback • ISBN 978-0-942679-30-4 •

AN UPPER ACCESS BOOK



50 Money-Saving Tips for Every Landlord

A Practical Guide to Maintaining Short-Term Rental Properties

Mike McLean

Caring for rental properties is no easy job, especially when dealing with short-term tenants. Repairing damage and replacing parts are problems that every landlord has to face. In *Fifty Money-Saving Tips*, author Mike McLean, one of the most successful landlords in the Philadelphia area, shares his secrets for succeeding in this challenging business.

Through the use of humorous, real-life stories and an abundance of practical advice, McLean covers virtually every aspect of maintaining and upgrading rental units. His tips will teach you how to deal with tenants; cheaply and efficiently eliminate infestations; repair floors, walls, and ceilings; fix plumbing problems; maintain your confidence, and much more. On the way, the author will prevent you from making the mistakes that he made before becoming a savvy landlord. Whether you're just starting out or have been a landlord for years, this book will show you how to trim down your budget in ways you never knew existed.

\$16.95 US / \$23.95 CAN • 128 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0352-3



Bug Busters

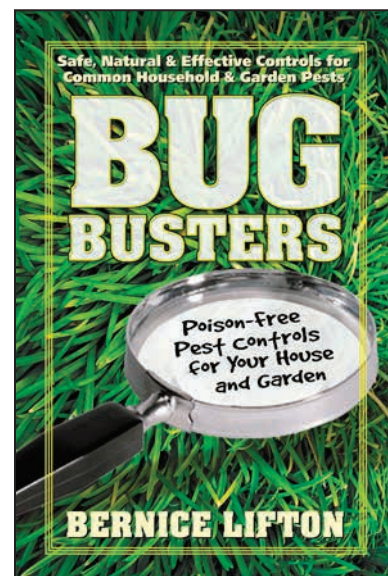
Poison-Free Pest Controls for Your House and Garden

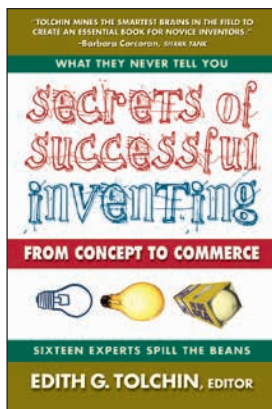
Bernice Lifton

Want to get rid of those pesky bugs and rodents that may have found their way in and around your home and garden—but without needing to make use of dangerous chemical pesticides? Look no further than *Bug Busters*, which provides dozens of environmentally safe, easy methods for keeping your home free of pests. Written in easy-to-understand language by professional researcher Bernice Lifton, this book combines traditional time-proven pest controls with the latest research. Also included are new and innovative techniques for eradicating vermin. And for those times when a chemical pesticide or exterminator may be your only recourse, as with termite infestation, *Bug Busters* tells you how to find a competent professional as well as how to properly handle and dispose of the chemical pesticides being used.

At a time when literally thousands of adults and children are treated yearly for pesticide mishaps, *Bug Busters* provides important information for anyone who is concerned about keeping their home and family safe through intelligent pest control.

\$14.95 US / \$21.95 CAN • 304 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0095-9





Secrets of Successful Inventing

From Concept to Commerce

Edith G. Tolchin, Editor

The process of inventing and bringing a product to the marketplace is fraught with legal pitfalls, costly dead ends, and confusing runarounds. Edith G. Tolchin's *Secrets of Successful Inventing* serves as an all-in-one guide that enables fledgling inventors to find success at journey's end. From terminology to patenting, from licensing to marketing, each of this book's sixteen experts offers clear and practical advice that can help inventors reach their goals. Here is a useful resource to take your idea to the next step.

\$19.95 US / \$28.95 CAN • 272 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0407-0

"An essential book for novice inventors."

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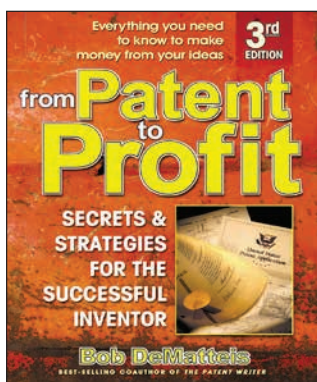
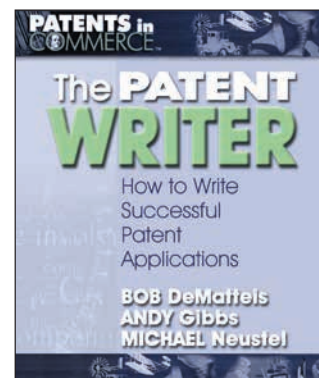
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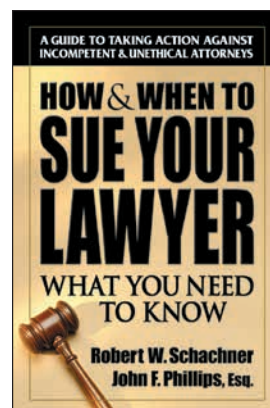
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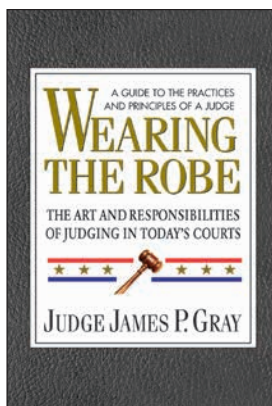
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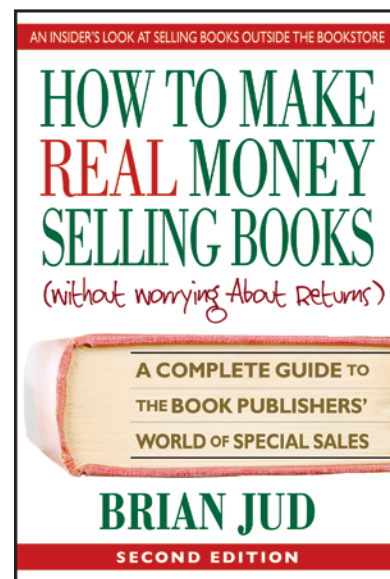
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Brian Jud

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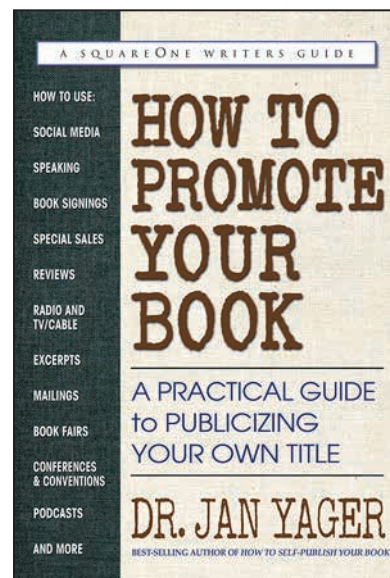
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Dr. Jan Yager

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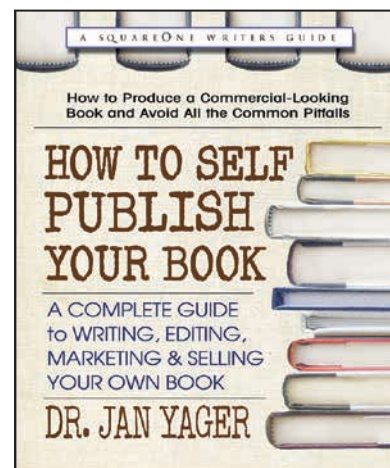
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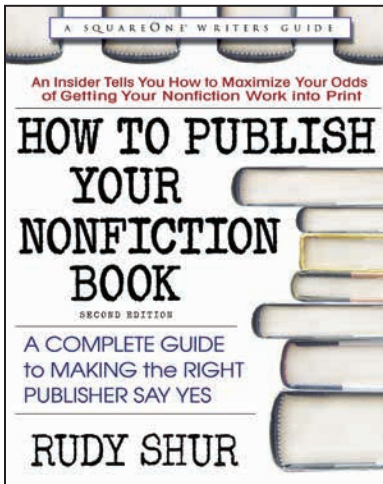
Dr. Jan Yager

While technological advances have made self-publishing a reality, there are many considerations to be aware of to help ensure success. Publishing expert Dr. Jan Yager has created this reader-friendly guide that will take you through a book's conception and writing to its production and sales. Offering sound and proven advice, *How to Self-Publish Your Book* will help you avoid common pitfalls along the way to becoming a self-published author.

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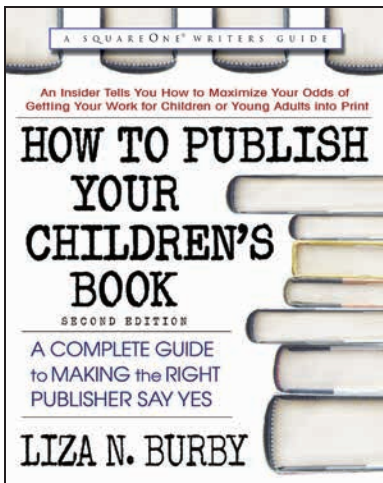
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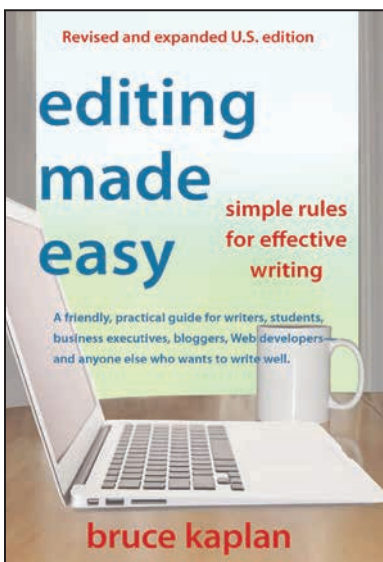
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Liza N. Burby

It is the place where wizards live, forests are enchanted, and things are often not what they seem. It is also the home of editors, agents, marketers, and art directors. It is the world of children’s book publishing. Until the first edition of this book was released, it was one of the most confusing places for hopeful writers to navigate as well. Now, award-winning writer Liza N. Burby has revised and updated her complete guide to the children’s book publishing process.

This new edition provides you with a thorough working knowledge of the children’s book industry. It explains the importance of understanding marketplaces, and offers a proven system for approaching the right publishing firms. Also included are practical tips and advice from experienced editors, publishers, and children’s book authors. Whether you’re just thinking about writing a YA or children’s book, or are already a published author, *How to Publish Your Children’s Book* is the book for you.

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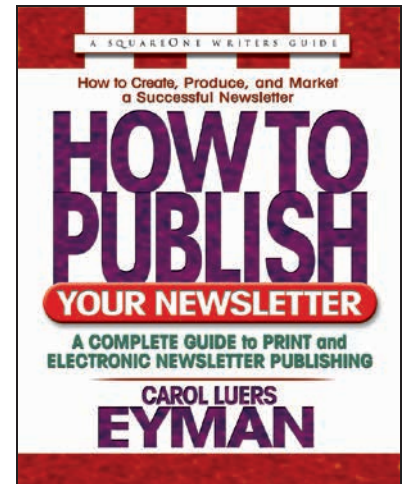
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Carol Luers Eyman

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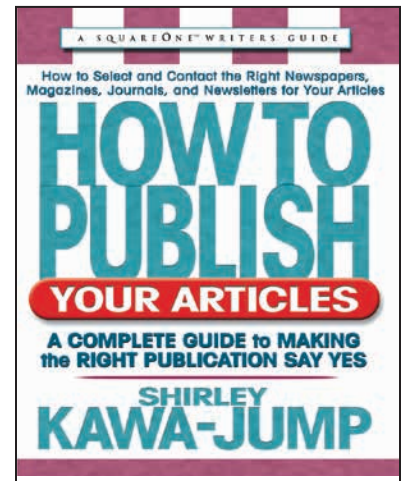
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Shirley Kawa-Jump

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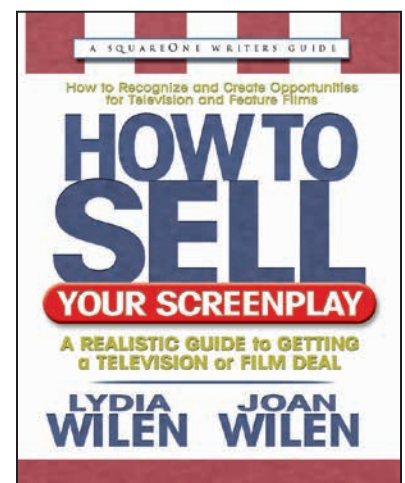
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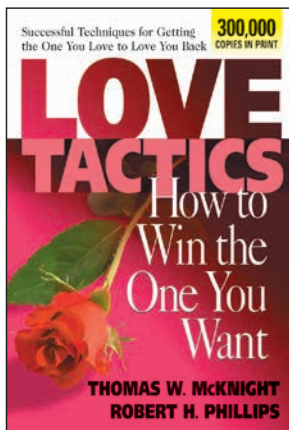
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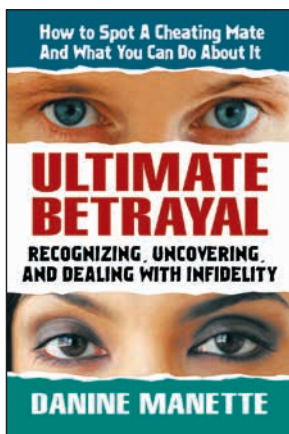
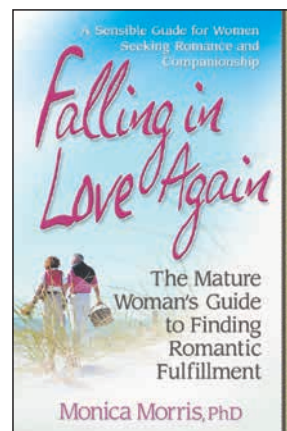
Falling in Love Again

The Mature Woman's Guide to Finding Romantic Fulfillment

Monica Morris, PhD

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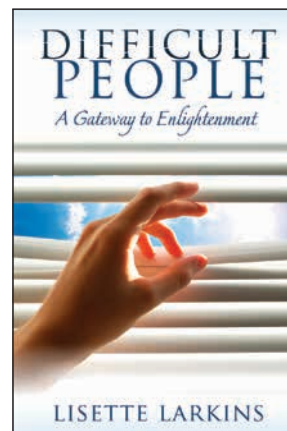
Difficult People

A Gateway to Enlightenment

Lisette Larkins

For most of us, difficult people are the bane of our existence. They annoy us, they throw us off balance, they test our patience, and—to one degree or another—they provoke reactions that are decidedly unhealthy. But it is also true that difficult people (DPs) mirror our own dysfunctional mental states and provide us with wonderful opportunities to understand ourselves, heal ourselves, and learn to live in the moment. Lisette Larkins realized the positive aspect of dealing with difficult people when she was providing care for a late-stage Alzheimer's patient. Through daily interactions with a difficult person, Larkins began a personal journey of exploration that ultimately led to spiritual awakening. In *Difficult People: A Gateway to Enlightenment*, Lisette Larkins shares her journey and guides readers in reaching a "chronic state of well-being."

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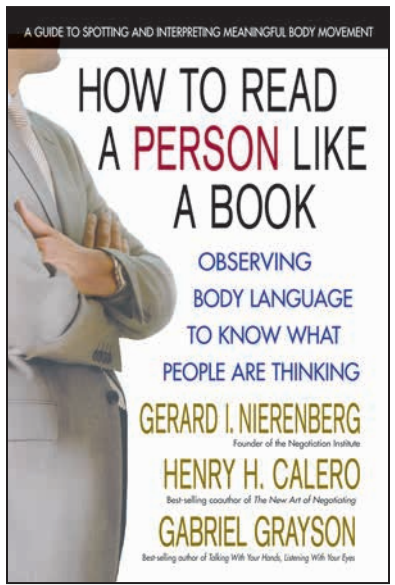
How to Read a Person Like a Book

Observing Body Language to Know What People Are Thinking
Gerard I. Nierenberg, Henry H. Calero, and Gabriel Grayson

Imagine meeting someone for the first time and within minutes—without even a word being said—having the ability to tell what that person is thinking. Magic? Not quite. Whether people are aware of it or not, their body movements clearly and consistently express their attitudes and motives, communicating key information that often proves invaluable in a range of situations.

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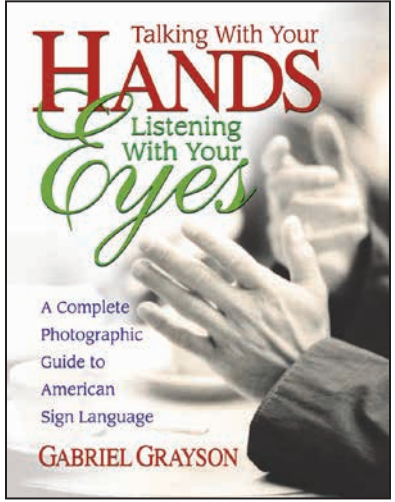
Talking With Your Hands, Listening With Your Eyes

A Complete Photographic Guide to American Sign Language
Gabriel Grayson

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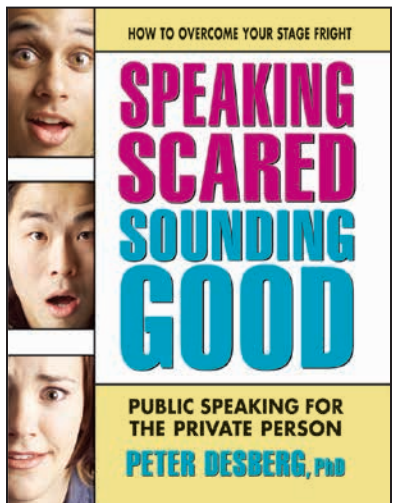
Speaking Scared, Sounding Good

Public Speaking for the Private Person
Peter Desberg, PhD

For millions of people, the idea of public speaking is terrifying—actually ranking ahead of the fear of death. Many books on public speaking promise to turn shy talkers into confident speakers, but *Speaking Scared, Sounding Good* doesn't make such ridiculous claims. Written by Dr. Peter Desberg, a practicing psychologist who has taught thousands of people to speak in front of groups, it provides proven techniques that will enable you to make it through any speech and—even though you may still be nervous—sound as if you know what you are talking about. You'll learn how to relax, how to focus, and how you can set reachable goals for yourself.

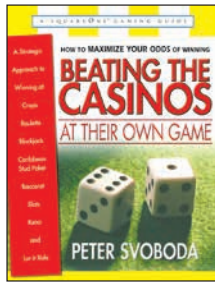
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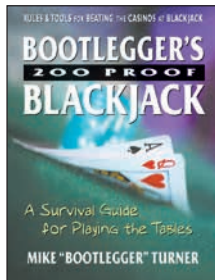


This practical, easy-to-follow, full-color guide will enable you to walk into any casino and approach the gaming tables and slot machines with confidence. *Beating the Casinos* details the “smart” way to play each game, offering unique strategies to increase your chances of winning. You’ll learn which games offer the best odds, how to make calculated wagers, and how to avoid “sucker bets.” You’ll even discover how to manage your gambling allowance.

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Bootlegger’s 200 Proof Blackjack

A Survival Guide for Playing the Tables
Mike “Bootlegger” Turner

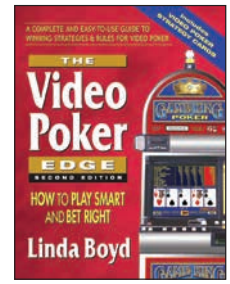


After presenting blackjack basics, this outstanding guide analyzes the most effective strategies for increasing your chances of winning. It includes money-management techniques, tips for avoiding common pitfalls, and a unique section on using the casinos’ promotional money to play. *Bootlegger’s 200 Proof Blackjack* also offers simple instructions on the best card-counting system for novice counters. As an added bonus, it includes a pocket-sized “Quick-Reference Guide” that you can use at the tables.

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The Video Poker Edge, SECOND EDITION

How to Play Smart and Bet Right
Linda Boyd

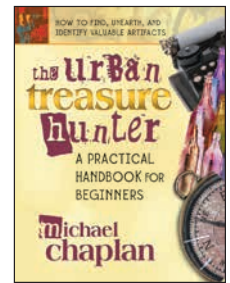


Gambling expert Linda Boyd offers this user-friendly guide to help you gain the winning edge over video poker machines. After explaining the basics of video poker and introducing you to eight games that pay well and are easy to play, Boyd tells you how to respond to every common hand you may be dealt. The book also includes handy strategy cards that you can remove from the book and take to the casino for reference.

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The Urban Treasure Hunter

A Practical Handbook for Beginners
Michael Chaplan



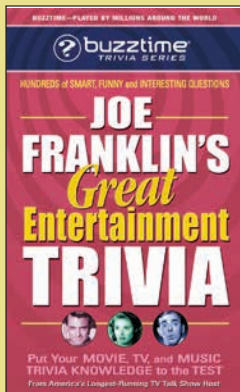
Every city possesses hidden treasures waiting to be discovered—ancient artifacts, valuable jewelry, and vintage coins, as well as other highly sought-after collectibles. *The Urban Treasure Hunter* is a fully-illustrated, practical guide to locating, unearthing, and identifying these treasures. The book begins with the basics and then presents a working knowledge of digs. An up-to-date resource section provides lists of specialized catalog companies and helpful websites, organizations, magazines, and books.

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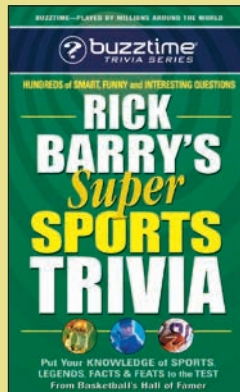
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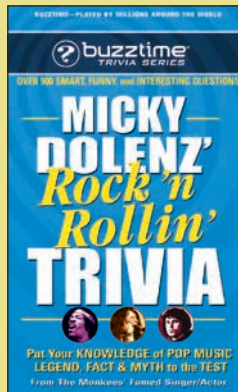
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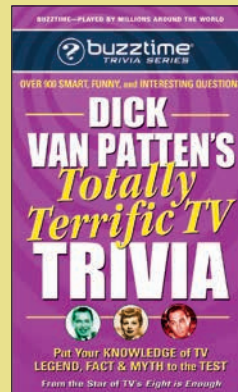
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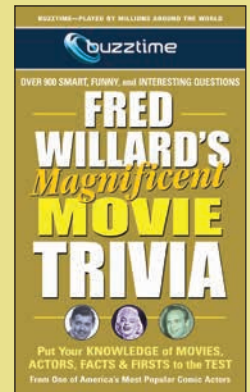
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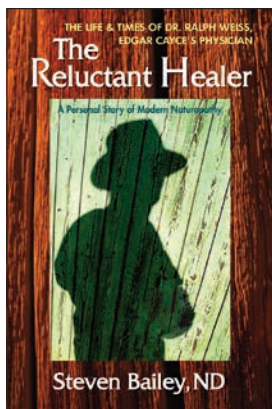
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The Reluctant Healer

The Life & Times of Dr. Ralph Weiss, Edgar Cayce's Physician

Steven Bailey, ND

The Reluctant Healer is the heartwarming story of naturopath Ralph Weiss, who dedicated his life to the art of using nature to heal. It is also an account of the many pioneers of healing with whom the doctor crossed paths, including Benedict Lust, the father of naturopathy, who directed Ralph's training at the American School of Naturopathy; and patient Edgar Cayce, the Sleeping Prophet, who named Ralph his "reluctant healer." Here is a personal look at a fascinating life.

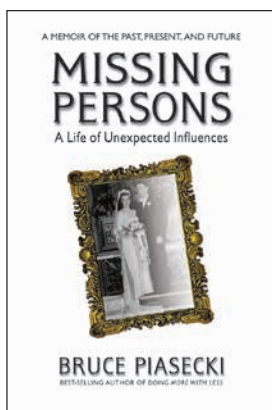
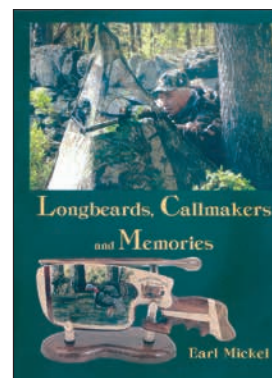
\$19.95 US / \$28.95 CAN • 184 pages • 6 x 9-inch hardback • ISBN 978-0-7570-0382-0

Longbeards, Callmakers and Memories

Earl Mickel

Earl Mickel—a leading authority on turkey calls—took on a challenge that any seasoned turkey hunter would have relished. He traveled to all forty-nine states that are home to wild turkeys and—using a call made in each state—bagged Longbeards. Within six years, Earl had not only met the challenge, but also accumulated a wealth of amazing stories and a collection of beautifully crafted turkey calls. *Longbeards, Callmakers, and Memories* is an account of his unique adventure.

\$59.95 US / \$89.95 CAN • 272 pages • 8.5 x 11-inch hardback • Over 700 Photos and Illustrations • ISBN 978-0-7570-0325-7



Missing Persons

A Life of Unexpected Influences

Bruce Piasecki

After losing his father at age three, Bruce Piasecki was raised by a loving mother who took in foster children to make ends meet. Bruce went on to become president of AHC Group and an advisor to dozens of Fortune 500 companies. In *Missing Persons*, he celebrates the people and events that shaped him. This fascinating memoir helps us understand the past, present, and future influence of memory upon our lives.

\$17.95 US / \$25.95 CAN • 224 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0412-4

"A fascinatingly candid and informative read."

—MBR Bookwatch

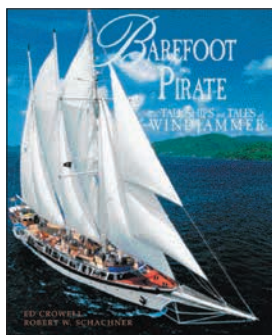
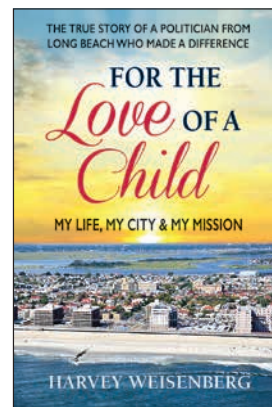
For the Love of a Child

My Life, My City & My Mission

Harvey Weisenberg

This is the true and heartwarming story of Harvey Weisenberg—a lifeguard, teacher, policeman, and eventually a pioneering politician in the state of New York—who quietly made a difference in the lives of millions of children and adults with special needs. Through his inspirational story, Harvey shares the important work he did, the challenges he met, and the life-changing experiences that he has continued to have along the way.

\$16.95 US / \$23.95 CAN • 216 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0480-3



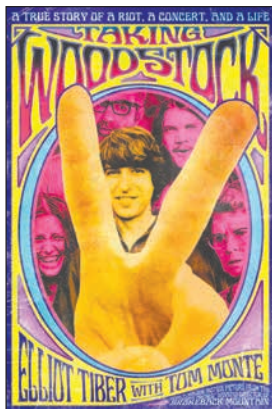
Barefoot Pirate

The Tall Ships and Tales of Windjammer

Ed Crowell and Robert W. Schachner

Barefoot Pirate is the brilliantly written and captivating account of Captain Mike Burke, and the world-famous Windjammer Barefoot Cruise line that he built with his barefoot spirit and his iron will to succeed. It offers an insider's view of how Captain Mike managed to save a bevy of classic sailing ships from sure destruction, and, along the way, put together one of the finest fleets of vessels in the world.

\$39.95 US / \$59.95 CAN • 304 pages • 9.5 x 11.5-inch hardback • Full-Color • Fully Illustrated • ISBN 978-0-7570-0128-4



Taking Woodstock

A True Story of a Riot, a Concert, and a Life

Elliot Tiber with Tom Monte

Taking Woodstock is the funny, touching, and true story of Elliot Tiber, the man who saved the original Woodstock Festival from cancellation. Elliot was working in Greenwich Village in the summer of 1969. On July 15, when he learned that the Woodstock concert promoters were unable to stage the show in a town near his parents' upstate New York motel, he found them a new venue—a move that changed his life forever.

PAPERBACK: \$15.95 US / \$22.95 CAN • 224 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0333-2

HARDBACK: \$24.95 US / \$37.95 CAN • 224 pages • 6 x 9-inch hardback • ISBN 978-0-7570-0293-9

Also a feature film from Oscar-winning director Ang Lee

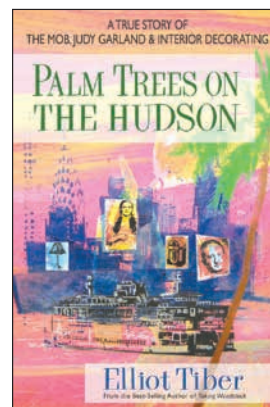
Palm Trees on the Hudson

A True Story of the Mob, Judy Garland & Interior Decorating

Elliot Tiber

Palm Trees on the Hudson is the hilarious prequel to Elliot Tiber's bestseller *Taking Woodstock*. Before he found financial success by bringing Woodstock Ventures to his upstate motel, Elliot was a top Manhattan interior designer. His career suddenly came to a halt due to a floating society party, Judy Garland, and the Mob. By turns comic and tragic, this memoir provides the reader with an intimate look at the man who fought back at Stonewall and who helped give birth to the Woodstock Nation.

\$24.95 US / \$37.95 CAN • 192 pages • 6 x 9-inch hardback • ISBN 978-0-7570-0351-6



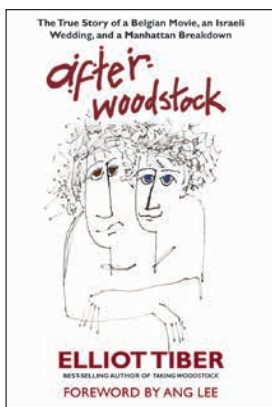
After Woodstock

The True Story of a Belgian Movie, an Israeli Wedding, and a Manhattan Breakdown

Elliot Tiber

In *After Woodstock*, his third and final memoir, Elliot Tiber chronicles a series of madcap and often heart-breaking adventures he had while navigating the entertainment industry. The heart of this bittersweet tale lies in Tiber's evocative retelling of the decades-long relationship he had with celebrated Belgian playwright/director André Ernotte. Passionate, crazed, deeply emotional, and ultimately joyful, *After Woodstock* reminds us how our search for love and meaning drives us forward.

\$24.95 US / \$37.95 CAN • 480 pages • 6 x 9-inch hardback • ISBN 978-0-7570-0392-9



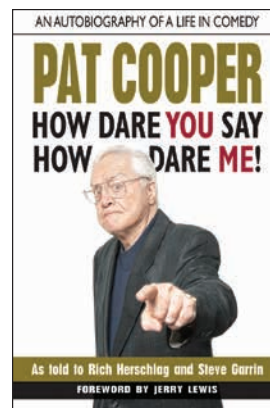
Pat Cooper—How Dare You Say How Dare Me!

An Autobiography of a Life in Comedy

As told to Rich Herschlag and Steve Garrin • Foreword by Jerry Lewis

Few comics can say they worked with the likes of George Burns, Frank Sinatra, Tony Bennett, and Bobby Darin—but Pat Cooper can. Born Pasquale Caputo, the legendary comedian first found fame in 1963, when he appeared nationwide on TV's *Jackie Gleason Show*—and from that moment on, he never looked back. Brash, irreverent, and always hilarious, Pat Cooper proves in this no-holds-barred memoir that one can succeed in show business without being phony—as long as you learn how to duck.

\$24.95 US / \$37.95 CAN • 288 pages • 6 x 9-inch hardback • B&W Photos throughout • ISBN 978-0-7570-0363-9



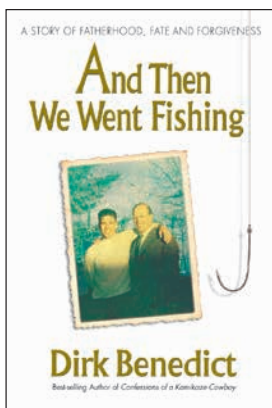
And Then We Went Fishing

A Story of Fatherhood, Fate and Forgiveness

Dirk Benedict

From actor Dirk Benedict comes this brilliant telling of two unique and engrossing events that had a huge impact on his life. One is the story of his wife's complicated home birthing intertwined with his own coming of age; the other, the violent death of his father. Past events of love, hatred, and fatherhood culminate in a dramatic explosion, linking his father's death with the birth of his first child.

\$15.95 US / \$22.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0302-8



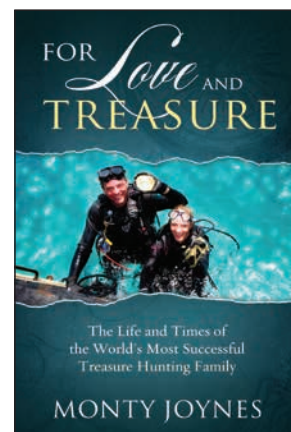
For Love and Treasure

The Life and Times of the World's Most Successful Treasure Hunting Family

Monty Joynes

While exploring the ocean depths, Mel Fisher—known as “The World’s Greatest Treasure Hunter”—discovered the 1622 Spanish galleon *Nuestra Señora de Atocha*. The discovery, which has yielded over \$400 million in treasure, made Mel and his family worldwide celebrities. Together, the family established the Mel Fisher Maritime Museum in Key West, Florida, a nationally recognized research and archeology institution. Although Mel passed away in 1998, his legend lives on in his son, Kim Fisher, who continues the quest for adventure through the family business—Mel Fisher’s Treasures. Like his father, Kim possesses an indomitable drive to explore the depths of the ocean, always in search of the next great discovery. *For Love and Treasure* is a fascinating look inside the business and personal lives of the most famous treasure-hunting family of all time.

\$19.95 US / \$28.95 CAN • 320 pages • 5.5 x 8.5-inch paperback • Illustrated • ISBN 978-0-692-39931-6 • A SEASIDE BOOK



“Takes the reader inside the dangerous job of firefighting.”

—The VVA Veteran

Flames and Smoke Visible

A Fire Fighter’s Tale

D.S. Lliteras

Here is the true story of a veteran firefighter for the city of Norfolk, Virginia, who was injured on the fireground one fateful day. While recovering from his injuries in the hospital, D.S. Lliteras had time to consider a question that many firefighters pose to themselves: *What does it mean to be?* To answer his own question, he looked back at the person he had been. The result of his remembrance of things past is *Flames and Smoke Visible*, an eloquent book about brave and honorable firefighters who have learned how to face both the living and the dying. Beautifully written and impossible to put down, *Flames and Smoke Visible* presents valiant stories about the wonderful and the dreadful things encountered in firefighting. But more than offering factual accounts, this is a book that informs, instructs, and allows readers access to the human heart.

\$17.95 US / \$25.95 CAN • 208 pages • 5.5 x 8.5-inch paperback • ISBN 978-1-937907-09-9 • A RAINBOW RIDGE BOOK



Fits Like a Glove

The Bill & Bob Meistrell Story

Frank Gromling

Beginning in the 1960s, surfing and scuba diving became America’s favorite water sports. Behind the scenes were twin brothers Bill and Bob Meistrell, transplanted Missourians who found themselves at the center of this phenomenon. They had fallen in love with the Pacific Ocean, and they became instrumental in creating the Southern California surfing and diving lifestyle enjoyed by millions around the world. *Fits Like a Glove* is a revealing look into the lives, motivations, dreams, and accomplishments of the brothers. Through personal interviews with legendary surfers and divers, classic photographs, and the Meistrells’ own stories, *Fits Like a Glove* provides a vivid picture of the challenges the brothers faced as they founded Body Glove International, a company that rose from humble beginnings to become an industry leader in the manufacture of water sports gear and apparel.

\$24.95 US / \$37.95 CAN • 216 pages • 7.25 x 9-inch paperback • Full-Color • Over 100 photos • ISBN 978-0-9826940-6-0



Cat Calls

“A cat lover’s fancy.”

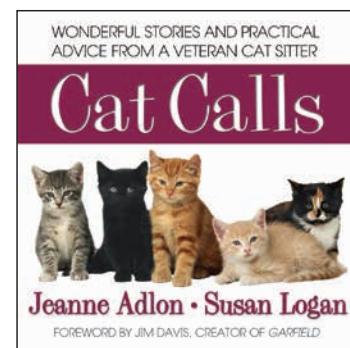
—Kirkus Reviews

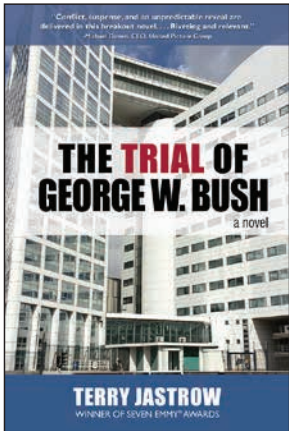
Wonderful Stories and Practical Advice from a Veteran Cat Sitter

Jeanne Adlon and Susan Logan • Foreword by Jim Davis, Creator of Garfield

As a long-time cat sitter in Manhattan, Jeanne Adlon has done it all, from dodging tarantulas to feeding pampered felines in Waterford crystal goblets. In *Cat Calls*, Jeanne shares her experiences with wonderful felines and their devoted owners. But since she is no ordinary cat sitter, this book offers far more than tales of the cat. Over years of devoting herself to feline needs, Jeanne has become a recognized expert on cat care, so along with coauthor Susan Logan, she addresses important issues for cat owners, including adopting new pets, coping with litter box problems, and much more. Charming anecdotes about Jeanne’s furry clients add specific examples of cat-care strategies that work. Whether you’re looking for commonsense cat-care advice or you simply want to relax with stories about little cats in a big city, *Cat Calls* is sure to please.

\$14.95 US / \$21.95 CAN • 144 pages • 7.5 x 7.5-inch paperback • 2-Color • Illustrated • ISBN 978-0-7570-0344-8





The Trial of George W. Bush

“**[Author Terry] Jastrow shines.**”

Terry Jastrow

—Publishers Weekly

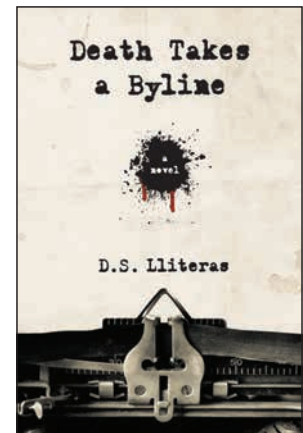
Following the worst terrorist attacks in American history on September 11, 2001, President George W. Bush pledged to bring those responsible to justice, especially mastermind Osama bin Laden. After failing to capture bin Laden in Afghanistan, Bush shifted his attention and that of his country to Saddam Hussein and Iraq. Bush wanted a war in Iraq, and he succeeded in waging one regardless of its price in human lives or the expense to his country’s treasury. The Iraq War lasted eight and a half years, killed tens of thousands of people, and cost the United States trillions of dollars. In Terry Jastrow’s *The Trial of George W. Bush*, George W. Bush is accused of war crimes and crimes against humanity. Will the president be found guilty? The surprising verdict is revealed in this breakout novel that beautifully weaves fact with fiction.

\$16.95 US / \$23.95 CAN • 224 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0506-0

“**[A] fine thriller.**”
—Booklist

Death Takes a Byline

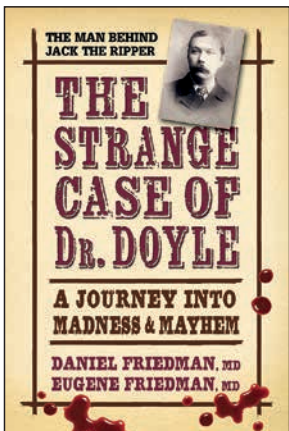
D.S. Lliteras



False and then lost identity, betrayal and infidelity, theft and corruption, deceit and murder—these are the dark circumstances that are operating against struggling author Larry Meacham. Frustrated by a world in which the people who are selling books don’t read, and these same people are second-guessing the public about what they want to read, Larry Meacham is determined to not only survive but also succeed. His publisher comes up with a wild scheme to get both Larry’s name and his books some publicity and to boost sales. Larry will fake his suicide and then assume the identity of Tony Wilson, a man disfigured in an automobile accident. Will this improbable plan work? Deftly crafted by master stylist D.S. Lliteras, *Death Takes a Byline* will keep you interested from the very first page to the brilliant conclusion.

\$16.95 US / \$23.95 CAN • 264 pages • 5 x 7.5-inch paperback • ISBN 978-1-937907-67-9 •

A RAINBOW RIDGE BOOK



The Strange Case of Dr. Doyle

A Journey Into Madness & Mayhem

Daniel Friedman, MD, and Eugene Friedman, MD

Who was the common thread between Sherlock Holmes and Jack the Ripper?

In the streets of 1910 London, a tour guide led a group of ladies and gentlemen along the trail of blood left by serial killer Jack the Ripper. But this was no average tour and no average guide. Strangely, the man escorting the group was Sir Arthur Conan Doyle—the creator of Sherlock Holmes. What was the connection between one of the world’s most famous authors and London’s most infamous killer? In *The Strange Case of Dr. Doyle*, Drs. Daniel and Eugene Friedman have meticulously pieced together a riveting look at both Jack the Ripper and young Arthur Conan Doyle. What they have found will no doubt spark debate among Sherlockians for years to come. *The Strange Case of Dr. Doyle* proves once again that truth is stranger than fiction.

\$17.95 US / \$25.95 CAN • 352 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0431-5
\$29.95 US / \$44.95 CAN • 352 pages • 6 x 9-inch hardback • ISBN 978-0-7570-0348-6

“**A brilliant little novel.**”

—The San Francisco Review of Books

Descent

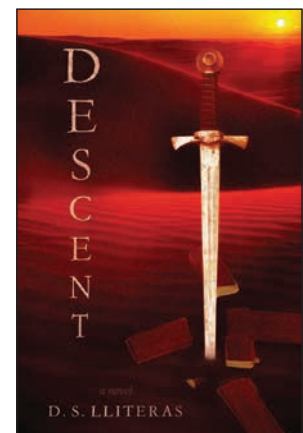
The Forty Days After the Crucifixion of Jesus

D.S. Lliteras

Descent is about Jesus’ resurrection and ascension that preceded the descent of the spirit—a forty-day event that purportedly made saints of ordinary men and women. This is the historical setting and the spiritual landscape upon which two outsiders intruded: Flaccus, a Roman Legionnaire and deserter, and Jeshua, a Judean healer and rogue. Both men are wanted by the Roman Empire, and both men manage to hide from their pursuers within a community of disciples. While they evade Rome’s authority, each man responds to this evolving faith in a dramatically different way. One sees a struggle for power, while the other recognizes a commentary on the inherent nature of people. Just like the two refugees featured in this riveting novel, the reader will come to understand two different but equally fascinating messages.

\$16.95 US / \$23.95 CAN • 216 pages • 5.5 x 8.5-inch paperback • ISBN 978-1-937907-58-7 •

A RAINBOW RIDGE BOOK



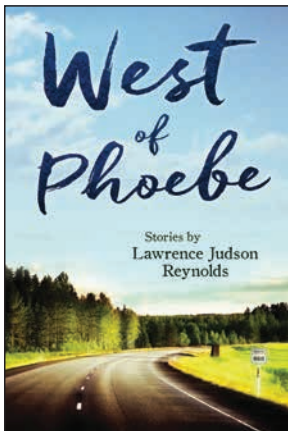
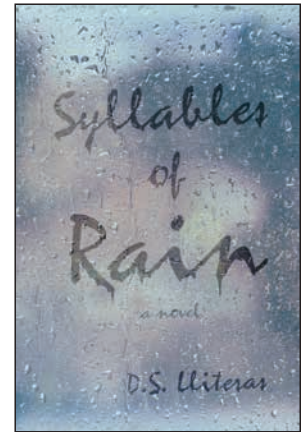
“Achieves something far richer than yet another war story.”
 –*Literary Heist*

Syllables of Rain

D.S. Lliteras

Syllables of Rain is the compelling story of two friends haunted by the experiences, circumstances, and choices that have shaped them. Cookie is a man trapped by his own memories; and as he struggles to cope with both grief and regret, he gradually descends into a perpetual cycle of self-destruction. His friend Llewellen is doing his best to help, but is himself tormented by memories of Jansen, a Zen Master who, many years back, left Llewellen with more questions than answers about life. He is also conflicted about his relationship with Sandy, the woman he loves. Both Cookie and Llewellen must eventually decide if they will be defined by their past or learn to move beyond it. Together, they embark on a spiritual journey that enables them to confront their wartime pasts and claim their future. Here is a vivid snapshot of soldiers trying to make sense of their world.

\$16.95 US / \$23.95 CAN • 176 pages • 5 x 7.5-inch paperback • ISBN 978-1-937907-52-5 •
A RAINBOW RIDGE BOOK



West of Phoebe

Lawrence Judson Reynolds

West of Phoebe is a collection of eight short stories, most of which take place in the mythical village of Phoebe, Virginia. Told from the point of view of one narrator—often, when the narrator was a child—they recall a time when children were often left to form their own understandings of the events taking place around them. “My Father’s Necktie” shows the effect on a young boy of his father’s paralysis from a stroke and the family dynamics that resulted. “A Family Tree” deals with the aftermath of World War II. The settings are mostly intimate and domestic—a country store or an old tobacco barn converted to a commercial garage. Together, these tales form a dynamic picture of growing up in the South during the 1940s and 1950s.

\$16.95 US / \$23.95 CAN • 208 pages • 5.5 x 8.5-inch paperback • ISBN 978-1-937907-50-1 •
A RAINBOW RIDGE BOOK

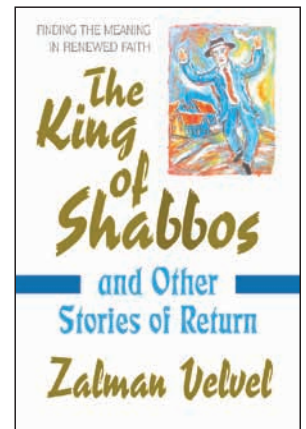
The King of Shabbos

and Other Stories of Return

Zalman Velvel

How often do you read a story that makes you laugh out loud or wipe tears from your eyes? From master storyteller Zalman Velvel comes *The King of Shabbos and Other Stories of Return*, a collection of eighteen powerful, inspirational stories, each with a common theme—the return to simple Jewish values and spiritual meaning. As you read Zalman’s tales, you will come to intimately know his characters, some of whom you may recognize from your own life, and some of whom may even remind you of yourself. You will grieve with them in their sorrows, and feel joy as they experience spiritual awakening. And regardless of your age, background, or circumstances, their stories will become a part of you—and your life will be richer for having met them.

\$24.95 US / \$37.95 CAN • 224 pages • 6 x 9-inch hardback • ISBN 978-0-7570-0246-5



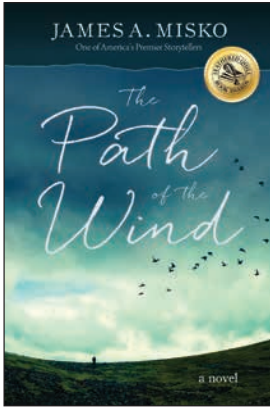
Viet Man

D.S. Lliteras

“[An] absorbing, gritty military novel.”
 –*Publishers Weekly*

Viet Man unlocks the inner mystery of one man’s combat experience. It is a first person narrative of alternating episodes experienced in the rear and in the bush. In the rear, Doc encounters a straw-haired midwestern farm boy who shows him how to prepare a meal of long-rats. There, he also meets Loopie, a Puerto Rican from the Bronx who shares a guilt-torn confession. In the bush, Doc faces the terror of accidentally releasing a live grenade among his men, of rushing to rescue a wounded marine, and of sharing a quiet conversation in a bunker with Trang, a South Vietnamese soldier. Ultimately, the soldier survives the war and returns home to a jarring reception of insolence and indifference—and to find that another country will forever dwell in his heart and mind. Forcefully written, this is fine fiction from a writer who’s been there.

\$16.95 US / \$23.95 CAN • 208 pages • 5.5 x 8.5-inch paperback • ISBN 978-1-937907-32-7 • **A RAINBOW RIDGE BOOK**



The Path of the Wind

James A. Misko

**“Skillfully paints a portrait of a passionate teacher
... an inspiring story.”** —*The Seattle Post-Intelligencer*

In *The Path of the Wind*, Miles Foster is a newly minted teacher who dreams of getting a teaching job in the highly respectable and stable Portland, Oregon school system that he and his wife call home. Instead, the only job available is in a remote Central Oregon lumber mill town two hundred miles away. Miles must find a way to educate students who have been passed along regardless of what they learned, and defeat the damaging control of the school board and superintendent without losing his marriage or his job.

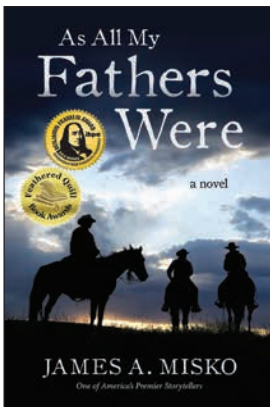
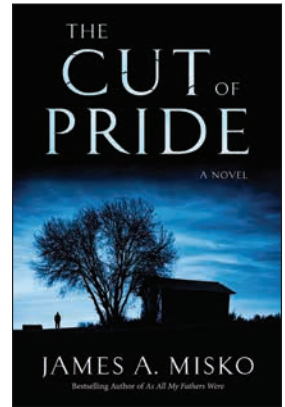
\$17.95 US / \$25.95 CAN • 304 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0444-5

The Cut of Pride

James A. Misko

In *The Cut of Pride*, Jim Misko does something rare in modern literature: he writes about hard, brutal, unpleasant physical labor in such vivid detail that it becomes one of the story’s major entities. Working alongside each other on a mink farm, the friendship between old West Helner and the young hired hand Jeff Baker is nearly destroyed by Rose, West’s domineering wife and owner of the struggling mink enterprise.

\$16.95 US / \$23.95 CAN • 304 pages • 5.5 x 8.5-inch paperback • ISBN 978-0-9640826-3-2



As All My Fathers Were

James A. Misko

Brothers Richard and Seth Barrett run the family ranch on Nebraska’s Platte River, and they plan to do so for the rest of their lives. But their mother’s will requires them to travel by horse and canoe along the river to understand why their maternal grandfather homesteaded the ranch three generations earlier. In this turbulent novel, the Barrett brothers’ shared journey into the heart of the contemporary American West brings forth all manner of external—and internal—conflict.

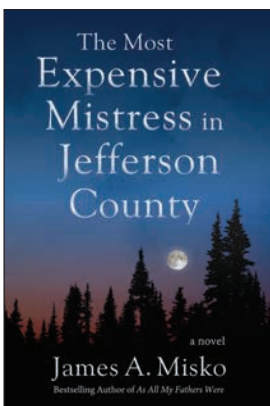
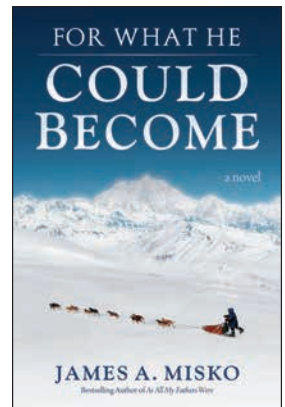
\$19.95 US / \$28.95 CAN • 416 pages • 6 x 9-inch paperback • ISBN 978-0-9640826-4-9

For What He Could Become

James A. Misko

After surviving World War II, Bill Williams returned home to Alaska to discover that his girlfriend was married to his brother and the village was no longer a welcome place for him. At this point, Bill’s life takes a downward plunge into a world of alcoholism, unemployment, and homelessness until an unlikely series of events gives him a second chance at love and happiness—but only if he rises to the challenge.

\$17.95 US / \$25.95 CAN • 352 pages • 6 x 9-inch paperback • ISBN 978-0-9640826-1-8

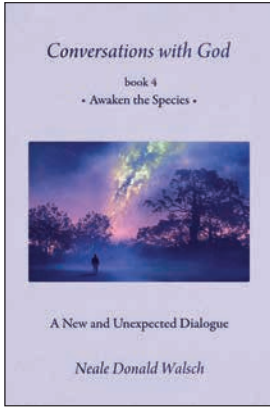


The Most Expensive Mistress in Jefferson County

James A. Misko

The United States Forest Service, Fish and Wildlife Service, Bureau of Land Management, and other government agencies have signed a contract—along with 130 ranchers and farmers and the Nez Pearce Indian Nation—to exchange over \$400 million of property in the largest land deal in Idaho history. Hawkins Neilson has drained his bank account to close this transaction. Can he make it through the last week before closing? Find out in *The Most Expensive Mistress in Jefferson County*.

\$15.95 US / \$22.95 CAN • 208 pages • 5.5 x 8.5-inch paperback • ISBN 978-0-9640826-2-5



Conversations with God, Book 4: Awaken the Species

A New and Unexpected Dialogue

Neale Donald Walsch

Picking up where Book 3 in the internationally best-selling *Conversations with God* series ended, Neale Donald Walsch shares his latest revelations about the sixteen specific examples of how “Highly Evolved Beings” respond to life—and about how ordinary humans can answer the call to help awaken the species on Earth. This book will breathtakingly expand your view of your personal and your collective future.

Paperback: \$16.95 US / \$23.95 CAN • 304 pages • 5.5 x 8.5-inches • ISBN 978-1-937907-57-0

Hardback: \$23.95 US / \$35.95 CAN • 304 pages • 5.5 x 8.5-inches • ISBN 978-1-937907-49-5

A RAINBOW RIDGE BOOK

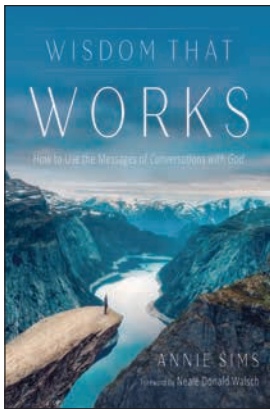
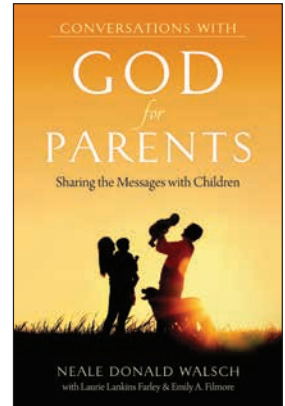
Conversations With God for Parents

Sharing the Messages With Children

Neale Donald Walsch with Laurie Lankins Farley and Emily A. Filmore

After the first *Conversations With God* book was published in 1995, demand began for tools that would assist parents in teaching the concepts of this extraordinary dialogue to children. This book is an outgrowth of the School of New Spirituality program, in which author Neale Donald Walsch joined with the school to put into one place all the spiritual concepts of a home schooling curriculum. Here is a powerful guide for parents and spiritual teachers alike.

\$18.95 US / \$27.95 CAN • 384 pages • 6 x 9-inch paperback • ISBN 978-1-937907-36-5 • **A RAINBOW RIDGE BOOK**



Wisdom That Works

How to Use the Messages of *Conversations With God*

Annie Sims

“If you do not go within, you go without.” With these simple yet profound words serving as her own inner foundation, Annie Sims has not only embraced the life-changing ideas found in Neale Donald Walsch’s best-selling *Conversations With God*, she has embodied them. In *Wisdom That Works*, Annie shares how she applies the innate wisdom of *Conversations With God* to her everyday life, and shows us how we can too.

\$16.95 US / \$23.95 CAN • 288 pages • 7.5 x 7-inch paperback • ISBN 978-1-937907-61-7 • **A RAINBOW RIDGE BOOK**

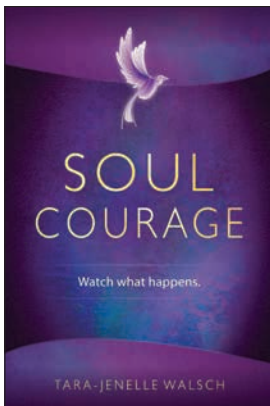
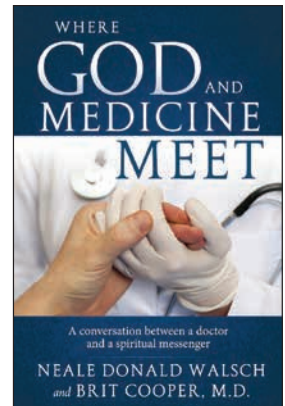
Where God and Medicine Meet

A Conversation Between a Doctor and a Spiritual Messenger

Neale Donald Walsch and Brit Cooper, MD

Are medical miracles real? Is there an intersection between spirituality and physicality? Is there a place for God in the system of modern Western medicine? The answer to these questions is yes. More than physical entities with highly developed minds, human beings may also be spiritual entities. In addition to “fixing” a body, healing could involve engaging the Source from which we have emerged. This book examines significant questions about our nature and, most important, provides significant answers.

\$16.95 US / \$23.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-1-937907-48-8 • **A RAINBOW RIDGE BOOK**



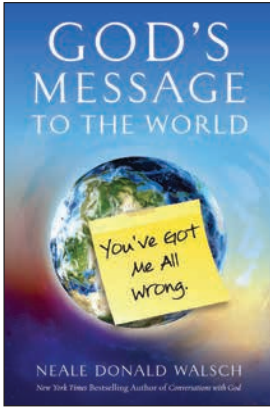
Soul Courage

Watch What Happens

Tara-jenelle Walsch

It takes a special kind of commitment—Soul Courage—to engage your soul in day-to-day encounters. Those willing to make this remarkable choice are able to touch the heart of our very reason for being alive, allowing us to transform our journey upon the earth. In *Soul Courage*, Tara-jenelle Walsch guides you along a path that will change your life for the better, providing extraordinary rewards and enriching the world.

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God's Message to the World

You've Got Me All Wrong

Neale Donald Walsch

In this book, Neale Donald Walsch exposes the many ways in which we misunderstand God. He then describes how the world could change for the better if we comprehended what God is and how he wants us to live. Here is a work that will not only open your eyes to the truth about God, but will also offer you a way to create a spiritual revolution across the globe.

\$16.95 US / \$23.95 CAN • 240 pages • 5.5 x 8.5-inch paperback • ISBN 978-1-937907-30-3 • **A RAINBOW RIDGE BOOK**

"A true phenomenon of New Age spirituality . . . should appeal widely to individual seekers."

-Library Journal

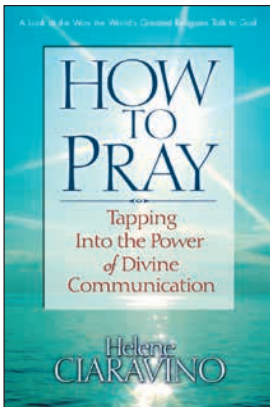
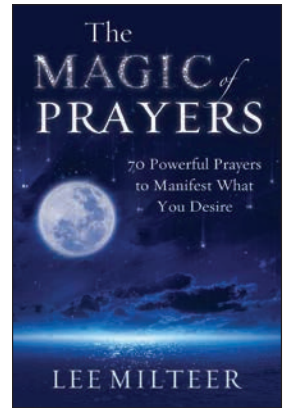
The Magic of Prayers

70 Powerful Prayers to Manifest What You Desire

Lee Milteer

Using powerful prayers will create magical results in your life. *The Magic of Prayers* aims to empower you with the words and energy that can connect you to your source and find solutions to whatever challenges you face. Designed to carry with you so that you have inspiration whenever needed, it offers prayers for prosperity, intuition, health, business success, and improving personal relationships. Regardless of your denomination, spiritual practices, or age, this small but powerful book will change your world.

\$12.95 US / \$18.95 CAN • 160 pages • 4.5 x 6.5-inch paperback • ISBN 978-1-937907-46-4 • **A RAINBOW RIDGE BOOK**



How to Pray

Tapping Into the Power of Divine Communication

Helene Ciaravino

How to Pray begins by discussing the benefits of prayer, including enhanced physical and spiritual health. It then explores the prayer practices of Judaism, Christianity, Islam, and Buddhism, providing a clear explanation of each religion or philosophy's approach, as well as true-life stories showing the significance of divine communication. Whether you want to learn more about the use of prayer throughout the world or you long for the comfort it provides, this book will give you what you seek.

\$13.95 US / \$19.95 CAN • 264 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0012-6

IBPA Ben Franklin Award Winner

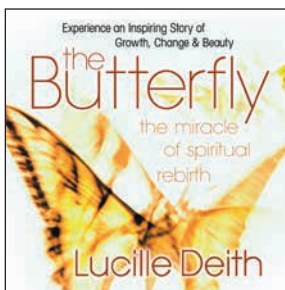
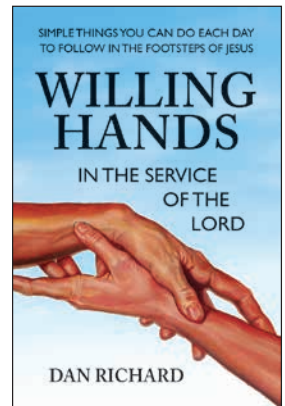
Willing Hands

In the Service of the Lord

Dan Richard

We all have a purpose in life. We are not an accident. We may not know or understand it fully yet, but we do have a reason to be here. *Willing Hands* reminds Christians and non-Christians alike how important it is to serve others. It offers dozens of practical, easy-to-accomplish ways to fulfill this mission—at home, work, and school; among family and friends; through church and community; and more.

\$15.95 US / \$22.95 CAN • 110 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0461-2



The Butterfly

The Miracle of Spiritual Rebirth

Lucille Deith

For millions of Christians worldwide, the acceptance of the Lord into their hearts is a life-altering experience—one that awakens the soul and sets it free! *The Butterfly* tells a similar story of growth, change, and splendor through the life cycle of a monarch butterfly. Using a combination of full-color photographs alongside eloquent biblical verse and inspiring prose, this book parallels the life of the butterfly as it relates to those reborn in Christ. Easy-to-follow instructions guide readers in raising their own butterflies.

\$9.95 US / \$13.95 CAN • 48 pages • 5.25 x 5.25-inch hardback • Full-Color • Fully Illustrated • ISBN 978-0-7570-0258-8

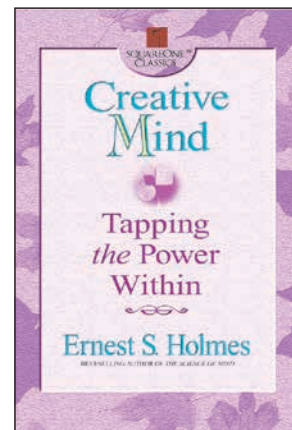
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From the Founder of the Religious Science Movement

Creative Mind

Tapping the Power Within

Ernest S. Holmes



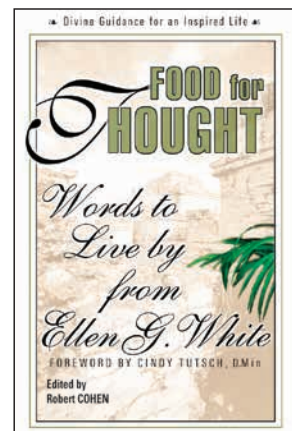
A brilliant speaker, a gifted thinker, and an inspired writer, Dr. Ernest S. Holmes founded the United Church of Religious Science, an international ministry that still flourishes today. His message is simple: The universe has intelligence, purpose, and order. By understanding its principles and applying them to ourselves, we can see who we are and what we truly want out of life. *Creative Mind*—Ernest Holmes’ first book, produced in 1919—is a simple guide for the many thousands who came to hear his words and wished to know more. It is a little book designed to explain what people must discover for themselves about the nature of the universe and the creative power of their own minds. Its message is as fresh today as it was a century ago.

\$12.95 US / \$18.95 CAN • 128 pages • 5.5 x 8.5-inch paperback • ISBN 978-0-7570-0039-3

Food for Thought

Words to Live by from Ellen G. White

Edited by Robert Cohen



As a co-founder of the Seventh-day Adventist Church in 1863, Ellen G. White and her prophetic ministry served to guide and inspire millions of followers throughout the world. In this book, editor Robert Cohen presents Ellen G. White’s most insightful thoughts on all aspects of life, from recognizing the importance of family ties to dealing with disappointments and respecting the rights of animals. Here are over 400 inspiring quotations from the writings of Ellen G. White—words that provide practical and moral guidance, as well as inspirational insights. Paired with each of White’s thoughts are the voices of such noteworthy individuals as William Shakespeare, Florence Nightingale, and Mother Teresa, who provide further food for thought. To help you find the most relevant passages, Ms. White’s quotations are arranged topically and alphabetically, making this book as easy to use as it is illuminating.

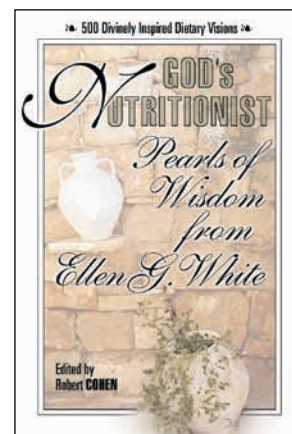
\$16.95 US / \$23.95 CAN • 192 pages • 5.5 x 8.5-inch paperback • ISBN 978-0-7570-0178-9

From the Co-Founder of the Seventh-Day Adventist Church

God’s Nutritionist

Pearls of Wisdom from Ellen G. White

Edited by Robert Cohen



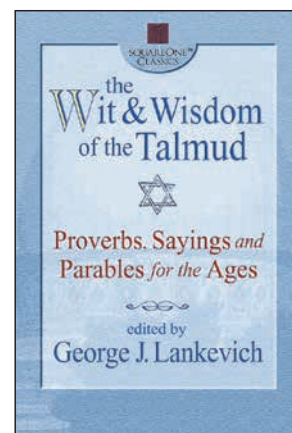
Both a spiritual leader and a pioneering nutritionist of the nineteenth and twentieth centuries, Ellen G. White had a profound effect on millions of people worldwide. Yet, few outside the Seventh-day Adventist Church have known of her work—until now. In this unique book, Robert Cohen presents Ellen White’s most illuminating quotations on health and nutrition, and supports them with scientific facts that confirm her views. Here are 500 of White’s “pearls of wisdom,” which are as practical and moral as they are accurate. Gathered from her many works, these classic quotations beautifully present her beliefs, from her stand as an ardent vegetarian to her view of dairy products. Whether seen as a slice of history, a book of prophetic wisdom, or a relevant guide to everyday life, *God’s Nutritionist* offers both a beacon of light and a path of truth.

\$16.95 US / \$23.95 CAN • 192 pages • 5.5 x 8.5-inch paperback • ISBN 978-0-7570-0146-8

The Wit & Wisdom of the Talmud

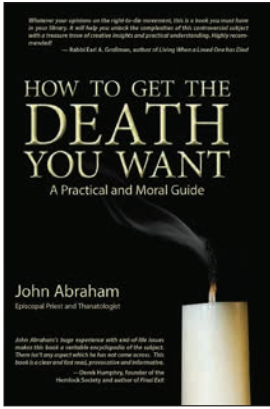
Proverbs, Sayings and Parables for the Ages

Edited by George J. Lankevich



In Jewish tradition, the Talmud embodies the laws of Judaism, as well as a way of study and intellectual development. Composed of two works, the Mishnah and the Gemara, the Talmud is believed to provide serious students with one of the most sacred of experiences. It is, in fact, the Torah (the Old Testament) and the Talmud that offer the tenets of the Jewish religion. Here, in this classic work, which represents nearly 2,000 years of learning, are those words of wisdom that have served as a daily guide for countless generations of people throughout the world. Some may be familiar to you; others may be new. Some may provoke a laugh; others, a tear. All, however, offer insights and direction that can provide a foundation for a compassionate and focused life.

\$13.95 US / \$19.95 CAN • 160 pages • 5.5 x 8.5-inch paperback • 2-Color • ISBN 978-0-7570-0021-8



How to Get the Death You Want

A Practical and Moral Guide

John Abraham

The freedom with which we may wish to die is just as important as the freedom to live. *How to Get the Death You Want* is a comprehensive manual for those reaching the end of life, and for their friends, relatives, advocates, and caretakers. Throughout this important book, John Abraham describes in detail the challenges faced by those who wish to avoid months or years of painful treatment after losing hope of ever recovering any reasonable quality of life.

\$14.95 US / \$21.95 CAN • 192 pages • 6 x 9-inch paperback • ISBN 978-0-942679-40-3 • **AN UPPER ACCESS BOOK**

“[For] those of us who fear loss of control of our lives more than we fear death.” –The New York Times Book Review

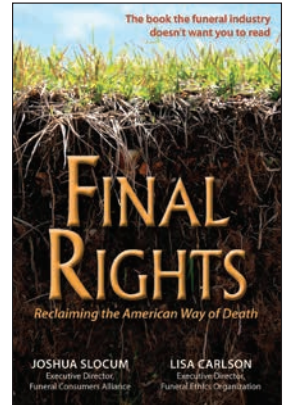
Final Rights

Reclaiming the American Way of Death

Joshua Slocum and Lisa Carlson

In *Final Rights*, consumer rights advocates Joshua Slocum and Lisa Carlson join forces to inform readers how best to deal with the “death industry” and what they see as a need for reform within this particular sector of business. In addition, this book covers state-by-state information needed by anyone who wishes to take charge of funeral arrangements for a loved one, with or without the help of a funeral director.

\$19.95 US / \$28.95 CAN • 112 pages • 6 x 9-inch paperback • ISBN 978-0-942679-34-2 • **AN UPPER ACCESS BOOK**



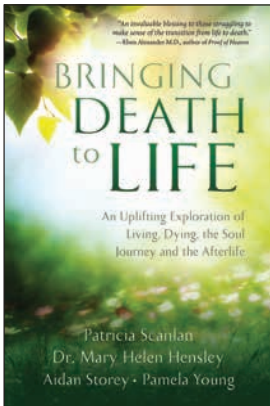
Bringing Death to Life

An Uplifting Exploration of Living, Dying, the Soul Journey and the Afterlife

Patricia Scanlan with Dr. Mary Helen Hensley, Aidan Storey, and Pamela Young

In *Bringing Death to Life*, best-selling author Patricia Scanlan and her co-authors offer a variety of keen insights into a wide range of topics, including the fear of death, the aftermath of loss, being present during the death of a loved one, and making connections with potential signs and messages from beyond. Prayers, affirmations, and remarkable stories of the afterlife also make up this special, thought-provoking, and deeply comforting book, which sheds light on a subject that's too often avoided.

\$16.95 US / \$23.95 CAN • 320 pages • 6 x 9-inch paperback • ISBN 978-1-937907-63-1 • **A RAINBOW RIDGE BOOK**



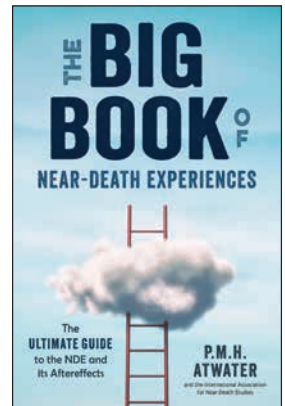
The Big Book of Near-Death Experiences

The Ultimate Guide to What Happens When We Die

P.M.H. Atwater

It is estimated that 15 million Americans have died—and lived to tell the tale. P.M.H. Atwater has written the encyclopedia of this phenomenon, exploring the possibility of the soul, God, other worlds, heaven and hell, the afterlife, religion, and the purpose of life. If you want to know what lies ahead, this book gives you a road map while exploring and affirming the presence of a spirit and the power of love.

\$21.95 US / \$32.95 CAN • 496 pages • 7 x 10-inch paperback • ISBN 978-1-937907-20-4 • **A RAINBOW RIDGE BOOK**



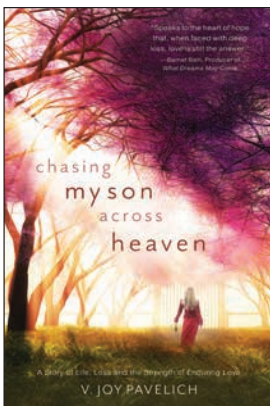
Chasing My Son Across Heaven

A Story of Life, Loss, and the Strength of Enduring Love

V. Joy Pavelich

Struggling to make sense of the suicide of her son, V. Joy Pavelich took a difficult journey through her past. Her book, *Chasing My Son Across Heaven*, demonstrates how to rebuild a life fractured by extreme trauma. Pavelich tackles some of the most pressing issues facing society today—youth mental health, suicide, and post-traumatic stress. Through her explorations, Joy reveals how we can find the courage to rebuild our lives while continuing to honor with love those we've lost.

\$16.95 US / \$23.95 CAN • 288 pages • 5.5 x 8.5-inch paperback • ISBN 978-1-937907-66-2 • **A RAINBOW RIDGE BOOK**



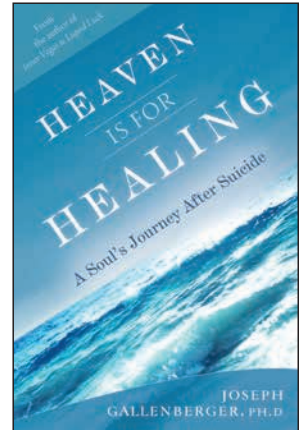
“Full of hope and insight for those who have lost friends and family to suicide.”

—*Library Journal*

Heaven Is for Healing

A Soul’s Journey After Suicide

Joseph Gallenberger, PhD



When his beloved brother Peter committed suicide, psychotherapist Dr. Joe Gallenberger met his overwhelming grief with courage and open-minded curiosity. Using tools he had learned at The Monroe Institute, and affirming that “love can pierce any veil,” he was soon able to contact Peter on the other side. *Heaven Is for Healing* reveals Peter’s two-decade journey of hope and healing after his death, and how he was able to move into new options for a next life. The book also describes how Joe’s family crisis challenged him, and how he ultimately rose from grief and depression. Learning from his remarkable experiences with his brother, Joe made it his life’s work to help others recover from loss so that they could live their lives to their fullest potential.

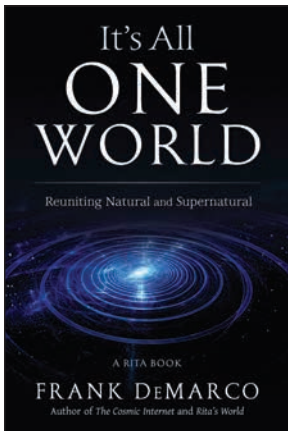
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It’s All One World

Reuniting Natural and Supernatural

A Rita Book

Frank DeMarco



Via the medium of Intuitive Linked Communication, Rita—who passed away in 2008—continues to describe life from the non-physical perspective. Like the earlier books in this series, the conversations between Rita and author Frank DeMarco flow as easily as a conversation between friends. Included are fascinating, lucid explanations of interactions between the physical and non-physical worlds that help clarify the contradictions found in the teachings of many religious traditions. Through Rita, DeMarco reveals the meaning and nature of both life and the afterlife, as well as the natural and supernatural worlds. The final section of *It’s All One World* seeks to provide answers to one of humankind’s most critical questions: Where do we go from here both as individuals and as a culture?

\$17.95 US / \$25.95 CAN / 304 pages • 6 x 9-inch paperback • ISBN 978-1-937907-59-4 •

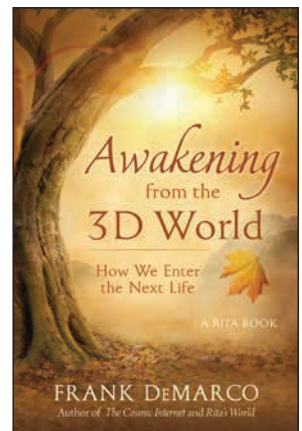
A RAINBOW RIDGE BOOK

Awakening from the 3D World

How We Enter the Next Life

A Rita Book

Frank DeMarco



We have had many accounts of the next world—the world that we enter after our life is over—as it appears during near-death experiences. But this account is from someone who did not turn back, but crossed over, and is living the life that begins when physical life ends. In the non-3D world, death is not the end of the story, but an awakening to new possibilities. Resuming the conversations that began in the two-volume *Rita’s World*, *Awakening from the 3D World* provides fascinating information about life and death, about adjusting to the next world after leaving the first, about the meaning and purpose of life, and much more. Packed with insights, *Awakening from the 3D World* can change the way you view and live your life.

\$16.95 US / \$23.95 CAN • 280 pages • 6 x 9-inch paperback • ISBN 978-1-937907-53-2 •

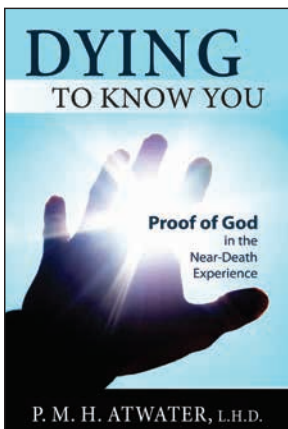
A RAINBOW RIDGE BOOK

Dying to Know You

Proof of God in the Near-Death Experience

P.M.H. Atwater

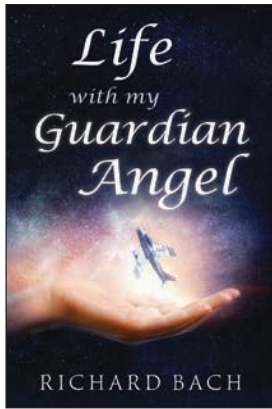
“[A] fascinating book on a controversial subject.” —*Mark Dohle, The Christian Review*



This book embraces the millions of people worldwide who have described their near-death experiences—their dying and their coming back to physical life. What lies at the heart of those experiences? God. Not the God of holy writ, but a Sourceplace—an all-encompassing Oneness. *Dying to Know You* releases the collective voice of millions of both adults and children, who speak as one. It is nothing less than the proof that everyone on planet Earth, in his or her own heart, seeks to have—that *God does indeed exist*. The people interviewed for this book describe a God that is in many ways beyond description. *Dying to Know You* will shake your beliefs about humanity’s relationship to God as well as your view of the universe in which you live.

\$15.95 US / \$22.95 CAN • 144 pages • 5.5 x 8.5-inch paperback • ISBN 978-1-937907-28-0 •

A RAINBOW RIDGE BOOK



Life with My Guardian Angel

Richard Bach

In this book, best-selling author Richard Bach shares a heartfelt story centered on his personal relationship with his guardian angel, who saved his life time after time over the years. *Life with My Guardian Angel* reveals the inspiring truth that guardian angels stay with us from the minute we are born until the time that our mission is done and we return home to the place we call heaven.

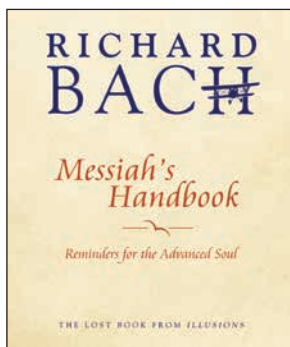
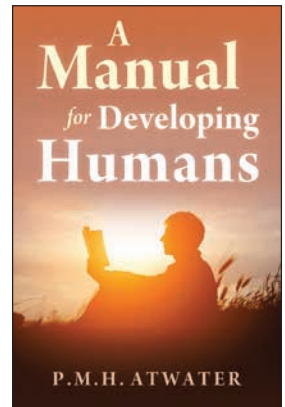
\$16.95 US / \$23.95 CAN • 136 pages • 5 x 8-inch paperback • ISBN 978-1-937907-56-3 • **A RAINBOW RIDGE BOOK**

A Manual for Developing Humans

P.M.H. Atwater

P.M.H. Atwater was told to write this book during her third near-death experience. Within these pages, she presents the *conscious*, *subconscious*, and *superconscious* aspects of the basics of life—how to develop your intuition; use your mind; understand color, sex, relationships, and children; take out-of-body trips; interact with spirit beings; meditate; bend time; and so much more. Throughout, *A Manual for Developing Humans* is filled with marvelous insights and surprises.

\$16.95 US / \$23.95 CAN • 352 pages • 6 x 9-inch paperback • ISBN 978-1-937907-47-1 • **A RAINBOW RIDGE BOOK**



Messiah's Handbook

Reminders for the Advanced Soul

Richard Bach

In Richard Bach's best-selling book *Illusions*, the mysterious hero Donald Shimoda seems to carry the keys to the universe with him as he barnstorms the Midwest in a Travel Air biplane. Shimoda's secret is a small book, bound in what appears to be suede, called the *Messiah's Handbook*. This slim volume, which the hero frequently quotes, is said to contain "whatever you need to know." Here, at last, is the "lost book" from *Illusions*—the *Messiah's Handbook*—which provides answers to your most important questions.

\$12.95 US / \$18.95 CAN • 216 pages • 4 x 5-inch paperback • ISBN 978-1-937907-64-8 • **A RAINBOW RIDGE BOOK**

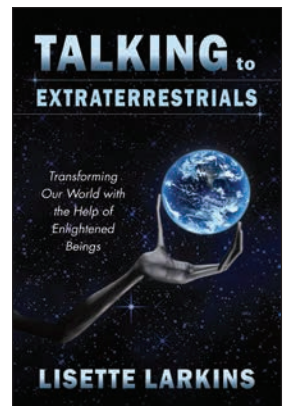
Talking to Extraterrestrials

Transforming Our World with the Help of Enlightened Beings

Lisette Larkins

Join a group of enlightened extraterrestrials, who extend an open invitation through their contact, Lisette Larkins. In this book, they tell us that they are here now, and they offer to help us along the way as we gently shift toward a peaceful future. *Talking to Extraterrestrials* provides a glimpse into a way of being where we, too, can create the life of our dreams and become adept at magically producing what we need to thrive.

\$17.95 US / \$25.95 CAN • 288 pages • 5.5 x 8.5-inch paperback • ISBN 978-1-937907-13-6 • **A RAINBOW RIDGE BOOK**



Reclaim the Magic

The Real Secrets to Manifesting Anything You Want

Lee Milteer

Our true magnificence lies in our internal power. We came to Earth with the ability to create with our thoughts, but since birth, we have been programmed by society, schools, government, and religion to believe that we are only victims of circumstance. *Reclaim the Magic* was written to remind us of our power and to provide the tools and concepts we need to claim our natural birthright and transform our reality forever.

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When the Horses Whisper

The Wisdom of Wise and Sentient Beings

Rosalyn W. Berne, PhD

When the Horses Whisper presents conversations with fifteen horses—most of whom live and work in Costa Rica—along with their photographs, enabling them to emerge as individual beings in service to humans on a shared evolutionary journey. The author discusses the special bond that exists between horses and humans, explains how communication between the species is made possible by love, and recounts the equine healing work that has allowed her to reclaim her authentic self. *When the Horses Whisper* will teach you how to hear when horses speak.



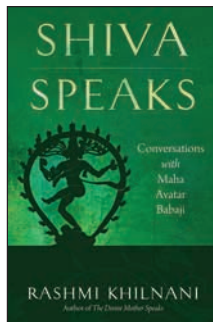
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Conversations with Maha Avatar Babaji

Rashmi Khilnani

Babaji, the ageless avatar who taught both Jesus and Moses, and who, as Shiva, is the Lord of the Universe, speaks to us through his devotee, the Indian mystic Rashmi Khilnani. In *Shiva Speaks*, his teachings are simple and powerful and revolve around the energy of truth, love, and simplicity. They help us bridge the seeming diversity of the world to reside in the unity consciousness at its core, from which we can resolve many of today's most pressing problems.



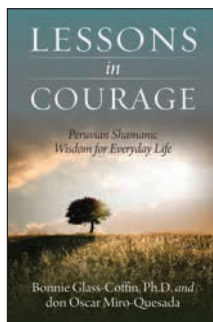
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Lessons in Courage

Peruvian Shamanic Wisdom for Everyday Life

Bonnie Glass-Coffin, PhD, and Oscar Miro-Quesada

Lessons in Courage: Peruvian Shamanic Wisdom for Everyday Life tells the story of shaman Oscar Miro-Quesada, who awakened to his purpose in life as a servant to conscious evolution for all humanity. Here is both a model and concrete practices for change derived from ancient wisdom and the pulses, cycles, and seasons of our Earth Mother. A compelling tale, it deeply grounds the reader in a “this world” spirituality for daily living that is meant to both heal and transform us.



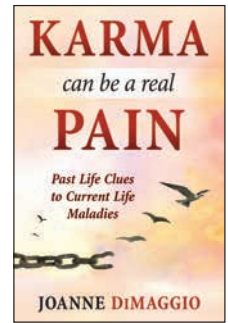
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Karma Can Be a Real Pain

Past Life Clues to Current Life Maladies

Joanne DiMaggio

Are physical and mental illnesses the result of karma acquired in a past life, and if so, does uncovering that lifetime lead to healing? Fifty volunteers, ranging in age from thirty-four to seventy-four, participated in a project conducted by past-life specialist Joanne DiMaggio. They came in suffering from chronic conditions such as arthritis, diabetes, joint and limb pain, and mental illness.



The book explores their experiences, sharing the details of their regression, soul-writing session, and follow-up interview to determine the impact on their condition. The results are fascinating.

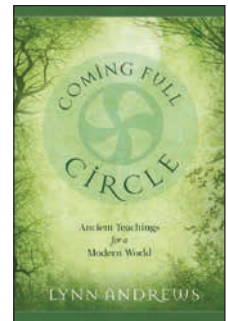
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Coming Full Circle

Ancient Teachings for a Modern World

Lynn Andrews

Coming Full Circle is a unique collection of beautifully written stories from the women of the Sisterhood of the Shield, members of an ancient shamanic society that is deeply embedded in native cultures around the world. Author Lynn Andrews' narrative style reveals how age-old healing techniques can and should be applied to the modern world. Just as the author's teachers have led her to move in harmony with the world around her, Lynn Andrews shows us that there is a spiritual solution to each of life's problems.



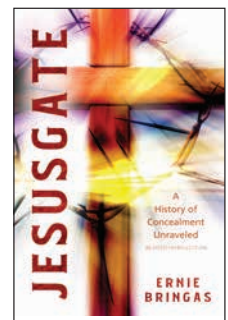
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Jesusgate

A History of Concealment Unraveled

Ernie Bringas

Jesusgate seeks to assess the “Jesusgate phenomenon”—the fact that Christian leaders, by acts of both commission and omission, have seriously neglected their responsibility to share with the laity important information about the origins of Christianity and the Jesus tradition. As a result, there is a significant gap between what scholars know and what laypersons have been led to believe. Author Ernie Bringas explores how this information gap has affected the quality of life at personal, political, and scientific levels.



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Conversations with the Past

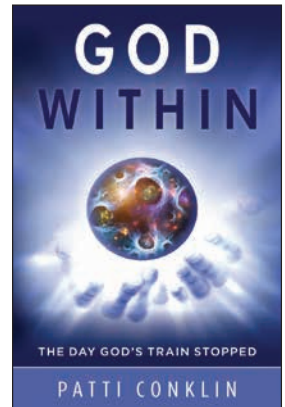
How to Let Go of Your Past, Redefine Your Present, and Create a Positive Future
Aura Imbarus, PhD

In *Conversations with the Past*, educator and life coach Dr. Aura Imbarus delves into many of the profound experiences she has had over the years. She shares these personal events—from emotional breakdowns to spiritually elevated states—to help her readers discover and understand their own purpose in life. Truly inspirational, this exploration will motivate you to examine your own life and take the necessary steps to enhance both your happiness and your well-being.

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Patti Conklin believes that when the universe began, a cacophony of tones, or frequencies, echoed throughout the universe. This book explains how we can use that knowledge to impact our physical lives. Understanding that physics goes hand in hand with metaphysics, the author has developed a toolbox that enables her to use the universe's frequencies to heal people. *God Within* provides true examples of individuals who have experienced changes in health as well as spiritual transformation.

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God Within

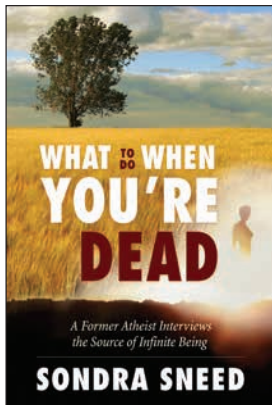
The Day God's Train Stopped
Patti Conklin

What to Do When You're Dead

A Former Atheist Interviews the Source of Infinite Being
Sondra Sneed

This book is a fascinating dialogue between the Creator of the Universe and a former atheist, who became a reluctant messenger. Author Sondra Sneed offers a warning about man's self-destruction, explores why death is not real, and explains how your experience of crossing to the other side is linked to your state of mind before passing. Both powerful and persuasive, *What to Do When You're Dead* will forever change the way you think about your life, your death, and God.

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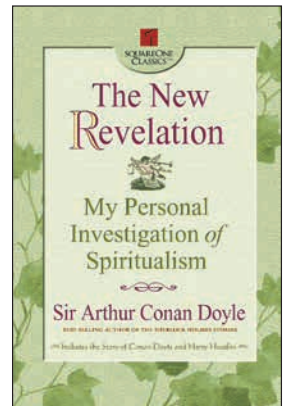


The New Revelation

My Personal Investigation of Spiritualism
Sir Arthur Conan Doyle

The spiritual movement in the early twentieth century had few, if any, proponents greater than Sir Arthur Conan Doyle—a medical doctor, soldier, intellect, and world-renowned author. *The New Revelation* is a firsthand account of his personal investigation into the world of spiritualism. An original Introduction to the book provides an insightful look at Doyle's personal life. His friendship with renowned magician Harry Houdini is brilliantly captured in the book's original Afterword.

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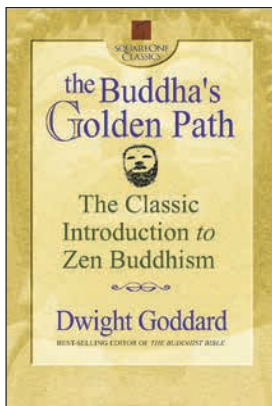


The Buddha's Golden Path

The Classic Introduction to Zen Buddhism
Dwight Goddard

In 1929, when Dwight Goddard wrote *The Buddha's Golden Path*, he was breaking ground. No American before him had lived the lifestyle of a Zen Buddhist monk and then shared the secrets he had learned with his countrymen. Released in the midst of the Great Depression, this title offered answers to the questions that millions of people were beginning to ask—questions about what was really important in their lives. These are questions that we still ask ourselves today.

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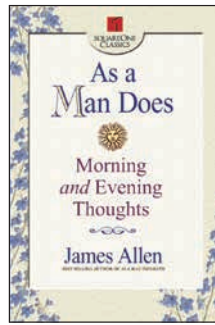


As a Man Does

Morning and Evening Thoughts
James Allen

One of the first great modern writers of motivational and inspirational books, James Allen has influenced millions of people around the world through books like *As a Man Thinketh*. In the same way, *As a Man Does* presents insightful meditations to feed the mind and soul. In each of the sixty-two meditations—one for each morning and each evening of the month—Allen offers both the force of truth and the blessing of comfort. This volume is sure to console and inspire you every day of your life.

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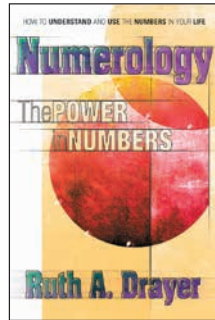


Numerology

The Power in Numbers
Ruth A. Drayer

Numerology is the art and science of interpreting how numbers influence our lives and our destinies. Numbers hold a special place in our lives, and by studying them, we can identify the powerful forces that affect us. *Numerology* is a clear, concise guide for understanding and implementing this fascinating subject. Written for the beginner as well as the advanced student, the book starts with a history of numerology and then examines the fundamentals of this science. Diagrams and easy-to-follow instructions guide you in constructing your personal numerological chart.

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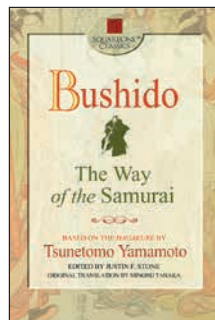


Bushido

The Way of the Samurai
Tsunetomo Yamamoto

In eighteenth-century Japan, Tsunetomo Yamamoto created the *Hagakure*, a document that served as the basis for samurai warrior behavior. Its guiding principles greatly influenced the Japanese ruling class and shaped the underlying character of the Japanese psyche, from businessmen to soldiers. *Bushido*, which is the first English translation of the *Hagakure*, provides a powerful message aimed at the mind and spirit of the samurai warrior. It also offers a unique perspective on Japan's historical path as well as the Japan of today.

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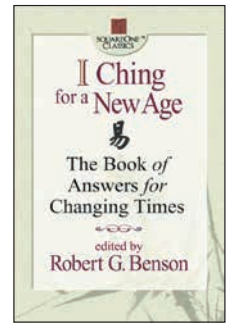


I Ching for a New Age

The Book of Answers for Changing Times
Robert G. Benson, Editor

For over three thousand years, the Chinese have placed great value on the *I Ching*, turning to it for both guidance and insight. Originally used for divination, the book is believed to contain profound meanings applicable to daily life. It highlights hundreds of different possibilities you might face, both on a professional and on a personal level, allowing you to understand past, present, and future events, and even exercise control over some events. The *I Ching* stands alone, providing answers for anyone who faces personal crisis.

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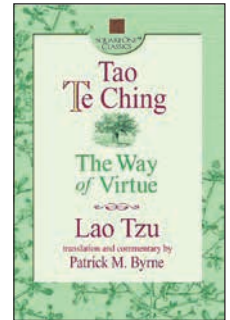


Tao Te Ching

The Way of Virtue
Lao Tzu • Patrick M. Byrne, Translator

A fundamental book of the Taoist, the *Tao Te Ching* is regarded as a revelation in its own right, providing a wealth of wisdom and insights. Through time, many changes have been made to the original Chinese text, with some translators creating beautiful versions in the name of poetic license, and others adding their own philosophical spin. For those readers looking for a purer interpretation of this classic work, here is a translation that is extremely accurate and easy to understand, while capturing the pattern and harmony of the original.

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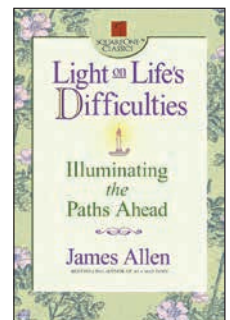


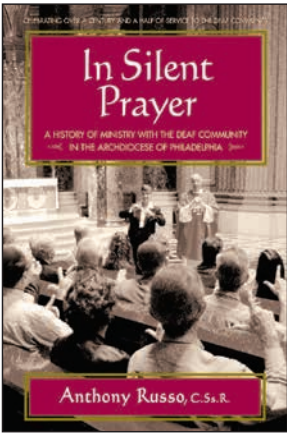
Light on Life's Difficulties

Illuminating the Paths Ahead
James Allen

In *Light on Life's Difficulties*, noted inspirational writer James Allen offers twenty-three stirring essays that provide clear direction to those in search of personal truths. Filled with plain-spoken wisdom, this work is designed to illuminate those areas of our lives that we have become uncertain about—areas such as spirituality, self-control, individual liberty, values, war and peace, self-sacrifice, and so much more. The power of Allen's words can shed light on the road ahead for many of us today as well as for generations to come.

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In Silent Prayer

A History of Ministry with the Deaf Community in the Archdiocese of Philadelphia

Anthony Russo, C.Ss.R.

In 1847, a nun who had been trained to teach the deaf was given a position in a Philadelphia parish. Thus began over a century and a half of ministry to the deaf. Written by Father Anthony Russo, who has devoted himself to the deaf community for over forty years, *In Silent Prayer* traces the history of this special ministry in the Roman Catholic Archdiocese of Philadelphia. Through text as well as historical documents and photographs, Father Russo not only tells the story of the great men and women who have provided this important service, but also looks forward to the coming years and considers how this service can be further shaped and improved. Specific examples of how to establish an effective ministry are included along with a discussion of the ideas and attitudes necessary to effect change and progress in ministry today.

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“A must-have in every Black family's library.”
–The New York Amsterdam News

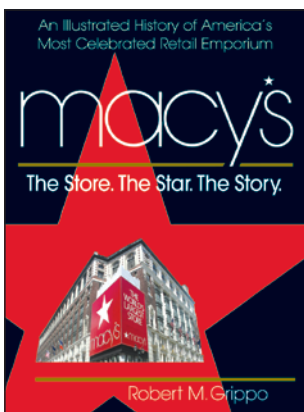
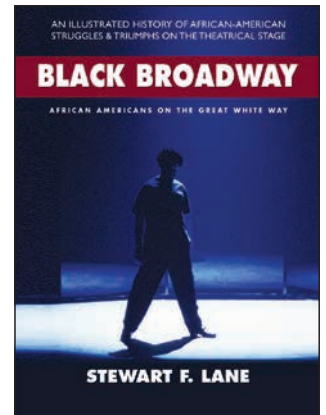
Black Broadway

African Americans on the Great White Way

Stewart F. Lane • Foreword by Kenny Leon

The African-American actors and actresses whose names have lit up Broadway marquees earned their place in history not only through hard work and talent, but also because of the legacy of those who came before them. In this remarkable book, theater producer Stewart F. Lane uses words and photos to highlight the rocky road that black actors have travelled to the Great White Way. In the mid-1800s, the popularity of minstrel shows grew by leaps and bounds. While the depiction of blacks was demeaning, it opened the door to African-American performers. In the 1920s, the Jazz Age allowed black songwriters and entertainers to reach wider audiences. Each decade, more progress was made and more actors of color found their voice on stage in truly worthy productions. *Black Broadway* provides a fascinating history of the Broadway of which few are aware.

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Macy*s

Store. The Star. The Story.

Robert M. Grippio

*Macy*s* traces a hundred and fifty years of one of the country's premier retailers. The story begins with Rowland Macy's roots in Massachusetts. It then details the founding of the store, including the innovative advertising and pricing practices that made the fledgling business stand out from its competitors. Later chapters describe how Macy's made history by being the first retailer to promote a woman to an executive position, how Isidor and Nathan Straus created the beautiful flagship store on Herald Square, how the once-cluttered lower level became the Cellar, and much more. Throughout, lively text, rare photographs, and colorful illustrations highlight the trends, tragedies, and traditions that transformed Macy's into the World's Largest Store. Whether you're a long-time Macy's customer or just someone who enjoys watching the legendary Thanksgiving Day Parade, this fascinating book will draw you into the continuing miracle on Thirty-Fourth Street.

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“Lavishly illustrated . . . [readers] will delight in this affectionate tribute.” **–Publishers Weekly**

“[Du Bois'] singular greatness lay in his quest for truth about his own people.”

–Dr. Martin Luther King, Jr.

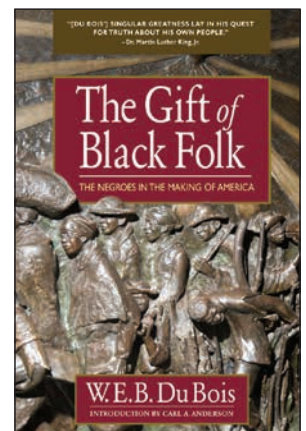
Although the Civil War marked an end to slavery in the United States, it would take another fifty years to establish a civil rights movement. Dr. W.E.B. Du Bois was among the first generation of African-American scholars to spearhead this movement. Cofounder of the NAACP, he sought social change, and as a talented writer, he created books that provide a revealing glimpse into the black experience of the times. In *The Gift of Black Folk*, Du Bois recounts the history of African Americans and their many unsung contributions to society. He chronicles their role in the early exploration of America, their part in developing the country's agricultural industry, their courage on the battlefield, and their creativity in every aspect of American culture. He also highlights the contributions of black women, proposing that their freedom could lead to freedom for all women.

\$14.95 US / \$21.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0319-6

The Gift of Black Folk

The Negroes in the Making of America

W.E.B. Du Bois



“Eye-opening . . . spotlights a little-known story of resistance in the face of nearly insurmountable odds.” –Publishers Weekly

The Righteous Few

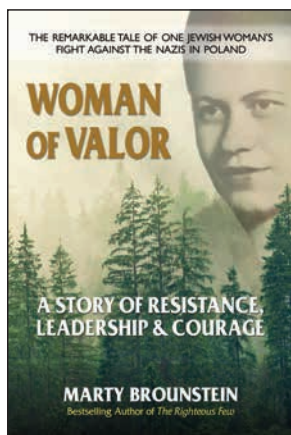
Two Who Made a Difference

Marty Brounstein



The Righteous Few is a remarkable true tale of courage, compassion, and rescue during the Holocaust. It is the story of a young married Christian couple, Frans and Mien Wijnakker, living in the Netherlands during World War II. When their country was under the brutal occupation of Nazi Germany, they got involved, when most did not, in the risky and dangerous work of helping the people most in need. By the end of the war, they had managed to save more than two dozen Jews from certain death. Their heroism later earned them a special recognition of “Righteous Among the Nations” by Yad Vashem, the World Holocaust Remembrance Center. *The Righteous Few* draws a vivid picture of two extraordinary people who shined the light of hope during one of history’s darkest periods.

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Woman of Valor

A Story of Resistance, Leadership & Courage

Marty Brounstein

Eta Chait, a young Jewish woman, lived with her parents and siblings in Lukow, Poland. In 1939, the country was invaded by Nazi Germany, marking the start of World War II. Under the Nazis’ brutal occupation, the Jews of Poland were rounded up and segregated into ghettos. As Eta and her family found themselves crowded into one of these ghettos, they watched as their Jewish neighbors were pulled out of their homes, imprisoned, or summarily executed in the streets. Facing this brutality, Eta joined a resistance group within the ghetto to escape. From that moment, Eta’s mission was clear—she would do everything she could to defeat the Nazis and save as many Jews as possible. Amidst the many tragic stories of the Holocaust, *Woman of Valor* serves to remind us of the good in people.

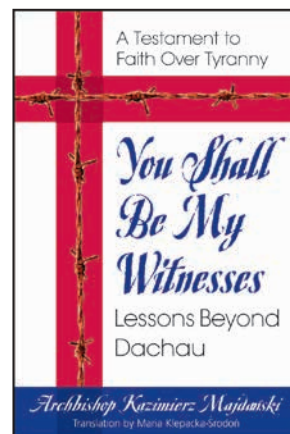
\$16.95 US / \$23.95 CAN • 226 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0503-9

You Shall Be My Witnesses

Lessons Beyond Dachau

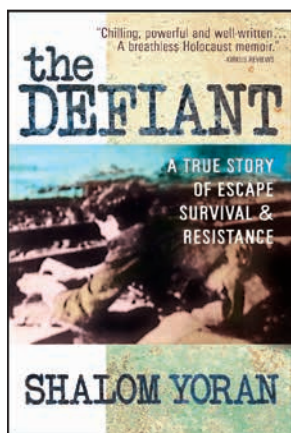
Archbishop Kazimierz Majdański

Translation by Maria Klepacka-Środoń



In the aftermath of World War I, Polish independence was revived after decades of struggle. As a modern sea harbor was built and schools were founded, both spiritual and material culture flourished. Then, in 1939, Adolf Hitler attacked Poland. Although most people know that Poland’s Jews were quickly gathered for the purpose of extermination, few are aware that a similar fate awaited the Polish clergy. Among these clergy was Kazimierz Majdański, who later would become an Archbishop of Poland. *You Shall Be My Witnesses* is intended as a witness to the author’s own prison experiences during the years of World War II. But this book does more than detail Hitler’s war against the faithful. It prompts us to choose not the civilization of death, but the blessing of the God of life.

\$17.95 US / \$25.95 CAN • 208 pages • 6 x 9-inch paperback • ISBN 978-0-7570-0223-6



The Defiant

A True Story of Escape, Survival & Resistance

Shalom Yoran

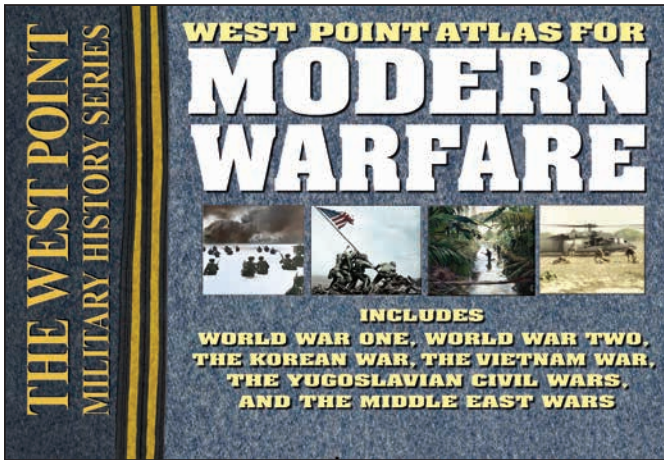
“Chilling, powerful and well-written .”

–Kirkus Reviews

While recuperating in an Israeli hospital after World War II, a young Polish refugee wrote at length about his remarkable experiences in war-torn Europe. His notes were then set aside as he built a new life for himself and his family. In 1995, Shalom Yoran came across his own forgotten writings and, realizing their importance, completed his work. *The Defiant* is his extraordinary memoir. A true story of survival and courage during the darkest days of Nazi-occupied Poland, it is the personal account of a young man who refused to yield to the German onslaught and chose instead to join a small group of resistance fighters who bravely carried on a forest war. From the brutal behavior of Polish peasants to direct confrontations with storm troopers, the author sheds light on events that few know of in this country. Here is the amazing story of a man who fought against incredible odds.

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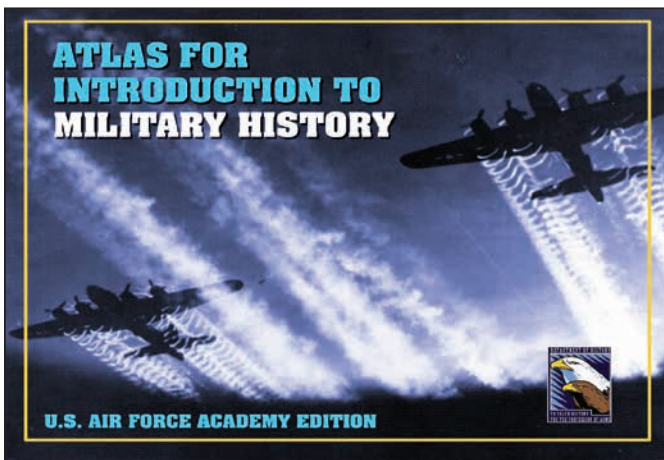
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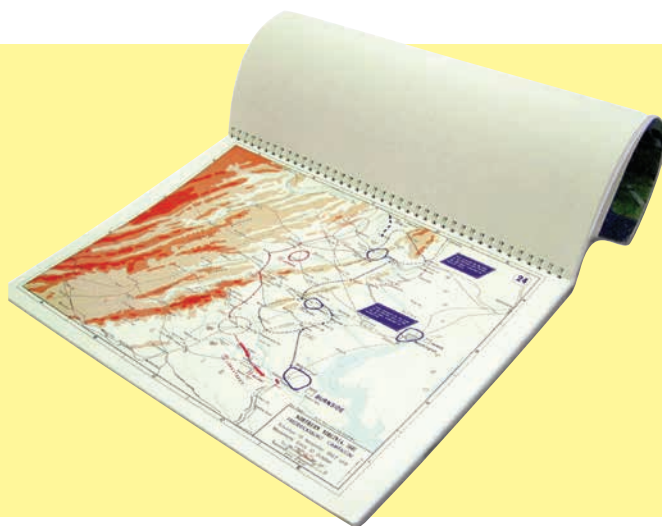


Atlas for Introduction to Military History

U.S. Air Force Academy Edition

Prepared by the United States Air Force Academy's Department of History, this atlas is designed to provide an understanding of the strategies of modern warfare through past military decisions—both right and wrong. Beginning with the historic 1631 Battle of Breitenfeld, this atlas goes on to cover strategies used during the American Revolution, the Wars of Napoleon, the American Civil War, World Wars One and Two, the Korean War, the Vietnam War, and the post-Cold War conflict.

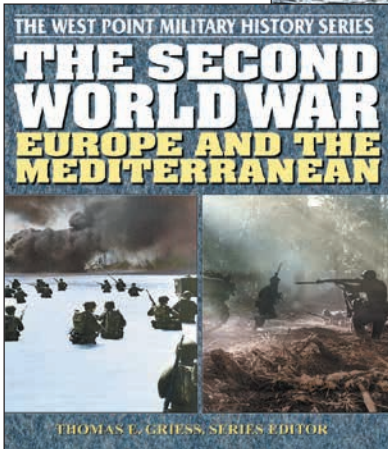
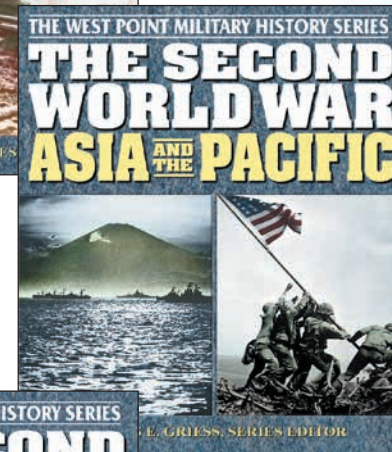
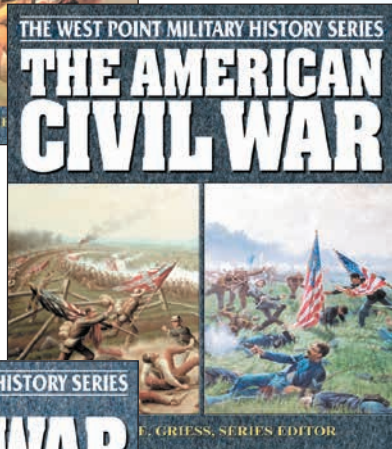
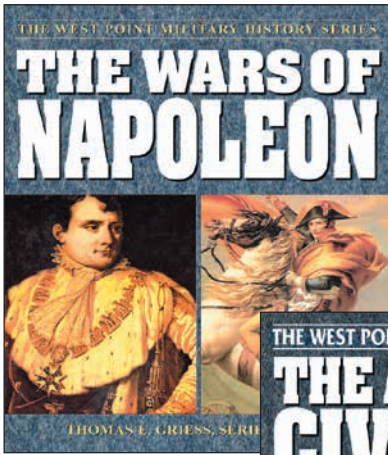
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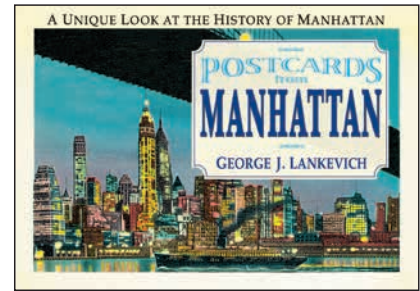
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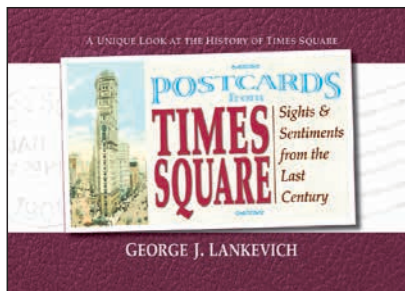


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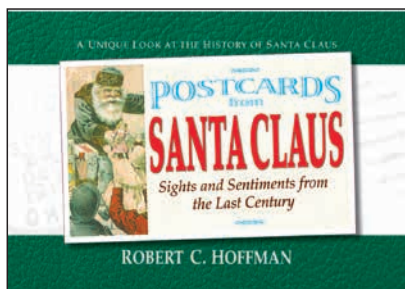


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A

About the House with Henri de Marne, 58
 Acid-Alkaline Food Guide, The, 2nd Ed., 28
 Acid-Alkaline Lifestyle, The, 28
 A.D.D. & A.D.H.D. Diet!, The, 52
 A.D.D.—The Natural Approach, 52
 ADHD & the Focused Mind, 52
 After Woodstock, 67
 A.G.E. Food Guide, The, 31
 Alzheimer’s Prevention & Treatment Diet, The, 29, 39
 Amazing Acid-Alkaline Cookbook, The, 28, 39
 American Civil War, The, 84
 And Then We Went Fishing, 67
 Anti-Inflammatory Oxygen Therapy, 23
 Apple Cider Vinegar, 26
 Aromatherapy for Everyone, 2nd Ed., 23
 As a Man Does, 80
 As All My Fathers Were, 71
 Atlas for Introduction to Military History, 83
 Avenca, 31
 Awakening from the 3D World, 76

B

Barefoot Pirate, 66
 Beating the Casinos at Their Own Game, 65
 Beyond the Magic Bullet, 22
 Big Beautiful Brown Rice Cookbook, The, 43, 49
 Big Book of Near-Death Experiences, The, 75
 Big Yoga, 33
 Big Yoga for Less Stress, 33
 Bite It & Write It!, 32
 Black Broadway, 81
 Black Health Matters, 10
 Blue Sky, White Clouds, 29
 Book of Macrobiotics, The, 48
 Bootlegger’s 200 Proof Blackjack, 65
 Breaking Through, 52
 Bringing Death to Life, 75
 Bubbie and Zandie Come to My House, 55
 Buddha’s Golden Path, The, 79
 Bug Busters, 58
 Bushido, 60
 Butterfly, The, 73

C

Cancer: A Second Opinion, 22
 Cat Calls, 68
 Change, The, 32
 Change Cookbook, The, 32, 42
 Chasing My Son Across Heaven, 75
 Chrysalis Crisis, 14
 Coconuts for Your Health, 26
 Coming Full Circle, 78
 Complete Muffin Cookbook, The, 45
 Complete Wood Pellet Barbeque Cookbook, The, 45
 Confessions of a Coffee Bean, 46
 Confessions of a Kamikaze Cowboy, 48
 Conversations with God, Book 4, 72

Conversations with God for Parents, 72
 Conversations with the Past, 14, 79
 Cooking with Seitan, 43, 49
 Creative Mind, 74
 Creative Therapy for Children with Autism, ADD, and Asperger’s, 53
 Cut of Pride, The, 71

D

DAR & Earth Series, 7
 Deadly Harvest, 38
 Death Takes a Byline, 69
 Defiant, The, 82
 Descent, 69
 Detox and Revitalize, 44
 Dick Van Patten’s Totally Terrific TV Trivia, 65
 Difficult People, 63
 Divorce Matters, 1
 Do This. Get Rich!, 57
 Doctor’s Kidney Diets, The, 21, 39
 Does Your Baby Have Autism?, 52
 Do-In Way, The, 33, 47
 Doing More with Less, 56
 Doing More with Teams, 56
 Doyle’s World—Lost & Found, 6
 Dr. Earl Mindell’s Guide to Healing with CBD, 15
 Dr. Vlassara’s A.G.E.-Less Diet, 31
 Dressed to Kill, 2nd Ed., 38
 Dying to Know You, 76

E

Eat Smart, Eat Raw, 44
 Editing Made Easy, 61
 Embracing Menopause Naturally, 47, 56
 End Your Addiction Now, 13
 Enemy of the Steak, 43
 Enough, Inigo, Enough, 51
 Enzyme Cure, The, 24
 Everyone’s Time to Cook, 46
 Explore the Northeast National Marine Sanctuaries, 50
 Explore the Pacific Islands National Marine Sanctuaries, 50
 Explore the Southeast National Marine Sanctuaries, 50
 Explore the West Coast National Marine Sanctuaries, 50

F

Fabulous Fiber Cookbook, The, 41
 Falling in Love Again, 63
 15 Natural Remedies for Migraine Headaches, 19
 50 Money-Saving Tips for Every Landlord, 58
 Final Rights, 75
 Finding Robert, 52
 Fit Baby, Smart Baby, Your Baby!, 51
 Fits Like a Glove, 68
 Flames and Smoke Visible, 68
 Food for Thought, 74

For Love and Treasure, 68
 For the Love of a Child, 66
 For the Love of Garlic, 46
 For What He Could Become, 71
 Fred Willard’s Magnificent Movie Trivia, 65
 Freeing Freddie: The Dream Weaver, 55
 From Patent to Profit, 3rd Ed., 59

G

Gift of Black Folk, The, 81
 Glycemic Index Food Guide, 32
 God Within, 79
 God’s Message to the World, 73
 God’s Nutritionist, 74
 Going Wild in the Kitchen, 42
 Grapes of Wine, The, 45
 Great Natural Breads Made Easy, 43
 Great War, The, 84
 Greens and Grains on the Deep Blue Sea Cookbook, 42
 Guardianships and the Elderly, 9, 38
 Guide to Complementary Treatments for Diabetes, A, 19
 Guide to Energetic Healing, A, 24

H

Happiness Effect, The, 23
 Healing Curve, The, 20
 Healing Floaters and Detachments Naturally, 3
 Healing Mushrooms, 27
 Healing Power of Rainforest Herbs, The, 27
 Healing Waters, 28
 Healing with Hemp CBD Oil, 25
 Healing with Iodine, 26
 Healing with Medical Marijuana, 25
 Health at Gunpoint, 38
 Heaven Is for Healing, 76
 High Performance Vision, 18
 Homeopathic Cell Salt Remedies, 23
 How & When to Sue Your Lawyer, 59
 How Smart Is Your Baby?, 51
 How to Eat Right & Save the Planet, 49
 How to Get the Death You Want, 75
 How to Give Your Baby Encyclopedic Knowledge, 51
 How to Make Real Money Selling Books, 2nd Ed., 60
 How to Multiply Your Baby’s Intelligence, 51
 How to Pray, 73
 How to Promote Your Book, 60
 How to Publish Your Articles, 62
 How to Publish Your Children’s Book, 2nd Ed., 61
 How to Publish Your Newsletter, 62
 How to Publish Your Nonfiction Book, 2nd Ed., 61
 How to Read a Person Like a Book, 64
 How to Self-Publish Your Book, 60
 How to Sell Your Screenplay, 62
 How to Start a Business & Ignite Your Life, 56
 How to Teach Your Baby Math, 51
 How to Teach Your Baby to Read, 51
 How to Teach Your Baby to Swim, 51
 Hypnosis, 34

I

I Ching for a New Age, 80
 I Used to Have Cancer, 22
 Imagine Yourself Well, 24, 34
 In Balance for Life, 28
 In Silent Prayer, 81
 Inflammation Revolution, The 24
 Intimacy After Breast Cancer, 22
 Investigative Selling, 57
 Irlen Revolution, The, 53
 It's All One World, 76

J

Jesusgate, Revised 3rd Ed., 78
 Joe Franklin's Great Entertainment Trivia, 65
 Joy of Meditation, The, 34
 Juice Alive, 2nd Ed., 44

K

Karma Can Be a Real Pain, 78
 Kids First, 54
 Kids Who Laugh, 61
 Killer Colas, 37
 King of Shabbos, The, 70
 Kiss Your Dentist Goodbye, 2nd Ed., 1
 Knights of Columbus, The, 12
 Kung Fu: The Master, 34

L

La Cristiada, 12
 L'Chaim!, 29
 Lessons in Courage, 78
 Life with My Guardian Angel, 77
 Light on Life's Difficulties, 80
 Liquid Luck, 34
 Little Book of Doctors' Rules, The, 10
 Live Foods, Live Bodies!, 44
 Longbeards, Callmakers and Memories, 66
 Love Tactics, 63
 Low Vision Matters, 3
 Lower Blood Pressure Without Drugs, 3rd Ed., 35
 Lower Your Cholesterol Without Drugs, 2nd Ed., 35

M

Macrobiotic Home Remedies, 47
 Macrobiotics for Everyone, 2nd Ed., 47
 Macy's, 81
 Magic of Prayers, The, 73
 Magnesium Solution for High Blood Pressure, The, 19
 Magnesium Solution for Migraine Headaches, The, 19
 Magnet Therapy, 2nd Ed., 23
 Magnificent Magnesium, 27
 Manual for Developing Humans, A, 77
 Mason Jar Cookie Cookbook, The, 46
 Mason Jar Dessert Cookbook, The, 46
 Mason Jar Soup-to-Nuts Cookbook, The, 46
 Massaging Your Baby, 55
 Matchsticks, 5
 Max Your Immunity, 8

Maximize Your Male Hormones, 2
 Memory Warp, 11
 Messiah's Handbook, 77
 Micky Dolenz' Rock 'n Rollin' Trivia, 65
 Miso Book, The, 43, 49
 Missing Persons, 66
 Mobile Home Wealth, 57
 Most Expensive Mistress in Jefferson County, The, 71
 My Beautiful Life, 48

N

Natural Alternatives to Lipitor, Zocor & Other Statin Drugs, 19
 Natural Alternatives to Nexium, Maalox, Tagamet, Prilosec & Other Acid Blockers, 2nd Ed., 19
 Natural Alternatives to Vioxx, Celebrex & Other Anti-Inflammatory Prescription Drugs, 2nd Ed., 19
 Natural Beauty Basics, 30
 Natural Diabetes Cure, The, 2nd Ed., 35
 Natural Health for Women, 2nd Ed., 30
 Natural Prostate Cure, The, 3rd Ed., 35
 Natural Sex Boosters, 2nd Ed., 20
 New Art of Negotiating, The, Updated Ed., 37
 New Revelation, The, 79
 New World Companies, 56
 Nose Is Not Toes, 51
 Now That's Funny!, 11
 Numerology, 80

O

Oil on the Wounds, 12
 One Peaceful World, 48
 Oraculi, 7
 Outgrowing Addiction, 13
 Overcoming Senior Moments, 29

P

Paleo in a Nutshell, 32
 Palm Trees on the Hudson, 67
 Parent's Guide to Baseball & Softball, A, 54
 Pat Cooper—How Dare You Say How Dare Me!, 67
 Patent Writer, The, 59
 Path of the Wind, The, 71
 Pea in a Pod, 3rd Ed., 9, 30
 Postcards from Manhattan, 85
 Postcards from Santa Claus, 85
 Postcards from Times Square, 85
 Postcards from World War II, 85
 Potty Training Your Baby, 55
 Probiotic Cure, The, 26
 Pulp Kitchen—The Cookbook, 44

R

Reclaim the Magic, 77
 Recovery from Cancer, 48
 Reluctant Healer, The, 66
 Rethinking Cancer, 29
 Revelations, 7
 Reversing Dyslexia, 53
 Rick Barry's Super Sports Trivia, 65

Righteous Few, The, 82

S

Second World War: Asia and the Pacific, The, 84
 Second World War: Europe and the Mediterranean, The, 84
 Secrets of Successful Coaching, 11
 Secrets of Successful Inventing, 58
 Secrets of Successful Women Inventors, 4
 Servants of the Fish, 50
 Shiva Speaks, 78
 Smart Medicine for Your Eyes, 2nd Ed., 15
 Smoothies for Kidney Health, 21, 39
 Sodium Bicarbonate, 25
 Soft Foods for Easier Eating Cookbook, 40
 Sophisticated Olive, The, 46
 Soul Courage, 72
 Speaking Scared, Sounding Good, 64
 Stevia Sweet Recipes, 41
 Stopping Inflammation, 24
 Strange Case of Dr. Doyle, The, 69
 Street Smart Sales Pro, The, 57
 Suicide by Sugar, 37
 Syllables of Rain, 70

T

Take a Deep Breath, 33
 Taking Woodstock, 67
 Tales of a Tea Leaf, 46
 Talking to Extraterrestrials, 77
 Talking with Your Hands, Listening with Your Eyes, 64
 Tao Te Ching, 80
 Testosterone Is Your Friend, 3rd Ed., 35
 Thank Your Wicked Parents, 14
 These Liberties We Hold Sacred, 12
 Thrill of Krill, The, 27
 Tired—So Tired! and the Yeast Connection, 36
 Trial of George W. Bush, The, 69
 True North, 50
 Turmeric for Your Health, 26

U

Ulcer Free!, 20
 Ultimate Allergy-Free Cookbook, The, 40
 Ultimate Allergy-Free Snack Cookbook, The, 40
 Ultimate Betrayal, 63
 Unexpected Recoveries, 22
 Unsafe at Any Meal, 37
 Untwisted, 13
 Urban Treasure Hunter, The, 65

V

Vicki's Vegan Kitchen, 42
 Video Poker Edge, The, 2nd Ed., 65
 Viet Man, 70

W

Wars of Napoleon, The, 84
 Wearing the Robe, 59
 West of Phoebe, 70

West Point Atlas for Modern Warfare, 83
 What to Do About Your Brain-Injured Child, 53
 What to Do About Your Troubled Child, 4
 What to Do When You're Dead, 79
 What You Must Know About Age-Related Macular Degeneration, 17
 What You Must Know About Allergy Relief, 16
 What You Must Know About Bioidentical Hormone Replacement Therapy, 30
 What You Must Know About Dialysis, 21
 What You Must Know About Dry Eye, 17
 What You Must Know About Eyestrain, 18
 What You Must Know About Food and Supplements for Optimal Vision Care, 18
 What You Must Know About Hashimoto's Disease, 15
 What You Must Know About Homeopathic Remedies, 23
 What You Must Know About Kidney Disease, 21
 What You Must Know About Liver Disease, 23
 What You Must Know About Memory Loss & How You Can Stop It, 29

What You Must Know About Statin Drugs & Their Natural Alternatives, 16
 What You Must Know About Strokes, 16
 What You Must Know About the Hidden Dangers of Antibiotics, 37
 What You Must Know About Thyroid Disorders & What to Do About Them, 2nd Ed., 2
 What You Must Know About Vitamins, Minerals, Herbs and So Much More, 2nd Ed., 25
 What You Must Know About Women's Hormones, 2nd Ed., 2, 30
 What's in Your Blood & Why You Should Care, 10
 When the Horses Whisper, 78
 When the Subject Is Rape, 8
 Where God and Medicine Meet, 24, 72
 Whole Foods Allergy Cookbook, The, 2nd Ed., 40
 Whole Herb, The, 45
 Why Johnny Hates Sports, 54
 Why the Wind Blows, 9
 Why You Can't Lose Weight, 31
 Wild Wines, 45
 Willing Hands, 73

Wine Lover's Guide to Auctions, The, 45
 Wisdom That Works, 72
 Wit & Wisdom of the Talmud, The, 74
 Woman of Valor, 82
 Word Gobblers, The, 9
 World Goes Raw Cookbook, The, 44

Y
 Yasteron, 7
 Yeast Connection and Women's Health, The, 36
 Yeast Connection Cookbook, The, 26, 41
 Yeast Connection Handbook, The, 36
 You Shall Be My Witnesses, 11, 82
 Your Blood Never Lies, 20
 Your Body Never Lies, 47
 Your First Coaching Book, 54
 Your Time to Bake, 46
 Your Time to Cook, 46

Z
 Zinc-Carnosine, 27

A					
Abraham, John	How to Get the Death You Want, 75		What You Must Know About Food and Supplements for Optimal Vision Care, 18	Bell, Rachel	A.D.D. & A.D.H.D. Diet!, The, 52
Adlon, Jeanne	Cat Calls, 68	Antol, Marie Nadine	Confessions of a Coffee Bean, 46	Belleme, Jan	Miso Book, The, 43, 49
Aisen, Susan	How to Give Your Baby Encyclopedic Knowledge, 50		Sophisticated Olive, The, 46	Belleme, John	Miso Book, The, 43, 49
		Appleton, Nancy	Killer Colas, 37	Benedict, Dirk	And Then We Went Fishing, 67
Allen, James	As a Man Does, 80		Stopping Inflammation, 24		Confessions of a Kamikaze Cowboy, 48
	Light on Life's Difficulties, 80	Arms, Myron	Suicide by Sugar, 37	Benson, Robert G.	I Ching for a New Age, 80
Ambrosia, Gloria	Complete Muffin Cookbook, The, 45		Servants of the Fish, 50	Berne, Rosalyn W.	When the Horses Whisper, 85
Anders, Ted	Untwisted, 20	Atwater, P.M.H.	True North, 50		Low Vision Matters, 3
Anderson, Carl A.	Oil on the Wounds, 12		Big Book of Near-Death Experiences, The, 75	Blakeslee, Robert L.	Everyone's Time to Cook, 46
	These Liberties We Hold Sacred, 12		Dying to Know You, 76		Your Time to Bake, 46
			Manual for Developing Humans, A, 77		Your Time to Cook, 46
Anderson, Nina	A.D.D., 52	B		Bloom, Daniel	Bubbie and Zadie Come to My House, 45
	Overcoming Senior Moments, 29	Bach, Greg	Secrets of Successful Coaching, 11		Deadly Harvest, 38
Andrews, Lynn	Coming Full Circle, 78	Bach, Richard	Life with My Guardian Angel, 77	Bond, Geoff	Paleo in a Nutshell, 32
Anshel, Jeffrey	Smart Medicine for Your Eyes, 2nd Edition, 15		Messiah's Handbook, 77	Books, Phyllis	Reversing Dyslexia, 53
	What You Must Know About Age-Related Macular Degeneration, 17		Thank Your Wicked Parents, 14	Boufford, Kathy C.	Divorce Matters, 1
	What You Must Know About Dry Eye, 17			Boyd, Linda	Video Poker Edge, The, 65
	What You Must Know About Eyestrain, 18	Bailey, Steven	Juice Alive, 44	Bringas, Ernie	Jesusgate, 73
			Reluctant Healer, The, 66	Britt, Jim	Do This. Get Rich, 57
		Barry, Rick	Rick Barry's Super Sports Trivia, 65	Brounstein, Marty	Righteous Few, The, 82
					Woman of Valor, 82
		Belen, Susana L.	Detox and Revitalize, 44	Brown, Susan E.	Acid-Alkaline Food Guide, The, 28
				Bruno, Gene	Guide to Complementary Treatments for Diabetes, A, 19

- Burby, Liza N. What's in Your Blood & Why You Should Care, 10
 How to Publish Your Children's Book, 61
- Byers, Dorie Natural Beauty Basics, 30
- Byrne, Patrick M. Tao Te Ching, 80
- C**
- Calero, Henry H. How to Read a Person Like a Book, 64
 New Art of Negotiating, The, 57
- Carlson, Lisa Final Rights, 55
- Castle, Stacie Bite It & Write It!, 32
- Cerier, Leslie Going Wild in the Kitchen, 42
- Chang, Raymond Beyond the Magic Bullet, 22
- Chaplan, Michael Urban Treasure Hunter, The, 65
- Chelf, Vicki Pulp Kitchen—The Cookbook, 44
 Vicki's Vegan Kitchen, 42
- Chetkin, Sara Healing Curve, The, 20
- Cheyette, Benjamin ADHD & the Focused Mind, 52
- Cheyette, Sarah ADHD & the Focused Mind, 52
- Ciaravino, Helene How to Pray, 73
- Clairday, Matt Postcards from World War II, 64
- Clairday, Robynn Postcards from World War II, 84
- Cohen, Jay 15 Natural Remedies for Migraine Headaches, 19
 Magnesium Solution for High Blood Pressure, The, 19
 Magnesium Solution for Migraine Headaches, The, 19
 Natural Alternatives to Lipitor, Zocor & Other Statin Drugs, 19
 What You Must Know About Statin Drugs & Their Natural Alternatives, 16
 What You Must Know About the Hidden Dangers of Antibiotics, 37
- Cohen, Robert Food for Thought, 74
 God's Nutritionist, 74
 God Within, 79
- Conklin, Patti Where God and Medicine Meet, 24, 72
- Cooper, Brit Pat Cooper—How Dare You Say How Dare Me!, 67
- Cooper, Pat Pat Cooper—How Dare You Say How Dare Me!, 67
- Cotler, Robyn Bite It & Write It!, 32
- Cousteau, Jean-Michel Explore the Northeast National Marine Sanctuaries, 50
 Explore the Pacific Islands National Marine Sanctuaries, 50
 Explore the Southeast National Marine Sanctuaries, 50
 Explore the West Coast National Marine Sanctuaries, 50
- Crook, Elizabeth B. Yeast Connection and Women's Health, The, 36
- Crook, William G. Tired—So Tired! and the Yeast Connection, 36
 Yeast Connection and Women's Health, The, 36
 Yeast Connection Cookbook, The, 36, 41
 Yeast Connection Handbook, The, 36
- Crowell, Ed Barefoot Pirate, 66
- D**
- Davis, Jeffrey Now That's Funny, 11
- De Marne, Henri About the House with Henri de Marne, 58
- Dean, Carolyn Yeast Connection and Women's Health, The, 36
- Deith, Lucille Butterfly, The, 73
- DeMarco, Frank Awakening from the 3D World, 76
 Imagine Yourself Well, 24, 34
 It's All One World, 76
 From Patent to Profit, 58
 Patent Writer, The, 58
 Now That's Funny, 11
 Speaking Scared, Sounding Good, 64
- DeMatteis, Bob Complete Wood Pellet Barbeque Cookbook, The, 45
- Devon, Bob Karma Can Be a Real Pain, 78
 My Beautiful Life, 48
- Dobic, Mina Micky Dolenz' Rock 'n Rollin' Trivia, 65
- Dolenz, Micky Fit Baby, Smart Baby, Your Baby, 51
 How to Teach Your Baby to Swim, 51
- Doman, Douglas Fit Baby, Smart Baby, Your Baby, 51
 How Smart Is Your Baby?, 51
- Doman, Glenn How to Give Your Baby Encyclopedic Knowledge, 51
 How to Multiply Your Baby's Intelligence, 51
 How to Teach Your Baby Math, 51
 How to Teach Your Baby to Read, 51
 Nose Is Not Toes, 51
 What to Do About Your Brain-Injured Child, 60
 Enough Inigo, Enough, 58
 How Smart Is Your Baby?, 58
 How to Give Your Baby Encyclopedic Knowledge, 58
 How to Multiply Your Baby's Intelligence, 58
 How to Teach Your Baby Math, 58
 How to Teach Your Baby to Read, 58
 New Revelation, The, 79
 Numerology, 80
 Gift of Black Folk, The, 81
 Unsafe at Any Meal, 37
- Doman, Janet How to Give Your Baby Encyclopedic Knowledge, 51
 How to Multiply Your Baby's Intelligence, 51
 How to Teach Your Baby Math, 51
 How to Teach Your Baby to Read, 51
 Nose Is Not Toes, 51
 What to Do About Your Brain-Injured Child, 60
 Enough Inigo, Enough, 58
 How Smart Is Your Baby?, 58
 How to Give Your Baby Encyclopedic Knowledge, 58
 How to Multiply Your Baby's Intelligence, 58
 How to Teach Your Baby Math, 58
 How to Teach Your Baby to Read, 58
 New Revelation, The, 79
 Numerology, 80
 Gift of Black Folk, The, 81
 Unsafe at Any Meal, 37
- Doyle, Arthur Conan Prayer, Ruth
- Du Bois, W.E.B. Gift of Black Folk, The, 81
- Dufault, Renee Joy Unsafe at Any Meal, 37
- E**
- Edson, Michael Healing Floaters and Detachments, 3
- Engh, Fred Matchsticks, 5
 Why Johnny Hates Sports, 54
- Esko, Wendy Big Beautiful Brown Rice Cookbook, The, 43, 51
- Eyman, Carol Luers How to Publish Your Newsletter, 62
- F**
- Farley, Laurie Lankins Conversations with God for Parents, 72
- Feinberg, Brent Freeing Freddie: the Dream Weaver, 55
- Filmore, Emily A. Conversations with God for Parents, 72
- Franklin, Joe Joe Franklin's Great Entertainment Trivia, 65
 Kids Who Laugh, 54
- Franzini, Louis R. Doyle's World: Lost & Found, 6
- Friedman, Daniel Strange Case of Dr. Doyle, The, 69
 Doyle's World: Lost & Found, 6
 Strange Case of Dr. Doyle, The, 69
- Friedman, Eugene Doyle's World: Lost & Found, 6
 Strange Case of Dr. Doyle, The, 69

Futterman, Allison What You Must Know About Hashimoto's Disease, 15

G

Gallenberger, Joseph Heaven Is for Healing, 76
Liquid Luck, 34

Gant, Charles End Your Addiction Now, 13

Garrin, Steve Pat Cooper—How Dare You Say How Dare Me!, 67

Gibbs, Andy Patent Writer, The, 61

Gilbert-Henderson, Leah Soft Foods for Easier Eating Cookbook, 40

Glass-Coffin, Bonnie Lessons in Courage, 78

Goddard, Dwight Buddha's Golden Path, The, 78

Goettemoeller, Jeffrey Stevia Sweet Recipes, 41

Goldbeck, David Enemy of the Steak, 43

Goldbeck, Nikki Enemy of the Steak, 43

Goldberg, Linda Pea in a Pod, 9, 30

Goodman, Dennis Magnificent Magnesium, 27
Thrill of Krill, The, 27

Gormley, James J. Health at Gunpoint, 38

Gray, James P. Wearing the Robe, 60

Grayson, Gabriel How to Read a Person Like a Book, 64
Talking with Your Hands, Listening with Your Eyes, 64

Griess, Thomas E. American Civil War, The, 83
Atlas for Introduction to Military History, 83
Atlas for the American Civil War, 83
Atlas for the Great War, 83
Atlas for the Second World War: Asia and the Pacific, 83
Atlas for the Second World War: Europe and the Mediterranean, 83
Atlas for the Wars of Napoleon, 83
Great War, The, 83
Second World War: Asia and the Pacific, The, 83
Second World War: Europe and the Mediterranean, The, 83
Wars of Napoleon, The, 83
West Point Atlas for Modern Warfare, 83

Grippo, Robert M. Macy's, 81

Grismajjer, Soma Dressed to Kill, 38

Gromling, Frank Fits Like a Glove, 68

Grossman, Marc Healing Floaters and Detachments Naturally, 3

Guerrero, Alex In Balance for Life, 28

H

Hagy, Bruce

Halpern, Georges M.

Hanna, Mark

Hawkins, Amy Lee

Henderson, Brittany

Hensley, Mary Helen

Hermacinski, Ursula

Herschlag, Rick

Hill, Barbara Albers

Hoffman, Robert C.

Holmes, Ernest S.

Holzer, Hans

Hulett, Victoria L.

Hunt, Bernice

I

Imbarus, Aura

Irlen, Helen

Isaacson, Richard S.

Issels, Josef

J

Jack, Alex

Jacobs, Barbara

Jacobs, G.N.

Jacobs, Leonard

Jastrow, Terry

Johnson, Ben

Johnson, Peter

Fit Baby, Smart Baby, Your Baby, 51

Healing Mushrooms, 27

Inflammation Revolution, The 24

Ulcer Free!, 20

Zinc-Carnosine, 27

Greens and Grains on the Deep Blue Sea Cookbook, 42

What You Must Know About Bioidentical Hormone Replacement Therapy, 30

What You Must Know About Hashimoto's Disease, 15

Bringing Death to Life, 75

Wine Lover's Guide to Auctions, The, 45

Pat Cooper—How Dare You Say How Dare Me!, 62

Postcards from Santa Claus, 84

Breaking Through, 51

Postcards from Santa Claus, 84

Creative Mind, 74

Hypnosis, 34

Smoothies for Kidney Health, 21, 39

Great Natural Breads Made Easy, 43

Conversations with the Past, 14, 79

Irlen Revolution, The, 53

Alzheimer's Prevention & Treatment Diet, The, 29, 39

Cancer: A Second Opinion, 22

Book of Macrobiotics, The, 48

One Peaceful World, 48

Cooking with Seitan, 43, 49

Killer Colas, 37

Suicide by Sugar, 37

Cooking with Seitan, 43, 49

Trial of George W. Bush, The, 69

Healing Waters, 38

ADHD & the Focused Mind, 52

Jones, Marjorie Hurt

Joynes, Monty

Jud, Brian

Yeast Connection Cookbook, The, 36, 41

For Love and Treasure, 68

How to Make Real Money Selling Books, 60

K

Kaiman, Athena M. Oraculi, 7
Revelations, 7
Yasteron, 7

Kalita, Dwight K. Magnet Therapy, 23

Kang, Mandip S. Doctor's Kidney Diets, The, 21, 39
Editing Made Easy, 61
How to Publish Your Articles, 62
Big Yoga, 40
Big Yoga for Less Stress, 33
Take a Deep Breath, 33
Shiva Speaks, 78
You Shall Be My Witnesses, 12, 82
Live Foods Live Bodies!, 44
Live Foods Live Bodies!, 44
Embracing Menopause Naturally, 47, 49
Book of Macrobiotics, The, 48
Do-In Way, The, 33, 47
Macrobiotic Home Remedies, 47
One Peaceful World, 46
Your Body Never Lies, 45

Kaplan, Bruce

Kawa-Jump, Shirley

Kerr, Meera Patricia

Khilnani, Rashmi

Klepacka-Środoń, Maria

Kordich, Jay

Kordich, Linda

Kushi, Gabriele

Kushi, Michio

L

Lane, Stewart

Lankevich, George J. Black Broadway, 81
Postcards from Manhattan, 84
Postcards from Times Square, 84
Wit & Wisdom of the Talmud, The, 74
Tao Te Ching, 80
Difficult People, 63
Talking to Extraterrestrials, 77
Your Blood Never Lies, 20
Enzyme Cure, The, 24
Homeopathic Cell Salt Remedies, 23
Why the Wind Blows, 9
End Your Addiction Now, 13
Glycemic Index Food Guide, 32
Bug Busters, 58
Death Takes a Byline, 69

Lao Tzu

Larkins, Lisette

LaValle, James B.

Lee, Lita

Lennon, Nigey

Levy, Matthys

Lewis, Greg

Lieberman, Shari

Lifton, Bernice

Llitas, D.S.

- Descent, 69
 Flames and Smoke Visible, 68
 Syllables of Rain, 70
 Viet Man, 70
 Logan, Susan
 Lothrop, Linwood
- M**
- Maisano, Gina M. Intimacy After Breast Cancer, 22
 Majdański, Kazimierz You Shall Be My Witnesses, 12, 82
 Manette, Danine Ultimate Betrayal, 72
 Mann, Lisa World Goes Raw Cookbook, The, 44
 Marie, Dawn Wild Wines, 45
 Mason, Roger Lower Blood Pressure Without Drugs, 35
 Lower Your Cholesterol Without Drugs, 35
 Macrobiotics for Everyone, 47
 Natural Diabetes Cure, The, 35
 Natural Health for Women, 30
 Natural Prostate Cure, The, 35
 Testosterone is Your Friend, 35
 Matthias, Catherine Word Gobblers, The, 9
 McEvoy, Alan When the Subject is Rape, 8
 McKnight, Thomas W. Love Tactics, 63
 McLanahan, Sandra A. Take a Deep Breath, 33
 McLean, Mike 50 Money-Saving Tips for Every Landlord, 58
 Meador, Clifton K. Little Book of Doctors' Rules, The, 10
 Meiser, Frances Overcoming Senior Moments, 29
 Melina, Livio Oil on the Wounds, 12
 Meyer, Jean La Cristiada, 12
 Mickel, Earl Longbeards, Callmakers and Memories, 66
 Milteer, Lee Magic of Prayers, The, 73
 Reclaim the Magic, 77
 Mindell, Earl Dr. Earl Mindell's Guide to Healing with CBD, 15
 Happiness Effect, The, 23
 Healing with Hemp CBD Oil, 32
 What You Must Know About Allergy Relief, 16
 What You Must Know About Homeopathic Remedies, 23
- Miro-Quesada, Oscar
 Misko, James A.
- Monte, Tom
- Morris, Monica
- N**
- National Alliance for Youth Sports
 Neiryneck, Baudouin
 Nelson, John
 Neustel, Michael
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 Nussbaum, Elaine
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 Pendergrast, Mark
 Periu, Omar
 Phillips, Ellie
 Phillips, John F.
 Phillips, Robert H.
 Philpott, William H.
 Piasecki, Bruce
- What's in Your Blood & Why You Should Care, 10
 Lessons in Courage, 78
 As All My Fathers Were, 71
 Cut of Pride, The, 63
 For What He Could Become, 71
 Most Expensive Mistress in Jefferson County, The, 71
 Path of the Wind, The, 71
 Taking Woodstock, 67
 Unexpected Recoveries, 22
 Falling in Love Again, 63
 Parent's Guide to Baseball & Softball, A., 54
 Your First Coaching Book, 54
 Grapes of Wine, The, 45
 Guide to Energetic Healing, A, 31
 Patent Writer, The, 58
 How to Read a Person Like a Book, 64
 New Art of Negotiating, The, 57
 Recovery from Cancer, 48
 Alzheimer's Prevention & Treatment Diet, The, 29, 39
 Mason Jar Cookie Cookbook, The, 46
 Mason Jar Dessert Cookbook, The, 46
 Whole Foods Allergy Cookbook, The, 40
 Chrysalis Crisis, 14
 Chasing My Son Across Heaven, 75
 Outgrowing Addiction, 13
 A.D.D., 52
 A.D.D. & A.D.H.D. Diet!, The, 52
 Memory Warp, 11
 Investigative Selling, 57
 Kiss Your Dentist Goodbye, 2nd Edition, 1
 How & When to Sue Your Lawyer, 59
 Love Tactics, 63
 Magnet Therapy, 23
 Doing More with Less, 56
 Doing More with Teams, 56
- Pleasant, Barbara
 Pukel, Sandy
- R**
- Raff, Neil
 Renoux, Victoria
 Ressel, Ogi
 Reynolds, Lawrence Judson
 Rhoads, Zach
 Richard, Dan
 Rogen, Arthur
 Rolfe, Lionel
 Ross, Bonnie
 Ross, Milan
 Russo, Anthony
- S**
- Sackman, Ruth
 Sahelian, Ray
 Scanlan, Patricia
 Schachner, Robert W.
 Schefter, Marni
 Schneider, Elaine
 Shapiro, Shana
 Shipley, Mary
 Shur, Rudy
 Simontacchi, Carol
 Sims, Annie
 Singer, Sydney Ross
 Sircus, Mark
 Sirolli, Ernesto
 Slocum, Joshua
 Smith, Pamela Wartian
- Missing Persons, 66
 New World Companies, 56
 Whole Herb, The, 45
 Greens and Grains on the Deep Blue Sea Cookbook, 42
 Acid-Alkaline Lifestyle, The, 28
 For the Love of Garlic, 46
 Kids First, 54
 West of Phoebe, 71
 Outgrowing Addiction, 13
 Willing Hands, 73
 Street Smart Sales Pro, The, 57
 Homeopathic Cell Salt Remedies, 23
 Amazing Acid-Alkaline Cookbook, The, 28, 39
 Change, The, 32
 Change Cookbook, The, 32, 42
 In Silent Prayer, 82
 Rethinking Cancer, 22
 Natural Sex Boosters, 20
 Bringing Death to Life, 75
 Barefoot Pirate, 66
 How & When to Sue Your Lawyer, 59
 Bite It & Write It!, 39
 Massaging Your Baby, 55
 Bite It & Write It!, 32
 Aromatherapy for Everyone, 23
 How to Publish Your Nonfiction Book, 61
 Natural Alternatives to Vioxx, Celebrex & Other Anti-Inflammatory Prescription Drugs, 19
 Wisdom That Works, 72
 Dressed to Kill, 38
 Anti-Inflammatory Oxygen Therapy, 23
 Healing with Iodine, 26
 Healing with Medical Marijuana, 25
 Sodium Bicarbonate, 25
 How to Start a Business & Ignite Your Life, 56
 Final Rights, 75
 Max Your Immunity, 8

- Maximize Your Male Hormones, 2
 What You Must Know About Memory Loss & How You Can Stop It, 29
 What You Must Know About Thyroid Disorders & What to Do About Them, 2nd Edition, 2
 What You Must Know About Vitamins, Minerals, Herbs and So Much More, 25
 What You Must Know About Women's Hormones, 2nd Edition, 2, 30
 Why You Can't Lose Weight, 31
- Sneed, Sondra
 What to Do When You're Dead, 79
- Snyder, Rich
 What You Must Know About Dialysis, 21
 What You Must Know About Kidney Disease, 21
 What You Must Know About Liver Disease, 16
- Sobel, Elizabeth
 Blue Sky, White Clouds, 36
 L'Chaim!, 36
- Stevens, Catherine E.
 Finding Robert, 52
- Stevens, Laura J.
 Low Vision Matters, 3
 What to Do About Your Troubled Child, 4walker
 What You Must Know About Age-Related Macular Degeneration, 17
 What You Must Know About Strokes, 16
- Stevens, Robert J.
 Finding Robert, 52
- Stoll, Scott
 Change, The, 32
 Change Cookbook, The, 32, 42
- Stone, Justin F.
 Joy of Meditation, The, 34
- Storey, Aidan
 Bringing Death to Life, 75
- Striker, Gary E.
 Dr. Vlassara's A.G.E.-Less Diet, 31
- Sugar, Sam
 Guardianships and the Elderly, 38
- Svoboda, Peter
 Beating the Casinos at Their Own Game, 65
- T**
- Tara, Bill
 How to Eat Right & Save the Planet, 49
- Taylor, Leslie
 Avenca, 31
- Teig, Donald S.
 Teitelbaum, Osnat
- Teitelbaum, Philip
- Templeton, James
 Tiber, Elliot
- Tolchin, Edith G.
- Towfighi, Amytis
- Trivieri, Larry
- Tubbs, Janet
- Turner, Lisa
 Turner, Mike
 "Bootlegger"
 Turner, Vernon Kitabu
- V**
- Van Cauwenberghe, Marc
- Van Patten, Dick
- Velvel, Zalman
- Vlassara, Helen
- W**
- Walker, Richard W.
- Walsch, Neale Donald
- Healing Power of Rainforest Herbs, The, 27
 High Performance Vision, 18
 Does Your Baby Have Autism?, 53
 Does Your Baby Have Autism?, 53
 I Used to Have Cancer, 22
 After Woodstock, 67
 Palm Trees on the Hudson, 67
 Taking Woodstock, 67
 Secrets of Successful Inventing, 59
 Secrets of Successful Women Inventors, 4
 What You Must Know About Strokes, 23
 Acid-Alkaline Food Guide, The, 28
 Acid-Alkaline Lifestyle, The, 28
 Apple Cider Vinegar, 28
 Coconuts for Your Health, 28
 Juice Alive, 47
 Turmeric for Your Health, 28
 Creative Therapy for Children with Autism, ADD, and Asperger's, 53
 Enzyme Cure, The, 24
 Bootlegger's 200 Proof Blackjack, 65
 Kung Fu: The Master, 34
- Walsch, Tara-jenelle
 Walther, Andrew T.
- Walther, Maureen H.
- Warren, Katie
 Waybright, Jennifer L.
- Weisenberg, Harvey
 Whittekin, Martie
- Wilén, Joan
- Wilén, Lydia
- Willard, Fred
- Wood, Kate
 Woodruff, Sandra
- Y**
- Yager, Jan
- Yamamoto, Tsunetomo
 Yates, Jill
 Yoran, Shalom
 Young, Pamela
- Z**
- Zucker, Judi
- Zucker, Shari
- God's Message to the World, 73
 Where God and Medicine Meet, 24, 72
 Soul Courage, 72
 Knights of Columbus, The, 12
 Knights of Columbus, The, 12
 Potty Training Your Baby, 55
 Smoothies for Kidney Health, 21, 39
 For the Love of a Child, 66
 Natural Alternatives to Nexium, Maalox, Tagamet, Prilosec & Other Acid Blockers, 19
 Probiotic Cure, The, 26
 How to Sell Your Screenplay, 62
 How to Sell Your Screenplay, 62
 Fred Willard's Magnificent Movie Trivia, 65
 Eat Smart, Eat Raw, 44
 A.G.E. Food Guide, The, 31
 Dr. Vlassara's A.G.E.-Less Diet, 31
 Fabulous Fiber Cookbook, The, 41
 Soft Foods for Easier Eating Cookbook, 40
- How to Promote Your Book, 60
 How to Self-Publish Your Book, 60
 Bushido, 80
 Tales of a Tea Leaf, 46
 Defiant, The, 82
 Bringing Death to Life, 75
- Ultimate Allergy-Free Cookbook, The, 40
 Ultimate Allergy-Free Snack Cookbook, The, 40
 Ultimate Allergy-Free Cookbook, The, 40
 Ultimate Allergy-Free Snack Cookbook, The, 40

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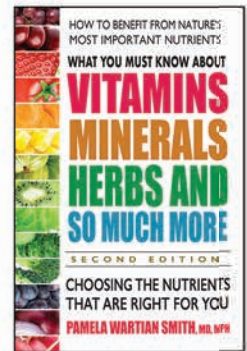
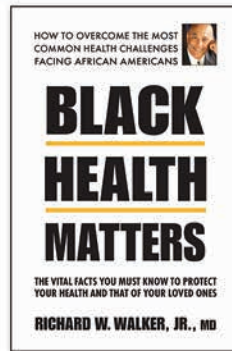
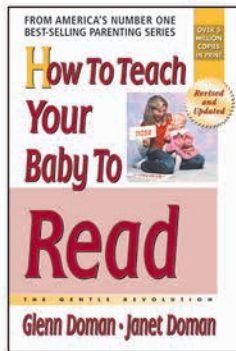
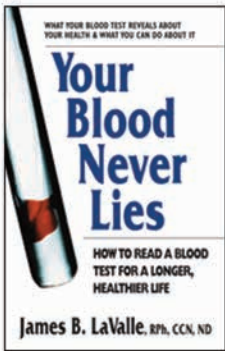
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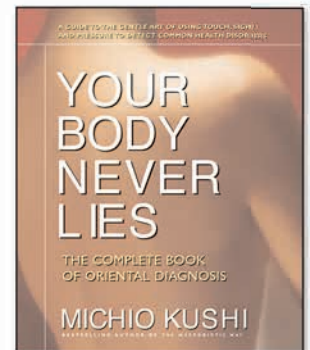
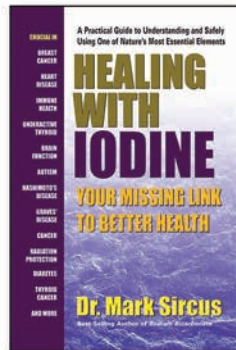
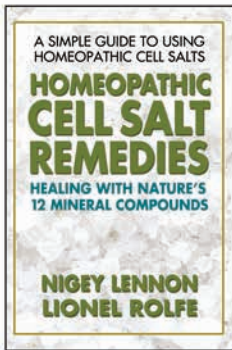
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