



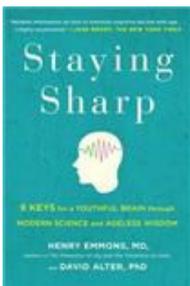
**Newsletter**  
*giovedì 26 novembre 2015*

Cari amici,  
con piacere vi presentiamo gli ultimi titoli dei nostri clienti a proposito di SALUTE, ALIMENTAZIONE e SPORT, PARENTING, LIFE IMPROVEMENT e CREATIVITÀ.  
Come ogni mese abbiamo radunato per voi in un'unica rights list che potete scaricare [qui](#), tutte le nostre proposte.

Qui sotto troverete in anteprima alcuni titoli: uno dei nostri preferiti di questo mese è 1,001 WAYS TO LIVE WILD: A Little Book of Everyday Adventures di Barbara Ann Kipfer, un delizioso libro che ci regala una lista di ispirazioni per vivere una vita piena, felice e ricca di avventure.

Vi consigliamo anche il bestseller BECOMING A SUPPLE LEOPARD 2ND EDITION del Dr Kelly Starrett con Glen Cordoza pubblicato da Victory Belt, che vi ricordiamo essere, tra le altre cose, un editore esperto di libri sulla dieta Paleo. Questo è il [link al](#) loro catalogo.

### STAYING SHARP

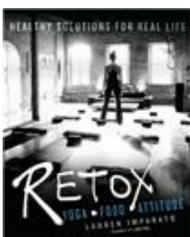


**STAYING SHARP: 9 Keys for a Youthful Brain Through Modern Science and Ancient Wisdom by Henry Emmons, M.D., and David Alter, Ph.D. (Touchstone)**

A strong memory and a healthy brain aren't as difficult to maintain as one might think; combining the latest neuroscience research with age-old wisdom about resilience, mindfulness, and stress reduction, Drs Henry Emmons and David Alter show that vibrant aging is within reach. Together they demonstrate how to blend the best of modern science and Eastern holistic medicine together to

form a powerful drug-free program to maintain a youthful mind and a happy life.

### RETOX



**RETOX: Yoga\*Food\*Attitude Healthy Solutions for Real Life by Lauren Imparato (Berkley)**

From an international yoga celebrity and nutritional coach, a nonsense approach to fitness, nutrition, and wellness for the work hard, play hard lifestyle.

In RETOX, health expert Lauren Imparato offers a nonsense approach to health for the life you already live—working hard, playing hard, and renewing your balance and energy so you can do

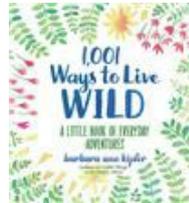
it all again.

### THE LOVE AND LEMONS COOKBOOK



**THE LOVE AND LEMONS COOKBOOK: An Apple-to-Zucchini Celebration of Impromptu Cooking by Jeanine Donofrio (Avery)**

### 1,001 WAYS TO LIVE WILD

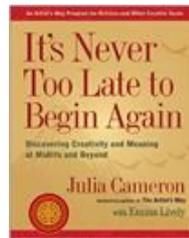


**1,001 WAYS TO LIVE WILD: A Little Book of Everyday Adventures by Barbara Ann Kipfer (Sanford J. Greenburger Associates)**

Bestselling author Dr. Barbara Ann Kipfer pours her creativity into an irresistible book of bite-size lists of motivation for leading an adventurous, happy, and fulfilling life. Filled with light-hearted quick hits of inspiration to stir anyone looking for a jolt of “get out there and live” in their lives. Short

entries—musings, things to do, and inspirational quotes—are paired with whimsical, colorful spot art.

### IT'S NEVER TOO LATE TO BEGIN AGAIN



**IT'S NEVER TOO LATE TO BEGIN AGAIN: Creativity in the Golden Years by Julia Cameron and Emma Lively (Tarcher)**

For some, retirement is a day to work toward with anticipation. Others approach retirement with greater ambivalence. While the newfound freedom is exciting and filled with possibility, the idea of retirement can also be very daunting. You are in a unique position to explore yourself and your desires from a place of experience. This book is a

twelve-week course aimed at defining—and creating—the life you want to have as you redefine—and re-create—yourself.

### THIS IS WHY YOU'RE SINGLE



**THIS IS WHY YOU'RE SINGLE by Laura Lane and Angela Spera (Sanford J. Greenburger Associates)**

Whether you're falling for that man child for the fifty-seventh time or text messaging your way to stalker status, dating can make you want to find a nice roomy hermitage on Airbnb and live a solitary, monk-like life. Luckily, that frustration ends now.

THIS IS WHY YOU ARE SINGLE breaks away from your typical dating guide by taking a page from Aesop's playbook with hilarious modern-day dating fables paired with advice, entertaining quizzes,

graphs, and illustrations. Dating will feel a whole lot more doable, a little less weird, and, well, actually pretty fun.

### THE CREATIVE TAROT

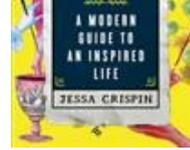


**THE CREATIVE TAROT by Jessa Crispin (Touchstone)**

THE CREATIVE TAROT is a hip, accessible, and practical guide for artists and all creative people looking to tarot for guidance and inspiration. This

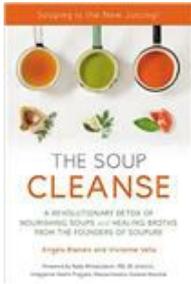


Born from the beloved blog Love and Lemons, THE LOVE AND LEMONS COOKBOOK is a celebration of impromptu cooking, featuring 100 all-new vegetarian recipes with gorgeous color photos and design. Organized by ingredient, the delightful cookbook will teach you to make masterpieces with what you have on hand.



endlessly useful reference offers spirited readings of the cards; practical information to assist the writer, artist, and other creatives from the beginning of a new project to end; and a wealth of inspiring anecdotes of how artists found their inspiration and overcame creative stagnation.

## THE SOUP CLEANSE

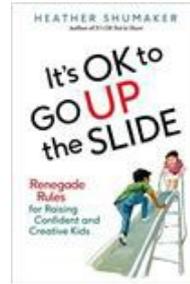


**THE SOUP CLEANSE: A Revolutionary Detox of Nourishing Soups and Healing Broths by Angela Blatteis and Vivienne Vella (Hodgman Literary)**

Lose weight, boost energy and feel recharged: discover the hottest new detox diet. The Soup Cleanse offers all the natural benefits of whole fruit and vegetables, but with more fiber and less sugar, making it a healthier, gentler and more sustainable way of eating. With 50 delicious recipes and easy-to-follow detox programmes, you'll learn how to nourish and purify your body

while flooding it with essential nutrients, as you sip your way through high-fibre soups packed full of regenerative wholefood ingredients.

## IT'S OK TO GO UP THE SLIDE



**IT'S OK TO GO UP THE SLIDE & Other Renegade Rules for Raising Confident & Creative Kids by Heather Shumaker (Perigee)**

This book helps parents help their kids develop important life skills in an age-appropriate way. Most importantly, parents must model these skills, whether related to money management, nutrition, housekeeping, developing charitable habits, or coping emotionally with setbacks. Sometimes being a good parent means breaking the rules.

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