

## **Sexy Hormones Unlocking The Secrets To Vitality**

Sexual Energy Transmutation Lose Weight Without Dieting or Working Out Weekly World News The Better Half Mating in Captivity The Four Women code In the FLO The Lost Symbol Speak The Heart of Tantric Sex The Hormone Fix Stay Young & Sexy with Bio-Identical Hormone Replacement Period Power Secrets of the Sexually Satisfied Woman Love to Date-Date to Love Conquer Your PCOS Naturally Sexy Bodies Quill & Quire Sexy Hormones Sing You Home Sex, Not Love Introducing the New Sexuality Studies Hormonal Three Women The Hormone Secret Eat, Drink, and Be Healthy Why We Sleep The Hormone Cure Sexy Hormones Slummy Mummy Whole Body Vibration Cruising Sex Matters The Man's Guide to Women Sexy Forever The Formula Come as You Are Healthy Happy Sexy Keto-Green 16

### **Sexual Energy Transmutation**

Acclaimed author Alex Espinoza takes readers on an uncensored journey through the underground, to reveal the timeless art of cruising. Combining historical research and oral history with his own personal experience, Espinoza examines the political and cultural forces behind this radical pastime. From Greek antiquity to the notorious Molly houses of 18th century England, the raucous 1970s to the algorithms of Grindr, Oscar Wilde to George Michael, cruising remains at once a reclamation of public space and the creation of its own unique locale—one in which men of all races and classes interact, even in the shadow of repressive governments

### **Lose Weight Without Dieting or Working Out**

Sexy Hormones is the first book to explain when and how to use bioidentical hormones safely and effectively to eliminate hormonal health problems and get that zest back in your life. This book teaches you how to balance your sexy hormones, including estrogen, progesterone, testosterone and DHEA so you feel vibrant! Sexy Hormones is packed with simple, honest advice on how to achieve or regain lost passions. Lorna and Dr. Pettle explain why the "little blue pill" for our men is of little use when the women have lost their sex drives because of hormonal problems, too much stress, inadequate nutrition and more.

### **Weekly World News**

The discovery of a mysterious object in the U.S. Capitol building and a subsequent kidnapping lead Harvard symbologist Robert Langdon into a web of mysterious codes, secret locations, and hidden knowledge.

## **The Better Half**

This is the long-awaited follow-up to Dr. Jonathan Wright's best seller Natural Hormone Replacement for Women Over 45; the book that started the bio-identical hormone revolution. In their new updated book, with a powerful foreword by Suzanne Somers, the authors update the science, safety, and clinical successes surrounding this controversial subject and share the secrets that will allow the reader to Stay Young & Sexy.

## **Mating in Captivity**

The nation's leading experts on women's sexual health offer up the secrets to female sexual satisfaction using data culled from their groundbreaking new survey Not since The Hite Report twenty-five years ago has female sexuality been so comprehensively addressed and analyzed. In Secrets of the Sexually Satisfied Woman, Drs. Laura and Jennifer Berman topple common misconceptions and reshape conventional wisdom based on their revolutionary and highly anticipated National Women's Sexual Satisfaction Survey. Extrapolating from the study results, the Bermans address the psychological and medical factors that affect sexuality while providing expert, accessible advice on how women can improve their sex lives and enhance sexual pleasure. The Bermans are not afraid to take on topics that make most people blush, and this book is sure to be an essential resource for women throughout the country.

## **The Four**

The bestselling author of WomanCode presents a biohacking program for women, teaching them how to use their natural 28-day cycle to optimize their time, diet, fitness, work, and relationships. Women have a important biological rhythm they experience every month that affects productivity, weight, sex drive, energy, and mood. It is essential to be aware of and take care of this rhythm, but it has been widely ignored by medical, nutrition and fitness research. So as women, we diet, we deprive, and we cram as much as possible into our day, striving to accomplish impossible to-do lists, and scheduling our lives based on a 24-hour time cycle, ignoring the intuitive time our bodies naturally keep: a monthly cycle with four hormonal phases that offer incredible advantages. In the FLO presents a revolutionary 4-week solution to manage your energy and time according to your female biochemistry. By working with each phase, you'll support your hormones, unlock peak creativity and performance, and avoid burnout. You'll know exactly when to eat certain foods, clear your social calendar, or ask for a raise—and you'll have the tools to do so, including:

- Meal plans and recipes for each phase
- Charts for phase-specific exercises, work tasks, and relationship activities
- A daily planner that helps you align with your strengths in each phase
- A biohacking toolkit for navigating period problems and hormonal birth control

Alisa Vitti, functional nutrition and women's hormone expert, bestselling author of WomanCode, and founder of modern hormone healthcare

company FLOliving.com, has been teaching women how to reclaim their rhythm for nearly twenty years and has witnessed the incredible rewards it offers—including losing stubborn weight, regaining energy, clearing skin, and minimizing PMS. By getting In the FLO, you'll get more done with less effort, you'll feel better consistently throughout the month, and you'll enjoy the freedom that comes with living on your own time.

### **Womancode**

Rooted in the creative success of over 30 years of supermarket tabloid publishing, the Weekly World News has been the world's only reliable news source since 1979. The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site.

### **In the FLO**

Finally, international author, PCOS expert and experienced clinician, Dr. Rebecca Harwin reveals the secrets to overcoming Polycystic Ovary Syndrome. Discover proven success methods and simple step-by-step, easy to follow strategies to achieve the success you've been dreaming of. Whether you suspect you have this condition, or have been suffering for years, if you've been searching for the pieces of the PCOS puzzle, then you've picked up the right book at the right time.

### **The Lost Symbol**

We all want our children to reach their fullest potential—to be smart and well adjusted, and to make a difference in the world. We wonder why, for some people, success seems to come so naturally. Could the secret be how they were parented? This book unveils how parenting helped shape some of the most fascinating people you will ever encounter, by doing things that almost any parent can do. You don't have to be wealthy or influential to ensure your child reaches their greatest potential. What you do need is commitment—and the strategies outlined in this book. In *The Formula: Unlocking the Secrets to Raising Highly Successful Children*, Harvard economist Ronald Ferguson, named in a New York Times profile as the foremost expert on the US educational "achievement gap," along with award-winning journalist Tatsha Robertson, reveal an intriguing blueprint for helping children from all types of backgrounds become successful adults. Informed by hundreds of interviews, the book includes never-before-published insights from the "How I was Parented Project" at Harvard University, which draws on the varying life experiences of 120 Harvard students. Ferguson and Robertson have isolated a pattern with eight roles of the "Master Parent" that make up the Formula: the Early Learning Partner, the Flight Engineer, the Fixer, the Revealer, the Philosopher, the Model, the Negotiator, and the GPS Navigational Voice. The Formula combines the latest scientific research on child development, learning, and brain growth and illustrates with life stories of extraordinary

individuals—from the Harvard-educated Ghanian entrepreneur who, as the young child of a rural doctor, was welcomed in his father's secretive late-night political meetings; to the nation's youngest state-wide elected official, whose hardworking father taught him math and science during grueling days on the family farm in Kentucky; to the DREAMer immigration lawyer whose low-wage mother pawned her wedding ring to buy her academically outstanding child a special flute. The Formula reveals strategies on how you—regardless of race, class, or background—can help your children become the best they can be and shows ways to maximize their chances for happy and purposeful lives.

### **Speak**

Are bodies sexy? How? In what sorts of ways? *Sexy Bodies* investigates the production of sexual bodies and sexual practices, of sexualities which are dyke, bi, transracial, and even hetero. It celebrates lesbian and queer sexualities but also explores what runs underneath and within all sexualities, discovering what is fundamentally weird and strange about all bodies, all carnalities. Looking at a pleasurable variety of cultural forms and texts, the contributors consider the particular charms of girls and horses, from National Velvet to Marnie; discuss figures of the lesbian body from vampires to tribades to tomboys; uncover 'virtual' lesbians in the fiction of Jeanette Winterson; track desire in the music of legendary Blues singers; and investigate the ever-scrutinised and celebrated body of Elizabeth Taylor. The collection includes two important pieces of fiction by Mary Fallon and Nicole Brossard. *Sexy Bodies* makes new connections between and amongst bodies, cruising the borders of the obscene, the pleasurable, the desirable and the hitherto unspoken rethinking sexuality anew as deeply and strangely sexy.

### **The Heart of Tantric Sex**

In his highly provocative first book, Scott Galloway pulls back the curtain on exactly how Amazon, Apple, Facebook, and Google built their massive empires. While the media spins tales about superior products and designs, and the power of technological innovation, Galloway exposes the truth: none of these four are first movers technologically - they've either copied, stolen, or acquired their ideas. Readers will come away with fresh, game-changing insights about what it takes to win in today's economy. Print run 125,000.

### **The Hormone Fix**

"An innovative 16-day plan that combines the fat-burning benefits of a ketogenic diet with the brain-clearing and keto-flu protection of alkaline food, by the USA Today bestselling author of *The Hormone Fix*. There is no question that keto eating is the biggest diet trend in years. And it really works--dieters often report super-fast weight loss. But they also complain about

the rigidity of the diet, as well as the flu-like symptoms that often accompany this high-fat/low-carb way of life. The solution? Add alkaline foods to your plate--leafy greens, other vegetables, broths, healthy oils, nuts and seeds--for a lifestyle that's more sustainable and easier on your body. In other words: go Keto-Green! A triple-board certified physician, Dr. Anna Cabeca developed this unique method through years of careful patient and test panel research. In Keto-Green 16, she explains the science behind her innovative plan: Pairing keto staples with foods that bring the body's pH to a more alkaline level (lots of greens!) is the best way to balance the hormones responsible for hijacking intentions and increased belly fat. An added bonus: a Keto-Green diet also sharpens thinking and boosts mood. With 16 days of what-to-eat instruction, more than 50 delicious breakfast, lunch, dinner and snack recipes (many shown in the mouth-wateringly beautiful four-color photo insert), information about the 16 best alkaline foods, a 16-hour intermittent fasting strategy, and 16-minute HIIT exercise routines, Keto-Green 16 will ensure that readers skip the flu and get on with rapid and amazing weight loss"--

## **Stay Young & Sexy with Bio-Identical Hormone Replacement**

An award-winning physician and scientist makes the game-changing case that genetic females are stronger than males at every stage of life Here are some facts: Women live longer than men. They have stronger immune systems. They're better at fighting cancer and surviving famine, and even see the world in a wider variety of colors. They are simply stronger than men at every stage of life. Why is this? And why are we taught the opposite? To find out, Dr. Sharon Moalem drew on his own medical experiences - treating premature babies in the neonatal intensive care unit; recruiting the elderly for neurogenetic studies; tending to HIV-positive orphans in Thailand - and tried to understand why in every instance men were consistently less likely to thrive. The answer, he discovered, lies in our genetics: two X chromosomes offer a powerful survival advantage. With clear, captivating prose that weaves together eye-opening research, case studies, diverse examples ranging from the behavior of honeybees to American pioneers, as well as experiences from his personal life and his own patients, Moalem explains why genetic females triumph over males when it comes to resiliency, intellect, stamina, immunity and much more. He also calls for a reconsideration of our male-centric, one-size-fits-all view of medical studies and even how we prescribe medications - a view that still sees women through the lens of men. Revolutionary and yet utterly convincing, *The Better Half* will make you see humanity and the survival of our species anew.

## **Period Power**

One of the world's most respected voices on erotic intelligence, Esther Perel offers a bold, provocative new take on intimacy and sex. *Mating in Captivity* invites us to explore the paradoxical union of domesticity and sexual desire, and explains what it takes to bring lust home. Drawing on more than twenty years of experience as a couples therapist, Perel examines the complexities of sustaining desire. Through case studies and lively discussion, Perel demonstrates how more exciting,

playful, and even poetic sex is possible in long-term relationships. Wise, witty, and as revelatory as it is straightforward, *Mating in Captivity* is a sensational book that will transform the way you live and love.

## **Secrets of the Sexually Satisfied Woman**

Every woman is single at some point in her life, so why not enjoy it? *Love to Date - Date to Love* is a book written by a single woman for single women. The “hot dating tips” contained within really do work. You will learn how to figure out what you really want from dating and how to make it happen instead of waiting for that “handsome prince.” The other areas of our life require planning, care and effort, so why not dating? This approach is one of empowerment, but not without humor. Whether you are frustrated or wanting to improve your dating skills, this is the book for you. Instead of focusing on the negative aspects of dating, you will learn how to become more comfortable meeting men, wherever you happen to be. You will discover ways to energize dating and actually have fun. Once you can overcome feelings of loneliness, or self-consciousness, you will be free to listen to what you want and to be relaxed and confident enough to achieve it. You will learn to make dating the fun adventure that you’ve always dreamed of.

## **Love to Date-Date to Love**

'Maisie Hill has written a bloody brilliant book (pun intended). Everything you need to know about periods and how they affect you and your life is here. It's revolutionary' - Miranda Sawyer 'Thank GOODNESS for Maisie Hill! Flipping open the lid on a vital conversation. It's about time we claimed the power of our periods!' - Gemma Cairney, broadcaster & co-founder of Boom Shakalaka Productions 'This is such an important book. Maisie's insights and cycle strategy have changed my life and my cycle. Period Power is written with such intelligence, humour and a deep understanding of women's health. If you have a period you need to read this book.' - Anna Jones, author of *The Modern Cook's Year* A profound and practical blueprint for aligning daily life with your menstrual cycle. Period Power is the handbook to periods and hormones that will leave you wondering why the hell nobody told you this sooner. The hormones of the menstrual cycle profoundly influence our energy, mood and behaviour, but all too often we're taught that our hormones make us unreliable, moody bitches, or that it's our lot in life to put up with 'women's problems'. Maisie Hill, a women's health practitioner, knows the power of working with the menstrual cycle and refuses to accept this theory. Instead, Maisie believes that our hormones are there to serve us and, if utilized correctly, can be used to help you get what you want out of life. Yes, we are hormonal, and that's a very good thing. This revolutionary book reveals everything you need to know about taking control of your menstrual cycle and outlines The Cycle Strategy to help us perform at our best, throughout our cycle. In Period Power you will discover how to: - maximise your natural superpowers each month while making adjustments for the darker days, and use Maisie's favourite tips to improve them - identify your personal patterns, powers and pitfalls for each phase of the menstrual cycle - plan your month

to perform at your best in all aspects of your life - figure out if you have a hormonal imbalance and what to do about it. Period Power is a no-nonsense guide with all the tools you need to improve your menstrual health.

## **Conquer Your PCOS Naturally**

Get the right care for your body -- and avoid treatments that can endanger women -- with this important manual from a physician who is a leading expert on sex and gender medicine. *Sex Matters* tackles one of the most urgent, yet unspoken issues facing women's health care today: all models of medical research and practice are based on male-centric models that ignore the unique biological and emotional differences between men and women -- an omission that can endanger women's lives. The facts surrounding how male-centric medicine impacts women's health every day are chilling: in the ER, women are more likely to receive a psychiatric diagnosis with regard to opioid use, while men are more likely to be referred for detoxification; the more vocal women become about their pain, the more likely their providers are to prescribe either inadequate or inappropriate pain relief medication; women often present with nontraditional symptoms of stroke, which causes delays in recognition by both them and their health professionals; and a government accountability study found that 80% of drugs that are withdrawn from the market are due to side effects that happen to women (a result of testing drugs mostly on men). Leading expert on sex and gender medicine Dr. Alyson McGregor focuses on the key areas where these differences are most potentially harmful, addressing: Cardiac and stroke diagnosis and treatment in women Prescription and dosing of pharmaceuticals; Subjective evaluation of women's symptoms; Pain and pain management; Hormones and female biochemistry (including prescribed hormones); How economic status, race, and gender identity are additional critical factors. Not only does Dr. McGregor explore these disparities in depth, she shares clear, practical suggestions for what women can do to protect themselves. A work of riveting exposé with revelatory insights and actionable guidance for navigating the medical establishment, *Sex Matters* is an empowering roadmap for reinventing modern medicine -- and for self-care.

## **Sexy Bodies**

A doctor specializing in integrative, natural and aesthetic medicine provides a research-based, month-long plan to help women restore their healthy hormone levels to lose weight, improve moods and increase vitality, through lifestyle modifications and nutritional adjustments and supplements.

## **Quill & Quire**

An essential exploration of why and how women's sexuality works—based on groundbreaking research and brain

science—that will radically transform your sex life into one filled with confidence and joy. Researchers have spent the last decade trying to develop a “pink pill” for women to function like Viagra does for men. So where is it? Well, for reasons this book makes crystal clear, that pill will never be the answer—but as a result of the research that’s gone into it, scientists in the last few years have learned more about how women’s sexuality works than we ever thought possible, and *Come as You Are* explains it all. The first lesson in this essential, transformative book by Dr. Emily Nagoski is that every woman has her own unique sexuality, like a fingerprint, and that women vary more than men in our anatomy, our sexual response mechanisms, and the way our bodies respond to the sexual world. So we never need to judge ourselves based on others’ experiences. Because women vary, and that’s normal. Second lesson: sex happens in a context. And all the complications of everyday life influence the context surrounding a woman’s arousal, desire, and orgasm. Cutting-edge research across multiple disciplines tells us that the most important factor for women in creating and sustaining a fulfilling sex life, is not what you do in bed or how you do it, but how you feel about it. Which means that stress, mood, trust, and body image are not peripheral factors in a woman’s sexual wellbeing; they are central to it. Once you understand these factors, and how to influence them, you can create for yourself better sex and more profound pleasure than you ever thought possible. And Emily Nagoski can prove it.

## **Sexy Hormones**

A Ayurvedic yoga teacher helps women live a more healthful, radiant life through a series of mental and physical exercises and meditations as well as natural remedies for a wide range of health and beauty needs. Original. 25,000 first printing.

## **Sing You Home**

Results from world-renowned relationship expert John Gottman’s famous Love Lab have proven an incredible truth: Men make or break relationships. Based on 40 years of research, *The Man’s Guide to Women* unlocks the mystery of how to attract, satisfy, and succeed with a woman for a lifetime. For the first time ever, there is a science-based answer to the age-old question: What do women really want in a man? Dr. Gottman, author of the New York Times bestseller *The Seven Principles for Making Marriage Work*, and his wife and collaborator, clinical psychologist Julie Schwartz Gottman, PhD, have pored over the research along with bestselling coauthors Douglas Abrams and Rachel Carlton Abrams, MD. Together, they have written this definitive guide for men, providing answers on everything from how to approach a woman and build a connection with her to how to truly satisfy her in bed and know when the relationship is on the right track. *The Man’s Guide to Women* is a must-have playbook for how to play—and win—the game of love.

## **Sex, Not Love**

This is the first book to explain when and how to use bioidentical hormones safely and effectively to eliminate hormonal health problems and get that zest back into life. Packed with simple, honest advice.

## **Introducing the New Sexuality Studies**

An intense desire for physical sexual contact, just like any other intense and passionate desire, is potent creative energy seeking expression or outlet. That self-same creative potency projecting as tumultuous sex drive or sexual energy can become Intellectual energy, Money energy, Political energy, Professional energy, Sports energy, Spiritual energy, or whatever type of energy you need at any point in time. Indeed, the creative powers of sex transcend procreation. Unfortunately, many men being unaware unknowingly dissipate, and thus fail to avail themselves of the innate superlative powers of their abundant sex drive; and this is one primary cause of mediocrity. Sex, the carnal root of Man's generation, can be the source of his degeneration, yet holds the key to his regeneration. When properly harnessed, the primordial powers of sex and its creative essences that initiate all earthly existence can be used to achieve anything you want. This book tells you how.

## **Hormonal**

After many years of exploration, Diana Richardson found that the ancient practice of Tantra, with its unique, intelligent approach to sex, had the effect of enhancing intimacy and deepening love. Here she has adapted Tantra for modern Western lovers in a practical, sympathetic way. Tantric Sex can transform your experience into a more sensual, loving and fulfilling one.

## **Three Women**

From #1 New York Times Bestseller Vi Keeland, comes a new, sexy standalone novel. My relationship with Hunter Delucia started backwards. We met at a wedding—him sitting on the groom's side, me sitting on the bride's. Stealing glances at each other throughout the night, there was no denying an intense, mutual attraction. I caught the bouquet; he caught the garter. Hunter held me tightly while we danced and suggested we explore the chemistry sparking between us. His blunt, dirty mouth should've turned me off. But for some crazy reason, it had the opposite effect on me. We ended up back in my hotel room. The next morning, I headed home to New York leaving him behind in California with the wrong number. I thought about him often, but after my last relationship, I'd sworn off of charming, cocky, gorgeous-as-sin men. A year later, Hunter and I met again at the birth of our friends' baby. Our attraction hadn't dulled one bit. After a whirlwind trip, he demanded a real phone number this time. So I left him with my mother's—she could scare away any man with her talks of

babies and marriage—and flew back home. I'd thought it was funny, until the following week when he rang the bell at Mom's house for Sunday night dinner. The crazy, gorgeous man had won over my mother and taken an eight-week assignment in my city. He proposed we spend that time screwing each other out of our systems. Eight weeks of mind-blowing sex with no strings attached? What did I have to lose? Nothing, I thought. It's just sex, not love. But you know what they say about the best laid plans...

## **The Hormone Secret**

The benefits of whole body vibration, and how to best use it to improve health.

## **Eat, Drink, and Be Healthy**

A guide to help women stay fit and healthy over the age of 40 outlines a program to purge toxins from the body, balance hormones and lose weight through a combination of exercise, nutritional supplements and an eating plan. Reprint.

## **Why We Sleep**

A smart, laugh-out-loud debut novel about a deeply flawed but endearing stay-at-home mom, a book for anyone who took Helen Fielding's *Bridget Jones* to heart a decade ago-and now has kids. Lucy Sweeney has three sons, a husband on a short fuse, and a tendency toward domestic disaster. It has been years since the dirty laundry pile was less than three feet high, months since she remembered to have sex, and weeks since her toddler started using the trash can as a toilet. Lucy is living in a constant state of emergency, caught between perfectionist Yummy Mummy No. 1 and competitive Alpha Mum, making it hard for her to remember exactly why she exchanged her career and sanity for less than blissful domesticity. When she begins a flirtation with Sexy Domesticated Dad, a father from the school car-pool lane, the string of white lies to cover up the trail of chaos and illicit desire starts to unravel and disaster looms. *Slummy Mummy* is a hilarious novel about the dilemmas of modern marriage and motherhood for those who never discovered their inner domestic goddess. Pitch-perfect and satisfyingly smart, it does for the stay-at-home mother what Allison Pearson's blockbuster bestseller *I Don't Know How She Does It* did for the working mom: It offers a lovable, flawed character who resonates, entertains, and undoubtedly has it worse than you do.

## **The Hormone Cure**

The first ten lies they tell you in high school. "Speak up for yourself--we want to know what you have to say." From the first

moment of her freshman year at Merryweather High, Melinda knows this is a big fat lie, part of the nonsense of high school. She is friendless, outcast, because she busted an end-of-summer party by calling the cops, so now nobody will talk to her, let alone listen to her. As time passes, she becomes increasingly isolated and practically stops talking altogether. Only her art class offers any solace, and it is through her work on an art project that she is finally able to face what really happened at that terrible party: she was raped by an upperclassman, a guy who still attends Merryweather and is still a threat to her. Her healing process has just begun when she has another violent encounter with him. But this time Melinda fights back, refuses to be silent, and thereby achieves a measure of vindication. In Laurie Halse Anderson's powerful novel, an utterly believable heroine with a bitterly ironic voice delivers a blow to the hypocritical world of high school. She speaks for many a disenfranchised teenager while demonstrating the importance of speaking up for oneself. *Speak* was a 1999 National Book Award Finalist for Young People's Literature.

## **Sexy Hormones**

Discover the surprising secrets that will help you lose weight fast and keep it off—without dieting or exercise—with this #1 national bestseller from the author of the healthy living bible, *10-Day Green Smoothie Cleanse!* Want to lose weight without counting calories, starving yourself, or giving up your favorite foods? Would you like to look and feel younger and healthier than ever without crash diets or exhausting exercise? Then this book is for you! JJ Smith's breakthrough weight-loss solution can help you shed pounds fast by detoxifying your body, balancing your hormones, and speeding up your metabolism. You'll learn how toxins slow your metabolism and why sugar and starch hinder permanent weight loss. You'll also come to a keen understanding of which foods help you stay slim and which foods cause you to get fat so you can finally get off the rollercoaster ride of weight loss/weight gain and stay slim for life! You will learn how to: -Detoxify your body for fast weight loss -Drop pounds and inches fast, without grueling workouts or starvation -Lose up to fifteen pounds in the first three weeks -Shed unwanted fat by eating foods you love, including carbs -Get rid of stubborn belly fat -Eat foods that give you glowing, radiant skin -Use green smoothies to detox -Trigger your six fat-burning hormones to lose weight effortlessly -Eat so you feel energetic and alive every day -Get physically active without exercising In a bonus chapter, JJ provides an all-new green smoothie recipe and tips for using her famed *10-Day Green Smoothie Cleanse* to jump start the healthier eating and weight loss plan outlined in *Lose Weight Without Dieting or Working Out*. This is your last stop on the way to a new fit and healthy you! Create your best body—NOW!

## **Slummy Mummy**

## **Whole Body Vibration**

Ten years of infertility issues culminate in the destruction of music therapist Zoe Baxter's marriage, after which she falls in love with another woman, Vanessa, and wants to start a family; but her ex-husband, Max, in the grips of an anti-gay pastor, stands in the way. Includes a CD of songs created for the novel. (This title is being re-listed in Forecast). 1.5 million first printing.

## Cruising

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

## Sex Matters

#1 NEW YORK TIMES BESTSELLER \* #1 SUNDAY TIMES BESTSELLER \* #1 INDIE NEXT PICK A Best Book of the Year: The Washington Post \* NPR \* The Atlantic \* New York Public Library \* Vanity Fair \* PBS \* Time \* Economist \* Entertainment Weekly \* Financial Times \* Shelf Awareness \* Guardian \* Sunday Times \* BBC \* Esquire \* Good Housekeeping \* Elle \* Real Simple "THIS IS THE BEST BOOK OF THE YEAR. This is it. This is the one! It blew the top of my head off and I haven't been able to stop thinking or talking about it since." —Elizabeth Gilbert "Taddeo spent eight years reporting this groundbreaking bookBreathtakingStaggeringly intimate." —Entertainment Weekly "A breathtaking and important book...What a fine thing it is to be enthralled by another writer's sentences. To be stunned by her intellect and heart." —Cheryl Strayed A riveting true story about the sex lives of three real American women, based on nearly a decade of reporting. Hailed as "a dazzling achievement" (Los Angeles Times) and "riveting page-turner that explores desire, heartbreak, and infatuation in all its messy, complicated nuance" (The Washington Post), Lisa Taddeo's Three Women has captivated readers, booksellers, and critics—and topped bestseller lists—worldwide. In suburban Indiana we meet Lina, a homemaker and mother of two whose marriage, after a decade, has lost its passion. Starved for affection, Lina battles daily panic attacks and, after reconnecting with an old flame through social media, embarks on an affair that quickly becomes all-consuming. In North Dakota we meet Maggie, a seventeen-year-old high school student who allegedly has a clandestine physical relationship with her handsome, married English teacher; the ensuing criminal trial will turn their quiet community upside down. Finally, in an exclusive enclave of the Northeast, we meet Sloane—a gorgeous, successful, and refined restaurant owner—who is happily married to a man who likes to watch her have sex with other men and women. Based on years of immersive reporting and told with astonishing frankness and immediacy, Three Women is both a feat of journalism and a triumph of storytelling, brimming with nuance and empathy. "A work of deep observation, long conversations, and a kind of journalistic alchemy" (Kate

Tuttle, NPR), *Three Women* introduces us to three unforgettable women—and one remarkable writer—whose experiences remind us that we are not alone.

## **The Man's Guide to Women**

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, *WomanCode* educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called *WomanCode* the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

## **Sexy Forever**

ALL TOO OFTEN WOMEN ARE TOLD that feeling moody, asexual, tapped out, dried up, stressed out, and sleep deprived is just a part of being female. Or they're led to believe that the answer can be found only at the bottom of a bottle of prescription pills. Dr. Sara Gottfried, a Harvard-educated physician and nationally recognized, board-certified gynecologist, refuses to accept that being a woman means feeling overwhelmed or that popping pills is the new normal. In *The Hormone Cure*, she shares the unique hormone-balancing program that she has used to help thousands of women reclaim wellness, verve, and optimal health. Combining natural therapies with rigorous scientific testing and using an informative questionnaire to identify the common causes of hormonal imbalance, Dr. Gottfried provides an individualized plan in nonjudgmental and thoughtful language. Based on ten years' study of cutting-edge medical research as a specialist in functional and integrative therapies, Dr. Gottfried's three-tiered treatment strategy includes:

- Supplements and targeted lifestyle changes that address underlying deficiencies
- Herbal therapies that restore balance and optimize your body's natural function
- Bioidentical hormones— most available without a prescription

*The Hormone Cure* is a groundbreaking book that demonstrates how balancing your hormones can cure underlying health issues and result in restored sleep, greater energy, improved mood, easy weight loss, increased productivity, and many more benefits. Dr. Sara Gottfried's *The Hormone Cure* will transform your life.

## **The Formula**

The hidden intelligence of hormones and their role in empowering women to succeed sexually, reproductively, and socially. Did you know women walk more, eat less, socialize more, meet more men, dance more, and flirt more when they're ovulating? Or that PMS may have evolved to get rid of boyfriends with unfit sperm? Behind the "fickle" differences in what women find sexy about men, or what they like to wear, there's a hidden adaptive intelligence that has been shaped over eons. In this provocative and paradigm-shattering book, Martie Haselton, the world's leading researcher on sexuality and the ovulation cycle, takes a deep, revealing look at the biological processes that so profoundly influence our behavior and sets forth a radical new understanding of women's bodies, minds, and sexual relationships, one that embraces hormonal cycles as adaptive solutions to genuine biological challenges. At the core of Hasleton's new Darwinian feminism is her remarkable discovery that humans, like our animal cousins, possess a special phase of sexuality, called estrus, which comes with a host of physiological and behavioral changes. Rigorously researched, entertaining, and empowering, *Hormonal* offers women deep new insights into their bodies, brains, relationships, and affairs, allowing them to make better-informed choices about sex, marriage, friendship, contraception, and more. Above all, *Hormonal* is a clarion call to appreciate and embrace the genius of female biology.

## **Come as You Are**

Introducing the New Sexuality Studies is an innovative, reader-friendly anthology of original essays and interviews that introduces the field of sexuality studies to undergraduate students. Examining the social, cultural, and historical dimensions of sexualities, this anthology is designed to serve as a comprehensive textbook for sexualities and gender-related courses at the undergraduate level. The book's contributors include both well-established scholars, including Patricia Hill Collins, Jeffrey Weeks, Deborah L. Tolman, and C.J. Pascoe, as well as emerging voices in sexuality studies. This collection will provide students of sociology, gender, and sexuality with a challenging and broad introduction to the social study of sexuality that they will find accessible and engaging.

## **Healthy Happy Sexy**

"As women approach the age at which they stop having their monthly period, many start to experience the physical and emotional indignities of hormonal fluctuation and an ensuing "metabolic stall." The result: hot flashes, night sweats, insomnia, weight gain, memory loss or brain fog, irritability, and discomfort during sex. Many women are resigned to accept these changes now and for years to come; some even agree to be unnecessarily medicated for their symptoms. But Dr. Anna Cabeca's research and experience with thousands of her patients shows that there is a unique diet combination and

non-pharmaceutical lifestyle interventions that can dramatically alleviate these symptoms--forever! Pairing the hallmarks of ketogenic eating (very low carb, high fat) with foods and lifestyle changes that bring the body's pH to an alkaline level (and lower cortisol production), The Hormone Fix offers women everywhere an easy-to-follow, easy-on-the-body program to help thrive through menopause and beyond. It includes recipes, meal plans, stress-reduction advice, testimonials from real women, and a 10-day quick start guide to help women trim down, get off of meds, get fit, tap into unexpected energy levels, enhance intimacy levels, and completely revitalize their lives"--

## **Keto-Green 16**

In this national bestseller based on Harvard Medical School and Harvard School of Public Health research, Dr. Willett explains why the USDA guidelines--the famous food pyramid--are not only wrong but also dangerous.

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