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**FALL & WINTER
TITLES 2011**



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QUIVER





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Voyageur Press is best known for our regional books, whether they're regional looks at travel and natural history or music, gardening, astronomy, weather, culture, country living, and more. This regional focus makes our books unique and different, setting them apart from other titles on similar subjects. And we are the leading publisher on railroads and farm tractors.



Walter Foster Publishing is dedicated to preserving the high standards and superb quality customers expect. We believe artists are eager to learn, to sharpen their skills, and to experience new artistic horizons. Our mission is to provide the tools to accomplish those goals. We offer step-by-step books and kits for kids and adults that are accessible, entertaining, affordable, and informative.



Zenith Press is the history, current affairs, science, and aviation imprint of the Quayside Publishing Group and publishes both hardcover and paperback narrative and illustrated books. Zenith's primary area of interest is contemporary American military history, twentieth century forward, with an emphasis on World War II, the Vietnam War, and contemporary armed conflict.



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FAIR WINDS PRESS



THE COUNTRY ALMANAC OF HOUSEKEEPING TECHNIQUES THAT SAVE YOU MONEY

Folk Wisdom for Keeping Your House Clean, Green, and Homey

Richard Freudenberger and the Editors of *Back Home Magazine*

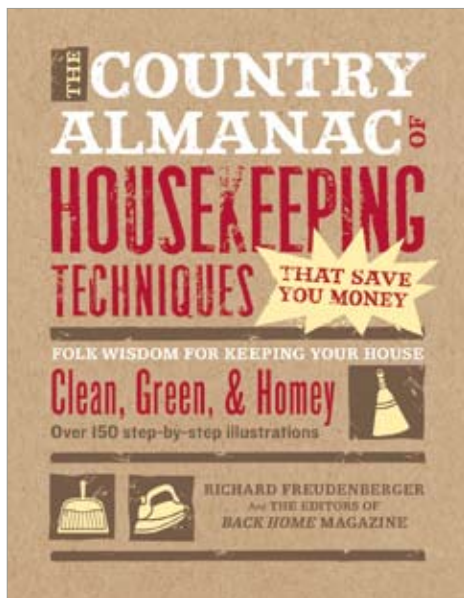
Item # 191680 AQ
ISBN: 978-1-59233-413-1
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272 pages, HC-PLC
80 color photos
All rights available
House & Home/Cleaning & Caretaking
Ct. Qty. 20

Time-tested thrifty wisdom for caring for your home.

- Ours differs from other books on the shelf by saving consumers money and being naturally green.
- Recent studies show that commercial household cleaners are causing serious health issues. By using “old-fashioned” cleaning solutions you will be protecting your family’s health.
- Big hard-working category killer.

Richard Freudenberger is the publisher of *Back Home* magazine and has authored several books on country skills and sustainable living.



In recent years, there has been a plethora of products created to clean and maintain the home. Newer, however, isn’t always better. Many of today’s products are expensive, bad for the environment and don’t work any better than Grandma’s methods that cost only pennies. **The Country Almanac of Housekeeping Techniques That Save You Money** teaches readers the creative housekeeping secrets of our fore-mothers for maintaining homey houses without modern day expenses. Author Richard Freudenberger has collected hundreds of formulas for effective cleaning on the cheap (and green to boot!) and ways our ancestors saved on heating bills and maintained cozy, charming homes with little besides their ingenuity. This comprehensive encyclopedia gathers the least expensive ways of taking care of everything in your house—from dishes and laundry, to healthy meals, to the best ways to get the longest life out of every household item from pots and pans to pillowcases.

Also available:



Natural Stain Removal Secrets, ISBN: 978-1-59233-253-3
\$11.99 US/£6.99 UK/\$14.95 CAN Rights: all available

The Country Almanac of Home Remedies, ISBN: 978-1-59233-446-9
\$21.99 US/£16.99 UK/\$23.99 CAN Rights: all available

The Fast and Furious 5 Step Organizing Solution, ISBN: 978-1-59233-419-3
\$19.99 US/£12.99 UK/\$21.99 CAN Rights: all available

September 2011

DEVELOPMENTAL BABY MASSAGE

Therapeutic Touch Techniques for Making Your Baby Stronger, Healthier, and Happier

Peter Walker

Item # 194964 AQ
ISBN: 978-1-59233-483-4
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Unique package and beautiful step-by-step photography.

- Unique format.
- The U.K. edition of this book (released in 2000) sold 140,000 copies worldwide.
- Includes techniques not found in other books including craniosacral, stretching, and therapeutic touch.

Peter Walker is a pioneer in developmental baby massage and yoga gym for toddlers. He is an internationally renowned physical therapist who has been working with babies and children for over 30 years. His certified teacher training course, "Developmental Baby Massage and Movement" has been taught in the UK, Australia, and Japan. He has certified more than 6,000 practitioners in 20 different countries.



Developmental Baby Massage includes vital massage and touch sequences essential for very young babies. Filled with therapeutic touch techniques that ease common childhood complaints such as colds, poor digestion, sleeplessness, teething, and irritability, parents are able to bond with their baby while simultaneously encouraging their physical development. The unique stand-up, flip-page format enables the reader to safely reference the book while their hands stay on their baby. The step-by-step photography makes the sequences easy to master.

Also available:



The Better Way to Breastfeed, ISBN: 978-1-59233-422-3
\$19.99 US/£14.99 UK/\$21.99 CAN Rights: all available

The Complete Illustrated Pregnancy Companion, ISBN: 978-1-59233-358-5
\$21.99 US/£12.99 UK/\$23.95 CAN Rights: all available

The 100 Healthiest Foods to Eat During Pregnancy, ISBN: 978-1-59233-400-1
\$24.99 US/£16.99 UK/\$31.99 CAN Rights: all available

January 2012

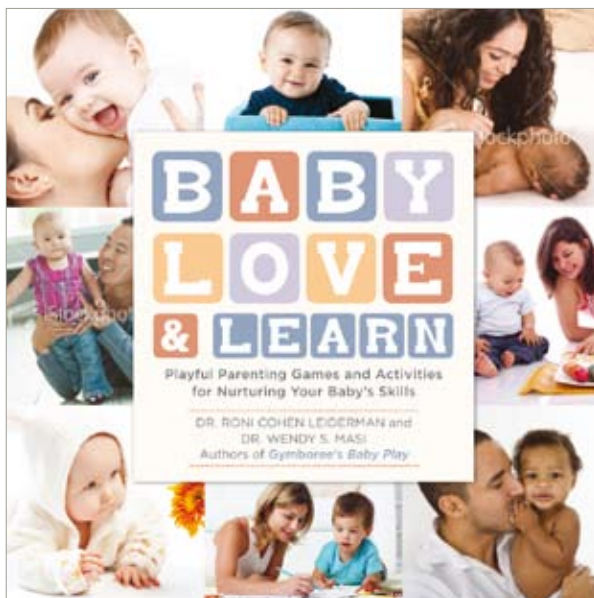
BABY LOVE AND LEARN

Playful Parenting Games and Activities for Nurturing Your Baby's Skills and Development

Roni Cohen Leiderman, Ph.D. and Wendy S. Masi, Ph.D.

Item # 195017 AQ
ISBN: 978-1-59233-495-7
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Family & Relationships/Life Stages/
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Bond with your baby and foster their development!

- The author's previous book *Baby Play* has sold more than 85,000 copies per Bookscan.
- Activity books for children sell well.
- Recent studies show that play, rather than skill drills, foster young children's brain development.

Roni Cohen Leiderman, Ph.D. is a developmental psychologist specializing in emotional development, positive discipline, and play. She has worked with young children for more than 25 years. She is the Dean of the Mailman Segal Institute for Early Childhood Studies at Nova Southeastern University in Florida.

Wendy S. Masi, Ph.D. is a developmental psychologist specializing in early childhood. She has designed and implemented programs for preschools, families with young children, and early childhood professionals for more than 20 years.

Playing with your baby is more than fun and games: it's the key to building a strong relationship with your infant and providing important early stimulation that promotes learning and development. **Baby Love and Learn** provides 100 games, activities, and exercises that parents can do with their baby to foster cognitive, motor, and language skills as well as creativity and relational skills. **Baby Love and Learn** shows parents how they can use daily caregiving routines such as feeding, diapering, dressing, bathing, and bedtime as opportunities for play, positive emotional attachment, and learning. The book also includes play ideas for each age and stage and for different developmental levels

Also available:



The Better Way to Care for Your Baby, ISBN: 978-1-59233-420-9
\$19.99 US/£14.99 UK/\$24.99 CAN Rights: all available

Teach Your Baby to Sign, ISBN: 978-1-59233-273-1
\$17.95 US/£10.99 UK/\$22.95 CAN Rights: all available

The Best Homemade Baby Food on the Planet, ISBN: 978-1-59233-423-0
\$19.99 US/£12.99 UK/\$21.99 CAN Rights: all available

October 2011

ABOUT FACE

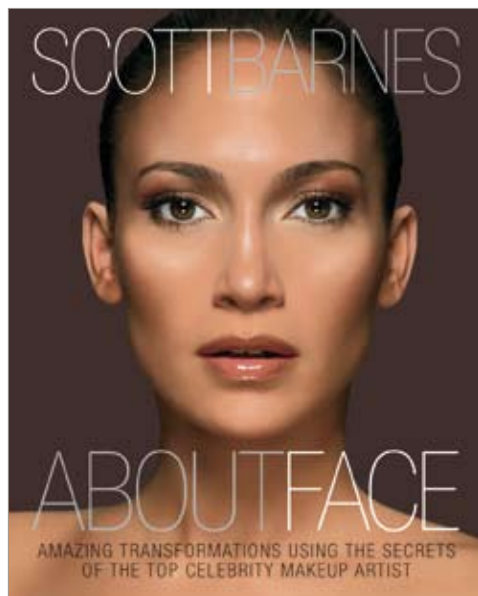
Amazing Transformations Using the Secrets
of the Top Celebrity Makeup Artist

Scott Barnes

NEW IN
PAPERBACK!

Item # 194982 AQ
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The bestselling, celebrity-endorsed makeup book is now offered at an attractive paperback price of \$18.99.

- Scott Barnes is one of the most sought-after makeup artists for celebrities and fashion and style media and is the personal stylist for Jennifer Lopez.
- Strong celebrity and fashion media support including testimonials, exclusive photos, personal stories and beauty tips that Scott has culled from years of working with A-list celebrities and fashion magazines.
- Includes exclusive, new photographs of Kim Kardashian, Judith Light, and Mariska Hargitay, among others, accompanied by an interview of their unique Scott Barnes transformation.

Currently, international celebrities compete for Scott Barnes' professional time. Jennifer Lopez, Julianne Moore, Gwyneth Paltrow, Jennifer Aniston, Lucy Liu, Kate Hudson, Courtney Cox, Jewel and Lil Kim are some of the leading ladies in music, film, and television who seek out Scott to design their latest looks. Scott Barnes' work has been published on the magazine covers of *Vogue*, *InStyle*, *Elle*, *Vanity Fair*, *Rolling Stone*, and *Premiere*.



About Face is a compendium of everything makeup artist Scott Barnes has learned during his career working with A-list celebrities including Jennifer Lopez, Gwyneth Paltrow, and Jennifer Aniston. It is packed with techniques for every area of makeup application. Part One focuses on dramatic makeovers of real women with a twist: each woman comes in looking the best she thinks she can look. The author then deconstructs and debunks their look taking them from attractive to amazing. Step-by-step photos outline makeup techniques and products while Scott provides commentary on how he pinpointed the woman's strongest asset and built a look around it. Part Two highlights beauty rituals, must-have makeup items, and inner and outer preparations that a woman must embrace in order to look beautiful and radiate charisma. Part Three focuses on the celebrities Scott Barnes has worked with.

Also available:



Feed Your Skin, Starve Your Wrinkles, ISBN: 978-1-59233-342-4
\$24.99 US/£14.99 UK/\$27.50 CAN Rights: all available

Looking Younger, ISBN: 978-1-59233-317-2
\$21.95 US/£12.99 UK/\$23.95 CAN Rights: all available

Makeup Makeovers: Weddings, ISBN: 978-1-59233-231-1
\$24.95 US/£12.99 UK/\$27.95 CAN Rights: all available

FACE TO FACE

Standout Looks Using the Secrets of the Top Celebrity Makeup Artists

Scott Barnes

Item # 195019 AQ
ISBN: 978-1-59233-498-8
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Get celebrity looks with insider info from the top makeup artist to the stars.

- Scott Barnes is one of the most sought-after makeup artists for celebrities and fashion and style media and is the personal stylist for Jennifer Lopez.
- Strong celebrity and fashion media support including testimonials, exclusive photos, personal stories and beauty tips that Scott has culled from years of working with A-list celebrities and fashion magazines.
- Exclusive, new photographs of the world's most famous and beautiful celebrities accompanied by an interview of their unique Scott Barnes transformation.

Currently, international celebrities compete for Scott Barnes' professional time. Jennifer Lopez, Julianne Moore, Gwyneth Paltrow, Jennifer Aniston, Lucy Liu, Kate Hudson, Courtney Cox, Jewel and Lil Kim are some of the leading ladies in music, film, and television who seek out Scott to design their latest looks. Scott Barnes' work has been published on the magazine covers of *Vogue*, *InStyle*, *Elle*, *Vanity Fair*, *Rolling Stone*, and *Premiere*.

Face to Face the follow-up to Scott Barnes's bestselling beauty primer, *About Face*, is the everyday style guide for every woman. Scott helps change up the usual go-to makeup routine with techniques for getting the perfect look during every transition of the day. What's a sleek, work appropriate face for the boardroom and client meetings? How do you take your work face up one notch for a dinner out? And what does it take to wow the all-night crowd and create your own red carpet glam? Scott shows readers with a variety of look for all types of complexions. Step-by-step instructions make application simple and photos show before and after shots of just what is possible with some makeup magic brought to you by the relied-on makeup artist of Kim Kardashian, Jennifer Lopez, and more.

Also available:



Good to Great Hair, ISBN: 978-1-59233-357-8
\$24.99 US/£14.99 UK/\$27.50 CAN Rights: all available

About Face, ISBN: 978-1-59233-399-8
\$24.99 US/£16.99 UK/\$31.99 CAN Rights: all available

Joey Green's Supermarket Spa, ISBN: 978-1-59233-171-0
\$10.95 US/£5.99 UK/\$13.95 CAN Rights: all available

September 2011

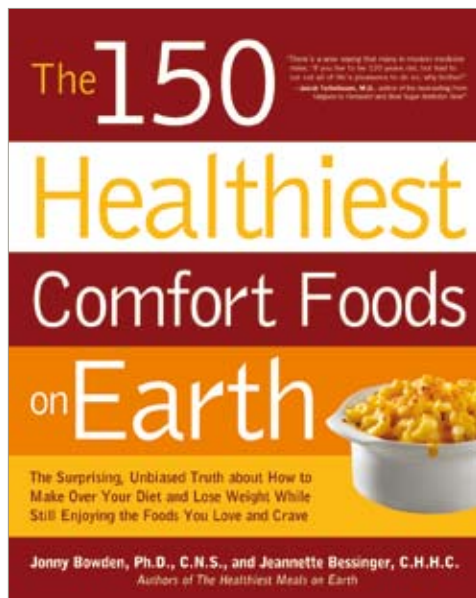
THE 150 HEALTHIEST COMFORT FOODS ON EARTH

The Surprising, Unbiased Truth About How You Can Make Over Your Diet and Lose Weight While Still Enjoying the Foods You Love and Crave

Jonny Bowden, Ph.D., C.N.S. and Jeannette Bessinger, C.H.H.C.

Item # 193946 AQ
ISBN: 978-1-59233-482-7
\$24.99 US
£16.99 UK
\$27.99 CAN

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Savor your favorite comfort foods—without the guilt!

- Jonny Bowden titles sell well and have a proven track record. They consistently make the Bookscan bestseller list.
- Caters to a huge audience that is interested in healthy eating, but wants to transition to this lifestyle without sacrificing taste.
- Attractive, accessible format similar to *The 150 Healthiest Foods on Earth* and *The Healthiest Meals on Earth*.

Jonny Bowden, Ph.D., C.N.S., is a nationally known expert on weight loss, nutrition, and health. His work has been featured in more than 50 magazine and newspaper articles, ranging from the *New York Times* to *Men's Health*. He has also appeared on such television networks as CNN, Fox News, MSNBC, ABC, NBC, and CBS.

Jeannette Bessinger, C.H.H.C., is the co-author of *The Healthiest Meals on Earth* and a contributing writer for *Clean Eating* magazine. She is a lifestyle health and nutrition consultant to several public and private groups and coalitions working to improve the health of schools and cities in the United States.



Comfort food is one of the hottest trends in cooking these days and healthy cooking duo Jonny Bowden, Ph.D., and Jeannette Bessinger will show readers how to make the foods they love more nutritious and delicious than ever. Readers won't feel deprived with healthier versions of mac 'n cheese, chicken nuggets, pot roast, French fries, and chocolate cake, among others. The two transform traditional comfort food into healthy meals by swapping in healthier, more nutritious ingredients, such as whole grains, adding fresh produce to normally "all-white" meals, and using healthy fats, such as olive oil and avocados. The whole family can enjoy these tasty recipes and feel good about what they're eating.

Also available:



The 150 Healthiest Foods on Earth, ISBN: 978-1-59233-228-1
\$24.99 US/£15.99 UK/\$32.50 CAN Rights: all available

Enjoy Life's Cookies for Everyone!, ISBN: 978-1-59233-369-1
\$19.99 US/£12.99 UK/\$21.95 CAN Rights: all available

The 150 Healthiest 15-Minute Recipes on Earth, ISBN: 978-1-59233-442-1
\$24.99 US/£16.99 UK/\$27.99 CAN Rights: all available

October 2011

THE VEGAN SLOW COOKER

Simply Set It and Go with 150 Recipes for Intensely Flavorful, Fuss-Free Fare Everyone (Vegan or Not!) Will Devour

Kathy Hester

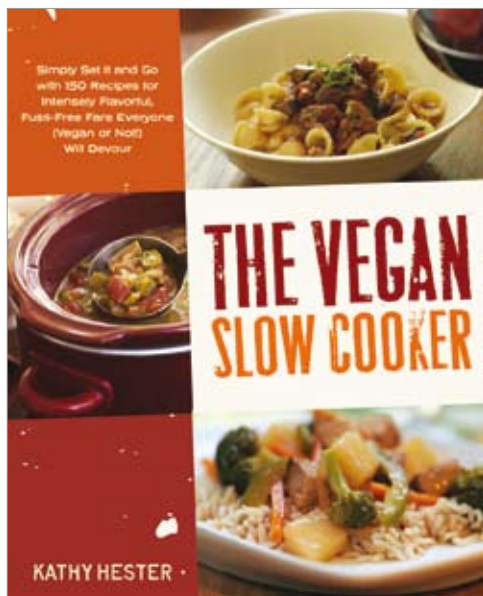
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Cooking/Vegetarian & Vegan
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*Hearty home-cooked
vegan fare in the click of
a switch!*

- Vegan cookbooks are strong performers; see *The Joy of Vegan Baking* and *The Vegan Table*. Slow cooker books are also more popular than ever.
- This book draws on the vegan trend, but from a new and unique angle using a popular book-selling kitchen appliance.
- Appeals to the ever-growing crowd of people who are going vegetarian or vegan for health reasons.

Kathy Hester is a slow cooker aficionado and founder of the blog *Healthy Slow Cooking* (<http://healthyslowcooking.wordpress.com/>). She writes for various online health and cooking websites, including *Bright Hub* (brighthouse.com), *Divine Caroline* (divinecaroline.com), *Everything Mom* (everythingmom.com), and *The Healthy Hostess* (thehealthyhostess.com). She lives in Durham, NC with her partner, two cats, one dog, and five slow cookers.



If you want to prepare hot, nutritious, home-cooked meals for your family and friends, but feel like time is never on your side, think again! **The Vegan Slow Cooker** lets you create fresh, nourishing cuisine in just two simple steps, using all the healthiest vegan-friendly ingredients found at your local market, farm stand, or home garden! You'll learn how simple it is to 1.) Prep your ingredients the night before, in just a few minutes' time and 2.) Assemble everything in the slow cooker in the morning before you head to work. The result? Perfectly cooked, intensely flavorful meals ready when you walk in the door. From your favorite comforting casseroles to fresh, exciting new stews, chilis, and even dessert—all veganized!—you'll find recipes that cover every type of cuisine imaginable. **The Vegan Slow Cooker** has all the tasty inspiration you'll need to pull that neglected crock pot out of storage and start creating compassionate, crave-worthy meals today.

Also available:



500 Heart-Healthy Slow Cooker Recipes, ISBN: 978-1-59233-454-4
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Color Me Vegan, ISBN: 978-1-59233-439-1
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500 Vegan Recipes, ISBN: 978-1-59233-403-2
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October 2011

300 LOW-CARB SLOW COOKER RECIPES

Healthy Dinners that are Ready When You Are

Dana Carpender

100 NEW
RECIPES!

Item # 195024 AQ

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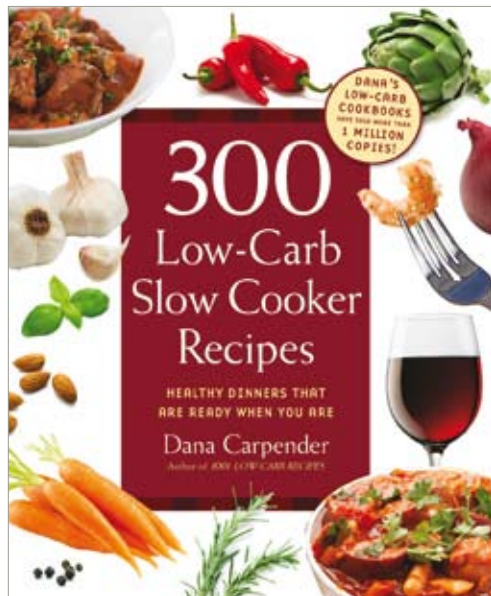
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Cooking/Health & Healing/Low
Carbohydrate

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300 recipes for low-carb dinners ready as soon as you walk in the door.

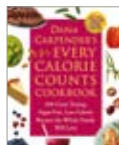
- Great tasting meals that offer the convenience of a slow cooker.
- The original 200-recipe book has been a perennially strong seller for Fair Winds

Best-selling author Dana Carpender was startled to discover that limiting her carbohydrate intake not only helped her control her weight, but produced the health and vitality a low fat diet had promised but never delivered. Fifteen years later, she laughs at people who say “You can’t eat that way long-term.” Her eight cookbooks are the result of her realization that the key to permanent dietary change is the answer to the age-old question, “What’s for supper?” To date they have sold over a million copies worldwide. Dana blogs about low carb nutrition at www.HoldtheToast.com; her weekly blog digest goes out to over 20,000 readers. She is also Managing Editor of *CarbSmart Magazine* at www.CarbSmart.com, as well as a featured staff writer. Dana lives in Bloomington, Indiana with her husband and a menagerie of pets, all of whom are well and healthily fed.



Ah, the wonders of a slow cooker. After a long, hard day you can walk in the door and the aroma of a hot, home-cooked meal fills the air. It’s nearly as good as having a personal chef! But for the low-carb dieter, traditional slow cooker recipes that call for potatoes and starchy canned soups can be a problem. Fortunately, **300 Low-Carb Slow Cooker Recipes** lets you use your slow cooker and follow your low-carb diet, too! This new, expanded version contains 100 new recipes. Come home to: Tuscan Chicken, Orange Rosemary Pork, Chipotle Brisket, Firehouse Chili and more! Enjoy low-carb treats like Hot Crab Dip and Curried Pecans—even incredible sugar-free desserts like Mochaccino Cheesecake and moist, tender seafood like Lemon-Mustard Salmon Steaks. Every recipe lists the calories, protein, fiber, and usable carbs per serving, so you’ll not only be in control of your life and your time, you’ll be in control of your diet as well.

Also available:



Dana Carpender’s **NEW Carb & Calorie Counter**, ISBN: 978-1-59233-429-2
\$6.99 US/£4.99 UK/\$8.99 CAN Rights: all available

Dana Carpender’s **Every Calorie Counts Cookbook**, ISBN: 978-1-59233-197-0
\$19.95 US/£12.99 UK/\$27.95 CAN Rights: all available

The Low-Carb Barbecue Book, ISBN: 978-1-59233-055-3
\$17.95 US/£10.99 UK/\$24.95 CAN Rights: all available

December 2011

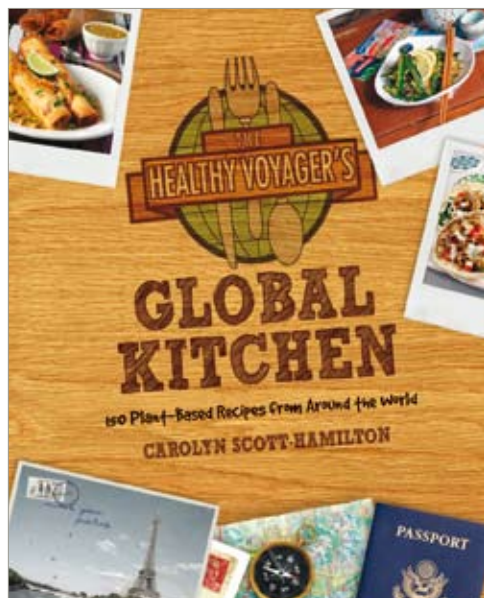
THE HEALTHY VOYAGER'S GLOBAL KITCHEN

150 Plant-Based Recipes from Around the World

Carolyn Scott-Hamilton

Item # 194960 AQ
ISBN: 978-1-59233-487-2
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Enjoy a world of new cuisine from the comforts of your own kitchen!

- Plant-based cookbooks are strong performers; see *Clean Food*, *The Conscious Cook*, and *The Kind Diet*.
- Author is popular and well-known in the plant-based/restricted-diet world.
- Offers new and exciting global recipes that vegans want and need.

Carolyn Scott-Hamilton is the creator and powerhouse behind www.HealthyVoyager.com, a site which promotes healthy and green living and travel. Since its start in 2005, the Healthy Voyager has garnered media attention from outlets such as CNN, *The Huffington Post*, *VegNews*, and *Today's Diet & Nutrition*, and now hosts nearly 700,000 subscribers.

Explore a world of cuisines from the comfort of your own kitchen! Full of fresh new flavors and exciting plant-based ethnic eats, **The Healthy Voyager's Global Kitchen** features 150 of the best recipes from more than 20 countries across the globe. Explore a new nation in every chapter through a delectable sampling of that country's most flavorful fare. Experience dishes you've always wanted to try and re-create the meals and tastes you've dreamt of since that honeymoon trip or European vacation. Every recipe is free of all animal products, and each includes a legend showing other special diets that can enjoy the dish, so that gluten-free, low-glycemic, soy-free, and raw-food eaters will be able to join in the fun of global plant-based cuisine, too. If you thought that following a healthy lifestyle meant missing out on the spices and flavors of ethnic cuisine, think again!

Also available:



The Complete Guide to Vegan Food Substitutions, ISBN: 978-1-59233-441-4
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Hearty Vegan Meals for Monster Appetites, ISBN: 978-1-59233-455-1
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The Vegan Table, ISBN: 978-1-59233-374-5
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January 2012

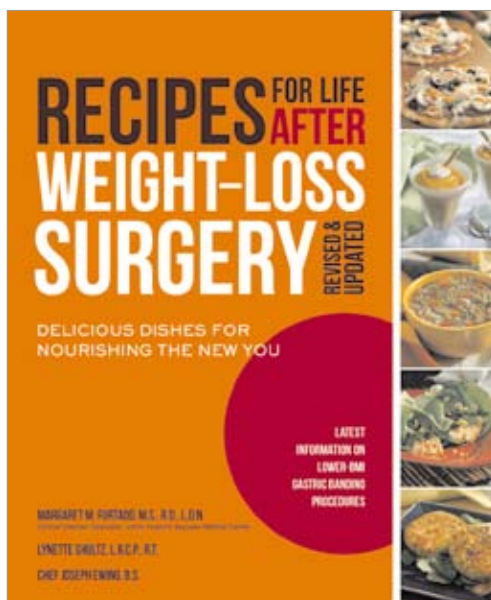
RECIPES FOR LIFE AFTER WEIGHT LOSS SURGERY, REVISED AND UPDATED

Delicious Dishes for Nourishing the New You-Featuring 50 New Recipes and Expanded Information on New, Popular Surgeries

Margaret M. Furtado M.S., R.D., L.D.N., Lynette Schultz, L.R.C.P., R.T. and Chef Joseph Ewing, B.S.

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Delicious recipes to support your healthy new lifestyle!

- Dietary guidelines for every post-op stage.
- The latest updates on weight loss surgery procedures.
- The first edition has sold over 15,000 copies through Bookscan.



Margaret M. Furtado has been a registered dietitian for over 20 years, specializing in weight loss surgery at renowned hospitals such as Tufts Medical Center, Massachusetts General Hospital, and Johns Hopkins Bayview Medical Center. She speaks internationally on nutrition and weight loss surgery.

Joseph Ewing is a graduate of Johnson and Wales University, with a BS in culinary nutrition and an associate of science degree in culinary arts. Joseph is currently doing his dietetic internship at the University of Maryland Eastern Shore.

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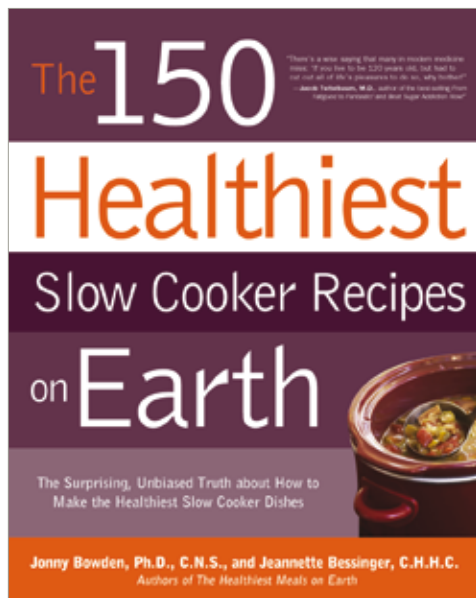
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Jeannette Bessinger, C.H.H.C., is the co-author of *The Healthiest Meals on Earth* and a contributing writer for *Clean Eating* magazine. She is a lifestyle health and nutrition consultant to several public and private groups and coalitions working to improve the health of schools and cities in the United States.

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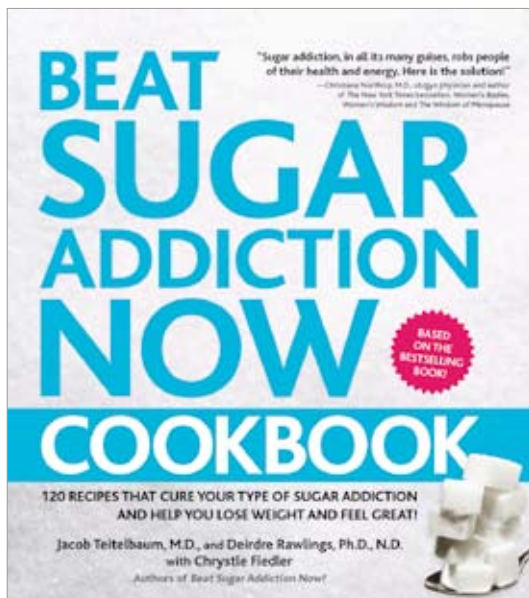
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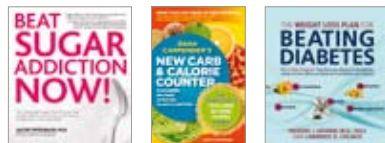
Jacob Teitelbaum, M.D. appears often as a guest on Oprah and Friends with Dr. Mehmet Oz and on CNN, Fox News Channel and local news and talk shows nationwide. He is the author of the best-selling *From Fatigued to Fantastic!* (3rd edition, Avery/Penguin Group USA), which has sold over 500,000 copies.

Deirdre Rawlings, Ph.D., N.D. is a doctor of naturopathy and holds a Ph.D. in holistic nutrition. She is the author *Food That Helps Win the Battle Against Fibromyalgia*.

Chrystle Fiedler is the co-author of *Beat Sugar Addiction Now!* and has written on health topics for *Prevention*, *Natural Health*, *Vegetarian Times* and *Health* magazines

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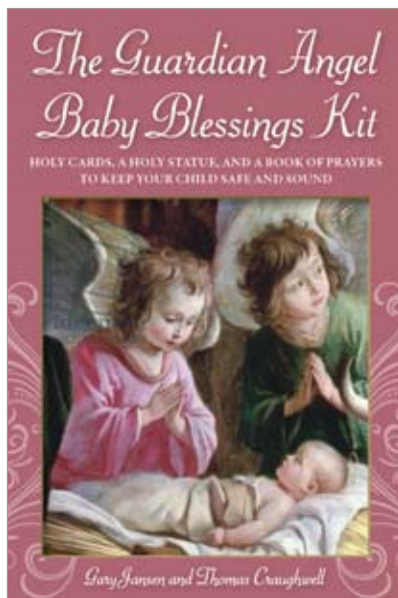
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Gary Jansen is currently the editor of Doubleday Religion. His books include *The Rosary: A Journey to the Beloved* and *Exercising Your Soul and Holy Ghosts: Or How a (Not-So) Good Catholic Boy Became a Believer in Things That Go Bump in the Night*.

Thomas J. Craughwell is the author of a dozen books, including *Saints for Every Occasion* and *Saints Behaving Badly*. He writes a monthly column on patron saints for Catholic diocesan newspapers. Craughwell has written about saints for the *Wall Street Journal*, *St. Anthony Messenger*, and *Catholic Digest*, and has discussed them on CNN and EWTN. He lives in Bethel, Connecticut.

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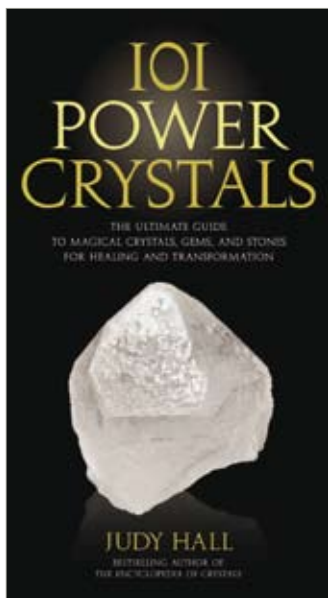
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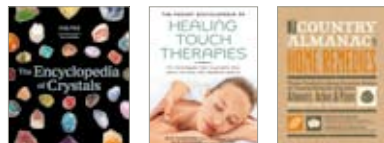
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Judy Hall is one of the top crystal experts in the world and has been using her extensive collection of crystals in her healing and divination work for almost thirty years. She has written 18 books, including the best-selling *Crystal Bible* series. She has been featured in numerous media outlets in the U.S. and U.K. and teaches workshops all over the world.

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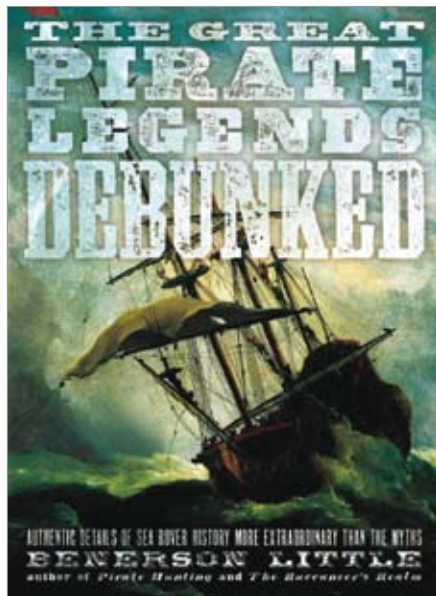
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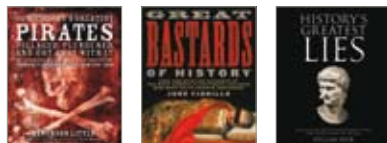
- Pirates continue to be popular in mainstream culture, such as movies, books, and theme parks.
- Expert author who combines in-depth research with the perspective of being a former Navy SEAL—and thus brings an additional understanding of weaponry, tactics, and sea warfare—into narrative history.
- Features archival images and maps gathered from around the world and narrative history style.

Benerson Little is the author of *Pirate Hunting: The Fight Against Pirates, Privateers, and Sea Raiders from Antiquity to the Present*; *The Buccaneer's Realm: Pirate Life on the Spanish Main, 1674–1688*; and *The Sea Rover's Practice: Pirate Tactics and Techniques, 1630–1730*. He is the author of numerous articles on pirates and has twice appeared on the History Channel to discuss piracy. A former Navy SEAL, he has worked as a naval special warfare analyst, an intelligence analyst, and a consultant in maritime subjects, and is a fencing instructor in his sparetime.



This book debunks more than a dozen pirate myths—from the flying of the Jolly Roger to the burying of treasure to walking the plank to the staging of epic sea battles—and shows that the truth about pirates is more fascinating and disturbing than the myths. For example, pirates rarely had their captives walk the plank; instead captives were often subject to horrendous torture, such as being hung by their genitals, burned by slow matches, or hung by their arms tied behind their backs and then dropped, causing their shoulders to pop from their sockets. Also, epic sea battles involving pirates were fairly rare: most prey surrendered immediately. What's fascinating is that the tactics of the buccaneers and filibusters inspired navies to engage in similar plundering warfare and that pirate tactics of shore attacks influenced those of navies.

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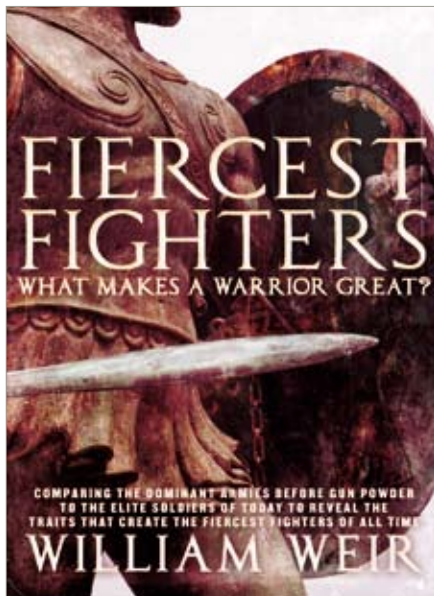
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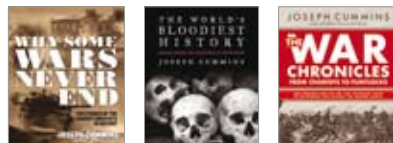
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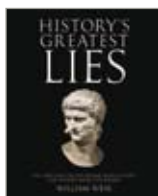
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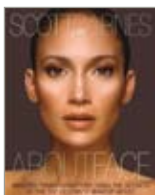
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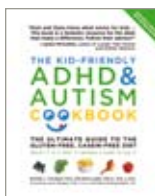
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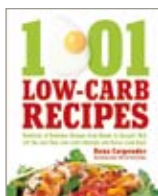
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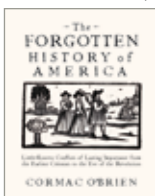
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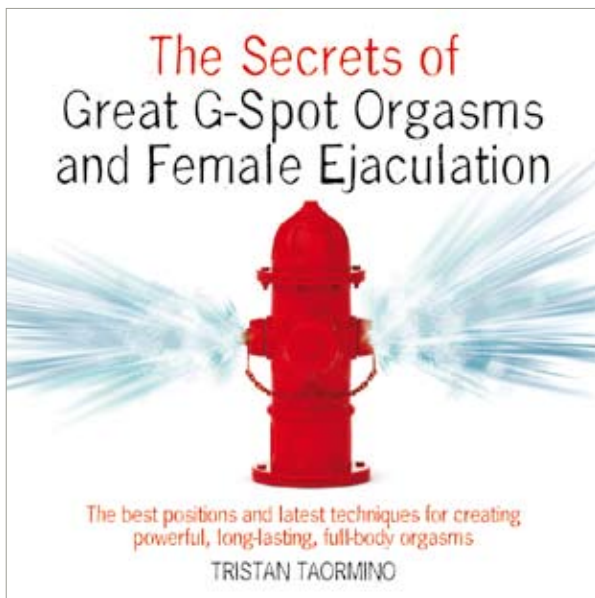
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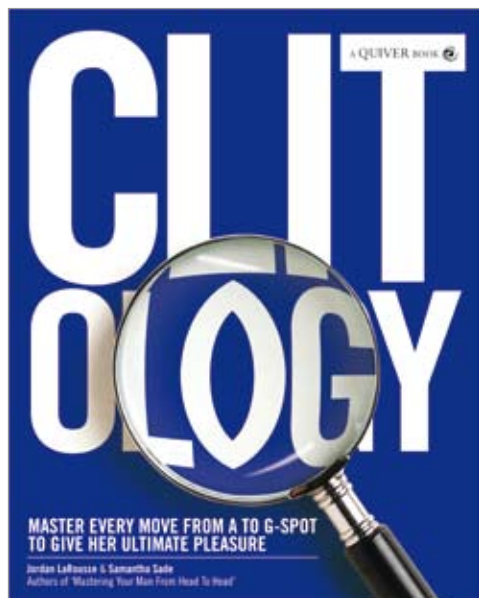
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Jordan LaRousse and Samantha Sade

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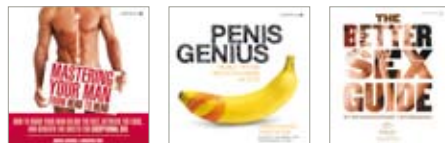
- Gives guys a complete education on her ultimate pleasure center.
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Jordan La Rousse and Samantha Sade are co-owners and co-editors of the premier online magazine for women's erotica, *Oysters & Chocolate* (www.oystersandchocolate.com). The site is home to hundreds of erotic short stories and poetry, the popular sex-advice Q&A column "Ask Jordan," numerous erotic toy, video, website, and product reviews and the wildly popular weekly sex tips email.

Clit-ology is a savvy guide to a woman's most intimate geography and how men can work it for her pleasure as well as his own. Filled with techniques for getting her wet, wild, and orgasmic, **Clit-ology** addresses myths and mysteries surrounding her secret garden such as "Can a woman really become revirginized if she doesn't have sex for a long time?", "Why does it take a woman four times as long as a man to climax?", and "How does a woman's internal anatomy change during arousal and intercourse?" Written by Jordan LaRousse and Samantha Sade, founders of the top erotica site *Oysters & Chocolate*, **Clit-ology** gives real-gal advice on what gets women to "OH, yes!!" and what is a cold shower. This book demystifies the pussy with a combination of sexual techniques, vagina lore and trivia, and real-gal advice about what turns them on "down there."

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Sonia Borg earned her Ph.D. in human sexuality and masters in public health from The Institute for Advanced Study of Human Sexuality in San Francisco. She is certified as a clinical sexologist by the American College of Sexologists and is a member of The American Association of Sexuality Educators, Counselors, and Therapists (AASECT). Sonia has been featured in television, radio, and print on Discovery Channel Canada, Playboy Radio, Good Morning San Diego, and Cosmopolitan. She is a sought-after speaker, educator, author, and sex expert.



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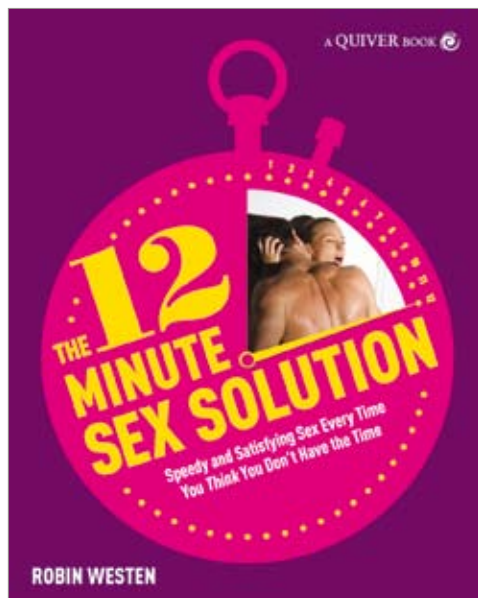
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Robin Westen is an expert sex advice columnist and journalist, with more than 20 years of experience writing for magazines such as *Glamour*, *Cosmopolitan*, *Family Circle*, *Ladies Home Journal*, *Self*, *Good Housekeeping*, and more. She specializes in health, relationships, sex issues, and parenting. Westen has authored several books, with her latest book, *Relationship Repair*, scheduled for release in the spring of 2011 by Sterling Publishers. She was an Emmy-Award winning writer for the ABC's women's health-oriented show "FYI" and a staff writer for "One Life to Live", as well as a sex advice columnist (Sex Rx) for *Woman's Own* magazine. Westen lives in Brooklyn and spends her summers in Vermont with her husband and son.



Would you love to have sex every day, but don't think you and your partner have time? Think again! Recent studies suggest that both men and women can reach peak arousal in just 12 minutes—which means you can fit in a little more intense and exciting than usual sex-capade while the cupcakes are baking, or the kids are outside playing, or during half-time, or anytime you feel like it! The secret lies in knowing some well-positioned techniques and moves, which is exactly what you'll find inside. Written by expert sex advice columnist Robin Westen, the 100 scenarios in this book teach you how to keep your libido on alert at all times, so you can train yourself to achieve arousal *and* satisfaction in just minutes. The result: better, more frequent sex, a happier relationship and stronger intimacy. From foreplay games like *Penis Massage for Couch Potatoes*, to intercourse games like *Good Vibrations: Sex on the Spin Cycle*, couples learn how to put sex back on the priority list and satisfaction back into the bedroom.

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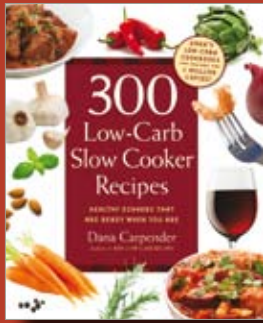
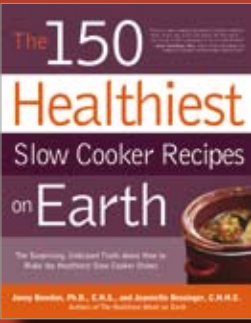
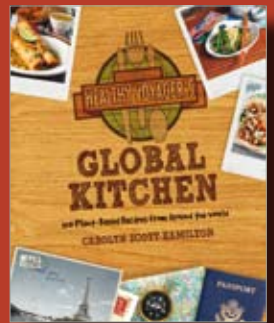
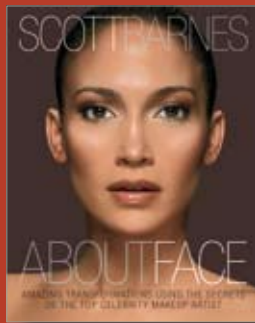
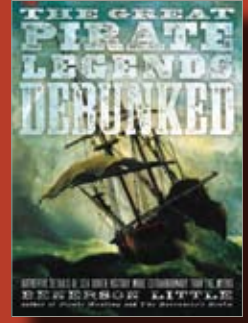
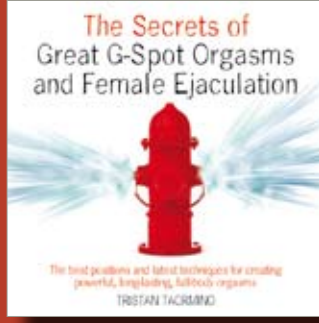
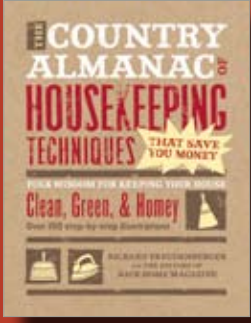
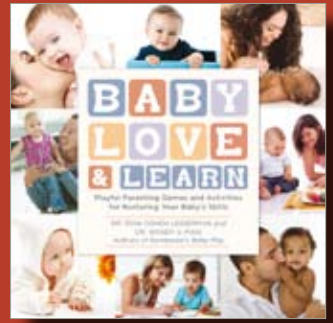
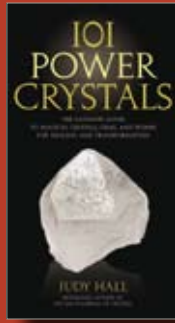
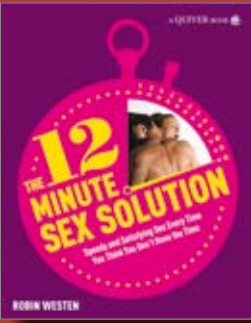
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