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Simon & Schuster

August 03, 2005

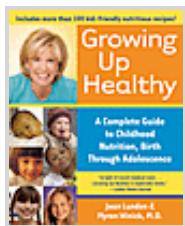
**Dear Health & Fitness Reader:**

Achieving total health means improving more than just your physical well-being. Mental and emotional health are just as important. With that in mind, choose from this eclectic selection of books, each one aimed at keeping a different part of you fit and healthy. Whether you're trying to raise healthy kids, achieve your goals by enhancing your emotional intelligence, or sorting through the minefield of good and bad fats, these books will put you on the road to total health. Oh, and remember to maintain a positive outlook--we have a book for that too.

**IN THIS ISSUE**

- Growing Up Healthy
- Annabel Karmel, author of The Healthy Baby Meal Planner
- The Emotional Intelligence Quick Book
- The DERMAdoctor Skinstruction Manual
- Powers Pilates
- The Fat Counter
- The Tibetan Art of Positive Thinking
- The Male Biological Clock
- How to Talk So Kids Will Listen
- Cancer Fitness
- eBook: Quick Fit

**FEATURED TITLE**



**[Growing Up Healthy: A Complete Guide to Childhood Nutrition, Birth Through Adolescence](#)**  
 By [Joan Lunden](#) and [M.D. Myron Winick](#)

[Read an excerpt](#)

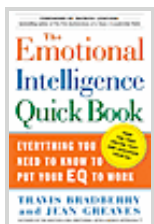
**FEATURED AUTHOR**

[Annabel Karmel](#) revolutionized the world of infant nutrition in 1991 with the first edition of [The Healthy Baby Meal Planner](#). Now she has fully revised and updated it, demonstrating once again how simple, affordable, and nutritious home-made baby food can be.



Give your child the greatest gift of all: a long and healthy life. Telejournalist and working mom Joan Lunden teams up with a leading childhood nutrition expert on this invaluable guide to raising disease-free children.

**RECOMMENDED READING**



**[The Emotional Intelligence Quick Book: Everything You Need to Know to Put Your EQ to Work](#)**

By [Dr. Travis Bradberry](#) and [Dr. Jean Greaves](#)

Foreword by [Patrick M. Lencioni](#)

Improving your emotional intelligence is key to reaching your full potential and increasing self-awareness. This groundbreaking book shows you how to access the link between your "EQ" and your physical well-being to improve your overall health.

**COMING SOON**



**[The Tibetan Art of Positive Thinking: Skillful Thought for Successful Living](#)**  
 By [Christopher Hansard](#)

[Read an excerpt](#)

Simple meditations and exercises derived from Tibetan Bön medicine let you harness the power of one of the world's oldest and most sophisticated systems of healing, endorsed by the Dalai Lama himself.

**MEN'S HEALTH**



**[The Male Biological Clock: The Startling](#)**

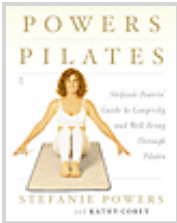


**[The DERMAdoctor Skinstruction Manual: The Smart Guide to Healthy, Beautiful Skin and Looking Good at Any Age](#)**

With [Bill Gottlieb](#)  
By [Audrey Kunin, M.D.](#)

[Read an excerpt](#)

The DERMAdoctor is in--and she's got the answer to every skin care question you've ever asked! Dermatologist Audrey Kunin offers a hands-on, comprehensive guidebook to maintaining healthy, beautiful skin and looking great at any age.



**[Powers Pilates: Stefanie Powers' Guide to Longevity and Well-being Through Pilates](#)**

By [Stefanie Powers](#) and [Kathy Corey](#)

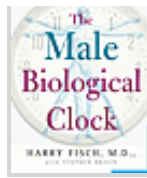
TV veteran Stephanie Powers outlines her well-being and fitness program, combining traditional Pilates with innovative movement patterns to work the body as a whole, giving you leaner, stronger and more efficient muscles.



**[The Fat Counter: 6th Edition](#)**

By [Ph.D. Annette B. Natow, Ph.D., R.D.](#) and [Jo-Ann Heslin, M.A., R.D.](#)

Having trouble telling the "good" fats from the bad? Two nationally recognized nutrition experts collaborate on the ultimate go-to-guide for choosing healthy fats when you shop, eat out, or grab a quick snack.



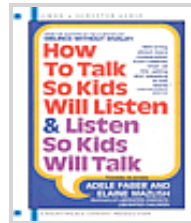
**[News About Aging, Sexuality, and Fertility in Men](#)**

By [Harry Fisch](#)  
With [Stephen Braun](#)

[Read an excerpt](#)

Men have them too, ticking in the form of lower testosterone levels and sexual dysfunction. By following this book's practical advice on overcoming age-related fertility problems, however, your "pendulum" will be swinging freely in no time.

**AUDIO**



**[How to Talk so Kids Will Listen...And Listen So Kids Will Talk \(Abridged\)](#)**

By [Adele Faber](#), [Elaine Mazlish](#)  
Read by [Adele Faber](#) and [Elaine Mazlish](#)

[Hear a clip](#)

The authors read from their own groundbreaking guidebook for parents looking to improve communication skills with their children.

**EXERCISE & RECOVERY**



**[Cancer Fitness](#)**

Exercise Programs for Patients and Survivors  
By [Anna L. Schwartz](#)  
Foreword by [Lance Armstrong](#)

Beat the odds! [Cancer Fitness](#) offers cancer patients and survivors comprehensive advice and an easy step-by-step exercise program that counteracts the side effects of your treatment, speeds your recovery, and reduces your risk of recurrence.

**SHOP OUR eBook STORE**



**[Quick Fit: The Complete 15-Minute No-Sweat Workout](#)**  
By [Richard R. Bradley](#)  
With [Sarah Wernick](#)

[Read an excerpt](#)

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