

Born to Walk

The Transformative Power of a Pedestrian Act

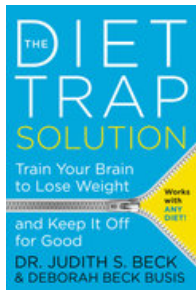
by Dan Rubinstein

ISBN: 9781770411890
Binding: Hardback
Publisher: ECW Press
Pub. Date: 2015-04-01
Pages: 316
Price: \$27.95

The case for getting back on our feet

The humble act of putting one foot in front of the other transcends age, geography, culture, and class, and is one of the most economical and environmentally responsible modes of transit. Yet with our modern fixation on speed, this healthy pedestrian activity has been largely left behind.

At a personal and professional crossroads, writer, editor, and obsessive walker Dan Rubinstein travelled throughout the U.S., U.K., and Canada to walk with people who saw the act not only as a form of transportation and recreation, but also as a path to a better world. There are no magic-bullet solutions to modern epidemics like obesity, anxiety, alienation, and climate change. But what if there is a simple way to take a step in the right direction? Combining fascinating reportage, eye-opening research, and Rubinstein's own discoveries, *Born to Walk* explores how far this ancient habit can take us, how much repair is within range, and guarantees that you'll never again take walking for granted.



The Diet Trap Solution

Train Your Brain to Lose Weight and Keep It Off for Good

by Judith S Beck, BUSIS

ISBN: 9780062301062
Binding: Hardback
Publisher: HarperCollins
Pub. Date: 2015-04-21
Pages: 256
Price: \$34.99

The techniques developed by New York Times bestselling author and expert in cognitive behavior therapy Dr. Judith Beck and her daughter, Deborah Beck Busis, have helped hundreds of thousands of dieters lose weight. *The Diet Trap Solution* is the first book of its kind to isolate the most common ways we fail on our diets and offer concrete and practical solutions to avoid these pitfalls for good, even when it seems impossible. No equipment, membership fees, special meals, or specific diet plan required. Instead, dieters need only use that most powerful of all resources--their minds. This accessible and highly practical guide enables us to stay on the healthy diet of our choice and not only lose weight, but keep it off once and for all.

Diet programs all profess to have the magic formula for weight loss: simply eat a certain way and drop ten pounds in a week. But what do you do when your plans fall apart? Your mother-in-law bakes you a surprise birthday cake. Stress at work leads to binge-eating peanut butter and chocolate. A painful breakup causes your diet to go out the window. The truth is, losing and keeping weight off can be extremely difficult, especially when unexpected challenges arise. But learning how to solve these very problems is the surprising solution to lasting weight loss. By identifying the most common traps--stress and emotional eating; friends and family pressure; holidays and travel; and feeling deprived, unmotivated, or discouraged--and then developing actionable escape plans that address each potential diet disaster, anyone can lose weight and keep it off.



Eat Bacon, Don't Jog

Get Strong. Get Lean. No Bullshit.
by Grant Petersen

ISBN: 9780761180548
 Binding: Paperback
 Publisher: Workman Publishing Co
 Pub. Date: 2014-11-18
 Pages: 240
 Price: \$18.95

This is your brain on Grant Petersen: Every comfortable assumption you have about a subject is turned upside down, and by the time you finish reading you feel challenged, energized, and smarter. In Just Ride--"the bible for bicycle riders" (Dave Eggers, New York Times Book Review)--Petersen debunked the bicycle racing- industrial complex and led readers back to the simple joys of getting on a bike. In Eat Bacon, Don't Jog, Petersen upends the last 30 years of conventional health wisdom to offer a clear path to weight loss and fitness. In more than 100 short, compelling directives, Eat Bacon, Don't Jog shows why we should drop the carbs, embrace fat, and hang up our running shoes, with the latest science to back up its claims. Diet and Exercise make up the bulk of the book, with food addressed in essays such as "Carbohydrate Primer"--and why it's okay to eat less kale--and "You'll Eat Less Often If You Eat More Fat." The exercise chapters begin with "Don't Jog" (it just makes you hungry and trains muscle to tolerate more jogging while raising stressors like cortisol) and lead to a series of interval-training exercises and a suite of kettlebell lifts that greatly enhance strength and endurance. The balance of the book explains the science of nutrition and includes more than a dozen simple and delicious carb-free recipes. Thirty years ago Grant Petersen was an oat-bran-, egg-white-, lean-meat-eating exercise fanatic who wasn't in great shape despite all that. Today, at sixty, he is in the best shape of his life with the blood panel to prove it.

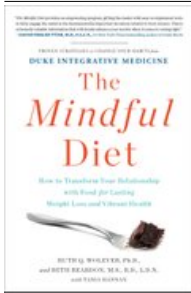


The Gut Balance Revolution

Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!
by Gerard E Mullin

ISBN: 9781623364014
 Binding: Hardback
 Publisher: Rodale Books
 Pub. Date: 2015-06-09
 Pages: 432
 Price: \$31.50

Your gut microbiome: Those trillions of bacteria that live in your digestive tract. There are more of them than there are of you-and if they're balanced just right, with more "good" bacteria than "bad," excess pounds will melt away and you'll feel better than ever. From the top authority on the gut microbiome, here's a plan that will show you how to starve the fat-forming bacteria, reseed your gut with good fat-burning ones, and fertilize those friendly flora with just the right foods to reboot, rebalance, and renew your health-and lose weight for good. It's all based on up-to-the-minute scientific research. You'll find: The science behind the system: Learn how balancing your microbiome can burn fat and Restore health. Step-by-step meal plans, plus 50 delicious, easy recipes An exercise routine for each phase of the process Stories of real people who lost up to 20 pounds in 4 weeks-and kept it off!

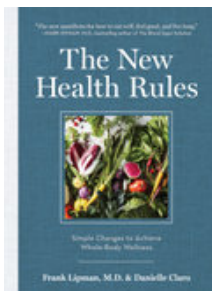


The Mindful Diet

How to Transform Your Relationship with Food for Lasting Weight Loss and Vibrant Health
by Ruth Wolever

ISBN: 9781451666793
 Binding: Hardback
 Publisher: Scribner
 Pub. Date: 2015-04-07
 Pages: 352
 Price: \$29.99

From the renowned Duke Integrative Medicine center, *The Mindful Diet* is the first book to combine health psychology with cutting-edge nutrition research to deliver an up-to-the-minute method for eating mindfully and breaking the yo-yo diet cycle. It's easy on occasion to eat too much, eat too quickly, eat for comfort, or choose junk food. But for increasing numbers of people, this behavior is the norm, not the exception. Every year millions of Americans vow to lose weight and get healthy but aren't able to overcome the largest roadblock to these changes--ingrained eating habits. Most diets don't address the roots of unhealthy behavior, and they also can damage self-worth as those trying to lose weight repeatedly cycle through success and relapse. Now, for the first time, two leading experts from Duke Integrative Medicine offer a new paradigm for eating and health--a step-by-step program that dismantles old patterns, provides new tools for making healthy choices, and fosters deep, internal motivation. Grounded in scientific research, *The Mindful Diet* examines how what we choose to eat and drink affects our body on a biochemical level, and how we can become aware of our own internal signals through the practice of mindfulness. Instead of an all-or-nothing approach to eating, in which dieting becomes an exertion of willpower, *The Mindful Diet* focuses on the many variables that drive our habits--including stress, unhappiness, and even unconscious beliefs--and provides a roadmap for sustainable change. Loaded with concrete meditation exercises, behavioral techniques, nutrition advice, and meal-planning charts, this book provides the tools to avoid cravings, stop emotional overeating, and figure out when you are full. Lasting weight loss and healthy living begin in the mind: now you can learn how to re-program your body, make healthy choices, lose weight, and keep it off for life.



The New Health Rules

Simple Changes to Achieve Whole-Body Wellness
by Frank Lipman

ISBN: 9781579655730
 Binding: Hardback
 Publisher: Artisan
 Pub. Date: 2015-01-06
 Pages: 224
 Price: \$25.95

New York Times Bestseller Frank Lipman, M.D., is "at the vanguard of a revolutionary way to deliver medical care" (O, The Oprah Magazine). A leading expert in the field of functional medicine, Dr. Lipman focuses on the root causes of illness and guides his patients to the deepest, most lasting sources of wellness. In this book, he and coauthor Danielle Claro make life-changing health advice available to all. Their book offers the cutting-edge secrets to optimal health in a stylish, lushly illustrated format--a spoonful of beauty to help the wellness tips go down. *The New Health Rules* wades through the often contradictory information that bombards us daily and delivers more than 100 actionable tips that will improve every aspect of our health--body, mind, and soul. Readers will learn simple rules for getting a good night's sleep, why a daily dose of sunlight is crucial, and which toxic cosmetics and kitchen products should be tossed. Here Lipman and Claro teach us which foods help prevent Alzheimer's, why sugar is so destructive, and how to bring "good bacteria" into the digestive system--providing an arsenal of easy-to-process tips and guidelines to make us stronger, healthier, and happier.



A Philosophy of Walking

by Frederic Gros

ISBN: 9781781688373

Binding: Paperback

Publisher: Verso Books

Pub. Date: 2015-04-07

Pages: 240

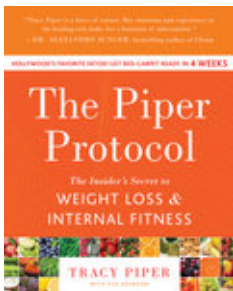
Price: \$19.95

"It is only ideas gained from walking that have any worth." --Nietzsche

In *A Philosophy of Walking*, a bestseller in France, leading thinker Frédéric Gros charts the many different ways we get from A to B - the pilgrimage, the promenade, the protest march, the nature ramble - and reveals what they say about us.

Gros draws attention to other thinkers who also saw walking as something central to their practice. On his travels he ponders Thoreau's eager seclusion in Walden Woods; the reason Rimbaud walked in a fury, while Nerval rambled to cure his melancholy. He shows us how Rousseau walked in order to think, while Nietzsche wandered the mountainside to write. In contrast, Kant marched through his hometown every day, exactly at the same hour, to escape the compulsion of thought. Brilliant and erudite, *A Philosophy of Walking* is an entertaining and insightful manifesto for putting one foot in front of the other.

From the Hardcover edition.



The Piper Protocol

The Insider's Secret to Weight Loss and Internal Fitness

by Tracy Piper

ISBN: 9780062317056

Binding: Hardback

Publisher: HarperCollins

Pub. Date: 2014-12-30

Pages: 352

Price: \$34.99

Ever wonder why movie stars, supermodels, and some of the most high-profile musicians and athletes look so camera-ready? Why they don't have poochy stomachs, puffy eyes, dull tired skin, and fatigue like most of the rest of us? Why do they look so vibrant, energetic, and slim? Hollywood's best-kept secret, A-list celebrity cleanse expert Tracy Piper, knows exactly how they got that way: It's internal fitness, and Tracy is the master. Now, in *The Piper Protocol*, Tracy makes her life-changing, body-transforming plan available to everyone!

Tracy's cleanse program offers an amazing promise: lose up to twenty-five pounds in the first month. But weight loss is just the beginning. Her structured four-week eating plan will change the way you feel and the way you live. *The Piper Protocol* takes you on a journey to make your body, your mind, and your spirit feel better, look better, and function better on every level. Taking a holistic view, it focuses on weight loss and overall wellness. Here for the first time is the revolutionary four-week program Tracy's celebrity clients use to get red-carpet ready:

Piper Protocol Week One: 50/50 Cleanse Initiation: Here you'll start exchanging bad habits for good, but don't worry--you won't have to do anything extreme. You can have your steak and eat it too during week one, as long as you fill 50% of your plate with raw veggies. You'll also learn about juicing!

Piper Protocol Week Two: 80/20 Protein: During this week, Tracy ramps up the intensity--reduce your protein to 20% of your plate and increase your veggies to 80%. You'll immediately notice the difference in increased energy and dropped pounds and inches.

Piper Protocol Week Three: 80/20 Carbs: It's time to experiment with a meat-free week. With 80% veggies and 20% whole grains on your plate, you'll stay full and keep getting slimmer.

Piper Protocol Week Four: Liquid Feast Week: Now that your body is prepped for some serious celeb-level cleansing, try thi ...



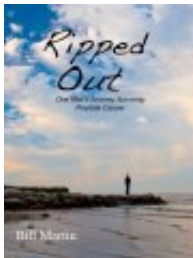
The Rainbow Juice Cleanse

Lose Weight, Boost Energy, and Supercharge Your Health

by Ginger Southall

ISBN: 9780762457342
 Binding: Hardback
 Publisher: Running Press
 Pub. Date: 2015-04-02
 Pages: 192
 Price: \$21.50

The Rainbow Juice Cleanse is a revolutionary program that employs the nutritious, healing properties of a rainbow of vegetables to kick start weight loss and improve overall health. While most juicing books include recipes for high-sugar fruits, Dr. Ginger explains that most fruits can actually ruin a detox for people looking to lose weight or for anyone who has diabetes or blood sugar issues. Instead, Dr. Ginger shows readers how to properly "shop the rainbow" of produce with a plan that entails consuming red, orange, yellow, green, blue, indigo, and violet fresh, raw, organic juices. In just seven days, readers will detoxify their bodies and lose up to seven pounds of fat! Each day of the program focuses on a different color of the rainbow, ensuring the best possible nutrition profile and guaranteeing positive results. By "drinking the rainbow," readers will shed pounds and experience anti-aging, renewed energy, and a better balanced body. Also included are 50 food and juicing recipes and 20 full-color photos.



Ripped Out

One Man's Journey Surviving Prostrate Cancer

by Bill Martin

ISBN: 9781927678114
 Binding: Paperback
 Publisher: Bill Martin
 Pub. Date: 2014-11-01
 Pages: 136
 Price: \$14.95

A brutally honest description of the author's experience with prostate cancer, Ripped Out reveals the physical and emotional realities of treatment. This work is intended for anyone facing cancer, either personally or with someone they love. It will be especially valuable to men dealing with prostate cancer and to their partners.

Bill Martin began writing poetry about twenty years ago and has been published in The Interlake Arts & Leisure Magazine, The Interlake Enterprise and Voices: The Journal of the Lake Winnipeg Writers Group. Bill and his wife Sharon live in a straw bale house about one hour north of Gimli on the road to Pine Dock in Manitoba, Canada.



JJ Virgin's Sugar Impact Diet

Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks

by J.J. Virgin

ISBN: 9781455577842

Binding: Hardback

Publisher: Grand Central Publishing

Pub. Date: 2014-11-04

Pages: 368

Price: \$29.00

THE NEW YORK TIMES BESTSELLER

Outsmart Sneaky Sugars to Lose Fat Fast!

If you're eating healthy, but just can't seem to lose weight, you're not alone. Sugar is the single biggest needle mover when it comes to your health and the number on the scale, but sugar hides in places you'd never expect: whole foods, diet foods, packaged foods, dressings . . . even sugar substitutes. And it's not enough to cut out or cut back on sugar-you have to cut out the right kinds of sugar. In this groundbreaking book, New York Times bestselling author JJ Virgin explains the powerful concept of Sugar Impact: how different sugars react differently in the body. High Sugar Impact foods cause weight gain, energy crashes, and inflammation. Low Sugar Impact foods fuel your body for prolonged energy and promote fat burning. This eye-opening book pinpoints the most damaging sugars that we eat every day-without even realizing it-in common foods like skim milk, diet soda, whole-grain bread, and "healthy" sweeteners like agave. By swapping high Sugar Impact foods for low Sugar Impact foods you will shed fat fast-up to 10 pounds in 2 weeks!-and transform your body and your health for good. Best of all, you don't need to eliminate sugar completely or count calories. Prepare to: Lose the bloat

Target belly fat

Rev your metabolism

Cut cravings

Become a fat burner, not a sugar burner

Lose fat fast-and forever!



The Suja Juice Solution

7 Days to Lose Fat, Beat Cravings, and Boost Your Energy

by Annie Lawless

ISBN: 9781455589272

Binding: Hardback

Publisher: Grand Central Publishing

Pub. Date: 2015-04-07

Pages: 256

Price: \$31.00

Now a New York Times bestseller

1 Week, 2 Steps, 3 Juices

Juicing and cleansing are more popular than ever, but most programs ask readers to avoid food and live on juice alone for days on end. Enter THE SUJA JUICE SOLUTION, a groundbreaking new detox from Annie Lawless and Jeff Church of Suja. This easy-to-follow 28-day program features a powerful 7-day jumpstart of high-energy green juices and antioxidant-rich mini-meals designed for readers to detoxify and lose weight without deprivation. Over the 4-week program, readers gradually increase their intake of whole, fresh foods, while learning to crowd out unhealthy foods with nourishing juices and more balanced, healthy options. In just four weeks, readers will beat sugar cravings, decrease inflammation, boost energy, improve skin and drop pounds. With over 75 recipes and mix-and-match meal plans, THE SUJA JUICE SOLUTION is an all-in-one resource that sets readers off on a life-long path towards improved health and sustainable wellness.

The Theft of Memory

Losing My Father.
One Day at a Time

Jonathan
Kozol

The Theft of Memory

by Jonathan Kozol

ISBN: 9780771050527

Binding: Hardback

Publisher: McClelland & Stewart

Pub. Date: 2015-06-02

Pages: 320

Price: \$27.95

National Book Award winner Jonathan Kozol is best known for his fifty years of work among our nation's poorest and most vulnerable children. Now, in the most personal book of his career, he tells the story of his father's life and work as a nationally noted specialist in disorders of the brain and his astonishing ability, at the onset of Alzheimer's disease, to explain the causes of his sickness and then to narrate, step-by-step, his slow descent into dementia.

Dr. Harry Kozol was born in Boston in 1906. Classically trained at Harvard and Johns Hopkins, he was an unusually intuitive clinician with a special gift for diagnosing interwoven elements of neurological and psychiatric illnesses in highly complicated and creative people. "One of the most intense relationships of his career," his son recalls, "was with Eugene O'Neill, who moved to Boston in the last years of his life so my father could examine him and talk with him almost every day."

At a later stage in his career, he evaluated criminal defendants including Patricia Hearst and the Boston Strangler, Albert H. DeSalvo, who described to him in detail what was going through his mind while he was killing thirteen women.

But *The Theft of Memory* is not primarily about a doctor's public life. The heart of the book lies in the bond between a father and his son and the ways that bond intensified even as Harry's verbal skills and cogency progressively abandoned him. "Somehow," the author says, "all those hours that we spent trying to fat ...



To the Fullest

The Clean Up Your Act Plan to Lose Weight, Rejuvenate, and Be the Best You Can Be

by Lorraine Bracco

ISBN: 9781623364922

Binding: Hardback

Publisher: Rodale Books

Pub. Date: 2015-04-07

Pages: 320

Price: \$29.99

Lorraine Bracco is one of the world's most dynamic actresses, but when she reached her fifties, she felt she was losing her luster. During the long illnesses of her parents, she began to gain weight and felt her energy and self-confidence take a dive. Watching her parents die within 9 days of each other was her wake-up call to take charge of her life. She made a commitment to herself to stay healthy. In *To the Fullest*, Bracco presents her Clean Up Your Act Program, a comprehensive plan to help women over 40 look and feel younger. The program includes an intensive liver cleanse to reboot the body to start fresh on the path to optimal health by eliminating gluten, sugar, eggs, and dairy. Two weeks of meal plans and a varied list of meals and snacks illustrate that hunger is not part of the program and that eating clean has endless flavorful options. Her Clean Up Your Act Diet, which follows the cleanse, will help you lose pounds and deliver supercharged energy. Bracco adds her own mouthwatering recipes to ease the transition to clean eating and suggests an abundance of satisfying breakfasts, lunches, dinners, and snacks. She gradually lost 35 pounds and has kept it off. The book also includes testimonials gathered from women who have participated in Rodale's 6-week test panel. With winning honesty, Bracco provides the perfect combination of humor, comfort, and motivational support that women need to rise to life's challenges. From attitude adjustments to style tips, from finding new passions to making movement a habit, her advice and personal insights both inspire and entertain.



TOX-SICK

From Toxic to Not Sick
by Suzanne Somers

ISBN: 9780385347723
Binding: Hardback
Publisher: Harmony
Pub. Date: 2015-04-14
Pages: 384
Price: \$31.00

"It's as if we are all on a big, chemical drunk, and the hangover is a killer."
--Suzanne Somers, in TOX-SICK

Pioneering health and wellness advocate, Suzanne Somers, delivers a powerful answer in this expose on the immediate and long-term dangers of living in a world that has become increasingly toxic to our health. The build-up of toxins in our bodies can lead to myriad health concerns -- including weight gain, food allergies, brain disorders, cancer, among many others. Moved to investigate by her own family's plight, Suzanne sits down with environmental doctors and specialists who share eye-opening information and practical advice for how to survive, thrive, and stay healthy today. In Tox-Sick you'll learn how to effectively detox all your body's systems and the different survival skills that can save your life, from top experts in the field, including:

DR. SHERRY ROGERS, an environmental doctor for over 40 years, shares the truth about detoxification--and where you will likely be if you don't take it seriously.

DR. NICHOLAS GONZALEZ shares where cancer comes from and how to manage it by detoxifying the liver and supplementing with enzymes.

DR. RITCHIE SHOEMAKER alerts you to mold toxicity, the newest threat to your brain and wellbeing...and just what to do to fight for your health.

DR. WALTER CRINNION teaches what everyday objects to avoid and the simple diet and lifestyle shifts to clean up your health and home in mere weeks!

DR. STEPHEN SINATRA, America's leading integrative cardiologist, explains that we have been approachin ...