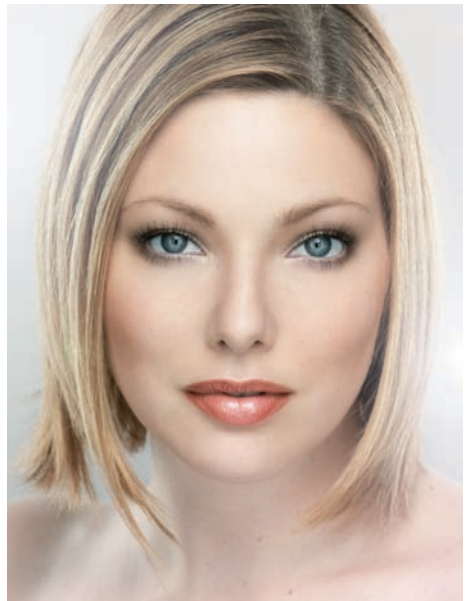


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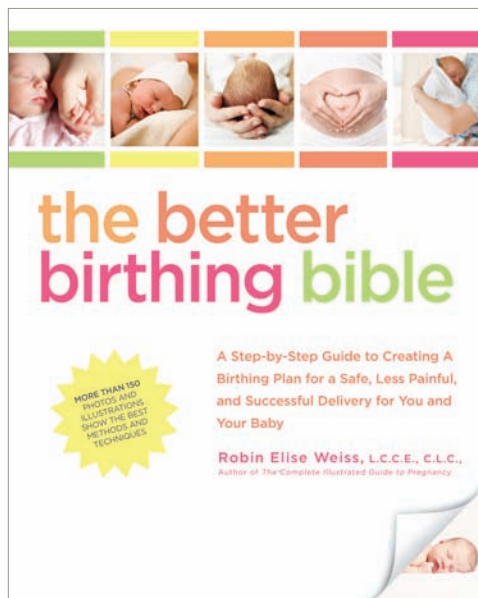
# THE BETTER BIRTHING BIBLE

## A Step-by-Step Guide to Creating a Birthing Plan for a Safe, Less Painful Labor and Delivery

Robin Elise Weiss, L.C.C.E., C.L.C.

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*This book covers every natural and conventional medical option for birthing.*

- Books on birthing sell. *The Birth Book* by William Sears has sold 65,000 copies in one edition alone while Ina May's *Guide to Childbirth* has sold 85,000 copies.
- There were 4.1 million births in the U.S. in 2005, which means at least 8 million parents each year who could use the guidance deciding on their birth plan.
- Enables moms-to-be to become experts in all of the birthing options and supplements or replaces the popular birthing classes that many mothers take.



Robin Elise Weiss, L.C.C.E., C.L.C. is a childbirth and postpartum educator, certified doula, and lactation counselor as well as the pregnancy and birth expert for About.com. She is the author of seven books on pregnancy and childbirth and she has been featured in *Newsweek*, *Working Mother*, and *American Baby*. You can find more information about Robin at: [www.pregnancy.about.com](http://www.pregnancy.about.com).

[www.robineliseweiss.com](http://www.robineliseweiss.com)  
[www.birthingactivist.com](http://www.birthingactivist.com)

How to give birth is the most important decision of a woman's pregnancy. However, navigating the maze of conventional and medical options is overwhelming. **The Better Birthing Bible** clearly lays out the process for seven successful birthing plans from home birth to natural unmedicated delivery to hospital births and c-sections. Childbirth and pregnancy expert Robin Elise Weiss outlines the latest research on every technique and procedure from water birthing to medications. Each path gives red flags that indicate when another birthing plan may be more appropriate and helpful strategies and trimester-by-trimester schedules for the smoothest birth experience possible.

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March 2011

# MAKEUP MAKEOVERS, REVISED AND EXPANDED

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Robert Jones

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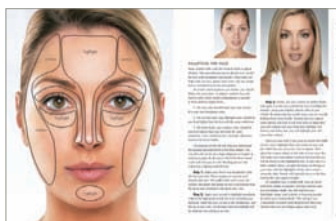
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*More than 200,000 copies sold worldwide—this is the bestselling makeup book currently on the market.*

- Features new techniques and products.
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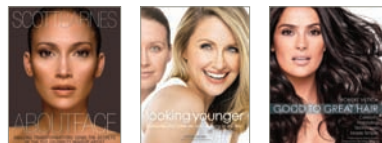
Robert Jones is a top and much in demand makeup artist with more than 20 years of experience working with clients such as Neiman Marcus, Mary Kay Cosmetics, Marie Claire, Elle Magazine as well as celebrities such as Sheryl Crow, Carol Channing and the Dixie Chicks. He is currently opening a makeup school for professionals and amateur makeup artists called the Robert Jones Makeup Academy.

[www.robertjonesbeauty.com](http://www.robertjonesbeauty.com)



Forget extreme makeovers! Robert Jones, makeup artist extraordinaire, outlines step-by-step how even the ugliest duckling can become a swan—with makeup alone! In hundreds of awe-inspiring before-and-after photos, Robert makes it easy for any woman to achieve true beauty in this book, which has become the definitive encyclopedia on the subject. No matter what your age, skin tone, or profile, Robert can show you simple techniques that camouflage flaws and highlight each woman's unique beauty. Even if you've never worn makeup before, you can learn how to bring out your best in just a few minutes. This stunning book is also a full-color guide to applying wedding makeup, with countless stunning before-and-after pictures of regular women throughout.

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April 2011

## THE MOST EFFECTIVE WAYS TO LIVE LONGER COOKBOOK

The Surprising, Unbiased Truth about Great-Tasting Food that Prevents Disease and Gives You Optimal Health and Longevity

Jonny Bowden, Ph.D., C.N.S., author of *The 100 Healthiest Foods on Earth*, and Jeannette Bessinger, C.H.H.C.

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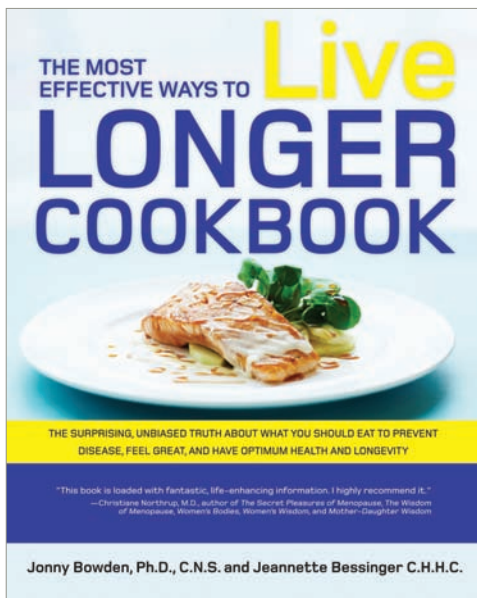
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*Mouthwatering recipes to keep you healthy longer.*

- Author has a great sales record with more than 250,000 books in print.
- Uses cutting-edge research to deliver the latest information and great recipes.
- Longevity and anti-aging books are hot among the aging Baby Boomer population.

Jonny Bowden, Ph.D., C.N.S., is a weight loss, nutrition, and health expert. He is the author of seven books and a board-certified nutrition specialist with a master's in psychology.

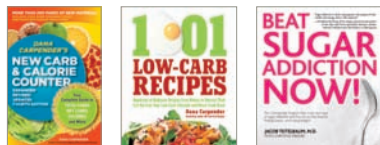
Jeannette Bessinger, C.H.H.C., is a board-certified, holistic health counselor, award-winning lifestyle and nutrition educator, and owner of Balance for Life, LLC.

[www.jonnybowden.com](http://www.jonnybowden.com)  
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In *The Most Effective Ways to Live Longer Cookbook*, author Jonny Bowden, one of America's top nutritionists, reveals the science behind food and longevity, and offers creative and delicious recipes that will lengthen your life and keep you strong, healthy, energetic, and active. Each and every of the 150 recipes inside has been specifically engineered to combat and reverse the effects of aging, so that you can get the most out of each day and do the things you always dreamed of, every decade of your life.

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# THE MOST EFFECTIVE NATURAL CURES ON EARTH

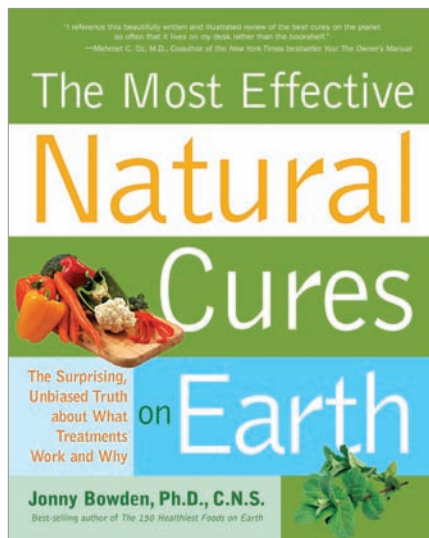
The Surprising, Unbiased Truth about What Treatments Work and Why

Jonny Bowden, Ph.D., C.N.S.

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More than 50,000 copies sold.

➔ Bowden makes food cures easy to understand, fun to read about and effective.

Jonny Bowden, Ph.D., C.N.S., is a nationally known expert on weight loss and nutrition and is author of *The 150 Healthiest Foods on Earth* as well as several other books. He has been featured in the *New York Times*, *Time Magazine*, *GQ*, *Muscle and Fitness*, *Self*, *Fitness*, *Men's Health*, *Prevention*, *In Style*, and *Shape*, among others. He lives in Woodland Hills, CA.

[www.jonnybowden.com](http://www.jonnybowden.com)



A comprehensive look at natural treatments and healing methods that work. Jonny Bowden takes his practical, knowledgeable, and open-minded approach—the same approach that made *The 150 Healthiest Foods on Earth* so successful—and focuses it on natural cures, revealing the best of alternative medicine for a mainstream audience. Through his personal use, extensive research, and wide-ranging expertise in nutrition and health, Jonny sorts through home remedies from every discipline and tradition to show which work and how best to use these proven healing techniques. He also explains through approachable and articulate descriptions why they work and on what basis he selected these cures—whether it is patient testimonials or the latest scientific studies. The book explores more than 75 common conditions, including allergies, cancer, high cholesterol, depression, diabetes, hypertension, menopause, and stress.

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August 2011

# THE 150 MOST EFFECTIVE WAYS TO BOOST YOUR ENERGY

The Surprising, Unbiased Truth About Using Nutrition, Exercise, Supplements, Stress Relief, and Personal Empowerment to Stay Energized All Day

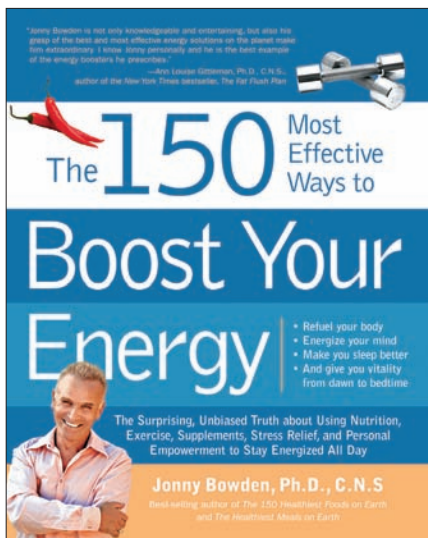
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- ➔ More than nutrition, Bowden expands on his expertise drawing in exercise, lifestyle and even conversation.

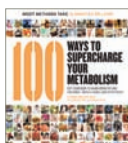
Jonny Bowden, Ph.D., C.N.S., is a nationally known expert on weight loss and nutrition and is author of *The 150 Healthiest Foods on Earth* as well as several other books. He has been featured in the *New York Times*, *Time Magazine*, *GQ*, *Muscle and Fitness*, *Self*, *Fitness*, *Men's Health*, *Prevention*, *In Style*, and *Shape*, among others. He lives in Woodland Hills, CA.

[www.jonnybowden.com](http://www.jonnybowden.com)



**The 150 Most Effective Ways to Boost Your Energy** shows anyone how to get more energy out of their body—naturally. Nationally known health expert Jonny Bowden presents small changes anyone can implement up front for big energy—such as what to eat for all-day endurance, when to time a workout for the biggest brain boost, or how working with (or against) natural light cycles can make your sleep restorative or slump-inducing. Energy starts with attitude—readers will learn how to “think” like a high-energy person and use breathing techniques, meditation, and exercise to bust stress, beat fatigue, and boost stamina. Readers learn how physical factors such as toxins, eating patterns, and nutritional deficiencies can sabotage strength—and how they can be corrected with proper diet and supplements. **The 150 Most Effective Ways to Boost Your Energy** gives readers a complete program to go from exhausted to energized.

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**The Most Effective Ways to Live Longer Cookbook**, ISBN-13: 978-1-59233-445-2  
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April 2011

# THE KID-FRIENDLY ADHD & AUTISM COOKBOOK

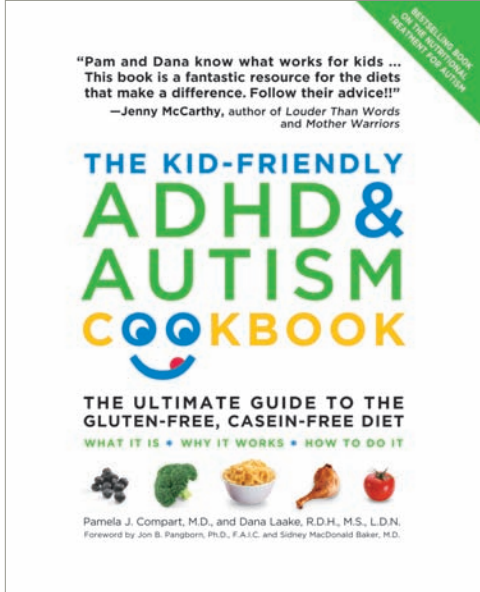
## The Ultimate Guide to the Gluten-Free, Casein-Free Diet

Pamela Compart, M.D. and Dana Laake, R.D.H., M.S., L.D.N.



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More great advice and recipes for healthy meals and snacks for kids with autism and ADHD.

- More than 60,000 copies sold.
- Authors have added significant new text including advice on packing school lunches and snacks.
- Foreword by renowned leaders in the field, Jon B. Pangborn, Ph.D., F.A.I.C., and Sidney MacDonald Baker, M.D.

Pamela Compart, M.D., is a developmental pediatrician and a functional medicine physician. She is the founder and director of HeartLight Healing Arts, Inc., which is an integrated health care center providing comprehensive traditional and complementary medicine services for children and adults.

Dana Laake, R.D.H., M.S., L.D.N. is a licensed nutritionist in Kensington, Maryland. Within her practice, Dana Laake Nutrition, she provides preventive and therapeutic medical nutrition services. An honors graduate from Temple University (health sciences, dental hygiene), she received her masters' degree in nutrition from the University of Maryland.

www.heartlighthealingarts.com  
www.danalaake.com



"Pam and Dana know what works for kids... This book is a fantastic resource for the diets that make a difference. Follow their advice!!" —Jenny McCarthy, author of *Louder Than Words* and *Mother Warriors*

The best "kid-friendly" recipes and guide to the gluten-free, milk-free diet for ADHD and autism is now available in paperback! One of the challenges that parents face is coping with children who have picky appetites and crave the very foods that affect their behavior, focus, and development. The other challenge is finding ways to get their children to eat healthy foods and improve their nutritional status. This book not only provides gluten-free milk-free substitutes and recipes, it provides successful suggestions for feeding the picky eater.

### Also available:



- The Best Homemade Baby Food on the Planet**, ISBN-13: 978-1-59233-423-0  
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- Organizing Solutions for People with Attention Deficit Disorder**, ISBN-13: 978-1-59233-234-2  
\$19.95 US/£12.99 UK/\$25.95 CAN Rights: all available
- The Best-Ever Wheat and Gluten-Free Baking Book**, ISBN-13: 978-1-59233-131-4  
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# THE 150 HEALTHIEST 15-MINUTE RECIPES ON EARTH

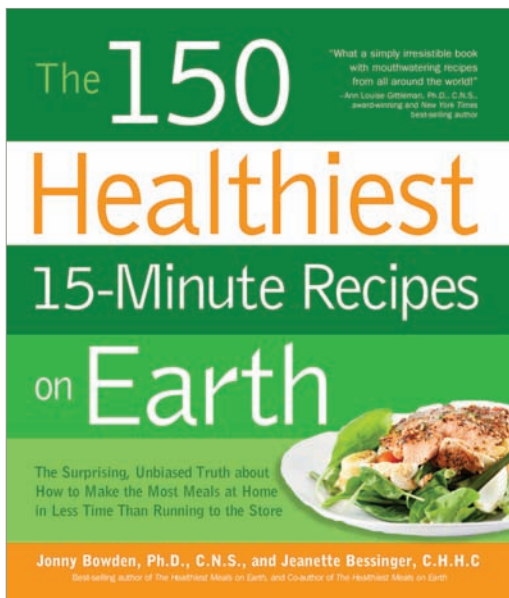
The Surprising, Unbiased Truth about How to Make the Most Deliciously Nutritious Meals at Home—in Just Minutes a Day

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

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*The book gives people a way to eat as healthfully as possible—but in the most minimal amount of time and with the least effort (a win-win situation).*



- Jonny Bowden's books have spent more than 30 weeks on the Bookscan bestseller list for health books.
- Caters to a huge audience of people who are interested in healthy eating, but strapped for time.
- 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 and nutrition and is author of *The 150 Healthiest Foods on Earth* as well as several other books. He has been featured in the *New York Times*, *GQ*, *Self*, *In Style*, and *Shape*, among others. He lives in Woodland Hills, CA.

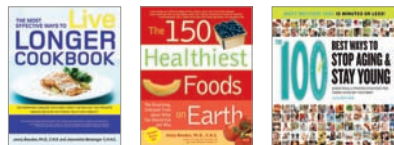
Jeannette Bessinger, C.H.H.C., is a board-certified holistic health counselor, lifestyle and nutrition educator, and owner of Balance for Life, LLC.

[www.jonnybowden.com](http://www.jonnybowden.com)  
[www.balanceforlifellc.com](http://www.balanceforlifellc.com)



Nationally known nutritionist and weight loss expert Jonny Bowden and whole foods cook Jeannette Bessinger show time-pressed readers how to create the healthiest meals on earth in only 15 minutes. The authors create healthy and delicious recipes for breakfast, lunch, dinner, and snacking using whole foods, kitchen shortcuts, and prepackaged foods, such as pre-chopped fresh and frozen fruits and vegetables. The book features 25 little or no-cook recipes; 75 15-minute recipes; 25 entrees that require 15 minutes of prep, plus cooking time; and 25 tasty, innovative, and quick snacks—many of which can serve as mini-meals in a pinch. The authors, who don't use processed foods, offer help in stocking a 15-minute pantry, freezing and batching foods, and making versatile marinades and sauces. Recipes include Pumpkin Pancakes with Whipped Ricotta, Quickie Quesadillas, Perfect One-Minute Omelets, Shaved Black Jack Steak Salad, and Quickest Black Bean Soup.

### Also available:



**The Most Effective Ways to Live Longer Cookbook**, ISBN-13: 978-1-59233-445-2  
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**The 150 Healthiest Foods on Earth**, ISBN-13: 978-1-59233-228-1  
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**The 100 Best Ways to Stop Aging and Stay Young**, ISBN-13: 978-1-59233-449-0  
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August 2011

# THE HEALTHIEST MEALS ON EARTH

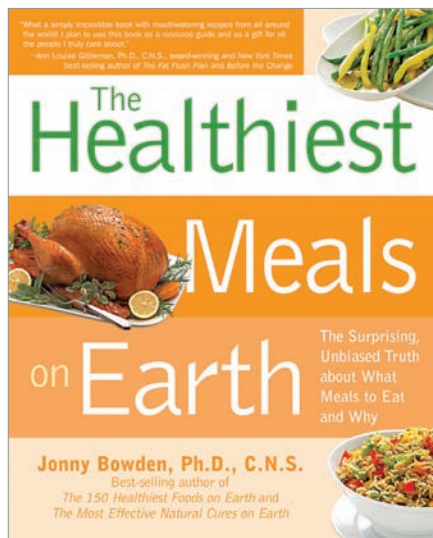
The Surprising, Unbiased Truth About What Meals to Eat and Why

Jonny Bowden, Ph.D., C.N.S.



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→ Each meal contains the protective and vitalizing vitamin combinations recommended by doctors to stop illness and promote good health.

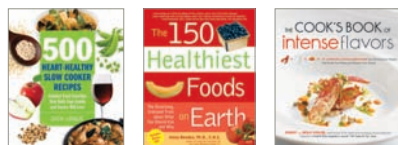
Jonny Bowden, Ph.D., C.N.S., is a nationally known expert on weight loss and nutrition and is author of *The 150 Healthiest Foods on Earth* as well as several other books. He has been featured in the *New York Times*, *Time Magazine*, *GQ*, *Muscle and Fitness*, *Self*, *Fitness*, *Men's Health*, *Prevention*, *In Style*, and *Shape*, among others. He lives in Woodland Hills, CA.

[www.jonnybowden.com](http://www.jonnybowden.com)



Now in a new, smaller format **The Healthiest Meals on Earth** contains recipes for more than sixty dishes and drinks that use nutritious and healthy cooking methods. Forty dishes will combine to create ten different “poly-meals,” specially crafted meals that contain key nutrients found to promote long-term health. They include Sweet and Thai Spicy Shrimp and Fruits as well as Persian Chicken with Autumnal Accompaniments. The poly-meals are designed to be eaten three-to-five times a week. Another ten recipes are one-pot meals that include Slow-Cooker Chicken Curry. A chapter on drinks will include nutritious smoothies, “green drinks,” and others. Jonny provides healthy cooking tips, as well as an analysis of the foods in each recipe. Side dishes, such as Cold Strawberry Soup, and desserts, such as Raw Chocolate Fondue, are also featured.

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**500 Heart-Healthy Slow Cooker Recipes**, ISBN-13: 978-1-59233-454-4  
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May 2011

## 300 15-MINUTE LOW-CARB RECIPES

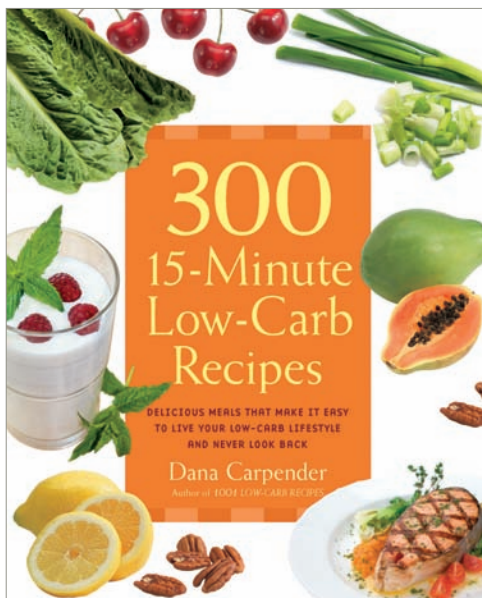
Hundreds of Delicious Meals That Let You Live Your Low-Carb Lifestyle and Never Look Back

Dana Carpender

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& UPDATED

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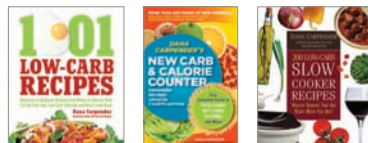
Revised and  
100 new recipes.

- Low-carb is popular again with the release of bestseller *New Atkins for a New You*.
- Dana's books have sold hundreds of thousands of copies.

Best-selling author Dana Carpender blogs about low carb nutrition at [www.HoldtheToast.com](http://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](http://www.CarbSmart.com), as well as a featured staff writer. She will be launching her internet radio show, *Dana's Low Carb For Life*, on Labor Day 2010. Dana lives in Bloomington, IN.

Studies show that low-carbohydrate dieting works to take weight off and improve cholesterol. As more and more people switch to the Atkins diet or variations of it, they will need recipes! **300 15-Minute Low-Carb Recipes** offers recipes that can be made in 15 minutes or less. This new, revised edition comes with 100 new recipes for a total of 300 low-carb options.

### Also available:



**1001 Low-Carb Recipes**, ISBN-13: 978-1-59233-414-8  
\$19.99 US/£12.99 UK/\$21.99 CAN Rights: all available

**Dana Carpender's New Carb & Calorie Counter**, ISBN-13: 978-1-59233-429-2  
\$6.99 US/£4.99 UK/\$8.99 CAN Rights: all available

**200 Low-Carb Slow Cooker Recipes**, ISBN-13: 978-1-59233-076-8, \$17.95 US/\$24.95 CAN  
Rights sold: UK, French, Middle Eastern, Indian, South African, French Canadian, English language in European Union

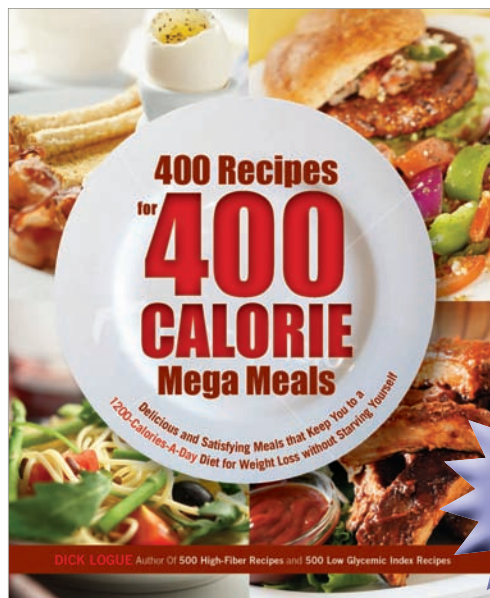
## 400 RECIPES FOR 400 CALORIE MEGA MEALS

Delicious and Satisfying Meals that Keep You to a 1200-Calories-a-Day Diet for Weight Loss without Starving Yourself

Dick Logue

Item # 193907 AQ  
ISBN-13: 978-1-59233-462-9  
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7.5 x 9.125 in  
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*Fresh, wholesome meals that allow you to fill your plate and still lose weight!*

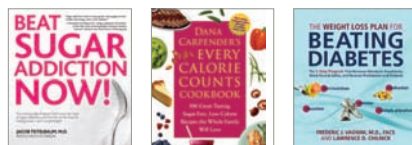
- Straightforward concept that appeals to and is recognized by anyone looking to lose weight. Audience includes those suffering from diabetes, heart disease, and obesity.
- Our book has more than twice the number of recipes as competing titles and gives readers an eating plan focused on fresh, wholesome ingredients and no gimmicks.
- Same format as the *500 Recipes* series which has more than 1 million copies in print.

For people looking to shed pounds and live more healthfully, eating meals in the 400-calorie range is your secret weapon to weight loss success. Not only do these meals fuel your energy, rev metabolism, and keep you feeling full longer, but they also help you stick to a daily caloric range of 1200 to 1500 total calories, which is ideal for tipping the scales in your favor. Whether you're on a weight loss plan already, or looking to begin anew, **400 Recipes for 400 Calorie Mega Meals** is your one-stop shop for healthy, deliciously comforting meals that won't bust your fitness goals, but rather boost you to them! The book works by expertly focusing on nutrient-dense, low-calorie ingredients that you can eat in abundance—such as leafy greens, artichokes, and berries—and combining them with smaller portions of equally filling foods like whole grains, beans, eggs, and poultry. So you can start losing weight—by filling your plate!

Dick Logue is the founder of [www.lowsodiumcooking.com](http://www.lowsodiumcooking.com). After being diagnosed with congestive heart failure, Dick began creating healthy versions of his favorite recipes. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of *500 Low Sodium Recipes*, *500 Low-Cholesterol Recipes*, *500 High Fiber Recipes*, *500 Low Glycemic Index Recipes*, and *500 Heart-Healthy Slow Cooker Recipes*.

[www.lowsodiumcooking.com](http://www.lowsodiumcooking.com)

### Also available:



**Beat Sugar Addiction Now!**, ISBN-13: 978-1-59233-415-5  
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**Dana Carpender's Every-Calorie-Counts Cookbook**, ISBN-13: 978-1-59233-197-0  
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## MEGA-HEALTHY, MIGHTY-DELICIOUS, MAKE-AHEAD MEALS

Exceptionally Delicious and Nutritious Fix-and-Freeze Recipes You Can Prepare in Advance and Enjoy at a Moment's Notice

Michele Borboa, M.S.

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*Solve your family's frantic, "We Need Dinner NOW" nights with 150 deliciously wholesome, homemade freezer meals.*

- Make-ahead and fix-and-freeze books are strong sellers.
- Four-color photography sets this book apart from its competitors.
- Features preservative-free, deliciously healthy alternatives to high-sodium, high-fat commercially prepared frozen food.

Michele Borboa, M.S., is a health and wellness expert, personal chef, and freelance writer specializing in food, fitness and balanced living. She is a food columnist at [www.ChefMom.com](http://www.ChefMom.com), channel editor at [www.SheKnows.com](http://www.SheKnows.com), and author of the cookbook *The Fitness Kitchen*. Michele holds a master's degree in exercise science and health promotion. She lives with her family in Bozeman, MT.



Cook the best, most nutritious food for your family *and* save time and money with this mega-delicious guide to preparing meals you can fix-and-freeze now and enjoy any night of your crazy-busy week! Unlike the sodium-laced, preservative-filled meals you might find in your grocer's freezer aisle, these recipes feature wholesome ingredients full of flavors that harmoniously come to life the instant you reheat them. From comforting casserole and lasagna recipes, to show-stopping breakfast baked goods and sweet treats, you'll discover so many "must-make" recipes that you may need to consider a larger freezer! In addition to great tips and advice on how to best prep, store, and reheat your make-ahead dishes, each recipe also gives you the option of doubling, tripling, or quadrupling each batch, so you can create up to 40 servings of every recipe. Serving your family a hot, home-cooked meal every night of the week has never been simpler—or more delicious.

### Also available:



**The Cook's Book of Intense Flavors**, ISBN-13: 978-1-59233-432-2  
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**500 Low-Glycemic-Index Recipes**, ISBN-13: 978-1-59233-417-9  
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**500 High-Fiber Recipes**, ISBN-13: 978-1-59233-408-7  
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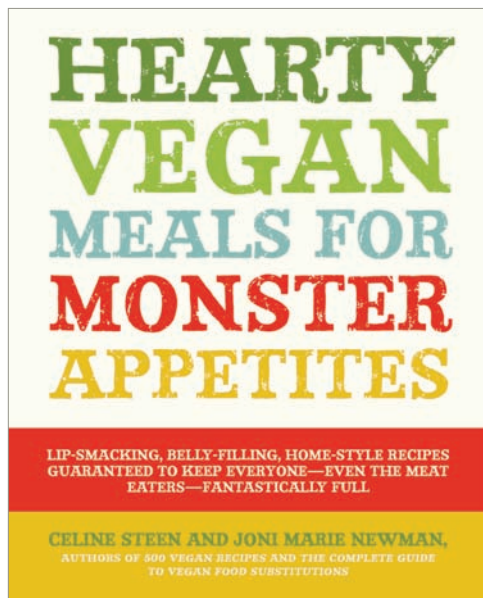
## HEARTY VEGAN MEALS FOR MONSTER APPETITES

Lip-Smacking, Belly-Filling, Home-Style Recipes Guaranteed to Keep Everyone—Even the Meat Eaters—Fantastically Full

Celine Steen and Joni Marie Newman

Item # 193910 AQ  
ISBN-13: 978-1-59233-455-1  
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*Hearty comfort food that vegans and non-vegans will love.*

- *The Vegan Table*, which is positioned as a vegan cookbook filled with recipes so delectable even non-vegans will love them, is a strong seller.
- Competitive books that position themselves for vegan and meat lovers alike such as *Almost Meatless* and *The Flexitarian Table* are NOT vegan.
- Every recipe in our book is 100% vegan but crafted with hearty ingredients that will satisfy vegans and non-vegans alike.

Veganism is one of the hottest health trends. But what do you do when half the people at your dinner table rebel against plant-based eating in favor of burgers, stew, and meat-based fare? You turn to **Hearty Vegan Meals for Monster Appetites** which provides you with 200 recipes that even a die-hard comfort food eater will love. Utilizing substantial ingredients packed with flavor such as portabella mushrooms, sweet potatoes, whole grains, and beans, readers can enjoy delicious burgers, stews, chilies, pastas, hearty main dishes, casseroles and comforting breads and desserts. Your family won't be missing out with recipes like Maple-Glazed Doughnuts with Faux Bacon Bits, crispy Mac 'n Cheese Balls, Patty Melts and Peanut Butter Cupcakes. Each dish is so abundant and satisfying that no one at the table will ever say, "I'm still hungry."

Celine Steen is founder of [www.havecakewilltravel.com](http://www.havecakewilltravel.com) and co-author of *500 Vegan Recipes* and *The Complete Guide to Vegan Food Substitutions*. Her website brings in an average of 15,000 hits a week. She was born in Switzerland and currently lives in California.

Joni Marie Newman is founder of [justthefood.com](http://justthefood.com), author of *Cozy Inside*, and co-author of *500 Vegan Recipes* and *The Complete Guide to Vegan Food Substitutions*. A Southern California native, she lives in Orange County.

[www.justthefood.blogspot.com](http://www.justthefood.blogspot.com)

### Also available:



**Color Me Vegan**, ISBN-13: 978-1-59233-439-1  
\$19.99 US/£12.99 UK/\$21.99 CAN Rights: all available

**The Complete Guide to Vegan Food Substitutions**, ISBN-13: 978-1-59233-441-4  
\$18.99 US/£14.99 UK/\$20.99 CAN Rights: all available

**500 Vegan Recipes**, ISBN-13: 978-1-59233-403-2  
\$19.99 US/£14.99 UK/\$24.99 CAN Rights: all available

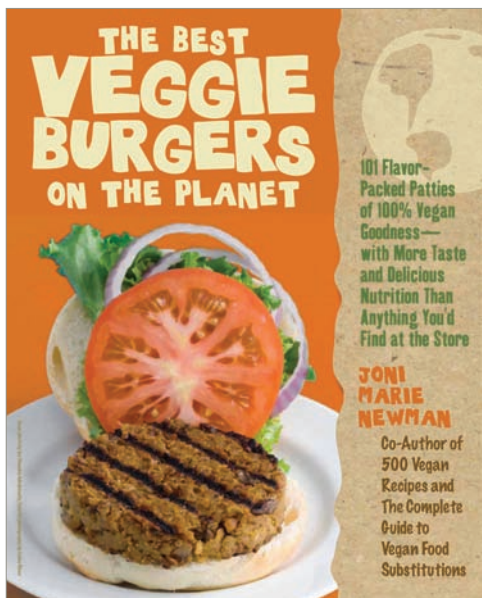
## THE BEST VEGGIE BURGERS ON THE PLANET

101 Flavor-Packed Patties of 100% Vegan Goodness—with More Taste and Delicious Nutrition than Anything You'd Find at the Store

Joni Marie Newman

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 Cooking/Vegetarian & Vegan  
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101 veggie burgers guaranteed to wow vegans and non-vegans alike!

- Vegan cookbooks are strong performers; see *The Joy of Vegan Baking*, *The Vegan Table*, and *Vegan Cupcakes Take Over the World*.
- This book draws on the vegan trend, but from a new and unique angle. It also offers more recipes than the competition.
- Appeals to the ever-growing crowd of people who are becoming vegetarians or vegans for health reasons, but who are learning that it is not just as simple as not eating meat.

Veggie burgers are the ultimate vegan food. They're healthy, they're portable, they're packed with flavor, and they're loved by just about everyone—non-vegans included! With **The Best Veggie Burgers on the Planet**, you can bring flavor and fun back into your kitchen. Features wholesome, 100% vegan ingredients packed with taste and nutrition, and this book has recipes for it all: Burgers for breakfast. Burgers for dinner. Burgers for holidays and potlucks. Burgers for anytime. Author and vegan extraordinaire Joni Marie Newman will show you how to expertly craft burgers that will not only inspire you to eat more creatively, but more deliciously! You'll also find recipes for buns, sides, and desserts so you can create complete meals guaranteed to be the hit of any party. With **The Best Veggie Burgers on the Planet**, you'll find 101 ways of looking at burgers in a whole new way. Let's get this patty party started!

Joni Marie Newman is founder of [www.justthefood.com](http://www.justthefood.com), author of *Cozy Inside*, and co-author of *500 Vegan Recipes*, *The Complete Guide to Vegan Food Substitutions*, and *Hearty Vegan Meals for Monster Appetites*. A southern California native, she lives in Orange County.

[www.justthefood.com](http://www.justthefood.com)

### Also available:



**15-Minute Vegetarian Recipes**, ISBN-13: 978-1-59233-176-5  
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**The Vegan Table**, ISBN-13: 978-1-59233-374-1  
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## THE COUNTRY ALMANAC OF HOUSEKEEPING TECHNIQUES THAT SAVE YOU MONEY

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

Richard Freudenberger

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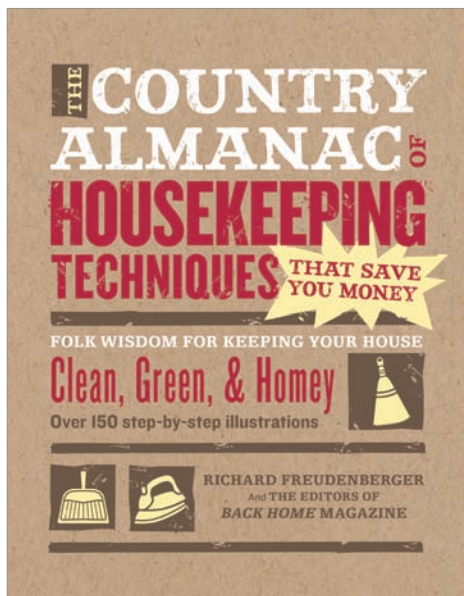
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175 photos/illustrations

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House & Home/Cleaning & Caretaking

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*Country wisdom with its emphasis on frugality and being eco-conscious.*

- Housekeeping books sell. 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 hardworking category killer.

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

In **The Country Almanac of Housekeeping Techniques That Save You Money**, readers learn the creative housekeeping secrets of our foremothers for maintaining homey houses without modern day expenses. Richard Freudenberger has collected hundred of formulas for effective cleaning on the cheap (and green to boot!) and ways our ancestors saved on heating bills and maintained a cozy, charming home with little besides their ingenuity. This comprehensive encyclopedia gathers the least expensive ways of taking care of everything and everyone in your house from dishes and laundry, to healthy meals, to the best ways to get the longest life out of every household item.

Many of today’s products are expensive, bad for the environment and your kids, and don’t work any better than Grandma’s methods that cost only pennies.

### Also available:



**The Country Almanac of Home Remedies**, ISBN-13: 978-1-59233-446-9

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March 2011

## THE 12 WEEK TRIATHLETE, 2ND EDITION

Train for a Triathlon in Just Three Months

Tom Holland

REVISED  
& UPDATED

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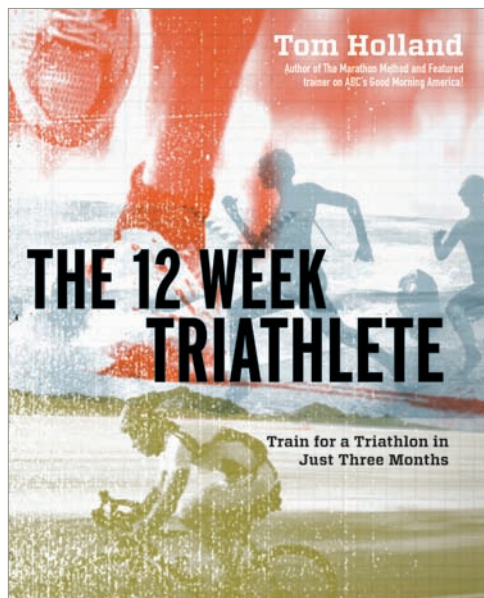
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90 color photos  
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*Compete in a triathlon in just 12 weeks—no matter what level you're at now!*

- Updated, four-color edition appeals to the ever-growing sector of people interested in triathlon competition.
- Author is well known and respected, with a strong media presence.
- Offers readers succinct, step-by-step training plans that appeal to every skill level and every type of triathlete competition (Sprint, Olympic, Half-Ironman, or Ironman).

Tom Holland holds a master's degree in exercise science and sport psychology and is founder of the fitness consulting company TeamHolland LLC. He has competed in over 15 Ironman Triathlons. Tom recently appeared on ABC News' *Good Morning America*, where he trained JuJu Chang for her first triathlon. He has contributed to *Men's Health*, *Self*, and *Fitness*. Tom is author of *The Marathon Method*.

[www.teamholland.com](http://www.teamholland.com)



Imagine being able to successfully compete in a triathlon in just three short months! You can, with fitness expert Tom Holland's training manual, **The 12-Week Triathlete**. This revised and updated edition gives fitness enthusiasts the most exciting, encouraging, and up-to-date information, including 12 new training plans that outline exactly what you need to do for triathlon success. Whether you are a beginner or a seasoned triathlete, this book offers a complete, step-by-step program that will help you strengthen, tone-up, and both physically and mentally prepare for the big day. You'll also find insider information on weight-training, endurance training, and speed work, as well as answers to questions like "Can you eat during a race?," "How do you line up your bike so you can jump right on it?," and "What is the best way to quickly shed your wetsuit?" **The 12-Week Triathlete** is your secret weapon to a triumphant triathlon—start training today!

### Also available:



**The Big Book of Running**, ISBN-13: 978-1-59233-424-7  
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July 2011

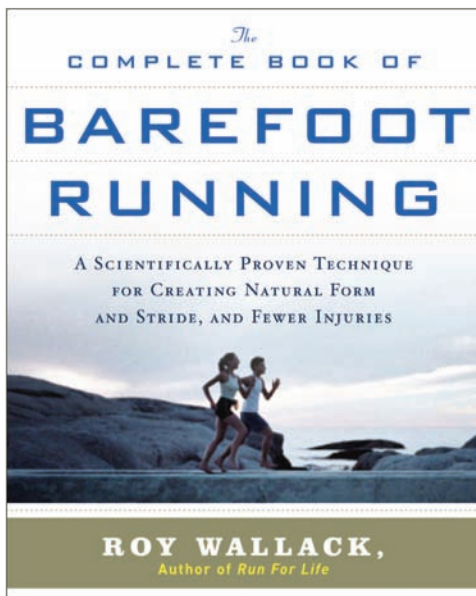
## THE COMPLETE BOOK OF BAREFOOT RUNNING

Learn the Scientifically Proven Technique for  
Improving Your Stride and Reducing Injuries

Roy Wallack and Ken Bob Saxton

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*The first book on the hottest new technique in running!*

- *Born to Run* has sold over 250,000 copies since May 2009 and there has been a mad rush of interest in barefoot running spurred by coverage in mainstream publications, including the *New York Times*, *Los Angeles Times*, *Boston Globe*, and *Runner's World*.
- Harvard recently published new research that shows that people who run barefoot, or with minimal shoes, have fewer injuries and a more natural, efficient stride.

Roy M. Wallack is a *Los Angeles Times* health and fitness columnist and former editor of *Triathlete* and *Bicycle Guide* magazines.

Ken Bob Saxton is the leading instructor and proponent of barefoot running. Featured in *Runner's World*, the *New York Times*, and the bestseller, *Born to Run* he has trained thousands of people across the country.

Barefoot running has garnered lots of attention due to the mega-bestseller *Born to Run* while products like the Vibram® FiveFinger Shoes have tripled in sales and top athletic companies like Nike® and Adidas® are declaring barefoot running the next big thing. **The Complete Book of Barefoot Running** explains the pros and cons of barefoot running, explores the science supporting it, and debunks myths surrounding it. Readers learn the proper techniques for running barefoot and incorporating the practice into their running regimen for a better stride, longer endurance, and fewer injuries. Written by noted barefoot runner and instructor Ken Bob Saxton and running journalist Roy Wallack, **The Complete Book of Barefoot Running** is the most comprehensive book on the hottest athletic trend.

### Also available:



**The Big Book of Running**, ISBN-13: 978-1-59233-424-7  
\$24.99 US/£16.99 UK/\$27.99 CAN Rights: all available

**UltraFit**, ISBN-13: 978-1-59233-175-8  
\$19.95 US/£12.99 UK/\$27.95 CAN Rights: all available

**The 12 Week Triathlete**, ISBN-13: 978-1-59233-458-2  
\$19.99 US/£14.99 UK/\$21.99 CAN Rights: all available

March 2011

# THE COMPLETE ENCYCLOPEDIA OF ANGELS

A Guide to 200 Celestial Beings to Help, Heal, and Assist You in Everyday Life

Susan Gregg

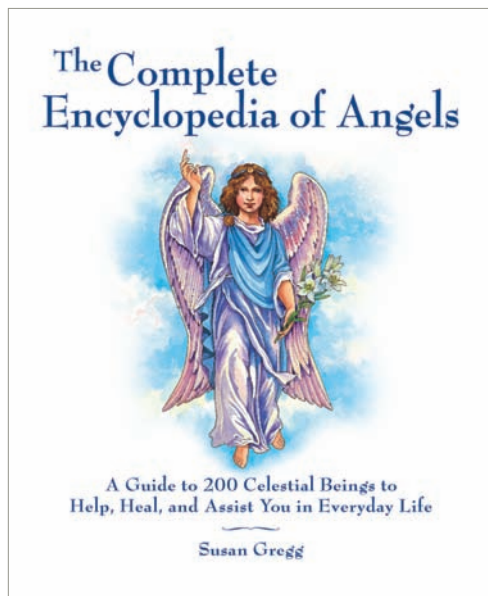
NEW  
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Fair Winds Press



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*Work with angels to improve your finances, relationship, home and career!*

- Great package at a great price with 200 angels for \$17.99.
- Interest in angels is hot right now as people are looking for comfort and divine guidance amid economic woes.
- Features more than twice as many angels and guides as the bestselling book in the market, as Doreen Virtue's *Archangels and Ascended Masters* with practical advice on how anyone can connect with angels to help them in their everyday lives.

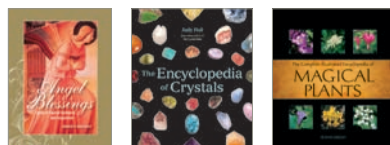
Susan Gregg is the author of six books including *The Toltec Way* and *The Complete Idiot's Guide to Short Meditations*. Her podcast, "Food for the Soul," has earned a loyal following. She teaches classes at The Learning Annex, First Class in Washington, D.C., The Boston Learning Society, and the Discovery Center in Chicago. She was a speaker at The Whole Life Expos in LA and Boston.

[www.susangregg.com](http://www.susangregg.com)



**The Complete Encyclopedia of Angels** is a lively reference to "who's who" in the celestial realms. Featuring 200 divinities from Judeo-Christian, Buddhist, Celtic, Egyptian, Greek, Roman, Asian, Tibetan, and New Age spiritual traditions, this guide offers a fascinating biography of each deity, what their purpose or area of expertise is, and how readers can call upon them for help in their everyday life. Whether readers are seeking help with their relationships, home, finances, or health they'll find the assistance they need in this lavishly illustrated guide. Call on St. Anthony to locate missing items. Connect with St. Columba to protect against computer hackers. Open your heart to the Hindu god, Krishna, to find your true soul mate.

### Also available:



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March 2011

## THE VIRGIN MARY PRAYER KIT

Connect with the Blessed Mother for Healing, Protection, and Guidance

Lisa Haddock

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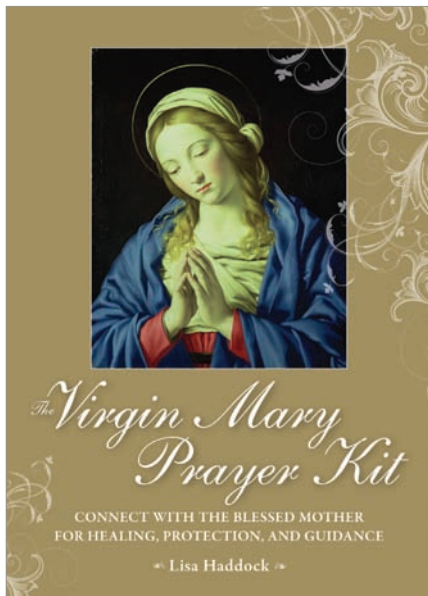
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224 pages, kit

52 color photos

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Body, Mind & Spirit/Spirituality/  
Divine Mother, The Goddess, Quan Yin  
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*Build your connection to this most compassionate and loving religious icon.*

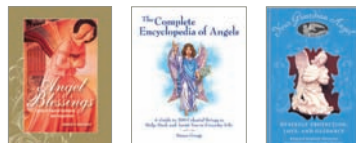
- Easy-to-tote booklet and cards offer a convenient yet meaningful connection to Mary.
- First Virgin Mary book-and-cards kit on the market.
- Builds on success of other kits in this format.

Oklahoma native Lisa Haddock earned a bachelor's degree in mass media news and a master's in modern letters at the University of Tulsa. During her twenty-year career she has worked for daily newspapers in Oklahoma and New Jersey. Since 1995, she has specialized in religion writing and editing.

[www.njfaithforum.blogspot.com](http://www.njfaithforum.blogspot.com)

A beautiful kit that celebrates the Virgin Mary with a 224-page book, *Full of Grace: Celebrate and Honor the Virgin Mary*, describing her life and offering prayer to her, and 52 cards, featuring a portrait of Mary and a prayer culled from the book, both packaged in a keepsake box. This is the ideal gift for anyone who wants to feel closer to Mary every day.

### Also available:



**Angel Blessings**, ISBN-13: 978-1-59233-435-3  
\$19.99 US/£12.99 UK/\$21.99 CAN Rights: all available

**The Complete Encyclopedia of Angels**, ISBN-13: 978-1-59233-466-7  
\$17.99 US/£14.99 UK/\$19.99 CAN Rights: all available

**Your Guardian Angel in a Box**, ISBN-13: 978-1-931412-39-1  
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April 2011

## THE BEST MEDITATIONS ON THE PLANET

120 Techniques to Beat Stress, Improve Health, and Create Happiness—In Just Minutes per Day

Dr. Martin Hart and Skye Alexander

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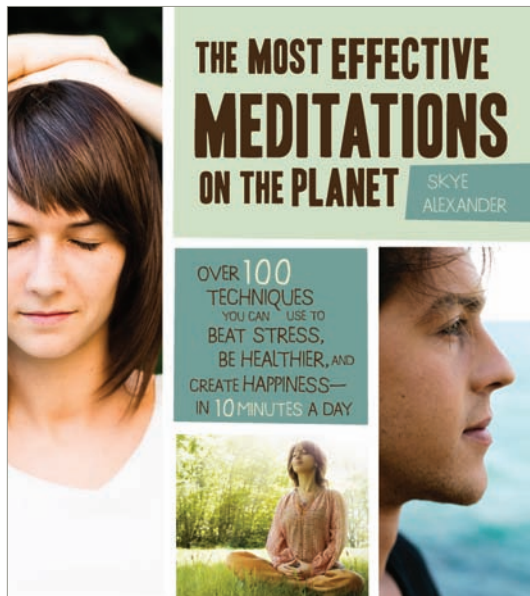
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Dr. Martin Hart is founder and president of the American Society of Alternative Therapists and has been in health education for thirty-five years. His courses and workshops have been featured in the *Wall Street Journal* and other publications.

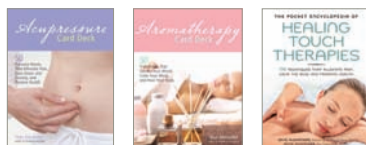
Skye Alexander is the author of more than two dozen books, including *10-Minute Feng Shui*, and *The Pocket Encyclopedia of Healing Touch Therapies*. She has practiced meditation and yoga for 35 years.

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Angela Grace is an author of paranormal romances. A great fan of popular fiction she has seen every vampire movie ever made and has been an avid reader of all things occult since her early teens. She is currently completing her degree in english and literature from Southern New Hampshire University.

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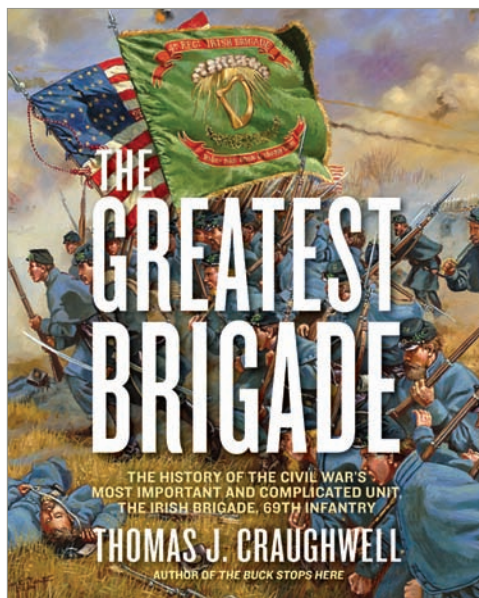
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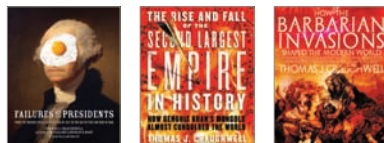
Thomas J. Craughwell is the author of more than a dozen books, including *Failures of the Presidents*, *Stealing Lincoln's Body*, and most recently, *The Rise and Fall of the Second Largest Empire in History*. He has written articles on history, religion, politics, and popular culture for the *Wall Street Journal*, the *American Spectator*, and *U.S. News & World Report*. He lives in Bethel, CT.

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The Irish Brigade played a key role in all the major battles including the Peninsula Campaign, Antietam, Fredericksburg, Chancellorsville, Gettysburg, Petersburg, and Appomattox and wasn't decommissioned until WWI. It was full of larger than life characters and effectively led by a charismatic commander who was court marshaled for revolutionary activity in Ireland and was dismissed to enable him to serve in the war. Some numbers say that this unit lost more than 4,000 soldiers, one of the largest body counts of any brigade, if not the largest. This is a tale of a critical and incredible fighting force, packed with immigrants that helped win the war not only through bravery and war tactics but also by scaring the English out of the war with threats of violence at home. It's a story every Civil War history buff should know and it is told with page-turning excitement that has made Craughwell a bestselling history author.

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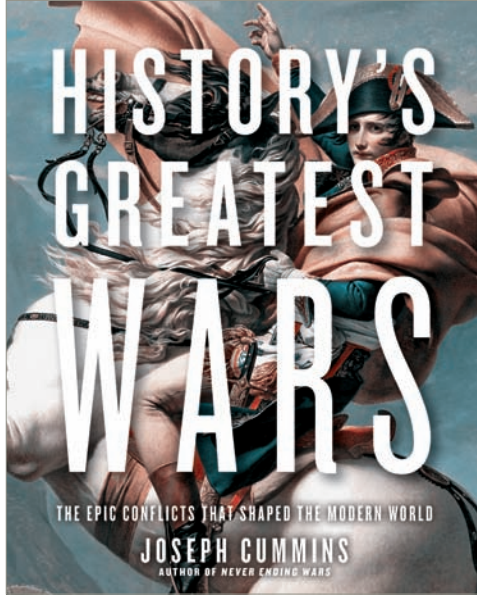
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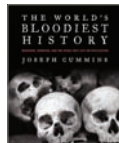
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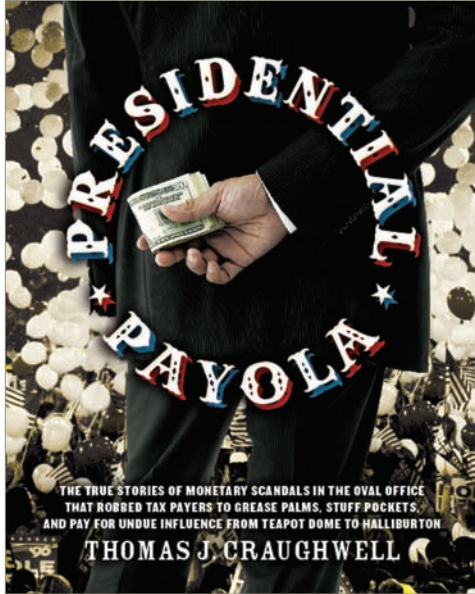
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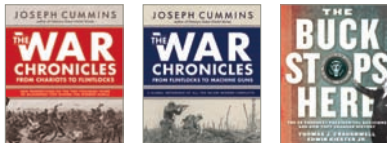
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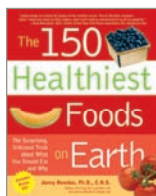
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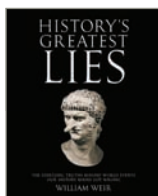


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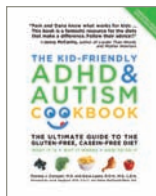
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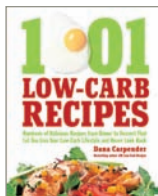
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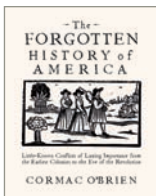
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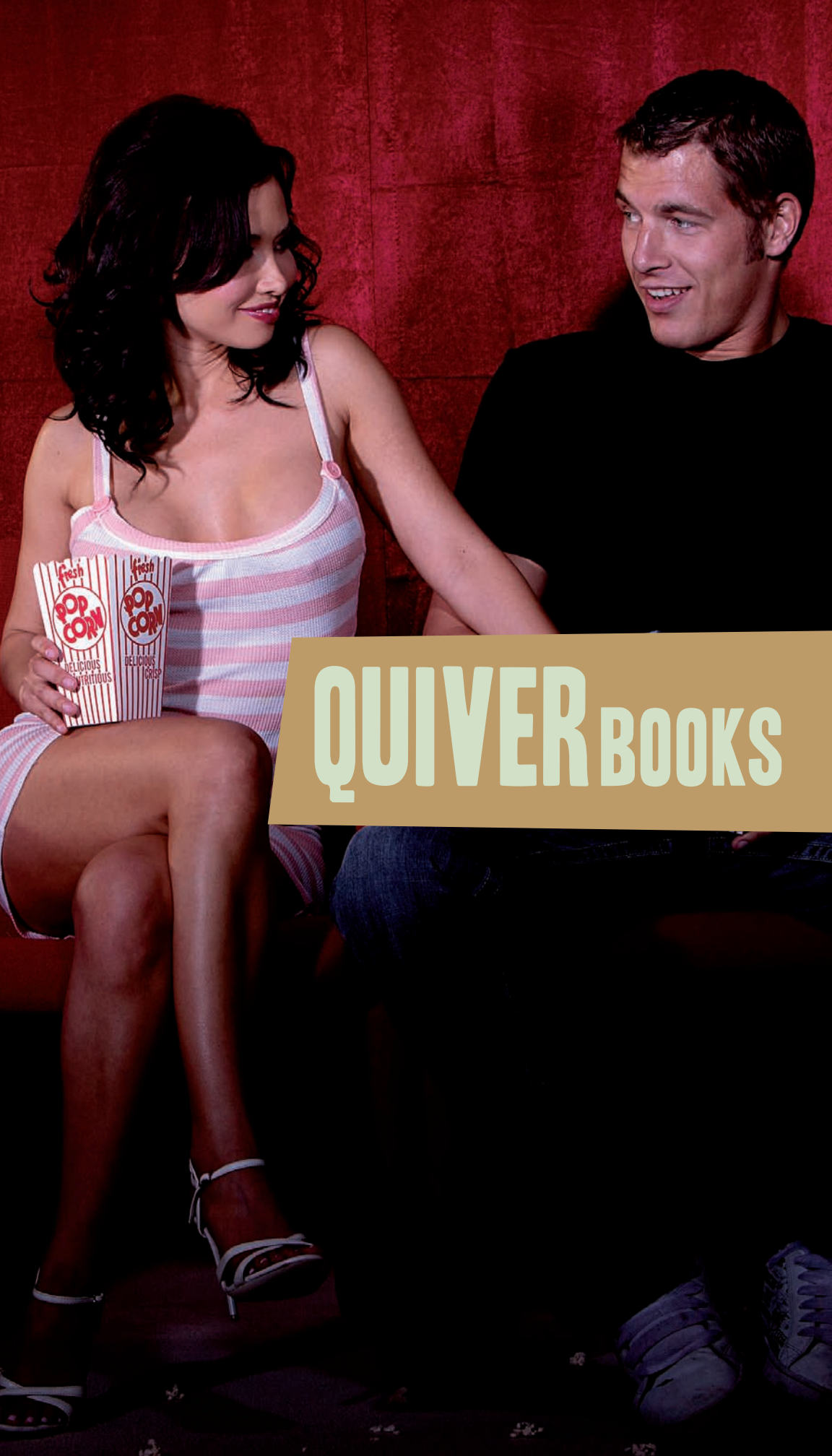
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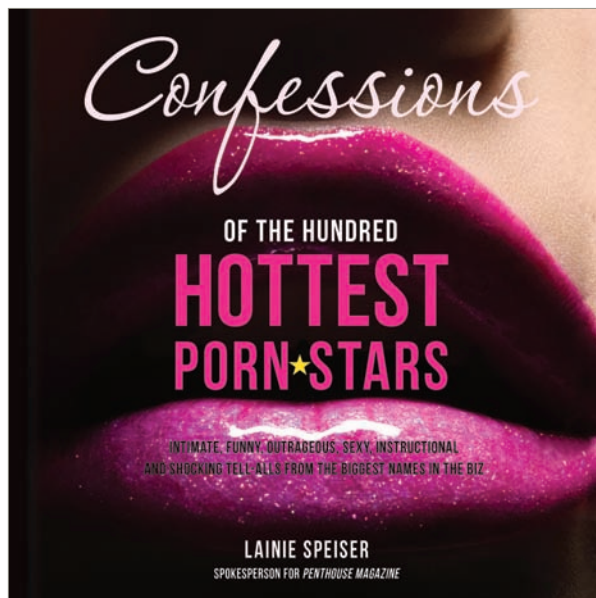
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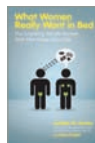
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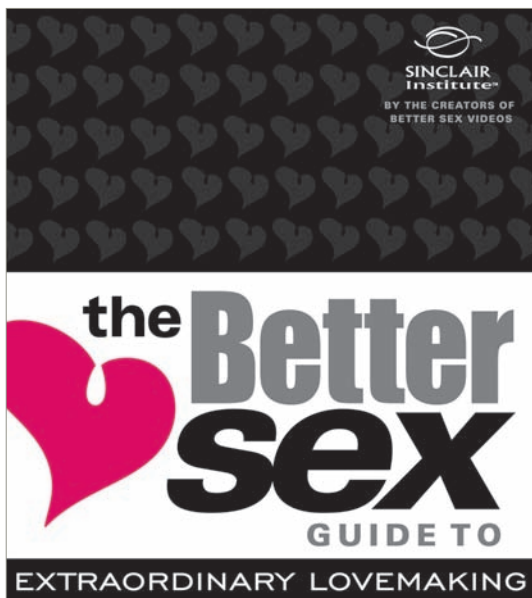
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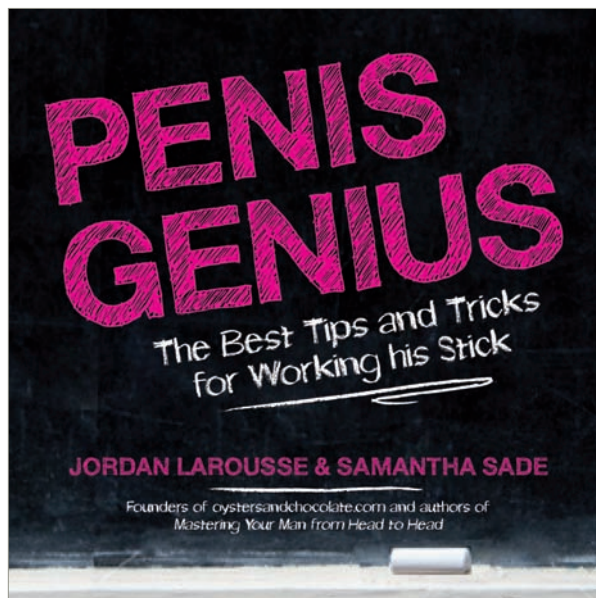
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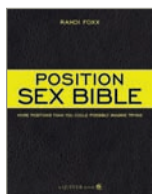
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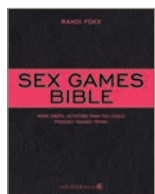
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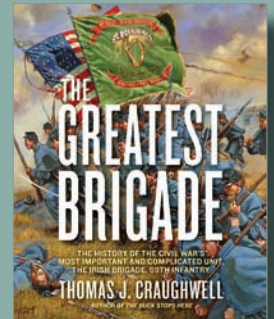
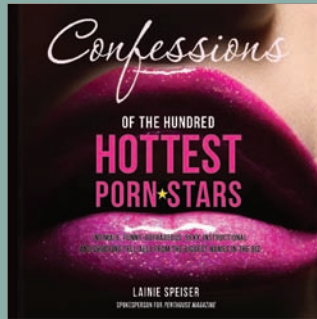
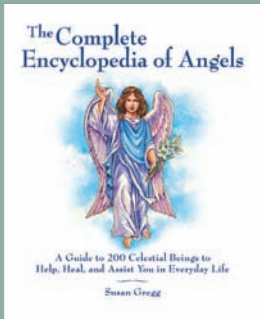
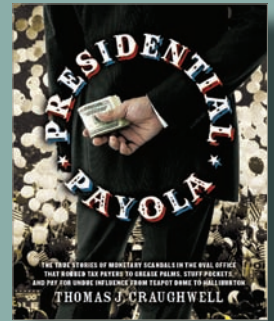
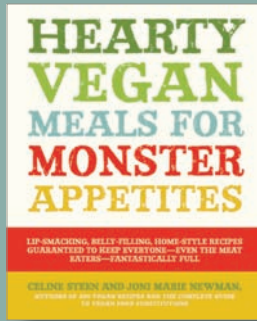
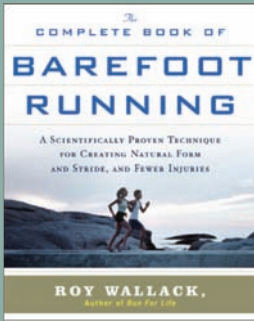
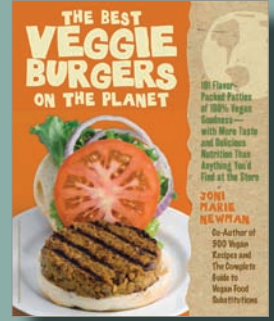
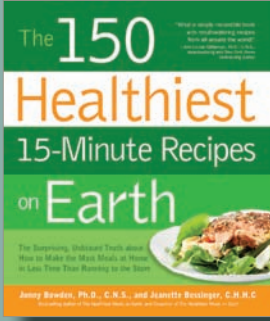
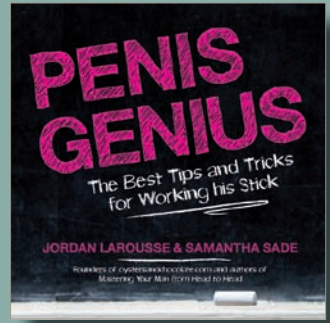
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