

# SCIENCE & HEALTH

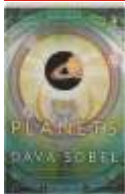
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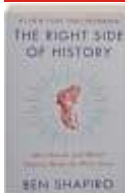
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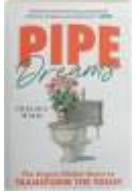
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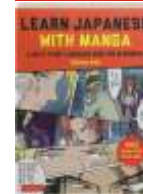
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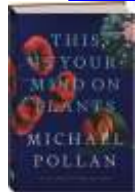
## Medical Science



**SWITCH CRAFT: The Hidden Power of Mental Agility** By Elaine Fox. The four pillars—Mental Agility, Self-Awareness, Emotional Awareness, and Situational Awareness—teach us how to move beyond rigid thinking by adopting flexible patterns of thought. Filled with illuminating case studies and engaging stories that offer the essential tools we need to flourish in a chaotic world. 337 pages. Harper. Pub. at \$27.99

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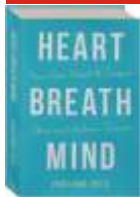


★**HOW TO HELP SOMEONE WITH DEMENTIA** By M. Hamill & M. McCarthy. There can be fear and worry when a loved one receives a diagnosis of dementia. The authors believe that a relationship centered understanding of dementia can help to acknowledge the challenges of the condition, while enabling people to live well and with dignity. You and your loved one will gain the knowledge you need on your journey through dementia. 236 pages. Welbeck. Paperbound. Pub. at \$12.95

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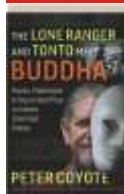


**DECODE YOUR DREAMS: Unlock Your Unconscious & Transform Your Waking Life** By Ian Wallace. Dreams are powerful tools for processing our fears, desires, anxieties and dilemmas. Complete with over 90 dream scenarios, learn how to unlock the secrets of your unconscious and take transformative action. 191 pages. White Lion. Pub. at \$16.99

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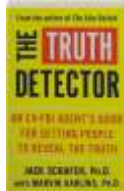
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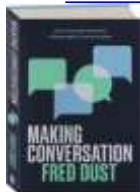


★**THE LONE RANGER AND TONTO MEET BUDDHA: Masks, Meditation & Improvised Play to Induce Liberated States** By Peter Coyote. Coyote reveals how to use masks, meditation, and improvisation to free yourself from fixed ideas of who you think you are and help you release your ego from constant defensive strategizing, calm the mind's overactivity, and allow spontaneous playfulness to arise out of your deepest nature. Photos. 176 pages. Inner Traditions. Paperbound. Pub. at \$16.99  
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## Women's Health & Self-Help



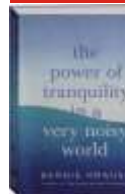
★**THE YONI EGG: Reveal and Release the Sacred Feminine Within** By Lilou Mace. In this step by step guide you'll learn how to use yoni eggs: egg-shaped stones used internally to help tone the pelvic floor and vaginal muscles as well as increase sensitivity, enhance intimate awareness, release emotional traumas, and open access to the sacred feminine within. Illus. in color. 176 pages. Destiny. Paperbound. Pub. at \$19.99  
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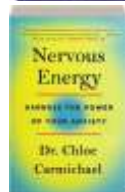


**TO HELL AND BACK: Personal Experiences of Trauma and How We Recover and Move On** By John Marzillier. Provides an honest, human description of how trauma affects us at the time and also after the event as we return to everyday life. Whether discussing accounts of terrorist bombings, natural disasters, road accidents, or physical attacks, Marzillier looks at what these experiences do to us and offers practical and consoling advice. 326 pages. Little, Brown. Paperbound. Pub. at \$15.99  
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