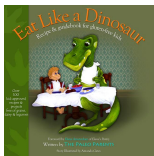


Victory Belt Complete Title List

Victory Belt Publishing



**Eat Like a Dinosaur : Recipe & Guidebook for Gluten-free Kids**  
 Elana Amsterdam  
 9781936608874, 1936608871  
 Pub Date: 3/20/12, On Sale Date: 3/20  
 Ages 8 to 12  
 \$29.95/\$34.50 Can.  
 288 pages / over 100 recipes & projects; over 70 illustrations, more than 100 color photographs  
 Paperback / softback  
 Juvenile Fiction / Cooking & Food  
 Ctn Qty: 24  
 8.500 in W | 8.500 in H  
 216mm W | 216mm H

This children's recipe book introduces families to the paleo diet and tasty, kid-approved recipes made without grains, dairy, soy and refined sugar. These meals and snacks will steer your child toward meats, vegetables, fruits, nuts and healthy fats, all while keeping them coming back for more!

Summary:

Don't be fooled by the ever-increasing volume of processed gluten-free goodies on your grocery store shelf! In a world of mass manufactured food products, getting back to basics and cooking real food with and for your children is the most important thing you can do for your family's health and well-being. It can be overwhelming when thinking about where to begin, but with tasty kid-approved recipes, lunch boxes and projects that will steer your child toward meats, vegetables, fruits, nuts and healthy fats, *Eat Like a Dinosaur* will help...

Victory Belt Complete Title List

Victory Belt Publishing



**Paleo Pals : Jimmy and the Carrot Rocket Ship**  
 Sarah Fragoso  
 9781936608881, 193660888X  
 Pub Date: 2/14/12, On Sale Date: 2/7  
 Ages 4 to 8  
 \$19.95/\$23.50 Can.  
 80 pages / full-color illustrations throughout  
 Paperback / softback  
 Juvenile Fiction / Cooking & Food  
 Ctn Qty: 22  
 11.000 in W | 8.000 in H  
 279mm W | 203mm H

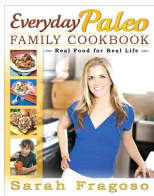
Green veggies? Yuck! Getting kids interested in healthy foods is hard enough, but when parents are introducing their children to the Paleo diet, it's even harder. In this story from bestselling author Sarah Fragoso, Piper, Phoenix and Parker are superheroes determined to help kids love to eat well!

Summary:

Piper, Phoenix and Parker are not ordinary children—they are super heroes that travel the land helping other children learn about living the healthiest, most exciting, most super lives possible. They are known as The Paleo Pals, and this is a story about how they help out Jimmy, a little boy who is not sure if eating paleo food is even one tiny bit exciting or super. Climb into the carrot rocket ship, travel to brilliant green farms, and live Jimmy's exciting adventure with Piper, Phoenix and Parker! The Paleo Pals!

Victory Belt Complete Title List

Victory Belt Publishing



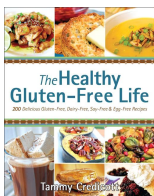
**Everyday Paleo Family Cookbook : Real Food for Real Life**  
 Sarah Fragoso  
 9781936608638, 1936608634  
 Pub Date: 9/4/12, On Sale Date: 9/4  
 \$29.95/\$33.95 Can.  
 224 pages / recipes and photographs  
 Paperback / softback  
 COOKING / Health & Healing  
 Ctn Qty: 20  
 8.500 in W | 10.880 in H  
 216mm W | 276mm H

Summary:

The *Everyday Paleo Family Cookbook* offers guidance on how to bring your family together with the magic of real food. As modern life grows more hectic with each passing day, a part of living the paleo lifestyle is slowing down and enjoying the time we have with family and friends. This cookbook is intended to remind us of how precious these moments are, and that some of the fondest memories can be made while sitting at the dinner table with the ones we love. Savoring these moments, along with delicious and healthful food, is what life is...

Victory Belt Complete Title List

Victory Belt Publishing



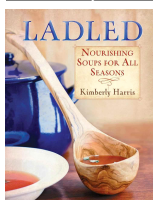
**The Healthy Gluten-Free Life : 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes!**  
 Tammy Credicott  
 9781936608713, 1936608715  
 Pub Date: 2/21/12, On Sale Date: 2/21  
 \$34.95/\$39.50 Can.  
 432 pages / 200 recipes; over 200 color photographs  
 Paperback / softback  
 Cooking / Health & Healing  
 Ctn Qty: 10  
 8.500 in W | 10.880 in H  
 216mm W | 276mm H

Interested in seeing how easy and budget-friendly living a healthy, gluten-free life can be? This is the book for you! Filled with over 200 mouth watering recipes, *The Healthy Gluten Free Life* will bring you back to the tastes & textures you remember from your pre-gluten free days.

Summary:

Warning, this is NOT ANOTHER GLUTEN FREE BAKING BOOK! It's a unique, gluten-free cookbook with everyday recipes that mix simple, home-style cooking with great taste and real, whole food ingredients. Every recipe is not only gluten-free, but also egg free, dairy free, soy free, white rice flour free, and bean flour free. Feel free to cheer!

In *The Healthy Gluten Free Life*, Tammy Credicott shows you just how easy and budget-friendly living a healthy, gluten-free life can be. By giving detailed instructions and a host of tips on

**Ladled : Nourishing Soups for All Seasons**

Kimberly Harris

9781936608676, 1936608677

Pub Date: 10/20/12, Ship Date:

10/20/12

\$29.95/\$34.50 Can.

250 pages / more than 100 recipes,

color photographs

Paperback / softback

Cooking / Courses &amp; Dishes

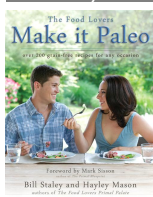
Ctn Qty: 14

8.500 in W | 10.880 in H

216mm W | 276mm H

**Summary:**

A hearty stew on a cold winter night; a light, clear soup as a start to a meal; a spicy pho soup to warm the body and soul...It's hard to imagine a more comforting, nourishing food than a homemade soup or stew. And it is even harder to find a food more steeped in history. The art of creating homemade stocks and soups has known no borders, leading to such delicacies as Scottish yellow broth, Vietnamese pho soup, Indian lentil soup, and English pea soup. But these types of tantalizing creations, once a part of most households, have been ...

**Make it Paleo : Over 200 Grain Free Recipes For Any Occasion**

Bill Staley, Hayley Mason, Mark Sisson

9781936608867, 1936608863

Pub Date: 10/20/11

\$34.95/\$38.95 Can.

448 pages / over 200 recipes; color

photographs

Paperback / softback

Health &amp; Fitness / Healthy Living

Ctn Qty: 10

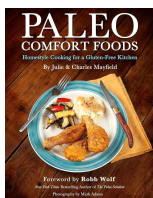
8.500 in W | 10.750 in H

216mm W | 273mm H

**Summary:**

Transitioning from conventional foods to a grain-free Paleo lifestyle can be a daunting proposition to most people. Hayley Mason and Bill Staley, authors of *The Food Lovers Primal Palate*, show you how easy it is to take any dish and *Make it Paleo!* Adapted from Chinese, French, Mexican and classic American meals, the over 200 mouthwatering recipes are each accompanied by vibrant photos and thoughtful notes to ensure you recreate each dish with ease.

Beyond its wealth of recipes, *Make it Paleo* describes fundamental cooking techniques, i...

**Paleo Comfort Foods : Homestyle Cooking for a Gluten-Free Kitchen**

Julie Sullivan Mayfield, Charles Mayfield, Robb Wo...

9781936608935, 1936608936

Pub Date: 9/12/11

\$29.95/\$33.50 Can.

336 pages / 150 recipes; 600 color

photos

Paperback / softback

Cooking / Health &amp; Healing

Ctn Qty: 14

8.500 in W | 10.880 in H

216mm W | 276mm H

**Summary:**

What if you could cook fantastic meals similar to the heartwarming comfort dishes your grandma used to make...and have them be good for you? In *Paleo Comfort Foods*, Charles and Julie Mayfield provide you with an arsenal of recipes that are healthy crowd-pleasers, sure to appeal to those following a paleo, primal, gluten-free, or "real-food" way of life-as well as those who have not yet started down such a path.

Implementing paleo guidelines and principles in this book (no grains, no gluten, no legumes, no dairy), the Mayfields give yo...

**Paleo Indulgences : Healthy Gluten-Free Recipes to Satisfy Your Primal Cravings**

Tammy Credicott

9781936608683, 1936608685

Pub Date: 9/18/12

\$29.95/\$34.50 Can.

224 pages / over 85 recipes; color

photographs

Paperback / softback

COOKING / Health &amp; Healing

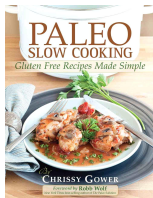
Ctn Qty: 20

8.500 in W | 10.880 in H

216mm W | 276mm H

**Summary:**

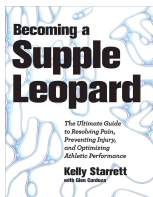
Whether you're living a paleo, primal, or gluten-free lifestyle, or you simply want to take steps toward a healthier you, *Paleo Indulgences* can help you curb cravings for daily treats without completely undoing your progress. Life is about balance, and let's face it, special occasions happen, holidays happen, celebrations happen. If you make great choices for nutrition 80% of the time, then 20% of the time it's ok to treat yourself with mindful, quality foods that still have nutritional value and won't make you start over at square one...



**Paleo Slow Cooking : Gluten Free Recipes Made Simple**  
 Chrissy Gower, Robb Wolf  
 9781936608690, 1936608693  
 Pub Date: 10/1/12  
 \$29.95/\$34.50 Can.  
 240 pages  
 Paperback / softback  
 COOKING / Health & Healing  
 Ctn Qty: 18  
 8.500 in W | 10.880 in H  
 216mm W | 276mm H

**Summary:**

Although eating a paleo diet (no gluten, grains, dairy, or legumes) has proven to be highly effective in shedding unwanted weight and improving overall health, many find preparing and cooking real-food meals on a daily basis difficult to manage. Let's face it, prepping and cooking meals, as well as cleaning multiple pots and pans, can take a lot of time from your already hectic schedule. Not to mention the difficulties in making healthy food taste delicious. Enter the slow cooker, an easy-to-use devise that allows you to enjoy a wonder...



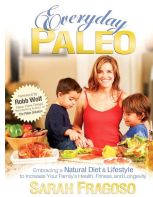
**Becoming a Supple Leopard : The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance**  
 Kelly Starrett, Glen Cordoza  
 9781936608584, 1936608588  
 Pub Date: 4/22/13, On Sale Date: 3/12,  
 Ship Date: 4/22/13  
 \$59.95/\$68.95 Can.  
 400 pages / approx 3,700 color photographs  
 Hardback  
 Health & Fitness / Exercise  
 Ctn Qty: 8  
 8.500 in W | 10.880 in H  
 216mm W | 276mm H

**Summary:**

LEARN HOW TO HACK HUMAN MOVEMENT

*Join the movement that has reached millions of athletes and coaches; learn how to perform basic maintenance on your body, unlock your human potential, live pain free...and become a Supple Leopard.*

Improve your athletic performance, extend your athletic career, treat body stiffness and achy joints, and rehabilitate injuries-all without having to seek out a coach, doctor, chiropractor, physical therapist, or masseur. In *Becoming a Supple Leopard*, Kelly Starrett-founder of *MobilityWod.com*-shares his revo...

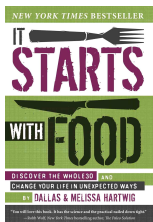


**Everyday Paleo**  
 Sarah Fragoso, Robb Wolf  
 9780982565810, 098256581X  
 Pub Date: 4/25/11  
 \$29.95/\$33.50 Can.  
 304 pages / 150 recipes; 30 workout exercises; color photos throughout  
 Paperback / softback  
 Health & Fitness / Healthy Living  
 Ctn Qty: 16  
 8.500 in W | 10.750 in H  
 216mm W | 273mm H

**Summary:**

Do you want to lose weight, regain your health, and achieve a level of fitness you never thought possible? Are you interested in eating the foods that our bodies are intended to eat, but have no clue where to begin? You may already be a Paleo diet enthusiast; but are you struggling to feed your family the same foods that fuel you?

In *Everyday Paleo*, Sarah Fragoso gives detailed instructions for acquiring a Paleo lifestyle and improving the health and longevity of your family. An active mother of three, Fragoso shows that eating Paleo ...



**It Starts with Food : Discover the Whole30 and Change Your Life in Unexpected Ways**  
 Melissa Hartwig, Dallas Hartwig  
 9781936608898, 1936608898  
 Pub Date: 6/12/12, On Sale Date: 6/12  
 \$26.95/\$31.95 Can.  
 328 pages / b&w photographs throughout; 8 pp color insert  
 Hardback  
 Health & Fitness / Diets  
 Ctn Qty: 24  
 6.000 in W | 9.000 in H  
 152mm W | 229mm H

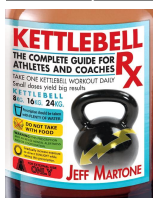
Transform your life in unexpected ways with *It Starts With Food*. Providing an outline of a clear, balanced, sustainable plan to change the way you eat, this extraordinary philosophy will make you look, feel and live a healthier life.

**Summary:**

IMAGINE YOURSELF HEALTHIER THAN YOU EVER THOUGHT POSSIBLE  
 IT STARTS WITH FOOD.

*It Starts With Food* outlines a clear, balanced, sustainable plan to change the way you eat forever-and transform your life in profound and unexpected ways. Your success story begins with the Whole30, Dallas and Melissa Hartwig's powerful 30-day nutritional reset.

Since 2009, their underground Whole30 program has quietly

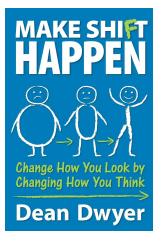


## Kettlebell Rx : The Complete Guide for Athletes and Coaches

Jeff Martone  
9781936608997, 1936608995  
Pub Date: 12/15/11  
\$34.95/\$39.50 Can.  
320 pages / 100s of techniques; over  
4,000 color photos  
Paperback / softback  
Health & Fitness / Exercise  
Ctn Qty: 14  
8.500 in W | 10.880 in H  
216mm W | 276mm H

## Summary:

In *Kettlebell Rx*, CrossFit certification instructor and world-renowned Kettlebell coach Jeff Martone teaches you how to toughen-up your body, develop unbelievable conditioning and stamina, and acquire a chiseled physique by wielding the ball of iron known as the kettlebell. Drawing on his world-wide research and the thousands of classes he has taught to athletes around the world, he breaks down kettlebell training like never before. He offers hundreds of movements, both beginning and advanced, shows dozens of the most common errors stu...



## Make Shift Happen : Change How You Look by Changing How You Think

Dean Dwyer  
9781936608706, 1936608707  
Pub Date: 5/10/12, On Sale Date: 4/10  
\$24.95/\$29.50 Can.  
272 pages / b&w illustrations  
Paperback / softback  
Health & Fitness / Diets  
Ctn Qty: 40  
6.000 in W | 9.000 in H  
152mm W | 229mm H

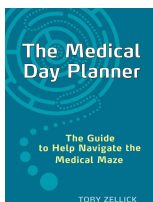
## Summary:

Being vegetarian for nineteen years and working out intensely four to five days per week was supposed to yield results. However, the "bagel" of fat that Dean Dwyer clutched with both hands told a very different tale.

At the ripe old age of 45, unemployed and facing a very uncertain future, Dwyer found himself at a rather disturbing crossroads, asking a rather counterintuitive question:

"What if eating healthy is making me fat?"

And with that one simple question, a paradigm shift like no other was unleashed. Suddenly, nothing was sac...



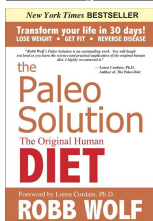
## The Medical Day Planner : The Guide to Help Navigate the Medical Maze

Tory Zellick  
9781936608775, 1936608774  
Pub Date: 6/25/12, On Sale Date: 3/20  
\$34.95/\$30.95 Can.  
200 pages / b&w photographs  
Spiral bound  
Medical / Caregiving  
Ctn Qty: 20  
6.000 in W | 9.000 in H  
152mm W | 229mm H

## Summary:

Tory Zellick created this portable, easy to use planner after years of caring for her mother, who was suffering from breast cancer. The organizer is designed to be a helpful tool and guide for those who have taken on the role of caregiver, or for those patients who are healthy enough to care for themselves.

As we all know, illness can be an overwhelming part of life. What you have here is a fill-in-the-blank guide to help be proactive throughout the treatment process. With its universal appeal, *The Medical Day Planner* is the perfect s...



## The Paleo Solution : The Original Human Diet

Robb Wolf, Loren Cordain  
9780982565841, 0982565844  
Pub Date: 9/14/10  
\$24.95/\$29.50 Can.  
320 pages / b&w charts and graphs  
Hardback  
Health & Fitness / Diets  
Ctn Qty: 28  
6.000 in W | 9.000 in H  
152mm W | 229mm H

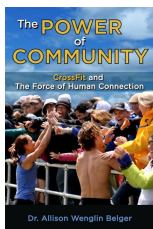
Merge caveman genetics with twenty first century life to look, feel, and perform your best

## Summary:

Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's and a host of other illnesses? *The Paleo Solution* incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best. Written by Robb Wolf, a research biochemist who traded in his lab coat and pocket protector for a whistle and a stopwatch to become one of the most sought after strength and conditioning coaches in the world. With Robb's unique perspect...

Victory Belt Complete Title List

Victory Belt Publishing



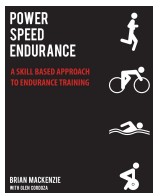
**The Power of Community : CrossFit and the Force of Human Connection**  
 Allison Wenglin Belger  
 9781936608737, 1936608731  
 Pub Date: 3/20/12, On Sale Date: 3/20  
 \$24.95/\$29.50 Can.  
 272 pages / b&w photographs  
 Paperback / softback  
 Health & Fitness / Healthy Living  
 Ctn Qty: 40  
 6.000 in W | 9.000 in H  
 152mm W | 229mm H

Do you have a network of mutual support and human connection in the midst of your hectic, technology-driven life? Community is a powerful thing, and provides the support we all need. Pulling from her CrossFit experience, author Allison Belger explores what community means.

**Summary:**  
 As co-owner of four CrossFit affiliate gyms, Allison Wenglin Belger juggles management of the family business, her work as a licensed psychologist and fitness coach, and her role as mom to two young daughters. She knows first-hand the importance of community-of having a network of mutual support and human connection in the midst of our hectic, technology-driven lives. A former division-one collegiate soccer player and five-time marathoner, she has also been part of the wilderness adventure community and has trained for various elite at...

Victory Belt Complete Title List

Victory Belt Publishing



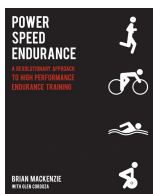
**Power Speed ENDURANCE : A Skill-Based Approach to Endurance Training**  
 Brian MacKenzie, Glen Cordoza  
 9781936608614, 1936608618  
 Pub Date: 10/30/12, Ship Date: 10/19/12  
 \$39.95/\$45.95 Can.  
 320 pages / thousands of step-by-step color photos  
 Paperback / softback  
 Health & Fitness / Exercise  
 Ctn Qty: 14  
 8.500 in W | 10.880 in H  
 216mm W | 276mm H

**Summary:**  
*Power, Speed, ENDURANCE* is a highly effective training system that has catapulted thousands of endurance athletes to the next level. Developed by CrossFit Endurance founder Brian MacKenzie and featuring instruction from some of the world's top endurance and CrossFit coaches, *Power, Speed, ENDURANCE* unveils techniques, drills, and training strategies that will optimize your performance and overall work capacity while decreasing your susceptibility to injury.

Through thousands of step-by-step color photographs and detailed narrative, *Po...*

Victory Belt Complete Title List

Victory Belt Publishing



**Power, Speed, Endurance : A Revolutionary Approach to High Performance Endurance Training**  
 Brian MacKenzie, Glen Cordoza  
 9781936608980, 1936608987  
 \$34.95/\$39.50 Can.  
 320 pages / thousands of step-by-step color photos  
 Paperback / softback  
 Health & Fitness / Exercise  
 Ctn Qty: 16  
 8.500 in W | 10.880 in H  
 216mm W | 276mm H

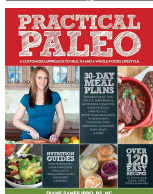
Skill Development in Running, Cycling, Swimming, Power Lifting, Olympic Lifting and Conditioning Exercises

**Summary:**  
*Power, Speed, Endurance* is a revolutionary high-intensity interval training system that has catapulted thousands of endurance athletes to the next level. Based on hard science and developed by world-class coaches and professional marathoners, triathletes, and Ironman competitors, this system details training and programming strategies that will not only increase power, speed, and endurance, but also decrease the amount of time you spend training, allowing you to optimize your performance and overall work capacity.

Through thousands of...

Victory Belt Complete Title List

Victory Belt Publishing



**Practical Paleo : A Customized Approach to Health and a Whole-Foods Lifestyle**  
 Diane Sanfilippo, Bill Staley, Robb Wolf  
 9781936608751, 1936608758  
 Pub Date: 8/7/12, On Sale Date: 8/7  
 \$39.95/\$45.95 Can.  
 432 pages / more than 100 recipes and vibrant photographs; therapeutic meal plans for health  
 Paperback / softback  
 HEALTH & FITNESS / Children's Health  
 Ctn Qty: 10  
 8.500 in W | 10.880 in H  
 216mm W | 276mm H

Our great-grandmothers didn't need nutrition lessons - then again, they weren't forced to wadethrough aisle after aisle of packaged foods touting outlandish health claims and confusing marketing jargon. Over the last few decades, we've forgotten what "real food" is - and we're left desperately seek...

**Summary:**  
 Our great-grandmothers didn't need nutrition lessons-then again, they weren't forced to wade through aisle after aisle of packaged foods touting outlandish health claims and confusing marketing jargon. Over the last few decades, we've forgotten what "real food" is-and we're left desperately seeking foods that will truly nourish our bodies. We're disillusioned with the "conventional wisdom" for good reason-it's gotten us nowhere.

Achieving optimal health without calorie-counting, diet foods,

Victory Belt Complete Title List

Victory Belt Publishing



**La Solucion Paleolitica : La Dieta Humana Originaria**  
 Robb Wolf, Loren Cordain  
 9781936608843, 1936608847  
 Pub Date: 8/17/11  
 \$24.95/\$27.95 Can.  
 320 pages / b&w charts and graphs  
 Paperback / softback  
 Health & Fitness / Diets  
 Ctn Qty: 36  
 6.000 in W | 9.000 in H  
 152mm W | 229mm H

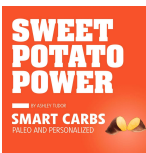
Merge caveman genetics with twenty first century life to look, feel, and perform your best

Summary:

Quieres perder grasa, verte mas joven y sentirte estupendo, ademas de evitar el cancer, la diabetes, las enfermedades cardiacas, el Parkinson y el Alzheimer? *La Solucion Paleolitica* revela la historia de la dieta humana originaria, uniendo el conocimiento antropologico acerca de nuestro pasado como cazadores-recolectores con los ultimos y mas modernos descubrimientos de la genetica, la bioquimica, la inmunologia y la investigacion sobre la longevidad. Robb Wolf, un investigador bioquimico que cambio la bata de laboratorio y el protecto...

Victory Belt Complete Title List

Victory Belt Publishing



**Sweet Potato Power : Smart Carbs; Paleo and Personalized**  
 Ashley Tudor  
 9781936608782, 1936608782  
 Pub Date: 4/24/12, On Sale Date: 3/27  
 \$29.95/\$34.50 Can.  
 288 pages / over 70 color photographs  
 Paperback / softback  
 Health & Fitness / Diets  
 Ctn Qty: 22  
 8.500 in W | 8.500 in H  
 216mm W | 216mm H

Summary:

If you want to look good, perform at your peak and be in tip-top shape, you must choose smart fuel for your body, not the processed "food" found on the shelves of every supermarket. Many have turned to Paleo and a low carb way of life to avoid the effects of these food impostors we were never designed to eat. Low carb diets, however, can leave you feeling as though you don't have enough gas in the tank.

Low carbs need to be smart carbs. Lucky for us, nature has given us the nutritious, delicious sweet potato. This super food gives all...

Victory Belt Complete Title List

Victory Belt Publishing



**Advanced Brazilian Jiu-Jitsu Techniques**  
 Marcelo Garcia, Marshal Carper, Marshal D. Carper  
 9780982565858, 0982565852  
 \$34.95/\$40.95 Can.  
 270 pages / 1400 color photos  
 Paperback / softback  
 Sports & Recreation / Martial Arts & Self-Defense  
 Ctn Qty: 12  
 9.000 in W | 11.000 in H  
 229mm W | 279mm H

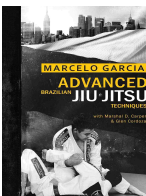
From a foremost expert in teaching Brazilian Jiu-Jitsu and one of the world's most sought after instructors

Summary:

In *Advanced Brazilian Jiu-Jitsu Techniques*, Marcelo Garcia unveils for the first time the grappling system that allowed him to claim five Brazilian Jiu-Jitsu World Championships and two ADCC Submission Wrestling World Championships. Garcia demonstrates through more than a thousand step-by-step photographs and descriptive narrative his vast arsenal of attacks. Whether you grapple as a hobby or you're preparing for competition, *Advanced Brazilian Jiu-Jitsu Techniques* is for you.

Victory Belt Complete Title List

Victory Belt Publishing



**Advanced Brazilian Jiu-Jitsu Techniques**  
 Marcelo Garcia, Marshal D. Carper, Glen Cordoza  
 9781936608829, 1936608820  
 Pub Date: 11/15/11  
 \$34.95/\$39.50 Can.  
 320 pages / over 1800 color photos  
 Paperback / softback  
 Sports & Recreation / Martial Arts & Self-Defense  
 Ctn Qty: 14  
 8.500 in W | 10.880 in H  
 216mm W | 276mm H

Summary:

MARCELO GARCIA-considered by many to be the best pound-for-pound Brazilian jiu-jitsu fighter in the world-has proven time and again that his unique style of grappling is one of the most effective forms of Brazilian jiu-jitsu in existence. In *Advanced Brazilian Jiu-Jitsu*, Marcelo unveils the system of techniques that allowed him to conquer the world of BJJ. As a five-time BJJ World Champion and a four-time ADCC Submission Grappling World Champion, Marcelo has shown that his style of fighting translates to both gi and no-gi competitions,...



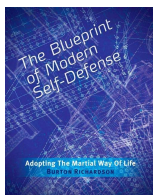
### Advanced Rubber Guard : Jiu Jitsu for Mixed Martial Arts Competition

Eddie Bravo, Glen Cordoza  
 9781936608904, 1936608901  
 \$34.95/\$40.95 Can.  
 304 pages / color photos  
 Paperback / softback  
 Sports & Recreation / Martial Arts &  
 Self-Defense  
 Ctn Qty: 10  
 9.000 in W | 11.000 in H  
 229mm W | 279mm H

Takes readers inside the evolution of the extremely effective rubber guard jiu-jitsu system

#### Summary:

Eddie Bravo-world-renowned grappler and founder of 10th Planet Jiu-Jitsu-is one of the most revolutionary and controversial martial arts instructors in the world. Since unveiling his philosophy of no-gi jiu-jitsu in his bestselling martial arts book *Mastering the Rubber Guard*, Bravo has been at the head of the no-gi grappling movement. He now has dozens of affiliate schools around the globe, and some of the UFC's best fighters are seeking his tutelage, including UFC Welterweight contender Dan Hardy and UFC Lightweight contender George ...



### The Blueprint of Modern Self-Defense : Adopting the Martial Way of Life

Burton Richardson  
 9781936608744, 193660874X  
 Pub Date: 1/8/13, On Sale Date: 8/10,  
 Ship Date: 1/8/13  
 \$34.95/\$41.50 Can.  
 320 pages / over 1,800 step-by-step  
 color photographs  
 Paperback / softback  
 Sports & Recreation / Martial Arts &  
 Self-Defense  
 Ctn Qty: 12  
 8.500 in W | 10.750 in H  
 216mm W | 273mm H

From gun and knife defense, to street kickboxing, street clinching, takedowns, and street ground work, *Blueprint of Modern Self-Defense* provides techniques proven to be successful in both defending yourself and creating a philosophy of success in your life.

#### Summary:

*The Blueprint For Modern Self Defense: Adopting The Martial Way Of Life*, is the most complete manual ever written on functional self-defense and its application to everyday life. From gun and knife defense, to street kickboxing, street clinching, takedowns, and street ground work, this book has something for everyone interested in a realistic approach to both self defense and the martial way of life.

In *The Blueprint For Modern Self Defense: Adopting The Martial Way Of Life*, Burton Richardson brings his science-



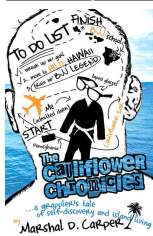
### Brazilian Jiu-Jitsu : The Closed Guard

BJ Penn, Erich Krauss, Dave Camarillo, Glen Cordoza...  
 9780981504469, 0981504469  
 Pub Date: 8/10/09  
 \$34.95/\$48.95 Can.  
 240 pages / 1100 color photos; 90  
 techniques  
 Paperback / softback  
 Sports & Recreation / Martial Arts &  
 Self-Defense  
 Ctn Qty: 18  
 9.000 in W | 11.000 in H  
 229mm W | 279mm H

The most accomplished jiu-jitsu practitioner competing in the sport of MMA

#### Summary:

BJ PENN-UFC World Champion, Jiu-Jitsu World Champion, and best-selling author of *Mixed Martial Arts: The Book of Knowledge*-sheds new light on the sport of Brazilian Jiu-Jitsu with this unprecedented examination of the closed guard. Through step-by-step color photographs and descriptive narrative, Penn shares his elaborate system for gaining control of your opponent's body while fighting off your back, and then unleashes more than eight fight-ending submissions. He divulges his most vicious strangleholds, including collar chokes, arm ch...



### The Cauliflower Chronicles : A Grappler's Tale of Self-Discovery and Island Living

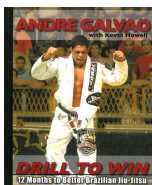
Marshal D. Carper  
 9780982565872, 0982565879  
 Pub Date: 12/1/10  
 \$16.95/\$19.95 Can.  
 310 pages  
 Paperback / softback  
 Sports & Recreation / Martial Arts &  
 Self-Defense  
 Ctn Qty: 36  
 6.000 in W | 9.000 in H  
 152mm W | 229mm H

"This guy's words are magic."-Doug Jeffrey, Editor of *Ultimate MMA Magazine*

#### Summary:

When Marshal Carper broke up with his long-time girlfriend, he packed up his white belt in Brazilian Jiu-Jitsu and moved from rural Pennsylvania to Hilo, Hawaii to train at the BJ Penn MMA Academy.

*The Cauliflower Chronicles* follow Carper's adventures and misadventures, both on the mat and around the island. He quickly learns that Hawaii is not the carefree paradise advertised in brochures and finds himself feeling like a foreigner in his own country. On the mat, he experiences Hawaiian fight culture from the inside, goes head to head...



### Drill to Win : 12 Months to Better Brazillian Jiu-Jitsu

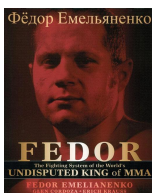
Andre Galvao, Kevin Howell  
9780981504483, 0981504485  
Pub Date: 8/10/10  
\$34.95/\$41.95 Can.  
292 pages / over 2,000 color photos  
Paperback / softback  
Sports & Recreation / Martial Arts &  
Self-Defense  
Ctn Qty: 12  
9.000 in W | 11.000 in H  
229mm W | 279mm H

A 1-year schedule to overall improvement as well as smaller game plans for short term competition preparation

#### Summary:

Andre Galvao has earned his reputation as one of the best and most exciting Brazilian Jiu-Jitsu champions of all time. Now, he brings his training methods to the public with *Drill to Win: 12 Months to Better Brazillian Jiu-Jitsu*. If you want to move like Galvao, submit like Galvao and win like Galvao, this is the book for you. In this one-of-a-kind manual, Andre outlines both a 1-year schedule to overall improvement as well as smaller game plans for short term competition preparation.

This is not your average reference book, but inste...



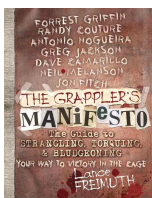
### Fedor : The Fighting System of the World's Undisputed King of MMA

Fedor Emelianenko, Erich Krauss, Glen Cordoza  
9780977731541, 0977731545  
Pub Date: 9/5/08  
\$34.95/\$41.50 Can.  
270 pages / 2500 color photos  
Paperback / softback  
Sports & Recreation / Martial Arts &  
Self-Defense  
Ctn Qty: 14  
9.000 in W | 11.000 in H  
229mm W | 279mm H

"The perceived best mixed martial artist on the planet."-*ESPN*

#### Summary:

In *Fedor*, the undefeated, undisputed heavyweight MMA champion of the world unveils for the first time his trademark striking and grappling techniques through descriptive narrative and more than 2500 step-by-step color photographs. Detailing dozens of throws, punching combinations, cardio workouts and ground and pound techniques, this book leaves no stone unturned.



### The Grappler's Manifesto : The Guide to Strangling, Torquing, & Bludgeoning Your Way to Victory in The Cage

Lance Freimuth  
9780982565896, 0982565895  
Pub Date: 12/22/11  
\$34.95/\$38.95 Can.  
352 pages / color photos throughout  
Paperback / softback  
Sports & Recreation / Martial Arts &  
Self-Defense  
Ctn Qty: 12  
8.500 in W | 10.750 in H  
216mm W | 273mm H

The definitive instructional guide to the most brutal of all fighting styles: grappling

#### Summary:

Far removed from other forms of combat, grappling is the one-on-one embodiment of a physical altercation. Face-to-face, only the grittiest fighter with the strongest fortitude dares to call himself a grappler. *The Grappler's Manifesto* is the definitive instructional guide to this most brutal of all fighting styles. A grappler chooses not to avoid his opponent, or swiftly dispatch him at a distance, but charges headlong into his adversary, grinding him down until he collapses. The grappler prevails in close-quarter fights because of his...



### Guerrilla Jiu-Jitsu : Revolutionizing Brazilian Jiu-jitsu

Dave Camarillo, Erich Krauss, Eric Hendrikson  
9780977731589, 0977731588  
Pub Date: 10/15/06  
\$29.95/\$37.50 Can.  
228 pages / 800 color photos  
Paperback / softback  
Sports & Recreation / Martial Arts &  
Self-Defense  
Ctn Qty: 16  
9.000 in W | 11.000 in H  
229mm W | 279mm H

A groundbreaking system of grappling that integrates the Olympic sport of judo with Brazilian Jiu-Jitsu

#### Summary:

*Guerrilla Jiu-Jitsu* is a groundbreaking system of grappling that integrates the Olympic sport of judo with Brazilian Jiu-Jitsu, today's most sought after grappling art. These are the techniques and strategies that allowed Camarillo to devastate the competition at some of the world's most prestigious judo and jiu-jitsu tournaments and have led his students to more than a dozen victories in the Ultimate Fighting Championship. *Guerrilla Jiu-Jitsu* offers a leg up on virtually every opponent who refuses to stray from the parameters of his d...



### Jackson's Mixed Martial Arts: The Ground Game

Greg Jackson, Kelly Crigger  
9780982565803, 0982565801  
Pub Date: 9/10/10  
\$34.95/\$41.95 Can.  
308 pages / over 2,500 color photos  
Paperback / softback  
Sports & Recreation / Martial Arts & Self-Defense  
Ctn Qty: 12  
9.000 in W | 11.000 in H  
229mm W | 279mm H

If your goal is to win mixed martial arts competitions, Greg Jackson's system is a mandatory tool

#### Summary:

Greg Jackson was raised in a neighborhood where he had to fight to survive. He tried every martial art he could get his hands on, only to find they all lacked practicality. He developed his own system instead, and is now the most accomplished and celebrated mixed martial arts coach in the world. In *Jackson's Mixed Martial Arts*, he brings you into his stable of fighters, which includes UFC welterweight champion Georges St Pierre, former UFC light heavyweight champion Rashad Evans, and top ranked contenders Nate Marquardt, Keith Jardine,...

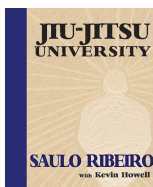


### Jackson's Mixed Martial Arts: The Stand Up Game

Greg Jackson, Kelly Crigger  
9780981504452, 0981504450  
Pub Date: 8/10/09  
\$34.95/\$48.95 Can.  
280 pages / 1700 color photos  
Paperback / softback  
Sports & Recreation / Martial Arts & Self-Defense  
Ctn Qty: 20  
9.000 in W | 11.000 in H  
229mm W | 279mm H

#### Summary:

Greg Jackson is the most accomplished and celebrated mixed martial arts coach in the world. In *Jackson's Mixed Martial Arts*, he brings you into his stable of fighters, which includes UFC Welterweight Champion Georges "Rush" St. Pierre, UFC Light Heavyweight Champion Rashad Evans, UFC Light Heavyweight contender Keith Jardine, and UFC Middleweight contender Nate Marquardt. For the first time, he unveils his methods for developing fight strategies, detailing everything you must accomplish from the moment you sign the contract up to the t...



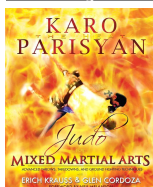
### Jiu-Jitsu University

Saulo Ribeiro, Kevin Howell  
9780981504438, 0981504434  
Pub Date: 11/17/08  
\$39.95/\$46.95 Can.  
368 pages / over 2,000 color photos  
Paperback / softback  
Sports & Recreation / Martial Arts & Self-Defense  
Ctn Qty: 12  
9.000 in W | 11.000 in H  
229mm W | 279mm H

A detailed training manual from Saulo Ribeiro, the six-time Brazilian Jiu-Jitsu World Champion

#### Summary:

Saulo Ribeiro-six-time Brazilian Jiu-Jitsu World Champion-is world-renowned for his functional jiu-jitsu knowledge and flawless technique. In *Jiu-Jitsu University*, Ribeiro shares with the public for the first time his revolutionary system of grappling, mapping out more than 200 techniques that carry you from white to black belt. Illuminating common jiu-jitsu errors and then illustrating practical remedies, this book is a must for all who train in jiu-jitsu. Not your run-of-the-mill technique book, *Jiu-Jitsu University* is a detailed tra...



### Judo for Mixed Martial Arts : Advanced Throws, Takedowns, and Ground Fighting Techniques

Karo Parisyan, Erich Krauss, Glen Cordoza, Neil Me...  
9780977731572, 097773157X  
Pub Date: 7/15/08  
\$34.95/\$39.50 Can.  
250 pages / over 1,600 color photos  
Paperback / softback  
Sports & Recreation / Martial Arts & Self-Defense  
Ctn Qty: 14  
9.000 in W | 11.000 in H  
229mm W | 279mm H

Learn thirty practical throws and more than sixty submissions, guaranteed to bring your game to the next level

#### Summary:

In *Judo for Mixed Martial Arts*, world renowned judoka and UFC fighter Karo Parisyan unleashes the secrets of how to toss an opponent eight feet into the air and then finish him with a bonebreaking submission the moment he hits the ground. Covering thirty of the most practical throws and more than sixty submissions, this book is guaranteed to become the bible amongst MMA fighters.



### Mastering the Rubber Guard : Jiu Jitsu for Mixed Martial Arts Competition

Eddie Bravo, Glen Cordoza, Erich Krauss, Joe Rogan

9780977731596, 0977731596

Pub Date: 12/15/06

\$34.95/\$46.95 Can.

272 pages / 1200 color photos

Paperback / softback

Sports & Recreation / Martial Arts & Self-Defense

Ctn Qty: 14

9.000 in W | 11.000 in H

229mm W | 279mm H

"Eddie Bravo has accomplished something very rare in jiu-jitsu, especially among Americans. He has developed a unique series of positions-his 'Rubber Guard'—and successfully utilized these positions at a high level of competition."—Ricardo Liborio, Brazilian Jiu-Jitsu Legend

#### Summary:

In *Mastering the Rubber Guard*, Eddie Bravo, the only American to submit a member of the legendary Gracie family in jiu-jitsu competition, reveals the techniques and strategy of the Rubber Guard, a revolutionary system of grappling designed specifically for the street and mixed martial arts competition.

Through descriptive narrative and nearly a thousand color photographs, Bravo teaches dozens of unique moves and submissions. Widely regarded as not only the most offensive,



### Mastering the Twister : Jiu Jitsu for Mixed Martial Arts Competition

Eddie Bravo, Erich Krauss, Glen Cordoza, Joe Rogan

9780977731558, 0977731553

Pub Date: 7/15/07

\$34.95/\$43.95 Can.

252 pages / 1200 color photos

Paperback / softback

Sports & Recreation / Martial Arts & Self-Defense

Ctn Qty: 16

9.000 in W | 11.000 in H

229mm W | 279mm H

#### Summary:

"The Twister" is a neck-jarring, spine-torturing submission hold refined and mastered by Brazilian Jiu-Jitsu superstar Eddie Bravo.

Early in his jiu-jitsu career, Eddie Bravo dominated dozens of jiu-jitsu competitions with this unorthodox move. When the Brazilian Jiu-Jitsu Federation banned his trademark move, he proved the effectiveness of his entire grappling style by defeating the legendary Royler Gracie without "The Twister".

In *Mastering the Twister: Jiu-Jitsu for Mixed Martial Arts Competition*, Bravo uses over 1,200 color photo...



### Mastering Triangle Chokes

Neil Melanson, Marshal Carper, Marshal D. Carper

9781936608966, 1936608960

\$34.95/\$40.95 Can.

310 pages / 3,000 step-by-step color photos

Paperback / softback

Sports & Recreation / Martial Arts & Self-Defense

Ctn Qty: 10

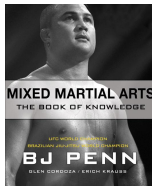
9.000 in W | 11.000 in H

229mm W | 279mm H

Over a hundred highly effective setups for the triangle choke technique from the head grappling coach at Xtreme Couture

#### Summary:

In *Mastering Triangle Chokes*, Neil Melanson, head grappling coach at Xtreme Couture, opens the doors of his grappling workshop and exposes his sought-after techniques. After laying out a guard system and grappling strategies that allow continuous control and attack over an opponent, he unleashes over a hundred highly effective setups for the triangle choke, detailing the appropriate time to use each technique. He then demonstrates dozens of techniques for countering an opponent's escapes. With more than 3000 step-by-step color photogra...



### Mixed Martial Arts : The Book of Knowledge

BJ Penn, Glen Cordoza, Erich Krauss

9780977731565, 0977731561

Pub Date: 5/15/07

\$34.95/\$43.95 Can.

308 pages / 1300 color photos

Paperback / softback

Sports & Recreation / Martial Arts & Self-Defense

Ctn Qty: 12

9.000 in W | 11.000 in H

229mm W | 279mm H

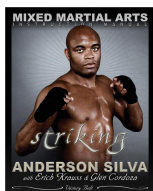
Coach on Spike TV's 'Ultimate Fighter 5'

#### Summary:

*Mixed Martial Arts* outlines the revolutionary system of fighting used by world-renowned fighter BJ Penn. Penn, one of the most technical and decorated fighters in the world today, illustrates fighting techniques that teach you how to mix strikes with takedowns, ground and pound an opponent into submission, fight against the cage and formulate strategies based upon your personal attributes and strengths.

Victory Belt Complete Title List

Victory Belt Publishing



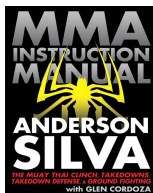
**The Mixed Martial Arts Instruction Manual : Striking**  
 Anderson Silva, Erich Krauss, Glen Cordoza  
 9780981504414, 0981504418  
 Pub Date: 11/17/08  
 \$34.95/\$40.95 Can.  
 272 pages / 1500 step-by-step color photos  
 Paperback / softback  
 Sports & Recreation / Martial Arts & Self-Defense  
 Ctn Qty: 14  
 9.000 in W | 11.000 in H  
 229mm W | 279mm H

Anderson Silva is the UFC Middleweight Champion of the world

**Summary:**  
 In *Mixed Martial Arts Instruction Manual*, UFC Middleweight Champion Anderson Silva unveils more than 150 striking techniques that have been proven in the Octagon. Detailing everything from basic punches and kicks to complex combinations through 1500 step-by-step color photographs and descriptive narrative, this book will become a bible for both beginning practitioners and seasoned mixed martial arts veterans.

Victory Belt Complete Title List

Victory Belt Publishing



**MMA Instruction Manual : The Muay Thai Clinch, Takedowns, Takedown Defense, and Ground Fighting**  
 Anderson Silva, Glen Cordoza  
 9781936608973, 1936608979  
 Pub Date: 5/10/11  
 \$34.95/\$38.95 Can.  
 304 pages / color photos  
 Paperback / softback  
 Sports & Recreation / Martial Arts & Self-Defense  
 Ctn Qty: 16  
 9.000 in W | 11.000 in H  
 229mm W | 279mm H

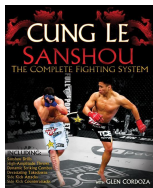
Anderson Silva offers the fighting system that has made him the world's pound-for-pound king of MMA

**Summary:**  
 Anderson "The Spider" Silva-Brazilian Jiu-Jitsu black belt, boxing and Muay Thai specialist and current UFC middleweight champion-is the most decorated martial artist in the UFC. In *Mixed Martial Arts Instruction Manual: The Muay Thai Clinch, Takedowns, Takedown Defense & Ground Fighting*, Silva unveils the secrets to his fighting success.

Beginning where his first book, *The Mixed Martial Arts Instruction Manual: Striking* left off, Silva demonstrates how to devastate opponents from the Muay Thai clinch with off-balancing techniques and...

Victory Belt Complete Title List

Victory Belt Publishing



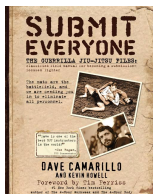
**San Shou : The Complete Fighting System**  
 Cung Le, Glen Cordoza, Erich Krauss  
 9780982565834, 0982565836  
 Pub Date: 10/10/10  
 \$34.95/\$40.95 Can.  
 260 pages / 1,800 color photos  
 Paperback / softback  
 Sports & Recreation / Martial Arts & Self-Defense  
 Ctn Qty: 12  
 9.000 in W | 11.000 in H  
 229mm W | 279mm H

"Pound for pound, one of the most exciting fighters of all time."-*Inside Kung Fu magazine*

**Summary:**  
 Cung Le-Kickboxing champion, MMA champion, and undefeated San Shou World Champion-has proven himself an elite fighter. After a highly successful wrestling career, he turned his sights to San Shou (or Sanda)-a Chinese-based full contact sport that utilizes punch-kick combinations and allows takedowns and throws. With his brilliant kickboxing and wrestling skill set, it didn't take Le long to excel at San Shou. Utilizing spectacular kicks and earth shattering throws, Le dazzled the masses. In *San Shou*, Cung Le details his fighting system...

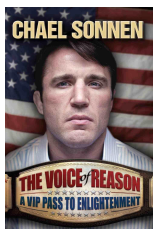
Victory Belt Complete Title List

Victory Belt Publishing



**Submit Everyone : The Guerrilla Jiu-Jitsu Files: Classified Field Manual for Becoming a Submission-focused Fighter**  
 Kevin Howell, Dave Camarillo, Tim Ferriss  
 9780982565889, 0982565887  
 Pub Date: 1/4/12  
 \$34.95/\$39.50 Can.  
 352 pages / 1800 color photos  
 Paperback / softback  
 Sports & Recreation / Martial Arts & Self-Defense  
 Ctn Qty: 12  
 8.500 in W | 10.880 in H  
 216mm W | 276mm H

**Summary:**  
*Submit Everyone* features seven information-packed chapters on how to become a better submission artist. Pulling from Dave Camarillo's method of guerrilla jiu-jitsu, *Submit Everyone* uses guerrilla tactics of warfare to create a strategy for success. Incorporating elements like Psychological Operations and Ambushing, this book offers a refreshing approach to Brazilian Jiu-Jitsu that teaches you how to finish the fight! Get prepared to be the best grappler at your academy and start submitting everyone!



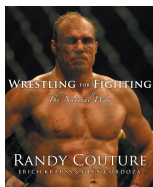
### The Voice of Reason : A V.I.P. Pass to Enlightenment

Chael Sonnen  
9781936608546, 1936608545  
Pub Date: 5/15/12, On Sale Date: 5/15  
\$24.95/\$28.95 Can.  
224 pages / b&w photos and illus  
Hardback  
Sports & Recreation / Martial Arts &  
Self-Defense  
Ctn Qty: 36  
6.000 in W | 9.000 in H  
152mm W | 229mm H

#### Summary:

The book that you are considering buying is nothing short of a VIP Pass to Enlightenment, written by the UFC's most infamous and feared destroyer of men-Chael P. Sonnen.

Backwoodsmen and unlearned folk call him the Walking Thesaurus. His contemporaries have bestowed upon him the title Sir Sonnen. And those dwelling in the forgotten, forlorn jungles south of the equator reverently refer to him as *filho da puta*, a term Sonnen personally deciphered using his mastery of linguistics. It means, simply, "the Great and Humble Bearer of Knowle...



### Wrestling for Fighting : The Natural Way: The Sport of Mixed Martial Arts

Randy Couture, Erich Krauss, Glen Cordoza, Eric He...  
9780977731534, 0977731537  
Pub Date: 6/15/07  
\$34.95/\$43.95 Can.  
216 pages / 1000 color photos  
Paperback / softback  
Sports & Recreation / Martial Arts &  
Self-Defense  
Ctn Qty: 18  
9.000 in W | 11.000 in H  
229mm W | 279mm H

A technique book from the legendary Randy Couture, considered the UFC's most ingenious fighter

#### Summary:

Randy "The Natural" Couture is the most respected and celebrated MMA combatant in the history of the UFC. A UFC Heavyweight and Light Heavyweight World Champion, and a UFC Hall of Famer, Randy Couture's reputation and fighting style are among the best in the world.

Now, with *Wrestling for Fighting: The Sport of Mixed Martial Arts*, Couture presents the techniques and strategies that allowed him to devastate the world's best strikers and grapplers time and time again. His unique fighting system, a mix of martial arts, wrestling, boxing ...



### The X-Guard : Gi & No Gi Jiu-Jitsu

Marcelo Garcia, Glen Cordoza, Erich Krauss  
9780977731503, 0977731502  
Pub Date: 4/15/08  
\$34.95/\$39.50 Can.  
260 pages / 2000 color photos  
Paperback / softback  
Sports & Recreation / Martial Arts &  
Self-Defense  
Ctn Qty: 18  
9.000 in W | 11.000 in H  
229mm W | 279mm H

Learn the secrets behind the most effective guard system in existence—the X-Guard

#### Summary:

Marcelo Garcia, winner of five Brazilian jiu-jitsu world championships and a man many feel is the best pound-for-pound submission grappler of all time, unveils the secrets behind the most effective guard system in existence—the X-Guard. Unlike most jiu-jitsu instructional books, Garcia leaves no stone unturned. Not only does he show you how to sweep your opponent using the X-Guard from nearly every control position, he shows you how to do it both with a gi and without. Covering everything from grips to timing, this book will be a savio...



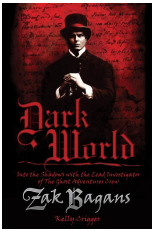
### Xtreme Training : The Fighter's Ultimate Fitness Manual

Randy Couture, Lance Freimuth, Erich Krauss  
9780982565827, 0982565828  
Pub Date: 10/10/10  
\$34.95/\$40.95 Can.  
320 pages / 1,200 color photos  
Paperback / softback  
Sports & Recreation / Martial Arts &  
Self-Defense  
Ctn Qty: 12  
9.000 in W | 11.000 in H  
229mm W | 279mm H

Couture demonstrates his trademark exercises used to increase power and cardio

#### Summary:

Randy Couture is renown throughout the fight world for his incredible stamina, extreme work ethic and grueling fight pace. In his new book, *Xtreme Training*, Couture details the training methods that have catapulted him into the upper echelon of Mixed Martial Arts and led to five world titles in two different weight classes. With the help of world-class strength and conditioning coach, Jake Bonacci, Randy demonstrates his trademark exercises used to increase his power and cardio. No guesswork, no blind program design: the workouts in th...



Dark World : Into the Shadows with the Lead Investigator of The

Ghost Adventures Crew

Zak Bagans, Kelly Crigger

9781936608850, 1936608855

Pub Date: 9/13/11, On Sale Date: 9/13

\$24.95/\$27.95 Can.

272 pages / 14 b&w photos

Hardback

Body, Mind & Spirit / Occultism

Ctn Qty: 28

6.000 in W | 9.000 in H

152mm W | 229mm H

Summary:

It's easy to say ghosts exist or don't exist. Anyone can do that. Trying to figure out the why or what is a different story. Paranormal investigator Zak Bagans, host of the popular Travel Channel series *Ghost Adventures*, pulls from his years of experience with paranormal activities and unexplained phenomena to provide an evenhanded look at a divisive subject. In *Dark World*, regardless of whether you believe in the afterlife or not, Zak does his best to find and share answers to the phenomena that people encounter. He wants you to exper...