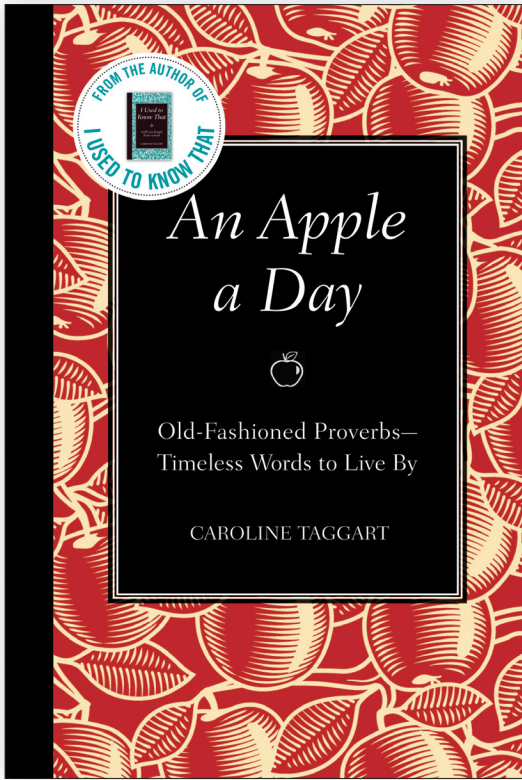


Reader's
Digest
Books



WINTER 2011

Blackboard Books™



\$14.95 paper-over-board

ISBN 978-1-60652-191-5 • EAN 9-781606-521915-51495

176 pages • 5½ x 8 • Spot art throughout

Carton quantity: 48

MARKETING & PUBLICITY CAMPAIGN

- Advertising on NPR's "Morning Edition" in the Top Five Markets
- Targeted Review Copy Mailing to Education and Reference Editors at Magazines and Newspapers
- Internet and Social Media Campaign to General Interest, Parenting, Reference, and Education Websites and Blogs
- 6-Copy Counter Display Available 978-1-60652-230-1
- 24-Copy Solid Floor Display Available 978-1-60652-231-8
- 24-Copy Mixed Floor Display (Any Configuration of all Books in the Series) 978-1-60652-217-2
- New Title Promotion (ask your sales representative for details)

An Apple a Day

Old-Fashioned Proverbs—Timeless Words to Live By

Caroline Taggart

Caroline Taggart, author of *I Used to Know That*, has written a new bestseller! *An Apple a Day* uncovers the origins and meanings of proverbs—those colorful time-honored truths that enrich our language and culture.

Proverbs are as popular today as they were when they first originated—many have made their way into several generations of pop culture. These expressions are part of our everyday speech, but how often do we think about their origins or meanings? *An Apple a Day* gives a glimpse into hundreds of proverbs, including:

- Two heads are better than one.
- If the shoe fits, wear it.
- You can't teach an old dog new tricks.
- Absence makes the heart grow fonder.
- What goes around comes around.

From wise maxims originating with the Old Testament and other ancient texts to relatively modern gems coined by poets, writers, or philosophers, *An Apple a Day* takes a close look at why these sayings "have stood the test of time."



CAROLINE TAGGART is the author of the best-selling *I Used to Know That* and *The Classics* and coauthor of *My Grammar and I . . . Or Should That Be Me?* She is also the editor of *Writer's Market UK & Ireland*, a guide for aspiring writers.



\$14.95 paper-over-board
978-0-7621-0995-1

\$14.95 paper-over-board
978-1-60652-026-0

\$14.95 paper-over-board
978-1-60652-132-8

An **apple** a day keeps the doctor away

A COMMON BRITISH folk saying, this is one of the few proverbs that can be taken at face value. All it means is that apples are good for you. The Romans knew this and so did the Anglo-Saxons, who listed the crabapple as one of the nine healing plants given to the world by the god Woden. They probably didn't know, as we now do, that apples contain fiber, antioxidants, and sundry vitamins and minerals that help to prevent osteoporosis, heart disease, and various forms of cancer. But they did know that they were cooling, cleansing, and soothing, whether taken as a natural diuretic or applied externally to inflammations.

An anonymous medieval text called *The Haven of Health* recommended eating an apple to “relieve your feelings” if you were going to bed alone, while Ayurvedic medicine says that apples cure headaches and promote vitality. So the jury is out on whether or not apples are good for your sex life, but they are certainly good for pretty much everything else.



6-Copy Counter Display

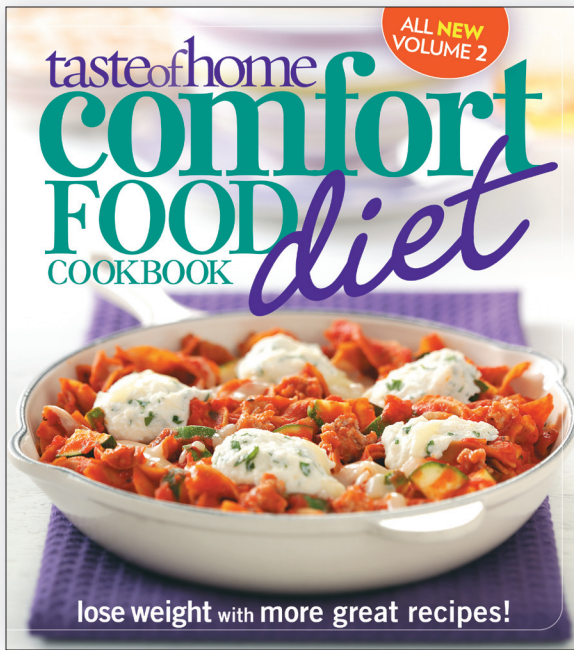
Retail price \$89.70 • 978-1-60652-230-1

(See inside front cover and pages 60-61 for the complete Blackboard Books™ series)

Laughter is the best medicine

THIS IDEA IS an ancient one and is found in, appropriately, the book of Proverbs: “A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” It has prompted a surprising amount of research, with the result that some scientists claim that laughter has the same benefits as a mild workout—it stretches muscles, sends more oxygen to the tissues, and generally makes you feel healthier. One study even claims that laughing heartily for 10–15 minutes burns fifty calories.

But let's pause for thought here. The world may laugh with you over a joke or a rerun of *Seinfeld*, but if you make a habit of laughing heartily for 10–15 minutes for no apparent reason, the world is going to think you are nuts and cross the street to avoid you. It may be worth striving for a happy medium.



FINAL COVER TO COME

\$17.95 paperback with French flaps
 ISBN 978-0-89821-829-9 • EAN 9-780898-218299-51795
 320 pages / 433 recipes • 8½ x 9
 Full-color photos & diagrams • Carton quantity: 12

MARKETING & PUBLICITY CAMPAIGN

National Publicity Campaign

- National Television Appearances
- National Satellite Radio Tour with a Themed “Go on the Comfort Food Diet” Outreach to Talk Show Producers and Hosts
- National and Regionally Targeted Feature and Review Copy Mailing to Health, Diet, and Food Editors at Magazines and Newspapers

Online Consumer Marketing

- Outreach to Diet, Health and Food Websites and Blogs with a Themed “Go on the Comfort Food Diet” Outreach

Advertising

- Promotion on the *Taste of Home* Website with 2.1 Million Unique Visitors per Month
- Advertising in the *Comfort Food Diet* Bookazine and Various *Taste of Home* Magazines with over 70 Million Impressions

Trade Marketing

- 6-Copy Counter Display Available 978-1-60652-232-5
- 9-Copy Mixed Floor Display Available (6 *Comfort Food Diet Cookbook, Volume 2* and 3 *Comfort Food Diet Cookbook*) 978-1-60652-237-0
- Copy Mixed Prepack Available (6 *Comfort Food Diet Cookbook, Volume 2* and 3 *Comfort Food Diet Cookbook*) 978-1-60652-233-2

Taste of Home Comfort Food Diet Cookbook, Volume 2

Lose Weight with 433 Foods
You Crave!

Editors at Taste of Home

This all-new companion to the best-selling *Taste of Home Comfort Food Diet Cookbook* helps you continue to enjoy the foods you crave and lose weight.

Taste of Home Comfort Food Diet Cookbook, Volume 2 presents a common-sense approach to healthy living and dieting by focusing on what people can eat, not what they have to give up. All recipes come from real home cooks and combine realistic portions with exceptional taste—and all have been approved by the nutritionist on the Taste of Home staff. In addition to hundreds of satisfying new recipes, this book contains:

- A six-week meal plan that covers breakfast, lunch, dinner, desserts, snacks, and beverages
- Nutrition facts and calorie counts, including diabetic exchanges
- Notes on exercise and portion control
- A code to access a special gated website, which contains additional meal plans, healthy tips, and online community support
- A “buy this...not that” photo section that helps readers make nutritious selections at the grocery store
- Testimonials and photos from actual dieters
- A free year subscription to *Taste of Home Healthy Cooking* magazine

Readers will also find a number of “free foods” with low calories for guilt-free snacking and a clip-and-keep calorie guide they can remove from the book to carry on the go for use in restaurants. Put the ***Taste of Home Comfort Food Diet Cookbook, Volume 2*** on your shelf, and you’ll be putting the pleasure back in healthy eating.

spiced bacon twists

glenda means wither | **100-249 CALORIES**

A sweet and savory rub makes these tasty twists of bacon deliciously different and worth the extra step to prepare. Cook a bit longer if you want them crispy.

1/4 cup packed brown sugar
1-1/2 teaspoons ground mustard
1/8 teaspoon ground cinnamon
1/8 teaspoon ground paprika
Dash cayenne pepper
10 center-cut bacon strips

• Combine the first five ingredients, rub over bacon on both sides. Twist bacon; place on a rack in a 15-in. x 10-in. x 1-in. baking pan.
 • Bake at 350° for 25-30 minutes or until firm; bake longer if desired.

90 CALORIES

YIELD: 5 servings
DIETARY FACTS: 2 bacon twists equals 75 calories, 4 g fat (1 g saturated fat), 13 mg cholesterol, 212 mg sodium, 1 g carbohydrate, trace fiber, 5 g protein. **DIABETIC EXCHANGES:** 1 high-fat meat, 1/2 starch.

SPICED BACON TWISTS

75 CALORIES

1 cup egg substitute
1/2 cup chopped green pepper
1/4 cup sliced green onions
1/4 cup fat-free milk
1/4 teaspoon salt
1/8 teaspoon pepper
1 small tomato, chopped and seeded

• In a small bowl, combine the egg substitute, green pepper, onions, milk, salt and pepper. Pour into a nonstick skillet coated with cooking spray. Cook and stir over medium heat until the egg mixture is nearly set. Add tomato; cook and stir until completely set.

YIELD: 5 servings
DIETARY FACTS: 1 serving equals 90 calories, trace fat (trace saturated fat), 1 mg cholesterol, 563 mg sodium, 8 g carbohydrate, 2 g fiber, 14 g protein. **DIABETIC EXCHANGES:** 2 lean meat, 1 vegetable.

vegetable scrambled eggs

marilyn ippson | **ROCKES, ARKANSAS**

I like to have friends and family over for a special Sunday brunch, especially when there's a big game on television. This colorful egg dish goes perfectly with sausage, toasted English muffins and fresh fruit.

1 cup egg substitute
1/2 cup chopped green pepper
1/4 cup sliced green onions
1/4 cup fat-free milk
1/4 teaspoon salt
1/8 teaspoon pepper
1 small tomato, chopped and seeded

• In a small bowl, combine the egg substitute, green pepper, onions, milk, salt and pepper. Pour into a nonstick skillet coated with cooking spray. Cook and stir over medium heat until the egg mixture is nearly set. Add tomato; cook and stir until completely set.

YIELD: 5 servings
DIETARY FACTS: 1 serving equals 90 calories, trace fat (trace saturated fat), 1 mg cholesterol, 563 mg sodium, 8 g carbohydrate, 2 g fiber, 14 g protein. **DIABETIC EXCHANGES:** 2 lean meat, 1 vegetable.

101-249 calories wake-up wonton cups

gina berry | **CHAMBERLAIN, MINNESOTA**

Quirky, delectable and delightfully different, these yummy breakfast bites add a fun touch to a healthy morning meal. Pepper sauce lends just a bit of heat; you can adjust the amount to your liking.

10 wonton wrappers
Cooking spray
4 eggs
1/2 teaspoon garlic powder
1/4 teaspoon salt
1 medium tomato, seeded and chopped
10 drops hot pepper sauce

• Press wonton wrappers into miniature muffin cups coated with cooking spray. Spritz wrappers with cooking spray. Bake at 350° for 10-12 minutes or until lightly browned.
 • Meanwhile, in a small bowl, whisk the eggs, garlic powder and salt. Heat a small nonstick skillet coated with cooking spray until hot. Add egg mixture; cook and stir over medium heat until eggs are completely set.
 • Spoon eggs into cups. Top each with chopped tomato and a drop of pepper sauce.

YIELD: 5 servings
DIETARY FACTS: 2 wonton cups equals 110 calories, 4 g fat (1 g saturated fat), 171 mg cholesterol, 269 mg sodium, 11 g carbohydrate, 1 g fiber, 7 g protein. **DIABETIC EXCHANGES:** 1 starch, 1 medium-fat meat.

110 CALORIES

hearty hotcakes

nancy horberburgh | **EVERTON, ONTARIO**

1 brand buttermilk with cornmeal and two kinds of flour for these filling pancakes are sure to wake up your taste buds. Oats give these golden hotcakes a hearty texture.

1 cup all-purpose flour
1/2 cup whole wheat flour
1/2 cup cornmeal
1/2 cup quick-cooking oats
2 tablespoons sugar
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 egg
2-1/2 cups 1% buttermilk
3 tablespoons butter, melted
Maple syrup or topping of your choice

• In a large bowl, combine the dry ingredients. In a small bowl, beat egg, buttermilk and butter; stir into dry ingredients just until moistened.
 • Pour batter by 1/4-cupfuls onto a lightly greased hot griddle. Turn when bubbles form on top. Cook until second side is golden brown. Serve with syrup or topping of your choice.

YIELD: 5 servings
DIETARY FACTS: 2 hotcakes (calculated without toppings) equals 222 calories, 6 g fat (3 saturated fat), 41 mg cholesterol, 27 mg sodium, 38 g carbohydrate, 2 g fiber, 7 g protein. **DIABETIC EXCHANGES:** 2 starch, 1 fat.

salmon chowder

cindy st. martin | **ASTORIA, OREGON**

After my husband and I caught four large salmon, my mother-in-law combined several recipes to create this delicious chowder. Now I make it regularly, too, especially for guests. They always ask for the recipe.

2 pounds red potatoes, peeled and cubed
1 large onion, chopped
6 cups reduced-sodium chicken broth
1 pound salmon fillets, cut into 1-inch pieces
1/2 pound sliced bacon, cooked and crumbled
2 cups whole milk
1 cup half-and-half cream
1 tablespoon butter
1/2 teaspoon salt

Pepper to taste

• In a Dutch oven, combine the potatoes, onion and broth. Bring to a boil. Reduce heat, cover and cook for 10-15 minutes or until potatoes are tender. Add salmon and bacon; cook over medium heat until fish flakes easily with a fork.
 • In a small bowl, combine the milk, cream, butter and pepper through (do not boil). Thicken if desired.
 • Add to chowder.
YIELD: 5 servings
DIETARY FACTS: 1 cup equals 198 calories, 10 g fat (4 g sat fat), 28 mg cholesterol, 466 mg sodium, 14 g carbohydrate, 1 g fiber, 3 g protein.

198 CALORIES

potato-bar chili

alicy thorne | **LOS ANGELES, CALIFORNIA**

Everyone will love this mild chili, especially when topped a baked potato. This thick, hearty sauce really does eat like a meal!

1-1/2 pounds lean ground beef (90% lean)
2 medium onions, chopped
1 medium green pepper, chopped
1 can (28 ounces) diced tomatoes, undrained
1 can (16 ounces) chili beans, undrained
2 tablespoons sugar
2 teaspoons chili powder
1/4 teaspoon salt
1/4 teaspoon pepper

Baked potatoes

• In a Dutch oven, cook the beef, onions and green pepper over medium heat until meat is no longer pink. Drain. Add the tomatoes, beans, sugar and seasonings.
 • Bring to a boil. Reduce the heat; simmer, uncovered, for 20 minutes. Serve with potatoes.

YIELD: 7 cups
DIETARY FACTS: 1/2 cup (calculated without potatoes) equals 134 calories, 4 g fat (2 g saturated fat), 30 mg cholesterol, 237 mg sodium, 13 g carbohydrate, 3 g fiber, 12 g protein. **DIABETIC EXCHANGES:** 1 starch, 1 lean meat.

134 CALORIES

mango shrimp pitas

beverly o'reall | **LUXEMBOURG, MISSISSIPPI**

Mango, ginger and curry combine with a splash of lime juice to coat this juicy, grilled shrimp. Stuffed in pita, the shrimp combo makes for a fabulous sandwich!

1/2 cup mango chutney
3 tablespoons lime juice
1 teaspoon grated fresh gingerroot
1/2 teaspoon curry powder
1 pound uncooked large shrimp, peeled and deveined
2 pita breads (6 inches), halved
8 Bibb or Boston lettuce leaves
1 large tomato, thinly sliced

• In a small bowl, combine the chutney, lime juice, ginger and curry. Pour 1/2 cup marinade into a large resealable plastic bag; add the shrimp. Seal bag and turn to coat; refrigerate for at least 15 minutes. Cover and refrigerate remaining marinade.
 • Coat grill rack with cooking spray before starting the grill. Drain and discard marinade. Thread shrimp onto four metal or soaked wooden skewers. Grill shrimp, covered, over medium heat for 3-4 minutes on each side or until shrimp turn pink.
 • Fill pita halves with the lettuce, tomato and shrimp; spoon reserved chutney mixture over filling.

YIELD: 4 servings
DIETARY FACTS: 1 filled pita half equals 313 calories, 2 g fat (trace saturated fat), 138 mg cholesterol, 638 mg sodium, 49 g carbohydrate, 2 g fiber, 22 g protein.

313 CALORIES

seasoned chicken strips

becky oliver | **FAUVERGUE, OREGON**

These tasty chicken strips are designed for kids, but are nice enough to serve to company. The tender strips are moist and juicy and would also be great on a salad.

1/3 cup egg substitute
1/3 cup prepared mustard
1 garlic clove, minced
3/4 cup dry bread crumbs
2 teaspoons dried basil
1 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon pepper
1 pound chicken tenders/loins

• In a shallow bowl, combine the egg substitute, mustard and garlic. In another shallow bowl, combine the bread crumbs, basil, paprika, salt and pepper. Dip chicken in egg mixture, then roll in crumbs.
 • Place on a baking sheet coated with cooking spray. Bake at 400° for 10-15 minutes or until golden brown and juices run clear.

YIELD: 4 servings
DIETARY FACTS: 3 ounces cooked chicken equals 188 calories, 2 g fat (trace saturated fat), 67 mg cholesterol, 528 mg sodium, 14 g carbohydrate, 1 g fiber, 30 g protein. **DIABETIC EXCHANGES:** 2 lean meat, 1 starch.

188 CALORIES

Over 125,000 Copies of 1st Volume Sold

ABOUT TASTE OF HOME



CATHERINE CASSIDY, *Taste of Home* Editor-in-Chief. Launched in 1993, *Taste of Home* is the most popular recipe magazine in the world, with nearly 4 million paid subscribers. The delectable, practical recipes—more than 60 in each issue—are family favorites contributed by *Taste of Home* readers. *Taste of Home* is published six times a year.



PEGGY WOODWARD, RD, is the Food Editor of *Taste of Home Healthy Cooking* magazine and the author of "Ask Peggy", an in-magazine and online food and nutrition column. As a registered dietitian with Taste of Home for nearly a decade, she has contributed to a number of special-diet related publications.

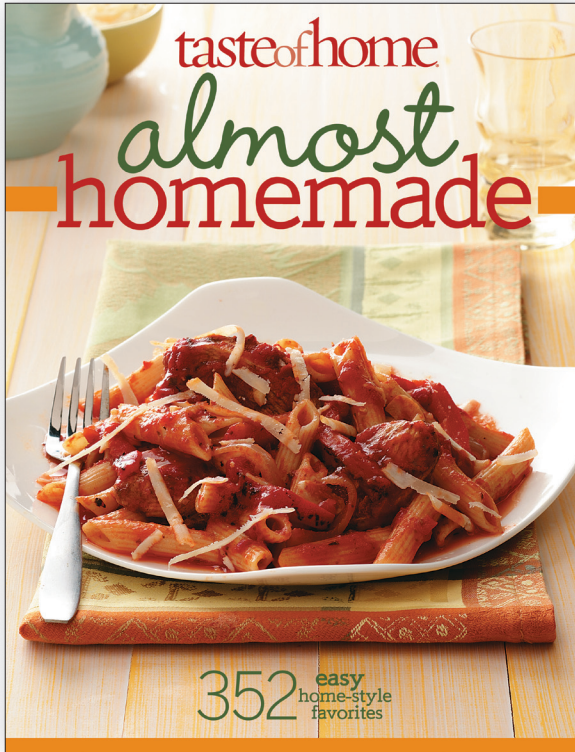


DIANE WERNER, RD, is Taste of Home's Food Director and registered dietitian, with more than 25 years of food and nutritional experience. She has toured the country doing events, TV, radio, and newspaper interviews in support of the magazine and book program.

Also Available

lose weight with 433 foods you Crave!

\$17.95 paperback with French flaps
 978-0-89821-751-3



Taste of Home Almost Homemade

352 Easy Home-Style Favorites

Editors at Taste of Home

Featuring convenient ingredients such as jarred sauces, refrigerated dough, and boxed mixes, these recipes taste like homemade concoctions—without the fuss!

It may seem impossible to put a hearty, home-cooked meal on the table with your busy schedule, but with **Taste of Home Almost Homemade**, a fast, delicious and down-home meal is only a recipe away! We've compiled plenty of dishes that provide a happy medium between from-scratch foods that can take time to make, and convenient canned or packaged products, including:

- Saucy Southwestern Pork Chops
- Fiesta Ravioli
- Italian Pot Roast
- Cornbread Confetti Salad
- Strawberries 'n' Cream French Toast Sticks
- Caramel Pecan Brownies
- Gingersnap Pumpkin Pie

\$15.95 paperback with French flaps
 ISBN 978-0-89821-826-8 • EAN 9-780898-218268-51595
 256 pages / 352 recipes • 7 x 9 1/8 • 200+ full-color photos & diagrams • Carton quantity: 16

MARKETING & PUBLICITY CAMPAIGN

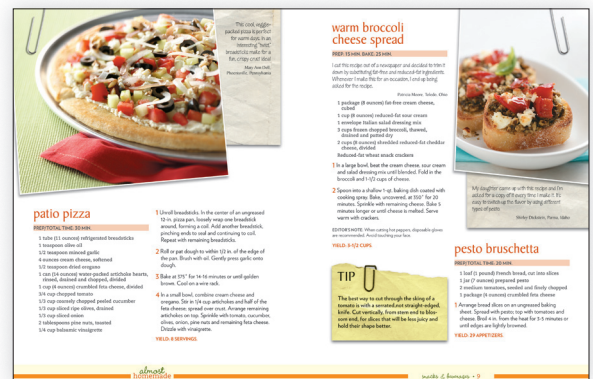
- Targeted Review Copy Mailing to Cooking Editors at Magazines and Newspapers
- Internet Marketing and Social Media Campaign to Cooking Sites
- Feature on Winter Cooking Tables
- Advertising in Various *Taste of Home* Publications
- Promotion on the *Taste of Home* Website with 2.1 Million Unique Visitors per Month
- Taste of Home February Assort 9-copy prepack available with *Almost Homemade*, *Fresh & Easy*, and *Freezer Pleasers* 9783001165749

From savory snacks to out-of-this-world desserts chock-full of homemade flavor, you'll find a variety of fast family dishes to ease your cooking load.

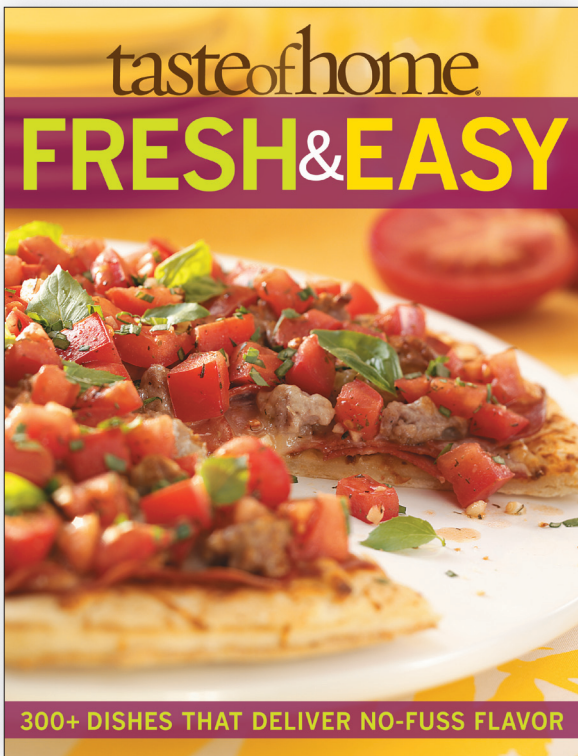


Also Available

\$15.95 paperback with French flaps
 978-0-89821-711-7



(See pages 31-35 for a complete list of Taste of Home titles)



Taste of Home Fresh & Easy

300+ Dishes That Deliver No-Fuss Flavor

Editors at Taste of Home

These delicious recipes take advantage of fresh ingredients, but unlike most homemade meals, they come together easily to fit the busy schedules of today's family cooks.

Today, family cooks want to take advantage of fresh produce, meats and herbs, but they also need to keep meal prep simple. That's why the *Taste of Home* editors brought together more than 300 effortless dishes—everything from appetizers to desserts—that all take advantage of the freshest ingredients, including:

- Asparagus in Puff Pastry
- Mango Colada Scones
- Blackberry-Sauced Pork Chops
- Golden Chicken and Autumn Vegetables
- Spinach Feta Burgers
- Apple Butternut Soup
- Shrimp Gazpacho
- Grilled Peaches 'n' Berries
- Upside-Down Apple Cheese Pie

\$15.95 paperback with French flaps

ISBN 978-0-89821-827-5 • EAN 9-780898-218275-51595

256 pages / 300+ recipes • 7 x 9 1/2" • 200+ full-color photos & diagrams • Carton quantity: 16

MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to Cooking Editors at Magazines and Newspapers
- Internet Marketing and Social Media Campaign to Cooking Sites
- Feature on Winter Cooking Tables
- Advertising in Various *Taste of Home* Publications
- Promotion on the *Taste of Home* Website with 2.1 Million Unique Visitors per Month
- Taste of Home February Assort 9-copy prepack available with *Almost Homemade*, *Fresh & Easy*, and *Freezer Pleasers* 9783001165749

A 30-minute icon spotlights dishes that are table-ready in half an hour or less, and Prep and Cook timelines help readers find the perfect recipe...no matter how hectic their schedule is. With **Fresh & Easy**, setting a wholesome meal on the table is a snap.

GINGER-LIME PEAR COBBLER

INGREDIENTS

- 1/4 cup sugar
- 1/4 teaspoon ground ginger
- 1/2 cup pear, diced
- 1/2 cup pear, sliced
- 1/2 cup pear, sliced
- 1/2 cup pear, sliced
- 1/2 cup pear, sliced
- 1/2 cup pear, sliced
- 1/2 cup pear, sliced
- 1/2 cup pear, sliced

DIRECTIONS

Preheat oven to 350°. In a small bowl, combine the flour, sugar, and ground ginger. Stir in the pears. Spoon mixture into a 9x9-inch baking dish. Bake for 30 minutes. Cool for 10 minutes before serving. **YIELD: 10 SERVINGS.**

HEATHER BAKE (LORAIN, CALIFORNIA)

Preheat oven to 350°. In a small bowl, combine the flour, sugar, and ground ginger. Stir in the pears. Spoon mixture into a 9x9-inch baking dish. Bake for 30 minutes. Cool for 10 minutes before serving. **YIELD: 10 SERVINGS.**

MEERINGUE NESTS

INGREDIENTS

- 3 egg whites
- 1/2 teaspoon cream of tartar
- 1/4 cup sugar

DIRECTIONS

Preheat oven to 200°. In a small bowl, combine the egg whites and cream of tartar. Beat until stiff peaks form. Add the sugar. Spoon mixture into a 9x9-inch baking dish. Bake for 30 minutes. Cool for 10 minutes before serving. **YIELD: 10 SERVINGS.**

BLUEBERRY TORTE SQUARES

INGREDIENTS

- 1/2 cup butter, softened
- 1/2 cup sugar
- 1/2 cup flour
- 1/2 cup sugar
- 1/2 cup flour
- 1/2 cup sugar
- 1/2 cup flour
- 1/2 cup sugar
- 1/2 cup flour
- 1/2 cup sugar

DIRECTIONS

Preheat oven to 350°. In a small bowl, combine the butter and sugar. Beat until creamy. Add the flour. Spoon mixture into a 9x9-inch baking dish. Bake for 30 minutes. Cool for 10 minutes before serving. **YIELD: 10 SERVINGS.**

ROASTED RED PEPPER HUMMUS

INGREDIENTS

- 2 large sweet red peppers
- 1/2 cup tahini
- 1/2 cup olive oil
- 1/2 cup lemon juice
- 1/2 cup garlic
- 1/2 cup salt

DIRECTIONS

Preheat oven to 400°. Roast peppers for 20 minutes. Blend with tahini, oil, and lemon juice. **YIELD: 10 SERVINGS.**

SWEEP BERRY BRUSCHETTA

INGREDIENTS

- 10 slices French bread
- 1/2 cup fresh raspberries
- 1/2 cup fresh strawberries
- 1/2 cup fresh blueberries
- 1/2 cup fresh blackberries
- 1/2 cup fresh raspberries
- 1/2 cup fresh strawberries
- 1/2 cup fresh blueberries
- 1/2 cup fresh blackberries

DIRECTIONS

Preheat oven to 350°. Toast bread. Top with berries. **YIELD: 10 SERVINGS.**

JAMAICAN SHRIMP

INGREDIENTS

- 1 quart water
- 1/2 cup white wine vinegar
- 1/2 cup lime juice
- 1/2 cup soy sauce
- 1/2 cup brown sugar
- 1/2 cup ketchup
- 1/2 cup mayonnaise
- 1/2 cup olive oil
- 1/2 cup salt

DIRECTIONS

Boil water. Add vinegar and other ingredients. Simmer for 10 minutes. **YIELD: 10 SERVINGS.**

Le Personal Coach



FINAL COVER TO COME

\$17.95 hardcover with jacket

ISBN 978-1-60652-200-4 • EAN 9-781606-522004-51795

176 pages • 6 x 7½ • Carton quantity: 48

MARKETING AND PUBLICITY CAMPAIGN:

- National Televised Publicity on Major Networks
- National Satellite Radio Tour
- Targeted Review Copy Mailing to Lifestyle and Health & Fitness Newspapers and Magazines
- Internet Marketing and Social Media Campaign to Lifestyle, Gaming, and Health & Fitness Sites in conjunction with lebootcamp.com
- E-blast through lebootcamp.com to users
- 6-Copy Counter Display Available 978-1-60652-234-9
- New Title Promotion (*ask your sales representative for details*)

Le Personal Coach

A French Trainer Shares Her Simple Secrets for Reshaping, Rebuilding, and Renewing Your Body

Valerie Orsoni

Written by celebrity fitness guru Valerie Orsoni, *Le Personal Coach* reveals the simple secrets to becoming toned and trim through fitness, nutrition, and motivation.

Don't let the idea of exercise daunt you; a fit, trim, and less-stressed body is just around the corner. Each quick exercise or tip found in ***Le Personal Coach*** can be easily incorporated into your existing lifestyle. Valerie Orsoni's proven nutritional, fitness, and motivational advice includes:

- How to fit in exercise while you're on a plane, at the playground, in the kitchen, on line, at work, on a cell phone, or shopping
- Exercises to increase bone density
- Professional dancers' secrets to a natural breast lift
- How to increase self-confidence and decrease back pain by improving your posture
- Strategies to avoid feeling overwhelmed so you can target your trouble zones
- Easy ways to instantly de-stress
- **"Bon Appétit!":** a selection of delicious quick and easy recipes—a far cry from traditional diet or health recipes

Practical and simple, the easy new habits found in this book are ones you soon won't be able to live without. Attain the body you want, live your life without having to deprive yourself of good food, and, most importantly, don't feel any guilt about enjoying life's greatest pleasures.

“My program takes little or no time away from work and family. And it works. For those who learned these tips and tricks through my world-famous lebootcamp.com, for example, **92 percent lost weight and reshaped their bodies—with an average of 26 pounds lost** and never regained!” —**VALERIE ORSONI**

Fitness Tip

When you drive, each time you get to a red light, suck in your stomach during the entire duration of the light. Contract the lower abs for 5 seconds, release, then add the upper abs for another 5 seconds. **Remember to breathe!**

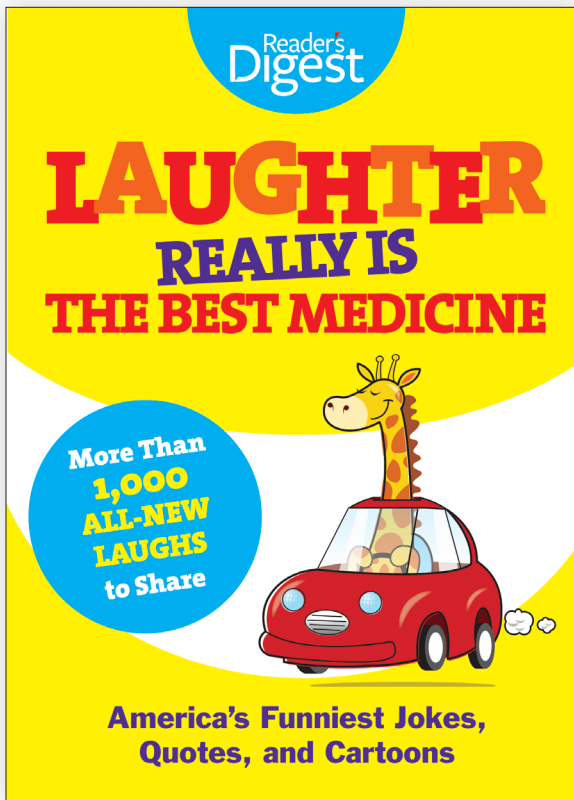
Nutrition Tip

Picture a deck of cards on your plate.

Then put your meal's protein—fish or meat, for example—in exactly that amount of space. That's all you need to eat to build muscle. Anything more is extra calories that will go straight to your hips.



VALERIE ORSONI, celebrity coach and creator of LeBootCamp®, is an entrepreneur, well being expert, author, contributing editor, mom and cancer survivor. In 2003, she founded MyPrivateCoach™, a coaching service that helps individuals unlock their inner potential in the areas of business, life, relationships and weight loss. Today, Valerie oversees more than 80 coaches worldwide to help clients achieve and exceed their personal goals. Orsoni tweaked her successful business model to launch LeBootCamp®, an online service focused solely on weight loss coaching with a community of 200,000 people in North America and 500,000 in Europe. She is the worldwide image of the Nintendo Wii My Body Coach. Orsoni is the editor of the well being section of *Closer Magazine* and the editor of the health and fitness section of the French magazine *L'Entreprise*. She lives with her husband of 20 years and her teenager in the Silicon Valley. **Visit her website at www.lebootcamp.com.**



\$9.95 paperback

ISBN 978-1-60652-204-2 • EAN 9-781606-522042-50995

216 pages • 5¼ x 7¼ • 60+ illustrations

Carton quantity: 60

MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to General Interest and Humor Editors at Magazines and Newspapers
- Internet Marketing and Social Media Campaign to General Interest and Humor Sites
- Cross promotion with *Reader's Digest* magazine and readersdigest.com
- 6-Copy Counter Display Available 978-1-60652-235-6



Laughter Really Is the Best Medicine

America's Funniest Jokes, Quotes, and Cartoons

From *Reader's Digest* magazine

More than 1,000 jokes, quotes, anecdotes, and cartoons from *Reader's Digest* magazine—guaranteed to put laughter in your day.

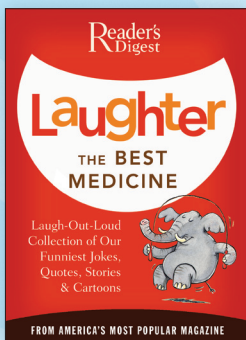
This collection of laugh-out-loud jokes, one-liners, and other lighthearted glimpses of life—drawn from *Reader's Digest* magazine's most popular humor columns—is sure to tickle the funny bone. Packed with more than 1,000 jokes, anecdotes, cartoons, quotes, and stories contributed by professional comedians, joke writers, and readers of the magazine, this side-splitting compilation pokes fun at the facts and foibles of daily routines, illustrating that life is often funnier than fiction.

- Did you hear about the Broadway actor who broke through the floorboards? He was just going through a stage.
- What did the ill comic say in the hospital? "I'm here...all weak!"
- Charles Dickens walks into a bar and orders a martini. The bartender asks, "Olive or twist?"
- Posted in a dental office: "Be kind to your dentist. He has fillings too."
- "The main advantage of being famous is that when you bore people at dinner parties, they think it is their fault."—HENRY KISSINGER, NOBEL PEACE PRIZE, 1973

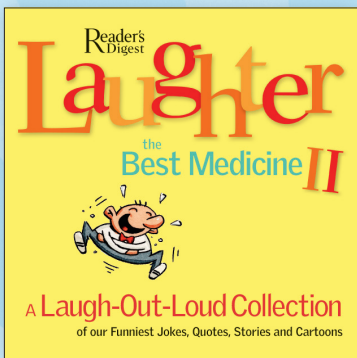
As Groucho Marx once said, "A laugh is like an aspirin, only it works twice as fast."

THE READER'S DIGEST ASSOCIATION, INC. is a global multi-brand media and marketing company that educates, entertains and connects audiences around the world. It publishes 92 magazines, including 50 editions of *Reader's Digest*, the world's largest paid-circulation magazine. With a rate base of 5.5 million and more than 32 million readers, *Reader's Digest* is the largest magazine in the country.

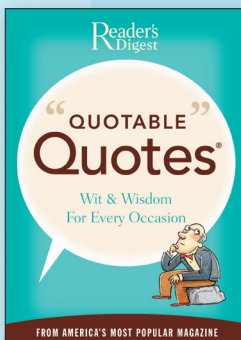
Reader's Digest Wrote the Book on Laughter



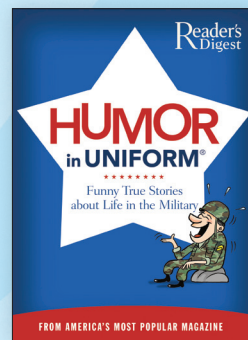
\$9.95 paperback
978-0-89577-977-9



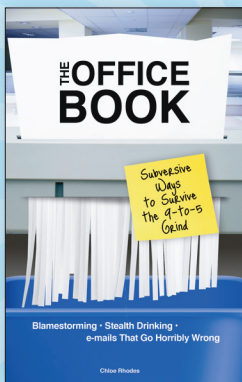
\$14.95 paperback
978-0-7621-0814-5



\$9.95 paperback
978-0-89577-925-0



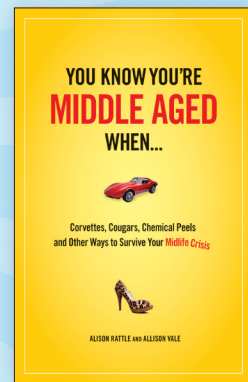
\$9.95 paperback
978-0-7621-0929-6



**\$14.95
paper-over-board**
978-1-60652-109-0



**\$14.95
paper-over-board**
978-1-60652-025-3

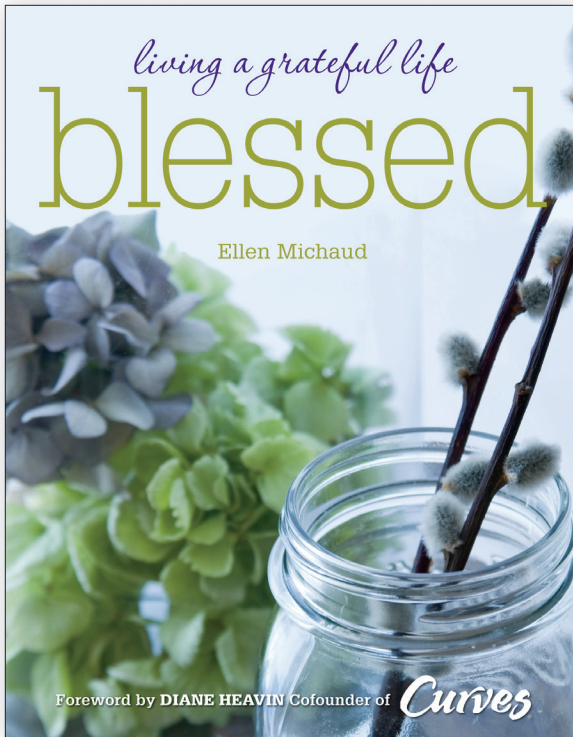


**\$14.95
paper-over-board**
978-1-60652-151-9



Free 6-copy counter unit available for any combination of titles on pages 10-11, excluding *Laughter the Best Medicine II*. Order six copies of one title or a mix of six books. Generic corrugation ships flat.
978-30011-2311-4





\$16.95 hardcover with jacket

ISBN 978-1-60652-192-2 • EAN 9-781606-521922-51695

176 pages • 5½ x 7 • Carton quantity: 48

MARKETING & PUBLICITY CAMPAIGN

- National Publicity Campaign
- National Satellite Radio Tour
- Targeted Review Copy Mailing to General Interest, Lifestyle, and Health Editors at Magazines and Newspapers
- Internet Marketing and Social Media Campaign to General Interest, Lifestyle, Health, and Women's Sites
- Promotions for Mother's Day and Graduation
- Cross promotion with MyCurves.com
- 6-Copy Counter Display Available 978-1-60652-236-3
- New Title Promotion (*ask your sales representative for details*)

{ ...we'd remember that
sharing time with a friend
was one way we'd survive. }

Blessed

Living a Grateful Life

Ellen Michaud

Foreword by Diane Heavin, co-founder of Curves

Based on the monthly “Blessed” column from MyCurves.com and features in Curves’ Diane magazine, here is a collection of heartwarming stories for women—snapshots of life that catch the everyday blessings we all tend to overlook.

Sometimes we need to stop for a moment and absorb the quiet moments in the world around us—to take a deep breath and appreciate the things in life that bring us joy. *Blessed* is a call to do just that. In this heart-felt collection, author Ellen Michaud reminds us of the everyday blessings that surround us, but we all tend to overlook. Stories include:

The Teapot During a winter storm, Ellen pulls her great-grandmother’s worn silver teapot down from a shelf. As she polishes the teapot’s tarnished surface, she contemplates its long journey over an ocean and through the generations, and her appreciation for the women who traveled with it grows.

The Courage to Change After a difficult childhood, Ellen’s 88-year-old aunt proves that it’s never too late to take risks and start over.

Summer in a Jar On a 200-acre farm known for its Jersey cows and prizewinning cheese, two women harvest a cornucopia of produce that looks like it came from the Garden of Eden. A visit brings the realization that though work seems unending, there is always time to greet a neighbor and nurture relationships.



ELLEN MICHAUD is an award-winning author who creates magazines, books, and website content that nurtures women. She has contributed articles to the *New York Times*, *Washington Post*, *Better Homes and Gardens*, *Health Magazine*, and is the former editor-at-large for *Prevention Magazine*. She authored *Sleep to be Sexy*, *Smart*, and *Slim*, along with several cookbooks, and writes the online monthly column “Blessed” for MyCurves.com, the website for Curves, which serves more than 4 million women in 70 countries. She lives in Bristol, Vermont.



Excerpt from *Blessed*

The Gruesome Twosome Ride Again

“Practically leaping into the street in excitement, I waved to the van moving into the right lane. Ninety seconds later I was in the vehicle hugging the stuffing out of my bestfriend. Debbie Childers and I have been friends since our two boys met in preschool some—I cannot believe this—28 years ago. We swapped kids, borrowed tool-handly husbands, spent summers surrounded by wild munchkins at the community pool, took our kids strawberry-picking, pumpkin-hunting and sledding. And every Christmas we built gingerbread houses at Deb’s with an entire neighborhood’s worth of small people.

‘Mrs. Michaud,’ she would say severely as my gingerbread dough crumbled yet again, ‘That is NOT the way we do gingerbread!’

‘Mrs. Childers,’ I’d reply dismissively, ‘You’re just TOO picky!’

We homeroom-momed, ran school fundraising projects, guided school principals in the right direction, and lobbied the school board with our views on serious issues. I’m still not sure if it was us or a school board member who, after I incredulously asked the entire board, ‘Are you saying that you’re putting your concern for insurance issues AHEAD of our children’s safety on the playground?’, labeled the two of us ‘The Gruesome Twosome.’

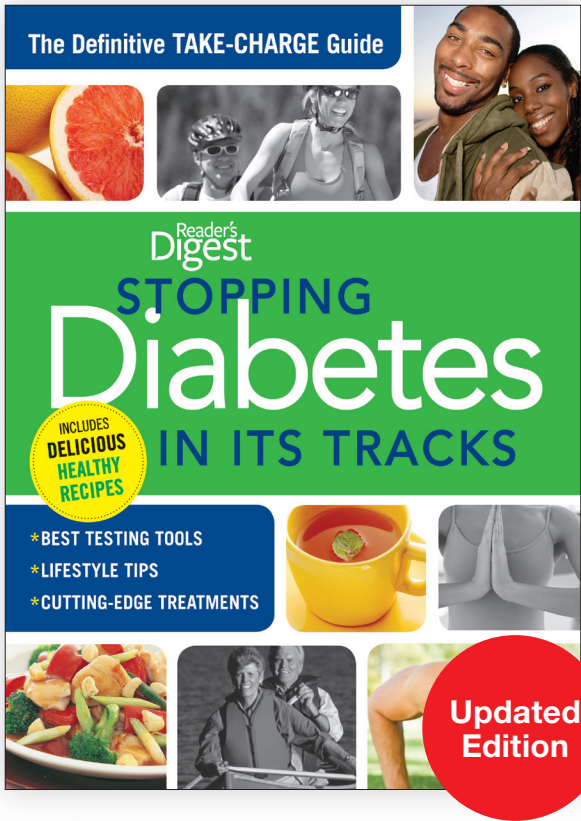
Eventually, as college, jobs, girlfriends and a move half-a-state away pulled the boys apart, Debbie and I still managed to stay close. We took each other to lunch on our birthdays, and tried to meet for an occasional weekend.

Those weekends have been rare. Last year, after having seen her only once—in an ER for six hours for Pete’s sake!—I had promised her that come hell or high water this year I’d fly to her home near Philadelphia and the two of us would head to the beach for a girlfriend getaway.

No husbands. No kids. No dogs. Just us, hundreds of miles of beach, the Atlantic ocean, spring sunshine, lots of seafood, a bottle of wine, and a gazillion pieces of vanilla salt water taffy with which to ruin our teeth. Maybe we’d read, for sure we would walk on the beach, but mostly we would talk.

We would make sense of our lives. We’d detect patterns, discuss nuance, spot missed opportunities, recalculate costs, examine family relationships, chart new directions, and explore everything under the sun. And when we were done, we’d remember that—particularly when the ground was shifting under our feet and the world as we knew it was disappearing—sharing time with a friend was one way we’d survive.

We are so blessed.”



\$16.95 paperback
 ISBN 978-1-60652-240-0 • EAN 9-781606-522400-51695
 288 pages • 7¼ x 10 • 150+ full-color photos & illustrations
 Carton quantity: 20

MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to Health & Fitness and Lifestyle Editors at Magazines and Newspapers
- Internet Marketing and Social Media Campaign to Health & Fitness and Lifestyle Sites

Stopping Diabetes in its Tracks

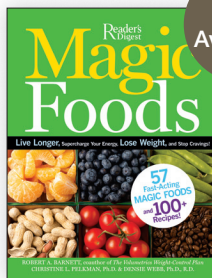
The Definitive Take-Charge Guide
 From the editors at Reader's Digest

Now updated with the latest medical research, *Stopping Diabetes in its Tracks* will help you take control of your blood sugar and minimize the impact of diabetes on your health and quality of life.

Here are all of the latest diabetes facts, practical tips and strategies—from finding out if you are at risk for developing diabetes to a comprehensive guide to the latest drug and insulin options. Broken down into two sections, readers will first learn about lifestyle changes with “Start Right Now” and then gain hope through discussion of breakthrough medical studies in “Looking Ahead.” Includes information on how:

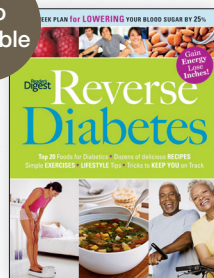
- Losing just 5% of your body weight along with exercise can cut your risk of developing diabetes by up to half.
- Following a high-fiber diet for just six weeks can make a remarkable difference—included are over 40 delicious low-fat, low-sugar recipes.
- Actively expressing your emotions can lower your blood sugar.
- Patient empowerment can contribute to a higher success rate in fighting diabetes.

You'll also find a clear, unbiased look at the latest tests, drugs, insulin therapy, surgery, alternative therapy, exercise, and diets that can bring your blood sugar into a normal range.



\$17.95 paperback
 978-0-7621-0895-4

Also Available



\$17.95 paperback
 978-1-60652-149-6

SIMPLE SUBSTITUTIONS

Cutting calories is surprisingly easy when small changes add up to big savings. Here's how a variety of foods measure up—and what you can save by making smart choices.

INSTEAD OF	TRY	DIFFERENCE
1 cup frosted flakes (159 calories)	1 cup regular cornflakes (93 calories)	66 calories
1 doughnut (198 calories)	1 English muffin (134 calories)	64 calories
1 cup whole milk (149 calories)	1 cup nonfat milk (86 calories)	63 calories
1 tbsp. butter (100 calories)	1 tbsp. jam (48 calories)	52 calories
1 tbsp. butter (100 calories)	1 tbsp. low-fat cream cheese (35 calories)	65 calories
12 oz. regular cola (153 calories)	12 oz. diet cola (4 calories)	149 calories
12 oz. canned fruit punch (117 calories)	12 oz. sports drink (60 calories)	57 calories
3 oz. chunk light tuna in oil, undrained (254 calories)	3 oz. chunk light tuna in water, undrained (89 calories)	165 calories
4 oz. lean choice round ground beef (316 calories)	4 oz. ground turkey (266 calories)	50 calories
1 slice salami (143 calories)	1 slice beef bologna (72 calories)	71 calories
4 oz. lean choice T-bone steak (232 calories)	4 oz. lean ham (164 calories)	68 calories
Batter-fried chicken breast (728 calories)	Roasted skinless chicken breast (284 calories)	444 calories
Quarter-pound hamburger with cheese (330 calories)	Grilled-chicken sandwich without mayo (340 calories)	190 calories
1 oz. potato chips (160 calories)	1 oz. pretzels (110 calories)	50 calories
1 cup vanilla ice cream (265 calories)	1 cup low-fat frozen yogurt (229 calories)	36 calories

Supercharge Your Health

Proven Ways to Prevent More Than 90 Common Health Conditions—Both Major and Minor

From the editors at Reader's Digest

Supercharge your body's defenses and stop disease before it starts.

Doctors estimate that at least 60 percent of chronic disease cases could be avoided entirely. Based on hundreds of medical studies and advice from more than 100 top doctors, **Supercharge Your Health** shows you how to avoid disease and live a healthy life. Detailed prevention plans for more than 90 conditions help you sidestep everything from heartburn to high blood pressure, colds to cancer. You'll find:

- The secrets to mega-immunity
- How to age without illness or pain
- How to save your bones, protect your brain, and send pain packing
- Twelve steps to total prevention
- A-to-Z coverage of major and minor health conditions
- Disease-preventing recipes including Asian Steak Salad, Basil Pesto, and Old-Fashioned Fruit Cobbler
- What symptoms you should never ignore

The power to prevent illness is yours. Use it today!

Reader's Digest **STOP DISEASE BEFORE IT STARTS**

SUPERCHARGE Your Health

It's in the Bag!
Find out which styles won't wreak havoc with your back!

Proven Ways to Prevent Illness

Drug-Free Ways to Reduce Stress?
Ease chronic tension with these tricks—From light stretches to meditation.

Go Nuts!
Eat more of these wholesome gems to lower your cholesterol and cut your risk for cataracts and macular degeneration.

Popeye Was Right!
Decrease your risk of Alzheimer's disease by eating more spinach.

Flower Power!
Reduce your hay fever odds with vitamin E-rich sunflower seeds.

Includes an A-to-Z Guide to 90 Health Conditions

\$17.95 paperback
 ISBN 978-1-60652-209-7 • EAN 9-781606-522097-51795
 416 pages • 7 3/4 x 10 • 170 full-color photos & illustrations
 Carton quantity: 8

MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to Health & Fitness and Lifestyle Editors at Magazines and Newspapers
- Internet Marketing and Social Media Campaign to Health & Fitness and Lifestyle Sites

2 intra-abdominal fat

what is it? The pushed-down fat between the diaphragm and waist around your internal organs. Women with more than 20 inches and men with waists over 40 inches are likely to have it. One study of Asian doctors, who have waist measurements over 35 inches for women and 42 for men, found a high level of dangerous visceral fat in their bodies. The more visceral fat, the more a large intestine might spread your risk of an abdominal aortic aneurysm.

what causes it? You may have too much visceral fat if you eat too many calories, don't exercise enough, or have a family history of the condition. It's also linked to insulin resistance, a condition that can lead to type 2 diabetes. It's also linked to high blood pressure, heart disease, and other health problems.

why is it dangerous? Unlike the relatively harmless fat on your hips, thighs, and neck, visceral fat is more active and releases substances that can raise your risk of diabetes, high blood pressure, heart attack, stroke, cancer, and other serious problems. These include inflammation, which makes blood vessels as well as the liver fatty, which can prevent arteries from producing enough nitric oxide and LDL ("bad") cholesterol.

Top Prevention Strategies
 Eat more fruits, vegetables, and whole grains. Aim for at least 48 grams of fiber a day.
 Exercise most days of the week for at least 30 minutes.
 Avoid trans fat. To reduce every day, choose products that are low in trans fat and saturated fat.

Exercises for Hands and Wrists

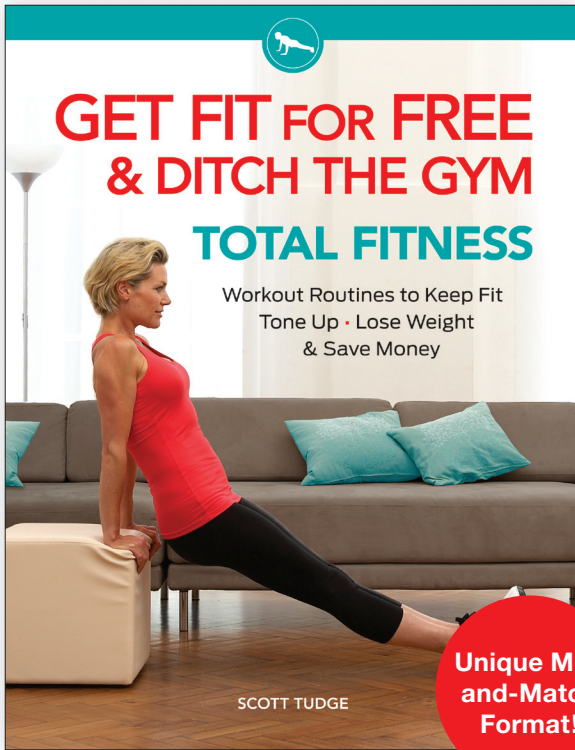
Repetitive wrist and hand motions can lead to painful carpal tunnel syndrome. Taking regularly scheduled breaks to do these exercises may help prevent the condition. Perform each one before you begin work, once an hour while you're doing repetitive tasks, and at the end of the day.

Fix Flex

- Hold your arms straight in front of you, then make fists with your hands and fingers tightly.
- Keeping your hands in fists, arch your wrists about at a 90-degree angle.
- Strengthen your wrists and forearms by pulling your hands against each other.

5/15 Disease Prevention A to Z

(See pages 44-47 for a complete list of Health & Fitness titles)



Get Fit for Free and Ditch the Gym: Total Fitness

Scott Tudge

Workout routines to keep fit, tone up, lose weight, and save money.

This home-exercise guide for all ages and abilities features **60 complete step-by-step exercises and 120 routines** to boost strength and flexibility, promote weight loss, and improve overall fitness. With a handy split-book, mix-and-match format, each workout can be tailored to your level of fitness. Here's how it works:

- Determine your fitness goal**, whether it be muscle endurance, posture, lower body, or fat-targeting.
- Pick from one of three skill levels.** If you want to target your core muscles, but you don't feel ready to try difficult exercises, a beginner Core Work routine is for you. If you're not sure of your level, take the self-assessment test to find out.
- Choose from one of three workout routines that fall within that skill level.** One of the beginner routines may call for squats, and your legs may be too sore. You have two other beginner routines to choose from that can achieve the same results.
- Follow the different exercises incorporated in the routine.** Once you've reached the Core Work beginner routine in the bottom section, you'll find a list of exercises from the top section that will help achieve your goal. If the Core Work routine at the bottom calls for a lunge, flip to the lunge page in the top section for pictures of the exercise and how to perform it properly.

\$19.95 hardcover w/ concealed wrap
 ISBN 978-1-60652-193-9 • EAN 9-781606-521939-51995
 176 pages • Split page format • 7½ x 9 7/16 • Full-color photos & diagrams throughout • Carton quantity: 18

MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to Lifestyle and Health & Fitness Editors at Newspapers and Magazines
- Internet Marketing and Social Media Campaign to Lifestyle and Health & Fitness Sites
- Mixed 6 Copy Prepack (3 of each: *Get Fit for Free and Ditch the Gym: Total Fitness* and *Get Fit for Free and Ditch the Gym: Yoga and Pilates*) 9783001165480
- Mixed 8 Copy Prepack (4 of each: *Get Fit for Free and Ditch the Gym: Total Fitness* and *Get Fit for Free and Ditch the Gym: Yoga and Pilates*) 9783001166043

Along with exercises and routines, you'll find:

- Advice on creating your own home gym area, with a directory of low-cost equipment
- A chart to measure progress
- Suggestions for integrating exercise with diet and health



SCOTT TUDGE has been a personal trainer and coach for nearly 10 years, working with a variety of elite and recreational athletes. Scott writes articles for *Men's Health Magazine*, *Top Santé*, and *The Times* (UK). Visit his website at scotttudge.com



Get Fit for Free and Ditch the Gym: Yoga and Pilates

Angie Newson

Workout routines to build strength, increase flexibility, enhance your vitality, and save money.

Blending yoga and Pilates is the perfect way to improve health while creating a more balanced inner spirit and heightened coordination. This home-exercise guide features **60 complete step-by-step yoga and Pilates poses and exercises and 120 routines**. With a handy split-book, mix-and-match format, each workout can be tailored to your level of fitness. Here's how it works:

1. Determine your fitness goal.
2. Pick from one of three skill levels.
3. Choose from one of three workout routines that fall within that skill level, located on the bottom section of the book.
4. Follow the different exercises incorporated in the routine, all found by flipping through the top portion of the book.

Along with exercises and routines, you'll find:

- A list of fitness goals, from weight loss to increased confidence and coordination
- A self-assessment test to determine your level of flexibility, balance, and stress
- An in-depth focus on the yoga "hatha" style
- An explanation of the "Pilates Principles": breathing, centering, coordination, concentration, focus, and precision
- Step-by-step full-color photographic instructions

\$19.95 hardcover w/ concealed wire

ISBN 978-1-60652-194-6 • EAN 9-781606-521946-51995

176 pages • Split page format • 7½ x 9½" • Full-color photos & diagrams throughout • Carton quantity: 18

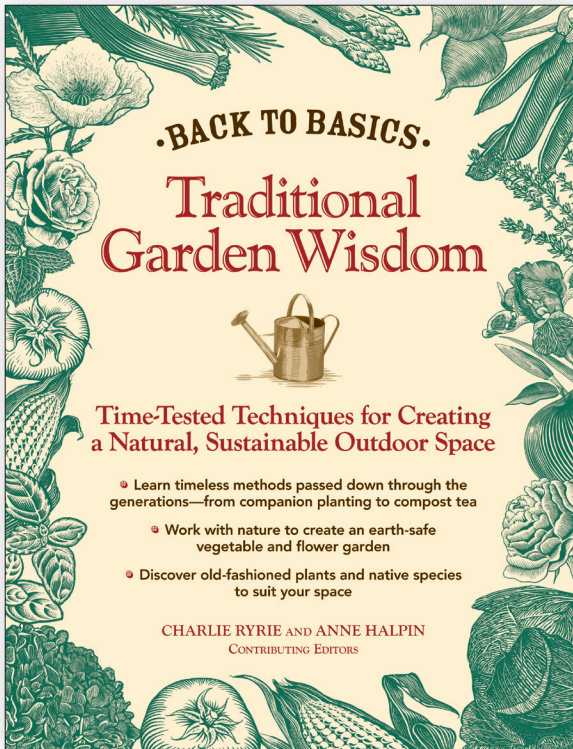
MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to Lifestyle and Health & Fitness Editors at Newspapers and Magazines
- Internet Marketing and Social Media Campaign to Lifestyle and Health & Fitness Sites
- Mixed 6 Copy Prepack (3 of each: *Get Fit for Free and Ditch the Gym: Total Fitness* and *Get Fit for Free and Ditch the Gym: Yoga and Pilates*) 9783001165480
- Mixed 8 Copy Prepack (4 of each: *Get Fit for Free and Ditch the Gym: Total Fitness* and *Get Fit for Free and Ditch the Gym: Yoga and Pilates*) 9783001166043



ANGIE NEWSON is a Mind and Body teacher with over 20 years' experience in the health and fitness industry. She is fully qualified in Pilates with the Pilates Foundation UK, and, in yoga with The Iyengar Yoga Association. She is the Pilates presenter on *Fitness TV* and regularly writes

health and fitness columns for national newspapers and women's magazines. Visit her website at explore.yogapilates.com



\$24.95 paper-over-board

ISBN 978-1-60652-042-0 • EAN 9-781606-520420-52495

176 pages • 7½ x 9½ • Full-color illustrations throughout
Carton quantity: 16

MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to General Interest and Gardening Editors at Magazines and Newspapers
- Internet Marketing and Social Media Campaign to General Interest and Gardening Sites
- New Gardening Title Promotion (*ask your sales representative for details*)

Back to Basics: Traditional Garden Wisdom

Time-Tested Techniques for Creating a Natural, Sustainable Outdoor Space

Charlie Ryrie and Anne Halpin, Contributing Editors

Learn the ground rules of gardening that your grandparents followed, and create thriving greenery with those timeless methods.

Gardeners of any level will find use in these well established methods, making it easy to:

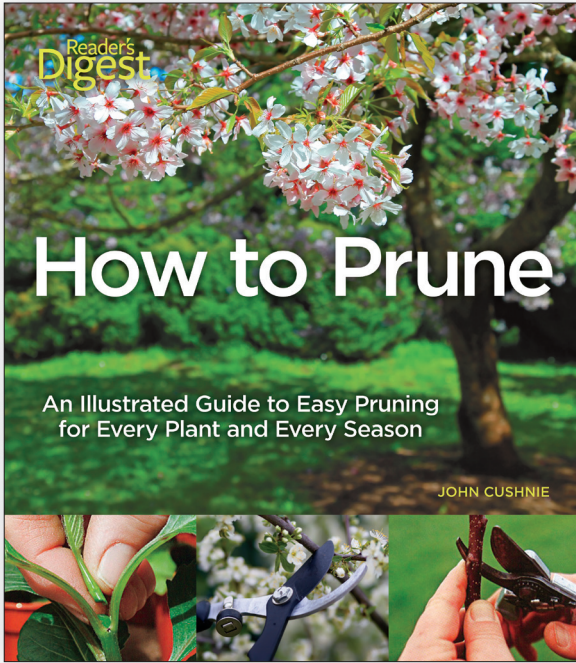
- Develop a dream garden without spending a fortune
- Grow an organic and eco-friendly garden with minimum fuss and maximum taste
- Discover how to collect and save seeds
- Make your own compost and learn “no-dig” gardening
- Make a cold frame and protect plants from frost
- Repel moles with castor oil, prevent mice with plants, and make herbal insect repellents
- Find out the best way to prune a hedge, tree, or climbing flower
- Know which gardening tasks to do for each season
- Raise a panel fence and use recycled materials
- Plant raised beds and container gardens, and build a natural grape arbor
- Discover how companion planting can discourage pests and encourage growth

Soon you'll be adding fireplace ashes to the garden to give it a potassium boost and using your elbow to see if the soil is warm enough for planting. With this insightful book, discover why sage advice never goes out of style.



Also Available

\$24.95 paper-over-board
978-1-60652-056-7



How to Prune

An Illustrated Guide to Easy Pruning for Every Plant and Every Season

John Cushnie

Shear without fear with this practical guide to pruning more than 500 popular garden plants—from flowers to shrubs to trees.

With clear instructions and numbered steps, beginners and experienced gardeners alike can learn how to prune, and their plants will thrive as a result. Covers every aspect of pruning, with:

- Tips on how to grow exquisite flowers and lush foliage
- Suggestions on how to extend the life of your plants
- Special sections on when to prune
- Specific treatments for maintaining mature plants
- Pointers on how to encourage growth and point it in the right direction
- Tricks to restrict size and produce desired shapes—from the elegant to the wacky
- Techniques that will improve the quality and yield of fruit
- Detailed advice on roses, palms, bamboos, climbers, bonsai, and more

Drawing on a mastery gained from more than 40 years of experience, author John Cushnie brings you the answers you need. No matter what the plant or season, use **How to Prune** to bring your plantings to the next level!

\$19.95 paperback w/ French flaps
 ISBN 978-1-60652-203-5 • EAN 9-781606-522035-51995
 256 pages • 8¼ x 9⅞ • 200+ full-color photos & illustrations
 Carton quantity: 16

MARKETING & PUBLICITY CAMPAIGN

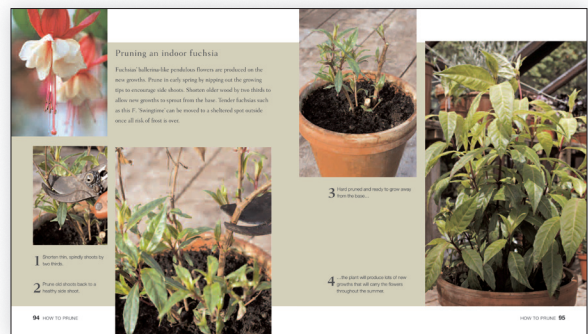
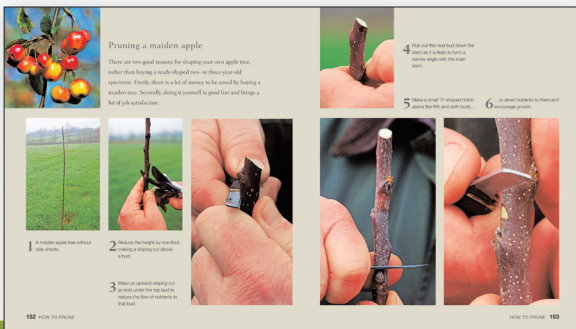
- Targeted Review Copy Mailing to Gardening Editors at Magazines and Newspapers
- Internet Marketing and Social Media Campaign to Gardening Sites
- New Gardening Title Promotion (*ask your sales representative for details*)

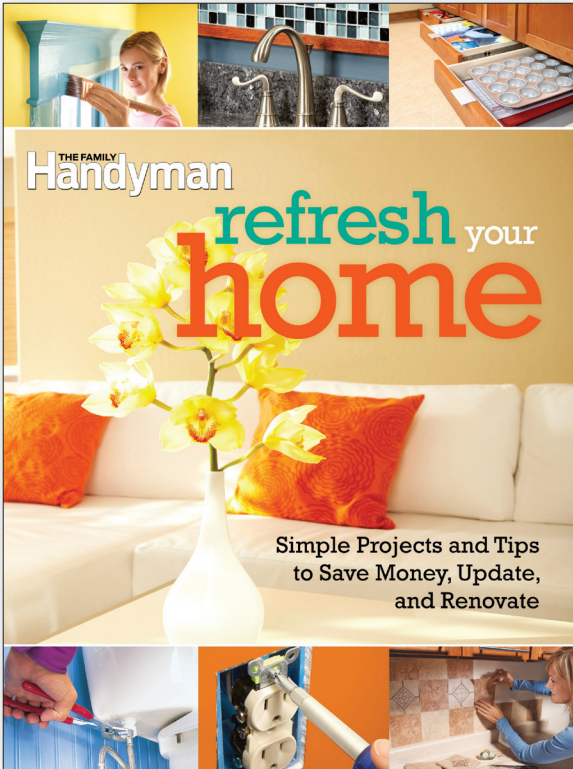


JOHN CUSHNIE has authored many gardening books and been a contributor to various magazines. For 15 years he also served as an expert panelist on the popular BBC radio program *Gardener's Question Time*. Cushnie owned and operated his own contracting and

landscape design company for many years.

photo © Trevor Taylor





Refresh Your Home

Simple Projects and Tips to Save Money, Update, and Renovate

Editors at The Family Handyman

Over 500 resourceful projects and tips to spruce up your home and yard.

Did you know that you can protect your car door with a pool toy? Or preserve open glues and sealers by storing them in glass jars? The expert editors at *The Family Handyman* magazine will guide you step-by-step through a wide range of DIY improvements including:

- Interior Projects and Repairs** Stop drafts, fine-tune a thermostat, dry up a wet basement, revive woodwork trim, make a carpet last longer, upgrade a bathroom on a small budget, add beams and panels to a ceiling, remove wallpaper
- Electrical and High-Tech** Fix wobbly outlets, repair a remote control, install a larger electrical box, monitor power outages while you're away from the house
- Plumbing, Heating, and Appliances** Repair a water-heater pilot light, replace a toilet, unclog a vacuum cleaner, tune up a gas grill, fix your dryer, connect a gas line, save on new appliances
- Woodworking and Furniture** Rout perfect edges, build a super-simple workbench, apply a smooth polyurethane finish, put together a window planter, avoid common injuries from tools
- Exterior Maintenance and Repairs** Quiet a noisy garage door, repair a leaky frost-proof faucet, make your lawn chairs puddle-free, fix slippery steps
- Outdoor Structures and Landscaping** Sharpen a lawn mower blade, know when to rent power tools, prune for healthier bushes, build a \$25 campfire bench in just two hours, find buried cable
- Auto and Garage** Replace burned-out dash lights, put the brakes on high car insurance, change your own oil, prevent license-plate theft, burglar-proof your garage

\$16.95 paperback

ISBN 978-1-60652-201-1 • EAN 9-781606-522011-51695

288 pages • 7½ x 10 • 700+ full-color photos & illustrations

Carton quantity: 12

MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to House & Home Editors at Magazines and Newspapers
- Internet Marketing and Social Media Campaign to House & Home Sites

THE FAMILY HANDYMAN has been helping homeowners improve their homes and yards since 1951. Each project has appeared in the pages of the magazine that is America's leading do-it-yourself magazine with over 4 million readers.



“New Tools and Gear” and “Great Goofs” features point you toward useful new products and let you learn from others’ mistakes. You’ll also find bonus sections on painting, cleaning, and storage as well as a collection of the experts’ favorite shortcuts and hints.

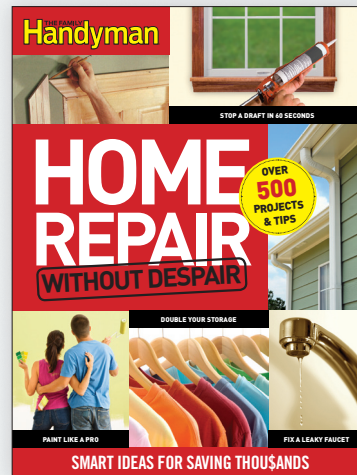
Do-It-Yourself Best-Sellers from Reader's Digest



\$14.95 paperback
978-1-60652-170-0



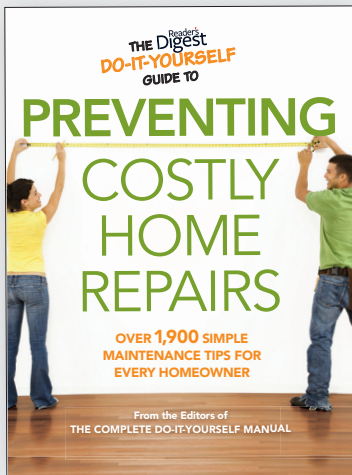
\$14.95 paperback
978-1-60652-018-5



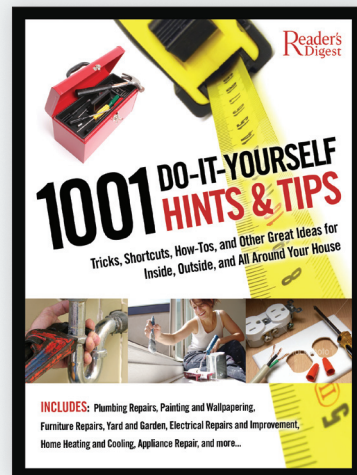
\$16.95 paperback
978-1-60652-135-9



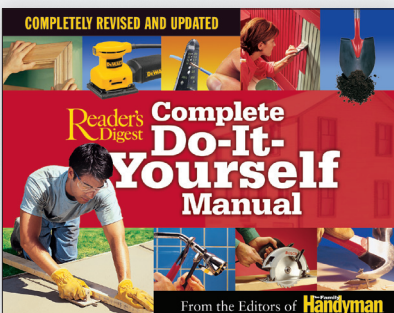
\$35.00 hardcover
978-0-89577-871-0



\$16.95 paperback
978-1-60652-022-2



\$19.95 paperback
978-0-7621-0906-7



\$35.00 hardcover
978-0-7621-0579-3

(See pages 51-52 for a complete list
of House & Home titles)

Reader's Digest **1,937 Hidden Discounts & Fabulous Freebies**

Discounts, Deals & Steals

For Those over 50 Who Don't Want to Pay to Play

Get Discounts on Travel
Hotels, Car Rentals, and International Deals

Get Pumped and Save
From Fitness Center Discounts, Eye Care, and Drugstore Savings to Golfing, Hiking, and Recreational Getaways

Super Savings at the Supermarket

Go Back to School Without Going Broke
Free Tuition and Higher Education Classes, Including Language Classes

Big Savings at the Big Screen
Go to Major League Sports Events, Museums, Movies, Concerts, Musicals, and TV Taping, all for Less Than the Normal Price

Restaurants, Supermarket, and Farmers' Market Deals, Discount Cooking Gear, and Lower-Priced Wine

Benefits That Are Yours for the Taking

Discounts, Deals & Steals

For Those Over 50 Who Don't Want to Pay to Play

From the editors at Reader's Digest

Age has its privileges, and now the over-50 crowd can enjoy all of the perks—from discounted meals and cheap international travel to free higher education and low cost leisure.

From shopping and dining out to taking a trip or taking a course; from going to the movies and playing sports to getting a tune-up, those on the right side of 50 will have fun discovering all of the amazing exclusive discounts out there, which include:

- Savings at many national and regional supermarkets
- Discounts at a wide range of clothing stores—from Banana Republic to Dress Barn
- Guaranteed low rates from nationwide hotels and rental car companies
- Free tuition and free higher education classes, including language classes
- Concerts, museum visits, theme parks, movies, tv tapings, and other entertaining offers
- International travel options exclusively for seniors
- Free pets and lower-priced veterinarian costs
- Prescriptions and cell phone plans for less

\$15.95 paperback

ISBN 978-1-60652-133-5 • EAN 9-781606-521335-51595

352 pages • 7 1/4 x 10 • Spot art throughout

Carton quantity: 16

MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to Lifestyle and Baby Boomer Editors at Magazines and Newspapers
- Internet Marketing and Social Media Campaign to Lifestyle and Baby Boomer Sites

In addition to discounts, readers will find helpful hints on volunteering, beginning a second career, taking on a new hobby, and building strong and lasting relationships with children and grandchildren. **Discounts, Deals & Steals** also provides trusted advice and guidance on Social Security and Medicare, special tax breaks and 401k plans, insurance and medical issues, downsizing and relocating, and exercising and fitness programs. Save money and enjoy life more!

Want to Learn a New Language?

Mais Oui!
This company offers opportunities to learn over 15 languages in over 400 cities. Visit www.maisoui.com or call 1-800-895-6500.

THE CREATIONIST INSTITUTE
Based in Lake Oswego in New York, this institute offers a "10-Step Method" and a "Personalized Method" for those seeking "Real Results." Visit www.creationist.org or call 1-800-895-6500.

CLIQUE OF TRANSLATION
Don't want to know more about how this country really works? Attend a week of seminars in the nation's capital and get an insider's perspective on politics. Visit www.clique.org or call 1-800-356-7347.

ELIZABETHAN INSTITUTE NETWORK
Building on the success of past years and driven with the related services, Elizabethan was primarily founded as a resource for learning. The Elizabethan Institute Network offers access to Learning Language Institute across the country. Visit www.elizabethaninstitute.com or call 1-800-895-6500.

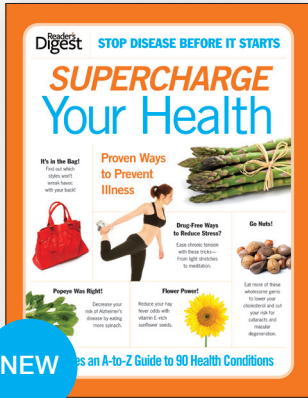
ESPERANTO CENTRE (EL INTERCambio BILINGUE Y CULTURAL)
Learn to speak Spanish quickly and easily in this school in Cantonese, Mexico, that caters to students of all ages. Visit www.esperantocentre.com or call 505-497-9947.

LANGUAGE IMMERSION INSTITUTE
State University of New York, College at New Paltz, offers immersion classes in 15 languages, with dining facilities. Visit www.languageimmersion.com or call 845-257-3500.

NATIONAL REGISTRATION CENTER FOR STUDY ABROAD
This organization offers programs specifically for mature adults, with programs in more than 100 countries. Visit www.nrc.com or call 410-274-3683.

INTERNATIONAL ASSOCIATION
Established as a division of the Smithsonian Institution, this continuing education program offers educationally oriented trips and tours. See details at www.internationalassociation.org or call 202-638-3535.

Don't Miss Out on Great Merchandising Opportunities



\$17.95 paperback
978-1-60652-209-7



\$15.95 paperback
978-0-7621-0983-8



\$15.95 paperback
978-0-7621-0899-2



\$15.95 paperback
978-0-7621-0649-3



\$16.95 paperback
978-1-60652-021-5



\$15.95 paperback
978-0-7621-0903-6



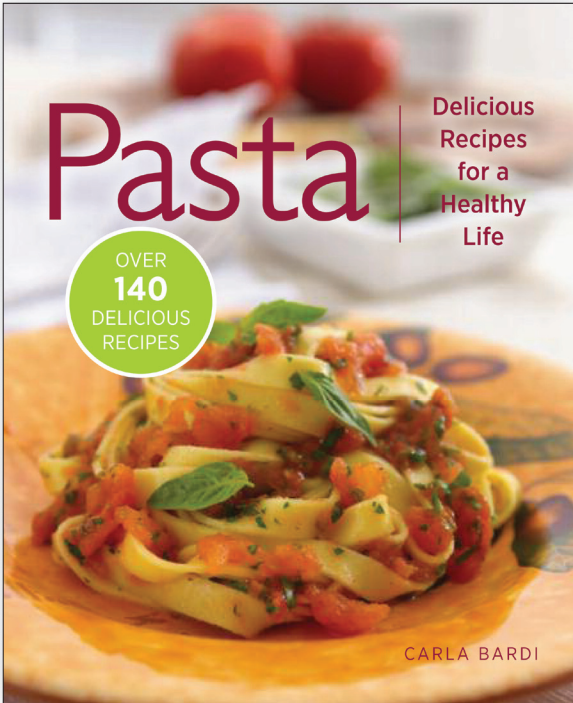
\$15.95 paperback
978-0-7621-0904-3



\$17.95 paperback
978-0-7621-0902-9



\$17.95 paperback
978-1-60652-150-2



CARLA BARDI

\$17.95 paperback w/ French flaps
 ISBN 978-1-60652-195-3 • EAN 9-781606-521953-51795
 320 pages / 140+ recipes • 7⁹/₃₂ x 8⁵/₆₄ • 150+ full-color photos & illustrations • Carton quantity: 14

MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to Cooking editors at magazines and newspapers
- Internet Marketing and Social Media Campaign to Cooking Sites

CARLA BARDI has written and edited more than 30 cookbooks on Italian and international cooking, and runs a small vineyard in central Italy.



Pasta

Delicious Recipes for a Healthy Life

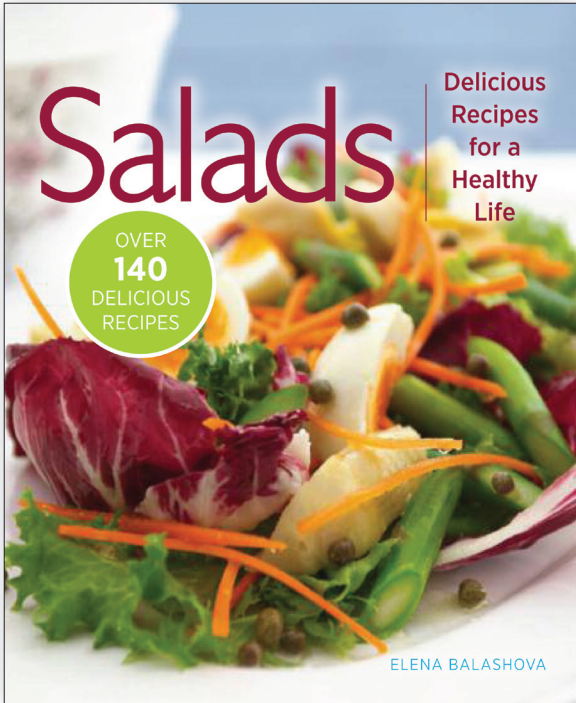
Carla Bardi

Discover an enticing new array of pasta dishes—more than 140 healthy recipes that can easily be prepared for family meals or special occasions.

Pasta is the perfect food for both family and friends. It's not only adaptable to the seasons, with cool pasta salads taking center stage in summer and hearty lasagna in colder months, but it also doesn't break the family budget. Starting with simple step-by-step instructions for making fresh pasta at home, **Pasta** provides more than 40 mouthwatering sauce recipes, followed by more than 100 ideas for dishes using dried, commercially made pasta shapes, including:

- Classics such as “Spaghetti with Meatballs” and “Linguini with Pesto”
- Tantalizing new dishes, such as “Spaghetti with Kiwi Fruit” and “Macaroni with Chocolate Nut Sauce”
- Pasta salads for cool summer dining
- Healthy choices, such as whole-wheat spaghetti with summer vegetables
- Budget-conscious recipes that call for just a few ingredients
- A quick-and-easy section to get you out of the kitchen fast





Salads

Delicious Recipes for a Healthy Life

Elena Balashova

More than 140 delicious, nutritious, tempting salad recipes for every occasion—almost all of them easy and quick to prepare.

Brimming with essential vitamins, minerals, phytochemicals, and dietary fiber, salads reduce the risk of developing many serious diseases, including cancer and heart disease. Here you'll find more than 140 recipes for any occasion, whether you're in the mood for something light and leafy or hearty and wholesome, including:

- Nourishing legume- and cereal-based salads
- Protein-rich seafood and meat salads
- Colorful fresh-fruit salads
- Summer Greens with Lime and Cilantro
- Mango with Berries
- Crunchy Lentil Salad
- Lamb Salad with Herbs
- Warm Steak Salad with Papaya and Onion
- Eggplant Salad with Prosciutto

Beautiful full-color photos accompanying each recipe will inspire you to eat smarter for a healthier life.

\$17.95 paperback w/ French flaps

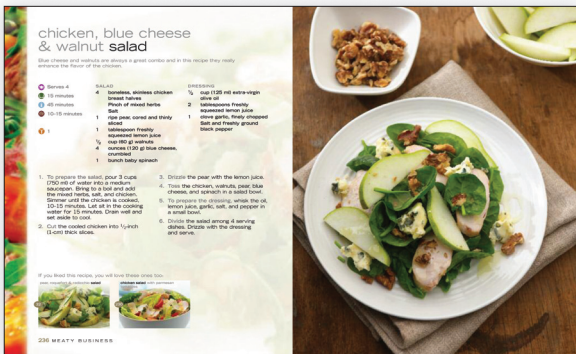
ISBN 978-1-60652-197-7 • EAN 9-781606-521977-51795

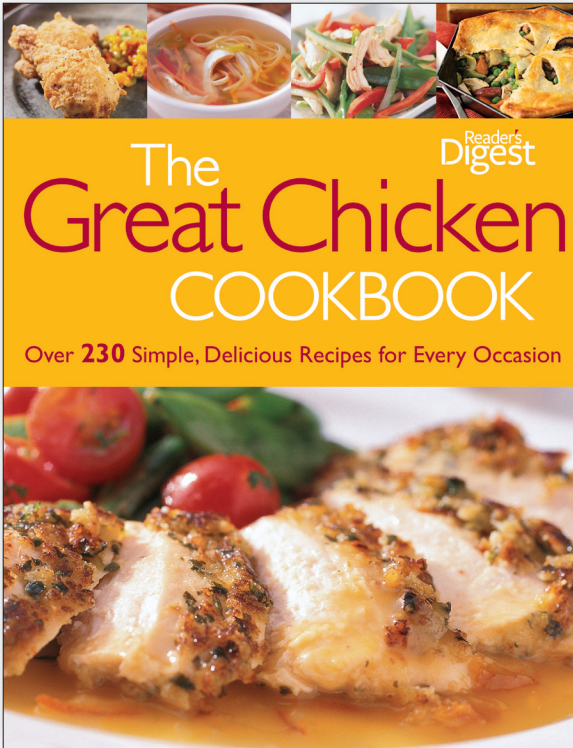
320 pages / 140+ recipes • 7 1/2 x 8 5/8 • 150+ full-color photos & illustrations • Carton quantity: 14

MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to Cooking editors at magazines and newspapers
- Internet Marketing and Social Media Campaign to Cooking Sites

ELENA BALASHOVA is an Australian chef and recipe developer. She lives and works in Melbourne where she trained in many kitchens during the exciting birth of modern Australian cuisine. She is actively involved in a catering business specializing in fusion and world cuisines.





\$24.95 hardcover with jacket
 ISBN 978-1-60652-211-0 • EAN 9-781606-522110-52495
 320 pages / 230+ recipes • 8% x 10% • 150+ full-color photos & illustrations • Carton quantity: 8

MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to Cooking editors at magazines and newspapers
- Internet Marketing and Social Media Campaign to Cooking sites
- Reader's Digest Winter 2011 Cooking Assort 9-copy prepack (3 each of *The Great Chicken Cookbook*, *The Great Potato Cookbook* and *Weeknight Meals Made Easy*) 9783001165947



The Great Chicken Cookbook

Over 230 Simple, Delicious Recipes for Every Occasion

From the editors at Reader's Digest

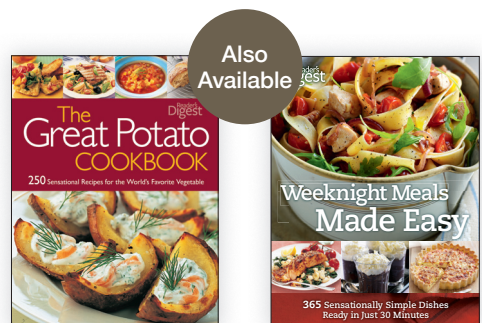
This new cookbook is filled with over 230 nutritious and great-tasting chicken dishes—from light starters to barbecue nibbles.

Whether you're looking for a great appetizer or main dish, chicken is the easiest and most economical choice. **The Great Chicken Cookbook** offers more than 230 recipes, divided into nine sections—from Snacks and Starters to Roasts and Picnics. Recipes include:

- Thai chicken salad
- Honey-soy chicken wings
- Chicken schnitzel
- Indian-style grilled chicken breasts
- Slow Cooker honey ginger chicken thighs
- Spicy chicken soup
- Chicken pot pie with chunky vegetables

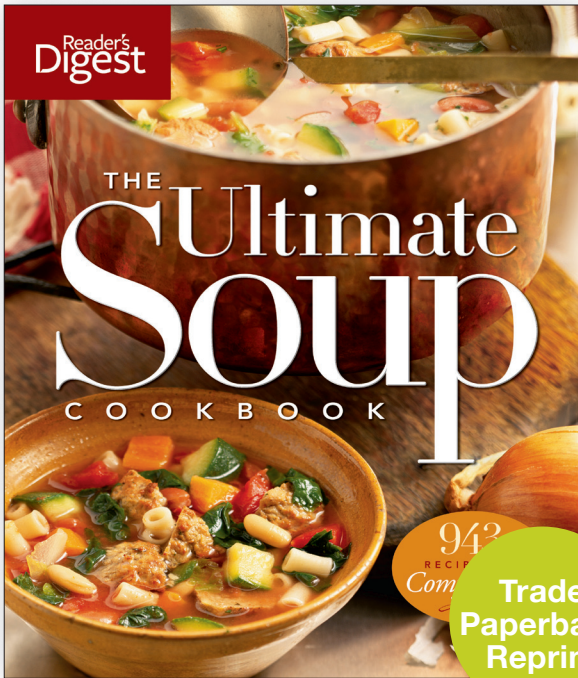
What's more, this book ensures excellent results every time with:

- Easy-to-follow instructions
- Prep and cooking times
- Nutritional facts for the health-conscious cook
- Easy-to-identify symbols to identify quick (30 minutes or less) or low-fat recipes
- Full-color photos paired with every dish



\$24.95 hardcover with jacket
 978-1-921569-13-5

\$24.95 hardcover with jacket
 978-1-55475-022-1



The Ultimate Soup Cookbook

Over 900 Family-Favorite Recipes

Editors at Reader's Digest

Over 900 tried-and-treasured recipes for easy-to-make, easy-to-love soups guaranteed to soothe the spirit and please every palate.

Fill your home with the rich, comforting smell of a hearty pot of soup—including over 40 stocks and broths: over 150 bean, lentil, noodle, pasta, and barley soups; over 100 chowders and cheese soups; 101 chicken and turkey soups; plus cold soups, vegetable soups, meat soups, chilies, and much more. Grab a spoon and get ready to enjoy:

- Old-Fashioned Chicken Noodle
- Mushroom Barley
- New England Potato
- Santa Fe Chicken Chili
- Herbed Gazpacho

You'll also find icons that indicate:

- “Easy” dishes take 10 minutes to prepare
- “Quick” dishes that are ready to eat in 30 minutes
- “One-Dish” soups that contain protein, vegetables, and good carbohydrates for a complete meal
- “Healthy” dishes that are high in nutrients, low in bad fats and empty carbohydrates
- “Slow Cooker” dishes that can be prepared overnight

To complete your family meal, there are also dozens of recipes for scrumptious side dishes, such as breads, biscuits, rolls, salads, quesadillas, and more.

\$19.95 paperback

ISBN 978-1-60652-199-1 • EAN 9-781606-521991-51995

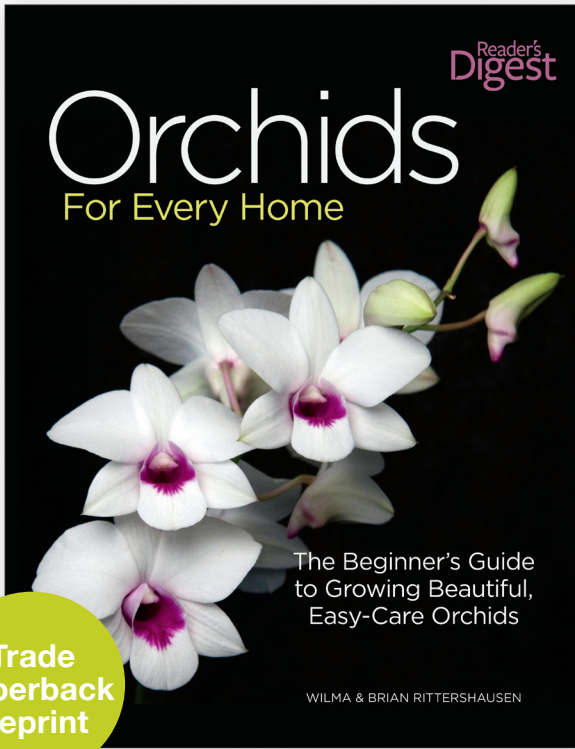
544 pages / 900+ recipes • 8 1/8 x 9 1/2 • 100+ full-color photos & illustrations • Carton quantity: 20

MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to Cooking Editors at Newspapers and Magazines
- Internet Marketing and Social Media Campaign to Cooking Sites



From left to right Pumpkin Soup, Crostini with Artichokes and Tomato, Turkey and Black Bean Soup



Orchids for Every Home

The Beginner's Guide to Growing Beautiful, Easy-Care Orchids

Wilma and Brian Rittershausen

From selecting the right plant to providing proper growing conditions, *Orchids for Every Home* is your complete handbook to keeping your orchids healthy and blooming.

Starting with the most popular orchids that require the least care and progressing to more high-maintenance flowers, this practical guide is organized to help you find the orchid that is just right for you and the conditions in your home. You'll learn about 104 different orchids, including Phalaenopsis, Miltoniopsis, Aygopetalum, Brassia, Dendrobium, and many more. All plant profiles include:

- A description of the plant and its flowers
- When and how often it blooms
- Where to site it
- Watering and other care instructions

In addition, a troubleshooting section helps you identify problems—such as sunburn, viruses, mealybugs, and red spider mites—and shows you how to quickly and efficiently deal with them. Both beautiful and practical, ***Orchids for Every Home*** shows you just how easy it is to grow these exquisite flowers.

\$19.95 paperback

ISBN 978-1-60652-205-9 • EAN 9-781606-522059-51995

192 pages • 8 1/2 x 11 1/2 • 200+ full-color photos & illustrations

Carton quantity: 15

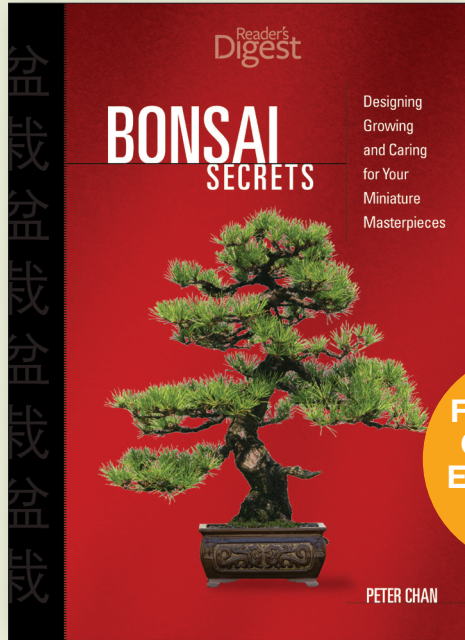
MARKETING & PUBLICITY CAMPAIGN

- Targeted Review Copy Mailing to Gardening Editors at Magazines and Newspapers
- Internet Marketing and Social Media Campaign to Gardening Sites
- New Gardening Title Promotion (*ask your sales representative for details*)

BRIAN AND WILMA RITTERSHAUSEN are among the most respected names in the world of orchids. Wilma is well known for her writings in orchid journals and edited *The Orchid Review* for 15 years. Brian was awarded the prestigious Gold Veitch Medal by the Royal Horticultural Society Orchid Committee for personal achievement in the field of orchids. Internationally recognized, the Rittershausens have written and contributed to several books on orchids. They live in Devon, England.

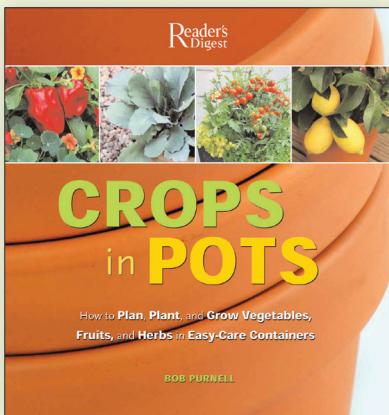


Best-Selling Gardening Titles from Reader's Digest

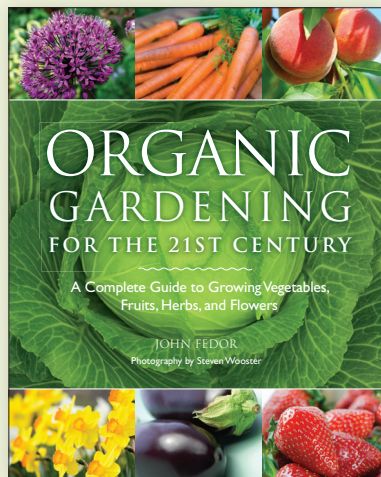


Fresh New Cover for Even Better Sales!

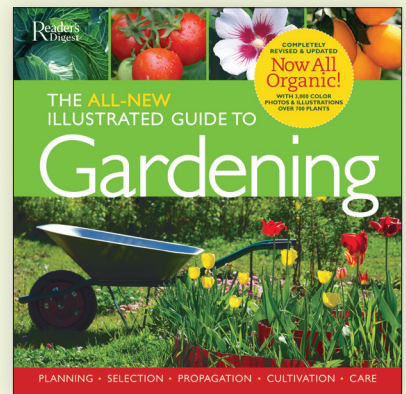
\$14.95 paperback
978-1-60652-164-9



\$14.95 paperback
978-1-60652-164-9



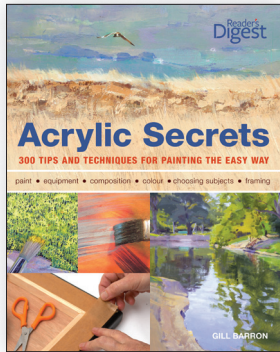
\$19.95 paperback
978-1-60652-123-6



\$35.00 hardcover with jacket
978-0-7621-0999-9

(See pages 41-43 for a complete list of Gardening titles)

ACRYLIC PAINTING

**Acrylic Secrets**

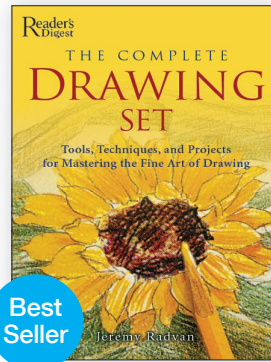
Gill Barron

A compendium of essential know-how and ten inspirational projects using acrylics, with over 200 tips and step-by-step techniques organized to help you build on each skill you learn.

ISBN 978-1-60652-033-8
EAN 9-781606-520338-52495

\$24.95 hardcover
176 pages 8½ x 11
Over 500 photos & illustrations
Carton quantity: 20

DRAWING

**The Complete Drawing Set**

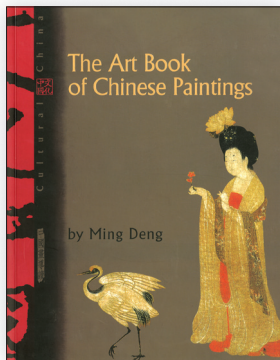
Jeremy Radvan

This beautifully designed all-in-one set contains all the materials you need to draw like a professional. An authoritative Techniques book gives you step-by-step instructions to master every style of drawing, and a Projects book includes illustrated instructions.

ISBN 978-0-7621-0569-4
EAN 9-780762-105694-53000

\$30.00 set
2 books 96 pages each 7 x 9½ x 1¼
Over 200 photos & illustrations
Carton quantity: 12

HISTORY / ASIAN

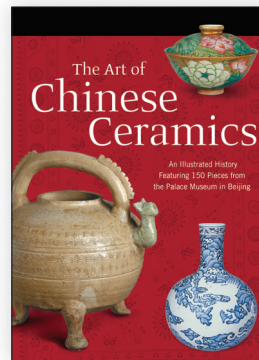
**The Art Book of Chinese Paintings**

Ming Deng

Take a wonderful aesthetic journey through a millennium of Chinese paintings, with more than 400 classical works by over 240 Chinese artists that offer a glimpse into their unique outlook on the world.

ISBN 978-1-59265-051-4
EAN 9-781592-650514-52995

\$29.95 paperback with French flaps
438 pages 7¼ x 9¼
Over 400 full-color photographs & illustrations
Carton Quantity: 13

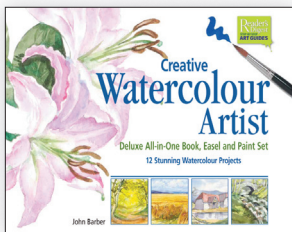
**The Art of Chinese Ceramics**

A beautifully illustrated book containing 150 pieces from the Beijing Palace Museum's collection—historic Chinese ceramic pieces that trace a long history of impeccable workmanship.

ISBN 978-1-59265-047-7
EAN 9-781592-650477-52995

\$29.95 hardcover with jacket
252 pages 8¾ x 11½
Over 230 full-color photographs & illustrations
Carton Quantity: 10

WATERCOLOR

**Creative Watercolour Artist**

John Barber

Masterfully written and lavishly illustrated by an accomplished artist, this book has everything aspiring artists need to create 12 beautiful watercolor projects—including a unique mix-and-match technique and project book, hands-on tools, how-to guidance, and creative inspiration.

ISBN 978-0-88850-878-2
EAN 9-780888-508782-53000

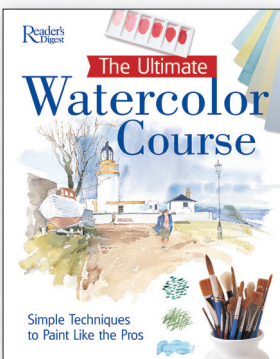
\$30.00 set
96-page mix-and-match book
8¾ x 11 x 2
Over 170 photos & illustrations
Carton quantity: 8

**How to Paint Watercolor Flowers**

This collection features 60 flower images taken by professional nature photographers. With hundreds of tips and step-by-step instructions, you'll learn how to transform each floral photo into a watercolor masterpiece. Wire-bound for easy reference.

ISBN 978-1-60652-168-7
EAN 9-781606-521687-52695

\$24.95 hardcover w/ concealed wire
160 pages 9¾ x 11¼
150+ full-color photos throughout
Carton quantity: 10

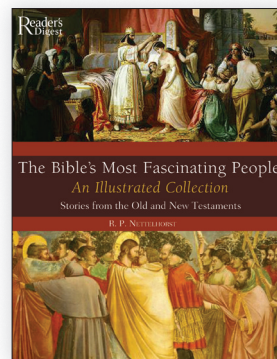
**The Ultimate Watercolor Course**

This quintessential, all-encompassing book provides a series of lessons and exercises with step-by-step instructions—all of the critical things you need to know to create watercolor paintings.

ISBN 978-0-7621-0413-0
EAN 9-780762-104130-52995

\$29.95 hardcover with jacket
288 pages 9 x 11¼
Over 1,000 photos & illustrations
Carton quantity: 10

BIBLES/STORIES/GENERAL

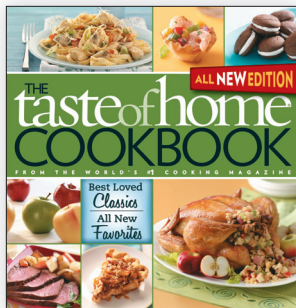
**The Bible's Most Fascinating People**

Robin Paul Nettelhorst

Discover 100 of the most intriguing personalities in the Bible—with all of their human frailties. Read tales of selfless sacrifice and ruthless rage; of visions and visitations; of the rise and fall of kingdoms and nations; and the lives of saints, sinners, lost prophets, avenging sons, and noble disciples.

ISBN 978-0-7621-0888-6
EAN 9-780762-108886-52495

\$24.95 hardcover with jacket
192 pages 7¼ x 10
Over 100 photos & illustrations
Carton quantity: 12

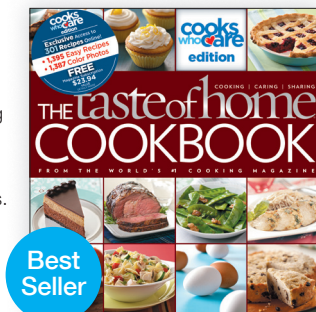


The Taste of Home Cookbook, 3rd Edition; Bonus: 30 Minute Healthy Meals

This new edition of the best-selling cookbook contains more than 1,200 new recipes—155 of which are 30-minute light recipes—and more than 300 best-loved classics. You'll also find nutrition facts, storage charts, buying tips, and more—all from the world's #1 cooking magazine.

ISBN 978-0-89821-774-2
EAN 9-780898-217742-52995

\$29.95 5-ring binder
672 pages/1,500+ recipes
9½ x 10 x 2½
1,300+ full-color photographs throughout
Carton quantity: 6



The Taste of Home Cookbook, Cooks Who Care Edition

This new edition of the best-selling cookbook contains 1,395 easy recipes, 21 Cooks Who Care stories, plus exclusive access to 300 new searchable web recipes—all from the world's #1 cooking magazine.

ISBN 978-0-89821-729-2
EAN 9-780898-217292-52995

\$29.95 5-ring binder
738 pages / Over 1,300 recipes
9½ x 10 x 2½
Over 1,300 photos & illustrations
Carton quantity: 6



Winning Recipes with Bonus Book: Contest Winning Light Recipes

A collection of 645 ribbon-winning recipes—selected from thousands of recipes submitted from great home cooks—all made with everyday ingredients and easy-to-follow, step-by-step instructions. Includes a bonus book containing 76 light, heart-smart dishes that delight the palate with fewer calories and less fat.

ISBN 978-0-89821-709-4
EAN 9-780898-217094-52995

\$29.95 5-ring binder
240 pages & 80 pages/
Over 700 recipes
9¼ x 10 x 2½ & 5¼ x 7¼
Over 650 + 76 photos & illustrations
Carton quantity: 6



Winning Recipes, Vol. 2

The second volume of the popular title, this value-packed book contains 640 new ribbon-winning recipes, all made with everyday ingredients and easy-to-follow, step-by-step instructions. Icons highlight grand prize winners, serves 2 recipes, and light and quick recipes.

ISBN 978-0-89821-753-7
EAN 9-780898-217537-52995

\$29.95 5-ring binder
516 pages/640 recipes
9½ x 10 x 2½
Full-color photographs throughout
Carton quantity: 6



The Taste of Home Baking Book

Taste of Home magazine presents its largest collection of baking recipes from great home bakers! Over 725 recipes, 675 photos, step-by-step instructions, and prep and bake times take the worry out of baking.

ISBN 978-0-89821-528-1
EAN 9-780898-215281-52995

\$29.95 hardcover 5-ring binder
510 pages/Over 725 recipes
9½ x 10 x 2½
Over 675 photos & illustrations
Carton quantity: 6





Best Seller

Taste of Home Comfort Food Diet Cookbook

Lose weight with tasty meals the whole family can enjoy. Includes 70 pages of information on the diet, 433 recipes, a four-week meal plan, tips on dining out, and access to a gated website with additional meals, tips, and online support.

ISBN 978-0-89821-751-3
EAN 9-780898-217513-51795

\$17.95 paperback with French flaps
320 pages/433 recipes 8 1/4 x 9
Full-color photographs throughout
Carton quantity: 12



PUB DATE Jan.

Taste of Home Comfort Food Diet Cookbook, Volume 2

Hundreds of recipes for hearty all-time favorites with fewer calories than expected. You'll also find testimonials and photos from actual dieters, a six-week meal plan, notes on exercise, tips on making healthy food choices, and more.

ISBN 978-0-89821-829-9
EAN 9-780898-218299-51795

\$17.95 paperback with French flaps
320 pages / 400+ recipes 8 1/4 x 9
Full-color photographs throughout
Carton quantity: 12



Best Seller

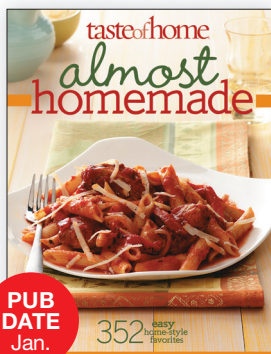
Taste of Home Cookies

Create tasty treats for every occasion with 620 recipes—ranging from shortcut cookies, big batch treats, and brownies and bars to buttery shortbreads, jam-packed sandwiches, and Christmas favorites. All recipes include prep and cooking times, step-by-step instructions, and approximate number of servings.

ISBN 978-0-89821-727-8
EAN 9-780898-217278-51795

\$17.95 paperback
384 pages/620 recipes 8 1/4 x 9
Over 400 photos & illustrations
Carton quantity: 10

TASTE OF HOME BEST-SELLING PAPERBACKS



PUB DATE Jan.

Almost Homemade

With convenient ingredients like jarred sauces, refrigerated dough, and boxed mixes, these recipes taste homemade—without the fuss! From savory snacks to out-of-this-world desserts, you'll find a variety of fast dishes to ease your cooking load.

ISBN 978-0-89821-826-8
EAN 9-780898-218268-51595

\$15.95 paperback with French flaps
256 pages/352 recipes 7 x 9 1/2
Over 200 photos & illustrations
Carton quantity: 16



Appetizers

Take the guesswork out of party planning with 410 easy-to-make, tasty party starters and tons of tips for foolproof entertaining. Mix and match from a variety of dips and spreads, meatballs, party pizzas, snack mixes, bite-sized desserts, beverages, and more.

ISBN 978-0-89821-801-5
EAN 9-780898-218015-51595

\$15.95 paperback with French flaps
256 pages/410 recipes 7 x 9 1/2
Over 200 photos & illustrations
Carton quantity: 20



Best Seller

Backyard Grilling

To make your outdoor cooking experience the best it can be, here is a wide variety of over 300 recipes that are simple to follow and feature common ingredients found in your local market.

ISBN 978-0-89821-557-1
EAN 9-780898-215571-51595

\$15.95 paperback with French flaps
256 pages/323 recipes 7 x 9
Over 300 photos & illustrations
Carton quantity: 16



Best Seller

Best Church Supper Recipes

Over 500 home-style recipes that serve eight or more and are designed to travel well. Special features include hints and tips, quick-and-easy dishes, classroom treats, and recipes that serve 20, 30, even 100 people. Perfect for any function, family reunion, or social gathering.

ISBN 978-0-89821-639-4
EAN 9-780898-216394-51595

\$15.95 paperback with French flaps
256 pages/Over 500 recipes 7 x 9 1/2
Over 300 photos & illustrations
Carton quantity: 24



The Busy Family Cookbook

Save time—and your sanity!—with 370 recipes that feature ingredient lists, simple prep techniques, and easy cooking methods. Each chapter is arranged by speed and include some recipes that take as little as 10 minutes to make!

ISBN 978-0-89821-664-6
EAN 9-780898-216646-51595

\$15.95 paperback with French flaps
256 pages/370 recipes 7 1/2 x 9 1/2
Over 225 photos & illustrations
Carton quantity: 24

Best Seller
Fast, flavorful recipes for weeknight dinners



Cake Mix Creations

Start with a cake mix, add a few extra ingredients, and bake a delicious cake every time! In addition, you'll find incredible recipes for cookies, easy scones, and yummy coffee cake—each starting with a mix.

ISBN 978-0-89821-615-8
EAN 9-780898-216158-51595

\$15.95 paperback with French flaps
240 pages/216 recipes 7 x 9 1/2
Over 200 photos & illustrations
Carton quantity: 12



Dinner on a Dime

Save time and money with 403 economically sensible, easy-to-assemble, mouthwatering recipes. Includes tips on how to freeze ahead for heat-and-eat meals throughout the week and how to stretch those leftovers.

ISBN 978-0-89821-707-0
EAN 9-780898-217070-51595

\$15.95 paperback with French flaps
256 pages/403 recipes 7 x 9 1/2
Over 200 photos & illustrations
Carton quantity: 16

Best Seller



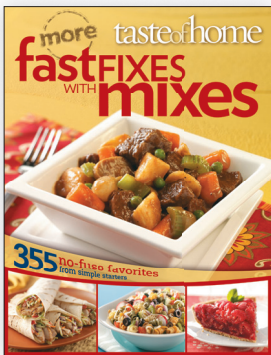
Fast Fixes with Mixes

This unique book contains 355 delicious recipes from cooks across North America—including plenty of "comfort food" ideas. Get the taste of real home-cooked meals by simply adding spices and fresh ingredients to ready-made store-bought mixes.

ISBN 978-0-89821-469-7
EAN 9-780898-214697-51595

\$15.95 paperback with French flaps
224 pages/355 recipes 7 x 9
Over 200 photos & illustrations
Carton quantity: 30

Best Seller



More Fast Fixes with Mixes

The second volume in the series gives you brand-new family-style meals made by adding spices and fresh ingredients to store-bought mixes or ready-made breads and pastries. All prep work takes 30 minutes or less.

ISBN 978-0-89821-749-0
EAN 9-780898-217490-51595

\$15.95 paperback with French flaps
256 pages/350+ recipes 7 x 9 1/2
Full-color photographs throughout
Carton quantity: 12

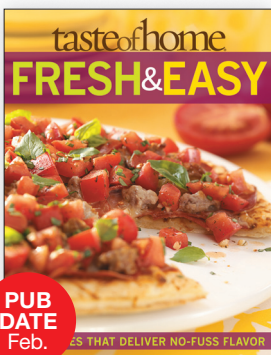


Freezer Pleasers

338 recipes that will help families spend less time in the kitchen, save money, and share a home cooked meal every night—without all the work. Learn all of the freezing essentials, including how to turn last night's leftovers into a fantastic new dish with the addition of a few kitchen staples.

ISBN 978-0-89821-711-7
EAN 9-780898-217117-51595

\$15.95 paperback with French flaps
256 pages/338 recipes 7 x 9 1/2
Over 200 photos & illustrations
Carton quantity: 16



Fresh & Easy

Take advantage of fresh produce, meats and herbs, all while keeping meal prep simple. 300 effortless dishes make setting a wholesome meal on the table a snap. A 30-minute icon spotlights dishes that are table-ready in half an hour or less.

ISBN 978-0-89821-827-5
EAN 9-780898-218275-51595

\$15.95 paperback with French flaps
256 pages/300+ recipes 7 x 9 1/2
Over 200 photos & illustrations
Carton quantity: 16

PUB DATE
Feb.



Grill It!

In addition to beef, poultry, pork and seafood favorites, this book includes 343 recipes for vegetables, side dishes, appetizers and even desserts—all made over an open flame. Also features recipes for sauces, marinades and seasonings.

ISBN 978-0-89821-766-7
EAN 9-780898-217667-51595

\$15.95 paperback
256 pages/343 recipes 7 x 9 1/2
Over 300 photos & illustrations
Carton quantity: 16

Best Seller



Best Seller

Guilt Free Cooking

Say goodbye to guilt and hello to good health with 356 mouthwatering recipes shared by health-conscious family cooks. Each recipe has an icon indicating low-fat or low-sodium heart-smart choices—plus all include Nutrition Facts and Diabetic Exchanges.

ISBN 978-0-89821-613-4
EAN 9-780898-216134-51595

\$15.95 paperback with French flaps
256 pages/356 recipes 7 x 9½
Over 200 photos & illustrations
Carton quantity: 12

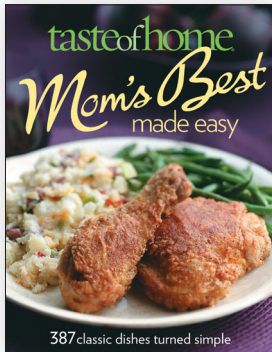
**The Market Fresh Cookbook**

This unique volume of more than 300 kitchen-tested recipes is guaranteed to give you new ideas for preparing mouthwatering meals with healthy fresh produce from your grocer or your garden.

ISBN 978-0-89821-519-9
EAN 9-780898-215199-52195
\$21.95 hardcover with jacket

ISBN 978-0-89821-696-7
EAN 9-780898-216967-51595
\$15.95 paperback with French flaps

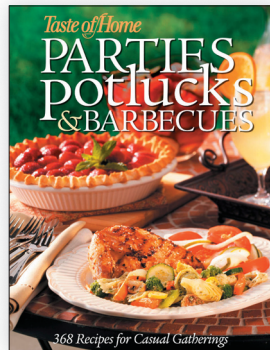
256 pages/Over 300 recipes
7¼ x 9¼ hc 7 x 9½ pb
Over 225 photos & illustrations
Carton quantity: 16hc 24pb

**Mom's Best Made Easy**

Recreate the same great meals Mom made with these delicious all-new recipes—quick, flavorful, inexpensive, and without all of the effort. Includes “30-Minute Meals,” “Weeknight Menus,” and bake sale treats.

ISBN 978-0-89821-752-0
EAN 9-780898-217520-51595

\$15.95 paperback with French flaps
256 pages/350+ recipes 7 x 9½
Full-color photographs throughout
Carton quantity: 12

**Parties, Potlucks, & Barbecues**

Look no further for no-fuss recipes that travel, keep well, and won't put a strain on your budget. 368 crowd-pleasers from the family cooks at the heart of *Taste of Home* magazine allow for easygoing outdoor entertaining.

ISBN 978-0-89821-697-4
EAN 9-780898-216974-51595

\$15.95 paperback with French flaps
256 pages/368 recipes 7 x 9½
Over 250 photos & illustrations
Carton quantity: 18



Best Seller

Simple & Delicious Cookbook

Make mealtime magic any day of the week with 242 time-saving, taste-tempting recipes from the readers and test kitchen experts at *Taste of Home*, the #1 cooking magazine in the world.

ISBN 978-0-89821-515-1
EAN 9-780898-215151-51595

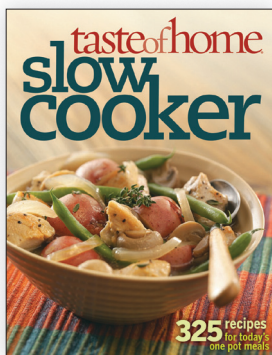
\$15.95 paperback with French flaps
256 pages/242 recipes 7¾ x 9¼
Over 250 photos & illustrations
Carton quantity: 24

**Simple & Delicious, Second Edition**

The follow-up to the best-selling *Simple & Delicious Cookbook* will take the hassle out of planning menus and creating weeknight meals. Features 238 quick, great-tasting recipes, shopping lists, and a pantry planner.

ISBN 978-0-89821-767-4
EAN 9-780898-217674-51595

\$15.95 paperback
256 pages/238 recipes 7 x 9½
Over 300 photos & illustrations
Carton quantity: 16

**Slow Cooker**

Enjoy more than 300 delicious, nutritious, and economical dishes with minimal time and fuss. From appetizers and soups to main dishes and desserts, all dishes can be ready in a few hours or after simmering in your slow cooker all day.

ISBN 978-0-89821-802-2
EAN 9-780898-218022-51595

\$15.95 paperback with French flaps
256 pages/300+ recipes 7 x 9½
Over 200 photos & illustrations
Carton quantity: 20

**The New Appetizer**

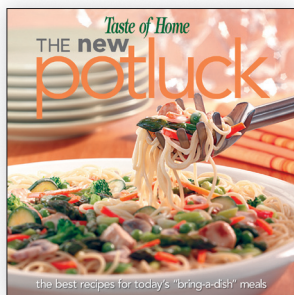
Serve up the perfect treat for any event or budget with 230 tasty party starters and over 150 full-color photos. Includes practical pointers, serving ideas, and entertaining tips for stress-free gatherings any day of the week.

ISBN 978-0-89821-728-5
EAN 9-780898-217285-52495
\$24.95 hardcover with jacket
256 pages/230 recipes 8 3/4 x 8 3/4
150+ full-color photographs

**The New Slow Cooker**

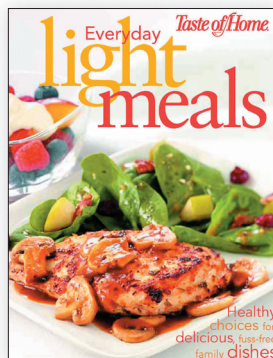
Over 200 delicious, nutritious, and economical dishes from family cooks across North America. Each recipe requires minimal time, fuss, and clean up—just pop it in the oven, simmer it on the stove, or put it in your Crock-Pot and receive rave reviews every time.

ISBN 978-0-89821-583-0
EAN 9-780898-215830-52495
\$24.95 hardcover with jacket
288 pages/Over 200 recipes 9 x 9
Over 240 photos & illustrations
Carton quantity: 14

**The New Potluck**

From *Taste of Home* magazine come over 170 time-honored, mouthwatering recipes that are perfect for small or large groups. Cooks from across North America share their favorite sizeable, potluck dishes—all are test-kitchen approved and include a family anecdote or remembrance.

ISBN 978-0-89821-458-1
EAN 9-780898-214581-52495
\$24.95 hardcover with jacket
256 pages/Over 170 recipes 9 x 9
Over 150 photos & illustrations
Carton quantity: 12

**Everyday Light Meals**

Here are 425 family-favorite light recipes gathered from across the country—recipes that are lean on fat and calories but not on flavor. Includes 90+ family-pleasing menus that include a hearty main dish and side as well as add-on ideas for a complete, balanced meal.

ISBN 978-0-89821-518-2
EAN 9-780898-215182-52695
\$26.95 hardcover with jacket
352 pages/425 recipes 8 3/4 x 11 1/4
Over 300 photos & illustrations
Carton quantity: 8

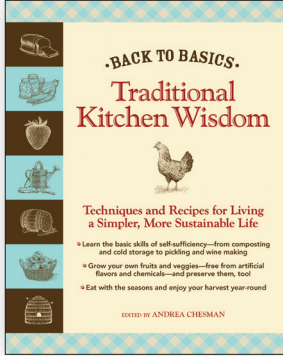
TASTE OF HOME COMBOUND COOKBOOKS

**Casseroles, Slow Cooker, & Soups**

Take the guesswork out of cooking with 536 tempting recipes in three classic categories—meal-in-one casseroles, bubbling slow-cooked specialties, and thick, hearty soups. This ultimate cookbook—with entire meals in one pot—belongs in every cook's kitchen library.

ISBN 978-0-89821-614-1
EAN 9-780898-216141-51995
\$19.95 paperback with comb binding
384 pages/536 recipes 8 3/4 x 9
Over 390 photos & illustrations
Carton quantity: 10

CANNING & PRESERVING

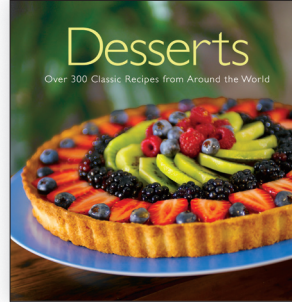


Back to Basics: Traditional Kitchen Wisdom

Edited by Andrea Chesman
Learn the basics of self-sufficiency, including composting and cold storage solutions, pickling, wine making, growing your own fruits and vegetables, canning, preserving, raising honeybees, making your own cheese, and much more! Contains easy-to-follow, step-by-step illustrated instructions.

ISBN 978-1-60652-056-7
EAN 9-781606-520567-52495
\$24.95 hardcover
176 pages 9 7/16 x 7 1/2
Full-color illustrations throughout
Carton quantity: 16

DESSERTS



Desserts

Satisfy the sweet cravings of your family and friends with more than 300 luscious desserts for every occasion, whether relaxed or elegant. Scattered throughout are 30 recipes that cater to specific health and diet needs, including diabetic, gluten-intolerant, low carb, and low calorie diets.

ISBN 978-0-7621-0923-4
EAN 9-780762-109234-53000
\$30.00 hardcover with jacket
288 pages/300 recipes 9 3/4 x 10 1/4
Over 150 photos & illustrations
Carton quantity: 9

DIETARY



Cooking for Isaiah

Silvana Nardone
Foreword by Rachael Ray
Discover how delicious gluten-free and dairy-free foods can be with family-friendly recipes from Silvana Nardone, the Editor-in-Chief of *Every Day with Rachael Ray* magazine and mother of food sensitive teen Isaiah.

ISBN 978-1-60652-165-6
EAN 9-781606-521656-52495
\$24.95 hardcover with jacket
224 pages/125 recipes 7.65 x 9
Full-color photographs throughout
Carton quantity: 12

GENERAL



AllRecipes.com Easy Everyday Favorites

From the World's #1 Cooking Website
Millions of home cooks turn to allrecipes.com for reliable, quick, and easy recipes that taste great. Now they can grab this book filled with only five-star recipes from the site they've come to love. Includes step-by-step instructions, nutrition facts, practical pointers, and flavor-boosting tips from home cooks.

ISBN 978-0-7621-0844-2
EAN 9-78062-108442-51595
\$15.95 paperback with French flaps
256 pages/250 recipes 7 x 9
80+ full-color photographs
Carton quantity: 16

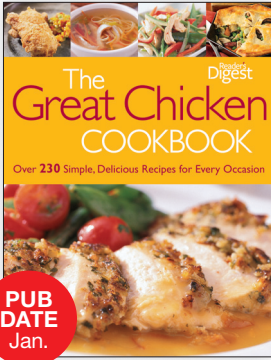


Extraordinary Meals from Ordinary Ingredients

This book contains more than 900 delicious, easy, inexpensive recipes with unique, secret ingredients that are sure to deliver fresh twists to your favorite meals. Organized alphabetically by item, from applesauce and anchovies to peanut butter and yogurt.

ISBN 978-0-7621-0934-0
EAN 9-780762-109340-51795
\$17.95 paperback
384 pages/919 recipes 7 1/2 x 10
Over 130 photos & illustrations
Carton Quantity: 16

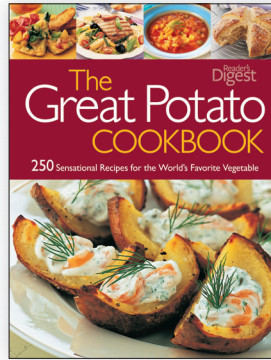
GENERAL



The Great Chicken Cookbook

Filled with over 230 nutritious and great-tasting chicken dishes—from light starters to barbecue nibbles. Divided into nine sections that make it easy to plan your meals.

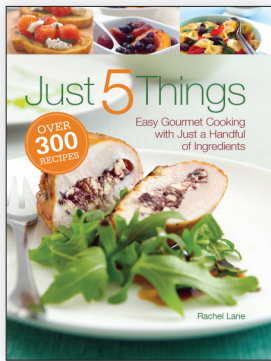
ISBN 978-1-60652-211-0
 EAN 9-781606-522110-52495
\$24.95 hardcover with jacket
 320 pages / 230+ recipes 8¼ x 10½
 Over 230 photos & illustrations
 Carton quantity: 8



The Great Potato Cookbook

This book contains 250 mouth-watering, budget-conscious recipes that use potatoes as the main ingredient—guaranteed to transform the spud from dud to stud! Sidebars and fun facts are scattered throughout the book, in addition to step-by-step instructions.

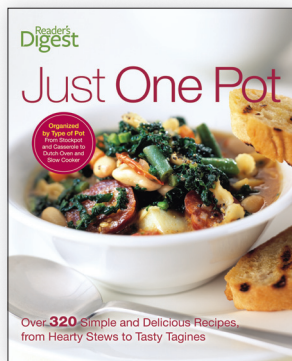
ISBN 978-1-921569-13-5
 EAN 9-781921-569135-52495
\$24.95 hardcover with jacket
 320 pages/250 recipes 8¼ x 10½
 Over 250 photos & illustrations
 Carton quantity: 8



Just 5 Things

Rachel Lane
 More than 320 quick-to-fix recipes that use 5 or fewer common, readily available ingredients. All of the crowd-pleasing recipes have been tested, and each one is illustrated with a stylish color photograph, helping novice cooks prepare and present the dishes with ease and flair.

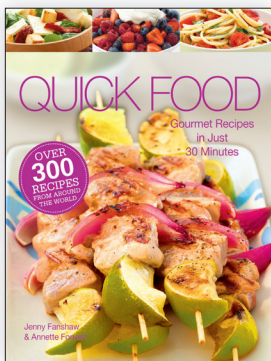
ISBN 978-0-7621-0980-7
 EAN 9-780762-109807-52495
\$19.95 flexiboard
 704 pages/300+ recipes 6½ x 8½
 Over 325 photos & illustrations
 Carton quantity: 8



Just One Pot

For people on the go—discover one-pot cooking that saves time with simple preparation and easy clean up. Over 320 international recipes for rich soups, stews, deep fried foods, and easy casseroles—all with step-by-step instructions and beautiful illustrations.

ISBN 978-1-60652-160-1
 EAN 9-781606-521601-51995
\$19.95 paperback with French flaps
 256 pages/320+ recipes 9 x 11
 Over 300 photos & illustrations
 Carton quantity: 12

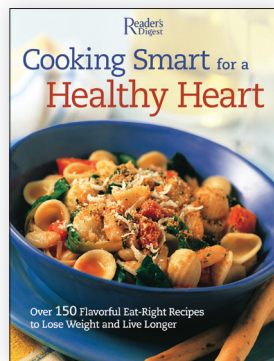


Quick Food

Jenny Fanshaw & Annette Forrest
 Chock-full of more than 330 mouth-watering, gourmet recipes that can be prepared in less than 30 minutes, this cookbook is perfect for busy cooks who want to spend less time in the kitchen without losing out on delicious meals.

ISBN 978-0-7621-0981-4
 EAN 9-780762-109814-52495
\$19.95 flexiboard
 704 pages/300+ recipes 6½ x 8½
 Over 330 photos & illustrations
 Carton quantity: 8

HEALTH

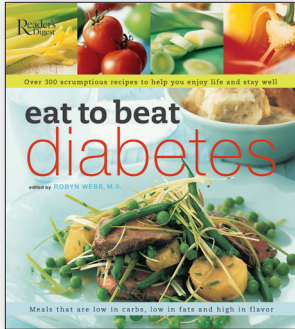


Cooking Smart for a Healthy Heart

Based on the latest medical and nutrition research, this heart-smart cookbook has over 150 delicious low-fat, nutrient-packed recipes that will help you lose weight and live longer. Discover new ways to make old favorites with easy-to-follow instructions, nutritional breakdowns, and over 250 photos.

ISBN 978-0-7621-0996-8
 EAN 9-780762-109968-51995
\$19.95 paperback with French flaps
 352 pages/150+ recipes 8¼ x 10½
 Over 250 photos & illustrations
 Carton quantity: 8

HEALTH

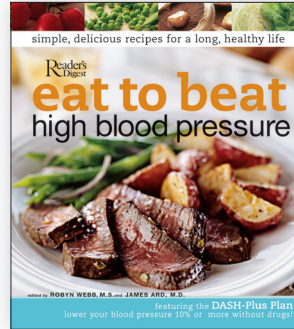


Eat to Beat Diabetes

More than 300 delicious recipes for people with diabetes—each featuring an ingredient list and a nutritional analysis. Based on the latest research, this revolutionary book is filled with well-tested recipes your family will love.

ISBN 978-0-7621-0486-4
 EAN 9-780762-104864-52695
 \$26.95 hardcover with jacket
 ISBN 978-0-7621-0897-8
 EAN 9-780762-108978-51595
 \$15.95 paperback

320 pages/300+ recipes
 9 1/4 x 10 1/4 hc 8 x 10 pb
 Over 250 photos & illustrations
 Carton quantity: 14



Eat to Beat High Blood Pressure

Lower your blood pressure in just two weeks with 300 delicious recipes and an innovative diet plan. Includes nutritional analysis, cooking tips, and flavor substitutions.

ISBN 978-0-7621-0898-5
 EAN 9-780762-108985-51595
 \$15.95 paperback
 320 pages/300 recipes 8 x 10
 Over 200 photos & illustrations
 Carton quantity: 14

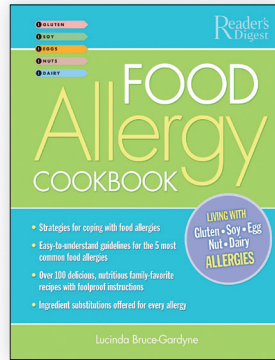


Fight Back with Food

An authoritative, easy-to-use reference arranged in an A-to-Z format, packed with nutrition tips for a healthier life. Part 1 reveals 50 superstar foods with the most potential to treat and prevent disease. Part 2 provides a powerful food arsenal to help fight 50 common ailments. Part 3 has over 100 recipes for treating and fighting disease.

ISBN 978-0-7621-0840-4
 EAN 9-780762-108404-51795

\$17.95 paperback
 352 pages/100+ recipes 8 x 10 1/4
 Over 200 photos & illustrations
 Carton quantity: 14

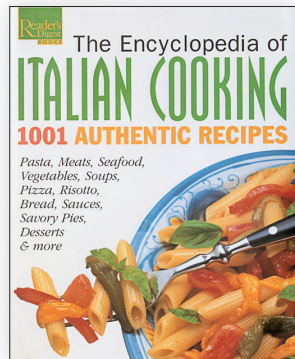


Food Allergy Cookbook

Lucinda Bruce-Gardyne
 Fight the alarming rise in food allergies with this authoritative cookbook, which provides readers with the knowledge to prepare over 400 simple-to-follow, made-from-scratch recipes.

ISBN 978-0-7621-0896-1
 EAN 9-780762-108961-52495
 \$24.95 hardcover with jacket
 224 pages/400+ recipes 7 1/2 x 9 3/4
 Over 200 photos & illustrations
 Carton quantity: 12

ITALIAN



The Encyclopedia of Italian Cooking

With 1,001 authentic Italian dishes created by chefs from Italy's 20 regions, this book will tempt cooks of every heritage. Recipes are ranked from super-easy to challenging—so you can create a five-course meal or a simple pizza. Includes over 500 photographs.

ISBN 978-0-7621-0340-9
 EAN 9-780762-103409-53295

\$32.95 hardcover with jacket
 360 pages/1,001 recipes 9 1/4 x 11 1/4
 Over 500 photos & illustrations
 Carton quantity: 8

MEDITERRANEAN



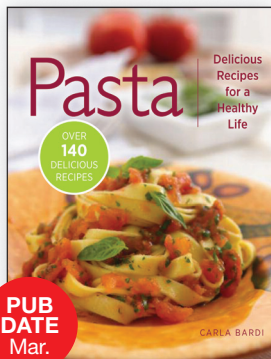
Modern Mediterranean Cooking

Take a tour through the Mediterranean and sample hundreds of delicious and healthy recipes sure to delight the palate. Alongside each recipe you'll find level of difficulty, detailed serving suggestions, vitamin content, and preparation/cooking time.

ISBN 978-1-60652-136-6
 EAN 9-781606-521366-51995

\$19.95 flexibound
 480 pages/200+ recipes 6 1/2 x 8 1/2
 Full-color photographs throughout
 Carton quantity: 12

PASTA



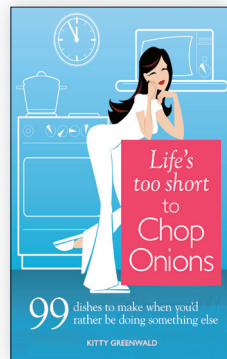
Pasta

Carla Bardi
 Starting with simple step-by-step instructions for making fresh pasta at home, *Pasta* provides more than 40 mouthwatering sauce recipes, followed by more than 100 dishes using commercially made pasta.

ISBN 978-1-60652-195-3
 EAN 9-781606-521953-51795

\$17.95 paperback with French flaps
 320 pages/140+ recipes 7 1/2 x 8 3/4
 Over 150 photos & illustrations
 Carton quantity: 14

QUICK & EASY



Life's Too Short to Chop Onions

Kitty Greenwald
 Fun, easy dinner recipes for the gal who's got better things to do than slave over an oven. Create tasty meals like "Chili con Speedy" and "Chicken Curry in a Hurry." All recipes are quick, cheap, and require little or no clean up. Includes smart shopping tips.

ISBN 978-1-60652-124-3
 EAN 9-781606-521243-51495

\$14.95 paper-over-board
 144 pages/99 recipes 4 1/4 x 7 3/4
 Spot art throughout
 Carton quantity: 48

QUICK & EASY



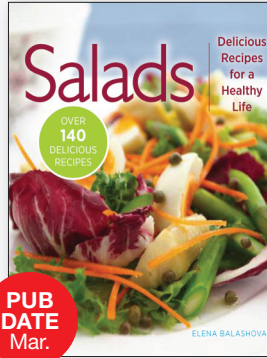
Weeknight Meals Made Easy

Featuring a meal for every day of the year, this collection of flavor-filled 30-minute recipes helps the busy chef cook faster, prepare smarter, and plan better, with a "Quick and Easy Cooking" guide and practical cooking methods.

ISBN 978-1-55475-022-1
EAN 9-7815574-750221-52495

\$24.95 hardcover
320 pages/365 recipes 8 1/4 x 10 1/4
200 full-color photographs
Carton quantity: 8

SALADS



Salads

Elena Balashova

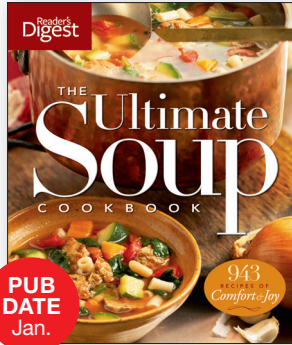
More than 140 recipes provide the home chef with super salad ideas for any occasion, whether they're in the mood for something light and leafy or hearty and wholesome.

ISBN 978-1-60652-197-7
EAN 9-781606-521977-51795

\$17.95 paperback with French flaps
320 pages/140+ recipes 7 1/2 x 8 3/4
Over 150 photos & illustrations
Carton quantity: 14

PUB DATE Mar.

SOUPS & STEWS



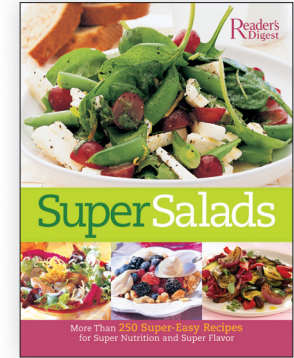
The Ultimate Soup Cookbook

Celebrate the pleasure and comfort of soup with over 900 specially-selected recipes, ranging from hearty chowders and stews to creamy vegetarian soups and chilies. Dozens of recipes for breads, biscuits, salads and quesadillas make this the perfect cookbook for any occasion.

ISBN 978-1-60652-199-1
EAN 9-781606-521991-51995

\$19.95 paperback
544 pages/900+ recipes 8 1/2 x 9 1/4
100+ photos & illustrations
Carton quantity: 20

PUB DATE Jan.



Super Salads

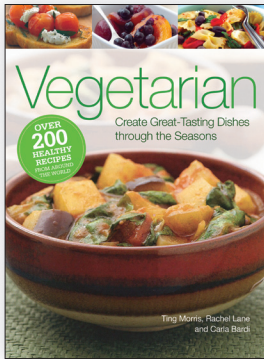
More than 250 recipes from all over the world. Create side dishes, main meals, or desserts. You'll find valuable nutritional and how-to information, plus advice on shopping for and storing ingredients.

ISBN 978-0-7621-0926-5
EAN 9-780762-109265-52495

\$24.95 hardcover with jacket
ISBN 978-1-60652-040-6
EAN 9-781606-520406-51995

\$19.95 paperback
320 pages/250+ recipes
8 1/4 x 10 1/4 hc 8 1/4 x 10 1/4 pb
Over 250 photos & illustrations
Carton Quantity: 8 hc 8 pb

VEGETARIAN



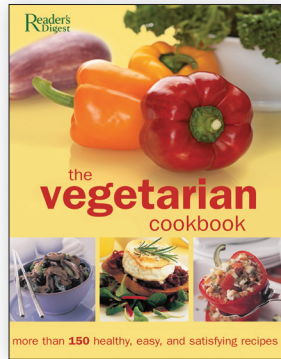
Vegetarian

Ting Morris, Rachel Lane, and Carla Bardi

Take your taste buds on a journey with over 200 vegetarian dishes from around the world. Includes vegan recipes and nutritional guidelines for a balanced vegetarian diet.

ISBN 978-1-60652-111-3
EAN 9-781606-521113-51995

\$19.95 flexibound
480 pages/200+ recipes 6 1/2 x 8 1/2
Full-color photographs throughout
Carton quantity: 12



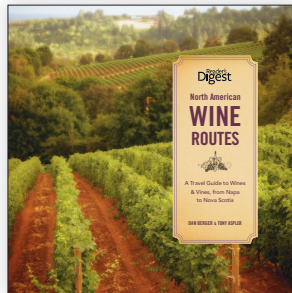
The Vegetarian Cookbook

A fabulous cookbook and an invaluable reference guide with more than 150 irresistible vegetarian recipes—from light brunches to filling main courses and delectable desserts. All recipes feature comprehensive nutritional information.

ISBN 978-0-7621-0900-5
EAN 9-780762-109005-51995

\$19.95 paperback
256 pages/150+ recipes 8 1/2 x 10 1/4
Over 250 photos & illustrations
Carton quantity: 20

WINES & SPIRITS



North American Wine Routes

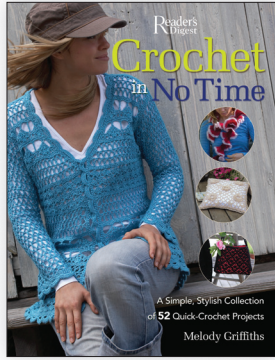
Dan Berger & Tony Aspler

Explore North America's most spectacular wine regions with 40 tours that will expand your pallet and introduce you to hundreds of incredible vineyards. Includes detailed maps with icons indicating vineyard accommodations.

ISBN 978-1-60652-125-0
EAN 9-781606-521250-52995

\$29.95 hardcover
256 pages 9 1/2 x 9 1/2
250+ full-color photographs
Carton quantity: 10

CROCHETING

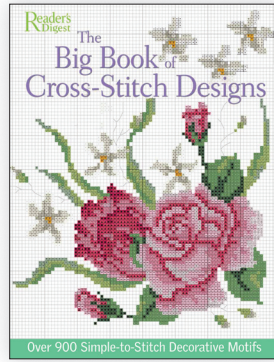


Crochet in No Time
Melody Griffiths

Here is the perfect portable hands-on guide to crochet, complete with illustrations. In a matter of hours, make something stunning to wear, display, or give to someone special—with no previous experience needed.

ISBN 978-0-7621-0817-6
EAN 9-780762-108176-52695

\$26.95 hardcover with jacket
160 pages 8½ x 11¼
Over 150 photos & illustrations
Carton quantity: 18



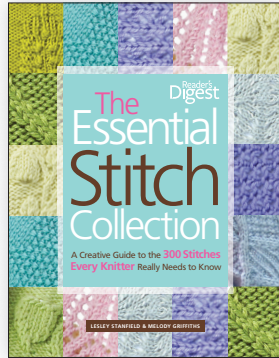
The Big Book of Cross-Stitch Designs

More than 900 motifs and dozens of project ideas to please every cross-stitch crafter. Clearly explains stitches, how to prepare fabric, sizing, and much more. Crafters of all levels will find a motif for any occasion.

ISBN 978-0-7621-0674-5
EAN 9-780762-106745-51995

\$19.95 paperback
320 pages 8¼ x 11
Over 800 photos & illustrations
Carton quantity: 10

KNITTING



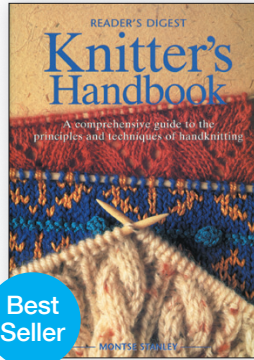
The Essential Stitch Collection

Lesley Stanfield & Melody Griffiths

For knitters of every skill level—revisit timeless stitch classics, be inspired by brand-new original patterns, and learn how to best incorporate both into your own pieces. Bonus: contains a knitwear design directory.

ISBN 978-1-60652-043-7
EAN 9-781606-520437-52495

\$24.95 hardcover
208 pages 7½ x 9¼
350+ full-color photographs and illustrations
Carton quantity: 18

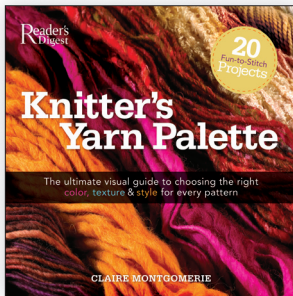


Knitter's Handbook
Montse Stanley

The ultimate reference for knitters at every level. Step-by-step directions and detailed instructional illustrations cover every aspect of knitting know-how. Includes a special "help!" section for inevitable mishaps and shows how to correct errors.

ISBN 978-0-7621-0248-8
EAN 9-780762-102488-51995

\$19.95 paperback
318 pages 7½ x 10¼
Over 680 photos & illustrations
Carton quantity: 10

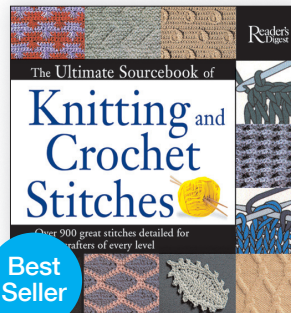


Knitter's Yarn Palette
Claire Montgomerie

A visual celebration and source of inspiration for knitters eager to experiment with the newest colors and textures. This unique book explains everything there is to know about weight, gauge, texture, and the suitability of mixing yarns. Features 20 projects that revolve around 10 themes.

ISBN 978-0-7621-0909-8
EAN 9-780762-109098-52495

\$24.95 hardcover with jacket
176 pages 8¼ x 8¼
Over 200 photos & illustrations
Carton quantity: 20



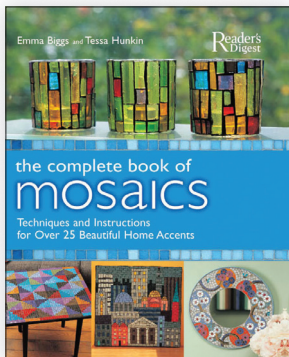
The Ultimate Sourcebook of Knitting and Crochet Stitches

An essential hands-on guide to the most extensive and varied collection of stitches ever brought together. Uniquely organized by stitch texture, this sourcebook features detailed instructions and photos of over 900 stitches.

ISBN 978-0-7621-0405-5
EAN 9-780762-104055-52695

\$26.95 hardcover with jacket
320 pages 8¼ x 9
Over 900 photos & illustrations
Carton quantity: 12

MOSAICS



The Complete Book of Mosaics

Emma Biggs and Tessa Hunkin

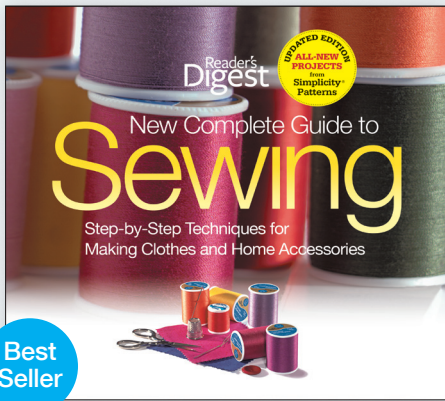
Learn how to select materials, lay tiles, and add finishing with more than 25 mosaic projects. Includes step-by-step instructions and 160+ templates.

ISBN 978-0-7621-0608-0
EAN 9-780762-106080-52695
\$26.95 hardcover with jacket

ISBN 978-0-7621-0613-4
EAN 9-780762-106134-51895
\$18.95 paperback

176 pages 8½ x 10½/hc 8¼ x 10¼/pb
Over 200 photos & illustrations
Carton quantity: 18hc 24pb

SEWING



New Complete Guide to Sewing

The ultimate stitch-and-seam reference book for both beginners and seasoned sewers now has updated projects and Simplicity® patterns. A comprehensive, practical, and inspiring guide with clear, simple instructions straight from sewing experts.

ISBN 978-1-60652-208-0
EAN 9-781606-522080-53500

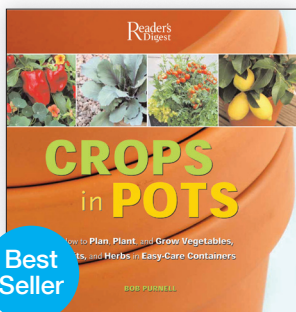
\$35.00 hardcover with jacket
384 pages 10 3/4 x 9 1/4
Over 1,000 photos & illustrations
Carton quantity: 8

“I always recommend the Reader's Digest *Guide to Sewing*. It's very comprehensive and very user-friendly.”

—TIM GUNN, “SPRING FORWARD: EXPERT FASHION ADVICE,”
THE WASHINGTON POST

GARDENING

CONTAINER



Crops in Pots

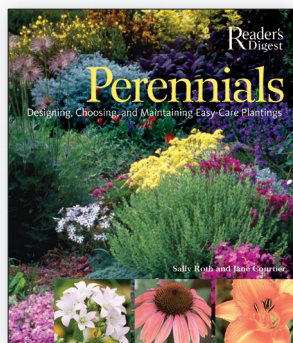
Bob Purnell

Discover how easy it is to grow bountiful crops year-round in eye-catching planters just right for small spaces. Plant lists, step-by-step instructions, and at-a-glance symbols of growing requirements make each of the 40 projects easy to tackle.

ISBN 978-1-60652-164-9
EAN 9-781606-521649-51495

\$14.95 paperback
160 pages 9 1/8 x 9 1/4
Over 120 photos & illustrations
Carton quantity: 30

FLOWERS



Perennials

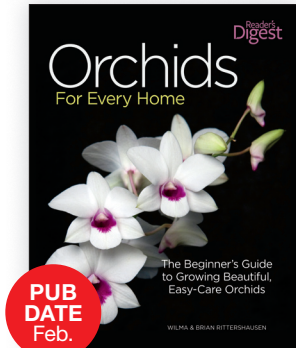
Sally Roth and Jane Courrier

This comprehensive guide—from creating and designing gardens to the practical, essential facts for cultivation—details more than 100 plants, their origin, height, ideal growing conditions, bloom time, planting requirements, and more.

ISBN 978-0-7621-0841-1
EAN 9-780762-108411-53000

\$30.00 hardcover with jacket
240 pages 8 1/4 x 9 1/4
Over 300 photos & illustrations
Carton quantity: 5

FLOWERS/ORCHIDS



Orchids for Every Home

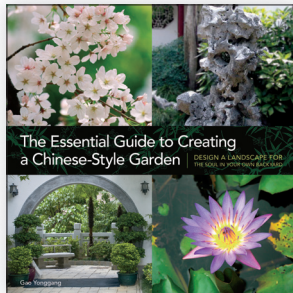
Wilma and Brian Rittershausen

From selecting the right plant to providing proper growing conditions, this is the complete handbook to keeping 104 different types of orchids healthy and blooming. A troubleshooting section shows you how to deal with problems such as sunburn, viruses, mealybugs, and red spider mites.

ISBN 978-1-60652-205-9
EAN 9-781606-522059-51995

\$19.95 paperback
192 pages 8 3/4 x 11 1/4
Over 200 photos & illustrations
Carton quantity: 15

GARDEN DESIGN



The Essential Guide to Creating a Chinese-Style Garden

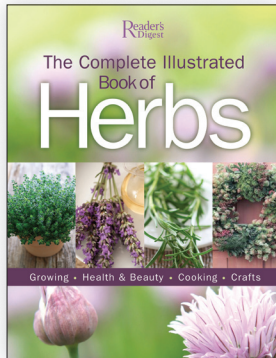
Gao Yonggang

Incorporate the four basic elements of a classic Chinese garden—water, natural stone, structure, and plants—into the design of your own backyard. Includes full-color photos of authentic gardens and historical origins.

ISBN 978-1-60652-161-8
EAN 9-781606-521618-52995

\$29.95 hardcover with jacket
180 pages 10 1/4 x 10 1/4
Carton quantity: 12

HERBS



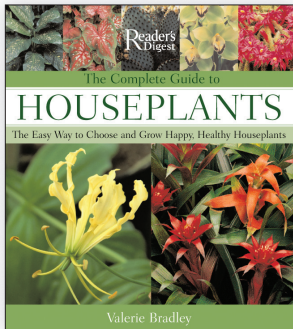
The Complete Illustrated Book of Herbs

This beautifully illustrated guide unlocks the secrets of herbs—from health benefits to ideal planting and harvesting conditions, storing tips, and crafting techniques. Unravel the mysteries of these versatile plants with savvy tips and simple formulas for maximizing their powers.

ISBN 978-0-7621-0796-4
EAN 9-780762-107964-53000

\$30.00 hardcover with jacket
400 pages 8½ x 10½
Over 1,000 photos & illustrations
Carton quantity: 4

HOUSEPLANTS



The Complete Guide to Houseplants

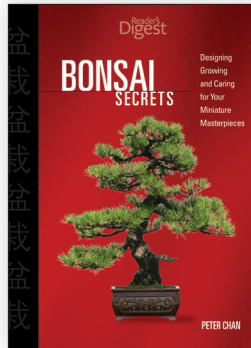
Valerie Bradley

The ultimate guide to selecting and growing over 250 varieties of houseplants. Includes step-by-step instructions and a comprehensive directory for proper care and maintenance.

ISBN 978-0-7621-0634-9
EAN 9-780762-106349-53000

\$30.00 hardcover with jacket
288 pages 8½ x 9½
Over 300 photos & illustrations
Carton quantity: 12

HOUSEPLANTS



Bonsai Secrets

Peter Chan

Leading bonsai expert Peter Chan offers advice on every aspect from the art of bonsai, from growing to shaping and designing, all with clear step-by-step illustrations.

ISBN 978-0-7621-0624-0
EAN 9-780762-106240-51995

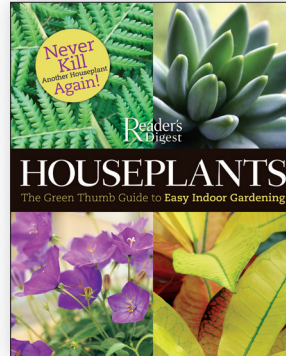
\$19.95 paperback with French flaps
176 pages 7¼ x 10¼
Over 250 photos & illustrations
Carton quantity: 24

Houseplants

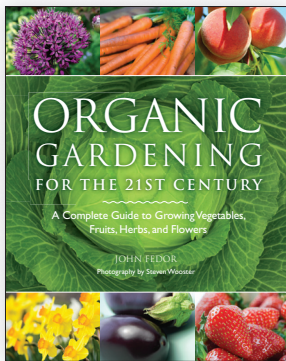
A beautifully illustrated manual of over 120 indoor plants, packed with expert advice on how to choose, care for, and display plants in the home.

ISBN 978-0-7621-0894-7
EAN 9-780762-108947-51795

\$17.95 paperback
160 pages
9 x 11¼
Over 250 photos & illustrations
Carton quantity: 16



ORGANIC



Organic Gardening for the 21st Century

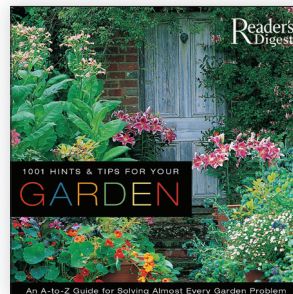
John Fedor

Learn all of the basics of organic gardening, from planning to harvesting vegetables, fruits, nuts, herbs, and flowers. Includes zone maps so you can select regional varieties.

ISBN 978-1-60652-123-6
EAN 9-781606-521236-51995

\$19.95 paperback
288 pages 7½ x 9½
370+ full-color photographs and illustrations
Carton quantity: 12

REFERENCE

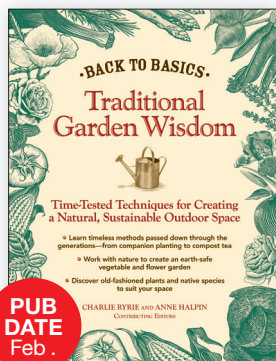


1001 Hints & Tips For Your Garden

With expert advice on lawns, flowers, shrubs, fruits, and vegetables—and over 200 handy charts and checklists—this easy-to-understand guide offers solutions to any common garden problems.

ISBN 978-0-7621-0699-8
EAN 9-780762-106998-51995

\$19.95 paperback
416 pages 10 x 10
Over 1,500 photos & illustrations
Carton quantity: 6



Back to Basics: Traditional Garden Wisdom

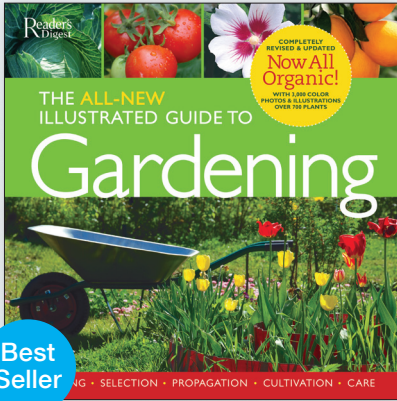
Learn the ground rules of gardening that your grandparents followed, and create a thriving space using those time-tested methods. Includes organic and eco-friendly gardening advice.

ISBN 978-1-60652-042-0
EAN 9-781606-520420-52495

\$24.95 paper-over-board
176 pages 7½ x 9½
Full-color photographs throughout
Carton quantity: 16

PUB
DATE
Feb.

REFERENCE



The All-New Illustrated Guide to Gardening, Completely Revised and Updated

Trevor Cole and
Fern Marshall Bradley

This fully revised and updated full-color edition of the classic guide contains all-new illustrations, photos, and tips for 100% organic gardening. Presented in clear language, this is the perfect gift for any level gardener.

ISBN 978-0-7621-0999-9
EAN 9-780762-109999-53500

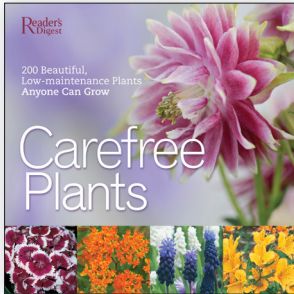
\$35.00 hardcover with jacket

576 pages 9½ x 10

Over 2,500 photos & 800 illustrations
Carton quantity: 4

“There is enjoyment to be found in the book simply [by] reading about so many different plants and the art of gardening.”

—NATIONALGEOGRAPHIC.COM



Carefree Plants

Discover the secrets to great gardening with essential facts and hassle-free how-tos for growing 200 sturdy, versatile plants, regardless of climate, soil conditions, or taste in blossoms. Full of gorgeous photos and helpful tips.

ISBN 978-0-7621-0799-5
EAN 9-780762-107995-52495

\$24.95 paperback with French flaps
352 pages 10 x 10

Over 600 photos & illustrations
Carton quantity: 8



Grow Your Own Drugs

James Wong

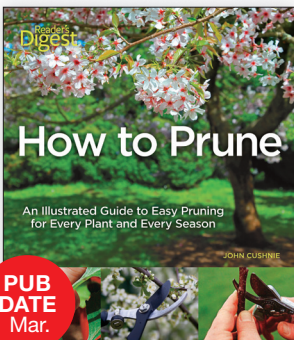
With easy recipes using ingredients grown in your window box or found in the local market, Ethnobotanist James Wong shows you how easy and cheap it is to make simple creams, salves, teas, lozenges, and much more. Relieve a range of common conditions.

ISBN 978-1-60652-107-6
EAN 9-781606-521076-51995

\$19.95 paper-over-board

224 pages 9 x 7½

150+ full-color photographs
Carton quantity: 12



How to Prune

John Cushnie

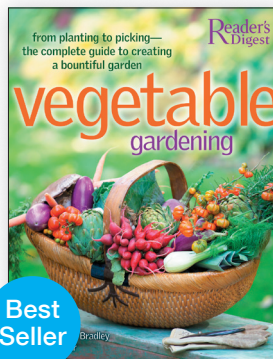
Shear without fear with this practical guide to pruning more than 500 popular garden plants—from flowers to shrubs to trees.

EAN 978-1-60652-203-5
ISBN 9-781606-522035-51995

\$19.95 paperback with French flaps
256 pages 8¼ x 9¾

Full-color photographs throughout
Carton quantity: 16

VEGETABLE GARDENING



Vegetable Gardening

Fern Marshall Bradley and
Jane Courtier

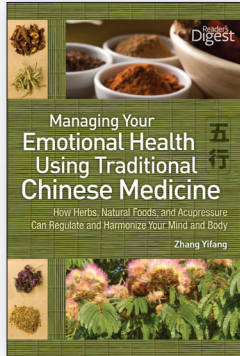
This practical guide will help you create the perfect vegetable garden with step-by-step instructions and expert tips and advice. Gain valuable insight into raising over 80 varieties of vegetables.

ISBN 978-0-7621-0629-5
EAN 9-780762-106295-53295

\$32.95 hardcover with jacket
288 pages 8½ x 11

Over 500 photos & illustrations
Carton quantity: 12

ALTERNATIVE THERAPIES



Managing Your Emotional Health Using Traditional Chinese Medicine

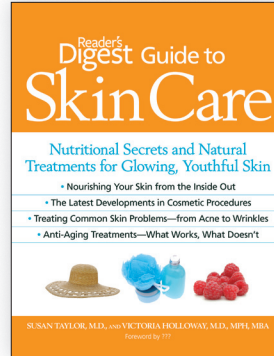
Zhang Yifang

Learn how to prevent illness and improve quality of life with Traditional Chinese Medicine (TCM). Using herbs, natural foods, and acupressure, you'll nourish your body and achieve true emotional health.

ISBN 978-1-60652-162-5
EAN 9-781606-521625-51795

\$17.95 hardcover
152 pages 5½ x 8¾
Carton quantity: 60

BEAUTY & GROOMING



Reader's Digest Guide to Skin Care

Susan Taylor, M.D., and Victoria Holloway Barbosa, M.D., MPH, MBA

Learn the secrets to beautiful and healthy skin, from homemade treatments to high-tech solutions. Chapters range from "Your Skin and Your Health" to "Beauty and Skincare."

ISBN 978-1-60652-105-2
EAN 9-781606-521052-51995

\$19.95 paperback
176 pages 7½ x 9¼
Full-color photographs and charts throughout
Carton quantity: 28

DIETS



Taste of Home Comfort Food Diet Cookbook

Lose weight with tasty meals the whole family can enjoy. Includes 70 pages of information on the diet, 433 recipes, a four-week meal plan, tips on dining out, and access to a gated website with additional meals, tips, and online support.

ISBN 978-0-89821-751-3
EAN 9-780898-217513-51795

\$17.95 paperback with French flaps
320 pages/433 recipes 8½ x 9
Full-color photographs throughout
Carton quantity: 12



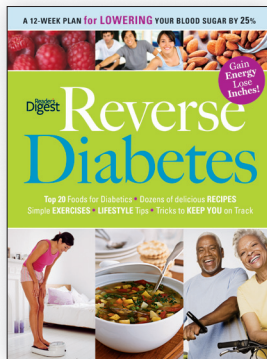
Taste of Home Comfort Food Diet Cookbook, Volume 2

Hundreds of recipes for hearty all-time favorites with fewer calories than expected. You'll also find testimonials and photos from actual dieters, a six-week meal plan, notes on exercise, tips on making healthy food choices, and more.

ISBN 978-0-89821-829-9
EAN 9-780898-218299-51795

\$17.95 paperback with French flaps
320 pages / 400+ recipes 8½ x 9
Full-color photographs throughout
Carton quantity: 12

DISEASES/DIABETES



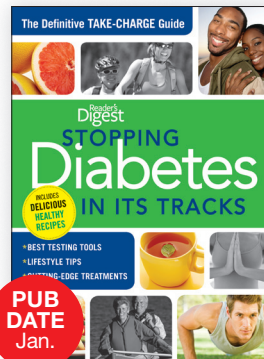
Reverse Diabetes

From the editors of Reader's Digest

Strive to do more than just "manage" diabetes—reverse it. With the step-by-step advice in the "Eat, Move, and Choose Plan," readers can lower blood sugar by up to 25%, lose weight, and lower the need for medication. Includes shopping lists, a 12-week diary, an exercise program, and 50+ recipes.

ISBN 978-1-60652-149-6
EAN 9-781606-521496-51795

\$17.95 paperback
320 pages/50+ recipes 7¾ x 10
150+ Full-color photographs throughout
Carton quantity: 10

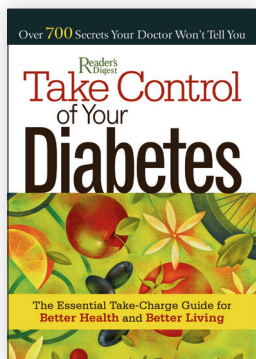


Stopping Diabetes in its Tracks

Learn how to battle 'diabetes burnout', what to do on sick days, how to choose a glucose monitor, simple weight-loss strategies, information on medicines and insulin—everything you need to know to take control of diabetes.

ISBN 978-1-60652-240-0
EAN 9-781606-522400-51695

\$16.95 paperback
288 pages 7¾ x 10
Full-color photographs throughout
Carton quantity: 20



Take Control of Your Diabetes

Here you'll find the latest medical research, breakthroughs, and expert advice—real-life practical solutions, reliable guidelines, and dozens of tasty guilt-free recipes. Fight diabetes with small changes you'll barely notice, but results you'll surely feel. Includes 750 clever hints and tips you can use anywhere.

ISBN 978-1-60652-020-8
EAN 9-781606-520208-51595

\$15.95 paperback
288 pages 7 x 10
Over 150 photos & illustrations
Carton quantity: 12

EXERCISE



PUB DATE
Jan.

Get Fit for Free and Ditch the Gym: Total Fitness

Scott Tudge

Design your own fitness plan with this mix-and-match home workout program to help you look, feel, and perform better whatever your age—features 36 different programs and 60 different exercises for hundreds of personalized routines.

ISBN 978-1-60652-193-9
EAN 9-781606-521939-51995

\$19.95 hardcover with concealed wire
176 pages 7 1/2 x 9 7/16
Full-color photographs throughout
Carton quantity: 18



PUB DATE
Jan.

Get Fit for Free and Ditch the Gym: Yoga and Pilates

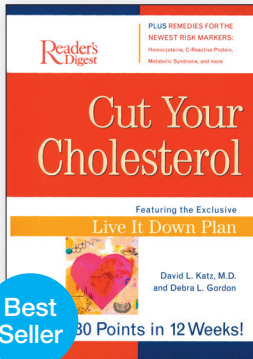
Angie Newson

Design your own fitness plan with this mix-and-match home yoga and Pilates program that will help you strengthen and tone muscles, reduce stress, and keep you feeling and looking younger. Features 36 different programs and 60 different exercises for hundreds of personalized routines.

ISBN 978-1-60652-194-6
EAN 9-781606-521946-51995

\$19.95 hardcover with concealed wire
176 pages 7 1/2 x 9 7/10
Full-color photographs throughout
Carton quantity: 18

FOOD CONTENTS GUIDE



Best Seller
30 Points in 12 Weeks!

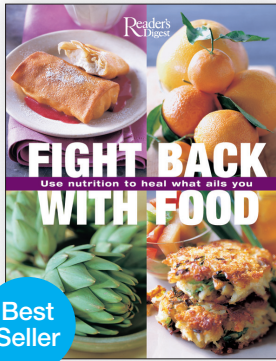
Cut Your Cholesterol

David L. Katz, MD, and
Debra L. Gordon

Feel younger and live longer with this unique week-by-week, step-by-step plan based on the latest research on proper nutrition, physical activity, supplements, and mind-body medicine. Illustrations, charts, daily logs, journals, and over 30 recipes make it easy to achieve success.

ISBN 978-0-7621-0499-4
EAN 9-780762-104994-51495

\$14.95 paperback
256 pages/30+ recipes 7 x 10
Over 50 photos & illustrations
Carton quantity: 20



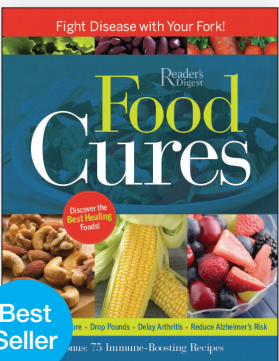
Best Seller

Fight Back with Food

An authoritative, easy-to-use reference arranged in an A-to-Z format, packed with nutrition tips for a healthier life. Part 1 reveals 50 superstar foods with the most potential to treat and prevent disease. Part 2 provides a powerful food arsenal to help fight 50 common ailments. Part 3 has over 100 recipes for treating and fighting disease.

ISBN 978-0-7621-0840-4
EAN 9-780762-108404-51795

\$17.95 paperback
352 pages/100+ recipes 8 x 10 1/4
Over 200 photos & illustrations
Carton quantity: 14



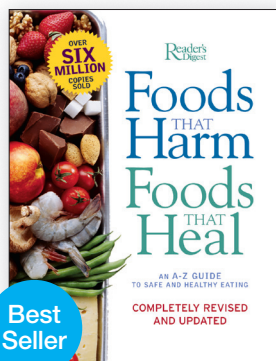
Best Seller

Food Cures

Discover how highly nutritional foods can be used to treat common ailments naturally, safely, and deliciously. Includes 75 recipes formulated to help you live pain free, disease free, and worry free.

ISBN 978-0-7621-0797-1
EAN 9-780762-107971-51795

\$17.95 paperback
352 pages/75 recipes 7 3/4 x 10
Over 200 photos & illustrations
Carton quantity: 16



Best Seller

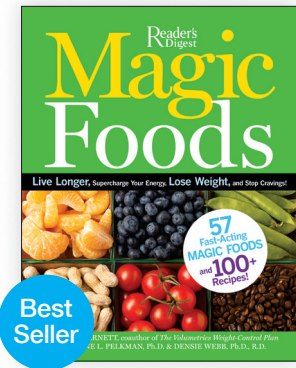
Foods That Harm, Foods That Heal

With over 6 million copies sold, the first edition changed the way the nation looked at food and its impact on our bodies. This edition builds on that foundation with hundreds of A-to-Z entries updated with scientific, nutritional, and medical information reflective of the latest research—all in a new reader-friendly two-column format.

ISBN 978-0-7621-0605-9
EAN 9-780762-106059-51595

\$15.95 paperback
400 pages 7 3/4 x 10
Over 500 photos & illustrations
Carton quantity: 12

FOOD CONTENTS GUIDE

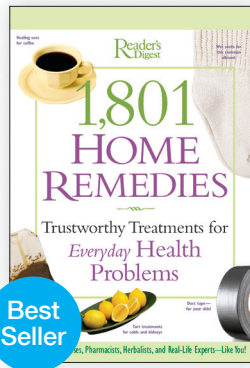
**Magic Foods**

Discover 57 magic foods that can change your life, with 100 appetizing recipes designed to rein in insulin resistance, offload dangerous belly fat, guard against diabetes, and leave you ready to embrace life.

ISBN 978-0-7621-0895-4
EAN 9-780762-108954-51795

\$17.95 paperback
304 pages/100+ recipes 7¼ x 10
Over 100 full-color photos & illustrations
Carton quantity: 16

GENERAL

**1,801 Home Remedies**

Organized in an easy-to-use A-to-Z format, here are 1,801 inexpensive, safe, and effective household remedies for over 100 common ailments. All treatments have been examined by a panel of leading medical doctors to ensure safety and effectiveness.

ISBN 978-0-7621-0602-8
EAN 9-780762-106028-51595

\$15.95 paperback
448 pages 7 x 10
Over 100 photos & illustrations
Carton quantity: 12

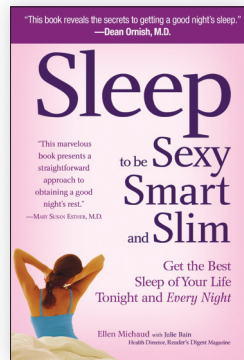
**Best Remedies**

Mary Hardy, M.D., and
Debra L. Gordon

The strength of conventional medicine and the wisdom of natural healing blend together to provide powerful solutions to improving your health and achieving total relief from 103 of the most troubling medical conditions. Treat the flu, migraines, ulcers, cancer, and more.

ISBN 978-0-7621-0899-2
EAN 9-780762-108992-51595

\$15.95 paperback
384 pages 7¾ x 10
20 2-color illustrations
Carton quantity: 12

**Sleep to be Sexy, Smart, and Slim**

Ellen Michaud with Julie Bain, Health Director, *Reader's Digest* magazine
Foreword by Mary Susan Esther, M.D.

Written in a lively, engaging style, this thoroughly researched, concise reference guide delivers the latest solutions for getting a good night's sleep and ultimately feeling sexier, smarter, and more fit.

ISBN 978-1-60652-023-9
EAN 9-781606-520239-51595

\$15.95 paperback
256 pages 6 x 9
2-color photos & illustrations
Carton quantity: 28

HEALTHY LIVING

**Supercharge Your Health**

Doctors estimate that at least 60% of chronic disease cases could be avoided entirely, and *Supercharge Your Health* shows you how. Detailed prevention plans for more than 90 conditions help you sidestep everything from heartburn to high blood pressure, colds to cancer.

ISBN 978-1-60652-209-7
EAN 9-781606-522097-51795

\$17.95 paperback
416 pages 7¾ x 10
170 full-color photographs and illustrations
Carton quantity: 8

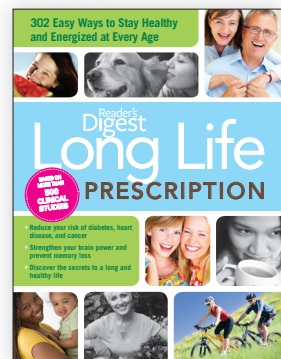
**Le Personal Coach**

Valerie Orsoni

Written by celebrity fitness guru Valerie Orsoni, *Le Personal Coach* reveals the simple secrets to becoming toned and trim through fitness, nutrition, and motivation.

ISBN 978-1-60652-200-4
EAN 9-781606-522004-51795

\$17.95 hardcover with jacket
176 pages 6 x 7½
Full-color photographs throughout
Carton quantity: 48

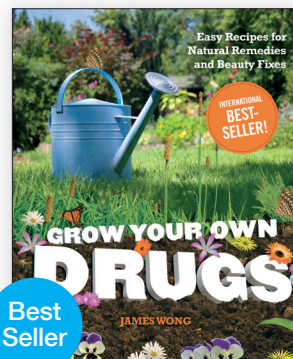
**Long Life Prescription**

Discover easy, effective ways to repair your body, combat ailments, and stay energized at any age—secure a healthy future by living healthy today. Based on more than 500 clinical studies and interviews with over 100 top doctors.

ISBN 978-1-60652-044-4
EAN 9-781606-520444-51795

\$17.95 paperback
400 pages 7¾ x 10
Full-color photographs throughout
Carton quantity: 12

NATUROPATHY

**Grow Your Own Drugs**

James Wong

With easy recipes using ingredients grown in your window box or found in the local market, Ethnobotanist James Wong shows you how easy and cheap it is to make simple creams, salves, teas, lozenges, and much more. Relieve a range of common conditions.

ISBN 978-1-60652-107-6
EAN 9-781606-521076-51595

\$19.95 paper-over-board
224 pages 9 x 7¾
150+ full-color photographs
Carton quantity: 12

REFERENCE

**Your Health**

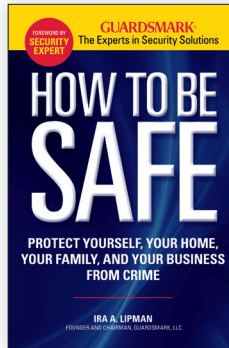
From the editors of Reader's Digest

Discover what works and what doesn't when it comes to improving your health—from the validity of treatments to the safety of common products and practices. Based on hundreds of the most definitive studies and conversations with leading doctors and health specialists.

ISBN 978-1-60652-150-2
EAN 9-781606-521502-51795

\$17.95 paperback
416 pages 7 3/4 x 10
300+ full-color photographs
Carton quantity: 8

SAFETY

**How to Be Safe**

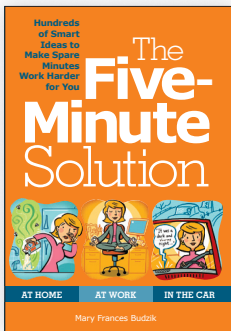
Ira A. Lipman, CEO, Guardsmark, Inc.

Written by the CEO of Guardsmark, one of the world's largest security service companies, this valuable guide will show you and your family how to be safer at home, online, on the road, at work, and on vacation.

ISBN 978-1-60652-169-4
EAN 9-781606-521694-52495

\$24.95 hardcover with jacket
416 pages 6 x 9
Carton quantity: 16

TIME MANAGEMENT

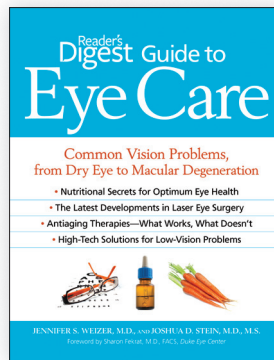
**The Five-Minute Solution**

A great reference book designed to make your life easier and help you use your time wisely. Organized according to the myriad places we end up on a given day—on hold, at the office, at home, in the car, waiting in line—here is a collection of hundreds of things you can accomplish in just five minutes or less.

ISBN 978-1-60652-038-3
EAN 9-781606-520383-51495

\$14.95 flexiboard
176 pages 5 x 7 1/2
2-color photos & illustrations
Carton quantity: 24

VISION

**Reader's Digest Guide to Eye Care**

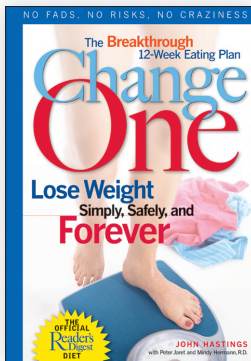
Jennifer S. Weizer, M.D., and Joshua D. Stein, M.D., MS

Let Ophthalmology experts Weizer and Stein walk you through eye basics, various eye diseases, the latest treatments, and age-related conditions. Improve your knowledge of proper eye care and halt deteriorating vision.

ISBN 978-1-60652-031-4
EAN 9-781606-520314-51995

\$19.95 paperback
176 pages 7 1/2 x 9 1/2
Full-color photographs and charts throughout
Carton quantity: 28

WEIGHT LOSS

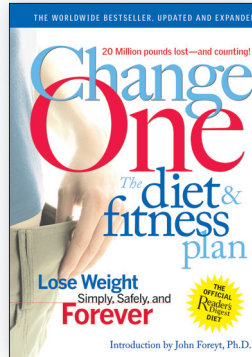
**ChangeOne®**

John Hastings

Developed by experts, this breakthrough 12-week eating plan is safe, effective, and easy to use. Change your eating habits one at a time and watch as your relationship with food transforms. Includes recipes, pantry-stocking tips, food diary pages, and hundreds of essential tools and tips for permanent weight loss.

ISBN 978-0-7621-0525-0
EAN 9-780762-105250-51595

\$15.95 paperback
320 pages 7 x 10
Over 150 photos & illustrations
Carton quantity: 16

**ChangeOne®: The Diet & Fitness Plan**

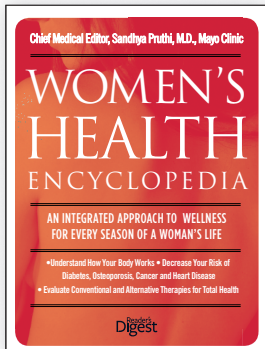
Introduction by John Foreyt, Ph.D.

A sensible weight loss plan with a balanced, no-fad approach, this best seller includes fitness and "superfood" sections proven to help you lose weight permanently.

ISBN 978-0-7621-0697-4
EAN 9-780762-106974-52795
\$27.95 hardcover with jacket

ISBN 978-0-7621-0883-6
EAN 9-780762-108836-51595
\$15.95 paperback
352 pages 7 1/4 x 10 1/2 hc 7 x 10 pb
Over 150 photos & illustrations
Carton quantity: 16

WOMEN'S HEALTH

**Women's Health Encyclopedia**

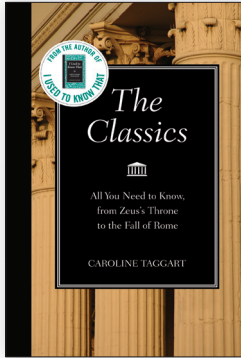
Chief Medical Editor, Sandhya Pruthi, M.D., Mayo Clinic

Written by four female doctors from the Mayo Clinic, this comprehensive women's health book presents straightforward facts, incorporating both traditional and modern medicine. Take an active role in your mental and physical health at every stage of your life.

ISBN 978-1-60652-047-5
EAN 9-781606-520475-52495

\$24.95 paperback
320 pages 10 x 7 1/2
370 full-color photographs and illustrations
Carton quantity: 12

ANCIENT

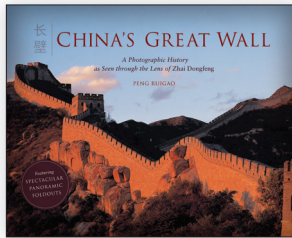
**The Classics**

Caroline Taggart

From the Acropolis and Homer's *Odyssey* to "carpe diem" and Zeus, the sixth book in this best-selling series contains all the stuff you'd ever want to know about classical literature, language, philosophy, art, math, and more—without any of the stuffiness.

ISBN 978-1-60652-132-8
EAN 9-781606-521328-51495
\$14.95 paper-over-board

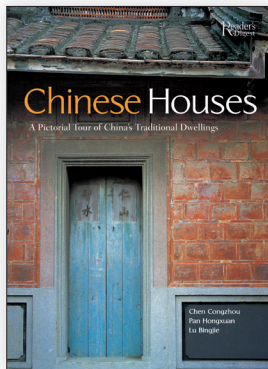
176 pages 5 1/2 x 8
Spot art throughout
Carton quantity: 48

**China's Great Wall**Peng Ruigao
Photography by Zhai Dongfeng

An inspiring history of the Great Wall's more than 4,000 miles of earth, stone, and brick is told through the more than 175 spectacular photographs. Explore the geography, construction, history, architecture, archaeology, and the lives of the people living near.

ISBN 978-0-7621-0985-2
EAN 9-780762-109852-53500

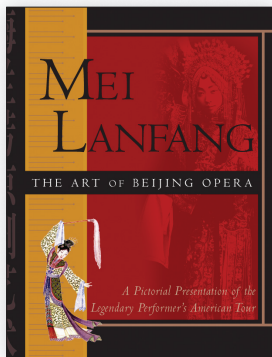
\$35.00 hardcover with jacket
192 pages 12 x 10
Over 250 photos & illustrations
Carton Quantity: 10

**Chinese Houses**Chen Congzhou, Pan Hongxuan,
and Lu Bingjie

This comprehensive guidebook of Chinese residential architecture provides a fascinating look at Chinese houses through never-before-seen photographs and illustrations. Covers all the main architecture styles, with a special focus on the residences of ethnic minorities.

ISBN 978-1-60652-001-7
EAN 9-781606-520017-53000

\$30.00 hardcover with jacket
336 pages 8 1/2 x 11 1/2
Over 600 photos & illustrations
Carton quantity: 12

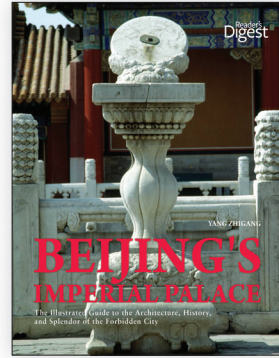
**Mei Lanfang—
The Art of Beijing Opera**

Mei Lanfang (1894-1961) was a legendary Beijing Opera figure whose career began at the age of eight and spanned more than 50 years. This book is a compilation of the photographs and illustrations from Mei's 1930 U.S. tour.

ISBN 978-1-60220-800-1
EAN 9-781602-208001-53000

\$30.00 hardcover with jacket
244 pages 8 1/2 x 11 1/2
Over 300 photos & illustrations
Carton quantity: 14

CHINA

**Beijing's Imperial Palace**

Yang Zhigang

With details on the philosophy behind palatial architecture, information on traditional culture and customs, and photographs, *Beijing's Imperial Palace* reveals the richness and cultural legacy found within the former home of many dynastic emperors.

ISBN 978-1-60652-121-2
EAN 9-781606-521212-51995

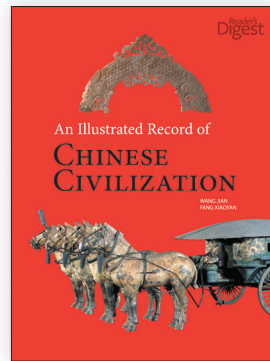
\$19.95 paperback with French flaps
152 pages 7 1/2 x 9 1/4
100 full-color photographs and illustrations
Carton quantity: 32

**A Journey Through China**

Packed with the must-see places and must-try foods from six areas of China—Beijing, Shanghai and Suzhou, Hangzhou, Xi'an, Guilin, and Hong Kong—this travel guide contains photographs, restaurant recommendations, and off the beaten path attractions. Each featured restaurant includes popular dishes with ingredient lists and taste descriptions.

ISBN 978-1-60652-122-9
EAN 9-781606-521229-51495

\$14.95 paperback
200 pages 5 1/2 x 8 3/4
350 full-color photographs
Carton quantity: 18

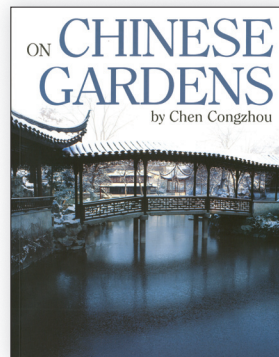
**An Illustrated Record
of Chinese Civilization**

Wang Jian and Fang Xiaoyan

Discover the most brilliant and significant segments of Chinese civilization, chronicled alongside more than 250 spectacular photographs of Chinese treasures and archaeological finds.

ISBN 978-1-60652-049-9
EAN 9-781606-520499-51695

\$16.95 paperback with French flaps
96 pages 8 1/2 x 11 1/2
Over 250 photos & illustrations
Carton quantity: 28

**On Chinese Gardens**

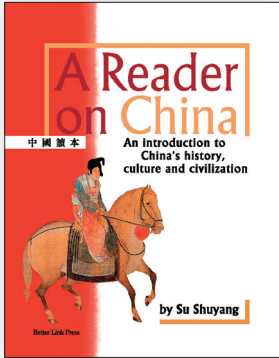
Chen Congzhou

Provides both the garden enthusiast and specialist with an accessible introduction to the essentials of traditional Chinese garden design and historic landscape restoration, as well as a scholarly view of this great tradition. Beautiful photographs accompany essays throughout the book. Written by one of the preeminent scholars in the field of garden history.

ISBN 978-1-60220-102-6
EAN 9-781602-201026-51995

\$19.95 paperback with French flaps
180 pages 7 1/2 x 9 1/4
Over 150 photos & illustrations
Carton quantity: 25

CHINA



A Reader on China

Su Shuyang
An introductory guide to over 5,000 years of Chinese history from a historical, philosophical, and cultural perspective, this book opens the door for those wanting to explore the history of one of the world's most ancient civilizations.

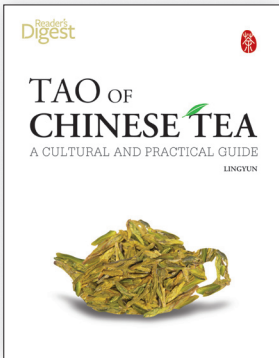
ISBN 978-1-60220-103-3
EAN 9-781602-201033-52095
\$20.95 paperback
248 pages 7" x 9"
Over 100 full-color photographs & illustrations
Carton Quantity: 24



Snapshots of a New China—Culture

People make up the heart and soul of this book about the new culture of China. Through articles taken from "Shanghai Daily," discover what the people of China celebrate, what their celebrations and traditions entail, the issues that affect them most, their entertainment preferences, crafts, and craftsmanship.

ISBN 978-1-60220-401-0
EAN 9-781602-204010-51995
\$19.95 paperback with French flaps
180 pages 6 1/8" x 9 1/8"
Over 100 photos & illustrations
Carton Quantity: 40

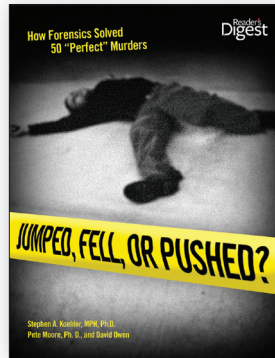


Tao of Chinese Tea

Huang Lingyun
A must-have companion for those who have an interest in Chinese tea and its rich oriental traditions. Includes 5,000 years of history, cultural and botanical backgrounds, tea's impact on Chinese art, and advice on buying and preparing teas. Over 250 photographs.

ISBN 978-1-60652-050-5
EAN 9-781606-520505-51695
\$16.95 paperback with French flaps
144 pages 7 1/4" x 9 3/8"
Over 200 photos & illustrations
Carton quantity: 24

TRUE CRIME



Jumped, Fell, or Pushed?

Dr. Stephen A. Koehler and Dr. Peter Moore
Here are 50 true crime case studies that highlight different areas of forensic investigation, giving invaluable insight into how a forensics unit operates. Features pictures and diagrams illustrating the intricacies of each crime and how it was solved. Includes a comprehensive forensics glossary.

ISBN 978-1-60652-037-6
EAN 9-781606-520376-52495
\$24.95 hardcover with jacket
176 pages 6" x 8"
Full-color illustrations
Carton quantity: 20

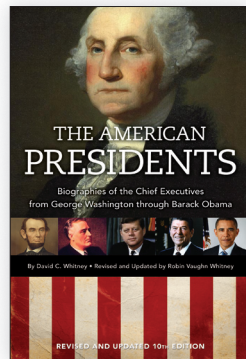


Unsolved Crimes

John Wright
When a crime is committed, investigators search for "hot" clues. But what happens when the trail turns cold? Here you'll find the details of many unsolved crimes, including the cases of Natalee Holloway, Alexander Litvinenko, Madeleine McCann, and the heist of the Irish "Crown Jewels."

ISBN 978-1-60652-182-3
EAN 9-781606-521823-52495
\$24.95 hardcover with jacket
256 pages 6 3/4" x 8 3/4"
250+ photos & illustrations
Carton quantity: 14

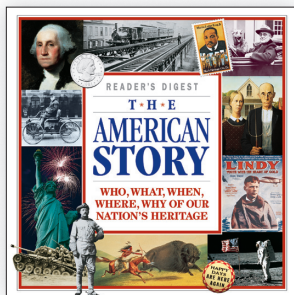
UNITED STATES



The American Presidents, Tenth Edition

David and Robin Whitney
A fascinating, richly informative look at the men called to lead America—from George Washington to Barack Obama. Includes lively anecdotes, quotes from the presidents, and reflections from contemporaries and historians immortalizing presidential philosophies of leadership and their dreams for America.

ISBN 978-1-60652-052-9
EAN 9-781606-520529-51995
\$19.95 hardcover
672 pages + 32 photo pages 5 1/2" x 8 1/2"
Carton quantity: 16

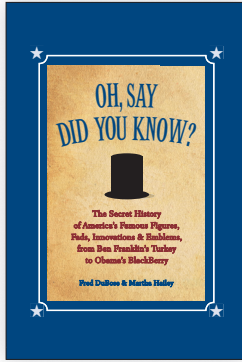


The American Story

Through photographs, paintings, lively anecdotes and revealing personality profiles, *The American Story* presents a panoramic view of our country's history. Organized chronologically, it tells the human stories behind major events.

ISBN 978-0-8957-7891-8
EAN 9-780895-778918-53000
\$30.00 hardcover with jacket
384 pages 10 1/4" x 10 1/4"
Over 800 photos & illustrations
Carton quantity: 10

UNITED STATES

**Oh, Say Did You Know?**

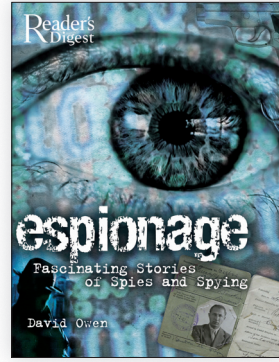
Fred DuBose and Martha Hailey

Whether you're a history buff or a lover of miscellany, you won't be able to get enough of these fun, surprising anecdotes of people, events and ideas that helped shape American history.

ISBN 978-1-60652-035-2
EAN 9-781606-520352-51495

\$14.95 cloth-over-board
176 pages 5½ x 8
Carton quantity: 20

WORLD

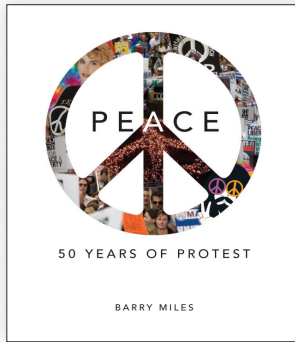
**Espionage**

David Owen

Perfect for lovers of history, technology, and thrillers, here is a riveting look at the world of covert intelligence, packed with astounding insider information and compelling case studies—from Caesar to Bin Laden.

ISBN 978-0-7621-0812-1
EAN 9-780762-108121-52695

\$26.95 hardcover with jacket
192 pages 7 x 9
Over 200 photos & illustrations
Carton quantity: 20

**Peace**

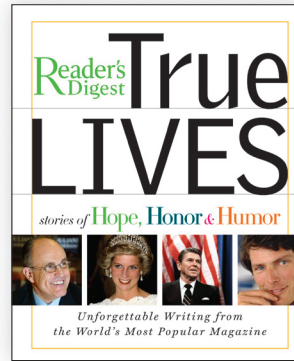
Barry Miles

Published to coincide with the 50th anniversary of the peace symbol, here is the amazing story of how a sign of protest evolved into the world's greatest symbol for peace. Details all major milestones, from the 1958-1960 Ban the Bomb mass marches to how the symbol remains in use today.

ISBN 978-0-7621-0893-0
EAN 9-780762-108930-52995
\$29.95 hardcover with jacket

ISBN 978-1-60652-110-6
EAN 9-781606-521106-51995
\$19.95 paperback

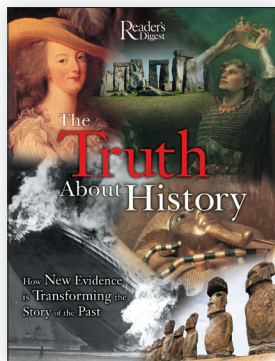
256 pages 9¼ x 10%hc 9¼ x 9%pb
250+ full-color photographs
Carton quantity: 10

**True Lives**

From *Reader's Digest*—the world's best-read magazine—come some of the most moving, amusing, and uplifting stories from many prominent writers and observers of our time—a true celebration of people and human spirit.

ISBN 978-0-7621-0741-4
EAN 9-780762-107414-52495

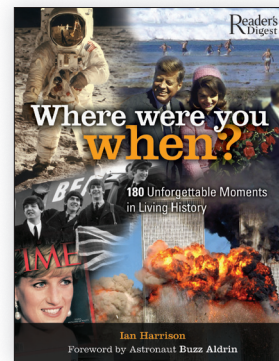
\$24.95 hardcover with jacket
160 pages 9 x 11
Over 300 photos & illustrations
Carton quantity: 12

**The Truth About History**

From the origins of man to the latest inventions and discoveries, many stories from history that are held as fact simply aren't true. New theories born of cutting-edge technology have shattered accepted facts and beliefs. With illustrations, photos, maps, and sidebars, this book runs the gamut of historical fact and fiction.

ISBN 978-0-7621-0523-6
EAN 9-780762-105236-52995

\$29.95 hardcover with jacket
320 pages 8½ x 11¼
Over 500 photos & illustrations
Carton quantity: 18

**Where Were You When?**

Ian Harrison

Foreword by Astronaut Buzz Aldrin

Re-experience and reflect on the most seminal moments of the past six decades. Unfolds chronologically, with timelines throughout, evocative photographs, captivating sidebars, and candid reflections of people who were there.

ISBN 978-0-7621-0792-6
EAN 9-780762-107926-52995
\$29.95 hardcover with jacket

ISBN 978-0-7621-0838-1
EAN 9-780762-108381-51995
\$19.95 paperback

288 pages 8½ x 11hc 8¼ x 10%pb
Over 200 photos & illustrations
Carton Quantity: 10hc 14pb



Chinese Classical Furniture

Hu Desheng and Song Yongji
An invaluable resource with hundreds of elegant photographs that highlight the stylistic elements of traditional Chinese furniture, including beds, tables, stands, and more. Provides detailed descriptions and expert advice on how to differentiate between genuine articles and fakes.

ISBN 978-1-60652-013-0
EAN 9-781606-520130-54000

\$40.00 hardcover with jacket
280 pages 7 1/4 x 9 1/4
Over 600 photos & illustrations
Carton quantity: 12



Home Decoration & Furnishing

In a union of the Ming and Qing dynasties and the Western element, readers will find a beautiful array of architecture and decoration. Features ceramics, textiles, calligraphy, jade ware, bamboo, and more.

ISBN 978-1-59265-061-3
EAN 9-781592-650613-52995

\$29.95 hardcover with jacket
196 pages 8 1/2 x 11 1/2
Over 300 full-color photographs & illustrations
Carton Quantity: 16



Home Decoration With A Chinese Flair

Zhu Wen & Liu Shenghui
With indispensable tips and more than 200 detailed photos, learn how to add harmony and symmetry to your Western home by incorporating Chinese furnishings and elements into its design.

ISBN 978-1-60652-048-2
EAN 9-781606-520482-52995

\$29.95 hardcover with jacket
192 pages 10 1/4 x 10 1/4
Over 200 photos & illustrations
Carton quantity: 26

DO-IT-YOURSELF



101 Saturday Morning Projects

From the experts at *The Family Handyman*—the #1 home improvement magazine—here are more than 100 do-it-yourself projects ideal for every homeowner or apartment dweller. Each project can be completed in a half day or less.

ISBN 978-1-60652-018-5
EAN 9-781606-520185-51495

\$14.95 paperback
144 pages 7 1/2 x 10 1/2
Over 300 photos & illustrations
Carton quantity: 20



1001 Do-It-Yourself Hints & Tips

Tackle every job around the house with these field-tested home improvement tricks and techniques from the experts—and save time, work, and money. Lists materials and tools needed for every job, degrees of difficulty, tip boxes, and a "Recycling Directory" for discarded materials.

ISBN 978-0-7621-0906-7
EAN 9-780762-109067-51995

\$19.95 paperback
352 pages 7 1/4 x 10
Over 1,500 photos & illustrations
Carton quantity: 12

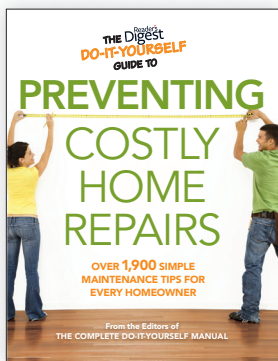


Best Weekend Projects

Presented in *The Family Handyman's* clear, dependable style are 50 projects with concise plans, complete cutting lists, illustrated step-by-step instructions, and hundreds of beautiful color photographs of the finished products.

ISBN 978-0-7621-0927-2
EAN 9-780762-109272-51795

\$17.95 paperback
224 pages 8 x 10
Over 300 photos & illustrations
Carton Quantity: 20



The Reader's Digest Do-It-Yourself Guide to Preventing Costly Home Repairs

Easy fix-its, touch-ups, and make-rights for the most common trouble spots in your home—perfect solutions to correcting problems confidently, efficiently, and economically. You'll save thousands of dollars in preventable damage with more than 1,900 practical tips.

ISBN 978-1-60652-022-2
EAN 9-781606-520222-51695

\$16.95 paperback
352 pages 7 1/4 x 10
Over 300 photos & illustrations
Carton quantity: 12



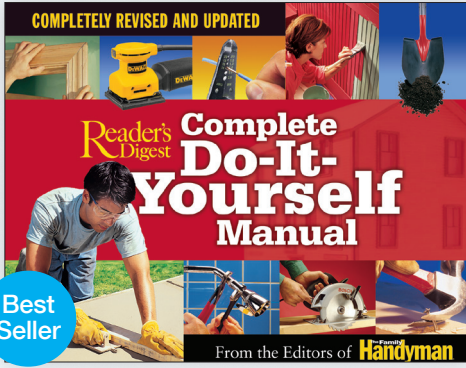
The Family Handyman's Best Organizing Solutions

Be clutter-free in no time with easy do-it-yourself projects for organizing your home from *The Family Handyman*. Includes more than 300 projects and tips for your garage, kitchen and bathrooms, workshop, laundry rooms, closets, and yard.

ISBN 978-1-60652-170-0
EAN 9-781606-521700-51495

\$14.95 paperback
144 pages 7 1/2 x 10 1/2
Full-color photographs throughout
Carton quantity: 20

DO-IT-YOURSELF

**Complete Do-It-Yourself Manual**

Completely revised and redesigned with over 3,000 color photos and illustrations, facts on the latest tools and techniques, and user-friendly instructions for a wide range of projects, this definitive do-it-yourself guide to home repair, maintenance, and improvement is designed to save you time and money.

ISBN 978-0-7621-0579-3
EAN 9-780762-105793-53500

\$35.00 hardcover
528 pages 11 x 8½
Over 5,000 photos & illustrations
Carton quantity: 12

“Continues to prove a useful and helpful go-to source for the most mundane to the more complicated DIY tasks.”

—APARTMENTTHERAPY.COM

**Organize Your Whole House**

Be clutter-free and organized in no time with more than 90 do-it-yourself projects for your home, garage, and yard. In the dependable style of The Family Handyman, these projects are well designed, including plans, cutting lists, and illustrated step-by-step instructions.

ISBN 978-0-7621-0795-7
EAN 9-780762-107957-51595

\$15.95 paperback
192 pages 7½ x 10½
Over 200 photos & illustrations
Carton quantity: 16

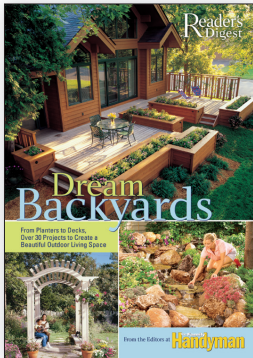
**Save Energy Save Money**

Based on the latest ideas and newest technology in energy-efficient home-management, this essential guide from the experts at The Family Handyman will show you how to save money based on the condition and location of your home, your budget, and your skill level.

ISBN 978-0-7621-0902-9
EAN 9-780762-109029-51795

\$17.95 paperback
256 pages 7½ x 10½
Over 300 photos & illustrations
Carton quantity: 20

OUTDOOR & RECREATION

**Dream Backyards**

Designed by the editors of *The Family Handyman*, here are more than 30 projects with step-by-step instructions for creating your dream backyard. Includes building techniques, construction details, and information on materials, installation, and finishing—with skill level requirements, tools, and approximate costs.

ISBN 978-0-7621-0839-8
EAN 9-780762-108398-51595

\$15.95 paperback with French flaps
256 pages 7½ x 10½
Over 500 photos & illustrations
Carton quantity: 8

REPAIR

**Home Repair without Despair**

From the experts at *The Family Handyman*, here are hundreds of simple, smart, do-it-yourself home fixes and projects that will save you thousands of dollars. If you can hold a hammer, then you can save a bundle.

ISBN 978-1-60652-135-9
EAN 9-781606-521359-51695

\$16.95 paperback
288 pages 7½ x 10
Over 700 full-color photographs
Carton quantity: 12

**New Fix-It-Yourself Manual**

The indispensable time- and money-saver every homeowner needs for keeping their home in tip-top shape. Functions as a repair manual, evaluation guide, compendium of household hints, emergency reference, and homeowner's encyclopedia.

ISBN 978-0-89577-871-0
EAN 9-780895-778710-53500

\$35.00 hardcover
448 pages 11 x 8½
Over 3,000 photos & illustrations
Carton quantity: 6

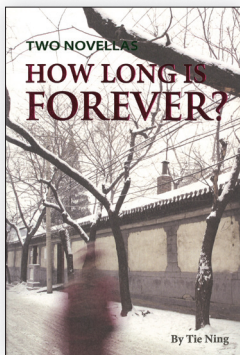
**Refresh Your Home**

Over 500 resourceful projects and tips to spruce up your home and yard. You'll also find bonus sections on painting, cleaning, and storage as well as a collection of the experts' favorite shortcuts and hints

ISBN 978-1-60652-201-1
EAN 9-781606-522011-51695

\$16.95 paperback
288 pages 7½ x 10
700+ full-color photos & illustrations
Carton quantity: 12

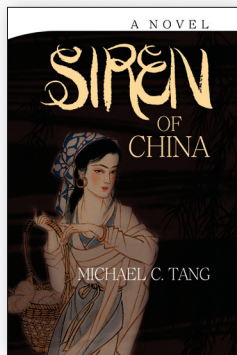
FAR EAST

**How Long Is Forever?**

Chinese author Tie Ning explores the deeper needs of humanity through two provocative, poetic novellas, *The Woman Opposite* and *How Long Is Forever?*

ISBN 978-1-60652-152-6
EAN 9-781606-521526-51895

\$18.95 hardcover with jacket
160 pages 5¼ x 8½
Carton quantity: 40

**Siren of China**

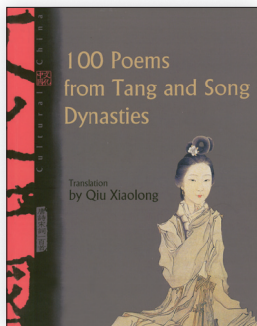
Michael C. Tang

An engaging novel about Hsi Shih, one of the most famous women in Chinese history, whose name is synonymous with “beauty” in the Chinese language. Her story of love, war, power, and betrayal has been told thousands of times—and yet it remains timeless and captivating.

ISBN 978-1-60220-204-7
EAN 9-781602-202047-52295

\$22.95 hardcover with jacket
338 pages 5¼ x 8½
Carton Quantity: 32

POEMS

**100 Poems from Tang and Song Dynasties**

Translated by Qiu Xiaolong

A selection of famous and poignant poems from two periods often regarded as cultural high points in the history of Chinese civilization: The Tang and Song Dynasties.

ISBN 978-1-60220-101-9
EAN 9-781602-201019-52295

\$22.95 paperback with French flaps
232 pages 7¼ x 9¼
Over 100 photos & illustrations
Carton quantity: 25

MUSIC

HISTORY

**Where Were You When... the Music Played?**

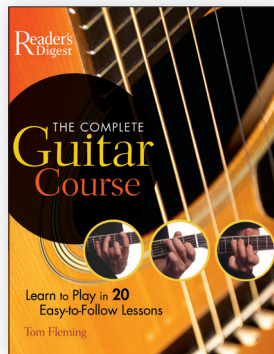
Michael Heatley
Foreword by Bill Wyman

With lively text and spectacular photographs, here is the story of pop music, spanning from 1955 to the 2008 Grammy Awards. This rousing musical tour includes back stories of some of your favorite songs and best-loved performers.

ISBN 978-0-7621-0988-3
EAN 9-780762-109883-52995

\$29.95 hardcover with jacket
256 pages 8¼ x 10¼
Over 250 photos & illustrations
Carton quantity: 8

MUSICAL INSTRUMENTS/GUITAR

**The Complete Guitar Course**

Tom Fleming

Learn to play the guitar the easy way with this full-color comprehensive handbook. Includes music for dozens of songs, plus inspiring stories of well-known legendary players.

ISBN 978-1-60652-159-5
EAN 9-781606-521595-51995
\$19.95 paperback

256 pages 8¼ x 11¼ hc 8¼ x 11pb
Over 250 photos & illustrations
Carton quantity: 12hc 12pb

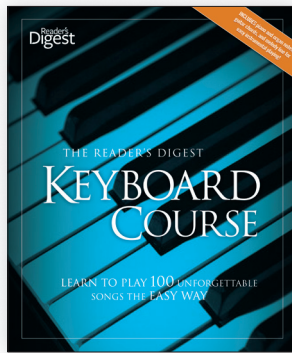
SONGBOOK

**Merry Christmas Songbook**

From the editors of Reader's Digest
This best-selling songbook—now with a 23-track CD—contains 108 familiar holiday favorites that you've always wanted to learn to play and sing. Convenient spiral binding lies flat for easy use, and a companion lyric book is perfect for holiday sing-alongs.

ISBN 978-0-7621-0868-8
EAN 9-780762-108688-53000

\$30.00 hardcover (concealed wire)
256-page music book and 32-page lyric book 9¼ x 12¼
Over 50 illustrations
Carton quantity: 12

**The Reader's Digest Keyboard Course—Revised and Updated**

Now in a smaller, portable format, this indispensable treasury of music contains 100 popular songs, including “Happy Birthday” and “Send in the Clowns,” as well as stickers to help you find the right note every time.

ISBN 978-1-60652-039-0
EAN 9-781606-520390-53000

\$30.00 hardcover (concealed wire)
208 pages 10¼ x 12¼
Carton quantity: 10

BIRDS & BIRDWATCHING



Best Seller

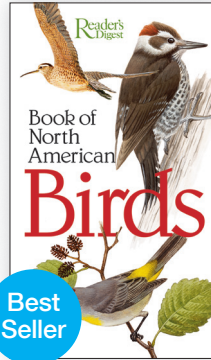
Birds in Your Backyard

Robert J. Dolezal

This indispensable, richly-illustrated guide for bird enthusiasts will turn your yard into a bird and butterfly oasis. A landscaping guide to over 75 flowers and plants that will attract birds, a field guide, and a bird-watching guide accompany a how-to section for garden sanctuary projects.

ISBN 978-0-7621-0997-5
EAN 9-780762-109975-51795

\$17.95 paperback
272 pages 7½ x 9
Over 600 photos & illustrations
Carton quantity: 20



Best Seller

Book of North American Birds

Roger Tory Peterson

This book of 600 bird species includes more than 100 rare birds. Features full-color, original artwork, a color-coded range map, and details on identification, habitat, nesting, and food.

ISBN 978-0-7621-0576-2
EAN 9-780762-105762-51995

\$19.95 paperback 576 pages
6½ x 11 Over 600 paintings & drawings
Carton quantity: 8



Best Seller

For the Birds

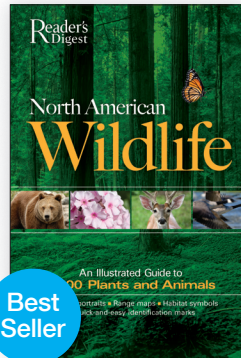
Birds & Blooms

Calling all backyard birders—here are 50 recipes sure to attract your feathered friends. You'll find tables on birdseed preferences, the best plants to attract birds, profiles on the most common feeder birds in North America, and tips to animal-proof your feeder.

ISBN 978-1-60652-131-1
EAN 9-781606-521311-50995

\$9.95 hardcover w/ concealed wire
120 pages 4½ x 6
Illustrations throughout
Carton quantity: 72

GENERAL



Best Seller

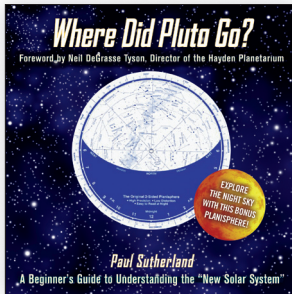
North American Wildlife

A valuable at-home to over 2,000 of the most common and conspicuous wild plants and animals, specially designed for quick and easy identification. Features vibrant, specially drawn full-color illustrations of each species.

ISBN 978-0-7621-0020-0
EAN 9-780762-100200-52995

\$29.95 hardcover with jacket
576 pages 6¼ x 9¼ x 1¼
Over 1,000 photos & illustrations
Carton quantity: 10

STAR OBSERVATION

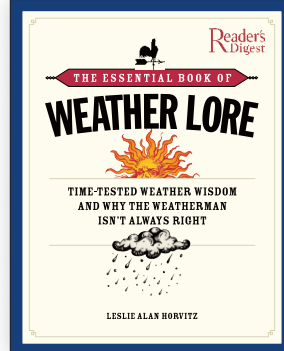
**Where Did Pluto Go?**Paul Sutherland
Foreword by Neil deGrasse Tyson

This exciting book adds a modern sense of perspective to the planets and stars by comparing the very latest research and technology with traditional beliefs. Includes a fun and easy-to-use planisphere.

ISBN 978-0-7621-0977-7
EAN 9-780762-109777-52495

\$24.95 hardcover
160 pages 9¼ x 9¼
Over 200 photos & illustrations
Carton quantity: 18

WEATHER

**The Essential Book of Weather Lore**

Leslie Alan Horvitz

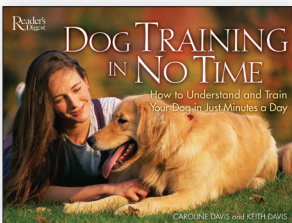
The ultimate source for fun and dependable information on the science behind weather superstitions. Packed with stories of startling forecasts that proved true and staggering records set by extreme weather events.

ISBN 978-0-7621-0857-2
EAN 9-780762-108572-52495

\$24.95 hardcover with jacket
176 pages 7½ x 9½
Over 150 photos & illustrations
Carton quantity: 22

PET CARE

DOGS/GENERAL

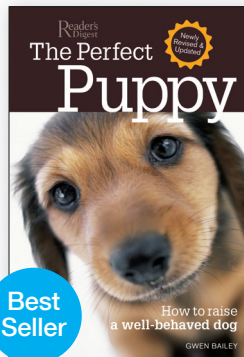
**Dog Training in No Time**

Caroline and Keith Davis

From leash training and house-breaking to socialization, learn how to transform a problem pet into an obedient, well-mannered, happy companion. Includes lessons on how to understand and relate to your dog, advice on equipment, and expert tips.

ISBN 978-0-7621-0440-6
EAN 9-780762-104406-51895

\$18.95 hardcover with jacket
128 pages 10½ x 7½
Over 250 photos & illustrations
Carton quantity: 30



Best Seller

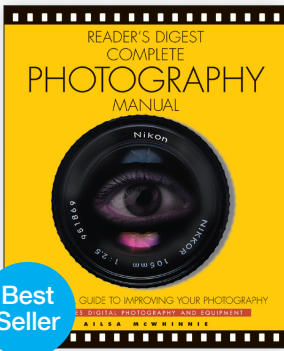
The Perfect Puppy—Revised & Updated

Gwen Bailey

Here is the perfect book for would-be puppy owners who want to know how to bring their puppy up to be a happy, well-behaved, friendly dog. Includes the latest behavioral information, emphasizing prevention.

ISBN 978-0-7621-0798-8
EAN 9-780762-107988-51995

\$19.95 hardcover with jacket
208 pages 6½ x 9
Over 500 photos & illustrations
Carton quantity: 26



Complete Photography Manual

Alissa McWinnie, editor

An easy-to-use guide to taking great pictures with any camera—including digital cameras and equipment.

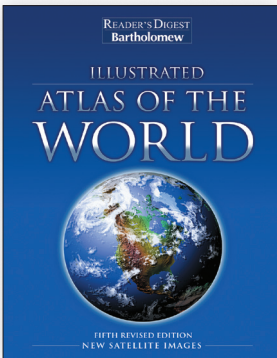
ISBN 978-0-7621-0292-1
EAN 9-780762-102921-53000

\$30.00 hardcover with jacket
224 pages 9¼ x 11¼
Over 400 photos & illustrations
Carton quantity: 12

Best Seller

REFERENCE

ATLAS



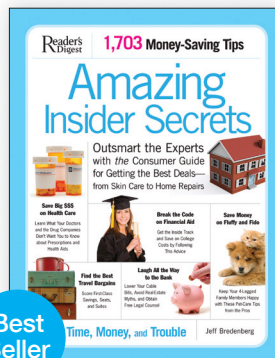
Illustrated Atlas of the World

Using state-of-the-art technology backed by extensive geographic databases, world-class cartographers Bartholomew designed this atlas with 80 revised maps, over 30,000 place names, and an all-new insert of satellite images. Clear and comprehensive, organized by continent, this fifth edition of the *Illustrated Atlas* remains the definitive guide.

ISBN 978-0-7621-0510-6
EAN 9-780762-105106-52695

\$26.95 hardcover with jacket
192 pages 9½ x 12¼
Over 150 photos & illustrations
Carton quantity: 8

CONSUMER GUIDE



Amazing Insider Secrets

Jeff Bredenberg

Save hundreds of dollars with "confidential advice" from knowledgeable insiders. Find easy, low-cost solutions to house problems, lawn care mistakes, beauty concerns, college costs, and more.

ISBN 978-0-7621-0983-8
EAN 9-780762-109838-51595

\$15.95 paperback
384 pages 7¼ x 10
Over 50 full-color illustrations
Carton quantity: 8

Best Seller



Discounts, Deals & Steals

Age has its privileges, and now seniors won't miss out on any of the perks—from discounted meals and cheap international travel to free higher education and low cost leisure.

ISBN 978-1-60652-133-5
EAN 9-781606-521355-51595

\$15.95 paperback
352 pages 7¼ x 10
Illustrations throughout
Carton quantity: 16

PUB DATE Jan.



Extraordinary Uses for Ordinary Things

Fully illustrated and written in a clear, down-to-earth style, this particular guide contains over 2,300 handy tips for using more than 200 common household items in ways that will save you time and money.

ISBN 978-0-7621-0649-3
EAN 9-780762-106493-51595

\$15.95 paperback
384 pages 7¼ x 10
Over 350 photos & illustrations
Carton quantity: 16

Best Seller



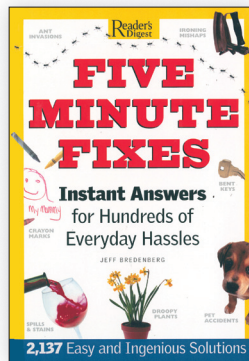
More Extraordinary Uses for Ordinary Things

Use items in your pantry to save hundreds of dollars and tons of time and hassle—while helping to save the environment in the process. With this entirely new collection of 1,715 ingenious tips, you won't need expensive store-bought products to keep your home, yard, and life in tip-top shape.

ISBN 978-1-60652-021-5
EAN 9-781606-520215-51695

\$16.95 paperback
384 pages 7¼ x 10
Over 300 photos & illustrations
Carton quantity: 10

Best Seller



Five Minute Fixes

Jeff Bredenberg

Researched by a team of experts to ensure accuracy and safety, here is an extraordinary assortment of over 2,100 fast, ingenious, money-saving solutions for all of life's little emergencies. Find a better, faster, easier way to fix things with these low-cost, clever answers.

ISBN 978-0-7621-0808-4
EAN 9-780762-108084-51595

\$15.95 paperback
384 pages 7 x 10
Over 350 illustrations
Carton quantity: 12

CONSUMER GUIDE



Best Seller

Free Money Free Stuff

Inside you'll find a practical collection of more than 1,000 legitimate free giveaways and super bargains—money-saving offers available for the assertive shopper and savvy computer user, all carefully researched and fact-checked for validity and accuracy.

ISBN 978-0-7621-0903-6
EAN 9-780762-109036-51595

\$15.95 paperback
416 pages 7¼ x 10
20 2-color illustrations
Carton quantity: 8



Best Seller

Homemade

Save up to 95 percent off retail prices with all-natural replacement recipes for 713 name-brand products. In addition, reduce the amount of environment-damaging waste from spray bottles, jars, and cans—and use ingredients that are less damaging to drains, sewage, and septic systems.

ISBN 978-0-7621-0904-3
EAN 9-780762-109043-51595

\$15.95 paperback
400 pages 7¼ x 10
20 2-color illustrations
Carton quantity: 16

DICTIONARY

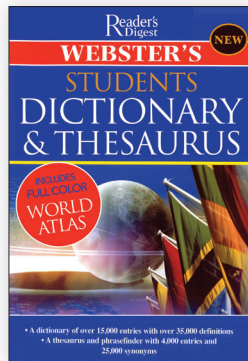


Your Health

From the editors of Reader's Digest Discover what works and what doesn't when it comes to improving your health—from the validity of treatments to the safety of common products and practices. Based on hundreds of the most definitive studies and conversations with leading doctors and health specialists.

ISBN 978-1-60652-150-2
EAN 9-781606-521502-51795

\$17.95 paperback
416 pages 7¼ x 10
300+ full-color photographs
Carton quantity: 8



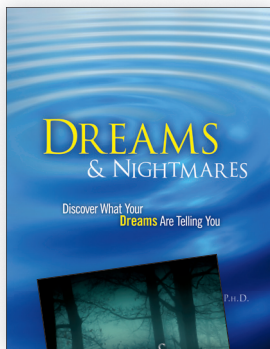
Webster's Students Dictionary & Thesaurus

A smart reference for students who need to navigate the ever-evolving English language—gain an edge on reading, writing, and conversation. Contains over 15,000 entries with over 35,000 definitions, as well as a syllable-by-syllable guide to pronunciation.

ISBN 978-0-7621-0858-9
EAN 9-780762-108589-52495

\$24.95 hardcover with jacket
1,088 pages 6½ x 9¼
Over 50 maps
Carton quantity: 6

DREAMS

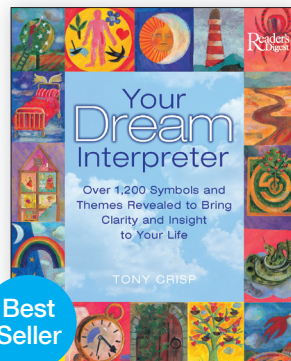


Dreams & Nightmares

Jennifer Parker, PhD Learn how to interpret your dreams and nightmares and acquire important insights to achieving your potential in waking life. One side of the book represents dreams; flip to the other side, and you'll find all you need to know about nightmares.

ISBN 978-1-60652-166-3
EAN 9-781606-521663-51895

\$18.95 paper-over-board
176 pages 7 x 9
Full-color photographs throughout
Carton quantity: 24



Best Seller

Your Dream Interpreter
Tony Crisp

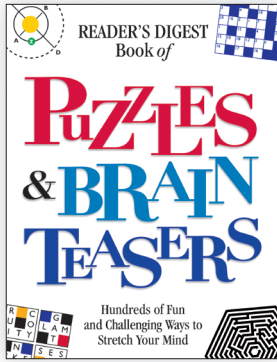
Written by a renowned dream therapist, and enhanced with full-color illustrations, this unique hands-on guide contains exercises for recalling your dreams, understanding key symbols, and using your dreams' insights. Includes an A-to-Z dictionary with over 1,200 dream symbols and images described in detail.

ISBN 978-0-7621-0612-7
EAN 9-780762-106127-51995

\$19.95 paperback
224 pages 7½ x 9¼
Over 200 photos & illustrations
Carton quantity: 10

FLIP TO BACK for Nightmares cover & text

GAMES



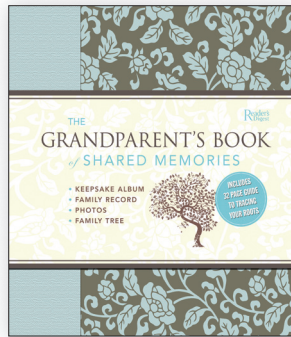
Book of Puzzles & Brain Teasers

An intriguing collection of over 1,000 specially commissioned riddles, mysteries, and verbal conundrums guaranteed to build analytical, creative, and practical thinking while offering hours of entertainment. Rated by level of difficulty, the puzzles will strengthen a wide spectrum of mental skills.

ISBN 978-0-7621-0577-9
EAN 9-780762-105779-51595

\$15.95 paperback
320 pages 8 7/8 x 10 3/4
Over 1,500 photos & illustrations
Carton quantity: 12

GENEALOGY



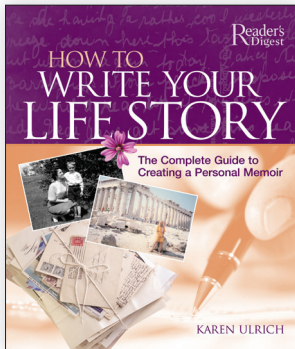
The Grandparent's Book of Shared Memories

Fred DuBose

Create a lasting legacy for your grandchildren with this keepsake album. Includes a 32-page instruction book on how to research and preserve your history; pockets to collect articles, family recipes, and more; a family tree; and peel-off photo corners.

ISBN 978-0-7621-0984-5
EAN 9-780762-109845-51995

\$19.95 hardcover
128 pages 10 1/2 x 9 1/4
Over 100 illustrations
Carton Quantity: 8

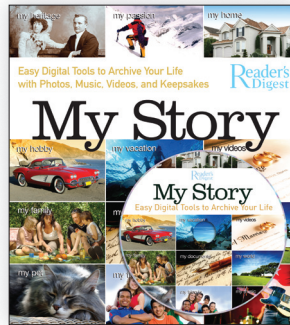


How To Write Your Life Story

Packed with ideas, exercises, and invaluable advice, this comprehensive book guides you through writing your memoir—whether for yourself or for the world.

ISBN 978-0-7621-0813-8
EAN 9-780762-108138-52695

\$26.95 hardcover with jacket
192 pages 8 x 9 1/2
Over 100 photos & illustrations
Carton quantity: 18



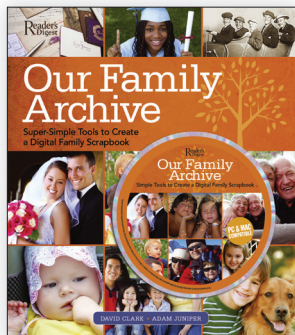
My Story

Adam Juniper

Create a database of memories that will preserve your personal history for yourself and future generations. Includes a Mac- and PC-compatible CD with all of the tools and software you'll need.

ISBN 978-0-7621-0889-3
EAN 9-780762-108893-52495

\$24.95 hardcover
176 pages 8 1/4 x 9 1/4
Over 200 photos & illustrations
Carton quantity: 20



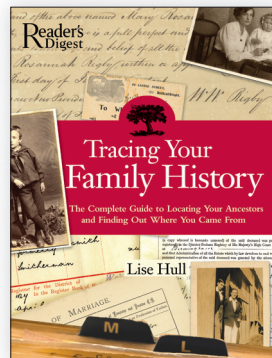
Our Family Archive

David Clark and Adam Juniper

Designed for a novice, this fully-illustrated instruction book will guide you through the process of creating your very own digital family scrapbook. Includes a Mac- and PC-compatible CD with ready-to-use templates and software tools.

ISBN 978-0-7621-0994-4
EAN 9-780762-109944-52495

\$24.95 hardcover with CD
173 pages 8 1/2 x 9 1/4
Over 450 photos & illustrations
Carton quantity: 20



Tracing Your Family History

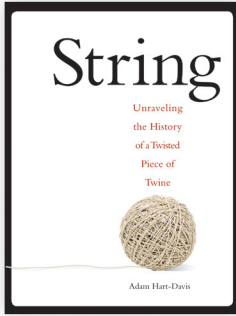
Lise Hull

Both beginners and experienced family historians will benefit from this practical guide. Learn how to identify members of your family tree, use historic records and online resources, and access worldwide repositories, including the Family History Library in Salt Lake City, Utah.

ISBN 978-0-7621-0573-1
EAN 9-780762-105731-52695

\$26.95 hardcover with jacket
224 pages 8 1/2 x 11 1/4
Over 200 photos & illustrations
Carton quantity: 10

GENERAL



String

Adam Hart-Davis

A captivating look at the history of string, from its first development in prehistoric times and the ancient building of the pyramids to the latest scientific applications and the “string theory.” Illustrated with more than 200 drawings, *String* includes practical uses, like securing a fish hook, tying up a roast turkey, or simply playing a game.

ISBN 978-1-60652-024-6
EAN 9-781606-520246-51495

\$14.95 hardcover
192 pages 6½ x 8½
Over 200 photos & illustrations
Carton quantity: 32

HUMOR

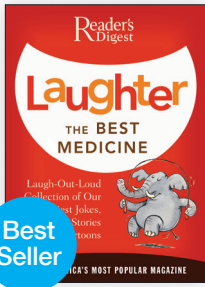


Humor in Uniform

“Humor in Uniform” has been a well-known column in *Reader's Digest* magazine for years. Now you can enjoy the jokes, anecdotes, cartoons, quotes, and stories that men and women in the armed forces, or their families, have shared with *Reader's Digest*.

ISBN 978-0-7621-0929-6
EAN 9-780762-109296-50995

\$9.95 paperback
224 pages 5¼ x 7¼
Over 50 illustrations
Carton Quantity: 48

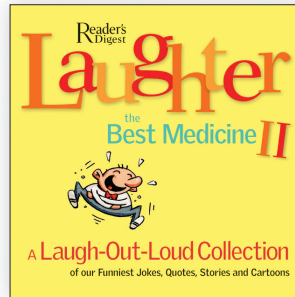


Laughter, the Best Medicine

Drawn from one of the most popular features of *Reader's Digest* magazine, here is a collection of more than 600 jokes, gags, and laugh lines—lighthearted quips that are just what the doctor ordered.

ISBN 978-0-89577-977-9
EAN 9-780895-779779-50995

\$9.95 paperback
216 pages 5¼ x 7¼
Over 60 illustrations
Carton quantity: 60

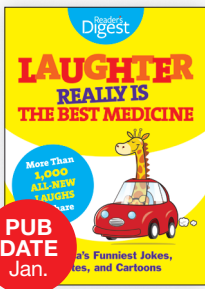


Laughter, the Best Medicine II

Looking to add some laughter to your day? Drawn from the pages of *Reader's Digest* magazine, this collection of jokes, one-liners, and other lighthearted glimpses of life is just what the doctor ordered.

ISBN 978-0-7621-0814-5
EAN 9-780762-108145-51495

\$14.95 paperback
272 pages 8¾ x 8¾
Over 200 photos & illustrations
Carton quantity: 12

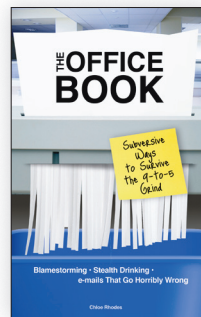


Laughter Really Is the Best Medicine

More than 1,000 jokes, quotes, anecdotes, and cartoons from *Reader's Digest* magazine—guaranteed to put laughter in your day.

ISBN 978-1-60652-204-2
EAN 9-781606-522042-50995

\$9.95 paperback
216 pages 5¼ x 7¼
60+ illustrations throughout
Carton quantity: 60



The Office Book

Chloe Rhodes

Both a field guide to office survival and a discussion of the woes and follies in the workplace. Full of real life cover letter gaffes, resume quotes, horror stories, and fun ways to waste company time, including blame storming and stealth drinking.

ISBN 978-1-60652-109-0
EAN 9-781606-521090-51495

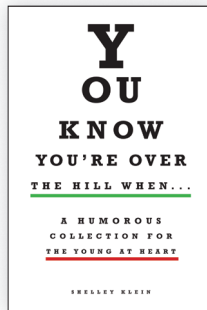
\$14.95 paper-over-board
176 pages 5½ x 8
Spot art throughout
Carton quantity: 48



You Know You're Middle Aged When...

Alison Rattle and Allison Vale
You've reached the summit—but you're not yet over the hill. Let these jokes, stories, and quotes navigate you through your mid-life crisis toward a renewed outlook on life.

ISBN 978-1-60652-151-9
EAN 9-781606-521519-51495
\$14.95 paper-over-board
176 pages 5 3/4 x 8
Spot art throughout
Carton quantity: 48

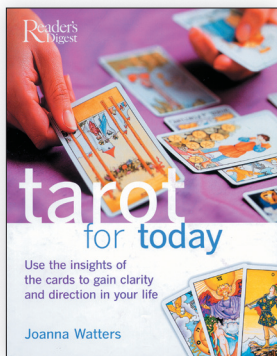


You Know You're Over the Hill When...

Shelley Klein
Hundreds of hilarious and heartwarming examples of mistaken identity and senior moments, plus clever quips, impish illustrations, and telling truisms that will keep you and yours entertained for hours. A laugh-out-loud celebration of the inevitable fate that awaits us all.

ISBN 978-1-60652-025-3
EAN 9-781606-520253-51495
\$14.95 hardcover
176 pages 5 3/4 x 8
Over 50 black & white illustrations
Carton quantity: 8

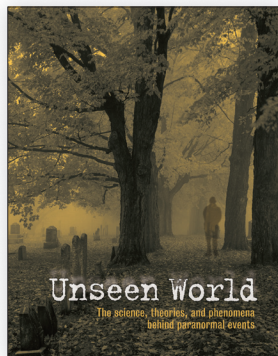
MIND, BODY, & SPIRIT



Tarot for Today

Joanna Watters
The Tarot is a handy, easy-to-understand tool for resolving problems and life situations. Using the standard 78-card deck, both the beginner and advanced student will gain from this guide to the traditional meanings and interpretations of the cards.

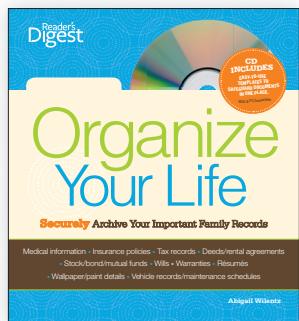
ISBN 978-0-7621-0597-7
EAN 9-780762-105977-51995
\$19.95 paperback
160 pages 7 3/4 x 10
Over 200 photos & illustrations
Carton quantity: 20



Unseen World

With the help of eyewitness accounts, more than 100 black-and-white photographs, and "Bare Bones" sidebars—which provide practical definitions of supernatural phenomenon—discover a range of claims and counterclaims by sleuths and university professors who have explored the possibility of a nonphysical realm of living spirits.

ISBN 978-0-7621-0887-9
EAN 9-780762-108879-52495
\$24.95 hardcover with jacket
272 pages 7 1/2 x 9 1/4
Over 100 photos & illustrations
Carton quantity: 14



Organize Your Life

From the editors of Reader's Digest
Safely store important documents, photographs, and passwords in one place with this book and CD database—and de-clutter your home in the process. Encrypted area allows you to keep confidential information under wraps.

ISBN 978-1-60652-148-9
EAN 9-781606-521489-52495
\$24.95 hardcover with CD
176 pages 8 1/2 x 9 1/4
Illustrations throughout
Carton quantity: 20

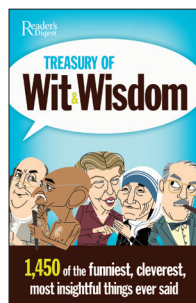
QUOTATIONS



Quotable Quotes

From one of the most popular features of *Reader's Digest* magazine, a collection of words of wisdom, wry witticisms, provocative opinions, and inspiring reflections from some of the greatest figures in the world—from Benjamin Franklin to Colin Powell and Abraham Lincoln to Mother Teresa.

ISBN 978-0-89577-925-0
EAN 9-780895-779250-50995
\$9.95 paperback
216 pages 5 1/4 x 7 1/4
Over 50 photos & illustrations
Carton quantity: 48

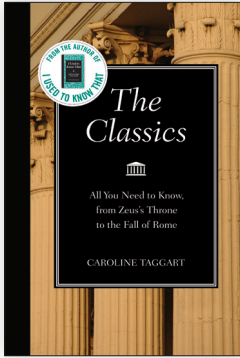


Treasury of Wit & Wisdom

A wonderfully warm and witty collection of quotations that will both entertain and touch you. Includes memorable words from the most colorful speakers of our time—from comedians to scientists, from presidents to performers, from authors to athletes.

ISBN 978-0-7621-0905-0
EAN 9-780762-109050-51295
\$12.95 hardcover with jacket
160 pages 4 3/4 x 7 1/2
20 2-color illustrations
Carton quantity: 36

TRIVIA

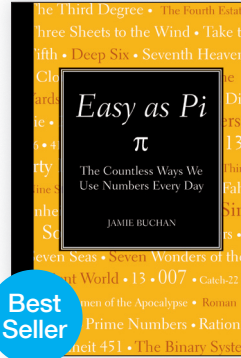


The Classics
Caroline Taggart

From the Acropolis and Homer's *Odyssey* to "carpe diem" and Zeus, the sixth book in this best-selling series contains all the stuff you'd ever want to know about classical literature, language, philosophy, art, math, and more—without any of the stuffiness.

ISBN 978-1-60652-132-8
EAN 9-781606-521328-51495

\$14.95 paper-over-board
176 pages 5½ x 8
Spot art throughout
Carton quantity: 48

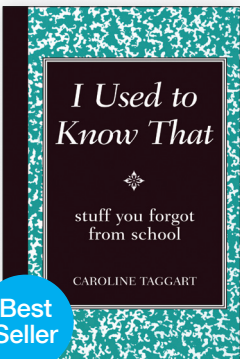


Easy as Pi
Jamie Buchan

The fifth book in the best-selling series decodes the origins of numerical expressions, explores the role of numbers in novels, film, cultures and religion, and gets to the root of math and science terms and theories.

ISBN 978-1-60652-134-2
EAN 9-781606-521342-51495

\$14.95 paper-over-board
176 pages 5½ x 8
Spot art throughout
Carton quantity: 48

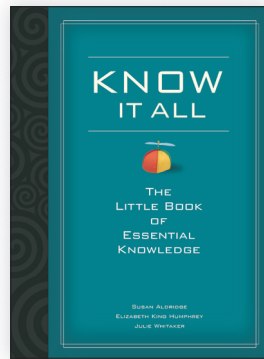


I Used to Know That
Caroline Taggart

An easy-to-use, playful, and informative reminder of the many things we learned in school and may have forgotten over time. Features all of the most important theories, equations, phrases, and rules in easy-to-retain, bite-sized chunks.

ISBN 978-0-7621-0995-1
EAN 9-780762-109951-51495

\$14.95 hardcover
176 pages 5½ x 8
Over 50 illustrations
Carton quantity: 48



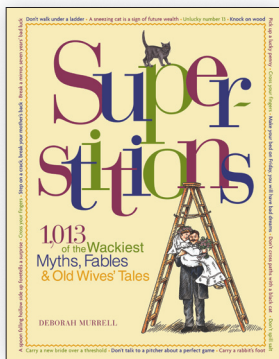
Know It All

Elizabeth King Humphrey, Julie Whitaker, and Susan Aldridge

This book offers hours of pleasure with its huge collection of intriguing and useful facts, plus quizzes to improve your knowledge. Gain valuable information about myriad subjects—with just a page or two devoted to each topic—presented in clear, concise language.

ISBN 978-0-7621-0933-3
EAN 9-780762-109333-51995

\$19.95 hardcover
256 pages 6¼ x 8¼
Over 200 photos & illustrations
Carton quantity: 24

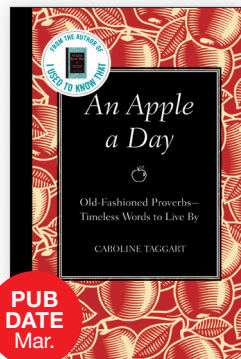


Superstitions
Deborah Murrell

An entertaining, light-hearted examination of over 1,000 superstitions that uncovers the complexity of human nature and behavior through the ages. Written in a clear, accessible manner and extensively researched, this illustrated reference provides answers to the geographical, religious, and social origins of these often bizarre beliefs.

ISBN 978-0-7621-0922-7
EAN 9-780762-109227-52495

\$24.95 hardcover with jacket
256 pages 7 x 9
Over 200 illustrations
Carton quantity: 16

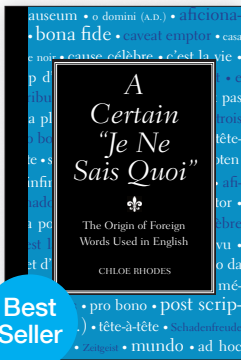


An Apple a Day
Caroline Taggart

From the author of *I Used to Know That* and *The Classics*, discover the origins and meanings of proverbs—those colorful time-honored truths that enrich our language and culture.

ISBN 978-1-60652-191-5
EAN 9-781606-521915-51495

\$14.95 paper-over-board
176 pages 5½ x 8
Spot art throughout
Carton quantity: 48



A Certain “Je Ne Sais Quoi”

Chloe Rhodes

Organized alphabetically for easy reference is this lexicon of foreign words and phrases used in English—including everything from aficionado (Spanish) to zeitgeist (German). Features translations, definitions, origins, and a descriptive timeline of each item’s evolution.

ISBN 978-1-60652-057-4
EAN 9-781606-520574-51495

\$14.95 paper-over-board
176 pages 5% x 8
Spot art throughout
Carton quantity: 48



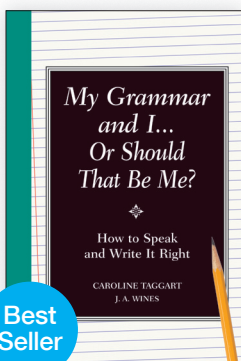
i before e (except after c)

Judy Parkinson

Featuring all the mnemonics you’ll ever need to know, this fun little book will bring back many simple, easy-to-remember rhymes from your childhood. Presented in short snippets and organized by category are the answers to hundreds of important facts that you can commit to memory forever.

ISBN 978-0-7621-0917-3
EAN 9-780762-109173-51495

\$14.95 hardcover
176 pages 5% x 8
Black & white illustrations
Carton Quantity: 48



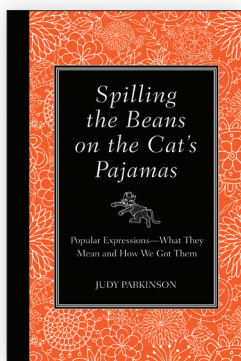
My Grammar and I... Or Should That Be Me?

J. A. Wines and Caroline Taggart

An entertaining and practical guide on how to avoid falling into language pitfalls. Highlights the most common language errors, such as wrongly used prepositions, misplaced modifiers, and confused participles, thus arming you with the right tools to improve both speaking and writing skills.

ISBN 978-1-60652-026-0
EAN 9-781606-520260-51495

\$14.95 hardcover
176 pages 5% x 8
Over 50 black & white illustrations
Carton quantity: 48



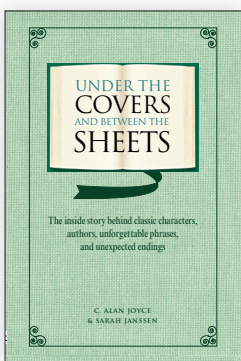
Spilling the Beans on the Cat's Pajamas

Judy Parkinson

“Make no bones about it”—this is the perfect collection for anyone seeking the meanings of terms that enrich our everyday speech. It “rounds up the usual suspects”—hundreds of catch phrases, quotations, and expressions—makes them easy to find in an A-to-Z format.

ISBN 978-1-60652-171-7
EAN 9-781606-521717-51495

\$14.95 paper-over-board
176 pages 5% x 8
Spot art throughout
Carton quantity: 48



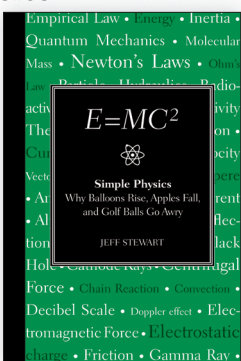
Under the Covers and Between the Sheets

C. Alan Joyce and Sarah Janssen

Fun and interesting facts and quips about authors and books sure to delight the bibliophile and make anyone the life of the literary party. Covering both modern and classic literature—and those popular guilty pleasures—this book will interest both bookworms and trivia buffs.

ISBN 978-1-60652-034-5
EAN 9-781606-520345-51495

\$14.95 cloth-over-board
176 pages 5% x 8
Carton quantity: 24



E=MC²

Jeff Stewart

$E=MC^2$ proves to anyone frightened by the subject that physics doesn’t bite—even if it does bang. Packed with amusing examples and hands-on experiments, it covers all of the most important aspects of physics—without the use of mind-bending math.

ISBN 978-1-60652-167-0
EAN 9-781606-521670-51495

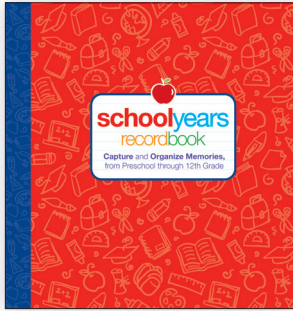
\$14.95 paper-over-board
176pages 5% x 8
Spot art throughout
Carton quantity: 48

SCIENCE

PHYSICS

REFERENCE

YEARBOOKS & ANNUALS

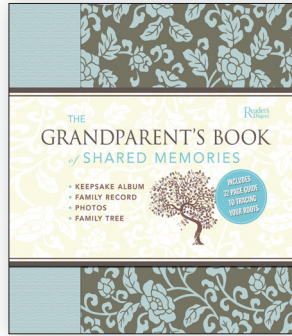
**School Years Record Book**

Organize and document the milestones in your child's education with this charming, practical, easy-to-use record book. Includes pockets for holding documents from each grade and an elastic band to keep all records in place. Covers preschool through 12th grade.

ISBN 978-1-60652-036-9
EAN 9-781606-520369-51995

\$19.94 hardcover (concealed wire)
28 pages with 14 pockets 10½ x 9¼
Full-color illustrations
Carton quantity: 12

GENEALOGY

**The Grandparent's Book of Shared Memories**

Fred DuBose

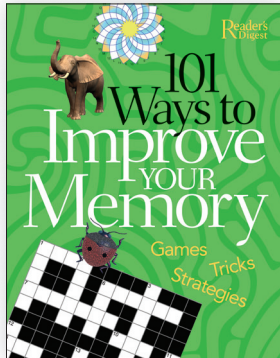
Create a lasting legacy for your grandchildren with this keepsake album. Includes a 32-page instruction book on how to research and preserve your history; pockets to collect articles, family recipes, and more; a family tree; and peel-off photo corners.

ISBN 978-0-7621-0984-5
EAN 9-780762-109845-51995

\$19.95 hardcover
128 pages 10½ x 9¼
Over 100 illustrations
Carton Quantity: 8

SELF-HELP

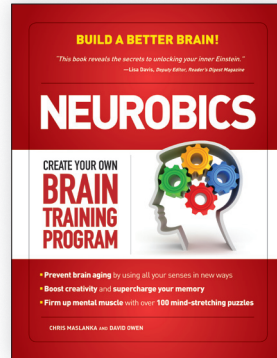
MEMORY IMPROVEMENT

**101 Ways to Improve Your Memory**

Train your brain with fun, easy, innovative exercises and entertaining games that will keep your mental juices flowing for years to come. With more than 1,000 photographs, illustrations, diagrams, and puzzles, you'll find an abundance of ways to stay sharp.

ISBN 978-1-60652-019-2
EAN 9-781606-520192-51595

\$15.95 paperback
256 pages 8 x 11
Over 800 photos & illustrations
Carton quantity: 12

**Neurobics**

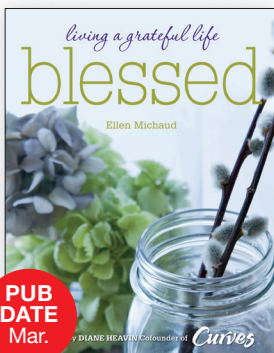
Chris Maslanka and David Owen

Test and extend your brain's ability to think laterally, solve problems, and be creative. Includes 200 puzzles along with diet tips, exercises, and advice on designing and customizing a program to boost your mental fitness and retrain your brain.

ISBN 978-1-60652-108-3
EAN 9-781606-521083-51995

\$19.95 flexibound
176 pages 7½ x 9¼
200+ full-color illustrations
Carton quantity: 24

MOTIVATIONAL

**Blessed**

Ellen Michaud
Foreword by Diane Heavin,
co-founder of Curves

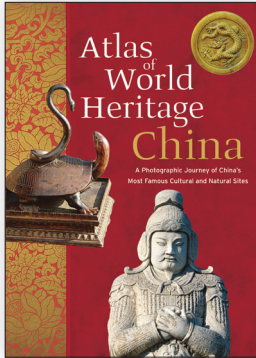
Here is a collection of heartwarming stories for women—snapshots of life that catch the everyday blessings we all tend to overlook—originally published on MyCurves.com and in Curves' *Diane* magazine.

ISBN 978-1-60652-192-2
EAN 9-781606-521922-51695

\$16.95 hardcover with jacket
176 pages 5½ x 7
Spot art throughout
Carton quantity: 48

PUB DATE
Mar.

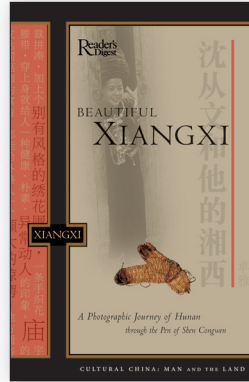
by DIANE HEAVIN, co-founder of Curves



Atlas of World Heritage: China

Take a photographic journey to China's 29 cultural and natural sites, which are all on UNESCO's World Heritage list. Through maps, photographs, and articles, this book gives a brief description of all properties, including geographic location, environmental characteristics, and historical, scientific, and artistic value.

ISBN 978-1-60220-005-0
EAN 9-781602-200050-52995
\$29.95 hardcover with jacket
188 pages 8 1/2 x 11 1/16
Over 200 full-color photos & illustrations
Carton Quantity: 16



Beautiful Xiangxi
 Shen Congwen

Travel through Hunan Province, the birthplace and source of inspiration for noted scholar and author Shen Congwen, one China's premier writers. Through his poetic words and the 300 soul-stirring photographs of Zhou Ya, you'll enter a world of indescribable beauty, where time stands still.

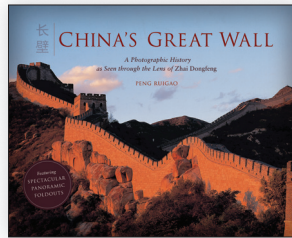
ISBN 978-0-7621-0638-7
EAN 9-780762-106387-53000
\$30.00 hardcover with jacket
300 pages 7 1/4 x 12 1/4
Over 300 photos & illustrations
Carton quantity: 10



Beijing's Imperial Palace
 Yang Zhigang

With details on the philosophy behind palatial architecture, information on traditional culture and customs, and photographs, *Beijing's Imperial Palace* reveals the richness and cultural legacy found within the former home of many dynastic emperors.

ISBN 978-1-60652-121-2
EAN 9-781606-521212-51995
\$19.95 paperback with French flaps
152 pages 7 7/8 x 9 3/4
100 full-color photographs and illustrations
Carton quantity: 32

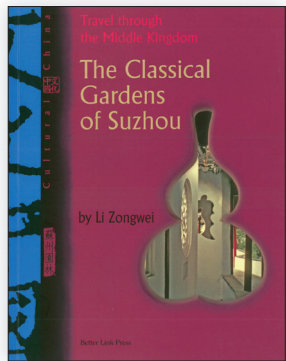


China's Great Wall

Peng Ruigao
 Photography by Zhai Dongfeng

An inspiring history of the Great Wall's 4,000 miles of earth, stone, and brick is told through 175 spectacular photographs. Explore the geography, history, architecture, archaeology, and the lives of the people living near.

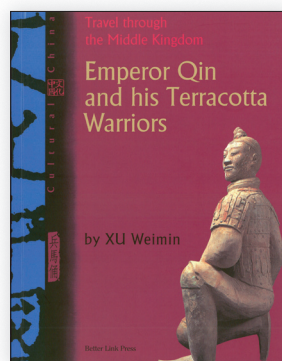
ISBN 978-0-7621-0985-2
EAN 9-780762-109852-52995
\$35.00 hardcover with jacket
192 pages 12 x 10
Over 250 photos & illustrations
Carton quantity: 10



The Classical Gardens of Suzhou

Li Zongwei
 This guidebook to China's well-known "city of gardens" enables you to feel the charm of mountains, forests, and springs without leaving your home. Eight Suzhou gardens are on the UNESCO list of World Heritage sites.

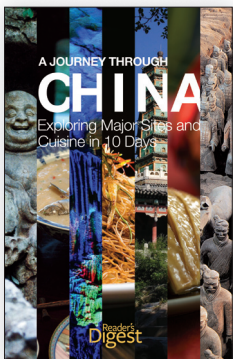
ISBN 978-1-60220-301-3
EAN 9-781602-203013-52095
\$20.95 paperback
192 pages 7 7/8 x 9 3/4
Over 200 photos & illustrations
Carton quantity: 30



Emperor Qin and his Terracotta Warriors

Xu Weimin
 Since their excavation, the Terracotta Warriors have impressed the world with their artistic, cultural, and scientific significance. Learn their history through artifacts, diagrams, and panoramic views of the formations in the vaults.

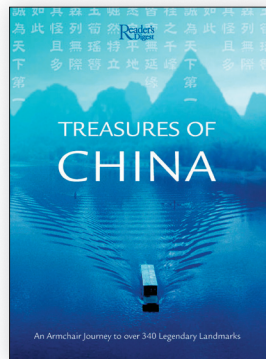
ISBN 978-1-60220-300-6
EAN 9-781602-203006-51995
\$19.95 paperback with French flaps
184 pages 7 7/8 x 9 3/4
Over 150 photos & illustrations
Carton quantity: 30



A Journey Through China

Packed with all of the must-see places and must-try foods from six different areas of China, this travel guide contains hundreds of stunning photographs, tons of restaurant recommendations, and off the beaten path attractions.

ISBN 978-1-60652-122-9
EAN 9-781606-521229-51495
\$14.95 paperback
200 pages 5 1/2 x 8 1/4
350 full-color photographs
Carton quantity: 18

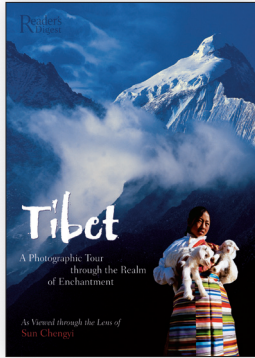


Treasures of China

Take a rare and intimate photographic journey into over 340 of China's natural scenic treasures, hand-picked for their significance in Chinese history. Anecdotal text and captions illuminate more than 400 color photos that explain the history, ancient folklore, and legend of each location.

ISBN 978-0-7621-0565-6
EAN 9-780762-105656-53000
\$30.00 hardcover with jacket
336 pages 9 1/2 x 12 1/4
Over 400 photos & illustrations
Carton quantity: 10

ASIA/TIBET

**Tibet**

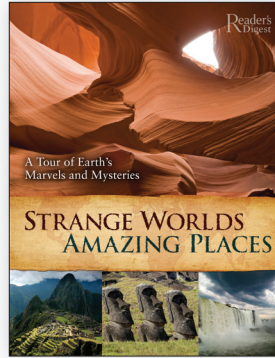
As Viewed through the Lens of Sun Chengyi

This collection of photographs showcases the year-round snow, majestic mountains, mysterious regions, and exotic customs that make Tibet the ideal destination for climbers, adventurers, and tourists from all over the world.

ISBN 978-0-7621-0918-0
EAN 9-780762-109180-55999

\$59.99 hardcover
384 pages 10½ x 15 x 1¼
Over 400 photographs & maps
Carton quantity: 7

GENERAL

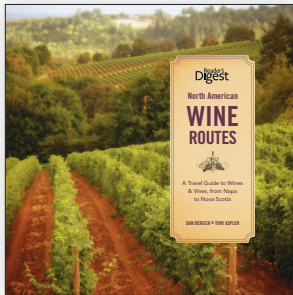
**Strange Worlds Amazing Places**

Witness the planet's most spectacular sites with more than 500 full-color photographs, maps, and artist renderings of 84 places of beauty and mystery, both real and fictional.

ISBN 978-0-7621-0987-6
EAN 9-780762-109876-52995

\$29.95 hardcover with jacket
432 pages 8¾ x 11½
Over 500 photos & illustrations
Carton quantity: 6

NORTH AMERICA

**North American Wine Routes**

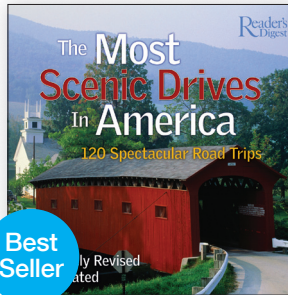
Dan Berger & Tony Aspler

Explore North America's most spectacular wine regions with 40 tours that will expand your pallet and introduce you to hundreds of incredible vineyards. Includes detailed maps with icons indicating vineyard accommodations.

ISBN 978-1-60652-125-0
EAN 9-781606-521250-52995

\$29.95 hardcover
256 pages 9¾ x 9¾
250+ full-color photographs
Carton quantity: 10

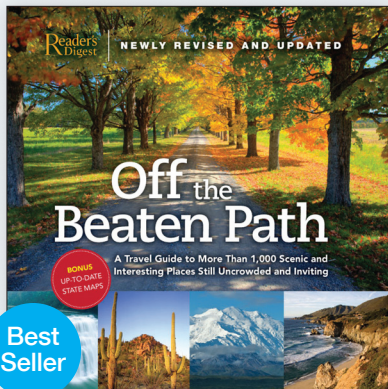
UNITED STATES

**The Most Scenic Drives in America**

Redesigned and updated for easy reference, this best-selling travel book includes over 200 brand-new photos of the sites along 120 routes, maps that have been reviewed by state tourism offices, updated tourist information on state parks, the best places to stay, links to websites, and more.

ISBN 978-0-7621-0580-9
EAN 9-780762-105809-53000

\$30.00 hardcover with jacket
400 pages 10¼ x 10¼
Over 400 photos & 120 maps
Carton quantity: 8

**Off the Beaten Path—Revised & Updated**

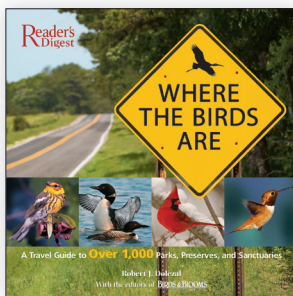
Revised and updated with new sites, full-color photographs, and up-to-date maps, this super-easy reference shows you where to go, how to get there, and what you need to know before you begin your adventure in any one of the 50 states. A great reference for planning a low-cost vacation that's close to home.

ISBN 978-0-7621-0794-0
EAN 9-780762-107940-53000

\$30.00 hardcover with jacket
384 pages 10¼ x 10¼
Over 300 photos & illustrations
Carton quantity: 8

“An excellent travel planning resource... A wise investment likely to enhance your future travel. It will pay off handsomely.”

—ABOUT.COM

**Where the Birds Are**

Robert J. Dolezal

Here are 35 scenic driving tours designed to help you spot native and migrant birds across the United States and Canada. Includes detailed maps from Mapquest, travel information, and vivid descriptions of the specific birds to look for plus tips on finding their favorite nesting spots.

ISBN 978-0-7621-0860-2
EAN 9-780762-108602-52895

\$28.95 hardcover with jacket
288 pages 10¼ x 10¼
300 photos & illustrations
Carton quantity: 10

- 100 Poems from Tang and Song Dynasties53
 101 Saturday Morning Projects21, 51
 101 Ways to Improve Your Memory (PB).....62
 1001 Do-It-Yourself Hints & Tips (PB).....21, 51
 1001 Hints & Tips For Your Garden42
 1,801 Home Remedies46
- A**
- Acrylic Secrets.....30
 All-New Illustrated Guide to Gardening,
 The—Completely Revised & Updated 29, 43
 AllRecipes.com Easy Everyday Favorites (PB)36
 Amazing Insider Secrets..... 23, 55
 American Presidents, The, Tenth Edition.....49
 American Story, The.....49
Apple a Day, An.....2-3, 60
 Art Book of Chinese Paintings, The.....30
 Art of Chinese Ceramics, The.....30
 Atlas of World Heritage: China.....63
- B**
- Back to Basics: Traditional
 Garden Wisdom 18, 42**
 Back to Basics: Traditional Kitchen Wisdom36
 Beautiful Xiangxi.....63
 Beijing's Imperial Palace..... 48, 63
 Best Remedies..... 23, 46
 Best Weekend Projects.....51
 Bible's Most Fascinating People, The.....30
 Big Book of Cross-Stitch Designs, The40
 Birds in Your Backyard (PB)54
Blessed.....12-13, 62
Bonsai Secrets 29, 42
 Book of North American Birds.....54
 Book of Puzzles & Brain Teasers.....57
- C**
- Carefree Plants (PB).....43
 Certain "Je Ne Sais Quoi", A61
 ChangeOne®.....47
 ChangeOne®: The Diet & Fitness Plan47
 China's Great Wall 48, 63
 Chinese Classical Furniture51
 Chinese Houses48
 Classical Gardens of Suzhou, The63
 Classics, The 48, 60
 Complete Book of Mosaics, The.....40
- Complete Do-It-Yourself Manual21, 52
 Complete Drawing Set, The.....30
 Complete Guide to Houseplants, The42
 Complete Guitar Course, The53
 Complete Illustrated Book of Herbs, The.....42
 Complete Photography Manual55
 Cooking for Isaiah.....36
 Cooking Smart for a Healthy Heart37
 Creative Watercolour Artist.....30
 Crochet in No Time.....40
 Crops in Pots 29, 41
 Cut Your Cholesterol45
- D**
- Desserts36
Discounts, Deals & Steals..... 22, 55
 Dog Training in No Time54
 Dream Backyards52
 Dreams & Nightmares56
- E**
- E=MC²61
 Easy as Pi60
 Eat to Beat Diabetes38
 Eat to Beat High Blood Pressure38
 Emperor Qin and his Terracotta Warriors.....63
 Encyclopedia of Italian Cooking, The.....38
 Espionage50
 Essential Book of Weather Lore, The54
 Essential Guide to Creating a
 Chinese-Style Garden, The41
 Essential Stitch Collection, The40
 Extraordinary Meals from Ordinary
 Ingredients36
 Extraordinary Uses for Ordinary
 Things 23, 55
- F**
- The Family Handyman's Best
 Organizing Solutions21, 51
 Fight Back with Food (PB)..... 38, 45
 Five Minute Fixes.....55
 Five-Minute Solution, The47
 Food Allergy Cookbook.....38
 Food Cures45
 Foods That Harm, Foods That Heal45
 For the Birds.....54
 Free Money Free Stuff 23, 56
- G**
- Get Fit for Free and Ditch the Gym:
 Total Fitness 16, 45**
**Get Fit for Free and Ditch the Gym:
 Yoga and Pilates 17, 45**
 Grandparent's Book of
 Shared Memories, The.....57, 62
Great Chicken Cookbook, The..... 26, 37
 Great Potato Cookbook, The 26, 37
 Grow Your Own Drugs 43, 46
- H**
- Home Decoration & Furnishing.....51
 Home Decoration With A Chinese Flair.....51
 Home Repair without Despair.....21, 52
 Homemade 23, 56
 Houseplants.....42
 How Long Is Forever?.....53
 How to Be Safe47
 How to Paint Watercolor Flowers30
How to Prune 19, 43
 How to Write Your Life Story57
 Humor in Uniform® 11, 58
- I**
- i before e (except after c).....61
 I Used to Know That60
 Illustrated Atlas of the World, Fifth Edition55
 Illustrated Record of Chinese
 Civilization, An.....48
- J**
- Journey Through China, A 48, 63
 Jumped, Fell, or Pushed.....49
 Just 5 Things.....37
 Just One Pot.....37
- K**
- Knitter's Handbook.....40
 Knitter's Yarn Palette.....40
 Know It All60
- L**
- Laughter, the Best Medicine..... 11, 58
 Laughter, the Best Medicine II..... 11, 58
Laughter Really Is the Best Medicine..... 10-11, 58
Le Personal Coach 8-9, 46
 Life's Too Short to Chop Onions38
 Long Life Prescription.....46

M

Magic Foods	46
Managing Your Emotional Health Using Traditional Chinese Medicine	44
Mei Lanfang—The Art of Beijing Opera	48
Merry Christmas Songbook	53
Modern Mediterranean Cooking	38
More Extraordinary Uses for Ordinary Things	23, 55
Most Scenic Drives in America, The	64
My Grammar and I...Or Should That Be Me?	61
My Story	57

N

Neurobics	62
New Complete Guide to Sewing	41
New Fix-It-Yourself Manual	21, 52
North American Wildlife	54
North American Wine Routes	39, 64

O

Off the Beaten Path—Revised & Updated	64
Office Book, The	11, 58
Oh, Say Did You Know?	50
On Chinese Gardens	48
Orchids for Every Home	28, 41
Organic Gardening for the 21st Century	29, 42
Organize Your Life	59
Organize Your Whole House (PB)	52
Our Family Archive	57

P

Pasta	24, 38
Peace (PB)	50
Perennials	41
Perfect Puppy, The—Revised & Updated	54

Q

Quick Food	37
Quotable Quotes	11, 59

R

Reader on China, A	49
Reader's Digest Do-It-Yourself Guide to Preventing Costly Home Repairs, The	21, 51
Reader's Digest Guide to Eye Care	47
Reader's Digest Guide to Skin Care	44

Reader's Digest Keyboard Course, The—Revised and Updated	53
Refresh Your Home	20, 52
Reverse Diabetes	44

S

Salads	25, 39
Save Energy Save Money	23, 52
School Years Record Book	62
Siren of China	53
Sleep to be Sexy, Smart, and Slim	46
Snapshots of a New China—Culture	49
Spilling the Beans on the Cat's Pajamas	61
Stopping Diabetes in Its Tracks	14, 44
Strange Worlds Amazing Places	64
String	58
Super Salads	39
Supercharge Your Health	15, 46
Superstitions	60

T

Take Control of Your Diabetes	44
Tao of Chinese Tea	49
Tarot for Today	59

Taste of Home

Almost Homemade	6, 32
Appetizers	32
Backyard Grilling (PB)	32
Best Church Supper Recipes	32
Busy Family Cookbook, The	33
Cake Mix Creations	33
Casseroles, Slow Cooker, & Soups	35
Comfort Food Diet Cookbook, The	32, 44

Comfort Food Diet Cookbook,
The, Volume 2

4-5, 32, 44	
Cookies	32
Dinner on a Dime	33
Everyday Light Meals	35
Fast Fixes with Mixes	33
Freezer Pleasers	33
Fresh & Easy	7, 33
Grill It!	33
Guilt Free Cooking	34
Market Fresh Cookbook, The	34
Mom's Best Made Easy	34
More Fast Fixes with Mixes	33
New Appetizer, The	35
New Potluck, The	35

New Slow Cooker, The	35
Parties, Potlucks, & Barbecues	34
Simple & Delicious Cookbook, The	34
Simple & Delicious Cookbook, Second Edition	34
Slow Cooker	34
Taste of Home Baking Book, The	31
Taste of Home Cookbook, 3rd Edition	31
Taste of Home Cookbook, Cooks Who Care Edition	31
Taste of Home Winning Recipes with Bonus Book: Contest Winning Light Recipes	31
Taste of Home Winning Recipes Vol. 2	31
Tibet	64
Tracing Your Family History	57
Treasures of China	63
Treasury of Wit & Wisdom	59
True Lives	50
Truth About History, The	50

U

Ultimate Soup Cookbook, The	27, 39
Ultimate Sourcebook of Knitting and Crochet Stitches, The	40
Ultimate Watercolor Course, The	30
Under the Covers and between the Sheets	61
Unseen World	59
Unsolved Crimes	49

V

Vegetable Gardening	43
Vegetarian	39
Vegetarian Cookbook, The (PB)	39

W

Webster's Students Dictionary & Thesaurus	56
Weeknight Meals Made Easy	26, 39
Where Did Pluto Go?	54
Where the Birds Are	64
Where Were You When?	50
Where Were You When...the Music Played?	53
Women's Health Encyclopedia	47

Y

You Know You're Over the Hill When ...	11, 59
You Know You're Middle Aged When ...	11, 59
Your Dream Interpreter	56
Your Health	23, 47, 56

DOMESTIC SALES INSIDE SALES DEPARTMENT

To order titles from Penguin Group (USA) Inc., retailers and wholesalers may call Inside Sales at 1-800-847-5515.

A sales professional will assist you with your orders for new and backlist titles, inform you of current special offers, regional and national publicity, and assist you with co-op and discount inquiries.

If you do not have an account with Penguin Group (USA) Inc., your sales representative will assist you in opening an account and placing your initial order.

To place orders, you may call 1-800-847-5515, between 8:30 a.m. and 4:40 p.m. EST Monday through Friday (12:25 p.m. EST; closed on Fridays June–August) or fax to 607-775-4829.

Orders may be mailed to:

Penguin Group (USA) Inc.
Attention: Inside Sales
One Grosset Drive
Kirkwood, NY 13795-1042

ORDER DEPARTMENT

The Order Department will take wholesale and retail, course adoption, school and library orders for Reader's Digest titles. Please call 1-800-526-0275 between 8:30 a.m. and 4:40 p.m. EST Monday through Friday (12:25 p.m. EST; closed on Fridays June–August) and have your account number and ISBNs ready. You may also fax your order to 1-800-227-9604 or mail to:

Penguin Group (USA) Inc.
Attention: Order Processing
405 Murray Hill Parkway
East Rutherford, NJ 07073-2136

All prices and publication dates are subject to change without notice. Penguin Group (USA) Inc. offers to sell on our published terms, and these terms may not be changed, modified, or amended by contrary, different or additional terms contained in a customer's purchase order or other purchase confirmation or advice.

ELECTRONIC ORDERS

Penguin Group (USA) Inc. is a member of PUBNET. Our SAN is 282-5074. Orders from Anthology, Books In Store, BookLog, IBID, Square One, WordStock or any system that creates standard BISAC purchase orders can be transmitted to 1-800-205-0891. Titles from PGI imprints may be combined on a single purchase order; however, normal minimums apply based on published terms.

INDIVIDUALS

Individual consumers can place orders by calling 1-800-788-6262 or faxing to 201-256-0017. Please have your Visa, MasterCard, or American Express card ready. You will be charged at the list price plus a shipping and handling fee and any applicable sales tax.

SPECIAL MARKETS

For ordering information fax to 212-366-2679 or call:

Special Sales 212-366-2612
Mail Order Catalogs 212-366-2751

CUSTOMER SERVICE

For customer service inquiries, please call 1-800-631-8571 between 8:30 a.m. and 4:40 p.m. EST, Monday through Friday (12:25 p.m. EST close on Fridays, June–August), fax to 201-256-0000 or write to:

Penguin Group (USA) Inc.
Attention: Customer Service
405 Murray Hill Parkway
East Rutherford, NJ 07073-2136
e-mail: customer.service@us.penguin.com

Copies of Invoices and Credit Memos are available via OASIS, a free, online, order, and shipment information service.

To sign up or register go to:

<http://oasis.penguin.com>

Shipping instructions or vendor guides can be e-mailed to vendor.guides@us.penguin.com or faxed to 201-256-0009.

RETURNS POLICY

Books published by Penguin Group (USA) Inc. may be returned for credit if they were ordered from Penguin Group (USA) Inc. on a returnable basis, are in saleable condition, and are returned at the customer's expense no sooner than 90 days after publication date and no later than 180 days after they are declared out-of-print. For more details on credits for returns, contact your sales representative or Inside Sales at 1-800-847-5515. Credits may be used for future purchases only.

Address for Returns:

Penguin Group (USA) Inc.
One Grosset Drive
Kirkwood, NY 13795-1042

CO-OP ADVERTISING POLICY

For co-op advertising on Adult Hardcover titles, direct requests to your Penguin Group (USA) Inc. Adult Sales Representative or to:

Sales Department
Penguin Group (USA) Inc.
375 Hudson Street
New York, NY 10014

For co-op advertising for juvenile titles, direct requests to your Penguin Group (USA) Inc. Juvenile Sales Representative or to:

Director of Promotion
Penguin Putnam Books for Young Readers
Penguin Group (USA) Inc.
345 Hudson Street
New York, NY 10014

Please note that price and month of publication are subject to change without notice.

DELAYED BILLING PROGRAM

- Offer open to all retail and wholesale accounts in good credit standing.
- Orders can be placed anytime between May 21, 2010 and September 24, 2010.
- Invoice due December 17, 2010.
- One order only. Excludes NYP titles and those on the *New York Times* bestseller list.
- Contact your sales representative or our Inside Sales Department for qualifying minimums.
- Penguin Group (USA) Inc. will ship on any date specified with above guidelines.
- All orders are subject to the final approval of the Penguin Group (USA) Inc. Credit Department.

Penguin Group (USA) Inc. is pleased to offer a variety of promotional opportunities. Please contact your sales representative or our Inside Sales Department for full details.

Penguin Online <http://www.penguin.com>

MEDIA RELATIONS

For information and assistance,

Call (914) 244-4833

Email readersdigestpublicity@rd.com

Website rdtradepublishing.com

Titles, prices, and other contents of this catalog are subject to change without notice. Orders will be filled at prices and on terms in effect on date orders are invoiced. Any reseller is free to charge whatever price he wishes for the books listed in this catalog. All books carry Cataloging-in-Publication (CIP) data as provided by the Library of Congress.

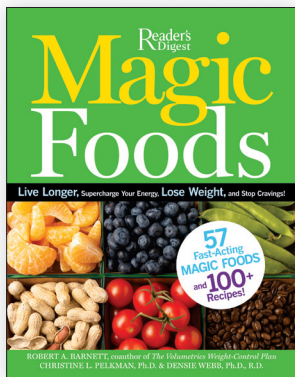
Reader's Digest, the Digest, ChangeOne®, the Pegasus logo and RD Home Handbooks are registered trademarks of the Reader's Digest Association, Inc. The Family Handyman is a registered trademark of RD Publications, Inc. The American Woodworker is a registered trademark of AW Media, LLC. Birds and Blooms and Taste of Home are registered trademarks of Reiman Media Group, Inc.

Visit the Reader's Digest Trade Publishing Website!

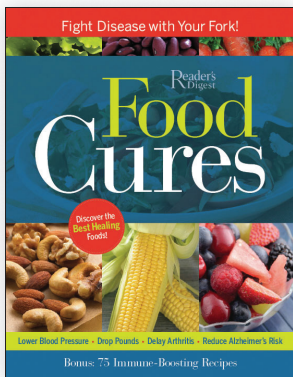
The screenshot shows the website interface for Reader's Digest Trade Publishing. At the top, there's a navigation bar with links like Home, Search/Browse, New Arrivals, Coming Soon, Authors, Booksellers, About Us, and Contact. A prominent banner advertises 'The Most Anticipated Diet Cookbook for 2010!' by Taste of Home. Below the banner, there are sections for 'Featured Book' and 'Adult Books'. The 'Featured Book' section highlights 'I Used to Know That stuff you forgot from school' and 'Grow Your Own Drugs'. The 'Adult Books' section features 'Easy as Pi' and another 'I Used to Know That' book. On the left side, there's a vertical menu listing various categories like Art Technique, Cooking, Crafts & Hobbies, etc. Three callout boxes are overlaid on the screenshot: one on the left says 'Great for Customer Calls!', one in the center says 'Features: New Arrivals, Coming Soon, Brand Research, Ordering Information', and one on the right says 'Get the latest information on Reader's Digest Books!'.

rdtradepublishing.com

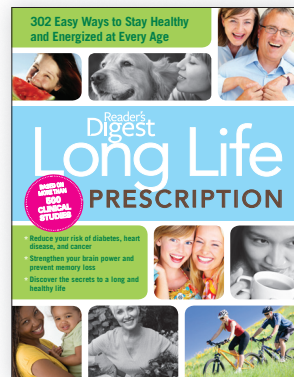
The Books You Need for a Healthier Life



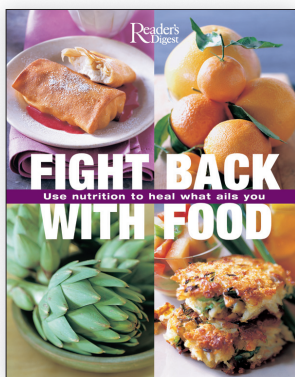
\$17.95 paperback
978-0-7621-0895-4



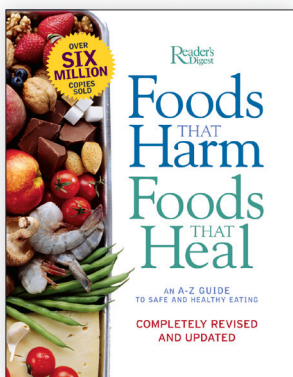
\$17.95 paperback
978-0-7621-0797-1



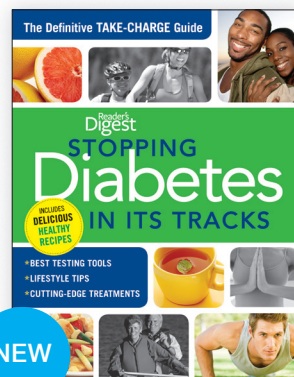
\$14.95 paperback
978-1-60652-170-0



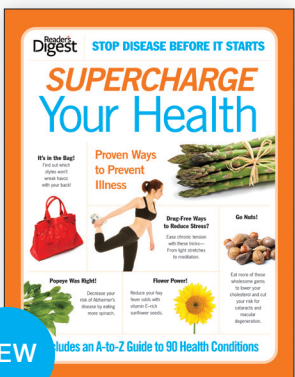
\$17.95 paperback
978-0-7621-0840-4



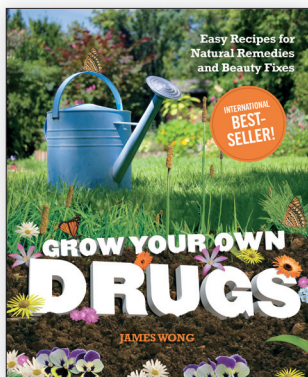
\$15.95 paperback
978-0-7621-0605-9



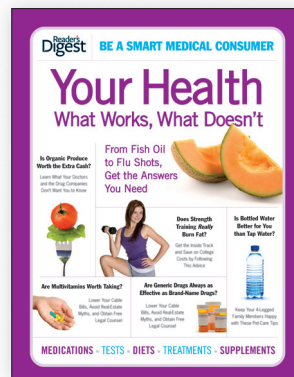
\$16.95 paperback
ISBN 978-1-60652-240-0



\$17.95 paperback
978-1-60652-209-7



\$19.95 paper-over-board
978-1-60652-107-6



\$17.95 paperback
978-1-60652-150-2

(See pages 44-47 for a complete list of Health & Fitness titles)

Don't Miss the Companion to the **Best-Selling** *Comfort Food Diet Cookbook.*



\$17.95 paperback with French flaps • ISBN 978-0-89821-829-9



Over
125,000
Sold!

right with 433 foods you crave!

PRAISE FOR THE *COMFORT FOOD DIET COOKBOOK*

"I'm usually disappointed when [I] taste things that are made [with diet cookbooks], but that has a nice homemade flavor to it, and I bet you, warm out of the oven, that [dish] is THE DEAL."

—SAM CHAMPION, CO-HOST OF GOOD MORNING AMERICA, AFTER SAMPLING A RECIPE FROM THE *COMFORT FOOD DIET COOKBOOK*

"With this terrific cookbook, you'll learn to make many of your favorite recipes quickly and easily with only a fraction of the calories and fat that are included in traditional comfort food dishes."

—HUBPAGES.COM, WHICH REACHES 10.8 MILLION UNIQUE VISITORS PER MONTH