

PW's Top 10: Lifestyle

French Women Don't Get Facelifts: The Secret of Aging with Style and Attitude.

Mireille Guiliano. Grand Central Life & Style, Dec.

Refuel: A 24-Day, No-Nonsense Eating Plan to Boost Testosterone and Supercharge Sex.

John LaPuma. Harmony, Dec.

Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar—Your Brain's Silent Killers.

David Perlmutter and Kristin Loberg. Little, Brown, Sept.

Cannabis Pharmacy: The Practical Guide to Medical Marijuana.

Michael Backes. Black Dog & Leventhal, Oct.

Tipping Sacred Cows: The Uplifting Story of Spilt Milk and Finding Your Own Spiritual Path in a Hectic World.

Betsy Chasse. Atria/Beyond Words, Jan.

Hope Conquers All: Inspiring Stories of Love and Healing from CaringBridge.

Sona Mehring. Center Street, Aug.

Kaffe Fassett's Quilt Grandeur: 20 designs from Rowan for patchwork and quilting.

Kaffe Fassett. Taunton, Sept.

Folding Paper: The Infinite Possibilities of Origami.

Meher McArthur and Robert J. Lang. Tuttle, Aug.

Mothers Who Can't Love: A Healing Guide for Daughters.

Susan Forward and Donna Frazier Glynn. Harper, Oct.

Real Happiness at Work: Meditations for Accomplishment, Achievement, and Peace.

Sharon Salzberg. Workman, Dec.

BODY, MIND & SPIRIT

ATRIA/BEYOND WORDS

Tipping Sacred Cows: The Uplifting Story of Spilt Milk and Finding Your Own Spiritual Path in a Hectic World by Betsy Chasse (Jan. 21, trade paper, \$15, ISBN 978-1582704609) invites readers to tip over sacred cows of belief, dump personal prejudices and biases, and begin to rebuild a spiritual lifestyle that really works.

CENTER STREET

Hope Conquers All: Inspiring Stories of Love and Healing from CaringBridge by Sona Mehring (Aug. 6, hardcover, \$22, ISBN 978-1455523078). The CEO and founder of CaringBridge.org shares inspiring stories of survival, healing, hope, and the power of a loving community. 50,000-copy announced first printing.

HARMONY

Awaken the Spirit Within: 10 Steps to

Ignite Your Life and Fulfill Your Divine Purpose by Rebecca Rosen (Aug. 20, hardcover, \$25, ISBN 978-0770437510) describes how to connect with the wisdom of spirit guides to help reach one's greatest potential in health, finances, and relationships.

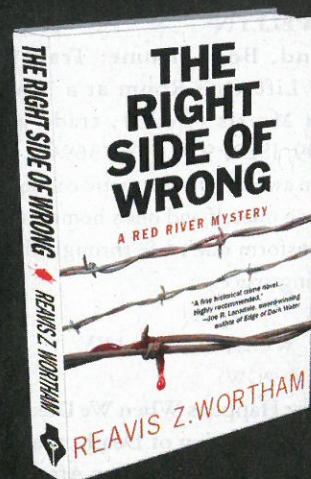
HAY HOUSE

How to Heal a Grieving Heart by Doreen Virtue and James Van Praagh (Oct. 28, hardcover, \$16.95, ISBN 978-1401943363) offers comforting message to help grieving people come to terms with loss. 30,000-copy announced first printing.

INNER TRADITIONS/BEAR & COMPANY

Contemporary Spirituality for an Evolving World: A Handbook for Conscious Evolution by Nicolya Christi (Sept. 2, trade paper, \$18, ISBN 978-1591431664) is a practical guide to conscious evolution for personal, spiritual, and global transformation.

A Red River Mystery



“Wortham’s third entry in his addictive Texas procedural set in the 1960s is a deceptively meandering tale of family and country life bookended by a dramatic opening and conclusion.”

—*Library Journal*,
starred review

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