

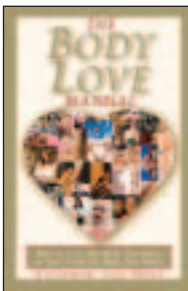
**1 ARE YOU FASCINATED?**



by Ken Tucker. With a sometimes heart-rendering, many times humorous, but always compelling story, *Are You Fascinated? The Four People You Need to Succeed*, teaches you to utilize the people who are already in your life to discover your unique path to success and purpose. "Success is a choice, not a destiny. Read *Are You Fascinated?* and find out how you can make success your choice"—James Robinson, Author of *The Spirit of Enterprise*.

ISBN 9780982330005, \$10.95, 144 pp. Available from Midpoint Trade, Baker & Taylor, Ingram—Published by Dailey Swan Publishing, 2644 Appian Way #101, Pinole, CA 94565, [www.daileyswanpublishing.com](http://www.daileyswanpublishing.com)

**2 THE BODY LOVE MANUAL  
How to Love the Body You Have As You Create the Body You Want**



by Elizabeth "Lily" Hills. *The Body Love Manual* is a highly inspirational, life changing book that offers a revolutionary non-diet approach to losing weight—permanently—by tapping into the wisdom of your brilliant body. Written by a woman who has overcome obesity and extreme body judgment, the "manual" describes why body judgment contributes to compulsive overeating and why diets do not work. It also offers the 10 keys to achieving your natural weight without dieting or denying yourself any of your favorite foods. Finally it delivers specific tools to help you deal with the emotions or habits that compel you to eat impulsively.

ISBN 9780981938806, \$17.95, 208 pp. Available from and published by Peaceful Planet Publishing, 24544 Camino Del Monte, Carmel, CA 93923, [www.TheBodyLoveManual.com](http://www.TheBodyLoveManual.com)

**3 DOCTOR'S ORDERS  
101 Medically Proven Tips for Losing Weight**



by Kent Sasse MD. Written by Kent Sasse MD, one of the foremost experts in the medical weight loss field, this simple yet powerful tips resource provides meaningful, evidence-based, practical, and effective tips for initial weight loss and long-term weight maintenance. It touches on key topics that help remind readers to initiate and ingrain long-term healthy behaviors. It points out small meaningful steps that each person can take on the road to a healthier weight. Strong reviews by the medical community including doctors, nurses, dietitians, psychologists. For more details and other weight loss books [www.sasseguide.com](http://www.sasseguide.com).

ISBN 978-1-934727-22-5, \$14.95, 176 pp. Available from National Book Network, Ingram, Baker & Taylor—Published by 360 Publishing, 3495 Lakeside Drive, Ste. 205, Reno, NV 89509, [www.sasseguide.com](http://www.sasseguide.com)

**4 DR. WALK'S POWER DIETSTEP  
Top 10 Weight-Loss Secrets**



by Fred A. Stutman, M.D. A new and unique quick weight-loss formula and easy body-shaping plan. By combining a healthy easy-to-follow diet plan with an aerobic walking program and easy strength training exercises, you will boost your energy level, lose weight, and build muscle in only 14 days. This combination delivers a double-blast of calorie burning for complete cardiovascular fitness, maximum weight-loss and complete body-shaping. These Top 10 Weight-Loss Secrets will show you how to lose weight permanently, look younger and live longer. You can actually lose 10 pounds and 3 inches in just 14 days, while you shape your body, and boost your fitness level.

ISBN 978-0-934232-22-7, \$21.95, 362 pp. Available from Atlas, Ingram, Baker & Taylor—Published by Medical Manor Books, 3501 Newberry Rd., Philadelphia, PA 19154, [www.medicalmanorbooks.com](http://www.medicalmanorbooks.com)

**5 ENVY  
A Survey of Its Psychology and History**



by Victoria C.G. Greenleaf, M.D., M.S. The word "envy" is used worldwide, but its meaning lacks general agreement. Many consider it a negative quality, a deadly sin, while others regard it as a spur to accomplishment. Most people readily admit to feeling envy, and it occurs in poetry and song, historical analysis, popular fiction, and our greatest dramas. Why has something so common yet poorly understood received so little critical attention? Exploring our shifting interpretations of this universal emotion, Dr. Greenleaf's comprehensive study challenges us to come to terms with it, providing a starting point and an opportunity to learn more about ourselves and our behavior.

ISBN 978-1-879384-75-0, \$29.95, 416 pp. Available from Baker & Taylor, Ingram, Partners/West—Published by Cypress House, 155 Cypress St., Fort Bragg, CA 95437, [www.cypresshouse.com](http://www.cypresshouse.com)

**6 FOLLOW THE SIGNS  
An interactive guide to understanding your life's purpose**



by Jakki Padovano-Wienecke. *Follow the Signs* is a unique self-help tool designed to help the reader discover his/her true passion. Part text, part journal, this book guides the reader through a process of self discovery to better understand the meaning of the events in his/her life and to "know" what he/she truly wants. It explains why life seems unfair, why people repeat patterns over and over again, and how spirituality plays a part in one's happiness. This book is particularly helpful for someone seeking direction in their career.

ISBN 9780578011936, \$29.95, 212 pp. Available from New Leaf (pending)—Published by Divine Creations Publishing & Productions, 321 E. Belcrest Rd., Bel Air, MD 21014, [www.dcpnp.com](http://www.dcpnp.com)

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**7 INSIGHT**  
**A Practical Guide to Developing and Understanding Your Intuition**

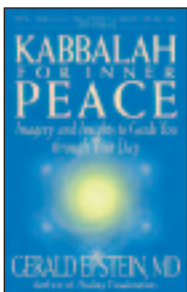


by Jason L. Barrow. Intuition lies beyond our five senses, but Jason Barrow's *INSIGHT—A Practical Guide to Developing and Understanding Your Intuition* puts it within our mental grasp. In layman's terms, he explains this natural ability we all possess, shows how we can identify it, and then presents easy-to-follow exercises to hone our intuitive skills. Barrow's professional practice in biofeedback therapy provides a solid foundation for understanding intuition and developing methods to control it, and his personal experience demonstrates how using intuition leads to a more fulfilling life. With *INSIGHT*, we all can do the same.

ISBN 1935359118 / 9781935359111, \$13.95, 65 pp. Available from Ingram, Baker & Taylor, Partners West

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**8 KABBALAH FOR INNER PEACE**  
**Imagery and Insights to Guide You through Your Day**



by Gerald Epstein, MD. Based on Visionary Kabbalah, this book offers over 60 mental imagery and visualization exercises to meet the challenges of daily life and bring balance to ourselves. Anyone can perform these at any point during the day to create lasting positive change, to heal, and to evolve toward a more spiritual existence. Encompassing a 24-hour day, this book begins with imagery exercises to bring freshness to our day, and ends with exercises to fall asleep more peacefully. In between, Dr. Epstein teaches us how to conquer the "inner terrorists" of anxiety and fear; to deal with physical ailments and pain, and connect with spirit.

ISBN 978-1-883148-08-9, \$20.00, 173 pp. Available from Atlas Book Distribution, Ingram, Baker & Taylor—

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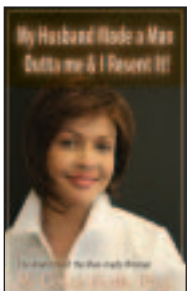
**9 LOVE AND PORNOGRAPHY**  
**Dealing with Porn and Saving your Relationship**



by Victoria Prater and Garry Prater. *Love and Pornography* is a stunningly honest, in-depth account of one couple's struggle to find the openness, honesty and integrity to deal with porn; detested by some yet captivating to others. Compellingly written, this fresh, ground-breaking approach promotes the insight and awareness to move beyond the conflict and emerge with a love stronger, more loving, and more resilient than ever before. This book will leave you cheering for this brave couple and inspired to work through conflicts challenging your own relationship.

ISBN 978-0-9818743-8-8, \$18.95, 210 pp. Available from Ingram, Smashwords—Published by True Wind Publishing, 8621 N. Star Blaze Drive, Crystal River, FL 34428, GetHelpwithPorn.com

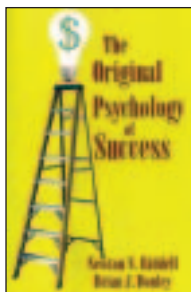
**10 MY HUSBAND MADE A MAN OUTTA ME AND I RESENT IT**



by Cecile M. Forte, Ph.D. What do Michelle Obama, Hillary Clinton and the Real Housewives have in common? Dr. Cecile Forte suggests that all are man-made women. In her latest book, do out this spring 2010, Dr. Forte constructs the anatomy of the man-made women. Whether she is married, single, divorced or widowed, a woman's development is greatly influenced by the men in and out of her life. Forte's provocative new book pushes past the boundaries of gender and goes beyond Adam's rib to examine today's relationships and to discover love, mutual sacrifice and respect. Release Date: March 2010.

ISBN 978-0-9824331-5-7, \$12.95, 144 pp. Available from Midpoint Trade, Baker & Taylor, Ingram—Published by Dailey Swan Publishing, 2644 Appian Way #101, Pinole, CA 94565, www.daileyswanpublishing.com

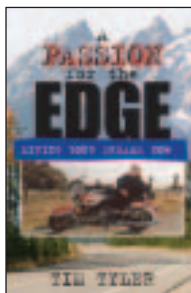
**11 THE ORIGINAL PSYCHOLOGY OF SUCCESS**



by Newton N. Riddell, Brian J. Donley. Proven methods to attain a positive, powerful winning personality. Build your foundations, then build your superstructure, that empowers, and transforms YOU for life. The little yellow book that is empowering the world.

ISBN 0-7414-4890-4, \$15.95, 93 pp. Available from Baker & Taylor—Published by Brian J. Donley, LLC, PO Box 715, River Falls, WI 54022, brianj.donley.com

**12 A PASSION FOR THE EDGE**  
**Living Your Dreams Now**

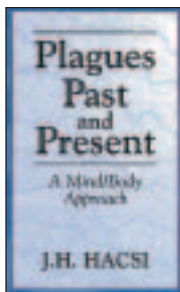


by Tim Tyler. An inspiring, critically-acclaimed, award-winning book uses a motorcycle trip as a metaphor for life's success journey. *A Passion for the Edge: Living Your Dreams Now* is a true story about a 6,500-mile adventure through the Alaskan and Canadian wilderness. It's both a physical journey with spectacular scenery, historic places, wild animals, and interesting people; and a mental journey that shows how to live your dreams despite perceived obstacles such as age, money, or the economy. Quotes from the likes of Helen Keller, Walt Disney, Thoreau, Mark Twain, and 100+ color photographs enrich the compelling story. It entertains, inspires, and teaches.

ISBN 9780978978617, \$21.50, 256 pp. Available from Baker & Taylor, Ingram, AtlasBooks—Published by

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**13 PLAGUES PAST AND PRESENT**  
**A Mind/Body Approach**

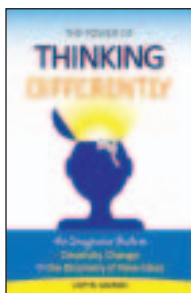


by J. H. Hacsí. This groundbreaking book mounts a challenge to current medical thinking. It zeros in on past and present plagues to expose their secrets. Throughout history we have repeatedly changed our cultural patterns and our plagues. This book connects the two, claiming that some cultural patterns cause widespread negative emotions. These emotions compromise immune systems and trigger plagues. In the 20th Century, African Americans, gays and women all demanded equality. Those having difficulty adjusting to this are prime candidates for lung, breast or prostate cancer. "*Plagues Past and Present* is a riveting read of psychology and disease." *Midwest Book Review*, Five Stars.

ISBN 978-0-578-00266-8, \$14.00, 207 pp. Available

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**14 THE POWER OF THINKING DIFFERENTLY**  
**An imaginative guide to creativity, change, and the discovery of new ideas**



by Javy W. Galindo. What happens when you compare the creative approaches found in art, science, technology, business, spiritual traditions, and everyday living? The result is a humorously enlightening guidebook to finding creative possibilities. Through the lens of neuroscience and psychology the text reveals the roots of conventional thinking and the path to think creatively. At the same time, the book exercises the imagination through allegory, myth, and jokes. Readers will learn the universal stages of the creative process, how to transcend creative blocks, the importance of fun and relaxation, and how to live a more meaningful life by using their "whole brain."

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**201 Reasons To Quit**



by Muriel L. Crawford. Without motivation, a smoker cannot conquer tobacco addiction. *Smoking: 201 Reasons to Quit* motivates smokers by explaining over 100 ways that tobacco harms the smoker's health, often leading to prolonged disability and early death; problems from nicotine addiction, such as cravings and waste of time; the best methods of quitting tobacco; health hazards of secondhand smoke; increased dangers of injury from fire and nicotine poisoning; smokers' social and relationship problems; and the economic costs of smoking, including the cost of cigarettes and career problems. Includes a section on helping others quit tobacco, and an index.

ISBN 978-0-9819590-0-9, \$19.95, 368 pp. Available from AtlasBooks, Inc.—Published by Dillon & Parker

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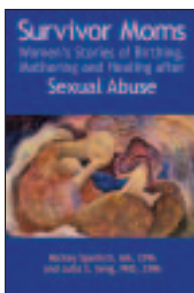
**16 THE SONGBIRD IN MY HEART**



by Mark Steven Rhoads. This book is a call to action, a song of grace, whispering softly to anyone listening for the call of inner knowing. It has simple intentions; to point toward the purpose of life and help the reader recognize the magnificence of being. It is inspired by the work of Dainin Katagiri, H.W.L. Poonja, Don Miguel Ruiz, Eckhart Tolle and Marianne Williamson. While no religious and spiritual traditions are promoted, all are encouraged and respected. It is the author's sincere hope that readers accept his challenge to take charge of their spiritual life and find their true nature.

ISBN 978-0-615-27362-4, \$24.99, 208 pp. Available from Baker & Taylor, Brodart, Follett Library Resources—Published by Belle Vista, LLC, 8899 Critzers Shop Road, Afton, VA 22920, www.TheSongbirdInMyHeart.com

**17 SURVIVOR MOMS**  
**Women's Stories of Birthing, Mothering and Healing After Sexual Abuse**



by Mickey Sperlich, MA, CPM and Julia S. Seng, PhD, CNM. One in four women has been sexually assaulted at least once in her life. How can these survivors cope with the changes of body and mind that come during pregnancy? And what can family members and care providers do to help and support these women? *Survivor Moms* was written to address these questions, and presents candid first-hand experiences of 81 women as well as relevant research from professionals across various disciplines. It is suitable for survivors, their families and health care professionals. Winner of the American College of Nurse Midwives (ACNM) 2009 Best Book Award.

ISBN 978-1-89-044641-3, \$34.95, 246 pp. Available

from Motherbaby Press—Published by Midwifery Today Inc., PO Box 2672, Eugene, OK 97402, www.survivormoms.com

**18 WATER YOUR ROOTS**  
**Walking a Spiritual Path**



by Bernard Willemsen, highly-acclaimed author of *Don't Water the Stick: The Path of the Psyche*. A must-read for anyone seeking counseling, therapy or spiritual guidance, *Water Your Roots* provides an in-depth exploration of the common pitfalls and challenges, both internal and external, encountered by the seeker of personal and spiritual growth. Topics are wide-ranging, including psychology, psychotherapy, meditation and spiritual teachings. *Water Your Roots* has been described by Dr. Daniele Allard as an extraordinary work that is "comprehensive, practical and profound...ringing with compassion and universal truth." Detailed instructions for four meditative exercises are included.

ISBN 978-0-9680351-4-6, \$16.95 (SC and PDF), 168 pp.

Available from and published by Quasar Books, PO Box 4000, Tantallon, NS, Canada B3Z 4G9, www.humanenergy.net

**19 WELLBEING MATTERS**



by David Gore Graham. *Wellbeing Matters* is a master manual for physical, mental, emotional and spiritual health and wellbeing. It combines the latest research and understanding on the most important issues affecting health and wellbeing today in practical, easy to understand terms. In sharing his profound understanding of the process required to heal the body, mind and spirit, the author has created a comprehensive groundbreaking step-by-step, deeply inspirational guide. Through self-revelation, real-world examples, exercises and recommendations, his message is "if I can do it so can you!" ISBN 978-0-646-51300-3, \$24.95, 328 pp. Available from Ingram—Published by Integral Integrity Publishing, 9 Andrews Place, Cottesloe, WA 6011, Australia, www.wellbeing-matters.com

**20 WHEN YOU NEED A TIMEOUT**



by Barbara Mitchell, DCH. Feeling stressed-out in these uncertain economic times? Here's a simple Rx. Follow the journey of six women who conquer overwhelming stressors from strained relationships to health, aging parents, job burnout and financial challenges. Learn how they recapture their joy of living. Try the interactive stress-busting exercises. Worksheets included. Adapt the self-nurturing and pampering routines. Then take a deep breath and take control of your life! ISBN 978-0-9820209-0-6, \$12.95, 117 pp. Available from and published by Dr. Barbara DCH LLC, 22 Snowdrift Drive, Piscataway, NJ 08854, www.thecalmingbreath.com

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**1 COCKTAIL BOOTHBY'S AMERICAN BARTENDER**  
The New Anchor Distilling Edition



by William T. Boothby (1862-1930); Edited by David Burkhart. "The bartending community is rejoicing! What an amazing find."—Dale DeGross. "A surpassingly sound effort, full of well-considered recipes with a real West Coast flavor."—David Wondrich. Born in San Francisco in 1862, "Cocktail" Boothby was the city by the bay's premier pre-Prohibition mixologist. In 1891, he published this fascinating guide, overflowing with uniquely San Franciscan drink recipes and practical advice for the 19th-century bartender. This new edition is a complete and faithful reproduction of Boothby's original—including his *Ten Commandments for the Bartender*—with newly discovered recipes and biographical material. Foreword: Fritz Maytag and David Burkhart. Forty-two color illustrations.

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**2 DITCH YOUR DIET IN 30 DAYS**  
90 Easy, Healthy Meals and Snack Recipes for Effective Weight Loss Healthy Eating Choices — Your Road Map to Success



by Chef Dave Fouts and Vicki Bovee, M.S., R.D. This unique cookbook provides a systematic meal plan for anyone seeking delicious meal ideas that help maintain proper nutritional balance leading to effective weight loss. Readers are invited to ditch the diet with an easy-to-follow and tasty guide for 30 days of 5 meals and snacks per day on a 1200 calorie per day routine. Renowned chef and registered dietician/nutritionist share valuable tips and strategies for success! From shopping lists to complete nutritional panels, this cookbook provides everything from

A to Z that one needs to bring variety, nutritional balance, and delicious meals.

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**3 FOOD FOR THOUGHT**  
Thought for Food



by Vicente Todoli, Richard Hamilton. "A fascinating combination of food and art, a new volume edited by two prominent 20th century artists looks at artwork culinary and otherwise from one of the world's greatest chefs, Ferran Adria."—*Publishers Weekly*, Starred Review 9/14/09. "Like an art exhibition about Ferran Adria of El Bulli in book form, this is a thick, beautifully produced product. It contains pictures of his dishes, along with essays written by fellow chefs and critics, graphs, musings and more. It would make a great gift, not just for a chef or aspiring chef, but anybody who cares about culture and art."—*Chow.com*, CBS, 8/09.

ISBN 9788496954687, \$44.95, 350 pp. Available from Baker & Taylor, Ingram—Published by ACTAR-D, 158

Lafayette Street, 5th Floor, New York, NY 10013, [www.actar-d.com](http://www.actar-d.com)

**4 THE LAVENDER GOURMET**  
Culinary Recipes for Entertaining and Every Day



by Jennifer Vasich. Lavender as a culinary herb? Absolutely! Chives, dill, and basil may be more familiar, but lavender has one advantage over all the other herbs standing in the spice rack: versatility. Now, the refreshing taste of lavender can be experienced in beverages, salads, sandwiches, entrees, desserts, and so much more. *The Lavender Gourmet* contains more than 140 recipes—all of which celebrate this multifaceted herb. From old family favorites, new creations, and a wide range of culturally inspired dishes to advice on growing and harvesting the herb, this cookbook can help transform any cook or baker into a lavender gourmet.

ISBN 978-0-9766315-3-8, \$19.95, 344 pp. Available from Baker & Taylor—Published by Moose Run Productions, 22010 Highview, Clinton Township, MI 48036, [www.moose-run.com](http://www.moose-run.com)

**5 MARIJUANA GROW BASICS**  
The Easy Guide for Cannabis Aficionados



by Jose Cervantes. This practical, informative guide is packed with more than 700 full-color illustrations and photographs that detail more than 150 affordable marijuana grow setups. Become an expert on grow room and internet security, feminized seeds, seedlings, cloning, mother plants, singling out male and female plants early, peak sinsemilla harvest, as well as manicuring, drying and curing your crop for highest potency. Buy only the grow gear you need—hydroponics & soil, lights, CO2 meters, fans & filters—to maximize your harvest. Design and set up your grow room with supplies from your local hardware store and garden center. Plus troubleshooting

problems and control common pests & diseases!

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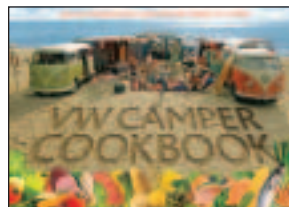
**6 MY RUSTIC SANDWICHES**  
Great Recipes to Savor Artisan Bread



by Sam Sidawi. This beautifully photographed full color book features over 50 sandwiches & recipes that please all tastes. Inspiring ideas that savor hearty artisan bread. The "Simple & Savory" section introduces different kinds of delicate cheese and cold cuts that do not overpower the flavor of the bread. In the "Hot & Gourmet" section you embark into a selection of mouth watering sandwiches where you savor grilled vegetables and meats bringing flavors from around the world into your home. The "Melly Delights" section teaches how to make sensational Mediterranean stuffed focaccias and paninis. Included also recipes and information on artisan bread.

ISBN 978-0-9812935-0-9, \$18.95, 96 pp. Available from Small Press United (IPG), Ingram, Baker & Taylor—Published by Daniel's Rustic Bread, 3484 Sources Blvd. Suite 423, Dollard-Des-Ormeaux, Canada H9B 1Z9, [www.danielsrusticbread.com](http://www.danielsrusticbread.com)

**7 THE ORIGINAL VW CAMPER COOKBOOK**



by Steve Rooker, Susanne Rooker, Lennart Hannu. With this ultimate guide in your van you can get gastronomic in the great outdoors in style! Richly illustrated with VW Campers and recipes from all over the world. It contains recipes for soups, starters, light bites, lunches, main courses, barbecues and desserts. The book shows you how to make it simple with easy to follow recipes that require little preparation. *The Original VW Camper*

*Cookbook* may also be handy in the boat, the summer house or in your trailer. It's design and inspirational pictures also makes it a perfect gift or that cool quirky coffee table book.

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**8 TABLE FOR TWO**  
The Cookbook for Couples



by Warren Caterson. *Table for Two* is the perfect cookbook for young couples, empty nesters, and everyone in between. This resource features over 235 classic and nouveau recipes made with fresh and readily available ingredients—nothing processed—nothing exotic. The best news? Dinner can be on the table in well under an hour, with a minimum of leftovers. So...explore and enjoy cooking with your special someone. After all, this is the cookbook for couples. Audience: singles, young couples, empty nesters, anyone who loves to cook.

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