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The Canyon Ranch Guide to Men’s Health: a doctor’s prescription for male wellness, c2016
Stephen C. Brewer
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The Better Man Project: 2476 tips and techniques that will flatten your belly, sharpen your mind, and keep you healthy and happy for life, c2015
Bill Phillips
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Manmade: the essential skincare & grooming reference for every man, c2015
Chris Salgado
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Men’s Health Workout War: lose pounds, gain muscle, destroy your opponents, c2015
Jim Cotta
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Man 2.0 Engineering the Alpha: a real world guide to an unreal life, c2013
John Romaniello
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A Man’s Guide to Healthy Aging: stay smart, strong, and active, c2013
Edward H. Thompson, Jr.
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The Whole Life Prostate Book, 2012
H. Ballentine Carter
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The Life Plan: how any man can achieve lasting health, great sex, and a stronger, leaner body, 2011
Jeffry S. Life
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Boris Entrup
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Erika Schwartz
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Naama Bloom
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The Longevity Book: the science of aging, the biology of strength, and the privilege of time, c2016
Cameron Diaz
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The Women’s Health Big Book of Exercises: four weeks to a leaner, c2016
Adam Campbell
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Menopause Confidential: a doctor reveals the secrets to thriving through midlife, c2016
Tata Allmen
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The Woman’s Wakeup: how to shake up your looks, life, and love after 50
Lois Joy Johnson
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Goddesses Never Age: the secret prescription for radiance, vitality, and well-being
Christiane Northrup
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Love Sex Again: a gynecologist finally fixes the issues that are sabotaging your sex life, c2014
Lauren F. Streicher
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Unleash the Power of the Female Brain: supercharging yours for better health, energy, mood, focus, and sex, c2013
Daniel G. Amen
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The Hormone Cure: reclaim balance, sleep, sex drive, and vitality naturally with the Gottfried protocol, c2013
Sara Gottfried
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The Women’s Pill Book: your complete guide to prescription and over-the-counter medications, c2012
Mitchell, Deborah
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Elizabeth E. Houser
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*The Birth Partner: a complete guide to childbirth for dads, doula, and all other labor companions, c2017*
  - Penny Simkin  
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*What to Believe When You’re Expecting: a new look at old wives’ tales in pregnancy, c2017*
  - Jonathan Schaffir  
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*When You’re Expecting Twins, Triplets, or Quads: proven guidelines for a healthy multiple pregnancy, c2017*
  - Barbara Luke  
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*What to Expect Before You’re Expecting, c2017*
  - Heidi Eisenberg Murkoff  
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*Black, Pregnant and Loving It: the comprehensive pregnancy guide for today’s woman of color, c2016*
  - Yvette Allen-Campbell  
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*Pregnancy and Parenting: the ultimate teen guide, c2016*
  - Jessica Akin  
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*Pregnancy All-in-one for Dummies, c2016*
  - Joanne Stone  
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*The Pregnancy Encyclopedia: all your questions answered, c2016*
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*Your Pregnancy Week by Week, 2016*
  - Glade B. Curtis  
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*Ending Pain in Pregnancy: trade secrets for an injury-free childbirth, relieving pelvic girdle pain, c2014*
  - Isa Herrera  
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*The Natural Pregnancy Book: your complete guide to a safe, organic pregnancy and childbirth herbs, nutrition, and other holistic choices, c2014*
  - Jill Aviva Romm  
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*The Kind Mama: a simple guide to supercharged fertility, a radiant pregnancy, a sweeter birth, and a healthier, more beautiful beginning, c2014*
  - Alicia Silverstone  
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*Expecting: everything you need to know about pregnancy, labor and birth, c2013*
  - Anna McGrail  
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*Pilates for Pregnancy: the ultimate exercise guide to see you through pregnancy and beyond, c2013*
  - Lynne Robinson  
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*Birth Plans for Dummies, c2013*
  - Gurevich, Rachel  
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  - Drichta, Jane E.  
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  - Maizes, Victoria  
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  - Cooper, Carol  
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  - Fierro, Pamela  
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  - Mowry, Tia  
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*The Complete Illustrated Pregnancy Companion: a week-by-week guide, c2009*
  - Robin Elise Weiss  
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  Pat Wingert
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The Estrogen Window: the breakthrough guide to being healthy, energized, and hormonally balanced—through perimenopause, menopause, and beyond
  Mache Seibel
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  Robin N. Phillips
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  Marcelle Pick
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  Lauren Feder
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  William Marsiglio
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  Maya Shetreat-Klein
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  Neil Z. Miller
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  Christopher M. Johnson
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  Joseph Mercola
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  Evaline Weidman Sterling
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Kelli S. Dunham
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Louise Greenspan
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Fatou Forna
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Got Teens? the Doctor Moms’ guide to sexuality, social media and other adolescent realities, c2014
Logan Levkoff
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Being a Teen: everything teen girls and boys should know about relationships, sex, love, health, identity & more, c2014
Jane Fonda
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Elisabeth Henderson
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Ed. Gerald P. Koocher
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Hasler, Nikol
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Grace for the Unexpected Journey: a 60-day devotional for Alzheimer’s and other dementia caregivers, c2018
Deborah Barr
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Carolyn Brent
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Marc E. Agrin
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Pfeiffer, Eric
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Niki Kapsambelis
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  Devi Gayatri
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  Dean Sherzai
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  Dale E. Bredesen
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  Richard S. Isaacson
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  Kenneth S. Kosik
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  Gary Null
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  Deborah Shouse
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  Tanya Lee Howe
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  Naheed Ali
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  Ruth K. Westheimer
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  Nancy L. Mace
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  Andrew Weil
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  Russell L. Blaylock
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  Mark Stengler
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  Traci Stein
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  Mel Borins
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  Paul A. Offit
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  Heather Tic
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The Healing Remedies Sourcebook: over 1,000 natural remedies to prevent and cure common ailments, c2012
  C. Norman Shealy
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<td>Beat the Heart Attack Gene: the revolutionary plan to prevent heart</td>
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<td>Prevent a Second Heart Attack: 8 foods, 8 weeks to reverse heart</td>
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<td>The Type 1 Diabetes Self-care Manual: a complete guide to type 1</td>
<td>Jamie Wood</td>
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<td>The Diabetes Code: prevent and reverse type 2 diabetes naturally</td>
<td>Jason Fung</td>
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<td>Diabetes &amp; Keeping Fit for Dummies, c2018</td>
<td>Sheri Colberg</td>
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<td>Managing Type 2 Diabetes, 2018</td>
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<td>Everyday Diabetes Meals: cooking for one or two, c2017</td>
<td>Laura Cipullo</td>
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<td>The Low-Carb Diabetes Solution Cookbook: prevent and heal type 2</td>
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<td>Diabetes Mellitus: a practical handbook, c2015</td>
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<td>Dealing with Diabetes Burnout: how to recharge and get back on track</td>
<td>Ginger Vieira</td>
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Your Nutrition Solution to Type 2 Diabetes: a meal-based plan to help manage diabetes, c2014
  Kimberly A. Tessmer  
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  Charlotte Hayes  
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  Moira McCarthy  
  618.92462 McC

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  Paul Ford-Martin  
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Plan D: how to lose weight and beat diabetes (even if you don't have it), c2013  
  Sherri Shepherd  
  613.25 She

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  Osama Hamdy  
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  Hillary Wright  
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The End of Breast Cancer: a virus and the hope for a vaccine, c2017  
  Kathleen T. Ruddy  
  616.99449 Rud

The Metabolic Approach to Cancer: integrating deep nutrition, the ketogenic diet, and nontoxic bio-individualized therapies, c2017  
  Nasha Winters  
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Taking Charge of Cancer: what you need to know to get the best treatment, c2017  
  David Palma  
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An Empowering Guide to Lung Cancer: six steps to taking charge of your care and your life, c2017  
  Eric Presser  
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Cancer Survival Guide: how to conquer it and live a good life, c2016  
  Charlotte Liboy  
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  Patricia Anstett  
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The Cancer Revolution: a groundbreaking program to prevent and reverse cancer, c2016  
  Erin Leigh  
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  Theodora Ross  
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  Andrew J. Roth  
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  Pamela Ellsworth  
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The New Generation Breast Cancer Book: how to navigate your diagnosis and treatments—and remain optimistic in an age of information overload, c2015  
  Elisa Port  
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Hollye Jacobs  
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Johns Hopkins Medicine Patients’ Guide to Colon and Rectal Cancer, c2014  
Nita Ahuja  
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Anne Katz  
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Pamela Ellsworth  
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Marc Silver  
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Catching Cancer: the quest for its viral and bacterial causes, c2013  
Claudia Maria Cornwall  
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The Cancer Chronicles: unlocking medicine’s deepest mystery, c2013  
George Johnson  
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The Definitive Guide to Thriving after Cancer: a five-step integrative plan to reduce the risk of recurrence and build lifelong health, c2013  
Lise Alschuler  
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Cancer Clinical Trials: a commonsense guide to experimental cancer therapies and clinical trials, c2012  
Tomasz M. Beer  
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Mark Litzinger  
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Keith O’Neil  
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Chris Aiken  
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Ron Powers  
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Peter D. Kramer  
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Dinah Miller  
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David A. Kessler  
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Christina G. Hibbert  
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Harriet A. Washington  
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