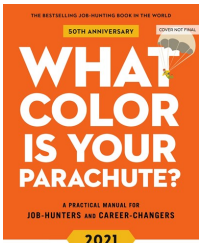
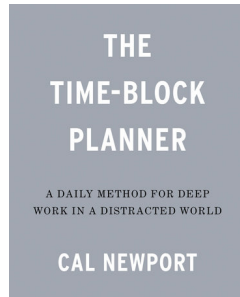


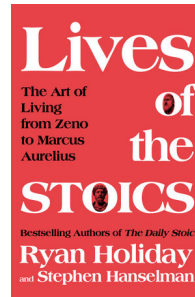
New Year, New You 2021



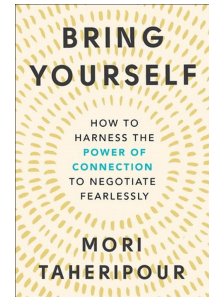
What Color Is Your Parachute? 2021
Richard N. Bolles with Katharine Brooks
978-1-9848-5786-6 TR \$19.99
Business & Economics
Ten Speed Press
World
December 22, 2020



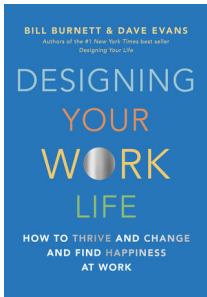
The Time-Block Planner: A Daily Method...
Cal Newport
978-0-593-19205-4 Journal \$25
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Portfolio
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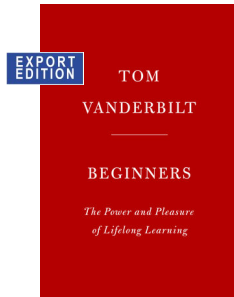
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Ryan Holiday and Stephen Hanselman
978-0-525-54187-5 HC \$19 Export Price
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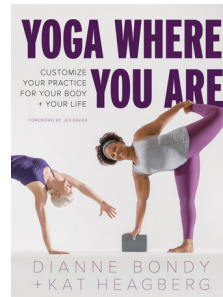
Bring Yourself: How to Harness the Power of Connection to Negotiate Fearlessly
Mori Taheripour
978-0-525-54030-4 HC \$27
Business & Economics
Avery
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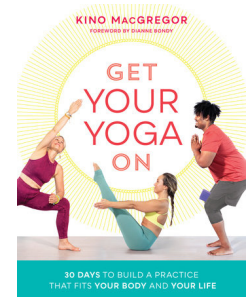
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Bill Burnett and Dave Evans
978-1-5247-1179-5 Int'l PB \$18
Business & Economics
Knopf
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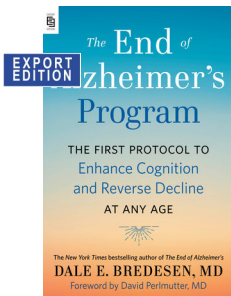
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Tom Vanderbilt
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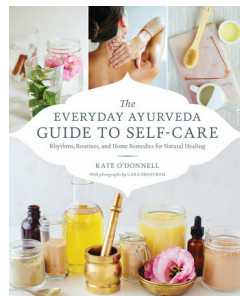
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Dianne Bondy
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Health & Fitness
Shambhala
World
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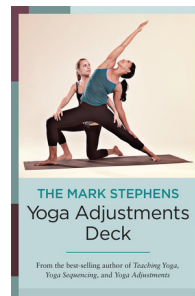
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Kino MacGregor
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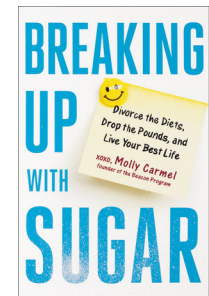
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Dale E. Bredesen, MD; Foreword by David Perlmutter, MD
978-0-593-18982-5 Int'l C \$18
Health & Fitness
Avery
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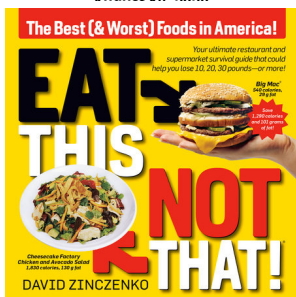
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Kate O'Donnell; photographs by Cara Brostrom
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Shambhala
World
July 28, 2020



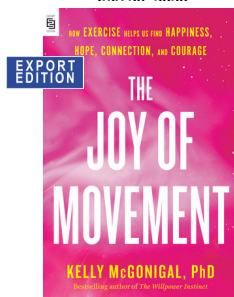
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Mark Stephens
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Health & Fitness
North Atlantic Books
World
February 11, 2020



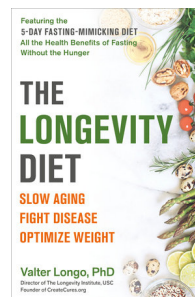
Breaking Up With Sugar
Molly Carmel
978-0-593-08616-2 HC \$25
Health & Fitness
Avery
December 31, 2019



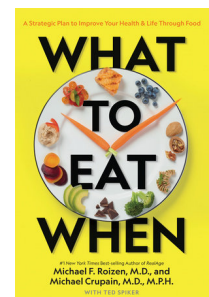
Eat This, Not That (Revised)
David Zinczenko
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Ballantine Books
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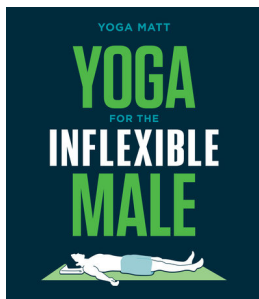
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Kelly McGonigal
978-0-593-08744-2 Int'l C \$18
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Avery
World
December 31, 2019



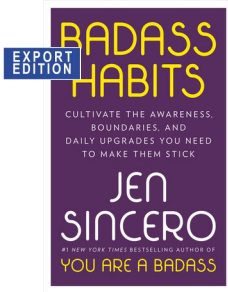
The Longevity Diet
Vaiter Longo, PhD
978-0-525-53409-9 TR \$18
Health & Fitness
Avery
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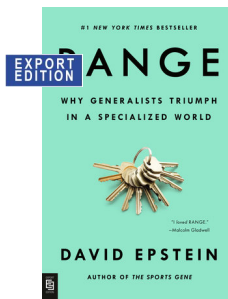
What to Eat When
Dr. Michael Roizen and Dr. Michael Crupain, with Ted Spiker
978-1-4262-2086-9 TR \$16.99
Health & Fitness
National Geographic
World except UK/Ireland
December 31, 2019



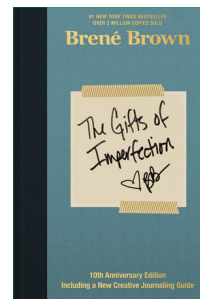
Yoga for the Inflexible Male
Yoga Matt
978-1-9848-5694-4 TR \$16
Health & Fitness
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Jen Sincero
978-0-593-29650-9 Int'l C \$17
Self-help
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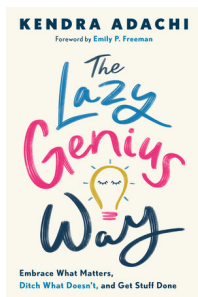
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David Epstein
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No Singapore
September 29, 2020



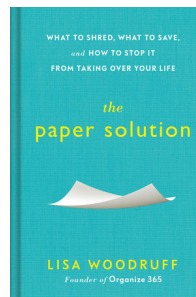
The Gifts of Imperfection: 10th Anniversary Edition: Including a New Creative Journaling Guide
Brene Brown, PhD, LMSW
978-0-593-13358-3 HC \$25
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Random House
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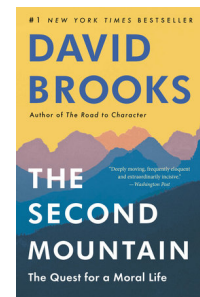
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John Bowe
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Self-help
Random House
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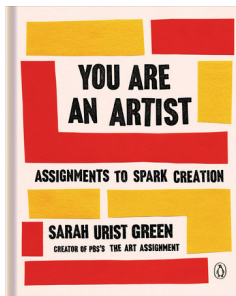
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Kendra Adachi; Foreword by Emily P. Freeman
978-0-525-65391-2 HC \$26
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WaterBrook
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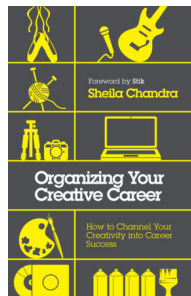
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Lisa Woodruff
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House & Home
G.P. Putnam's Sons
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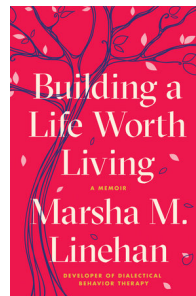
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978-0-8129-8342-5 TR \$18
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Random House Trade Paperbacks
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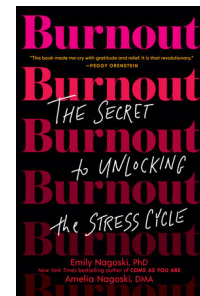
You Are an Artist: Assignments to Spark Creation
Sarah Urist Green
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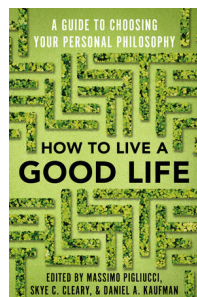
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Sheila Chandra
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January 14, 2020



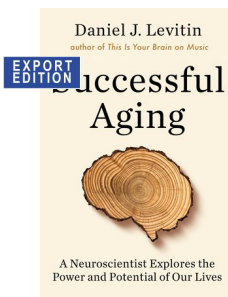
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Marsha M. Linehan
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Biography & Autobiography
Random House
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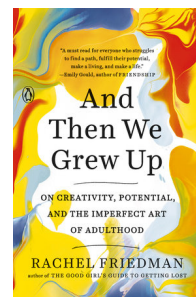
Burnout
Emily Nagoski, PhD, and Amelia Nagoski, DMA
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Self-help
Ballantine Books
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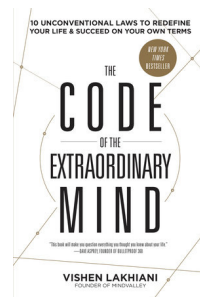
How to Live a Good Life
Edited and with an Introduction by Massimo Pigliucci, Skye Cleary, Daniel Kaufman
978-0-525-56614-4 TR \$16.95
Philosophy
Vintage
World
January 7, 2020



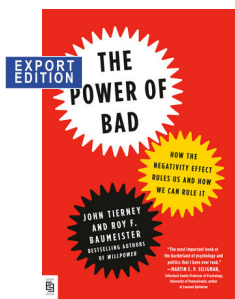
Successful Aging: A Neuroscientist Explores the Power and Potential of Our Lives
Daniel J. Levitin
978-1-5247-4641-4 Int'l C \$18
Psychology
Dutton
No Singapore
January 7, 2020



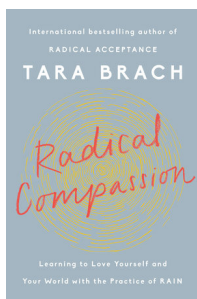
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Rachel Friedman
978-0-14-313212-7 TR \$17
Self-help
Penguin Books
World
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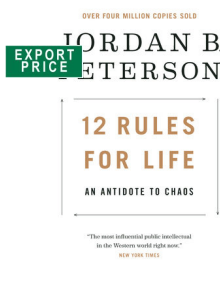
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Vishen Lakhiani
978-0-593-13582-2 TR \$16.99
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Rodaie Books
World
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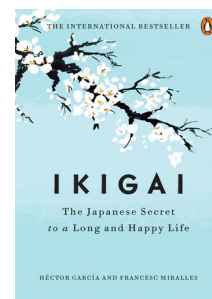
The Power of Bad: How the Negativity Effect Rules Us and How We Can Rule It
John Tierney and Roy F. Baumeister
978-1-9848-7917-2 Int'l C \$18
Psychology
Penguin Press
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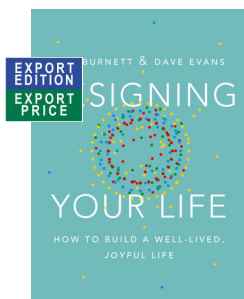
Radical Compassion
Tara Brach
978-0-525-52281-2 HC \$28
Psychology
Viking
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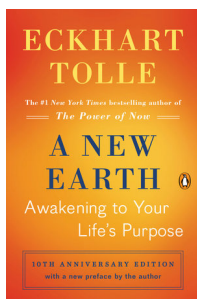
12 Rules for Life
Jordan B. Peterson Foreword by Norman Doige, M.D.; Illustrated by Ethan Van Sciver
978-0-345-81602-3 HC \$20 Export Price
Psychology
Random House Canada
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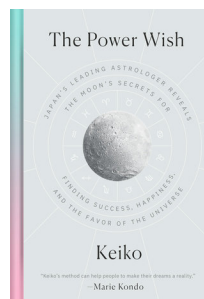
Ikigai
Hector Garcia and Francesc Miralles
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Penguin Books
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Designing Your Life
Bill Burnett and Dave Evans
978-0-451-49408-5 Int'l B \$17 Export Price
Self-help
Knopf
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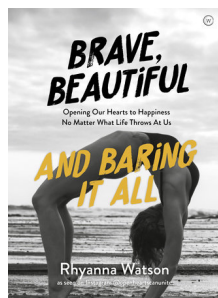
A New Earth (Oprah #61)
Eckhart Tolle
978-0-452-28996-3 TR \$17
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Penguin Books
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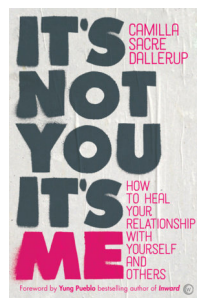
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Keiko
978-1-9848-8042-0 HC \$20
Body, Mind & Spirit
Viking



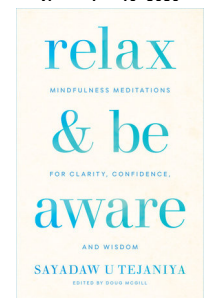
Love for Imperfect Things
Haemin Sunim
978-0-14-313229-5 TR \$12 Export Price
Body, Mind & Spirit
Penguin Books
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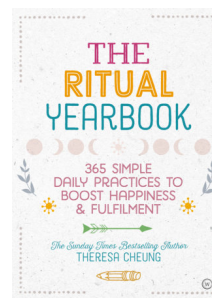
Brave, Beautiful and Baring it All
Rhyanna Watson
978-1-78678-289-2 TR \$20.95
Self-help
Watkins Publishing
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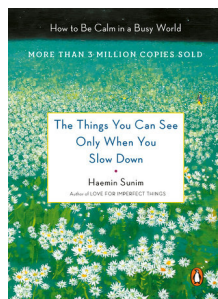
It's Not You, It's Me
Camilla Sacre Dallerup
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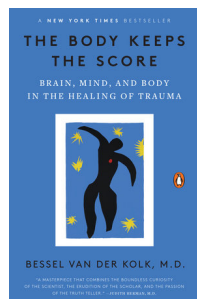
Relax and Be Aware
Sayadaw U Tejanaya, edited by Doug McGill
978-1-61180-790-5 TR \$17.95
Religion
Shambhala
World
December 10, 2019



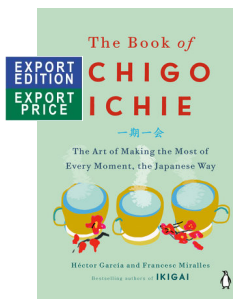
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Theresa Cheung
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Watkins Publishing
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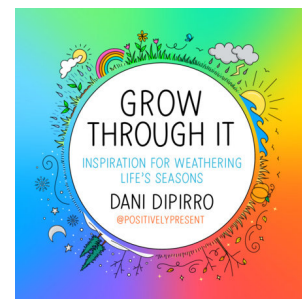
The Things You Can See Only When You Slow Down
Haemin Sunim
978-0-14-313077-2 HC \$20
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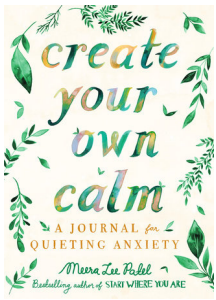
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
Bessel van der Kolk, M.D.
978-0-14-312774-1 TR \$19
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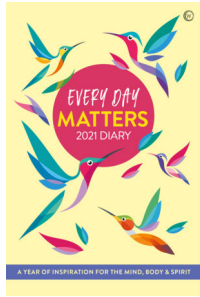
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Hector Garcia and Francesc Miralles
978-0-14-313449-7 HC \$15.5 Export Price
Self-help
Penguin Books
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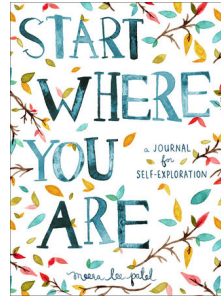
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Dani Dipirro
978-0-593-18937-5 HC \$14
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TarcherPerigee
October 6, 2020



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Meera Lee Patel
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Self-help
TarcherPerigee
World
September 22, 2020



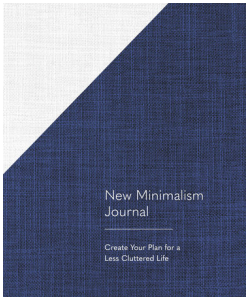
Every Day Matters 2021 Pocket Diary
Watkins Publishing
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Self-help
Watkins Publishing
World except UK/Ireland
July 28, 2020



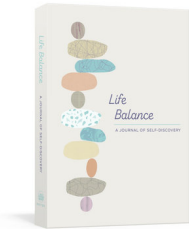
Start Where You Are: A Journal for Self-Exploration
Meera Lee Patel
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TarcherPerigee
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Robie Rogge
978-0-593-13746-8 Journal \$12.95
Self-help
Clarkson Potter
World
December 1, 2020



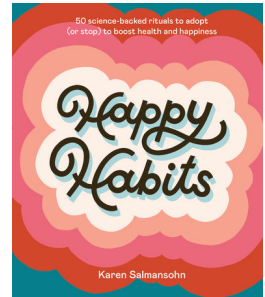
New Minimalism Journal: Create Your Plan for a Less Cluttered Life
Cary Telander Fortin and Kyle Louise Quilici
978-1-63217-265-5 Journal \$16.95
House & Home
Sasquatch Books
World
January 7, 2020



Life Balance
Potter Gift
978-1-9848-2390-8 Journal \$14.99
Games & Activities
Clarkson Potter
World
December 24, 2019



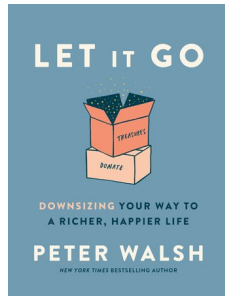
Q&A a Day
Potter Gift
978-0-307-71977-5 Journal \$16.99
Self-help
Clarkson Potter
World
November 23, 2010



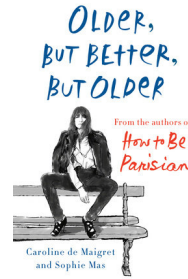
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Karen Salmansohn
978-1-9848-5822-1 HC \$14
Self-help
Ten Speed Press
World
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Clea Shearer and Joanna Teplin
978-0-593-13830-4 HC \$28
House & Home
Clarkson Potter
September 15, 2020



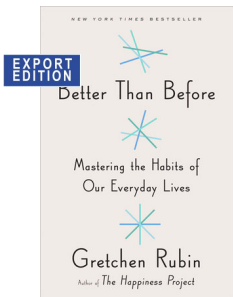
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Peter Walsh
978-0-593-13589-1 HC \$16
House & Home
Rodaile Books
World
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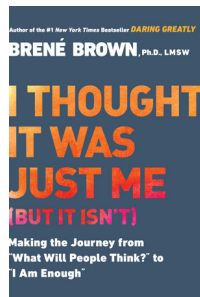
Older, but Better, but Older
Caroline De Maigret and Sophie Mas
978-0-385-54486-3 HC \$25
Self-help
Doubleday
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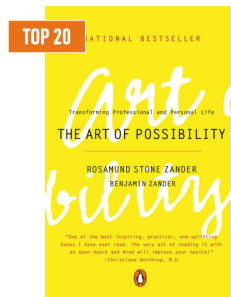
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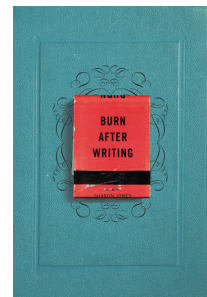
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