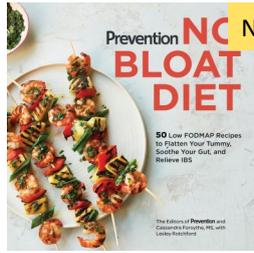


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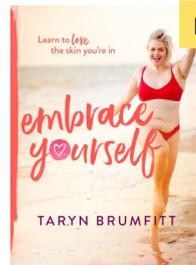
NEW

Prevention No Bloat Diet
9781635652222
£16.99 PB **December**
Random House USA



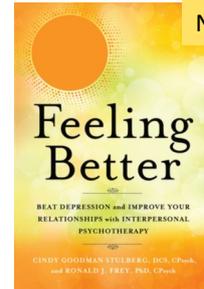
NEW

Mindful Eating on the Go
9781611806335
£10.99 PB **December**
Shambhala



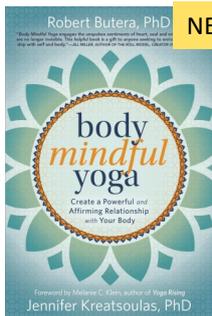
NEW

Embrace Yourself
9780143787051
£15.99 PB **December**
Random House Australia



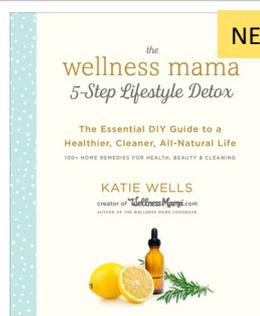
NEW

Feeling Better
9781608685684
£13.99 PB **December**
New World Library



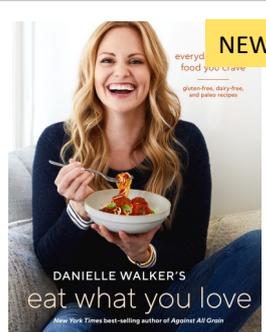
NEW

Body Mindful Yoga
9780738756738
£14.99 PB **December**
Llewellyn



NEW

Wellness Mama 5-Step Lifestyle Detox
9780451496935
£19.99 HB **November**
Random House USA



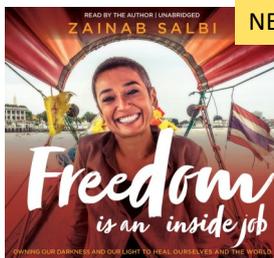
NEW

Danielle Walker's Eat What You Love
9781607749448
£25.00 HB **November**
Random House USA



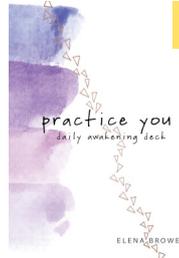
NEW

Radiant
9781611805093
£20.00 PB **November**
Shambhala



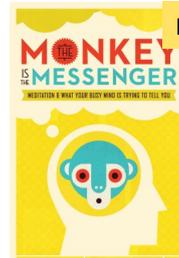
NEW

Freedom is an Inside Job
9781683642206
£25.00 Audio Book **November**
Sounds True



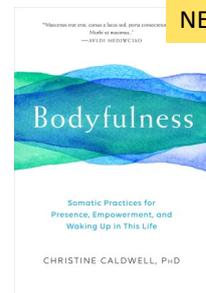
NEW

Practice You Daily Awakening Deck
9781683642664
£16.99 Inc VAT Cards **November**
Sounds True



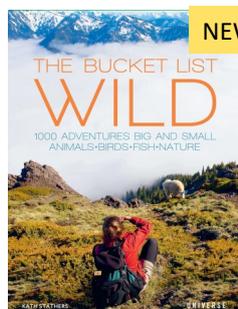
NEW

The Monkey Is The Messenger
9781611805840
£12.99 PB **November**
Shambhala



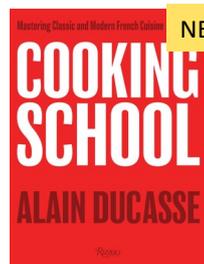
NEW

Bodyfulness
9781611805109
£15.99 PB **November**
Shambhala



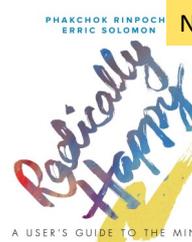
NEW

The Bucket List: Wildlife
9780789334459
£20.00 HB **October**
North Atlantic



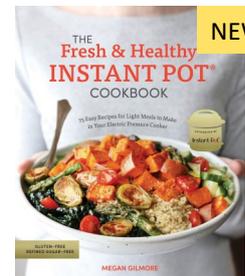
NEW

Cooking School
9780789335708
£14.99 HB **October**
Rizzoli



NEW

Radically Happy
9781611805277
£19.99 HB **October**
Shambhala



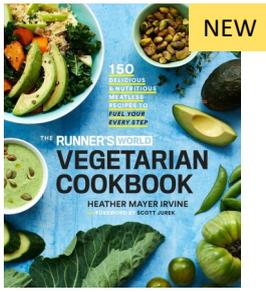
NEW

The Fresh and Healthy Instant Pot Cookbook
9780399582615
£14.99 PB **October**
Random House USA

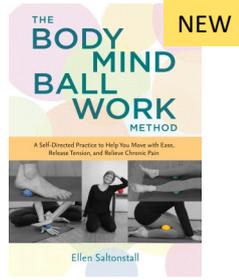


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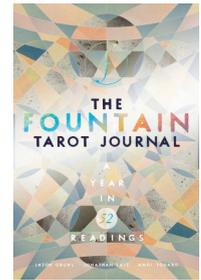
The Runner's World Vegetarian Cookbook
9781635650617
£20.00 HB **October**
Random House USA



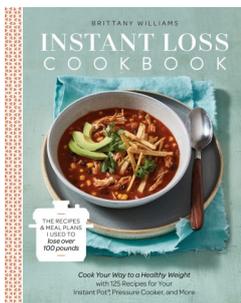
The Bodymind Ballwork Method
9781623172909
£17.99 PB **October**
North Atlantic



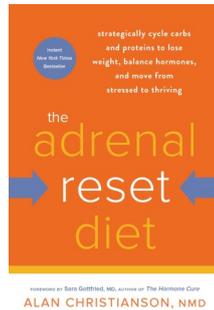
Waste Not
9780847862788
£35.00 HB
Rizzoli



The Fountain Tarot Journal
9781611806359
£15.99 Inc VAT PB
Shambhala



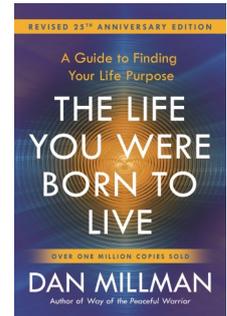
Instant Loss Cookbook
9780525577232
£15.99 PB
Random House USA



The Adrenal Reset Diet
9780804140553
£11.99 PB
Random House USA



Simple Green Meals
9781635650099
£18.99 PB
Random House USA



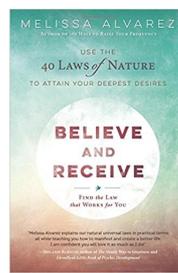
The Life You Were Born to Live
9781932073751
£14.99 PB
New World Library



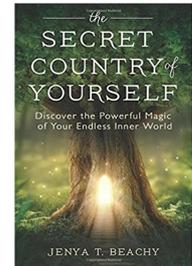
Run Fast. Cook Fast. Eat Slow.
9781635651911
£18.99 HB
Random House USA



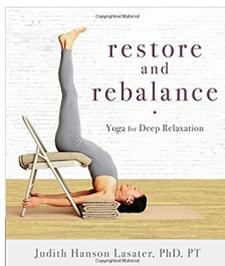
The Keto Reset Instant Pot Cookbook
9781984822390
£14.99 PB
Random House USA



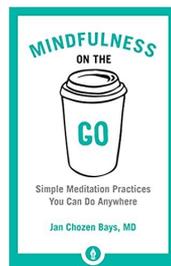
Believe and Receive
9780738751580
£14.99 PB
Llewellyn Publications



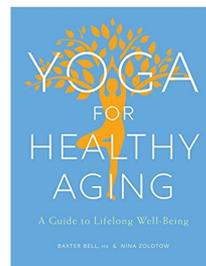
The Secret Country of Yourself
9780738752150
£15.99 PB
Llewellyn Publications



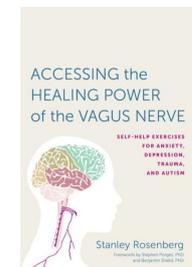
Restore and Rebalance
9781611804997
£18.99 PB
Shambhala



Mindfulness on the Go
9781611804454
£8.99 PB
Shambhala



Yoga for Healthy Aging
9781611803853
£15.99 PB
Shambhala

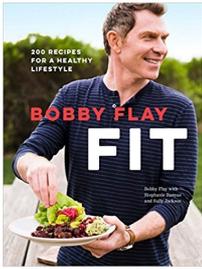


Accessing the Healing Power of the Vagus Nerve
9781623170240
£22.50 PB
North Atlantic

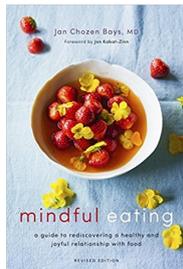


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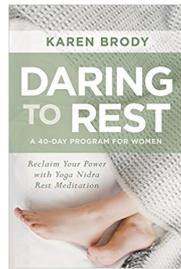
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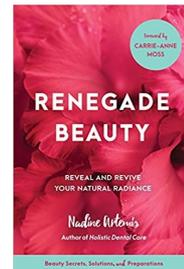
Bobby Flay Fit
9780385345934
£25 HB
Random House USA



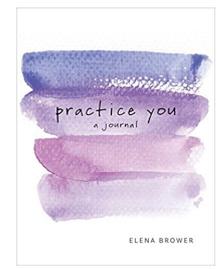
Mindful Eating
9781611804652
£13.99 PB
Shambhala



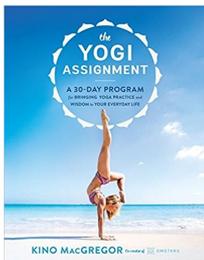
Daring to Rest
9781622039098
£13.99 PB
Sounds True



Renegade Beauty
9781583949696
£19.99 PB
North Atlantic



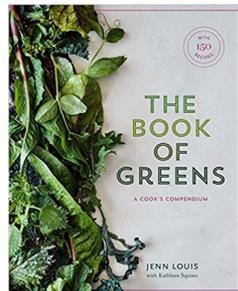
Practice You: A Journal
9781622039227
£16.50 Inc VAT PB
Sounds True



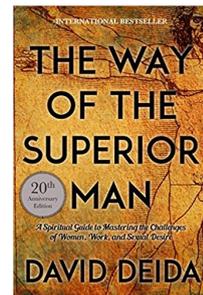
The Yogi Assignment
9781611803860
£18.99 PB
Shambhala



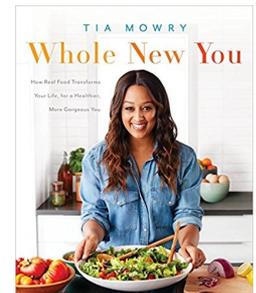
Food52 Mighty Salads
9780399578045
£17.99 HB
Random House USA



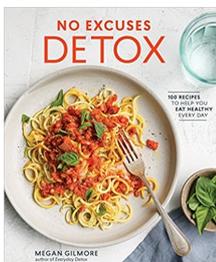
The Book of Greens
9781607749844
£27.50 HB
Random House USA



The Way of the Superior Man
9781622038329
£15.99 PB
Sounds True



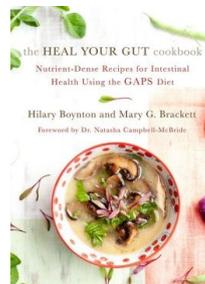
Whole New You
9781101967355
£15.99 PB
Random House USA



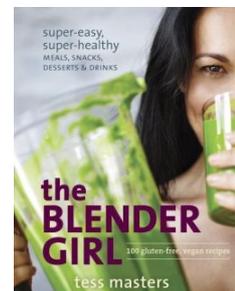
No Excuses Detox
9780399579028
£15.99 PB
Random House USA



Do Breathe
9781907974229
£8.99 PB
Do Books



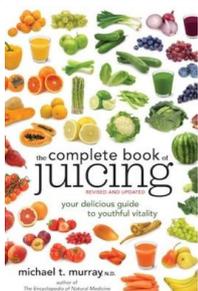
The Heal Your Gut Cookbook
9781603585613
£22.50 PB
Chelsea Green



The Blender Girl
9781607746430
£15.99 PB
Random House USA



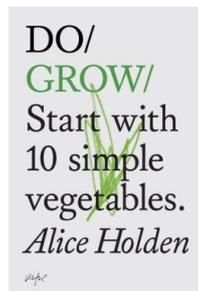
Plant Food
9781423630623
£18.99 PB
Gibbs Smith



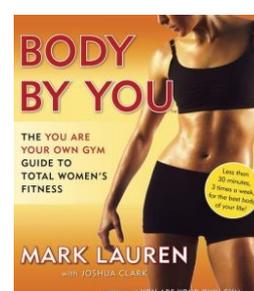
The Complete Book of Juicing
9780385345712
£11.99 PB
Random House USA



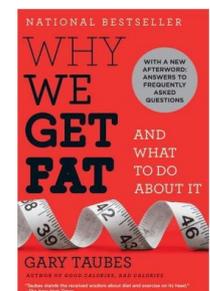
Sitting Still Like a Frog
9781611800586
£11.99 PB
Shambhala



Do Grow
9781907974021
£8.99 PB
Do Books



Body by You
9780345528971
£12.99 PB
Random House USA



Why We Get Fat
9780307474254
£11.99 PB
Random House USA

