

# HEALTH AND WELLNESS 2024



## Regenerative Health

9780306830150



Hachette Go  
Hachette Book Group  
Pub Date: 2/20/2024  
\$30.00 USD  
Hardcover

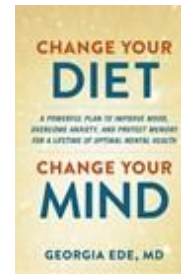


## Eat to Your Heart's Content

9781804190722



Kyle Books  
Hachette Book Group  
Pub Date: 2/6/2024  
\$29.99 USD  
Hardcover

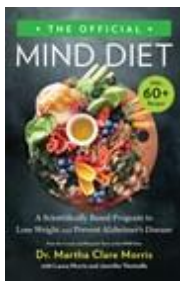


## Change Your Diet, Change Your Mind

9781538739075



Balance  
Hachette Book Group  
Pub Date: 1/23/2024  
\$32.50 USD  
Hardcover

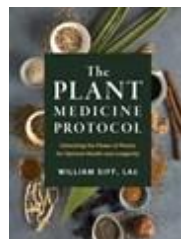


## The Official MIND Diet

9780316441186



Little, Brown Spark  
Hachette Book Group  
Pub Date: 12/26/2023  
\$30.00 USD  
Hardcover



## The Plant Medicine Protocol

9781579659851



Artisan  
Hachette Book Group  
Pub Date: 10/10/2023  
\$35.00 USD  
Hardcover

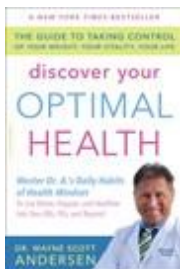


## Gordon Ramsay's Healthy, Lean & Fit

9781538714669



Grand Central Publishing  
Hachette Book Group  
Pub Date: 9/25/2018  
\$32.00 USD  
Hardcover

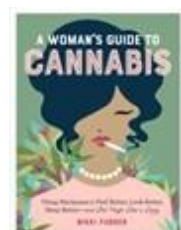


## Discover Your Optimal Health

9780738217000



Da Capo Lifelong Books  
Hachette Book Group  
Pub Date: 7/9/2013  
\$17.99 USD  
Paperback



## A Woman's Guide to Cannabis

9781523502004



Workman Publishing Company  
Hachette Book Group  
Pub Date: 12/25/2018  
\$16.95 USD  
Paperback



## The Brain Health Kitchen

9781648290367



Artisan  
Hachette Book Group  
Pub Date: 1/3/2023  
\$35.00 USD  
Hardcover Paper over boards

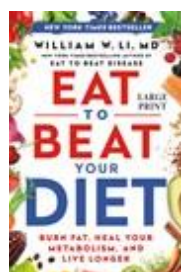


## The Glutathione Revolution

9780306873973



Hachette Go  
Hachette Book Group  
Pub Date: 9/8/2020  
\$29.00 USD  
Hardcover



## Eat to Beat Your Diet

9781538756539



Grand Central Publishing  
Hachette Book Group  
Pub Date: 3/28/2023  
\$32.00 USD  
Hardcover



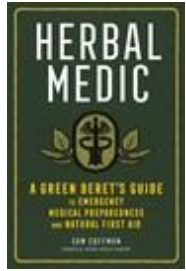
## What to Expect Pregnancy Journal and Organizer

9781523518043



Workman Publishing Company  
Hachette Book Group  
Pub Date: 4/11/2023  
\$17.99 USD  
Paperback

# HEALTH AND WELLNESS 2024

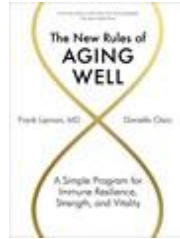


## Herbal Medic

9781635861938



Storey Publishing, LLC  
Hachette Book Group  
Pub Date: 8/3/2021  
\$24.95 USD  
Paperback



## The New Rules of Aging Well

9781579659592



Artisan  
Hachette Book Group  
Pub Date: 10/27/2020  
\$25.00 USD  
Hardcover



## What to Expect When You're Expecting

9780761187486



Workman Publishing Company  
Hachette Book Group  
Pub Date: 5/31/2016  
\$17.95 USD  
Paperback



## Rosemary Gladstar's Herbal Recipes for Vibrant Health

9781603420785



Storey Publishing, LLC  
Hachette Book Group  
Pub Date: 9/3/2008  
\$18.99 USD  
Paperback

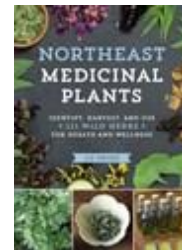


## The Herbal Apothecary

9781604695670



Timber Press  
Hachette Book Group  
Pub Date: 12/30/2015  
\$25.99 USD  
Paperback



## Northeast Medicinal Plants

9781604699135



Timber Press  
Hachette Book Group  
Pub Date: 6/2/2020  
\$27.99 USD  
Paperback

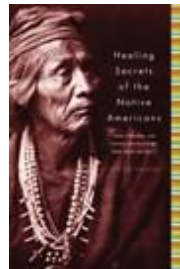


## Southwest Medicinal Plants

9781604699111



Timber Press  
Hachette Book Group  
Pub Date: 2/4/2020  
\$27.95 USD  
Paperback

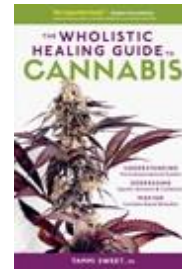


## Healing Secrets of the Native Americans

9781579123925



Black Dog & Leventhal  
Hachette Book Group  
Pub Date: 9/1/2004  
\$18.00 USD  
Hardcover

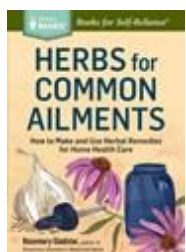


## The Wholistic Healing Guide to Cannabis

9781635861372



Storey Publishing, LLC  
Hachette Book Group  
Pub Date: 7/7/2020  
\$24.95 USD  
Paperback



## Herbs for Common Ailments

9781612124315



Storey Publishing, LLC  
Hachette Book Group  
Pub Date: 10/21/2014  
\$8.99 USD  
Paperback

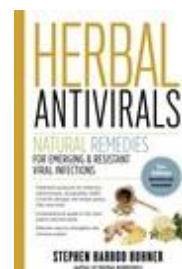


## Fire Cider!

9781635861808



Storey Publishing, LLC  
Hachette Book Group  
Pub Date: 10/15/2019  
\$17.99 USD  
Paperback



## Herbal Antivirals, 2nd Edition

9781635864175



Storey Publishing, LLC  
Hachette Book Group  
Pub Date: 8/31/2021  
\$24.95 USD  
Paperback