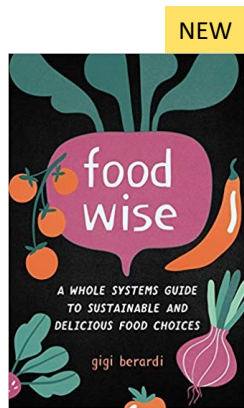
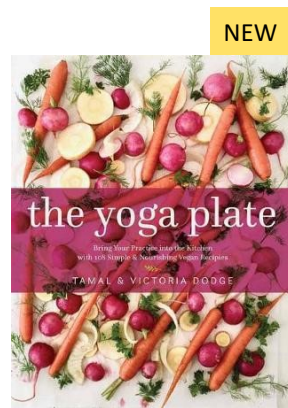


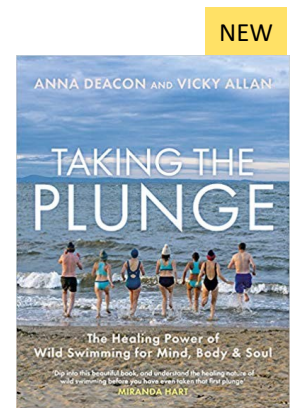
**Loving Out Loud**  
9781608686407  
£13.99 PB  
New World Library **October**



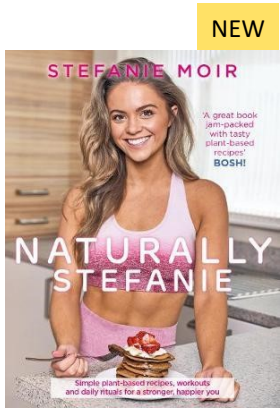
**Food Wise**  
9781623173913  
£15.99 PB  
North Atlantic Books **October**



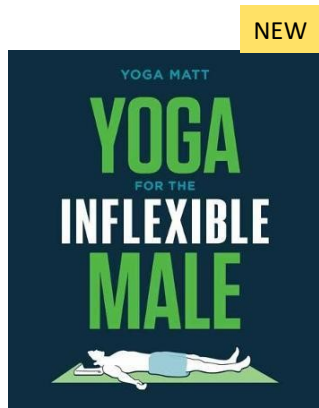
**The Yoga Plate**  
9781683643500  
£25 HB  
Sounds True **October**



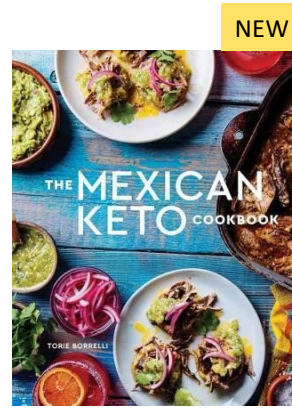
**Taking the Plunge**  
9781785302688  
£20 HB  
B&W Publishing **November**



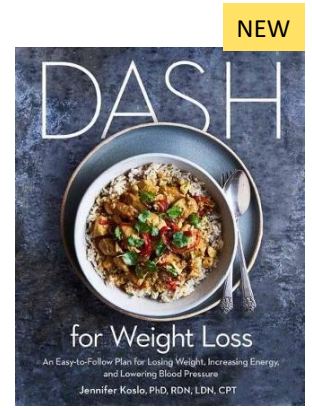
**Naturally Stefanie**  
9781785302794  
£16.99 PB  
B&W Publishing **November**



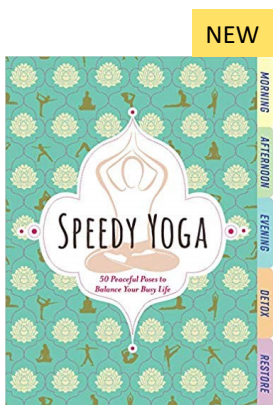
**Yoga for the Inflexible Male**  
9781984856944  
£11.99 PB  
Random House USA **November**



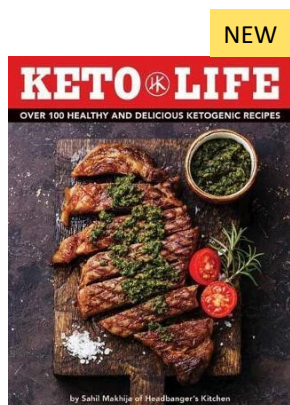
**The Mexican Keto Cookbook**  
9781984857088  
£15.99 HB  
Random House USA **November**



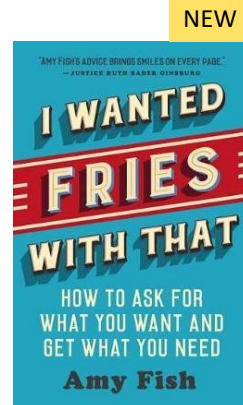
**DASH for Weight Loss**  
9781984824875  
£16.99 PB  
Random House USA **November**



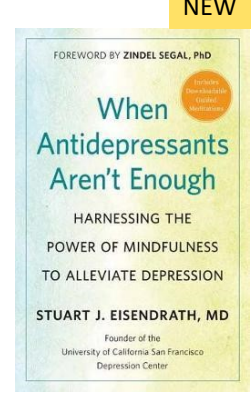
**Speedy Yoga**  
9781604339093  
£9.99 Board Book  
Cider Mill Press **November**



**Keto Life**  
9781604339055  
£18.99 HB  
Cider Mill Press **November**

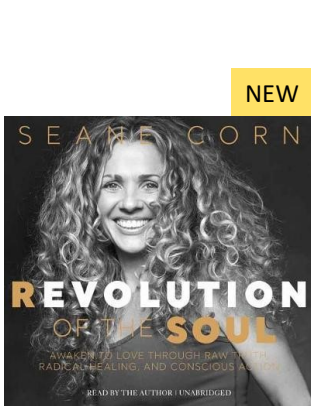


**I Wanted Fries with That**  
9781608686193  
£12.99 PB  
New World Library **November**



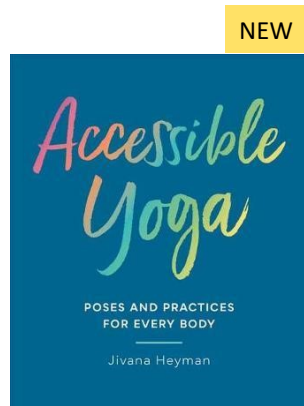
**When Antidepressants Aren't Enough**  
9781608685974  
£15.99 PB  
New World Library **November**





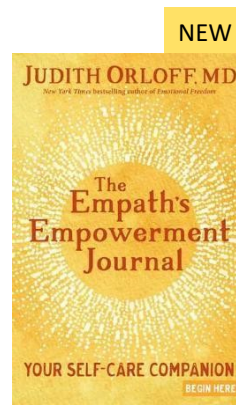
NEW

**Revolution of the Soul**  
9781683642244  
£24 inc VAT Audio CD  
Sounds True **November**



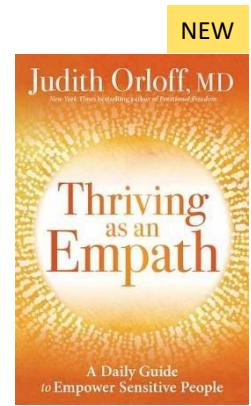
NEW

**Accessible Yoga**  
9781611807127  
£19.99 PB  
Shambhala **November**



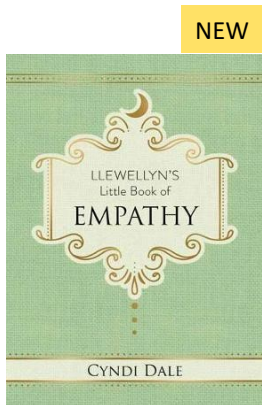
NEW

**The Empath's Empowerment Journal**  
9781683642930  
£15.99 inc VAT PB  
Sounds True **November**



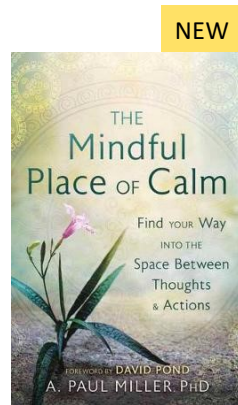
NEW

**Thriving as an Empath**  
9781683642916  
£19.99 HB  
Sounds True **November**



NEW

**Llewellyn's Little Book of Empathy**  
9780738760896  
£11.99 HB  
Llewellyn **December**



NEW

**The Mindful Place of Calm**  
9780738761848  
£13.99 PB  
Llewellyn **December**



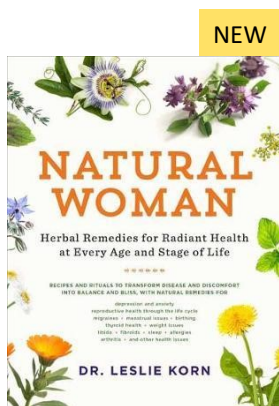
NEW

**The Clutter Remedy**  
9781608686292  
£12.99 PB  
New World Library **December**



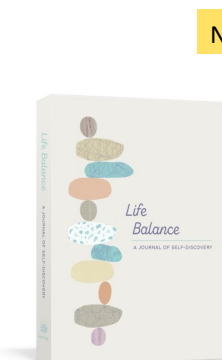
NEW

**Flaunt**  
9781608686216  
£12.99 PB  
New World Library **December**



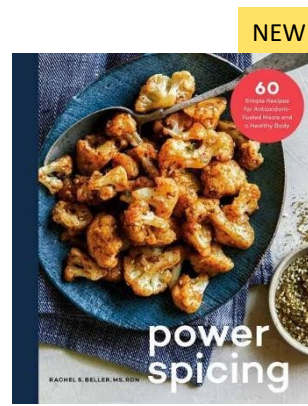
NEW

**Natural Woman**  
9781611806717  
£19.99 PB  
Shambhala **December**



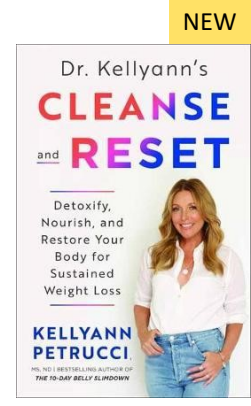
NEW

**Life Balance**  
9781984823908  
12.99 inc VAT Diary  
Random House USA **December**



NEW

**Power Spicing**  
9780525574668  
£12.99 HB  
Random House USA **December**



NEW

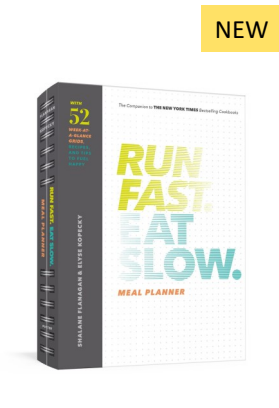
**Dr. Kellyann's Cleanse and Reset**  
9781984826671  
£22.50 HB  
Random House USA **December**





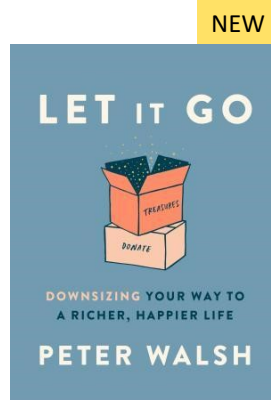
NEW

**The Goodful Cookbook**  
9780593135495  
£22.50 HB  
Random House USA **December**



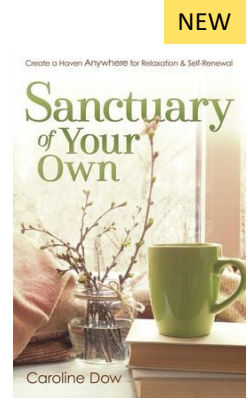
NEW

**Run Fast. Eat Slow. Meal Planner**  
9781984826527  
£16.99 inc VAT Diary  
Random House USA **December**



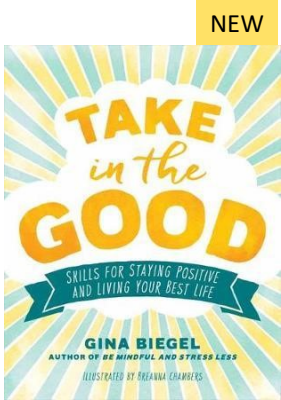
NEW

**Let It Go**  
9780593135891  
£11.99 HB  
Random House USA **December**



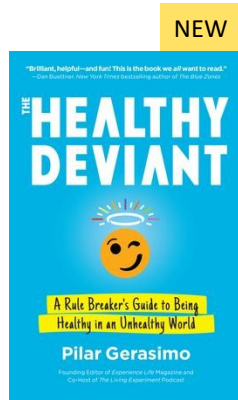
NEW

**Sanctuary of Your Own**  
9780738762425  
£14.99 PB  
Llewellyn **January**



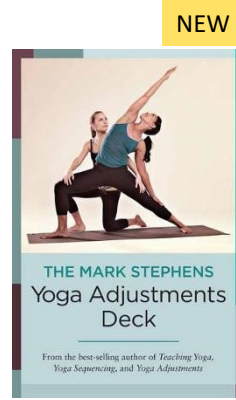
NEW

**Take in the Good**  
9781611807714  
£14.99 PB  
Shambhala **January**



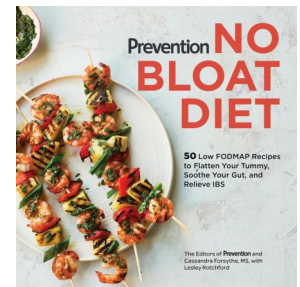
NEW

**The Healthy Deviant**  
9781623174255  
£15.99 PB  
North Atlantic Books **January**

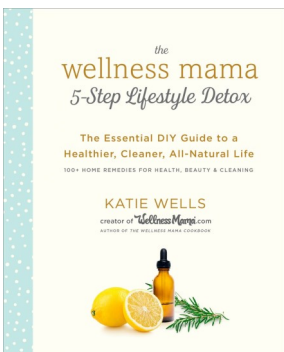


NEW

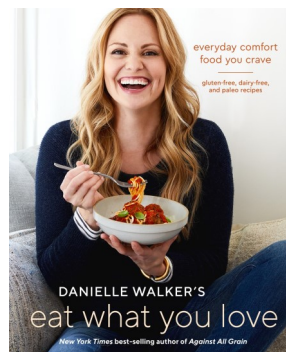
**The Mark Stephens Yoga Adjustments Deck**  
9781623174552  
£30 inc VAT Cards  
North Atlantic Books **February**



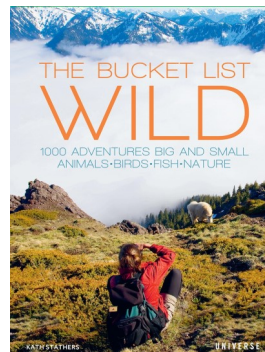
**Prevention No Bloat Diet**  
9781635652222  
£16.99 PB  
Random House USA



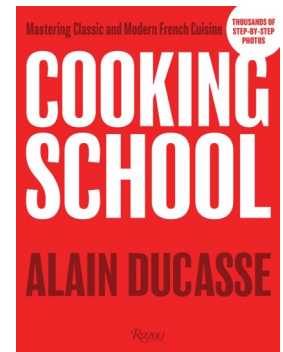
**Wellness Mama 5-Step Lifestyle Detox**  
9780451496935  
£19.99 HB  
Random House USA



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

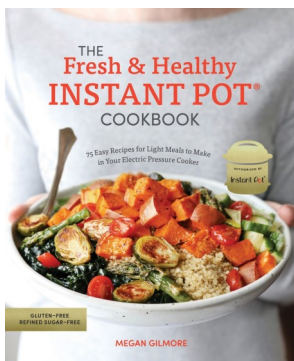


**The Bucket List: Wildlife**  
9780789334459  
£20.00 HB  
Rizzoli

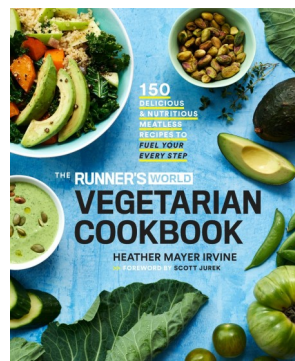


**Cooking School**  
9780789335708  
£14.99 HB  
Rizzoli





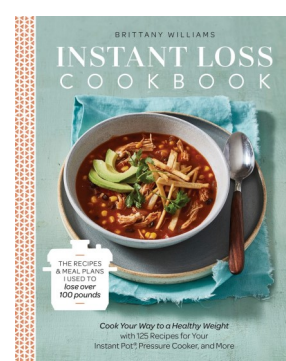
**The Fresh and Healthy Instant Pot Cookbook**  
9780399582615  
£14.99 PB  
Random House USA



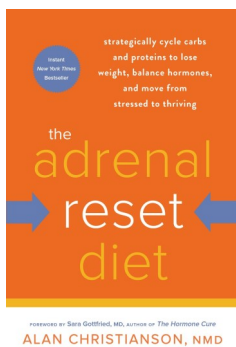
**The Runner's World Vegetarian Cookbook**  
9781635650617  
£20.00 HB  
Random House USA



**Waste Not**  
9780847862788  
£35.00 HB  
Rizzoli



**Instant Loss Cookbook**  
9780525577232  
£15.99 PB  
Random House USA



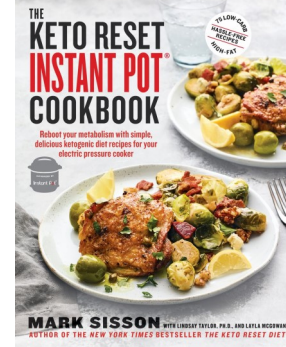
**The Adrenal Reset Diet**  
9780804140553  
£11.99 PB  
Random House USA



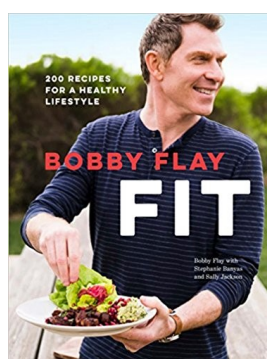
**Simple Green Meals**  
9781635650099  
£18.99 PB  
Random House USA



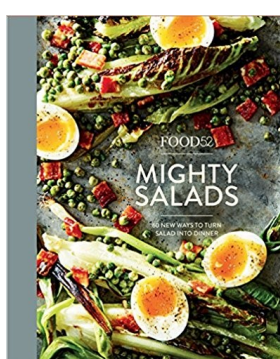
**Run Fast. Cook Fast. Eat Slow.**  
9781635651911  
£18.99 HB  
Random House USA



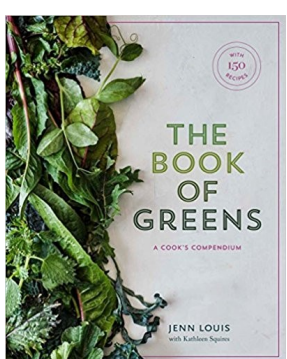
**The Keto Reset Instant Pot Cookbook**  
9781984822390  
£14.99 PB  
Random House USA



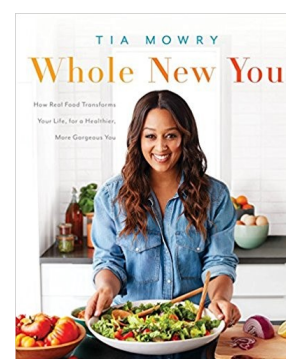
**Bobby Flay Fit**  
9780385345934  
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Random House USA



**Food52 Mighty Salads**  
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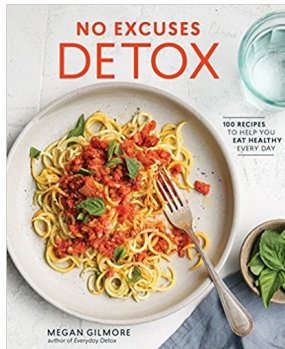


**The Book of Greens**  
9781607749844  
£27.50 HB  
Random House USA

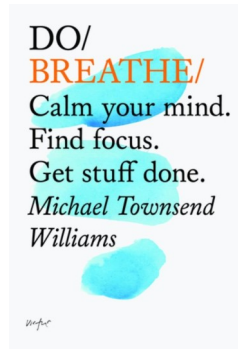


**Whole New You**  
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£15.99 PB  
Random House USA

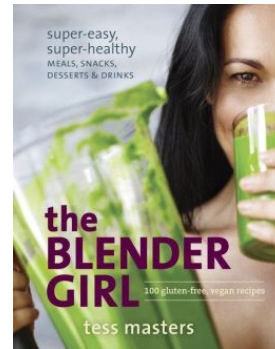




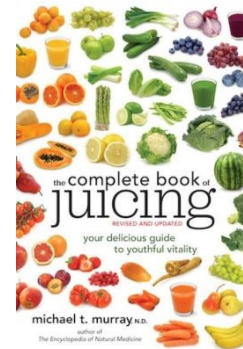
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9780399579028  
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Random House USA



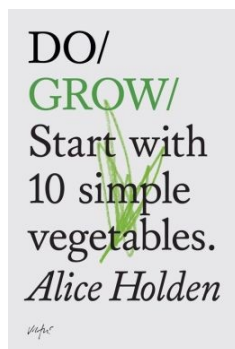
**Do Breathe**  
9781907974229  
£8.99 PB  
Do Books



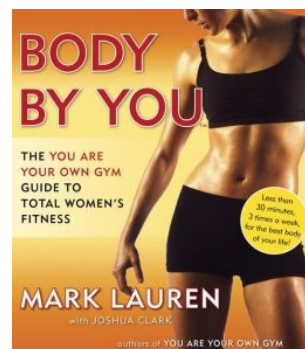
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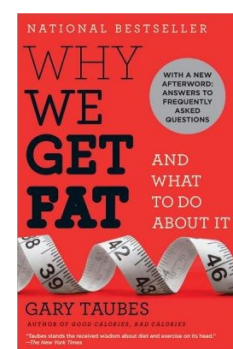
**The Complete Book of Juicing**  
9780385345712  
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9781907974021  
£8.99 PB  
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9780345528971  
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9780307474254  
£11.99 PB  
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