

Sitting Kills Moving Heals How Everyday Movement Will Prevent Pain Illness And Early Death And Exercise Alone Wont By Vernikos Joan 2011 Paperback

"This groundbreaking study demonstrates how the prevalent problems of obesity, ailing health, and lack of energy can all be easily improved simply by using the power of gravity. The survey is based on the author's research into how weightlessness weakens astronauts' muscles, bones, and overall well-being, suggesting ways to incorporate gravity into everyday life and illustrating how it can increase fitness as well as prevent aging. Addressing those who spend more than half their lives sitting and therefore struggle to benefit from even the most strenuous gym workouts, this practical, easy-to-follow action plan outlines simple gravity-resisting activities such as standing, walking, and dancing, guaranteed to produce better results than diet and exercise plans!"—*Twenty-three essays ponder such topics as psychological trauma among African Americans, black anti-Semitism, and friendships between black women and white women. Reprint. 25,000 first printing. \$20,000 ad/promo.*

A pediatric oncologist and palliative care physician, Dr. Adam B. Hill, suffers stress and disillusionment with the culture of medicine, leading to alcoholism, depression, and suicidal thoughts. Then while in recovery, he loses a mentor to suicide, revealing the extent of the burnout epidemic in the medical field. By sharing his harrowing story, Dr. Hill shows how this problem manifests, considers ways to address it, and confronts commonplace attitudes regarding self-care, recovery/treatment, empathy, and vulnerability amongst medical practitioners. His book is a road map for better practices at a time when doctors around the world are struggling in silence. *Long Walk out of the Woods* is a game-changing personal narrative and prescriptive book. It expands on Dr. Hill's famous 2017 essay in the *New England Journal of Medicine*, "Breaking the Stigma: A Physician's Perspective on Recovery and Self-Care."

"An enlightening and surprising new affliction which results when we plug down on our devices for hours on end. It may not actually be "the new smoking," as so many headlines claim, but the consequences of our sedentary ways are definitely catching up with us. Fortunately, the remedy is straightforward: Develop better office fitness habits to sit less and move more. This book sets out the science behind "sitting disease" and shows you how to fight it. It also helps you cope with the muscle aches and pains and other discomfort that can result from a poor ergonomics set-up and sub-optimal posture. Ergonomics is all too often an annual ritual visit from someone in HR, or a one-time intervention when you get a new desk. Taking charge of your own ergonomics situation can help keep you comfortable and productive every day, not just in the few days after you get your new keyboard. Likewise, cultivating a little more postural awareness at work can keep you from curling up into that pillbug posture that so often comes with desk work. Naturally, exercise and movement are an important component of office fitness. The book shows you how to add more routine movement to your work day and how to do "no-sweat workouts" right at your desk, as well as home and gym workouts tailored to your unique needs as an office worker. Ideally, you want your new office fitness behaviors to become automatic, so there's a whole chapter that shows you how to turn them into habits. Like all of the book, the habit chapter draws on the latest research and best practices to give you an evidence-based action plan for staying fit and healthy at work."

Stories of Personal Triumph from the Frontiers of Brain Science

How to Survive and Thrive in the Modern Age of Sitting

How the Simple Science of Motivation Can Bring You a Lifetime of Fitness

Foundations of Health

Designed to Move

Why?

The Founder of the proven Foundation Training program takes his teaching to the next phase, showing us how to utilize our body's built-in systems for healing and introducing a new program that offers a perpetual inner core of wellness and adaptability. Dr. Eric Goodman's innovative approach to self-healing-Foundation Training-has helped athletes, first responders, celebrities, and regular folks around the world. The heart of Foundation Training is a unique form of biomechanics—a series of postures, poses, and movements designed to teach the body's individual muscles to act within strong, flexible chains, shifting the burden of support away from sensitive joints. Foundations of Health builds on this core program, going deep into its principles to help us understand how to maintain a healthy body, even when the mechanics eventually break down. Our bodies are built to heal themselves-without surgeries and prescriptive medications. The protocols expand on the original Foundation Training concepts, focusing on the endogenous cannabinoid stimulators—part of an extraordinary built-in endocannabinoid system that profoundly affects our central, enteric, and peripheral nervous systems and helps to regulate numerous responses in our body. Dr. Goodman explains the science behind the endogenous cannabinoid system and how it can be stimulated in natural and healthy ways, including heat, breath work, and movement-techniques that will help guide and maintain the state of balance the body needs to function optimally with stability and harmony. He recommends foods, herbs, and supplements likely to ease pain, lower stress, and boost mental and physical function. He addresses the notable medicinal benefits of CBD, THC, and the many terpenes associated with cannabis's reputation for healing, and teaches how to be a smart consumer of cannabinoids. Foundations of Health provides a unique understanding and approach to healing that will forever change the way we think of our bodies and our physical health.

Stress Fitness for Seniors focuses on problems most commonly experienced for those over 50. It provides in plain down to earth language a practical guide to help you achieve both instant and long-term results. The book shows how best to reprogram your brain and learn effective coping tactics.

The first book in the heart-warming White Giraffe series by Lauren St John, featuring the African adventures of Martine and her magical white giraffe. When tragedy strikes on a winter's night in England, Martine is sent to live with her grandmother on a game reserve in South Africa. Her wild, beautiful new home is riddled with secrets, but lonely Martine finds comfort in the legend of a white giraffe and in mysterious Grace, who believes Martine has a powerful gift. Defying her grandmother by entering the reserve alone, Martine is plunged into a world of danger, mystery and adventure. Who can she trust? And how far will she go to save the only friend she has ever known?

How to Live Like a Hero by Paula Hawkins, and Ruth Ware will love. —“Library Journal (starred review) “Jewell’s novel explores the space between going missing and being lost...how the plots intersect and finally collide is one of the great thrills of reading Jewell’s book. She ratchets up the tension masterfully, and her writing is lively.”—“The New York Times In the windswept British seaside town of Ridinghouse Bay, single mom Alice Lake finds a man sitting on a beach outside her house. He has no name, no jacket, and no idea how he got there. Against her better judgment, she invites him inside. Meanwhile, in a suburb of London, newlywed Lily Monroe grows anxious when her husband fails to return home from work one night. Soon, she receives even worse news: according to the police, the man she married never even existed. Twenty-three years earlier, Gray and Kirsty Ross are teenagers on a summer holiday with their parents. The annual trip to Ridinghouse Bay is uneventful, until an enigmatic young man starts paying extra attention to Kirsty. Something about him makes Gray uncomfortable—and it’s not just because he’s a protective older brother. Who is the man on the beach? Where is Lily’s missing husband? And what ever happened to the man who made such a lasting and disturbing impression on Gray? “A mystery with substance” (Kirkus Reviews), I Found You is a delicious collision course of a novel, filled with the believable characters, stunning writing, and “surprising revelations all the way up to the ending” (Booklist) that make the New York Times bestselling author

Then She Was Gone by Lisa Jewell so beloved by audiences on both sides of the Atlantic.

Think Your Way to a Better Life

The Science-Backed Program to Fight Sitting Disease and Enjoy Lifelong Health

Long Walk Out of the Woods

Poems of Healing

Harness Gravity and Reverse Aging

Harnessing the Restorative Power of Movement, Heat, Breath, and the Endocannabinoid System to Heal Pain and Actively Adapt for a Healthy Life

Switched

Science has proven that sitting too much is bad for your health, but what can you do about it if you're stuck at your desk all day? "Designed to Move" gives deskbound professionals a practical, easy-to-follow movement plan to fight the debilitating and life-shortening effects of sitting disease. Dr. Joan Vernikos, former director of NASA's Life Sciences Division, draws on decades of scientific research on astronauts to show readers how to use gravity-based movement to counteract the effects of prolonged sitting and maintain lifelong good health. Written for everyone who spends most of their lives sitting in chairs, "Designed to Move" provides readers with a science-backed health program that helps people stay healthy while at work. Expanding upon her groundbreaking previous book, "Sitting Kills, Moving Heals," Dr. Vernikos shows how developing simple new lifestyle habits at the office can reverse the symptoms of sitting disease and even aging itself, and lead to a life of bountiful health.

Celery juice is everywhere for a reason: because it's saving lives! As it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. Restoring health to people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems. After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as "Is it safe to drink celery juice while pregnant or breastfeeding?", "Is blending better than juicing?", and "Can I take my medications with it?" Here is everything you need to know—from the original source—to receive the full gift of what Anthony calls "one of the greatest healing tonics of all time."

Travis Maddox, Eastern University's playboy, makes a bet with good girl Abby that if he loses, he will remain abstinent for a month, but if he wins, Abby must live in his apartment for the same amount of time.

Sitting Kills, Moving HealsHow Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won'tLinden Publishing

Shatter Me

Beautiful Disaster Signed Limited Edition

Why Your Chair is Killing You and What You Can Do About It

Killing Rage

Staying Power

How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Wont

Original Strength

As the nature of intelligence gathering in the modern world is thrown into turmoil, the value of traditional 'spying' is being questioned

Father Romano Zago, a Franciscan Friar and scholar, wrote the book Cancer Can Be Cured to reveal to the world an all natural Brazilian Recipe that contains the juice made from the whole leaf plant of Aloe Arborecens and honey that has been shown to rapidly restore the body's health so it heals itself of all types of cancer. The book tells how it was while administering to the poor in the shantytown of Rio Grande dol Sul , Brazil that he and the provincial Friar Arno Reckziegel, witnessed the healing of simple people of cancer who used this recipe. Later, when he had assignments in Israel and Italy where this aloe species grows naturally he continued to see great success in the chronically ill being cured when he recommended they use this recipe. This inspired for him to spend the next 20 years in researching the science behind this aloe species and the publication of that research in this book along with his numerous first hand anecdotes of cancer healing by those using the Brazilian juice recipe. Chapters include information on how to prepare the recipe using the three ingredients of whole leaf Aloe arborecens juice, honey and a small amount of distillate (1%); how to take the preparation; questions and answers on everything from how to take the aloe leaves, why each of the three ingredients is important in the recipe, the types of cancer that have been cured using the recipe, other diseases and health problems the recipe has shown to be beneficial in helping the human body solve; the internationalization of the recipe on five continents; anecdotal stories of some body healings; the composition of Aloe; and Aloe and Aids. There has been much publicized scientific research and literature on the synergistic benefits of the 300 phytotherapeutic biochemical and nutrient constituents of Aloe vera to aid the body's defenses to enhance the immune system and protect against diseases. However, this is the first book to reveal the little known potency

This groundbreaking new medical work demonstrates how modern sedentary lifestyles contribute to poor health, obesity, and diabetes, and how health can be dramatically improved by continuous, low-intensity, movement that challenges the force of gravity. Citing her original NASA research on how weightlessness weakens astronauts' muscles, bones, and overall health, the author presents a simple and effective plan for maintaining good health throughout life by developing new lifestyle habits of frequent gravity-challenging movement. Written for everyone who spends most of their lives sitting in chairs, at desks, and in cars, this practical, easy-to-follow action plan outlines simple gravity-challenging activities such as standing up frequently, stretching, walking, and dancing that are more healthful and effective than conventional diet and exercise regimens.

"Fascinating. Dooidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of The Man Who Mistook His Wife for a Hat What is neuroplasticity? Is it possible to change your brain? Norman Dodge's inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the brain is hardwired. Norman Dodge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity and the healing powers, and the people whose lives and relieving digestive trouble, brain damage or brain trauma were seen as unalterable. We see a woman born with a brain that rewired itself to cure a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

Inactivity: Physiological Effects

A Daughter's Arctic Journey

Out of the Canyon

The G-Connection

Tears of a Tiger

Book Four of The Stormlight Archive

Stretches for sixteen unique muscle groups with physiological and psychological benefits. The Technique: RESISTANCE STRETCHING® offers immediate, cumulative, and permanent increases in flexibility, takes the pain out of stretching, and protects you from injuring yourself by overstretching.

After author Shannon Huffman Polson's parents are killed by a wild grizzly bear in Alaska's Arctic, her quest for healing is recounted with heartbreaking candor in North of Hope. Undergirded by her faith, Polson's expedition takes her through her through the wilds of her own grief as well as God's beautiful, yet wild and untamed creation—ultimately arriving at a place of unshaken hope. She travels from the suburbs of Seattle to the concert hall, performing Mozart's Requiem with the Seattle Symphony, to the wilderness of Alaska—where she retraces their final days along an Arctic river. This beautifully written book is for anyone who has experienced grief and is looking for new ways to understand overwhelming loss. Readers will find empathy and understanding through Polson's journey. North of Hope is also for those who love the outdoors and find solace and healing in nature, as they experience Alaska's wild Arctic through the author's travels.

An instant #1 New York Times Bestseller and a USA Today and Indie Bestseller! The Stormlight Archive saga continues in Rhythm of War, the eagerly awaited sequel to Brandon Sanderson's #1 New York Times bestselling Oathbringer, from an epic fantasy writer at the top of his game. After forming a coalition of human resistance against the enemy invasion, Dalinar Kholin and his Knights Radiant have spent a year fighting a protracted, brutal war. Neither side has gained an advantage, and the threat of a betrayal by Dalinar's crafty ally Taravangian looms over every strategic move. Now, as new technological discoveries by Navani Kholin's scholars begin to change the face of the war, the enemy prepares a bold and dangerous operation. The arms race that follows will challenge the very core of the Radiant ideals, and potentially reveal the secrets of the ancient tower that was once the heart of their strength. At the same time that Kaladin Stormblessed must come to grips with his changing role within the Knights Radiant, his Windrunners face their own problem: As more and more deadly enemy Fused awaken to wage war, no more honorspren are willing to bond with humans to increase the number of Radiants. Adolin and Shallan must lead the coalition's envoy to the honorspren stronghold of Lasting Integrity and either convince the spren to join the cause against the evil god Odium, or personally face the storm of failure. Other Tor books by Brandon Sanderson The Cosmere The Stormlight Archive The Way of Kings Words of Radiance Rgeddancer (Novella) Oathbringer Rhythm of War The Mistborn trilogy Mistborn: The Final Empire The Well of Ascension The Hero of Ages Mistborn: The Wax and Wayne series Alloy of Law Shadows of Self Bands of Mourning Collection Arcanum Unbounded Other Cosmere novels Elantris Warbreaker The Alcatraz vs. the Evil Librarians series Alcatraz vs. the Evil Librarians The Scribner's Bones The Knights of Crystallia The Shattered Lens The Dark Talent The Rithmatist series The Rithmatist Other books by Brandon Sanderson The Reckoners Steelheart Firelight Calamity At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Reeling from a tragic accident resulting in the loss of his wife and two young sons, the author finds solace, deep friendship and eventually the capacity to heal and embrace a new life in this true love story. Reprint. A best-selling book.

Cancer Can Be Cured!

No Sweat

The White Giraffe

Get Up!

North of Hope

How to Use Foundation Training for Sustained Pain Relief and Everyday Fitness

Medical Medium Celery Juice

Don't miss *Evermore*, the first book in Alyson Noel's #1 New York Times bestselling *The Immortals* series. Enter an enchanting new world where true love never dies. . . . After a horrible accident claimed the lives of her family, sixteen-year-old Ever Bloom can see people's auras, hear their thoughts, and know someone's emotions just by touching them. Going out of her way to avoid human contact and suppress her abilities, she has been branded a freak at her new high school—but everything changes when she meets Damen Auguste. Damen is gorgeous, exotic and wealthy. He's the only one who can silence the noise and random energy in her head—wielding a magic so intense, it's as though he can peer straight into her soul. As Ever is drawn deeper into his enticing world of secrets and mystery, she's left with more questions than answers. And she has no idea just who he really is—or what he is. The only thing she knows to be true is that she's falling deeply and helplessly in love with him.

That the average adult spends 50 to 70 percent of their day sitting is no surprise to anyone who works in an office environment. But few realize the health consequences they are suffering as a result of modernity's increasingly sedentary lifestyle, or the effects it has had on society at large. In *Get Up!* , health expert James A. Levine's original scientific research shows that today's chair-based world, where we no longer use our bodies as they evolved to be used, is having negative consequences on our health, and is a leading cause of diabetes, cancer, and heart disease. Over the decades, humans have moved from a primarily active lifestyle—one that is largely sedentary, and this change has reshaped every facet of our lives—from social interaction to classroom design. Levine shows how to throw off the shackles of inertia and reverse these negative trends through simple changes in our daily lives.

Reading in a slumped position, Dr. Eric Goodman's visionary approach to mindful movement corrects the complacent adaptations that lead to back and joint pain, and teaches us to harness the body's natural movement patterns into daily activities to make us fit, healthy, and pain free. Our sedentary lifestyle has led to an epidemic of chronic pain. By adapting to posture and movement that have us out of balance—including sitting all day at a keyboard, tilting our heads forward to look at our phones—we consistently compromise our joints, give our organs less room to function, and weaken our muscles. How we hold and live in our bodies is fundamental to our overall health, and the good news is that we all hold the key to a healthier body. Dr. Goodman has spent years studying human physiology and movement. He has trained world-class athletes for better performance, and has healed people of all ages and occupations of lifelong debilitating pain. His theory of self-healing is now available to everyone. His practical program trains the posterior muscle chain—shoulders, back, butt, and legs—shifting the burden of support away from joints and putting it back where it belongs: into large muscle groups. Filled with helpful diagrams and sixty color photographs, *True*

to Form shows readers how to successfully integrate these powerful movements into everyday life—from playing with the kids to washing dishes to long hours in the office—transforming ordinary physical actions into active and mindful movements that help to eliminate pain, up your game, or simply feel more energetic.

True to Form shows you how to move better, breathe better, and get back to using your body the way nature intended. #1 NEW YORK TIMES BESTSELLER PULITZER PRIZE FINALIST • This inspiring, exquisitely observed memoir finds hope and beauty in the face of insurmountable odds as an idealistic young neurosurgeon attempts to answer the question what makes a life worth living? NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • People • NPR • The Washington Post • Slate • Harper's Bazaar • Time Out New York • Publishers Weekly • BookPage Finalist for the PEN Center USA Literary Award in Creative Nonfiction and the Books for a Better Life Award in Inspirational Memoir At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. When *Breath Becomes Air* chronicles Kalanithi's transformation from a naive medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir. Paul Kalanithi died in March 2015, while working on this book, yet his words live on as a guide and a gift to us all. "I began to realize that coming face to face with my own mortality, in a sense, had changed nothing and everything," he wrote. "Seven words from Samuel Beckett began to repeat in my head: 'I can't go on. I'll go on.'" When *Breath Becomes Air* is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both.

A Novel

How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't

The Immortals

Ending Racism

Sitting Kills, Moving Heals

Roll of Thunder, Hear My Cry

You CAN keep your joints young

For those who suffer from aches, pains, and creaky joints, this handy reference shows how to keep the body's skeleton young and healthy. Including a series of stretches, this guide explores how muscles, joints, and bones work, how and why they wear and tear, and how to combat stiffness and pain. Treatments focus on the lower back, thoracic spine, neck, shoulders, elbows, wrists, hips, knees, ankles, and feet.

Further advice teaches the warning signs of imminent joint problems, immediate action necessary for restoring mobility, and how to break the bad habits of a sedentary lifestyle. Extensive diagrams of the body and how-to illustrations of exercises encourage patients to actively manage their pain. A daily 30-minute strengthening regime is also outlined for continued movement and flexibility. Considered by many the greatest war novel of all time, *All Quiet on the Western Front* is Erich Maria Remarque's masterpiece of the German experience during World War I. I am young. I am twenty years old; yet I know nothing of life but despair, death, fear, and fatuous superficially cast over an abyss of sorrow. . . . This is the testament of Paul Bäumer, who enlists with his classmates in the German army during the War. They become soldiers with youthful enthusiasm. But the world of duty, culture, and progress they had been taught breaks in pieces under the first bombardment in the trenches. Through years of vivid horror, Paul holds fast to a single vow: to fight against the principle of fate that meaningfully pits young men of the same generation but different uniforms against one another. . . . If only he knew the end of the war alive. "The world has a great writer in Erich Maria Remarque. He is a craftsman of unquestionably first rank, a man who can bend language to his will. Whether he writes of men or of inanimate nature, his touch is sensitive, firm, and sure."—The New York Times Book Review

"An anthology of poems from around the world and across the centuries about illness and healing—physical, psychological, and spiritual. With an introduction by Karl Kirchweg."—

STAYING POWER: Age-Proof Your Home for Comfort, Safety and Style helps you shape your space to meet your changing needs as you grow older. It's "sensible, useful, comprehensive and engagingly written," says Paula Span of The New York Times' "New Old Age" blog. STAYING POWER: Age-Proof Your Home for Comfort, Safety and Style helps you shape your space to meet your changing needs as you grow older. This practical, problem-solving handbook can help you and the people you care about enjoy freedom, comfort and safety in familiar surroundings. So help up to the grab bar and... Boost your independence as your abilities change. Easily customize your furnishings, layout and decor without breaking your back or your budget. Stay healthy with home-based mind-and-body fitness tips. Discover hundreds of valuable U.S. and Canadian resources to help with your specific situation. Use handy checklists and shopping lists to organize and kick-start your age-proofing projects. Whether you're planning ahead, ready to act, or helping someone else, learn how to make any type of house, apartment or condo a safer, more supportive home for years to come. This practical, problem-solving handbook can help you and the people you care about enjoy freedom, comfort and safety in familiar surroundings. So help up to the grab bar and... Boost your independence as your abilities change. Easily customize your furnishings, layout and decor without breaking your back or your budget. Stay healthy with home-based mind-and-body fitness tips. Discover hundreds of valuable U.S. and Canadian resources to help with your specific situation. Use handy checklists and shopping lists to organize and kick-start your age-proofing projects. Whether you're planning ahead, ready to act, or helping someone else, learn how to make any type of house, apartment or condo a safer, more supportive home for years to come.

How to Kill a Rock Star

Rhythm of War

All This Sitting Is Killing You

All Quiet on the Western Front

The Most Powerful Medicine of Our Time Healing Millions Worldwide

The Brain That Changes Itself

Odyssey

After 30 years of pioneering research with NASA, Joan Vernikos has written the first book to focus on the fundamental importance of gravity in maintaining youthful vigor. In it, she applies lessons learned from the experiences of U.S. astronauts and Soviet/Russian cosmonauts in space to ordinary people here on Earth. Highly practical, the "What You Can Do about It" section in each chapter is a comprehensive guide that will help young people, baby boomers, the elderly, and professionals make smart lifestyle choices. The G-Connection is written in down-to-earth and understandable language. Peppered with firsthand anecdotes from astronauts and interesting stories of Vernikos's own voyage of discovery, this book is both a fun and credible resource. The excitement for her work and ideas comes across clearly and is contagious. The reader finishes the book knowing what to do differently in his or her daily life to slow down or even reverse the aging process. "It is a treasure trove of ideas to a geriatrician"—Harold J. Guy, M.D., Professor of Geriatric Medicine, University of California San Diego Medical School, San Diego, California "The premise is plausible and the contents thoroughly referenced and well documented. It is written in a flowing style with humor and self-assurance and with language that never patronizes the reader."—Ralph Pelligra, M.D., NASA Ames Chief Medical Officer Moffett Field, California.

Young Cassie Logan endures humiliation and witnesses the racism of the KKK as they embark on a cross-burning rampage, before she fully understands the importance her family attributes to having land of their own.

RECOMMENDED BY DOLLY PARTON IN PEOPLE MAGAZINE! A NEW YORK TIMES BESTSELLER A USA TODAY BESTSELLER A LOS ANGELES TIMES BESTSELLER A PBS BOOK PICK The bestselling historical fiction novel from Kim Michele Richardson, this is a novel following Cussy Mary, a packhorse librarian and her quest to bring books to the Appalachian community she loves, perfect for readers of William Kent Kreuger and Lisa Wingate. The perfect addition to your next book club! The hardscrabble folks of Troublesome Creek have to scrap for everything—everything except books, that is. Thanks to Roosevelt's Kentucky Pack Horse Library Project, Troublesome's got its very own traveling librarian, Cussy Mary Carter. Cussy's not only a book woman, however, she's also the last of her kind, her skin a shade of blue unlike most anyone else. Not everyone is keen on Cussy's family or the Library Project, and a Blue is often blamed for any whiff of trouble. If Cussy wants to bring the joy of books to the hill folks, she's going to have to confront prejudice as old as the Appalachias and suspicion as deep as the hollow. Inspired by the true blue-skinned people of Kentucky and the brave and dedicated Kentucky Pack Horse library service of the 1930s, The Book Woman of Troublesome Creek is a story of raw courage, fierce strength, and one woman's belief that books can carry us anywhere—even back home. Look for The Book Woman's Daughter, the next novel from Kim Michele Richardson coming in May 2022. Other Bestselling Historical Fiction from Sourcebooks Landmark: The Mystery of Mrs. Christie by Marie Benedict The Engineer's Wife by Tracey Enerson Wood Sold on a Monday by Kristina McMorris The gripping first installment in New York Times bestselling author Tahereh Mafi's Shatter Me series. One touch is all it takes. One touch, and Juliette Ferrars can leave a fully grown man gasping for air. One touch, and she can kill. No one knows why Juliette has such incredible power. It feels like a curse, a burden that one person alone could never bear. But The Reestablishment sees it as a gift, sees her as an opportunity. An opportunity for a deadly weapon. Juliette has never fought for herself before. But when she's reunited with the one person who ever cared about her, she finds a strength she never knew she had. And don't miss *Duffy Me*, the shocking fifth book in the Shatter

Me series

The Book Woman of Troublesome Creek

A Physician's Story of Addiction, Depression, Hope, and Recovery

Evermore

I Found You

On the Art of Intelligence

A True Story of Loss and Love

The Genius of Flexibility

"Funny, tender, edgy. I wanted the love story to go on forever."—Joan Johnston, bestselling author of No Longer a Stranger Written in the wonderfully honest, edgy, and hilarious voice she perfected in *God-Shaped Hole*, Tiffanie DeBartolo shines in a passionate new story of music, love, and sacrifice. Eliza Caelum, a young music journalist, is finally getting her footing in New York when she meets Paul Hudson, a talented songwriter and lead singer of the band Banaanafish. They soon realize they share more than a reverence for rock music and pursue headlong into love. When Banaanafish is signed by a big corporate label, and Paul is on his way to becoming a major rock star, Eliza's past forces her to make a heartbreaking decision that might be the key to Paul's sudden disappearance. A layered and emotional look into the world of music, this raw summer read will resonate with readers who loved *Daisy Jones & the Six* by Taylor Jenkins Reid. Praise for Tiffanie DeBartolo's *God-Shaped Hole*: "From highs to heartbreak, DeBartolo conjures an affair to remember."—*People* "Honest, raw, and engaging."—*Booklist* "This generation's *Love Story*."—*Kirkus Reviews*

Do you secretly hate exercising? Struggle to stick with a program? Millions of people try and fail to stay fit. But what if "exercising" is the real problem, not you? Motivation scientist and behavior expert Michelle Segar translates years of research on exercise and motivation into a simple four-point program that will empower you to break the cycle of exercise failure once and for all. You'll discover why you should forget about willpower and stop gritting your teeth through workouts you hate. Instead, you'll become motivated from the inside out and start to crave physical activity. In *No Sweat*, Segar will help you find: A step-by-step program for staying encouraged to exercise Pleasure in physical activity Realistic ways to fit fitness into your life The success of the clients Segar has coached testifies to the power of her program. Their stories punctuate the book, entertaining and emboldening you to break the cycle of exercise failure once and for all. Practical, proven, and loaded with inspiring stories, *No Sweat* makes getting fit easier—and more fun—than you ever imagined. Get ready to embrace an active lifestyle that you'll love!

Think the boys trying to come to terms with the death of a friend in a drunk-driving auto accident in which all four were involved, in a story told through newspaper stories, diary entries, school announcements, telephone conversations, and classroom assignments.

Inactivity: Physiological Effects describes the physiological deconditioning inherent in inactivity and immobilization. This book is organized into eight chapters that review the body of information from studies on healthy volunteers conducted in direct support of the space program. Considerable chapters are devoted to the changes occurring in the cardiovascular system, bone and muscle, metabolism and endocrine responses, psychosocial responses, and exercise tolerance. Other chapters discuss the clinical effects and clinical management of deterioration while indicating the changes that have been found in health, normal bed rested subjects. The remaining chapters explore the data on crews that have flown in since their physiological responses are qualitatively similar to those observed in bed rested subjects or immobilized patients on earth. Clinicians, nursing staff, physiologists, researchers, and students in the field will find this book invaluable.

The Office Fitness Book

Stress Fitness for Seniors

Scared Sitless

True to Form

The Smart Way to Stretch and Strengthen Your Body

Age-Proof Your Home for Comfort, Safety and Style

Rewire Your Brain

When you were a child, you had an amazingly strong, resilient and healthy body. The body you built through movement during the first several years of your life was meant to be the foundation from which you would continue to add strength, power and resiliency. Your body was meant to be strong, graceful, powerful, fluid, mobile and resilient. You were never meant to be broken, weak, fragile, stiff or injured. You were never meant to just "fall apart" with age. You are supposed to be able to conquer mountains, and even playgrounds, well into your golden years. You are supposed to enjoy this life with vitality. But, many of us do not. Many of us are just watching life go by. We have lost our way. We have lost our foundation. Our sedentary lifestyles have robbed us of the foundation and the joy of movement that we built as children. Because of this, we have lost our strength, our health, our resiliency and our vitality. Thankfully, we were never meant to be broken. Through specific movements, we can regain our foundation of strength, our foundation of health. We can become the strong, powerful, and graceful bodies that we were meant to be. We can enjoy this life with vitality. We don't have to be spectators, merely existing. We were made for adventure, for life! We can regain our Original Strength - our foundation. We can help our bodies remember how to move again and in doing so, we can become strong, healthy and resilient; like we were meant to be. We invite you to join us and regain the body you were always meant to have: A body capable of enjoying life.

Amanda Hocking is an indie publishing sensation whose self-published novels have sold millions of copies all over the world, and *Switched* is the book that started the phenomenon. Prepare to be enchanted... When Wendy Everly was six years old, her mother was convinced she was a monster and tried to kill her. Eleven years later, Wendy discovers her mother might have been right. She's not the person she's always believed herself to be, and her whole life begins to unravel—all because of Finn Holmes. Finn is a mysterious guy who always seems to be watching her. Every encounter leaves her deeply shaken...though it has more to do with his fierce attraction to him than she'd ever admit. But it isn't long before he reveals the truth: Wendy is a changeling who was switched at birth—and he's come to take her home. Now Wendy's about to journey to a magical world she never knew existed, one that's both beautiful and frightening. And where she must save her old life from becoming... As a special gift to readers, this book contains a new, never-before-published bonus story, "The Vitro Attacks," set in the magical world of the *Trilogy*.

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday

