

# focus on:

healthy living | nature | sports | travel



Random House, Inc. **Fall 2007 catalog**

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## Ordering Information

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### **New Accounts, Sales Representatives & General Information**

Random House, Inc.  
Special Markets  
1745 Broadway  
6th Floor  
New York, NY 10019  
E-mail orders to:  
specialmarkets@randomhouse.com

### **Specialty Retail:**

For accounts wishing to be serviced by a field rep call our Field Sales Department:

Phone: 800-729-2960  
Fax: 800-292-9071  
E-mail orders to:  
fieldsalesorders@randomhouse.com

For accounts wishing to be serviced by the New York sales staff call:

Phone: 212-572-2328  
Fax: 212-572-4961

### **Specialty Wholesale:**

If you are distributing to a specialty retailer please call:

Phone: 888-591-1200, x2  
Fax: 212-572-4961

### **Premium Sales:**

Phone: 800-800-3246  
Fax: 212-572-4961

### **Established Accounts Order Dept.**

Random House, Inc.  
Attn: Order Entry  
400 Hahn Road  
Westminster, MD 21157

Phone: 800-733-3000  
Fax: 800-659-2436

### **Customer Service and Credit Depts.**

Phone: 1-800-733-3000

Price and availability are subject to change without notice.

### **Canadian Orders and Inquiries**

Random House of Canada, Inc.  
Diversified Sales  
2775 Matheson Blvd. East  
Mississauga, ON L4W 4P4

Phone: 800-668-4247  
Fax: 905-624-6217

### **International Sales**

Random House, Inc.  
International Division  
1745 Broadway  
6th Floor  
New York, NY 10019

Phone: 212-829-6712  
Fax: 212-829-6700  
E-mail:  
international@randomhouse.com

## Our Specialty Retail Field Representatives

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### **Anne McGilvray & Company**

312-321-0710 (Chicago)  
952-932-7153 (Minnetonka)

AR, KS, IL, IN, LA, MO, MN,  
N. KY, ND, OK, OH, SD, TX,  
W. PA, WI

### **Daughtry/Bernays, Inc.**

404-522-1919 (Atlanta)  
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### **Krikorian Miller Associates**

978-465-7377  
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(Zips 120-125/127-149)

### **Lines By Alan Green**

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DE, E. PA, S. NJ, MD, VA  
Washington, D.C.

### **Portfolio**

212-685-7377  
NY (Metro and Westchester)  
NJ (Excluding Southern tip)

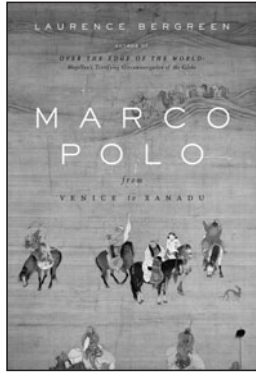
### **Stephen Young & Associates**

415-241-0556 (N. California)  
213-748-8814 (S. California)  
AZ, CA, CO, HI, MT, NM, NV, UT, WY

### **Ted Weinstein And The Company He Keeps**

503-222-5105  
AK, ID, OR, WA

# Adventure



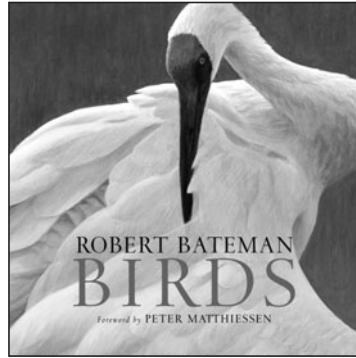
## Marco Polo

From Venice to Xanadu  
*Laurence Bergreen*

From a master biographer, the first truly authoritative book on Marco Polo, one of the most fascinating figures in world history. *448 pages.*

**978-1-4000-4345-3**  
\$27.95/35.95C • HC • 6 1/4 x 9 1/4  
KNOFF | October

# Birding

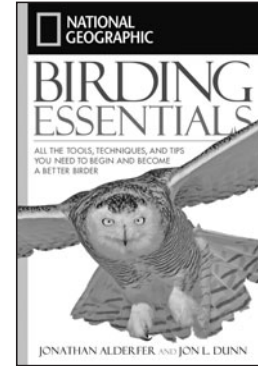


## Birds

*Robert Bateman*

Lavishly illustrated and informatively written, *Birds* is an intimate appreciation of some of the planet's most beautiful and fascinating creatures by an artist who has been capturing them on canvas for over forty years. *Full-color photographs throughout, 176 pages.*

**978-0-517-22997-2**  
\$14.99/NCR • HC • 10 x 10  
VALUE | September



## National Geographic Birding Essentials

All the Tools, Techniques, and Tips You Need to Begin and Become a Better Birder

*Jonathan Alderfer and Jon L. Dunn*

A friendly, reliable guide that teaches new enthusiasts how to look at birds and interpret what they see with a unique visual component that explains how to use both for species identification. *200 Full-color photographs and 25 full-color illustrations, 224 pages.*

**978-1-4262-0135-6**  
\$15.95/21.00C • PB • 6 x 9  
NATIONAL GEOGRAPHIC | October

# Children's

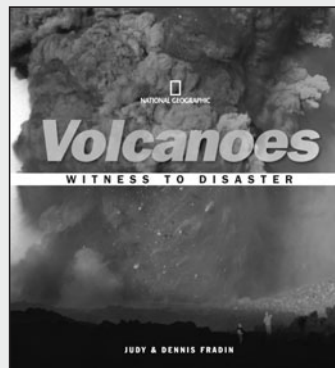


## Hurricanes

Witness to Disaster  
*Judith and Dennis Fradin*

Step into the eye of the storm. Follow the action, from the first news reports of a hurricane called Katrina gathering out at sea, to eyewitness accounts of those who survive the epic devastation she finally wreaks along the Gulf Coast. *Full-color throughout, 48 pages.*

**978-1-4262-0111-0**  
\$16.95/21.95C • HC • 9 1/2 x 10  
NATIONAL GEOGRAPHIC CHILDREN'S | August



## Volcanoes

Witness to Disaster  
*Judith and Dennis Fradin*

Your world is about to change forever. Beneath your feet, a molten hell brews—and its boiling fury can no longer be contained within the Earth's thin crust. Every young reader will respond to eyewitness accounts of landscapes suddenly alive with sulfuric gases, ashes spread across vast areas, and boiling hot lava consuming everything in its path. Prepare to be awestruck. *Full-color throughout, 48 pages.*

**978-0-7922-5376-1**  
\$16.95/21.95C • HC • 9 1/2 x 10  
NATIONAL GEOGRAPHIC CHILDREN'S | August

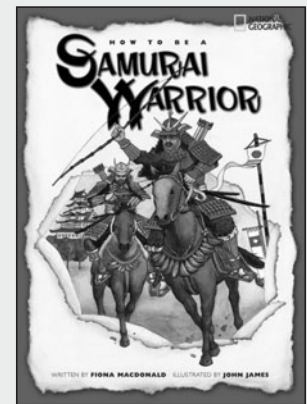


## How to Be a Medieval Knight

*Fiona Macdonald*

Are your estates in order? Can you recite poetry, or sing, or play a flute? Will you perform your duties with honor and chivalry? Are you really worthy of pursuing your destiny as a knight of olde, among the elite of medieval society in status and wealth? You know you are! So arise, Sir Reader, and go forth and nobly answer your calling. *Full-color throughout, 32 pages.*

**978-1-4263-0134-6**  
\$5.95/6.99C • PB • 8 1/2 x 10 1/2  
NATIONAL GEOGRAPHIC CHILDREN'S | September



## How to Be a Samurai Warrior

*Fiona Macdonald*

Can you handle a horse? Are you brave in the face of danger? Will you wear this smelly, lice-infested armor with dignity? Do you understand that dishonor will bring death—by that same sword that you must sleep beside every night of your life? Are you ready to rise in rank? *Full-color throughout, 32 pages.*

**978-1-4263-0135-3**  
\$5.95/6.99C • PB • 8 1/2 x 10 1/2  
NATIONAL GEOGRAPHIC CHILDREN'S | September



## Deadly Waters

A Mystery in Everglades National Park  
*Gloria Skurzynski  
and Alane Ferguson*

The Landon family is Southbound—headed for Florida to investigate a mysterious illness plaguing endangered manatees in Everglades National Park. Who was the stranger in the speedboat who snatched Jack's camera? Join the heart-stopping chase through a maze of mangrove islands to find out!  
*Full-color throughout, 48 pages.*

**978-1-4263-0093-6**

\$4.99/5.99C • PB • 5 3/16 x 7 1/8

NATIONAL GEOGRAPHIC CHILDREN'S | October



## The Hunted

A Mystery in Glacier National Park  
*Gloria Skurzynski  
and Alane Ferguson*

Grizzly cubs are disappearing from Glacier National Park, and the Landon family must figure out why! But for Jack, the real mystery is his sister Ashley's strange behavior. Jack's efforts to unravel the truth lead to a pulse-pounding adventure that brings the Landon kids face to face with an enraged grizzly.  
*Full-color throughout, 160 pages.*

**978-1-4263-0095-0**

\$4.99/5.99C • PB • 5 3/16 x 7 1/8

NATIONAL GEOGRAPHIC CHILDREN'S | October



## Flush

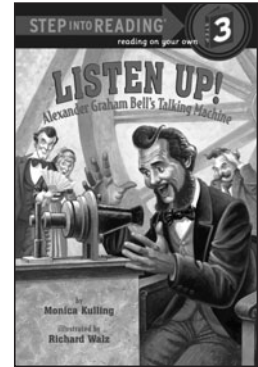
*Carl Hiaasen*

You know it's going to be a rough summer when you spend Father's Day visiting your dad in the local lockup. Noah's dad is sure that the owner of the Coral Queen casino boat is flushing his bilge tanks into the ocean. He can't prove it though, and so he decides that sinking the boat will make an effective statement. Right. Now Noah is determined to succeed where his dad failed. He will prove that the Coral Queen is dumping illegally...somehow.  
*272 pages.*

**978-0-375-84185-9**

\$8.99/11.99C • PB • 5 3/16 x 8

RH CHILDREN'S | August



## Listen Up!

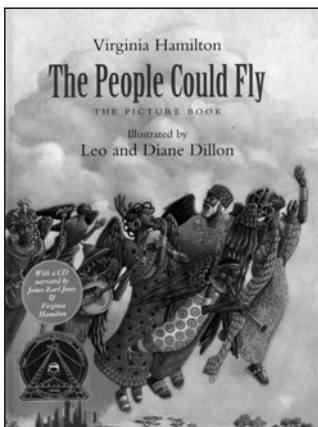
Alexander Graham Bell's Talking Machine  
*Monica Kulling*

It's 1876 and the whole country is celebrating the 100th birthday of the United States. The biggest party is in Philadelphia at the World's Fair where the latest and greatest inventions are on display for all to see. Alexander Graham Bell is headed to the fair to demonstrate his invention—a talking machine he calls the telephone. But will anyone come to see him at the world's most important science fair? *Full-color throughout, 48 pages.*

**978-0-375-83115-7**

\$3.99/4.99C • PB • 6 x 9

RH CHILDREN'S | August



## The People Could Fly

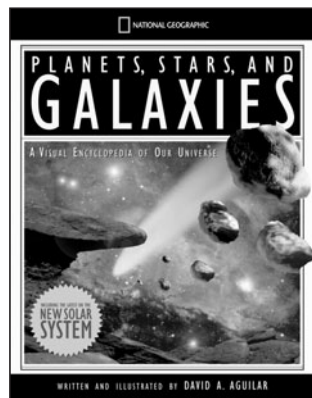
*Virginia Hamilton*

With two major awards (*The New York Times* Best Illustrated Books award and a Coretta Scott King Honor Book award) and now the addition of a CD narration of the tale, James Earl Jones's sonorous bass mixes with the lilting voice of Virginia Hamilton to add a whole new dimension of drama.  
*Full-color throughout, 32 pages.*

**978-0-375-84553-6**

\$17.99/22.99C • HC • 9 x 12

RH CHILDREN'S | September



## Planets, Stars, and Galaxies

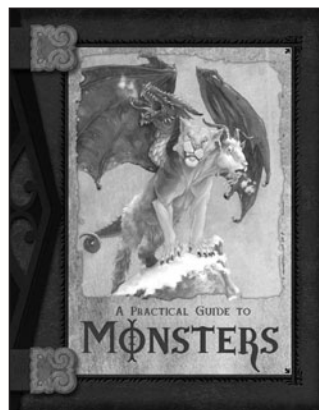
A Visual Encyclopedia of Our Universe  
*Written and Illustrated  
by David Aguilar*

The farthest of our universe captured in atlas form for young readers. *Planets, Stars, and Galaxies* is the space book that pushes the boundaries of man's ultimate frontier. The engaging, educational text, written in collaboration with National Geographic experts, includes the latest discoveries about our universe. *Full-color throughout, 192 pages.*

**978-1-4263-0170-4**

\$24.95/30.00C • HC • 9 1/8 x 10 1/8

NATIONAL GEOGRAPHIC CHILDREN'S | October



## A Practical Guide to Monsters

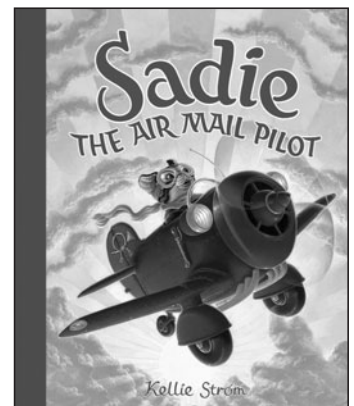
*Nina Hess*

How do you trick a troll? Do vampires sleep? Why worry about yuan-ti? Just in time for Halloween, this lavishly illustrated guide showcases the spooky, unexpected, and always fascinating world of monsters. The sequel to *The New York Times* bestselling *A Practical Guide to Dragons*.  
*Full-color throughout, 80 pages.*

**978-0-7869-4809-3**

\$12.95/16.00C • HC • 8 13/16 x 11 1/8

MIRRORSTONE | August



## Sadie the Air Mail Pilot

*Kellie Strom*

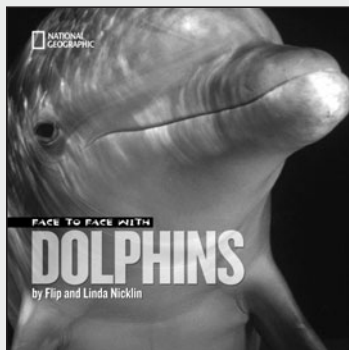
Sadie is a brave and fearless pilot who overcomes the elements—and even a plane crash—to deliver the mail. Like all the dedicated Air Mail pilots, she is kept busy by the arrival of never-ending sacks of mail and the Air Mail HQ chief who barks orders at his staff. But that won't stop Sadie from getting it delivered. *Full-color throughout, 32 pages.*

**978-0-385-75027-1**

\$16.99/21.99C • HC • 8 1/2 x 11

RH CHILDREN'S | September

# Children's: Living Creatures



## Face to Face with Dolphins

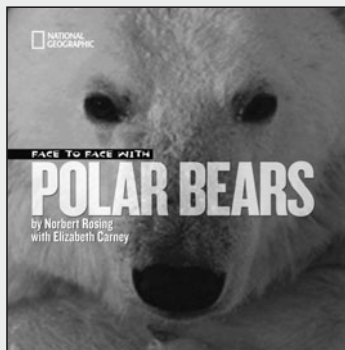
Flip and Linda Nicklin

You're 70 feet underwater—face to face with one of the sea's friendliest creatures. Learn the difference between an orca and a bottle nose, witness a dolphin baby nursed with mother's milk, and discover how these social mammals echolocate and communicate. *Full-color photographs throughout, 32 pages.*

978-1-4263-0141-4

\$16.95/21.95C • HC • 10 x 10

NATIONAL GEOGRAPHIC CHILDREN'S | September



## Face to Face with Polar Bears

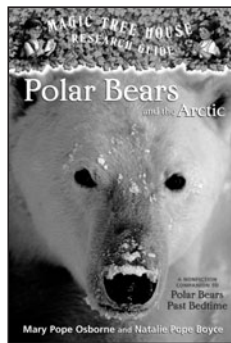
Norbert Rosing  
with Elizabeth Carney

Award-winning photographer Norbert Rosing loves the charming, playful side of the polar bear and his book connects readers with the consequences of global warming, and gives practical advice on how to help save our white-furred friends. *Full-color photographs throughout, 32 pages.*

978-1-4263-0139-1

\$16.95/21.95C • HC • 10 x 10

NATIONAL GEOGRAPHIC CHILDREN'S | September



## Polar Bears and the Arctic

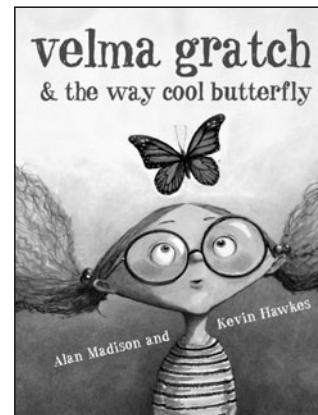
Mary Pope Osborne

Why is the arctic so cold? How do polar bears cross thin ice? How did people learn to survive in that harsh climate? Find out the answers to these questions and more in *Magic Tree House Research Guide: Polar Bears and the Arctic*, Jack and Annie's guide to the arctic. This is the nonfiction companion to *Polar Bears Past Bedtime* (MTH #12). *128 pages.*

978-0-375-83222-2

\$4.99/6.99C • PB • 5 3/8 x 7 5/8

RH CHILDREN'S | September



## Velma Gratch & the Way Cool Butterfly

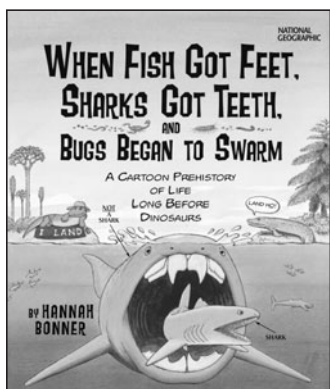
Alan Madison and Kevin Hawkes

Science is Velma's favorite subject, and, specifically, she loves butterflies. When Velma leaves the Butterfly Conservatory after a class trip, a monarch just won't get off her pointer finger. It stays there through math and ballet and chorus. Finally, Velma releases the butterfly with other monarchs and her classmates are in awe. *Full-color throughout, 40 pages.*

978-0-375-83597-1

\$16.99/21.99C • HC • 9 x 12

RH CHILDREN'S | October



## When Fish Got Feet, Sharks Got Teeth, and Bugs Began to Swarm

A Cartoon Prehistory of Life Long Before Dinosaurs  
Hannah Bonner

Take a fun, fact-filled trip back to Earth as it was 430 million years ago. Then, watch as continents drift and oceans take shape. Watch out as fish get toothier, plants stretch skywards and bugs get bigger. Complete with time line, pronunciation guide, glossary and index. *Full-color illustrations throughout, 48 pages.*

978-1-4263-0078-3

\$16.95/21.95C • HC • 8 1/2 x 10

NATIONAL GEOGRAPHIC CHILDREN'S | October



## When Mama Mirabelle Comes Home

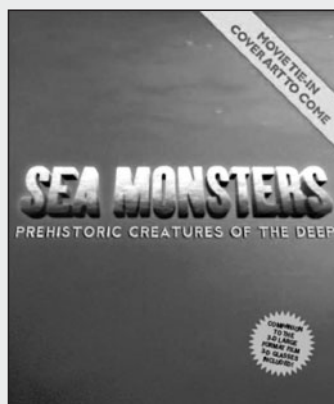
Doug Wood;  
Illustrations by Eric Brace

Bo the cheetah, Karla the zebra, and Max the elephant are really missing Mama Mirabelle, their loving and fun day-care provider. Let preschoolers' imaginations run wild as this trio dreams up ever-more outrageous schemes for Mama's return. *When Mama Mirabelle Comes Home* mixes engaging illustrated characters with National Geographic animal photography. Featuring characters from Mama Mirabelle's Home Movies, a new PBS series starting in Fall 2007. *Full-color throughout, 32 pages.*

978-1-4263-0194-0

\$16.95/21.95C • HC • 9 5/8 x 9 5/8

NATIONAL GEOGRAPHIC CHILDREN'S | October



## Sea Monsters

The Official Children's Companion to the Giant-Screen Film

Relive the wonder of *Sea Monsters*, National Geographic's 3-D Large Format Film and learn more about these weird prehistoric creatures of the deep. Stunning images of giant sharks, enormous squids, massive marine reptiles, and flying creatures with razor-sharp teeth will thrill young imaginations. *Full-color throughout, 32 pages.*

978-1-4263-0162-9

\$6.95/8.95C • PB • 10 x 10 3/8

NATIONAL GEOGRAPHIC CHILDREN'S | October



## Sea Monsters

A Prehistoric Adventure  
The Official Pop-Up Book

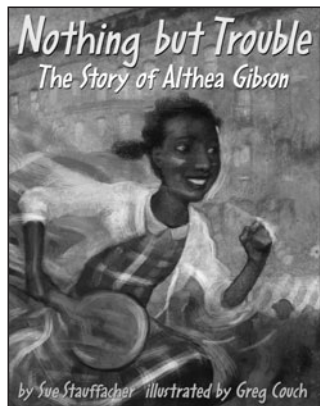
The sea monsters of National Geographic's 3-D Large Format Film jump off the pages of this stunning pop-up companion book! Open any page for a dramatic demonstration of the most ferocious animals to ever stalk the Earth. *Full-color throughout, 12 pages.*

978-1-4263-0176-6

\$24.95/30.00C • PB • 8 1/2 x 9 1/2

NATIONAL GEOGRAPHIC CHILDREN'S | October

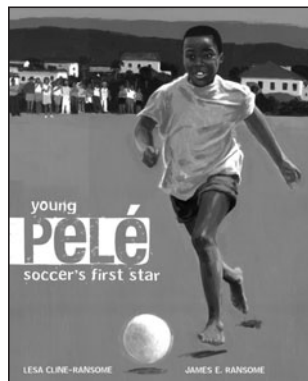
# Children's: Sports



## Nothing but Trouble The Story of Althea Gibson Sue Stauffacher

Althea Gibson was the first African American ever to compete in and win the Wimbledon Cup. Born in 1927, she was a spirited child and became an enormously talented athlete. Sue Stauffacher's lively text, paired with vibrant paintings by artist Greg Couch, captures the exuberance, ambition, and triumph of this remarkable woman. Readers will cheer from the stands as Althea transforms from playground tomboy to Wimbledon champion. *Full-color throughout, 40 pages.*

**978-0-375-83408-0**  
\$16.99/21.99C • HC • 8 1/2 x 11  
RH CHILDREN'S | August



## Young Pelé Soccer's First Star Lesa Cline-Ransome

While other kids memorized letters, Edson memorized scores of soccer matches. While others added, Edson practiced kicking an imaginary ball. Then when the mayor of Barú, Brazil announced a youth soccer tournament for teams with shoes, "The Shoeless Ones" (as the September 7 team was called) found old sneakers and a new team name, Ameriquihina. They drilled—left foot, right foot—until the big game. By the time the whistle blew, Pelé—as Edson becomes known—is focused only on one thing: the goal. He drives to the right...and... SCORES! *Full-color throughout, 40 pages.*

**978-0-375-83599-5**  
\$16.99/21.99C • HC • 9 x 11  
RH CHILDREN'S | September

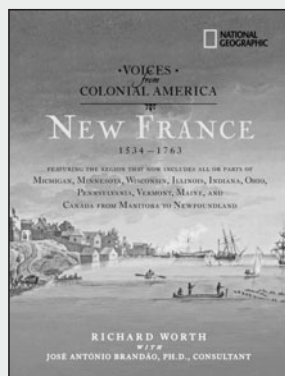
# Children's: US History



## Maryland 1634-1776 Voices from Colonial America Robin Doak

First-person accounts, archival illustrations, and historic maps reveal Maryland's rich history. Discover how the colony was founded by Catholics yet largely settled by Protestants; how it was uniquely ruled by a single proprietor; why a ton of tea was burned in Annapolis; and why the American Revolution ended here. *112 pages.*

**978-1-4263-0143-8**  
\$21.95/27.95C • HC • 7 1/2 x 9 3/4  
NATIONAL GEOGRAPHIC CHILDREN'S | December



## New France 1534-1763 Voices from Colonial America Richard Worth

Readers will meet Samuel de Champlain, the "Father of New France," and travel the waterways with the coureurs de bois, French traders who lived like Indians. Then watch as attempts to grow the colony fail and wars with the British and Iroquois bring about the fall of New France. *112 pages.*

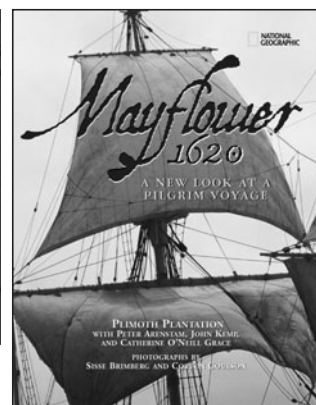
**978-1-4263-0147-6**  
\$21.95/27.95C • HC • 7 1/2 x 9 3/4  
NATIONAL GEOGRAPHIC CHILDREN'S | December



## The Brothers' War Civil War Voices in Verse J. Patrick Lewis

The wonderful wordplay of J. Patrick Lewis breathes new life into the speeches of Lincoln, the letters of Grant and Lee, and the moving human drama of our country's Civil War. The author draws on primary-source books and articles to inspire each poem, bringing the ordinary and extraordinary voices of the Civil War to light. *48 pages.*

**978-1-4263-0036-3**  
\$17.95/22.00C • HC • 10 x 9 1/4  
NATIONAL GEOGRAPHIC CHILDREN'S | September

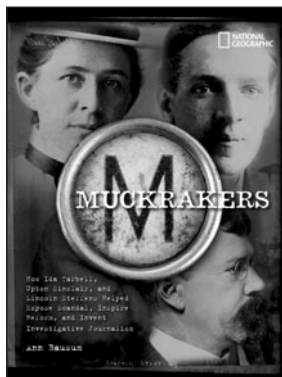


## Mayflower 1620 A New Look at a Pilgrim Voyage Peter Arenstam, John Kemp, and Catherine O'Neill Grace

Plymouth Plantation and the National Geographic Society come together to tell the true story behind the legendary voyage of the Mayflower. A meticulously researched work, *Mayflower 1620* offers children a compelling, fresh account of this much-told story. *Full-color throughout, 48 pages.*

**978-0-7922-6276-3**  
\$6.95/8.95C • PB • 8 1/2 x 10 1/8  
NATIONAL GEOGRAPHIC CHILDREN'S | September

# Children's: US History



## Muckrakers

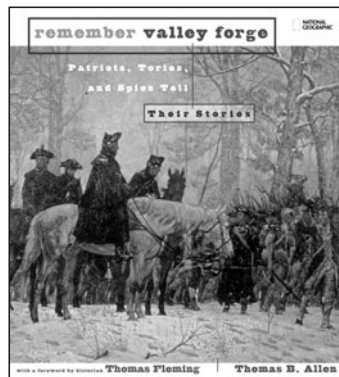
How Idea Tarbell, Upton Sinclair, and Lincoln Steffens Helped Expose Scandal, Inspire Reform, and Invent Investigative Journalism  
*Ann Bausum*

At the turn of the 20th century, news reporters and monthly magazines collaborated to create a new kind of journalism—in-depth, serialized exposes of corporate, labor, and political corruption. Ann Bausum's storytelling savvy will engage and inspire young people to cherish age-old values such as truth and public accountability. *112 pages.*

**978-1-4263-0137-7**

\$21.95/27.95C • HC • 7 1/2 x 10

NATIONAL GEOGRAPHIC CHILDREN'S | September



## Remember Valley Forge

Patriots, Tories, and Spies Tell Their Stories  
*Thomas B. Allen*

*Remember Valley Forge* tells the ultimate survival story. Travel the trail of defeat that leads Washington's ragtag army to seek winter refuge at Valley Forge. Read from a teenage soldier's diary and a doctor's gruesome accounts of disease, hunger, and cold. Learn the true story behind the amazing achievements of the "winter soldiers." *64 pages.*

**978-1-4263-0149-0**

\$17.95/22.00C • HC • 9 1/8 x 10 1/4

NATIONAL GEOGRAPHIC CHILDREN'S | October



## Hitler's Last Gamble

Battle of the Bulge  
*Bill Cain*

Planned by Hitler himself, the Battle of the Bulge was the last major German attack on the Western Front. The battle that ensued nearly proved disastrous for the Allied forces. Under-strength, under-equipped and operating in freezing temperatures, the U.S. Army fought back, extinguishing German hopes of victory.

**978-1-84603-057-4**



## The Tide Turns

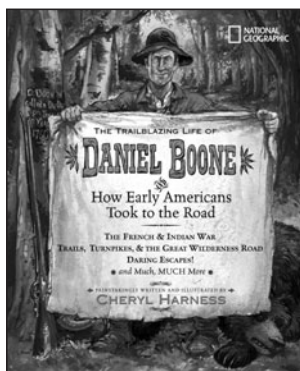
D-Day Invasion  
*Doug Murray*

On D-Day, June 6, 1944, an Allied force led by General Dwight D. Eisenhower launched the greatest seaborne military invasion in history. Over 150,000 Allied soldiers landed on the beaches of Normandy, France, in an operation that paved the way for the freedom of Nazi-occupied Europe and the end of Hitler's terrifying regime.

**978-1-84603-056-7**

These children's books ship from our adult warehouse and combine with adult orders.

# Ecology



## The Trailblazing Life of Daniel Boone

How Early Americans Took to the Road  
*Cheryl Harness*

During Daniel Boone's 86-year life, Colonial America is transformed into a revolutionary republic, trails morph into roads and highways, and Americans discover new ways to travel. The amazing, true story of Daniel Boone will give readers insight into an era of explosive change and unforgettable adventure. *Full-color illustrations throughout, 144 pages.*

**978-1-4263-0145-2**

\$16.95/22.95C • HC • 7 3/8 x 9

NATIONAL GEOGRAPHIC CHILDREN'S | September



## Cool Green Stuff

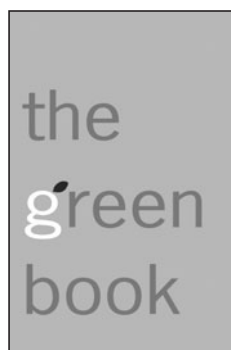
A Stylish Guide to Earth-Friendly Shopping  
*Dave Evans*

*Cool Green Stuff* features a collection of eco-friendly products with innovative designs that are intended to make the world a cleaner, greener, and, of course, cooler place. *256 pages.*

**978-0-307-39557-3**

\$14.95/21.00C • PB • 6 1/4 x 7 1/2

CLARKSON POTTER | October



## The Green Book

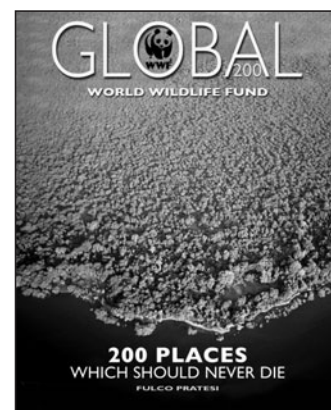
The Everyday Guide to Saving the Planet One Simple Step at a Time  
*Elizabeth Rogers*

With intimate celebrity testimonials and over 500 everyday solutions, *The Green Book* is a call to arms for the average American to join the environmental movement. *224 pages.*

**978-0-307-38135-4**

\$12.95/16.95C • PB • 5 3/8 x 8

THREE RIVERS PRESS | June



## World Wildlife Fund Global 200

200 Places Which Should Never Die  
*Fulco Pratesi*

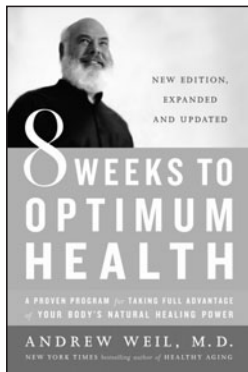
*WWF Global 200* identifies the world's most critical and endangered natural sites. Magnificent photographs, presented in large-scale format, depict a diverse range of global ecoregions. *630 Full-color photographs, 280 pages.*

**978-88-544-0301-7**

\$29.95/37.95C • HC • 10 1/4 x 14 1/4

WHITE STAR | October

# Healthy Living



## 8 Weeks to Optimum Health

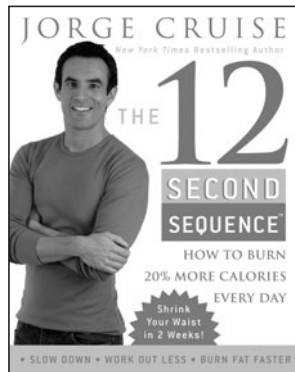
A Proven Program for Taking Full Advantage of Your Body's Natural Healing Power  
*Andrew Weil, M.D.*

*Eight Weeks to Optimum Health* focuses all of Andrew Weil's expertise in both conventional and alternative medicine on a practical week-by-week plan, covering diet, exercise, lifestyle, stress, and environment. And he shows how his program can be tailored to the specific needs of pregnant women, senior citizens, overweight people, and those at risk for cancer, among others. *320 pages.*

**978-0-345-49802-1**

\$15.95/21.00C • PB • 6 1/8 x 9 1/4

BALLANTINE BOOKS | August



## The 12 Second Sequence

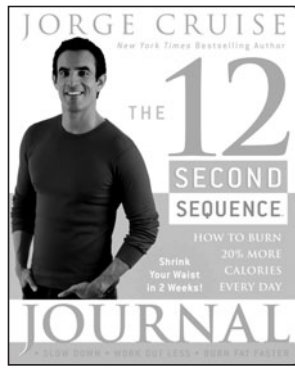
How to Burn 20% More Calories Every Day  
*Jorge Cruise*

A cutting-edge fitness routine that synthesizes 3 popular theories—super slow training, static contraction, and circuit training—to create a plan that gives you the body of your life in just a total of 5 hours and 20 minutes, from a rare bestselling author of two previous fitness and diet series. *288 pages.*

**978-0-307-38331-0**

\$24.95/32.00C • HC • 7 3/8 x 9 1/4

CROWN | December



## The 12 Second Sequence Journal

*Jorge Cruise*

Divided into sections for tracking your progress in each of Jorge Cruise's three approaches to improved fitness—super slow training, static contraction, and circuit training—this journal provides pages specifically designed to record your progress and success in *The 12 Second Sequence* program. *128 pages.*

**978-0-307-39556-6**

\$14.95/21.00C • Journal • 7 x 8 3/4

POTTER STYLE | December

Also available as an audiobook

**978-0-7393-5474-2**

\$19.95/25.95C • 2 CD's



## Ageless

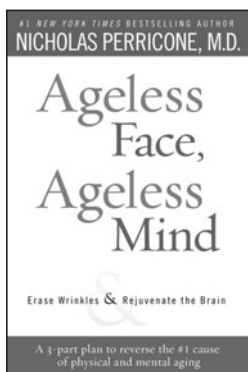
The Naked Truth About Bioidentical Hormones  
*Suzanne Somers*

Bestselling health and diet book author Suzanne Somers shares her cutting edge, up-to-date, medically validated approach to reversing the aging process, maintaining a high quality life without drugs, and living a healthy, vibrant, sexy, illness-free life, no matter your age. Now in paperback. *464 pages.*

**978-0-307-23725-5**

\$13.95/17.95C • PB • 5 3/8 x 8

THREE RIVERS PRESS | December



## Ageless Face, Ageless Mind

Erase Wrinkles and Rejuvenate the Brain  
*Nicholas Perricone, M.D.*

Anti-aging expert Nicholas Perricone, M.D., is leading the charge to combat the damage of physical and mental aging with a three-part plan for effectively eliminating deep wrinkles and sagging skin, while also helping to prevent age-related conditions including Alzheimer's, cataracts, diabetes, and cancer. *320 pages.*

**978-0-345-49936-3**

\$24.95/32.00C • HC • 6 1/8 x 9 1/4

BALLANTINE BOOKS | November



## American Heart Association Low-Salt Cookbook, 3rd Edition

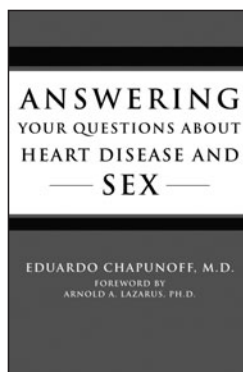
A Complete Guide to Reducing Sodium and Fat in Your Diet

America's most trusted authority on heart-healthy eating presents the paperback of the revised and expanded third edition of the low-salt classic, with 50 all-new recipes and the latest health information. *352 pages.*

**978-1-4000-9762-3**

\$15.95/21.00C • PB • 6 1/8 x 9 1/4

CLARKSON POTTER | September



## Answering Your Questions about Heart Disease and Sex

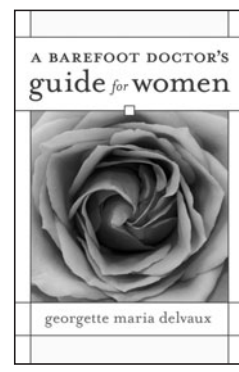
*Eduardo Chapunoff, M.D.*

Over 59 million Americans have heart disease, and they're concerned as to how this will impact their sex lives. *Answering Your Questions About Heart Disease and Sex* takes the mystery out of heart disease, answering sex-related questions that a patient may be too embarrassed to ask in person. *256 pages.*

**978-1-57826-255-7**

\$15.95/21.00C • PB • 6 x 9

HATHERLEIGH PRESS | October



## A Barefoot Doctor's Guide for Women

*Georgette Maria Delvaux*

Written in an approachable, conversational tone, *A Barefoot Doctor's Guide for Women* focuses on women's hormonal health. Includes a detailed discussion of breast imaging—the potentially pioneering way of detecting dangerous changes in breast tissue. *112 pages.*

**978-1-55643-665-9**

\$12.95/16.95C • PB • 5 1/2 x 8 1/2

NORTH ATLANTIC BOOKS | September

# Healthy Living



## Beauty Within

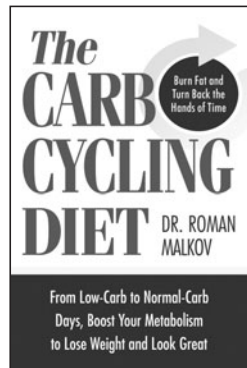
The Complete Consumer's Guide to the Best Lunchtime Cosmetic Procedures  
*Steven Dayan, M.D.*

A guide to the top ten minimally invasive cosmetic procedures which can help you look younger quickly and safely. Prominent Chicago cosmetic surgeon Steven Dayan, M.D., gives readers an easy-to-use no-nonsense guide to the top ten nonsurgical procedures, grading each for safety, effectiveness, and value. *40 Full-color photographs, 224 pages.*

**978-1-57826-259-5**

\$16.95/21.95C • PB • 6 x 9

HATHERLEIGH PRESS | December



## The Carb Cycling Diet

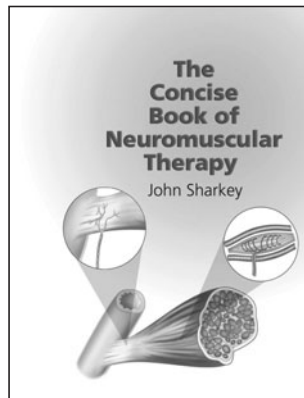
From Low-Carb to Normal-Carb Days, Boost Your Metabolism to Lose Weight and Look Great  
*Dr. Roman Malkov*

Boost your metabolism, burn fat, and turn back the hands of time with the real-life answer to Atkins and South Beach. Easily adaptable to anyone's lifestyle, *The Carb Cycling Diet* is a groundbreaking, sustainable, scientifically based diet to build muscle, lose fat, and stay healthy for life. *240 pages.*

**978-1-57826-256-4**

\$15.95/21.00C • PB • 6 x 9

HATHERLEIGH PRESS | October



## The Concise Book of Neuromuscular Therapy

*John Sharkey*

An estimated 75 million Americans suffer from chronic and acute pain, of which muscle pain is one of the most common. With 240 color and black-and-white illustrations, *The Concise Book of Neuromuscular Therapy* is an ideal learning tool for students, practicing therapist, doctors, or clinicians. *120 Full-color and 120 B&W illustrations, 240 pages.*

**978-1-55643-673-4**

\$32.95/39.95C • PB • 8 1/2 x 10 1/4

NORTH ATLANTIC BOOKS | December



## Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity

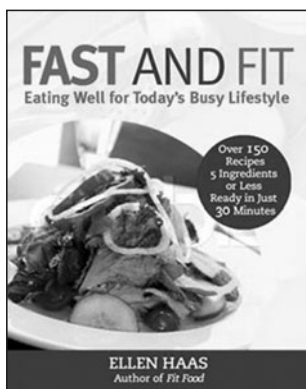
The Miracle of Cellular Rejuvenation  
*Nicholas Perricone, M.D.*

He has gotten rid of our wrinkles. He has gotten rid of our fat. Now Dr. Nicholas Perricone, anti-aging guru extraordinaire and author of four *New York Times* bestsellers presents us with anti-aging secrets that won't just make us look great, but will age proof us from the inside out by stimulating the miracle of cellular rejuvenation. *352 pages.*

**978-0-345-49246-3**

\$16.95/21.95C • PB • 7 1/2 x 9 1/4

BALLANTINE BOOKS | November



## Fast and Fit Food

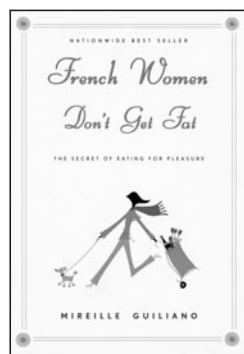
Eating Well for Today's Busy Lifestyle  
*Ellen Haas*

This easy-to-use collection of recipes from prominent chefs—Alice Waters of Chez Panisse in Berkeley, CA; Rick Bayless of Frontera Grill in Chicago; and Michael Romano of Union Square Café in New York City—shows us that cooking fast and eating fit do go together. *40 Full-color photographs, 304 pages.*

**978-1-57826-258-8**

\$16.95/21.95C • PB • 8 x 10

HATHERLEIGH PRESS | December



## French Women Don't Get Fat

The Secret of Eating for Pleasure  
*Mireille Guiliano*

*French Women Don't Get Fat* offers no hard science, no clearly-defined plan, and no lists of food to have or have not; instead, you'll find simple tricks that boil down to eating carefully prepared seasonal food, exercising more and refusing to think of food as something that inspires guilt. *288 pages.*

**978-0-375-71051-3**

\$13.00/17.00C • PB • 5 1/2 x 8 1/4

KNOPF | December

**978-0-307-38799-8**

*384 pages.*

\$6.99/8.99C • MM • 4 3/16 x 6 3/4

VINTAGE | December



## Good Calories, Bad Calories

Challenging the Conventional Wisdom on Diet, Weight Control, and Disease  
*Gary Taubes*

Rigorous, eye-opening, groundbreaking scientific reporting which indicates that the key to weight gain (as well as a host of chronic diseases), is refined carbohydrates—not fat, not calories, and not physical inactivity. *624 pages.*

**978-1-4000-4078-0**

\$26.95/34.95C • HC • 6 1/4 x 9 1/4

KNOPF | September



## Happy Baby, Healthy Mom

Pregnancy Journal  
*Robert A. Greene*

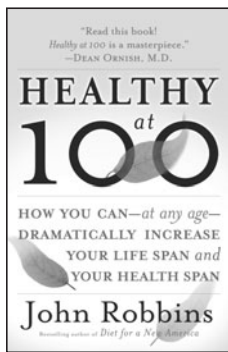
Adapted largely from Dr. Robert A. Greene's *Perfect Hormone Balance for Pregnancy*, this journal transforms his plan for attaining optimal hormonal health during pregnancy into a weekly guide that takes a woman through each trimester, labor, delivery, and the postpartum period. Includes authoritative advice on exercise, nutrition, and symptom soothing through pregnancy and the postpartum experience. *208 pages.*

**978-0-307-38221-4**

\$18.95/24.95C • Journal • 7 x 8 3/4

POTTER STYLE | December

# Healthy Living



## Healthy at 100

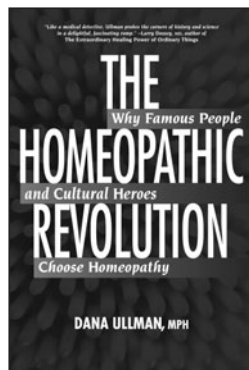
The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples  
*John Robbins*

In this compelling book, an American icon and million-copy-plus selling author puts forth a new paradigm of aging. Revealing the secrets of the world's healthiest and longest-lived peoples, John Robbins shows us the many, often surprising, ways in which we can increase both our lifespan and our healthspan. *384 pages.*

**978-0-345-49011-7**

\$14.95/21.00C • PB • 5 3/16 x 8

BALLANTINE BOOKS | August



## The Homeopathic Revolution

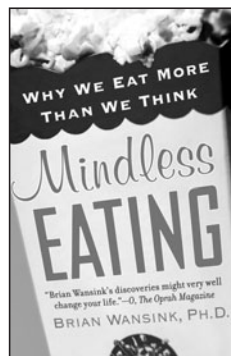
Why Famous People and Cultural Heroes Choose Homeopathy  
*Dana Ullman, MPH*

What do Mark Twain, David Beckham, Catherin Zeta-Jones, and Mother Teresa have in common? All have been enthusiastic fans of homeopathy, the alternative medical tradition that treats "like with like." Ullman references and describes important scientific studies in user-friendly language that verifies the value of this widely used but still misunderstood tradition. *368 pages.*

**978-1-55643-671-0**

\$19.95/25.95C • PB • 6 x 9

NORTH ATLANTIC BOOKS | October



## Mindless Eating

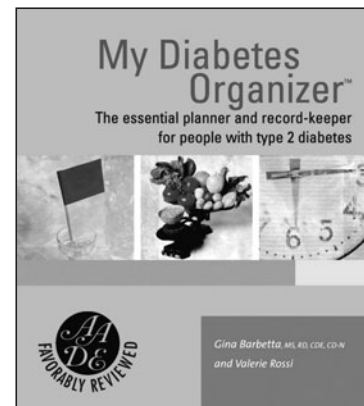
Why We Eat More Than We Think  
*Brian Wansink, Ph.D.*

Now with more than 70,000 hardcover copies in print, *Mindless Eating's* fascinating look at subconscious eating habits and consumer food-buying behaviors has struck a cultural chord. *288 pages.*

**978-0-553-38448-2**

\$12.00/16.00C • PB • 5 1/2 x 8 1/4

BANTAM BOOKS | August



## My Diabetes Organizer

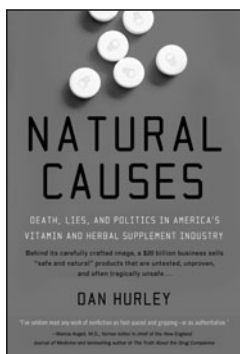
The Essential Planner and Record-Keeper for People with Type 2 Diabetes  
*Gina Barbetta, MS, RD, CDE, CD-N and Valerie Rossi*

Packed with charts, guides, and advice, this complete health management system helps organize and simplify the lives of the 21 million Americans with diabetes. *30 Full-color photographs and illustrations, 86 pages.*

**978-1-57826-261-8**

\$24.95/32.00C • Binder • 9 1/4 x 11

HATHERLEIGH PRESS | November



## Natural Causes

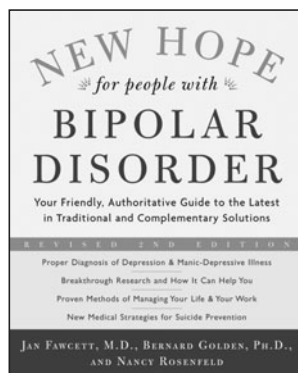
Death, Lies and Politics in America's Vitamin and Herbal Supplement Industry  
*Dan Hurley*

Now in paperback, a riveting work of investigative journalism that charts the rise of the dietary supplement craze and reveals the dangerous—and sometimes deadly—side effects of these highly popular and completely unregulated products. *320 pages.*

**978-0-7679-2043-8**

\$12.95/16.95C • PB • 5 1/2 x 8 1/4

BROADWAY | December



## New Hope for People with Bipolar Disorder, 2nd Edition

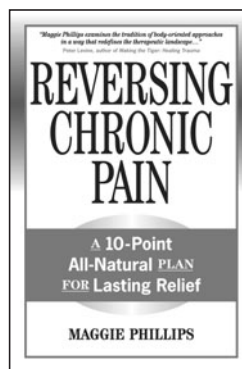
Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions  
*Jan Fawcett*

A fully updated, thorough, empathic, and user-friendly guide to bipolar disorder. *368 pages.*

**978-0-307-35300-9**

\$18.95/24.95C • PB • 7 3/8 x 9 1/4

THREE RIVERS PRESS | October



## Reversing Chronic Pain

A 10-Point All-Natural Plan for Lasting Relief  
*Maggie Phillips*

*Reversing Chronic Pain* offers a dynamic framework for joining body and mind to speed the healing of traumatic pain from the body level up. Each chapter presents a body-centered skill set that can be mastered through a broad menu of practice exercises. *240 pages.*

**978-1-55643-676-5**

\$17.95/23.00C • PB • 6 x 9

NORTH ATLANTIC BOOKS | September



## Stop Aging, Start Living

The Revolutionary 2-Week pH Diet that Erases Wrinkles, Beautifies Skin, and Makes You Feel Fantastic  
*Jeannette Graf, M.D.*

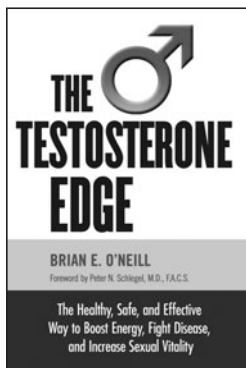
Renowned dermatologist and television personality Jeannette Graf, MD, has teamed up with bestselling health and fitness writer Alisa Bauman to create a transformational, science-backed approach for achieving beautiful skin, a youthful body, and superlative overall health. *256 pages.*

**978-0-307-38236-8**

\$22.95/29.95C • HC • 6 1/2 x 9 1/4

CROWN | September

# Healthy Living



## The Testosterone Edge

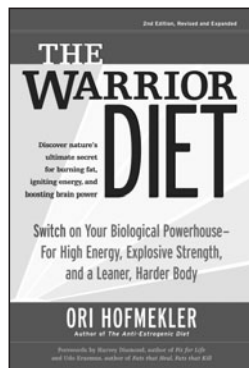
The Healthy, Safe, and Effective Way to Boost Energy, Fight Disease, and Increase Sexual Vitality  
*Brian E. O'Neill*

Everyone knows that testosterone is responsible for the male sex drive but now scientists are uncovering the role testosterone plays in erectile dysfunction, depression, osteoporosis, and even heart disease. The ultimate guide to boosting your sex drive, fighting fatigue, and getting your best body back. *208 pages.*

**978-1-57826-253-3**

\$15.95/21.00C • PB • 6 x 9

HATHERLEIGH PRESS | September



## The Warrior Diet, 2nd edition

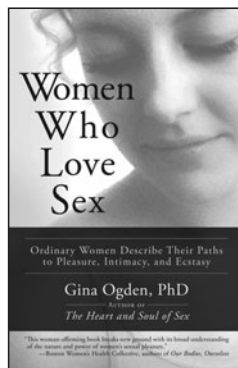
Switch on Your Biological Powerhouse—For High Energy, Explosive Strength, and a Leaner, Harder Body  
*Ori Hofmekler*

A robust health and a lean, strong body can best be achieved by mimicking the classical warrior mode of cycling—working and eating sparingly during the day, and filling up at night. *420 pages.*

**978-1-58394-200-0**

\$18.95/24.95C • PB • 6 x 9

BLUE SNAKE BOOKS | December



## Women Who Love Sex

Ordinary Women Describe Their Paths to Pleasure, Intimacy, and Ecstasy  
*Gina Ogden, Ph.D*

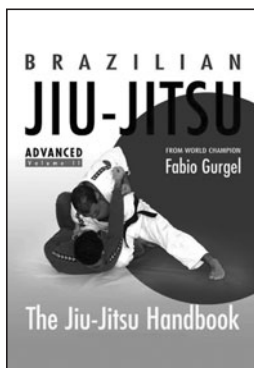
Wonderful sex does more than melt both body and soul; it brings power, energy, and deep satisfaction to all aspects of our lives. Based on extensive one-on-one interviews with hundreds of women, this book transforms how we view sex by giving us new ways to think about sexual pleasure. *224 pages.*

**978-1-59030-503-4**

\$14.00/18.00C • PB • 6 x 9

TRUMPETER | September

# Healthy Living: Martial Arts



## Brazilian Jiu-Jitsu Advanced Techniques

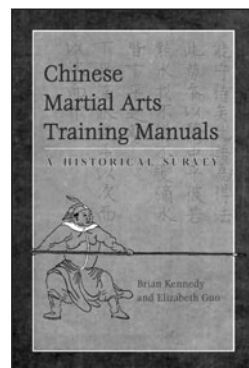
*Fabio Gurgel*

This practical guide builds on its predecessor *Brazilian Jiu-Jitsu Basic Techniques*, offering specific intermediate and advanced instruction as well as illuminating historical context. Fabio Gurgel explains the discipline's origins and its seminal place as the father of the major Japanese martial arts. *B&W photographs throughout, 240 pages.*

**978-1-58394-166-9**

\$19.95/25.95C • PB • 6 x 9

BLUE SNAKE BOOKS | September



## Chinese Martial Arts Training Manuals

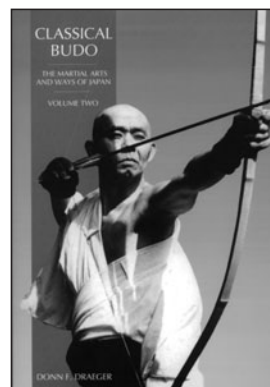
A Historical Survey  
*Brian Kennedy and Elizabeth Guo*

Aimed at fans, students, and practitioners, the book explains the principles, techniques, and forms of each system while also placing them in the wider cultural context of Chinese martial arts. This book offers a multi-faceted portrait of Chinese martial arts and their place in Chinese culture. *B&W photographs and illustrations throughout, 352 pages.*

**978-1-58394-194-2**

\$21.95/27.95C • PB • 6 x 9

BLUE SNAKE BOOKS | December



## Classical Budo

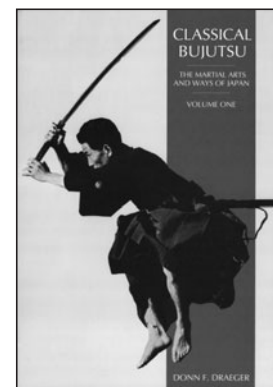
*Donn F. Draeger*

The compelling historical, political, and philosophical events that gave rise to the development of the budo arts are introduced, including fascinating artwork from classical sources, and archival photographs of modern budo masters in action. *B&W photographs throughout, 128 pages.*

**978-0-8348-0234-6**

\$19.95/24.95C • PB • 7 x 10

WEATHERHILL | December



## Classical Bujutsu

*Donn F. Draeger*

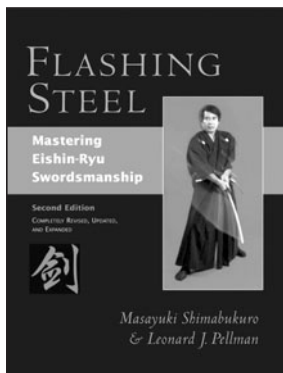
A classic on the origin and development of modern Japanese combat arts, written by a legendary Western martial artist. Draeger describes the forms of bujutsu, or martial arts for combat, and the historical and political context in which they flourished and evolved. *B&W photographs throughout, 112 pages.*

**978-0-8348-0233-9**

\$19.95/24.95C • PB • 7 x 10

WEATHERHILL | December

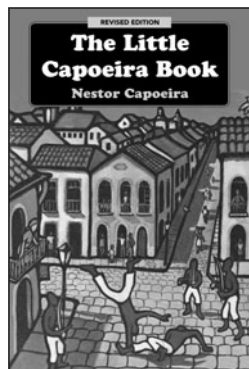
# Healthy Living: Martial Arts



**Flashing Steel, 2nd Edition**  
Mastering Eishin-Ryu Swordsmanship  
*Masayuki Shimabukuro  
& Leonard J. Pellman*

*Flashing Steel*, the bestselling and highly acclaimed book on iaijutsu (alternatively called iaido), is as much about bringing life into focus as it is about techniques of swordsmanship. This second edition includes new techniques, updated photographs, and theoretical explanations for both new and existing sword forms. *B&W photographs and illustrations throughout, 310 pages.*

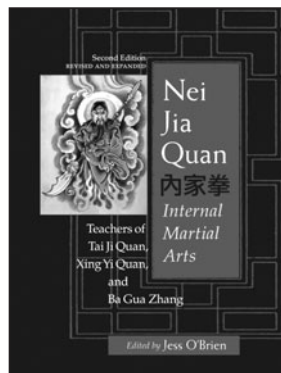
**978-1-58394-197-3**  
\$19.95/25.95C • 7 x 9 ¼  
BLUE SNAKE BOOKS | November



**The Little Capoeira Book,  
3rd Edition**  
*Nestor Capoeira*

Nestor Capoeira, a long-time teacher of capoeira and noted master, begins this revised edition of his bestseller with an in-depth history of the Brazilian art, giving the most popular theories for the origins and purposes of this movement that combines the grace of dance with lethal self-defense techniques in a unique game-song structure. Includes a how-to section with photographs. *B&W photographs and illustrations throughout, 240 pages.*

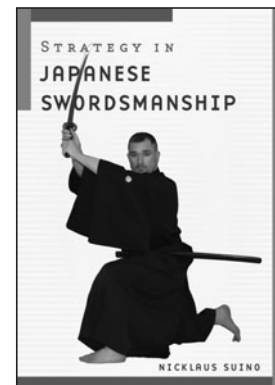
**978-1-58394-198-0**  
\$18.95/24.95C • PB • 6 x 9  
BLUE SNAKE BOOKS | December



**Nei Jia Quan, 2nd edition**  
Internal Martial Arts  
*Jess O'Brien*

In this illuminating book, prominent masters offer an informed, inside view of the Chinese internal martial arts known collectively as “nei jia quan”—those practices that emphasize awareness of the spirit, mind, *qi* (breath or energy flow), and the use of relaxed leverage rather than brute force. This revised, completely updated edition profiles four new teachers, with new photographs and artwork included. *B&W photographs and illustrations throughout, 392 pages.*

**978-1-58394-199-7**  
\$21.95/27.95C • PB • 7 x 9 ¼  
BLUE SNAKE BOOKS | October

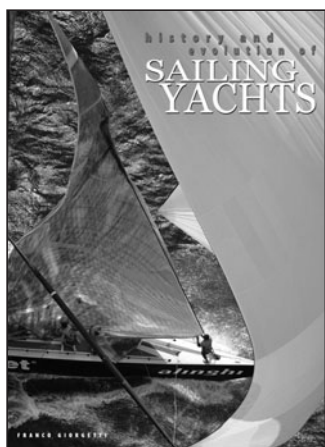


**Strategy in Japanese  
Swordsmanship**  
*Nicklaus Suino*

A step-by-step guide for advanced students of Japanese swordsmanship on cultivating a strategic mind in training—written by a modern-day sword master. In *Strategy in Japanese Swordsmanship*—the third volume in his invaluable series on Japanese swordsmanship—Nicklaus Suino, one of the most respected swordsmen in the US, clearly and concisely presents a tactical approach to training. *256 pages.*

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WEATHERHILL | December

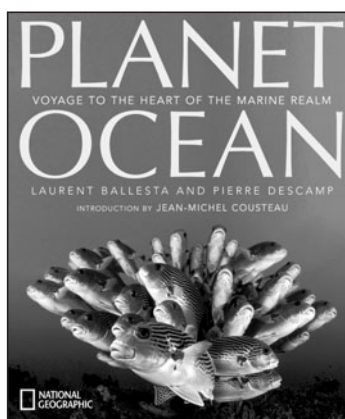
## Nautical



**History and Evolution  
of Sailing Yachts**  
*Franco Giorgetti*

Anyone who has ever sailed a boat will thrill to the flap of the sail and the splash of the waves evoked by the photographs in this handsome book. Written from the unique perspective of an architect and sailboat designer, this volume documents the most important boats and boating events in the history of the sailing yacht. *Full-color throughout, 344 pages.*

**978-88-544-0327-7**  
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WHITE STAR | November



**Planet Ocean**

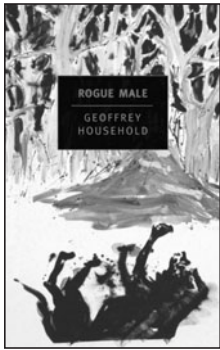
Voyage to the Heart of the Marine Realm  
*Laurent Ballesta and  
Pierre Descamp; Introduction  
by Jean-Michel Cousteau*

Spanning the vast range of Earth's marine environments, from Greenland to the Polynesian Islands, *Planet Ocean* reveals hidden landscapes of unsurpassed beauty and awe. These fascinating undersea worlds occupy more than three quarters of the globe, and their natural richness is the source of all life. *Full-color photographs throughout, 368 pages.*

**978-1-4262-0186-8**  
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NATIONAL GEOGRAPHIC | November

## Outdoor & Nature

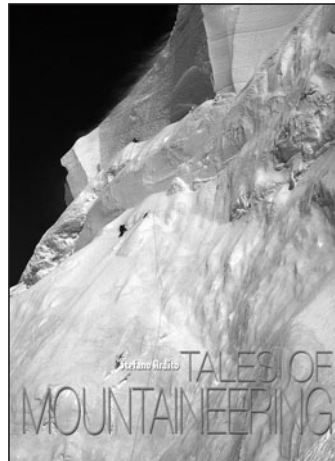
# Outdoor & Nature



## Rogue Male Geoffrey Household

Passing through a foreign country, a professional big game hunter finds himself wondering whether he might be able to infiltrate the local dictator's compound. Geoffrey Household's masterly command of suspense is everywhere evident in the pages of *Rogue Male*. At the same time, the book is an astonishing exploration of the lure of violence, the psychology of survivalism, and the call of the wild. *224 pages.*

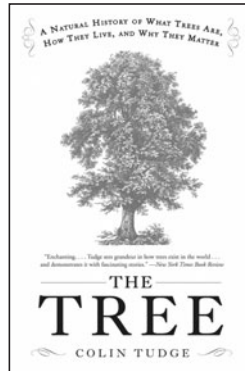
**978-1-59017-243-8**  
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NEW YORK REVIEW BOOKS CLASSICS | November



## Tales of Mountaineering Stefano Ardito

A pictorial tribute to the world's most stunning peaks and to the adventurers who conquered them. Veteran climber Stefano Ardito explores the enduring lure of the world's highest and most beautiful mountains and chronicles the most outstanding climbs through dramatic photographs, gripping accounts, and fascinating descriptions of the preparations, equipment, and conditioning necessary to make these historical treks. *719 Full-color photographs, 320 pages.*

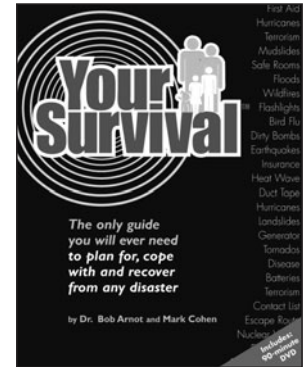
**978-88-544-0154-9**  
\$35.00/44.00C • HC • 10 1/4 x 14 1/8  
WHITE STAR | September



## The Tree A Natural History of What Trees Are, How They Live, and Why They Matter Colin Tudge

One of Britain's most highly regarded science and nature writers looks at trees in exquisite, comprehensive detail: what they are, how they live, how they came into being, and the communities known as forests where they live. *480 pages.*

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THREE RIVERS PRESS | October



## Your Survival The Only Guide You Will Ever Need to Plan for, Cope with, and Recover from Any Disaster Dr. Bob Arnot and Mark Cohen

Dr. Bob Arnot, America's most trusted medical correspondent, and Mark Cohen present a practical handbook that makes planning for a disaster so simple, easy, and inexpensive that there's no longer an excuse to put it off. With advice from survivors and experts alike, *Your Survival* is a vital investment in your family's future. *160 pages.*

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Complemented by antique Japanese prints featuring intricate images of the natural world, these classic haiku add elegance to a journal, note cards, and pocket pads.

POTTER STYLE | September

## Haiku Garden 5 x 7 Journal Stephen Addiss *160 pages.*

**978-0-307-38186-6**  
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Journal, elastic closure • 5 x 7

## Haiku Garden Note Cards *16 cards, 4 designs.*

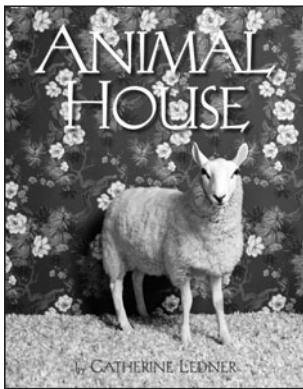
**978-0-307-38187-3**  
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## Haiku Garden Pocket Pads *4 journals, 72 pages each.*

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# Outdoor & Nature: Living Creatures

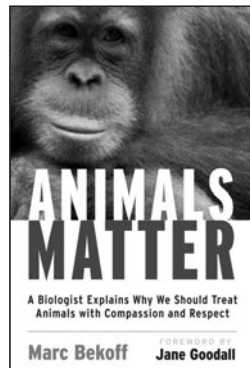
# Reference



**Animal House**  
Catherine Ledner

In this tongue-in-cheek peek at critters great and small, photographer Catherine Ledner has brought the animals indoors to create a collection of magical and clever portraits unlike any you've ever seen before. Ledner's whimsical images are perfectly paired with a selection of sophisticated light verse, witticisms, and humorous poetry. *70 Full-color photographs, 96 pages.*

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WELCOME BOOKS | September



**Animals Matter**  
A Biologist Explains Why We Should Treat Animals with Compassion and Respect  
Marc Bekoff  
Foreword by Jane Goodall

Marc Bekoff, a renowned biologist specializing in animal minds and emotions, guides readers in looking at scientific research, philosophical ideas, and humane values that argue for the ethical and compassionate treatment of animals. *160 pages.*

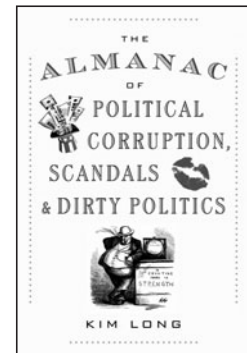
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\$14.00/18.00C • PB • 6 x 9  
SHAMBHALA | November



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In stunning photographs and illuminating text, *Wild at Heart* reveals majestic Southern Africa as defined by the tangled relationships among its wildlife, peoples, and geography. *119 Full-color photographs, 176 pages.*

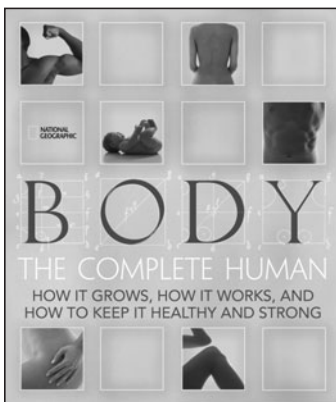
**978-1-4262-0194-3**  
\$65.00/84.00C • HC • 15 x 10 1/2  
NATIONAL GEOGRAPHIC | September



**The Almanac of Political Corruption, Scandals & Dirty Politics**  
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*The Almanac of Political Corruption, Scandals & Dirty Politics* presents hundreds of anecdotes, facts, trivia, and background in the long, rich history of American politicians and their misdeeds. *B&W Illustrations throughout, 304 pages.*

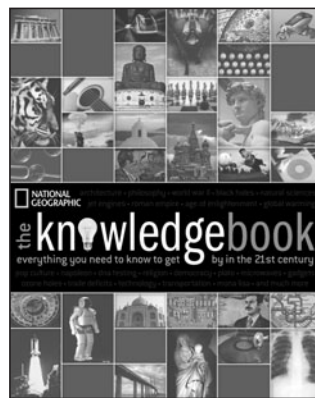
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\$24.00/30.00C • HC • 5 1/2 x 8 1/4  
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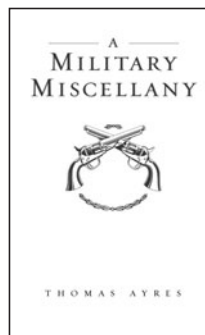
**978-1-4262-0128-8**  
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NATIONAL GEOGRAPHIC | October



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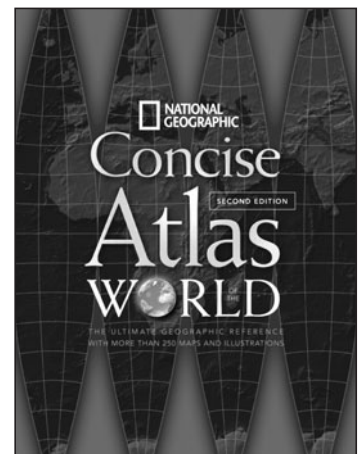
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\$35.00/44.00C • HC • 8 1/4 x 10 3/8  
NATIONAL GEOGRAPHIC | October



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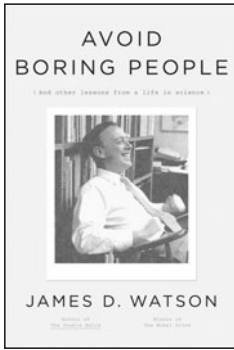
**978-0-553-80440-9**  
\$15.00/21.00C • HC • 4 1/2 x 7 1/4  
BANTAM BOOKS | September



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NATIONAL GEOGRAPHIC | November



## Avoid Boring People

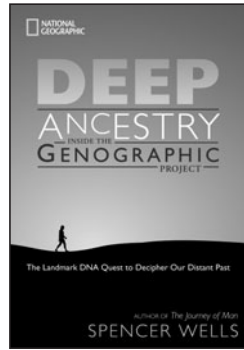
And Other Lessons from a Life in Science  
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KNOFF | September



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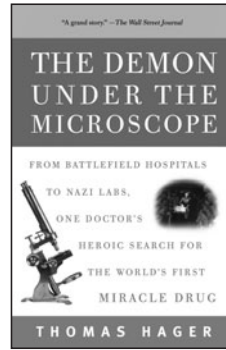
Inside the Genographic Project: The Landmark DNA Quest to Decipher Our Distant Past  
*Spencer Wells*

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## The Demon Under the Microscope

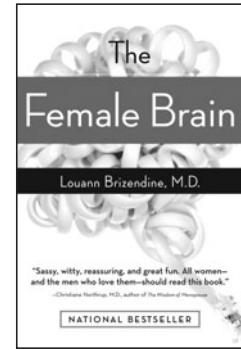
From Battlefield Hospitals to Nazi Labs, One Doctor's Heroic Search for the World's First Miracle Drug  
*Thomas Hager*

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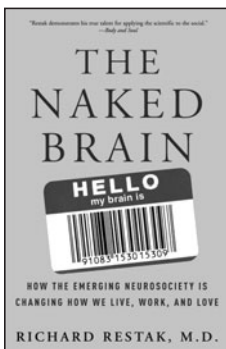
*Louann Brizendine, M.D.*

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BROADWAY | August



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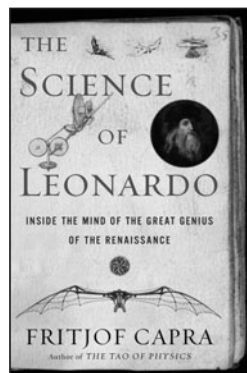
How the Emerging Neurosociety is Changing How We Live, Work, and Love  
*Richard Restak, M.D.*

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THREE RIVERS PRESS | October



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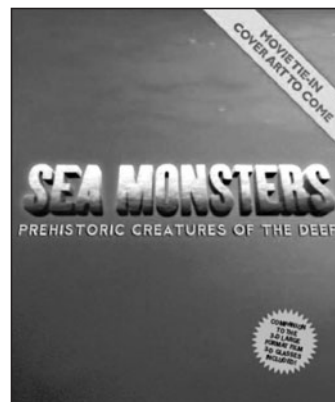
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*Fritjof Capra*

An exploration of Leonardo Da Vinci's work as a scientist and his influence on modern scientific thought. *50 Illustrations, 272 pages.*

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DOUBLEDAY | October



## Sea Monsters

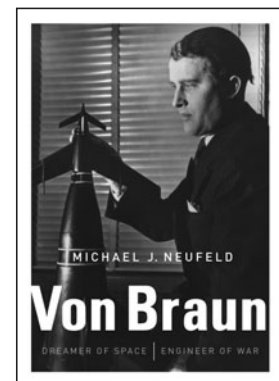
Prehistoric Creatures of the Deep  
*Michael Everhart*

*Sea Monsters* is an amazing plunge into the Cretaceous oceans of 80 million years ago, a merciless realm ruled by the most ferocious animals ever to stalk the seas of planet Earth. It scarcely seems possible that these swift, massive underwater predators actually existed, but they did—and this is their frightening, fascinating, unforgettable story. *100 Full-color photographs and illustrations, 192 pages.*

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NATIONAL GEOGRAPHIC | October



## Von Braun

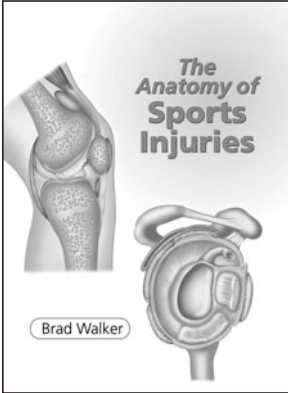
Dreamer of Space, Engineer of War  
*Michael J. Neufeld*

The first full-scale biography of Wernher von Braun, the top rocket scientist of the Third Reich, and creator of the infamous V-2 rocket, who went on to become the father of the U.S. space program. *624 pages.*

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KNOFF | September



## The Anatomy of Sports Injuries

Brad Walker

A full-color guide to sports injuries—from rehab to recovery to prevention. In *The Anatomy of Sports Injuries*, author Brad Walker brings years of expertise—he works with elite-level and world-champion athletes, and lectures on injury prevention—to this how-to guide. *300 Full-color and 200 line drawings, 192 pages.*

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NORTH ATLANTIC BOOKS | December



## The Bus

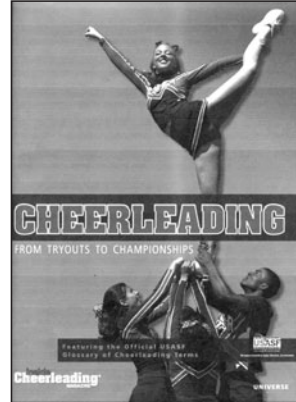
My Life in and out of a Helmet  
*Jerome Bettis*

In the tradition *Favre* and *Payton*, *The Bus* tells his whole story, from his childhood in Detroit to his longtime career with the Pittsburgh Steelers to his post-NFL days. *8-page B&W photo insert, 224 pages.*

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DOUBLEDAY | September



## Cheerleading

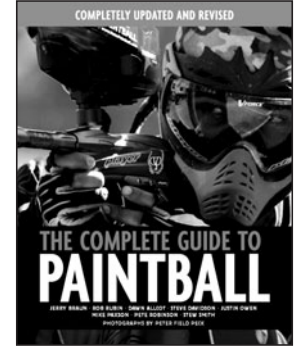
From Tryouts to Championships  
*The Editors of Inside Cheerleading Magazine*

This book gives cheerleaders, coaches, and even mascots the inside edge not only on techniques and choreography, but also on competitions, types of squads, style and attitude. *100 Full-color illustrations, 144 pages.*

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UNIVERSE | September



## The Complete Guide to Paintball, 4th edition

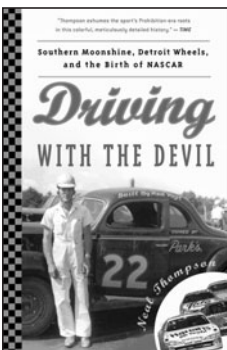
Completely Updated and Revised  
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From the practical to the tactical, how to play and how to win, this is the definitive guide on this super-hot sport. Now with new material on guns and games, new interviews with leaders in the sport, and a new tips and tricks on improving your shot. *300 Full-color photographs, 400 pages.*

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## Driving with the Devil

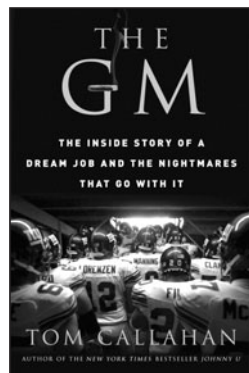
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THREE RIVERS PRESS | August



## The GM

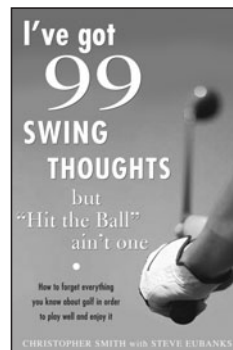
The Inside Story of a Dream Job and the Nightmares that Go with It  
*Tom Callahan*

The most *inside* book ever written about the NFL, *The G.M.* invites us into the inner sanctum of the League's most senior general manager, the Giants' Ernie Accorsi, a revered figure who, because this is his last season, can be especially candid about all the moves that went wrong and all the moves that paid off. *336 pages.*

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CROWN | September



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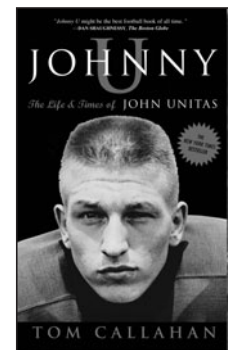
How to Forget Everything You Know About Golf in Order to Play Well and Enjoy It  
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CROWN | October



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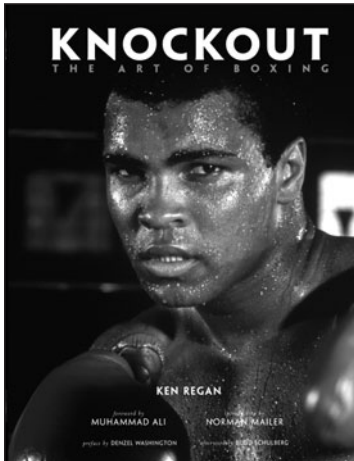
The Life and Times of John Unitas  
*Tom Callahan*

A remarkably well-researched, interview-rich account of the career of Johnny Unitas, the NFL's greatest quarterback ever—but also, a portrait of a sporting era when players lived and worked next to the fans, and were drawn to the gridiron not by money but an almost addictive love of the game. *304 pages.*

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*Ken Regan*

Featuring some of the greatest ring action in boxing history, *Knockout* takes us from sparring sessions and press conferences to weigh-ins and post-fight sessions. *Over 300 Full-color photographs, 260 pages.*

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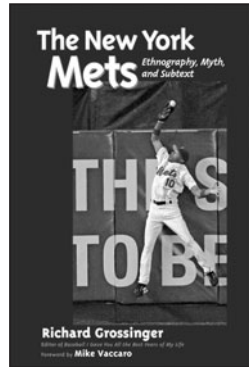
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## The New York Mets

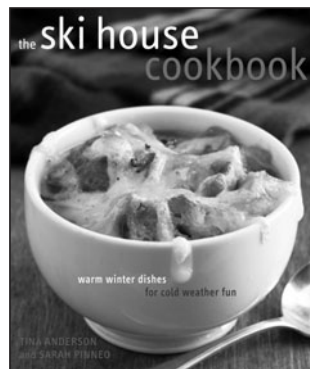
Ethnography, Myth, and Subtext  
*Richard Grossinger; Foreword by Mike Vaccaro*

An intellectual retrospective on The New York Mets that blends the literary essay, narrative memoir, and sports history. No baseball team has captured America's imagination like the Mets. Alternately the "Lovable Losers" and the "Miracle Mets," New York's other team offers fascinating fodder for writer Richard Grossinger in this collection. *250 pages.*

**978-1-58394-205-5**

\$16.95/21.95C • PB • 6 x 9

FROG | September



## The Ski House Cookbook

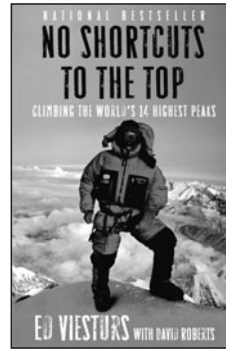
Warm Winter Dishes for Cold Weather Fun  
*Tina Anderson*

These 125 hearty, accessible recipes are designed with the ski set in mind but are also perfect for anyone who wants to warm up from the inside out during the cold winter months. *50 full-color photographs, 192 pages.*

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CLARKSON POTTER | October



## No Shortcuts to the Top

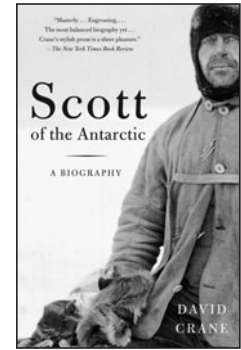
Climbing the World's 14 Highest Peaks  
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Ed Viesturs, the first American to ascend all fourteen of the world's 8,000-meter peaks, delivers the story of his most harrowing and dramatic climbs over his eighteen-year quest to ascend the highest places on earth. *8-page photo insert, 368 pages.*

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BROADWAY | December



## Scott of the Antarctic

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*David Crane*

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VINTAGE | November



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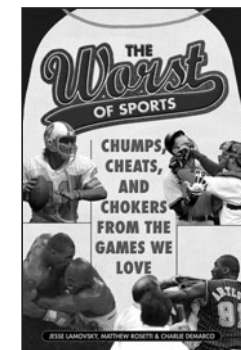
Tahiti's Mythical Wave  
*Tim McKenna and Guillaume Dufau*

An ode to a unique natural phenomenon and to the courageous athletes who seek to conquer it. In this one-of-a-kind volume, acclaimed extreme-sports photographer Tim McKenna shares with readers a collection of photographs chronicling the beauty, brute force, and unsurpassed surfing opportunities associated with Teahupoo. *160 Full-color and 20 B&W photographs, 192 pages.*

**978-88-544-0309-3**

\$35.00/44.00C • HC • 13 3/8 x 9

WHITE STAR | September



## The Worst of Sports

Chumps, Cheats, and Chokers from the Games We Love  
*Jesse Lamovsky*

A hilarious yet informative presentation of the most pathetic moments, franchises, and personnel in the history of major American sports, brought to you by three up-and-coming and sports-obsessed comedy writers. *B&W photographs throughout, 352 pages.*

**978-0-345-49891-5**

\$13.95/17.95C • PB • 5 3/8 x 8

BALLANTINE BOOKS | August

# Travel

Culture Smart guides provide essential information on attitudes, beliefs and behavior in a variety of different countries. Whether traveling for business or pleasure, the ability to understand other cultures is now accepted as essential. *Two-color illustrations throughout, 168 pages.*

\$9.95/12.95C • PB • 4 1/4 x 6 3/4

KUPERARD | October



## Estonia—Culture Smart!

A quick guide to customs and etiquette

Clare Thompson

978-1-85733-353-4



## Kenya—Culture Smart!

A quick guide to customs and etiquette

Jane Barsby

978-1-85733-349-7



## Lithuania—Culture Smart!

A quick guide to customs and etiquette

Lara Belongoff

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## Russia—Culture Smart!

A quick guide to customs and etiquette

Anna King

978-1-85733-352-7



## Slovenia—Culture Smart!

A quick guide to customs and etiquette

Bob Burgher

978-1-85733-345-9



## China

Travels Between the Yangtze and Yellow Rivers

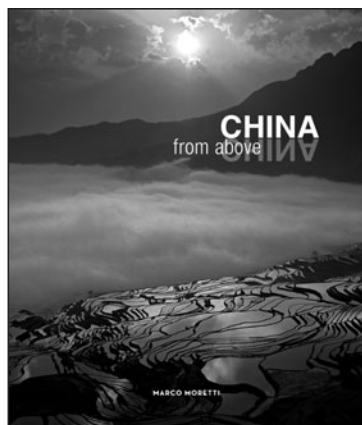
Barbara Lloyd

Barbara Lloyd's photographs capture the landscape, the cityscape, and the people of a country changing at an unprecedented rate. Following the photographer's footsteps, the book is divided into 5 "itineraries," including Beijing, the Yangtze River, Dali, Shangri-la, Sichuan, Leshan, and the Yellow River. *139 Full-color photographs, 152 pages.*

978-88-7624-938-9

\$48.00/58.00C • HC • 9 1/2 x 11

SKIRA | August



## China From Above

Marco Moretti

This superb photographic tableau showcases the kaleidoscope of colors and textures of China—as seen from above—with all the artistic insight and technical innovation worthy of this ancient and ever-fascinating country. Hundreds of specially commissioned photographs explore every nook and cranny of this vast country, bringing readers a wealth of perspectives on the country's immense and diverse range of sights. *383 Full-color photographs, 426 pages.*

978-88-544-0307-9

\$50.00/62.00C • HC • 11 1/4 x 13 1/2

WHITE STAR | October



## City Squares of the World

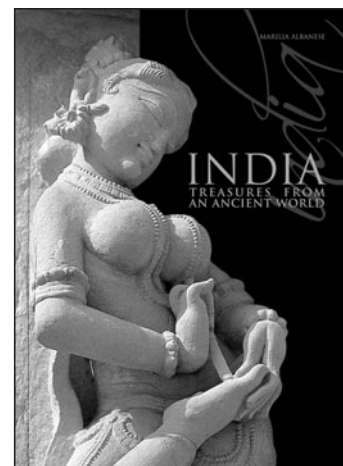
Maria Teresa Feraboli

Combining an authoritative text with hundreds of superb photographs, this richly illustrated volume presents a comprehensive survey of the historical development of the square through a selection of striking examples. Organized geographically, this presentation of the most important city squares and squares in smaller towns worldwide offers a concise overview of the Italian and European conception of public space, along with its export and reinterpretation elsewhere. *208 Full-color photographs, 216 pages.*

978-88-544-0276-8

\$19.95/25.95C • PB • 7 3/4 x 14 1/4

WHITE STAR | October



## India

Treasures From an Ancient World  
Marilia Albanese

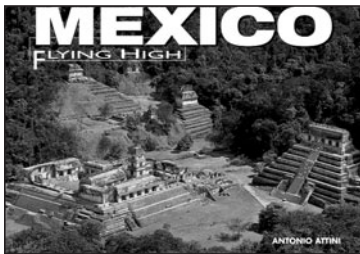
For 5,000 years, India has undergone continual transformation, and the past is still very much present in modern-day India. Packed with outstanding photographs accompanying an insightful text, this book traces the evolution of ancient India, examining the major historical events from the third millennium BC until the arrival of the Muslims in the 12th century AD. *467 Full-color photographs, 296 pages.*

978-88-544-0167-9

\$50.00/62.00C • HC • 10 1/4 x 14 1/4

WHITE STAR | September

# Travel



**Mexico**  
Flying High  
*Antonio Attini*

The reality of Mexico is just as picturesque as the fantasy. The photographs in this handsome, compact volume take readers on an aerial adventure over Mexico, spotlighting the diverse landscapes and fascinating archaeological sites that contribute to the lure of this compelling country: vast deserts, lush jungle, snow-capped volcanoes, modern cities, colonial towns, and of course, miles of unspoiled beaches. *586 Full-color photographs, 640 pages.*

**978-88-544-0273-7**  
\$24.95/32.00C • HC • 9 x 6 1/4  
WHITE STAR | October



**Rome**  
Italy from Above  
*Antonio Attini and  
Marcello Bertinetti*

A repository of 3,000 years of accumulated history, art, and culture, Rome is like no other city in the world. This portfolio of panoramas spotlights the architecture and art that have earned Rome the designation of a World Heritage Site by UNESCO. The aerial pictures in this stunning volume evoke the magic of Italy's capital city and its environs. *268 Full-color photographs, 224 pages.*

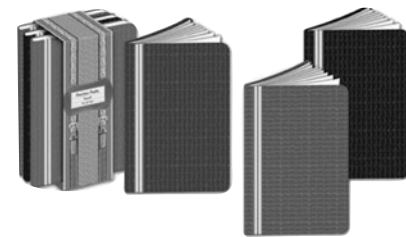
**978-88-544-0237-9**  
\$24.95/32.00C • HC • 11 1/8 x 8 1/8  
WHITE STAR | September



**A Time to Keep Silence**  
*Patrick Leigh Fermore*

Patrick Leigh Fermore chronicles his several sojourns in some of Europe's oldest and most celebrated monasteries thinking about the meaning of silence and solitude for modern life. *B&W photographs and illustrations throughout, 112 pages.*

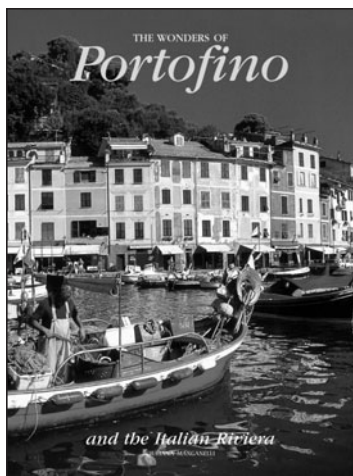
**978-1-59017-244-5**  
\$12.95/NCR • PB • 5 x 8  
NEW YORK REVIEW BOOKS | October



**Travel Pocket Pads**

Unlike the classic steamer trunks that inspired their embossed covers, these four pocket pads are portable enough to take on any journey. *4 journals, 72 pages each.*

**978-0-307-38182-8**  
\$9.95/12.95C • 3 1/2 x 5 1/8  
POTTER STYLE | October



**The Wonders of Portofino**  
And the Italian Riviera  
*Giuliana Manganeli*

For years, Portofino has been synonymous with la dolce vita, and in this visual celebration, readers are given a spectacular guided tour through this glorious region. A superb souvenir for travelers to Italy and an enticing retreat for armchair travelers, this volume is an adventure to be savored, capturing the many faces of this beloved region, both natural and man-made. *242 Full-color photographs, 176 pages.*

**978-88-544-0270-6**  
\$35.00/44.00C • HC • 10 1/2 x 14 1/2  
WHITE STAR | September

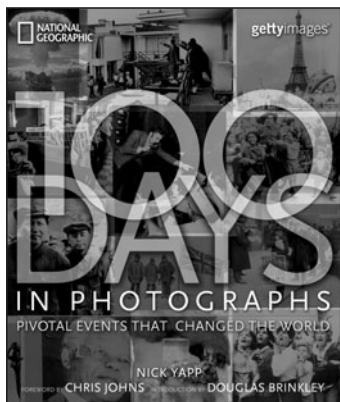


**Villages of Italy**  
Italy from Above  
*Antonio Attini, Marcello Bertinetti,  
and Gabriele Reina*

Featuring the spectacular travel photography for which White Star is world renowned, this addition to the Italy from Above series takes readers on a birds-eye tour of the most picturesque towns in Italy, over quaint fishing villages and ancient inland towns. The delightful diversity of Italy's small towns comes alive in this collection of vibrant photographs. *282 Full-color photographs, 224 pages.*

**978-88-544-0192-1**  
\$24.95/32.00C • HC • 11 1/8 x 8 1/8  
WHITE STAR | September

# US History



## 100 Days in Photographs

Pivotal Events That Changed the World

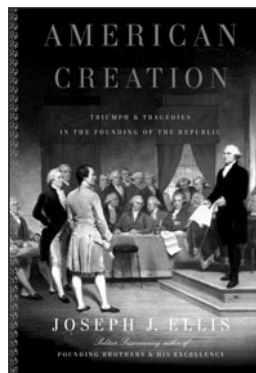
*Nick Yapp; Foreword by Chris Johns; Introduction by Douglas Brinkley*

More than a book of pictures, *100 Days in Photographs* is a compelling visual history of pivotal events worldwide, from the advent of photography in 1851 to today. *More than 300 Full-color photographs, 320 pages.*

**978-1-4262-0197-4**

\$35.00/44.00C • HC • 9 x 10 3/8

NATIONAL GEOGRAPHIC SOCIETY | October



## American Creation

Triumphs and Tragedies at the Founding of the Republic

*Joseph J. Ellis*

From the best-selling author of *Founding Brothers* and *His Excellency*: why the last quarter of the 18th century was the most politically creative period in American history. *304 pages.*

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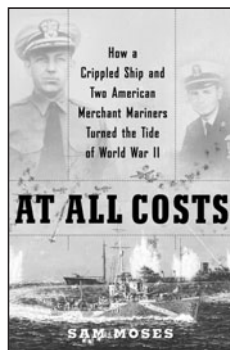
\$26.95/34.95C • HC • 6 1/4 x 9 1/4

KNOPF | October

Also available as an audiobook:

**978-0-7393-3192-7**

\$34.95/44.00C • 8 CDs



## At All Costs

How a Crippled Ship and Two American Merchant Mariners Turned the Tide of World War II

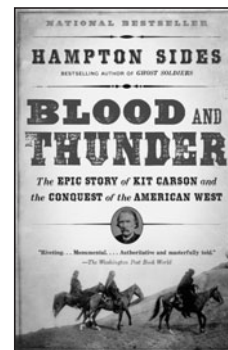
*Sam Moses*

It doesn't often happen that in a single moment in history two young American men in one ship can save the world, but it did happen in August 1942. Their story, along with the stories of dozens of other fascinating characters, is told in *At All Costs*. *B&W photographs, 368 pages.*

**978-0-345-47674-6**

\$15.95/21.00C • PB • 5 3/8 x 8

RANDOM HOUSE | September



## Blood and Thunder

The Epic Story of Kit Carson and the Conquest of the American West

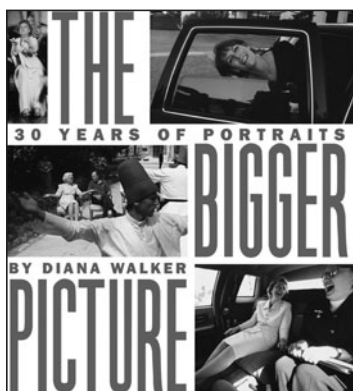
*Hampton Sides*

An epic and thrilling narrative of how the West was really won, by the bestselling author of *Ghost Soldiers*. *592 pages.*

**978-1-4000-31108**

\$15.95/21.00C • PB • 5 3/8 x 8

ANCHOR | October



## The Bigger Picture

30 Years of Portraits

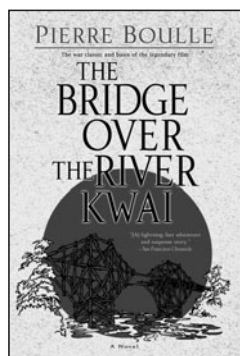
*Diana Walker*

*The Bigger Picture* is aimed toward an audience that loves great photography and wants an unforgettable and important souvenir of the political and cultural life of our times. *200 Full-color photographs, 200 pages.*

**978-1-4262-0129-5**

\$40.00/50.00C • HC • 9 3/4 x 10 3/8

NATIONAL GEOGRAPHIC SOCIETY | November



## The Bridge Over the River Kwai

A Novel

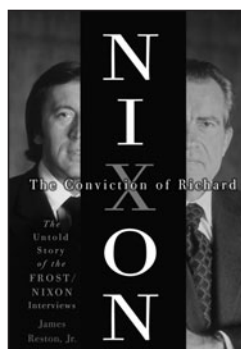
*Pierre Boulle*

One cannot utter this classic novel's title without hearing the whistled "Colonel Bogey" tune composed by Sir Malcom Arnold for the Academy Award-winning film. The brilliance of Boulle's great story of the struggle of dignity and civility over baseness and barbarity, is that like the best of the genre, it shows that in war victory is achieved and lost on many levels. *224 pages.*

**978-0-89141-913-6**

\$14.95/21.00C • PB • 5 1/2 x 8 1/4

BALLANTINE BOOKS | August



## The Conviction of Richard Nixon

*James Reston Jr.*

The untold, behind-the-scenes story of the landmark 1977 David Frost-Richard Nixon interviews, by the celebrated historian whose research team helped Frost make television history. *208 pages.*

**978-0-307-39420-0**

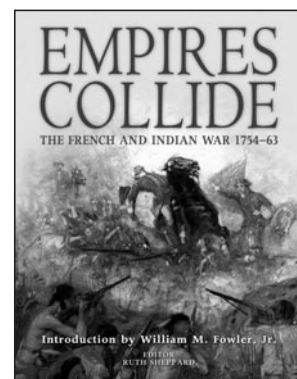
\$22.00/28.00C • HC • 5 1/2 x 8 1/4

HARMONY | June

Also available as an audiobook:

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\$29.95/37.95C • 5 CD's



## Empires Collide

The French and Indian War 1754-63

*Ruth Sheppard*

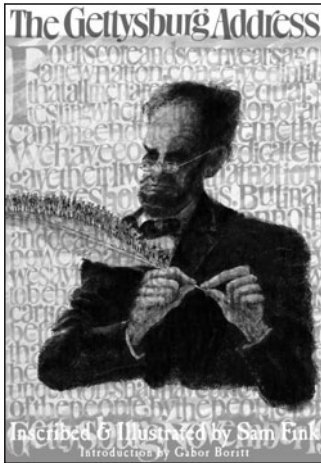
This comprehensive account of the armies, tactics, battles, and personalities that shaped the French and Indian War is an excellent read for anyone interested in American history. *60 B&W photographs, 272 pages.*

**978-1-84603-219-6**

\$18.85/24.95C • PB • 7 1/2 x 9 1/2

OSPREY PUBLISHING | September

# US History



## The Gettysburg Address

Sam Fink

This inscribed and illustrated edition of the famed Gettysburg Address brings to life the poignancy of perhaps the most famous speech in US history. *80 Full-color illustrations, 88 pages.*

**978-1-59962-038-1**  
\$29.95/37.95C • HC • 11 x 14  
WELCOME BOOKS | September

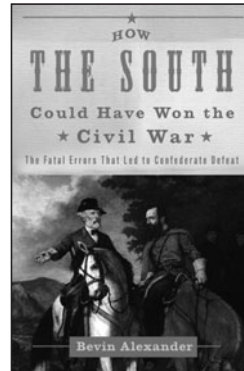


## The God Machine

From Boomerangs to Black Hawks  
The Story of the Helicopter  
James R. Chiles

There isn't a more thrilling man-made flying machine than the helicopter—a triumph of physics, engineering, and imagination—and in this unique book, author and pilot James Chiles puts a human face on its history and makes the extraordinary science of its flight accessible and riveting. *Illustrations throughout, 352 pages.*

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\$25.00/32.00C • HC • 6 x 9  
BANTAM BOOKS | October



## How the South Could Have Won the Civil War

The Fatal Errors That Led to Confederate Defeat  
Bevin Alexander

From the author of *How Hitler Could Have Won World War II* comes a surprising new look at how close the Confederacy came to defeating the much larger and better equipped Union Army, and the fatal mistakes that led to the South's defeat. *336 pages.*

**978-0-307-34599-8**  
\$25.95/34.00C • HC • 6 1/8 x 9 1/4  
CROWN | December

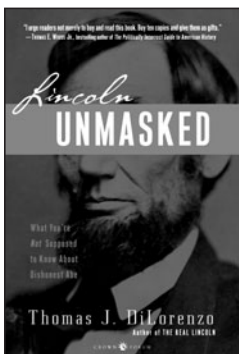


## I Wish I'd Been There

Twenty Historians Bring to Life the Dramatic Events That Changed America  
Byron Hollinshead

Twenty great historians vividly reimagine twenty events of great drama and significance in American history, now in paperback. *352 pages.*

**978-1-4000-9654-1**  
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ANCHOR | September

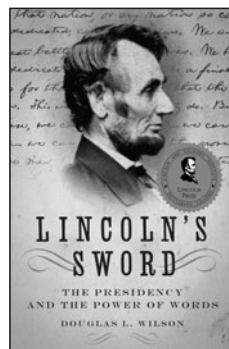


## Lincoln Unmasked

What You're Not Supposed to Know About Dishonest Abe  
Thomas DiLorenzo

From the author of *The Real Lincoln* comes a brand-new, in-depth exposé of Abraham Lincoln, exploding the myths that surround our sixteenth president and explaining how those myths have become so popular. *224 pages.*

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THREE RIVERS PRESS | November

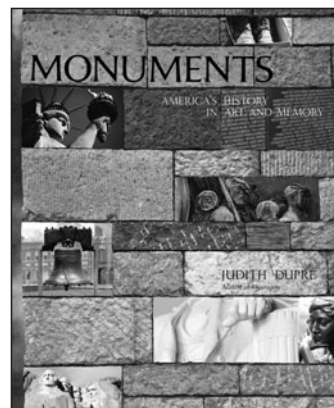


## Lincoln's Sword

The Presidency and the Power of Words  
Douglas L. Wilson

From a noted Lincoln authority comes a brilliant examination of how Lincoln used the power of words to build his political career and to help keep the country united during the Civil War, now in paperback. *352 pages.*

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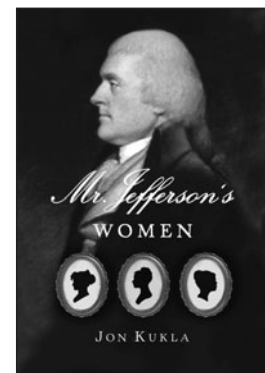


## Monuments

America's History in Art and Memory  
Judith Dupre

From Gettysburg to Mount Rushmore to the Alamo, renowned architectural historian Judith Dupre brings American history to life in the pages of this gorgeous, highly illustrated book with accompanying essays—a timeless exploration of culture and collective memory. *Duotone illustrations throughout, 272 pages.*

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RANDOM HOUSE | November

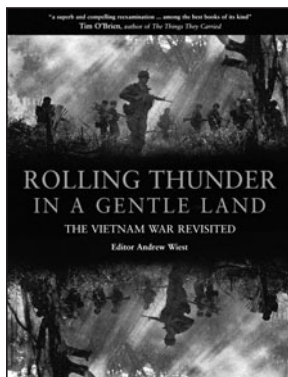


## Mr. Jefferson's Women

Jon Kukla

A revealing and long overdue examination of the seven women who were significant in Jefferson's life and the impact they had on his ideas about the role of women in American life. *304 pages.*

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\$26.95/34.95C • HC • 6 1/4 x 9 1/4  
KNOPF | October



## Rolling Thunder in a Gentle Land

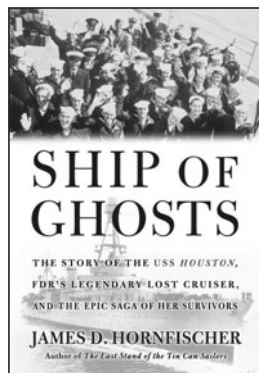
The Vietnam War Revisited  
Andrew West

*Rolling Thunder in a Gentle Land* is a series of articles by 15 leading historians on the origins, legacy and battles of the Vietnam War from its beginnings in the colonial war in France to its lasting influence of politics today. 41 B&W and 16 Full-color photographs, 304 pages.

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OSPREY PUBLISHING | October



## Ship of Ghosts

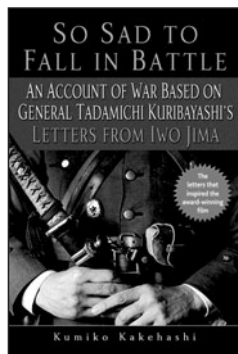
The Story of the USS Houston, FDR's Legendary Lost Cruiser, and the Epic Saga of her Survivors  
James Hornfischer

Sure to become a classic paperback staple—the author of *The Last Stand of the Tin Can Sailors* brings to vivid life another untold tale of World War II in the Pacific, as he chronicles the epic story of the lost crew of one of America's most celebrated warships. 544 pages.

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BANTAM BOOKS | August



## So Sad to Fall in Battle

An Account of War Based on General Tadamichi Kuribayashi's Letters from Iwo Jima

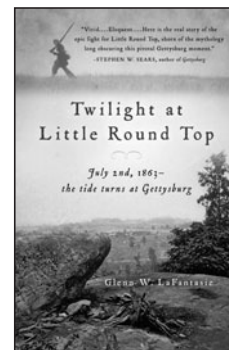
Kumiko Kakehashi

A rare look at the “enemy,” in this case the biography of Tadamichi Kuribayashi, the Japanese commander who made Iwo Jima the bloodiest battlefield in the history of the United States Marines. 240 pages.

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BALLANTINE BOOKS | September



## Twilight at Little Round Top

July 2, 1863—The Tide Turns at Gettysburg

Glenn W. LaFantasie

A vivid, myth-shattering account of the Battle of Little Round Top, one of the most brutal, devastating battles of the Civil War, which marked the South's defeat at Gettysburg and the turning tide of the war. Written by a rising Civil War historian. 336 pages.

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VINTAGE | October



## Unusually Stupid Politicians

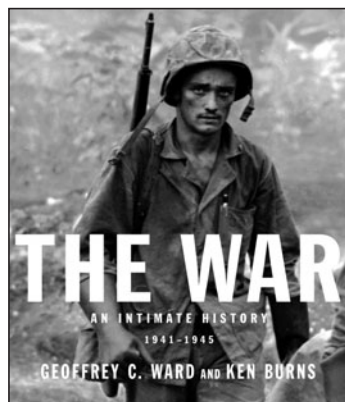
Washington's Weak in Review  
Kathryn Petras

The authors of *Unusually Stupid Americans* and *Unusually Stupid Celebrities* take on the people who run the country in a snarkfest of 100% true anecdotes, quotes, and lists, including: The “How I Blew My Campaigning” Awards. Candidates Endorsed by God (if they say so themselves) and Candidates Who Claim They're Losing Because of Satan. 288 pages.

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\$10.95/13.95C • PB • 4 11/16 x 7 1/4

RANDOM HOUSE | October



## The War

An Intimate History, 1941-1945  
Geoffrey C. Ward and Ken Burns

The magnificent companion volume to the forthcoming PBS series—the story of the second world war told through a brilliant weave of story and picture: history captured in the hearts and minds, words and deeds, of those who made history at its most essential level: on the battlefields and on the home-front. 480 pages.

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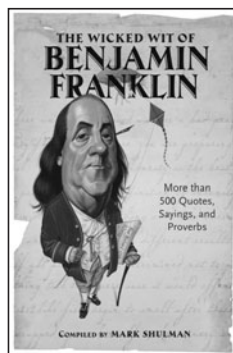
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KNOPF | September

Also available as an audiobook:

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## The Wicked Wit of Benjamin Franklin

Mark Shulman

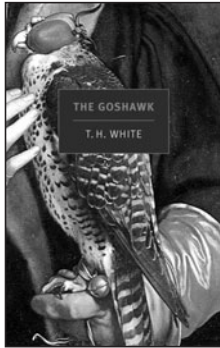
One of America's most revered historical personalities, Benjamin Franklin was inventor, statesman, author, printer, Founding Father, raconteur, and wit. Our country's first scientist, philanthropist, postmaster, and diplomat, Franklin is one of the most quoted people of all time. Gathered here is a collection of 750 of his most memorable sayings, thoughts, and anecdotes on topics as varied as children, work, inventing, liberty, politics, and many more. 144 pages.

978-0-517-23080-0

\$6.99/9.98C • HC • 5 1/2 x 8 1/4

VALUE | September

# Writing: Nature Writing



## The Goshawk T.H. White

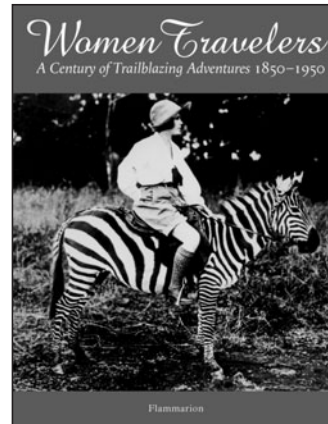
A comedy of errors, natural classic, diary and disappointed love story in one, this book details T.H. White's desire and his dedication to training a goshawk. *B&W illustrations, 216 pages.*

**978-1-59017-249-0**

\$16.95/21.95C • PB • 5 x 8

NEW YORK REVIEW BOOKS | September

# Writing: Travel Writing



## Women Travelers

A Century of Trailblazing Adventures 1850-1950  
*Alexandra LaPierre and Christel Mouchard, Editor*

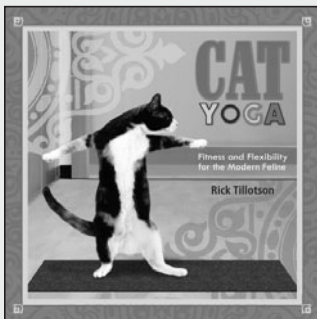
A best-selling author takes up the expanding scope of women as explorers in the early days of travel from the 1800's through the war years. *200 Full-color and B&W illustrations, 240 pages.*

**978-2-0803-0018-8**

\$45.00/56.00C • HC • 9 1/2 x 12 1/4

FLAMMARION | October

# Yoga



## Cat Yoga

Fitness and Flexibility for the Modern Feline  
*Rick Tillotson*

A comic, tongue-in-cheek yoga "guidebook" for felines everywhere, featuring full-color photos of actual cats in the most unbelievable positions. *Full-color photographs throughout, 128 pages.*

**978-0-307-35254-5**

\$14.95/21.00C • HC • 6 1/2 x 6 1/2

CLARKSON POTTER | October



## Cat Yoga Mini Journal

*128 pages.*

**978-0-307-39540-5**

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POTTER STYLE



## Cat Yoga Mini Note Pads

*3 pads shrink-wrapped side by side, 64 pages each.*

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## Cat Yoga Postcards

*32 postcards, 16 images.*

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Osprey Publishing  
Random House Audio Books  
Random House Children's Books  
Random House Information Group  
Random House Publishing Group  
Random House Value Publishing  
Rizzoli Publications  
Shambhala Publications  
Steerforth Press  
The Taunton Press  
Titan Books  
Vertical  
Welcome Books  
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