“Never underestimate the power you have to take your life in a new direction.”
—Germany Kent

The Health & Wellness Series for January 2020

The 150 Healthiest Foods on Earth: The Surprising, Unbiased Truth about What You Should Eat and Why

By Jonny Bowden

Overview
A complete guide to the healthiest foods you can eat - and how to cook them!
Why get your nutrients from expensive supplements when you can enjoy delicious, nourishing foods instead? From almonds to yucca, readers will find out what nutrients each of the 150 featured foods contains, what form contains the most nutrients, if it's been recommended to combat any diseases, where to find it, how to prepare it, and how much to eat - plus wonderful recipes using these sometimes obscure foods!
Indexes by nutrient, by disease, and by food make finding what you need a snap, and the at-a-glance format makes the information as easy to digest as the foods themselves.

**Botanical Beauty**

Botanical Beauty: 80 Essential Recipes for Natural Spa Products
Soak, scrub, and soothe your way to relaxation with simple homemade spa recipes from award-winning author Aubre Andrus. Using some of nature’s best
ingredients, such as beeswax, sugar, coconut oil, shea butter, avocado, sea salt, essential oils, and more, craft everything from a Cooling Peppermint Hand Cream to a Vanilla Honey Body Scrub.

Make practical products, like your own all-natural Bugs-Be-Gone Insect Repellent, Minty Homemade Toothpaste, and Natural Shaving Cream. Or pamper yourself after a long day with a Re-energizing Tub Tea, Lovely Lavender Bath Salts, and a Deep Conditioning Treatment. Nourish your body from head to toe with these organic, handmade recipes and crafts, or package them as a gift to share a fresh, fun spa experience.

**Anatomy of Fitness: Yoga**

By Goldie Karpel Oren

**Overview**

ANATOMY OF FITNESS: YOGA includes: a comprehensive introduction to yoga; over 65 essential, step-by-step yoga poses; and a range of different yoga sequences ranging from easy to intense, including the Salutation to the Sun, so anyone can tailor a program to suit their fitness requirements. 192 pages. Improve core strength, increase stamina, build willpower, and get greater control over your mind and body with Anatomy of Fitness

**The Complete Running and Marathon Book : How to Run Faster, Further, Smarter**
By DK Publishing

Overview

For anyone interested in running - from beginners to those looking to improve their techniques or preparing for their first marathon - The Complete Running and Marathon Book includes a comprehensive range of programs for all aspects of training.

Ideal for runners, personal trainers, coaches, and students, The Complete Running and Marathon Book features detailed anatomical artworks, user friendly step-by-step sequences, advice on optimum techniques and injury prevention, as well as guidance on running psychology.

Learned Optimism: How to Change Your Mind and Your Life

By Martin E.P. Seligman

Overview
The father of the new science of positive psychology and author of Authentic Happiness draws on more than twenty years of clinical research to demonstrate how optimism enhances the quality of life, and how anyone can learn to practice it.

Offering many simple techniques, Dr. Seligman explains how to break an “I—give-up” habit, develop a more constructive explanatory style for interpreting your behavior, and experience the benefits of a more positive interior dialogue. These skills can help break up depression, boost your immune system, better develop your potential, and make you happier.

**Take the Cardio Challenge**

By The Experts at Gold's Gym

**Overview**

This book reminds students that there are many ways to exercise. From walking to running, cycling to boxing, high-intensity interval training to swimming, this title provides readers with a variety of cardiovascular training exercises.

Students will receive sample exercises and stretches to add to their repertoire and learn about the importance of cardiovascular exercise. In this way, this book demonstrates the physical benefits—such as increased blood circulation, improved stamina, and stronger heart and lungs—exercise has on the body.

**Food: What the Heck Should I Eat?**

By Mark Hyman MD

#1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat.

Did you know that eating oatmeal actually isn't a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil?

Even the most health conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice.
Does it feel as if you’re fighting your body to lose even one pound—or just to maintain your current weight? Respected health and wellness expert and bestselling author Jillian Michaels has been there, too. So she consulted top experts in the field of metabolism and discovered that she’d inadvertently been abusing her endocrine system for years.
After “fixing” her own metabolism, she decided to share what she learned by devising this simple, 3-phase plan that engages all the weight-loss hormones (including the friendly HGH, testosterone, DHEA; and the not-so-friendly: insulin, cortisol, and excess estrogen).

The Complete Guide to Sports Injuries

By H. Winter Griffith, M. D.

Overview
A newly revised and updated edition of this authoritative guide—including almost 200 athletic and exercise injuries, 75 of the common illnesses that often affect athletes, and an illustrated section on rehabilitation.

Health Care Journalism

By Diane Dakers

Overview

This timely book describes the details of three real case studies of investigative journalism about health care.

Stories include journalists exposing wrongdoing by drug companies, neglect of dying patients in hospice home-care providers, and lead-poisoning from drinking water in Flint, Michigan.
Readers will gain an understanding of the research process, the ethical standards journalists must follow, and the perseverance required to confirm a story and affect change. Teacher’s guide available.