

Qty	ISBN	Title	Bd	C\$ Price	In-Whs	Pg
	9781572246379	Applied Relaxation Training	*AA CD	15.95	10/15/08	6
	9781572246386	Body Awareness and Imagination	*AA CD	15.95	10/15/08	6
	9781572246409	Autogenics and Meditation	*AA CD	15.95	10/15/08	6
	9781572246393	Progressive Relaxation and Breathing	*AA CD	15.95	10/15/08	7
	9781572246416	Stress Reduction	*AA CD	18.95	10/15/08	7
	9781572246362	The Daily Relaxer Audio Companion	*AA CD	22.95	10/15/08	7
	9781572246478	Emotional Fitness for Intimacy	*AA PB	21.95	03/05/09	8
	9781572246294	Mindful Motherhood	*AA PB	18.95	04/15/09	9
	9781572245693	My Mother, My Mirror	*AA PB	24.95	03/15/09	10
	9781572246232	The Chemistry Of Connection	*AA PB	18.95	03/15/09	11
	9781572245839	Heal Yourself With Qigong	*AA PB	22.95	03/15/09	12
	9781572246447	Deep Medicine	*AA PB	21.95	06/15/09	13
	9781572245952	The Whole-Body Approach to Osteoporosis	*AA PB	19.95	04/15/09	14
	9781572246355	The Insomnia Workbook	*AA PB	24.95	05/15/09	15
	9781572246225	Act With Love	*AA PB	19.95	06/04/09	16
	9781572246300	Cool, Calm, Confident	*AA PB	18.95	03/15/09	17
	9781572246454	The End Of Materialism	*AA CL	33.95	03/15/09	18
	9781572244146	Five Good Minutes	*AA PB	16.95	04/27/05	20
	9781572245969	Five Good Minutes in Your Body	*AA PB	20.95	12/11/08	20
	9781572244900	Five Good Minutes at Work	*AA PB	18.95	06/30/07	21
	9781572244559	Five Good Minutes in the Evening	*AA PB	18.95	07/24/06	21
	9781572245624	The Gift of Loving-Kindness	*AA PB	18.95	08/15/08	22
	9781572244542	The Daily Relaxer	*AA PB	18.95	03/14/06	22
	9781572245679	Everyday Bliss for Busy Women	*AA PB	16.95	04/15/08	23
	9781572245402	Daily Meditations for Calming Your Anxious Mi	*AA PB	17.95	04/15/08	23
	9781572245341	Leave Your Mind Behind	*AA PB	16.95	09/15/07	24
	9781572242494	The Woman's Book of Sleep	*AA PB	21.95	07/01/01	25
	9781572245495	The Relaxation and Stress Reduction Workbook	*AA PB	24.95	04/15/08	25
	9781572245129	Five Good Minutes with the One You Love	*AA PB	18.95	01/01/08	26
	9781572246478	Emotional Fitness for Intimacy	*AA PB	21.95	03/05/09	26
	9781572245020	Connecting Through Touch	*AA PB	18.95	01/04/08	26
	9781572244863	The Introvert and Extrovert in Love	*AA PB	17.95	03/15/07	26
	9781572245372	The Untethered Soul	*AA PB	18.95	09/15/07	28
	9781572245396	Living Deeply	*AA DV	27.95	12/15/07	29
	9781572245334	Living Deeply	*AA PB	18.95	12/15/07	29
	9781572245976	Global Shift	*AA PB	28.95	12/15/08	29
	9781572245426	The Mindful Woman	*AA PB	17.95	03/15/08	30
	9781572244085	The Emotional House	*AA PB	15.95	06/29/05	30
	9781572242173	Juicy Tomatoes	*AA pb	19.95	11/01/00	31
	9781572244320	The Juicy Tomatoes Guide to Ripe Living After	*AA PB	22.95	04/04/06	31
	9781572243217	The Well-Ordered Home	*AA PB	16.95	03/10/03	32
	9781572243859	The Well-Ordered Office	*AA PB	15.95	01/11/05	32
	9781572246171	The Mindful Couple	*AA PB	17.95	01/14/09	34
	9781572245181	Stop Running from Love	*AA PB	21.95	03/01/08	34
	9781572243453	The Conscious Bride's Wedding Planner	*AA CL	28.95	01/15/04	35
	9781572242135	The Conscious Bride	*AA PB	19.95	11/01/00	35
	9781572245020	Connecting Through Touch	*AA PB	18.95	01/04/08	36
	9781572245129	Five Good Minutes with the One You Love	*AA PB	18.95	01/01/08	36
	9781572242746	Love Tune-Ups	*AA PB	14.50	12/01/01	37
	9781572244399	Emotional Fitness for Couples	*AA PB	17.95	01/23/06	37
	9781572244863	The Introvert and Extrovert in Love	*AA PB	17.95	03/15/07	38
	9781572243316	Talk to Me	*AA PB	14.95	09/15/03	38
	9781572244177	How to Stop Backing Down & Start Talking Back	*AA PB	14.95	08/09/05	40
	9781572244115	The Self-Esteem Companion	*AA PB	19.95	10/13/05	41
	9781572244023	The Self-Esteem Guided Journal	*AA JN	20.95	12/12/05	41
	9781572244870	Calming Your Anxious Mind	*AA PB	18.95	06/05/06	42
	9781572243729	Natural Relief for Anxiety	*AA PB	18.95	07/26/04	42

Qty	ISBN	Title	Bd	C\$ Price	In-Whs	Pg
	9781572244429	What's Right With Me?	*AA PB	19.95	04/04/06	43
	9781572244122	Women Who Worry Too Much	*AA PB	18.95	09/13/05	43
	9781572244948	Visualize Confidence	*AA PB	17.95	03/15/07	44
	9781572244252	Get Out Of Your Mind & Into Your Life	*AA PB	24.95	11/07/05	44
	9781572244887	But I Didn't Mean That!	*AA PB	15.95	06/05/07	45
	9781572245525	Not Dead Yet	*AA PB	16.95	09/15/08	45
	9781572245679	Everyday Bliss for Busy Women	*AA PB	16.95	04/15/08	46
	9781572244535	The Balanced Mom	*AA PB	15.95	05/09/06	46
	9781572246294	Mindful Motherhood	*AA PB	18.95	04/15/09	46
	9781572245426	The Mindful Woman	*AA PB	17.95	03/15/08	46
	9781572245563	The Smart Woman's Guide to Midlife and Beyond	*AA PB	21.95	08/15/08	48
	9781572245747	Pleasure Healing	*AA PB	17.95	02/03/09	48
	9781572243507	Eating Mindfully	*AA PB	17.95	03/10/03	49
	9781572246157	Eat, Drink, and Be Mindful	*AA PB	22.95	11/26/08	49
	9781572245433	Eating the Moment	*AA PB	17.95	10/15/08	50
	9781572245808	The Whole-Food Guide to Strong Bones	*AA PB	24.95	01/15/09	50
	9781572245631	Trigger Point Therapy for Low Back & Hip Pain	*AA PB	25.95	03/15/10	51
	9781572245259	Trigger Point Therapy for Headaches & Migrain	*AA PB	26.95	03/15/08	51
	9781572244474	The Frozen Shoulder Workbook	*AA PB	24.95	09/07/06	51
	9781572243750	The Trigger Point Therapy Workbook, Second Ed	*AA PB	27.95	08/15/04	51
	9781572243989	The Appetite Awareness Workbook	*AA PB	24.95	02/15/06	52
	9781572244191	Sun Protection for Life	*AA PB	15.95	06/07/05	52
	9781572242241	Rosacea	*AA PB	18.95	12/01/00	53
	9781572244153	Healing Adult Acne	*AA PB	22.95	10/13/05	53
	9781572244665	Pilates for Fragile Backs	*AA PB	25.95	09/28/06	54
	9781572244450	Trienergetics	*AA PB	16.95	12/12/05	54
	9781572244603	Get Fit in Bed	*AA PB	20.95	07/24/06	55
	9781572244306	Solid to the Core	*AA PB	18.95	04/04/06	55
	9781572243736	Eating Wisely for Hormonal Balance	*AA PB	18.95	04/15/04	56
	9781572243941	The Eating Wisely for Hormonal Balance Journa	*AA JN	16.95	08/15/05	56
	9781572243132	Stop Feeling Tired!	*AA PB	19.95	02/10/03	57
	9781572245815	The Mindfulness Solution to Pain	*AA PB	24.95	01/15/09	57
	9781572243705	The Memory Doctor	*AA PB	16.95	03/23/04	58
	9781572244528	Your Miraculous Back	*AA PB	21.95	06/21/06	58
	9781572245853	It's Time to Give Up Your Pacifier	*AA CL	8.95	11/01/08	60
	9781572245860	It's Time to Sleep in Your Own Bed	*AA CL	8.95	11/01/08	60
	9781572245877	It's Time to Start Using Your Words	*AA CL	8.95	11/01/08	61
	9781572245884	It's Time to Sit Still in Your Own Chair	*AA CL	8.95	11/01/08	61
	9781572245662	The Baby Emergency Handbook	*AA PB	16.95	07/08/08	62
	9781572245822	The Relaxation and Stress Reduction Workbook	*AA PB	18.95	01/15/09	63
	9781572246096	Say Goodbye to Being Shy	*AA PB	18.95	04/15/08	64
	9781572246089	A Parents Guide to Getting the Kids Out of th	*AA PB	18.95	06/15/08	64
	9781572245983	Learning to Listen, Learning to Care	*AA PB	18.95	03/01/08	65
	9781572246133	Coping with Cliques	*AA PB	18.95	04/15/08	65
	9781572244047	Breastfeeding Made Simple	*AA PB	21.95	10/13/05	66
	9781572244047	Kid Cooperation	*AA PB	19.95	03/01/96	66
	9781572244535	The Balanced Mom	*AA PB	15.95	05/09/06	67
	9781572244740	The Smart Student's Guide to Healthy Living	*AA PB	17.95	07/24/06	67

Customer Name \_\_\_\_\_ Acct \_\_\_\_\_ PO# \_\_\_\_\_

Page: 2 of 2

All prices are subject to change without notice.