

# Healthy Eating

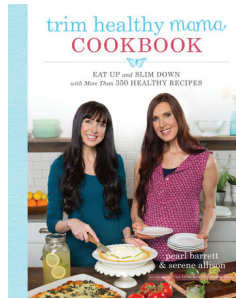
## Top Trends Spring 2020



**The Complete Mediterranean Cookbook**  
America's Test Kitchen  
978-1-940352-64-0 TR \$32.99  
Cooking  
America's Test Kitchen  
World  
December 27, 2016



**The Complete Vegetarian Cookbook**  
The Editors at America's Test Kitchen  
978-1-936493-96-8 TR \$34.99  
Cooking  
America's Test Kitchen  
World  
March 1, 2015



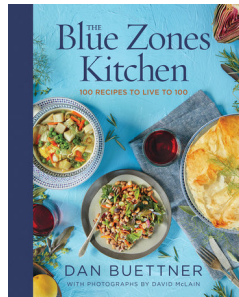
**Trim Healthy Mama Cookbook**  
Pearl Barrett and Serene Allison  
978-1-101-90266-0 TR \$28.99  
Cooking  
Harmony  
World  
September 15, 2015



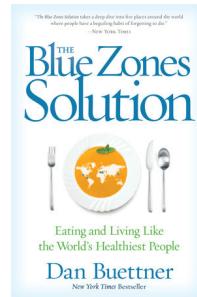
**Trim Healthy Mama's Trim Healthy Table**  
Pearl Barrett and Serene Allison  
978-0-8041-8998-9 TR \$32.5  
Cooking  
Harmony  
World  
September 12, 2017



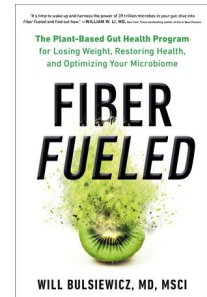
**Naturally Nourished Cookbook**  
Sarah Britton, author of My New Roots  
978-0-8041-8540-0 HC \$29.99  
Cooking  
Clarkson Potter  
February 14, 2017



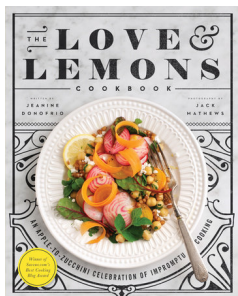
**The Blue Zones Kitchen**  
Dan Buettner  
978-1-4262-2013-5 HC \$30  
Cooking  
National Geographic  
World except UK/Ireland  
December 3, 2019



**The Blue Zones Solution: Eating and Living Like the World's Healthiest People**  
Dan Buettner  
978-1-4262-1655-8 TR \$14.99  
Health & Fitness  
National Geographic  
World except UK/Ireland  
May 30, 2017



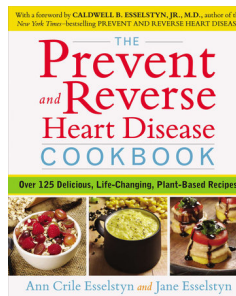
**Fiber Fueled**  
Will Bulsiewicz, MD, MSCI  
978-0-593-08456-4 HC \$27  
Health & Fitness  
Avery  
World  
May 12, 2020



**The Love and Lemons Cookbook**  
Jeanine Donofrio  
978-1-58333-586-4 HC \$35  
Cooking  
Avery  
World except Canada  
March 29, 2016



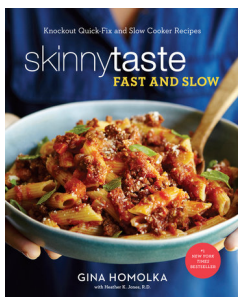
**Food52 Mighty Salads**  
Editors of Food52, Foreword by Amanda Hesser and Merrill Stubbs  
978-0-399-57804-5 HC \$22.99  
Cooking  
Ten Speed Press  
World  
April 11, 2017



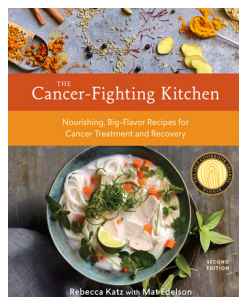
**The Prevent and Reverse Heart Disease Cookbook**  
Ann C Esselstyn  
978-1-58333-558-1 TR \$26  
Cooking  
Avery  
World  
September 2, 2014



**Run Fast. Cook Fast. Eat Slow.**  
Shalane Flanagan & Elyse Kopecky  
978-1-63565-191-1 HC \$24.99  
Cooking  
Rodaile Books  
World  
August 14, 2018



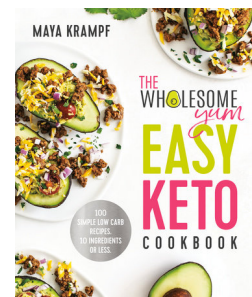
**Skinnytaste Fast and Slow**  
Gina Homolka with Heather K. Jones, R.D.  
978-0-553-45960-9 HC \$30  
Cooking  
Clarkson Potter  
October 11, 2016



**The Cancer-Fighting Kitchen, Second Edition**  
Rebecca Katz with Mat Edelson  
978-0-399-57871-7 HC \$32.5  
Cooking  
Ten Speed Press  
World  
February 14, 2017



**DASH for Weight Loss**  
Jennifer Koslo, PhD, RDN, LDN, CPT  
978-1-9848-2487-5 TR \$22  
Health & Fitness  
Harmony  
World  
November 26, 2019

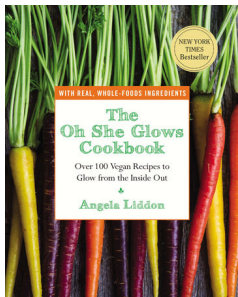


**The Wholesome Yum Easy Keto Cookbook**  
Maya Krampf  
978-1-9848-2662-6 HC \$26.99  
Cooking  
Harmony  
World  
October 22, 2019



Penguin  
Random  
House

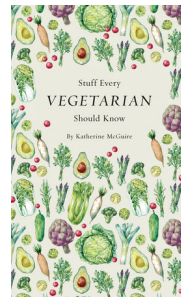
Penguin Random House International Sales USA 1745 Broadway, New York, NY 10019 USA  
internationalorders@penguinrandomhouse.com



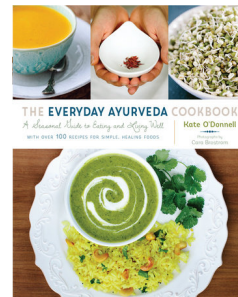
**The Oh She Glows Cookbook**  
Angela Liddon  
978-1-58333-527-7 TR \$25  
Cooking  
Avery  
March 4, 2014



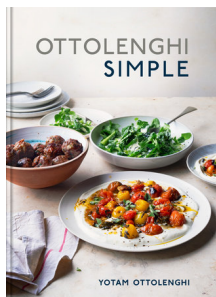
**Oh She Glows Every Day**  
Angela Liddon  
978-1-58333-574-1 TR \$27  
Cooking  
Avery  
September 6, 2016



**Stuff Every Vegetarian Should Know**  
Katherine McGuire  
978-1-68369-005-4 HC \$9.95  
Cooking  
Quirk Books  
World  
September 26, 2017



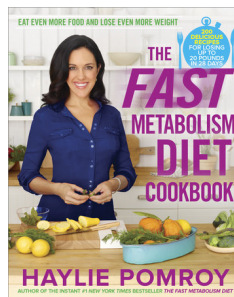
**The Everyday Ayurveda Cookbook**  
Kate O'Donnell; photographs by Cara Brostrom  
978-1-61180-229-0 TR \$29.95  
Cooking  
Shambhala  
World  
December 1, 2015



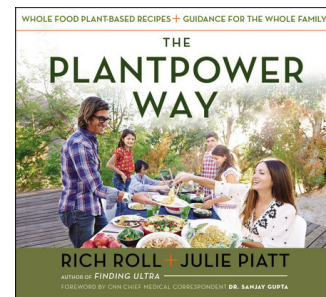
**Ottolenghi Simple**  
Yotam Ottolenghi  
978-1-60774-916-5 HC \$35  
Cooking  
Ten Speed Press  
No Europe  
October 16, 2018



**Plenty More**  
Yotam Ottolenghi  
978-1-60774-621-8 HC \$35  
Cooking  
Ten Speed Press  
No Europe  
October 14, 2014



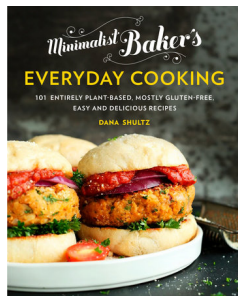
**The Fast Metabolism Diet Cookbook**  
Haylie Pomroy  
978-0-7704-3623-0 HC \$26.99  
Cooking  
Harmony  
World  
December 31, 2013



**The Plantpower Way: Whole Food Plant-Based Recipes...**  
Rich Roll, Julie Platt  
978-1-58333-587-1 HC \$40  
Cooking  
Avery  
World  
April 28, 2015



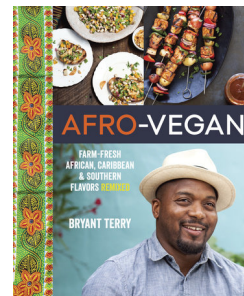
**The Homemade Vegan Pantry**  
Miyoko Schinner, foreword by Isa Chandra Moskowitz  
978-1-60774-677-5 HC \$22.99  
Cooking  
Ten Speed Press  
World  
June 16, 2015



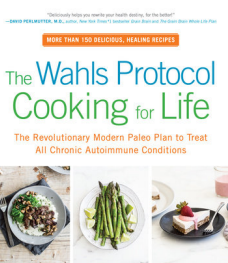
**Minimalist Baker's Everyday Cooking**  
Dana Shultz  
978-0-7352-1096-7 HC \$35  
Cooking  
Avery  
World except Canada  
April 26, 2016



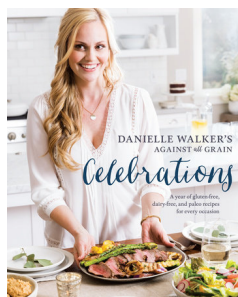
**Love Real Food**  
Kathryn Taylor, Creator of Cookie and Kate  
978-1-62336-741-1 HC \$27.5  
Cooking  
Rodale Books  
World  
May 16, 2017



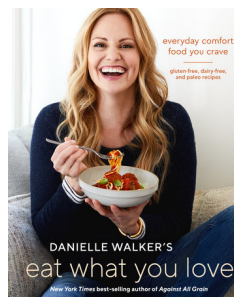
**Afro-Vegan**  
Bryant Terry  
978-1-60774-531-0 HC \$27.5  
Cooking  
Ten Speed Press  
World  
April 8, 2014



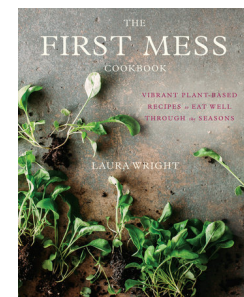
**The Wahls Protocol Cooking for Life**  
Terry Wahls, M.D. with Eve Adamson  
978-0-399-18477-2 TR \$27  
Cooking  
Avery  
World  
April 4, 2017



**Danielle Walker's Against All Grain Celebrations**  
Danielle Walker  
978-1-60774-942-4 HC \$35  
Cooking  
Ten Speed Press  
World  
September 27, 2016



**Danielle Walker's Eat What You Love**  
Danielle Walker  
978-1-60774-944-8 HC \$35  
Cooking  
Ten Speed Press  
World  
December 4, 2018



**The First Mess Cookbook**  
Laura Wright  
978-1-58333-590-1 HC \$30  
Cooking  
Avery  
March 7, 2017