

10% Human : How Your Body's Microbes Hold the Key to Health and Happinessby **Collen, Alanna**

9 780062 345981



A revelatory, illuminating guide to the role of your body's microbes in promoting your health and happiness. This is popular science at its most relevant: life will never seem the same again. You are only 10% human. For every one of the cells that make up your body, there are nine impostor cells hitching a ride. You are not just flesh and blood, muscle and bone, brain and skin, but also bacteria and fungi. And you are more "them" than you are "you." Far from being passive, the trillions of microbes that live on and in you are intimately involved in running your body.

Genre:

Price: \$33.50

Form: Trade Cloth

Publisher: HarperCollins Canada, Limited

ISBN-13: 9780062345981

Pages: 320

Pub. Date: June 2015

50 Is the New 30by **Smith, J. J.**

9 781501 100659



Want to feel younger, look better, and melt away those stubborn pounds? Would you like to increase your energy and make your skin look healthy and vibrant? If you answered yes, then you've come to the right place. JJ Smith's 50 Is the New 30 teaches proven methods of weight loss that anyone can follow, no matter your age, size, gender, or income level. You'll learn the top ten foods you should be eating every day to boost your immunity, detox plans (including some green smoothies from JJ Smith's #1 bestselling book), new methods for fighting fatigue, and techniques to energize your body without having to spend hours and hours at the gym.

Genre:

Price: \$19.99

Form: Trade Paper

Publisher: Atria Books

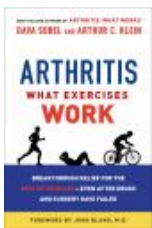
ISBN-13: 9781501100659

Pages: 304

Pub. Date: July 2015

Arthritis, What Exercises Work : Breakthrough Relief for the Rest of Your L ...by **Sobel, Dava**

9 781250 068682



What is the most powerful arthritis treatment ever developed to help restore you to a healthy, pain-free, and vigorous life-for the rest of your life? It's the very same breakthrough that has: Helped more arthritis sufferers than drugs, surgery, or any other treatment-without dangerous side effects.-Been widely prescribed by medical doctors and other health practitioners.The answer? Exercise.Here are the right exercised for your kind of arthritis, pain-level, age, occupation, and hobbies.And they're the most effective exercises for arthritis available anywhere - rated "best" by arthritis sufferers themselves in an unprecedented nationwide survey... supported by medical doctors... and Let Arthritis: What Exercises Work work wonders in ending your arthritis pain-forever!

Genre:

Price: \$18.50

Form: Trade Paper

Publisher: St. Martin's Press

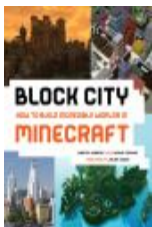
ISBN-13: 9781250068682

Pages: 224

Pub. Date: June 2015

Block City: Incredible Minecraft Worlds : How to Build Like a Minecraft Mas ...by **Kearney, Kirsten**

9 781419 716188



Minecraft--a humble computer game about placing blocks--is a global phenomenon that has captured the imagination of more than 36 million players around the world. Often described as a digital version of LEGO, Minecraft offers an open-ended playing field where players design and build environments that others can explore. For many users, the game's "creative mode" is its most appealing feature: The game is helping to shape a generation of young architects, designers, and artists. The most impressive and spectacular achievements in Minecraft design are its cities, which range in style from contemporary realism to fantasy, from historical to futuristic. The product of thousands of hours of work by devoted Minecraft players, these virtual places are the

Genre:

Price: \$25.50

Form: Trade Paper

Publisher: Abrams

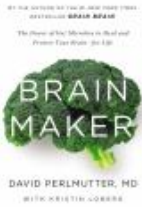
ISBN-13: 9781419716188

Pages: 256

Pub. Date: May 2015

Brain Maker : The Power of Gut Microbes to Heal and Protect Your Brain-For ...by **Perlmutter, David**

9 780316 380102



FP 300,000. The bestselling author of GRAIN BRAIN uncovers the powerful role of gut bacteria in determining your brain's destiny. Dr. Perlmutter explains the potent interplay between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on lifestyle choices, how it can become "sick," and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better. With simple dietary recommendations, BRAIN MAKER opens the door to unprecedented brain health potential. Also available UAB/CD & LP

Genre:

Price: \$31.00

Form: Trade Cloth

Publisher: Little Brown & Company

ISBN-13: 9780316380102

Pages: 336

Pub. Date: April 2015

Canadian Living: 400-Calorie Dinnersby **Living, Canadian**

9 781927 632161



FP 15,000(CDN) Watching your diet doesn't mean giving up delicious food. The Canadian Living Test Kitchen knows just how to make the tastiest dinners that are chock-full of flavour and nutrients, without breaking your calorie budget for the day. In this collection of 90+ Tested-Till-Perfect recipes, you'll find family-friendly meals you won't believe are 400 or fewer calories per serving. Search by type of recipe (such as stew or stir-fry), ingredient (such as green beans or lamb) or recipe name. Full nutrient analysis of each recipe.

Genre:

Price: \$19.95

Form: Trade Paper

Publisher: Transcontinental Books

ISBN-13: 9781927632161

Pages: 160

Pub. Date: May 2015

Does This Beach Make Me Look Fat?by **Scottoline, Lisa**

9 781250 059949



FP 75,000. Lisa and Francesca are back with their 6th collection of warm and witty stories that will strike a chord with every woman, following HAVE A NICE GUILT TRIP. This five book series is among the best reviewed humour books published today and has been compared to the late greats, Erma Bombeck and Nora Ephron. Also available UAB/CD

Genre:

Price: \$24.99

Form: Trade Cloth

Publisher: St. Martin's Press

ISBN-13: 9781250059949

Pages: 272

Pub. Date: July 2015

Dogs and Underdogsby **Abbott, Elizabeth**

9 780670 068258

DOGS & UNDERDOGS
FINDING HAPPINESS AT
BOTH ENDS OF THE LEASH
ELIZABETH ABBOTT



FP 10,000(CDN) A heartwarming look at how happiness can be found at both ends of the leash in all kinds of places. Elizabeth Abbott had always been an animal lover, sharing her life with all kinds of dogs in need. But when worlds collided and her beloved dog Tommy was left behind in Haiti, a new journey began: one that would take her to some very surprising places and ultimately teach her some essential truths about the power of hope and redemption. Abbott meets people whose lives are changed forever by a wagging tail and a pair of soulful eyes. Canadian author - Toronto

Genre:

Price: \$30.00

Form: Trade Cloth

Publisher: Penguin Group (Canada)

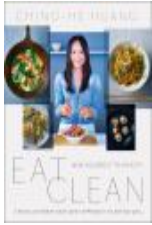
ISBN-13: 9780670068258

Pages: 288

Pub. Date: May 2015

Eat Clean: Wok Yourself to Healthby **Ching-He Huang**

9 780007 426294



If you're frustrated with unsustainable diets, want to eat healthy, tasty food but can never find the time, then Wok Yourself Thin is the perfect cookery book for you. Drawing on her belief of the age-old principle of Yin and Yang, Ching He Huang creates delicious fare for each meal time which is specifically balanced in all these ways: finally, food which is hassle free, good for you and which you'll enjoy! With over 100 diverse recipes which are not only practical for every day but cater for every season, you'll find eating healthily is definitely no impediment to choice.

Genre:

Price: \$29.99

Form: Trade Paper

Publisher: HarperCollins

ISBN-13: 9780007426294

Pages: 224

Pub. Date: May 2015

Empire of Deception : From Chicago to Nova Scotia - the Incredible Story of ...by **Jobb, Dean**

9 781443 441087



FP 6,500(CDN) EMPIRE OF DECEPTION is not only an incredibly rich and detailed account of a man and an era; it is a fascinating look at the methods of swindlers throughout history. Leo Koretz was the Bernie Madoff of his day, and Dean Jobb shows us that the dream of easy wealth is a timeless commodity. A slick, smooth-talking, charismatic lawyer, Leo enticed hundreds of people to invest as much as \$30 million in phantom timberland and non-existent oil wells in Panama. When Leo's scheme finally collapsed in 1923, he vanished. When finally apprehended, Leo was living a life of luxury in Nova Scotia under the assumed identity of a book dealer and literary critic.

Genre:

Price: \$29.99

Form: Trade Cloth

Publisher: HarperCollins Publishers Limit

ISBN-13: 9781443441087

Pages: 288

Pub. Date: May 2015

Fat Girl Walkingby **Gibbons, Brittany**

9 780062 343031



FP 50,000. Told through a series of larger-than-life snapshots, a hilarious memoir in essays about love, sex, marriage, motherhood, bikinis, and loving your body, no matter what size you are from the acclaimed blogger and body image advocate Brittany Gibbons has been a plus size her whole life. But instead of hiding herself in the shadows of thinner women, Brittany became a wildly popular blogger and national spokes-model - known for stripping on stage at TedX and standing in Times Square in a bikini on national television.

Genre:

Price: \$31.99

Form: Trade Cloth

Publisher: HarperCollins Publishers

ISBN-13: 9780062343031

Pages: 288

Pub. Date: June 2015

For Better or For Worse: Comic Art of Lynn Johnstonby **Johnston, Lynn**

9 780864 928641



For 30 years, cartoonist Lynn Johnston made daily additions to what would become a monumental body of work: her newspaper comic strip, For Better or For Worse that chronicled the daily lives of the middle-class suburbanite Patterson family. Wildly funny and formally innovative, this book will be published to coincide with an international touring exhibition of Lynn Johnston's work, organized by the Art Gallery of Sudbury. It features some of Johnston's most popular narratives, an essay that chronicles the development of her drawing and the history of her wildly successful comic strip.

Genre:

Price: \$24.95

Form: Trade Paper

Publisher: Goose Lane Edition

ISBN-13: 9780864928641

Pages: 200

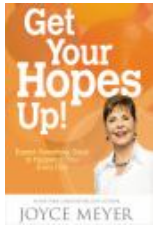
Pub. Date: January 2015

Get Your Hopes Up! : Expect Something Good to Happen to You Every Day

by Meyer, Joyce



9 781455 517312



FP 200,000. #1 NEW YORK TIMES bestselling author Joyce Meyer teaches readers how to tap into the power of hope to lead more joyful lives. One of the most powerful forces in the universe is hope - the happy and confident anticipation that something good is going to happen. Regardless of where one is in life, it is impossible to live successfully and to the fullest without hope. This book will help readers avoid misplacing their trust in unreliable things, and help them ground their hope steadfastly in God for limitless joy and possibilities for their lives. Also available UAB/CD & LP

Genre:

Price: \$24.00

Form: Trade Cloth

Publisher: FaithWords

ISBN-13: 9781455517312

Pages: 208

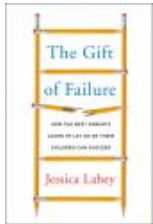
Pub. Date: April 2015

Gift of Failure

by Lahey, Jessica



9 780062 299239



FP 75,000. THE GIFT OF FAILURE is based on Jessica Lahey's eye-opening and provocative essay published on TheAtlantic.com, "Why Parents Need to Let Their Children Fail." Within days, the piece had been shared tens of thousands of times on all major social media sites, as well as on hundreds of blogs. This groundbreaking manifesto focuses on the critical school years when parents must learn to allow their children to experience the disappointment and frustration that occur from life's inevitable problems so that they can grow up to be successful, resilient, and self-reliant adults.

Genre: PARENTING

Price: \$33.50

Form: Trade Cloth

Publisher: HarperCollins Canada, Limited

ISBN-13: 9780062299239

Pages: 304

Pub. Date: August 2015

Great Divide : Inequality and Its Causes, Consequences, and Cures

by Stiglitz, Joseph E.



9 780393 248579



FP 5,000(CDN) A singular voice of reason in an era defined by bitter politics and economic uncertainty, Joseph E. Stiglitz has time and again diagnosed America's greatest economic challenges, from the Great Recession and its feeble recovery to the yawning gap between the rich and the poor. THE GREAT DIVIDE gathers his most provocative reflections on the subject of inequality, probing for answers to the greatest threat to American prosperity and explaining its role in the country's ongoing malaise.

Genre:

Price: \$32.95

Form: Trade Cloth

Publisher: Norton & Company, Incorporated

ISBN-13: 9780393248579

Pages: 384

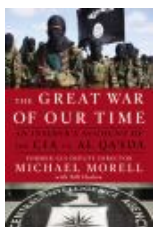
Pub. Date: April 2015

Great War of Our Time : An Insider's Account of the CIA's Fight Against Al ...

by Morell, Mike



9 781455 585663



THE GREAT WAR OF OUR TIME offers an unprecedented assessment of the CIA while at the forefront of our nation's war against al-Qa'ida and during the most remarkable period in the history of the Agency. Called the "Bob Gates of his generation," Michael Morell is a top CIA officer who saw it all--the only person with President Bush on 9/11/01 and with President Obama on 5/1/11 when Usama Bin Laden was brought to justice. Like Ghost Wars , S ee No Evil , and At the Center of the Storm , THE GREAT WAR OF OUR TIME will be a vivid, newsmaking account of the CIA, a life of secrets and a war in the shadows.

Genre:

Price: \$31.00

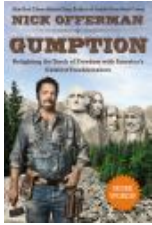
Form: Trade Cloth

Publisher: Grand Central Publishing

ISBN-13: 9781455585663

Pages: 384

Pub. Date: May 2015

Gumption : Relighting the Torch of Freedom with America's Gutsiest Troublem ...by **Offerman, Nick**

FP 200,000. The star of PARKS & RECREATION and author of the NEW YORK TIMES bestseller PADDLE YOUR OWN CANOE returns with a second book that humorously focuses on the lives of those who inspired him. From George Washington to Willie Nelson, he describes a few dozen of these heroic figures and why they inspire in him such great meaning. He'll combine both serious history with light-hearted humour - comparing, say, George Washington's wooden teeth to his own experience as a woodworker. Also available UAB/CD

Genre:

Price: \$31.00 Form: Trade Cloth

Publisher: Penguin Group (USA) Incorporat ISBN-13: 9780525954675

Pages: 336 Pub. Date: May 2015

H Is for Hawkby **Macdonald, Helen**

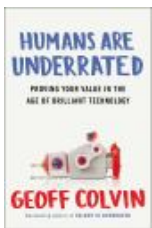
FP 20,000(CDN) Destined to be a classic of nature writing, the story of how one woman trained a goshawk. H IS FOR HAWK was the winner the 2014 Samuel Johnson Prize and a #1 Bestseller in the UK. Heart-wrenching and humorous, this book is an unflinching account of bereavement and a unique look at the magnetism of an extraordinary beast, with a parallel examination of a legendary writer's eccentric falconry. Obsession, madness, memory, myth, and history combine to achieve a distinctive blend of nature writing and memoir from an outstanding literary innovator.

Genre: SPIRITUALITY

Price: \$32.00 Form: Trade Cloth

Publisher: Penguin Group (USA) Incorporat ISBN-13: 9780670069552

Pages: 288 Pub. Date: March 2015

Humans Are Underrated : Proving Your Value in the Age of Brilliant Technolo ...by **Colvin, Geoff**

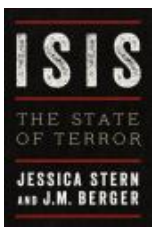
FP 75,000. From the bestselling author of TALENT IS OVERRATED, an extensive look at the essential human skills that can never be replaced by technology. In the economy of a few years from now, what will people do better than computers? The real issue is what we humans are hardwired to do for and with one another, arising from our deepest, most essentially human abilities - empathy, social sensitivity, storytelling, humor, forming relationships, creativity. These are how we create value that all people hunger for, that is unique and not easily quantified.

Genre:

Price: \$32.95 Form: Trade Cloth

Publisher: Penguin Group (USA) Incorporat ISBN-13: 9781591847205

Pages: 272 Pub. Date: August 2015

ISIS : The State of Terrorby **Stern, Jessica**

FP 75,000. ISIS: THE STATE OF TERROR offers practical ideas on potential government responses - most importantly, emphasizing that we must alter our present conceptions of terrorism and terrorists and react to the rapidly changing jihadi landscape, both online and off, as quickly as the terrorists do. As it lays out what our next move - as a country, as a government, as the world - should be, it offers a vital assessment of the future of counterterrorism and countering violent extremism. Jessica Stern and J. M. Berger analyze the tools ISIS uses both to frighten innocent citizens and lure new soldiers.

Genre:

Price: \$31.99 Form: Trade Cloth

Publisher: HarperCollins Publishers

ISBN-13: 9780062395542

Pages: 400

Pub. Date: March 2015

It's a Long Story : My Lifeby **Nelson, Willie**

9 780316 403559



FP 350,000. This is the unvarnished, complete story of Willie Nelson's life, told in his distinct voice and leaving no moment or experience unturned, from Texas and Nashville to Hawaii and his legendary bus. Having recently turned 80, Nelson is ready to shine on a light on all aspects of his life, including his drive to write music, the women in his life, his collaborations, and his biggest lows and highs-from his bankruptcy to the founding of Farm Aid. Nelson still tours the country and headlines music festivals and has found his way into the hearts and minds of fans the world over. Also available UAB/CD & LP

Genre:

Price: \$33.00 Form: Trade Cloth

Publisher: Little Brown & Company

ISBN-13: 9780316403559

Pages: 400

Pub. Date: May 2015

JJ Virgin's Sugar Impact Diet Cookbook : 150 Low-Sugar Recipes to Help You ...by **Virgin, J. J.**

9 781455 577873



FP 150,000. JJ Virgin's SUGAR IMPACT DIET revolutionized the way readers think about sugar. This companion cookbook brings the groundbreaking diet into the kitchen and makes it easier - and tastier - for readers to drop damaging sugars and lose fat fast. Featuring more than 150 delicious and simple recipes, including mouthwatering breakfasts, lunches, dinners, snacks and sweet-tooth-taming desserts, this cookbook is designed to help readers drop pounds and melt away fat without missing the foods they love. Includes meal plans, grocery lists, and customizable menus for readers with special diets.

Genre: SUGAR-FREE DIET

Price: \$30.00 Form: Trade Cloth

Publisher: Grand Central Publishing

ISBN-13: 9781455577873

Pages: 288

Pub. Date: May 2015

Last Love Song : A Biography of Joan Didionby **Daugherty, Tracy**

9 781250 010025



In The Last Love Song, Tracy Daugherty, the critically acclaimed author of Hiding Man (a New Yorker and New York Times Notable book) and Just One Catch, delves deep into the life of distinguished American author and journalist Joan Didion in this, the first printed biography published about her life. Joan Didion lived a life in the public and private eye with her late husband, writer John Gregory Dunne, whom she met while the two were working in New York City when Didion was at Vogue and Dunne was writing for Time. They became wildly successful writing partners when they moved to Los Angeles and co-wrote screenplays and adaptations together. Didion is well-known for her literary journalistic style in both fiction and non-fiction. Some of her

Genre:

Price: \$39.99 Form: Trade Cloth

Publisher: St. Martin's Press

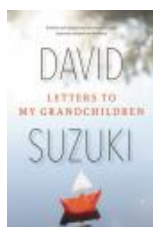
ISBN-13: 9781250010025

Pages: 672

Pub. Date: August 2015

Letters to My Grandchildrenby **Suzuki, David**

9 781771 640886



In these inspiring letters to his grandchildren, David Suzuki speaks personally and passionately about their future. He also explains why sports, fishing, feminism, and failure are important; why it is dangerous to deny our biological nature; and why First Nations must lead a revolution. He even has something to say about fashion. His letters are also chockfull of stories about his own childhood and anecdotes about his children and grandchildren when they were small, providing an intimate look at Suzuki's life as a father and grandfather. Canadian author - Vancouver

Genre:

Price: \$27.95 Form: Trade Paper

Publisher: Greystone Books Ltd.

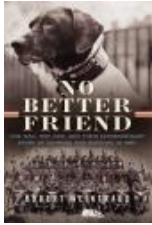
ISBN-13: 9781771640886

Pages: 176

Pub. Date: June 2015

No Better Friend : One Man, One Dog, and Their Extraordinary Story of Coura ...by **Weintraub, Robert**

9 780316 337069



The extraordinary tale of friendship and survival between a man and a dog in war. AN UNCOMMON BOND tells the remarkable story of Royal Air Force technician Frank Williams and Judy, a purebred pointer, who met in an internment camp during WWII. Judy was a fiercely loyal animal who sensed danger and instinctively mistrusted anyone in enemy uniform. Their relationship deepened throughout their imprisonment. The prisoners suffered severe beatings which Judy would interrupt with her barking. The dog became a beacon for the men, who saw in her survival a flicker of hope for their own. Judy was the war's only canine POW, and when she passed away in 1950, she was buried in her Air Force jacket. Williams would never own another dog. Their

Genre:

Price: \$31.00 Form: Trade Cloth

Publisher: Little Brown & Company

ISBN-13: 9780316337069

Pages: 368

Pub. Date: May 2015

North Of 49by **Trudeau, Margaret**

9 781443 431835



FP 50,000(CDN) In this candid and engaging book, Margaret Trudeau, author of the #1 bestselling memoir CHANGING MY MIND, offers women an inspirational and practical approach to creating a healthy, happy, secure and satisfying future life. From dating and online romance to health practices and financial planning, TIME OF YOUR LIFE explores the fundamentals needed for the best future by discussing cornerstone issues such as housing, money, sex, friendship and children. Always a rebel at heart, Margaret looks at what the experts have to say and weaves through her own point of view.

Genre:

Price: \$32.99 Form: Trade Cloth

Publisher: HarperCollins Canada, Limited

ISBN-13: 9781443431835

Pages: 320

Pub. Date: April 2015

O's Little Book of Happinessby **Oprah Magazine Editors**

9 781250 068569



FP 75,000. A collection of thoughtful and affecting writing on happiness - the first in a series of inspirational books from O. MAGAZINE. From an ode to the power of questions by Elizabeth Gilbert, a tribute to the animal who taught her everything by Jane Smiley, practical advice about boosting your bliss from Gretchen Rubin, a call to find playful joy in one's life by Brené Brown, a guide to trading stress for serenity by Shonda Rhimes, a moving glimpse inside the mind of Neil deGrasse Tyson, and much, much more.

Genre:

Price: \$19.95 Form: Trade Cloth

Publisher: Flatiron Books

ISBN-13: 9781250068569

Pages: 192

Pub. Date: March 2015

Once upon a Time in Russia : The Rise of the Oligarchs--A True Story of Amb ...by **Mezrich, Ben**

9 781476 771892



FP 125,000. The bestselling author of BRINGING DOWN THE HOUSE and ACCIDENTAL BILLIONAIRES delivers an epic drama of wealth, rivalry, and betrayal among mega-wealthy Russian oligarchs - and its international repercussions. Written with the heart-stopping pacing of a thriller - but even more compelling because it is true - this story of amassing obscene wealth and power depicts a rarefied world seldom seen up close. Under Berezovsky's krysha, Abramovich built one of Russia's largest oil companies from the ground up and in exchange made cash deliveries - including \$491 million in just one year.

Genre:

Price: \$34.00 Form: Trade Cloth

Publisher: Atria Books

ISBN-13: 9781476771892

Pages: 288

Pub. Date: June 2015

Out of Orangeby **Wolters, Cleary**

FP 75,000. The real-life Alex Vause from the critically acclaimed, top-rated Netflix show **ORANGE IS THE NEW BLACK** tells her true story, offering details and insights that fill in the blanks, set the record straight, and answer common fan questions. An insightful, frustrating, heartbreaking, and uplifting analysis of crime and punishment in our times, **OUT OF ORANGE** is an intimate look at international drug crime. Told by a woman originally thrust into the spotlight without her permission - Wolters learned about Piper's memoir in the media

Genre:

Price: \$31.99

Form: Trade Cloth

Publisher: HarperCollins Publishers

ISBN-13: 9780062376138

Pages: 288

Pub. Date: May 2015

Promise of Francis : The Man, the Pope, and the Challenge of Changeby **Willey, David**

FP 50,000. With more than four decades of firsthand experience reporting from Vatican City, David Willey explores the religious and personal background of Pope Francis and his ability to fulfill the promises of reform made during the first two years of his papacy. He tells the inside story of how this most unlikely man came from "the end of the world" to lead the world's largest corporation into the future, stirring millions to interest and faith again through his frank speeches and benevolent beliefs. In putting this all into context, Willey seeks to further unravel the mysteries and conspiracies that continue to surround the Roman Catholic Church.

Genre:

Price: \$32.00

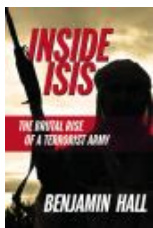
Form: Trade Cloth

Publisher: Gallery Books

ISBN-13: 9781476789057

Pages: 320

Pub. Date: September 2015

Rise of ISISby **Hall, Benjamin**

A year ago, few people had heard of ISIS-- today, they are a major terrorist threat. Despite numerous warnings from intelligence services, ISIS's rise to power has left countries around the world floundering for solutions. Today, we face a threat that is more violent, powerful and financially stronger than ever before. In this book, Journalist Benjamin Hall will provide insights by answering the basic questions we still don't have the answers to. By embedding himself behind enemy lines, Hall provides a riveting narrative based on firsthand experience and personal interviews.

Genre:

Price: \$27.00

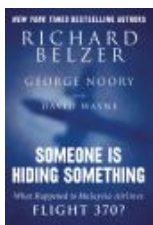
Form: Trade Cloth

Publisher: Center Street

ISBN-13: 9781455590575

Pages: 256

Pub. Date: February 2015

Someone Is Hiding Something : What Happened to Malaysia Airlines Flight 370 ...by **Belzer, Richard**

A year after the disappearance and commencement of the international search for Malaysia Airlines Flight 370, no sign of the plane has been found--no debris, no bodies, no sign of the much-talked-about black box. Richard Belzer and David Wayne want to know why. Scrutinizing the theories the media and politicians around the world claim are the "most likely" reasons the plane crashed, Belzer and Wayne argue that if a year after a huge Boeing 777 has gone missing, and there's still no sign of it whatsoever, it's time to think outside the box. The public needs to stop being misled. If a plane and its passengers went "missing" once, what's to stop it from happening again? In informative, engaging text, Belzer and Wayne consider ten lesser-talked-about possible

Genre:

Price: \$31.99

Form: Trade Cloth

Publisher: Skyhorse Publishing Company, I

ISBN-13: 9781632207289

Pages: 240

Pub. Date: February 2015

Tox-Sick : How Toxins Accumulate to Make You Ill--And Doctors Who Show You

by Somers, Suzanne



9 780385 347723



FP 100,000. Women's health pioneer and beloved bestselling phenomenon Suzanne Somers aims to provide readers with an arsenal of solutions for thriving, not just surviving in an increasingly toxic world. Suzanne interviews cutting-edge doctors in the fields of environmental medicine and integrative health, providing a clear identification of the core reasons we're so 'tox-sick' as well as a whole-life plan for detoxifying your body, home, and life for optimal health, weight, and living.

Genre: DETOXIFICATION (HEALTH)

Price: \$31.00

Form: Trade Cloth

Publisher: Crown Publishing Group

ISBN-13: 9780385347723

Pages: 384

Pub. Date: April 2015

Under the Same Sky : From Starvation in North Korea to Salvation in America ...

by Kim, Joseph



9 780544 373174



A searing story of starvation and survival in North Korea, followed by a dramatic escape, rescue by activists and Christian missionaries, and success in the United States thanks to newfound faith and courage. Inside the hidden and mysterious world of North Korea, Joseph Kim lived a young boy's normal life until he was five. Then disaster struck: the first wave of the Great Famine, a long, terrible ordeal that killed millions, including his father, and sent others, like his mother and only sister, on desperate escape routes into China. Alone on the streets, Joseph learned to beg and steal. He had nothing but a street-hardened survival instinct. Finally, in desperation, he too crossed a frozen river to escape to China. There a kindly Christian woman took him in, kept

Genre: SOCIOLOGY

Price: \$36.00

Form: Trade Cloth

Publisher: Houghton Mifflin Harcourt Publ

ISBN-13: 9780544373174

Pages: 288

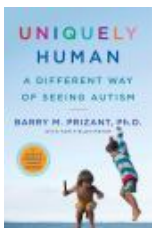
Pub. Date: June 2015

Uniquely Human : A Different Way of Seeing Autism

by Prizant, Barry M.



9 781476 776231



Essential reading for any parent, teacher, therapist, or caregiver of a person with autism: a groundbreaking book on autism, by one of the world's leading experts, who portrays autism not as a tragic disability, but as a unique way of being human. Autism is usually portrayed as a checklist of deficits, including difficulties interacting socially, problems in communicating, sensory challenges, and repetitive behavior patterns. This perspective leads to therapies focused on ridding individuals of "autistic" symptoms. Now Dr. Barry M. Prizant, an internationally renowned autism expert, offers a new and compelling paradigm: the way to help a person with autism change for the better, he argues, is to change ourselves--our attitudes and our behavior. In Uniquely

Genre: AUTISM

Price: \$29.99

Form: Trade Cloth

Publisher: Simon & Schuster, Incorporated

ISBN-13: 9781476776231

Pages: 240

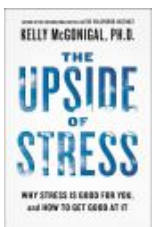
Pub. Date: August 2015

Upside of Stress : Why Stress Is Good for You, and How to Get Good at It

by McGONIGAL, Kelly



9 781583 335611



FP 75,000. The author of WILLPOWER INSTINCT delivers a controversial and groundbreaking new book that overturns long-held beliefs about stress. McGonigal highlights new research indicating that stress can, in fact, make us stronger, smarter, and happier - if we learn how to embrace it. THE UPSIDE OF STRESS is the first book to bring together cutting-edge discoveries on the correlation between resilience - the human capacity for stress-related growth - and mind-set, the power of beliefs to shape reality. Also available UAB/CD

Genre:

Price: \$31.00

Form: Trade Cloth

Publisher: Penguin Group (USA) Incorporat

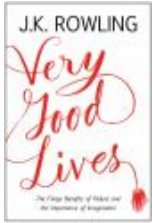
ISBN-13: 9781583335611

Pages: 288

Pub. Date: May 2015

Very Good Lives : The Fringe Benefits of Failure and the Importance of Imag ...

by **Rowling, J. K.**



FP 200,000. In 2008, J.K. Rowling delivered a deeply affecting commencement speech at Harvard University. Now published for the first time in book form, VERY GOOD LIVES presents J.K. Rowling's words of wisdom for anyone at a turning point in life. How can we embrace failure? And how can we use our imagination to better both ourselves and others? Drawing from stories of her own post-graduate years, the world famous author addresses some of life's most important questions with acuity and emotional force.

Genre:

Price: \$16.00 Form: Trade Cloth

Publisher: Little Brown & Company

ISBN-13: 9780316369152

Pages: 80

Pub. Date: April 2015

Work Rules! : Insights from Inside Google That Will Transform How You Live ...

by **Bock, Laszlo**



FP 200,000. From the visionary head of Google's innovative People Operations - a groundbreaking inquiry into the philosophy of work and a blueprint for attracting the most spectacular talent to your business and ensuring the best and brightest succeed. Drawing on the latest research in behavioural economics and with a profound grasp of human psychology, Bock also provides teaching examples from a range of industries--including companies that are household names but hideous places to work, and little-known companies that achieve spectacular results by valuing and listening to their employees. Also available UAB/CD

Genre: GOOGLE

Price: \$33.00 Form: Trade Cloth

Publisher: Grand Central Publishing

ISBN-13: 9781455554799

Pages: 416

Pub. Date: April 2015

In this ground-breaking book, biologist Alanna Collen reveals how our personal colony of microbes influence our weight, immune system, mental health and even our choice of partner. Illuminating many of the questions still unanswered by the human genome project 10% Human completely changes our understanding of diet, modern disease and medicine. The good news is that unlike our human cells, we can change our microbes for the better and this book shows you how. Alanna Collen is a science writer, with both bachelor's and master's degrees in biology from Imperial College London, and a PhD In this ground-breaking book, biologist Alanna Collen reveals how our personal colony of microbes influence our weight, immune system, mental health and even our choice of partner. This is a new way of understanding modern diseases – obesity, autism, mental health problems, gut disorders, allergies, auto-immunity and even cancer – as she argues they have their root in our failure to cherish our most fundamental and enduring relationship: that with our microbes. Illuminating many of the questions still unanswered by the human genome project 10% Human completely changes our understanding of diet... A revelatory and indispensable guide: life – and your body – will never seem the same again. Read on the Scribd mobile app.