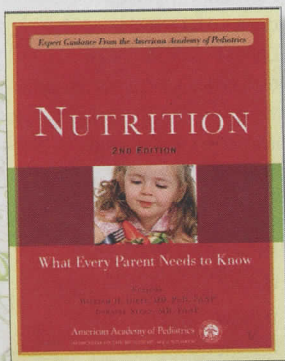


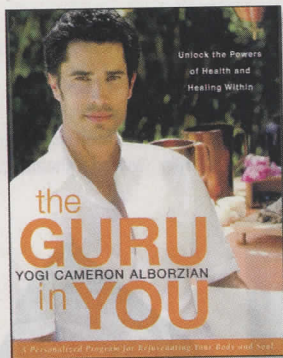
# healthy steps

Want to strengthen your vitality, improve your eating habits, reclaim your healing power, or explore a spiritual path this year? This collection of books has something just right for you.



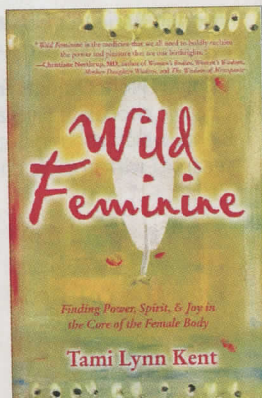
**Nutrition: What Every Parent Needs to Know** (2nd Edition), edited by William H. Dietz, MD, PhD, FAAP, and Loraine Stern, MD, FAAP (\$14.95, American Academy of Pediatrics, 2011)

For all those parents who've wondered how best to nourish their child, the expert guidance offered in this updated book can help. Covering ages from newborns to teens, this book includes advice on breastfeeding, when to introduce solid foods, ways to handle picky eaters, and how to determine if your child is overweight. Sidebars on understanding food allergies, preventing poisoning, and pediatric growth rates are covered in this reference.



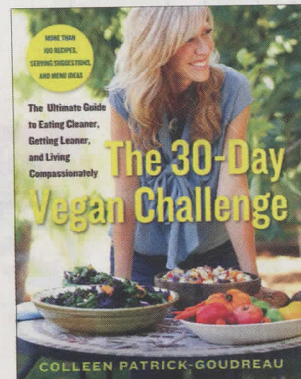
**The Guru in You: Unlock the Powers of Health and Healing Within** by Yogi Cameron Alborzian (\$25.99, HarperOne, 2011)

Former model Cameron Alborzian left the fashion world at the height of his popularity to study Ayurveda in India. What he learned changed his life and wound up in this book. The practice included is based on centuries-old teachings from India and is divided into three sections. The first part introduces steps for committing yourself to a fully realized life. Next, Alborzian outlines behaviors to modify, and the final section presents postures and breathing exercises commonly associated with yogic and Ayurvedic traditions. Designed to fit into everyday life, the tools in this book help create change and allow readers to find their own paths. With personal stories and advice as well as photographs and exercises, this book offers readers the chance to discover their own healing potential.



**Wild Feminine: Finding Power, Spirit & Joy in the Female Body** by Tami Lynn Kent (\$16.99, Atria, 2011)

Too often women feel disconnected from their bodies. However, the female form has an amazing ability to create, heal, and transform. Author and holistic women's health-care provider Tami Lynn Kent offers practical tools to reclaim female power through a process called Holistic Pelvic Care. Through emotional stories and pelvic-centered bodywork and visualization exercises, readers can discover how to restore the sacred within themselves. Kent has found that when women use their visualizing and sensing abilities, they are more likely to comprehend the full nature of their bodies. As the book's foreword states, "This is mind/body medicine at its best."



**The 30-Day Vegan Challenge: The Ultimate Guide to Eating Cleaner, Getting Leaner, and Living Compassionately** by Colleen Patrick-Goudreau (\$22, Ballantine, 2011)

Are you interested in becoming vegan? Begin a month-long (and perhaps lifelong) exploration of this healthy plant-based diet with this step-by-step guide. You'll learn how to become a savvy vegan shopper and where to get your protein, calcium, iron, and vitamin D from. A chapter on celebrating the holidays with those who have trouble understanding the vegan lifestyle is included. There's also advice on how to be confident in environments like restaurants and while traveling, and where to find "compassionate" clothing. Sprinkled throughout are enticing recipes. You won't miss traditional foods when you've got dishes like Marinated Portobello Mushroom Steaks, Better-Than-Egg Salad, and Cinnamon Coffee Cake, to name a few.