

Penguin
Random
House

Health Titles

— 2015 —

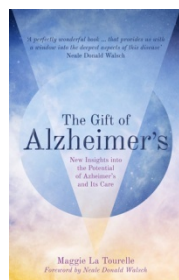


2015 Penguin Random House Health Books

Alzheimer's

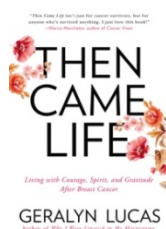
The Gift of Alzheimer's / Maggie La Tourelle
978-1-78028-996-0 \$14.95 05-12-2015

Neale Donald Walsch has called *The Gift of Alzheimer's*, 'A strikingly impactful chronicle that provides us with a window into the deepest aspects of this disease.' He will be writing a Foreword.



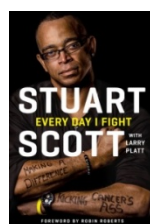
Then Came Life / GERALYN LUCAS
978-1-59240-922-8 \$17.00 10-06-2015

The author of *Why I Wore Lipstick to My Mastectomy* shares her funny, moving story of leaving the experience of cancer behind and learning to survive the challenges of a life she thought she would not have.



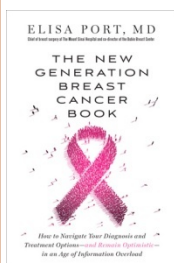
Every Day I Fight / Stuart Scott, Larry Platt
978-0-399-17406-3 \$26.95 03-10-2015

UNTITLED MEMOIR is the fearless, inspiring story behind Stuart Scott's (of ESPN's SportsCenter) unrelenting fight against cancer.



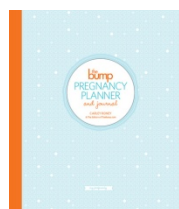
The New Generation Breast Cancer Book / Elisa Port, MD
978-1-101-88315-0 \$20.00 09-22-2015

From the Chief of Breast Surgery at Mount Sinai Medical Center and Co-director of the Dubin Breast Center in Manhattan, the definitive guide to managing breast cancer in the information age, an optimistic antidote to internet information about screening, diagnosis, prognosis, and treatment.



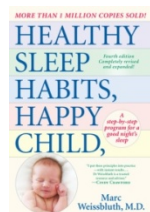
The Bump Pregnancy Planner & Journal / Carley Roney and the Editors of TheBump.com
978-0-8041-8580-6 \$24.00 03-10-2015

From the #1 website for moms-to-be, pregnancy and parenting lifestyle destination TheBump.com, comes a keepsake planner and journal with all the essential pregnancy tools and checklists.



Healthy Sleep Habits, Happy Child, 4th Edition / Marc Weissbluth, M.D. Author of *Your Fussy Baby*
978-0-553-39480-1 \$16.00 12-15-2015

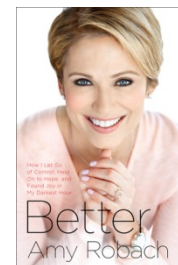
The perennial favorite for parents who want to get their kids to sleep with ease--now fully revised and updated.



Cancer

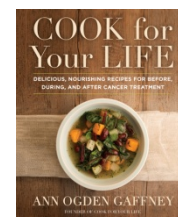
Better / Amy Robach
978-0-553-39298-2 \$27.00 09-29-2015

In this very personal book, Good Morning America anchor Amy Robach retraces the 12 months following her breast cancer diagnosis in October 2013, revealing details about her on-air mammogram on GMA, her treatment and its impact on her work life and family life, and her emotional journey from initial shock and devastation to resilience, bravery, and hope.



Cook for Your Life / Ann Ogden Gaffney
978-1-58333-581-9 \$34.95 09-29-2015

A beautiful, unique cookbook with delicious recipes for all stages of cancer treatment and recovery, from a two-time cancer survivor and founder of the Cook for Your Life nutrition-based cooking programs.



Exercises for Cancer Wellness / William Smith; Kenneth Adler, M.D.; Contribution by Jo Brielyn
978-1-57826-571-8 \$15.00 07-28-2015

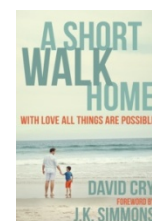
Exercises for Cancer Wellness is an effective exercise guide for men and women with cancer who wish to improve their physical functioning and decrease their fatigue.



Child Care & Pregnancy

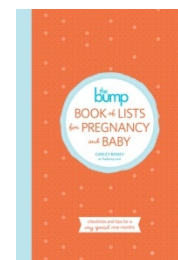
A Short Walk Home / David Cry; Foreword by J.K. Simmons
978-1-57826-567-1 \$15.95 06-30-2015

A Short Walk Home is a heartfelt and inspirational memoir of a father raising and ultimately losing a child with the neurological disorder adrenoleukodystrophy (ALD).



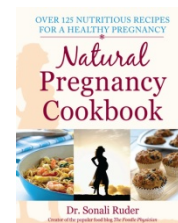
The Bump Book of Lists for Pregnancy and Baby / Carley Roney & TheBump.com
978-0-8041-8574-5 \$13.99 03-10-2015

From the #1 website and lifestyle destination for pregnant women and new moms, TheBump.com, this paperback offers every list, question to ask, and tip that moms-to-be need to plan and prepare for baby's arrival.



Natural Pregnancy Cookbook / Dr. Sonali Ruder
978-1-57826-569-5 \$17.00 09-29-2015

Natural Pregnancy Cookbook contains over 125 delicious recipes and a doctor-designed eating plan to ensure the health of both the mother-to-be and the baby during pregnancy.

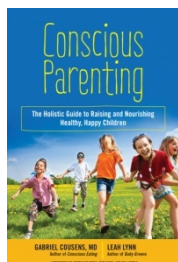


2015 Penguin Random House Health Books

Conscious Parenting / Gabriel Cousens, M.D. and Leah Lynn

978-1-58394-996-2 \$21.95 09-01-2015

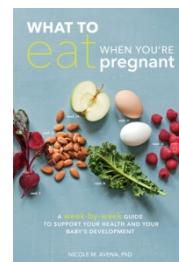
A comprehensive (600+ pp) book for parents about how to raise children to be centered, healthy, and thriving in the modern world, Conscious Parenting provides a whole-life approach to parenting and lays out the connections between conscious nutrition and a spiritually oriented family life.



What to Eat When You're Pregnant / Dr. Nicole M. Avena

978-1-60774-679-9 \$16.99 06-09-2015

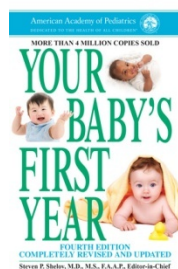
A trimester-by-trimester guide to what to eat--as opposed to what to avoid--while pregnant and nursing, to support the mother's health and the baby's development during each stage of pregnancy, with 50 recipes.



Your Baby's First Year / American Academy of Pediatrics, Steven P. Shelov, M.D., M.S., F.A.A.P., Editor-in-Chief

978-0-8129-8845-1 \$8.99 09-29-2015

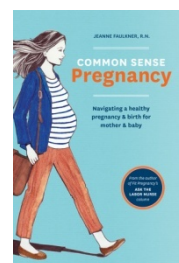
With more than 4 million copies in print, Your Baby's First Year has been established as the comprehensive guide to newborns and infants that America's finest pediatricians consistently recommend. Now it has been thoroughly reviewed and updated with everything parents need to know about their baby's crucial first year.



Common Sense Pregnancy / Jeanne Faulkner, foreword by Christy Turlington and Erin Thornton

978-1-60774-675-1 \$15.99 06-09-2015

An authoritative, back-to-basics guide to pregnancy and childbirth from a labor and delivery nurse and mother of four, featuring an advice-column slant and a refreshing sense of humor.

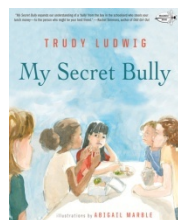


Children's Titles

My Secret Bully / by Trudy Ludwig; illustrated by Abigail Marble

978-0-553-50940-3 \$7.99 02-10-2015

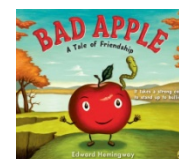
Bullying expert Trudy Ludwig empowers children, parents and teachers to tackle relational aggression.



Bad Apple / Edward Hemingway; Illustrated by Edward Hemingway

978-0-14-751748-7 \$8.99 09-01-2015

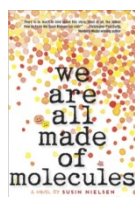
It takes a strong core to stand up to bullies in this heartwarming friendship story--now in paperback and ready for Bullying Prevention Month!



We Are All Made of Molecules / Susin Nielsen

978-0-553-49686-4 \$16.99 05-12-2015

For WONDER fans who are a little older: a hilarious novel starring a sweet, awkward boy, a not-so-sweet girl, and the bully they defeat.



Oh, Baby, the Places You'll Go! / Tish Rabe; illustrated by Dr. Seuss

978-0-553-52057-6 \$9.99 07-14-2015

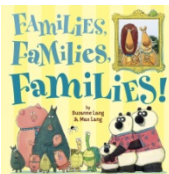
An introduction to the world of Dr. Seuss--for babies and babies-to-be!



Families, Families, Families! / Suzanne Lang; illustrated by Max Lang

978-0-553-49938-4 \$16.99 03-24-2015

No matter your size, shape, or pedigree--if you love each other, you are a family!



Mission: New Baby / Susan Hood; illustrated by Mary Lundquist

978-0-385-37672-3 \$16.99 02-24-2015

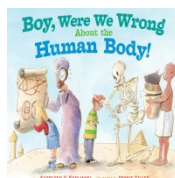
What to Expect When You're Expecting...Secret Agent Edition!



Boy, Were We Wrong About the Human Body! / Kathleen Kudlinski; Illustrated by Debbie Tilley

978-0-8037-3792-1 \$16.99 10-20-2015

The evergreen series is back with another title that is perfect for Common Core standards and budding doctors--this time about the human body and medical technology



Exercise & Fitness

Natural Born Heroes / Christopher McDougall

978-0-307-59496-9 \$26.95 04-14-2015

Author of the phenomenal national best seller, Born to Run, Christopher McDougall now travels to the Mediterranean where he discovers that the secrets of ancient Greek heroes are still alive and well on the island of Crete and in the muscles and minds of fitness enthusiasts everywhere.



2015 Penguin Random House Health Books

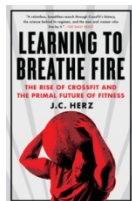
Meditations on Intention and Being / Rolf Gates
978-1-101-87350-2 \$16.95 12-08-2015

The new book on yoga and meditation from Rolf Gates, author of *Meditations from the Mat*, which has sold more than 140k copies to date.



Learning to Breathe Fire / J.C. Herz
978-0-385-34889-8 \$15.00 06-02-2015

From a veteran journalist turned Cross Fit enthusiast comes an engaging, character-driven account of the Cross Fit phenomenon that is both an in-depth exploration of the factors spurring America's hottest fitness activity and a thoughtful meditation on what it means to be human.



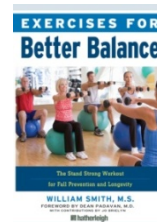
Tabata Workout Handbook / Roger Hall
978-1-57826-561-9 \$15.00 06-30-2015

The Tabata Workout Handbook features more than 100 high intensity interval training plans for all fitness levels.



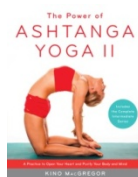
Exercises for Better Balance / William Smith;
Foreword by Dean Padavan, M.D.; Contribution by Jo Brielyn
978-1-57826-575-6 \$15.00 08-25-2015

Exercises for Better Balance is an effective exercise guide to assist in fall prevention.



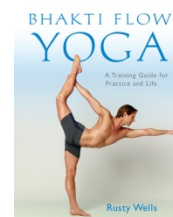
The Power of Ashtanga Yoga II: The Intermediate Series / Kino MacGregor
978-1-61180-159-0 \$24.95 09-01-2015

A user's guide to intermediate-level practice of Ashtanga Yoga--by the dynamic yoga teacher Kino MacGregor.



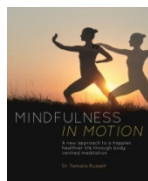
Bhakti Flow Yoga / Rusty Wells
978-1-61180-239-9 \$22.95 09-15-2015

A guide to Bhakti Flow Yoga, a style of yoga that emphasizes a seamless connection between the breath and the movements of the body--by a popular San Francisco-based yogi.



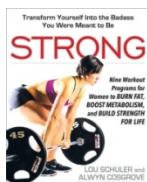
Mindfulness in Motion / Tamara Russell
978-1-78028-581-8 \$17.95 09-15-2015

The Dalai Lama reportedly once said that there are 500 ways to meditate. Tamara Russell explores the intersection between traditional meditation practices and mindfulness-based movement activities such as yoga and Tai Chi.



Strong / Lou Schuler, Alwyn Cosgrove
978-1-58333-575-8 \$27.95 11-10-2015

A groundbreaking and comprehensive strength and conditioning plan for women, from the authors of *The New Rules of Lifting for Women*



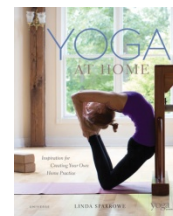
15 Minutes to Fit / Zuzka Light, Jeff O'Connell
978-1-58333-582-6 \$25.00 12-29-2015

YouTube workout video star Zuzka Light presents her long-awaited debut fitness book, with a 30-day fitness regime of powerful, effective 15-minute workouts.



Yoga At Home / Linda Sparrowe, in association with Yoga Journal
978-0-7893-2943-1 \$27.50 09-29-2015

Following the successful first collaboration with Yoga Journal magazine and renowned author/yoga teacher Linda Sparrowe, this comprehensive book covers everything needed to begin or enrich the practice of yoga at home. With never-before-seen pose sequences shot in the homes of leading instructors and practitioners, *Yoga at Home* stands out in a popular field, and will both inspire and instruct those seeking to enrich their home life with yoga.



Trouble Spot Fat Loss / Bruce Krahn
978-0-449-01653-4 \$22.95 03-17-2015

From health and fitness expert, and author of *The Fat-Fighter Diet*, comes a guide to dropping the fat from your most stubborn, hard-to-lose "trouble" spots.



General Health

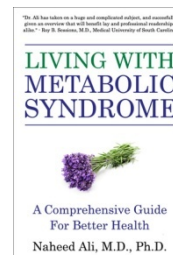
The Patient's Playbook / Leslie D. Michelson
978-0-385-35228-4 \$24.95 09-01-2015

The Patient's Playbook will change the way you manage your health and the health of your family, from finding the right doctor to coordinating the best medical care. An expertly informed guide to the steps that everyone should take--even before illness strikes.



Living with Metabolic Syndrome / Naheed Ali, M.D.
978-1-57826-590-9 \$15.95 10-27-2015

An estimated 50 million Americans have metabolic syndrome. Metabolic syndrome refers to a combination of medical disorders--increased blood pressure, high blood sugar level, excess body fat, and abnormal cholesterol level--that occur together, increasing the risk of heart disease, stroke and diabetes. With information on the latest research and treatments, *Living with Metabolic Syndrome* offers a breakthrough guide in understanding this ever-growing health problem.



2015 Penguin Random House Health Books

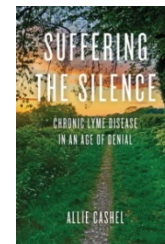
You Can Sleep Well / Chris Idzikowski
978-1-78028-794-2 \$9.95 03-03-2015

An inspiring guide to improving the quality of your rest using proven strategies for getting to sleep and staying asleep



Suffering the Silence / Allie Cashel
978-1-58394-924-5 \$17.95 09-08-2015

Written for those suffering from Lyme disease, especially chronic Lyme, and their families and friends, *Suffering the Silence* provides a sensitive, human look at the illness and the struggle its patients face in finding recognition and treatment.



Healthy Cooking

Spelt / Roger Saul
978-1-84899-196-5 \$24.95 04-28-2015

Most cookbooks about healthy grains look like something out of a 1990s time capsule. This stylish new book taps into a high-end foodie trend and positions spelt for consideration among today's health and allergy conscious consumers.



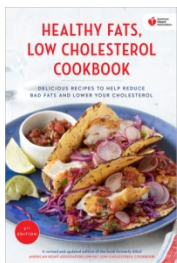
Rawlicious Superfoods / Peter and Beryn Daniel
978-1-58394-922-1 \$24.95 05-12-2015

The authors of *Rawlicious* return with this beautiful cookbook to reveal the healing power of the world's top superfoods. With its delicious recipes, *Rawlicious Superfoods* is sure to appeal to any reader seeking radiant health.



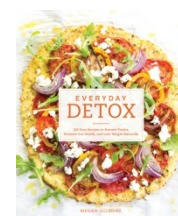
American Heart Association Healthy Fats, Low-Cholesterol Cookbook / American Heart Association
978-0-553-44716-3 \$18.00 12-29-2015

For the millions of Americans who want to improve their cardiac health or achieve weight loss and general wellness by eating a diet that is low in saturated fat and cholesterol.



Everyday Detox / Megan Gilmore
978-1-60774-722-2 \$19.99 06-02-2015

A healthy guide to detoxing naturally, all year round--no dieting, juice fasting, or calorie counting required--to lose weight, improve digestion, sleep better, and feel great, featuring 100 properly combined recipes for every meal of the day.



Supercharged Green Juice & Smoothie Diet / Christine Bailey
978-1-84899-293-1 \$14.95 12-29-2015

Fresh off the success of *Supercharged Juice and Smoothie Recipes*, Christine Bailey is back with a brand new diet book sure to supercharge your weight loss!



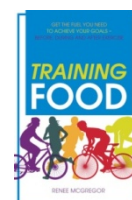
Combat-Ready Kitchen / Anastacia Marx de Salcedo
978-1-59184-597-3 \$27.95 08-04-2015

An eye-opening examination of the U.S. military's influence on the American food industry and the way we eat.



Training Food / Renee McGregor
978-1-84899-266-5 \$14.95 05-19-2015

In 2013, there were more than 1,000 marathons in the U.S. with more than 500,000 finishers. Plus many more competed in cycle rides, obstacle courses, triathlons, and other endurance activities.



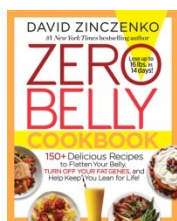
Happy Cooking / Giada De Laurentiis
978-0-8041-8792-3 \$35.00 11-03-2015

Best-selling cookbook author Giada De Laurentiis is picking up where *Feel Good Food* left off. Filled with even more fresh recipes and day-to-day living strategies, the Food Network superstar shares her year-round approach to living a healthy and happy lifestyle.



Zero Belly Cookbook / David Zinczenko
978-1-101-96480-4 \$28.00 09-08-2015

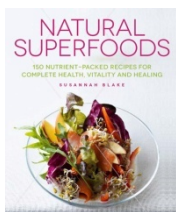
Zero Belly Diet shot straight onto the New York Times list and readers want more! Now, here are more than 150 fully-illustrated, delicious Zero Belly meals, drinks, snacks, and desserts to help you lose up to sixteen pounds in fourteen days! Plus, detailed shopping lists and even a section of gourmet recipes developed by celebrity chefs.



2015 Penguin Random House Health Books

Natural Superfoods / Susannah Blake
978-1-84899-244-3 \$15.95 07-21-2015

For years health gurus like Dr. Oz have been advocating greater intake of coconut, blueberries, turmeric, dark chocolate, beets, and mustard greens. Susannah Blake offers an affordable, yet delicious take on the superfoods craze.



The Skinnytaste Meal Planner / Gina Homolka
978-0-8041-8843-2 \$16.99 10-13-2015

A companion to the smash hit The Skinnytaste Cookbook, this meal planner, food tracker, and journal in one guides readers to getting on the road to their best self.



The I Quit Sugar Cookbook / Sarah Wilson
978-0-553-45915-9 \$27.50 03-15-2016

For devotees of the bestselling I Quit Sugar and those who have pledged to eradicate sugar from their diet for immediate weight loss or overall optimal health, The I Quit Sugar Cookbook has 208 recipes in a beautiful lifestyle-forward package.



Other Recommended Titles

The Good Gut / Justin Sonnenburg, Erica Sonnenburg
978-1-59420-628-3 \$27.95 04-21-2015

A groundbreaking guide to the surprising source of good health



TOX-SICK / Suzanne Somers
978-0-385-34772-3 \$26.00 04-14-2015

Women's health pioneer and beloved bestselling phenomenon Suzanne Somers aims to provide readers with an arsenal of solutions for thriving, not just surviving in an increasingly toxic world.



Alpha Docs / Daniel Muñoz, M.D., and James M. Dale
978-1-4000-6887-6 \$27.00 08-11-2015

In the tradition of One L and Atul Gawande's Better, a real-time, real-life chronicle of an extraordinary ordeal--the story of how the best cardiologists are made, told by a driven, impassioned young doctor who is living it.



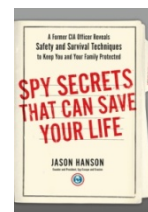
The Emotional Edge / Crystal Andrus Morissette
978-0-553-41842-2 \$24.00 12-29-2015

Empowerment coach and founder of the SWAT Institute, Crystal Andrus, instructs readers on living an emotionally healthy, balanced life.



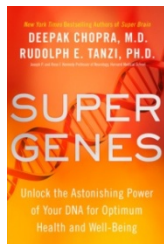
Spy Secrets That Can Save Your Life / Jason Hanson
978-0-399-17514-5 \$24.95 09-22-2015

Survival, safety, and security secrets from a former CIA officer and successful contestant of ABC's hit reality series Shark Tank



Super Genes / Deepak Chopra, M.D., and Rudolph E. Tanzi, Ph.D.
978-0-8041-4013-3 \$26.00 11-10-2015

Authors of the New York Times bestseller Super Brain mix cutting-edge science and spiritual wisdom to present a bold new understanding of our genes and how changes in lifestyle can not only benefit our genetics but help lead us to happier, healthier, and more fulfilling lives.



Complete Guide to Prescription & Nonprescription Drugs 2016-2017 / H. Winter Griffith; Revised by Stephen Moore
978-0-399-17573-2 \$30.00 11-03-2015

The 2016-2017 edition of the most accessible, comprehensive, and affordable guide to prescription and nonprescription drugs.

