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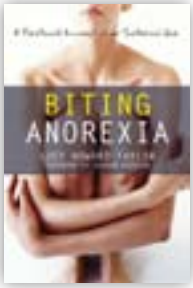

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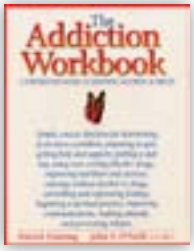

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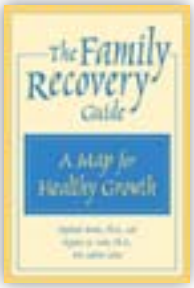

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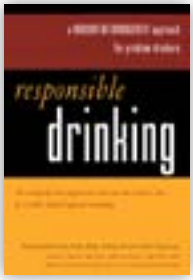

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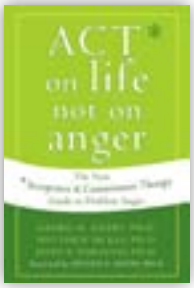

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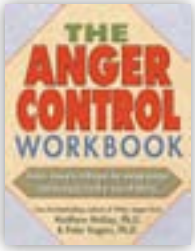

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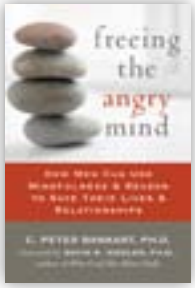

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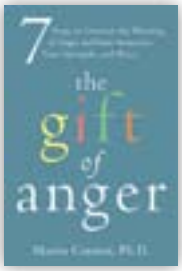

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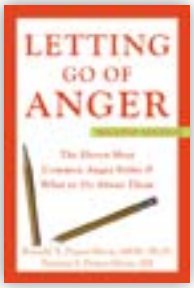

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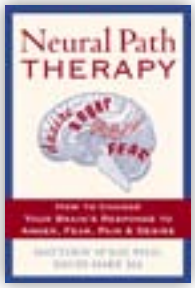

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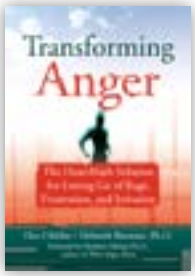

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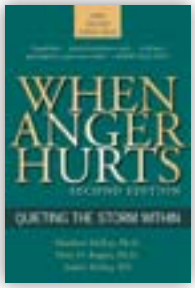

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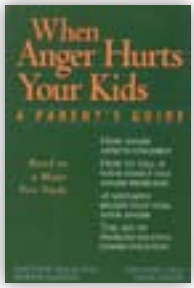

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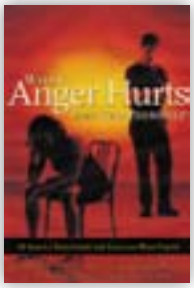

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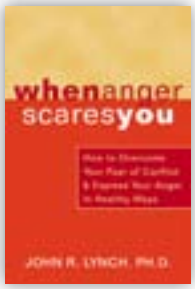

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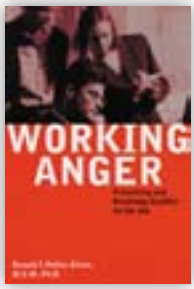

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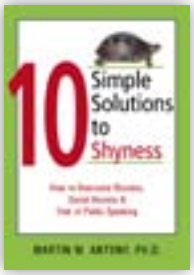

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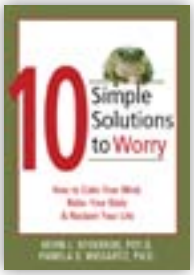

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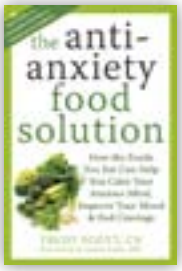

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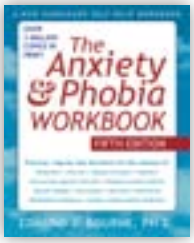

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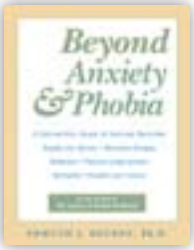

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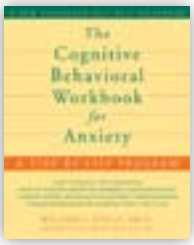

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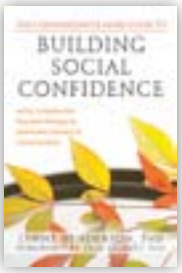

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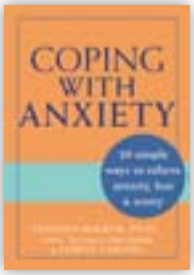

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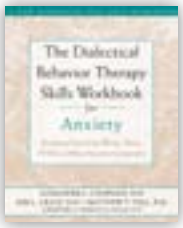

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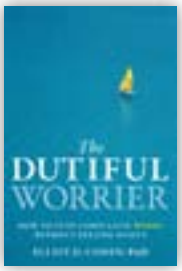

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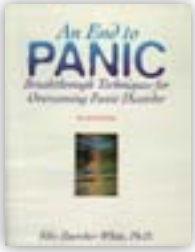

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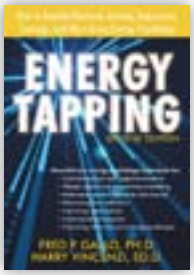

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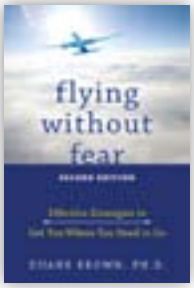

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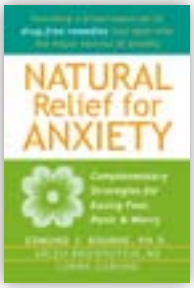

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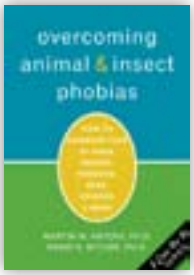

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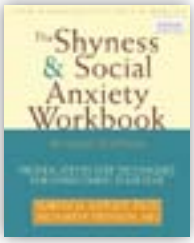

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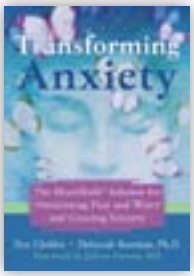

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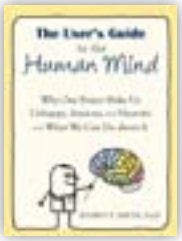

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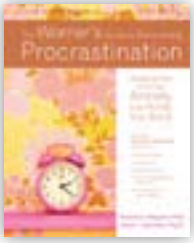

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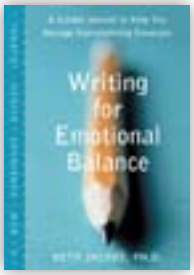

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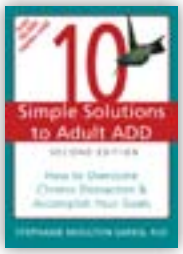

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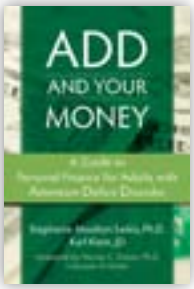

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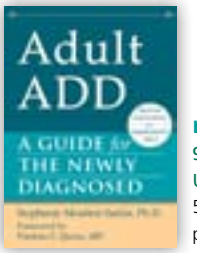

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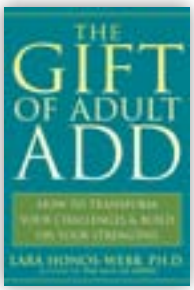

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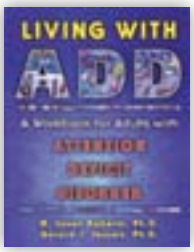

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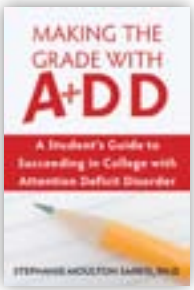

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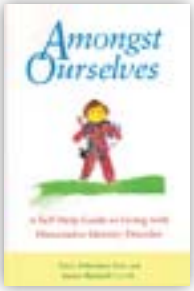

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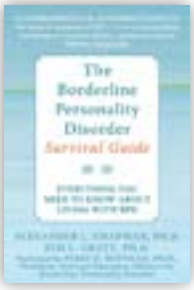

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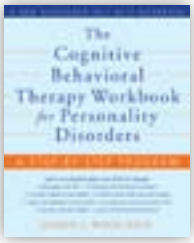

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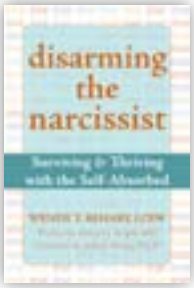

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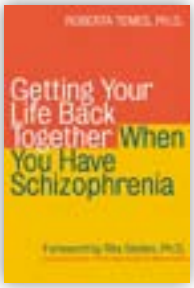

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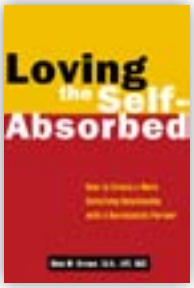

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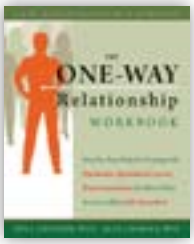

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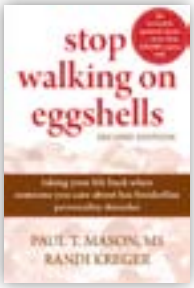

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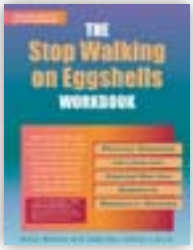

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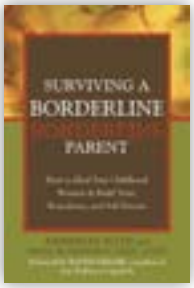

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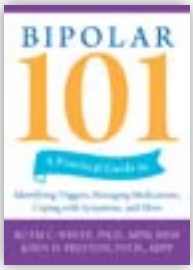

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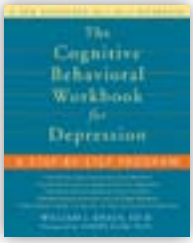

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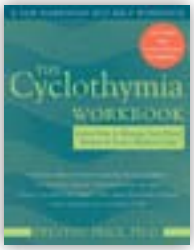

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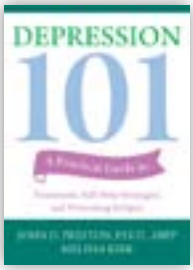

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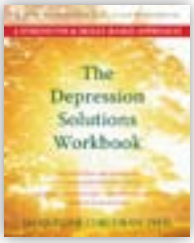

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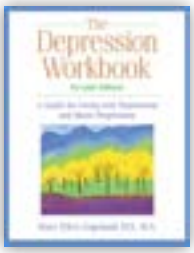

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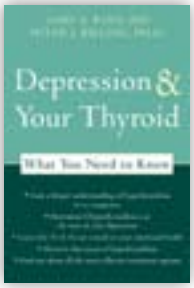

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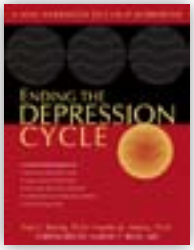

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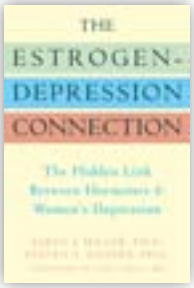

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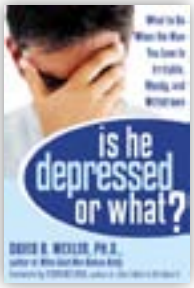

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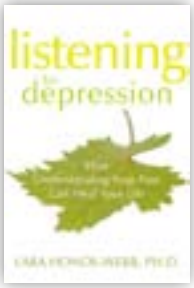

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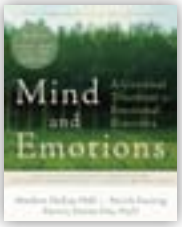

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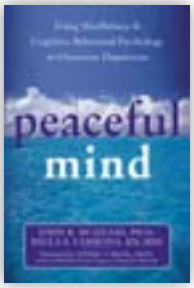

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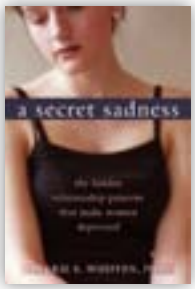

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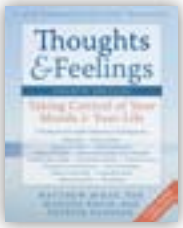

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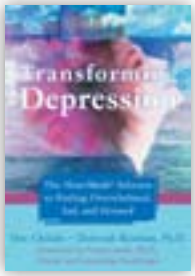

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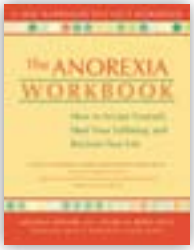

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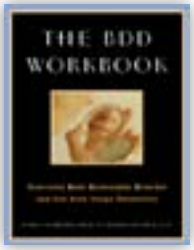

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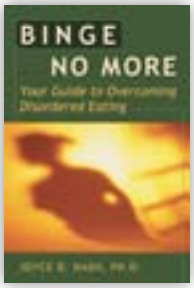

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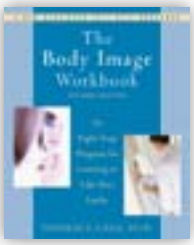

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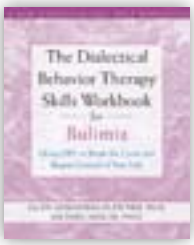

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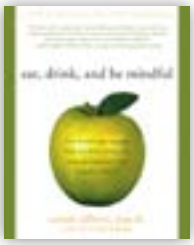

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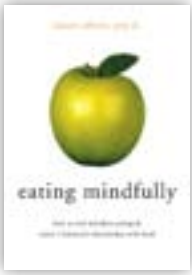

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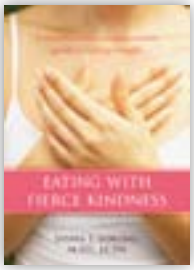

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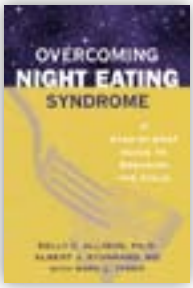

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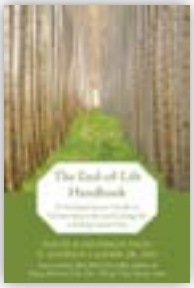

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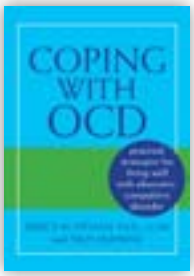

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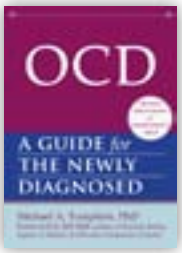

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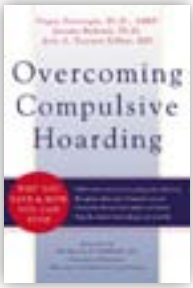

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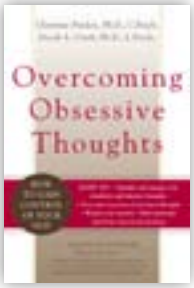

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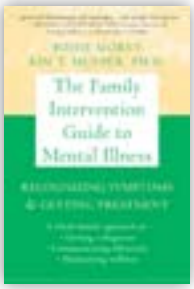

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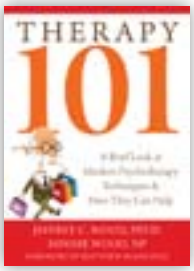

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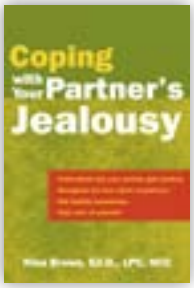

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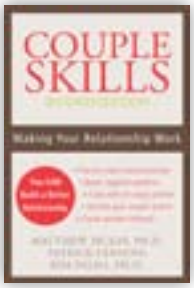

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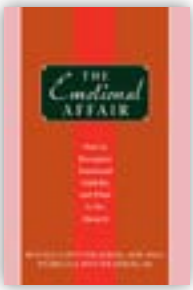

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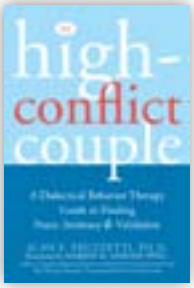

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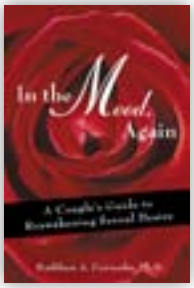

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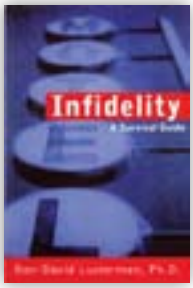

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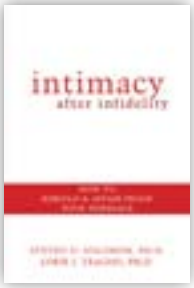

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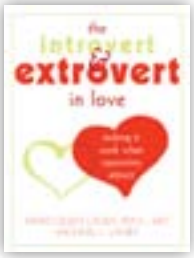

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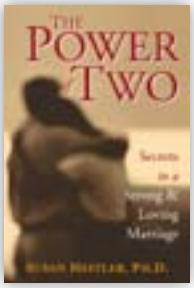

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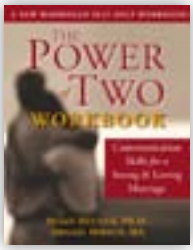

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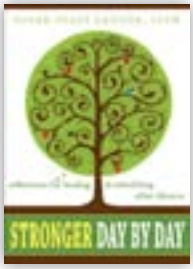

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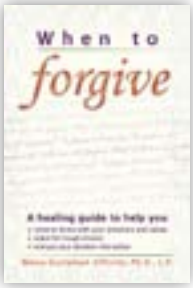

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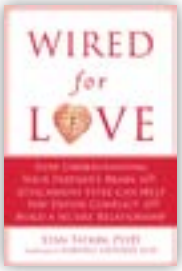

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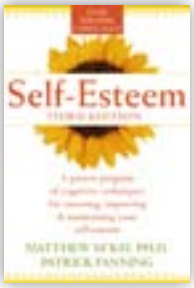

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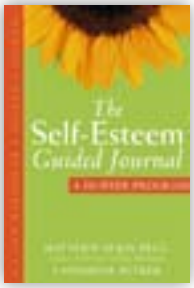

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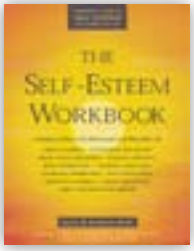

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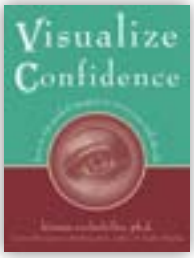

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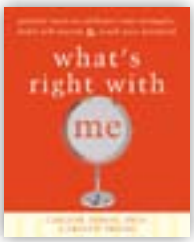

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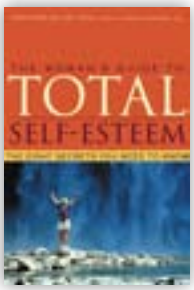

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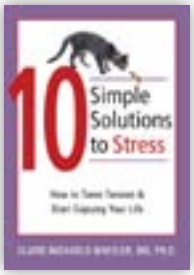

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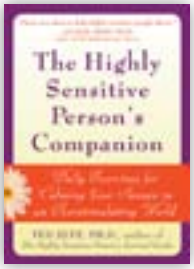

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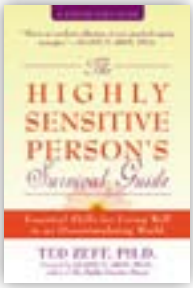

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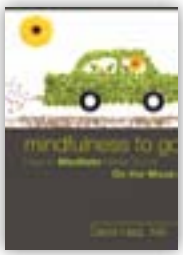

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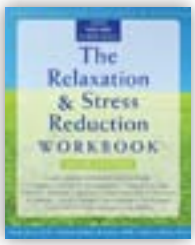

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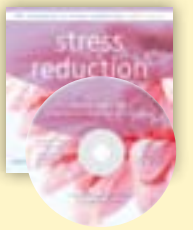

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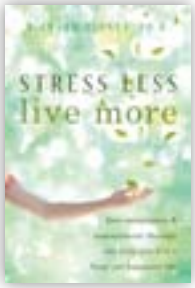

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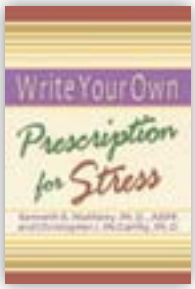

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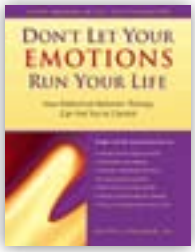

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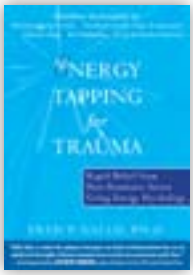

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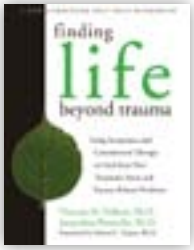

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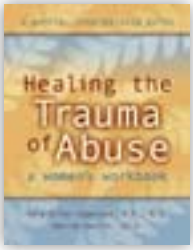

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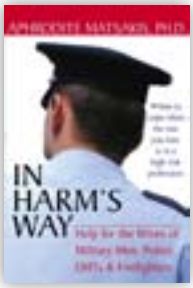

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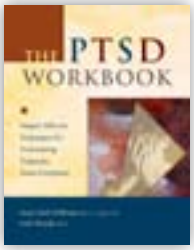

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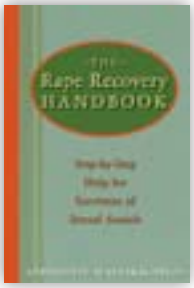

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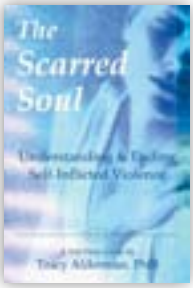

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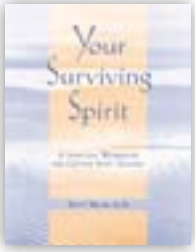

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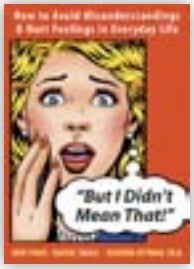

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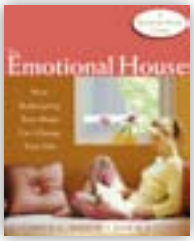

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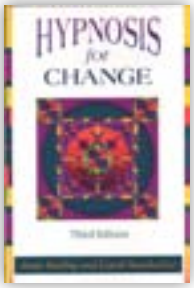

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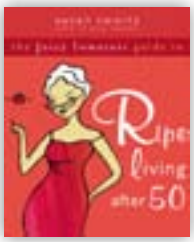

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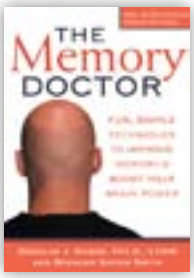

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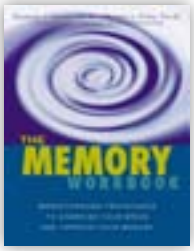

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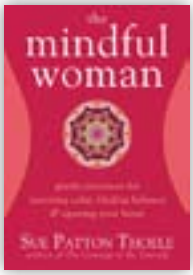

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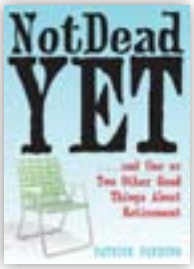

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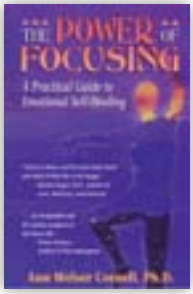

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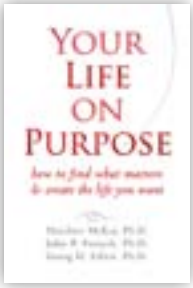

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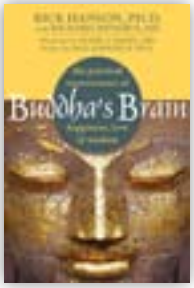

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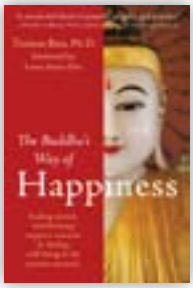

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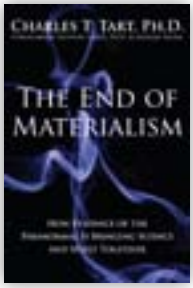

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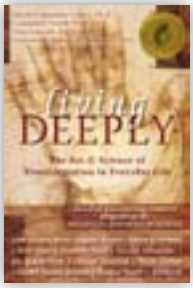

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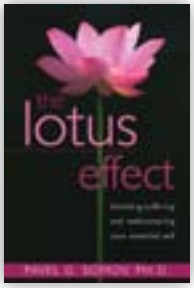

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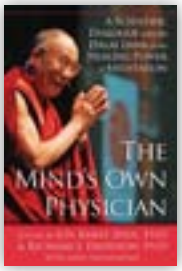

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6 x 9 • 224 pp
paperback • 2009

Deep Medicine
Harnessing the Source of Your Healing Power
William B. Stewart, MD

recent release
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US $16.95
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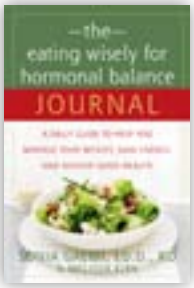
Eat Naked
Unprocessed, Unpolluted, and Undressed Eating for a Healthier, Sexier You
Margaret Floyd

978-1-57224-373-6
US $21.95
7 x 10 • 168 pp
paperback • 2004

Eating Wisely for Hormonal Balance
The Woman's Guide to Good Health, High Energy, and Ideal Weight
Sonia Gaemi, EdD, RD



978-1-57224-394-1
US $15.95
6 x 9 • 144 pp
paperback • 2005

The Eating Wisely for Hormonal Balance Journal
A Daily Guide to Help You Manage Your Weight, Gain Energy, and Achieve Good Health
Sonia Gaemi, EdD, RD, and Melissa Kirk

978-1-57224-374-3
US $32.95
7 x 10 • 216 pp
paperback • 2005

The Emotional Wellness Way to Cardiac Health
How Letting Go of Depression, Anxiety, and Anger Can Heal Your Heart
Arthur M. Nezu, PhD, Christine Maguth Nezu, PhD, and Diwakar Jain, MD

978-1-57224-737-6
US $17.95
6 x 9 • 232 pp
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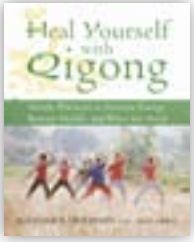
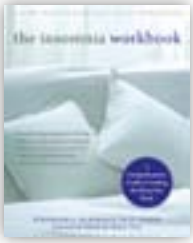
Gluten-Free Recipes for the Conscious Cook
A Seasonal, Vegetarian Cookbook
Leslie Cerier



978-1-57224-583-9
US $19.95
8 x 10 • 208 pp
paperback • 2009

Heal Yourself with Qigong
Gentle Practices to Increase Energy, Restore Health, and Relax the Mind
Suzanne B. Friedman, LAc, DMQ



978-1-57224-6355
US $21.95
8 x 10 • 224 pp
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The Insomnia Workbook
A Comprehensive Guide to Getting the Sleep You Need
Stephanie Silberman, PhD, DABSM

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US $21.95
7 x 10 • 240 pp
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More Vegetables, Please!
Over 100 Easy and Delicious Recipes for Eating Healthy Foods Each and Every Day
Elson M. Haas, MD, and Patty James, MS

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US $16.95
7 x 10 • 144 pp
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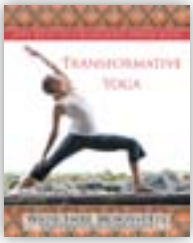
Solid to the Core
Simple Exercises to Increase Core Strength and Flexibility
Janique Farand-Taylor, PT, ACE



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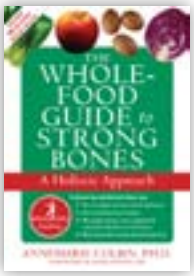
Five Keys to Unlocking Inner Bliss
Wade Imre Morissette



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US $21.95
7 x 10 • 272 pp
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The Whole-Food Guide to Strong Bones
A Holistic Approach
Annemarie Colbin, PhD

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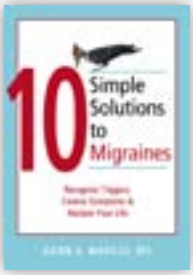
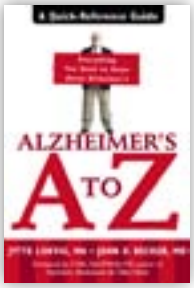
10 Simple Solutions to Chronic Pain
How to Stop Pain from Controlling Your Life
Blake H. Tearnan, PhD



978-1-57224-441-2
US $14.95
5.25 x 7.5 • 152 pp
paperback • 2006

10 Simple Solutions to Migraines
Recognize Triggers, Control Symptoms, and Reclaim Your Life
Dawn A. Marcus, MD



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Alzheimer's A to Z
A Quick-Reference Guide
Jytte Lokvig, MA, and John D. Becker, MD

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US $18.95
6 x 9 • 280 pp
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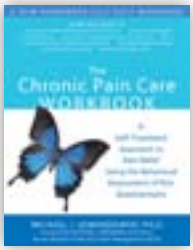
The Chemotherapy Survival Guide, Third Edition
Everything You Need to Know to Get Through Treatment
Judith McKay, RN, OCN, and Tamera Schacher, RN, OCN, MSN



978-1-57224-470-2
US $28.95
8.5 x 11 • 240 pp
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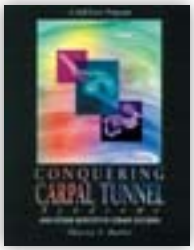
The Chronic Pain Care Workbook
A Self-Treatment Approach to Pain Relief Using the Behavioral Assessment of Pain Questionnaire
Michael J. Lewandowski, PhD



978-1-57224-039-1
US $21.95
8.5 x 11 • 176 pp
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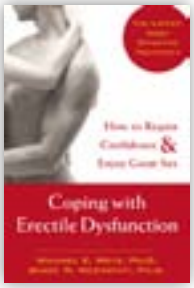
Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries
A Self-Care Program
Sharon J. Butler



978-1-57224-386-6
US $17.95
6 x 9 • 184 pp
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Coping with Erectile Dysfunction
How to Regain Confidence and Enjoy Great Sex
Michael E. Metz, PhD, and Barry W. McCarthy, PhD

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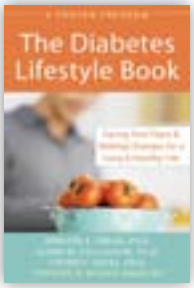
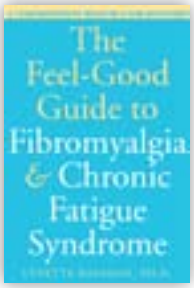
US $17.95
6 x 9 • 184 pp
paperback • 2004

Coping with Premature Ejaculation
How to Overcome PE, Please Your Partner, and Have Great Sex
Michael E. Metz, PhD, and Barry W. McCarthy, PhD



978-1-57224-516-7
US $16.95
6 x 9 • 240 pp
paperback • 2007

The Diabetes Lifestyle Book
Facing Your Fears and Making Changes for a Long and Healthy Life
Jennifer A. Gregg, PhD, Glenn M. Callaghan, PhD, and Steven C. Hayes, PhD

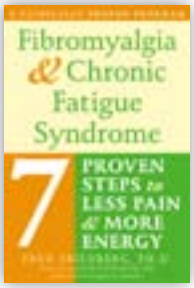


978-1-57224-489-4
US $14.95
6 x 9 • 200 pp
paperback • 2007

The Feel-Good Guide to Fibromyalgia and Chronic Fatigue Syndrome
A Comprehensive Resource for Recovery
Lynette Bassman, PhD

978-1-57224-121-3
US $54.95
8.5 x 11 • 392 pp
paperback • 1998

The Fibromyalgia Advocate
Getting the Support You Need to Cope with Fibromyalgia and Myofascial Pain Syndrome
Devin J. Starlanyl



978-1-57224-459-7
US $16.95
6 x 9 • 200 pp
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Fibromyalgia and Chronic Fatigue Syndrome
7 Proven Steps to Less Pain and More Energy
Fred Friedberg, PhD

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978-1-57224-238-8
US $24.95
8.5 x 11 • 416 pp
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Fibromyalgia and Chronic Myofascial Pain, Second Edition

A Survival Manual

Devin J. Starlanyl and Mary Ellen Copeland, MS

978-1-57224-447-4
US $21.95
8.5 x 11 • 296 pp
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The Frozen Shoulder Workbook

Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion

Clair Davies, NCTMB

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US $17.95
6 x 9 • 224 pp
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The Good News About the Bad News

Herpes: Everything You Need to Know

Terri Warren, RN, NP

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US $19.95
6 x 9 • 192 pp
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Healing Adult Acne

Your Guide to Clear Skin and Self-Confidence

Richard G. Fried, MD, PhD

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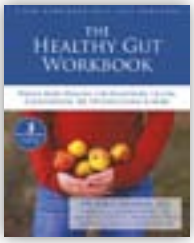
US $17.95
6 x 9 • 184 pp
paperback • 2010

Healing Yoga for Neck and Shoulder Pain

Easy, Effective Practices for Releasing Tension and Relieving Pain

Carol Krucoff, E-RYT



978-1-57224-844-1
US $21.95
8 x 10 • 200 pp
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The Healthy Gut Workbook

Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More

Victor S. Sierpina, MD

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US $13.95
6 x 9 • 272 pp
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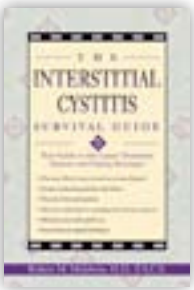
Heart Therapy

Regaining Your Cardiac Health

Anita Maximin, PsyD, Lori Stevic-Rust, PhD, and Lori White-Kenyon, PhD



978-1-57224-210-4
US $18.95
6 x 9 • 248 pp
paperback • 2000

The Interstitial Cystitis Survival Guide

Your Guide to the Latest Treatment Options and Coping Strategies

Robert M. Moldwin, MD, FACS

recent release
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Leaves Falling Gently

Living Fully with Serious and Life-Limiting Illness Through Mindfulness, Compassion, and Connectedness

Susan Bauer-Wu, PhD, RN

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US $21.95
8.5 x 11 • 192 pp
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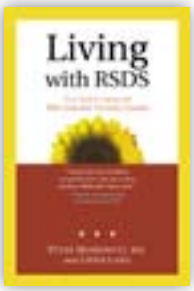
Living Beyond Your Pain

Using Acceptance and Commitment Therapy to Ease Chronic Pain

Joanne Dahl, PhD, and Tobias Lundgren, MS



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Living with RSDS

Your Guide to Coping with Reflex Sympathetic Dystrophy Syndrome

Peter Moskowitz, MD, and Linda Lang

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US $18.95
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The Matrix Repatterning Program for Pain Relief

Self-Treatment for Musculoskeletal Pain

George Roth, DC, ND

978-1-57224-361-3
US $21.95
8.5 x 11 • 192 pp
paperback • 2004

The Mild Traumatic Brain Injury Workbook

Your Program for Regaining Cognitive Function and Overcoming Emotional Pain

Douglas J. Mason, PsyD

978-1-57224-581-5
US $18.95
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The Mindfulness Solution to Pain

Step-by-Step Techniques for Chronic Pain Management

Jackie Gardner-Nix, MD, PhD, with Lucie Costin-Hall, MA

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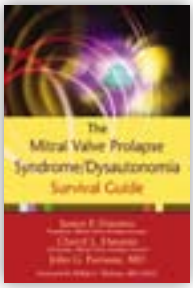
Mindfulness-Based Cancer Recovery

A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life

Linda E. Carlson, PhD, RPsych, and Michael Speca, PsyD, RPsych



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US $16.95
6 x 9 • 184 pp
paperback • 2002

The Mitral Valve Prolapse Syndrome/ Dysautonomia Survival Guide

James F. Durante, Cheryl L. Durante, and John G. Furiasse, MD

978-1-57224-390-3
US $34.95
8.5 x 11 • 264 pp
paperback • 2006

The MS Workbook

Living Fully with Multiple Sclerosis

Robert T. Fraser, PhD, George H. Kraft, MD, MS, Dawn M. Ehde, PhD, and Kurt L. Johnson, PhD

978-1-57224-278-4
US $16.95
6 x 9 • 152 pp
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The Multifidus Back Pain Solution

Simple Exercises That Target the Muscles That Count

Jim Johnson, PT

recent release
978-1-57224-952-3
US $21.95
8 x 10 • 160 pp
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Overcoming Adrenal Fatigue

How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free

Kathryn R. Simpson, MS

978-1-57224-183-1
US $29.95
7 x 10 • 240 pp
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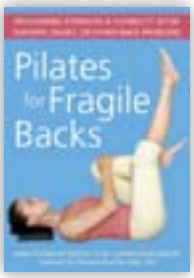
Parkinson's Disease and the Art of Moving

John Argue



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US $18.95
7 x 10 • 176 pp
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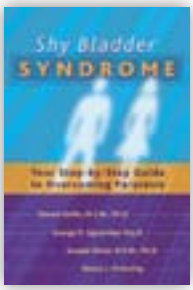
Pilates for Fragile Backs

Recovering Strength and Flexibility After Surgery, Injury, or Other Back Problems

Andra Fischgrund Stanton, LICSW, with Ruth Hiatt-Coblentz

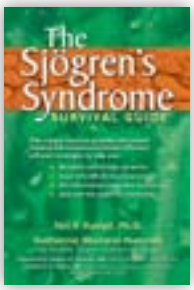


978-1-57224-227-2
US $17.95
6 x 9 • 160 pp
paperback • 2001

Shy Bladder Syndrome

Your Step-by-Step Guide to Overcoming Paruresis

Steven Soifer, PhD, George D. Zgourides, PsyD, Joseph Himle, PhD, and Nancy L. Pickering



978-1-57224-356-9
US $16.95
6 x 9 • 240 pp
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The Sjögren's Syndrome Survival Guide

Teri P. Rumpf, PhD, and Katherine Morland Hammitt

978-1-57224-126-8
US $17.95
6 x 9 • 200 pp
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Taking Control of TMJ

Your Total Wellness Program for Recovering from Temporomandibular Joint Pain, Whiplash, Fibromyalgia, and Related Disorders

Robert O. Uppgaard, DDS

978-1-57224-842-7
US $19.95
8 x 10 • 192 pp
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Trigger Point Therapy for Foot, Ankle, Knee, and Leg Pain

A Self-Treatment Workbook

Valerie DeLaune, LAc

978-1-57224-525-9
US $21.95
8 x 10 • 176 pp
paperback • 2008

Trigger Point Therapy for Headaches and Migraines

Your Self-Treatment Workbook for Pain Relief

Valerie DeLaune, LAc

978-1-57224-563-1
US $21.95
8 x 10 • 280 pp
paperback • 2010

Trigger Point Therapy for Low Back Pain

A Self-Treatment Workbook

Sharon Sauer, CMTPT, LMT, and Mary Biancalana, MS, CMTPT

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US $22.95
8.5 x 11 • 352 pp
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The Trigger Point Therapy Workbook, Second Edition

Your Self-Treatment Guide for Pain Relief

Clair Davies, NCTMB, with Amber Davies, NCTMB

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8 x 10 • 208 pp
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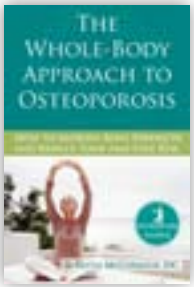
The Weight Loss Surgery Workbook

Deciding on Bariatric Surgery, Preparing for the Procedure, and Changing Habits for Post-Surgery Success

Doreen A. Samelson, EdD, MSCP



978-1-57224-595-2
US $16.95
6 x 9 • 200 pp
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The Whole-Body Approach to Osteoporosis

How to Improve Bone Strength and Reduce Your Fracture Risk

R. Keith McCormick, DC

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US $21.95
8 x 10 • 200 pp
paperback • 2009

The Whole-Body Workbook for Cancer

A Complete Integrative Program for Increasing Immunity and Rebuilding Health

Dan Kenner, PhD, LAc

978-1-57224-798-7
US $17.95
6 x 9 • 208 pp
paperback • 2010

The Whole-Food Guide to Overcoming Irritable Bowel Syndrome

Strategies and Recipes for Eating Well with IBS, Indigestion, and Other Digestive Disorders

Laura J. Knoff, NC

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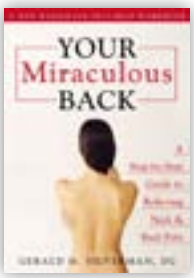
US $21.95
8 x 10 • 200 pp
paperback • 2009

Yoga for Pain Relief

Simple Practices to Calm Your Mind and Heal Your Chronic Pain

Kelly McGonigal, PhD

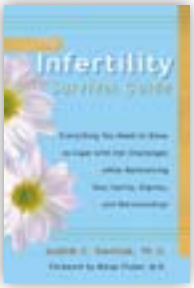


978-1-57224-452-8
US $18.95
7 x 10 • 176 pp
paperback • 2006

Your Miraculous Back

A Step-by-Step Guide to Relieving Neck and Back Pain

Gerald M. Silverman, DC



978-1-57224-247-0
US $18.95
6 x 9 • 232 pp
paperback • 2001

The Infertility Survival Guide

Everything You Need to Know to Cope with the Challenges while Maintaining Your Sanity, Dignity, and Relationships

Judith C. Daniluk, PhD

recent release
978-1-60882-009-2
US $24.95
8 x 10 • 160 pp
paperback • 2011

The Infertility Workbook

A Mind-Body Program to Enhance Fertility, Reduce Stress, and Maintain Emotional Balance

Barbara Blitzer, LCSW-C, MEd

978-1-57224-234-0
US $41.95
6 x 9 • 416 pp
paperback • 2001

Perimenopause, Second Edition

Changes in Women's Health After 35

James E. Huston, MD, and L. Darlene Lanka, MD

978-1-57224-477-1
US $29.95
7.25 x 9 • 264 pp
paperback • 2006

The Perimenopause and Menopause Workbook

A Comprehensive, Personalized Guide to Hormone Health for Women

Kathryn R. Simpson, MS, and Dale E. Bredesen, MD

978-1-57224-556-3
US $19.95
7.25 x 9 • 264 pp
paperback • 2008

The Smart Woman's Guide to Midlife and Beyond

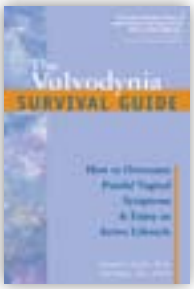
A No-Nonsense Approach to Staying Healthy After 50

Janet Horn, MD, and Robin H. Miller, MD

978-1-57224-185-5
US $16.95
6 x 9 • 174 pp
paperback • 2000

A Survivor's Guide to Breast Cancer

Alice F. Chang, PhD, and Karen Mang Spruill, MA



978-1-57224-291-3
US $16.95
6 x 9 • 224 pp
paperback • 2002

The Vulvodynia Survival Guide

How to Overcome Painful Vaginal Symptoms and Enjoy an Active Lifestyle

Howard I. Glazer, PhD, and Gae Rodke, MD

recent release
978-1-57224-958-5
US $18.95
6 x 9 • 224 pp
paperback • 2012

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A Nutritional Approach to Preventing Recurrence

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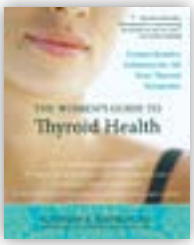

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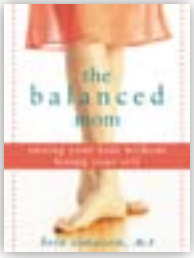

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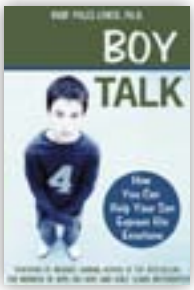

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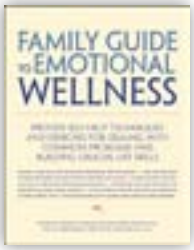

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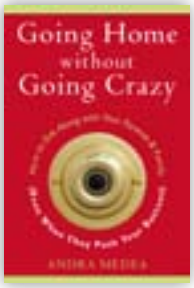

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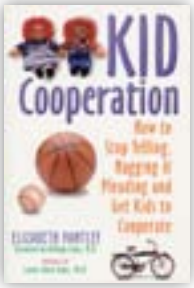

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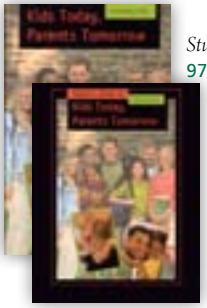

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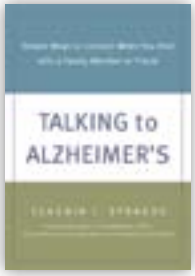

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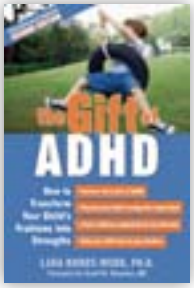

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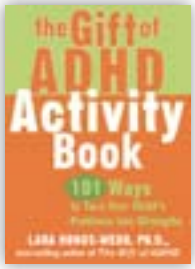

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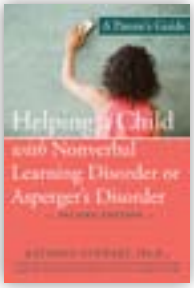

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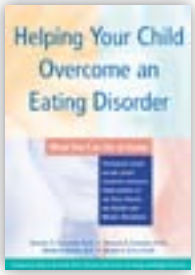

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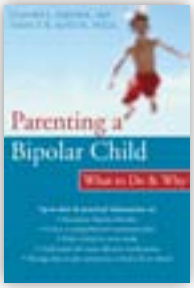

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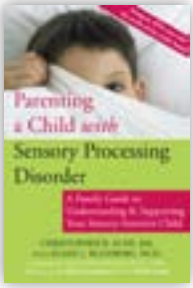

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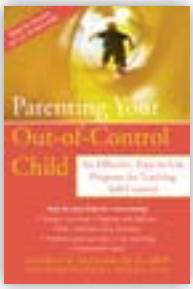

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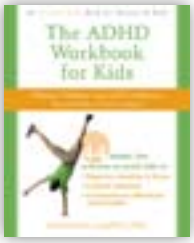

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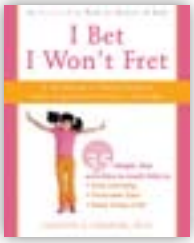

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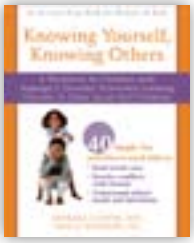

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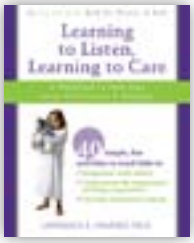

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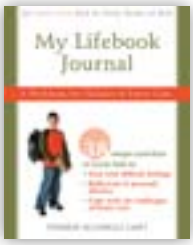

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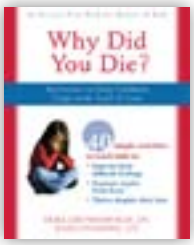

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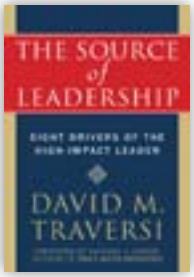

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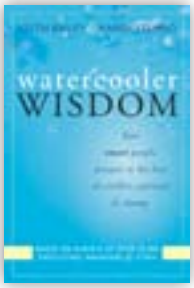

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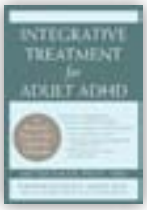

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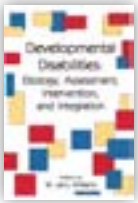

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